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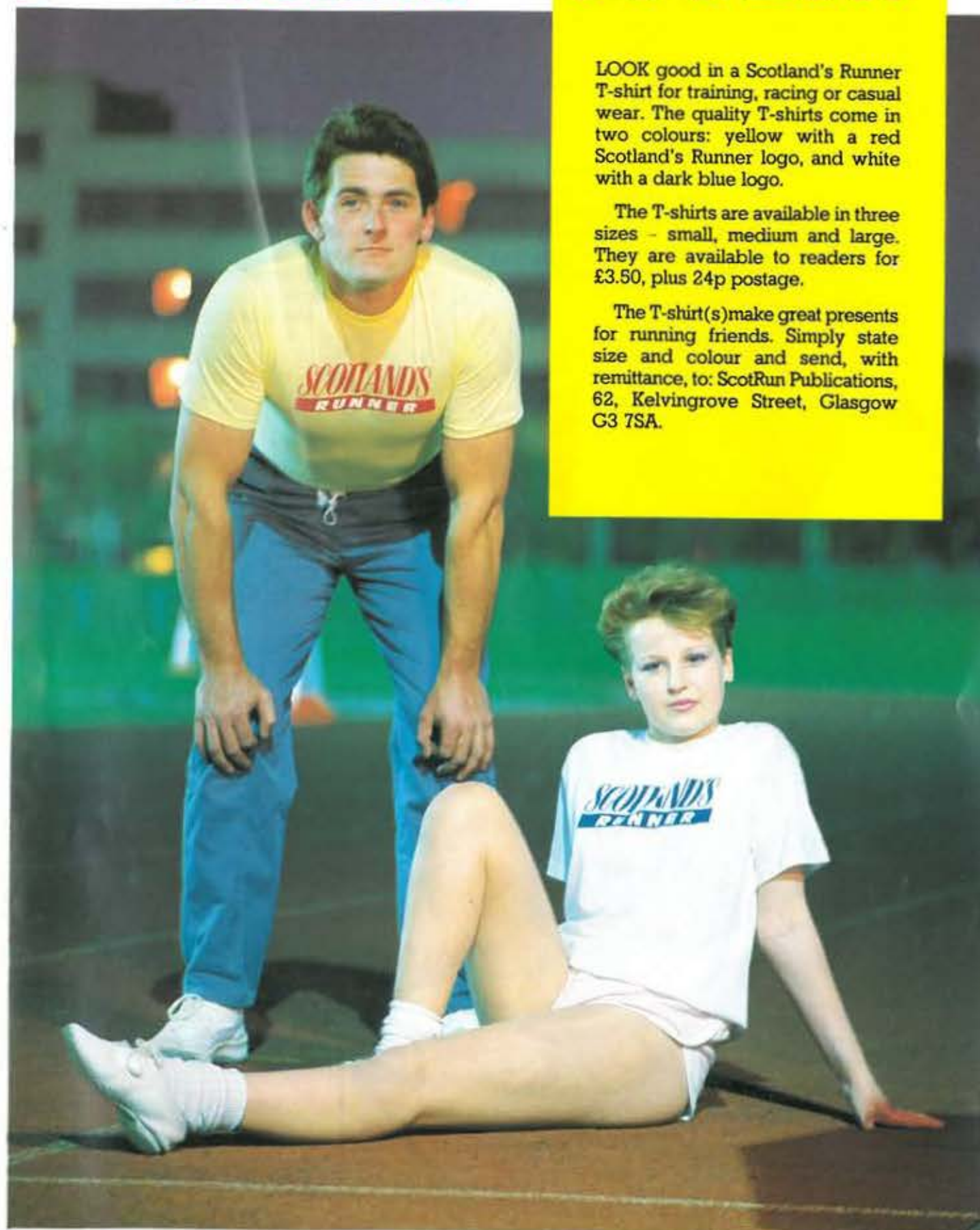
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RUN LIKE THE DEVIL

I came out of the shrubs at the side of the pool. "I won't beat about the bush, Velda," I said. She dropped her robe and walked towards me. Her swimsuit fitted in all the wrong places.

"I knew it had to be someone from the house, Velda, so did the cops. But how could anyone have gotten down to the jetty, tampered with the seaplane motor and back again before that poor slob finished his game of pool?"

One road down, three miles of hairpin bends and both cars locked in the garage."

She stood against me and that perfume hit me again like a velvet brick.

"You tell me. You're making all the running." "Then I remembered those shoes in your closet, sweetheart. New Balance W475's. No woman buys shoes like that to walk the poodle."

"So you bought a pair for yourself?"

"That's right and I went down the way you went down, Velda. *Straight down*. Running all the way. Through the pines, along the stone gulley under the freeway and across the rocks at the ocean's edge.

That route took a special kind of nerve lady and a special kind of shoe."

"So I confess." She put her arms around my neck. "Now all you have to do," she breathed, "is to prove it."

"Okay inspector," I called, "you can come out now!"

She spun round. "Why you . . . !"

They led her away. I felt like a heel.

But my feet?

My feet felt like a million dollars.

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SCOTLAND'S RUNNER

MAY 1987

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SCOTLAND'S RUNNER

May, 1987

Issue 10

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Championships

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Inside LANE

We said it last September, and make no apology for repeating it again now—the danger signs are flashing for the Glasgow Marathon.

The marathon, which more than any other event has stimulated interest in running and athletics in Scotland, isn't even going down fighting. While the city proclaims its Garden Festival and City of Culture achievements from the rooftops, the greatest people's event of them all lies mute in the Trongate.

Is this really the same Glasgow Marathon which only two years ago was aggressively chasing the title of the world's biggest? A marathon which attracted 20,000 entries, even if "only" about 12,000 ran?

How different the picture is in 1987. At the end of the first week in April the event was still unsponsored, and the entry roll stood at 3,500. A pathetic figure in comparison to previous years, of course, but nevertheless even this figure is a tribute to the popularity of the marathon given that there has been damn all in the way of publicity this year.

Again, we said last September that the switch in public relations firms two years ago had not been a good investment, for all that it saved money in the short term. The message doesn't seem to be getting through.

Despite the Glasgow Herald again backing the event - and therefore obliged to give it space it doesn't necessarily merit against other competing stories - there hadn't been any marathon coverage since the launch at the beginning of February and April 8.

Whether the organisers themselves, or their public relations firm, are responsible for this deafening silence is a matter for internal recrimination.

We know that an entry form for the marathon is to be inserted into a Glasgow District Council newspaper which reputedly reaches every home in the city, and that a stand has been booked at the London Marathon to try to attract entries from elsewhere in the United Kingdom.

That still leaves the rest of Scotland untapped. What attempt has been made to get publicity in the Edinburgh papers, for example, now that the city has lost its own marathon?

The general decline of marathons is no excuse in Glasgow's case for their's

falling away. Unless we are being subjected to propaganda of Geobells proportions by **Chris Brasher** and his London team, runners will still turn out for the big, prestigious occasions - particularly if they are covered by television.

So, Glasgow, don't throw it all away. Publicise the event professionally, and with the drive it deserves. And one footnote for whoever's going to pick up the pieces. The 1986 men's winner was **Kenny Stuart**, not **Kenny Stewart**.



Sandy Gilchrist

Congratulations to **Liz Lynch** for her splendid run in Scotland's final World Cross Country Championships. That she didn't win was obviously a shame, but what a marvellous effort she staged.

Although the general consensus was that **Liz** took off too early, in fact she did succeed in burning off all her main rivals, including the great **Ingrid Kristiansen**. Looking at the video replay, **Annette Sergent** came from a huge distance behind to outsprint the badly tiring Norwegian and Scot. On the day, it was a magnificent and inspired run by the Frenchwoman which deserved the gold.

You can't fault anybody for going down with all guns blazing, and **Liz Lynch** certainly did that, unlike most of the Scottish team. It was, indeed, another race which increased her stature on the world stage, and she can look forward with renewed confidence to the 1987 track season.

Talking about lack of publicity, we are delighted to introduce a regular column on cycling this month, following in the wake of the one we launched on Highland Games last issue.

Scottish athletes are wont to complain, usually with justification, at the lack of coverage the sport rates - especially in comparison to football - but spare a thought for the cyclists who are ignored by comparison.

One of the few journalists with any knowledge of the subject, **Bill Cadger**, has beavered away for years on the Glasgow Evening Times to get cycling news into the paper. He wheels off for Scotland's Runner this month by interviewing the new Scottish team manager, **Sandy Gilchrist**.

There are, of course, strong links between athletics and cycling, which is why they form two legs of a sport which could become very big in Scotland - triathlons. As **Fraser Clyne** describes elsewhere in this issue, the third leg need not automatically be swimming. Canoeing is the third stage of Highland Triathlons which are growing in popularity.

In future issues we will publish details of how to get geared up for both cycling and triathlons.

Stay put!

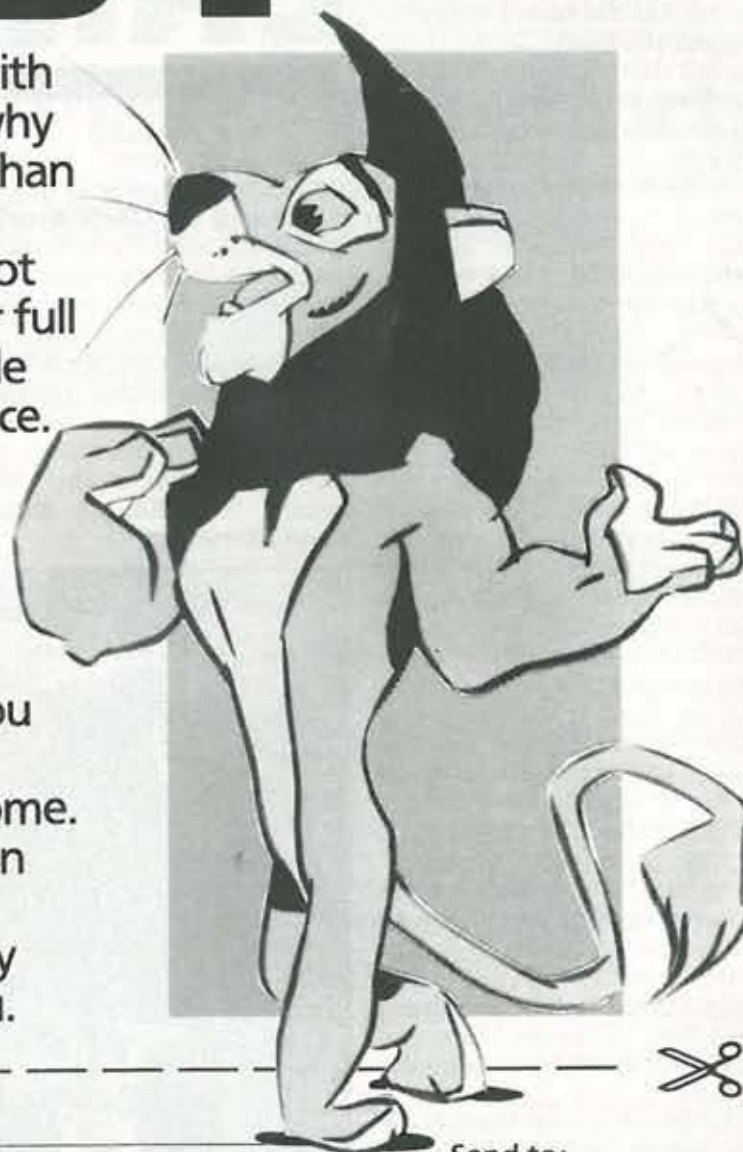
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Up Front

Grand prix comeback for Edinburgh?

THE International Athletes Club hopes to be able to restore Edinburgh to the Grand Prix athletics circuit next year.

As we went to press IAC supremo Dave Bedford was locked in delicate negotiations with Edinburgh District Council. "There's still a lot of talking to be done, but I'm hopeful that we can do it," he told Scotland's runner.

Bedford spent two days talking to officials in the capital. "You have facilities here almost second to none in Britain," he said. "The stadium should be used for athletics."

Commonwealth Games apart, the last significant international fixture at Meadowbank was the 1985 Dairy Crest Games, plagued by a TV blackout, an attempted assault of Zola Budd on the track, and a high profile District Council anti-apartheid stance.

But Bedford is confident a meeting can now be staged "without embarrassment".

Cumbernauld success

WITH Terry Mitchell on Scotland duty in Poland, the inter area cross country event at Cumbernauld lacked the defending champion, but there was a good depth of quality for a meeting which the SCCU should incorporate as a fully fledged championship event.

Renfrewshire, led by George Braidwood, swept up the senior title. Braidwood (34:41) had a full 300 metres to spare over Hammy Cox.

Despite the Dundee running boom, publicised in these pages two months ago, Tayside did not field a team in the event, and nor did Aberdeen.

Haining double

HAYLEY HAINING from Nith Valley followed up her Scottish Schools cross country success when she turned her attentions indoors the following week to claim the junior 1500 metres title at the UK under-20 indoor championships with a time of 4:40.89.

Jamie Henderson set a championship best of 6.73 seconds to win the 60 metres and his Edinburgh Southern colleague, Gary Paterson, took the junior 400m in 48.80sec. Sam Wallace (Cambuslang) retained the 1500 metres title with 3:54.9.



Athletes in disguise... Rona Davidson, (right), under 13 Scottish Schools champion, and her Millburn Academy pal, Jenny Davidson at the Inverness Half fun run.

Glasgow Third

STRATHCLYDE Police attempted to halt the Balloch-Clydebank race because of sleet and snow, and only the fact that the buses which transported the 258 runners to the start had already returned to Clydebank persuaded the police to let the event go ahead.

Despite the conditions, exposure claimed no victims and Martin Coyne (Falkirk Victoria) went on to win the tightest finish in the race's history, clocking 66:02, the same time as Bellahouston's Andy Daly.

Daly had some consolation a week later however when he finished fifth in the Barcelona marathon in 2:19:35. Postman Willie Robertson was eleventh in 2:22:20 while Allan Adams, fourth and first vet at Clydebank, placed 25th in 2:28:42. The Glasgow team were third.

Confused?

FOR many years the SAAA has organised a National Hill Race Championship. This year it goes back to Goatfell, Arran, on May 16.

Until this year, entry has always been free and automatic within the race. Please note that from now all entries for the championship must be registered by May 4 on a separate form (sent to all club secretaries recently) with a fee of £2.75. You can still enter the race on the day as well.

Three years ago the SAAA also approved the Scottish Hill Runners Association Championship as a separate National Hill Running Championship - held over a series of nine different races throughout the year.

The convener for both championships this year is Robin Morris, 33, Morningside Road, Edinburgh EH10 4DR.

No trophy

IN A letter to Scotland's Runner this month, Campbeltown reader Sandra Muir says she feels she has been "cheated" out of a trophy, after winning Oban Area Amateur Athletic Club's Cross Country Championships.

Sandra, who is a member of Kintyre Athletic Club, travelled 90 miles for the event, and, although she was the only women competitor, put in a time of 42:19 for the tough six mile course - knocking almost three minutes off the women's record. Instead of a trophy, she received a £10 sports voucher.

However, Oban secretary Donald McGregor refutes Sandra's claims that the race was an Open Cross Country Championship for Argyll.

"It was advertised as a club cross country championship, with entries open to other clubs," he says. As a club championship, medals and trophies would be awarded to members only. The cup referred to is for the Oban Area AAC ladies' champion."

McGregor says this practice is well followed and understood by clubs in Argyll, who normally compete in each others' competitions.

"They are 'open' events, but the trophies are for club members," he said "with our geographical spread, it's probably the only way we can guarantee getting the trophies back. I don't fancy driving 90 miles to collect them every year!"

Catalogue

FOR READERS interested in taking up cycling, a 120 page colour catalogue, "Everything Cycling" lists, as the title suggests, details and prices of a huge range of equipment, accessories and clothing.

Published by Ron Kitching in Yorkshire, the catalogue also has a feature on triathlons which is a useful introduction for beginners.

Runners in the Alf Tupper mould will be astonished at the variety of equipment available to cyclists and triathletes although - see Scotland's Runner Issue 4 - basic equipment can be bought relatively cheaply.

"Everything Cycling" is now available, price £1.95, and further details of the sport can be obtained from the stockists advertising in this month's issue of the magazine.

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Up Front Up Front Up Front Up Front Up Front

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DO YOU have one of those coveted London Marathon entries? Want to make the race director's day? If so, stay at home and watch it on television - that's what race director Chris Brasher hopes many of the entrants will do.

This year's 27,000 London hopefuls should comfortably regain the title of world's biggest marathon from New York, but those 27,000 were accepted on the basis that in past years 23% of the entrants turned out to be SLLS - "the sick, the lame and the lazy" as Brasher calls them.

Every year, thousands normally take advantage of a scheme whereby if you send back your entry credentials before the big day, you are given guaranteed entry the following year - but the SLLS's appear to be in very short supply this year.

The result could be longer waits to cross the starting line, and the real possibility of queues building up at six miles to pass through the bottleneck at the Cutty Sark.

Up at the sharp end, there is a chance for better times. Route changes have eliminated eight corners and some cobbled stretches. Court director John Disley reckons that it be worth 30 to 45 seconds for someone of Ingrid Kristiansen's standard.

The winner will take home \$30,000, and the runners-up \$25,000 and \$20,000 each. Bonuses include \$10,000 for a course record, \$50,000 for a world best, and a further \$30,000 for a man breaking 2:07, or a woman under 2:20. Kristiansen has ambitions to be the first woman under 2:20, and the faster London course could put that prize, and a total of \$120,000 (£75,000) within her grasp.

And that's on top of her participation money!

THE GROWTH of amateurism in the last century was a major barrier to the development of athletics. That's the conclusion of Don Macgregor, who has just written a book on training methods through the ages.

The Fife AC veteran and former international distance star has traced the training techniques of athletes from the time of the ancient Greek Olympiad to modern times. After putting the leading athletes and sports writers of the 19th century through their paces, Macgregor has concluded



Henderson on the Crest

JAMIE Henderson receiving his silver salver from Jenny Bradley, head of communications for Dairy Crest.

JAMIE Henderson has beaten the cream of the opposition to win the inaugural Dairy Crest Junior Achievement Award.

The Edinburgh Academy pupil burst onto the national athletics stage last year when he became the youngest-ever winner of the UK Senior 100 metres title. In a superb season, he then went on to win the individual 100 metre bronze and a 4 x 100 metre relay gold at the World Junior Championships. He also reached the final of the 100 metres at the Commonwealth Games.

Henderson got off to a flying start this season by setting national junior records of 6.70 and 6.66 in the 60 metres at the Pearl Assurance National Indoor Championships at Cosford in February. It was these performances which won him the Dairy Crest award.

The female achievement award went to Coventry shot putter Carol Cooksley. Both athletes received a trophy and a £200 training grant.

Amateurism held back performance

that amateurism held back athletic performance.

"Down through history, the top performers were always professionals. Professionalism was the mainstream of athletics, right up until the middle of the 19th century when amateurism developed as a reaction to betting abuses at professional events."

"Unfortunately, the leading athletes threw the baby out with

the bathwater. When they got rid of the betting practices they also got rid of the many of the training techniques, which improved athletic performances over the years."

"My thesis is that amateurism held back the development of athletic performance until the Finns and others began to explore new training techniques earlier this century," says Macgregor.

As Henry Muchamore points out on Page 50, Don's own running has been disrupted by an unusual heart problem.

Action Replay

THE KODAK 10,000 metres in Glasgow on March 8 was an action replay of the 1986 event. But there all sense of deja vu ended.

