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SCOTLAND'S RUNNER

NOVEMBER 1986

Issue 5 £1.00

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SCOTLAND'S RUNNER

November 1986

Issue 5

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Scotland's Runner

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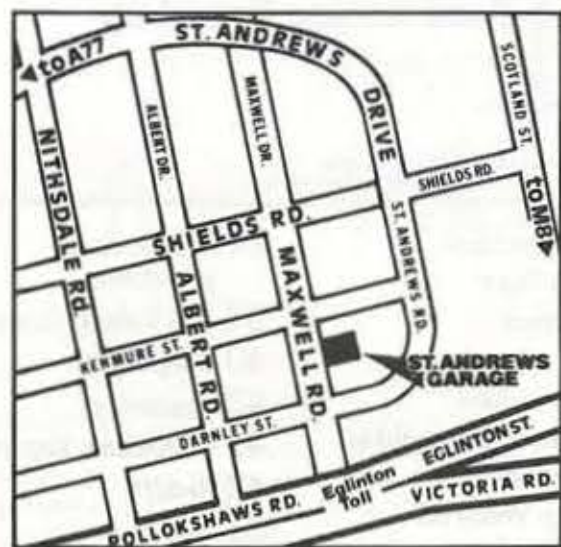


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Inside LANE

Far from being on the decline, road running in Scotland is still in the ascendancy. In his review of the road running season on Pages 43-46, our events and results compiler Colin Shields reports that there were a staggering 164 races of ten kilometres (6.2 miles) and over held on Scottish roads in the six months between April and September.

Shields records the fact that we lost three marathons this year, the Caithness Northern, the Inverclyde and the SAAA National. But, and this fact is conveniently overlooked by other medium when they gleefully broadcast that the running boom is over, there were 15 more half marathons this summer. The smaller distances, too, continue to expand in quantities and entries.

Not only are there more races, but the standard of running is also improving. Course records were regularly beaten in the past six months, some, of course, by our own contributor Graham Crawford, who on Page 45 recalls his frenetic summer during which he ran almost 20 half marathons — with a number of other road and track events thrown in for good measure.

With all due respect to Crawford and the other leading men whose exploits are fully documented in Shields' article, the road running performance of the year in Scotland, which came just too late for inclusion elsewhere in the magazine, surely has to be Liz Lynch's tremendous debut half marathon at Dundee on October 12.

At the end of a long hard season in which she established herself as a world-rated distance runner, Lynch gave a startling indication of her future potential finishing tenth overall in a field of over 1500. Her time of 70:59 was over two minutes ahead of the previous Scottish best time for the distance — Lorna

Irving's 73:12 set at the Ayr Land O'Burns on September 7.

By all accounts, Lynch's run was even more remarkable in that she was holding herself back in the first half of the race as strong winds swept off the Tay. Among her mile scalps were... well, we won't name them here, but she left many a top Scottish club runner thinking long and hard that evening.

It is worth noting at this juncture, to put the performance in perspective, that only two women, Rosa Mota and Lisa Martin have previously broken 70 minutes on British soil.

Scottish crowds now have the alluring prospect of both Lynch and Yvonne Murray fighting it out over the longer distances as they mature.

The ladies have done well this year, with Irving, Sandra Branney, and others continuing to provide regular encouragement for women who have come into the sport late.

Branney and her husband Donald are profiled by Stewart McIntosh on Page 45, and the best has yet to be seen from this runner who, until her Glasgow Marathon win, was little-known outside the club circles. Also this month, Lynda Bain, another latecomer to running, visits Blairgowrie on Pages 36 and 37 to report on a town where mothers have literally arisen from their coffee and biscuits to form a running club.

The event of the month was, of course, the Glasgow Marathon. In deference to its still considerable size and the fantastic catalyst it has proved for introducing newcomers to running, we devote a nine page

special from Pages 25-33 to the occasion.

As Doug Gillon again points out, the signs for this event are ominous. We hope that Glasgow's Lord Provost Robert Gray is not acting the ostrich when he is reported on our Up-front pages as being totally opposed to excessive prize money. Only days earlier the city had been told that it was losing its golf tournament to Gleneagles... it mustn't lose its marathon to obtuseness.

Perhaps, though, the Provost is right and we are wrong. Our major disappointment so far on this magazine has been the lack of feedback, through letters, on an array of subjects we have raised since issue one.

If leadership, as they say, comes from the top, that lack of response isn't surprising. Not a cheep have we heard, since publication began, from the men and women — who they? — who run Scottish athletics. On any subject.

This month the structure of Scottish athletics is challenged by top coach Tommy Boyle in an interview with Reevel Alderson on Pages 38 and 39. Boyle, who aims to direct Tom McKean to the world 800 metre title next year, says a more professional approach is required towards the sport, particularly in raising money.

This theme is also touched upon by John Maxton MP, who, although fulsome in his praise for the Scottish Health Education Group on Page 23, insists the group should be ploughing more sponsorship into running rather than professional football.

So, hopefully, plenty of food for thought. Participation in running is on the up and up; match this with your letters to Scotland's Runner.

Alan Campbell

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Up Front Up Front Up Front Up Front Up Front Up Front

3-2-1 run

WITH so many events now on the calendar, race directors have to work on the basis of "survival of the fittest" if they want to keep attracting the masses.

A piece of inventive organisation looks like ensuring that the Black Isle Marathon will continue to be a running success story. Acknowledging that not all of the steadily increasing number of runners wants to participate in marathons, race organiser Ray Cameron has come up with a unique formula for this year's event on November 1.

When the gun cracks at precisely 10.30 am, three different races will start from three different towns as the runners in a 10K, ½ marathon and full marathon all converge on the same finishing line. But since the races will all be started simultaneously by radio telephone, there should be no overcrowding at the finish, and every runner should get his or her accurate time.

Ray Cameron's boundless energy for athletic organisation has helped to steer his club, Black Isle AAC, to success in the Minolta club coaching awards. Black Isle AAC is the only club in Scotland to win one of Minolta's six £1000 awards for the development of athletics and coaching in their area.

The cheque will be handed over by either Steve Overt or national director of coaching Frank Dick at a ceremony shortly before the three races.

THE Scottish team acquitted itself well at the second World Mountain Racing Cup in Italy on October 4 and 5.

In the medium race (10k and 1200 feet of climbing), the Scottish team finished fourth with Jack Maitland outstripping Colin Donnelly for 11th and 12th positions respectively. Mike Lindsay finished 30th.

In the following day's long race (a 15k race with a 3000ft climb, uphill only), the Scots finished sixth. Jack Maitland was 18th, Dermot McGonigle 26th, Alan Farnham 37th — Colin Donnelly who was suffering badly from blisters after the previous day's race finished well down the field.

Italy scooped the pool in both races with first position and first team in each. Times were not available at the time of going to press.

Scottish Hill Running Association secretary Robin Morris says that the team did well. "Given the quality of the opposition from the fifteen countries taking part, the results were most satisfactory," he says. "Particularly as the uphill-only long race is foreign to us."

Morris believes that if Scotland wants to make progress in international hill running we will have to devise uphill-only races. This is fairly easy in Alpine countries like Italy and Switzerland



Big Mouth Competition

IN the September issue, we asked readers to supply appropriate captions for the picture above of Daley "Piss Off" Thompson receiving his decathlon gold medal from Robert "I won't be presenting any medals" Maxwell. A prize of £25 was on offer to the wittiest entrant.

From the entries received, we decided to split the prize and send £15 to both Jim Hall of Dunfermline and David McCrorie of Prestwick.

Unfortunately, although in our opinion the captions were reasonably inoffensive, the magazine's legal beagle thought otherwise. And, since it's hardly worth being put out of business over a couple of joke captions, we have bowed to his wider knowledge of the libel laws on this occasion and decided not to print the winning efforts.

Messrs. Hall and McCrorie will, however, still be receiving their cheques...

Scots do well in World Cup...

where races up to a mountain-top restaurant are a frequent feature of the racing landscape and the runners then descend on ski-tows.

After the IAAF decision to bar separate teams from Scotland, England, Wales and Northern Ireland at the World Cross-Country Championships from 1988 onwards, Scotland's hill runners believe that it is important to set up a national structure for the sport to cope with any similar moves in international mountain-racing.

Provost Gray's Elegy

OUR campaign to ensure the future success of the Glasgow Marathon through the payment of prize money has not been supported by Glasgow's Lord Provost.

"I am very firmly against the payment of excessive prize money to attract reported top athletes," Lord Provost Robert Gray told Scotland's Runner. "It's a people's marathon. It's an event for the people — and it is the people of Glasgow who have made it the success it undoubtedly is. They have turned it into a great carnival weekend."

After discussions with the marathon's sponsors, the Lord Provost says that they too are "happy" with the numbers participating, and that the sponsors, "would rather see the

glory go to fun-runners than a tiny elite".

As chairman of the marathon board, Mr Gray says that he "will insist in being involved in any discussions about prize money."

However, the door to some form of prize money may have been left open by Mr Gray's refusal to countenance "excessive" prize money — it remains to be seen whether there will be official opposition to ANY prize money.

As we predicted in our last issue, the number and quality of runners in this year's marathon were well down on 1985, and unless radical steps are taken to build on what is still a very successful race, the event could go into genteel decline.

Cook's cairn

PROFESSIONAL hill-runner Kenny Cook from Alva won't be able to put his latest trophy on display on the mantelpiece. In fact, anybody who wants to see Kenny's trophy will have to be pretty fit themselves — fit enough to jog to the top of Alva's Torry Hill.

In the 19 year history of the Alva hill race Cook was the first local to win the event, so his victory this year has been commemorated by a cairn and plaque — built literally on the summit of his achievement.

This year's race was Cook's fourth assault on his local bane — he finished fourth, third and second in his previous attempts, so victory seemed inevitable this time around.

His success means that he is running in the footsteps of top class hill-runners like previous winner Kenny Stuart, the Lakeland runner who won this year's Glasgow Marathon. Before being reinstated as an amateur, Stuart won the Scottish professional hill running championship.

Kenny Cook is now looking forward to the new Scottish indoor professional series this winter (see page 21) when he intends to concentrate on the 800 and 1600 metres.

moment, the FRA has 140 members north of the border and about 2500 nationally. The much younger Scottish Hill Runners Association has gained 160 members in its two years of existence.

The SHRA AGM will be held at the Tinto Hotel in Symington on Saturday November 8, immediately after the Tinto Hill race. Details of the SHRA from Robin Morris, 33 Morningside Road, Edinburgh EH10 4DR (enclose SAE).

Our argument is that prize money would attract big names which in turn would attract good TV coverage — then the thousands of club and fun runners would continue to pour out onto the streets for the big day. Television coverage also makes the race even more attractive to sponsors.

There is room in Britain for two top-class, international marathons. London has firmly run itself into one of the places — there is no reason why Glasgow should not have the other.

We want to know what our readers think.

Send your comments to The Marathon Debate, Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA.

Team work

WOMEN readers who are looking for running partners to make winter training a bit less lonely are invited to contact the "Running Network", an informal group of female fun-runners which aims to team people up with other runners in their area.

Should you want to find a training partner you should contact Pippa Lausen at 8 Duneart Street, Glasgow G4, 041-333-0317 if you live north of the Clyde in Glasgow or the Stirling/Falkirk area. Women on the south side of the city or in Paisley/Renfrew should contact Elizabeth Yates, 4 Carolside Gardens, Clarkston, 041-644-1438. The Strathaven area is looked after by Dorothy Lucas, 10 Linden Walk, Strathaven ML10 6HQ, Strathaven 22367.

Women in the west end of Glasgow can join an informal group which runs from the car park at Kelvinbridge Underground station at 1pm on Sundays.

The Running Network meets quarterly and the next meeting is scheduled for January 14 at 7.30pm in the Community Council Resource Centre, 13 John Street, Glasgow G1 (just behind the City Chambers).

Women in other parts of Scotland who are seeking training partners should contact us at Scotland's Runner and we will try to put you in touch with other runners in your area. If you have an informal training group write and let us know and we will publicise your training venue and time. We will also publicise the same details for informal men's groups.

Where's Alan?

DOES anyone know the whereabouts of Alan Paterson, the former European high jump champion and UK record holder from Victoria Park?

The plea comes from Fairbanks, Alaska, where a one-time rival of Paterson's, Virgil Severns, is preparing for a visit to Britain.

Severns and Paterson were once adversaries at the Rangers Sports.

Bringing up the rear

Step forward (slowly) Norman Bey, your moment of fame has arrived. Blush no more Anne Boyle of the Iona Community. At last you can pray the runner's prayer - thank God I wasn't last!

Artist Andy Warhol once said that in an ideal world everybody would be famous for five minutes - but Norman's claim to fame took eight hours and five minutes to achieve as he limped home last, in the Glasgow Marathon.

It took a steward's inquiry to give the Castlemilk lorry driver his title - earlier reports had awarded the accolade of the final finisher to Anne Boyle who was part of the Iona Community's enormous team of sponsored runners. Shortly after she crossed the finishing line in 7:03:00 the computerised clock was dismantled (almost) everybody went home.

But when Norman Bey limped into the Glasgow Green one hour and two minutes later he was spotted by an official who was able to confirm his position and give him a time.

This apparently modest result was a major improvement on last year's performance when Norman got his picture in the Glasgow Herald as he finished last with two others - but too late to be awarded

a time and his true position, which we calculate to have been 10,931.

There you are Norman, it's all on the record - the due reward of consistency.

Unfortunately, just like the marathon officials, we had trouble in tracking down Norman's whereabouts, but his mother confirmed that he does little specialist marathon training. "He's a bit too heavy for that," she said.

However, the family had been hoping for a better performance from him this year. After scouring Barrhead Road at the 19 mile point for signs of their son Mrs Bey gave up and headed home. "Suddenly we saw a big fellow limping along in the distance. 'Oh my God, our Norman's done it again,' I said."

But let no-one sneer at Norman's performance. He had predicted a slow time and stuck to it. More important, he finished the course - unlike 776 of the runners who registered for the start but failed to make it to the finishing line.

Let the faster runners remember that when they were splashing merrily in the bath at home, people like Norman Bey and Anne Boyle were still out there working as hard as they could. That's the spirit of the marathon.

McScoop

WHO says the English can't take their medicine? After Jock Strapp lashed the quality of English sports commentators at the European Championships, a contrite Kevin Cosgrove contacted us to apologise to the Scots for his constant references to "English" runners like Tom McKean.

"Jock has put me in my place - I deserve everything I got," says Cosgrove who has now been dubbed "Angus MacScoop" by his colleagues in the BBC sports department.

"Insensitive as I was, I realise that my remarks were like a tartan rag to the Scots - I can only say that I'm sorry. Full marks to Jock Strapp. He was hilarious."

On song

THE 250 kilometre Spartathlon won for the third time by the Greek ultra-machine Yannis Kouros. The race is held in celebration of the legend that Pheidippides, the Athenian messenger of 2500 years ago, ran from Athens to Sparta to seek reinforcements to fend off an invasion by the Persians.

Kouros finished in 21 hours 35 minutes, more than five hours clear of the opposition and with enough wind left to regale the spectators with a popular Greek song.

Wells gains his revenge

THE last act of the track season saw former Olympic sprint champion Allan Wells upstage newly-crowned European gold medalist Linford Christie.

Wells rang down the curtain on the 1986 track season, and hopefully two years of bad luck, when he clocked 10:31sec in the McVitie Invitation Challenge at Crystal Palace. Christie, finished veyr fast in 10:33 as Wells dipping desperately, overbalanced and rolled, unhurt down the track.

In Stuttgart the 34-year-old Wells had placed fifth behind Christie, edged out of the medals in the final few strides. And he still had to come to terms with the 10:04 with which Christie took Wells's UK record in Madrid.

They say they never come back, but Wells has defied the odds and is still intent on competing in Rome at the second World Championships next year.

Old record

JUST when the hurdlers thought it safe to go back on the track, the USSR's Marina Stepanova stepped her way to yet another world record in Tashkent on September 17.

Ayr races ahead

AYR Turtles Triathlon Club - assisted by Nike - staged their second annual Invitation Short Triathlon on September 14. The event consisted of a half mile sea swim, 22 mile cycle and five mile run. On the day, there were 50 individual and six team entries.

The winner, Keith McKissock of Ayr, set a new course record with his time of 1:53.54. He was followed home by Alastair Watt of Grangemouth (1:55:40), and David Devlin of East Kilbride (2:00:35). The winning female was Lesley Nevin of East Kilbride (2:28:28) with Michelle Dewhurst of Dundonald runner-up in 2:56:40. Ray McDonald of East Kilbride was the winning veteran with a

time of 2:05:00. The winning team, Michael Pitt, Craig Wylie and Peter Blane, all of Ayr, finished in 1:59:17.

Ayr Turtles Triathlon Club developed from Ayr Turtles Long Distance Swimming Club, a club formed by members of the staff of Ayr Baths. To qualify for membership, you must be able to swim at least two miles non stop.

The Turtles have staged many sponsored events for different charities such as Guide Dogs for the Blind. Recently they have raised large sums of money for the son of one of the Baths staff who requires specialist treatment for cerebral palsy.

After winning the European 400m hurdles title in a new world record of 53.32, she blazed round the Tashkent track in 52.94. Her performance is made all the more remarkable by her age - at 36 years and four months she is the oldest woman ever to hold a world record in athletics.

Death of Chick Third

CHICK (Charles) Third, didn't make it to the start line of the Glasgow Marathon which would have been his fiftieth.

The likeable little man from Joppa, Edinburgh, aged 56, lost the race that none of us ever win, and passed away suddenly and peacefully in his sleep just a few days before the race.

Legend had it that he carried a variety of spare numbers in his bag just in case he could not obtain an entry, but this much-loved character would never have to use them twice.

A former Leith Accies scrum half, he took up athletics at 40 and the following year, in his first marathon, dropped out for the only time in his life.

Scottish Veteran Harrier Chick twice ran in Athens and accompanied his son there last year when he was tackling his first race at the distance.

