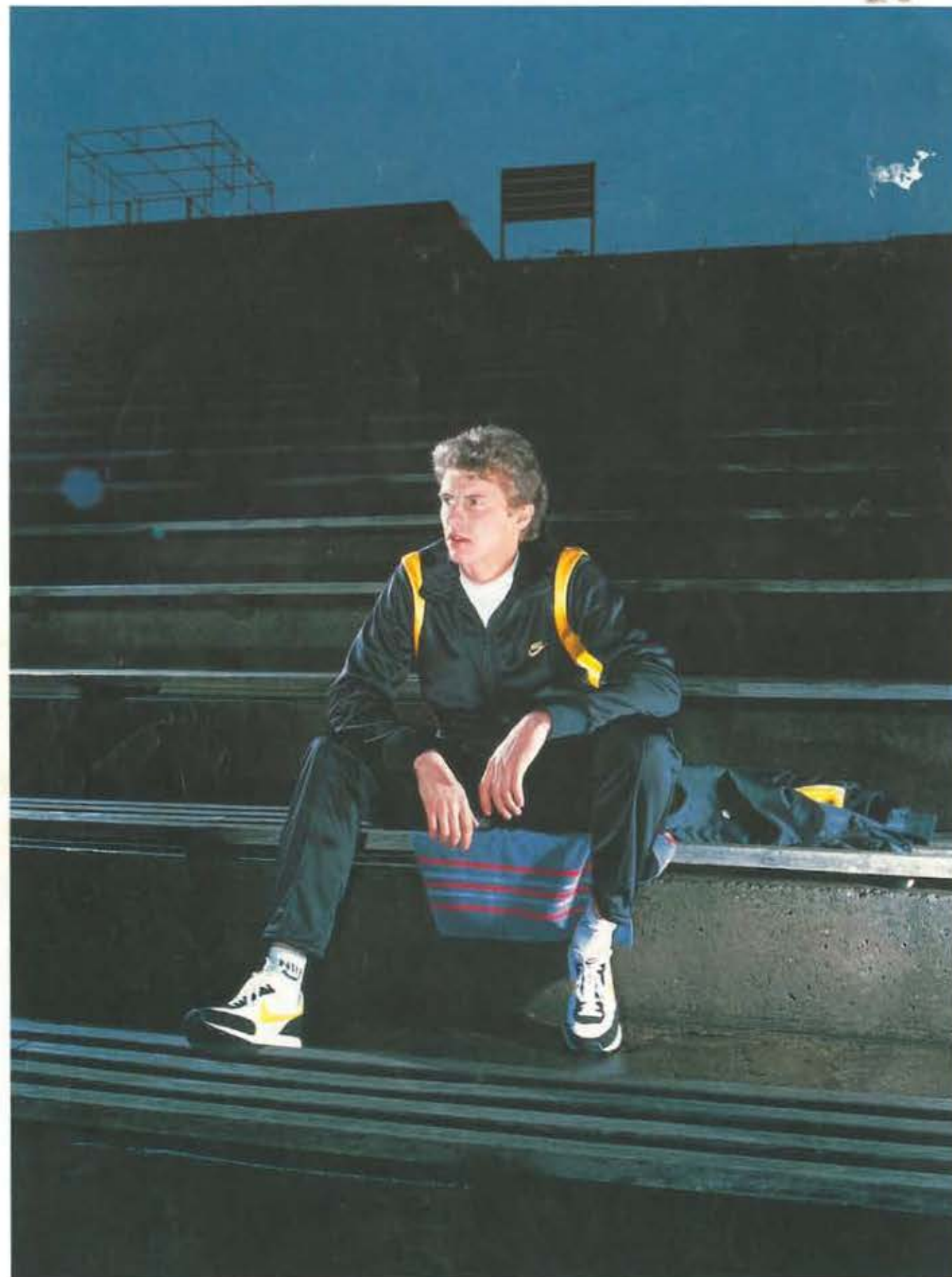




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SCOTLAND'S

RUNNER

EDITORS: Alan Campbell, Doug Gillon, Stewart McIntosh

CONTRIBUTORS: Lynda Bain, Fraser Clyde, Bob Holmes, Graeme Smith, Shirley Stoddart, Jim

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DEVICES ARE REGISTERED TRADE MARKS.

On July 9, the darkest cloud hanging over the success of the Commonwealth Games finally burst over mountainous political pressure. Nigeria and Ghana announced their withdrawal from Edinburgh because of Mrs. Thatcher's attitude towards South African sanctions.

Just 24 hours earlier, new Games troubleshooter Mr Bryan Cowgill had felt justified in announcing a record Games entry, including, apparently, a full African participation led by... Nigeria. Yet, no sooner were we digesting the good news in our morning newspapers, than the kippers and toast were upset by the boycott announcement.

The news came just, but only just, in time for Scotland's Runner's final, final deadline for this issue. We cannot, therefore, give an in-depth analysis of the ramifications and repercussions. By the time you read this editorial, any amount of political machinations — ranging from a full Afro-Asian-Caribbean boycott to a compromise salvaged from Sir Geoffrey Howe's seemingly ill-starred trip to Southern Africa — will have decided the fate of the Games.

But, assuming that nothing less than a British turnaround on sanctions would save the Games from complete devaluation, we can only hope that Mrs Thatcher's attitude has, in the interim, been altered by a severe six strokes of the belt from the Queen, given that the Prime Minister's confidante, Mr Ronald Reagan, is unlikely to be concerned by such a piffling concern as the Commonwealth Games.

The sanctimonious claptrap mouthed by Mrs Thatcher on the morality of sanctions against South Africa had already turned enough white stomachs, including ours, before Nigeria and Ghana took their precipitous decisions. In the light of the worsening political climate in South Africa, the consequences of which dwarf the problems of the Games, a far more delicate hand than Mrs Thatcher is capable of playing was called for if the original boycott threat was to be finessed.

Before returning to the subject of the boycott, however, let us not pass over the, now admittedly parochial, commercial and administrative problems which have bedevilled this Commonwealth festival from the outset.

After 18 months of rumour, evasion and a permanent smokescreen of optimism from Games organisers, the truth emerged. The Games were on the brink of cancellation; the limited company Commonwealth Games '86 Ltd, was in danger of trading illegally; and Scotland would have become an international laughing stock.

Part of the blame must lie in Canning

Inside LANE

House, the Games HQ, where a bewildering series of some 40 committees was spawned under the muddled leadership of Games chairman Ken Borthwick, a former Conservative Lord Provost of Edinburgh and a newsagent and tobacconist shop proprietor. Political wrangles with a new left-wing Edinburgh District Council administration did not give confidence that the organisation of the Games was progressing smoothly.

The Government could and should have done much more, but their dogmatic commitment to the market economy blinded ministers to the contribution that a successful Games could bring to the future standing of Scotland and the UK.

To be fair, it had been made clear at the outset that these would have to be the Commonwealth's first "Commercial Games," but when the fund-raising consortium got tantalisingly near the £14m target, it was petty of Malcolm Rifkind, the Secretary of State for Scotland, to refuse to fight in Cabinet for the funds would have bridged the gap and given his home city and Scotland an unbeatable opportunity to perform on the world stage. It would have been a very small amount to pay for the potential return in terms of future tourism and commercial interest.

Then the cavalry came riding over the hill. Robert Maxwell, publisher of Mirror Group Newspapers, had (with nothing more binding than a handshake) apparently won control of the Games, unseated Ken Borthwick as chairman, and in the process won himself enormous publicity. But when the cavalry come to the rescue they are supposed to fly in with a life-saving charge, not stand on the hill-top trumpeting for reinforcements which are still somewhere over the horizon.

In return for his dramatic winning of the Games Maxwell seems to have offered nothing more than a promise to do three things, to campaign vigorously for further injections of commercial money, to explore advertising and sponsorship opportunities which the Games fund-raisers had missed, and to demand that the Government throws some cash into the pot.

Major sponsors such as Guinness who have put money, rather than hot air, into the Games, must wonder whether they have got the full return on their investment when one of the most formidable personal publicity machines in the UK won the top seat so cheaply.

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

In all of the wrangling and politicking it is easy to lose sight of what the Games are all about — the young people of the Commonwealth coming together for ten days of sport and friendship. Perhaps it was time that the constantly growing cost of mounting major games was trimmed, but if you want excellence, certain essentials have to be provided. These go on to provide the basis of facilities for the next generation of athletes, just as 1970 provided the platform for this year. Future generations will have no legacy of new facilities following this years event in Edinburgh.

Some aspects of human endeavour are not for sale. As certain athletics promoters know to their cost, you can't buy a world record. Factors such as the physical and mental attitude of the athlete, plus the conditions on the day are all much more important than the rather hollow incentive of a cash bonus. You can't privatise excellence, nor can it be bought off a shelf in a shop.

but try telling this to a Government obsessed with the philosophy of the free market, and for whom the bicycle was designed to jump on and find a job rather than be used in sporting competition against fellow cyclists.

Returning to the boycott threat, having apportioned blame in all directions for the commercial shambles, we would like to at least applaud the Scottish Commonwealth Games Council for having tried its damndest to keep the Games intact (and indeed Edinburgh District Council, although their methods at last year's Dairy Crest Games were less than diplomatic).

The Games council cannot be held responsible for the selfish attitude of rugby administrators and players determined to flaunt the Gleneagles agreement on sporting links with South Africa, nor could they prevent the Daily Mail and the Home Office conspiring to polarise Commonwealth opinion over their handling of the Zola Budd affair.

Whatever the situation on July 24, Scotland's Runner can only join sports lovers everywhere in hoping that the merchants and politicians finally got their act together in time to salvage the Games.

Two double column centimetres: cost £23.00

Up Front

Teething problems apart, thank you for your messages of support for the magazine. Feedback from readers, even when it is critical, will always be welcomed at Scotland's Runner.



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Craig Duncan ended Willie Clark's 12-year reign as national record holder in the triple jump when competing in Spain. But before the ink was dry, Duncan launched himself to 16.08 metres during the AAA championships at Crystal Palace. That same day he was robbed of making an even bigger dent when a 16.24m effort was marginally windy.

Allan W. Brown

Scotland's Runner will be publishing a wide range of training schedules to meet the needs of different runners throughout the racing year. There are plenty of clubs in Lanarkshire. Contact the Scottish Cross Country Union, 18 Ainslie Place, Edinburgh.

19, Millbrae Crescent,
Glasgow, G42 9UW

For those statistically minded like myself, the great problem as far as athletics in Scotland is concerned is to obtain detailed results of Scottish meetings. What was published in your results service could mostly have been obtained from the pages of the Glasgow Herald, and for example,

Jim McCreery

We will be trying to accommodate fun runners as much as any other group.

Arnold Black

YOU make an interesting point, but we want to know what other readers think about this one. Should we use up pages which could be given to other features in order to run long lists of results? Or are there plenty of statistics buffs out there who feel that there is a crying need for many more results.

Once completed, send the form with remittance to ScotRun Publications, 62 Kelvingrove St, Glasgow G3 7SA (Tel: 041-332 5738). Cheques and postal orders should be made payable to ScotRun Publications.

A full-page view of a blank sheet of graph paper. The grid consists of 20 columns and 15 rows of squares, formed by thin black lines on a white background. There are no margins or additional markings on the page.



COMMONWEALTH GAMES PRIZE COMPETITION

GUESS THE MARATHON WINNERS

OVER £300 TO BE WON

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

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

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

The maximum score attainable in each race is therefore ten points. The winners, who will each receive £100, will be the persons who achieve the highest number of points in each category. The runners-up in each race will receive £25, and the next best three entrants in each race will receive a year's free subscription to Scotland's Runner (or the cash equivalent if already a subscriber).

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

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

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

Entries should be addressed to: Marathon Competition, Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA, and must be received by the second post on Wednesday, July 30.

Men's Marathon

- | | |
|---------|---------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

Winners' time: Winners' time:

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

Name(block letters)

Address

Women's Marathon

- | | |
|---------|---------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

Winners' time: Winners' time:

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

Name(block letters)

Address

WOMEN

on the

RUN

Summer is upon us at last so it's out with the shorts and T-shirts and time to get your legs and arms tanned. Cast off those heavy track suits and sweatshirts and enjoy the weather. The shops are filled with lovely summery sports wear for ladies.

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

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

I sometimes find ladies vests and T-shirts are a bit short and I'm left with an expanse of flesh showing when I start moving, so I rummage along the sports shop rails until I find a top that's long.

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

If we are lucky this year and the sun blazes down on us—beware. Sunbathe with caution. Red bodies do rub against shorts, vests, T-shirts, and even socks and trainers. I dive into open sandals, lie out in a bikini, and then expect to go for a run on a pair of sunburnt and tender feet! I look as if I'm running on hot coals!

We have some breathtaking scenery around us in Scotland. Even in the major cities there are beautiful parks with paths shaded by massive old trees which are especially lovely at this time of year.

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

Each is an escape from the hustle and bustle of city life and there you'll find a



LYNDA BAIN encourages you to look good on the run.

retreat from the dirt, grime and exhaust fumes. Beware of the odd vicious four-legged friend, hungry for blood—yours of course!

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

It's lovely in the summertime to run smelling damp trees and pine needles, hearing bird-song and little else. If you can manage to run on softer ground a couple of times a week, I recommend it—especially if you are a beginner. Running on different surfaces gives your legs a bit of a break.

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

I would strongly recommend that you maintain a record of your running in a diary. I have a jotter in which I note down how far I run each day, whether I run easy or hard, whether it's on the roads or in the woods, and how I feel.

Some people write about the weather, or their environment. ("Hot, sunny day—gasping for breath!") You can make it as detailed as you like.

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

develop into an injury if you ignore the warning signs.

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

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

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

Fartlek sounds horrible but it's fun. Run for 10 minutes or so until you are warmed up, then put in short bursts of speed. You might choose to run fast between one set of lamp posts, or trees. It doesn't matter. Intersperse each faster burst with an easy recovery jog.

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

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

Ten kilometre runs have become very popular, and it's a nice distance to run. It is not nearly so time consuming to train for a 10k as for the longer distances, yet there is a great sense of personal achievement in finishing your first one, and then trying to speed up. A good 10k for ladies is the Nike Woman's Own 10k series in September, of which there are a few venues in Scotland.

Have a good time this summer. Enjoy the sun and enjoy the rain too. It's fun running in the summer rain, especially when everyone looks so miserable in wellies, and under brollies. Enjoy our countryside and even in the busiest city you'll find a welcoming park to run in. Happy running!

MARATHON TRAINING SCHEDULE

• EACH month, Scotland's Runner publishes marathon training schedules for beginners, second-comers and experienced runners. STEWART McINTOSH maps out the programme for novices and those who

have tried the marathon once and just enjoy getting round the route, while FRASER CLYNE outlines the road ahead for ambitious marathoners trying to improve their times to around 2:30.

FIRST AND SECOND TIMERS

The first four weeks of the beginners schedule were designed to get your body used to running for up to 45 minutes four days a week, writes Stewart McIntosh. Now we turn the screw a wee bit harder and try to persuade your poor old heart and lungs they will be fit enough to run for two hours by the end of the second four-week schedule.

If you have to cut back on the schedule, try to ensure that you complete the long Sunday run — it is the most important session of the week and will prepare you for the challenge to your strength and stamina.

Do not even consider doing any of

these sessions at speed. The schedule is designed to get you round the course, not to turn you into an international contender — you can leave that till after you have finished your first marathon!

The schedule is in minutes. Give your body plenty of time on the run and it will look after the miles itself on the big day.

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

The Sunday session should be run at Long Slow Distance pace, and Mondays

should be used for a slowish recovery run. On Tuesdays we build in a bit of hard pace work, allow a mile or so warm up and warm down before and after each of these sessions.

Wednesdays are either for rest or slow runs. Thursday's fartlek session is designed to build in some quality work, but do not push the fartlek for every mile of the route. Allow a warm up and warm down at each end of the session.

Friday is a day of rest. Your body needs time to recover before the demands of the weekend, but some swimming could help to relax your leg muscles. Saturday is a steady session, or, if you can get an entry, a race.

BEGINNERS

	Week 5	Week 6	Week 7	Week 8
SUNDAY	60 minutes	80 minutes	100 minutes	120 minutes
MONDAY	rest	rest	rest	rest
TUESDAY	40 minutes	40 minutes	40 minutes	40 minutes
WEDNESDAY	50 minutes	60 minutes	70 minutes	80 minutes
THURSDAY	30 minutes	40 minutes	40 minutes	40 minutes
FRIDAY	rest	rest	rest	rest
SATURDAY	30 minutes	30 minutes	40 minutes	50 minutes

SECOND-COMERS

	Week 5	Week 6	Week 7	Week 8
SUNDAY	15 LSD	17 LSD	17 LSD	20 LSD
MONDAY	6 slow	6 slow	6 slow	6 slow
TUESDAY	8 hard	8 hard	10 hard	10 hard
WEDNESDAY	rest	rest	6 slow	6 slow
THURSDAY	8 fartlek	10 fartlek	10 fartlek	10 fartlek
FRIDAY	rest	rest	rest	rest
SATURDAY	8 steady	8 steady	8 steady	8 steady

FOR EXPERIENCED RUNNERS

Before embarking on this second phase of the 12 week build-up to the Glasgow Marathon I would recommend that you take stock of your progress so far. It is important to monitor your training thoroughly. If you feel that the workload has been too severe and you are struggling to get through it, then cut back on some of the sessions. The training schedule suggested here is no more than a guide to what you should be

aiming to do. On the other hand, if you feel you are coping well with your sessions, then proceed with confidence.

This month you should be looking to build up on the work done in July. I do not mean that you should necessarily increase your mileage. Rather, try to gradually improve the quality of your running. I have therefore suggested that you try to fit in a couple of shorter races (perhaps a 10K and a 10 miler) to sharpen up.

Two 20 mile runs have been introduced this month to improve the endurance component of the programme. These runs should be tackled at a comfortable pace. Do not flog yourself over the longer distances.

The weekly hill running session has also been kept in this month as I feel that it is one of the most beneficial workouts a distance runner can do.

FRASER CLYNE

Week 5		Week 6		Week 7		Week 8	
SUNDAY	20 steady run	SUNDAY	15-16 easy	SUNDAY	15-16 easy	SUNDAY	20 steady
MONDAY	5 easy	MONDAY	8 including 6 x 300 metres**	MONDAY	5 steady	MONDAY	5 easy
TUESDAY	9 steady run	TUESDAY	5 easy	TUESDAY	8 including hill session*	TUESDAY	6 steady
WEDNESDAY	8 including hill session*	WEDNESDAY	8 including hill session*	WEDNESDAY	10 steady	WEDNESDAY	8 including hill session*
THURSDAY	7 easy	THURSDAY	10 steady	THURSDAY	8 including sustained 5-mile effort	THURSDAY	7 easy
FRIDAY	8 including 4 x 5 minutes intervals	FRIDAY	4 easy	FRIDAY	10 steady	FRIDAY	5 easy
SATURDAY	10 steady	SATURDAY	9 including 10km race or time trial	SATURDAY	8 easy	SATURDAY	13 including 10 mile race or time trial

*5 or 6 miles, maximum effort up hills or find a single steep hill of about 200 metres. Run it with maximum effort 6-8 times with full recovery between each. Whole session should equal 7-8 miles, including warm up and down.