Although Nat Muir, Allister Hutton and Paul O'Callaghan swept the medals in that order, just as they had done a year earlier, the race was a much more hotly contested affair.

A procession of English and Irish internationalists, including European and Commonwealth 5000 metres bronze medallist Tim Hutchings, were burned off before Muir won the £700 first-place subvention with a time of 29:08, by just one second from Hutton.

The entry, more than 4500, was a record for the series, but once again Glasgow's drop-out factor was in evidence. Although the younger age groups were well supported, only 2532 finished the senior race. For the record, S. Allan was the last to finish in 77min 30sec.

A total of 579 people broke 40 mins, 1641 broke 50, and only 214 took more than one hour.

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July
10 Runsport 10k (S)
12 Runsport HM (L)
19 Inverness 10k (S)

August
2 Edinburgh 10 Miles (M)
2 Ferranti 10 Miles, Aberdeen (M)
16 British Airways HM, Glasgow (L)
22 TSB Blairgowrie HM (L)
30 Inverclyde QM (S)
30 Adidas Mars HM (L)
30 Livingston HM (L)

September
5 Loch Leven HM (L)
6 Land O'Burns HM, Ayr (L)
13 Round Cumbrae 10 Miles (M)
26 Livingston 6 Miles (S)
26 Ness Motors 10 Miles

October
11 Dundee Half Marathon (L)
25 Falkirk CIB HM (L) The Final

Code: HM - Half Marathon; QM - Quarter Marathon; L - Long; M - Medium; S - Short.

AFTER TWO events in the 1987 Scotland's Runner Road Race Championship, Welshman Simon Axon - who runs out of Aberdeen AAC - heads the men's rankings. Clubmate Janine Robertson has taken an early lead in the women's category, while there are joint leaders in both the men's and women's veteran sections.

Axon - see picture on Page 29 - owes his lead to his 65:44 win in the Bank of Scotland People's Half Marathon at Inverness on March 22. He had earlier collected three points for finishing 20th in the other March event - the Kodak Classic 10K in Glasgow.

By finishing well up the field in both events, Janine Robertson pulled twelve points clear of both the Glasgow and Inverness winners - Sandra Branney (McLaren Glasgow) and Muriel Muir (Dundee Roadrunners). But in the veterans' categories, the individual wins of Adrian Weatherhead and Lorna Irving (Kodak) and Don Ritchie and Margaret Robertson (Bank of Scotland) were enough to put them at the shared lead of their categories.

These early tables do not, of course, include three counting races which were taking place between Scotland's Runner being printed and the magazine appearing in the shops.

These were: the Tom Scott (April 4), the Renfrewshire 10 Miles (April 11), and the Dundee 10K (April 12). The Haddington 10 Miles on April 19 will also be a counter when the championship update is published in next month's issue of Scotland's Runner.

WOMEN:

1 J. Robertson (Aberdeen)	42 pts
2 S. Branney (McLaren GAC)	30 pts
3 M. Muir (Dundee RR)	30 pts
4 K. Carter (Sale)	26 pts
5 L. Irving (Edinburgh)	23 pts
6 W. O'Neill (Colwyn Bay)	23 pts
7 J. Lorden (Edinburgh)	21 pts
8 M. Robertson (Dundee RR)	21 pts
9 L. Findlay (Fraserburgh)	19 pts
10 S. Sinclair (Irvine)	19 pts
11 M. Oliver (Aberdeen)	17 pts
12 A. Ridley (McLaren GAC)	17 pts
13 S. Chuley (Dundee RR)	16 pts
14 A. Clifford (Ayr Seaforth)	15 pts
15 M. McKenzie (Unatt)	15 pts
16 V. Pyall (Dundee RR)	14 pts
17 M. Taggart (Pithead)	14 pts
18 M. Dunlop (Kilmarnock)	13 pts
19 L. Gibson (Dundee RR)	13 pts
20 C.A. Bartley (McLaren GAC)	12 pts
and J. Carrol (Dundee RR)	12 pts

MEN:

1 S. Axon (Aberdeen)	33 pts
2 N. Muir (Shett H)	30 pts
3 A. Hutton (Edin H)	26 pts
4 C. Youngson (Aberdeen)	26 pts
5 F. Harper (Pithead)	23 pts
6 P. O'Callaghan (W&Bilton AC)	23 pts
7 T. Hutchings (Crawley) AC	21 pts
8 G. Laing (Aberdeen)	21 pts
9 A. Dodney (Dublin City)	19 pts
10 G. Reynolds (Dundee H)	21 pts
11 C. Robison (Spango Valley)	17 pts
12 T. Walker (Calderglen)	17 pts
13 P. Cuskin (Jarrow)	16 pts
14 N. Martin (Fife)	16 pts
15 G. Fairley (Kilbarchan)	15 pts
16 K. Harrison (Stretford)	15 pts
17 A. Callan (Springburn)	14 pts
18 C. McIntyre (Fraserburgh)	14 pts
19 C. Helme (St. Helen's)	13 pts
20 M. Wright (Elgin)	13 pts

VETERAN WOMEN:

1 L. Irving (Edinburgh WM)	30 pts
2 M. Robertson (Dundee RR)	30 pts
3 K. Chapman (Giffnock N)	26 pts
4 S. Chuley (Dundee RR)	26 pts
5 L. Gibson (Dundee RR)	23 pts
6 L. McIntyre (Unatt)	23 pts
7 J. Carrol (Dundee RR)	21 pts
8 L. McIntosh (Unatt)	21 pts
9 K. Dodson (Law & Dist)	19 pts
10 E. Murray (Dundee RR)	19 pts

VETERAN MEN:

1 D. Ritchie (Forres)	30 pts
2 A. Weatherhead (Edin AC)	30 pts
3 B. Carty (Shett H)	26 pts
4 R. McFarquhar (Aberdeen)	26 pts
5 D. Fairweather (Law & Dist)	23 pts
6 B. Kirton (Unatt)	23 pts
7 B. Preece (Unatt)	21 pts
8 W. Scally (Shett)	21 pts
9 C. Day (Unatt)	19 pts
10 A. Wood (Dundee RR)	19 pts

Rules

- The Championship is staged and organised with the approval of the appropriate men's and women's National Governing Bodies.
- The Championship will recognise three race distances at short (6 mile/10,000 metres); medium (10 miles/15,000 metres) and long (half marathon) in counting for points towards the overall title.
- Three races at each distance will count for points, with contestants being able to compete in any number of races nominated for the Championship. Contestants may count the races in which they score the highest number of points and discard the other races.
- The nominated races for the

Championship have been selected over a time period from March to October and are located geographically throughout Scotland to give the best chance of competition for all runners.

Points will be awarded for finishing positions in each race. The winner in each age and sex category will receive 30pts; runner up 26pts; 3rd 23pts; 4th 21pts; 5th 19pts; 6th 17pts and other finishers one point less till 20th placed receives 3pts; 21st receives 1pt.

All nominated races to be held under permit from appropriate Governing body.

All courses to be accurately measured before the race is

- held to ensure accurate race distances.
- All race organisers to print detailed results within 10 days of the race and send to the Championship Convener to allow calculation of points tables for each category.
- A championship final will be held to decide the eventual winners. This race will be over the half marathon distance and points will count as double.
- The top 20 runners in each category (Senior Men, Senior Women, Veteran Men and Veteran Women) - decided after adding points gained in each of the three race categories - will be eligible for free entry to the final which will be the CIB Half Marathon at Grangemouth in October.

Bank Rescue

GIROBANK Scotland is the bank which likes to say "yes" to schools athletics.

Scottish Schools Athletic Association president John McChie can't have laid the tawse too heavily on Mike Souter when he was his PE teacher at Lenzie Academy back in Souter's schooldays. For Souter is now in charge of public relations at the bank's Edinburgh headquarters, and he was present to announce a £13,000 deal from the bank.

The schools feared for their development programme following the withdrawal of the Scottish Milk Marketing Board, but the bank's funds, spread over two years, have salvaged the situation. Indeed, McChie is excited at future prospects for his association, despite the ravages of the teaching dispute.

Girobank Scotland general manager John Davies pointed out that his company is already involved with the Ulster Games in July and they have also bailed out a swimming meet in Edinburgh which was in danger of foundering following a sponsorship hitch.

Footnote: Mike Souter's elder brothers, Robin and Nicky, were both distinguished schoolboy athletes in the 1960's. Robin was British junior high jump champion, while Nicky won the Scottish Schools' cross country championship. Both competed for Springburn Harriers.

Sport of Kings?

ATHLETICS is to be included for the first time among the eight sports offered at the 1987 Kings School of Sport - an all-expenses paid coaching weekend at Inverclyde National Sports Training Centre.

The school is open to ten 14-17 year olds living in Glasgow who show a particular aptitude for their sport, but who have not reached district or regional standard. It takes place from June 5-7 and is sponsored by Kings and Company, a quarrying and road surfacing company.

Other sports at the school are basketball, boxing, golf, judo, netball, squash and table tennis. For further details, contact Alan Cowieson, Strathclyde Department of Education, 041-649-6124.

YVONNE MURRAY closed her indoor season in dramatic style at Cosford by breaking the Scottish national, UK national, UK all-comers and Commonwealth records for two miles. Her time of 9:36.84 was an improvement on the old mark which had stood to Liz Lynch.

LIZ LYNCH sat on the plane home from Warsaw with the disappointment of having world championship gold snatched away firmly behind her.

She ran her guts out over the gruelling Sluzewiec racecourse in a bid to bring back a first and last women's cross country title, but a break, perhaps with hindsight made too early, and the finishing pace of the diminutive French woman Annette Sergent, proved too much.

But as she sat beside her fiancé, Peter McColgan, on the flight home, the talk was of the future, not the past. McColgan, a steeplechaser with a best time of 8:29, was Northern Ireland's first man home in Poland, 128th and good enough to finish in front of the whole Scottish contingent barring Nat Muir.

McColgan ran in the Commonwealth Games in Edinburgh, but we will be seeing a lot more of him in future. He and Lynch have returned to Dundee, where he is looking for a job, and the pair are to be married there in October.

They met while at junior college in Idaho and were doing the same sports management course subsequently at university. They have already postponed marriage for athletics, but are not prepared to do so again.

Liz interrupted her journey home to spend time with her Scottish

Wedding bells are a consolation for Liz

By Doug Gillon of the Glasgow Herald

coach John Anderson, discussing the build-up to the world championships in Italy this summer.

"I hope only to compete in one 10,000 metres this year, and that's in Rome," said Liz. "But it will depend on the selection policy. I plan to concentrate more on 1500 and 3000 metres, improving my speed."

Lynch and Sergent were not unknown to each other. "We ran at the World Student Games together," said the Dundee woman. In fact they share almost identical times of just over 8:46 for 3000 metres.

The mud in Poland however was a potent factor, in one place more than a foot deep - almost to the top of my Wellington boots - before the first race.

"I once ran in a quagmire like Warsaw, in the TAC championships in the United States," said Liz. "Lynn Jennings won, and I was about twentieth. I've never really relished these conditions since, and to feel confident about running in them I have to have done a lot of cross country in mud."

"I obviously hadn't done enough, mainly because my winter programme is just a means to an end, with the track, and the world championship the main objective." It was also only her second appearance in the world event.

Yvonne Murray has a similar long-striding action to Lynch, one not particularly suited to the heavy going with its constant break in rhythm occasioned by 30 barriers and obstacles on a course which the Poles seemed to think (wrongly) would favour their steeplechasers.

The Edinburgh A.C. woman's sixteenth place was as good as any she has had in this championship, again achieved against the background of indoor and road racing, and summer targets.

Most disappointing was the women's team performance, ninth. Had they finished in the top six the IAAF, who have banished the Home Countries from international sport, would have been forced to take Scotland to the world road relay championships in Japan later this year.

Encouraging for Britain, but not

for Scottish individual hopes of a place in next year's UK team, was the second-place finish of the England team who placed their six counterers between tenth and thirty-eighth. Even their ninth man was 59th.

So Muir, fortieth, would not have counted in the UK team, and Terry Mitchell, Scotland's second counter at 137 would not even have been a member of it. Our final team place, 22, was identical to last year at Neuchâtel.

The Scotland junior team were last of the 24 competing nations, one ahead of Northern Ireland and two ahead of Wales, statistics that fuel the argument for a UK team.

But none of that can do the sport in the home countries (other than England) any good. Already January 30 has been pencilled in as the date for the trial for next year's championships in New Zealand. But there is no guarantee that Scotland's cross country officials (or indeed those of the three other home unions) will have any input to it. For the team is under the jurisdiction of the British Amateur Athletic Board.

What is clear is that Scotland, if they want to produce cross country runners with any international respectability, far less at the level of Kenya, needs to take a sharp reappraisal. That is already going on and next month we will bring detailed news of the plans.

OBSERVER

March 22

ATHLETICS: Gary Patterson, of Edinburgh Harriers, a 9-year-old bricklayer, stormed to victory in his 400-metre final at the Dairy Crest AAA-WAAA under-20 indoor championships at Cosford, trimming nearly half a second of his winning time last year to retain his junior men's title in 48.8 sec.

THESE Edinburgh sprinters get younger every year ... or is it a case of poor Observation?

Boston blow

LANGHOLM'S Lorna Irving has had to cancel her plans to run in the Boston Marathon. The Edinburgh Woollen Mills distance runner went down with flu in early March and lost almost four weeks training.

"Lorna realises that she will have to set her sights a bit lower until she has fully recovered. Her next race should be a half-marathon in May," says husband Tony.

Band on the run at Stirling

THE SKIRL of the pipes could strike a discordant note for this year's Runsport Half Marathon in Stirling. Scheduled for July 12, the event clashes with a major international pipe band championships to be held at Kings Park, which is on the half marathon route.

The organisers have already obliged the police by agreeing to start the event at 9am - 90 minutes earlier than last year.

But some local tourist officials are still worried about runners getting tangled up with the pipers, and the police are reviewing the situation.

"We are confident that our earlier start means that there will be no real clash," says Jim Spalding of Runsport. "But if any change is necessary, I think that we would look at changing the route or the starting time. There is no way that we will change the date, so entrants can be sure to keep July 12 marked in their diaries."

Haining star of Schools event

THERE WAS an entry of 1800 for the Scottish Schools' Cross Country Championships at the Magnum Centre, Irvine, on March 14 - well up on the previous two years and just short of the pre-dispute numbers of 1983 and 1984.

The outstanding performance was that of Hayley Haining (Maxwelltown High) who stepped up to the 15-17 age group and won by a huge distance, recording a time of 17:36 for the 4800 metres. To put her achievement in perspective, Aberdeen Grammar's Carolyn Sheehan won the over-17 category in 18:51!

THE SSAA would like to take this opportunity of wishing one of our most faithful judges and referees, Mr A.P. Macintyre of Morrison's Academy, a very happy retirement. And also wish one of our favourite starters, Peter Izzi, a speedy recovery from his recent ill health.

* * *

THE 1986/87 Year Book will be distributed to all Secondary Schools before the end of April, together with entry forms and information on all Summer events. Anyone who would like a copy should send 50p, to cover postage, to me at 14, Heriot Court, Glenrothes, Fife KY6 1JE.

Following the championships, 32 athletes were chosen to represent the SSAA in the British Schools' Cross Country International at Roscommon, Eire, on April 4. Full details will be published in the June issue of Scotland's Runner, but at least the team and officials were able to travel over in some comfort - instead of being transported in three school minibuses, the team flew to and from Dublin thanks to the generosity of our new sponsors, Girobank Scotland (see separate news item).

Before the team left, we eked out some personal details from the Magnum winners.



Hayley Haining's favourite athlete is Yvonne Murray - "she's really nice". Her ambition is, "to own a thatched cottage somewhere, like in the Miss Marple programmes", and her worst nightmare is "being chased by a lawnmower". Isn't it even money that Hayley can beat any lawnmower?

Glen Stewart, who retained the 15-17 title, says his nightmare is "dropping out of the British Schools' Cross Country at Lincoln in 1986 (disgusted and ashamed)". Glen is a much more mature athlete than the 1986 youngster of whom too much was expected; anyway, he redeemed himself admirably at Swansea in the track and field international.

Roma Davidson (Millburn Academy) whose twelfth birthday was only in August, was the

youngest team member in Eire, and won the under-13 category at the Magnum. Like Hayley, Roma's favourite athlete is Yvonne Murray, "because she's Scottish and very good".

The over-17 and under-13 boys' winners, Terry Reid (Whitfield High) and Daniel Smith (Queensferry High), both opt for Seb Coe as their favourite athlete. Terry's nightmare is, "going bald like my father", and biggest disappointment not being chosen to represent Scotland at the World Junior Cross Country Championships in Warsaw. Daniel's ambition is to be a famous runner.

Linda Trotter

Above - All out for the line in the girls 13-15 age-group. Below - the over-17 boys tackle the hill. Pictures: DUNCAN McEWAN



Cameron Spence



Lawrie Spence

FOR AN athletic club to have an international runner in its midst is a matter of pride; to have two or more is a real success and a ranking as one of Scotland's top clubs.

Unusually, two Scottish clubs have a mixed bag of internationalists in their membership, and lack only one other to have a full bag of Home Country vests.

Spango Valley AC have the Spence brothers, Lawrie (Scotland) and Cameron (N. Ireland). Last season Royal Navy lieutenant Chris Robison (an English internationalist, but now a welcomed and fully acknowledged Scottish team member also) joined their ranks.

Aberdeen AAC have Welsh internationalist Simon Axon and English representative Kevin Best, an RAF serviceman stationed in the north east, joining forces with their considerable batch of Scottish internationalists.

With Spango looking for a Welshman, and Aberdeen looking for an Irishman, who will be first to complete a full set of internationalists? Rumour has it that IBM factories throughout the UK are being combed for Welsh running stars (a rare species!) who could be transferred to desirable Greenock and Spango Valley.

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Letters...

Send your letters, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

8, Craigshannoch Road,
Wormit,
Fife, DD6 8ND

SIR - You published a letter from Steve Lyndon re the Nigel Barge Road Race and I would merely like to correct facts given in his letter.

1. He claims he was the first to apply for a permit for January 10, 1987. This is an assumption on Steve's part, which I can assure you is incorrect.

2. He claims he did not receive a letter from me until October 1986. I have a copy of a letter sent by me on June 27, 1986, and a copy of Steve's reply dated July 1. My reply to that letter was dated July 3, and Steve's July 14. A great deal of other correspondence took place as everyone knows.

Official reply

The correspondence is available for examination should anyone feel like doing so.

I cannot comment on the actions of a well known Western District official, as he was not acting on the instructions of general committee.

The question of issuing two permits for the same area on the same day is one for the clubs to resolve – the SCCU are acting on the clubs' behalf in protecting their interests, and on their instructions as given at AGM's. What the SAAA do is a matter for them.

Which leads me, if I may, to the question of officials commenting

on letters or opinions which appear in magazines or newspapers. I am of the opinion that, having been elected at an AGM, I am there to carry out the instructions of the general committee of the Scottish Cross Country Union, who in turn have also been elected by the member clubs at an AGM. I am not there to express my personal opinions about various items which appear in either letters or editorials. I am answerable to general committee and the AGM. I would hope that clubs who feel strongly about the way matters are run, as well as expressing them

publicly will ensure that they are represented at our AGM (which is being held on Saturday May 23, 1987, at the Royal Scottish Museum, Chambers Street, Edinburgh) and make their feelings known.

May I finally say that I enjoy your magazine very much and wish it every success – I'm young enough to remember the old "Scots Athlete".

J.E. Clifton,
General Secretary, SCCU

PS: I was going to remind you about athletes competing for longer than twelve months as "unattached" being in contravention SAAA rule 4(i), but I didn't really want to stir things up!