This summer Civil Servant Chick

faced his biggest challenge, the 80-mile South Downs Way, completing the course in just over 17 hours.

Described by his GP as 'the fittest man in his practice, Chick had, only 36 hours before his death, won his tenth successive medal at the "Runners and Smilers" events.

Somewhere, he will still be smiling... and it's a smile Scottish athletics will miss.

Yvonne ready to cash in

YVONNE MURRAY, the only Scottish athlete to compete in the 1500 metres at the Grand Prix finals in Rome, finished well beaten as Marica Puica further enhanced her claims as the world's greatest middle distance runner.

And Murray, the European bronze medalist at 3000 metres, once more had a look at the Rumanian's back in the Fifth Avenue mile. But the Scots girl's consolation was a \$2000 prize for third place.

She is also assured of at least £500 plus expenses for her major appearances next year. For she has ended the season ranked seventh fastest in the world at 3000 metres, second at 2000, sixth in the mile and in the top 20 at 1500... and market value is determined by the previous year's ranking list.

In all she competed in 26 races on the track, setting 12 personal bests and nine records.

Lasswade AC are holding two events at the beginning of November - an open cross country meeting on Nov 2, and three, five and ten mile fun runs on November 9. Entries please, to D. Hand, c/o Lasswade High School Centre, Bonnyrigg, Midlothian.

Running in a Marathon? DO IT FOR

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Scots storm walls of Berwick

A SCOTTISH invasion successfully stormed the Walls of Berwick road races. Gala's Jack Knox (No.786, above) is first off the mark in the veteran's four-mile race which he won in 20min 51sec. Nicola Allison (No.39, extreme right, of McLaren Glasgow A.C.) en route to victory in the intermediate women's event. (Below) Steven Doig (No.480, of Fife Southern Harriers) led a Scottish clean sweep in the senior men's race and, on his right, moustachioed Alastair Walker (Teviotdale) who placed second ahead of Alastair Russell (Law). Dave Cavers (No.544) of Teviotdale was sixth.



Up Front Up Front Up Front Up Front Up Front Up Front



Do not be alarmed if you see a jogger in Aberdeen's Hazelhead Park with arm outstretched pretending he has a gun — it's me, writes Graeme Smith.

The reason is the big black crow which has recently followed me on my trips along the tree lined track at the edge of the golf course.

I am in good company, however, because top runner Mel Edwards confides that in the past he has run that route waving a stick above his head.

What prompted me into my most intense ever Farlek session was a swoop by the crow. I quickened my pace slightly but not half as much as when he, or she, swooped again, and again, and again — until I found a gear Sebastian Croe (now, now — Ed) would have been proud of.

The next day the same thing happened, and although the crow stayed several feet above me, once again I covered a

couple of hundred yards at breakneck speed.

A relative offered the solution that birds tend to assault white rubbish bags (but not black) and as I was wearing a white t-shirt, and in view of my condition, it could well have been a case of mistaken identity.

The expert's theory, and one I prefer, is that the crow was nesting and was protecting its territory. Unless hand reared, it was unlikely to touch me especially if I pretended I had a gun.

A couple of years ago, a sparrowhawk on a nearby route preyed on runners, including Alastair Wood, who described it as being: 'Like a Japanese kamikaze pilot coming out of the sun.'

Mel Edwards says: 'For the stretch involved I used to check there was no one about and then run past waving a stick above my head.'

IN a new move to help stamp out drug abuse in sport, the Sports Council in England has launched a mobile testing van. The idea is that it could turn up at virtually any sporting event and begin taking samples immediately.

The van has been specially designed for the job and is totally self-sufficient, so that event organisers need not plead a lack of testing facilities — everything required is in the van. There will be no warning given as to its arrival, thus bringing a truly random method of drug testing a step nearer.

Meanwhile, at the European Championships in Stuttgart the International Amateur Athletic Federation injected a further dose

On the move

of hypocrisy into the drug question when it came up with a bland antidote to New Zealand's bid to introduce a four year minimum ban on drug takers (the current minimum is 18 months and is frequently used by banned athletes as a chance to take even more drugs before returning to competition).

Despite increasing international concern about the drugs question, the IAAF said that while it approved of the New Zealand proposal, no action should be taken for another year. Good news for the cheats.

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IT may pay employers to persuade their staff to pound the pavements in their lunch hour rather than pop out for a pint.

Research being carried out in Aberdeen shows that a substantial proportion of runners believe the sport improves their work performance.

Psychologist Peter Clough is part of a team at Aberdeen University exploring the effects of exercise on physical and mental health under a grant from the Health Promotion Research Trust.

Competitors in last year's Aberdeen marathon were asked to fill in a detailed questionnaire, and the results show that, contrary to some suggestions, marathon running may not be on the wane. It could be that people are just competing in fewer events.

One of the interesting facts which emerge is that many marathon runners may be failed school sportsmen. Only half of those who took part in the Aberdeen marathon had ever been members of a school sports team.

"It looks as if it is attracting people who perhaps were not great at sports as kids but are now coming into running because they find it is something they can do," said Clough.

"He may have been ridiculed by people at school because he was no good at ball games, but in a marathon is competing only against himself. Rather than be put down because he does a four hour marathon, he is pleased because he does a four hour marathon."

Race is on

THE London Marathon is still under threat from 1987 onwards, says race director Chris Brasher. As reported in last month's Scotland's Runner, Brasher is convinced that the race cannot continue in anything like its current size unless the future use of Country Hall at the finishing line is

guaranteed. As a result of the Government's abolition of the Greater London Council, County Hall is now up for sale and while its use for next year's marathon is guaranteed, future availability will depend on who buys the building.

Brasher had been hoping that a clause could be inserted into the contract of sale ensuring the future use of the building for one weekend a year as the marathon nerve-centre. But now the London Residuary Body, which has the job of selling the building, has announced that no such clause will be written into the conditions of sale.

A question of health

The main reasons people start training for marathons are to improve or maintain their fitness, to set a personal challenge, and about a third of competitors enter to raise money for charity.

Almost 40% have their eyes on the tangible reward of a medal or certificate and 24% are out to meet people. Significantly for the research programme, more than 90% of entrants report improved health with almost as many feeling mentally better.

Self confidence seems to grow and in the main family life does not appear to be affected, although 13% report it deteriorated and the same percentage that it improved.

"One surprising result we discovered was that 90% of runners said they would do another marathon within 12 months and if that is true there should be no reason for the apparent collapse in marathon running. There should be plenty of new people coming forward to take the places of those who do drop out," said Peter.

"The same number of people could still be running but doing fewer marathons." However, what people say and do can be different, and that is something we will be following up."

For those who do continue, the challenge does not diminish with the successful completion of one event. "People always think they can do better if only there hadn't been a headwind or if only they had eaten more spaghetti the night before."

The race is on to convince the Government or the LRB that the marathon brings enormous amounts

of tourist cash flowing into London, as well as an estimated £6m for charities.

Carl's brilliant career

AMERICAN sprint star Carl Lewis, who won four golds at the last Olympics, is carving out a new career in the fast lane. Filming for his first movie role, a comedy called "Dirty Laundry", has just been completed and Lewis has now turned his attention to recording his second pop record. There is talk of an album and video with singer Grace Jones.

It remains to be seen whether Lewis' flying start into showbiz will stunt his athletic abilities. But the man who struck Olympic gold at 100m, 200m, 4 x 100m relay and the long jump says that he intends to hang up his spikes after the Seoul Olympics in 1988. After 20 years of hard training, Lewis reckons that he has earned a break.



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LETTERS

Prize poser

Springbank,
Darkfauld,
Blairgowrie.

SIR - I was very interested in the article by Doug Gillon on the decline and rise of the Boston Marathon and the lessons for Glasgow. The message seems to be that big prize money and a fast course bring in top runners, which in turn brings in larger fields, more media coverage and more sponsorship.

This may well be true for the large marathons, and it is obvious that Glasgow will need major surgery if it is to regain its former position as second only to London. But to what extent is the equation true for the more domestic marathons and half marathons?

In Blairgowrie, as you know, we suffered a loss of nearly 20% in our entries this year. Obviously, we need to take a hard look at our format and see if we can make the event more attractive.

It is not possible to make the course a fast one and indeed we have always tried to make a virtue of its difficulties - "The toughest half marathon in Scotland" - but I wonder if we make the best use of our prize money? Though it totals some £840, it is very widely spread and contains the fun categories of husband and wife team and doctors' prize.

Does our prize list and prize of £75 for the overall winner compare reasonably with other Scottish half marathons? Would it be an attraction if the overall winner received gifts to the tune of say £500 even if it meant some scaling down of other prizes? And would such a prize bring in more club runners and fun runners?

How do Glenrothes and Stirling get such large turnouts? Is it facilities (we think our general facilities are good), is it prizes, is it good organisation or good publicity or what?

I realise that the answers to these questions can only be expressions of personal opinion, but I would be most grateful if your readers could let me know their views.

Lastly, I would like to add my congratulations and good wishes for the success of Scotland's Runner. It's not merely a Scottish publication but a hard hitting campaigning Scottish athletics magazine. It's much needed in

Scotland and it certainly deserves to succeed.

John Wilson,
Race Director,
Blairgowrie Half Marathon.

Don't worry

18, Inverallan Drive,
Bridge of Allan,
Stirling FK9.

SIR - In response to Mr. John Wilson's letter in last month's 'Scotland's Runner' complaining about the Blairgowrie TSB Half Marathon suffering as a result of a clash with the inaugural Glasgow event, I would urge him not to get too concerned.

Sure, there is a sudden surplus of 'halfs', but I suspect there is a large novelty element as there was with the marathon, and that the next few years will see only the fittest survive. Blairgowrie, with its established course and reputation and strong organisation, should be among them.

Having said that, could I now

3B, Edmonstone Court,
Clydebank G81.

SIR - Having taken part in three out of the last four Glasgow Marathons (illness being the reason for not participating in the other) I looked forward to the fifth running of the Glasgow Marathon with joy, yet tinged with sorrow. The sorrow being that this would almost certainly be the last time that I ran pushing a pram with a five foot bear as passenger.

The reason for this is that I am finding the training too demanding. As you will realise, when you are running the top half of your body is relaxed, whereas when you are pushing an object your arms, shoulders and chest, as well as stomach muscles, are in tension. This causes two things, the first being difficulty in breathing, the second an extra demand on energy.

To tone up the top half of the body to withstand tension for four hours, I put in, at the height of training, approximately 3500 press-ups a week. This is over and above the road work required to initially get me round the course.

When you consider that the pram and bear weigh over one

contradict myself by noting the high level of "fitness" among Scotland's half marathons. At the time of writing this letter, I have competed in 18 events this summer and have only praise for those people behind the scenes who quietly, but extremely professionally, put on many marvellous races.

And, having spoken to organisers of the major events like Luddon and Runsport, I know it is an all-the-year-round affair, with a great deal of midnight oil burnt as race day approaches. So well done and congratulations.

And while thanks are on the go, they must also be directed at the organisers of graded track meetings, who have added a terrific addition to the summer racing calendar, and also those dauntless officials who are persevering with the traditional Highland Games circuit, which is crying out for, and really deserves, a much better response from Scotland's runners.

On the last point, I would say to athletes - forget the stop-watch. You might not get a personal best on an uneven grass track, but you

can learn a hell of a lot about tactics and pace judgement off scratch or 130 metres in a handicap event. Besides, the Games are great occasions.

Graham Crawford,
(Springburn Harriers).

Help!

11/1, Merkin's Avenue,
Bellshyre,
Dumbarton.

SIR - I have enjoyed all four issues of your magazine and hope to enjoy lots more.

What I am looking for is advice from readers who would care to write to a pure novice. I have just started running for five weeks after five years of lazing about. How many miles a week should I run, and should I run constantly every week of the year? What sort of races should I run in, and how much training should I do before I enter a race?

K. McArthur.

Thank you

51, Hanover Street,
Stranraer,
Wigtownshire.

SIR - Just a short note to let you know how I fared in the recent Glasgow Marathon using your training schedules. I improved my time from 2:46 (London 1986) to 2:39, which was way beyond what I thought I was capable of.

I found the schedule fairly tough at times, but overall very varied as I tend to get bored with the same old LSD runs. I'd like to thank Fraser Clyne for helping me and wish him all the best in his athletic career.

Geoffrey Fidler.

Pram - athon

third of my own body weight, you will then start to see why the run has to be taken so seriously. I have enclosed my training schedule (see below) for this year's run to let readers see the breakdown of press-ups and miles.

Remember this was at the height of training. I think it will make interesting reading for other athletes who think pushing the pram is fun.

Gus Campbell.

TRAINING SCHEDULE

Mon:	12.30pm	2m + 250 press-ups
	6.00pm	5m
Tues:	12.30pm	2m + 250 press-ups
	6.00pm	3m + 750 press-ups
Wed:	12.30pm	2m + 250 press-ups
	6.00pm	10m
Thur:	12.30pm	2m + 250 press-ups
	6.00pm	3m + 750 press-ups
Fri:	Rest	
Sat:	12.00pm	3m + 1000 press-ups
Sun:	Long Run 10-15m	
Total amount of press-ups: 3,500 per week		
Total amount of miles: 50 plus		

*Press-ups done at lamp-posts during the run.

Tourist Office,
Kinross.

SIR - The organisers of the Loch Leven Half Marathon would like to thank the 1000 runners who took part in the event. The weather was kind to us, the pasta party very enjoyable and there was a tremendous atmosphere on the day.

Thank you for taking part and please come back next year.

Gloria Wilson,
Secretary.

the women's scene was that nine runners contested the season's races (only five last year)

Highlights of the season? There were many, but apart from the superb Arthur's Seat race at the Commonwealth Games, the abiding memory for the near-300 hardy souls who completed Camethy in February was the two feet deep snow and the immaculate organisation of Burns Scott and his team. (Rumour has it that 'I was an '86 Camethy survivor' t-shirts would go like hot(?) cakes).

For those who thought spring would come on March 22 (Chapelgill) or summer on May 10 (Ben Lomond) the answer was more exposure! It's a tough life!



The Two Breweries runners bravely tackle Whitelaw Hill.

"That's not a proper fell race!" retorted the competitor in the shower after the 1972 Knockdarril Hill Race at Strathpeffer. After three years in the competitive wilderness I had, in a mood of elation at having finished fifth in a form of athletics which allowed me to partly overcome a malfunctioning limb, merely stated that I thought fell running was a great sport.

Undeterred by the rebuff, I

Success . . . on one and a half legs

finished changing and went off for a cup of tea. If it wasn't a proper fell race why was it in the Fell Runner's Calendar?

The race was organised that year by George Munro of Ross-shire A.C., and I immersed myself in the post-race chatter about the race, the course, races to come etc. I knew that although I only had one

and a half effective legs, hill running was going to be my own personal route back to competitive running.

In 1975 I won the race, and in September this year went back to the event, which had fallen into abeyance for 3 years. Faces had changed; the start was at the old railway station instead of the

Square; but the hill was the same.

After some 120 hill races, including Ben Nevis, Borrowdale, the Three Peaks, Sierr-Zinal in Switzerland and a traverse of the six Cairngorm Peaks, I must admit the climb seemed easier than 14 years ago. However, one of the great things about hill running is that each course has its attractions, and I enjoyed the race even more this time, especially as, for the first season in 17, I had two 100% legs.

I finished seventh this time, surrounded seemingly by enthusiastic young Elgin A.C. runners. The apres-race function hadn't changed. With the efficiency and friendliness we have come to expect from Black Isle A.C., Ray Cameron, ably assisted by Dave Watt, rattled off the prizegiving. Walter Banks, president of the S.C.C.U. in 1981, handed over the awards to the winning man and woman, Ian Matheson and Kath Butler, then everyone went home to fill in their training logs and plan the next week's schedule.

Knockdarril may not be a "proper" fell race . . . but rest assured it's one of the best events around.

Mel Edwards

First steps to hill running

The sheer exhilaration of racing across the hills is hard to beat.

The risk of injury is surprisingly low. Grazes and bruises from falls are common but do not tend to hamper your running for long. Leg stiffness which comes the following day, just when you think you have recovered from the race, is hard to avoid but soon wears off.

What sort of people are drawn to this mad pursuit? There are people of all ages, backgrounds and sizes. Scotland currently boasts two of the top European runners in Jack Maitland and Colin Donnelly - and the virtually unbeatable super-veteran Bill Gauld - and also some of the most dedicated runners who will travel hundreds of miles for races with no chance of being in the prizes.

The sport boasts a fair number of real characters and gives a warm welcome to all who come to try it. Why not you?

Robin Morris.

Have you ever considered having a bash at hill running? And if so, what should you do about it?

Most people will tell you that the best idea is to go for a lie down until the feeling passes, but you should ignore them. Hill running has much to offer the runner who may be getting tired of racing on the roads and is looking for something new.

Hill races offer a far greater variety of courses than any road races and of course they give you a chance to see some of Scotland's best scenery. Entry fees are generally very cheap and you often get a meal thrown in with the price. Most races accept entries on the day, the numbers of competitors are usually small and the atmosphere is uniquely friendly.

The Scottish Hill Runners Association produces a calendar of races each year which contains details of dates, courses, locations, entry fees and contact names for over 40 races. This is available at most events and from branches of Tiso's outdoor equipment shops throughout Scotland or by post from the SHRA.

The races are categorised by their length and severity - long, medium and short according to how long it takes to run them, and

A, B or C according to how much climbing is involved on average per mile. However, this is only a guide to the severity and some B and C category races can prove to be quite tough and very steep in places.

To get started, you only need to turn up to a race and join in. It is important that you take enough clothes to wear as the weather on Scotland's hills can be appalling even in summer. Some races insist on runners carrying waterproof clothes, a compass, whistle and food with them.

You should also consider your footwear - though not essential, studded fell running shoes do give a better grip on steep slopes. It is always a good idea to turn up for races equipped for the worst and leave what you do not need in the car.

Don't expect all hill runners to be super-human. You will not be the only who has to walk up the hill out of breath - even the best do that in many of the races.