**Each 300m should be as fast as possible, but try to run each one at close to the same pace. Jog for two minutes between each. Warm up and down to give a total of 7-8 miles.

Praying Mantis

GOES OVER THE TOP



BOB HOLMES
talks to
high jumper
Geoff Parsons

FOR over a century, his has been the Cinderella event of British track and field. His predecessors would wait patiently for the distance 'traffic' to pass before stepping gingerly toward the bar like pedestrians crossing Princes Street at rush hour. Polite applause would ripple along the first couple of rows if they cleared it but they were soon forgotten as all eyes quickly reverted to centre stage.

But now, whether he's appearing at Crystal Palace, Birmingham or Meadowbank, there is a young Scot who is no longer content to wait in the wings. Still only 21 but already the greatest high jumper Britain has ever produced, Geoff Parsons is becoming a name the crowds are beginning to conjure with. And even though he's a lowly Grade 5 athlete on the subvention scale, the Kent-based giant is threatening to reach heights previously

undreamed of by any human let alone an aspiring mineral processing engineer.

A student at the Royal School of Mines, his immediate targets for the summer are passing his exams, the Commonwealth

Games and the European Championships. In Edinburgh he will represent Scotland, as he did at Brisbane in 1982, and must be favourite to become the first athlete from these isles to take the high jump crown, while, barring a selectoral brainstorm, he will turn out for Britain in Stuttgart three weeks later. But both championships could be just stepping stones toward the supreme goals of an Olympic gold medal and becoming the first man to jump eight feet.

Currently the British record holder (both indoors and out), Parsons is more than a coat of paint behind Russia's Igor



Paklin, who has the world's highest jump of 2.41 metres, yet has the confidence and potential to beat anyone on the planet. "When I did my 2.30m (7'6"), I was comfortably over and although I went for 2.40 basically to entertain the crowd, I did not miss by much," he recalls. "Eight feet in metric terms is just another jump of 2.44, but to my mind it is the ultimate four minute mile of the high jump — and the first human to clear it won't be forgotten..."

Not that the lanky, 6ft 8ins Scot is likely to be forgotten, anyway. His 2.30m leap at Cosford in January lifted him above the ranks of the 'also-jumped' who litter British field event history and turned him into the first world class performer we have had at the bar since Victoria Park's Alan Paterson won the European silver medal in 1946. But that is only one way in which the 'Praying Mantis' is becoming an upwardly mobile figure in the athletics scene of the late eighties.

"I see myself now as both an athlete and an entertainer," he told me in his cramped

quarters at the Crystal Palace hostel, the day after winning the AAA's title with a modest 2.23m. "They tell me the TV coverage was excellent — and comprehensive — which is something for the high jump. And I know there are people who come along just to see me, which is as much a result of my involving them as it is for my performance. I wave and shout, they respond. And then I jump much better when they get behind me."

He goes on: "I think it takes a personality to publicize an event — just as Geoff Capes did the shot — and if there's a good rapport between athlete and crowd, we can all have a good time." Popular though Parsons is with the crowd, he is less than universally liked by fellow competitors and selectors. Indeed, the single mindedness of the Anglo-Scot is almost un-British. He acknowledges that, but believes it is essential if he is to realize his full potential.

"I don't mix with my rivals," he explains. "As I want to beat them — and go on

beating them, I don't want to become too friendly. To reach the top in any field you have to have that driving force."

"I know where I want to go and can even tell you my retirement date," he says with characteristic confidence. "It's Athens, 1996. The Greeks should get the Olympics that year as it will be the centenary, and it's also where I began my international career. So, for several reasons, it would be nice to wrap it all up there."

Now, it takes a rather special 21-year-old to talk like this without 'sounding big-headed' but the Margate-born Scot, whose accent is much more Kent than Celt, speaks with a refreshing matter-of-fact confidence that is rare, indeed, among aspiring sports stars. Yet it has been with him since he scaled 2.06m as a 15-year-old schoolboy. "That was the moment I decided I wanted to become a high jumper," he says.

The son of a Scottish mother and an English father, he plumped for tartan honours after being slighted by English

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

It is perhaps his stubborn streak that has caused the long-running wrangle with Britain's selectors and led to him being left out of our Olympic team in 1984 until a record-breaking performance at the eleventh hour let him back in. Although he had a disappointing time in Los Angeles — "the selection problem meant I peaked too soon," he maintains — his subsequent performances must surely have convinced any doubting Thomases on the Board, not to mention meeting promoters around the world.

"My 2.30 is now my passport to greater international competition," he says, "and I'm now 15th in the world on height and 10th on merit. As I respond to pressure, I should come out of this season a far tougher and a far better athlete."

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

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

He laughed when I questioned his

efforts on the track, saying: "Of course, I go at them hard — that's what I spend much of my time doing in training. Actual jumping can be as little as a couple of times a week in winter — a bit more in summer. I also do a lot of bounding and hopping as well as weights and multi-gymn work. I train three times a day and I'm eternally grateful to Crystal Palace for allowing me to stay here where the facilities are on my doorstep."

For all that, he would not want to be a so-called 'professional athlete.' "I need other outlets and mental stimulus," he says, "and regard my £300 appearance money as a bonus."

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

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Bridgemans Tuned Up



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

"And when we grew up, Lionel was still the faster," says George, who therefore did not consider he had much of a future as a sprinter.

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

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

championships at Grangemouth.

Earlier this year he set world 60+ records for 200 (27.2 sec) and 400 metres (63.5) at the British indoor championships. He also equalled the world mark of 8.3 sec for 60 metres. He holds the British best for 400 metres outdoors at 60.00 sec and last year clocked 12.7/26.3 for the 100/200. This year he took the 100, 200 and 400 metres titles at the Scottish veteran championships and equalled the record for the discus. In his heyday his best 100 yards time was 10.00 sec.

Lionel has long since given up

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

Have chair, will travel

GRAEME SMITH meets
Edwin Reid, a man on the
move.

Edwin Reid is instantly recognisable at Scottish athletic events — he carries his own chair.

Not that the Business Development Officer with the Clydesdale Bank in Aberdeen is out of condition, but when your activity goes on for hours it is important to be comfortable!

Edwin is a swivel chair athlete, the voice which has encouraged thousands of runners across the finish line in marathons around the country. Seldom seen, but much heard, he has his own unique style of gently cajoling runners along.

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

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

"With such a small committee we all had to do everything, and I

graduated through until I got a shot of the commenting."

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

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

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

"I like to encourage the runners to do well, possibly to beat their personal best or to break an hour barrier in a marathon. I am careful never to be hurtful. Sometimes it would be very easy to make a snide remark."

A former president of Aberdeen Amateur Athletic Club, he is involved in the organisation of many events including the City of Aberdeen Marathon and the Adidas/Mars half marathon in the city.

He also coaches youngsters at Aberdeen Amateur Athletics Club. "The very young ones are who I am best with. I seem to be able to relate best to 10-year-olds," he laughs.

He commentates on most athletic events in the North East, and has talked through several elsewhere in Scotland, but he looks back on his invitation to Glasgow last year to help out with the commentary as a high spot.

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

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

He has his own system devised



Edwin Reid, a race commentator with his own style.

for speed which is another reason he takes his own chair. "It is a swivel chair, a typists one, and it means I can swing back and forth picking up notes. But it is also very important, because it is comfortable. I have been supplied with some terrible chairs at events, and that is why I started taking my own."

Perhaps Edwin's most dramatic commentary was four years ago when he broke one of his golden

rules not to distract competitors. He undoubtedly put Aberdonian Graham Laing off his stride during a track event at the city's Balgownie track when he broke the news to him that he was to represent Scotland in the marathon at the Commonwealth Games.

"The news came through as he was running an 800 metres race," he recalls. "It was a very emotional occasion."

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Edwin and his essential seat.

RUNNING SORES

To JIM BLACK

I AM a 34-year-old club runner and average about 35-40 miles a week. A few weeks ago I experienced a stabbing pain at the back of my right leg and a few inches above my achilles tendon. It got so bad that I stopped running and treated it for a few days with a pain-killing spray. After a couple of weeks it went away, but I now find that the back of my leg gets stiff and sore after a long run.

Injured? Worried about getting injured? Or do you need top professional advice on diet, footwear or any of the habitual problems which follow runners about?

Write to us at Scotland's Runner (giving your name and address, although these will not be published) and our panel of experts will do their best to answer your queries.

THE symptoms and site of your injury indicates a calf muscle tear often referred to as 'tennis leg', rather than a peritendinitis or tendinitis of the achilles tendon. The sudden onset of the injury suggests a partial tear of the musculotendinous junction where the big muscles of the calf attach themselves to the achilles tendon. It is a well established fact that such injuries usually occur in the 'older runner', and I'm afraid at 34 one is approaching the veteran

stage, rather than that of a promising youngster. Healing at this site is similar to that of all soft tissues and occurs in stages. The first phase lasts around 14 days as cells migrate to the area and new connective tissue is laid down. During this phase rest is important with use of hot and cold. From 14 days onwards increasing activity is necessary to complete rehab-

ilitation. Activity must include stretching, and this should be done 3 or 4 times a day. Stretching must lengthen the calf muscles at the back of the legs and progressive 'wall pushes' are one way of achieving this. I would only advise running again after all pain has disappeared. Stick to level surfaces and ensure that you have properly warmed up. Running should be gradual and progressive and you may find sorbothane heel pads a help. If there is no improvement seek professional advice.

To JIM BLACK

A FRIEND at work has been trying to persuade me to go out running but I have not taken any exercise since I injured my knee at the age of 15. The problem then was diagnosed as Schlatters Disease, and my doctor told me to give up my hockey. Would it be safe for me to start running and if so how much should I do at first? I am 22, female, and generally quite fit.

OSGOOD Schlatter's Disease is a condition which is most commonly found in the young teenager. It is more common in boys than girls and is peculiar to the vigorous teenager, especially those who involve themselves in jumping sports. It is a condition which is self-limiting and is most painful after exercise. The only treatment is rest, and if this is followed the condition settles without complication. I see no reason, therefore, why you should not start running. Ensure you have good shoes and start very gradually keeping your mileage down to two miles

per run 3 or 4 times a week. Stick to a good flat course and if after a few weeks there is no reaction, the level of activity can be gradually increased, perhaps by three or four miles per week. If your knee becomes sore then see your doctor.

To GREG McLATCHIE

MY problem doesn't seem to affect my running, but I worry about it. I don't sleep very much, usually five to six hours a night. I am a 38-year-old man and I run about 40 miles a week and have a very pressurised job. I often don't feel like getting out of bed, but I'm fine once I'm up. Should I be getting more sleep?

THERE are large variations in sleeping patterns. Some people need only 4 to 5 hours while others are perpetually tired unless they get 8 or 9 hours. Both of these are normal. It is a change in sleeping pattern that is important. If this has happened there may be several causes, the more common of which are:

- 1) **Overtraining:** Running excessive mileages can produce insomnia or a persistent state of mental arousal. This coupled with anxiety about a forthcoming race can lead to chronic fatigue and eventually illness.
- 2) **Alcohol:** Alcohol abuse or even heavy drinking can disturb sleep. Make sure that your intake is at a minimum when doing serious training.
- 3) **Cigarette smoking:** Excessive smoking has been implicated in disturbed sleep. It can lead to gastrointestinal upset and indigestion which in turn make sound sleep unlikely.
- 4) **Depression and Anxiety:** Both of these are extremely common causes of poor sleep. If you work in a high pressure job this is high on the list. Unfortunately only you can alter your lifestyle but medical advice is worth having in severe cases.
- 5) **Physical illness:** There are many physical illnesses which disturb sleep such as persistent coughing, indigestion and the pain of duodenal ulcer. If you have physical symptoms you should consult your doctor.

Provided that this represents your previous sleep pattern i.e. your pre-running sleep pattern, I would not be too anxious about it, but it would be worth reducing your mileage for several weeks to see the effect. It is quite possible



To JOHN HAWTHORN

BEFORE big marathons you always read about pasta parties. I thought that pasta was fattening and have always tried to avoid it to help keep my weight down. What are its benefits for runners?

ALL FOODS are fattening if eaten in excess. In Scotland we have a traditional fondness for bread, potatoes, scones, cakes and sweet

things, and dietitians called them 'fattening' because many people were eating them in excess at the expense of protein foods like fish, milk and eggs.

But for the sportsmen in strict training for a marathon, pasta and other starchy foods help to build up glycogen energy reserves and are very beneficial. The consumption must, though, go hand in hand with your training. A bellyful of pasta just before a marathon is more likely to hinder than to help

that you are both overtraining and overworking. The aim of running should be to help you relax, not to increase the pressure on you. If you are genuinely running for good health I would finally recommend a reduction of about 25-30% of your mileage for two to three months.

To GREG McLATCHIE:

I HAVE been running for two years and completed a marathon last year in 4:12. But I felt that I could have done much better if it had not been for a very bad stitch which hit me at 13 miles. I now get the pain quite regularly when I run

for more than about 90 minutes. How can I prevent it?

STITCH is a cramp-like muscular condition which generally occurs in the right upper abdomen. It is specifically related to exercise, especially when running downhill and often when the stomach is fairly full.

There are many theories as to how it is caused, but none has been proven and its cause remains a mystery. It is characteristic of a stitch that the pain stops after running, but comes back when running starts again.

Eating too soon before exercise, eating too much, or

JIM BLACK, M.Ch.S., is a state-registered chiropodist; JOHN HAWTHORN is Professor Emeritus in Food Science; GREG McLATCHIE M.B., Ch.B., F.R.C.S. is a consultant surgeon; and LENA WIGHTON, M.C.S.P., is a senior physiotherapist specialising in sports injuries.

RUNNING SORES

taking fizzy drinks beforehand are all common precipitating factors and these are easy enough to correct.

One possible cause is lack of abdominal muscular tone, so it is always worthwhile strengthening these muscles by step up exercises, sit ups or trunk curls. These exercises in themselves will often prevent any further problems. If a stitch occurs it can be overcome by running slightly flexed for a few strides or by breath holding and pulling the abdominal wall in. This splints the abdomen and prevents stretch of nerve ends in certain parts of the gut which may be related to stitch production.

A particularly persistent stitch should, of course, be fully investigated by a doctor as it may represent either an organic abdominal problem such as duodenal ulceration or even gallstones, but it is also a well recognised reaction to stress, especially in students and especially at examination times.

To LENA WIGHTON

I AM a 40-year-old male and have been running at club level since I was 14. Recently I have started to suffer very severe pains down the back of my legs and have been told that it is probably sciatica. How can I prevent these onsets, as they seem to be unpredictable and severely disrupt my training and sleep? I do a bit of stretching before and after my runs.

YOU do not indicate which event or events you run, and although

you say 'very severe pains down the back of the legs' disrupt training and sleep, you don't tell me what your training schedule consists of.

There is more than one cause of pain down the back of legs, from a simple increase in overall body weight increasing the abdominal girth, and thus possibly altering the manner in which you run, putting additional pressure on the lumbar spine and the roots of the sciatic nerve.

I think you should consult your family doctor as there are in fact many other causes of leg pain.

To LENA WIGHTON

I AM a 22 year old female and I started running this year. In June I finished the "10K-OK" and felt quite good physically. But the run was spoiled for me by very bad chaffing from my bra. Would vaseline solve the problem?

CONGRATULATIONS on completing the 10K-OK. On the subject of the chaffing bra, you don't say whether in fact you were wearing a sports bra or not.

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WILL WOMEN CATCH THE MEN?

By JOYCE KERR

IT'S the race of the century. The pace-setter is still firmly in the driving seat but his rival has got him firmly in sight and is closing in steadily. The exciting question is this: can she ever catch him?

Women have always been the also-rans in athletics. We all tend to assume that because the male world best performances have always been better than their female equivalents, this state of affairs will continue. However, some scientists think differently. There is now a school of thought which says that by the end of the century women could catch the men in distance races and significantly narrow the gap in some of the other events.

The difference between men and women has narrowed steadily in the marathon. While the male world best seems to hit the wall every few years, then make tortoise-like progress, the women's world best has been haring through the field in hot pursuit.

They may have come late into the race, but the women have come flying out of their blocks seemingly determined to make up for lost time. Curiously, it is at both ends of the running spectrum that the sex gap is narrowest. In the 100 metre sprint there is an eight per cent difference between men and women. The gap is at its widest in the 400 metres and the 10,000 metres where it stands at thirteen per cent, then narrows again to eight per cent for the 26 miles 385 yards of the marathon.

In the long run, women were never taken seriously until the last few years when their performances took great strides forward and the best women started gliding with apparent ease and grace through the packs of top class male club runners. During the

1980's we have got used to the idea that only the very fastest men can be sure that the heavy breathing coming up onto their shoulder during a long distance road race is not that of a woman.

It is only during the last ten years that women have been running the marathon in any numbers, although over the years several brave pioneers paved the way into long distance road running for their sisters. When the gun cracked for the first modern marathon in Greece in 1896 there was a woman on the starting line — disguised as a man, her name was Melpomene and she finished the tough course in creditable 4½ hours.

The first sub 3½ hour time was run by Dale Greig of Scotland who ran 3:27.45 at the Isle of Wight in 1964; the three hour barrier was breached by Adrienne Beames of Australia who ran 2:46.30 in 1971, closely chased by American Beth Bonner who ran 2:55.22 three weeks later.

The current women's world best (because marathon courses vary in terrain they are not called 'records') was set in last year's London Marathon by Norway's Ingrid Christiansen who romped home in 2:21.06. That time would have given her victory in every Olympic marathon until 1960, and if she had turned out for the 1968 Mexico Olympics, her London time would have brought her in only 40 seconds behind gold medallist Mamo Wolde of Ethiopia.

With the single exception of 1958, Christiansen would also have won every European Championship marathon up to 1966 when Britain's Jim Hogan bettered her London time. And it is just as well for Scottish pride that Norwegian women are not allowed to run in the Commonwealth Games. Her



Angie Pain . . . finished ahead of most men when she won in Glasgow.

world best is fast enough to have given her victory in every marathon up until 1970 when Ron Hill would have beaten her — and Scotland's Commonwealth score charts would have been one gold medal short since she would have beaten our Jim Alder in Jamaica, 1966, by one minute and one second (although in fairness to Alder it has to be remembered that he was sent the wrong way into the stadium and added a considerable chunk to his time).

A few years ago, performances like these would have been thought impossible. But as women have started muscling their way into distance running they have demanded better facilities, better coaching and better competition. It is the pressure of these demands which saw the marathon becoming an official event at the last Olympics, and its inclusion in

the Edinburgh Commonwealth Games.

It is a similar story in the 10,000 metres (the metric six miles) where changes in the attitude of officials, combined with pressure from leading women athletes like Mary Decker Slaney and Grete Waitz, led to the event being scheduled provisionally for both the 1987 World Championships and 1988 Olympics. But Scotland has the distinction of hosting the first major championship 10,000 metres for women — the event will be staged during the Commonwealth Games — and the European championships in Stuttgart will also include the distance for the first time.

As women get more and more opportunity to race these distances at world level we can expect to see the pace hot up and the gap between the best women and the best men close still

further. But will women ever catch the men?

Women athletes have always suffered the handicap of male discrimination — as well as considerable pressure from their peers, who would argue that sport was somehow unfeminine. While some of these barriers have been jumped by some very determined women, there are physical handicaps which are less easily overcome.