Oban open?

West Skeroblin Farm,
Campbeltown,
Argyll.

SIR - On Sunday March 15, I travelled from Campbeltown to Oban, a distance of 90 miles, to compete in Oban Amateur Athletic Club's "Open" Cross Country Championship for Argyll. I ran for Kintyre Athletic Club, who are a member of the SAAA, as are Oban.

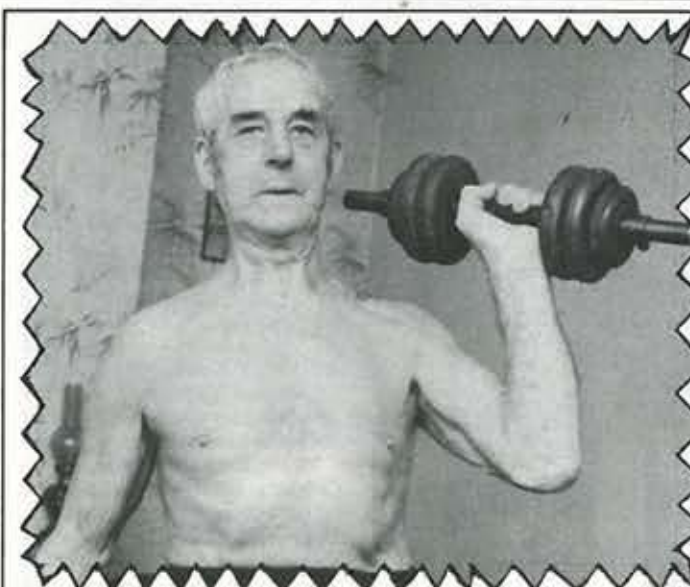
It was a very tough course, plus I had not run cross country for twelve years, but I ran the six miles in 42:19, beating the women's course record by almost three minutes.

When it was time for the prizes, there was a trophy for the Ladies Cross Country Champion of Argyll on display. Unfortunately I was the only lady competing as the course was so severe, but when my name was called out they gave a £10 sports voucher and told me I couldn't have the trophy as I wasn't from Oban. There was no trophy for me, which I feel is an absolute disgrace as it was advertised as an open race.

I feel totally cheated as I have nothing to show for my effort, and nothing to prove I am the ladies champion. Without a trophy it was a wasted effort going to the bother of travelling. It seems that if one of the Oban ladies had walked round, she would get the trophy and be the champion.

If it is advertised as an "open" event, the championship should go to whoever wins.

Sandra Muir



Andrew McLean

29, Standing Stone Walk,
Dunfermline,
KY11 4RG.

SIR - I like the way your staff give magazine space to the not so well known folk who keep fit by running. I really enjoyed reading your article about "Scotland's oldest runner", Andrew McLean. Thanks to Graham Crawford for a very human story.

I was out training last week and had to stop and walk because of a pulled muscle, and I felt like "Scotland's oldest runner" although I'm only 47. The article has given me a lot of encouragement.

But another point I'd like to ask

Thanks to Graham

your staff – what happened to "Scotland's comic runner" – yes Jock Strapp. He disappeared after December and hasn't been seen since.

Has he been off the scene due to injuries or something? Please find out and bring him back – I'm sure I'm not the only one who missed him.

Jim Hall

P.S. Nice to see you've incorporated a crossword – excellent idea.

Medals are outdated

2, Crosslees Drive,
Thornliebank,
Glasgow G46 7DS.

SIR - I wish to comment on the Alloa Half Marathon which I ran in March this year.

•The changing facilities were adequate: six out of ten.
•For the organisation: six out of ten.
•The course itself which was quite undulating but pleasant and very scenic: seven out of ten.

•Value for money (entry fee £4.00). On arriving I was charged for a cup of tea, and at the end of the race the runners were given orange or water only. This was definitely the most inadequate value for money half marathon I have run: one out of ten.

After the finish of the Glasgow Kodak 10k – entry fee £3.50 – all finishers were given filled shower bags to the value of £3.50, and the first 200 runners home were given special edited tee shirts. Surely this can be done in all half and full marathon races to attract more runners?

It would also encourage the lesser runners to try that little bit harder, and also give them a chance to win something, since I honestly believe medals are outdated.

Please all organisers take note, especially the Alloa ones. By the way, I finished in 463rd position in the Kodak, and will certainly train harder for next year's race.

Frank McCann,
Giffnock North AAC.

SFA from the SAAA

13, Gartsherrie Road,
Coatbridge ML5 2HR.

SIR - With regard to Steve Lyndon's letter on the Nigel Barge controversy, the issuing of two permits for the same day seems the ideal way out for everyone. But may I point out that last year the Monklands Half Marathon, a well established race which the organisers have worked hard to build up over the years, was granted a permit for its usual date in August.

Then, when it was too late to change, the organisers discovered that the SAAA had granted a permit for a new event - the Glasgow Half Marathon - on the same day. The result was a much depleted field for the Monklands (fair enough, you pay your entry you make your choice).

To avoid the same clash of dates this year, the Monklands Half Marathon has been changed to July 26. Now, through the grapevine, the organisers have been told this race is going to be classified as a "Peoples" event in future.

This event has been running for more than twenty years, long before anyone had heard of a

Peoples event. The SAAA last year had an income of £32,955.50 from Peoples events, none of which came back to the road running fraternity. Now I understand the SAAA spies will be out this year looking and checking on fun runs etc; shades of Big Brother.

The organisers of races put a lot of hard work in getting sponsors, officials, stewards etc., and what do the SAAA do? Sweet

Sorry, I forgot they issue a permit and leave the organisers of the Monklands Half Marathon with 600 medals from last year. I wonder if they would like to pay for these left-over medals out of their £32,000?

Bill McBrinn

Brownie points

18, Ainslie Place,
Edinburgh EH3 6AU.

SIR - In Doug Gillon's National report he took my fellow selectors and me to task over Mr Clyne's

Letters...

Speed merchants

The Scottish Amateur Athletic
Joint Coaching Committee,
18, Ainslie Place,
Edinburgh EH3 6AU.

non-selection for Warsaw, as did most of the papers. We lost Brownie Points as he put it, but I am claiming them back for his refusal to carry in his report the non-appearance of Messrs Muir, Hutton and the senior team trophy for the presentation.

In days when sponsorship of championships is tight, I am sure Falkirk District Council, whose hospitality we both shared, must have been less than pleased with the bad manners displayed by both these athletes.

The failure of the trophy to be forwarded for presentation, irrespective of the same team winning it again, is just not acceptable and can only be construed as bad manners by the club in question, Edinburgh Southern Harriers.

Again he fails to get across in his report that it is not only the Scottish Cross Country Union who are always wrong.

So get the points back.

B.A. Goodwin,
Past President & Selector,
Scottish Cross Country Union.

Volunteers wanted

Dunfermline College of Physical
Education,
Crammond Road North,
Edinburgh EH4 6JD.

SIR - I was interested to read the letter in the February/March issue of Scotland's Runner from the female runner who was concerned about her heart rate after running.

The formula she refers to in Dr Cooper's book will be the 220 minus age estimate for maximum heart rate. This formula is an average value, based upon a relatively small sample of individuals who were not necessarily particularly fit.

I have noticed many individual situations where a person's heart rate has easily exceeded this predicted maximum with no particular distress on their part. I suspect that the fitter a person, the more they tend to exceed the formula's prediction, and would be interested to put this theory to the test.

If any reader would be prepared to run on a treadmill in our laboratory whilst their heart rate is monitored, I should be pleased if they would contact me at the above.

Patrick Squire,
Lecturer,
Sports Science



principles remain the same, and I would like to draw everyone's attention to the lecture that Tommy Boyle gave at the latest Edinburgh International Coaches Convention on his development of Tom McKean.

We, Scotland, have a very small number of genuine coaching leaders at international level, of which Tommy Boyle is one. He is an original thinker and someone that should be followed if we wish to re-create the successes of the past. Tommy emphasises (and I fully support him) the need for a well balanced training programme which caters for endurance and speed, taking great care not to "burn out" the adolescent. Bill Gentleman also pays great tribute to the effect that sprinter's circuits and sprinting have had on Yvonne's performances since they included them four years ago.

If anyone would like the full copy of Tommy's lecture I would be delighted to send them a copy. Please send a large stamped (20p stamp), addressed envelope and cheque/P.O. for £1 payable to SAAJCC.

David Lease,
National Coach

NEXT MONTH. Scotland's Runner will publish excerpts from Tommy Boyle's paper, but having read it we would recommend the full version as essential reading for all aspiring coaches.

Crystals clear

Sportsmans Travel Ltd.,
P.O. Box 269,
Bentwood,
Essex CM15 8NR.

SIR - May I first say how disgusted I am with Mr Campbell's (sic) rudeness and attitude towards my letter of the 28 February. He was downright rude, disgusting and ignorant to the way of dealing with advertising problems. This practice is despicable and one of a back-street no-good, and certainly not one of the responsibility of an Editor. He swore to two of my secretaries and threatened to print adverse criticism regarding Sportsmans Travel.

I want to make it crystal (sic) clear that I shall not consider any future advertising when such a man has the responsibility he has. I am also making it clear to you and Mr Campbell that should I read any adverse editorial, then you will be hearing from my lawyer in ultra quick time.

Barry M Whitmore

P.S. If a satisfactory solution to our dispute is not found, then I will have no hesitation in sending copies of this and other correspondence to governing athletic bodies in Scotland.

MR WHITMORE'S company owes Scotland's Runner money for advertising since last Autumn.

We don't know what constitutes swearing in Essex, but when Mr Whitmore's wife was "unavailable" to come to the phone in response to our attempt to settle this outstanding matter, one of her secretaries was told that we were "pissed off" at the lack of payment. Seconds later, Mrs Whitmore - suddenly available - returned the call, told us not to swear at her staff, and slammed down the phone.

We phoned back to tell her secretary that we noted the comments, but were still "pissed off" at not being paid for two full page advertisements.

As far as we are concerned, Mr Whitmore can broadcast his unwillingness to settle the account to every sporting body in Scotland and beyond.

We would, of course, not dream of printing adverse criticism regarding Sportsman's Travel Nor of accepting their advertising again until they pay up.

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Letters...

Under cover of darkness, I leapt groynes (oh yes, note the spelling) on Portobello beach, while wearing someone else's pyjamas.

Was it the final flourish to some all-night orgy in a seedier part of our capital city? Or the culmination of some drunken bet struck a few pints into a heavy night?

There had indeed been a jar or two of ale gulped down the night before, but this had not influenced the strange early morning proceedings.

"Bring your gear with you and we'll manage a wee jaunt," a business colleague had implored even before we left for our Edinburgh hotel.

The trouble was, this marathon veteran's idea of a wee jaunt was probably twice up Arthur's seat, or something even more horrendous, which I, a mere one marathon man with a liking for the gentle jog rather than gut-breaking torture, could only shudder at the thought of.

But the immediate problem was my track suit bottom, or rather the lack of it, forgotten in the haste of packing the day before.

"Use your pyjamas," he ventured helpfully.

"You're joking, I'd look a right idiot trailing around in brightly patterned pyjama bottoms," I replied.

"Well, you can use mine, they're plain, look just like training gear," he countered.

Faced with the choice of a 7am stiff east coast breeze on bare legs, or his pyjamas, there really was only one decision.

The run itself turned out to be really memorable. As one who is used to Glasgow suburban streets, combined with the odd foray into Pollok Estate at lunchtimes, this was a different world.

Cutting down from Joppa towards Portobello, we headed straight for the sand. The tide was out, leaving a firm, clear, foreshore, gently lapped by the Forth, while far to the east the red glow of the new day strengthened by the minute. And then there were the huge wooden groynes, lurching into the sea and presenting us with a natural commando course! It was great fun.

It was with reluctance that we turned away from our paradise towards tarmac and a brisk return in time for a shower followed by toast and kippers.

Yes, sometimes it's good to sharpen your running appetite with something completely different.

The pyjamas, of course, are strictly optional.

By Ian Anderson



Irene Wilson and her family

Brookfield,
Threestanes Road,
Strathaven
ML10 6DX

Catering for running families

childminders and stand with them, perhaps even in enclosures, as they watch the race - which my children are happy to do.

I'm sure a running parent, whose partner or babysitter unexpectedly cannot be there, would also appreciate this facility.

How I, for one, would have appreciated it at the recent Inverness Half Marathon, which was a well organised event with marshalls and army everywhere. All I wanted was one of them to marshall my four!

I'm sure this facility, for which a charge could be made in aid of a charity which the race organisers approved, would encourage more women to run in organised events.

Irene Wilson

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Ewan Mee

A five mile run first thing in the morning? After a fried breakfast? Along that busy road? In this weather? Without a shower afterwards? Without clean clothes?"

I cheerfully demolished each objection in turn. "No problem. More toast, please. It's quite quiet at seven. It's dry. There's a washbasin and I took in clothes yesterday. I'll get the bus back tonight. Bye!"

7.00 Bound out into nippy-but-nice cloudy spring morning, inhaling deeply. Magic! Snappy run, quick wash, cup of tea, flexitime start at 8.30, knock off early. Be in PHIB by 8am at the latest. Head down and off.

7.01 Bounce off Brian, newsagent's current punk YTS bod, he broadening his education horizons engrossed in "The Beano", me bent double into chilling wind. Consider clip round safety-pinned earhole; refrain; he's bigger than me. Apologise meekly and limp on. Skinned knees stop bleeding 7.05. 7.10 Drizzle. Waterproofs at home. Shrug philosophically - can dry out in office.

7.15 Horizontal rain. 7.18 Ruth, wearing her I'm-doing-my-good-deed-for-the-day-and-I-told-you-so face, rolls down car window. "Changed your mind yet?" Grittily grinding my chattering teeth, I decline gracefully and optimistically add, "It'll clear up soon." A deliberately-revved engine belches carbon monoxide into my finely-tuned respiratory system as Ruth u-turns home. Two minute splutter for breath.

7.25 Approach teeming bus stop of idle overweight loafers clutching umbrellas, briefcases, and daily papers. Feel virtuous. Smugness coincides with arrival of near-full bus. Civilised well-bred humanity pokes, shoves, stands on and swears at me for obstructing its lemming-like leap from said bus. Cracked ribs ease at 7.29.

7.34 Can't cross busy road. Jog on. 7.39 Still can't cross road. Jog on. Rain stops.

7.41 Rain restarts. Must cross road now, but still marooned. Ignominiously reduced to jogging on spot. Smirking passing warden says I'm on double yellow and move on please. Woe (anatomically impossible)

Water, water, everywhere

suggestion to warden involving parking tickets.

7.44 Returning warden ostentatiously proffers ticket. Spot slight gap in traffic, permitting kamikaze sprint across bow of emergency-stopping Cortina rustbucket. Driver emphatically indicates that repetition of manoeuvre will result in (anatomically impossible) retaliation involving running shoes. Torn hamstring after anaerobic sprint.

7.55 Collide with non-signalling cycling triathlete at junction. Claim for financial compensation for bent spokes met by counter-claim of marital breakdown owing to where front tyre finished. Lower abdominal ache subsides by 7.59. 8.00 Decide on short-cut through park as behind schedule. Head swivels, following new Jarrow-yellow BMW. Abruptly strike absurdly-heightened bollard at park entrance. Resolve to wear cricket box on next morning run. Lower abdominal ache subsides by 8.06.

8.10 Remembering bad luck occurs in triplicate, cautiously pass bollards exiting from park. 8.11 Uncoordinated lorry driver unwrapping chocolate bar mounts pavement, hits warning horn. Startled sideways leap into lamp post. Nosebleed. No hankies. Sit on saturated bench till bleed stops.

8.17 Nose blocked; resume running, gasping like dying goldfish. 8.20 Main street full of dawdling pedestrians. Jink through, testing excellent reflexes. 8.21 Crash into tartan shopping trolley towed by female reincarnation of Lon Chaney Jr with full make-up. Despite breaking toe in collision, forced to carry Mrs L.C.J.'s broken trolley full of bricks up three flights of stairs. Hobble down stairs. 8.29 Corner before office. Blissfully think of hot wash, hot tea, hot office.

8.30 All staff on pavement outside office. Whole building flooded. Burst pipes. 8.31 Staff sent home. Scrounge 50p. Start jogging to bus stop...

To Greg McLatchie

I am male, aged 34. Height 6ft 5in. Weight 12st 7lbs.

This will be my fourth year running. Last year I completed ten half marathons plus the Glasgow Marathon, improving my personal best for half marathon to 79 minutes on a weekly training schedule of 45-55 miles.

After two "lay-offs", one at Christmas with some sort of virus and one in early February with a throat infection requiring a course of penicillin (neither involved any obvious chest infection), I was into my second week back running on a dry night with a cold wind but no frost.

Suddenly, after about one and a half miles of steady running, I was quickly brought to a halt with a severe chest pain centred under my left side rib cage. After somehow managing to walk home, I was admitted to hospital where a partial spontaneous pneumothorax of the left lung was diagnosed.

Fourteen days later, a further x-ray confirmed re-inflation of the lung, and I was advised to avoid any strenuous exertion for several weeks.

On the night prior to my mishap I completed a fairly short run, but which included 4 x 2 minutes up a steep hill with a jog back recovery back down. This resulted in some "heavy" breathing. I have never before done any specific hill sessions, and wonder if this had any bearing on the pneumothorax.

I would value your opinion as to why this occurred, the likelihood of recurrence, and most important how long before I can start running again.

P.S. - I had intended to run in the Glasgow Kodak Classic 10K, and while in hospital my wife brought me the race details which had just arrived in the post. On opening the envelope, the first item to appear was the sponsorship sheet of the nominated charity - the British Lung Foundation - oh dear!

SPONTANEOUS pneumothorax is usually due to congenital emphysematous bullae. These are developmental abnormalities which produce a

ballooning of the linings of the lungs, and a pneumothorax occurs when the bulla bursts. It can just as easily occur whilst sitting watching television, shaving, or taking part in exercise, and it is unlikely that the exercise itself produces the rupture.

In view of the fact that you have had one spontaneous pneumothorax, you have a small increased risk of further pneumothoraces. However, quite honestly, I rarely see patients twice with spontaneous pneumothorax so recurrence is probably uncommon.

You can begin to run as soon as your feel fit again, and obviously should take a graded approach to your activities. I do not think that the small risk of further pneumothorax should prevent you from taking part in your pastime. If you are in serious doubt, it would be worthwhile getting a specialist's opinion and full clinical examination.

To Jim Black

Three years ago I went on a strict two week diet and dropped my weight from 13½ stone to twelve stone. I then started an exercise programme and jogging twice or three times a week. This, combined with different eating habits, reduced my weight by a further half stone over a period of about two months.

That year I did two half marathons in around 1:40 which I was quite pleased with, (I am a man of 36), but I also ran the Glasgow Marathon in a very poor time of 4:40. I did not enjoy this and decided to do only half marathons.

I have been training twice a week throughout the winter, mainly short runs of four miles. Since December I have had very sore shins, mainly near the bottom inside of my leg. I tried packing my legs in ice after running, but eventually I had to stop running.

After a rest of two weeks, I thought the problem had cleared up and so started with two three mile runs per week. This only lasted a couple of weeks and the soreness is back again. Even walking can now be slightly sore.

I would be grateful for any help or advice that you could give me.

(see next reply)

RUNNING SORES



To Jim Black

I am a 16 year old male club runner running approximately 25-30 miles per week, including one track session. I am 5'6" and weigh marginally over eight stone. I have recently been bothered by a very aggravating injury.

My problem is that when I do a track session, or run fairly steady on the roads, my lower shin bone (just above the ankle) becomes sore to run on and very tender to touch.