For many people, the chance to compete in races where sheer leg speed is not the only secret of success comes as a welcome break. All you really need is a steady nerve to tackle some of the descents, and a dogged determination to get up some of the hills.

Secrets of the frozen peas

A DAY in the life of Ewan Mee, an every-day story of athletics' answer to Walter Mitty.

Thirty-two. 32 today. A dangerous age. Time to take a hard cynical look in life's mirror, Mee.

Little changed in 10 years. Slacker stomach muscles, naturally, have inched the waistline from a slender 32 to a more dignified 34; camouflage-combing my alopecia-affected crown highlights my distinctive high forehead; the laughter lines around the eyes definitely add a certain *je ne sais quoi*. Tense the abdominal muscles, push back the stooped shoulders, pull myself up to my full 5'8" and flex the muscles in my well-developed 11½ stone . . . and I could easily pass for 28 in a darkened disco.

Married for six, no, seven, years to

Ruth, my delightful pencil-slim non-running size 10. One child, Len, already a world-class extorter of pocket money at six. Worked for 10 years and a bit with the Priory Home Investment Bureau - PHIB for short. It's become a habit to work there.

Jogged for two years, now elevated to being a serious athlete. Will keep this more general diary of running-related activity alongside my vital daily A4 sheet.

Yet again floored by injuries and training difficulties. Really fired up to saunter through my 20 miles per week,

on schedule for my five-year plan to build up to a 206:12 marathon in Glasgow in 1991. But 11-day right metatarsal pain worse because of such heavy mileage: 10-day left medial ligament ache transformed - it now aches all day. Ruth is such a comfort about all these niggling injuries we class athletes have - always having two bags of frozen peas (ice-pack substitutes) lying out after my shower.

Which reminds me. I had a nasty accident last week after a stressful session of two miles run in 1954, when I momentarily nodded off during an especially engrossing episode of 'East Enders'. I awoke 40 minutes later, frostbitten, my toes a mottled purple-blue.

My subdued moans of pain brought Ruth through to reassure me that my fear of imminent gangrene, leading to premature running retirement because of consequent amputation, was groundless. Declining the offer of hot water bottles, I half-smiled bravely and began to browse through my signed first edition of Moorcroft's 'Running Injuries and Their Causes: A Guide'.

P.S. An addendum to the injury list. I later strained my groin and did the splits on the stairs when I trod on Len's toy ambulance. Ruth, delving into the inner recesses of the freezer, tutted sympathetically, as I wiped the tears from my eyes. Then the corners of her mouth twitched and she bit her lip (probably an approaching sneeze) and solemnly produced a bag of frozen peas and quizzically raised her eyebrows.

I puzzled over this momentarily, since she'd earlier said we were having spaghetti bolognese, not our usual meat and two veg, but then I caught her drift. How thoughtful! I reached out gratefully, but some inner sense, some runner's intuition, hinted that it might not, on this occasion, be politic to apply ice.

Feebly shaking my head in refusal, I limped through for my twice-hourly knee-strengthening exercises and to look up Moorcroft.



Tracking down an all-weather winner

From next June, athletes in Caithness will no longer have to travel throughout the year to Inverness (120 miles) and Glasgow (300 miles) to train for sprint, hurdle and field events.

The relief from this tedium of travel, often in wretched conditions during the winter, comes courtesy of a new all-weather training facility, the Spiketop Decathlon, currently being constructed in Thurso. Indeed, had it not been for the poor weather earlier this summer, the facility might already have been operational.

Developed and designed by Edinburgh firm Charles Lawrence (Scotland) Ltd, the Thurso Spiketop Decathlon will be the second installed north of the border. Scottish sprint stars Elliott Bunney and Jamie Henderson already train on the first, which was completed at the Balbardie Park of Peace in Bathgate,

West Lothian, fifteen months ago.

Although primarily intended for training, the Spiketop Decathlon, as its name implies, can be used competitively for ten events — 100m sprint, hurdles (75m, 80m, 100m, 110m), long jump, high jump, pole vault, discus, javelin, triple jump, shot putt and hammer.



The track itself, javelin run-up and high jump area are surfaced with Spiketop, an all-weather polymeric material laid on a bitumen macadam base. The shot and discus circles are constructed in brush-finished concrete to IAAF specifications.

As our diagram shows, the track itself is less than half the usual 400 metres, but the whole area is about the size of

a football pitch. One of the advantages of the system is that it can be gradually added to as money becomes available.

The Spiketop Decathlon at Bathgate cost just over £51,000 including storage hut, fencing, and athletics equipment. West Lothian District Council, who commissioned the facility, were hugely assisted by a £21,806 demonstration grant from the Scottish Sports Council (a one-off form of assistance given to pilot projects only).

Caithness District Council, to its credit, is meeting the estimated £70,000 cost of its Spiketop Decathlon from the capital services programme. An application has been made to the SSC for assistance in installing flood-lighting — essential if the facility is to be fully used

—and towards the cost of the storage shed, security fencing and field events cages.

Hamish Holmes, deputy director of leisure and recreation with Caithness District Council, explained that he and Sandy Gunn, a Scottish men's middle distance coach living in Thurso, had learned of the Spiketop Decathlon concept at an exhibition two years ago.



"If we hadn't come up with this facility, there would be nothing in Caithness for the next 20 years," Mr. Holmes said. On the programme for Thurso is a 400 metres all-weather track, while Wick, 21 miles along the road, is awaiting a swimming pool. There wouldn't be much change from £1m if both projects were realised, and, in

the current financial climate for local authorities Hamish Holmes concedes: "You've got to cut your cloth accordingly."

Sandy Gunn agrees: "Our athletes will be able to train at home now — no question about that. At the moment we are lucky to get a dry grass surface anytime between September and May."

Half a track is better than nothing, and we can always extend it later on. It's maybe not ideal for middle distance runners, but an all weather surface isn't always essential for their training anyway."

At Bathgate, assistant director of leisure and recreation Douglas Foreman reports that West Lothian District Council are happy with their Spiketop Decathlon facility.

Unlike Caithness, his council also boasts a 400 metre all-weather track at Craigswood, Livingston, but Douglas Foreman regards the training track as essential also. Even without the massive SSC assistance he says: "We would have been looking to provide some sort of athletics facility in the Bathgate area."



"If you are going to develop sport, which our council is trying to do, you have got to provide facilities and back-up to let the sport take off," Mr. Foreman concedes, though, that the field events side of the training facility has not yet been properly utilised due to a lack of coaches.

Jane Clark of the Scottish Sports Council says that the performance and usage of the Bathgate Spiketop Decathlon is being monitored over a period of 15 months by Dunfermline College of Physical Education. It is expected to report in the first



The compact Spiketop Decathlon training facility is ideal for local authorities with small budgets... and sprint stars such as Elliott Bunney, left, who trains on the first Spiketop to be installed in Scotland, at Bathgate (shown in diagram form, below)

SPIKETOP® DECATHLON

**LOW COST COMPACT
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A new concept in athletics tracks

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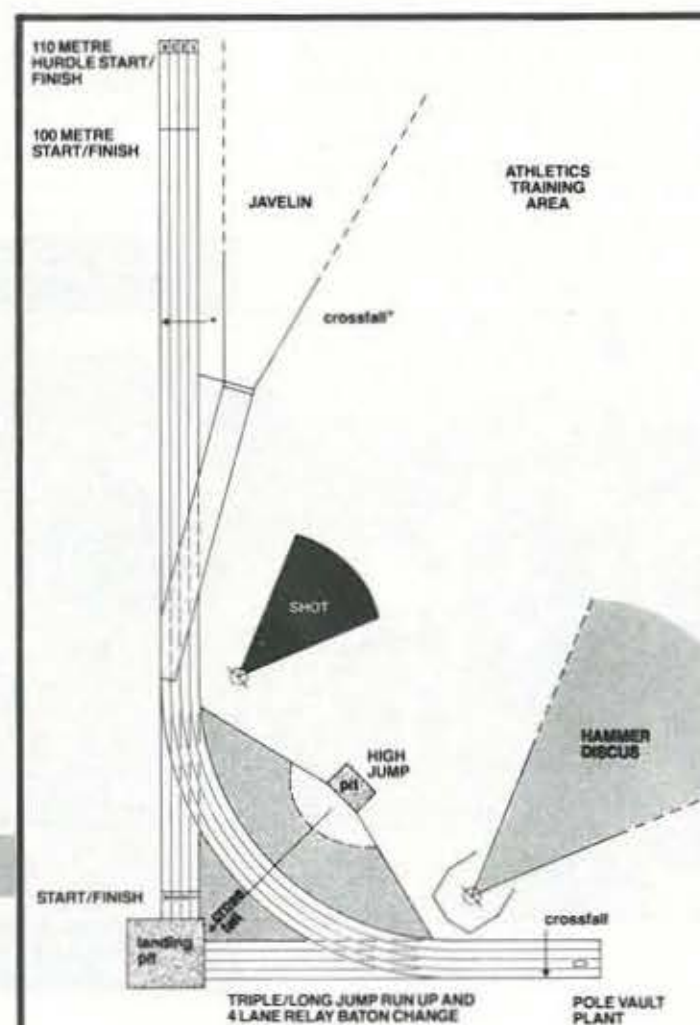
SYNTHETIC SPORTS SURFACES

half of next year, but so far there have been no technical problems regarding the surface.

David Blamire, of the manufacturers Charles Lawrence, admitted: "The majority of people in athletics want the full size track, but in nine cases out of ten this is impossible, either financially or because there is no room for it."

"The Spiketop Decathlon is extremely versatile, and we are willing to talk to anybody about prices. For example, it would cost less than £30,000 to start off with a 60 metre four lane track and a long jump/triple jump facility."

"We think it is particularly ideal for remote communities, and for use as a satellite facility for full sized tracks."



WOMEN on the RUN

For the third year three of the 34 Womens Own/ Nike 10K Fun Runs took place in Scotland. The Greenock and Aberdeen runs were held on September 14 and Grangemouth on September 21.

The series was evolved by Nike who felt that while running was a growth sport it was dominated by men, and most of the newcomers to the sport were male. How could women too be encouraged to discover the benefits associated with running? The idea of a series of women-only runs in Britain was born.

The runs were promoted by Womens Own, many of whose readers had never dreamt before of running for fun and fitness. They take place in a variety of venues nationwide on the same day.

In the Aberdeen event, organised by Mel Edwards of Running North, 380 ladies finished the run and had a great time. Ladies of all ages and stages of fitness beamed happily and proudly dangled the attractive kit bags and certificates which were given to the finishers in each of the fun runs.

On the other side of the country in Greenock, race organiser Lawrie Spence ensured that the entrants completed their race preparations in style. He invited a pipe band along and two ladies from "Slim Jim", the local health club, and had a mass warm-up to the strains of "Scotland The Brave" and other well-known tunes.

For five minutes the participants went through a series of exercises designed to stretch the muscles in readiness for



By
LYNDA
BAIN

the 10 kilometres ahead. The session was a great success and 350 ladies went on to finish the run. Lawrie reckons it's a first for Scotland!

A week later, 462 ladies ran round Grangemouth on a well-marshalled course. Husbands, boyfriends and children streamed down to the start to watch their wives, mums and girlfriends running. For many of the ladies it was their first-ever official run and the support was appreciated.

Andrew Kerr of Grangemouth Stadium organises the run there and he gets a tremendous response from the local

ladies. This year he had a group of 40 who came along to the stadium three times a week to train for the run, and one of the group was second in the 50+ category.

A particular feature of the Womens Own/Nike 10Ks is the number of age categories included. There are six categories ranging from 35 and under, to 55 and over, with awards given in each. It's nice to see veteran ladies recognised in detailed age categories, whereas in some races they are ignored.

Charlie Spedding of Nike thinks that the participants have improved their preparation for 10Ks. This is reflected in the higher percentage of finishers to entrants this year.

For the past two years, the charity which has benefitted from the runs has been Save The Children, with over £130,000 raised last year, and high hopes for a similar amount in 1986. Last year some women were sponsored to the tune of £300-£400 each!

Nike intend to continue the runs next year so watch out for the entry forms. Entries have to be in early to ensure that organisation on the day is efficient.

Andrew Kerr will keep his training group going on Thursday evenings over the winter. He will resume the three meetings a week in May to build up for the fun run. Newcomers will be welcomed now or in May.

If you know of any other groups preparing for the 10K fun runs drop me a line and we'll publish details.



Women only... the Greenock warm-up.

Rob's on the right track for indoor events

Indoor athletics has long been a popular spectator sport. Most of us have tuned in our TV sets to watch the best British action from RAF Cosford, or the glossy trans-Atlantic productions from New York's Madison Square Garden, New Jersey's Byrne Arena or the Los Angeles Forum. The crowds flock to these venues, promoters pump in substantial amounts, and athletes benefit from competition, which, in the absence of such facilities, would be non-existent during the winter.

The problem with indoor athletics for us Scots, however, is the total non-existence of indoor tracks or venues in Scotland. There has been little opportunity to experience the wonderful atmosphere of an indoor meet "in the flesh". For track and field athletes, the winter months have remained almost devoid of competition unless they were prepared to make the long and expensive trip to Cosford in the English Midlands.

The success of the restricted use of the concourse under the main stand at Meadowbank Stadium these past two winters has demonstrated that there is a definite demand for decent indoor facilities in this country. Now, thankfully, it looks as though Scotland is about to experience a revolution in the promotion of indoor athletics, mainly on account of the drive and ambition of a 44-year old Aberdonian, Rob Hunter.

If Hunter's plans come to fruition, and there is no reason to doubt that they will, Scotland will shortly have not only a circuit of established indoor amateur athletics meetings, but also a series of

indoor Highland Games, and a professional track league.

Hunter has given up his job with an Aberdeen-based oil firm to work full-time on fulfilling these aims. Already this year he has masterminded the world's first ever indoor Highland Games, held last March in front of 5000 spectators at Aberdeen's modern Exhibition and Conference Centre at Bridge of Don.

But that was only to test the water. Hunter's plans for the future are much more exciting.

On November 15, an inter-club and invitation meeting will be held in Aberdeen, acting as a dry run for the more important Scottish AAA championship meeting scheduled for the same venue on the weekend of January 31/February 1.

But before then, it is intended that a further inter-club and open graded meeting will be held at Ingleston, outside Edinburgh, possibly on the weekend before Christmas. The organisers have not ruled out the possibility of some really big names making an appearance at one or other of these meets.

All of this has been made possible by Hunter's company, Highland Sports Organisers, commissioning the construction of a 200-metres track which is capable of being dismantled and transported around the country from one venue to another. All a community needs to stage a meeting is a hall large enough to accommodate the track. The track size itself may be adjusted to a certain extent to fit a venue. Hunter hopes that various exhibition centres in England may also be interested in hiring the track in the future.

It is Hunter's plans for the professional meets which are perhaps the most daringly ambitious. Over the coming months he envisages a series of Highland Games at Ingleston, Coasters Arena in Falkirk, Bell's Sports Centre, Perth, Dundee Ice Rink, and Aberdeen Exhibition Centre.

These meetings will contain a full programme of Highland events, cycling and dancing, as well as athletics. Hunter is convinced that the popularity of the outdoor summer Games can be successfully transferred to the indoor arena.

But more revolutionary still is the proposal to establish a Professional Track League. Six teams have been formed already to compete for a £2000 prize. Portobello Victoria, Meadowbank Track Club, Edinburgh Wanderers, Forth Vally, Fife All Stars and The North are the names to look out for.

Many top names from the professional scene are involved either as team owners or as competitors. George McNeill, for instance, is the owner of the Meadowbank side, while The North's star competitor is American sprinter William Snoddy.

Snoddy is accredited with the incredible time of 9.87 seconds for 100m which he recorded at Dallas in 1978, with, it must be said, the benefit of a 11.2 metres per second tailwind. Nevertheless, he is a sprinter of some considerable class and should prove to be a big crowd-puller.

The possibility of other top overseas stars being brought to Scotland in the future will be pursued if the league proves financially successful.

There are also plans for Scottish, British and even World professional championships being included in the 1987 programme. The prospects look exciting indeed for athletes, both amateur and professional, and for spectators. Rob Hunter is going to be a very busy man — let's hope his efforts prove more than worthwhile.

**“All a community
needs to stage a
meeting is a hall
big enough to
take the track”**

Fine - tuning for athletes

DID you know? A fit and healthy human body of average weight contains about 2½lbs of calcium (enough to make a small bucket of whitewash), around a ½lb each of table salt and potassium chloride, about an ounce of magnesium, enough iron to make a two inch nail and a smidgin of half a dozen other minerals. All are vital to health and some are specially important to athletes. All come from food. Professor JOHN HAWTHORN tells you the easy and natural ways to get them.

Old stuff you tell me. "Calcium for bones and teeth — drink your daily pinta iron for blood. Salt for sweat, and what the others do who knows or cares? Running needs more than smidgins and two inch nails".

Perhaps. But the smidgins hone the fine-tuning of your digestive and muscle systems and if anyone is fine-tuned it is the athlete. Zinc, copper, manganese, selenium, molybdenum, magnesium, cobalt and iodine are all needed in quantities ranging from around half a gram to a millionth of a gram a day.

The amounts in food usually depend mainly on the soil in which it is grown, or on the pasture on which the animals graze, but Scottish diet is not ungenerous in supplying most of these in adequate quantities.

There are some warnings about zinc, cobalt and iodine. High fibre diets may favour fast gut transit times, but they also tend to hinder the absorption of zinc, calcium and perhaps one or two others from the gut. If some is good for you, more does not always mean better. So watch it you bran bashers and vegetarians, you can overdo a good thing. However, meat is a good source of zinc but fruit and leafy vegetables are poor. Moderation and a well-mixed diet are the keys to good nutrition.

Cobalt is a constituent of vitamin B12. Animal foods are the only dietary source of this substance, so vegan runners, who avoid meat, fish, poultry, eggs, cheese

Dietary Hint

IRON is absorbed better from some foods than others. There are two foods in Scottish diet which are particularly rich in iron and from which iron is particularly well absorbed.