Like many old wives tales, the Scottish gibe that "you run like a big lassie" has an important truth within it. Women are built differently to men and that influences their ability to run. The different shape of pelvis causes women to adopt a different running style which tends to be less economic and has an increased chance of injury, especially to the knees. Since the average man is taller than the average woman his stride tends to be longer.

But in running terms, the

biggest difference between men and women lies in their hearts. In proportion to their size, men have bigger hearts than women and that gives them the key advantage — male muscles get more oxygen per heart-beat, so any woman who is matching a man stride for stride is actually fitter than him, as her body is having to work harder.

And that is not the end of her problems. She also has to drag much more deadweight than a man. Women carry much more fat than men, not because they are overweight, but because their bodies are

designed to cope with child bearing.

Nothing wrong with that, but fat handicaps performance as surely as lead weights packed onto the back of a race-horse.

These facts make the current female successes seem all the more impressive, but the scientists are not all convinced that women can eventually catch the men. While some predict that women could be defeating men in long distance events, and coming a much closer second in the sprints by the end of the century, others are

less optimistic and say that it will become increasingly difficult for women to slice big chunks off the world bests, and that their improvement will tail off just as happened to the men.

It seems likely that men will continue to improve by shaving whiskers off the skin of their teeth. But Ingrid Kristiansen's wipe out of her own 10,000 metres world best by more than 45 seconds suggests that women can keep up their present pace, improving by leaps and bounds. The race of the century is still wide open.

World Best At Ten-Year Intervals

MEN			WOMEN		
1915	2:36.06	Alexis Ahlgren (Sweden)	1926-55	3:40.22	Violet Piercy (UK)
1925	2:29.01	Al Michelsen (USA)	1965	3:19.33	Mildred Sampson (NZ)
1935-45	2:26.42	Sohn Kee Chung (Korea)	1975	2:38.19	Jackie Hansen (USA)
1955	2:17.39	Jim Peters (UK)	1985	2:21.06	Ingrid Kristiansen (Nor)
1965	2:12.00	Morio Shigematsu (Japan)			
1975	2:08.33	Derek Clayton (Australia)			
1985	2:07.11	Carlos Lopes (Portugal)			

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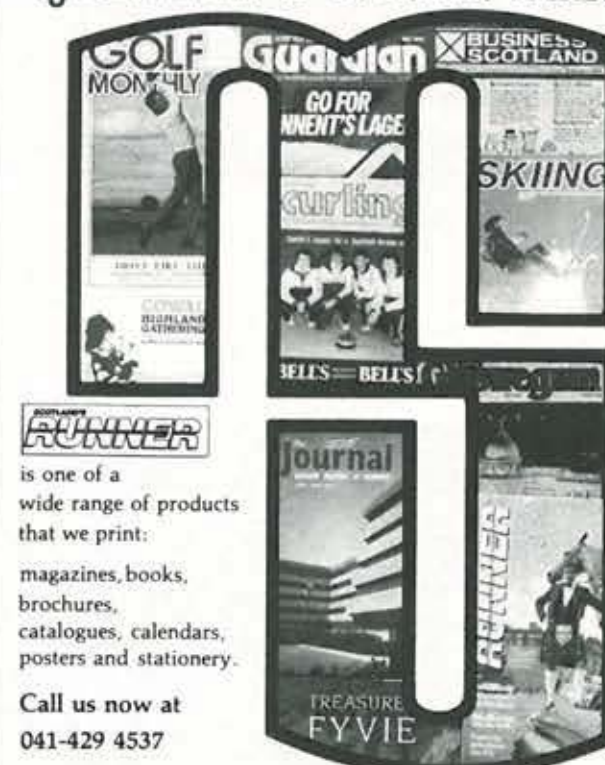
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THE WELL-FED Runner

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

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

Motor Car		Human Body
Petrol	Energy store	Muscle starch plus body fat
Engine	Machinery	Muscle and bone
Oil	Lubrication	Minerals and vitamins
Air intake, exhaust	Breathing	Lungs and heart
Accelerator, brakes, steering	Controls	Nerves and brain
Servicing	Maintenance	Continuous self-repair from food and water

Dietary hint

FILL up with four star. Porridge for breakfast with a splash of milk both tastes good and helps build stamina. It has been a base line in the diet of the mountain men, the shepherds of the highlands who set standards of effort and endurance on the wildest of our lands in the sweat of summer and blizzards of winter. For other meals don't forget the virtues of rice, spaghetti, macaroni and other forms of pasta, especially if wholemeal. Good fresh wholemeal bread is one of the safest and best of them all.

Spuds too are rich in carbohydrate and in addition, add that all-important vitamin C to your diet. Eat them all ways — boiled, roast, baked, sautéed, and even as chips which, despite the popular idea that nutritionists damn them are excellent food for an occasional change. But not with everything, please!

All cars have petrol tanks. Some of the more expensive ones have two. Human beings have four. They are:

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

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

Firstly, and improbable as it seems, energy from food is obtained by burning it. Burn the toast under the grill and you mainly get carbon dioxide gas, water, and a bad smell.

Burn the toast through your gut and you get much the same effect, with the oxygen you breathe in and the carbon dioxide you breathe out, but without the bad smell (I can safely assume that you are 100% fit). But that is the overall effect. You don't burst into flames because your body performs the trick in stages, nicely calculated to keep you near the best temperature for physical efficiency, that is to say 37°C or 98.4°F, while you perform

the trick of running a marathon.

So how do we use the four petrol tanks? Start to jog. Your muscles begin to use up some of that starchy stuff, the glycogen, as fuel to power the process. The blood circulates through them and as the glycogen is used up, the muscles nick some of the blood sugar to compensate. This makes the blood feel a bit peckish so it in turn nicks some from the liver the next time it cycles through, which does not take long since the heart is bashing extra hard to keep up with the whole process.

Meantime what do you care? You just keep the legs pounding away. Eventually, muscle, blood and liver all begin to feel a bit deprived and shout for help from fat deposits. Weight for weight, fat gives twice as much energy as glycogen but rather less willingly.

Incidentally, exercise alone is not a particularly good way to slim unless combined with an appropriate diet.

Energy from food comes from burning it

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

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

This has been all about glycogen, a carbohydrate which your body makes from the carbohydrates you eat.

Later we shall deal with protein which has its place in your training plans.

Friday July 25, 1986

Daily Braggart

20p For'ard wi' cap'n Boab



2000 JOBS GO AS LIFE BOAT SINKS

DAILY BRAGGART publisher Robert MacSwell, last night announced that he wanted 2000 redundancies at the Meadowbank plant of his new company, Maxwealth Empire Games (1986) Ltd.

As barbed wire was erected around the plant to keep the crowd in, MacSwell blamed the fund-raising unions for the Company's disastrous trading position. "I will not be dictated to by vast committees of merchants who couldn't organise a festival in Edinburgh," he boomed.

Among the first victims of MacSwell's new measures is Kenneth Borthawick, the former Maxwealth chairman who sold out to MacSwell for £100m.

BOOBS, BOOBS
BOOBS - P 3

PLUS Borthawick profile

Jimmy Reid
Meets Jimmy
Reid - Pages 5, 6, 7,
8, 9, 10, 11

Dictated, Edited and Telexed from London

Czech bounces past also-rans



Jan Hoch

HOCH WINS GOLD!

The unlikely, bounding figure of little-known Jan Hoch was the toast of Edinburgh last night.

The Czech stormed through the pack to win his country's first-ever gold medal at the Maxwealth Empire Games.

Meadowbank rang with cheers as the overbearing figure of Hoch appeared from nowhere to surge past local hope Kenny Borthawick on the final straight.

As Hoch breasted the tape, television cameras from around the world homed in on the hitherto-unknown Czech.

"Tell everybody I owe this to Sir Robert MacSwell," Hoch gasped, before being dragged off by two Daily Braggart reporters to the exclusive Braggart Group Newspapers press conference.

It was the intervention of Sir Robert, publisher of the Daily Braggart, which led to Hoch being granted a special 10-day British citizenship under the Zola Budd Naturalisation Scheme.

A beaming MacSwell said later "I hope this silences the armchair carpers. The Games are first and foremost, about bringing together young people, regardless of colour, creed or sex, provided they are signed up by the Daily Braggart."

As car horns booted joyously in the streets and the Queen announced a national holiday, Hoch was led back into the arena to receive his medal from Marmaduke MacSwell heir to the Maxwealth fortune.

The Czech later announced his intention to contest all the track and field events at the Games.

By ENID McBLTYON and WALTER McMITTY

Hashers take to the grass

By STEWART McINTOSH

Livingston New Town has no idea what is about to hit it. Sure, the townspeople have become used to the occasional jogger pounding the pavements, but nothing in their previous experience has prepared them for the sight of 500 hashers from all over the world who will descend on the town's MOTEC centre in early August.

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

And in the mud, the rivers, the burns, the trees, the hillsides and the bogs. Hashers are harriers who hound their clubmates; they don't have races, they have chases. Just like the wee boy on the old porage oats packs, they dash over hill and dale spreading paper or environmentally-conscious chalk or flour behind them. The harriers and harriettes have to track them down.

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

Every mile or so, the hares lay a circle which is called a "check", and from which there are no visible markers to tell the hash which way to go. The faster runners in the pack then head off in different directions "checking" for the next mark; this provides a convenient means of letting the fast runners steam all over the countryside while the slower runners recover at the "check". When the trail is picked up again they should "On! On!" to gather the pack, and all rally forth in hot pursuit.

Somewhere between six and eight miles is the usual distance, and the event is not designed to be seriously competitive. Indeed, the serious business really only starts when the running stops — that's when the hashing is overtaken by the nosing.

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

The get-together also provides an opportunity for the more formal hashing activities, such as the awards ceremonies. "Wanker of the Week", and "Prick of the Week" T-shirts are doled out to those deemed to have made the biggest fools of themselves on the run. You can win these awards by getting lost in the woods, falling



Good news, chaps in the Commonwealth committee wants us to boycott the games.

in the river or simply by being the fastest runner round the route.

The SCB title is awarded to the "Short-Cutting Bastard" who sliced most off the course. Winners of these awards have to wear their T-shirts for two consecutive runs — without washing them in between.

Most of these awards are closely tied up with the drinking of beer. Turn up for your first hash and you are likely to be requested to down a pint of beer in a one. It is worth doing your best here, because everything you fail to swallow in one draught will be poured over your head.

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

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

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

Hashing's rise to worldwide popularity was less than meteoric. Indeed, the club's activities were virtually confined to Malaysia until 1960, when a second club was formed in Singapore by some

transferred army personnel. The first Australian club was set up a few years later.

The rapid expansion of the oil industry in the Middle East in the late 1960's fuelled a rapid expansion of the "H3", as bored oil workers sought out the club both for sport and socialising in places like Bahrain, Riyadh and Jeddah. As they returned home after their Middle East stints these people set up their own local clubs and there are now more than 360 clubs worldwide in 85 countries.

The first Scottish club was formed in Edinburgh in 1981 by a locally-posted army captain, and, although the initial response was slow, membership north of the border now stands at 350 members. Scotland's seven Hashes are based in Edinburgh (two), Aberdeen, Elgin, Hamilton, Glasgow and Cairn Hill in Fife.

Four years ago, the first Commonwealth Hash was held in Brisbane to coincide with the Games, and was so successful that the Scottish clubs thought they should organise something similar, in 1986. The consequence is that at least 500 hashers from all over the world will urge each other on from August 1-4 at Livingston. Runners from exotic spots like Bali and Singapore will check out the Lothians and Fife countryside.

Organiser Ann McCrorie of Edinburgh Hash hopes to see a last minute surge of entrants for the Commonwealth Hash, especially since its timing at the end of the Games and just before the Edinburgh Festival makes it an ideal time for visitors to come to Scotland.

You too could be Wanker of the Week. Contact Ann McCrorie, 031-346 2481, or George Wilkes, 031-556 7708, in the evenings for further details.

GLORY GAMES

and the chase for gold



DOUG GILLON of the Glasgow Herald takes a nostalgic view of 1970 and an optimistic look forward.

The stirring strains of the Black Bear rose to waves from the cauldron that was Meadowbank. The pipe music seemed to slide off the slopes of Arthur's Seat and roll back to engulf the cavorting athletes who linked arms as the curtain came down on the 1970 Commonwealth Games.

Unbelieving Scots turned to each other on that summer's day. "We did it... four golds... we really did it."

You could have named your price at the bookies for four Scottish golds 16 years ago.

"How many golds will we win?" I was asked by a jaundiced sports editor who had seen it all before.

"One — McCafferty... if we're lucky," came the answer from this novice sports writer. I was ready to write off Kip Keino and Ron Clarke. There's nothing like optimism when you are young.

Ian Stewart stuffed all three of course in the 5000 metres final... and Scotland took four golds, not to mention two silvers and two bronzes. That's why bookies drive Merces and Daimlers and your correspondent is still pounding a typewriter.

According to ITV commentator Peter Matthews, Scotland will win only two athletics medals — neither of them gold. He tips Geoff Parsons for silver in the high jump and Liz Lynch for bronze in the women's 10,000.

Matthews, former sports editor of the



Ian McCafferty leads Ian Stewart, Kip Keino and Ron Clarke in the 5,000 metres final.

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Guinness Book of Records, was the principal commentator in 1970 and is a much-respected statistician and observer of the sport. But he has almost certainly done the hosts a favour with his dismissive prediction of their prospects.

If Scotland's medal chances are written off by the opposition and critics, that will be a good omen according to two of the Scottish medal heroes of 1970.

Jim Alder was the defending marathon gold medallist after his triumph in the heat of Kingston four years before. But in the interim, Belfast-born Australian Derek Clayton had run a world's fastest of 2:08:36.

"If it snows, get your money on Jim," said Clayton. "In wind and rain, or in baking heat, Alder is great. But in good marathon conditions he won't be a contender," predicted Clayton. "He's just not a world-class runner."

Alder was furious, but channelled his aggression. He couldn't manage to cling to Ron Hill as the Englishman won in 2:09:28, the best time then ever recorded for a marathon in Britain. A silver, however, was reasonable consolation for Alder, the Clydebank-born orphan with the broad Geordie accent.

But every bit as satisfying was passing a vomiting figure at the side of the road around 18 miles. "It was Clayton. He had dropped out," recalls Jim.

It was Alder too who responded when an Englishman wrote off Lachie Stewart's gold-medal success over Ron Clarke in the 10,000 metres. After Clarke had succumbed to Lachie's blistering finish there were no recriminations from the gentlemanly Aussie. "He did me fair and square," said Clarke.

But one spectator, incensed that Clarke, with his string of 18 world records was about to bow out of the sport, robbed of a major championship gold, wrote to Stewart: "A champion should win like a champion... from the front."

Alder, late, grabbed the letter from the bemused Lachie and wrote back to remind the critic that England's great athletics hero, Chris Chatterway, in his epic duel with Vladimir Kuts, had led for 20 yards — the last 20.

Ian Stewart and Ian McCafferty had their chances dismissed in the 5000 metres. Kip Keino had merely to turn up and the gold would be his, it seemed. But it was the Scottish duo who, shortly after 4.00 p.m. on July 25, brought the house down with gold and silver.

Scotland's overall athletics stock is far higher now than immediately before the 1970 Games, but it would be a brave



Rosemary Stirling (left) wins the 800 metres from Pat Low (England) and Cheryl Peasley (Australia).

pundit who would predict even half of the eight medals we won then, far less the four golds won by the two Stewarts, by Rosemary Stirling (800 metres) and Rosemary Payne (discus). However there should be far more home athletes to cheer on in finals this time.

"Switch on the telly and watch me win a gold medal for Britain" (The Sun, 1972) rose to haunt the likeable Dave Bedford in the aftermath of the Olympic 10,000 metres in Munich.

Scots tend to be a bit more canny. That is why playing down their prospects has been the games-plan of most of the home athletes on the run-in to the XIIIth Commonwealth Championship.

There is certainly no lack of ambition. The American philosophy of "First's first and second's nowhere" alternatively expressed by: "winning isn't everything, it's the only thing" is a sentiment which many home athletes share. They just are not as obtrusive about it as the Yanks.

But on current ranking, at the time of going to press, the reality is that not one Scot tops the Commonwealth lists in his or her event. But the impact of national fervour cannot be underestimated.

I believe that Scotland has genuine

medal prospects in Tom McKean (800m), Allister Hutton (10,000m), John Graham (marathon), Geoff Parsons (high jump) and the 4 x 100m relay provided the squad can get their act together.

I also believe hopes of gold are better with the women. Nobody should underestimate the talent of Yvonne Murray in the 1500 metres, and, more particularly the 3000 metres, of Liz Lynch



Steve Cram duels with Tom McKean.

Best performances

MEN			WOMEN		
100m	Alan Wells (Sco)	10:02w	100m	Angella Taylor (Can)	10:58w
200m	Alan Wells (Sco)	20:12w	200m	Merlene Ottey (Jam)	22:19w
400m	Charles Azim (Ken)	45:01	400m	Marilyn Neufville (Jam)	51:02
800m	John Kipkargat (Ken)	1:43:55	800m	Mary Stewart (Eng)	4:06:34
1500m	Filbert Bayi (Tan)	3:32:16	1500m	Ayana Audum (NZ)	4:45:53
5000m	Ben Ipcho (Ken)	13:14:4	3000m	Shirley Spoor (Eng)	12:78w
10000m	Richard Taylor (NZ)	27:46:4	400m	Debbie Flintoff (Aus)	55:88
Marathon	Ian Thompson (Eng)	2:09:12	4 x 100m H	England	43:15
3000m S/C	Ben Ipcho (Ken)	8:20:8	4 x 400m	England	3:27:19
110m H	Mark McKoy (Can)	13:37	High Jump	Katrina Cibat (Aus)	1:33
400m H	Alan Pearce (Eng)	48:83	Long Jump	Shonot Ferguson (Bah)	5:51 w
4 x 100m	Nigeria	3:15	Shot	Sheila Sherwood (Eng)	6:73
4 x 400m	Trinidad & Tobago	3:08:8	Javelin	Judith Oakes (Eng)	17:52
3km W	Steve Barry (Wal)	2:10:16	Discus	Margaret Ritchie (Sco)	82:38
High Jump	Mill Otley (Can) and Stephen Wray (Bah)	8:31	Javelin	Shirley Howland (Aus)	54:46
Pole Vault	Raymond Boyd (Aus)	5:20	Heptathlon	Glynis Nunn (Aus)	6:25 pss
Long Jump	Jeff Gurdridge (Eng)	8:13			(W = wind assisted)
Triple Jump	Crabtree Eggleston (Sco)	17:81 w			
Shot	Gary Honey (Aus)	8:13			
	Keith Connor (Eng)	17:81 w			
	Geoff Capes (Eng)	20:74			



Chris Whittingham (left) edges out Yvonne Murray, in the WAAA 1500 metres with Wendy Sly well beaten.

in the 3000 and 10,000, or of Loma Irving in the marathon. And Chris Whittingham has already carved three seconds from her 1500 metres personal best this year, running in Oslo, where she clocked 4:24, a time inside the Games record.