It could be compared to a bruise, but when I run my finger down the inside of my shin a rather large bump can be felt. An easy answer could be to stop running my track session, or hard on the road, but I can see no other direct means of improving my basic speed.

As I am really looking forward to competing in the 1987 track season, I would be most grateful for any advice you can forward.

SHIN PAIN on the lower third of the inside portion of the leg is a common side effect in running. Many authorities have reported its significance at between 11% in some studies, to as high as 17% in others. It has been described as "medial stress syndrome", "stress fracture", "posterior compartment syndrome", or "shin splints".

Personally, I hold the view that when the word "syndrome" is used in a medical context there is a lack of understanding

of all the factors involved. However, there is no doubt that the shin pain described in both letters is an overuse problem.

Basically, the pain is an amalgam of tendinitis, inflammation of the flexor tendons running round the inside of the ankle, in particular the tendon of the tibialis posterior muscle, inflammation of the muscle or its insertion to the bone, inflammation of the outer covering of the bone, or inflammation of the fascia (the tissues which divide the leg into its various compartments). Occasionally stress fracture does also occur. Most authorities agree it is difficult to be precise as to an exact diagnosis, and frequently lower leg shin pain is a mixture of the problems listed above.

In the normal course of events "shin splints" is a condition almost exclusive to running and running sports, but it has also been reported as occurring in cross country skiing. It is associated with events in the foot at the time of heel strike.

One way of establishing this is to assess whether the pain is present after a hard session on the bike. If there is no pain after working out on a bike, then this is an indication that all is not well with the feet. Sperryn states that "over-pronation is recognised as a mechanically important contributory factor in the causation of pain in the foot, and elsewhere in the leg and trunk."

It is essential, therefore, to re-evaluate one's running programme. Cut back on the mileage. Stay on the flat. Check your footwear for unusual wear marks. If there is bulging on the inside of the shoe - or marked wear on the inside of the sole - the chances are that you have too much rear foot or mid foot pronation.

This can be controlled with rigid orthoses for training, and softer more accommodating ones for racing. Shoes with good rearfoot control will also help. If there is no improvement with this approach, then a simple operation often provides good results.

To Greg McLatchie

I have been training and competing fairly regularly for the past eight years, but for the past two I have been having problems with my right thigh. I can run for long enough at the same speed, but as soon as I increase my speed, or run fairly hard up hills, I have a lot of pain in the front of my thigh. As soon as I stop the pain goes away.

I have been to various masseurs who say my muscles are OK. Could it be something else? I would be very grateful if you could help me with this problem as it is very frustrating.

THERE are several possibilities which could lead to your symptoms:

- 1 There may be an old injury to the muscle, with calcification within it or shortening of the muscle fibres as a result.
- 2 There may be a trapped nerve in the groin.
- 3 There may be a strain of the adductor muscles.
- 4 There may be a problem in the lower back leading to symptoms as a result of pressure on a nerve in the back.

When symptoms are chronic and persistent, as yours are, you should seek a professional opinion from your doctor, or at a sports medical clinic. The decision to refer you for a specialist opinion will then be made and appropriate investigations begun. These would

include blood screening (if indicated), and possible x-rays, followed by specific treatment which may include physiotherapy.

Do not tolerate chronic or persistent symptoms which do not settle, and certainly do not attempt to run through them.

To Greg McLatchie

I am a 40 year old male runner, who, up to two years ago, had been running for three years building up to 50/60 miles per week.

During 1985, I began to experience leg pains, numbness, and weakness in my right leg from the buttock to heel and toes. The level of pain eventually forced me to stop running for six months, and although some limited running was possible last summer, the pain worsened and forced me to stop again. That was six months ago, and the pains and numbness have not improved at all since then.

I suffer from slight low back pain, and there is no doubt that this is the source of my problem. I have been to my GP, physiotherapist, orthopaedic surgeon and chiropractor, all of whom have been unable to find a solution to my problem.

Orthotics have also failed to provide an answer. I do back exercises and swim five-six times a week. Must I face up to the fact that I must give up running, something which would be a great disappointment to me?

YOU do not say what the findings of your investigations were, nor the opinions and advice of the professional people who have examined and treated you.

Although you are only 40, it may be that the changes in your lower back are extensive and exacerbated by running. Have you been given any treatment options? If so, what?

Your best move would be to ask the people who have examined you what the score is. If you are forced to give up running because of changes in your spine you should seek an alternative pastime. Water sports are the obvious alternative, and swimming is an excellent aerobic exercise.

Cans Can Be Good For You

THE WELL-FED Runner

ROWS and rows and rows of them: hundreds of rows, thousands of cans: nearly everything from mushrooms to mulligatawny soup. The output of the British canning factories is measured, not in millions of cans per year, but in billions. If that were not enough, we import millions more.

Where does it all go? Is it nutritious as well as handy? Or is it just traditional junk food? How is the stuff put in the cans, and how safe is it to eat? We look at canned food through the eyes of Professor JOHN HAWTHORN who once worked in the industry as an industrial scientist and who knows the scene from the inside.

So you won that special bottle of fine claret in the charity auction for the wheelchair athletes? What should you do with it as a special luxury? Perhaps buy whole grouse or pheasant at £8 per tin, with canned cream of smoked trout soup as a starter? For this kind of thing you go to the luxury end of the market, represented in Scotland by Baxters of Fochabers, whose simple aim is to beat the rest of the world for the quality of their jams, marmalades and canned food. But if you are broke and hungry, baked beans in tomato sauce on toast is filling and cheap.

So how are foods canned and are they good for you?

The technique of preserving food in sealed containers was published exactly 180 years ago this year by a Frenchman called Nicholas Appert, following ten years of intensive experiment. Of course cans were still to be invented, and he preserved his vegetables, milk, stewed meats and soups in strong glass bottles.

How on earth did Appert, a simple French confectioner, hit on such a vital discovery when improvements in food preservation over the ancient techniques of drying and brining had been sought after by far cleverer men over the previous 2000 years with remarkably little success?

In a way it was an accident. Appert knew that the best scientists of his day believed that food went bad because of the action of the air on it. As we know now, the scientists were wrong, but this happy error actually put Appert on the track of something big. "Every tiny bubble of air must be rigorously removed," he argued with himself, "and the only way to do this is by long heating."

So he put the food in his bottles, heated them in boiling water for the correct time



John Hawthorn

(this varied from food to food) which he found by numerous experiments, and stopped the bottles, when still piping hot, with very tightly fitting corks. Then he wired them down for security, and finally dipped them in molten wax.

He published a book about it in 1807. The process really worked. Milk, which spoiled in a day, could be kept fresh for months. And meat, vegetables, and soup seemed to last indefinitely. Napoleon was at war with most of Europe. More men were killed in his navy by scurvy than even by the dreaded British ships of the line.

These fresh foods could defeat scurvy. Appert was awarded a huge prize in cash by Napoleon (it must have seemed a fortune to him), and fame and honour followed.

Now comes one of these minor mysteries of history. Despite the close blockade of the Channel ports, somehow or other a copy of Appert's little book reached London in or around the year 1811 and was read by an English iron-founder called Brian Donkin.

Donkin's main business was making cannons for the British fleet and he knew that sooner or later, and most probably sooner, peace would break out between Britain and France and the cannon market would flop.

Clearly Appert's process was a winner,

a money-spinner, one of the big, big hits of all inventions. Populations were growing, everyone must eat, preserved food was essential for the health of cities and ships, but Appert's glass bottles were a bind.

They were heavy, too easily broken, and difficult to seal properly. If only he could seal food in metal boxes which would be tough, light and strong, he would have found work for his factory for peace time, and he might even make a bob or two for himself.

His early experiments were disastrous because the acidity and other substances in the food corroded the sheet iron he used. Then he had the ingenious idea. He dipped the iron in molten tin before making the cans. This made them easy to solder and protected them against corrosion.

After the long heating process, they could be finally sealed with a blob of solder. The preserved foods stored beautifully, in his "tin plate cannisters" (later shortened to tin can and now simply to can), and by 1817 he was supplying tinned foods to the navy for testing at sea. Success was immediate.

The wonderful new canned foods were not for the likes of you and me. They were for the great and the good, especially for the navy, as officers' comforts and sick-bay stores, although some were doubtless passed to other "high-ups" who might favour the new industry with their patronage.

After peace had come, they went to the great Arctic expeditions of the times. One of these was to be the last by the famous Sir John Franklin who set out in 1847 at the age of 58 to discover the North West Passage round Arctic Canada from the Atlantic to the Pacific.

But he died in the attempt along with every manjack of the crews of the ships, Erebus and Terror, which he commanded. He was posthumously declared the discoverer of the route.

Hopelessly locked in the ice, the crews abandoned their ships and tried to sledge their way on foot to Hudson's Bay. Relief expeditions found traces of their journey. Amongst them were rotten cans of food. A great scandal resulted. Did they lose their lives because their stores had been incorrectly preserved?

A Royal Commission was set up in the 1850s and concluded that the cans had not been heated long enough to remove all the air from them.

Canned foods got a bad name as a result. But the experts were wrong. Even



THE oldest can in the world was manufactured by Donkin, Hall, and Gamble in 1823 and taken by Captain Sir Edward Perry to the Arctic in HMS Fury. The ship was crushed by ice in 1825.

The tin was found by chance four years later by Captain Sir John Ross on a further expedition, and was brought back to the UK in 1833. It was kept as a curiosity by the Ross family, and in fact was used as a door stop for many years at their Edinburgh home!

It was gifted by the family to the British Food Manufacturing Industries Research Association in 1959. The roast veal inside was spoiled as a result of corrosion over the preceding 137 years!

The second oldest can, part of Parry's stores on the 1824 Arctic expedition, was presented to the National Maritime Museum at Greenwich. The can was opened in London by Professor J.C. Drummond for scientific examination in 1936. The 112-year-old contents still contained some traces of vitamins, and portions fed to laboratory animals caused no ill effects.

Dietary hint

Canned foods make for safe and healthy eating. From a training point of view, some contain more sugar than perhaps your regime requires. If so, steer clear of canned fruits in heavy syrup. And watch out for some soups which may contain a surprising amount. Some products in cans are quite heavily salted, both with ordinary salt and with sodium glutamate. Avoid them if you are following low salt training programmes. As always look at the label. The table of contents is there to let YOU choose what YOU and what YOU feel suits your needs. Use it.

Within these limits the can can be a good friend to the busy athlete, used as always as a part of the kind of mixed diet these articles of mine have constantly urged you to follow.

while the Royal Commission was endlessly debating the sad affair and coming to the wrong conclusion, another quiet Frenchman, Louis Pasteur, crouched over his antique microscope and strange twisted glass vessels, slowly but inexorably showing that fermentation and food spoilage were caused by tiny living creatures which would be destroyed by heat.

Now we call them micro-organisms.

In Donkin's workshops cans were cut and soldered by teams working by hand. It probably took a good workman with the best of tools about an hour to make half a dozen cans. Modern machines can make around 500 perfect cans, accurate to a literal hairsbreadth, every minute!

When the cans in due course reach the cannery they are filled and sealed with eye-defeating speed. Sophisticated scientific experiment meters all that happens, especially the sterilisation of the filled cans, since product safety depends on this more than anything else.

And the consequences? First, food poisoning.

If you examine the incidence of food-poisoning in Britain over the last decade, you will find that it is gradually, and apparently inexorably, rising year by year. When the figures are analysed they show that none of this is due to food additives (as the press and media leads us to believe), but instead is due to contamination of food by food-poisoning bacteria (micro-organisms).

Canned foods are sterilised. This kills any of the "nasties" which may be present. As a result, and from a food-poisoning point of view, canned foods are the safest foods we eat.

What of their nutritional value? Every time you cook a meal in your own kitchen, from the finest, freshest food money can buy, you destroy some of the vitamins and lose some of the minerals in the cooking water. A few skilled chefs and dieticians have cunning wrinkles to reduce such losses, but even with the greatest skill some loss is unavoidable.

It would be unfair to expect the ordinary domestic kitchen to do as well. I would be less than frank if I did not accuse some housewives of being vitamin murderers.

But canning is a scientific business, and under close scrutiny by men and women well-trained to understand how to kill the bugs with as little damage as possible to the vitamins and minerals. As a result canning usually does less harm to these than domestic cooking.

To Stewart McIntosh

I'd like to be able to run in a ten mile race or a half marathon by the end of this season, but I don't seem to be able to build up my miles. I can do three or four miles at a struggle but I've only managed one five miler and ten seems an impossible dream. I'm male, 42 and started jogging four months ago.

YOU SHOULD gradually increase the distance of one of your runs each week, but keep the others at low mileage. Try a four miler next weekend, then a five the following weekend, then a six. Don't try to do these as fast as your regular three miles—concentrate on covering the distance rather than on trying to do it as fast as you can.

When you can manage six or seven without too much trouble, do a five miler midweek. Stick to four runs a week at the moment—3 x 3 miles and one "long" one. Always use the day before the long one as a rest day.

As you become more comfortable with the distances, gradually lengthen the long weekend run and add a couple of miles to the shorter ones. If you want to run a half marathon you should build up to a ten or twelve miler two or three weeks before your chosen race, training five times a week.

To Fraser Clyde

I am training for the Skye Half Marathon in mid-June and want to get under 90 minutes. The course is 13.8 miles long and extremely hilly, especially the first three miles and miles 9-11. My previous best is 1:31. I'm hoping to do a couple of 10k/miles, a hill race and a half marathon before June.

I'm 33, male, and can run comfortably at 7½ minute mile pace. At present my training routine is very erratic due to shift patterns, and my mileage is still under 25 per week. Can you suggest schedules to help me reach my target?

ALTHOUGH you say that your training routine is erratic, I assume you have been running close to 25 miles per week regularly over the winter months. If that is the case then you have a reasonable base to work on for the Skye Half Marathon in approximately eight weeks time. You do not say how your present training week is structured, so I don't know whether you run five miles per day for five days a week all at 7.5 minute mile pace, or whether it is broken up into a couple of short fast runs with a couple of longer slower runs.

Training TIPS

THIS YEAR, instead of printing generalised marathon schedules for beginners and experienced athletes, we are inviting readers to tell us their targets, and our experts will tailor schedules accordingly. To set the ball rolling, we have selected contributors and readers to submit details to Fraser Clyde and Stewart McIntosh, and these are published below with suggested training schedules.

We will accept and find experts to answer training inquiries for any athletic event, including cycling and swimming for triathletes. But please remember the following points:

1. Letters should be accompanied by a stamped addressed envelope and, if possible, a current black and white picture of the sender.
2. Remember there is a gap of five or six weeks before receipt of your letter and publication. Bear this in mind when stating your target.
3. Please give our experts as much background as possible about your experience, age, sex, previous best times, when you can train, how often etc. The more you can help them, the more they can help you!

Assuming that your shift work and other commitments do not allow you time to run more than 25 miles per week, I would suggest that your fitness could be maximised by running every second day. Try to do at least two ten mile runs between now and the half marathon. The remainder of your running should be divided between easy five-six mile runs at a comfortable pace and a weekly mixed fartlek session over five miles.

Fartlek is a Swedish word meaning "speed-play". Basically it involves running at varying speeds, often making full use of the terrain. Some people, for instance, may go round a hilly five mile course running hard up all the hills and jogging in between. But really you can choose to do whatever you want, so long as your pace varies significantly during different parts of the run.

As an example, you might start off your five mile fartlek with a gentle eight minute warm-up, followed by a two minute fast paced run, a four minute slow jog,

a 30 second sprint, a two minute jog, a ten minute steady run at racing pace, three minute slow jog, etc until you complete the course.

Running a couple of shorter road races before the half marathon is a good idea. Hill racing can be an enjoyable alternative to running on roads, and is certainly good for building up endurance, but a tough hill run may leave you stiff and sore. I would not recommend doing a hill race during the last three weeks of your build up to the half marathon.

One final piece of advice. Remember not to run all your hard sessions on consecutive outings. At least every second training day should be an easy recovery day.

To Fraser Clyde

My previous best time for the Glasgow Marathon is 4:20. I'm female, aged 25, and am running five days a week with a total mileage of 30 miles.

I'm not really interested in doing speedwork, but would like to improve my time to four hours this

year in Glasgow. Is this possible on long slow distance running, and if so can you suggest schedules?

THERE ARE 22 weeks from the middle of April until the Glasgow Marathon on September 20, so you have a reasonable amount of time to prepare. Your best time for the marathon is 4:20, which means that during the race you averaged almost ten minutes per mile. Nine minutes per mile would give you a finishing time of 3:56, which is close to your goal.

To achieve a one minute per mile improvement is certainly possible without speedwork, although I would suggest that you try some light fartlek once a week during your preparations (for description of fartlek see previous advice).

You do not say how your 30 miles per week is run, nor how long your longest run is. I would, however, suggest that for the first nine weeks of your build-up you try to do one ten mile run per week, combined with four five mile runs—one of which should be a fartlek session. In the second nine weeks try to do three ten mile runs and five fifteen mile runs, with the remainder of your mileage made up of short recovery runs and a weekly fartlek session.

During the final two weeks before the marathon, cut out the long runs and concentrate on freshening up for the big race by doing easy jogging and perhaps one fartlek session seven days before the event.

To Stewart McIntosh

My 14 year old daughter joined an athletics club last October. She seems to have been bitten by the running bug and enjoys her training, but I wonder if she is overdoing it. She trains about four times a week, usually covering four or five miles each time. Is she doing too much?

THERE IS a risk of damaging growing bones if young people run too much before they have stopped growing. But 15 to 20 miles a week sounds just about right. The fact that she is enjoying the sport is a good sign that she is not over-doing it. You can cut down the risk of injury by ensuring that she has good shoes and that she does some of her training on grass or other soft surfaces.

Encourage her to try other events such as sprints or jumps so that she enjoys the stimulus of athletics and can find the event that suits her best without working too hard too young.

WOMEN on the RUN

Six years ago, Dr Kate Chapman from Paisley made her husband a promise. As he stood at the starting line of the 1980 Glasgow Marathon, she told him that if he finished the course she would do it the next year.

Roy Chapman did complete the race, and at 32 Kate started training for the 26 mile run. She did her first marathon in 3:54 and the following year completed the same route in 3:31.

Kate is just one of the growing number of women who are proving that you don't have to be in your teens to start running and do well. Look at Lorna Irving, the Langholm runner who ran the ninth fastest marathon by a British woman in 1984 when she was 37. Eighteen months earlier she didn't even know what a marathon was!

Then there's Sandra Branney, the 32-year-old winner of last year's Glasgow Marathon who took up running only three years earlier. And my predecessor, Scottish record holder Lynda Bain.

Since her first marathon, Kate Chapman has gone from strength to strength. In her last sixteen races, she has been placed first women or first female veteran. The list is endless!

In winter, the Paisley doctor runs 30-40 miles a week; in summer she increases this to nearer 50 miles.

Kate works part time as a GP. Her runs are fitted in between her returning from the surgery and her two children coming home from school.



Connie Henderson

"After the birth of my children, I suddenly realised that I was unfit," she explains. "I had run at school, where I did short distances and hurdling, but I had never tackled anything like a marathon before."

Often the greatest hurdle for many women can be starting out. The first run really is the worst, and for some reason a mature woman donning tracksuit and running shoes seems to attract much comment.

"I thought people would laugh at me," admitted Kate, "so I used to walk from home until I was away from the people I knew."

"It was more difficult to start out because I had no one to run with. Finding a running partner can help enormously, giving you the motivation to keep going."

Kate joined a running club—Giffnock North—last

February. Not all women are attracted to club running, but Kate has enjoyed the companionship of other runners.

