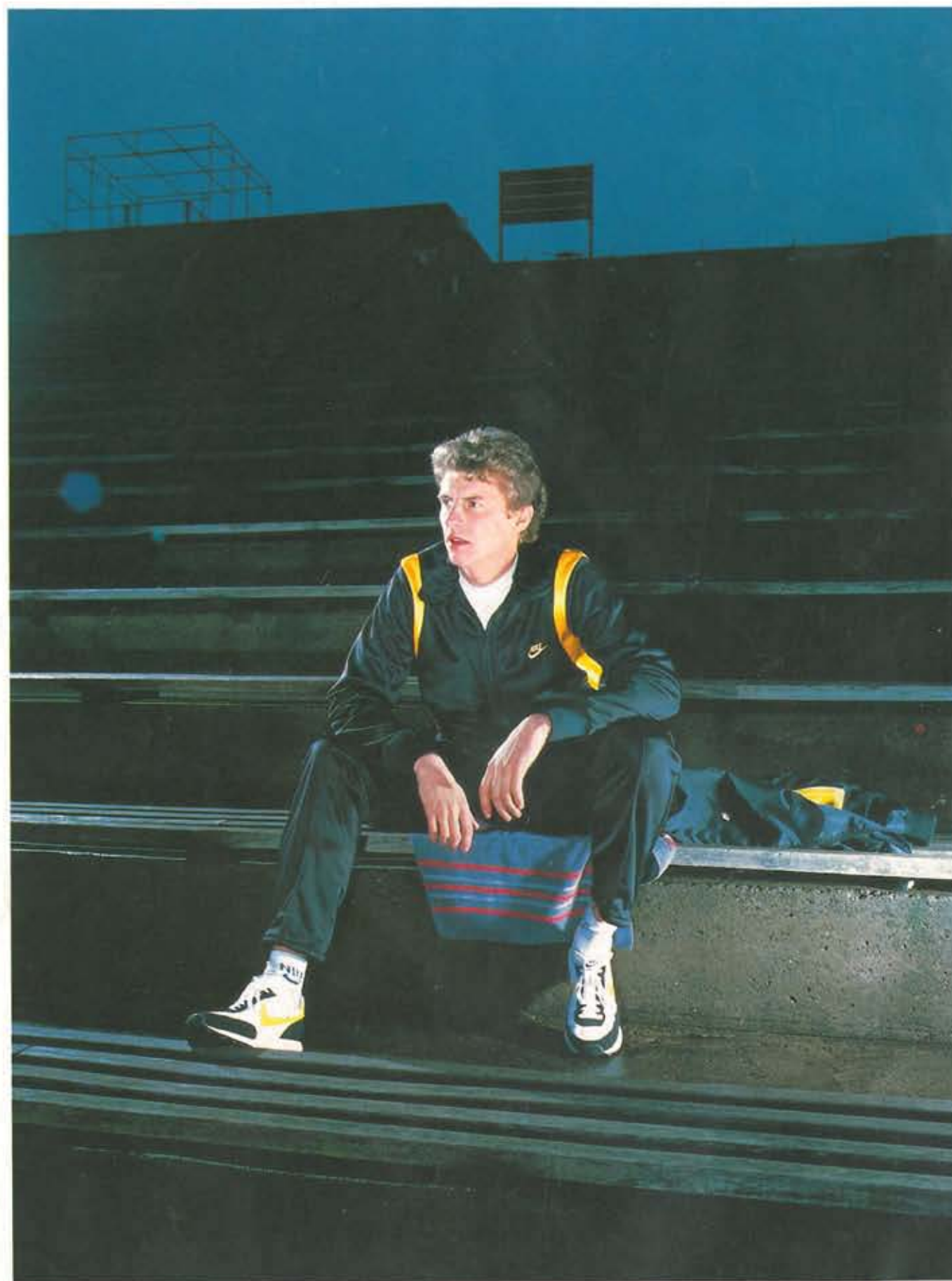




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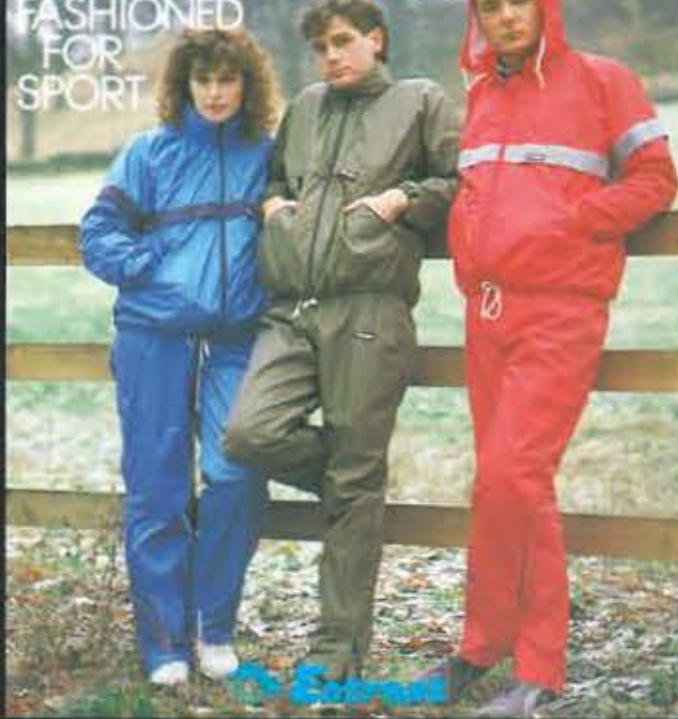
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SCOTLAND'S RUNNER

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Inside LANE

In the late summer of 1882, a man sat down and wrote:

"Tempted by the success which has attended journals of a similar character, by the repeated assurances of our friends that a field existed in Scotland for such a weekly periodical, and by the enthusiasm for amateur athletics, we have been induced to set afloat the Scottish Athletic Journal."

We live in a very different age, but these words, penned by the editor of our long-departed predecessor on its launch 104 years ago, remain apposite for Scotland's Runner as, at the time of writing, we wonder if the summer of 1986, like that of 1985, is ever going to arrive.

Scotland's Runner has, unashamedly, been set afloat because we have been tempted by the success of similar magazines. In the past five years, the widening of the running constituency to include thousands of men and women who previously had no interest whatsoever in the sport has led to significant rises in the circulations of our English-based rivals.

Whether the Scottish constituency is big enough to support a magazine like Scotland's Runner, has, of course, yet to be tested. It would be an exaggeration to say that we have received repeated assurances that it is, but we have already been heartened by the goodwill shown towards the venture from all parts of Scotland.

For the magazine to succeed, that goodwill has to become tangible support. We need, because of our much smaller population, a higher percentage of those involved in jogging, running and athletics to buy Scotland's Runner than do our competitors; we don't, unfortunately, get a discount on overheads because our readership potential is smaller.

Our content spread will be more diverse than a straightforward running magazine, in recognition of Scotland's traditional support and enthusiasm for Highland Games and other contests of strength, speed and stamina. It is our intention to encompass all strands of athletic endeavour, while attempting to present articles which will interest all our readers, regardless of ability, commitment or speciality.

As for the enthusiasm for amateur athletics mentioned by our predecessor, let us, for the meantime, get off on the right foot by saying that our staff and contributors share a genuine enthusiasm for athletics, per se. At least seven of our regulars, including the three editors, have run marathons, with Lynda Bain and Fraser Clyne rather more distinguished than the rest of us.

The attempt to produce a balanced magazine is perhaps best illustrated in the fields covered by my co-editors, Doug Gillon and Stewart McIntosh. Gillon of the demonic drive — nobody who has ever travelled in his car once has accepted a second invitation — covers all aspects of international and club competition in his capacity as athletics correspondent of the Glasgow Herald, while McIntosh's bent is in the direction of beginners and enthusiasts, and in particular encouraging women to get on the run.

One essential ingredient at least is still missing from Scotland's Runner. Although we have gathered together the professional expertise, we need a vibrant input from you, the readers. As well as our letters pages, which we hope will become the forum for the sport in Scotland, we invite contributions, including articles and photographs, for our columns throughout the magazine.

We will make every effort to publish a readable and enjoyable magazine — the rest is up to you.

Nobody loves a selector. Every jogger who ever stumbled, blistered and leg weary towards a marathon finish thinks he or she can do better than these poor, maligned officials. Everyone who ever kicked a football thinks he can do better than the SFA (no rude remarks please.)

So as the Commonwealth Games selectors brace themselves for the four-yearly lashing, let's set the record straight. The Scottish team's original allocation of 33 male and 23 female places is smaller in real terms than in 1970.

There were 35 men in Edinburgh 16 years ago and 21 women. But since then four events (400 metre hurdles, 3000m, 10,000m and marathon) have been added to the women's programme.

That allocation is given by the Commonwealth Games council for Scotland who have consistently refused to increase the figure. That despite the fact that in overall terms Scotland is a stronger athletic nation now than in 1970 (although it does not mean we will win more than the four golds we took then).

Pressure on the selectors to pre-select,

especially in the marathon, was intense. There has to be something wrong with a system that does not get our fastest man on to the start line (See Page 31).

But the selectors, with no room for passengers on a tight ship, dared not choose any but certain starters. Allan Wells and Tom McKean are among those over whom serious injury doubts have been raised on the run-in.

The fact remains that a domestic Games remains the cheapest opportunity to blood young talent. Lack of funds, always the scapegoat when the Commonwealth Games are overseas, should be less of a consideration now than ever before.

The reality is that in the race to stage the first commercial Games, the people who matter most, the competitors, have been left at the post.

National coach Dave Lease admits there are good athletes who will not be in the team. That is a disgrace. But it is not the fault of the selectors, or the sponsors and public who have given generously, and who will give more before the curtain goes up on Scotland's greatest show.

A number of complex factors have conspired to make fund-raising difficult, but at the end of the day, the Games council and organising committee must stand indicted.

Scotland's Runner is not in the business of destructive sniping. So may we suggest that the council establishes a regular full-time fund-raising machine, running, for example a nation-wide monthly lottery. Perhaps readers will let us have their ideas on the subject?

Hopefully then we will not be penning similar exhortations when an even smaller team leaves for New Zealand in four years time.

On the subject of filthy lucre, bank managers throughout Scotland have been a damn sight breezier since the Scottish Amateur Athletic Association offered its amnesty to professional athletes earlier this year.

For many years now, the banking fraternity have been summoning the hapless pros to discuss the overdraft on their overdraft. Then the killing question is fired-in: "Why don't you try to earn some real money by turning amateur?" The usual sheepish reply, concerning a poke of sweeties accepted way back in 19th-century, goes down like a Mary Decker.

Happily, that has all changed. The red carpet is being rolled out for the amnestied athletes.

One bank manager was even heard to say, "My Goad, if they're earning £90,000 for coming fourth, what do they get for winning?"

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A full page of blank graph paper with a uniform grid of small squares. The grid consists of 20 columns and 20 rows, creating a total of 400 squares. The lines are thin and black, set against a white background. There are no margins or additional markings on the page.

Up Front

☐ I will collect it

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The one man who might have challenged him, 6ft 9ins Mark Higgins, whom Capes discovered himself, was not quite in the mood for a serious duel. Preparing throwers tacky, the mixture of resin and Venetian turpentine used to get a grip on the caber, Higgins set his kitchen on fire!

RUNNING SORES



By JIM BLACK

A RUNNER'S best friends are his two feet. Even the introduction of the £100 shoe will not turn a poor pair of feet into thoroughbred's hooves. Within any group of the population a certain number will have some biomechanical dysfunction in their feet or legs or both. Good feet perform well in any shoe, provided they are the correct fit. Poor feet perform badly no matter the shoe which covers them.

It is now recognised that there is a connection between injuries of the lower limb and foot function. Many researchers have highlighted the incidence of injury to the lower limb in patients attending sports injury clinics. The knee is often the

THE changing room before a race usually sounds more like a meeting of Hypochondriacs Anonymous than a gathering of finely-tuned bodies.

Injuries are the runner's Achilles heel. Nothing is more depressing than losing months' of training because a nagging pain that you ignored turned into

a serious injury.

Our panel of injury experts is here to help you. Write and tell us of your running sores and we will try to get you back on the road as soon as possible, while preserving your anonymity.

This month our experts give their golden tips for avoiding injury.

most common site of injury, followed closely by the foot.

The foot is the final cog in the kinetic chain, although some authorities refer to it as the initial cog in the wheel. The foot translates the forces generated by running through the subtalar joint to the ground, absorbing much of the shock and passing the effects of ground reaction force back through the limbs and musculoskeletal system. If there is some problem in the foot, the normal sequence of events during the running cycle is altered.

Excessive torque may then be passed through the legs affecting the knee, hips and even the lower back.

The chiropodist/podiatrist is ideally qualified to identify, diagnose and treat biomechanical problems occurring in the feet, often in cooperation with other medical specialists. A team approach may be necessary if the foot is involved. Then the principle of treatment must be to restore the normal sequence of events which occurs in the foot during running. This is normally

achieved by the use of orthoses which are individually tailored insoles made to casts of the patient's foot.

These may be compared to spectacles which correct a condition of the eye, improving function and compensating for any abnormality. Spectacles are only effective whilst worn, and the same is true of orthoses for feet. Look after your feet and injury free enjoyable running will result.

JAMES A. BLACK, M.Ch.S. is a State-Registered Chiropodist. He qualified in 1965 from Glasgow School of Chiropody and joined the staff as a student teacher. He has been senior teacher since 1974, specialising in orthotics and prosthetics, and lectures in podiatric biomechanics. Is a member of the Glasgow Marathon medical committee, has published papers on running injuries of the lower limb, and is contributing author to the textbook, "Common Foot Disorders". Played rugby for West of Scotland and Glasgow — now a runner, having completed three marathons and a number of half marathons.

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RUNNING SORES

By LENA WIGHTON



GREG McLATCHIE, M.B., Ch.B., F.R.C.S., is a consultant surgeon in Hartlepool and trained in medicine and surgery in Glasgow. At school he represented Dumfries and Galloway in rugby. At university, he won a blue in weightlifting.

For the past two years he has been a member of the Scottish Sports Council's Consultative Body in Medicine and Science in Sport and is currently on the Medical Committee for the Commonwealth Games in Edinburgh in 1986. His research interests include the prevention and treatment of injuries in sport on which subject he has published several books.

He runs as a hobby, and has completed two marathons, London and Glasgow.

By GREG McLATCHIE

1) TRAIN — don't strain

Elite runners may well run a marathon at around five minutes per mile but many of them do their training at six minutes per mile. For most runners therefore, speed is really not critical but the aim is to keep moving for several hours. Therefore, if you are not enjoying your training, ask yourself why. 'Am I running too fast — then slow down. 'Am I doing too many miles — reduce the load!'

2) DO NOT run through the pain of an injury

If you sustain an injury whilst running, no good will be obtained from trying to run through the injury. It will almost certainly result in chronic problems which are more difficult to treat and the end result will be that you have a longer period out of training than if you had treated the injury properly.

3) DO NOT train with a cold or flu-like illness

There is very good evidence that viral illnesses can inflame the coverings of the heart (the pericardium) or even the heart muscle itself (the myocardium). Deaths have been recorded in young sports people who have trained at such times. It is therefore simple commonsense not to stress yourself if you are under the weather.

4) DO NOT "up" your training until you are ready

One of the most impressive examples that I had was a patient of mine who was an elite runner at 10,000 metres. He decided, however, to run a marathon and stepped his training up from forty miles a week to eighty miles a week in one month. His intention was to win a particular marathon. However, even at his level, he could not sustain this and suffered stress fractures in both knee caps. He never took part in the marathon and was forced to have an eight-week lay-off from running. The message is clear — train steadily and increase your mileage gradually until you can cope.

5) WHEN injuries happen, treat them quickly and effectively to prevent chronic problems

Most injuries sustained during running are to the soft tissues, the skin, ligaments, tendons and muscles. As a general rule, injuries should be treated on the SAME DAY. Most people will treat these injuries themselves along the lines of the "RICE" principle. 'R' equals relative rest, 'I' equals ice, 'C' equals compression and 'E' equals elevation. The injured part should be exercised only within the limits of pain. If you feel pain, you are doing too much. An ice pack should be immediately applied to the injured area with some skin protection in the form of Vaseline Gel or towelling and cooling applications should be maintained for five to ten minutes with a few moments rest, then reapplied for a further period. This can be continued for half an hour to one hour depending on the severity of the injury. A compressive bandage should also be applied and if the injury is severe, the affected limb should be elevated to reduce swelling. If these measures, although they

THE term running implies rapid movement and gives the impression that everyone who runs does the same thing — viz. moves all parts of the body from point A to point B at a rate fast enough for both feet not to be on the ground at the same time.