It will, hopefully, be third time lucky for her family. Her twin, Evelyn, competed in 1974 in Christchurch, both of them were in Edmonton where Chris placed fourth in the 1500. In addition, Chris's husband, Mike, was edged out of the medals in the 400 metres hurdles in Brisbane.

There are several other events with lesser medal prospects and national and native records will fall regularly.

Canada's Ben Johnson will, barring injury, establish himself as a world star. A 100/200 double is likely and he could take a third gold in the sprint relay to equal the feat of the 17-year old Don Quarrie (Jamaica) 16 years ago.

Allan Wells does not rule out the possibility of a gold rush by the Canadian, but believes there is "almost as much pressure on Johnson now as there was on Carl Lewis before the '84 Olympics."

Nigeria would have made a big

impact, but as we went to press it appeared that the threatened boycott would become reality. If the rest of the black Commonwealth follow that lead, medals at the Games will undoubtedly, and regrettably, be much more cheaply won.

Steve Cram and Zola Budd (if she is allowed to run) in what for them will be a warm-up for the European Championships later, should both come away with 1500 metres gold medals.

The absence of the blacks would have a significant affect on the chances of Tom McKean at 800 metres.

The biggest cheer for nostalgia, despite Dundee's Chris Haskett Price bridging the gap between 1970 and '86, will surely go to Canadian Debbie Brill. Youngest ever gold medallist when she won the high jump at 17 years and 137 days, Debbie has taken the Commonwealth record in the event from the 1.84 metres she set in 1970 to 1.98m, winning another Commonwealth gold and silver along the way... despite spending some time as a hippie drop-out and having a child.

One world record was set in 1970 by England defector Marilyn Neufville who

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Liz Lynch leads in her record breaking 10,000 metres at the UK Championships.

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

Lachie Stewart, the night before his 10,000 metres triumph, spent a sleepless night in the athletes' village. The cords on the flagpoles played a metallic symphony as they rattled in the wind.

"I couldn't sleep, and ran the race through time after time in my mind," he recalls. "I planned every step, every move."

The time for planning and dreaming is almost past. The trigger finger of starter Barry Craighead is getting itchy as the competitors prepare to get on their marks and go for the glory of the Games.



SANDY SUTHERLAND reflects on mixed personal experiences of the 1970 Games.

Just as being best in your event in Scotland does not always guarantee you a place in your national team, so being a sports journalist does not always guarantee you a seat at the finish.

I lost out on both counts in 1970, although I watched the women's 100 metres semi-finals and final from a seat on the opposite terracing.

But I still remember vividly the thrill and sheer emotion of the moment when an unrated Scottish sprinter ran 11.55 secs to finish third in the semi-final in front of some distinguished names.

It was, of course, a fitting reward for all the hours of very hard work which my wife Liz had put in the previous winter, very often with only her own ambition to spur her. This was topped up in the very last few weeks by John Anderson, who had just resigned as national coach, but whose infectious enthusiasm and forceful personality made her believe in herself.

Unfortunately, having "lifted" so much for the semi, Liz was not mentally prepared for the final the same day and finished eighth and last, though her concentration was not exactly helped, as they prepared on their blocks, by the misguided announcer. He was sure the crowd would not mind if he gave a special mention to the "little Scots girl" in the race. Helen Golden, totally ignoring that there were, in fact, two home runners.

Sport for All? The Friendly Games? What a laugh. In fact, had the Scottish athletics officials got their way, Liz would not have been in that 100 metre final at all, for she was approached just before the Games to withdraw to make way for another competitor who could complete the relay team. Happily that other competitor was included in another event and the relay team took part and finished fourth.

But one aspect has improved. This time there is no dreadful fenced off "Stalag Luft-style" women's quarters, where I had to bid my wife goodnight before returning home to our flat only 300 yards from the Games village in nearby Newington. This time the competitors will be housed by country, not by sex, in the Pollock Halls of Residence.

CAN RUNNING KILL?

Is running dangerous? Should running shoes carry a health warning on the boxes? All of us who enjoyed watching the enthusiasm and achievement of 1600 women who ran in June's "10K-OK?" in Glasgow were deeply saddened by the tragic death of Mrs Helen George, the 42 year old wife of a Glasgow surgeon, who collapsed in the finishing funnels and died a short time later from the effects of massive internal bleeding.

Her death followed that of Duncan Kerr who died in the last quarter mile of the 1985 Scott's Porage Marathon while on his way to what should have been a 2.45 personal best for the event. The coroner described the 28 year old Garscube Harrier's death as being caused by "bilateral haemorrhagic pneumonia" — both of his lungs had become inflamed and flooded with blood. The most likely cause was viral pneumonia.

Kerr had mentioned before the race that he had suffered from a slight cold earlier in the week, but that he was fit enough to run since he now only had the "slightest of sniffles." But when a virus is present in the respiratory system it weakens the walls of the lungs and can cause the blood vessels to rupture and leak into the lungs. His sad death underlines to all runners the importance of not exercising when suffering from a fever or a virus, even when you think that the symptoms are very mild.

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

After writing a weekly column in the Glasgow Herald during the build-up to first Scott's marathon in 1982, I felt obliged to take part in the race even although I had not yet recovered from a virus. At 18 miles I was on schedule for a 2.50, then I felt as if I was struggling through a vat of vaseline. From running 6½ minutes a mile pace I slowed to about 8 minutes a mile and wobbled to the line in 3.12, a fairly spectacular collapse in the last few miles.



STEWART McINTOSH, in a three-page report, assesses the dangers of exercise, which is largely beneficial... but is no guarantee against sudden death.

But illness and exhaustion was not the only price to be paid. I felt weak and depressed and unable to run for three months afterwards. The risks of taking on a big race when you are ill are simply not worth it and the same goes for hard training. Ignore those who try to persuade you that the best treatment for a cold is to "sweat it out."

Sudden death on the sports field is usually caused by some sort of heart attack or stroke — Duncan Kerr and Helen George were unfortunate exceptions whose deaths were caused by other reasons.

It is not sport which causes sudden death, it is an underlying defect.

Are you at risk while racing or training? Is there a possibility of sudden heart attack in anyone who is taking strenuous exercise? The chances are very strongly against it. There are three main causes of sudden death in sportsmen and women under the age of 35. Many of them have undetected congenital abnormalities which come to the surface at moments of physical stress, such as during sport, running for the bus, shifting the wardrobe or watching your team getting kicked out of the World Cup on penalties.

The other main causes of sudden death in young athletes are abnormalities of the valves and a thickening of the main

ventricle in the heart. These are unusual conditions and there is no point in going around worrying that you might be suffering from any of them. And it is not the participation in sport which causes these sudden deaths, it is the underlying defect — any other sudden activity could trigger calamity.

Sudden deaths in the over-40s are usually caused by the slow build-up of heart disease, but the sporting activity only acts as the spark for a silent time bomb that will have been ticking away for many years.

Sudden death on the sports field always generates a lot of publicity, whereas those who die in front of the TV or while digging the garden tend to go unreported. And in any gathering of several thousand people there is always the statistical chance that one or more of them will suffer some sort of calamity during the event.

Heart disease is not new. Pliny the Elder reports some of the earliest coronaries in recorded history. He tells of a Roman senator who collapsed and died on his way out of the Senate just after delivering a powerful speech. A dancer who was reputed to be the most beautiful woman of her day had no less than two Roman noblemen die on her in exotic circumstances.

And Scotland's links with the disease go back into medical history. John Hunter, the Scot who transformed surgery into a science, suffered from angina and used to say that his life was in the hands of any scoundrel who cared to annoy him. Edward Jenner who invented the smallpox vaccination correctly predicted



An ambulance takes Mrs. Helen George from the Strathclyde 10K.

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

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

60 per cent of fatalities among men in the 40 to 65 age group in the West of Scotland are due to heart disease, a figure that places Glasgow firmly in the unenviable position of being the coronary capital of the world. Every year 6500 Glaswegians die of heart disease and strokes, and on any one day more than 1000 hospital beds in the city are occupied by coronary patients.

The principal cause is the traditional way of life in Scotland where smoking is prevalent, the diet is high in sugar and salt, and the climate is not conducive to taking regular exercise. It must be more than coincidence that much of Glasgow's wealth was built on the sugar and tobacco trades.

You can reduce your risk of a heart attack by keeping your blood pressure and cholesterol levels low and by not smoking. The first two can be helped by taking steady exercise like running. The risk factor about which you can do nothing is hereditary heart disease tends to run in families and if your parents have been victims then your own chances are significantly higher.

So runners are off to a flying start in the race against heart disease. There is growing evidence that people who take

plenty of aerobic exercise can significantly reduce their chances of suffering coronaries but it is worth bearing in mind that no-one is guaranteed immunity.

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

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

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

Countries such as the USA and Finland, which also have a high rate of heart disease, have managed to turn the tide by encouraging vast numbers of the

population to take up aerobic exercise such as jogging or cross-country skiing. On the back of the running boom the USA has seen an average reduction of 20 per cent in coronary heart disease and among the middle classes (which as a group tends to respond more readily to personal health care) the reduction has been an impressive 40 per cent.

There is no good reason why favourable improvements could not be encouraged in the Scottish population as the health message gradually gets across. Scots tend to be incurably optimistic about the consequences of a high fat diet chased down by sticky buns then allowed to settle in the stomach over a relaxing cup of sweet tea and a couple of fags. Health educationists are keen to persuade people that they can take action, and preferably physical action, to help avoid heart disease and the health boards in Glasgow and Lanarkshire have launched campaigns to jog people into action.

The running boom can play a major part in this drive for a healthier population. The sheer enthusiasm of the thousands of

Scots who have completed the tough 26.2 miles of the marathon has convinced many of their friends that "if he can do it, so can I" and there has been a surge of new runners finding their feet in 10 kilometre races or half marathons rather than the gruelling demands of the full distance.

And you do not have to be marathon-fit to reduce your chances of heart disease. The biggest improvement in the Glasgow University guinea pigs was in the first 15 weeks of their training schedule when they were getting used to jogging — long before they were ready for the marathon.

Running doesn't kill, quite the opposite. Many cardiac surgeons have come to the conclusion that the best treatment for people recovering from heart attacks is steady exercise.

Members of "The Unfittest Team in the World" proudly identify themselves on their running vests at the New York Marathon each year but their non-fitness is all in the past. Every one of them is a previous heart attack victim who has run down the road to recovery.

Coronary

HEART attacks are both frightening and painful, so the first thing that most victims need is rest and reassurance. But for some people there is a danger that the heart might stop beating properly, or even stop altogether, resulting in loss of consciousness and then death unless emergency first aid is given.

The first few minutes before medical help arrives can be critical, the symptoms to look out for are:

Sudden crushing pain the centre of the chest which may spread to the arms, throat, jaw or back.

Ashen (waxy-white) skin and bluish lips and nailbeds.

Feeling cold, clammy, faint, giddy or sick.

Breathing stopped or heart stopped.

If you are confronted with these symptoms, the Health Education Council advises you to take these steps:

Loosen clothing at the neck, chest and waist and if the victim is cold, cover with a blanket — **DO NOT** apply a hot water bottle. It draws the blood to the skin surface and away from the vital organs.

Do not give anything by mouth.

Do not move the victim.

Check for breathing by putting your ear

first-aid

against lips and nose, watch for the abdomen rising and falling. Use mouth-to-mouth resuscitation if there is no breathing. Bend the head backwards with one hand and push the jaw upwards with the other. This action alone might start the breathing again. If not, give four full breaths by pinching the nostrils, taking a deep breath, then seal your lips round the mouth and blow into it. Watch for the chest rising as you blow in.

After four breaths check pulse by putting two fingers firmly into the groove at the side of the Adam's apple.

If the heart has stopped you must attempt heart resuscitation (never do this if the heart is beating). Kneel alongside the victim, who should be lying on the floor or other firm surface.

Put the heel of one hand on the lower half of the breast-bone and cover it with the heel of the other hand. Press down hard to a depth of about 1½ inches. Press about 80 times a minute, keep the rhythm by chanting "one and — two and — three and —" as you do it. After every 15 presses, stop and give two full breaths as before.

Once the heart has started beating keep on with the mouth to mouth resuscitation until breathing starts again.

Stay with the victim until medical help arrives.

The death of Jim Fixx

Jim Fixx was the man who inspired millions of Americans to take up running for health and fitness. His self-help manual, *The Complete Runner*, was a runaway best seller, shifting a million copies in the USA alone, and re-printing in 16 foreign editions. Yet two years ago, at the early age of 52, America's running guru was found dead at the side of a road in northern Vermont, where he had gone to work on his latest book.

Shortly after settling into his motel room at Caspian Lake, Fixx went out for a run. It was probably while on his way back to the motel that he suffered a massive heart attack and died.

The running fraternity was stunned. How could this happen to a man who had spent so much of his time urging people to seek out the benefits of a healthy lifestyle?

The media had a field day. His death was proclaimed as proof that running was bad for you, that a sport that could kill Jim Fixx could kill anyone. The man who in life had done so much to foster the running boom had become, in death, an excuse for giving up physical activity.

It wasn't that Fixx did not take his own advice. He did not smoke, was not overweight, trained most days, and, after the success of *The Complete Runner*, he continued to work hard — but was not under undue stress. What went wrong?

To some extent, Fixx's past had caught up with him; more to the point, he had inherited a very strong likelihood of heart disease. His father suffered his first attack at the age of 35, and, according to Fixx himself, lived as an invalid for eight years until he died of another heart attack.

Fixx followed his father into the stressful job of journalism, smoked 40 cigarettes a day, took only occasional exercise, and his weight went up to more than 15 stones.

A painful injury at the age of 35 made Fixx realise that he was very much out of condition. He started jogging and became committed to the health

benefits of regular running, and that commitment forged the books that became the impetus for so many others to join him in running for their lives.

But no matter how careful Fixx was from then on, there was a time bomb ticking away in his arteries. Atherosclerosis, the gradual build up of plaque in the arteries, was slowly choking off his lifeblood. The autopsy revealed that his three main arteries were 95 per cent, 85 per cent and 50 per cent blocked — a gradual silt up that had probably begun in childhood.

Deprived of blood during his training run, Fixx's heart had gone into "ventricular fibrillation" — a condition where it beats uncontrollably, fails to pump blood round the system, and starves the brain of oxygen. The victim very quickly loses consciousness, and is dead within minutes.

Despite the fact that he was apparently a very fit 52 year old, pre-disposition to heart disease inherited from his father, combined with his lifestyle during his 20's and early 30's, had been enough to kill him. Some coronary experts were quick to point out that far from killing him at a young age, Fixx's running may well have saved him from dying of heart failure years earlier.

It could also be that Fixx ignored one or two signals that all was not well. The autopsy revealed scarring on his heart which indicated earlier heart problems. His wife recalls a couple of occasions when he seemed very tired and Fixx himself had decided to seek medical advice for a tightness in his throat which tended to occur about five minutes into his run then disappear. Ironically, Fixx declined several opportunities to undergo a treadmill 'stress test' which would almost certainly have revealed the silent clogging up of his arteries.

Fixx's tragic death shows us all that while running makes you healthier, it does not make you invulnerable. As Dr. Ernst Joki of the University of Kentucky's medical school told *American magazine*, *The Runner*: "Exercise does not kill. A pre-existing disease does."

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

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

The Moray Road Runners only officially formed in September last year but already boast 215 members. "We are growing fast," says enthusiastic club secretary Helen Downey. "A lot of our members are housewives who were not keen to join the athletic club but joined us because we are strictly for fun runs, 10Ks, half marathons and such like, although 10 of our members ran the recent Edinburgh marathon."

"I think it is the friendliness of the club which has attracted so many people to it. We have a monthly meeting at which videos of our events are shown, and in the good weather we have barbecues on Lossiemouth beach."

"We like to have wives,



FUN... with the members of the Moray Road Runners Club.

husbands and children along. About 50 children are members, and although most are over 11 we have about half a dozen five and six year olds.

"We have beginners' runs with wee prizes for the little ones so that the mums and dads can get out and have their jog without worrying about the children."

"Elgin is an ideal place for running because only a few minutes away there is a beautiful countryside at Pluscarden and Findrassie. There are lots of lovely coastal routes. "There is no question of us poaching from the athletic club who have been very nice and

have accepted that there was a need for a jogging group in Elgin. Everytime you went out there were hundreds of people running about all over the place. We are mainly people starting from scratch helping each other by running in groups. Some run only one or two miles, but some of the men training for marathons will run 14 or 15 miles."

Mrs. Downey and husband John are planning to run a 20K race in Paris later this year, and some club members are hoping to enter the New York marathon.

The club meets on Wednesday evenings at the Mansion

House Hotel in Elgin at 6.50 p.m. There are also two sessions on a Sunday morning at 8.30 a.m. and 10.00 a.m.

Elgin AAC caters for all athletic events. It was founded in 1970 by former international hammer thrower Alex Valentine and Bob Southcott.

"From small beginnings we have grown," said club secretary Mrs. Margaret Cooke. "We have been concerned mainly with track and field, but we also promote the very successful Highland Games in Elgin which we started as a fund raiser. It is very good Games and is one of eight on the amateur circuit in the North."

The club, with about 60 members, half juniors, attracts a number of personnel from the nearby RAF service bases at Kinloss and Lossiemouth. Steve Scott started with the club a number of years ago, and other well known names who have been members are Mike Murray, Chris Armstrong and Steve Turner.

Mrs. Cooke admitted the club had been concerned that the Moray Road Runners might poach some of their long distance runners, and also that the newcomers had applied for, and been granted, SAAA affiliation.

"I think they are still basically fun runners," she said, and tend to be a more social club."

Elgin AAC meets on Tuesday and Thursday evenings, and Sunday mornings at Moriston Park.



RUNNERS... the members of the Elgin Amateur Athletic Club.

yesterdays...

In March 1883, it was announced that the Amateur Athletic Association had a membership of 15,000 affiliated had clubs.

Scotland, naturally, to keep abreast of this situation and on Tuesday March 27, the West of Scotland Amateur Athletic Association was founded (along AAA lines) in Glasgow. The Scottish Athletic Journal voiced its hearty approval.

"It has been established on a sound basis and is not one of these ephemeral, irregularly-constituted affairs which has recently been formed in Edinburgh."

Don Hamilton was its first president, with Tom Lawrie vice-president and chairman, and inside two months they had organised a championship meeting at Kilmarnock, the first of its kind to be held in Scotland. The Journal editor was again well pleased:

"Athletics are now beginning to take a hold on the people of Scotland and... athletes will welcome this championship meeting as a means of establishing who is to be the champion of Scotland for the year 1883."

The Edinburgh 'pseuds', however, had different ideas. One week later another advertisement appeared, announcing a rival championship to be held under the auspices of the Scottish Amateur Athletic Association, at Powderhall.

The Journal editor immediately displayed agitation, reiterating his belief that only clubs which held open sports should have anything to say in the guidance and control of athletics, although this time he was a bit more constructive, suggesting an amalgamation with joint secretaries and separate committees.

Eventually, a bona fide athletics official entered the debate. Mr. R.C. MacKenzie was the Glasgow Athletic Club secretary whose name had supposedly been put forward to the SAAA committee without his approval, but in a letter he assured the editor that this was not the case. The West, he felt, was adopting a 'dog-in-the-manger' attitude and trying to wreck the prospects of the SAAA which, "had to be born somewhere", and, if Scotland was not to be made a laughing stock, they should swallow their pride in the next season and go with what was intended to be a broad association. By all means have a Western Association, but also join the national Association — not as football or rugby players, but as clubs "who have the good of athletics in view".