"It has been great for my training, and running with other women has proved interesting. We can learn from each others experiences," she says.

At the moment, Kate is looking towards the new season with anticipation. "I think I could do a marathon in three hours, but I prefer running 10k and half marathons. I'll be deciding soon which to aim for."

She added: "Whatever I decide, I'll keep running. I have reached a level of fitness now which I don't want to lose."

For women in their thirties and over, Kate's story is an inspiration—whether you want to take it up competitively or just to keep fit. Age is no barrier. As long as there are no particular medical problems and you are in general good health, give it a try.

And remember, always follow the golden rule: go easy in the beginning, walking where necessary, and build up slowly.

There's no age limit to taking up running, according to Dr. Anne Gilmour, medical adviser to the Strathclyde 10K OK Women's Race.

She advises anyone who's thinking of starting to check their blood pressure and their pulse. If neither is too high, then training can begin.

"Keep a note of blood pressure and pulse rate when you do start," says Dr. Gilmour. "These are bound to show an improvement after a few months of exercise. Start slowly, walking if necessary. Swimming or aerobics are useful. You should also watch your diet."

Dr. Gilmour admits it's far from easy for women in their thirties and forties to start jogging. "At this stage in their lives, they're very conscious of those extra inches. It takes a lot of courage to pull on a tracksuit. But many women do it, and it is worth the effort."

It's also harder for a mature woman, because usually she has a family to look after and numerous other responsibilities, which makes training difficult.

"Finding two or three hours a week, can be extremely hard for many women. But with careful planning, training sessions can be fitted in," adds Dr. Gilmour.

There are so many hurdles to tackle that it is incredible that any women in their thirties and forties do take up jogging. Says Dr. Gilmour:

"I see more and more women in their thirties and forties taking part in the 10K OK. It is a great inspiration to see, because I know it was so much harder for them."

10k schedule

Month two of our schedules, and our beginners and experienced joggers start to take big strides forward. Remember to use the schedules as a guide only.

BEGINNERS:

Week 1: 20 mins; 15 mins; rest day; 15 mins; rest day; 15 mins; rest day.

Week 2: 25 mins; 15 mins; rest day; 20 mins; rest day; 15 mins; rest day.

Week 3: 30 mins; 15 mins; rest day; 20 mins; rest day; 20 mins; rest day.

Week 4: 40 mins; 20 mins; rest day; 25 mins; rest day; 20 mins; rest day.

EXPERIENCED JOGGERS

This schedule is a "get you round" for women who have done some

running in the past, but have got a bit unfit. It is *not* for women who are seeking a fast time. If you find you can cope with the schedule without too much difficulty, build some fast surges into one of the shorter runs.

Week 1: 40 mins; 20 mins; rest day; 30 mins; rest day; 20 mins; rest day.

Week 2: 50 mins; 20 mins; rest day; 30 mins; rest day; 30 mins; rest day.

Week 3: 50 mins; 20 mins; rest day; 30 mins; rest day; 30 mins; rest day.

Week 4: 60 mins; 30 mins; rest day; 30 mins; rest day; 30 mins; rest day.

Stewart McIntosh



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Cycling

Scottish cycling, not for the first time, stands at the crossroads. The wrong turn could mean a dead end for our hopes, but the right turn could take us up onto higher plateaus of success. It has never been easy for Scots to make it to the top — like climbing, Nevis may be the summit for some; but Everest the pinnacle for the superstars.

As the crocuses push their way through the soil after a long hard winter, so the hard-riding cyclists cast off their thermal apparel and dare to bare their legs in red-hot competition.

Fittingly, the dawn of the new season has brought a new manager and new ideas. Sandy Gilchrist, no mean climber himself — having won the Scottish hill championship more times than anyone — should know the way to the top, given an even break and not too many mistakes in this ruthless sport.

Gilchrist, whose home in Penicuik, Midlothian, is bedecked with honours of a highly successful career in racing, is the new Scottish road manager, taking over from Ian Thomson, who was team director for 16 years, a period spanning four Commonwealth Games.

At 41, and still pushing the bike when he is not "pushing the pen" in his busy cycle shop near the Meadowbank Velodrome, Gilchrist is ideally qualified for the job. But so was Ian Thomson... and he didn't have much success.

So where will Gilchrist find the answer? "I believe the problem is the lack of motivation of the riders," he told me. "They need a sense of direction and in the past were not looking far enough ahead. It is all about targets and being prepared to travel over the border for competition."

Gilchrist is planning a blueprint for the future. At the moment he will be in charge of road racing, with respon-

This month Bill Cadger of the Evening Times in Glasgow starts a regular monthly column on cycling for Scotland's Runner. In this first feature, Cadger interviews Sandy Gilchrist, who was recently appointed Scottish team manager. Next month, and in future issues, Cadger will outline the costs involved in taking up the sport, and continue to provide readers with information on all aspects of cycling in Scotland.



sibilities for time trials and track. "I have set up an elite squad and a development squad. Each rider will send me results of his performances and these will be analysed and his position in the squad appraised," he says.

One of the problems of cycling is poor sponsorship — what are his plans here? "We cannot exist without financial support," he explains, "and because of my small budget I will be trying to arrange for sponsors to back

our riders, perhaps even for one race at a time."

Much of Gilchrist's career has been spent working for the top professional and amateur riders around the world. Last year he was mechanic/masseur to England's Tony Doyle when he won his second world pursuit title at Colorado Springs. He now wants to impart some of that professionalism to the many promising young riders in Scotland, and he expects

them to respond in a positive way. This extends to the way they dress and turn out for events.

Over the years Scotland has produced some brilliant riders, the most outstanding being Robert Millar. But there were others like Billy Bilsland, the great Ian Steel, Andy McGhee and, of course, Gilchrist himself.

I asked the team manager if we had any riders of that potential?

"Yes, undoubtedly we have, notably Brian Smith, formerly of Johnstone Wheelers, now GS Modena. He has the class, the brain and the confidence. All that is missing is stamina and we will build on that."

"There are others like Malcolm Little, a late start to cycling, of whom we have still to see the best, Drew Wilson, classy but needing more confidence, and Martin Coll, a superb stage rider."

Gilchrist added: "The best of the lot, in another discipline, the track, is Eddie Alexander, our lone medal winner at the Commonwealth Games. Eddie is potentially world class, but his new job in England as an engineer may not allow him the time to progress."

Coaching is a vital cog in the plan to put Scotland back in top gear and Gilchrist has refreshing views on the subject.

"We have a very good basic structure, but what we need is more specialised coaching," he told me. "Diet, nutrition, feeding — before and during a race — are vitally important. If we can provide that essential ingredient then we can expect a lot more from our riders."

Gilchrist has a four year contract and sees himself possibly becoming team director, "if I don't make too many mistakes". With his pedigree, professionalism and enthusiasm he is not used to failure. That augurs well for the future of a sport that has been "promising" for too long.

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Anne Purvis: "Being Scottish in British athletics means you need a knock-out to get a draw," says coach George Sinclair.

Probably no individual Scottish athlete came in for more criticism at last year's Commonwealth Games than Anne Purvis (nee Clarkson) for the way she handled the 800m final, finishing fourth behind girls she could and should have beaten.

George Sinclair, her coach for thirteen years, likened her race to that of Steve Cram's in the European Championship 800 metres final in Stuttgart where he found himself in trouble at the back of the field, had to do all his running down the back straight to get into contention again, so that it was not so much that he was outrun by Seb Coe and Tom McKean in the home straight, but rather that he just did not have the finishing kick when it was needed. Sinclair, who has coached more athletes to Great Britain international standard than any other coach in Scotland summed up by saying "Anne had a tactical disaster".

Purvis recalls there was so much barging and pushing that she was almost brought to a complete standstill at 450 metres by a stray Canadian arm, and found it impossible to regain momentum. She has never been known as a front runner — and a Commonwealth Games final is not the ideal place to suddenly change tactics — so Anne says now she supposes she should have run wide all the way to keep out of trouble.

As well as letting herself down, Anne felt she had disappointed her family, the crowd, and not least of all her coach, as they both knew she went into that race fitter than she has ever been. The next day, however, Anne went down with the virus that had circulated the Games Village, and was ill for weeks. That one race mars a hitherto long and distinguished athletic career.

Anne joined the Edinburgh Southern Harriers (now Edinburgh Woollen Mill) at the age of thirteen. At fifteen, in 1974, she gained her first Scottish senior vest, running the 4 x 400 metres against Canada and Wales. The same year she was selected for the GB junior team and finished off the season running only her second 800 metres in 2:08.80, an improvement of some 18 seconds.

The following year she won a bronze medal at the European Junior Championships in Athens in the 4 x 400 metres relay, and was selected as reserve for the GB senior team at the end of the season. The next few years were a bit lean, although she did compete on and off for Scotland.

It was not until Purvis was 20 that she improved her 800 metres time, coming



"We're concentrating on speed endurance and elastic strength."

fourth in the UK Closed Championships of 1979 with a time of 2:04.00. In 1980 she won the WAAA 800 metres title which she successfully defended the next year, much to the amazement of the BBC commentator who had only mentioned her at the beginning of the race and seemed to know nothing more about her, concentrating his efforts on the English competitors. That year also saw Anne's best 400 metres — 53.77.

After winning the UK Closed Championships in 1982, Anne went on to run a fast series of races at meetings abroad culminating in her best 800 metre time to date of 2:00.20, run in Oslo. She was subsequently picked for the European Championships, getting to the semi-finals and running 2:00.34, the ninth fastest time overall. Four weeks before the Commonwealth Games in Brisbane, and favourite on paper, she broke two ribs when someone opened a door on her, but still finished second to Kirsty Wade in the 800 metres final and also picked up a bronze medal in the 4 x 400 metres relay.

Surprisingly 1983, the year she got married, was the first time Anne lifted the Scottish 800 metres title which was, unfortunately, followed by a year of bad injury. In 1985, Anne and her husband moved from Edinburgh to Bishopbriggs, and that same year she won the Scottish once again and was second at the WAAA Championships. And at her fittest, in 1986, she won the UK Closed Championships,

Anne's last two minute chance!



Fiona
Macaulay

before going on to the Commonwealth Games where she had the extremely nerve-wracking experience of taking the athletes' oath at the opening ceremony.

Purvis has certainly enjoyed an illustrious athletic career so far, holding four national titles, two at the UK Closed Championships and two at the WAAA Championships. So why has a girl of Anne's outstanding talent and ability never broken two minutes for the 800 metres, while athletes she has continually beaten have? Such a feat would give her that elusive Scottish National record, held since September 1972 by Rosemary Stirling (Wright) — 2:00.15.

Choosing his words very slowly and deliberately, Sinclair states: "It has been unfortunate for Anne that invitations have not been forthcoming for those meetings abroad that inevitably produce fast times."

Do Scottish athletes, then, get a raw deal when it comes to selection for international meetings?

Without a doubt Anne Purvis has been continually snubbed and ignored by the

selectors down south since 1983. She has seen rivals she has beaten, and with slower times, being dispatched abroad to the various Grand Prix-type events and with "small teams abroad" while she, for the most part, has remained at home.

At the 1984 Olympic trials, Purvis finished second to Lorraine Baker, neither achieving the qualifying time of two minutes. Baker was given several races abroad and eventually produced the necessary performance, while Anne stayed put and was given no such assistance.

George Sinclair recalls that he thought it ridiculous that only one 800 metre girl was sent to Los Angeles. At the time, middle distance women were coming in for much criticism because they could not break two minutes for the 800 metres, when in fact there was only one Western athlete who could.

With the boycott by Eastern bloc countries, Lorraine Baker excelled herself in getting to the final, and Britain might have easily had another two girls there.

While it is very disheartening for an athlete to be treated in this way, George Sinclair says he found it extremely frustrating as a coach to watch his athlete train hard, produce the goods, and get no just reward for it — even being overlooked for a GB international on at least one occasion. So he might be right when he says: "Being Scottish in British athletics means you need a knock-out to get a draw." He went on to say that it seems that Southern Counties athletes have it made, while Northern and even Midland Counties athletes can struggle to get recognition, and being Scottish means the "kiss of death".

Anne is now training seven times a week and working as a research assistant in the department of biochemistry at Glasgow University — where husband Ian also works as a research scientist in the department of genetics. She runs home twice a week from work, and on the advice of physiotherapist Tom Craig has cut her runs drastically, concentrating only on good running. Two sessions a week are spent on weights and circuits, and the other three are on the track at Crownpoint doing repetition 1,000 metres, 600 metres, 300 metres, and 200 metres. She usually sees Sinclair once a fortnight at Meadowbank.

Through it all, Anne says she has been glad to have a club like Edinburgh Woollen Mill behind her and she still enjoys club athletics very much indeed, — although she is finding it increasingly



Definitely retiring at the end of the year ... can Purvis break the two minute barrier?

difficult to get motivated to train these days and will definitely be retiring at the end of the year. Of course, she would love to break two minutes before she bows out, and with this in mind, Sinclair says: "We're concentrating on speed endurance and elastic strength, and to hell with the big mileage."

After an international athletic career spanning thirteen years, Anne Purvis certainly deserves her retirement. With her husband's research coming to a close this year, they will be moving on to pastures new — possibly abroad — and I would not be in the least surprised to hear the patter of tiny spikes in the Purvis household within the next few years. ■

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Highland GAMES

Grant Anderson, Geoff Capes and Jim McGoldrick are going to be seeing a lot of each other this season. There is to be two way trans-Atlantic interchanging with America's Olympic trialist coming to Scotland for some Games between May and August, and Anderson and Capes accompanying me Stateside the following month. It's going to be a great season, and fortunately I will be able to watch the champions in action throughout the summer.

For those who wish to make early arrangements to see the top heavies, let's do a bit of crystal ball gazing to see what we can expect in the next few months. If I had to limit myself to only two Games, I would probably choose the World Heavy Events Championships at Clarkston, Glasgow, on June 6, and the Scottish Championships at Crieff on August 15. In this way, I would see almost all the best of home and overseas talent.

At Crieff, I expect to see Grant Anderson leading the evergreen Bill Anderson, who has given us so much sporting pleasure in the last 30 years, plus Hamish Davidson and Brian Robin, a man who crosses the Atlantic every weekend for Highland Games! Robin, you see, lives on the Isle of Seil.

My big question mark is over Chris Black, and whether he will compete at Crieff for the first time. If he does, he will almost certainly displace some of the old favourites. I know he is going for special training at Lanzarote to ensure a good start to the season, and he will be in top form for the most important event at Clarkston.

Black's opposition at the World Championships will include Geoff Capes, Jim McGoldrick, Grant Anderson, Dan Markovic — if he is given time off from fighting drugs and vice in Toronto — Mark Higgins, Jon Paul Sigmarsson, (the world's strongest man), Hjalte Anarson from Iceland, Siem Wulfse, and one other Dutchman. It's quite a line up.

Bill Kazmaier says he wants to compete in Scotland again, but he won't be invited to the World Championship unless he produces some very notable performances before then. He is a very popular competitor so let's hope we see him at some of the events in 1987. I am keeping an eye on this situation so you'll be the first to know.

Clarkston is a new venue, selected because it's easy to reach and has good facilities and amenities. While it is excellent for a World Championships, I personally still revel in Games



Bill Kazmaier — will we see him in Scotland this summer?

held in their traditional rural environment of a flat clearing among mountains and forests. There are some beautiful settings in the unique west coast Games, and I also much prefer the undulating field, with Blair Castle as a backdrop, at the Atholl Gathering to some well marked sportsfield with a tartan track and grandstand.

For a really special occasion, you may care to visit the Lonach Games at Strathdon. The fun starts at the crack of dawn when the worthies gather frae a' the airts for the March of the Clansmen. It's a lovely sight as they proudly stride from one stately home to the next over a most picturesque route. At each stop they are given a good dram, so perhaps it's not just the brisk march that brings a healthy looking flush to the cheeks of the Lonach men.

The Highlanders carry pikes, Lochaber axes and the colours presented to them by Queen Victoria a century ago. Bringing up the rear of the procession is an ancient cart pulled by Donald, an equally ancient horse; the cart is used to carry weapons which get too heavy — or Highlanders who get too full!

The Lonach Games have a varied and entertaining programme, and if at all possible I will be there again on August 22, and my liking for this Gathering at Strathdon has nothing at all to do with the free flowing whisky.

Other games worth considering are the Cowal Games (August 28-29), where many of the best amateurs can be seen in action; Aberdeen (June 21), where the World Caber Tossing Championship has pride of place, and close to the English border and the Irish

boat are the Galloway Games at Stranraer on August 2. But really, there is a tremendous variety of entertainment available throughout Scotland this summer.

I hope this advance information of people and places will help fill a few slots in your diaries, and if you have news or views of interest to readers let's hear from you. I will do my best to pass the word around.

There is a bustle around the gyms and training grounds of the heavies, and cautious testing of previously injured muscles as the 1987 season rapidly approaches.

The more methodical athletes already have their schedules of Games lined up and workouts planned accordingly, although traditionally many compete as often as other commitments allow, and indulge in what some may term "instinctive training".

The varying approaches make a big difference to the results we may expect. Grant Anderson, for example, takes part in over 40 Games every year and will win the majority of those, but by the time he gets to Santa Rosa, California, in September, he will be a trifle stale and bandaged like a mummy as a result of accumulated injuries during the hard Scottish season. The finely conditioned Jim McGoldrick of San Jose, with maybe a dozen American Games behind him, is likely to be at his best by September, and the odds are that he will beat the doughty Scott.

The ability and desire of the athlete to "peak" for a specific event is another factor which cannot be ignored, and there are two noteworthy examples on the professional games circuit. Geoff Capes is good at every Games, but even better at the most important ones. We see body-weight fluctuations and improved physical condition when there is a championship and a big prize at stake.