While race distances are statutory, the time taken to complete them varies according to age, sex, level of fitness, and capability. In training, the type of running may not be that which the runner expects to use in a race, but is included to improve fitness.

In competition, there are again differences between sprints, and throws, middle and long distance — not only in the winning performances but also in the competitors. Sprinters do not run like distance runners; their physical make-up is different. Some of the injuries suffered by the different groups are also peculiar to the specific events, but many can be avoided by heeding the training tips given elsewhere on this page, and also using common sense with regard to



LENA WIGHTON MCSP is a senior physiotherapist who has been involved in the treatment of sports injuries since before the 1970 Edinburgh Commonwealth Games. She is physiotherapist to the Scottish Cross Country Union, sometimes the Scottish Women's Amateur Athletic Association and occasionally the Scottish Amateur Athletics Association, among other bodies.

1. Clothing — make sure it is adequate for comfort and protection against our climate, both in winter and supposed summer.
2. Shoes — ensure they fit especially juniors, and are comfortable for either training or track (check base plate position of spike).
3. Diet — eat sensibly, and not just before running

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GLASGOW'S MILES BETTER FOR SPORT

Corporation sannies — the secret that helped build McLaren GAC

The ladies have come a long way from Maryhill. McLaren Glasgow Athletic Club is one of the most powerful forces in women's athletics, but when it was founded at the end of the 1950s it was based on a tiny group of teenagers who were not considered good enough for membership of a new club being set up to attract Glasgow's best female athletes.

The story of McLaren GAC involves several changes of identity from Maryhill Harriers, to Maryhill Ladies, through Glasgow Athletic Club and into its current shape of McLaren GAC.

It was a very unpromising beginning for the club that went on to hold every Scottish record up to the mile and had the unique distinction of three members in the 1970 Commonwealth Games long jump final.

Originally the ladies' section of Maryhill Harriers, the new Maryhill Ladies was formed after an amicable split with the men. Tom Williamson, who had been coaching the women's section at the harriers, formed Western Athletic Club with a view to attracting the best female runners from the Greater Glasgow area into a powerful women-only team. But not all of the young ladies in Maryhill felt sure of a berth in the new club.

At that time Williamson was being assisted by a young PE teacher called John Anderson



IN five years Maryhill Ladies became Britain's most successful women's athletic club, running through snowdrifts in borrowed sandshoes. STEWART MCINTOSH, in the first of a regular series of profiles, looks at the club which transformed the sport when it changed its name to McLaren Glasgow A.C.

(who went on to become Scotland's National Athletic Coach and is now director of leisure and recreation for the London borough of Southwark). Anderson decided to stick with the half dozen or so girls who were unlikely to be recruited into Western A.C. and they formed the basis of what was to become McLaren GAC two decades later.

Leslie Watson, the woman marathon runner who went on to pave the way for thousands of others, says that she will always be indebted to Anderson for his decision to stick with a rather unpromising squad of young ladies. "We were rubbish, that's why we weren't invited to join Western. But John stuck with us and turned us into one of the most powerful clubs in Britain. He poured immense energy into the club and was always coming up with ideas for raising cash — he even bought an old mini-bus and used to drive us as far as London for meetings," she recalls.

Running the club on a shoestring, Leslie recalls that Anderson used to keep members supplied with Glasgow Corporation 'sannies' when their shoes wore out. But Anderson's training methods were controversial. He introduced a combination of long stamina-building runs and tough track sessions to Maryhill Ladies. There was a lot of adverse criticism.

"People used to tell us that he'd kill us, that he was a lunatic, that we'd all burn out," says Leslie Watson. "We got so fed up with all the criticism from the press and other clubs that some of us used to carry medical certificates to prove that we were fit and healthy."

But the real proof of our health was in the number of Scottish titles that we took. John's training methods had transformed us from a crowd of second-rate runners to one of the best teams in Britain."

Anderson looks back on those days in the early 60's with some affection. "We had no track, no equipment, no facilities — we started with nothing. So we needed an objective. I put it to the girls that we should aim to be the best club in Scotland within three years — and that we should be the best in the UK within five. We got as many parents involved as possible and I used my contacts in Glasgow schools to find potential members."

Within three years Maryhill Ladies, as it was now called, had 150 active members backed up by a strong group of adult coaches and supporters.

By 1964 the club could boast first, second and third position in virtually every event at the Scottish Women's Amateur Athletic Association's championships — Anderson believes that they could have taken on the combined might of the rest of Scotland and beaten them.

And he shrugs off the charge that he cruelly over-trained the teenagers in his care. "My training methods were controversial at the time, but all I did was to stop treating women as inferior beings. It was a question of emancipation. We simply started training methodically, with a planned and systematic build-up through the winter towards a successful summer track season."

Anderson's training methods would seem tame nowadays, involving three sessions a week in winter with three sessions plus a meeting in the summer.

"Some people who thought that they were established authorities on the growing female complained, but their views were blown apart when our women started to win," he says.

The club kept to Anderson's schedule for taking top position in the UK when they won the English Women's Cross Country Championships at their first try in 1963, then repeated the sensation the following year.

That first victory was all the more remarkable given that it came after the club's four runners had spent the previous night shivering in the mini-bus which had got stuck in a snowdrift somewhere on the A6. After a sleepless night they thawed out the bus in front of a garage fire, arrived at the venue with a couple of hours to spare and dived into a cinema to hug the radiators to thaw themselves out.

"We had only four runners and it was four to count, so we couldn't afford to let anyone drop out, no matter how miserable they felt," says Anderson. "So I convinced them that all they had to do was finish, and we would have made our impact south of the Border. Nobody was more astonished than I to see Leslie Watson charging for the line in ninth position, then the others came piling in together in 19th, 20th and 21st. They were all average runners, but they lifted their game for the big day — and we were the top club in Britain, just as we had promised ourselves."

Hungry for stronger opposition in the '60s the club set up its own series of trophy meetings. Clubs were invited to Glasgow from England and costs were kept to a minimum by asking local athletes to provide accommodation for the visitors.

These very successful inter-club events were officially classified as "friendlies", but as far as the Maryhill Ladies were concerned, hostilities were declared with every crack of the starter's gun. Prisoners were not to be taken.



A long way from Corporation sannies... high profile sponsorship (above) at McLaren Glasgow AC's training nights, while (below) hurdling prospect Claire MacKintosh goes through her routines

Within a few years demands for entry to the trophy meetings had reached such a clamour that Maryhill Ladies were driven to help set up the "Motorway League". Clubs within easy proximity to the M6 and A74 set up a regular series of league meetings, and the idea soon accelerated down the M1 and then along the M4 in the south of England. Eventually officialdom stopped giving the Motorway League the hard shoulder and the Women's Amateur Athletic Association suggested that a proper UK league system be set up.

Two years ago Glasgow Athletic Club surged ahead of its rivals to become the first club in the UK to arrange a major sponsorship deal for itself.

The McLaren Building and Property Group have pumped in £24,000 over three years in return for which they get their name incorporated into the club's title — now McLaren Group Glasgow Athletic Club — and on the tracksuits.

"The sponsorship deal has helped the club in lots of ways," says Sandra Whittaker,

Scottish 200 metre record holder. "It means that youngsters who are chosen to represent the club don't have to worry about their travel expenses — and to girls from big families or whose dad is unemployed, that can mean the difference between staying in the sport and drifting away."

Chief coach Jimmy Campbell was brought into the club by John Anderson when he turned up to watch his daughter running. Like the other coaches in the club, Jimmy has gone through the SAAA coaching system and believes that McLaren GAC's coaching programme provides the backbone of the club's success. "I've always taken the view that big is beautiful," he says. "By having a big club we have been able to provide good coaching, good back-up for the members and now we can offer some financial support for travel expenses."

What is the secret of their success? They have a coaching and parents set-up that would be the envy of most clubs in the UK and they were first to take the money and run,

laughing all the way to faraway tracks while men's athletics dithered about whether it was proper for a distiller to sponsor the Commonwealth Games, but not for another sponsor to put his name on the back of a club tracksuit.

Anderson and Campbell also believe that top-class competition plays a vital role in the development of a top class club — and over the last 25 years McLaren GAC has shown that if the competition was not there, the club was willing to go hunting for it, or if necessary create its own competitions to ensure that members stayed as sharp as possible.

But what about those Glasgow Corporation sannies — did John Anderson really give them to the girls when their shoes were wearing out? He bursts into laughter and says "I'd forgotten all about that! But no, I deny it — if I didn't deny it we'd have queues outside Southwark Borough Council looking for free running shoes and they're a lot more expensive nowadays than the old Maryhill sannies!"



cantabrian



International discus thrower Claire Cameron.

The miracle of running on water

Beware food cranks! In easy lessons this monthly column will explain the basis of diet and health for athlete or slob. Do expensive commercial wonder-foods really improve performance? How are you to know? Our resident nutritionist, Professor JOHN HAWTHORN tells you.

Step on the scale wearing nothing but your birthday suit and a happy smile. You're perhaps a bigish chap in good enough trim but with just a suspicion of that bulge above the hip-bones that's not beef. The scale reads 70 kilograms, or if it should be an old-fashioned one like mine, 11 stones exactly. You probably stand just an inch short of six feet.

It does not take an Einstein to work out that all that brawn below you has been built up from the food you have eaten. But if you analyse that too, too solid flesh you will find that it consists of 43 kg water, 12 kg of protein, 11 kg of fat (yes!) and 4 kg of minerals. Cheap enough stuff. You could buy the lot for £20, but the tricky bit is fitting them together to make a woman or a man.

Look at these figures again. Water is by far the major component. It makes up over 60% of your body weight. Lose 2 kg of it and you'll feel pretty uncomfortable, lose 4 kg and you will be disabled, lose 8 kg and you will be dead.

We lose it from our bodies in urine, in sweat and by evaporation from the internal surfaces of our lungs as we breathe. Resting quietly in cool surroundings calls for an intake of a kilogram per day, but an athlete in training or a labourer in the tropics may lose as much as 4 kg a day in sweat alone. This must be replaced.

And now for the lassies. The men don't bother too much about their shape as

THE WELL-FED Runner



JOHN HAWTHORN is Professor Emeritus in Food Science at Strathclyde University, and has lectured on nutrition around the world.

long as they win. The women want to win and have the right curves in the right places. Girls, your genes will always have the last word, and if God and your parents gave you small dumpy gene markers you had better make the most of it, because you cannot change that shape and still be healthy.

Even if you are very slim and fit, you will be carrying more fat than a corresponding man of the same height and weight. This can be calculated by using the old Archimedes principle of weighing a person in air and then under water. In tests done on a group of young Edinburgh Scots aged 18-22 years, the

men averaged 11% fat as against the women who averaged 26% even the skinniest was 18%. But don't despair, girls, on my international list only the Tokyo femals were lower than the Scots, and the men don't open doors for them!

There is a good biological reason for this extra adipose tissue. Your extra fat and the shape of your pelvis may slow you a bit on the track compared to the men, but in other ways it makes you tougher, less likely to die of exposure (look at the statistics of exposure deaths from blizzards on the Scottish mountains), better able to deal with starvation and longer of life. During pregnancy you will lay down an extra 4 kg of adipose tissue to help you deal with the demands of lactation. So this extra fat that you carry compared to the men is an advantage on the whole, especially in the marathon, although it will not help you run a four-minute mile. Besides it helps to keep you warm!

This extra fat makes the regulation of liquid intake even more important than for men, and the same advice applies. But don't imagine that it is a clever idea to use an anti-perspirant to prevent water loss during training or in competition.

So if you must use them, keep the cosmetics for the candle-lit dinner. And if he is really keen, a little bit of sweet fresh sweat won't put him off. At any rate, it never did me.

The water in your body is the medium through which the explosive energy of the sprint or the endurance of action of the long-distance runner are controlled. It is the most important short-term item in your diet, and it does not all come from what you drink.

Most raw vegetables and fruits are at least three-quarters water, most meat and fish dishes are about half water, and even bread, which we think of as a dry food, is around 38% water. You probably eat just a bit over 1½ kg of food each day. About 1 kg of this will be water. So fruit and veg. with their high water content are both food and drink and this kind of drink carries with it these mysterious trace nutrients upon which physical efficiency depends so much. But more of these later.

Dietary hint

MAKE sure that your water intake is adequate. Thirst is a good but not a certain guide. Dark urine usually means that you are not drinking enough and becoming dehydrated. If you are healthy and taking enough fluids, it will normally be straw coloured or pale yellow. Keep an eye on the contents of the john. Plain water may be dull, but it is probably the best all-round drink for the athlete, but tea, coffee and soft drinks are fine so long as you keep watch on the sugar you get from them.

•NEXT month - food, energy and energy drinks.



Can women run the world?

ALTHOUGH she has run the fastest marathon ever by a Scottish woman, Lynda Bain regards herself first and foremost as a fun-runner.

The 29-year old school librarian from Aberdeen may have been robbed of the opportunity of Commonwealth Games glory because of injury, but as upsetting for her is missing her regular running.

"I think it is because I believe there is a lot more to running than just one competition that I am not too disappointed at missing the Commonwealth Games," she says. "I am quite happy just running. I don't really think of myself as an athlete because I did not come up through the clubs."

Lynda started jogging five years ago when encouraged by Leona Hart, a fellow librarian at a former school. It was intended simply as a

FROM fun-runner to record-breaker in five years - that is the remarkable progression of Lynda Bain, Scotland's fastest marathon woman. Graeme Smith of the Glasgow Herald introduces the Aberdeen housewife who, with the help of Scotland's Runner, could help reshape your body and your life.

means of getting fit, but Lynda found it a relaxing way of unwinding after a day's work. Her regular training runs are from Dyce Academy, where she works, to her Newmachar home eight miles away.

Six months after her first jog Lynda ran the Aberdeen Marathon in 3:21.00 which she still regards as the best of her 12 marathons in spite of having recorded the Scottish best of 2:33.38

"Can women run the world" is the slogan for the 15th annual L'Eggs Mini Marathon in New York. Thousands of women take to the roads in Central Park and run 10,000 metres together - and they have a great day.

Who says women can't run Scotland then?

More and more ladies are taking up running. A thousand women took to the streets of Glasgow to run the 10K OK last June. We had a super day... a special day because we were all running together. It didn't matter how long you took, or what age you were. Husbands, children, friends and neighbours all turned out to give us a cheer. Maybe you were one of those women who watched last year. Didn't you feel like joining in with all those enthusiastic and smiling runners? It was a great success again this year, so come on!

Every woman has her own reason for starting to run. Mine was to lose weight. I felt the pounds going on and took up horse-riding - until my friend Leona (who is 15 years my senior, has a full-time job and three of a family) shamed me. She said why let a horse do the work? I'd get more pleasure on my own feet, and I'd lose more weight! So off I went.

Five years later I still love it, and I feel great! Running is the easiest of exercise to fit into your life. You can sneak out for a quick 10 or 20 minutes any time of the day - while the tea is cooking, at lunchtime if you have a job, or before the children get up in the morning. It's up to you.

You will tone yourself up. You won't necessarily lose weight, but you will become a different shape. My size 16 trousers are now a size 10 or 12! No more



Size 16 trousers? Not any more for Lynda Bain.

rolls of fat around my middle. Your shape will improve. You will look slimmer and feel firmer. And all that fresh air! I don't know any runner who has problems sleeping at night.

Some people expect to feel tired when they start running. On the contrary, it's refreshing. If you feel sluggish, nip out for a jog, have a hot shower, and you'll be ready to face the world again.

If you are worried or anxious, a leisurely run in a nearby park or in the countryside will give you time to think. Your run can give you a 'breathing space'.

Running can also be very sociable! It's very pleasant to run with a companion, or in a small group. Chatting to a friend as you run ensures that you don't set off too quickly on your first outings. It's known as the "talk-test" - if you are running at the

correct pace you should be able to talk.

Having caught the running bug herself Lynda now helps others tread the road to fitness. She and Leona organise annual women-only events and one last month attracted more than 200 entrants. A similar turnout is expected for a three-mile women's run in the Duthie Park on June 22.