If you suspect that you are anaemic make liver and black pudding your secret training weapon. Both are highly nutritious and both are delicious if cooked with skill and care. Include one or the other in at least three meals each week. Often if you like. As well as sources of iron, they are fine sources of other minerals.

THE WELL-FED Runner



JOHN HAWTHORN is Professor Emeritus in Food Science at Strathclyde University.

and milk, are soon in big trouble if they do not take steps to guard their intake of this vitamin with the special preparations now available.

Iodine in Scottish diet comes mainly from fish. A meal of fish as the main course twice a week will take care of this.

Fortunately, these trace minerals rarely present any problems to a Scottish athlete on a sensible well varied diet. But iron is another matter. The sports medicine experts from the University of Freiburg, West Germany, recently sent a team to the UK to report on their experiences to our Central Council of Physical Recreation.*

They cite 85 research sources on vitamins and minerals in the diet of athletes. Their most startling conclusion

is that elite athletes, as a bunch, are iron deficient.

Now the release of energy to muscles can only peak when the athlete's body has all the substances required for this at its disposal. To have energy reserves is one thing. Without the appropriate enzymes, they cannot be used, and the main energy-releasing enzymes contain iron.

For example, in a Canadian study, one third of the men and four-fifths of the girls were iron-deficient. Startling, isn't it? To a biochemist it means that, however superb the athlete and however many gold medals he or she has modestly tucked away in the dressing-table drawer, the best performance is still short of its full potential if iron deficiency is present. For women athletes iron deficiencies is of special concern. But before you rush out to buy Scotland's other drink made from girders, let me explain a little further.

Typical British diet will supply around 12 milligrams of iron per day, which is a tiny amount. But the body stores iron pretty effectively, the main source of loss in males being urine, sweat and faeces. Snag is that much of the iron in food is poorly absorbed and simply passes through.

For men this is fair enough and most men stay in reasonable equilibrium so far as iron is concerned. But the girls have to cope with much larger losses through their periods and this is a factor of special importance to women athletes. So go to it girls! Your athletic performances are gradually creeping up on the men! Enough iron in you and who knows what you might yet achieve?

It now seems established that continuous and strenuous exercise tends to produce anaemias of varying degrees of intensity. As you toughen your training programme your system in general keys up in your favour, but exercise-induced anaemia may work against you. There is now direct experimental evidence that where this is corrected, performance is improved. For the same effort, heart rate per minute drops and oxygen uptake increases. More output with less strain.

The reasons for exercise anaemia are rather technical and thus not suitable for full discussion here. For the elite athlete, professional advice may be necessary but that will be available through the coaching system. For the club athlete and the fun runner this month's dietary hint will point you in the right direction.

*"Nutrition in Sport" D.H. Shrimpton and P. Berry Ottaway (Eds.), pages 24-45, Sharncliffe, Milton Keynes, 1986. Available from Central Council of Physical Recreation, Francis House, Francis Street, London, SW1P 1DE. (Price £5.25, including postage).

Sponsoring a healthier Scotland

Do you remember the television anti-smoking advertisement with the game of squash? Suddenly one of the players collapses in the corner of the court; the screen goes black and the only sound is of a rapid, very irregular heartbeat fading to the silence of death.

Being a heavy smoker at that time (but heading now to my full five years without), I immediately stopped playing squash! Seriously, though, this was only one of many innovative and imaginative projects stemming from the Scottish Health Education Group. Adverts of that nature, designed to lead people into more healthy lifestyles, were, and are, only one part of the work undertaken by SHEG.

Faced with one of the unhealthiest populations in the Western world, SHEG was well in advance of its counterpart south of the Border in tackling the problems of health education. The group advertises both on TV and in the media generally on the issues of smoking, alcoholism, diet, hygiene and exercise.

Many of the adverts have been eye-catching and forceful. In particular their recent "Choose Life not Drugs" television and poster campaign has been effective in getting the message across. The group has also led the field in health education in schools, colleges, and among health professionals.

The Scottish Health Education Group is something of which Scots can boast, even though this government has not always given it the funding it needs and deserves.

However, there must be a question mark at least over the balance that group gives to its sponsorship of sport. In recent years it has spent over £1m sponsoring Scottish professional football.

This sponsorship began when SHEG backed Scotland's World Cup squad in 1982 and in return the team, public heroes in Scotland, were all presented as non-smokers. Certainly, this caught the imagination.

Since then, the group has heavily sponsored the Scottish Cup, just recently committing another £500,000 over three years and has also given specific sponsorship to Motherwell Football Club (£15,000). The aim is to educate football fans about the health hazards of smoking and excessive drinking.

It must now be doubtful whether that sponsorship is fulfilling its purpose. Like all advertising, it has lost some of its



JOHN MAXTON, Labour MP for Cathcart, argues that the Scottish Health Education Group should sponsor more running and less football.

impact through familiarity, while at the same time football itself (through no fault of Scottish players or fans) has developed a very poor reputation, with drunkenness and hooliganism so closely linked with it. While sponsorship of football may get the message to some football fans, it may have a counter productive effect on the wider public.

During the past five years, there has been an enormous shift in sporting activity away from spectating to participation. Medical opinion too has veered towards the great benefits of exercise in both extending the life span, but even more importantly, improving the quality of people's lives.

In particular, running or jogging (I've never been sure where one begins and the other ends) have caught the public imagination with the mass marathons, half marathons, 10K's and fun runs. While other sports have benefitted from this boom, it is to running above all that people seeking fitness have turned.

While SHEG were part sponsors of the first Glasgow Marathon, and now sponsor the Dundee Marathon (and with regional health boards sponsor the "walkaboutabill" campaign), it has put nothing like the money into the participatory sports that it has into professional football.

SHEG was, and is, right to spend large sums of money persuading people not to smoke, take drugs or drink to excess. The group needs however, to be more positive in campaigning for greater fitness. As an ex-smoker I can tell SHEG that taking up running, particularly if you

aim to run a marathon, is the second best incentive there is (after having your children begging you to give up because they don't want you to die!).

Others will argue for sponsorship of other sporting activities but as a runner (jogger?) let me suggest three ways that the group could help.

Firstly, it could return to being one of the sponsors of the Glasgow marathon. There will in the future be fewer marathons, but if people are still to be attracted to running, then at least one big, well-organised inspirational marathon in Scotland is needed.

Glasgow is undoubtedly a major attraction both to runners and spectators. It requires extra help, but from SHEG's point of view the media coverage it gets would be very good advertising for its campaigns. If such marathons should fade back to being for a few elite runners, then I believe that would be damaging to the health of Scotland.

Many runners, including my wife and I, neither have the time nor the motivation to run full marathons, but find that half marathons offer an incentive for improved training and a focus for the hours of sometimes tedious running. So, secondly, I believe that the Group might consider sponsoring several half marathons in parts of Scotland.

Lastly, and perhaps most important, it should consider sponsoring fun runs, particularly in areas of multiple deprivation where the health problems are worst. The socio-economic group it aims at through football sponsorship is very similar to that it would reach by sponsoring runs in areas of high unemployment.

For three years, a five-mile fun run has been organised in Glasgow's Castlemilk. It has been well organised and each year the number of runners has increased. It would various from even very limited sponsorship, and that help would lead to more people in the area taking exercise. For considerably less money, the group would give greater help to better health among this section of the population than by spending so much on football.

I have a great admiration for the Scottish Health Education Group. It does a great deal of extremely useful work, and has led the field in Europe in this area. I hope that it will now see that the next step forward is greater help for activities that make people healthy.

CROSS COUNTRY TRAINING SCHEDULES



FRASER CLYNE continues his cross country schedules for experienced runners who might be aiming for next year's National championship, while (top) STEWART MCINTOSH introduces schedules for more modest runners who have already built their training up to 20-30 miles a week.

BEGINNERS

Short days and dark nights mean that it is difficult to train "over the country", so you should take every opportunity that you can of having a run through parkland or fields.

Apart from the problem of keeping on your feet in muddy, slippery conditions, cross-country running tends to demand more strength than road running. It is much more difficult to keep your rhythm, and the run is frequently interrupted by

steep inclines, drystone dykes, streams and bogs.

So if you want to join the "death or glory" squad you need to practice running over fields. The tighter the turns and the slipperier the surface - the better will be your preparation. When you can't get on the country, stick to road running, but choose routes which include some heart-breaking hills - best get used to the

kind of challenge which cross-country throws at you as soon as possible.

The schedule is designed for recent runners who have built their training up to 20 or 30 miles a week. The country work has been squeezed into the weekend to take advantage of the daylight, but if you can get out during the day in the middle of the week turn one or two of the road sessions into cross-country runs.

Weeks One and Two

SUNDAY: 6 miles CC (include hill work)
MONDAY: Rest
TUESDAY: 6 miles road (include fartlek)
WEDNESDAY: 4 miles road, slow run
THURSDAY: 4-6 miles, (include fartlek or hills)
FRIDAY: Rest
SATURDAY: Race or 8 miles CC

Weeks Three and Four

SUNDAY: 6 miles CC (include hill work)
MONDAY: Rest
TUESDAY: 8 miles road (include fartlek)
WEDNESDAY: 4-6 miles road, steady run
THURSDAY: 6 miles road (include fartlek or hills)
FRIDAY: Rest
SATURDAY: Race or 8 miles CC

FOR EXPERIENCED RUNNERS

We're now into the season of frosty mornings and early-evening darkness. The winds which seem to sweep permanently across Scotland are getting stronger, wetter and colder. Thermal clothing, woolly hats, gloves, tights, and, for the more opulent runner, Gore-Tex suits, will shortly be the order of the day.

Few people venture far from the comfort of the fireside during these winter

months unless there is a strong reason for doing so.

Set against such a background, it is obvious that strong will power is required to stick with a tough training programme which often encourages you to step outside, not once but twice a day. But if you can discipline yourself to run regularly at this stage in the season, you will be amply rewarded come the National championship in February.

This month's training schedule continues the pattern established in October. The total average weekly mileage has been increased slightly and a weekly fartlek session is introduced. As usual at this point I would recommend using any available races to provide the main speedwork during the month.

Take care in cold weather to make sure that you ease gently into your runs. Warm up slowly to avoid the risk of muscle pulls.

Weeks One and Three

SUNDAY: Long run, 16-18 miles
MONDAY: Two runs, e.g. am 5 miles; pm 8 miles
TUESDAY: 10 miles fartlek
WEDNESDAY: Two runs, e.g. am 5 miles; pm 7 miles
THURSDAY: 8 miles inc. hill running
FRIDAY: 7 miles
SATURDAY: 10 miles inc. race or hard cross country run

Weeks Two and Four

SUNDAY: 18 miles
MONDAY: Two runs, e.g. am 5 miles; pm 10 miles
TUESDAY: Two runs, e.g. am 5 miles; pm 8 miles
WEDNESDAY: Two runs, e.g. am 4 miles; pm 13 miles fartlek
THURSDAY: 5 miles
FRIDAY: 5 miles
SATURDAY: 10 miles inc. race or hard cross country run



Glasgow Marathon '86

KING of the mountains Kenny Stuart, conquered Glasgow at the first attempt, but the waiters, fancy-dress extroverts and ordinary men and women also served up a race to remember. Report by DOUG GILLON of the Glasgow Herald. Pictures by RUSSELL AITKEN and JOHN SCOTT.

Kenny Stuart led the fastest Scottish People's Marathon to a triumphant conclusion at Glasgow Green on September 21. The time, in his debut attempt at the distance, was a course record of 2hr 14min 04sec and helped England to victory over Wales in the team contest. Scotland finished third.

Domestic honour was salvaged by Sandra Branney of McLaren-Glasgow AC who became the first Scots-born female winner. She clocked 2:37:29, only 23 seconds outside the course record.



Glasgow Marathon '86

set last year and more than 7½ minutes inside her best.

Mrs. Branney took up the sport three years ago and Frank Harper, the first Scotsman to complete the course this year, (fourth overall, 2:18:44) is, at 29 another late convert to athletics. He switched from playing football with Bannockburn Amateurs four years ago, also inspired by this race.

Harper, formerly of Central Region A.C., but now with Pitreavie, wins a trip to the 1987 Melbourne Marathon. The winner of this year's race in Australia will run in Glasgow next year.



Women on the run...
Angela Thompson and
Anne Bates of Central
Region A.C.

Scotland's two other representatives in the team contest ran with credit. Allan Adams, a 42-year-old veteran called in at just a few days' notice to replace chicken pox victim Scott McDonald, ran the fastest race of his life (2:23:03) to finish 15th, leading vet Murray McNaught was 23rd in 2:26:04, albeit five minutes slower than his best.

But the fact remains that none of the trio who wore the dark blue of Scotland could be described as front-line marathon men. Leaving aside Allister Hutton, John Graham, Fraser Clyne and Lindsay Robertson, the current top four, there were five domestic athletes (Graham Laing, Willie Robertson, Jim Doig, John Stephenson and Colin Youngson) who finished ahead of Adams. A further three Scots finished ahead of McNaught.

There were in addition seven other Scots capable of running sub 2:20 given sufficient notice of selection.

Indeed one of them, Laurie Spence of Spango Valley, was in fact chosen to compete, then removed from the team by the selectors when it was learned that he had strained his heart.

Mindful of the tragic fatality to Duncan Kerr in last year's race, the former national track champion (seven titles in all at 1500, 5000 and 10,000 metres) was deemed unsuitable by the SAAA.

Spence, 33, was irate at the decision. "I accept that I was a bit foolhardy continuing to run earlier in the summer

when I knew of the problem," he said. "But I have had an intensive series of electro-cardiographs done. I have recovered completely and have been given the all-clear to run. I was perfectly fit to have run in Glasgow."

Subsequently Spence has led his club to victory in Kilbarchan's George Cummings relay and in Victoria Park's McAndrew without ill effect.

One can sympathise with officialdom's reluctance to field Spence under the

Continued on Page 31

Heroes from the North

It was a triumphant coach journey home from the Glasgow Marathon. On board were two of the top ten finishers, a host of people celebrating personal bests and others for whom completing the course was a remarkable achievement.

Two of the heroes on the journey to Aberdeen and Peterhead were Graham Laing and Jim Doig. Graham, seventh in the Commonwealth Games marathon in Brisbane, made a notable comeback by sweeping through the field from well back to finish strongly in fifth place. Just four places behind and one minute 24 seconds later was Jim Doig who helped give Aberdeen Amateur Athletic Club the team prize.

But the biggest star was Jimmy Burnett, a gutsy 29-year-old who finished more than two hours after the top runners but had just as much cause to celebrate.

Jimmy is deaf, unable to speak, and is also partially blind but has overcome these handicaps and a heart condition to take part in several long distance events. His ambition is to compete in London next year if he can afford it, and if he does Eileen Forbes, one of the staff at

the Harlaw Adult Education in Inverurie where he works, will be by his side. Her dedication has helped Jimmy to progress and although he did not break four hours as hoped he was thrilled by the excitement of the big event.

Eileen herself was pleased with her finishing time of just over four hours because her main sport is gymnastics in which she is a national coach and her running is now done mainly to accompany Jimmy. Negotiating the crowds in Glasgow was Jimmy's biggest problem and Eileen guided him through safely.

Not only did our bus carry two of the fastest runners of the day, but we also had on board a man who can lay claim to the title "the fastest spectator at the Glasgow Marathon".

Businessman John Diffey, an official of Peterhead Amateur Athletic Club, had been training hard to break three hours and looked to be on course when a leg injury a couple of weeks before the start ruled him out.

John regularly trains and assists Jimmy and he was determined to be involved in the race so he squeezed his bike into the back of the coach and raced from place to place along the route to encourage his fellow passengers. It

would seem only fair if next year the passengers all take their bikes and cycle from place to place to encourage John to a personal best.

Mechanical technician Kenneth McDonald of Polmuir Road, Aberdeen, did compete but did not fare as well as he had hoped which was hardly surprising. In an unorthodox move, he spent the two weeks before the race parachuting.

"It was the only two weeks I could get off my work and I was at RAF Brise Norton with 15 Para B Company," said 21 year old Ken. "I don't suppose it was the ideal preparation and I picked up a few minor injuries." He crossed the line in just under four hours.

The return journey was spent analysing performances, vowing "never again", and looking forward to the next event. There was general accord that Glasgow is the best event on the calendar from an organisational and atmospheric point of view, but disappointment at the declining numbers. Hopes were expressed that the slide will be stopped by whatever means possible. Graeme Smith.

Glasgow Marathon '86



High Street (top) and the first hill is negotiated as the human tide flows on its way. But there's a long way to go before they catch up with (bottom) winners Kenny Stuart and Sandra Branney.

Glasgow Marathon '86



Off-the-shoulder look from Dic Evans, who was second despite an attack of jogger's nipple. With him at the entrance to Pollok Park is Scotland's leading finisher Frank Harper (No.2) and Poland's Jacek Konieczny. Inset — A backward look as the leaders head west.



Casualty clearing station in Pollok Park, and it's first aid for these stragglers. But (top) there's no stopping Spanish visitor Jose Padilla as he gratefully grabs a sponge en route to finishing 24th.

Formation flying.

They've landed. The Etonic KM System flyers. Five shoes which systematically meet the needs of every type of runner.

The Quasar ZX reflects the sophisticated technology of all Etonic sports products. Ideal for excessive pronators, Quasar gives heavy duty stability—even at race speed! For those whose wings really fly, the Sigma is a race and training shoe providing optimum shock absorption, stability and rebound. The Europa has a firm and stable 'ride' yet retains all the virtues of lightness and flexibility. Road runners looking for a combined race and training shoe will find the shock absorption and cushioned ride of Maestro ideal. The Mirage is a versatile training shoe for those who are free of bio-mechanical problems.

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



Sigma



Mirage



Europa



Quasar ZX



Maestro

Glasgow Marathon '86



Top left — Ultimate winner Kenny Stuart (No 6) is already prominent in Great Western Road along with Suleyman Sifaci (43) from Turkey and Andy Beattie (115) of Cambuslang. Top right — Paul Conroy keeps those wheels turning. Bottom right — Just floating. Crawford Gilliland. Bottom left — Autumn fashions catch on for the finishers. Centre — Journey's end for Michael Cheeseman and Grace MacFaulane.