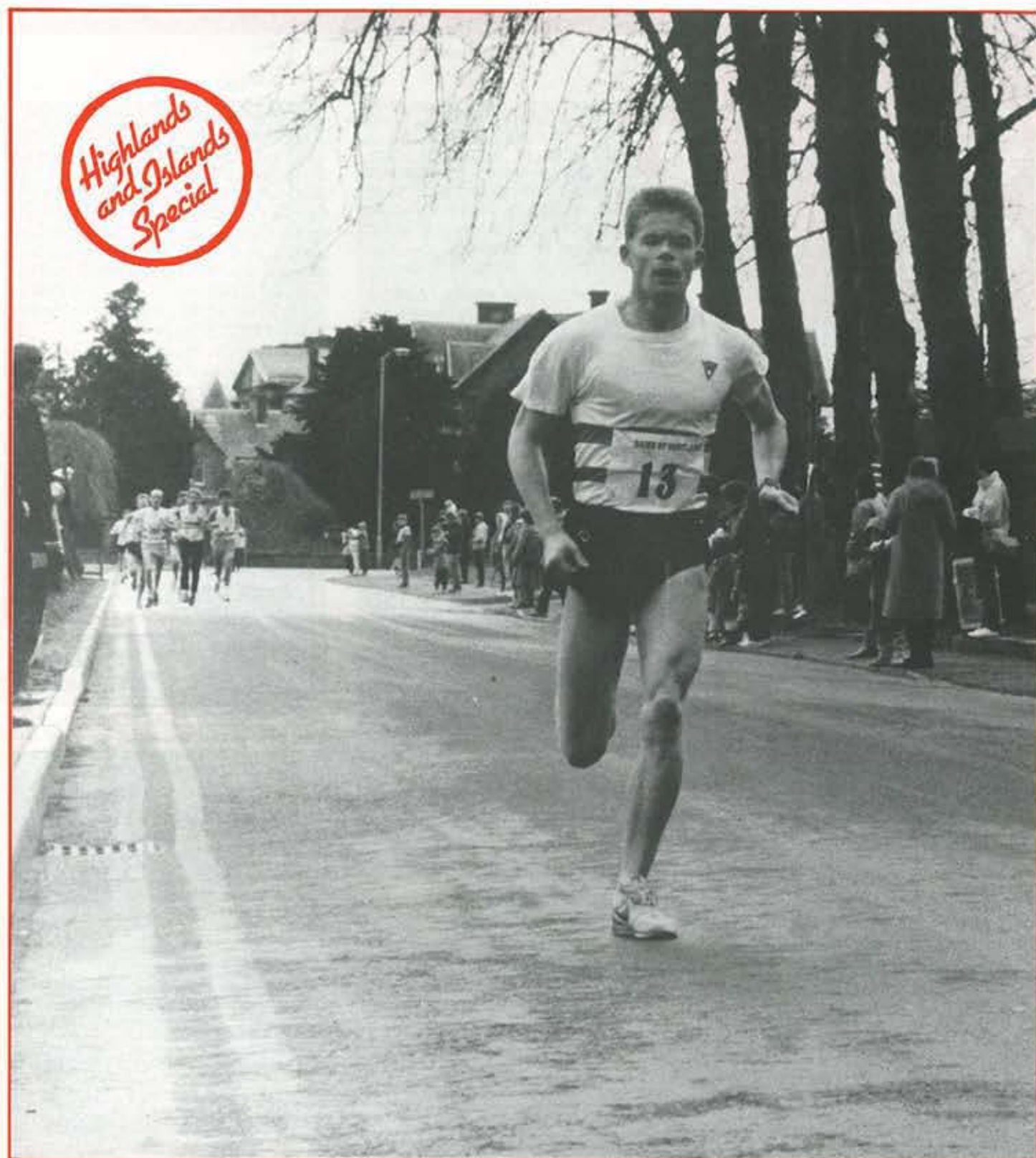
A final example is Keith Tice, the globe-trotting American who peaks each year for the two main Canadian Games. He has even beaten arch-rival McGoldrick at this time as a result of carefully planned peaking.



David Webster

Scotland's Runner

Highlands
and Islands
Special



SIMON AXON of Aberdeen AAC opened up a gap of 50 metres on the pack at the four mile stage of the Bank of Scotland People's Half Marathon in Inverness on March 22, and thereafter was never headed — winning in a time of 65:44.

The half marathon and associated fun run, both of which attracted record fields, were held amid periods of bright sunshine and light snow showers, backed by a stiff, cold wind. A feature of the day was the huge number of spectators who lined the course and greeted the finishers.

Behind Axon, who retained his Inverness title, were clubmate Colin Youngson (66:29) and Pitreavie's Frank Harper (66:37) — the latter went on to win the Alloa Half Marathon just seven days later in 69:14. Muriel Muir of Dundee Roadrunners took the women's prize in 82:38, followed by Janine Robertson (Aberdeen AAC, 83:27) and Winky O'Neale (Colwyn Bay AC, 84:39). Don Ritchie (Forres Harriers) was first veteran home in 70:18, while Margaret Robertson (Dundee Roadrunners) was first woman veteran in 85:28.

The Inverness Half Marathon was the second race in the Scotland's Runner Road Race Championship, and the 30 points earned by Welsh internationalist Axon, added to his three for 20th place in the Kodak 10K Classic, gave him the championship lead at the end of March.

Photograph by Gordon Gillespie.

Scotland's Runner

Get on your bike - or canoe

The European Triathlon Union has recently agreed to a definition of a triathlon competition as being, "a continuous event which includes swimming, cycling and running, although individual variations combining other sports such as cross country skiing or canoeing are also permitted."

That definition will please Andrew Manwell, who, for the past five years, has been organising a series of "Highland Triathlons" in which canoeing has been combined with running and cycling as the third discipline, rather than swimming.

"Too many people feel that triathlons should be restricted to swimming, cycling and running. I don't agree with that at all. I have always believed that a combination of any three active sports should be acceptable," says Manwell, who is director of physical education at Aberdeen University.

He is extremely enthusiastic about his sport: "When I started the concept, I saw the Highland Triathlon as being a completely outdoor activity. I didn't want to use swimming baths. I envisaged each event being an athletic journey taking competitors along an attractive route through some of Scotland's most scenic

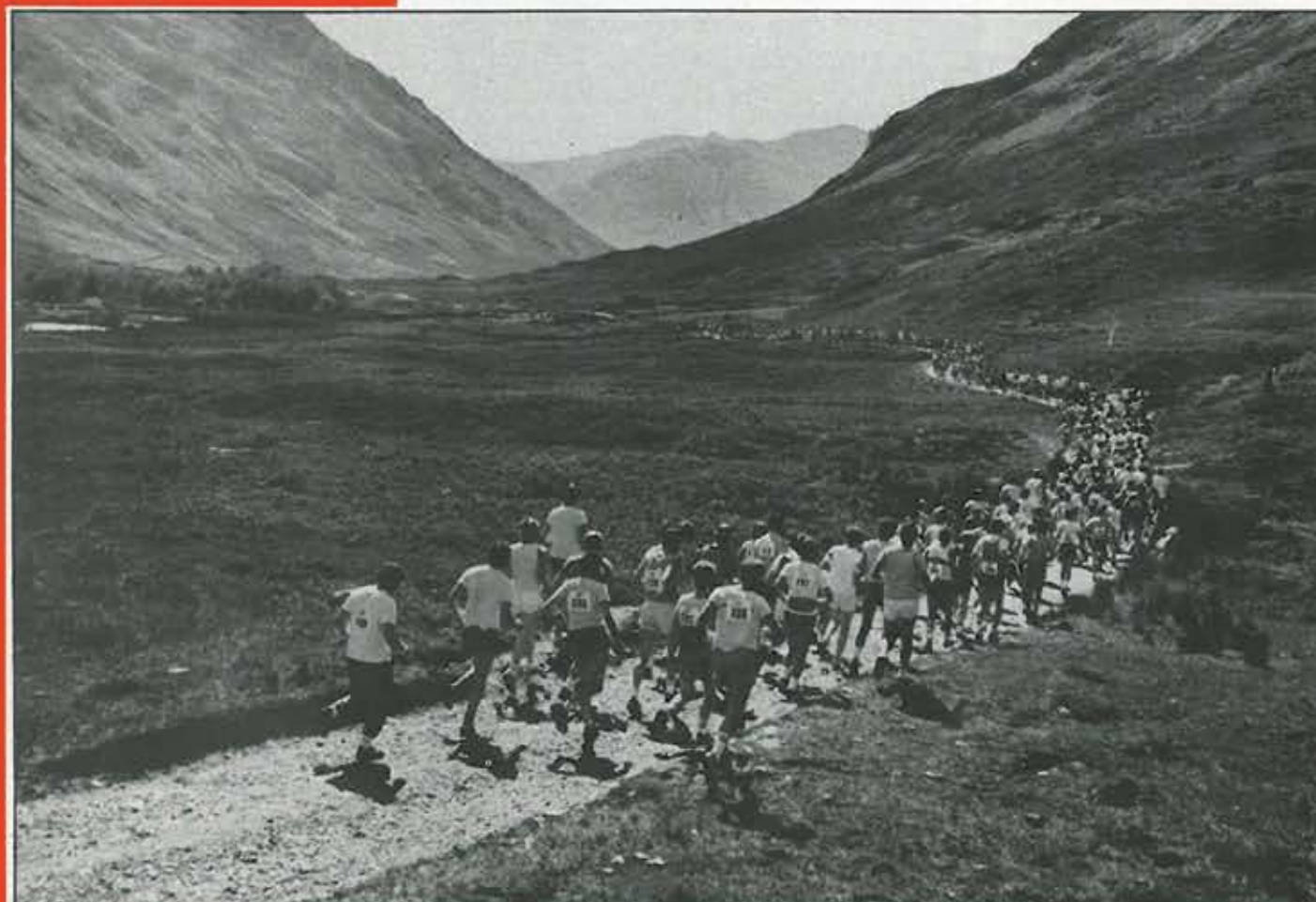
areas with the sequence of disciplines determined by the terrain."

Manwell uses three main locations for the Highland Triathlons — the Loch Tay area, the Great Glen, and Deeside. "But there are so many marvellous locations for this type of event in the country that I could put on a Highland Triathlon in a different place every weekend if I had the time," he enthused. "I've been hoping other people might take up the idea and organise events in other locations."

The Loch Tay Triathlon is organised as a Scottish Universities competition as well as being an open event, and it has proved very popular since first being held in 1983. It takes place in May and involves seven miles of canoeing between Kenmore and Aberfeldy, an eight mile run back to Kenmore via Weem, and twenty miles on the bike, finishing again at Aberfeldy.



Fraser Clyne



Competitors strung out in the 1986 Highland Cross. All pictures by Gordon Gillespie.



Merciful relief for this runner at a water station.

The Deeside Triathlon runs between Braemar and Aberdeen, starting with a 28 mile cycle race to Aboyne, followed by a 12 mile run to Banchory, then onto the water to canoe the 18 miles to Aberdeen.

Held in October, last year's race ran into a spot of technical trouble. Due to the unexpectedly fine dry autumn weather in the North East, the River Dee was suffering from a drastic lack of water and the canoes were almost scraping the river bed. Not surprisingly, the leaders' times were dramatically slower than in previous years.

The Great Glen Triathlon in August takes competitors from the Commando War Memorial at Spean Bridge all the way to Inverness.

It starts off with a half marathon run over a tough course, including forest tracks, along the side of Loch Lochy. This is followed by a 10.5 mile canoeing section through the Caledonian Canal between Laggan and Fort Augustus. Just to add a bit of novelty, this stretch includes two sections where participants have to lift their canoes out of the water and carry them between locks on the canal before continuing on their way. Having negotiated these hurdles, the final stint is a hilly 33 mile bike ride into Inverness.

"It's a great event," says Andrew Manwell. "Everyone who does it says it's a tremendously satisfying journey to undertake."

I suggested to Andrew that for runners interested in tackling a Highland Triathlon, the most daunting aspect would be the canoeing section. How easy would it be to learn how to handle a canoe?

The Highland Cross ... not a triathlon but a gruelling 50 mile running and cycling "biathlon" from the West Coast to Beaulieu and held each year in June.



Highlands and Islands Special

"I would recommend that people should contact their local canoe club," he advised. "There are lots of clubs throughout the country willing to help people, but don't expect to become proficient overnight. If anyone wishes to try a Highland Triathlon in 1987, I would recommend that they spend several months preparing for it."

"You can learn how to handle a canoe in a swimming pool, and once you've got to grips with the basics give it a go on some easy stretches of river. I would also suggest that it is necessary to do some upper body exercises to build some endurance strength into the arms. There's a fair amount of effort required to paddle a canoe continually for an hour or more!"

So how popular are the Highland Triathlons and what sort of people are tempted to compete in them?

"They've built up a hard core of devotees over the past few years," says Manwell. "My events have attracted people from all over Britain, and locally a fast growing club — the Fleet Feet Triathletes — has been formed by people who enjoy taking part in these competitions."

He admits, however, that the leading exponents of Highland Triathloning tend not to come from specialised running backgrounds. Stonehaven man John O'Donovan, for instance, has been a regular top performer in the Aberdeen area, but he is a former international canoeist.

"I would like to see more runners having a go," added Manwell. "I'm sure they could do well — and they would enjoy it." ■



A cerebral way of checking the route.

If you are interested and would like more information about this year's Highland Triathlons, Andrew Manwell can be contacted at the Butchart Recreation Centre, University Road, Aberdeen AB9 2UW.



Preparing for the cycling stage.



Ah well ... only another 35 miles to Beaulieu!

A three day 1500 metres!

Early athletics in the Orkney Islands consisted mainly of community sports days in the villages, flat races and heavy events at the local agricultural shows, and inter-school sports held between Kirkwall Grammar and Stromness Academy — the two main schools. The "North Isles Sports" — a championship event for the northern islands of the group started about 1947, and is still popular today — indeed the North Isles provide some of our best athletes.

An annual competition for under 18s was also inaugurated in 1947 against island neighbours Shetland, and included hockey, football, netball, swimming and athletics. It still takes place, and indeed it was a succession of sound defeats at athletics, and the almost total demise of the sport in Orkney, that prompted a group of enthusiasts to form

the Orkney Islands Amateur Athletics Association in 1978 to try to revive and foster athletics at grassroots level. Such was the success that by 1983 athletics had become a major sport in Orkney — second only to football, which unfortunately in these climes is also a summer sport.

Since the inaugural event in 1978 — a 15 mile road relay race between Stromness and Kirkwall — the domestic year consists of a cross country league in the winter, and a track and field league in the summer. To give our athletes more competition, the association holds an open cross country championship in mid-March, and a two day open track and field championship in late August, both of which are permit events in the SAAA's calendar.

That Orkney athletes have not become well known south of Inverness is due to the logistics and expense of travelling from the Islands. To compete in Inverness on a Saturday in winter, for instance, means leaving Orkney on Friday morning and returning on Monday afternoon (two working days lost for seniors). In summer, it means leaving Saturday morning, risking sea-sickness and a coach journey to scrape into Inverness for 2 pm, then returning to Orkney, on Sunday evening. Most competitions require two or three nights accommodation on top of the expense of travelling.

On a few occasions over the years, teams from Orkney have acquitted themselves

well in national cross country events, with individual performances in the top twenty in some age groups, and some top ten places in Scottish Schools events, both in cross country and track and field. One of our athletes, Linda Low, is currently with the national coaching squad for javelin, having thrown 33.06 metres in the 15-17 age group.

That athletics has flourished — with a peak of 300 members in 1984, although the teachers' dispute has subsequently affected numbers — to the extent it has is remarkable. There was a lack of facilities at the start, and no real improvement in the last ten years.

The only outdoor facility is the Kirkwall Grammar School playing field, on which a 300 metre six lane grass track is marked out, with associated areas for field events. Not only is there a slight slope, but the area is poorly drained and doubles as a football training pitch. On a wet summer (average two out of three), the track does not dry out at all! Stromness, the smaller of the two towns, boasts a 250 metre single marked track within a football pitch on the "Market Green", although a playing field at the New Academy is scheduled for the 1990's.

Cross Country is organised in the true spirit of the sport, courtesy of the farming community, and we have a variety of tough, well thought out courses for use during the season — often very wet, but that's cross country! Fortunately the farmers are very helpful,

and Saturday is animal herding day to clear the course for Sunday.

One long-established event is the Wideford Hill Race. It is approximately a five mile race to the top of Wideford Hill, starting and finishing in Kirkwall.

The most recent addition to the running calendar has been the Stromness Half Marathon.

Of the various people who have contributed to coaching and administering athletics in Orkney, two people stand out.

One is Jim Maxwell, or "Maxie" as he is more commonly known, who runs Kirkwall Athletic Club and spends a terrific amount of time helping youngsters and seniors alike in achieving success and enjoyment from athletics.

The other is Maggie McGregor, who over the years has helped the Kirkwall Grammar School team to become a great force within the Islands.

Anyone visiting the Islands is welcome to participate as individuals in our domestic league or in the open championships. Anyone looking for a training partner or group while on holiday should contact the association through Graham Wylie (Kirkwall 5178) or Steve Hogley (Stromness 850190) who can provide information.

Steve Hogley



"OUT ON A LIMB"

GRAHAM CRAWFORD meets Peter Cartwright, a man for all sports, who is now making his mark on veteran's athletics after risking life and limb in the Isle of Man TT races.



Hitting "The Wall", literally at 80 mph, has done nothing to suppress Peter Cartwright's desire for speed.

Whether hanging on grimly to the sidecar of a 750 cc machine in the Isle of Man's TT races, sitting perched an inch off the ground in a 100 mph go-kart, or discovering serious running as a veteran, the 45-year-old Falkirk Victoria Harrier has only ever had one objective in mind — to go faster.

Even the pedestrian (and very English) pursuit of long distance walking, which he did as a youth, found him racing the clock. Twice he won the 64 mile Blackpool to Knutsford Challenge, taking just 13 hours. "I was one of those fanatically fit types then," he explains.

Nothing has changed. Pete Cartwright, a British Telecom field engineer from Thornhill, near Stirling, is still a fanatic — ready to do whatever is necessary to reach the top in his latest chosen sport.

Not that he's a nutter. For somebody who has spent years "brushing walls" hanging out of a sidecar at well over the ton, Pete is remarkably sane. Get him revved up about his running and he'll chatter as excitedly as a schoolboy, but the essential Pete Cartwright is a quiet, methodical man who'll spend endless hours honing a go-kart to mechanical perfection before hammering it on competition day.

Training in the quiet roads around the village of Thornhill. Pete does most of his training in the nearby Aberfoyle forest.

Nowadays the machine in question is his own body, and the same meticulous preparation has already paid dividends. Last summer, despite being still very much the running novice, he won the Scottish veteran 1,500 metres title.

He sees this victory as only the beginning of what he can do on the veterans scene. He has aspirations to match his endless energy, and he is a man accustomed to struggling and winning.

Cartwright is most certainly one of life's doers. A very promising footballer in his younger days (he played regularly until his mid-thirties), his deepening involvement with sidecar racing was largely down to chance.

He explains: "Bike racing was something I always wanted to do. Some of the lads had an outfit and I became their mechanic. One day the passenger got injured and I took his place. By the time he recovered I was hooked and doing club and national racing.

"Soon I wanted to do the TT, so I advertised my services in the *Motorcycle News* — 'passenger available for world championships'.

"This guy from Cornwall responded, and we met for the first time off the boat on the Isle of Man. He was only 20 and had already been the youngest driver ever to enter. I wasn't bothered about his youth, it was just great to get a ride. It was him that should have been bothered; I had no world championship experience. Anyway, we finished 13th — way above expectations.

"The next year, a series of chance events saw me team up with Peter Williams. He was like God in sidecar circles, but although he had cleaned up on the mainland he had never done the TT.

"His first look at this killer course was the practice session, and I'd never gone so fast in my life. His outfit was the first to use a Hillman Imp engine.

"In the championship we were flying in second place and closing right down on the leaders when we ran out of petrol. Unbelievable. I did three seasons with Peter, and although we won all the major

children were born," she says. The Cartwrights have two sons, Stuart, aged 6, and Andrew, age 3.

Pete had also started dabbling in kart racing and that was to be the next successful phase of his life, winning numerous championships including the prestigious North of Scotland title, but back on the Isle of Man there had been strong signs he would one day give more time to running.

"When I was bike racing I ran five miles a day to keep fit, and I often made a point of going over to the island on the Friday before practice

and racing kart. It was very satisfying, but eventually costs rocketed and I could no longer afford it. And I was becoming increasingly interested in running."

While jogging round the grounds of Stirling University to keep fit, Pete met Falkirk Victoria's Derek Easton who encouraged him and later, as they became friends, fought his tendency to overtrain.

"I had the mileage mania," admits Pete. "I was doing over 100 miles a week. But now I've learned that it's quality that counts and do around 65 miles with some good interval sessions."

world for Bill Scally," he says. "A real gentleman. You can ask him anything and he'll do what he can to encourage you."



Graham Crawford



Pete doing his sidecar passenger in his early club racing days around 1970. Interestingly, he decided quickly that he would not make a driver. "I was not cautious enough. I was only interested in going as fast as possible, and I would have killed people," he says.

championships on the mainland, including the British, something always stopped us in the TT."

Pete Cartwright raced bikes as a sponsored sidecar passenger for 11 years, and by the time he packed it in he had broken numerous bones, including both ankles, and survived an 80 mph crash through a wall while attempting a 100 mph lap of Isle of Man.