"I think a lot of ladies are put off running in mixed events because they end up at the back," she says. "I was last in the first race I entered and was the only woman. We want to encourage more ladies to enjoy running and quite a few have moved on to other events."

Lynda herself is back training after a prolonged spell of injury and hopes to race for the first time in several months at the Turnbull 10k in Inverness on July 20.

There are several ways of meeting fellow runners - join a running or jogging club, persuade a friend or relative to come with you (it's easier to do this now when the weather is warmer), or write in to us.

Scotland's Runner is offering to put women subscribers in touch with each other. When you fill in a subscription form (page 3) write on a separate piece of paper the area you run in, stage you're at (complete beginner, able to run 20 minutes, able to do a 10 kilometre run, etc), and the time of day at which you prefer to run. We'll then try to match you up with a running companion.

So if you want to start running, this is your chance - post off the details today. Don't put it off till your cold's better, or until the visitors have gone... Someone just down the road could be waiting to get started. And if they had you for company there would be no stopping them. With the weather improving daily too, you'll get a great sun tan, or at least a healthy glow! So grab your chance - who says women can't run Scotland - and the world?

yesterdays...

NEARLY 104 years ago another Scottish athletics magazine was launched. But author JIM WILKIE goes back even further than that as he traces the roots of the sport.

SCOTTISH ATHLETIC JOURNAL

Athletics are perhaps not as old as the hills, but the first contests were probably patterned on ancient, sacred rites which go back thousands of years to the Asian steppes or African grasslands. It is thought that the Indo-European races, when they invaded Greece from the north, brought with them traditions of funeral games to honour the departed. On appointed days, and sometimes beside the actual tombs of figures of renown, the Greeks began to celebrate by holding 'rhetorical contests' (philosophical debate), exhibiting new sculptures, and performing music and poetry.

Modern track and field athletics, however, are barely one hundred and fifty years old and, like many contemporary British sports, owe their early organisation to the educated classes. First, at the Royal Military College, Sandhurst, then at English public schools and universities, annual sports days would be held and a cross-country race was inaugurated at Rugby in 1837.

By the 1860s young men from poorer backgrounds were finding opportunities to participate, but not without opposition from some quarters. When the Amateur Athletic Club (founded 1866) organised its first national championships, the three categories of runners in the country were professional, gentleman amateur, and amateur, but the AAC would have nothing to do with amateurs who actually worked for a living! The AAC, however, was superseded in 1880 by the Amateur Athletic Association, and class barriers began to be broken down.

In Scotland the sport followed a similar pattern of development, with St. Andrews and Edinburgh University Athletic Clubs to the fore, and successful meetings were established at the grounds of West of Scotland and Queens Park. Competitions were mainly amateur but the occasional professional would appear if someone would accept his wager.

Professional football clubs were also making great advances at this time and, as more clubs were beginning to organise athletics meetings in the summer months to add to their revenue, the time seemed ripe for a Scottish journal to reflect the masses' growing interest in sports.

In this decade one hundred years ago,

a weekly sports paper was published in Glasgow and its first edition (1.9.1882) makes interesting reading.

Tempted by the success which has attended journals of a similar character, by the repeated assurances of our friends that a field existed in Scotland for such a weekly periodical, and by the enthusiasm for amateur athletics, we have been induced to set afloat the "Scottish Athletic Journal".

It was to concern itself purely with amateurs — "Scottish amateur athletics at the present time are free from all the evils which are to be found at English athletics meetings, and it is hoped that they may long remain so". It promised to "speak out fearlessly" as "evil" could only be cured by "plain speaking" and, should they find it necessary to express their opinions "in strong language", it would only be because they had "the higher interests of sport at heart".

A column for readers' letters was to be established and, significantly, the editor made a point of saying that although published in Glasgow, the journal would be national and not local or parochial in its outlook. Indeed, special attention was to be devoted to Edinburgh in the hope that the paper would be "the means of drawing closer the bonds of friendship which should at all times unite the metropolis with Glasgow".

Such magnanimity was soon to be put to the test.

In February 1883 the formation of the Scottish Amateur Athletic Association was announced in — Edinburgh. The Journal's Athletics columnist "Black and Gold" was assigned to the story and immediately put it on record that his esteemed Editor was not happy. For in this "most absurd, not to say laughable, pseudo Association", all of the clubs on

the list were rugby clubs, "some placed there without their sanction", office-bearers had been appointed and a gentleman's name put down to give a "tone" to the Association, "though he had not consented", and only three clubs of the 13 named actually held sports meetings (none but clubs which held open sports could join the English AAA.)

The 13 were Edinburgh Academy, Institution, Loreto, Royal High School, Collegiate, Watson's College and Blair Lodge, Glasgow Academicals, West of Scotland, St. Andrews University, Edinburgh University, Edinburgh Wanderers and — "shade of Moses!" — the Fettesian Lorettonians.

"Black and Gold" lamented the laughable lack of knowledge on the part of the "Edinburgh wiseacres" who had "tried their prentice hand at forming a Scottish AAA" and applauded the nobility of Glasgow University and Queens Park who "refused to have anything to say to an Edinburgh organisation". Nothing less, it would seem, than a Glasgow-based association of western athletics clubs would do — possibly with the participation of some professional football clubs — and "should our Edinburgh friends wish to join afterwards, by all means welcome them". Otherwise, "their association has no chance of being national and must be purely local".

The halo of the Scottish Athletic Journal was beginning to slip, but at least it was succeeding in one of its editorial aims, viz. to make the a paper "readable and entertaining".

If "Scotland's Runner" can do the same, it won't go far wrong.

Jim Wilkie is author of "Across the Great Divide" a history of professional football in Dundee.



Life beyond the marathon



DONALD RITCHIE owned a sackful of world ultra records but only one pair of running shoes — and he'd paid for them himself. **BOB HOLMES** examines the realm of megamarathon man and woman, a world of outrageous feats and even more bizarre diets... like eel broth, and sherry and egg cocktails. Have you the stomach for the ultra?

If the current trend toward shorter distance races represents 'a return to sanity' among road runners, then there is a tiny but determined breed still out there whose ideas demand the urgent attention of the men in white coats.

Known as ultramarathoners, these intrepid horizon-hoppers regard 26 miles and 385 yards as a mere warm-up and often run twice that distance before getting into their stride. But far from being cranks, they are, in many ways, cannier than their shorter distance counterparts for they run at a more comfortable pace, the strain is less, and the satisfaction from finishing can be greater. So perhaps it is no coincidence that two of the world's foremost exponents of this peculiar art are Scots.

Leslie Watson and Don Ritchie lead lives that are as different as Mayfair is from the Moray Firth — their respective neighbourhoods — yet in 1983, on a memorable afternoon in North London, both set world 50 mile records with similar exhibitions of sustained endurance. Ritchie shaved 99 seconds off his own world mark to set a new one of 4:51:49 while Watson cruised comfortably past the previous best with 6:20:42.

Yet that occasion was an all too rare double bill for the Scots who represent opposite poles of the running spectrum. Indeed, their experiences over the past decade illustrate perfectly how the marathon became the glamour event while races beyond it have attracted the kind of media and spectator interest that would have a leper colony looking into public relations.

As the London-based physiotherapist has become one of road running's more familiar, not to mention pretty, faces with a modest marathon best of 2:43:58, Ritchie, despite several super-human performances and a sackful of world records that have made him a legend in his limited circle, is almost unheard of outside it. Such was the recognition afforded our unassuming hero that until 1983 no footwear firm had deemed him worthy of a free pair of shoes. And then one did so only when prevailed upon by an outraged journalist who had seen that Ritchie was about to do to his soles what he had already done to the opposition.

But just as the 40 year old Forbes Harrier's incredible 6:10:20 for the small matter of 100 kilometres and his barely believable 11:51:11 for 100 miles failed to merit a line in the national press, Watson's achievements beyond the marathon have scarcely been noticed, either. The lovely Glasgow lassie, who is fast approaching 40 herself, first broke the 50 mile mark on the road back in 1981, yet it has been her subsequent appearances at 26.2 miles in London and New York and everywhere from Reykjavik to Rio that have caught the eye. And for confirmation of the ultra's lack of coverage, one has to think only of Scotland's own 'classic' Two Bridges race — and how little we hear about that.

However, long, long distance runners have not always kept such a low profile or had only a limited purpose. Long before Lunaris pillows and computerized soles, Neolithic man



Jeff Norman (left), leads Mike Critchley and Donald Ritchie (right) in the Manx Airlines 50 kilometres race last year.

hunted the migrating herds... and survived on protein rather than carbohydrate. The Romans and Greeks used messengers to tell tales of battle and, more recently, footmen used to race ahead of their masters' coaches to reserve rooms at roadside inns. The Incas had fresh fish brought hundreds of miles by foot from the sea, and even today the Tarahumara Indians of Mexico and the Masai of Africa think nothing of running for days on end.

Recent evidence suggests that even Pheidippides, the legendary Greek messenger who is generally credited with having started the whole marathon business back in 490BC, ran, not from Marathon to Athens, but from Athens to Sparta — a distance of 155 miles — and there is now a race to commemorate this longer version. It is called the Spartathlon — what else?

But ultra running did not enjoy its one golden age until Victorian times. Then, for a brief but bizarre period, the amazing 'go as you please' six-day foot races flourished to become the most popular spectator sport in Britain and America.

Competitors had 144 hours to see who could go the furthest, running, walking and resting,

around a tiny track — usually eight laps to a mile — in a crowded, smoke-filled arena. Prodigious distances were covered and it was not until the modern revival that the 623½ miles set by George Littlewood in Madison Square Garden, New York in 1888 was bettered.

In those days interest was high, with thousands packing places like London's Royal Agricultural Hall to cheer and bet on their heroes who could win fortunes in a few days. One Charles Rowell earned no less than \$50,000 for two races in 1879 — almost 100 years' salary in just 12 days! But once Littlewood had pushed the record out of reach, these colourful occasions in which beef and eel broth, egg and sherry concoctions, mustard baths and scarificators were regularly ministered to the contestants, gradually died away through lack of interest.

Today's ultra marathoner not only has the widest choice of events he has ever known but the widest variety of locations. The current fixture list covers races from 30 miles to 1,000, from the track to the trans-continental, and such places as Westminster bridge, El Dorado Canyon, the forests of Finland and the foothills of the Drakensberg all echo with the pitter-

patter of toiling feet. Only two, however, rise above the now traditional low-key atmosphere of two men and a dog.

The biggest, oldest and boldest of ultra classics is undoubtedly the Comrades Marathon in South Africa which, in spite of the name, is 56 miles long and run alternately 'up' and 'down' the sun-soaked highway between Durban and Pietermaritzburg. Founded in 1921, it has become part of South African folklore and attracts no less than 12,000 runners of all nationalities.

The closest the modern ultramarathoner can come to the atmosphere of the late 19th century is at Le Six-Jours in La Rochelle in France, where in the confines of an indoor sports hall a 144 hour epic competes for attention with a week-long festival of sport and music. With other events to entertain the crowds and interest in the race gradually built up to a frenzied climax, the megamarathoner experiences the

rare treat of running before 10,000 people — and generally seems to respond, performances on the 200 metre track being of a high standard every year.

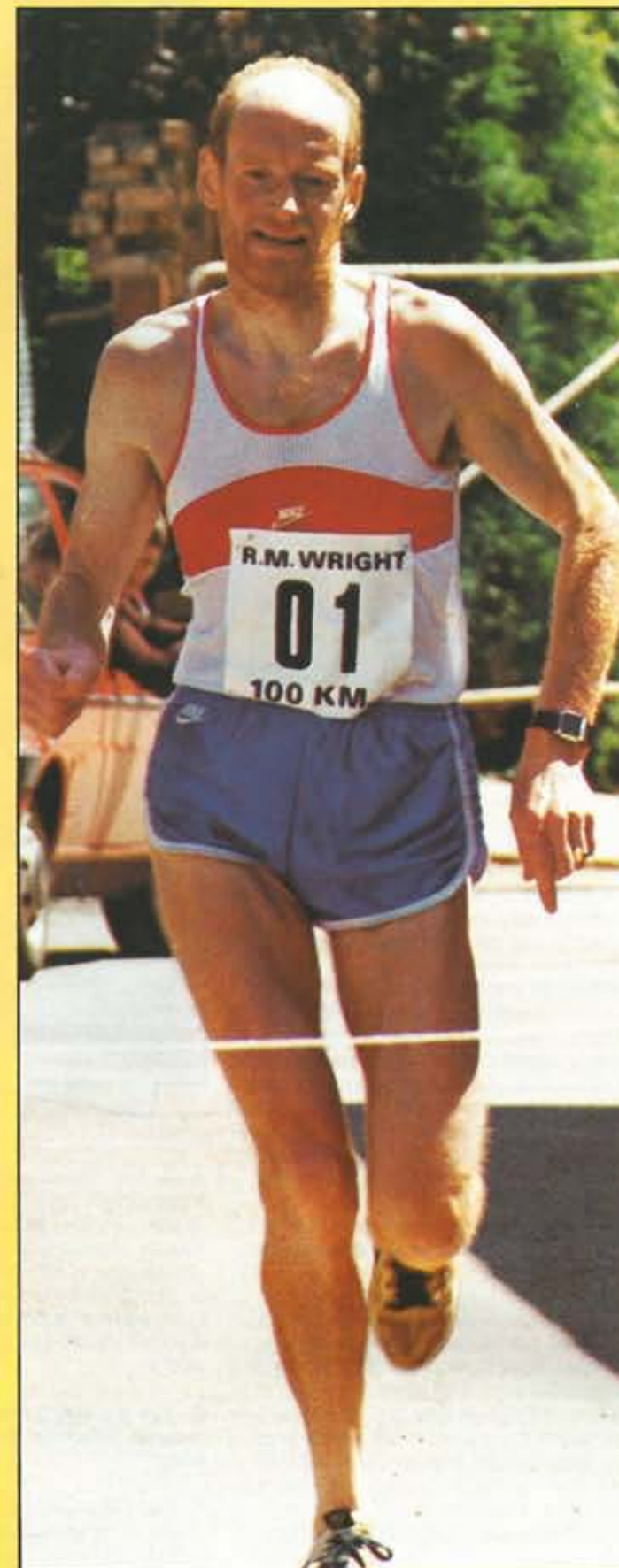
Not surprisingly the United States stages more ultra races than the rest of the world put together with the tough Western States 100 Miler and the Old Dominion Endurance Run offering challenges in cowboy country. Australia has recently jumped on the mega bandwagon with its Sydney to Melbourne 1000 kilometres and a six-day race in Victoria, while continental Europe encourages the 100KM as a fun run!

So if a runner can go the distance, he can certainly see the world and, although he may be unlikely to become a household name or build a bulging trust fund, he will always find a new challenge. Just as men climb mountains because 'they're there', ultramarathoners will never stop running over the horizon.

RITCHIE'S WORLD RECORDS

•40 miles	3:48:35
•50 miles	4:51:49
•100 kilometres	6:10:20
•150 kilometres	10:36:42
•100 miles	11:30:51

His best marathon is 2:19:34



Best-selling novelist TOM McNAB, former Scottish champion in the triple jump and national athletics coach, looks at the life, times and future of Britain's greatest sprinter.

Can Wells Stay King of the Castle?

Talking to oneself has long been viewed as one of the first signs of insanity, but when asked to analyse Allan Wells I decided that a retreat to such a condition might well be best. Below, therefore, I talk to myself about Scotland's greatest sprinter. All correspondence on the subject can be routed to me through my psychiatrist, c/o Scotland's Runner.

Q. When did you first meet Allan Wells?

A. I think it was in 1977. I was in charge of the national sprint squad (my year's budget was about £600, the amount it costs to pay Carl Lewis to tie his laces) —and I invited Wilson Young and his group down to Crystal Palace to my Southern Olympic Camp which I was running parallel to my national sprint squad.

Q. Did Wells make an immediate impression?

A. Well, he certainly looked the best of a very good bunch, which included Drew McMaster, Drew Hyslop and Scott Brodie. I was to make use of Scott three years later in 'Chariots of Fire'. He was the 'Frenchman' who knocked over Eric Liddle. At that time Allan had run somewhere around a hand-timed 10.4, having previously been a 7-metre plus long-jumper. He as a lean, rangy runner, and like all of Wilson's group had a great intensity, a great seriousness.