Glasgow Marathon '86

Continued from Page 26

prevailing circumstances as they knew them. But it is perhaps not unreasonable to expect the SAAA, whose contribution from each entrant was 50p — more than £7000 — to take more positive steps to field a stronger team.

They do, after all, have a vested interest in maintaining the standard of the event.

Stuart, from Keswick AC, certainly did his bit in that regard. A reinstated professional fell runner, and subsequently three-times British fell running champion, the 29-year-old gardener enjoyed the course and the event.

He has claimed subsequently that he was almost jogging at times in the opening half of the race and a sub 2:10 in his next outing will be no surprise.

He raced 10 miles in 52:25 and was out on his own at 15 (78:00). At 20 miles (143:36) he was two minutes clear of the nearest pursuit — Welshman Dic Evans, the Pole, Jacek Konieczny, and Harper. Stuart covered 20-25 miles in 24:58 and finally won by nearly four minutes from the 39-year-old Evans.

Harper, who looked to have third place in his grasp, was stricken by cramp in the concluding mile and was caught by the Pole.

Konieczny had been preparing in the

Last month, Scotland's Runner, while applauding the unrivalled organisation of the Scottish People's Marathon and its unique atmosphere, drew attention to the declining entry and suggested a series of measures designed to stem the flood.

I make no apology now for repeating the plea.

The figures do not lie. The race, in quality and quantity, is on the decline.

The number of starters, 8210, was the smallest since 1982. So too was the number of finishers — 7434.

And while Kenny Stuart set a record of 2:14:04, he did so on a course that has eliminated the more brutal hills which were included from 1982-84. The more significant commentary on the quality of the race is that in possibly the best conditions in the history of the event, only 33 men broke 2½ hours. That is 23 fewer than last year and only two more than 1983 which was the poorest (and probably the worst weather).

The fact that 60 entrants had previously broken 2½ hours and were unable to do so in Glasgow may be explained by the wind, gusty without being punishing. But it may also reflect the fact that Glasgow, even on its amended, less hilly course, is still a long way from being flat.

In percentage terms the 587 men and four women who broke three hours was the highest ever, a sure sign that the



Lesley Watson (No 25) surrounded by her usual group of male admirers is piped on her way through Pollok Estate.

Prize money key to future success

Analysis of the five-year history of the Scottish People's Marathon rings the alarm bells. The organisers should act now, urges DOUG GILLON.

overall quality at the sharp end of marathon running is improving. As a vehicle for promoting the benefits of exercise and a healthy lifestyle the race in particular, and running in general, is clearly getting the message across.

But that total of 591 sub-three hour runners is very substantially down on 1984 (712) and last year (877).

The time of the 500th finisher this year was 2:57:58 as against 2:52:57 last year. This year's 1000th finisher was eight minutes slower than in 1985, and the 2000th finisher was more than nine minutes behind his 1985 counterpart.

There is the suggestion from some competitors and observers too that the carnival atmosphere was slightly muted, and the number of spectators smaller than formerly. These however are immeasurable qualities.

What can be measured are the significant early symptoms of decline which race director Bob Dalgleish has promised will not be ignored.

He and Glasgow District Council may find the prospect of paying prize money distasteful, counter to their perception of what a folk marathon should be about. But Boston, New York, Chicago and Rotterdam are also people's races. Like Glasgow they attract huge crowds, on both roads and pavements. Unlike Glasgow they have all been won in either world's fastest, or world-class times. Unlike Glasgow they pay prize and appearance money.

The increased media exposure, particularly TV, which is generated by the presence of the superelite is the essential fuel for publicising the event on a grand scale and therefore stimulating the entry.

The best runners, understandably, are harbouring their limited number of marathon outings each year for races which offer tangible financial rewards. Unless Glasgow does likewise, there is a danger that they will become just another folk marathon, and will be treated as such by sponsors, athletes and the media alike.

Glasgow Marathon '86

Donald Branney enjoys the occasional jog with his wife Sandra, but he has given up trying to keep up with her when she gets down to serious training. He finished the Glasgow Marathon in a creditable 3:21:45, a time that gave him 1596th position. But his wife was three-quarters of an hour ahead of him, finishing first female.

When Sandra started running three years ago, Donald used to have to "drag her out for a jog round the block". Now he has been left trailing gamely in her wake.

Sandra's first marathon was run in a good novice time of 3:30 — then she really got down to business and was the first Scotswoman to finish in last year's event.

Sandra's explanation for her rapid rise from fun-runner to front-runner is the swimming she used to do as a child. "I swam competitively from the age of ten to fifteen, and I'm sure that gave me a lot of strength and stamina," she says.

Sandra's 2:37:29 this year was a personal best and was a model of even-paced running. The miles clicked past at an almost metronomic six minutes each — 59:56 at 10 miles, 90:00 at 15 and 2:00:26 at 20.

That performance brought her home in 79th position overall — ahead of more than 6000 male runners. "I just can't keep up with her any more," says Donald, a 33 year old maths teacher at St. Pius School in Glasgow. "I stopped training with her when she began to leave me behind — then she increased the distance of her training runs," he says.

In the macho world of sports journalism, the question of Donald's difficulties in keeping up with his wife caused some queries at Sandra's press conference after her Glasgow victory.

"Is Donald still out there running?" asked one reporter. Sandra seemed amused by the question, but staunchly defended her husband's right to enjoy his sport in his own way.

"Just leave him out of it. He's a good wee jogger and I'm



Sandra and Donald, out for an easy jog.

From fun runner to front runner

sure he'll do well today," she said.

"I'm getting used to people slapping me off for being left so far behind Sandra, but naturally I'm very pleased by her progress," Donald says. With coach Ronnie Neilson, they are laying plans for Sandra's winter season.

Her schedule will be a combination of cross-country races to increase her stamina, and speedwork to give a further vital edge for next summer's road races. Her current "70ish" miles a week will be cut back, and the emphasis will be on quality rather than quantity work.

"For most of next summer I'll probably do a lot of 10k

and other short races to keep me sharp. Then I'll look for a marathon with a flat, fast course to give me a time in the second part of the season. I fancy Dublin," says the 32 year old computer officer at Strathclyde Business School.

Since this winter sees Scotland's swansong as an independent nation in the world cross-country championships, Sandra is keen to make the team.

"It will be very hard to gain selection, but I'm determined to give it a try — it's a shame that Scotland will be submerged under the British team after 1987. The chance of international selection gave a lot of Scottish runners something

positive to aim for over the winter," she says.

Neilson sees a big future for Sandra. "The Glasgow Marathon has given her confidence a tremendous boost. Now we're really going to get down to work to prepare for next season," he says. He is happy that their planning has worked out well so far — after Sandra failed to gain selection for the Commonwealth Games they made victory at Glasgow their key target for 1986.

Neilson is a keen supporter of the pre-marathon "bleed-out" diet where the athlete is starved of carbohydrates for three days (eating mainly proteins), then starts "carbo-loading" for the final three days to give the muscles an extra top-up of the glycogen that fuels a marathon run.

Sandra, who normally weighs in at 7st 2lbs, had to undergo the withdrawal symptoms that a lot of athletes face during the carbohydrate-starving period. "By the Wednesday morning before the marathon I felt terrible. I was very irritable and didn't feel much like running marathon at the end of the week," she says.

"But it worked," says Neilson. "You only had to look at the way Sandra jumped over the line at the finish to see that she had everything right on the day."

Donald is also enthusiastic about the typical runners' diet. "The great thing about running regularly is that you can eat just about as much as you like without worrying about putting on weight," he says.

Whether he is prepared to continue chasing his wife's shadow remains to be seen. He recently joined Westerlands Cross Country Club in the west end of Glasgow and intends to compete throughout the winter. At the beginning of October he turned out for his club in the McAndrew road relay — a sure sign of serious intent.

But if he wants to really sharpen himself up he couldn't do anything better than start chasing his wife through the winter streets around their home at Weymouth Drive in Glasgow.

Scotland's Runner

Glasgow Marathon '86



Polish Federation's training camp, sustained by a grant which enabled him to give up his job as a driver.

Aberdeen A.C. won the club award, even without the services of Commonwealth Games internationalist Clyne.

A surprise return to the competitive marathon fray by Laing was the key to their success. Laing finished fifth (2:19:32), Doig ninth in 2:20:26, and former Scottish champion Youngson 13th in 2:22:42.

Laing, seventh in the 1982 Commonwealth Games marathon, has a best of 2:13:59, back in 1981. "But I know I've been going out too fast recently. I ended up a basket case in Montreal and Sacramento — either in an ambulance, or being led away," he said. "Now I've resolved to take it more steadily. That run in Glasgow has really rekindled my appetite. It's two and a half years since my last good marathon, but now I feel I'm on my way back. I finished really fresh this time."

There were other personal triumphs. Alan Kelly, from Ralston, was first wheelchair athlete to cross the line in 3:37:00, closely followed by his friend, limbless Peter Hull from Camberley.

Alan, 18, a paraplegic as the result of an operation, and Peter, will now be tackling the Miami marathon.

Harry McEachan, aged 77 was the oldest competitor, and finished in 4:13:00, bemoaning the fact, like a genuine

competitor: "I don't seem to be getting any faster."

Robert McLaughlan, a Metropolitan police sergeant, added a touch of romance by going down on one knee and proposing on King George V bridge.

"I used to pound the beat on the marathon route," said 42-year-old Robert. "When my kids accused me of getting old I determined to show them. This nostalgia trip, plus getting engaged during the race, made it a really special day."

It was special in other ways too. The amount raised for charity over five years is approaching £10m — a figure that will certainly be surpassed in next year's event. Hopefully by then major race sponsorship, and possibly even prize money, will be well established.

Race director Bob Dalgleish confirms that a total cost, if all services had to be paid for in cash, would be around £300,000. Around a sixth of that came, one way or another, from the major sponsor, Scottish Citylink Coaches, who have an option on next year's event. The district council's contribution, and that of Nike and the Glasgow Herald, is enormous.

But the kind of prize money required to project Glasgow into the top flight as an international race would add at least another £100,000 to the bill. The decision facing the organisers now is the same as that facing many international Scottish athletes — whether to settle for being a big fish in a small pool — or fight to become world class.

Can you spot yourself in the pack? Is Cliff Young (top right) quacking? Sandra Branney (No 33, bottom right) and her entourage. Below... The Pain Barrier.



Scotland's Runner

While veteran athletic competition starts at 40 for men and 35 for women, The Super Vet category starts at the classic half century.

A number of event organisers do not allocate prizes or awards in the younger category, this being the case initially in the Motherwell Marathon, and anyone participating in the Sri Chirunoy events this past summer in Glasgow Green and on the Meadows in Edinburgh will know that vets medals for the 'Runners are Smilers' series went only to the over 50's.

This is the age when commitment and dedication really start to show. While a number of club runners in the 40+ age group can regularly make their club 'A' or 'B' teams, at 50 there is a general levelling off of performance. The incentive to keep going when niggling injuries come along is not so great, especially when your G.P. gives you that sideways glance and says reflectively: "How old are you now?" having just had a second look at your medical record.

"Have you tried swimming or walking?" he will ask. Or, if he's orientated to athletics: "Would you not like to do some coaching of the youngsters?"

All is geared to relieve you of your addiction just to keep on running. For some the stop watch or tape-measure, or maybe the committee meeting, becomes the acceptable alternative.

Some lose interest or heart, but for a great and growing number the urge to run continues. They are the Super Vets who have made a variety of contributions to the athletic scene over the past few years.

Among the Scottish supervets in the 50 to 60 age group are the three 'Williams' - Stoddart, (55) of Greenock Wellpark; McBrinn (56) of Shettleston and Marshall (58) formerly of Clydesdale. Between them they cover the whole spectrum of track, road, and cross country running from 800 metres to the marathon and some of their performances are quite staggering.

Bill Stoddart has always been a high calibre international athlete, and despite a series of setbacks with back injuries over the past couple of years he can never be written off. Like most canny vets, Bill will never say when he's feeling good, and at any pre-race chat will list his reason for a potential bad run... but he seldom has one.

In the 1986 veterans cross country championships he finished 15th and was



By HENRY MUCHAMORE

easily the winner of the 50+ age group. He has continued to improve like good wine since he ran, for him, a "poor" race in the 1985 Inverclyde marathon of 2hr 39min 36 sec - over 15mins down on his world championship performance in Strasburg in 1983. Gradually Bill has come back and a great couple of performances in the Commonwealth Veteran's Gathering in Edinburgh won him the over 55 category for both the 10k and 25k with 34m 37sec and 1hr 30m 46sec respectively. Bill went on to top this with a new British record for

10k in the Renfrewshire Track Championships at Crownpoint with 33:34.7.

Willie McBrinn has a particular talent as a professional magician, and his performances have equally had that magical quality about them over the last two seasons. He is another man with a pedigree going back to 1961 when he was runner up in the Scottish Marathon. His marathon performances in the 1983 London Marathon when he won the 50+ honours were never truly recognised. The organisers simply sent him an 'extra' medal duly engraved.

However, in the Inverclyde Marathon he set a new British 55+ record of 2:34:24 and has consistently run in veteran championships on the track, clocking the best Scottish performance in the 1985 5000 metre rankings of 16:57 backed up with 34:18 for 10k and 4:42:3 for 1500 metres just to show his versatility. At the world championships in Lytham last year, Willie took the bronze medal in the M.4 category 10k event.

While both Stoddart and McBrinn have all the physical hallmarks of the class athlete, the same cannot be said for Willie Marshall. Standing still, or warming up, it is fair to say that Willie would not stand out. His Jim Peters style attire and his uncanny shuffle are most deceptive, for Willie can hold his own in any event up to 10 miles.

He clocked an amazing 53:31 in this year's Tom Scott, which, but for another incredible 50+ runner, Tommy Kelly, (53:07) would have been another championship record. Willie has a 4:47:5 1500 to his credit this year, and with less

ON THE VETERAN SCENE...

It's the age of dedication

than two years to go to M60 status could be a great threat to a number of British records.

Sadly the 50+ group has seen injuries plague men like Tom O'Reilly, Hugh Mitchell, Henry Morrison and Martin Hyman, but a rejuvenated Pat Keenan of Victoria Park is making up for lost time.

The 50+ also has its characters, and Ajit Singh from Glasgow is easily recognisable in most big marathons complete with turban and kagoul whatever the weather. Ajit's brother Amrit, can also be seen wearing his symbolic knife around his neck.

Another of Scotland's characters in this age group, the diminutive Chick Third from Edinburgh Southern, died from a sudden heart attack just ten days before he was due to complete his 50th marathon in this year's Glasgow event. Such is the empathy among the road running fraternity that nearly 300 turned out to say farewell to him. Chick was only 56 and was described by his GP as the fittest man in his practice.

In the 60 to 70 age range Hugh Currie clocked a new British record of 2:47:40 in the 1985 Inverclyde Marathon and in this year's cross country championship another new 60 year old emerged from the East. Murray Scott from North Berwick, who runs for Haddington, showed his performance was no fluke when he took the 60+ title in the Tom Scott race.

However, the fastest rising star has to be another Shettleston man, Ben Bickerton, who since turning 60 this summer has swept all before him on both track and road. He not only won the 800,



1500, and 5000 metres in the Scottish Championships, but set new records in the 800 (2:37:5) and 5k (19:28:9). Then he went on to take the gold award in the 10k road race in Edinburgh with a time of 40:06.

Again this age group is not just about winners, and the stirring performances of men like Hugh McGinley from Falkirk who always has a joke whatever he's feeling like, or Davie Causon from Maryhill who always finishes no matter how far behind, keeps the spirit of the vets in perspective.

Like good wine, or the best cake icing, the longer it's left the better it becomes, and so with the supervets the M.70 group has the largest number of world championship and record holders.

The Scottish Veterans Harriers Club president this year is David Morrison from Airdrie, another Shettleston man with a most remarkable array of performances which include 2:49:6 for 800 metres, a 21.76 metres hammer throw and a new British track 10k record of 41:07. In the world championships last year he took the 10k gold award and was runner-up to Gordon Porteous from Maryhill in the 25k. Gordon himself has been treasurer of the

Vets for the last 3 years, but has had no thoughts of retiring from active athletics.

British record holder for the marathon (London '85) at 3:11:45, Gordon followed this up with a win in Rome at the world championships with 3:15:54. Gordon's contemporary, and idol in many ways, is John Emmet Farrell who won the Scottish National Cross Country Championship in 1938 and again in 1948, and in many ways is still going strong for his 78 years. John holds British records still for 65+ 1500 metres (5:17) and 70+ (5:22:4) and 5000 metres (19:33) and 10,000 (42:32:8). He was the M.8 winner in the world championships at Lytham St. Annes in 45:53 less than two minutes behind Gordon.

Again, even in this age category there are those like Gerry Brennan from Edinburgh who took up running only a few years ago to keep fit but in the Commonwealth Veterans Gathering was first 70+ to finish in both the 10k and 25k races... run on consecutive nights!

Very gradually women are coming into Veteran athletics and the Scottish Veteran Club altered its constitution three years ago to ensure they would be catered for. Among the supervets here are former internationalists like Aileen Lusk who took the bronze medal at Lytham last year, and Margaret Hyman, wife of supervet and former Olympian Martin. Margaret won the 10k Commonwealth Veterans event.

Last, but not least of the supervets, are people like Jenny Wood Allen from Dundee whose determination at 77 is remarkable. To these splendid ambassadors of our sport we can only hope that their spirit of enthusiasm will constantly kindle our own endeavours.

Champions and characters abound at 50+ meetings... supervet Bill Stoddart, above, continues to improve with age, just like a good wine. Ajit Singh, left, and his brother Amrit are well-kent faces on the vet scene.

LYNDA BAIN meets the ladies from Blairgowrie Road Runners.

Janine helps mums take to the road...