Naturally, the Editor disagreed, arguing that the West wanted to manage its own affairs and — interestingly — that

CHAMPIONSHIP MEETING

OPEN TO ALL SCOTCHMEN, or those of other Nationalities who may have resided in Scotland three months prior to the date of Meeting.

West of Scotland Amateur Athletic Association.

WILL TAKE PLACE AT
RUGBY PARK,
KILMARNOCK.

On Saturday, 16th June,
1883.

COMMENCING AT THREE O'CLOCK.

One Hundred Yards...	Standard, 55 sec.
Quarter Mile...	2 min. 5 sec.
Half Mile...	8 min. 45 sec.
One Mile...	10 min.
Two Miles...	17 1/2 sec.
120 Yards Hurdle Race...	15 min. 10 sec.
2 Mile Walking Competition...	Standard, 95 feet
Throwing Hammer, 16 lbs...	37 feet
Putting Ball, 16 lbs...	5 ft. 8 in.
High Jump...	21 feet
Broad Jump...	10 feet
Pole Jump...	10 feet
One Mile Steeplechase...	1 min. 55 sec.
One Mile Bicycle Race, Standard...	15 min. 45 sec.
Five Mile Bicycle Race...	15 min. 45 sec.

ENTRIES to be made to Mr. ROBINSON, "GLASGOW NEWS," 87 HOPS STREET, GLASGOW, not later than WEDNESDAY, 12th JUNE, 1883. Entrance Fee, 2s. each event.

ADMISSION... Grand Stand, Singspea Extra.

Scottish Amateur Athletic ASSOCIATION.

THE CHAMPIONSHIP MEETING

Will be held at
POWDERHALL GROUNDS
EDINBURGH.

On SATURDAY, JUNE 23.

LIST OF EVENTS.

1. — 100 Yards Flat Race...	105 yards.
2. — Throwing Cricket Ball...	9 ft. 8 inches
3. — Putting the Weight (16 lbs.)...	2 ms. 5 sec.
4. — Pole Jump...	5 ft. 6 inches
5. — 880 Yards Flat Race...	23 m. 30 sec.
6. — High Jump...	90 feet.
7. — 3 Miles Leap...	
8. — Throwing the Hammer (16 lbs.)...	
9. — Hurdle Race, 120 yards — 10 flights, 3 feet 6 inches high...	
10. — One Mile Flat Race...	
11. — Broad Jump...	4 m. 40 sec.
12. — 440 Yards Flat Race...	20 ft. 6 ins.
13. — Tally Money, 2/6 for each Event. Each Competitor will receive a Ticket admitting to Ground and...	53 sec.

A. S. PATERSON, Hon. Sec.
Antfield Crescent, Edinburgh.

JIM WILKIE takes a gentle jog down Memory Lane... to the year 1883.

the East had made it a "class affair" by not admitting (common) football clubs. It is his conclusion, however, which makes most interesting reading:

"Letters of this kind do no good. They only provoke a reply or open up a discussion."

Two thousand people turned up at the Kilmarnock meeting East coast athletes abstained, but the day lived up to expectations — notwithstanding the 16lb shot being found to weigh 18lbs, and the hammer handle being too short.

J.S. Blair (Larchfield Accies) won the 100yds in 10.25 seconds; J.I. Findlay the mile (4.50) and two miles (10.31); and T. Moffat, a visitor from Montreal AAC, the 880 yards (2.05.5) and 440 yards (55.25 sec). J. Harvie won the two mile walk; R. Smith (Mauchline) the hammer; and A.A. Watt the broad jump with a walkover. A

Dr Smith (Queens Park) was the day's best all-rounder with a victory in the shot, a tie in the high jump and a place in the final of the 100yds.

Significantly, Smith also entered the Powderhall event the following week, only to be beaten by W.A. Peterkin (Edin. Inst.); K. Whittion travelled from Dingwall to win the shot putt (38ft 11 ins); George Hodgson (Edin. N. of Eng.) vaulted 9ft 8ins before his pole broke, and the Canadian Moffat again took the 880 yards in a Scottish record time of 2.07.5, one of two to be broken that day (the mile was the other, won by D.S. Duncan in 4.34.8).

The Edinburgh organisers, Messrs. Paterson and Brewis, received grudging praise from the Journal, although inevitably, their timekeeper was criticised. But given that it had attracted entrants from all over Scotland, I think it fair to say that it had been a genuinely national meeting and, as such, more successful than the Kilmarnock event.

Obviously, the West would now have to reconsider its position.



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Paris INTERNATIONAL 20K

30,000 RUNNERS

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Our service to this World famous epic 20K does not just stop at international runners. Each year, the numbers increase: last year, in excess of 500 people travelled with us. This year, we have facilities for 700 and everybody travelling with Sportsmans Travel receives the best service we can offer. On race day, our coaches have private parking just 300 metres from the start and the finish. The security of your own personal equipment and valuables is ensured as all coaches are manned and locked whilst the race is on. We shuttle you back to your hotels in comfort after the race to prepare yourself for the grand Sunday night 'get together' (Option 3 returns to the UK at this point). If you and your friends fancy a nice carefree running weekend with plenty of time for sight-seeing, making friends and at a cost that cannot be beaten individually, we know that you should read further to decide your holiday plans and then book without further ado before you are too late.

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At the Apeldoorn Marathon & 18 1/2 Km in February this year, Sportsmans Travel awarded MR BRIAN GOODALL a special prize voucher worth £100 to be used against any published event. Brian was our first client to travel with us. Ten times — he enjoyed his free trip on June 1st to the Brussels International 20K in Belgium. WHO WILL BE THE NEXT CLIENT TO REACH 10.

BERLIN MARATHON

Sunday 28th September 1986

One of Europe's finest marathons, an AIMS event, confirming the standard they enforce. 13,000 entries will be accepted, we have secured an unlimited amount for U.K. use. Jimmy Ashworth won last year in 2 hrs 11 mins 43 secs and he travelled with us — see what Jimmy and Sally said about this event and tour on the back of our brochure. Three options available.

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Manchester £155, Cardiff/Bristol £159, Glasgow £169

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At our London Marathon Exhibition stand this year, Sportsmans Travel Limited held a competition — guess the winning male's time? 5 people guessed correctly — 2 hrs 10 mins 07 secs and share prize vouchers of £675 to use towards this year's Encheade 1/2 in Holland. The winners are: Miss Joanna Beard, 44 Auro Road, London W14; Mrs L Bennett, 14 Tinko Road, Ipswich, Suffolk; Mrs S. Cox, 45 Nymington Close, Cobden Common, Winchester, Hants; Mrs G. Haver, 15 Brants Avenue, Caversham, Reading, Berks; Miss Sarah Murphy, 4 Harrow Drive, Runcorn, Cheshire.

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11.00 Sunday 28th September 1986

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VISA



**'OK, Ron,
photo-finish
on this
one'**



LINDA YOUNG, left, reflects on the ups and downs of being an up-front runner.

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

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

Usually runners take great time and care over their running shoes. My shoes were no problem, but the double dee's certainly objected to all this violent jerking, up, down, crash, up, down, crash, up, down, crash — with the occasional sideways lunge. It took weeks of

searching to find a garment capable of controlling the pair.

"A sports bra is just what you need dear," I was extolled. No chance — the sports bra is made for females of normal proportions. They don't make them for us gals who really need them.

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

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

whole miles — and actually felt the benefit of it.

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

Now, four years later, four marathons, numerous half marathons, 10k runs — and countless bras later — I'm definitely addicted.

So girls, don't worry if you are not exactly streamlined. Just remember, you'll be way out front in the race — and if you ever get into an ongoing sprint finish situation your boobs will guarantee you that extra distance to reach the finishing line first!



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

"... the Chariot has been one of the greatest success stories in recent years in the world of running shoes" — *Runners World*, October 1984.

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

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

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REPORT: Alan Campbell

PICTURES: William Urquhart

FROM all corners of the United Kingdom they headed for the ferry at Kyle of Lochalsh and discovered that whatever else is romantic about the Isle of Skye, its half-marathon is not.

A glance at the table of finishers reveals the remarkable geographical spread of runners in what is one of Britain's furthest flung races. It is also one of the hilliest, and, like the time on the island, defies normal measurement being 0.7 of a mile longer than the statutory 13.1.

The splendid turn-out is a tribute to the principal organiser, Nigel Wilson, and the local Round Table who revived the defunct Skye Week three years ago and made the half-marathon a cornerstone event. In 1984 there were 180 entries and 140 starters; 1985, 330 and 262; while on June 14 this year the figures were 291 entries and 238 starters. Given falling rolls elsewhere in the face of many more half-marathons, the Skye figure has held up well.

Wilson, who blamed his own time of 1:53 on too many late nights, is a former physical education teacher now jointly running a hotel in Portree with a reputation for good food. His recipe for half-marathon success? "We believe in giving people good value," he says. The festival atmosphere of Skye Week is another factor.

With both points, the winner in 1985

and 1986 agrees. Simon Axon, a Welsh internationalist, knocked nearly two minutes off his own course record this year, romping home almost four and a half minutes ahead of the field in 1:10:55.

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

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

Axon, who clocked a half-marathon personal best of 1:04:24 during the recent Great North Run, has been overlooked by the Welsh selectors for the Commonwealth Games. The Welsh feel their badminton players have a better chance of medals, he says.

Husband and wife team of Des and Alison White travelled up to Skye from Poole in Dorset, stopping overnight at Gretna Green, and were rewarded with third place and first woman respectively. They brought their two young children with them; Alison giggling that the stop at Gretna was just for convenience.

Alison White described the course as,

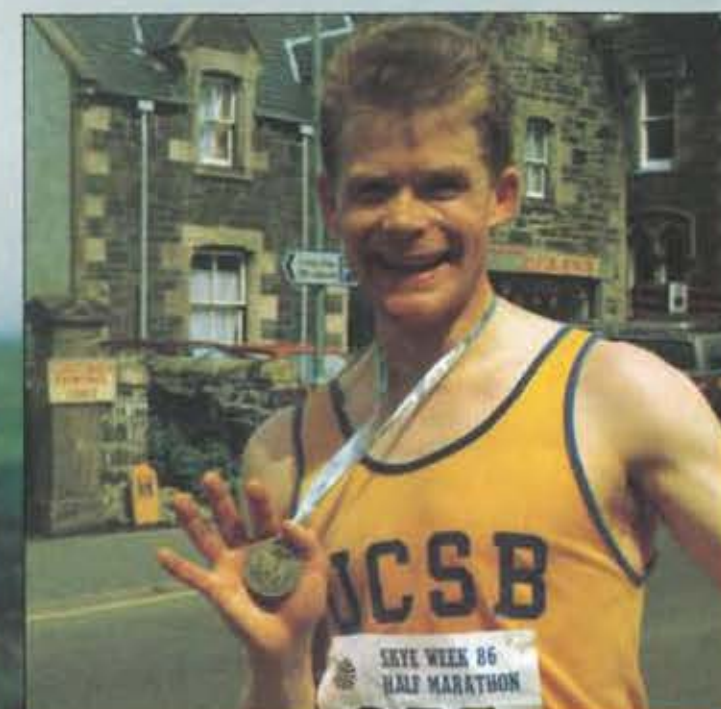
"hilly, but not as bad as we thought it could be". Her parents live at nearby Glenelg, so the journey served more than one purpose.

Efforts to track down the second place runner came to an abrupt halt at directory inquiries. "Name?" the girl asks. "Alcock," you reply, and, once she tells you frostily that the name is not listed at the address you've been given in Central London, it's all downhill.

The male veteran prize was won by Gordon Jeffrey, who lives at Ardsvar in Skye and who has the good taste to be a subscriber to this magazine. Well done, Gordon! He also won the prize for first Skye resident home (12th overall, in 1:23:57), although it is a subject of local debate that Skye-born and bred Donnie Paterson, now living in and running for Kilbarchan, finished five places ahead in 1:20:03.

Race conditions were near perfect, with only a stiffish breeze over the last few miles causing any problems. To be truthful, the course isn't the most scenic that could be chosen, but it forms a convenient and testing loop, with a particularly difficult first three miles, and, later, a long uphill stretch from 7½-11 miles.

Next year, on Saturday June 13, Nigel Wilson hopes to boost the event even further by including a kiddie's run while the main race is on. Be there, he says.



SIMON AXON (above) has won the Skye half-marathon in record times for the past two years. The June 14 event completed an island double for the Welshman, who two weeks earlier had won the Western Isles Marathon in Stornoway with a time of 70:52. The hilly nature of the Skye terrain is graphically illustrated in the face of Londoner John Alcock (left) who finished second to Axon in a time of 75:25.

Where they finished

MEN		
1 S. Axon (Aberdeen AAC)	1:10:55	
2 J. Alcock (Boxhill Racers)	1:15:25	
3 D. White (Bournemouth AC)	1:16:25	
Veterans 40+		
1 G. Jeffrey (Skye and Lochalsh), 12th overall	1:23:57	
Veterans 50+		
1 D. Pollock (Australia), 58th overall	1:35:53	
WOMEN		
1 A. White (Bournemouth AC), 78th overall	1:38:17	
Veterans 35+		
1 K. Watt (Broughty Ferry)	1:51:29	
Veterans 45+		
J. J. Holt (Caithness)	2:04:36	
OVERALL		
50 P. Semple (Oxford)	1:33:56	
100 J. Marsden (Devizes)	1:42:20	
200 K. Satchwell (Leicestershire)	2:07:19	
Last runner	2:49:44	

REPORT: Alan Campbell

PICTURES: William Urquhart

FROM all corners of the United Kingdom they headed for the ferry at Kyle of Lochalsh and discovered that whatever else is romantic about the Isle of Skye, its half-marathon is not.

A glance at the table of finishers reveals the remarkable geographical spread of runners in what is one of Britain's furthest flung races. It is also one of the hilliest, and, like the time on the island, defies normal measurement being 0.7 of a mile longer than the statutory 13.1.

The splendid turn-out is a tribute to the principal organiser, Nigel Wilson, and the local Round Table who revived the defunct Skye Week three years ago and made the half-marathon a cornerstone event. In 1984 there were 180 entries and 140 starters; 1985, 330 and 262; while on June 14 this year the figures were 291 entries and 238 starters. Given falling rolls elsewhere in the face of many more half-marathons, the Skye figure has held up well.

Wilson, who blamed his own time of 1:53 on too many late nights, is a former physical education teacher now jointly running a hotel in Portree with a reputation for good food. His recipe for half-marathon success? "We believe in giving people good value," he says. The festival atmosphere of Skye Week is another factor.

With both points, the winner in 1985

and 1986 agrees. Simon Axon, a Welsh internationalist, knocked nearly two minutes off his own course record this year, romping home almost four and a half minutes ahead of the field in 1:10:55.

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

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

Axon, who clocked a half-marathon personal best of 1:04:24 during the recent Great North Run, has been overlooked by the Welsh selectors for the Commonwealth Games. The Welsh feel their badminton players have a better chance of medals, he says.

Husband and wife team of Des and Alison White travelled up to Skye from Poole in Dorset, stopping overnight at Gretna Green, and were rewarded with third place and first woman respectively. They brought their two young children with them; Alison giggling that the stop at Gretna was just for convenience.

Alison White described the course as,

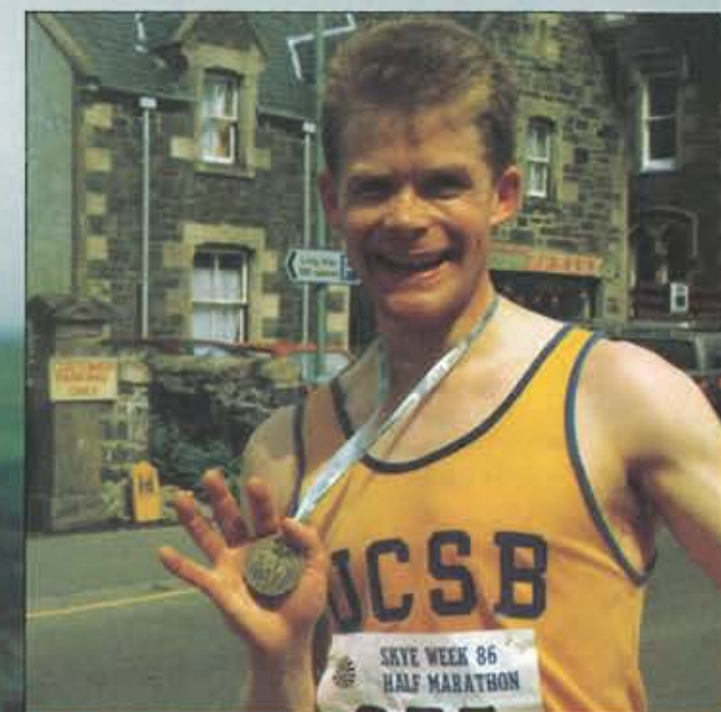
"hilly, but not as bad as we thought it could be". Her parents live at nearby Glenelg, so the journey served more than one purpose.

Efforts to track down the second place runner came to an abrupt halt at directory inquiries. "Name?" the girl asks. "Alcock," you reply, and, once she tells you frostily that the name is not listed at the address you've been given in Central London, it's all downhill.

The male veteran prize was won by Gordon Jeffrey, who lives at Ardvassar in Skye and who has the good taste to be a subscriber to this magazine. Well done, Gordon! He also won the prize for first Skye resident home (12th overall, in 1:23:57), although it is a subject of local debate that Skye-born and bred Donnie Paterson, now living in and running for Kilbarchan, finished five places ahead in 1:20:03.

Race conditions were near perfect, with only a stiffish breeze over the last few miles causing any problems. To be truthful, the course isn't the most scenic that could be chosen, but it forms a convenient and testing loop, with a particularly difficult first three miles, and, later, a long uphill stretch from 7½-11 miles.

Next year, on Saturday June 13, Nigel Wilson hopes to boost the event even further by including a kiddie's run while the main race is on. Be there, he says.