Q. Was that the first contact you had made with the Scottish 'professional' method of training?

A. In any direct sense, yes. But I had studied professional athletics for more than 30 years. Bradley, who was Wilson Young's mentor, was himself part of a long line of great Scottish professional trainers. Central to all of these coaches is the quality essential to all good coaching, great belief in what they are doing. And it's infectious. It works.

Q. You are saying that it's not the method, but that the belief has a sort of placebo effect?

A. Partly. But I believe that the central core of any training-method must be soundly-based, and that is clearly so in the case of Wilson Young's method.

Q. What were Wells' strengths at this point?

A. Essentially they reflected the strengths and weaknesses of Wilson Young's training programme. First, outstanding body-strength, particularly in the abdominals and arms and shoulders, the latter the product of speed-ball training. Second, the use of handicap-racing in training was beginning to hone him into a fine competitive animal. This last is one of the strongest elements in the 'pro' training regime, conditioning a man to hold firm under competitive pressure.

Q. And his weaknesses?

A. A rolling, side-to-side start, which nullified his immense leg-strength. I believe his start and pick-up could have been the best in the world. Even at 34 it could, with work, be good. Another weakness was over-tenseness in the upper body, which

causes excessive deceleration in the final part of the race.

Q. Have you seen any essential change in these strengths and weaknesses over the years?

A. Not really, but the strengths have got stronger and the weaknesses no worse. Allan needed a technical coach in his early years of sprinting, because the professional method seemed to me to have little technical content, at least at that time. But added to the equation since I first met him has been the best-focussed 'sprinting will' that Britain has ever seen. When Allan is switched on, he is virtually unbeatable.

Q. Did you think that he had Olympic medal potential when you first saw him?

A. No. I'm always amazed at the prescience of many coaches. You can detect talent, but genius... The only athlete I have ever met whom I thought of having immense talent from the beginning (but I had no thoughts of Olympic medals) was Daley Thompson. Allan, when I first met him, was simply the best of a very talented squad of Scottish athletes.

Q. Do you think that his Olympic performance in Moscow has been undervalued?

A. Undoubtedly. I think that if the Americans had been there, Allan would probably have copped them as well. He was hot, he was focussed, he was ready in Moscow.

Q. Do you think that he was unlucky in losing to Mennea in the 200 metres?

A. Caesar said that luck follows the strongest battalions! And remember that Allan only won by the thickness of a vest in the 100 metres. I think Allan, in the 'blind' outside lane, ran the bend too hard and this, combined with the lack of relaxation I've mentioned earlier, lost him the race. Had he been inside Mennea he would have paced it better, stayed looser, and could have won by half a metre or more.

Q. What of his record since then?

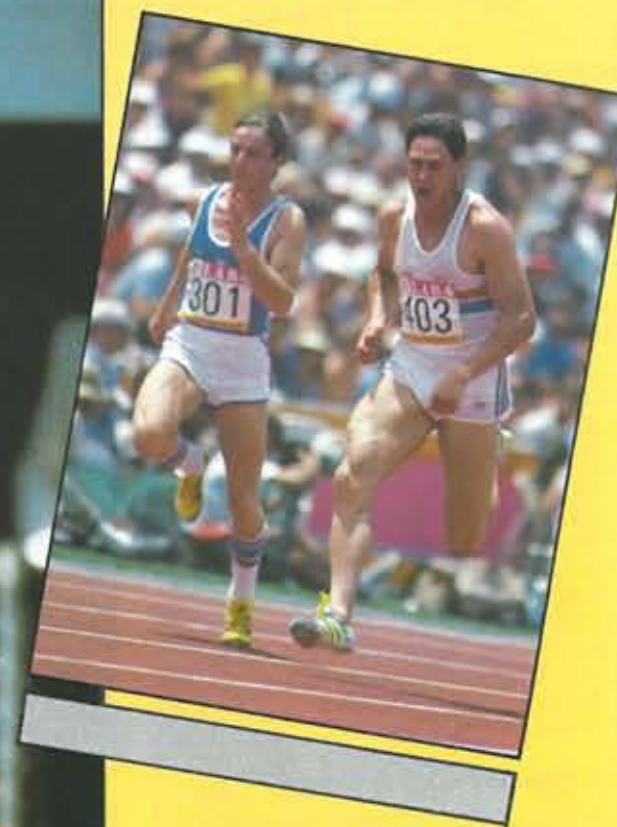
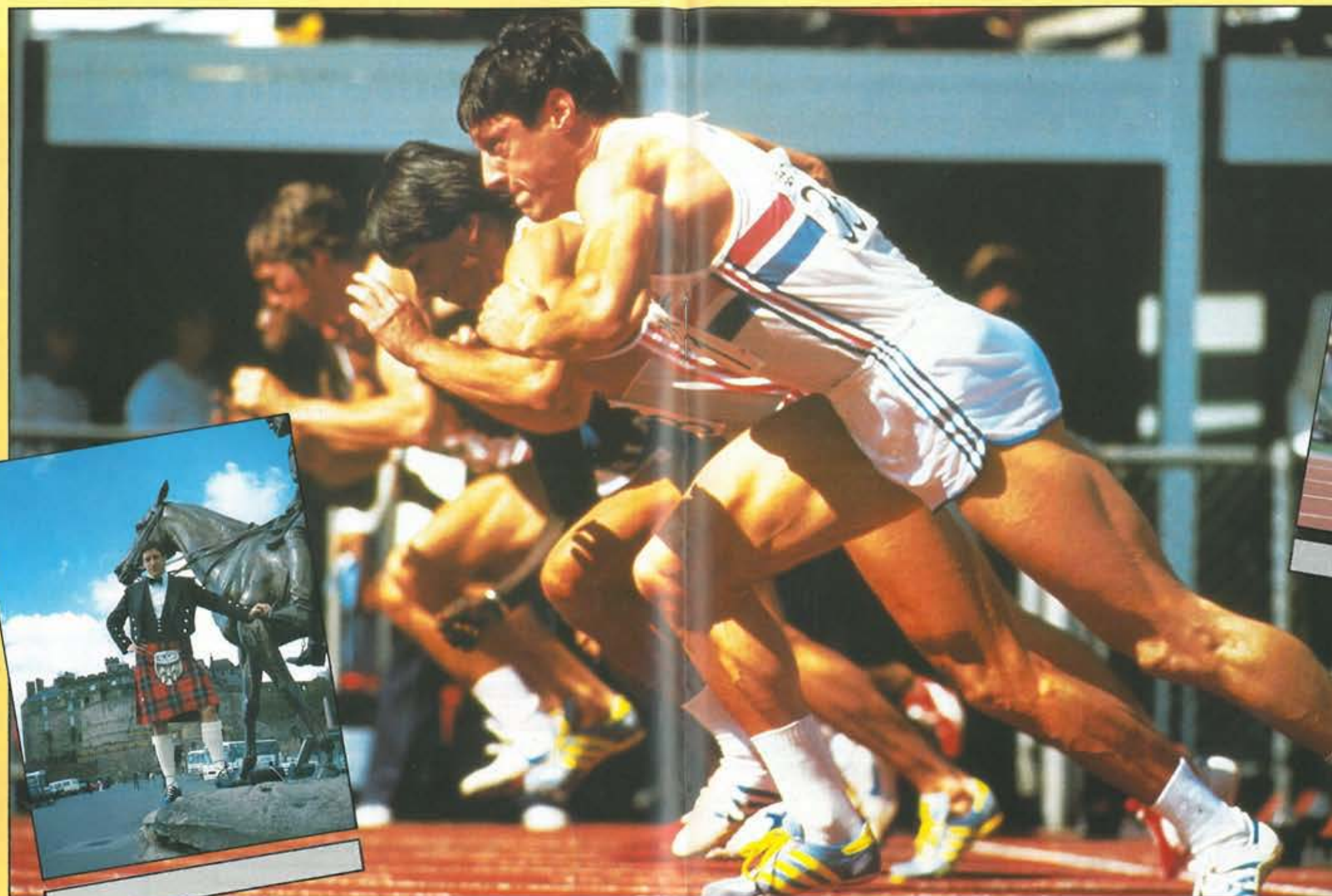
A. Immediately following Moscow, it was superb. He took on and whipped the best men in the world in the Golden Sprints, the World Cup, etc. His major problem since then has been the sprinter's bugbear —recurrent injury.

Q. Do you think that he should have moved up to 400 metres after 1984?

A. No. He was, in any case, injured at that time. But Allan, though I'm certain he could have run inside 46 seconds for the distance would always, I think, have had trouble over the final 100 metres. If he had been going to move up to the longer distance, it would have to have been earlier, and he would have to have done a lot of work on technique and relaxation.

Q. Can he make it back to the top?

A. Yes, provided he can keep clear of injury. This probably means a limited racing programme and also caution in terms of training-volume, if only to cut



Can Wells Stay King of the Castle?

down the odds of re-injury. My information is that his time-trials are going well and I feel that he can probably come back to inside 10:20 and 20:3 with his main Commonwealth medal chance being in the longer distance. More important than any times, he can come back to winning races. But his aim will be to take it a step at a time, to get into the British team, then into the Scottish team, and then to take it heat by heat in the Commonwealth Games.

Q. And the odds against a gold?

A. Pretty high I would think, but if he can close in on 10:10 in his semis of the 100 metres then he will trouble even the Canadian, Ben Johnson, and the Nigerian, Chidi Imo. I see him going inside 20:5 for the longer dash and being a real gold medal prospect again if there are no injury-hiccups on the way. You see he's been there he's now 34, and he's got nothing to lose. And he'll have every Scot in the stadium behind him, me included, going at full blast!

Q. What do you see as his future?

A. If he has a good '86 season, there's no reason why he shouldn't stay on till Seoul '88, though by then he can't expect much more than an outside chance of a relay medal. I would wish all of this and more for him. More importantly, I would hope that we could later harness that immense experience and knowledge in some way for the benefit of British — but preferably Scottish — athletics. Then Allan Wells and his competitive spirit would be running years later in the legs and hearts of young Scottish sprinters.

Q. Do you think he has suffered from his changes of coaches?

A. Undoubtedly, though one has to say that many athletes either discard or modify their relationship with the coach who has brought them to the top. A break with, or

change of attitude to Wilson Young, was therefore probably inevitable, though if I had been in Allan's place I would have bound Wilson Young to me with hoops of steel, unless our disagreements had been absolutely fundamental, for coaches of his calibre are rare. Allan has given me the impression over the past few years of being in search of a guru to replace Young.

THE MEDALS

100m Commonwealth Games, Edmonton.	10.07 2nd.
200m Commonwealth Games, Edmonton.	20.12 1st.
100m Europa Cup Final, Turin.	10.19 3rd.
200m Europa Cup Final, Turin.	20.29 1st.
100m Olympic Games, Moscow.	10.25 1st.
200m Olympic Games, Moscow.	20.21 2nd.
100m Europa Cup Final, Zagreb.	10.17 1st.
200m Europa Cup Final, Zagreb.	20.35 2nd.
100m World Cup, Rome.	10.20 1st.
200m World Cup, Rome.	20.53 2nd.
100m Commonwealth Games, Brisbane.	10.02 1st.
200m Commonwealth Games, Brisbane.	20.43 1st equal.



Allister Hutton

Now in coming back to Edinburgh to prepare for his assault on the Commonwealth Games he has returned to his roots, if not for coaching, then for atmosphere, and that might just do the trick.

Q. Do you think that he has been well-served by the Press?

A. No I think not. This may lie partly in the Press' obsession with middle-distance running, but may also lie in Allan's natural reserve. He is simply the greatest short-sprinter Britain has ever possessed, and by a considerable margin, and I don't think the Press have given him credit for that.

Q. Do you think that he has enjoyed his athletics?

A. Sadly, I don't think he has, or at least not as much as he might have. I remember, back in 1977, I took the national sprint squad to Nice on a shoe-string trip. We all had a helluva time and I particularly remember us playing volley-ball out in the open one day at the Nice Stadium. Allan was as happy as a sand-boy, diving about like Peter Shilton, taking the same amount of stick as everybody else. I sensed then that he wasn't used to training in that sort of atmosphere of fun. I think that the closed, inward-looking attitude of much of Scottish training and the 'here's the us, who's like us' perspective have done him little good.

Q. Do you think that he is bitter that he hasn't been able to cash in on his Moscow success?

A. Well, the £28,000 that he is alleged to have lost in the pre-trust period presumably didn't come from saving up box-tops! But any earnings were not of present-day dimensions. I believe that if Allan had been well-managed in the 1980-86 period, he would be very comfortably off by now. I would be surprised if he doesn't feel envious of the earnings the top runners are now making. I certainly would!

McNab still plays rugby regularly, running his own team, the Dunstable Geriatrics, a celebrity outfit who play mainly for charity. The side includes Paul Dickinson, a former England Schools No8, better known as an international hammer thrower, javelin man Brian Roberts, and former UK decathlon record holder Peter Gabbott.

McNab still plays rugby regularly, running his own team, the Dunstable Geriatrics, a celebrity outfit who play mainly for charity. The side includes Paul Dickinson, a former England Schools No8, better known as an international hammer thrower, javelin man Brian Roberts, and former UK decathlon record holder Peter Gabbott.

"But I'm getting really geriatric," says McNab. "I'm 52 now and spend my time hiding at fullback."

TOM McNAB first leapt to sporting fame as Scottish junior triple jump champion in 1952 and he won the senior title four times in the succeeding decade. He set a native record of 14.58 metres (47ft 10in) in 1958 which survived until 1965.

He was a senior national athletics coach and was appointed to look after the Olympic bobsleigh team, thus becoming the first man to coach at both summer and winter Olympics.

McNab has covered the Olympics and other major ath-

letic events for ITV, and he was a consultant to the Oscar-winning film *Chariots of Fire*.

He has published several coaching books, but his first foray into fiction was a resounding success. *Flanagan's Run*, published in 1978, made the international best-seller lists and was translated into 13 languages with Robert Redford seeking to publish the film rights. He also published a second novel, *Rings of Sand*, and is working on a third, *The Fast Men* to be published later this year.

Marathon selectors beating their heads against the wall

The selection of marathon teams for major championships often generates considerable controversy. Perhaps the best known example surrounded the non-selection of Ian Thompson for the British team which took part in the Montreal Olympics of 1976.

At the time Thompson was reigning European and Commonwealth champion, he was undefeated in all five marathons in which he had competed, and he was UK record holder with a time of 2:09:12 which was set when winning the Commonwealth title in Christchurch in 1974. However in the sudden death Olympic trial he suffered badly from cramp and could finish only seventh. Despite his superb past record he was left at home.

Scottish selection decisions have also raised more than a few eyebrows in the past. In 1966 Aberdeen's Alastair Wood was left out of the Commonwealth team which travelled to Kingston, Jamaica. He had been Scottish AAA champion in 1962, 1964 and 1965 (and incidentally won the title again in 1967, 1968 and 1972) and in the year of the Games he won the Inverness to Forres marathon in a sensational time of 2:13:45, a European and British best and which still ranks him as the sixth fastest Scot of all-time.

Only one marathon runner — Jim Alder — was picked for the trip to the Caribbean. No-one could argue against Alder's selection, but Wood's omission was difficult to understand. Alder, of course, went on to win the Commonwealth title while the Aberdeen man was left to mull over what might have been. (The following year Alder defeated Wood by 13 seconds to win the AAA title at Nuneaton).

Four years ago, yet more controversy. The SAAA designated the AAA championship race at Gateshead as the trial for the Commonwealth Games. After an exciting battle only 16 seconds separated the leading three Scots. John Graham finished fourth in 2:15:14, Jim Dingwall was fifth in 2:15:30 and Graham Laing took sixth place in 2:15:39. Two marathon places were eventually made available for the journey to Brisbane, and the selectors chose Graham and Laing. The exclusion of Dingwall was never explained.

On the basis of these facts Allister Hutton approached the SAAA requesting pre-selection. He was told no selections would be made prior to London on April 20. He was not told that he had to run at London.

Allister was apparently left with a choice — avoid the London event in the assumption that he had already done enough to secure selection for Edinburgh

SCOTLAND's best marathon runner, Allister Hutton, will not represent his country in that event at the Commonwealth Games, one of our best medal hopes lost. FRASER CLYNE, who is in the team for Edinburgh, recounts the troubled history of selection for this race, suggests possible solutions and opens the forum for debate.

and that he would not be displaced by any other outstanding Scottish performances. Or, he could run at London to make absolutely sure of his place. At the end of the day he did run at London but not for a Commonwealth Games berth. He decided that the three-month gap between the April selection date and the Games race was insufficient, so he competed at London with the sole intention of making the Great Britain team for the European championship on August 31.