However, it was not the injuries or the wall (he and his driver were miraculously almost unscathed — "only a broken wrist") which killed Cartwright's appetite for the bike. Things were never the same after the horrific death of a close friend, he says.

Wife Carol was also losing her tolerance. "I was alright about the racing until the

began and running in the 40 mile race round the island," he recalls.

The sidecar racer completed three of six attempts, recording a personal best of five hours 45 minutes. Once he went through the marathon distance in two hours 35 minutes, but dropped out shortly afterwards. "I overreached myself that time," he laughs.

Pete continued go-karting until three years ago, towing his machine nearly every weekend to Scotland's main track at Golspie, an hour's drive north of Inverness.

He has good memories. "I was my own man. I did everything myself, maintaining

He has personal bests of 2:06 for 800 metres, 4:22 for 1,500m, and 72 minutes for the half marathon — his stocky, muscular build suggests his forte may lie over the shorter distances.

Cartwright's most satisfying race to date was over 800 metres, in the Falkirk club championships. "It was the first time in many attempts I beat Alex McArdle," he says.

Pete recognises he is a virtual beginner at running, but says he is learning all the time. Sometimes the lessons have come from other veterans he is trying hard to beat, such as Shettleston's Bill Scally.

"I've got all the time in the

"His first look at this killer course was the practice session, and I'd never gone so fast in my life."

1986 Scottish ranking lists

The first thing that strikes you when you study Duncan McKechnie's painstakingly compiled ranking lists for Scottish track and field is the gulf, in almost all cases, between the best Scot and the world best for 1986.

In order to put the rankings in perspective we have given the world best for the year, followed by the top three men in the UK, and for women, the top two. In men's events Duncan has listed the top 15, for women the top five.

The criteria for inclusion under the heading "Scot" is a Scottish qualification, or membership of a Scottish club, irrespective of nationality. Thus the inclusion of Norway's Arneir Syverson of Glasgow University in the shot and discus, and Welshman Simon Axon of Aberdeen AC in the marathon, for example.

It is sobering to note that not one male home Scot features at the top of the UK lists, although Commonwealth silver medallist Geoff Parsons leads the high jump in Britain with 2.30 metres indoors (2.28 outside). He broke or equalled his national record four times.

Only four other men feature in the UK top three. Elliot Bunney (10.20) was Britain's fastest sprinter behind European 100 metres champion Linford Christie, whose 10.04 in Madrid broke Allan Wells's UK record, set in Moscow.

Statistics : DUNCAN McKECHNIE

Analysis : DOUG GILLON

Wells's continuing status as a top-flight sprinter is confirmed by his joint-third (with old adversary Mike McFarlane) in 10.22 sec.

Allister Hutton (third at 10,000 metres with a national record of 27:59.12) and Brad McStravick (third in the decathlon, 7563 points) are the only other Scots to feature at UK level... although discus thrower Paul McArdle (born in Arbroath but now competing for England) ranked second in the UK.

Of course the lists can hide facts as well. Tom McKean ends up fourth in the UK at 800 metres, beaten on paper by Steve Cram, Peter Elliot and Seb Coe, in that order. But McKean has two major championship silver medals to back up his 1:44.61, and he twice broke the national record. Significantly, in the era of hares and stage-managed record attempts, these were both set in championship finals.

And in percentage term, McKean is the Scot who came closest to topping the world rankings. Cram in fact was world's fastest over two laps last year with 1:43.19.

It was Yvonne Murray and Liz Lynch who salvaged respectability for Scottish women's athletics, being the only ones to feature at UK level.

Murray's 5:29.58 not only was the best in Britain, but put her second on the world all-time list, albeit for the non-championship distance of 2000 metres. But the Musselburgh woman backed that up dramatically with Britain's second fastest mile (4:23.08 behind Kirsty Wade) and second fastest 3000 metres (8:37.15 which won her bronze in Stuttgart).

Lynch meanwhile topped the UK 10,000 metres rankings with the 31:41.42 which won her the Commonwealth gold, and she also placed third at 5000 metres with 15:41.58.

There was encouragement elsewhere however. Craig Duncan (16.08 triple jump) and Ken Mackay (7.48 long jump) broke two of the most durable records in Scottish athletics, while Brian Whittle clocked 46.64 sec for a new native best at 400 metres.

Encouragingly in several events, particularly the three jumps, juniors and youths

feature prominently. At the other end of the scale, a world of congratulation for Donald Macgregor who, although not on the lists, was good enough to make marathon top 20 despite being in his mid forties.

Perhaps most disconcerting of all, the handful of nuggets, the few world class performances among the relative dross, have come from athletes outwith the formal Scottish system.

McKean is the product of the specialised and highly scientific Tommy Boyle regime which questions the Scottish tradition of high mileage for endurance athletes; Parsons is an Anglo; Lynch owes a good deal of her success to the USA; Murray owes hers to Bill Gentleman, fanatically dedicated school teacher; Whittle, in joining Haringey has demonstrated that he feels the Scottish system has taken him close to its limits; Bunney and world junior 100 metres bronze medallist Jamie Henderson are the proteges of Bob Inglis, who is to sprint coaching what Boyle is to 800 metres.

In the above you have virtually all the world class performers in Scottish athletics. You have to ask the question: what is the formal club system contributing? Why does it not do better? What are we doing wrong?



Geoff Parsons who broke or equalled the Scottish record four times in 1986

1500m		Marathon		UK	
WORLD		WORLD		13.42W ... Colin Jackson 13.44 (Wales)	
3.29.77	Sebastian Coe (Eng)	2.07.35	Taisuke Kodama (Japan)	13.52 ... Nigel Walker (Wales)	
UK		UK		13.66 ... Jon Ridgeon (Eng)	
3.29.77	Sebastian Coe (Eng)	2.10.13	Charlie Spedding (Eng)	SCOT	
3.30.15	Steve Cram (Eng)	2.10.39	Geoff Smith (Eng)	14.23W ... Neil Fraser 14.52 (IH/EAC)	
3.33.78	Steve Ovett (Eng)	2.11.42	Hugh Jones (Eng)	14.23W ... John Wallace 14.51 (N & Essex)	
SCOT		SCOT		14.37 ... Glenn MacDonald (Bolton)	
3.40.60	Alastair Currie (Dumb)	2.12.10	John Graham (Birch H)	14.98W ... Brad McStravick 15.15 (Belg)	
3.41.9	Adrian Callan (Spr H)	2.12.36	Allister Hutton (ESH)	15.21W ... Andy Thain (J) 15.67 (IH/ESH)	
3.43.21	John Robson (ESH)	2.14.36	Fraser Clyne (Aber)	15.44W ... Henry Lowry 15.49 (ESH)	
3.43.42	Don McMillan (DU/IH/EAC)	2.15.03	Lindsay Robertson (EAC)	15.5 ... David Findlay (Pi)	
3.44.3	Neil Tennant (Luton/ESH)	2.16.28	John Boyes (Bmouth)	15.6 ... Andrew Bowrie (FSH)	
3.44.7	Steve Doig (FSH)	2.17.01	Lawrie Spence (Sp V)	15.6 ... Allan Leiper (AFD)	
3.45.6	Sam Wallace (J) (Cambus)	2.17.47	Peter Fleming (Bella H)	15.80W ... Colin Hogg (J) (EAC)	
3.46.85	Graham Williamson (Spr H)	2.17.53	Andy Daly (Bella H)	16.0 ... Tom Caldwell (FVH)	
3.48.09	Tom Hanlon (ESH)	2.18.00	Terry Mitchell (FAC)	16.1 ... Brian Denison (CR)	
3.48.16	Richard Archer (St AU/Sale H)	2.18.29	Charlie Haskett (DHH)	16.2 ... Cameron Glasgow (St AU)	
3.48.43	James Webster (Invicta)	2.18.44	Frank Harper (Pit)	16.21W ... Ben Thomson (EAC)	
3.48.97	George Braidwood (Bella H)	2.19.32	Graham Laing (Aber)	16.42 ... Douglas Campbell (ESH)	
3.49.55	Stuart Paton (Belg)	2.19.53	Simon Axon (Aber)	400m H	
3.50.04	Robert Fitzsimmons (Bella H)	2.20.03	Colin Youngson (Aber)	WORLD	
3.50.1	Callum Henderson (ESH)	2.20.42	Bill Robertson (Bella H)	47.38 ... Ed Moses (USA)	
1 mile		3000m SC		UK	
WORLD		WORLD		49.53 ... Max Robertson (Eng)	
3.48.31	Steve Cram (Eng)	8.10.01	William van Dijk (Belgium)	49.60 ... Philip Beattie (NI)	
UK		UK		50.20 ... Gary Oakes (Eng)	
3.48.31	Steve Cram (Eng)	8.12.11	Colin Reitz (Eng)	SCOT	
3.52.99	Steve Ovett (Eng)	8.20.97	Roger Hackney (Wales)	51.80 ... Mark Fulton (Sale H)	
3.52.99	Mark Rowland (Eng)	8.27.07	Eddie Wedderburn (Eng)	51.85 ... David McCutcheon (Liverpool)	
SCOT		SCOT		52.66 ... Mark Hardie (OU/EAC)	
3.58.28	Adrian Callan (Spr H)	8.46.89	Richard Charleston (W&B)	52.80 ... Peter Campbell (J) (Stoke)	
2000m		8.47.02	Colin Hume (ESH)	54.5 ... Stewart Dempster (ESH)	
WORLD		8.47.49	Tom Hanlon (ESH)	54.5 ... John Scott (EAC)	
7.32.23	Said Aouita (Morocco)	9.11.0	George Mathison (ESH)	55.08 ... Henry Lowry (EAC)	
UK		9.13.95	David Thomson (Shaft H)	55.08 ... Ben Thomson (EAC)	
7.40.43	Jack Buckner (Eng)	9.14.45	Robert Carey (Annan)	55.5 ... Ewan McAslan (EU/EAC)	
7.44.88	Tim Hutchings (Eng)	9.16.03	Ken Mortimer (EAC)	55.7 ... Jim Learmonth (EAC)	
7.46.15	Colin Reitz (Eng)	9.16.28	Angus Henderson (AU/Aber)	56.8 ... Murray King (J) (Aber)	
SCOT		9.17.3	Cordon Seward (Exeter/VP)	56.8 ... William Rutherford (Lochelly)	
7.50.98	Nat Muir (Shett H)	9.19.68	Pat Morris (Cambus)	57.2 ... Tom Howison (Shett H)	
7.58.6	Chris Robison (RN/Sp V)	9.20.1	Donald Bain (FVH)	57.2 ... Tom Caldwell (FVH)	
7.59.39	Robert Cameron (LC/CR)	9.20.14	Jim Evans (FVH)	57.3 ... Ronald Bradley (J) (Shett H)	
8.00.96	John Robson (Eng)	9.30.5	Neil Martin (FAC)	High Jump	
8.01.5	Neil Tennant (Luton/ESH)	9.21.99	Peter Faulds (FVH)	WORLD	
8.09.15	Colin Hume (ESH)	9.25.55	Archie Jenkins (Morp/EAC)	2.38 ... Igor Paklin (USSR)	
8.09.71	James Webster (Invicta)	100m H		UK	
8.12.2	Steve Doig (FSH)	WORLD		2.30(i) ... Geoff Parsons 2.28 (Lon AC)	
8.12.57	George Braidwood (Bella H)	13.20 ... Stephan Caristan (France)		2.21 ... Fayyaz Ahmed (Eng)	
5000m		UK		2.20 ... Dalton Grant (Eng)	
WORLD		14.23W ... Neil Fraser 14.52 (IH/EAC)		100m	
13.00.86	Said Aouita (Morocco)	14.23W ... John Wallace 14.51 (N & Essex)		WORLD	
UK		14.37 ... Glenn MacDonald (Bolton)		9.95 ... Ben Johnson (Can)	
13.10.15	Jack Buckner (Eng)	14.98W ... Brad McStravick 15.15 (Belg)		UK	
13.12.88	Tim Hutchings (Eng)	15.21W ... Andy Thain (J) 15.67 (IH/ESH)		10.04 ... Linford Christie (Eng)	
13.20.06	Steve Ovett (Eng)	15.44W ... Henry Lowry 15.49 (ESH)		10.20 ... Elliot Bunney (ESH)	
SCOT		15.5 ... David Findlay (Pi)		10.22 ... Mike McFarlane (Eng)	
13.40.92	Nat Muir (Shett H)	15.6 ... Andrew Bowrie (FSH)		10.22 ... Allan Wells (ESH)	
13.42.68	John Robson (ESH)	15.6 ... Allan Leiper (AFD)		SCOT	
13.51.72	Neil Tennant (Luton/ESH)	15.80W ... Colin Hogg (J) (EAC)		10.29W ... Jamie Henderson (J) 10.33 (ESH)	
14.00.85	Chris Robison (RN/Sp V)	16.0 ... Tom Caldwell (FVH)		10.56W ... Neil Turnbull (ESH)	
14.18.1	Steven Doig (FSH)	16.1 ... Brian Denison (CR)		10.57 ... Cameron Sharp (Shett H)	
14.18.9	Peter Fleming (Bella H)	16.2 ... Cameron Glasgow (St AU)		10.63W ... Angus McCuaig 10.70 (EAC)	
14.21.58	George Braidwood (Bella H)	16.21W ... Ben Thomson (EAC)		10.65 ... Sam Lee (Shett H)	
10,000m		16.42 ... Douglas Campbell (ESH)		10.71W ... George McCallum 10.81 (EAC)	
WORLD		WORLD		10.71W ... Steve Scott 10.82 (FSH)	
27.20.26	Mark Nenow (USA)	47.38 ... Ed Moses (USA)		10.74W ... Alan Trimby 10.84 (ESH)	
UK		UK		10.80W ... Callum Orr 10.87 (LC/EAC)	
27.51.76	Jon Solly (Eng)	49.53 ... Max Robertson (Eng)		10.83 ... Brad McStravick (Belg H)	
27.58.01	Steve Birrus (Eng)	49.60 ... Philip Beattie (NI)		10.90 ... Ken McKay (Pat)	
27.59.12	Allister Hutton (ESH)	50.20 ... Gary Oakes (Eng)		10.9/W ... Derek Stark (Kilm H)	
SCOT		SCOT		400m	
28.39.35	Chris Robison (RN/Sp V)	51.80 ... Mark Fulton (Sale H)		WORLD	
28.39.69	Nat Muir (Shett H)	51.85 ... David McCutcheon (Liverpool)		44.30 ... Gabriel Tiacoh (Ivory Coast)	
29.02.35	Neil Tennant (Luton/ESH)	52.66 ... Mark Hardie (OU/EAC)		UK	
29.08.26	Peter Fleming (Bella H)	52.80 ... Peter Campbell (J) (Stoke)		44.59 ... Roger Black (Eng)	
29.24.36	Callum Henderson (ESH)	54.5 ... Stewart Dempster (ESH)		45.25 ... Derek Redmond (Eng)	
29.37.12	Alex Gilmour (Cambus)	54.5 ... John Scott (EAC)		45.29 ... Phil Brown (Eng)	
29.38.54	Graham Laing (Aber)	55.08 ... Henry Lowry (EAC)		800m	
29.41.30	Fraser Clyne (Aber)	55.08 ... Ben Thomson (EAC)		WORLD	
29.55.59	Ed Stewart (Cambus)	55.5 ... Ewan McAslan (EU/EAC)		1.43.19 ... Steve Cram (Eng)	
29.57.33	Lawrie Spence (Sp V)	55.7 ... Jim Learmonth (EAC)		UK	
29.58.22	Terry Mitchell (FAC)	56.8 ... Murray King (J) (Aber)		1.43.19 ... Steve Cram (Eng)	
30.04.39	Charlie Haskett (DHH)	56.8 ... William Rutherford (Lochelly)		1.44.06 ... Peter Elliott (Eng)	
30.06.5	Gordon Seward (Exeter/VP)	57.2 ... Tom Howison (Shett H)		1.44.10 ... Sebastian Coe (Eng)	
30.40.51	Richie Barrie (N & Essex/DHH)	57.2 ... Tom Caldwell (FVH)		SCOT	
100m		57.3 ... Ronald Bradley (J) (Shett H)		1.44.61 ... Tom McKean (Bellshill)	
WORLD		High Jump		1.48.11 ... Paul Forbes (EAC)	
9.95	Ben Johnson (Can)	WORLD		1.49.9 ... David Strang (J) (SA)	
UK		2.38 ... Igor Paklin (USSR)		1.50.1 ... Pat Duffy (GCH)	
10.04	Linford Christie (Eng)	UK		1.50.2 ... Don McMillan (DU/IH/EAC)	
10.20	Elliot Bunney (ESH)	2.30(i) ... Geoff Parsons 2.28 (Lon AC)		1.50.6 ... Alastair Currie (Dumb)	
10.22	Mike McFarlane (Eng)	2.21 ... Fayyaz Ahmed (Eng)		1.50.65 ... Tom Ritchie (FSH)	
10.22	Allan Wells (ESH)	2.20 ... Dalton Grant (Eng)		1.50.7 ... Richard Archer (St AU/Sale H)	
SCOT		100m		1.50.9 ... Brian Murray (J) (ESH)	
10.29W	Jamie Henderson (J) 10.33 (ESH)	WORLD		1.50.99 ... Stuart Paton (Belg)	
10.56W	Neil Turnbull (ESH)	9.95 ... Ben Johnson (Can)		1.51.3 ... David Gray (Ayr S)	
10.57	Cameron Sharp (Shett H)	UK		1.51.8 ... James Webster (Invicta)	
10.63W	Angus McCuaig 10.70 (EAC)	10.04 ... Linford Christie (Eng)		1.51.86 ... Callum Orr (LC/EAC)	
10.65	Sam Lee (Shett H)	10.20 ... Elliot Bunney (ESH)		1.52.1 ... Adrian Callan (Spr H)	
10.71W	George McCallum 10.81 (EAC)	10.22 ... Mike McFarlane (Eng)		1.52.46 ... Nick Smith (Y) (Stamford)	
10.71W	Steve Scott 10.82 (FSH)	10.22 ... Allan Wells (ESH)		200m	
10.74W	Alan Trimby 10.84 (ESH)	SCOT		WORLD	
10.76W	Brian Whittle (Ayr S)	10.29W ... Jamie Henderson (J) 10.33 (ESH)		20.12 ... Floyd Heard (USA)	
10.80W	Callum Orr 10.87 (LC/EAC)	10.56W ... Neil Turnbull (ESH)		UK	
10.83	Brad McStravick (Belg H)	10.57 ... Cameron Sharp (Shett H)		20.41 ... John Regis (Eng)	
10.90	Ken McKay (Pat)	10.63W ... Angus McCuaig 10.70 (EAC)		20.50 ... Todd Bennett (Eng)	
10.9/W	Derek Stark (Kilm H)	10.65 ... Sam Lee (Shett H)		20.51 ... Linford Christie (Eng)	
400m		10.71W ... George McCallum 10.81 (EAC)		SCOT	
WORLD		10.71W ... Steve Scott 10.82 (FSH)		20.53 ... Allan Wells (ESH)	
44.30	Gabriel Tiacoh (Ivory Coast)	10.74W ... Alan Trimby 10.84 (ESH)		20.69W ... Cameron Sharp 21.51 (Shett H)	
UK		10.80W ... Callum Orr 10.87 (LC/EAC)		21.02W ... Neil Turnbull 21.35 (ESH)	
44.59	Roger Black (Eng)	10.83 ... Brad McStravick (Belg H)		21.17 ... George McCallum (EAC)	
45.25	Derek Redmond (Eng)	10.90 ... Ken McKay (Pat)		21.34 ... Brian Whittle (Ayr S)	
45.29	Phil Brown (Eng)	10.9/W ... Derek Stark (Kilm H)		21.35 ... Gus McCuaig (EAC)	
800m		20.01W ... Andrew Walker (ESH)		21.35W ... Steve Scott 22.06 (FSH)	
WORLD		22.13 ... Scott Forrester (J) (EAC)		21.46 ... Martin Johnston (Aber)	
1.43.19	Steve Cram (Eng)	22.19W ... Geo McIlvenney 22.32 (Ayr S)		21.78 ... Malcolm Fairweather (Sale H)	
UK		100m		21.87W ... Callum Orr 22.02 (LC/EAC)	
1.43.19	Steve Cram (Eng)	WORLD		21.90 ... Gary Patterson (ESH)	
1.44.06	Peter Elliott (Eng)	9.95 ... Ben Johnson (Can)		21.96W ... Derek Stark 22.50 (Kilm H)	
1.44.10	Sebastian Coe (Eng)	UK		20.01W ... Andrew Walker (ESH)	
SCOT		10.04 ... Linford Christie (Eng)		22.13 ... Scott Forrester (J) (EAC)	
1.44.61	Tom McKean (Bellshill)	10.20 ... Elliot Bunney (ESH)		22.19W ... Geo McIlvenney 22.32 (Ayr S)	
1.48.11	Paul Forbes (EAC)	10.22 ... Mike McFarlane (Eng)		100m	
1.49.9	David Strang (J) (SA)	10.22 ... Allan Wells (ESH)		WORLD	
1.50.1	Pat Duffy (GCH)	SCOT		9.95 ... Ben Johnson (Can)	
1.50.2	Don McMillan (DU/IH/EAC)	10.29W ... Jamie Henderson (J) 10.33 (ESH)		UK	
1.50.6	Alastair Currie (Dumb)	10.56W ... Neil Turnbull (ESH)		10.04 ... Linford Christie (Eng)	
1.50.65	Tom Ritchie (FSH)	10.57 ... Cameron Sharp (Shett H)		10.20 ... Elliot Bunney (ESH)	
1.50.7	Richard Archer (St AU/Sale H)	10.63W ... Angus McCuaig 10.70 (EAC)		10.22 ... Mike McFarlane (Eng)	
1.50.9	Brian Murray (J) (ESH)	10.65 ... Sam Lee (Shett H)		10.22 ... Allan Wells (ESH)	
1.50.99	Stuart Paton (Belg)	10.71W ... George McCallum 10.81 (EAC)		SCOT	
1.51.3	David Gray (Ayr S)	10.71W ... Steve Scott 10.82 (FSH)		10.29W ... Jamie Henderson (J) 10.33 (ESH)	
1.51.8	James Webster (Invicta)	10.74W ... Alan Trimby 10.84 (ESH)		10.56W ... Neil Turnbull (ESH)	
1.51.86	Callum Orr (LC/EAC)	10.80W ... Callum Orr 10.87 (LC/EAC)		10.57 ... Cameron Sharp (Shett H)	
1.52.1	Adrian Callan (Spr H)	10.83 ... Brad McStravick (Belg H)		10.63W ... Angus McCuaig 10.70 (EAC)	
1.52.46	Nick Smith (Y) (Stamford)	10.90 ... Ken McKay (Pat)		10.65 ... Sam Lee (Shett H)	
200m		10.9/W ... Derek Stark (Kilm H)		10.71W ... George McCallum 10.81 (EAC)	
WORLD		20.12 ... Floyd Heard (USA)		10.71W ... Steve Scott 10.82 (FSH)	
20.12	Floyd Heard (USA)	UK		10.74W ... Alan Trimby 10.84 (ESH)	
UK		20.41 ... John Regis (Eng)		10.80W ... Callum Orr 10.87 (LC/EAC)	
20.41	John Regis (Eng)	20.50 ... Todd Bennett (Eng)		10.83 ... Brad McStravick (Belg H)	
20.50	Todd Bennett (Eng)	20.51 ... Linford Christie (Eng)		10.90 ... Ken McKay (Pat)	
20.51	Linford Christie (Eng)	SCOT		10.9/W ... Derek Stark (Kilm H)	
SCOT		20.53 ... Allan Wells (ESH)		400m	
20.53	Allan Wells (ESH)	20.69W ... Cameron Sharp 21.51 (Shett H)		WORLD	
20.69W	Cameron Sharp 21.51 (Shett H)	21.02W ... Neil Turnbull 21.35 (ESH)		44.30 ... Gabriel Tiacoh (Ivory Coast)	
21.02W	Neil Turnbull 21.35 (ESH)	21.17 ... George McCallum (EAC)		UK	
21.17	George McCallum (EAC)	21.34 ... Brian Whittle (Ayr S)		44.59 ... Roger Black (Eng)	
21.34	Brian Whittle (Ayr S)	21.35 ... Gus McCuaig (EAC)		45.25 ... Derek Redmond (Eng)	
21.35	Gus McCuaig (EAC)	21.35W ... Steve Scott 22.06 (FSH)		45.29 ... Phil Brown (Eng)	
21.35W	Steve Scott 22.06 (FSH)	21.46 ... Martin Johnston (Aber)		800m	
21.46	Martin Johnston (Aber)	21.78 ... Malcolm Fairweather (Sale H)		WORLD	
21.78	Malcolm Fairweather (Sale H)	21.87W ... Callum Orr 22.02 (LC/EAC)		1.43.19 ... Steve Cram (Eng)	
21.87W	Callum Orr 22.02 (LC/EAC)	21.90 ... Gary Patterson (ESH)		UK	
21.90	Gary Patterson (ESH)	21.96W ... Derek Stark 22.50 (Kilm H)		1.43.19 ... Steve Cram (Eng)	
21.96W	Derek Stark 22.50 (Kilm H)	20.01W ... Andrew Walker (ESH)		1.44.06 ... Peter Elliott (Eng)	
20.01W	Andrew Walker (ESH)	22.13 ... Scott Forrester (J) (EAC)		1.44.10 ... Sebastian Coe (Eng)	
22.13	Scott Forrester (J) (EAC)	22.19W ... Geo McIlvenney 22.32 (Ayr S)		SCOT	
22.19W	Geo McIlvenney 22.32 (Ayr S)	100m		1.44.61 ... Tom McKean (Bellshill)	
100m		WORLD		1.48.11 ... Paul Forbes (EAC)	
WORLD		9.95 ... Ben Johnson (Can)		1.49.9 ... David Strang (J) (SA)	
9.95	Ben Johnson (Can)	UK		1.50.1 ... Pat Duffy (GCH)	
UK		10.04 ... Linford Christie (Eng)		1.50.2 ... Don McMillan (DU/IH/EAC)	
10.04	Linford Christie (Eng)	10.20 ... Elliot Bunney (ESH)		1.50.6 ... Alastair Currie (Dumb)	
10.20	Elliot Bunney (ESH)	10.22 ... Mike McFarlane (Eng)		1.50.65 ... Tom Ritchie (FSH)	
10.22	Mike McFarlane (Eng)	10.22 ... Allan Wells (ESH)		1.50.7 ... Richard Archer (St AU/Sale H)	
SCOT		SCOT		1.50.9 ... Brian Murray (J) (ESH)	
10.29W	Jamie Henderson (J) 10.33 (ESH)	10.29W ... Jamie Henderson (J) 10.33 (ESH)		1.50.99 ... Stuart Paton (Belg)	
10.56W	Neil Turnbull (ESH)	10.56W ... Neil Turnbull (ESH)		1.51.3 ... David Gray (Ayr S)	
10.57	Cameron Sharp (Shett H)	10.57 ... Cameron Sharp (Shett H)		1.51.8 ... James Webster (Invicta)	
10.63W	Angus McCuaig 10.70 (EAC)	10.63W ... Angus McCuaig 10.70 (EAC)		1.51.86 ... Callum Orr (LC/EAC)	
10.65	Sam Lee (Shett H)	10.65 ... Sam Lee (Shett H)		1.52.1 ... Adrian Callan (Spr H)	
10.71W	George McCallum 10.81 (EAC)	10.71W ... George McCallum 10.81 (EAC)		1.52.46 ... Nick Smith (Y) (Stamford)	
10.71W	Steve Scott 10.82 (FSH)	10.71W ... Steve Scott 10.82 (FSH)		200m	
10.74W	Alan Trimby 10.84 (ESH)	10.74W ... Alan Trimby 10.84 (ESH)		WORLD	
10.76W	Brian Whittle (Ayr S)	10.80W ... Callum Orr 10.87 (LC/EAC)		20.12 ... Floyd Heard (USA)	
10.80W	Callum Orr 10.87 (LC/EAC)	10.83 ... Brad McStravick (Belg H)		UK	
10.83	Brad McStravick (Belg H)	10.90 ... Ken McKay (Pat)		20.41 ... John Regis (Eng)	
10.90	Ken McKay (Pat)	10.9/W ... Derek Stark (Kilm H)		20.50 ... Todd Bennett (Eng)	
10.9/W	Derek Stark (Kilm H)	400m		20.51 ... Linford Christie (Eng)	
400m		WORLD		SCOT	
WORLD		44.30 ... Gabriel Tiacoh (Ivory Coast)		20.53 ... Allan Wells (ESH)	
44.30	Gabriel Tiacoh (Ivory Coast)	UK		20.69W ... Cameron Sharp 21.51 (Shett H)	
UK		44.59 ... Roger Black (Eng)		21.02W ... Neil Turnbull 21.35 (ESH)	
44.59	Roger Black (Eng)	45.25 ... Derek Redmond (Eng)		21.17 ... George McCallum (EAC)	
45.25	Derek Redmond (Eng)	45.29 ... Phil Brown (Eng)		21.34 ... Brian Whittle (Ayr S)	