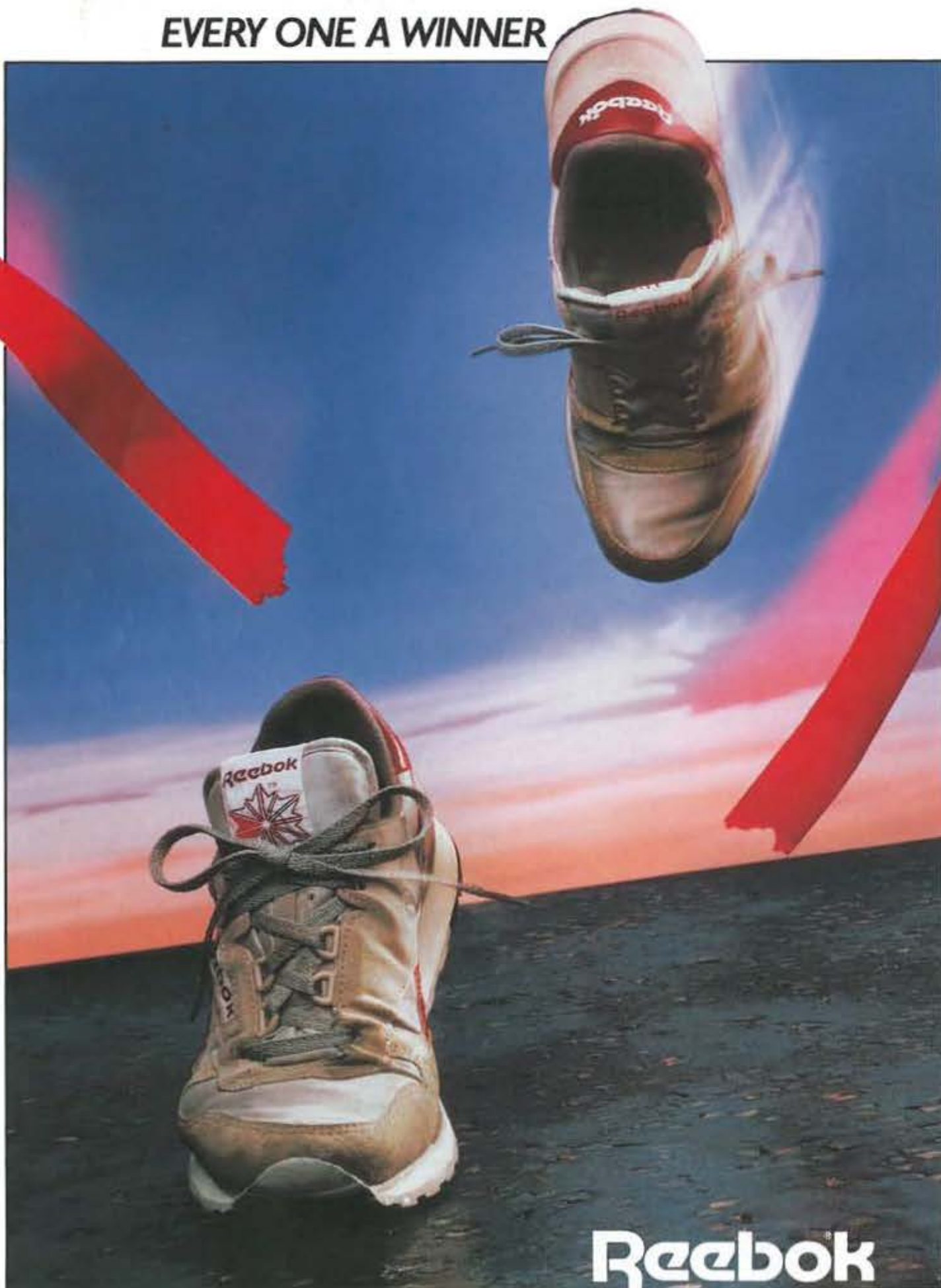


SIMON AXON (above) has won the Skye half-marathon in record times for the past two years. The June 14 event completed an island double for the Welshman, who two weeks earlier had won the Western Isles Marathon in Stornoway with a time of 70:52. The hilly nature of the Skye terrain is graphically illustrated in the face of Londoner John Alcock (left) who finished second to Axon in a time of 75:25.

Where they finished

MEN	
1. S. Axon (Aberdeen AAC)	1:10:55
2. J. Alcock (Boxhill Racers)	1:15:25
3. D. White (Bournemouth AC)	1:16:25
Veterans 40+	
1. G. Jeffrey (Skye and Lochalsh), 12th overall	1:23:57
Veterans 50+	
1. D. Pollock (Australia), 58th overall	1:35:53
WOMEN	
1. A. White (Bournemouth AC), 78th overall	1:38:17
Veterans 35+	
1. K. Watt (Broughty Ferry)	1:51:29
Veterans 45+	
J. J. Holt (Caithness)	2:04:38
OVERALL	
50. P. Semple (Oxford)	1:33:56
100. J. Marsden (Devizes)	1:42:20
200. K. Satchwell (Leicestershire)	2:07:19
Last runner	2:49:44

EVERY ONE A WINNER



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Jogging back to happiness or how running beats Valium



TOO depressed to think about running? Too listless and lackadaisical to leave the security of your living room?

Cheer up if you are suffering from depression, research at Glasgow University shows that you can run off the blues by taking up a programme of steady jogging.

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

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

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

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

The results were startling.

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

The first group to complete the aerobic programme had dropped from a fairly depressed score of 22.44 on the "Beck Depression Inventory" to an average of 9.46 — they were now virtually normal. Similar results were found with the other joggers and walkers.

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

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

It therefore appears that it was the aerobic rather than the strength and stretching exer-

Depression costs the NHS millions of pounds annually. JOYCE KERR talks to a Scottish psychologist whose research demonstrates that running can defeat the blues — and no problems about passing a dope test.

cises which put a new spring into the stride of the depressed subjects. Those who became fittest through the programme were not necessarily those who reduced their depression level most and Mutrie believes that this means that the mechanism by which exercise can act as an anti-depressant is more complex than simply fitness improvement.

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

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

Nanette Mutrie hopes that the Greater Glasgow Health Board will fund a bigger study to allow a much wider range of depression sufferers to jog their way back to mental health.



Nanette Mutrie — exercising her way to health.

JOE CAMPBELL



Colin Hume leads from Rob Carey (18) in the early stages of the steeplechase.

Bunney centre stage as he grabs the star role

The Meadowbank setting for the Scottish national championships would have done credit to Hollywood — Californian sunshine and a script fit for the opening scene of Chariots of Fire II...

Ex-Olympic champion, injured, watches with his wife and coach as the young Pretender wins the 100 metres. The time is good enough to have taken his Olympic crown — and wipes out the oldest record in the books. Even younger pretender finishes second, leaving selectors with horrific dilemma. Do they leave out the Olympic hero and double reigning champion, or the country's fastest 100 metres man of the previous season?

Wheeling-dealing by the selectorial Mafia keeps a place open for the ageing warhorse. It's pure Puttnam and Rollerball in one. And we still don't know whether The Champion will make it. This one, as they say, will run and run — or will he?

But it was Elliott Bunney (we'll have to change his name, nobody will believe that) who stole the show on the day.

He clocked 10.20 seconds (wind +1.46) to hold off 17-year-old Jamie Henderson who was timed at 10.33. Both performances were UK age-group bests. Henderson captured Bunney's mark for age 17, while Bunney bettered the age 19 time set by Peter Radford back in 1958. Radford's UK junior record remained intact however, because Bunney misses out on the age deadline by 3½ weeks.

Glamorous female sprinter (she'll

DOUG GILLON recalls the day the sun came out with a whimsical look at the national championships.

need to be more butch: nobody will believe she's an athlete) Sandra Whittaker takes the women's 100 metres title in a new national record of 11.50 sec (+0.99).

Brian Whittle beat his own native best with 46.64 sec, in the 400 metres. Now his employers at Nobel Explosives have given him a month off work to make a bang in Edinburgh. "And if I get into the team for the European Championship, they have said they will give me more time off," he says.

Chris Haskett, following the trauma of being hauled off the track in the UK championships after being lapped — a farcical experiment — set a new native record for 10,000 metres (35:02.33) to ensure her place in history as the only survivor from 1970.

Geoff Parsons improved Brian Burgess's 10-year-old native record in the high jump with 2.25m and Ken McKay broke the 16-year-old long jump best with 7.48m. And Liz Lynch launched a spate of three records inside a month when she won the 3000 metres in 9:01.12. By July 8 she had twice reduced Yvonne Murray's national best to 8:51.94.

Does this make St. Francis Sporting Club the most successful in Britain, with three Scottish records for every member? Miss Lynch is the ONLY member.

CHAMPIONSHIP ROLL OF HONOUR

MEN

100 metres — (+1.46m) I. E. Bunney (ESH) 10.20, 2. J. Henderson (ESH) 10.33, 3. S. Lee (Shettleston) 10.65.
200m — (+1.86m) I. G. McCallum (EAC) 21.17, 2. N. Turnbull (ESH) 21.35, 3. A. McCuaig (EAC) 21.62.
400m — I. B. Whittle (Ayr S) 46.64 (Native record), 2. J. Nichol (Perth) 47.43, 3. T. McKean (Bellshill) 47.60.
800m — I. P. Forbes (EAC) 1:50.14, 2. T. Ritchie (Fife S) 1:50.65, 3. P. Duffy (Greenock Gpark) 1:51.83.
1500m — I. A. Callan (Shett) 3:43.00, 2. D. McMillan (Durham C) 3:43.42, 3. M. Quinn (Stretford) 3:43.86.
5000m — I. N. Muir (Shett) 14:06.44, 2. C. Robison (Spango Valley) 14:07.44, 3. C. Henderson (ESH) 14:28.16.

10,000 — I. N. Tennant (ESH) 29:02.35, 2. Henderson 29:24.36, 3. D. Speight (Morpeith) 29:28.32.
3000 SC — I. R. Charleston (W&B) 8:59.94, 2. N. Reeves (Mor) 9:08.85, 3. C. Hume (ESH) 9:13.34.
110 H — (+2.02m) I. N. Fraser (Inverness) 14.23, 2. J. Wallace (N&EB) 14.32, 3. N. Petley (Sale) 14.94.
400 H — I. M. Fulton (Sale) 51.94, 2. D. McCutcheon (Liverpool) 52.50, 3. M. Hardie (EAC) 52.66, 4. S. Dempster (ESH) 55.77.

High jump — I. G. Parsons (London) 2.25 (Native record), 2. B. Thomson (EAC) 2.08, 3. A. Edgar (ESH) & M. Byron (Gateshead) 2.04.
Pole vault — I. G. Jackson (Mor) 4.80, 2. McStravick (Blackheath) 4.50, 3. D. Hamilton (ESH) 4.40.
Long jump — I. K. McKay (Pitreevie) 7.48 (Native record), 2. M. Forsyth (B&A) 7.36, 3. S. Pegler (Sale) 7.17.

Triple jump — I. M. Makin (Leeds) 15.89, 2. R. McKay (EAC) 15.10, 3. R. Harkins (Shett) 14.87.

Shot putt — I. E. Irvine (EAC) 16.82, 2. J. Reynolds (Anna) 16.07, 2. M. Atkinson (Anna) 15.40.

Discus — I. P. Gordon (W&B) 52.68, 2. M. Jemi-Alade (ESH) 50.92, 3. G. Patience (Iness) 50.04.

Hammer — I. C. Black (ESH) 60.46, 2. D. Valentine (Hounslow) 55.18, 3. R. Meikle (ESH) 55.10.

Javelin — I. D. Abernethy (Barr) 63.86, 2. S. Maxwell (RAF) 63.46, 3. J. Guthrie (ESH) 59.84.

WOMEN

100m — (+0.99m) I. S. Whittaker (McLaren GAC) 11.50 (Native record), 2. J. Neilson (ESH) 11.59, 3. J. Booth (Cen R) 11.92.

220m — (+1.43m) I. A. Bridgeman (McLaren GAC) 24.05, 2. K. Hogg (ESH) 24.34, 3. More 24.70.

400m — I. D. Kitchen (A'deen) 54.57, 2. J. Coubrough (Kilb) 55.52, 3. M. Anderson (EAC) 56.20.

800m — I. C. Whittingham (McLaren GAC) 2:02.59, 2. Y. Murray (EAC) 2:03.60, 3. S. Parker (Army) 2:04.44.

1500m — I. L. MacDougall (McLaren GAC) 4:10.23, 2. E. Lynch (St. F) 4:13.13, 3. E. Lyon (Wyc) 4:23.04.

3000m — I. Lynch 9:01.12 (Native record), 2. J. Lorden (ESH) 9:25.21, 3. Wight (S & NH) 9:50.59.

10,000m — I. C. Price (Dundee H) 35:02.33 (Native record), 2. K. McLeod (Bath) 35:15.38, 3. S. Branney (McLaren GAC) 35:43.12.

100 H — (+0.35m) I. J. Kirk (Enfield) 13.70, 2. J. Rodgers (Lisburn) 13.74, 3. P. Rollo (Pitreevie) 14.00.

400 H — I. E. McLaughlin (ESH) 59.33, 2. M. McBeath (Shett) 60.24, 3. A. Brown (Shett) 62.08.

High jump — I. J. Little (Border AC) 1.83, 2. J. Barnetson (Iness) 1.82, 3. U. Fay (Bel L) 1.75.

Long jump — I. L. Campbell (ESH) 6.07, 2. M. Knowles (Bel L) 5.87, 3. C. Spiers (Shett) 5.81.

Shot putt — I. Anderson 14.06, 2. A. Morris (Pit) 12.59, 3. H. Cowe (A'deen) 11.78.

Discus — I. K. Pugh (Birchfield) 51.86, 2. J. McKernan (Lis) 49.78, 3. M. Bremner (Shett) 47.84.

Javelin — I. S. Urquhart (ESH) 49.28, 2. J. Barclay (Shett) 44.44, 3. J. Currie (Shett) 42.66.

Results

JUNE

1 Lynne Moor 5 mile road race (Peterculter) —
I. D. Duiguid (Aberdeen AAC) 25:21, 2. G. Milne (Peterhead AAC) 25:32, 3. M. McCulloch (Forres H) 26:27, VI. I. McKenzie (Forres H) 27:53, LI. A. Boyd (Forres H) 33:25.

Borders Championships (Tweedbank) —
100/200/400m D. Young (Blackhill H) 11:3/22:1/49:3, 800m C. Hume (ESH) 1:54.6, DT/HT R. Meikle (ESH) 36:14m/53:08m, SP/TJ A. Martin (Eyemouth AC) 10:67m/50:38m.

Cowal Police 1/2 Marathon (Dunoon) —
I. T. Wilkie (Spango Valley AC) 70:09 (rec), 2. B. McGuinness (Greenock Glenpark H) 70:59, 3. R. Wilson (Greenock Glenpark H) 71:17, VI. D. McNeill (Greenock Glenpark H) 76:06, LI. K. Chapman (Giffnock North AC) 1:29:38.

Team (3 to count) 1. Greenock Glenpark H 3:37:05, 2. Spango Valley AC 3:40:09, 3. Greenock Glenpark H B 3:48:38.

3 Lockerbie Gala 6 mile road race (Lockerbie) —
I. M. Carroll (Annan & District AC) 28:17, 2. R. Carey (J) (Annan & District AC) 29:34, 3. P. Cunningham (EAC) 30:50, VI. A. Anderson (Nith Valley AC) 36:00, LI. N. McCraw (Teviotdale H) 36:24.

5 Dumbarton Academy 10,000 metres road race (Dumbarton) —
I. Alan Currie (ESH) 32:09, 2. B. Pritt (Dumbarton AAC) 32:27, 3. A. Adams (V) (Dumbarton AAC) 32:46, Team 1. Dumbarton AAC 12pts, 2. Vale of Leven AAC 21pts.

7

Dollar Hill Race, incl. Scottish AAA National Hill Race Championship (Dollar) —

1. D. McGonigle (Dundee Hawkhill H) 42:17, 2. A. Curtis (Livingston & District AC) 42:59, 3. A. Farningham (Aberdeen AAC) 43:12, VI. R. Shields (Lochaber AC) 47:03, LI. A. Curtis (Livingston & District AC) 54:14, Team 1. Lochaber AC 25pts.

Bearsden & Milngavie HG 1/2 Marathon (Bearsden) —
I. G. Crawford (Springburn H) 68:15, 2. A. Douglas (Victoria Park AAC) 69:54, 3. A. Wilson (Victoria Park AAC) 72:01, VI. A. Adams (Dumbarton AAC) 72:12, LI. M. Baker (McLaren Glasgow AC) 1:25:10, LVI. K. Todd (Loudon Runners) 1:33:08.

Lilias Festival 5 mile road race (Kilbarchan) —
I. G. Tenney (Linwood AC) 24:50, 2. G. Ross (Kilbarchan AC) 25:32, 3. J. Thomson (Ayr Seaford AC) 26:20, VI. J. Rodger (Kilbarchan AC) 28:54, Teams 1. Linwood AC 14pts, 2. Kilbarchan AC 15pts.

Sinclair Memorial 8 1/2 mile road race (Greenock) —
I. G. Gaffney (Greenock Wellpark H) 42:09, 2. C. Leck (Spango Valley AC) 43:29, 3. D. McCabe (Spango Valley AC) 43:41, VI. W. Stoddart (Greenock Wellpark H) 48:49, LI. S. Curran (Unattached) 55:50.

Haddington Festival 5 mile road race (Haddington) —
I. S. Doig (Fife Southern) 24:15, 2. A. Weatherhead (EAC) 24:29, 3. M. Coyne (FUH) 25:12, VI. K. Knox (Gola) 25:53, LI. P. Rother (EAC) 29:18, LVI. H. Fyfe (Haddington) 33:33, Team 1. Edinburgh Southern H 17pts.

Rosshire Claymore Creameries 10,000 metres Town Centre road race (Dingwall) —
I. W. Miller (Caithness AAC) 32:19, 2. I. Smith (Lockerbie AC) 32:29, 3. C. Armstrong (Elgin AC) 32:36, VI. I. McKenzie (Forres) 34:15, Team 1. Forres H 21pts, LI. J. Swanson (Monkland Shettleston Ladies) 38:24, LVI. F. Brown (Black Isle AAC) Ladies Team 1. Black Isle AAC.

8 Cumbernauld & Kilsyth District Council 1/2 Marathon (Cumbernauld) —
I. R. Stone (Cambuslang H) 69:04 (rec), 2. J. Cooper (Springburn H) 69:06, 3. D. Easton (FUH) 71:33, VI. J. Ash (Pitreevie AC) 72:22, LI. E. Steele (McLaren Glasgow AC) 1:27:43, Teams 1. Shettleston H 20pts, 2. Cumbernauld AAC 22pts.

Govan Festival 10,000 metres road race (Govan) —
I. P. Fleming (Bellahouston H) 29:38 (rec), 2. E. Stewart (Cambuslang H) 29:54, 3. G. Fairley (Kilbarchan AC) 31:01, VI. J. McMillan (Strathclyde Police AC) 32:52, LI. S. Branney (McLaren Glasgow AC) 34:42, Team 1. Bellahouston H 11pts.

Scottish Womens Athletics League. Division 1 match (Crownpoint) —
100. C. Boyle (Monk/Shett) 11.8w, 200. J. Ridley (McLaren GAC) 24.8, 400. A. Reid (EWMSH) 57.8, 800. A. Sym (McLaren GAC) 1:01.59, 100 H. P. Rollo (Pitreevie) 13.8w, LI(A). C. Speirs (Monk/Shett) 59.2m, (B). A. Jackson (Monk/Shett) 57.7m, Teams 1. Monkland Shettleston Ladies 655pts, 2. McLaren Glasgow AC 602pts, 3. Edinburgh Woollen Mills SH 594pts, 4. Pitreevie AAC 473pts, 5. Edinburgh AC 413pts, 6. Aberdeen AAC 411pts, 7. Colzium AC 342pts, 8. Central Region AC 296pts.

Division 2 match (Caird Park, Dundee) —
Teams 1. Victoria Park AAC, 2. Inverness H, 3. Ayr Seaford AC, 4. Perth Strathgry H, 5. Fife Southern H, 6. Dundee Hawkhill H.

Division 3 match (Livingston) —
Teams 1. Kilbarchan AC 553pts, 2. Falkirk Victoria H 443pts, 3. Law & District AC 408pts, 5. Kilmarnock H 390pts, 6. Lasswade AC 324pts.