For the 1986 Games, I feel that the SAAA have taken heed of previous criticism and have made stringent efforts to improve the system. However, there is still room for improvement. One very important aspect of selection is timing. I would prefer to see the team picked much earlier.

The selection of this year's Commonwealth marathon team has also attracted significant public attention. To the man in the street it must seem incredible that Allister Hutton, the fastest Scottish marathon runner of all-time and a genuine Commonwealth gold medal prospect, will not be representing his country in his home town on August 1.

The Edinburgh man, who clocked 2:09:16 for third place at London in 1985, and repeated that placing in the capital this year, will instead represent Great Britain at the European Championship in Stuttgart four weeks later. Yet at the beginning of the year his stated aim was to tackle the marathon in Edinburgh. How has this situation arisen?

To understand it is necessary to consider the selection guidelines outlined by the SAAA early in 1985. A qualifying standard of 2:14 was imposed to be achieved by April 20.

By the end of 1985 the leading performances by Scottish marathon runners within the qualifying period read:

Hutton 2:12:28 (11, Chicago)
Graham 2:12:55 (12, Chicago)
Clyne 2:14:20 (2, Melbourne)
Robertson 2:15:39 (1, Sea of Galilee)

The Scottish all-time best performances list at this stage read:



Allister Hutton

Hutton 2:09:16 (London, 1985)
Graham 2:09:28 (Rotterdam, 1981)
Graham 2:09:58 (Rotterdam, 1985)
Graham 2:10:57 (New York, 1983)
Dingwall 2:11:44 (London, 1983)
Graham 2:11:47 (New York, 1980)
Clyne 2:11:50 (Sacramento, 1984)

These are all the sub 2:12 Scottish marathon performances ever recorded.

The 1986 Commonwealth Games marathon team should have been picked by no later than the end of 1985.

The greatest advantage would be that the chosen athletes would have more than six months to prepare without being subjected to the mental and physical pressure of having to run a qualifying marathon close to the Games.

There is probably no perfect system, but that is not to say that the present selection method should not be thoroughly examined and evaluated. I have had my say. Now let's hear your views. The debate is open.

1970



Lachie Stewart beats Australia's multi-world record holder Ron Clark for the Commonwealth 10,000 metres gold

THE SHOESTRING GAMES

Sun and gold medals will make the XIII Commonwealth Games shine in a way that no amount of glossy PR will. And it certainly has not been sunshine and roses for the Games organisers who were faced with some unique problems and a whole new ball game compared to Edinburgh's so-successful 1970 Games. Yet the cost-conscious 1986 event may yet prove to have done sport a favour — in the long run.

Lachie Stewart, Ian Stewart, Ian McCafferty — these were the people who made the 1970 Games, who made us forget even the very indifferent weather we had then.

The 1986 organisers must be praying that we find some new local heroes but with just over a month left before the opening ceremony at Meadowbank, it has to be admitted the portents are not good, as over 3000 competitors and officials from up to 50 countries prepare to descend on Edinburgh.

Venues, tickets, fund-raising, South African rugby tours, Zola Budd, miniscule



Will commerce be the big medal winner in Edinburgh?
— SANDY SUTHERLAND reports

Scottish athletics teams — these are just some of the topics which have caused rows in the build-up period. The projected Scottish team of 23 women and 33 men is a big let down for the competitors.

Money however has been the matter which has dominated these first commercial Commonwealth Games. When Scotland was awarded the Games in 1980 in Moscow (during a meeting of the Commonwealth Games Federation) it was by default — Scotland's was the only hat in the ring, and that somewhat prematurely, as the bid had originally been intended for 1990 or 1994.

Edinburgh, the reluctant hosts, gave an assurance that no government money

would be required to stage the event as no new facilities would need to be built, hence negligible capital expenditure. But that assurance came back to haunt them, particularly when a new Labour administration was elected in the city. They refused to go ahead with an ambitious project for the velodrome, but in the end however something approaching £400,000 was allocated to dismantling and rebuilding the old cycling venue. But it is much the same style as in 1970 with new wood, but still open to the elements with all the attendant risks should rain fall during the Games.

The city have also resurfaced the Meadowbank athletics track and spruced up the old stadium. A huge new scoreboard dominates the West end (but perhaps not big enough to shut out the awful prevailing wind?) and a photo-finish box in the stand shuts out at least 150 seats.

Improvements totalling £4m were budgeted for by the city, including some at the Royal Commonwealth pool, venue for the swimming events, and Balgreen, where a

1986



The new Meadowbank scoreboard... bought second hand from Los Angeles to save money.

lot of bowls will be played and talked about.

But that expenditure pales beside the organisational budget which, at the time of writing, stands at £14.1m.

Compared to what it might have been, that is quite small. The budget in Brisbane in 1982 was £17m, and, allowing for 25% inflation and another 25% increase in competitors, the figure might well have reached £28m. Instead that has been halved.

"That is a fine achievement," says Robin Parry, managing director of the consortium of accountants, Arthur Young, and publicity agency, Crawford Halls, charged with the task of raising the bulk of the funds, through advertising, sponsorship and licensing and other deals.

Will they achieve their target?

"It's finely balanced," says Parry, whose group will be fund-raising right up to the Games. "In particular, arena-advertising tends to go at the last moment, but we have already definitely raised over £13 m and I'm optimistic of closing the gap."

The consortium's conservative projection, from their various sources, including hospitality suites at the main arenas, is £8.5 m while the public appeal is expected to raise £1.5m; TV rights — £½ m; tickets

—£1.1 m; and programme sales, after sales of equipment and other items —£600,000, while £1m was raised in early sponsorship.

The appeal includes the lottery, which could prove quite a money-spinner, and the "MacCommonwealth campaign" which has had a lukewarm response, in its initial stages at least.

The Commonwealth Games book and the special £2 coin are two of the items which come under Parry's remit and are two of the hardest to assess in terms of return.

But tickets look like exceeding their target and, with the main sessions at athletics and swimming sold out within a few days of going on sale for postal applications last September, there could be quite a black market for these.

Part of the problem for the organisers has been that they did not know how many seats were actually going to be available, because the stadium capacity had not been settled due to the Popplewell Report on crowd safety and the extra room taken by hospitality units.

It looks as if, despite the extra terracing, the Meadowbank capacity will be approximately 22,000 compared with well over 30,000 in 1970, when scaffolding doubled the norm.

Sadly a priority ticket booking scheme intended for the real athletics fans, which would have given athletics clubs and others a month's advantage over the general public, was so mis-handled that the dates merged.

That is just another example of how the people in sport appear to have been neglected in these Games. So in the end who will benefit?

Certainly, the Games themselves. The inflationary spiral which has gone on through Christchurch 1974, Edmonton 1978 and Brisbane has been broken. Certainly Scotland, and Edinburgh in particular, because of the massive television exposure and the income from tourism (which has been estimated at £90m). Certainly sport in general, though rowing, back in the Games for the first time since 1958, with new purpose-built facilities at Strathclyde Park, could point to more obvious benefits than swimming or track and field which have been short-changed on facilities (no warm-up pool or track for example) and competitors.

But short-changed or not, track and field will be the centre-piece and showpiece of the Games, the making or breaking of them. And our athletes have destiny in their hands.

WOMEN ON THE RUN



Why have so many women taken to the streets? Distance running, a previously obscure sport for funny wee men who bestrode the pavements in baggy shorts, seems an unlikely launching pad for a major lifestyle change for thousands of women.

And Glasgow — a city whose contribution to healthy lifestyle is outshone only by that of the Grim Reaper himself — now plays host to the biggest women-only distance race in Britain. But the 10K-OK is only the icing on the cake. Thousands of women jog regularly without any thought of joining in a race, a fun run or an athletics club. And while the big marathons get most of the publicity, they do not really represent the true depth of women's participation in the fastest growing sport in the world.

Alison Turnbull, a leading writer on women's running, is convinced that the phenomenon has reached a new stage.

The first wave of women runners were mainly 'marathon widows' — the wives or girlfriends of male runners who decided that if they couldn't beat them, then they might as well get out there and join them," she says.

"But newer events, like the 10K-OK and the WOMEN'S OWN series of women-only 10 kilometre races have tapped a new market, they have found a whole new group of

GLASGOW hosts the biggest women-only race in Britain. Stewart McIntosh examines the female upsurge.

runners who are joining in the sport for very positive reasons. They are running because they associate with health and beauty, losing weight and making new friends."

She believes that restricting certain events to women only provides a major boost to female participation in the sport.

"Women need the confidence of knowing that when they arrive at the start of a race they are not going to be confronted with a crowd of men who will charge off over the horizon as soon as the gun goes. And they don't want to worry that by the time they get round the course the marshals and officials will all have gone home for tea," she says.

At Dublin's annual women's mini marathon the officials wouldn't dare to go home early — and many of the 7000 women runners don't bother to go home either — until the next day!

"Our women are running purely for fun, the fact that they are in a race is secondary," says Lindie Naughton of the Dublin Evening Press which sponsors the race. "The

recession is biting hard in Ireland and many women find that running provides a cheap way of getting out and meeting their friends."

Most of them are allergic to competition, but on race day they are out to enjoy themselves. They leave the house at noon and a lot of them don't intend to go home again until noon the next day — they leave their husbands to look after the house and the kids while they have a good party. For a lot of the women it provides an alternative to the male pub culture," she says.

Many women seem to get more fun out of their running than men. Competition is not the ultimate challenge that it appears to be for so many men, and women are not so likely to kid themselves that they have an invulnerable physical constitution.

To say that is not to detract from the achievements of so many top-class women runners who are steadily closing the gap between male and female performances at the top level. But there is no doubt that for many of the new wave of women runners, American singer Cyndie Lauper had it right — girls just want to have fun.

Asking less of the sport, they often get more out of it. Health and fitness, good looks, fun and friendship are innocent enough pursuits in themselves — and when attained are worth more than gold medals.

"PHEW, thank goodness that's over," seems to be the immediate post-race opinion in the finishing funnel. Below, Dundonian Liz Lynch strides to a second successive victory



10K is OK with the ladies

Glasgow has never really seen anything quite like it — 1700 women showing that they could run 10 kilometres and finish with a smile on their faces and a wave for their families and friends.

The whole atmosphere of the third "10K-OK?" on June 1st was captured by the band which welcomed the runners back to the finishing line. "Congratulations" was the tune — and the accolade was well deserved.

The standard of the running was high with a new record being set at the front of the field and a record number of women finishing within fast times.

The race was won for the second year in a row by Dundee's Liz Lynch who set a new course record of 33.03. Running for St. Francis Sporting Club she was comfortably ahead of Commonwealth Games marathon choice Lorna Irving (Edinburgh Woolen Mill Southern Harriers) who was disappointed with her finishing time of 34.37. The Langholm woman finished only 22 seconds ahead of third placed Sandra Branney of McLaren Glasgow AC who took the team trophy.

But the struggle for supremacy at the sharp end of the field was only a prelude to the real sporting spectacle of the day as women from all over Scotland showed their strength and determination by conquering the miles and the hills of the course — and the applause and admiration of hordes of spectators.

The atmosphere was very cheerful with husbands, kids and boyfriends cheering the runners on from the pavements — a refreshing change from the more usual situation where women are expected to watch the men from the sidelines and look after the kitbag and flasks.

Tragically the event was

marred by the death at the finish of Mrs. Helen George (see page 7).

Hundreds of the runners took the chance to publicise their favourite causes on their vests and tee-shirts. The Race Against Time, Medical Aid for Nicaragua, Leukaemia Research, Spina Bifida Association and CND were only a few of the organisations which stood to benefit from the big run. And the proceeds from entry fees as well as many sponsored runners will go to the Prince and Princess of Wales Hospice which organises the race, backed by Strathclyde Regional Council.

But it won't just be charities that benefit from the 10K-OK? The sport of running stands to win many new participants. Unlike some of the finishers in mass marathons who vow that never again will they pull on a pair of running shorts, all of the women who spoke to Scotland's Runner afterwards were insistent that running was now a big part of their lives.

And they are getting faster. Competition was particularly sharp in the tight turns in the last few hundred metres of the course. Women who had run the route as friends suddenly became deadly rivals in the fight to reach the line first.

"These women have become much more competitive. I wasn't surprised by the fact that performances were faster this year, but as I stood in the finishing funnels watching them charge for the line I must say that I was very impressed by the determination and the rivalry," says race director Alex Johnston.

But even then the fun had not gone out of the run. As they raced each other to the finish hundreds of the runners still found time to wave to the cheering spectators.



It seems unlikely this trio are discussing the merits of vegetarian food as they assemble to pun after the run. One woman's meal ...?

The Prince and Princess of Wales Hospice

would like to congratulate and thank all those who participated in the Strathclyde Women's 10K on June 1.

The Prince & Princess of Wales Hospice
10K-OK?

As organisers of the event, we hope to see you back next year. In the meantime, why not enter

**THE GLASGOW HERALD
WOMEN'S HERALD
FOUR-MILES FUN RUN**

**at Strathclyde Country Park
on Sunday, October 19.**

SITUATIONS VACANT...

RELIABLE AND ENTHUSIASTIC PERSON required for office job in Glasgow area. Applicants must have an interest in running, possess secretarial and administrative skills, and be adaptable. Please reply, giving relevant details of experience, to Box No.1, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.



COMMONWEALTH GAMES PRIZE COMPETITION

GUESS THE MARATHON WINNERS

OVER £300 TO BE WON

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

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

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

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

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

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

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

Entries should be addressed to: Marathon Competition, Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA, and must be received by the second post on Wednesday, July 23.

Men's Marathon

1.
2.
3.

Winners' time:

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

Name(block letters)

Address

Women's Marathon

1.
2.
3.

Winners' time:

Don't miss the marathon bus!

YOU have just got time to catch the bus if you have not already started your training programme for the Scottish Citylink Coaches Marathon on September 21. But we have coaches too, and each month the pair of them, Fraser Clyne and Stewart McIntosh will be driving you to greater efforts along the route to your own particular goal. Don't miss our step-by-step guide. We'll get you there.

Alright, you entered for the big marathon, but if things go on like this you are very unlikely to toe the line on the big day. Or if you do, maybe you won't make it round the course.

Lack of training: whether you are a complete novice or a serious contender for a 2½-hour personal best, is by far and away the most common cause of marathon disasters.

Our three schedules are designed for a last-gasp effort at making up a lot of that lost ground. Sure, you have left it late, but the situation is not irretrievable. **STEWART MCINTOSH** provides a "get-you-round" programme for total beginners whose only

serious effort so far was the rush of blood that made them post off their entry forms in the first place.

He also outlines a programme for "second-comers"—people who ran a marathon or a half marathon for the first time last year but have been letting things slip a bit since then and would like to get themselves back into shape for a September marathon.

FRASER CLYNE, one of Scotland's marathon squad for the Commonwealth Games, lays out a schedule for experienced runners, the fast pack with personal bests of around three hours who would like to improve their time towards something like 2.35 or 2.30.

BEGINNER SCHEDULE

BEGINNERS—If you find the schedule too tough do not despair. Cut it back a bit and trim your ambitions. Allow your body a few more months to get fit and run your marathon next year.

Resist the urge to do too much too soon—it won't be "the wall" that you will hit, it will be the pain barrier. Injuries occur most frequently in inexperienced runners who push themselves too hard, too soon.

Rest is a vital part of your training. Your body is not idle during those days off, it is busy recovering. This is a tough schedule. You have left it very late, but if you already have a basic level of fitness you could get there if you are really determined. But forget all thoughts of speed. The schedule is based on the LSD—Long Slow Distance—principal. The idea is to get your body used to jogging for extended periods at speeds slow enough to be comfortable.

	Week 1	Week 2	Week 3	Week 4
SUNDAY	15 minute jog	20 minute jog	30 minute jog	45 minute jog
MONDAY	rest	rest	rest	rest
TUESDAY	15 minute jog	20 minute jog	20 minute jog	30 minute jog
WEDNESDAY	rest	rest	swim	swim
THURSDAY	15 minute jog	20 minute jog	30 minute jog	45 minute jog
FRIDAY	rest	rest	rest	rest
SATURDAY	15 minute jog	20 minute jog	20 minute jog	30 minutes

SECOND-COMERS

SECOND-COMERS—We are assuming that you are still fairly fit and are prepared to put a lot of effort into getting round the marathon course. The schedule is built round three main runs of the week: the long run, the hard-paced run and a fartlek session (fartlek consists of short sharp sprints built into a longer run—sprint for a 100 metres or so, jog till recovered, sprint to the top of a hill, jog, sprint 80 metres and so on).