Blairgowrie mum runs in New York Marathon" ran the headline in the Blairgowrie Advertiser last October. The mum was Janine Robertson, and her trip to New York was the prize for being first Scottish lady home in the 1985 Aberdeen Milk Marathon.

On her return from New York, Janine set about forming the Blairgowrie Road Runners Club. Her trip to New York had made her something of a celebrity in Blairgowrie, where she and her family had moved only three years previously, and, as Janine's husband Bob says, "Janine was a bit of a novelty in Blairgowrie, running about with hardly anything on!"

Fellow mums at the mother and toddler group, and at playgroup, remarked that they too would like to run, so Bob suggested Janine form a club. At first she was unsure, but then decided to give it a go.

“Ages range from 20 to over 50”

Janine has been running for 11 years now. Most of this was cross-country and track until the birth of her son Paul, now 5, when she turned her attentions to road running.

□ □ □

Such is her enthusiasm for running that she was back training 11 days after Paul was born, and only nine days after the birth of Sarah, now aged 2!

So, in October last year the Blairgowrie Road Runners Club met for the first time, originally at the home of club member Gill Donald. Two

months later they moved to Blairgowrie Recreation Centre, where they were allowed the use of the lounge.

Six ladies met with Janine and started a programme of running and walking. All were beginners, and Janine kept the emphasis on building up gradually. She felt it important to have an aim in mind, and chose a local four mile fun run on New Year's Day as the first target. The success of the training was reflected in the achievement of the club members in completing the four miles.

Because Janine has young children herself, she realised the difficulties for mothers in getting out for an hour or two. One of the priorities of the club has been to provide a creche for the toddlers, with the mothers bringing along toys for the children to play with.

Initially the ladies organised the creche on a rota basis; one mother would watch the children while the others went running. Now the creche is operated on a voluntary basis. There seems to be a contagious disease going

round the club as no fewer than five ladies have fallen pregnant since the club began! So, usually it's the expecting mums who step forward as volunteers.

Originally the group met in the afternoons, but this clashed with collecting older children from school. Now the ladies meet at ten o'clock on Monday and Thursday mornings. And from small beginnings, Janine now has over 16 ladies running together.

But, the club is not only for ladies — it is a very happy mixed club. When the ladies

moved to the recreation centre, evening meetings commenced and it is to these that junior members and seniors, including ladies, go.

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However, Blairgowrie Road Runners must be one of the few clubs which can boast a 50% membership of ladies, and one of the few clubs with a female majority on the committee. It's five women to two men. Janine, as vice-president, and Bob Ellis, president, work well as a team, with Bob particularly good at promoting links

outwith the club.

Beginners are welcomed and Janine first finds out what they want to get out of running. New members will run and walk for about ten minutes, often with Janine herself. No-one runs on their own.

The ladies set out as a group and run at their own pace. Age is immaterial — at the moment the ages range from the 20s to the 50s — and everyone is welcome. Janine's husband even joined the ladies on one occasion — and survived.

Janine actively encourages the ladies to try a race, although she will not force anyone. Several of the ladies have a fear of finishing last, but Janine boosts her group by telling them they have trained and to have confidence in this. Other people will be entering races with no training behind them.

□ □ □

She was proved right in the Kodak Glasgow 10K when the Road Runners all completed the run in very respectable times. The club members thoroughly enjoyed the race and returned home tickled pink with the experience.

The only lack of enthusiasm among the lady members was when Janine attempted to persuade them to wear shorts. But she's a hard taskmaster, and won — after the initial

The mums, toddlers and creche volunteers of Blairgowrie Road Runners club.

Anne's story

Anne Goodfellow has been running for a year now. Anne, 34, is press officer, keeping the local paper up-to-date with the club's activities.

Husband Ian is a runner but Anne had never tried running herself. When daughter Jane went to playgroup, Anne thought, "Maybe there's something in this..."

Anne began gently by going out two or three times a week for up to 20 minutes, unbeknown to Ian. It was only after she had joined the other lady runners at the club that an accidental comment by Janine let the cat out of the bag!

Anne has always kept herself fit and she has progressed very quickly in one year, having completed two ten kilometre runs and the Adidas-Mars half marathon in Aberdeen. She finds it amazing to compare how little she was doing at this time last year with what she takes in her stride now!

Anne finds it easy to fit in running now that her two children, Jane, 5, and Neil, 8, are both at school, but she still likes running in the company of the other ladies on club days.

A problem arises when both she and Ian want to run the same race, but here the club comes to the rescue. On occasions where a group of club members have entered the same race, the club arranges a creche.

embarrassment, everyone's happy.

Anyone talking to the ladies of Blairgowrie Road Runners Club will come away fired with enthusiasm and determination. The pleasure the ladies derive from running radiates, and I'm sure they'll infect many other ladies in the town.

They are also an inspiration to other ladies with young children, or ladies thinking tentatively about running, to get together, form a group, and share the pleasure of running with each other.



Founder Janine Robertson, left, with Rhoda McKiddie, centre, and Anne Goodfellow.

Rhoda McKiddie went along to the first meeting of the Blairgowrie Road Runners Club. Like several other ladies Rhoda, 29, met Janine through the Mother and Toddler Group and playgroup. She had seen Janine out running and happened to say that she'd like to give it a try too.

At first Rhoda ran and walked for short distance. She struggled the first couple of times, but was determined to get fit and to lose weight. "Sometimes I don't enjoy it at the time, but afterwards..." she recalls.

Rhoda stuck with it and in March this year was one of the eight ladies and two men who travelled to Glasgow for the Kodak 10K. She had a great time — "Even the policemen were speaking to you as you went past" — and completed it in about 70 minutes. Although afterwards she was exhausted and hardly able to speak, Rhoda was proud and satisfied that she had finished the race.

Now she is determined to keep

Rhoda's story

running, especially following an enforced stop for three months this summer due to illness.

"I really missed it, and was desperate to get back to running. I was having withdrawal symptoms," Rhoda says. She's back to one and a half miles without walking, and is bubbling with enthusiasm.

"I prefer running with other people — it's easier. I'd like to go out more often than Mondays and Thursdays, but it's really the only time I have got," she explains. Rhoda has three children — Andrew, 11, Corinne, 9, and Marie, 4, and a part-time job.

"It does help to be part of something — it's not so much competition, but you don't want to be an absolute failure. So I think you try harder when you are involved with a club," Rhoda says. "Running with others, you just want to keep up with them, not necessarily to beat them."

Photographs by David M. Phillips.

Coach Tommy takes the scientific approach to training



Tommy Boyle

In the coaching armoury of Tommy Boyle, a ruler and a biro are just as important as the traditional stopwatch.

Fittingly, the man who works at the only factory in Scotland to make main-frame computers takes a scientific approach to coaching. And at the European Coaching Convention this month, he'll unveil the results of that work.

Graphs will be produced detailing minutely the development of his protegee, Tom McKean, from competent club runner to the man who, if meticulous planning goes well, will take the World Championship 800 metres title next year.

It's the sort of scientific — and dare we say it — professional approach to athletics which is needed in Tommy's view if Scotland's athletes are to reach their full potential. In fact professionalism,

in his eyes, is the only way forward from this disappointment of the Commonwealth Games. But before he will talk about possible remedies for the malaise of athletics in Scotland, he wants things to be put into perspective.

"Crisis? What crisis?" he asks. "I think the total number of medals we achieved in the Commonwealth Games was almost exactly what those within the sport expected. Unfortunately, the general public were led to believe — by

people within and outwith the sport — that Scotland were going to do a 1970. That all of a sudden we were going to have athletes raised up to an almighty level by the crowd."

It was, he says, exactly the sort of "Here we go, here we go," attitude which bedevils our national football team. Every World Cup, they're going to win it. Every time they do badly.

Boyle, who has coached at Bellshill YMCA for 17 years, is no football expert. But he reckons that too many footballers, and more crucially too many athletes, have reached the pinnacle of their ambition once they have been selected to wear the dark blue of their country.

"In 1970, Ian Stewart was ranked first or second in the world. Ian McCafferty was in the top ten. This year we had nobody in the top ten. But the athletes we did field often didn't compete to their full potential. There were less than six who



By REEVEL ALDERSON

either equalled or bettered their personal best."

In short, Boyle says, there's a lack of ambition in many cases. But more fundamentally he recognises that many athletes have too many commitments in a season. Cross-country races, the road season, local leagues and national leagues all cram too much activity into a runner's life.

Tom McKean raced only six times this season — probably less than any other top-flight Scot. Yet those graphs show how the training was geared to the twin pinnacles of Meadowbank and Stuttgart. Last year was the same with peaks plotted in advance and achieved. Next year has one peak. Tom McKean to win the world championship.

"The structure as it is at the moment just isn't working," Boyle says. "What we need to do is to look at the total structure of athletics in Scotland. Leagues are important as they provide competition for the younger athlete, who also gets his or her motivation from them. But I think they've been given too much importance when we look at the overall development of the athlete."

Like John Anderson in last month's issue, Tommy Boyle feels that athletes are being asked to put the club before themselves. As the athlete develops, he argues, there should be something for him or her rather than the endless grind of club and league competitions.

It is no coincidence in Boyle's eyes that McKean, Liz Lynch and Ayr's Brian Whittle all had a good season, peaking when it mattered, despite not being members of clubs involved in major leagues. What he sees as irresistible logic is that something else must be provided for runners who can go on and bring home the medals.

His personal preference would be to strengthen and revive the old Scottish events squad, with training and coaching weekends for the top three Scots from national and age-group championships in each event. His own boy Tom McKean always goes, but other top athletes are often absent on club duty.

"Specialists bring their own expertise, which they can swap. It's good for runners and good for coaches to know that they're part of the national build up to major championships. And it gives them some quality training instead of



Tom McKean

having to peak yet again for some little club event."

The emphasis on club athletics, Boyle argues, is as a result of traditional and entrenched attitudes. But he claims his theory that the salvation of the sport in Scotland lies in a complete reorganisation of it is supported by most administrators.

However, there is no movement towards a change and meantime the gulf between Scottish standards and those of the rest of the world continues to yawn ever wider. At this point Tommy Boyle's eyes light up and the moustache obscuring his upper lip positively bristles with messianic zeal.

"The future of the sport lies in the hands of the administrators. These guys give up their leisure for the sport and that's important. But things have got to be done in a more professional way."

"There has to be an amalgamation of the various branches of the sport. It's all athletics, so there could be a pooling of resources if the men's and women's associations got together along with the cross country associations and all of the other official bodies."

"We need paid district coaches — and we need to make the job attractive to get the right people. We need to open up schools where facilities are good but unused."

"The money must be found. And it will come from one of two sources. Either the government, who should be stimulating all of this like it does elsewhere in Europe. Or the cash should be found from sponsorship."

‘The fact that Tom McKean is one step away from being the best in the world despite poor facilities and a working-class background proves that Scots can do it’

On that score he can talk from some experience. Six years ago Boyle left the paperwork of his club behind and decided to concentrate on coaching. Tom McKean was one of his squad and the first evidence of that meticulous planning came into being when Boyle realised the young athlete could not be expected to achieve a tough training target if he was working hard during the day.

McKean was, when he beat Steve Cram in that memorable race on the Geordie's own doorstep in Gateshead, a labourer with Motherwell District Council. His weight training was lifting heavy concrete slabs while repairing footpaths.

Financial support from a leading motor dealer — naturally enough for a man whose life is in the fast lane, it was a Porsche dealer — and from Boyle's own employers, took the pressure off. Sponsorship can take the pressure off the clubs too, argues Boyle.

"We're only scratching the surface of sponsorship, and one of the reasons for that is our amateur approach. We must take a professional approach to get money into the sport."

"If you bring money into a sport, people want results for their cash. To get results you need efficiency, which we don't have just now. There is no overall development policy for athletics. There should be."

"The fact that Tom McKean is one step away from being the best in the world despite poor facilities and a working class background proves that Scots can do it. But it shouldn't be made difficult. It needn't be difficult. And if it was made easier for up and coming athletes to train properly there'd be no crisis. No crisis at all."

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STEWART McINTOSH looks beyond running to the machines which make exercise an indoor sport.

Let's be generous to ourselves. Most runners are obsessively paranoid about their training—and that is putting it as kindly as I can. Runners like to run. All other forms of training are treated with suspicion.

While we like to think that we are part of the broad horizon of healthy humanity, we gaze at that horizon with tunnel vision. We are runners. We run. We don't like to waste good training time fooling about in gyms or in suppleness sessions. Yet if you want to be "all-round" fit you need to do more than pound the pavements.

Running is excellent for developing the heart, lungs and legs. That is why most of us have spindly wee arms. Our upper bodies are so under-developed that some of us, if we were ever lucky enough to actually breast a tape, would need our ribs checked over by the first-aid team afterwards.

There is now a wide choice of equipment available for strength, stamina and suppleness conditioning and some of it can offer a useful back-up to your training, especially if you want to build some upper-body strength or if you are side-lined by injury but want to

On yer bike!

maintain the fitness that you have built up in your heart and lungs.

When injuries have put a spoke in their road training many runners like to get on their bikes to keep their heart and lungs in good condition. Unlike all those miles you put in on the roads, cycling does not punish your lower limbs. But if you don't want to saddle yourself with dreich winter nights on dark country roads you might consider an exercise bike to be a good investment.

Athletes who live in very cold climates such as Scandinavia find them a useful tool in the winter and at least one couple in the Scottish Highlands use exercise bikes to power their television—you only get the picture while you get into action.

Rowing machines exercise the parts that running doesn't reach

Dealers will peddle you an exercise bike for anything between £20 and £500. The more you pay, the more you get in terms of extra functions like monitors to measure heart rate, effort sustained and so on. Even the penny farthings of the exercise bike range should give you a speedometer to measure how fast you are watching Eastenders and how far you have travelled during the programme.

When you are buying an exercise bike you need to make a realistic assessment about how much time you are going to spend on it. There is little point in laying out a lot of money on something that is going to rust quietly in the corner.

Make sure that the saddle can be adjusted to suit your height. Good cycling requires that your legs can extend to full length when pushing down. For £30 or £40 you can buy rollers which convert your outdoor bike into an indoor exercise machine.

No matter how fit you think you are, new forms of exercise require a gradual approach until your body gets used to a different pressure. Don't pump yourself into a fireside Tour de France as soon as you have pulled the bike out of its wrapper. Ten minutes a day is fine to start with, building up gradually to whatever target you think is suitable for backing up your training.

Running machines or treadmills are an expensive alternative. YOU are the running machine in which we are most interested at the moment, so get out there and get on with it. Shy joggers can run lonely hearthside marathons on



Liz Miller and Jill Muir, Dunfermline College students, get nowhere fast, above Jill, opposite, tests her fitness with a Hampden waist-and-wrist Sporttester.

these machines but bad weather avoidance apart, they offer few advantages over the freedom of the roads, hills and tracks.

Small trampolines which work your legs and get you breathing heavily are bouncing up the sales charts—and they make you really popular with the kids. Good fun to use, they provide an element of stamina training and muscle-building on the lower body. But check the height of your ceiling before buying!

Rowing machines are not just for numb-skulls. They exercise the parts that running doesn't reach. As well as being good for stamina, they give arm, chest and abdominal muscles a good work-out. Prices range from about £50 to £300.

As with the exercise bikes, you tend to get what you pay for in terms of the quality of the product and extra information about how hard you are working.

But don't be blinded by the shiny seductive appeal of the new leather and chrome machines. Unless you use your equipment carefully it can cause you pain. Start gradually and your body will thank you for it. Build up towards your target over weeks rather than days.

Fit runners tend to plunge in too quickly when they are working new muscle-groups. Injury, frustration and remorse are the prices paid by those who ride roughshod on the exercise machines.

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yesterdays...

JIM WILKIE on a record-breaking Scot.

By the turn of the century, sport and, indeed, "Sports", were definitely the rage. All the major football clubs ran successful meetings and so did such diverse organisations as Partick Burgh Police and the Middle Ward of Lanarkshire Floral Association, whose Flower Show and Amateur Sports ("a pleasing amalgamation") was run under SAAA rules.

Occasionally there were special fundraising events like the Patriotic Sports, part of the proceeds of which went to the upkeep of the Boer War, although, in the year 1900, it was this war itself which pre-occupied one Scot, Wynham Halswelle.

Halswelle was then serving in the Highland Light Infantry in South Africa, and, although almost twenty years of age, had apparently not yet considered the possibilities of athletics. Within a few years, however, all this had changed and on June 23, 1906, the Edinburgh Harrier emerged during the Scottish Championships at Powderhall as the Jesse Owens of Scottish athletics, winning the 100yds in 10.4 seconds, the 220 in 23.2, the 440 in 51.4 and the 880 in 2:00.4 secs.

Halswelle also managed a second place in the 400m at the 'halfway' Olympics of 1906, but it was another two years before he was to find truly devastating form - and a place in the history books.

The 'proper' Olympics of 1908 were held in London, and, three weeks prior to these, Halswelle created a British best in the 440yds. His time of 48.4 seconds remained a Scottish native record for fifty years.

This placed him among the favourites for the Olympic title at 400m, although the Scottish sportswriters* of the day did not seem unduly impressed. The Ayr Football and Athletic Club Sports, for example, if

column inches are anything to go by, were almost as important as the event in London and, indeed, were, "even more interesting", that year, "despite the absence of several competitors who had gone to the Olympic Games"!

Such indifference, however, was by no means confined to the scribes of the Daily Record. Attendances at Wembley were poor and one French journal, "L'Auto", was moved to comment that it might be supposed that they were at Landerneau (a Breton community of two houses) instead of London! The British organisers were also accused of perpetrating 'tricks' against foreign competitors, and events on the track did nothing to dispel the general impression of fiasco.

This, for example, was the year when the Italian, Dorando, was assisted over the line in one of the most famous marathon finishes of all time (another competitor was a Canadian Red Indian named Tom Longboat) and, sadly, Halswelle's event was also to achieve a degree of notoriety.

He won his heat in the semis and lined up in the final with three Americans - Carpenter, Taylor and Robbins. Wembley was relatively full for the race and Halswelle got away well from the second inside position.