Division 4 match (Coatbridge) —
Teams 1. Fife AC 566pts, 2. Montrose AC 530pts, 3. Kilbarchan AC 414pts, 4. Lochelly AC 395pts, 5. Vale of Leven AC 334pts.

14 Hamilton Sports Festival 6 mile road race (Hamilton) —
I. P. Fox (Motherwell YMCA) 30:29, 2. D. Lang (Cambuslang H) 31:19, 3. J. Small (Monklands H) 31:26, VI. D. Fairweather (Law & District AC) 32:13, LI. J. Fallon (Hamilton) 37:50.

Scottish Schools Pentathlon and Relay Championships (Grangemouth) —
Boys Relays 4 x 100 metres Championships: (A) Edinburgh Academy 44.7, (B) High School of Glasgow 45.2, (C) Hutchesons GS 47.6 (CBP), (D) Hutchesons GS 52.2.

Girls 4 x 100 metres Relay Championships: (A) Morrisons Academy 53.0, (B) Lenzie Academy 51.1, (C) Lenzie Academy 53.0, (D) High School of Glasgow 53.7.

Pentathlon Championships: Boys (Senior) M. Harper (Dingwall Academy) 3246pts, (Intermediate) P. Crawford (Morriston Academy) 2974pts. **Girls (Senior)** N. Emblem (Portobello HS) 3023pts (incl. 1.61 HJ), (Intermediate) K. Rice (Westhill Academy) 2399pts.

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Results

15 Dumfries 1/4 Marathon (Dumfries) - 1. G. Booth (Norwich) 70:37, 2. I. Elbot (ESH) 73:51, 3. P. Day (Solway Strollers) 75:36, VLD Park (Ayr Seaforth AC) 85:31, L. C. Brown (Dumfries AAC) 90:50, LVI, K. Dodson (Law & District AC) 93:06.

Hoy 1/4 Marathon (Orkney Isles) - 1. A. Askeur 87:03, 2. G. Baber (92:02), 3. C. White 97:08, VI, E. Bews 97:08, LI, D. Leonard 1:49:04.

Clydebank Centenary 1/4 Marathon (Clydebank) - 1. P. Fleming (Bellahouston H) 64:13 (rec), 2. A. Wilson (Victoria Park AAC) 66:50, 3. H. Cox (Greenock Glenpark H) 67:41, VI, B. Carty (Shettleston H) 70:23, LI, E. Turner (McLaren GAC) 78:17 (rec).

Forbes 8 mile road race (Forbes) - 1. C. Armstrong (Elgin AAC) 41:18, 2. C. McIntyre (Coasters AC) 41:35, 3. G. Milne (Peterhead AC) 41:49, VI, D. Ritchie (Forbes H) 43:57, LI, M. Boyd (Forbes H) 57:50.

Lomonds of Fife Hill Race (Gateside, Fife) - 1. D. Bell (Haddington) 67:35, 2. D. McGonigle (Dundee Hawkhill H) 68:06, 3. D. O'Neill (Lochaber AC) 69:43, VI, R. Shields (Lochaber AC) 75:51, LI, A. Curtis (Livingston & Dist AC) 86:28, Team: 1. Carmethy Hill Runners 21pts.

Scottish and North West League Division 1 (Wishaw) - Teams: 1. Victoria Park AAC 1030pts, 2. Edinburgh Southern H 1016pts, 3. Ayr Seaforth AC 1006pts, 4. Kilbarchan AC 847pts, 5. Larswade AC 795pts, 6. Kirkintilloch Olympians AC 771pts, 7. Nith Valley 761pts, 8. L & L Track Club 640pts.

Division 2 (Crownpoint) - Teams: 1. Border H 1016pts, 2. Kilmarnock H 973pts, 3. Lochgelly AC 940pts, 4. Colzium AC 907pts, 5. Melrose AC 813pts, 6. Vale of Leven AC 749pts, 7. Annan & District AC 731pts, 8. Law & Dist AC 647pts.

21 Eldon 2 Hills race (Melrose) - 1. J. Maitland (Aberdeen AAC) 26:38, 2. Cartridge (Bolton Unit H) 26:39, 3. Colin Connelly (Cambuslang H) 26:51, VI, P. Hall (Gosforth H) 29:02, LI, A. Carson (Eryrie H) 33:45, Local: 1. P. Wilkinson (Melrose AC) 29:20, Team: 1. Eryrie H, 2. Keswick AC.

Guid Neighbours Gaia 2,000 metres road race (Dumfries) - 1. A. Callan (Springburn H) 50:43, 2. R. Lindsay (ESH) 50:8, 3. J. McKay (Clydebank AC) 50:9.

22 British 100Km road race championships (Grantham to Lincoln and back) - 1. D. Ritchie (Forbes H) 70:46, 1. Kinnear (Dundee) 1:14:00, LI, M. Howarth (Steel City Strides) 1:13:00, N. Fraser (Soot Marathon Club) 1:15:00.

Braw Lads 7 miles road race (Galashiels) - 1. A. Walker (Teviotdale H) 37:49, 2. R. Hall (Teviotdale H) 38:10, 3. I. Elliot (ESH) 38:56, VI, J. Knox (Gala H) 39:45, LI, S. McGraw (Gala H) 52:39.

Bo'ness 10,000 metres road race - 1. T. Mitchell (Fife AC) 30:42, 2. D. Bain (FVH) 30:54, 3. A. Weatherhead (EAC) (V) 31:20, V/O/45, J. Kinaker (Pittravie AAC), LI, L. Irving (EWMSh) 34:44 (rec), Team: 1. Falkirk Victoria Harriers.

New Cumnock 10 miles road race (New Cumnock) - 1. G. Tenney (Linwood AC) 56:40, 2. D. Fairweather (Law & District AC) 57:18, 3. P. MacGregor (Victoria Park AAC), VI, J. Kyle (Cumnock AC), LI, I. Fraser (Ayr Seaforth AC).

Mid Argyll 1/4 Marathon (Lochgilthead) - 1. G. Crawford (Springburn H) 70:44 (rec), 2. N. Rowan (Mid Argyll AC), 3. N. Heron (Lochaber AC), VI, D. Lord (Kintyre AC), LI, C. Farrell (Clydebank).

Citizens Band Radio for the Blind Peoples 10,000 metres road race (Grangemouth) - 1. A. McIndoe (Springburn H) 33:55, 2. D. Murray (FVH) 34:20, 3. S. Abbott (Kirkintilloch Olympians AC) 34:33, LI, S. Branney (MacLaren Glasgow AC) 35:02.

North East League (Caird Park, Dundee) - League records DT: G. Patience (Inverness H) 49:04m, Woman's DT: H. Cowe (Aberdeen AAC) 36:22m, Sen. Boys 4 x 400 Relay, Inverness H 3:44.6, Teams (Men): 1. Inverness H 456 pts, 2. Aberdeen AAC 451 pts, 3. Perth Strathgry H 303 pts (Women): 1. Inverness H 297 pts, 2. Aberdeen AAC 255 pts, 3. Dundee Hawkhill H 222 pts.

24 Renfrewshire Track League (Crownpoint) 100/200, D. Ferguson (Kilbarchan AC) 110/228, 400, I. P. Duffy (Greenock Glenpark H) 50:1, 2. K. Bone (J) (Clydebank AC - guest) 50:2, 800, Duffy 1:51.7, 1500, C. Robison (Spango Valley AC) 3:53.3, 5000, T. Murray (Greenock Glenpark) 14:41.0, Teams: 1. Kilbarchan AC 210pts, 2. Bellahouston H 200pts, 3. Greenock Glenpark H 196pts, 4. Spango Valley AC 182pts, 5. Greenock Wellpark H 120pts, 6. Greenock Wanderers AC 83pts.

25 Roevin 10,000 metres road race (Aberdeen) - 1. G. Laing (Aberdeen AAC) 29:59, 2. E. Williams (Sale H) 30:00, 3. F. Clyne (Aberdeen AAC) 30:07, VI, J. Morrison (Aberdeen AAC), LI, L. Bain (Aberdeen AAC) 37:42, LVI, J. Nuttall (Aberdeen AAC).

28 Cairngorm 10 mile Hill Race (Glenmore Lodge, Aviemore) - 1. M. McCulloch (Forbes H) 1:21:40, 2. D. O'Neill (Lochaber AC) 1:25:36, 3. R. Boswell (Lochaber AC) 1:27:42, VI, R. Shields (Lochaber AC) 1:30:32.

GB v Switzerland v Oceania Junior International Match (Morfa Stadium, Swansea) - 2000 metres Steeplechase: 1. T. Hanlon (ESH) 5:48.58, Women's 100, 1. J. Booth (Central Region AC) 1:22, 2. J. More (EWMSh) 1:24, 200, 2. K. Hogg (EWMSh) 24:74, HJ, J. Barnettson (Inverness H) 1:88m (Scottish National Record).

29 Falkland Festival Hill Race (Falkland) - 1. R. Morris (Carmethy Hill Runners) 20:26 (rec), 2. C. Bell (Dundee Hawkhill H) 20:34, 3. M. Lane (St Andrews) 21:44, VI, M. Edwards (Aberdeen AAC) 22:24, LI, C. Butler (Aberdeen AAC) 29:38.

Buckie Round Table 1/4 Marathon (Buckie) - 1. S. Axon (Aberdeen AAC) 68:37 (rec), 2. K. Best (RAF Buchan) 71:28, 3. C. McIntyre (Coasters AC) 74:40, VI, O. Ritchie (Forbes H) 76:06, LI, L. Findlay (Coasters AC) 1:35:08.

Blackhill Race (Earlston) - 1. R. Hope (Carmethy Hill Runners) 27:46, 2. J. Wilkinson (Melrose AC) 29:17, 3. J. Knox (V) (Gala H) 30:08.

Lairig Ghu 28 miles Feil Race (Braemar to Aviemore) - 1. C. Youngson (Aberdeen AAC) 3:43:28, 2. P. Brooks (Lochaber AC) (V) 3:47:45, 3. J. Brownman (Westerlands CCC) 4:01:11, Supervet: 1. D. Jones (Haddington) 5:17:50.

Loch Rannoch Marathon (Loch Rannoch) - 1. T. Mitchell (Fife AC) 2:30:35, 2. M. Coyne (FVH) 2:32:13, 3. S. Cowles (Oxford AC) 2:33:28, VI, D. Wyper (Bellahouston H) 2:38:11, LI, M. Greave (Angus) 3:24:05, Junior: 1. A. Whitehorn (Rannoch School) 2:58:16 (U/20 rec).

Key for Results:
R - Course record.



Ayr Land o' Burns

HALF MARATHON

Sunday SEPTEMBER 7th at 10.30 a.m.

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Winners 1985: Fraser Clyne 1.04,
Lorna Irving 1:14:52

Surname																	
Forename																	
Address																	
Telephone Number																	
Post Code						Male						Female					
Date of Birth						Previous best time						Estimated Running time					
Are You Resident Within Kyle and Carrick District?	Yes ☐ No ☐					Drivers only - Will you be driving to the Race?	Yes ☐ No ☐										
Club (if Applicable)																	

CATEGORIES

For your information, the running categories are:

Men: 18 to 39, Veteran Males 40 & over
Women: 18 to 34, Veteran Females 35 & over

Please enter me for the Ayr Land O' Burns Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

- Cheque or P.O. for £4.00, payable to "KYLE AND CARRICK DISTRICT COUNCIL"
- Check your Bank Statement for Confirmation of entry.
- Enclose S.A.E. with entry for written confirmation.

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Date

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ENTRY FEE £4

Events Diary

HIGHLAND GAMES (professional)

JULY

- 17 Mull Highland Games
- 18 Dunbeath Highland Games
- 19 Balloch Games
Tomintoul & Strathavon
Highland Games
St. Ronan's Border Games
Invergarry Games
Corby Highland Gathering
Rosneath & Clynder Games
Stonehaven Highland Games
Blairgowrie Games
Burnsland Highland Games
20 Inveraray Highland Games
22 Luss Highland Games
23 Arisaig Highland Games

AUGUST

- 2 Balquhidder, Lochearnhead & Strathgry Highland Games
Caol Highland Games
Lauder Games
Aberlour & Strathspey
Highland Games
Glenluce Games
Aboyne Highland Games
Inverkeithing Highland Games
Strathallan Highland Games
3 Montrose Games
Prestonpans Games
4 Mallaig & Morar Highland Games
6 Isle of Skye Highland Games
8 Assynt Highland Games
9 Dornoch Highland Gathering
Morebattle Professional Games
Aitholl & Breadalbane Games
Strathpeffer Highland Games
Abermethy Highland Games
Fort William Highland
Extravaganza (Heavy Events)
Brodrick Highland Games
Perth Highland Games
10 Ballater Highland Games
14 Crieff Highland Games
16 Scottish Heavy Events
Championships
Helmadales & District
Highland Games
Nairn Highland Games
Glenfinnan Highland Games
17 European Heavy Events
Championships, Galloway Games
21 Grasmere Games
22 Glenisla Highland Games
23 Lonach Highland Gathering & Games
Strathardle Highland
Gathering
Stratherrick Highland Games
Invergordon Highland
Gathering
Dunfermline Games
Bute Highland Games
East Lothian Games
24 Dufftown Highland Gathering
27 Argyllshire Highland
Gathering
30 Birmam Highland Games
31 East Lothian Highland Games

SEPTEMBER

- 6 Braemar Royal Highland
Gathering
7 Shotts Highland Games
13 Peebles Highland Games
13 Pitlochry Highland Games
20 Dunblane Highland Games
Invercharron Highland Games, Ardgay.

D.P. Webster

JULY

- 18 White Ash Hill Race, Fochabers (5-mile, 800 feet), 7.30pm, E - Fochabers Amenity Association, Gordon Castle Farm, Fochabers, £1
Pearl Assurance International, Birmingham
- 19 Commonwealth Veteran Athletic Meeting, Grangemouth, E - Henry Morrison, 4, Arden St, Edinburgh/1 Steedman, 33, Grange Loan, Edinburgh EH9 2ER
Shettleston Harriers Open Graded Meeting, Crownpoint, E - W. Scally, 437, Duke St, Glasgow G3 1RY
British Schools International Match, Swansea
Creag Bheag Hill Race, (6 1/2-mile, 900 feet) 3pm Kingussie Community Council, Kingussie, £1 (R - 34.00, A. Farrington, Aberdeen AAC)
Inverness Highland Games, Bught Park, E - Turnbull Sports Shop, 6, Crown Ave, Inverness
Lochinver Coastguard 10-Mile road race, Lochinver, E - A. McLeod, 26, Kirk Rd, Lochinver, Sutherland
Pearl Assurance International, Birmingham
- 20 Seven Hills of Edinburgh Race/Challenge (14-mile, 2200 feet), 11.15am, E - G. Tiso, 13, Wellington Place, Leith, Edinburgh, £1.50 (R - 1.38.25, 1982, B. Kirkwood, Edinburgh AC)

- Kildoin Hill Race, Maybole (3-mile, 300 feet), 1pm, E - K. Anderson, 42, Ladyland Rd, Maybole, 50p
Inverness Turnbull Sports 10,000m People's Road Race and Fun Run, Inverness, E - Turnbull Sports Shop, 6, Crown Ave, Inverness until 14/7
Irvine New Town Highland Games and Strathclyde Tug of War Championships, Maress Park, Irvine, E - C. McEwan, 66, High St, Irvine
Irvine 1/4-Marathon, E - F.P. Hannan, 6, Barra Cres, Irvine, Ayrshire KA11 1DE
Pre-Commonwealth Games Warm Up Meeting, Grangemouth, E - A. Kerr, Grangemouth Stadium, Manager, Kersiebank Ave, Grangemouth
- 22 Glasgow Games, Crownpoint, E - Frank Clement, Glasgow District Council Parks Dept., 20, Trongate, Glasgow G1 5ES
Health Week 1/4-Marathon, Cneff Sri Chinmoy 2-Mile road races, Glasgow Green and The Meadows
- 24 Opening Ceremony, XIII Commonwealth Games, Meadowbank
- 26 Day 1, CG Athletics, Meadowbank
Lochaber Highland Games and Meall An-Suidhe Hill Race (3 1/2-mile, 1500 feet) 3pm, Town Park, Fort William, E - E. Lee, "Leesholme", Cameron Rd, Ft William until 5/7 (R - 27.54, 1983, K. Stuart, Keswick AC)
Shire Harriers Open Meeting, Balgownie, Aberdeen, E - WH

- Watson, 14, Burnieboozle Place, Aberdeen, AB1 8NL
Stromness 1/4-Marathon, Stromness, Orkney
- 27 Day 2, CG Athletics, Meadowbank
Lochaber Half Ben Nevis Hill Race (6-mile, 2200 feet), noon, Town Park, Fort William, E - E. Lee, address as before, £1. (R - 47.39, 1983, C. Donnelly, Cambuslang Harriers
Helensburgh Rotary Club People's 1/4-Marathon, Helensburgh, E - J. Turnbull, "Clava", Campbell St, Helensburgh
Bighorn 10,000m road race, Beith, E - Race Organiser, 13, Bankside Gardens, Kilbirnie, KA25 7JA
- 28 Day 3, CG Athletics, Lochaber Cow Hill Race, (2 1/2-mile, 900 feet), Fort William 7pm, E. Lee, 25p (R - 17.56, 1983, H. Jarrett, Keswick AC)
- 29 Rest Day, CG Athletics
Highland Games Meeting and Hill Race, Meadowbank, Hill Race E - R.L. Morris, 33, Morningside Rd, Edinburgh
Commonwealth Veterans 25Km Road Race, Edinburgh, E - Henry Morrison, 4, Arden St, Edinburgh
Sri Chinmoy 2-Mile road race, Glasgow Green and The Meadows
- 30 Rest Day, CG Athletics,
Commonwealth Veterans 10,000m road race, Edinburgh, E - H. Morrison
- 31 Day 4, CG Athletics,

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Events Diary

AUGUST

- Day 9, CG Athletics, Meadowbank
- Day 6, CG Athletics, Meadowbank
Newtonmore Highland Games and Craeg Dubh Hill Race (4-mile, 1200 feet), Newtonmore, 3pm, E—Mrs. C. Ralph, Caman Dubh, Old Glen Road, Newtonmore, (R—26.13, 1983, H. Jarret, Keswick AC)
Peterhead Scottish Week Games, Peterhead
- Strathallan Highland Games and 14 miles Road Race, Bridge of Allan, E—J.S. Forsyth, 24 Dunster Road, Causewayhead, Stirling FK9 5HX City of Edinburgh 10 mile Road Race E

by July 17 — Race Organiser, 15 Crosswood Crescent, Balmoral, Midlothian. Corrie Capers Round Arran Road Relay Race, Isle of Arran, E—John F. McVicar, "Gowanlea", Sannox, Isle of Arran.
Ferranti 10 mile Road Race, Aberdeen, E—Running North, 5 South Mount Street, Aberdeen.
Sri Chinmoy 10,000 metres Road Race, Glasgow, E—B. Grasson, 72 Loch Awe, St. Leonards, East Kilbride, G74 2EW Scottish Young Athletes League West Divisions 1 & 2 Wishaw Sports Centre

5 Great Britain v Commonwealth Select Gateshead Stadium.

6 Open Graded Meeting Grangemouth Stadium, E—H.A.

Kerr, Stadium Manager, Grangemouth Stadium, Kersiebank Avenue, Grangemouth, Lanarkshire, AAA Track League, Coatbridge North Berwick Law Race (3 miles, 600 feet, 7 pm) E—R.L. Morris 33 Morningside Road, Edinburgh (R—18.13 1985 M. Lindsay, Carnethy HRC).