The Tuesday hard-paced session should be run at a slow pace for the first two miles, building up to a hard pace for the remaining miles.

The Thursday fartlek session is designed to add speed to your armoury, but unless you are very fit you should not try to run fartlek for the full eight miles. Build in two miles of distance) run should be run at an easy pace. It is designed to build in stamina.

The Sunday LSD (long slow

	Week 1	Week 2	Week 3	Week 4
SUNDAY	8 LSD	10 LSD	12 LSD	15 LSD
MONDAY	4 slow	4 slow	5 slow	6 slow
TUESDAY	6 steady	6 hard	8 hard	8 hard
WEDNESDAY	rest	rest	rest	rest
THURSDAY	6 steady	8 fartlek	8 fartlek	8 fartlek
FRIDAY	rest	rest	rest	rest
SATURDAY	6 steady	7 steady	7 steady	8 steady

To run a three-hour marathon is to average a little over 6min 50sec per mile. Knock a further minute off that average pace and you'll be getting closer to the two-and-a-half hour mark. Obviously, if such finishing times are to be achieved this year you will have to be prepared to work

hard between now and September 21. If you take June 30 as a starting date, there are still 12 weeks to go until the big day.

First, consider a number of basic training principles. If you are to achieve your target time, you must be prepared to train consistently and thoroughly

over the coming weeks. It will be necessary to combine long endurance runs with shorter speed-generating runs. However, it is also essential that you appreciate the need to rest properly between your hard runs. Rest is probably the most important and yet the most frequently neglected part of

the serious runner's training. Finally, you must remember to build up your training programme gradually. If you are not already running at least 35-45 miles per week the following schedule may not yet suit you.

This month I have outlined the first four weeks of the 12-week build-up.

Week 1	Week 2	Week 3	Week 4
SUNDAY 12-16 marathon pace	SUNDAY 15-18 marathon pace	SUNDAY 15-18 comfortable	SUNDAY Race 10 miles or ½ marathon (or 13-15 miles fast)
MONDAY 9 relaxed	MONDAY 7 slow	MONDAY 4 easy	MONDAY 4 easy
TUESDAY 7 slow	TUESDAY 8 hill running	TUESDAY 8 hill running	TUESDAY 7, inc 6 x 300m
WEDNESDAY Hill running*	WEDNESDAY 7 steady	WEDNESDAY 9 steady	WEDNESDAY 9 easy
THURSDAY 7 slow	THURSDAY 9 relaxed	THURSDAY 9, inc 5 fast	THURSDAY 8 hill running
FRIDAY 2 each warm up and down 5 fast	FRIDAY 6 x 300 metres*	FRIDAY 7 easy	FRIDAY 5 comfortable
SATURDAY 4 slow	SATURDAY 6 easy	SATURDAY 8, inc 3 x 5 min intervals	SATURDAY 4 easy

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

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

HOW TOMMY BROUGHT MCKEAN TO THE BOIL . . .

Elliott and Cerutti, Snell and Lydiard, Cram and Hedley . . . athletic/coach partnerships which have rewritten the history of the sport. But now another bond, McKean and Boyle, has been forged in Lanarkshire from raw Scottish talent and good old-fashioned hard graft.

Suggest that some day they could be candidates for election to the level of that illustrious trio and Boyle's bushy eyebrows scuttle upwards across his furrowed brow. "You Press guys frighten me sometimes," he confesses. During the past 12 months Boyle has become used to being frightened. Euphoric trumpeting about his protegee's prospects have become commonplace since McKean cut his way like a laser through the cream of world two-lap running last summer.

"A year too soon . . ." Boyle shrugs. "Now everyone knows what Tommy can do. It would have been better if we could have sneaked up on the opposition this year instead of last."

"Listen," he says, putting McKean's status into perspective. "Tommy is currently ranked eleventh in the Commonwealth. Eleventh. Gold-medal talk is premature."

Five of the 11 are Kenyans however. In total only six or seven are likely to be on the start line in Edinburgh. And not one of them is capable of finishing as fast as McKean . . . provided the race is run to suit him.

The credit for that goes to Boyle, the fruit of 12 years work in which a very special relationship has been established.

How special can be gauged from Boyle's reaction as McKean's participation has hung in the balance in recent weeks because of a stomach muscle problem.

"There is more to life than athletics," says Boyle with unfamiliar heresy from a coach. "I'd pull Tommy out of the Games without a second thought." But in the face of the Inquisitor, Boyle refuses to recant. "I am thinking about Tom McKean's future as a human being, not as an athlete," he insists.

If McKean has much to gain from athletic success, he also has much to lose from failure as Boyle well knows. It was he who negotiated a complex job and sponsorship package with the Glen Henderson motor group, and two deals with his own employers, Honeywell. And there is more in the pipeline.

Boyle certainly works at his role. He fields phone calls to shield McKean;



DOUG GILLON of the *Glasgow Herald* catches up on the making of Scotland's top 800 metres runner.

checks on the credentials of medical advice on offer from Finland to Clelland, studies the qualifying times, round by round, at major championships, probes every source for the slightest sliver of information about potential rivals.

Then there are the training schedules, weighed up and fine-tuned daily. Today's neglected muscle twinge is tomorrow's traumatic breakdown.

All that while holding down a demanding job in quality control with the Lanarkshire electronics firm.

It is a world Boyle can never have dreamed about when Tom McKean first showed up at Bellshill YMCA on a winter's day in 1974.

"He was one of about half a dozen very talented kids who joined that year," recalls Boyle. "But he was by no means the most talented. Each of them subsequently became district or national medallists in middle distance or sprints."

Nor was success immediate. "Tom was a late developer, showed very little before he was 15 or 16," he adds.

"There are two ways one can train children — work them very hard, especially at middle distance, and you get immediate results. But whatever way you do it, there's a big drop out, about 90%."

"The other approach — mine — is to take time, try to develop the youngster totally as an athlete and a person. It takes a hell of a lot of patience, years of work. And another nine out of 10 will vanish before you see the fruits."

That almost happened to McKean as he discovered such conflicting bitter-sweet pain as girlfriends and injury.

"The first time I can really recall Tommy showing signs of promise was the national cross country championships in the snow at Glenrothes. He was sixtieth with half a mile to go . . . and finished third. And we had done no specific endurance training."

But it was not all medals and glory. At 15, Tommy ran in his first Scottish Schools 1500 metres final — and finished second last. "I took a lot of criticism then," says Boyle. "He was a tall, gangly, raw



Tom McKean

laddie and other middle distance coaches at the club reckoned he should be doing longer work, preparing for a cross-country career in the club's general tradition.

"But I had already spotted that he was bouncy . . . that sprinting type of bounce, not just a flat footed, short-striding middle distance runner."

By now he was 16. Training was stepped up from two weekly sessions to four, with a race at weekends.

At 17 McKean was second in the UK schools 800 metres, competed for Scotland in the Bell's Junior international, and won the Lanarkshire AAA 1500.

That year he earned his first senior Scottish vest. "I can remember it well," admits McKean. "It was against England, Hungary and Poland — and Steve Ovett elbowed me in the gut in the back straight. I went from second to last."

But such early lessons were quickly learned, and he did the 400/800 metres double (49.47/1:55.2) at the Scottish junior championship.

Secret of the McKean Machine

The following year, 1982, he retained the junior 800 metres title (1:55.3) but surrendered the one lap crown to Mark McMahon. "But my 800 metres time for the year, 1:49.1, made me second fastest Scottish junior ever for the distance," says Tom. And in his training diary he wrote "Sixth fastest UK. Fifteenth in Europe." His horizons were widening.

But 1983 was a disaster. "It almost put me out of athletics," confessed McKean. He suffered shin splints, and under pressure, physiotherapist Tom Craig allowed him just one race, the national championship, in which he finished second behind Paul Forbes in 1:49.18.

"If it hadn't been for that race, giving him a bit of encouragement, it would have been all over," says Boyle. Even after that, during the winter, the pair had problems. "It was one of our roughest spells, just the typical teenager thing . . . Tommy had a girlfriend, thought he could spend a lot of time with her and still go out and win. But he soon discovered he couldn't and things got back to normal."

Those surprised by McKean's exploits last year must have had their eyes closed the year before however. For in 1984 he was unbeaten as he lowered his personal best for 800 metres to 1:48.4.

	200m	400m	800m
1978			2:08.00
1979			1:59.7
1980	23.5		1:54.1
1981	22.9	48.7	1:52.6
1982	22.8	47.9	1:49.01
1983	22.4		1:49.18
1984	22.38		1:48.4
1985	21.6		1:46.05

These successes included: Scottish 800 metres title, Scottish YMCA 400 metres, West District 800 metres, Inverness Highland Games 800 metres, Edinburgh International Games 1000 metres B race, Dundee 800 metres, Scotland international v Ireland 800 metres, (his first televised run) and another international win over two laps against England and Holland.

Last summer's victories — over Steve Cram, on the Grand Prix circuit, and when called in as a late replacement for world record holder Seb Coe at the Europa Cup final in Moscow, are public history. But the real secret behind McKean is the manufactured sprinting ability that makes him such a devastating finisher. Other Scots have run faster, but none had the finishing burst of this consistent winner.

Few athletes in the world will live with McKean over the final 150 metres, provided — and here is the crucial proviso — that the guts have not been run out. Two hard championship rounds before a final remove big shells from McKean's armoury. When he is older (he is still just 24) and stronger he will be able to take that, and an opening lap of say, 49 seconds that would test him to the limit now.

"All Tommy's training is high speed endurance. Hence the high injury risk," explains Boyle. "Tommy couldn't handle the type of sessions, like 6 x 600 metres with short recoveries, that Coe and Cram do. He's not that type of runner."

But he could provide a big embarrassment to both at the Games, especially if the Kenyans, in particular, fail to push the early pace. Championship finals are rarely "eyeballs out" from gun to tape. There is too much at stake for anyone to sacrifice a winning chance. But one Kenyan out of three in the final may be prepared to lay down his chance to draw McKean's sting.

If not, I would not bet a bent bawbee against anyone beating the McKean Machine. Especially with 20,000 partisan throats roaring him to the line.



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THE LOCH LEVEN HALF MARATHON

Under SAAA Laws

**SATURDAY
6th SEPTEMBER 1986**

start 1.00 pm

Entries are now being accepted for The Loch Leven Half Marathon (13.5 miles) being run around beautiful Loch Leven. Start and finish in Kinross Town Centre.

MEDALS TO ALL FINISHERS. PRIZES

Entry forms and full details from:
Tourist Information Centre, Kinross Service Area,
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Results

MAY

Easter Ross Marathon —
1. M. Francis (Forres H) 2:33.41 (rec); 2. R. Cameron (Black Isle AC) 2:35.43; 3. J. Oman (Wick) 2:40.17; 4. P. Volwerk (Lochaber AC) 3:24.00

Edinburgh to North Berwick (22 miles) —
1. M. Coyne (Falkirk VH) 2:01.00; 2. E. Walker (Livingston & Dist AC) 2:04.51; 3. P. Wilson (Edinburgh SH) 2:04.53; 4. T. Goldie (Central Regional AC) 2:04.53; 5. J. Hunter (Bog Trotters 32) 2:04.53; 6. J. Haddington (33) 2:04.53; 7. J. Central Region AC 35

Scottish Veterans Marathon Championship (Lochinch) —
1. F. Wright (Springburn H) 2:38.16; 2. R. Young (Clydesdale H) 2:41.08; 3. P. Keenan O/50 (Victoria Park AAC) 2:52.23; 55+ S. Lawson (Maryhill H) 2:52.49

Pearl Assurance Scottish Peoples 1/2 Marathon Championship (Edinburgh) —
1. N. Tennant (ESH) 64.41; 2. L. Whitty (Australia) 64.53; 3. B. Ford (AFD) 68.04; 4. A. Ford (AFD)

10 Dundee 10,000 metres road race —
1. G. Crawford (Springburn H) 32.23; 2. D. Macgregor (File AC) 33.53; 3. L. M. Muir (Dundee RR) 39.54

Scottish Universities Championships (Wishaw) —
Men 100/200/400. M. Johnston (Aberdeen) 1:10.21/9.49/6. SP/DT. M. Jermi-Alade (Henri Watt) 1:36.3/48.36; 800. R. Archer (St. Andrews) 1:52.6

Women 200. L. Macdonald (Edinburgh) 2:49

Cooper Park 6 mile road race (Elgin) —
1. S. Axon (Aberdeen) 30.32; 2. V. P. Thomson (Inverness) 37.09

UK Women's League (Grangemouth) —
800. L. McArthur (Pitreevie) 2:09.9; 1. Barclay (Monk/Shett) 47.22; 2. M. Bremner (MSL) 45.06; Teams: 1. Essex Ladies 301; 2. Birchfield H 271; 3. Monkland/Shettleston 247; 4. Borough of Hounslow 237; 5. Radley H 200; 6. Pitreevie AC 179

Ben Lomond Hill Race —
1. D. McGonigle (Dundee HH) 69.31; 2. M. Dean (Central Region AC) 70.08; 3. J. Stevenson (Irvine AC) 70.56; 4. H. McNea (Ayr Seaforth AC) 87.57; 5. V. D. Lord (Kintyre AC) Team: 1. Carmethy Hill Runners 21

11 Lynch Homes 9 miles road race (Mauchline) —
1. D. Logue (ESH) 47.03 (rec)

Peterhead 1/2 Marathon —
1. F. Clyne (Aberdeen AAC) 68.29; 2. S. Axon (Aberdeen) 49.15; 3. C. McIntyre (Banff Gastes AC) 69.42; 4. V. M. Simmonds (RAF Buchan) 76.40; 5. U. Simpson (Aberdeen AC) 89.39

Womens Jubilee Cup First round —
200/400. 1. Coultbrough (Kilbarchan) 25.4/57.2; Teams: 1. Victoria Park AAC 110; 2. Lochgelly AC 93; 3. Kilbarchan AC 91; 4. Kilmarnock H 78; 5. Lothian AC 68; 6. File SH 48. First 3 teams to 2nd round.

14 Loughborough Coll v Borough Road College (Crystal Palace) —
3000m A. Currie (Dumbarton) 8:19.8; DT. D. Morris (Pitreevie) 48.46m

Gourock Highland Games - West of Scotland Tug of War Championship

600 kg. 1. Greta Green, 660 kg. 1. Taylor Woodrow Newcastle, 720 kg. 1. Callander

14 mile road race —
1. M. Mooney (Greenock Wellpark H) 1:14.18

Men GRE Cup 1st Round Match (Crownpoint) —
100/200/800. B. Whittle (Ayr Seaforth AC) 10.8w/21.0w/1.58.5; 500. G. Braidwood (Bellahouston) 14.32.1; L. J. M. Fowler (Victoria Park) 7.04; Teams: 1. Kilmarnock H 127.2; Victoria Park AAC 120; 3. Kilbarchan AC 108; 4. Ayr Seaforth AC 101; 5. Bellahouston H 100; 6. Lothian AC 80; 7. Lochgelly AC 69; 1st 3 teams to second round

17 Veterans Glasgow 800 10,000 metres road race (Garscadden) —
1. R. Young (Clydesdale H) 33.27; 50+ P. Keenan (Victoria Park) 35.06; 60+ B. Bickerton (Shettleston) 39.49; 70+ E. Farrell (Maryhill) 46.04; 80+ L. I. Carroll (Scott Veteran H) 44.28

Benbecula Marathon —
1. J. McKinley (Troon Tortoises AC) 301.19 (rec); 2. C. Ronan (Army) 3:30.12

Scotland AAA Relay Championships (Coatbridge) —
4 x 100. Senior, Edinburgh AC 437; Junior, Central Region AC 455; Youth, Pitreevie AC 458; Senior Boys, Ayr Seaforth AC 467

4 x 400. Senior, Edinburgh AC 3:19.7; Junior, Aberdeen AAC 3:31.9; Youth, Clydebank AC 3:33.9; Senior Boys, Ayr Seaforth AC 3:50.9

Goat Fell Hill Race (Brookick) —
1. H. Jarrett (Cumberland Fell Runners) 62.05

SWAAA West District Championships (Crownpoint) —
Senior 100/200. S. Whittaker (McLaren Glasgow AC) 1:19/24.8

18 Motherwell Peoples Marathon (Wishaw) —
1. A. Stirling (Bo'ness H) 2:31.21; 2. D. Fairweather (Law & Dist AC) 2:34.20; 3. J. Malone (Unatt) 2:20.42; 4. D. Kirkwood (Unatt) 3:04.41; 5. L. K. Dobson (Lanark) 3:09.24

Luddon 1/2 Marathon (Kirkintilloch) —
1. P. Fleming (Bellahouston) 65.56; 2. G. Crawford (Springburn) 66.35; 3. A. Douglas (Victoria Park) 67.01; 4. B. Scobie (Maryhill) 68.19; 5. L. L. Irvine (EWMSH) 75.57 (rec)

24 SAAA Youth Pentathlon Championships —
1. F. Norris (Victoria Park) 26.69; 2. G. Brown (Penicuik H) 26.54; 3. A. Nisbet (Pitreevie AC) 23.74

Bens of Jura Fell Race (16 miles; 7500 feet) —
1. D. Davies (V) (Eryrie H) 3:20.19; 2. R. Asworth (Rossendale H) 3:20.24; 3. D. Ratcliffe (Rossendale H) 3:21.13; 1st Scot, 5. A. Farmingham (Aberdeen AAC) 3:30.03; 6. L. W. O'Neal (Keswick AC) 4:18.20 (rec); 7. O/50. R. Richardson (Scots Vets) 4:09.05 (rec)

Kirkcudbright Academy Milk 1/2 Marathon —
1. M. Carroll (Annan & Dist AC) 63.32 (rec); 2. G. Crawford (Springburn H) 64.27; 3. P. Day (Solway Strollers) 69.39; 4. V. L.