The 400 metres, however, was not run in lanes at this time and a battle for positions ensued. Rounding the final bend, the first three were all together with Taylor - "the coloured Yankee" - trailing, when "something was seen to happen". Carpenter and Halswelle swung out to pass Robbins, but Carpenter then ran diagonally down the straight, apparently giving Halswelle no chance to overtake, and the Scot slowed up before the tape.

To the consternation of the Americans, the referee im-



Wynham Halswelle, the first Scot to win an Olympic medal, breasts the tape

mediately signalled "no race" and the committee was forced to examine the track and hear evidence as to what had happened. The deliberations lasted two hours and the result was declared void. Carpenter was adjudged to have obstructed "the Lieutenant" and disqualified, and the re-run would be in 'strings' - taped-off lanes.

The remaining Americans were obviously disgusted and refused to run again, but Halswelle had no such reservations. Indeed, "in the privacy of the dressing room" he had shown an eager reporter two bruises on his chest, and with no apparent

loss of dignity, he proceeded to sprint round once more and collect the only walkover gold medal in Olympic history. His time was 48.4 secs.

Wynham Halswelle, the first Scot to win an Olympic medal, later added a bronze to his silver and gold, and was once again in the business of winning medals when he was killed in action in World War One.

*Scottish Sport, the specialist Scottish sports paper, went out of business in 1900, apparently for financial reasons. Latterly, it attempted to run a weekly "coupon" or lottery, but this was declared illegal.

Scotland's Runner

On the Road!

By COLIN SHIELDS

There was something for everyone last summer on the roads. The races ranged from the vast gathering of 8,142 runners in the Glasgow Citylink Coaches Marathon to the race held on the tiny, wind-blown Isle of Benbecula in the Outer Hebrides, where just 14 competitors took part in the world's smallest marathon.

Here John McKinlay of Troon Tortoises AC had his most satisfying competition of the year, overcoming constant rain and gale force winds to win his first race in 3hr 01min 19sec, breaking the course record by over 42 minutes, with Christine Ronan, adjutant at the nearby Royal Artillery base, finishing 5th in 3:30.12.

The difference in both the size and location of these two races is symptomatic of the range of races staged in Scotland, with admirable racing programmes being established in most areas of the country. As well as the usual series of events in the central belt centred on Glasgow and Edinburgh, there were expanding programmes in the Highlands, Borders, South West, and the North East, and the athletically developing areas of Argyll and the

Western Isles to satisfy the growing numbers of road runners who are now competing regularly.

The number of marathons decreased from 15 in 1985 to 12 this year with the Caithness Northern, Inverclyde and the SAAA national races being lost from the fixture list. However half marathons blossomed with 53 being staged - 40 on Sundays and only 13 on Saturdays - this being 15 more than last year. This large increase caused difficulties in race scheduling for, with only 26 weeks in the summer season, there were sometimes as many as seven half marathon races staged on the same weekend.

The fixture list contained 164 races over a distance of 10,000 metres or

greater (see box for details) - an average of more than 6 races every week through the summer. However this figure was greatly exceeded one weekend at the start of June when nine road races and three half marathons were held throughout the country in the space of just 48 hours.

The most prolific runner - and consistent winner - of the season was Graham Crawford of Springburn Harriers, a Scottish Internationalist on both country and track and now proving his ability on roads. He started successfully with victories in two 15 mile events at Glen Fruin and the 'Jimmy Scott' Memorial race around Strathclyde Park in April, and then, as outlined in his own article, racked up an unprecedented 11 half marathon victories throughout Scotland.

Crawford dissipated his energies winning minor races and failed to produce his best form in the important events where the top runners gathered to dispute superiority. He ran 64:27 when finishing runner up to Mike Carroll (Annan & District AC), who ran brilliantly to finish 55 secs. ahead in the Milk Half Marathon at Kirkcudbright, but missed the latter part of the season due to injury.

Crawford's fastest run came when again finishing second, this time to Alex Gilmour (Cambuslang Harriers), who made a winning debut of 64:02 in the



Strong running in the Runsport Half-Marathon at Stirling.

SEE WHEN THEY'RE RUN

	10K or more	½ Marathons	Marathons	Total
APRIL	9	1	3	13
MAY	22	12	5	39
JUNE	17	10	2	29
JULY	15	11	-	26
AUGUST	24	16	1	41
SEPTEMBER	12	3	1	16
Total	99	53	12	164

Scotland's Runner

Land o' Burns Half Marathon at Ayr with the Springburn runner fading in the final mile to finish 22 seconds behind.

Peter Fleming (Bellahouston Harriers) a former Glasgow marathon winner who deliberately stepped down in distance to develop speed, won three half marathon races, proving a Nemesis to the peripatetic Crawford. Fleming recorded his fastest time of 63:15 when winning the Runsport event at Stirling from a distinguished field, only 24 hours after being attacked by muggers in Glasgow's George Square and left with a severely bruised face. Fleming also had successes in the Luddon race at Kirkintilloch (65:56) and at Clydebank (64:13).

Bellahouston Harriers' tradition of producing top class distance runners was upheld when Fleming's clubmates Andy Daly and Billy Robertson recorded some classy runs. They both clocked the same time of 66:50 in their club's British Airways Half Marathon at Bellahouston Park, Glasgow, which attracted an entry of over 1500 runners. Daly had another good run when representing Scotland in the Reykjavik International Marathon in Iceland.

Robertson, a Glasgow postman who started running only last year scraping



Magi Gibson (3242) makes a welcome visit to a water station at Stirling.

home under three hours in the 1985 Glasgow marathon, was the revelation of the season. He improved steadily and proved he had speed when, just 48 hours after winning the British Airways race, he won the Renfrewshire 10,000 metres track title at Crownpoint Sports Park in a personal best of 30:45sec.

He displayed the full extent of his progress when finishing 3rd Scot in 7th place overall in this year's Glasgow event in 2:20:42 — failing narrowly to achieve the distinction of bettering the 2:20 barrier — something he will almost certainly achieve next year.

Scottish National 10,000 metres track champion Neil Tennant of Edinburgh Southern Harriers, who narrowly missed Commonwealth Games selection, combined his proven cross-country endurance and track speed to defeat an international field in the Pearl Assurance Scottish National Peoples Half Marathon Championship over a hilly course at Edinburgh.

The Anglo-Scot produced some good road race performances in England and if he can satisfy his track ambitions and compete seriously on the roads he could surprise many established stars.

Frank Harper, formerly of Central Region AC and now a member of Pitreavie, set a personal best of 2:18:44 when finishing first Scot in fourth position at Glasgow, followed home by Graham Laing (Aberdeen AAC) who produced a time of 2:19:32 after a quiet early season. Harper gained a well-deserved international vest when representing Scotland in the Welsh Marathon championships, finishing seventh in 2:29:59 and being the only Scot in the team of three to finish as injuries and heat exhaustion took their toll.

Honours in the 12 marathon races contested in Scotland were well distributed (see box) with no male athlete winning more than one race. As expected the tough competition at Glasgow produced the fastest winning time — a record 2:14:04 by former fell runner Kenny Stuart of Keswick AC — but Colin Youngson (Aberdeen AAC) just missed by three seconds the 2:20 mark at the Dundee Health marathon in April.

Youngson ran the City of Aberdeen Milk race less than four weeks later, only to find that he had left much of his form at Dundee. Despite running with black tights to keep his legs warm on a windy day, he tired badly on the final three miles, finishing 4th in 2:27:57.

He took a break from road running to prove a surprise winner of the gruelling 28 miles Lairig Ghru fell race from Braemar to Aviemore, but returned to

By GRAHAM CRAWFORD

A famous cyclist once said if he had realised the 25 years of unremitting fatigue which lay ahead when he bought his first bike as a boy, he would have walked past the shop.

Having raced 13 miles or more almost every week for six months, I know a little now of how he felt. And the message is: if you are going to be extreme, ignorance is a definite advantage, if not actually bliss.

I certainly had no idea what I was starting when I took advantage of Citylink buses to run in the Inverness Half Marathon on Sunday, March 23. But I suppose there was a hint when I was far from put off by a hammering from Simon Axon of Aberdeen AC.

Anyway, despite the cyclist's statement, I don't think he had a single regret, and I definitely have none about my unusual summer season. I had a great time, and learned more in six months than the previous six years.

As an inveterate overtrainer (who now agonises at past races blown in training sessions), I learned at last to be kind to myself. I had to, to survive a regime of 38 races, which included 18 half marathons, two 15 milers, and a 10 miler.

And there were few easy races. All defeats, since I was trying my damnest to win, were hard, and of the others somebody useful invariably turned up to prevent me from relaxing. Courses were often hilly (some to the extreme), and relief from wind seemed rare. Early on, I also made the mistake of attacking course records if I was well clear.

Yet, for all that, I never once felt I'd had enough. A race was no sooner finished than I was looking forward to the next. And that high level of enjoyment and curiosity was a key factor in making the series possible.

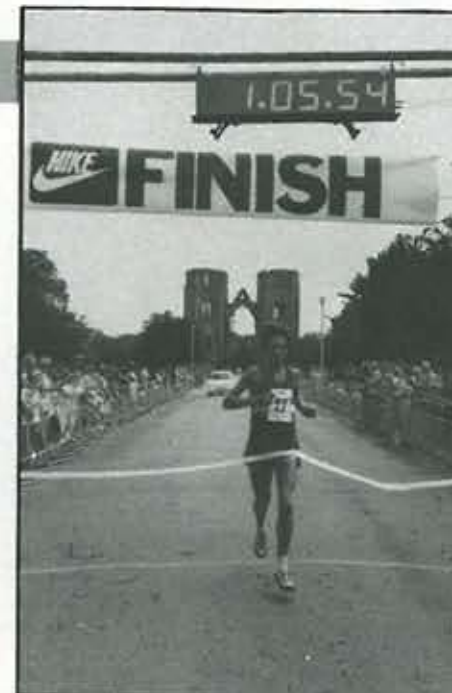
In the beginning, I had set out to do just a few longer races, expecting them to be a springboard for more stamina work after a couple of years in which background training had been interrupted by injury and illness.

It didn't work out that way, of course. Very quickly, I was hooked into the 'halves' and the races left me in no state for any serious training, long or short, between events.

At first it was all I could do to pad an easy four or five miles twice a day. After a Sunday race, my legs would be absolutely shot until at least Thursday, when I would try to stretch them again with some striding.

I nearly always let the legs dictate what I did, no matter how slow or short. If I was really, really tired I stayed in and had a beer.

Eventually, I was able to manage low key pace sessions between races and do the occasional midweek track 1,500



Graham wins the 1986 Moray People's half-marathon

No regrets!

metres or 3,000. My few disappointing races can be pinpointed to slipping into old habits of being greedy and ignoring the warnings.

One obvious case was the Runsport Half at Stirling when Peter Fleming ran a marvellous, almost solo, 63 minutes 16 seconds and I missed the boat completely. I had managed to win the Stonehaven Half the previous Sunday, saving something on the hilly course, but I thought I could also get away with the low key Knock Hill Race the following day and a 3,000 metres on the Wednesday.

I wanted to drop out of the track race after the first lap (an ominous sign) but kept on for a weary 8 minutes 32 seconds. At Runsport four days later, conditions were ideal and the course flat but I was dead on my feet. I doubt very much that I would have beaten Peter as he was in such good form, but I should have been able to get a tow for a very fast time.

Physically, all the racing was not too difficult as long as I was easy on myself in between (though I often did not know how the legs would be until the gun. The whole thing actually became more of an exercise and experiment of the mind rather than the body.

Accepting that I had a strong desire to do what I was doing, and also a fun and cavalier attitude to it all, it still became necessary to be able to switch on and off mentally. I couldn't afford to dwell on the agony of just six or seven days earlier, and I also had to raise my concentration time and again.

Getting my thinking right really meant not thinking, just reacting. A physical effort can be so intense that it blanks the mind, and conversely a mind free of thought can result in a concentrated physical effort.

A lot of fellow runners, I suspect, think I am crazy doing what I did. That may be so, but it certainly hasn't harmed my running. I was far stronger and more consistent in September than May.

In September I ran 64:41 at the Livingston Half and then 64:24 at the Land O' Burns event, neither in ideal conditions, before attacking and beating John Graham's nine-year-old record for the 10.3 miles round the Isle of Cumbrae with a 49:15 clocking.

I also learned that you need not turn into a plodder or 'road hack' by doing a lot of longer races. Mike Carroll told me after scorching round Kirkcudbright in 63:32 that he only did 14 mile runs, no speed work. And at the height of running 15 'halves' in 16 weeks, I ran within almost two seconds of my 1,500 metre personal best of 3:50.7, on absolutely no trackwork. Food for thought.

The novelty of this summer brought a new lease of life to my running, and I defy any other athlete to say he or she had more fun. Others who have slipped into a 'running rut' might do well to tackle something off-beat to bring the sparkle back.

I have also more respect than ever for the marathon, which I've yet to run, and am under no illusion that the ability to churn out half after half guarantees a good show over the full distance. Often I crossed the line after 13 miles with tight legs and asked myself: "Could I do that again at the same speed?" The answer was always an emphatic no.

I did in fact have a last minute impulse to run the Glasgow Marathon. I was talked out of it, which was just as well. I ran the Aberfeldy Half instead and won, but I was weary.

For the record, my 18 half marathons to date this year averaged 67 minutes 12 seconds, the fastest being 63:46 and slowest just over 71 minutes. I dropped out of one.

Of my opponents, Peter Fleming stood out with his wins at Luddon (65:57 in very windy conditions), Clydebank (64:13 on an intensely hot day), and Runsport (63:16, the fastest half on Scottish soil). Also impressive were Carroll in Kirkcudbright, Axon in Inverness and Neil Tennant in Edinburgh's Pearl Assurance.

And he wound up his season by winning a trip to the Paris marathon next spring with his victory at Stranraer in 66:02.

MARATHON ROLL OF HONOUR

27 April DUNDEE

1. Colin Youngson (Aberdeen AAC) 2:20:03
L. Morag Taggart (Pitreavie AAC) 3:06:40
V. Alan Duncan (Pitreavie AAC) 2:32:23

27 April GALLOWAY

1. Peter Howarth (Keswick AC) 2:31:33
L. Ann Pendlebury (Bolton Utd. H) 3:06:34
V. David Lowe (Derwent AC) 2:55:42

27 April LOCHABER

1. Allan Adams (Dumbarton AAC) 2:26:36 (rec.)
L. Pamela Volwerk (Lochaber AC) 3:37:08
V. Adams

3 May EASTER ROSS

1. Mick Francis (Forres H) 2:33:41 (rec.)
L. Pamela Volwerk (Lochaber AC) 3:24:00
V. Leon Volwerk (Lochaber AC) 2:48:53

4 May SCOTTISH VETS

1. Frank Wright (Springburn H) 2:38:16

17 May BENBECULA

1. John McKinlay (Troon Tortoises AC) 3:01:19 (rec.)
L. Christine Ronan (Royal Artillery) 3:30:12 (rec.)
V. McKinlay

18 May MOTHERWELL

1. Andrew Stirling (Bo'ness H) 2:31:21
L. Kay Dobson (In & District AC) 3:09:24
V. David Kirkwood (Unattached) 3:04:41

25 May ABERDEEN

1. Roy Maule (Coventry Godiva H) 2:22:52
L. Stephanie Quirk (Kendal AC) 2:58:57
V. Allan Adams (Dumbarton AAC) 2:29:20

1 June EDINBURGH

1. Brian Carty (Shettleston H) 2:23:42
L. Frances Guy (Belgrave H) 2:51:54
V. Carty

29 June LOCH RANNOCH

1. Terry Mitchell (Fife AC) 2:30:35
L. Maureen Greave (Angus) 3:24:05
V. David Wyper (Bellahouston H) 2:38:11

10 August MORAY

1. Don Ritchie (Forres H) 2:36:45
L. Morag Robertson (Dundee RR) 3:15:37
V. Ritchie

22 September GLASGOW

1. Kenny Stuart (Keswick AC) 2:14:04 (rec.)
L. Sandra Branney (McLaren GAC) 2:37:29
V. Allan Adams (Dumbarton AAC) 2:23:03

Continued on Page 46

Scotland's Runner

Scotland's Runner

Continued from Page 44

clock a sound 2:22:42 at Glasgow in September.

The hero of the Aberdeen race was Allan Adams, a veteran from Dumbarton AAC, called in at just 72 hours notice to fill a last-minute vacancy in the Scottish team. Adams, already the winner of the Lochaber Peoples marathon at Fort William and with an early season clocking of 49:12 in the "Tom Scott" 10-mile race from Law to Strathclyde Park, surprised everyone bar himself with fifth place in 2:29:20 and finished the season with a personal best of 2:23:03 to lift the veterans' prize at Glasgow.



Another veteran to win an important marathon was 42-year-old Brian Carty (Shettleston Harriers) who won the Commonwealth Games Peoples' race at Edinburgh, defeating many younger rivals with a personal best performance of 2:23:42. He also displayed sound speed, finishing first veteran in the Runsport and Clydebank Half marathons and recorded his fastest time of 69:10 behind Scottish Veteran Cross Country champion Brian Scobie (Maryhill Harriers), coach to British marathon record holder Veronique Marot, who finished sixth overall in the field of over 2000 competitors in 68:19.

Lorna Irving (Edinburgh Woolen Mills) shared the domination of the women's scene with computer programmer Sandra Branney (McLaren Glasgow AC). The 39-year-old Langholm housewife represented Scotland in the Commonwealth Games marathon finishing fifth in 2:36:34 — a personal best performance and the fastest time by a Scot this season.

She later set a new Scottish record of 73:12 when winning the Land o' Burns race in Ayr for the second successive year.

Sandra Branney, who set a personal best of 75:44 at Glasgow in August, moved into the big time when winning the Glasgow marathon in 2:37:29, finishing 79th overall in a field of over 7000 finishers with Lesley Watson completing 131st marathon to gain the veterans' prize in 2:45:50.