7 Burnswark Hill Race, Ecclefechan (6 miles, 900 feet) 7 pm E—D. Mair, The Firs, Hall Road, Ecclefechan, (R—34.26, 1982 P. Taylor, Copeland Harriers).

8 International Athletics Club Grand Prix Meeting, Crystal Palace.

9 Largo Low Race, Lower Largo (5 miles, 900 feet) 3 pm (E—R. Morrison, 8 Trinity Place, St. Andrews, Fife) R—28.13, 1984 J. Maitland, Aberdeen AMC Cambuslang Harriers 10 Mile Road Race E—J. Scarbrough, 22 Burnfoot Crescent, Burnside, Glasgow G73 5DT
Brodick Highland Games Isle of Arran, E—Donald Cowan, "Lochniver", Arranton Lamlash, Isle of Arran.
Abernethy Highland Games, Nethy Bridge, E—M.E. George, 6 McKenna Crescent, Nethy Bridge, PH25 3DU
Mormand Hill Race, Strichen, (4 1/2 miles, 900 feet) 2.30 pm E—Mrs. W. Forsyth, The Lodge, Pitfour, Peterhead (R—27.32, 1984 C. McIntyre, Banff Coasters AC)
Playing Fields 10 miles Road Race, Tighnabruich Celtic Womens Junior International Match, Dublin.
AAA Under 20 Championships, Alexander Stadium, Birmingham

10 Moray Marathon and 1/2 Marathon, Elgin, E—E. McCann, Department of Recreation, 30/32 High Street, Elgin.
Monklands Womens Open Graded Meeting, Coatbridge, E—R. Stephen, 162 Brownside Road, Burnside, Rutherglen G73 5AZ.

Balerno 1/2 Marathon, Edinburgh, E—K. Jack, 21 Corselet Crescent, Currie.
Kilsyth 10,000 metres Road Race, Kilsyth, E—Garry Robertson, 154 Rennie Road, Kilsyth G65 9PR.
Eyemouth Peebles 1/2 Marathon, Eyemouth, E—Miss Slight, 2 Merse View, Paxton, Berwick on Tweed.
Ayrshire County Championships, Dam Park, Ayr.
Scottish Young Athletes League, East Semi Final Match, Livingston.
GRE Gold Cup and Jubilee Cup Semi Final Matches, Stoke and Wigan.
AAA Under 20 Championships, Alexander Stadium, Birmingham.
British Veterans 10 mile Road Championship, E—D. Morris, 27 Whittingham Road, Oswestry, Shropshire, entries close 4 August.

12 Renfrewshire Track League, Crownpoint Sports Park, 7.30 pm

13 Shettleston Harriers Open Graded Meeting, Crownpoint Sports Park, Glasgow, E—W. Scally, 437 Duke Street, Glasgow G3 1RT
Widford Hill Race, Kirkwall, Orkney Isles (5 miles 700 feet) 7 pm E—Royal British Legion, Junction Road, Kirkwall, Orkney R—31.40, 1980, W. Shearer, Kirkwall.

12 Renfrewshire Track League, Crownpoint Sports Park, 7.30 pm

13 Shettleston Harriers Open Graded Meeting, Crownpoint Sports Park, Glasgow, E—W. Scally, 437 Duke Street, Glasgow G3 1RT
Widford Hill Race, Kirkwall, Orkney Isles (5 miles 700 feet) 7 pm E—Royal British Legion, Junction Road, Kirkwall, Orkney R—31.40, 1980, W. Shearer, Kirkwall.

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CLOSING CEREMONY

COMMONWEALTH GAMES

JULY 26		JULY 27		JULY 28	
TIME	EVENT	TIME	EVENT	TIME	EVENT
0900	M Hammer (O)	1000	M 100m (D)	0915	M 110m Hurdles (D)
1000	W 100m Hurdles (P)	1000	W Shot (O)	1000	M Hugh Jump (O)
1025	M 100m (R1)	1030	W 400m Hurdles (H)	1000	M Discus (D)
1030	W Discus (O)	1045	M Long Jump (D)	1125	M Pole Vault (D)
1045	W High Jump (P)	1105	M 400m Hurdles (H)	1130	M 800m (H)
1110	W 400m (H)	1215	W Long Jump (P)	1145	W Javelin (O)
1135	M 400m (R1)	1230	M 400m (S)	1200	W 200m (H)
1220	M 110m Hurdles (H)	1235	M Shot (D)	1235	M 200m (R1)
1300	M Hammer (F)	1355	W Javelin (P)	1400	W 400m Hurdles (S)
1400	W 100m (H)	1400	M 110m Hurdles (F)	1405	W Shot (F)
1415	W Shot (P)	1415	W 100m (S)	1425	M 400m Hurdles (S)
1435	M 3000m Steeple-chase (H)	1435	M High Jump (D)	1450	W 800m (S)
1510	M 100m (R2)	1440	M 100m (S)	1500	M Javelin (D)
1600	M 110m Hurdles (S)	1500	M 3000m Steeple-chase (F)	1530	W 200m (S)
1620	W 200m (P)	1520	W 400m (F)	1555	M 200m (R2)
1640	W 400m (S)	1532	M 400m (F)	1630	M 1500m (D)
1700	M 400m (R2)	1555	W Discus (F)	1700	W 400m Hurdles (F)
1735	W 3000m (H)	1600	W 800m (P)	1715	M 400m Hurdles (F)
1810	M 10000m (F)	1625	W 100m (F)	1725	W 10000m (F)
		1635	M 100m (F)	1825	M 5000m (H1)
		1700	W 3000m (F)	1840	M 5000m (H2)
		1735	M 400m (D)		

JULY 31		AUGUST 1		AUGUST 2	
TIME	EVENT	TIME	EVENT	TIME	EVENT
0930	M Long Jump (O)	1030	M Javelin (O)	1230	M Javelin (F)
1100	W High Jump (O)	1100	M Marathon	1245	M Triple Jump (F)
1130	M Pole Vault (O)	1115	M Triple Jump (O)	1300	W 1500m (F)
1145	M Discus (O)	1130	W Marathon	1305	M Shot (F)
1200	W Long Jump (O)	1200	M Shot (O)	1320	W 4 x 100m Relay (F)
1330	M 30km Walk	1300	M Pole Vault (F)	1345	M 4 x 100m Relay (F)
1400	M Long Jump (F)	1400	W Long Jump (F)	1355	M 1500m (F)
1430	W 100m Hurdles (H)	1440	W 4 x 100m Relay (H)	1435	W 4 x 400m Relay (F)
1435	M High Jump (F)	1445	W High Jump (F)	1505	M 4 x 400m Relay (F)
1455	M 200m (S)	1502	M 4 x 100m Relay (H)		
1515	W 800m (F)	1525	W 1500m (H)		
1530	M 800m (F)	1540	M Discus (H)		
1545	W Javelin (F)	1555	M 1500m (F)		
1615	W 200m (F)	1635	W 100m Hurdles (F)		
1650	M 5000m (F)	1650	W 4 x 400m Relay (H)		
1730	M 200m (F)	1730	M 4 x 400m Relay (H)		

Events Diary

16 Bells Junior Home Countries International Match, Meadowbank and Open Young Athletes events, E—Mrs. J. Heggie, 25 Craigmount Bank, Edinburgh EH4 6HQ Entries close 19 July.
Scotland v Holland v Northern Ireland Men's International Match, Leiden, Holland.
Scotland v Wales v England v Poland v Holland Women's International Match, Crystal Palace.
T.S.B. Blairgowrie "500" 1/2 Marathon, Blairgowrie Leisure Centre, E—John Wilson, Springbank, Darkfauld, Blairgowrie, Perthshire PH10 6QR.
Nairn Highland Games and Bank of Scotland 1/2 Marathon, Nairn, E—D. Bow, 15 Glebe Road, Nairn, Invernesshire.
CUBA Ceigy 5 mile Road Race, Linwood Sports Centre E—John McGuinness, 29 Yarrow Crescent, Bishopton PA7 5ED.
Buccleuch Chase 11 mile Road Race, Sanguhar, E—Mrs. McQuat, 45 Robertson Road, Kennoholm, Kirkcubbin.
Glasgow Highland Gathering, Bellahouston Park, E—Glasgow District Council Parks Department, 20 Trongate, Glasgow G1 5ES.

17 Monklands 1/2 Marathon, Airdrie E—David Morrison, 12c Deedes Street, Airdrie ML6 9AG.
Ceres 1/2 Marathon, Ceres, E—Patricia Robb, "Kirkhill", Curling Pond Road, Ceres, Fife.
Haddington 1/2 Marathon, Haddington, E—H. Muchadmore, 5 Timpedean Drive, Haddington, East Lothian EH41 3ND.
Dalchully Hill Race, Laggan Bridge, (4 1/2 miles, 1500 feet) 2.30 pm E—T. Robertson, Knockmalloch Station Road, Newtonmore, (R—28.38 1985M. Lindsay Carnethy, Hill Runners).
Marymass Sports Meeting, Irvine, E—Frank Hannan, 6 Barra Crescent, Irvine KA11 1DE.
Octavians Relay Meeting (incl. SAAA National 1600 metres Medley Relay Championship), Meadowbank.
Grampian Television Athletic League, Peterhead.
Strathleven Trophy Meeting, Posties Park, Dumbarton.
Border Athletics League, Tweedbank.

18 Borders Open Graded Meeting, Tweedbank.

19 Dairy Crest Games, Birmingham, Renfrewshire AAA and Dunbartonshire AAA County 10,000 metres Track Championship, Crownpoint, 7.30 pm.

20 Edinburgh Southern Harriers Open Graded Meeting, Meadowbank.
Marymass 6 mile Road Race, Irvine, E—Frank Hannan, 6 Barra Crescent, Irvine KA11 1DE.

23 Bute Highland Games and 10 mile "Round the Island" Road Race, Rothesay, E—Tom McMillan, Ardtalla, Giebelands, Rothesay, Bute, PA20 9HN.
Two Bridges 36 Mile Road Race, Rosyth, E—Race Secretary, Civil Service Sports Centre, Castle Road, Rosyth, Fife.
Peoples 10,000 metres Road Race, Tain.
British Athletics League (Men) Div 2, Battersea Park, London.
Access UK Women's Athletic League Div 1, Kirby Stadium, Liverpool.
Orkney AAA Championships, Kirkwall.
Argyll Athletic Championships, Oban.
Scottish Young Athletes Handicap Meeting, Arbroath.

24 South Carrick 1/2 Marathon, Girvan, E—J. Holt, Girvan Swimming Pool, Knockcushen Street, Girvan, entries close 4 August.
Marymass 10 mile Sand Run, Magnum Sports Centre, Irvine, to Barassie, —E. Frank Hannan, 6 Barra Crescent, Irvine KA11 1DE.
Midlothian Peoples 1/2 Marathon, Corebridge.
Orkney AAA Championships, Kirkwall.
Fair City Fun Run, Perth.
Grampian Television Athletics League, Balgowrie, Aberdeen.
Edinburgh and District Athletics League, Tweedbank.
North East League, Queens Park, Edinburgh.

26 European Championships, Stuttgart.

27 European Championships, Stuttgart.

28 European Championships, Stuttgart.

29 European Championships, Stuttgart.
Cowal Highland Gathering, Dunoon, E—J. Brown, 8 Ardencaple Drive, Helensburgh G84 6PS.

30 Cowal Highland Gathering (2nd Day), Dunoon.
European Championships, Stuttgart.
Clenurquhart Highland Games, 15 mile Road Race from Inverness to Drumnadrochit, Drumnadrochit, E—R. Macdonald, Westfield, Lewiston, Drumnadrochit, entries close 15 August.
Achmony Hill Race, (5 miles, 500 feet), Drumnadrochit 3 pm, E—R.

Macdonald, Westfield, Lewiston, Drumnadrochit, (R—20.57, 1978, F. Chyne, Aberdeen AAC).
Women's Under 21 Home Countries International Match, Middlesbrough.

31 European Athletics Championships, Stuttgart.
Adidas/Mars 1/2 Marathon, Aberdeen, E—Race Organiser, 48 Westholme Avenue, Aberdeen.
Adidas/Mars 1/2 Marathon, Aberdeen, E—Race Organiser, A. Colquhoun, WLF & Associates, Portreevie Industrial Estate, Dunfermline.
Mid Argyll 9 km Road Race and Fun Run, Lochgilphead, E—W. McCaullum, 38 Fernoch Park, Lochgilphead PA31 8DG.

Monklands Womens Scottish Cup Final, Coatbridge.
Monklands Community Open Road Race, Coatbridge.
Scottish Athletics League Divs 1-2, Crownpoint Sports Park.
Scottish Athletics League Divs 3-4, Grangemouth.
Town and Country 10 mile Road Race, Crieff.
Inter Region Athletic Match, Tweedbank.
Alloa Community Sports, Alloa, E—Mrs. J. Ramsay, Crosshill Farm, Kincardine on Forth, FK10 4BG.

Key for Events:
E - Entries from
R - Course record.

Compiled by COLIN SHIELDS

TRIATHLONS/BIATHLONS

AUGUST

23 Great Glen Triathlon, A. Marwell, Dept. of PE, University of Aberdeen, Aberdeen.
24 Gairloch Triathlon, Run 6 miles, Canoe 6 miles, Cycle 25 miles, A. Marwell.
East Kilbride Mini, Swim 600 metres, cycle 18 miles, run 6 miles.
East Kilbride Super, Swim 1500 metres, Cycle 36 miles, Run 12 miles, John Higgins.

SEPTEMBER

28 Ullswater Triathlon, Canoe, Fell race, Cycle, S. Mitchell, Howtown OP Centre, Pooley Bridge, Ullswater, Cumbria CA10 2NS.

OCTOBER

4 Deeside Triathlon, Cycle 27 miles, run 11 1/2 miles, Canoe 18 miles, A. Marwell.
5 Banchory Triathlon, Canoe 4 miles, Cycle 16 miles, Run 5 miles, A. Marwell.



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Why I don't run . . .

It is one of the great disappointments in my life that I am unable to run. When I see all these runners pounding their way through rain, hail, sleet and snow—either ashen or purple-faced in pain—I experience deep wells of envy and resentment that I am excluded from such fun.

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

I was a runner once. I took it up after the first Glasgow Marathon. My job that day in October 1982 was to stand in the finishing enclosure at Glasgow Green and interview ordinary and some extraordinary people after they had completed the course. It was a moving, uplifting experience and a lot of fun.

My particular hero was a big farmer who wore denims and heavy boots to run the 26-odd miles because he felt more comfortable in his working gear.

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

“Nowadays, my sport is walking”

Then, in a fit of common sense, I consulted a book called *The New Aerobics*, written by some American air force chap, which set out safe exercise programmes for even the most unfit and geriatric of people. The basic precept was that you could run, walk, or stagger yourself to fitness at your own pace.

For six weeks I followed the course, and eventually could run a mile or more without



Tom Shields, top, with Sophie and Libby, his walking companions

By TOM SHIELDS

suffering any great pain. I came to look forward to my running, especially the half-hour spent reclining in a hot bath afterwards, sipping a bottle of soda water and consulting the book on aerobics to chart my inevitable progress to marathon standard.

Then, as they say in the sports pages, it all started to go horribly wrong for the boy Shields. On an assignment in Turin, one of Glasgow's twin cities, I found I could hardly walk because of excruciating pain in the big toe of my right foot.

I had to borrow a walking stick for the weekend from a 75-year-old Dutchman who was in the party of journalists. I had to be taken off the plane at Heathrow in a wheelchair on the way home.

When I saw my own doctor in East Kilbride he advised that running was out of the

question. It was the end of a brief but enjoyable career as a fun-runner. In the springtime, usually when the entry forms for the Glasgow Marathon appear, I feel tempted to try again. That is also the time of year when the old gout acts up again.

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

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

I can't honestly claim this walking is doing much for my fitness. It certainly is doing nothing for my shape. It would

take a power of walking to undo the effects of so many pints and so many late suppers.

It is certainly doing the dogs a great deal of good. Libby the Labrador looks half her age. Sophie the pug gets so much exercise for a small dog that she resembles a whippet.

I am resigned to these leisurely pursuits. The only way I will compete in the Glasgow Marathon now is in a bath chair.

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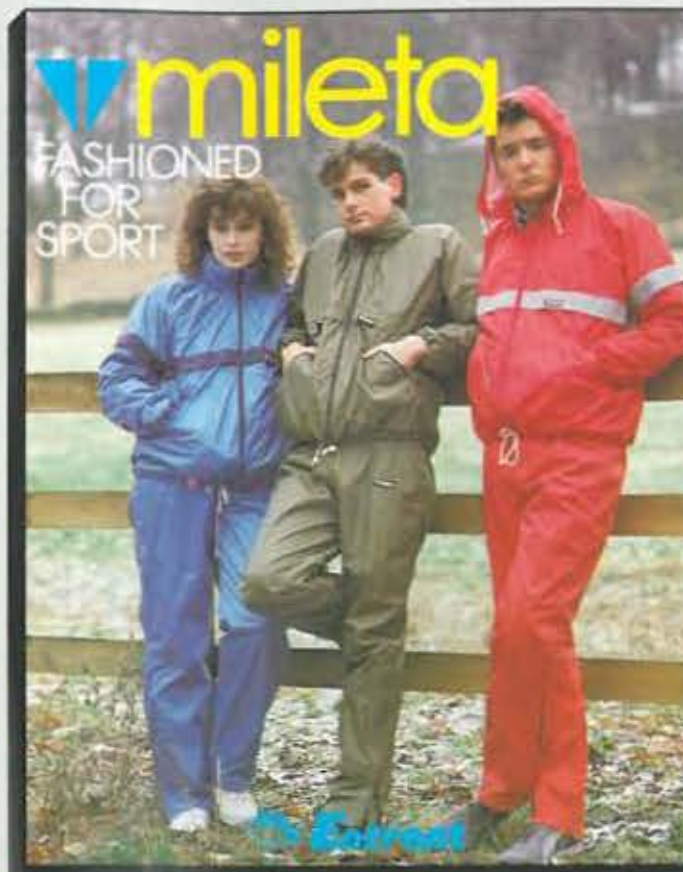
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The BLIZZARD is a remarkable new suit that has been designed to be completely waterproof, yet light and comfortable to wear. The features include fully machine tape seams, concealed hood in the collar, lined with terylene for wickability, storm flap behind the zip, and the range has been designed for runners, and all who enjoy outdoor pursuits.

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The product is available in two remarkable materials, CYCLONE from Carrington Performance Fabrics and ENTRANT from Toray Industries.

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ENTRANT is an extremely quiet fabric in use and makes it especially suitable for running and golfing. The green jacket in particular is eminently suitable for rambling, hiking and orienteering. Sizes: S(34/36"), M(38/40"), L(42"), XL(44"). Colours: Suit B150 Red/Grey/Red, B151 Royal/Navy/Royal, B152 All Green Price £59.95



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