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Sunday,
7th September 1986
at 10.30 am

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Race Adviser:
ROBERT M DALGLEISH, MBE



digital

Results

W. Ewing (Pitreevie AAC) 73:35, V2, C. Graham (Langholm) 80:43, L. C. Jolly (Chorley) 79:02, L2, A. Bates (Central Region AC) 84:07, Team 1, Annan & District AC 22, 2 Solway Strollers 23.

SAAA Northern District Championships (Inverness) - 100/200, N. Munro (J) (Tain Royal Acad) 11:23/23, SP/HT, D. Valentine (Elgin) 11:97m/5504m, DT, G. Patience (Inverness) 50:82m, H, IT, Leighton (Inverness) 2:00m.

SAAA Western District Championships (Wishaw) - 100, R. Herron (Ayr Seaforth AC) 1:09, 400, T. McKean (Bellshill YMCA) 49:0, 5000, A. Gilmour (Cambuslang H) 14:26, 3000 Steeplechase, I.R. Carey (Annan & Dist AC) 9:23, L.J. T. Harrison (Shettleston H) 6:50m, T.J. R. Harkins (Shettleston H) 13:44m, HT, J. Scott (Strath Police) 44:71m, SP/DT, A. Pettigrew (Shettleston H) 13:07m/3897m, JT, A. Gillies (Victoria Park AAC) 54:24m.

SAAA Eastern District Championships (Livingston) - 100, E. Bunney (ESH) 1:06, 200, I.G. McCallum 20:54, 400, I.M. Johnston (Aber Univ) 48:7, 800, P. Forbes (EAC) 1:54, 5000, C. Henderson (ESH) 14:35, 110H, D. Findlay (Pitreevie) 1:55, 400H, S. Dempster (ESH) 55:4, 3000 Steeplechase, A. Jenkins (EAC) 9:43, H, G. McAslan (EAC) 1:50m, T.J. S. Jamieson (EAC) 1:39m, SP, E. Irvine (EAC) 18:94m, DT, D. Morris 49:24m, HT, L. Nisbet (ESH) 56:70m, 4 x 100 Relay, Aberdeen AAC 44:4 sec, 2, Pitreevie AAC 44:9 sec.

24/25 SAAA Decathlon Championship (Coatbridge) -

Senior - 1, A. Rankin (ESH) 6079 (5th successive win), 2, S. Ryan (Gateshead) 5916, 3, K. Lyon (Aberdeen) 5363.

Junior - 1, D. Mathieson (Aberdeen) 5669 (194 H), 2, D. Hunter (EAC) 4012, 3, A. Mandell (Colcum) 3944.

25 City of Aberdeen Milk Marathon - 1, R. Maule (ENG/Cow Godiva) 2:22:52, 2, N. Featherby (ENG/Norfolk Gazelles) 2:23:53, 3, K. Best (ENG/RAF) 2:24:58, 4, C. Youngson (SCOT/Aberdeen AAC) 2:27:26, 5, A. Adams (V) (SCOT/Dumbarton AAC) 2:29:10, L. S. Ouirke (Kendall AC) 2:28:57.

31 East Kilbride AC Finefare 6 mile road race - 1, G. Crawford (Springburn H) 30:52, 2, R. Ronald (East Kilbride AC) 30:58, 3, J. Small (Monkland H) 31:53, V.I. D. Wyper (Bellahouston H) 33:13, L. E. Reid (East Kilbride AC) 38:28, J. C. Bryden (East Kilbride AC) 34:32.

GRE Jubilee Cup (Women) at Crownpoint - 100, S. Whittaker (McLaren GAC) 1:18sec, 200, E. Lindsay (Lochgelly) 2:24, 400, E. McArthur (Pitreevie) 56:3, 800, I.E. McArthur 2:05:7, 1500, E. Gibeby (McLaren GAC) 4:41:0, 300, G. MacDonald (McLaren GAC) 10:11:1, 100H, R. Pinkerton (McLaren GAC) 1:56, 400H, L. Smith (Pitreevie) 6:54, H, R. Pinkerton (McLaren GAC) 1:80m, L. C. Spiers (McLaren GAC) 59:2m, SP/DT, M. Anderson (EAC) 14:09m/37:86m, JT, N. Emblem (EAC) 37:64m, 4 x 100 Relay, EAC 50:8, Pitreevie 51:4, 4 x 400 Relay, EAC 3:53:3, Victoria Park 3:56:5, Team Scores: 1, Lisburn AC 100, 2, McLaren GAC 87, 3, Pitreevie AAC 81, 4, Fimm Valley AC 71, 5, Edinburgh AC 61, 6, Victoria Park AAC 57, 7, Lochgelly AC 51, 8, Kilbarchan AC 35.

Tiso Campsie Hill Race (Lennoxton) - 1, D. McGonigle (Dundee Hawkhill H) 27:39 (rec), 2, P. Dugdale (Dundee Univ) 28:33, 3, H. Parry (Eryrie H) 29:20, V.I. R. Shields (Clydesdale H) 31:12, L. A. Lyle (Unatt) 49:01 (rec), Teams: 1, Lochaber AC 21, 2, Carnethy Hill Runners 64, 3, Fife AC 74.

Irvine Valley 1/2 Marathon (Galston) - 1, G. Crawford (Springburn H) 70:09, 2, G. Tenney (Linwood AC) 72:11, 3, R. Hill (Ayr Seaforth) 73:39, V.I. B. Calder (Bathgate) 78:01, L. M. Dunlop (Troon) 1:32:17, L.V.I. K. Bell (Mauchline) 1:38:35.

Scolty Hill Race (Banchory) - 1, F. Clyne (Aberdeen AAC) 30:30, 2, C. Bell (Forfar) 31:49, 3, A. Farmingham (Aberdeen AAC) 32:03, Jun, J. Freil (Aberdeen AAC) 34:32, V.I. M. Edwards (Aberdeen AAC) 34:58, L. M. McDonald (Aberdeen AAC) 45:26, L.V.I. P. Sheehan (Aberdeen AAC) 51:20, Team: 1, Aberdeen AAC 8.

GRE Gold Cup 2nd round (Crownpoint) - 100/200, C. Sharp (Shettleston H) 1:05/20:9, 400, J. Nicoll (Perth Stog H) 48:4, 800, G. Gibson (Kilbarchan H) 1:53:5, 1000, P. Carton (Shettleston H) 30:59, 1, 4 x 100 Relay, Perth Strathay H 4:36, Aberdeen AAC 4:37, 4 x 400 Relay, Kilmarnock H 3:27:8, Shettleston H 3:27:8, H, J. Gallacher (H) (Kilbarchan AC) 1:50m, P. Sudiskis (Cen Rag AC) 1:50m, P.V. D. Scott (Shettleston H) 1:50m.

3:70m, K. Lyon (Aberdeen) 3:70m, L.J. M. Fowler (Victoria Park) 7:34m, K. McKay 7:33m, T.J. R. Harkins (Shettleston) 14:47m, J.T. S. Maxwell (Pitreevie AAC) 69:42m, Team Scores: 1, Lisburn H 290, 2, Shettleston H 267, 3, Victoria Park AAC 223, 4, Aberdeen AAC 222, 5, Pitreevie AAC 218, 6, Cambuslang H 214, 7, Fimm Valley AC 205, 8, Perth Strathay H 204, 9, Kilbarchan AC 192, 10, Kilmarnock H 184.

H.F.C. UK Championships (Cwmbran) - Men - 100m, L.J. Henderson (ESH) 10:49 (w - 1:15), 400, 2, B. Whittle (Ayr Seaforth) 45:38, 5000, 3, J. Robson (ESH) 13:56:31, 7, C. Robison (Spango V) 14:00:55, 15, G. Braidwood (Bellahouston) 14:21:58, 10,000, 10, N. Muir (Shettleston) 29:39:69, 11, N. Tennant (ESH) 29:12:82, 110H, 7, J. Wallace (Newham) 14:75 (w - 25), 400H, 5, M. Fulton (Sale) 52:84, 6, D. McCutcheon (Liverpool) 53:48, 3000SC, 9, C. Hume (ESH) 9:01:60, H, 1, G. Parsons (London) 2:24m, T.J. 13, R. McKay (EAC) 14:89, HT, 5, R. Meikle (ESH) 56:34, 10,000 walk, 6, G. White (York PO) 45:47:29, 9, M. Bell (Annan) 46:53:00.

Women - 100m, 3, S. Whittaker (MGAC) 1:175 (w + 1:1), 200, Whittaker 2:392 (w - 25), 400, 5, F. Hargreaves (EWMSH) 53:92 (ht 53:34), 7, L. Macdonald 55:02 (ht 54:37), 800, 1, A. Purvis (EWMSH) 2:01:63, 5, E. McArthur (Pitreevie) 2:05:03, 8, C. Sharp (MGAC) 2:09:63 (ht 2:06:24), 1500, 2, C. Whittingham, nee McMeekin (Windsor) 4:29:23, 3000, 2, Y. Murray (EAC) 8:56:00 (nat rec), 10,000, 1, L. Lynch (St Francis SC) 32:59:59 (nat rec), H, 9, J. Barnetson (Inverness) 1:80, DT, 12, M. Bremner (Monklands Shettleston) 46:76.

Key for Results:
R - Course record.

RACE PROFILE

Luddon Half Marathon



On their way... the start in Kirkintilloch.



Record, and a Games place... Lorna Irving



Second victory in the event... Peter Fleming

Where they finished

MEN	
P. Fleming (Bellahouston)	1:05:56
C. Crawford (Springburn)	1:06:36
A. Douglas (Victoria Park)	1:07:01
WOMEN	
(55th Overall) L. Irving (Edinburgh Woolen Mill SH)	1:15:57
(108th Overall) A. Sym (McLaren Glasgow AC)	1:19:11
(141st Overall) S. Branney (McLaren Glasgow AC)	1:20:33
First Veteran - B. Scobie (Maryhill)	1:08:19
10 Overall T. Ulliot (Cambuslang)	1:10:03
100 Overall David Martin	1:18:53
500 Overall Terence McCourt	1:29:49
1000 Overall John Bell	1:39:17
1500 Overall Brian Fowley	1:49:54
2000 Overall Margaret Brown	2:05:18

Despite blustery and cold conditions, which turned wet before most of the runners were home, the Luddon Half Marathon again enhanced its reputation as one of Scotland's best subscribed and well organised events.

Once again, though, the drop-out rate was high, with just about 2,200 starters lining up at 10 a.m.

But nothing pleases the organisers and the sponsors, in this instance Luddon Construction, more than broken records, and Lorna Irving obliged by smashing nearly six minutes off Leslie Watson's 1985 mark - a performance which clinched her Commonwealth Games selection.

The second and third women home, Audrey Sym (McLaren GAC) and new team-mate Sandra Branney, reflected the quality of the field by also finishing within Watson's record.

Bellahouston's Peter Fleming won the men's race in 65:56, emulating his achievement of 1982, when he and George Braidwood crossed the line together in first place.

Like the women's race, the veteran's field had its greatest depth of quality to date, with Brian Scobie, the Leeds-based Maryhill Harrier and coach to Scottish People's Marathon



Here they come... official John Hamilton

winner Angie Pain finishing sixth overall and just seeing off the challenge of Donald Macgregor by 39 seconds Scobie's time was 68:19.

The parallel Gallery Street mile events, organised by the British Milers' Club, were won respectively by Adrian Callan (Springburn, 3:53.7), Yvonne Murray (Edinburgh AC, 4:27.0), and Glen Stewart (Clydebank, 4:17.0).

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SATURDAY OCTOBER 4TH 1986

OFFICIAL ENTRY FORM

Surname
Forenames Mr/Mrs/Miss
Address
Tel No: Age (at date of race)
Club/Organisation (or Unattached)

Estimate of time to complete course
Please enter me for the Sealy Posturepedic Lakes MARATHON/HALF MARATHON (delete as appropriate). I am medically fit to run and fully understand that I enter at my own risk, and the organisers will in no way be held responsible for any injury incurred during or as a result of the event, or for any property lost on the course or in the changing areas. I also understand that the entry fee is not refundable unless the race is cancelled.

SIGNED
Fee £4.00 or £4.50 for non-affiliated runners. No ack. unless see enclosed. CLOSING DATE 19th September 1986.