The 5'2", 7 stone 4lbs Glasgow girl has powerful backing from her clubmate Elspeth Turner, who won the Runsport race in the record time of 74:36, and also from Liz Steele, Mya Baker, Jane Walker and Audrey Sim, all of whom are around the 80min. mark for the half marathon distance.

Sharon Sinclair (Irvine AC) was a newcomer who displayed surprising speed at the shorter distances, winning the Tom Scott 10 mile in a record 55:30 and confirming her form with another winning run of 59:28 in the hilly Renfrewshire 10 mile race at Greenock. She also clocked 78:00 behind Sandra



Elspeth Turner, first lady of the Runsport half-marathon.

Branney in the Cunninghamme Canter in Ayrshire.

Lynda Bain (Aberdeen AAC) missed the early part of the season due to injury but made a successful comeback, wisely concentrating on shorter distance races. She proved successful at 10,000 metres events, giving her male rivals a fright when finishing seventh out of 200 finishers in the Tain 10,000 metres race with a time of 36:01, and also won the classy Roevin 10km race on home territory at Aberdeen.

In the North her clubmates Janine Robertson and Uli Simpson had good seasons, with Fort William housewife Pamela Volwerk (Lochaber AC) winning two early-season marathons inside a week. Others to shine in the North were Liz McLardy (Black Isle AAC), Lyn Findlay (Coasters AC) and Amanda Boyd (Forres Harriers).



Welsh cross country international Simon Axon (Aberdeen AAC) did most of his running on the Highland circuit, winning the Buckie and Inverness half marathons among others, but recording his fastest time of 68:37 when finishing second at the Runsport race.

Willie Miller (Caithness AAC) and Danny Bowe (Nairn and District AC) were constantly in the prize lists at races of all distances, but the Nairn man had the distinction of not only winning the Nairn Highland Games half marathon but organising it as well!

Don Ritchie (Forres Harriers), holder of more world records at ultra long distance events than Seb Coe and Steve Cram combined, was the most successful veteran athlete in the North.

he won the Moray Marathon for the 4th time in 5 years but it was, as usual, at the ultra distances that he enjoyed his outstanding successes. After finishing third in an early season 50km race in the Isle of Man Ritchie reeled off victories in 100km races, taking the British championship at Lincoln and then recording the fastest time by a Briton when winning at Turin in 6:36:02.

Requiring a swift return to his college lecturers job in Elgin, Ritchie was on the plane back home while some of the backmarkers in the race were still struggling towards the finishing line.

Morag Taggart (Pitreevie AAC) was the top female ultra runner. With a victory in the Dundee marathon 3:06:40 and third place in the Aberdeen event as training, she showed strength and determination to win the Two Bridges 36½ mile race in August.

The Teviotdale duo of Alastair Walker and David Cavers dominated the Border races with Walker, a former Hawick rugby player, winning the Teviotdale ½ marathon in 66:35 from Cavers who later clocked 65:42 when finishing second to Crawford in the Goretex race at Livingston. Fay Campbell (Nith Valley AC), Carolyn Brown (Dumfries AAC) and Nancy McGraw (Tweedbank AC) were the top women in the region.

Borderers Alan Robson (Edinburgh Southern Harriers) and veteran Jack Knox (Gala Harriers), together with Clive Bell (Dundee Hawkhill Harriers) were all reinstated professional runners who made their mark this summer courtesy of the SAAA early-season amnesty. It is a sign of the times that they were all gracefully accepted in the amateur ranks and achieved prominent placings at all distances up to and including the half marathon.

Scotland's Runner



A record relay!

PETER FLEMING has never quite leapt into the eyes of the athletic public in the manner at which he hinted with his early marathon promise.

Injury and a series of allergy reactions, now happily in his wake, retarded his progress. But in the McAndrew relays, ahead of a record-breaking entry of 154 teams, he hinted that dramatic success might be just around the next corner.

The Bellahouston Harrier clocked the fastest lap on the 3 mile 506 yard circuit, 15min 07sec, bringing his club through from tenth after the opening lap to second. But what should have been a launching pad for victory merely delayed celebrations for Spango Valley.

Fifteenth after the opening leg (Stevie Connaghan, 16:03) the Greenock club were hauled back into the race by Laurie Spence, their 33 year-old captain. Spence, now recovered from heart strain, showed no ill effects, carrying Spango into fifth (15:21) and Peter Connaghan was only a second slower as he gave them the lead.

With Royal Navy helicopterman Chris Robison on the anchor stage (15:40) the outcome was never in doubt.

Allan Adams (Dumbarton) was fastest veteran at 16:15.

Fleck's bakeries, who have taken over where the former sponsors, McKechnie's left off, have promised to continue backing the Victoria Park race, thus ensuring its future.

For those who resent the passing of the old course, via Anniesland Cross, and who, like the editors, used the event to establish how big a toll the summer excesses had taken, there is a useful figure, namely 1:117.

That is the factor by which you should multiply your times on the old course to find out what you should be doing now. Thus a time of 13:30 on the old trail is worth 15:05 on the new, 14:00 equates to 15:38, and so on.

PS None of the editors were ever as fast as that.

PPS Race details are in the results section.



The record 154 first leg runners in this year's McAndrew fight it out at the start (top)...

... while (centre); Kilbarchan lead the way in this three man tussle

... and (below) the triumphant Spango Valley team of Chris Robison, Lawrie Spence and the brothers Connaghan celebrate their victory.



Scotland's Runner

49

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SPORTSMANS TRAVEL 10K

Sunday 4th January '87

This annual event is hosted by Stubbington Green Road Runners just outside of Portsmouth. A guaranteed entry has been confirmed at 1000. Sportsmans Travel will be offering a 2 day, 1 night package departing from Chelmsford, Essex, on Saturday 3 January, picking up in London and en route down the A3 to Portsmouth. We will be using a "Hotel in the area and the total return fare to include hotel will be just:

£29 per person

There will be an evening social on the Saturday and we expect several hundred people present. For full details of race entries and travel, apply directly to Mr. W. Rosewell, 15 Dallington Close, Stubbington, Fareham, Hants. Race entry fee: Attached £2 - Unattached: £2.50. Deadline: 12 Dec '86.

BESSANS SKIING WEEK

10-18 January '87

An exciting new innovation to Sportsmans Travel is our week's skiing holiday to Bessans in the Alps. East of France. Travelling by full executive coach from London directly to Bessans, 7 days, full board, 12 hours of tuition and the opportunity of 2 optional excursions to Geneva and Turin. Our lovely family run "Hotel" is our base and we will be returning via Lyons for lunch on our homeward journey to London. This total exclusive price is:

£169 per person

Suitable for all distance runners as the term "Ski de Fond" is translated to "Distance Skiing" and this village provides permanent "skiing" tracks ranging from 3 kms to 30 kms. Deadline: 14 Nov '86.

APELDOORN MARATHON & 18 1/2 Km

7th February '87

For the fourth year, we will be staging our "exclusive" family weekend. This tour is limited to the first 75 people and as a new innovation, our option will start from Leeds, picking up en route via Manchester, Birmingham, London and Dover. Our usual "Hotel, the Bloemink, is our base for the 3 nights on a Bed and Breakfast basis. A feature of this weekend is our "Top Team Competition" as the hotel offers many games and supporting activities. The price from the North of England will be:

£99.50 per person
and from London and Dover will be:
£95 per person

Don't delay as this tour has proven over the last 3 years to be in popular demand. Apply for our brochure immediately.
Deadline: 12 Dec '86

MALTA MARATHON

7th February '87

A new event on the programme for Sportsmans Travel is the 2nd Malta Marathon, which is scheduled for Sunday 15 February. A very successful race was contested this year and in line with our policy to innovate new tours, we have put together a package in a 1st class hotel at a complete 4 day price of £179, a 7 day package also available by request. The packages will consist of flight return, transfers, hotel, half board and the courtesies of Barry Whitmore. Our prices start at:

£179 per person

With reductions for children under 12 years. Send now for our complete brochure as places are limited.
Deadline: 7 Jan '87

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A Festival of Road Races for the whole family & at prices everybody can afford.
Depart London Fri. 27th March - Return 29th March - Races 28th March '87

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Guest House 2' £59

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3' BATH HOTEL £69

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OPT 3
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2 days, 1 night
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6 Northern Departures
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Deadline: 13 Mar. '87

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10 May '87
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from £59
Deadline: 13 Mar. '87

COPENHAGEN
Marathon
16 May '87
4 days, 3 nights
£229!
Deadline: 3 April '87

MUNICH
International Marathon
17 May '87
4 days, 3 nights
£199!
Holiday Inn Hotel
Deadline: 3 April '87

SOFIA
Marathon
Bulgaria
17 May '87
5 days, 4 nights
£289
1/2 Board & Excursion
Deadline: 3 April '87

STOCKHOLM
Int Marathon
30 May '87
(17,000 Runners)
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£269
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Deadline: 17 April '87

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NOTES All the information supplied here is produced in good faith as the date of publication. Some prices and dates could fluctuate and an (f) sign appears against those that we feel could change. Please telephone our office and ask for BARNETT or PAT WHITMORE for first hand information.

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Events Diary

October

25 S.C.C.U. National Cross Country Relay Championships, Grange School, Kilmarnock, E - I Aird, 9 Loudon Road, Newmilns, Ayrshire (Entries closed).

26 Falkirk District Council Open Peoples' 1/2 Marathon, Grangemouth Stadium (10am start), E - A. Kerr, Stadium Manager, Grangemouth Stadium, Kersland Avenue, Grangemouth.

Running North Forest 5 mile Cross Country Race, Aberdeen, E - Running North Sports Shop, 5 South Mount Street, Aberdeen.

Colzium AAC Open Cross Country Meeting inc. 3rd Womens Cross Country League Meeting, Drumpellier Park, Coatbridge, E - Mrs. J. Ward, 144 Canberra Avenue, Dalmeir West, Clydebank G81 4EW.

North District Cross Country League (all age groups M and F), Fort William, E - W. Banks, 16a Ballifearey Road, Inverness IV3 5PS.

Tinto Hill Race (4 1/2 mile/1500 feet), including Scottish YMCA Hill Race Championships, Fallburn by Thankerton, Lanark 2.30 p.m., E - R.L. Morris, 33 Morningside Road, Edinburgh EH10 4DR (A.G.M. of Scottish Hill Runners Association will be held after prizegiving).

English Womens Road Relay Championships, Gateshead (all age groups), Details of entry for Scots Clubs from Mrs. J. Ward address as above.

9 Ayrshire Harriers Association Open Cross Country Meeting, Grange School, Kilmarnock (All age groups M and F), E - Mrs. E. Dalziel, 3 Stronsey Place, Kilmarnock KA3 2JA (E on day)

15 Teviotdale Harriers Open Cross Country Meeting, Wilton Lodge Park, Hawick (All age groups M and F), E - Nancy Douglas, 4d Dickson Street, Hawick TD9 7EL (E on day).

Clydesdale Harriers Young Athletes Cross Country Races (Boys only), St. Columba's High School, Clydebank, E - P. Dolan, 1 Russell Road, Duntocher, Clydebank G81: (E on day)

Scottish Schools AAA Road Relay Championships, Grangemouth Stadium (Boys and Girls) Open Indoor Athletics Meeting, RAF Cosford.

16 McLaren Glasgow AC Open Womens Cross Country Meeting, Kings Park, Glasgow, inc 4th Womens Cross Country League Meeting, E - Mrs. R. McQueen, 197 Crow Road, Glasgow

S.C.C.U. "Barrs Im-Bru" Invitation Road Relay Race, Edinburgh to Glasgow.

Scottish AAA Youth Coaching Day and Javelin Coaching Meeting, Details - J. Fairgrieve, Scottish Athletics Administrator, 16 Ainslie Place, Edinburgh

22 McVities Open Cross Country and International Races, Riverside Bowl, Gateshead, E - Department of Sport and Recreation, Gateshead Stadium, Alexandra Road, Gateshead, Tyne and Wear (All age groups M and F)

Brampton to Carlisle 10 miles Road Race, Brampton, E - Mrs. Matthews, 28 Roseberry Road, Carlisle, Cumbria (Entries close 8/11)

Black Isle Marathon Running Forum, National Hotel, Dingwall.

Edinburgh University Hares and Hounds Open Senior Cross Country Race, Braids Hill, Edinburgh.

Bellahouston Harriers Open Cross Country Races, Bellahouston Park, Glasgow. (All age groups M only). Details - C. Joss, 25 Spiers Road, Bearsden, Glasgow G61 2LX (E on day at Cardonald College).

Gauldry Community Council Cross Country Races, Gauldry, Fife. (All age groups M only).

North District Cross Country League, Keith (All age groups M and F), E - W. Banks, address as above.

23 Scottish Womens CC and RR Association Eastern District Cross Country Championships, Balgownie Playing Fields, Aberdeen, E - Mrs. M. Cooke, 101 Ferry Road, Edinburgh EH6.

Scottish Womens CC and RR Association Western District Cross Country Championships, Linwood, E - Ms. A. Sproul, 4 Glenbervie Crescent, Summerston, Glasgow.

29 Scottish Womens AAA/AGM, Edinburgh.

Northern District Cross Country League, Elgin, Details - W. Banks, address as above (All age groups Male and Female)

Ayrshire Harriers Association County Cross Country Championships, Cumnock, E - W.A. Robertson, 17 Hunter Crescent, Troon KA10 7AH

Dunbartonshire AAA County Cross Country Championships, E - D. Gilmore, 7 Marchmont Terrace, Glasgow G12

Lanarkshire AAA County Cross Country Championships, Coatbridge, E - J. Waddell, 102 Mansefield Road, Bellshill.

Renfrewshire AAA County Cross Country Championships, Bellahouston Park, - D. Burt, 7 Kirkhill Road, Uddingston.

30 Scottish Veteran Harriers 5 mile Cross Country Race, Auchinairn, Bishopbriggs, E - D. Wilmoth, 49 Waterside Road, Kirkintilloch.

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Why I don't run . . .

It's quite simple really - you are all off your heads. There have been outbreaks of this kind of thing in the past of course, though admittedly the pole squatting of the 1930's in Depression America was doubtless due to the pressing need for a few spondulicks.

To find an equivalent for the present mass lunacy, I suppose you have to go back to the dancing fevers of the late middle ages. Mass hysteria it was then, and mass hysteria it is today. And don't deny that there is a lot of hysteria about this running phenomenon of the last few years; if you are honest with yourself you will have to admit that I am right. Let me point to the most simple - and the most damning - evidence you can have: your eyes.

The greatest hazard of the streets used to be dogs turds. Today, the joggers outnumber turds two to one. And what is more I have usually been able, without too great an agility, to avoid canine excrement and it doesn't run into you. These days the streets are awash with joggers and harriers, mostly, but not exclusively, people belonging to the middle classes. Some of them, I have found out, even have a reasonable education.

You see them everywhere. Thin ones and shipit ones and obese ones - especially the obese ones - and all of them running pointlessly and endlessly on roads to nowhere, like lemmings to a cliff. The faces are red with effort and twisted with pain. They like the pain too, I suspect, like mediaeval penitents. How else can you explain the circumstances in which your jogger exercises (Ha) his or her neurosis?

Not for them the pretty way. Down a dark street they go, through the grimmer bits. Not that it would matter because the jogger doesn't see a landscape anyway, only the inner landscape of what he thinks of as Health and Fitness. The jogger also likes to do it in the rain, the more freezing the better.



Runners are in the grip of mass hysteria, reasons JACK McLEAN.

Friday and Saturday nights are the best times to show off your obsession too. While everybody else with a normal attitude towards life is down the pub enjoying a pint and a sensible conversation, the joggers are out pounding the streets, lashed with rain. I once drove through the Leadhills - one of the most gloomy and barren terrains of Britain - during a bloody thunderstorm for heaven's sake, and there were hundreds of you idiots scudding along in the mud, trying to dodge the bolts of bloody lightning. It was the first time I truly grasped the fact that you are all half insane. Then there is the Marathon.

There is no more dispiriting sight to the rationalist intellectual like myself here than that of thousands of exhausted morons staggering away clad in hypothermia blankets and with that beatific smile of the true idiot on their coupons as they fondly finger some useless gilded bauble round their necks.

Sometimes such bananas as the foregoing attempt to excuse their absurdity by explaining that they "did it for charity". As all you need to do for charity really is ask for the money for whatever good cause you are espousing, and as all I need to do is put my bloody hand in my pocket, it stands to reason that there is none for running the twenty six miles that Pheidippides bloke did.

After all, he did it for a genuine purpose, even if he did croak at the end of it. And something else too - he did it

on his own. The need to act daft amongst thousands of others chills the bones; it really does.

There is, of course, no point to any of your athletic labours. I should have thought that there were better avenues for your energies than jumping over high sticks or hurling dods of metal the furthest you can. There is in fact every reason why you should cease to indulge - and indulge is what it is - in running. Anybody who voluntarily engages in an activity quite so hazardous to health should be having psychiatric help.

When I discovered - through a past copy of this disgusting magazine - that you people smear your groins and nipples with vaseline prior to your pointless exercises, I wanted to introduce compulsory Social Service and give you something to do with your time.

But worse, far worse, than the reek of vaseline from your groins and tits is the smell of virtue emanating from you people. I say that you cannot glean any virtue at all from out of the over-weening self-indulgence which this running mania represents.

It is, you might think, a strange phrase to use about runners - "self-indulgence". You will point to me with my forty fags a day, and my strong attachment to the amber fluid, and my fondness for rich and expensive grub. But my little indulgences are of the simple, honest, homely kind. Your obsessions with your bodies and your competitiveness belong, I think, to the dark forces.

The Nazis, after all, went in for fitness and efficiency and left Reason behind in the race.

we FEISTED OUT

*Coming
Next
Month...*

WHO ...
WHY ...
WHAT ...
are the
S.A.A.A.,
S.W.A.A.A.,
S.C.C.U.,
and
S.W.C.C.U.?

In next month's issue,
Scotland's Runner looks at
the people and organisations
behind Scottish athletics.

Also: action, news and
pictures from the autumn's
events,

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