Please return entry form with entry fee to: **FREEPOST MARATHON, COCKERMOUTH SPORTS CENTRE, CASTLEGATE DRIVE, CUMBRIA CA13 9H**



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Events Diary

JUNE

- 19 Forth Valley League: Div 1, Livingston, Div 2, Saughton
- 20 AAA Championships, Crystal Palace
- 21 AAA Championships, Crystal Palace
Women's International Heptathlon - Hungary v Austria v Scotland v Czechoslovakia, in Hungary
Scottish Schools AAA National Championships: Boys, Crownpoint, Girls, Grangemouth
Women's AAA Combined Events (Senior and Euro-Junior) Championships, Hull
Eldon Two Hills Race (4½ miles, 1500 feet) and Sports Festival, Melrose (R - 25-48, 1984, K. Stuart, Keswick AC)
West Highland Way 90-Mile Run, Glasgow - Fort William

- 22 Women's International Heptathlon, Hungary
WAAA Combined Events, Hull
Mid Argyll ½-Marathon, Lochgilphead
Citizens Band Radio For The Blind, 10,000m, Grangemouth Stadium, 10am
Bo'ness 10,000m road race
Peebles 10 mile road race
Braw Lads Gathering, Galashiels
Scottish Young Athletes League, West Dives 1 & 2, Wishaw
Edinburgh & District Athletics League, Pitreavie
North East League, Caird Park, Dundee
Special Nursery Appeal Ladies' 3-mile Fun Run, 2pm, Duthie Park, Aberdeen
Renfrewshire AAA Track League, Crownpoint Sports Park, 7pm
Sri Chinmoy 2-miles road race, Glasgow Green & The Meadows, Edinburgh
Roevin 10,000m road race, Aberdeen
McVitties Challenge International - England v USA, Gateshead
Cairngorm Hill Race (10 miles, 3000 feet), Glenmore Lodge, 2.30pm (R - 11249, 1979, R Shields, Clydesdale Harriers)
Scottish Women's AAA Intermediates and Juniors National Championships, Grangemouth

- 24 Loch Rannoch Marathon
Scottish Athletic League: Dives 1 & 2, Meadowbank, Dives 3 & 4, Coatbridge
Lairig Ghru Fell Race (28 miles, 2100 feet), Braemar - Aviemore, 11am (R - 31240, 1976, A. Pratt, RAF)
Falkland Festival Hill Race, Falkland (3½ miles, 1200 feet), 12.30pm (R - 2126, 1985, A. Farrington, Aberdeen AAC)
Black Hill Race, Earliest (5 miles, 600 feet) 3pm (R - 2622, 1984, B. Emmerson, Teviotdale Harriers)
Scottish Veteran Harriers Track and Field Championships, Caird Park, Dundee
Buckle Round Table ½-Marathon
Ayrshire County Championships, Dam Park, Ayr
Ulster International Games, Belfast

- 29 Scottish Women's, Loch Rannoch Marathon
Scottish Athletic League: Dives 1 & 2, Meadowbank, Dives 3 & 4, Coatbridge
Lairig Ghru Fell Race (28 miles, 2100 feet), Braemar - Aviemore, 11am (R - 31240, 1976, A. Pratt, RAF)
Falkland Festival Hill Race, Falkland (3½ miles, 1200 feet), 12.30pm (R - 2126, 1985, A. Farrington, Aberdeen AAC)
Black Hill Race, Earliest (5 miles, 600 feet) 3pm (R - 2622, 1984, B. Emmerson, Teviotdale Harriers)
Scottish Veteran Harriers Track and Field Championships, Caird Park, Dundee
Buckle Round Table ½-Marathon
Ayrshire County Championships, Dam Park, Ayr
Ulster International Games, Belfast

- 30 Knock Hill Race, Crief (3 miles, 350 feet) 7.30pm (R - 1607, 1979, S. Easton, Falkirk Victoria Harriers)

JULY

- 1 Sri Chinmoy 2-miles road race, Glasgow Green and The Meadows, Edinburgh
- 2 Scottish AAA Youth/Junior Select v Scottish Schoolboys, Grangemouth Stadium
- 5 Elgin Highland Games and 11-mile road race, Morrison Park, Elgin
Mamore Hill Race, Kinlochleven (16-mile, 1500 feet) 2.30pm E - J. Anderson, 27, Lovat Rd, Kinlochleven until 30/6 (R - 11839, 1979, P. Dolan, Clydesdale Harriers)
Dornoch Festival ½-Marathon, Dornoch, E - J. Green, 41, Clashmugach, Clashmore, Dornoch until 30/6
West Kilbride Athletics Meeting and 10,000m Road Race, E - Alex McMillan, Starbert Ave, West Kilbride
Shettleston Harriers Open Graded Meeting, Crownpoint Sports Park, E - W. Scally, 437, Duke St, Glasgow G31 1RY
Women's Access UK League: Div 1, Grangemouth Stadium, Div 2, Harlow
Bislett Games, Oslo
Newmachar 3-Mile Fun Run, Newmachar, E - Lynda Bain, 14, Cunningham Rd, Newmachar, Aberdeen, SAE

- 6 Scottish Athletic League: Dives 1 & 2, Meadowbank Stadium, Dives 3 & 4 Coatbridge Outdoor Sports Centre
Moffat Chase Hill Race, (18-mile, 5000 feet) 11am, Moffat E - R.L. Morris, 33, Morningaide Rd, Edinburgh, £200 (R - 23950, 1981, C. Donnelly, Cambuslang Harriers)
Stonehaven ½-Marathon, Teviotdale ½-Marathon, Hawick, E - N. Douglas, 4d, Dickson St, Hawick TD9 7EL
McDuff ½-Marathon
Cupar Highland Games and East of Scotland Tug of War Championships
Sri Chinmoy, 10,000m Road Race, Crammond
Triangular Athletics Meeting, Livingston
World Games, Helsinki

- 7 Sri Chinmoy 2-mile road races, Glasgow Green and The Meadows, Edinburgh, E - B. Grasson, 72 Loch Awe, St Leonards, East Kilbride, G74 2EW
Open Graded Athletic Meeting, Grangemouth
- 11 Peugeot Talbot Grand Prix Games, Crystal Palace
- 12 Forres Highland Games, inc 10-mile road race and Scottish National Heavy Throwing Event Championships, Forres
Pre-Commonwealth Games Meeting, Meadowbank
- 13 Calithness Northern ½-Marathon, Thurso
Haddington 10-Mile road race, E - H. Muchamore, 5, Templedean Dr, Haddington, East Lothian EH41 3ND
Runsport Stirling Festival ½-Marathon, Stirling, E - Race Organiser, Runsport ½-Marathon, PO Box 35, Stirling
Keith Gala Four-Mile Race, Keith, E - Running North, 5, South Mount St, Aberdeen
Scottish and North West Athletic League: Dives 1 & 2, Wishaw, Dives 3 & 4, Grangemouth

Events Diary

- 14 Saltcoats Gala Road Race, E - Anne Clarke, Council Offices, 25, Montgomerie Cres, Saltcoats, Ayrshire
- 15 Edinburgh Woollen Mills 15-Kilometre Road Race, Moffat, E - J.W. Buchanan, Braeside, Moffat, Dumfriesshire DG10 9SE
Scottish Young Athletes League, North East, Caird Park, Dundee
Sri Chinmoy 2-Mile Road Races, Glasgow Green and The Meadows, Edinburgh
Nice International Games

- 16 IAAF World Junior Championships, Athens
- 18 White Ash Hill Race, Fochabers (5 mile, 800 feet) 7.30pm, E - Fochabers Amenity Association, Gordon Castle Farm, Fochabers, £1
Pearl Assurance International, Birmingham

- 19 Commonwealth Veteran Athletic Meeting, Grangemouth, E - Henry Morrison, 4, Arden St, Edinburgh/1 Steedman, 33, Grange Loan, Edinburgh EH9 2ER
Shettleston Harriers Open Graded Meeting, Crownpoint, E - W. Scally, 437, Duke St, Glasgow G31 1RY
British Schools International Match, Swansea
Creag Bheag Hill Race, (6½-mile, 900 feet) 3pm Kingussie Community Council, Kingussie, £1 (R - 3400, A. Farrington, Aberdeen AAC)

Inverness Highland Games, Bought Park, E - Turnbull Sports Shop, 6, Crown Ave, Inverness
Lochinver Coastguard 10-Mile road race, Lochinver, E - A. McLeod, 26, Kirk Rd, Lochinver, Sutherland
Pearl Assurance International, Birmingham

- 20 Seven Hills of Edinburgh Race/Challenge (14-mile, 2200 feet), 11.15am E - G. Tiso, 13, Wellington Place, Leith, Edinburgh, £1.50 (R - 13825, 1982, B. Kirkwood, Edinburgh AC)
Kildin Hill Race, Maybole (3-mile, 300 feet) 1pm, E - K. Anderson, 42, Ladyland Rd, Maybole, 50p
Inverness Turnbull Sports 10,000m People's Road Race and Fun Run, Inverness, E - Turnbull Sports Shop, 6, Crown Ave, Inverness until 14/7
Irvine New Town Highland Games and Strathclyde Tug of War Championships, Maress Park, Irvine, E - C. McEwan, 66, High St, Irvine
Irvine ½-Marathon, E - F.P. Hannan, 6, Barra Cres, Irvine, Ayrshire KA11 1DE
Pre-Commonwealth Games Warm Up Meeting, Grangemouth, E - A. Kerr, Grangemouth Stadium Manager, Kersiebank Ave, Grangemouth

- 22 Glasgow Games, Crownpoint, E - Frank Clement, Glasgow District Council Parks Dept, 20, Trongate, Glasgow G1 5ES
Health Week ½-Marathon, Crief
Sri Chinmoy 2-Mile road races, Glasgow Green and The Meadows

- 24 Opening Ceremony, XIII Commonwealth Games, Meadowbank
Day 1, CG Athletics, Meadowbank
Lochaber Highland Games and Meall An-Suidhe Hill Race (3½-mile, 1500 feet) 3pm, Town Park, Fort William, E - E. Lee, 'Leesholme', Cameron Rd, Ft William until 5/7 (R - 2754, 1983, K. Stuart, Keswick AC)
Shire Harriers Open Meeting, Balgowrie, Aberdeen, E - W.H. Watson, 14, Burnieboozle Place, Aberdeen, AB1 5NL
Stromness ½-Marathon, Stromness, Orkney

- 27 Day 2, CG Athletics, Meadowbank
Lochaber Half Ben Nevis Hill Race (6-mile, 2200 feet), noon, Town Park, Fort William, E - E. Lee, address as before, £1 (R - 4739, 1983, C. Donnelly, Cambuslang Harriers)
Helensburgh Rotary Club People's ½-Marathon, Helensburgh, E - J. Turnbull, 'Clava', Campbell St, Helensburgh
Bigholm 10,000m road race, Belth, E - Race Organiser, 13, Bankside Gardens, Kilbirnie, KA25 7JA

- 28 Day 3, CG Athletics, Lochaber Cow Hill Race, (2½-mile, 900 feet), Fort William, 7pm, E. Lee, 25p (R - 1756, 1983, H. Jarrett, Keswick AC)
29 Rest Day, CG Athletics
Highland Games Meeting and Hill Race, Meadowbank, Hill Race E - R.L. Morris, 33, Morningaide Rd, Edinburgh
Commonwealth Veterans 25Km Road Race, Edinburgh, E - Henry Morrison, 4, Arden St, Edinburgh
Sri Chinmoy 2-Mile road race, Glasgow Green and The Meadows
30 Rest Day, CG Athletics, Commonwealth Veterans 10,000m road race, Edinburgh, E - H. Morrison
31 Day 4, CG Athletics,

- 1 Day 5, CG Athletics, Meadowbank
2 Day 6, CG Athletics, Meadowbank
Newtonmore Highland Games and Creag Dubh Hill Race (4-mile, 1200 feet), Newtonmore, 3pm, E - Mrs C. Ralph, Caman Dubh, Old Glen Road, Newtonmore, (R - 2613, 1983, H. Jarrett, Keswick AC)
Peterhead Scottish Week Games, Peterhead
Key for Events:
E - Entries from
R - Course record.
Compiled by COLIN SHIELDS



T.S.B. BLAIRGOWRIE 500 HALF MARATHON

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Entry Fee £2.50 (affiliated) £3.00 (non-affiliated)
For entry forms send S.A.E. to John Wilson, Springbank, Darkfaulds, Blairgowrie, Perthshire PH10 6QB

TRIATHLONS BLATHLONS

JUNE

- 28 LochMorlich Triathlon
Canoe 1 mile, Run 4 miles, Cycle 10 miles, 5 Crymble, Glenmore Lodge, Aviemore PH22 1QU
Strathclyde Triathlon Swim 1 mile, cycle 30 miles, run 7 miles, John Higgins, Dolan Baths, Town Centre, East Kilbride

JULY

- 6 Tyne-Tees Triathlon, R. Marshall, 12 Forest Drive, Rickleton, Washington, Tyne & Wear
19 Irvine Harbour Festival Triathlon, W.F. Griffin, Magnum Leisure Centre, Harbour Street, Strathclyde
27 Lochaber Triathlon Swim ½ mile, cycle 34 miles, run 11 miles (up Ben Nevis and back), Duncan Watson, Taradale, Fassfern Road, Fort William PH33 6DB

AUGUST

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

HIGHLAND GAMES (professional)

JUNE

- 21 Peebles Highland Games
Newburgh Highland Games
Oldmeldrum Sports
22 West Lothian Highland Games
Burghhead Highland Games
Grantown Highland Games
28 Drumtochty Highland Games
29 Ceres Highland Games

JULY

- 3 Thornton Games
Elgin Highland Games
Calithness Gathering & Games
6 Dundee Highland Games
Kelso Games
Cupar Highland Games
9 Kenmore Highland Games
11 Dingwall Highland Gathering & Gymkhana
Alva Highland Games
Forres Highland Games
Jedburgh Border Games
13 Trossachs Games
Arbroath Games
17 Mull Highland Games
18 Dunbeath Highland Games
19 Balloch Games
Tomintoul & Strathavon Highland Games
St. Ronan's Border Games
Invergarry Games
20 Corby Highland Gathering
Rosneath & Clynder Games
Stonehaven Highland Games
Blairgowrie Games
Burntisland Highland Games
22 Inveraray Highland Games
23 Luss Highland Games
Arisaig Highland Games
D.P. Webster



DAVE BELCHER of the Glasgow Herald explains why he never made the inside track.

OUTSIDE Lane

Why I don't run . . .

They are hidden at the bottom of the wardrobe among the bent and crippled coat hangers and dusty odd socks. The last time I wore them was when I painted a cupboard, so they are spotted with an incongruously cheery sunshine yellow.

Scuffed and dirty, abandoned but never quite forgotten, they don't even have the dignified air of having performed properly, of having served honourably and usefully before the acceptance of graceful defeat and well-earned retirement. There is indeed no sight more forlorn in the dark graveyard of the lost sole than the running shoes which slipped away, never having made it out of the house and on to life's highway.

I've had them for about 18 months. It saddens and pains me to see them. I really should have known better, of course. I ought to have remembered one of my earliest lessons: having once established that all runners are frauds, fakes, low-lives and charlatans I should not have been tempted to run again myself. Let me explain . . .

Once upon a time, many hundreds of years ago, I was a runner. Hearty of breath, lean of limb, a small and wiry (not to say undersized and shrimp-like) 12-year-old testimony to the physiological benefits of cross-country. Twice a week would I train in addition to mandatory Wednesday afternoon school sessions. On Saturdays would I run valiantly against other schools, intensely average (40th out of

60 usually) was my performance. Yet proud I was to have played the game, stayed the course.

But then came the discovery of Smoking . . . Women . . . Drink . . .

Lying and Cheating . . . and cross-country's lure withered and died.

I must stress that it wasn't actually me who discovered any of these things (well, not then). I was a slow youth in more ways than several. It was my school boy compatriots, the running dogs and all-round bad hats.

One of them, Wright by name, began smoking a pipe at the age of 11. He would not set off for the compulsory Wednesday 3-mile run without his briar concealed somewhere about his person (where exactly a boy clad only in shorts and singlet conceals a pipe is a different story).

Another, Wilson, a miraculously large and hairy pre-teen, would in the Wednesday am hide a bottle of home-brew on the course and later settle down with like-minded but less well-developed cronies in a bush, alongside Wright and his contented clouds of Old Holborn, for a ruminative drink.

Lying and cheating of course played an important part in all this. How could they gain the time for their relaxation?

Simple. The cross-country course first ran long and straight beside the school fence before looping off widely through a muddy public park and then back to the straight, rejoining it just out of sight of the school.

The liars, drunks, smokers and cheats would, after an impressive opening gallop, simply stroll from the straight to a comfy spot near the loop's end, removing with a few strides 2.7 miles from the circuit, and leaving the puffers, grunTERS and honest twerps to puff and grunt for 20 minutes all the way round. They would then insinuate themselves back into the race's anonymous lower positions.

But the women were the worst part of it. The final part of the loop ran past the rear of a girls' school. As we were

running, they were playing hockey.

Or not, usually. Usually they were shouting lubricious and hideously personal comments at us red-faced, mortally embarrassed, pre-pubescent running twerps. More usually, as the term went on, they would also be engaged in casually carnal conversations with the large and hairy Wilson.

And yet this is not quite the most wounding of running's sores. At the term's end came the school cross-country championships, the course stewarded, no cheating possible.

Off we puffed and grunted, none more noisily so than Wright, Wilson and Co, who were soon left behind. Down the straight, round the loop, through the mud, past the thicket and the girls' school, rejoin the straight, alongside the fence, and the sound of cheering from the whole school who had all come out to watch.

I was at this point lying around 20th, ahead of the bulk of the pack. I decided to kick for home as the crowd roared. My legs quickened, my heart pounded, my lungs rattled. All was a blur. In that blur of effort two things happened: I found I had reached the limit of my capabilities; I found myself overtaken by runners who exuded an air of tobacco smoke.

I finished 63rd out of 70. Wright, Wilson and crew, none of whom had ever seen most of the course let alone completed it before, finished in the forties.

From that day forward I vowed to be done with running and held all runners to be healthy, fleet-footed smokers, drunks, fornicators, cheats and liars. I could not but look at one and smell my own failure and the whiff of home brew. I must have been drunk when I bought my running shoes. Anyone for yellow-spotted Nikes.

PS. Wright was last seen at a rain-lashed open-air pop concert. He was lying under a ragged plastic sheet with his pipe in one hand and a bottle of beer in the other. He was shouting ill-focused abuse at the stage.



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- ★ **FUN & GAMES** : Jock Strapp goes for gold; prize competitions.

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