	SCOT				
2.12	Ben Thomson (EAC)		13.24	Bruce McClure (J) (Bella H)	
2.05	Andrew Edgar (RAF/ESH)		13.23	William Leung (J) (EAC)	
2.03	Eddie Leighton (H) (IH/ESH)		13.17	Scott Harland (J) (FVH)	
2.02	Callum Orr (LC/EAC)		13.16	John Gallacher (J) (Pir)	
2.02	Paul Sidiscas (J) (CR)				
2.00	Tom Leighton (IH/ESH)				
2.00	Graham McAslan (J) (EAC)				
1.95	John Gallacher (J) (Kilb)				
1.95	Duncan Mathieson (J) (Aber)				
1.95	Neil McLaughlin (J) (Heriots)				
1.95	Ian Bailey (Aber)				
1.95	Henry Lowry (ESH)				
1.95	Paul Masterton (EAC)				
1.93	Brad McStravick (Belg)				

Pole Vault

WORLD	
6.01	Sergei Bubka (USSR)
UK	
5.35	Keith Stock (Eng)
5.31	Jeff Gutteridge (Eng)
5.30	Andy Ashurst (Eng)
5.30	Brian Hooper (Eng)

SCOT	
4.80(i)	Graham Eggleton (Hgy)
4.60	Allan Leiper (AFD)
4.51	Douglas Hamilton (ESH)
4.50	Brad McStravick (Belg)
4.40(i)	Dugald Scott 4.20 (Shett H)
4.27	Stuart Ryan (Ghead)
4.30	Norman Williamson (EAC)
4.10	Alan Rankin (ESH)
4.00	Jim Johnston (ESH)
4.00	Ronald Todd (ESH)
4.00	Andrew Wake (J) (Morpeth)
3.85	Paul Masterson (EAC)
3.80	Alex Collins (J) (EAC)
3.75	Ken Lyon (Aber)
3.50	Bob Masson (Aber)

Long Jump

	WORLD	
8.61	Robert Emmiyan (USSR)	
	UK	
8.12W	Derrick Brown 7.90 (Eng)	
7.97	Fred Salle (Eng)	
7.96W	Colin Jackson (Wales)	

SCOT	
7.48	Ken McKay (Pit)
7.34W	Mel Fowler 7.07 (VP)
7.32	Michael Mather (WLI)
7.28	Rod McKay (Bedford/EAC)
7.14	John Scott (EAC)
7.13	Craig Duncan (ESH)
6.97	Tom Harrison (Shett H)
6.96W	A. Davidson (J) 6.36 (Ainess)
6.93	Ian Snowball (EAC)
6.86	Peter Wilkinson (J) (Shett H)
6.73	Stephen Whyte (EU)
6.73	Brad McStravick (Belg)
6.69	Brian Milne (Y) (Cbank AC)
6.67	Duncan Mathieson (J) (Aber)
6.67W	Barnaby Whyte (Y) 6.46 (Golspie)

Triple Jump

	WORLD	
17.80		Khristo Markov (Bulg)
	UK	
17.27W		John Herbert 16.85 (Eng)
16.87		Mike Makin (Eng)
16.71		Vernon Samuels (Eng)

	SCOT	
16.24W	Craig Duncan	16.08 (ESH)
15.14W	Rod McKay	15.13 (Bed/EAC)
14.87	Roger Harkins	(Shett H)
14.67W	Stuart Jamieson	14.58 (EAC)
14.38	Stuart McMillan	(DU/PSH)
13.89	Norman Ross	(Bella H)
13.83	Michael Mather	(WLI)
13.76	John Gallacher (J)	(Kilb)
13.68	Neil McMenemy (J)	(CR)
13.50	D. Gillies	(Strath, U)
13.41	John Milne (J)	(Montrose)

13.24	Bruce McClure (J) (Bella H)
13.23	William Leung (J) (EAC)
13.17	Scott Harland (J) (FVH)
13.16	John Gallacher (J) (Pit)

Shot

	WORLD	
22.64		Udo Beyer (GDR)
	UK	
19.01		Billy Cole (Eng)
18.34		Mike Winch (Eng)
17.85		Graham Savory (Eng)

SCOT	
17.60	Arneir Syversen (GU/ESH)
17.54	Eric Irvine (EAC)
15.29	Chris Black (ESH)
14.77(i)	Mitchell Smith (Send)
14.36	Walter Weir (CR)
14.20	Brad McStravick (Belg)
13.99	Darren Morris (J) (LC/Pit)
13.84	Michael Jemu-Alade (HWU/ESH)
13.65	Graham Stark (Rham)
13.49	George Bashford (Blackpool)
13.46	Stuart Ryan (Ghead)
13.29	Alan Pettigrew (Shett H)
13.14	John Scott (V) (Shett H)
12.58	Lawrie Nisbet (ESH)
12.51	Russell Devine (IH)

Discus

	WORLD	
74.8	Jurgen Schult (GDR)	
	UK	
62.74	Richard Staney (Eng)	
61.40	Paul Mardle (Eng)	
60.92	Graham Savory (Eng)	

SCOT	
53.08	George Patience (IH/EAC)
50.92	Michael Jemu-Alade (HWU/ESH)
49.24	Darren Morris (J) (LC/Pit)
46.98	Russell Devine (J) (IH)
46.88	Brad McStravick (Belg)
46.78	Eric Irvine (EAC)
46.38	Ken Souter (EAC)
42.98	Russell Payne (Sparkhill)
40.82	Chris Black (ESH)
40.70	Alan Pettigrew (Shett H)
40.32	Alex Black (ESH)
40.24	Arneir Syversen (GU/ESH)
39.42	Stuart Ryan (Ghead)
39.20	Duncan Forsyth (St. AU/ESH)
39.12	Adam Whyte (EAC)

Hammer

	WORLD
86.74	Yuriy Sedykh (USSR)
	UK
76.80	David Smith (Eng)
73.92	Martin Girvan (NI)
72.82	Matt Mileham (Eng)

SCOT	
64.74	Chris Black (ESH)
62.40	Lawrie Nisbet (ESH)
58.30	Robin Meikle (ESH)
57.96	Dave Valentine (Hounslow)
56.82	Russell Payne (Sparkhill)
52.67	Andrew Hall (Hillingdon)
49.47	Russell Devine (J) (IH)
47.64	Alan Pettigrew (Sheff H)
46.28	Arthur McKenzie (V) (Morpeth)
45.66	David Mathieson (M Keynes)
44.70	John Scott (V) (Sheff H)
44.48	Willie Robertson (EAC)
44.48	Alex McIntosh (Kilm)
43.82	Henry Naismith (Sheff H)
43.24	Adam Whyte (EAC)

Javelin

	WORLD	
85.74		Klaus Tafelmeier (FRG)
	UK	
81.74		Ronald Bradstock (Eng)
80.62		Dave Otley (Eng)

	SCOT	
67.14	John Guthrie (ESH)	
63.70	Stewart Maxwell	(RAF/Enf/Pit)
56.60	Brad McStravick (Belg)	

	UK (Old)	
86.28	Darryl Brand (Eng)	
82.04	Mike Hill (Eng)	
78.66	Gary Jensen (Eng)	

SCOT	
69.42	Stewart Maxwell (RAF/Enf/Pit)
63.88	John Guthrie (ESH)
63.40	Adam Whyte (EAC)
59.96	Alex Black (ESH)
58.74	Alastair Robertson (Medway)
57.96	Roddy James (Y) (Montrose)

Decathlon

	WORLD
8811	Daley Thompson (Eng)
	UK
8811	Daley Thompson (Eng)
7889	Eugene Gilkes (Eng)
7863	Brad McStravick (Belg)

SCOT	
6518	Stuart Ryan (Ghead)
6079	Alan Rankin (ESH)
6066	Callum Orr (LC/EAC)
5734	Cameron Glasgow (St. AU)
5596	Roger Haire (Woking)
5363	Ken Lyon (Aber)
5248	Allan Leiper (AFD)
5044	Duncan Forsyth (St. AU/ESH)

— WOMEN —



Sandra Whittaker



Rhona Pinkerton

100m

10.88	WORLD	Evelyn Ashford (USA)
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	UK	
11.14w	Paula Dunn	11.25 (Eng)
11.20w	Heather Oakes	11.22 (Eng)

SCOT	
11.50	Sandra Whittaker (MGAC)
11.55w	Kaye Jeffery 11.80 (EWM)
11.59	Janice Neilson (EWM)
11.69w	Angela Bridgeman 11.77 (MGAC)
11.86w	Joan Booth 11.92 (CR)

200m

21.71	WORLD	Heike Drechsler (GDR)
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	UK	
22.92	Heather Oakes (Eng)	
23.11	Kathy Cook (Eng)	

SCOT	
23.39	Angela Bridgeman (MGAC)
23.39	Sandra Whittaker (MGAC)
23.72	Kaye Jeffery (EWM)
24.09	Janice Neilson (EWM)
24.34	Kim Hogg (EWM)

800m

1.56.2	WORLD	Doina Melinte (Rom)
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	UK
1.59.67	Lorraine Baker (Eng)
1.59.85	Shireen Bailey (Eng)

SCOT	
2.01.63	Anne Purvis (EWM)
2.02.25	Chris Whittingham (MGAC)
2.03.50	Yvonne Murray (EAC)
2.04.01	Liz McArthur (Pit)
2.04.44	Susan Parker (Army)
2.04.4	Lynne MacDougall (MGAC)

1000m

2.31.5	WORLD	Maricica Puica (Rom)
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	UK	
2.35.30	Shireen Bailey (Eng)	
2.35.48	Kirsty Wade (Wales)	

	SCOT	
2.37.05	...	Chris Whittingham (MGAC)
2.37.75		Yvonne Murray (EAC)
2.38.67	...	Lynne MacDougall (MGAC)

1500m

3.56.7	WORLD	Doina Melinte (Rom)
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	UK	
4.01.93		Zola Budd (Eng)
4.03.74		Kirsty Wade (Wales)

SCOT	
4.05.76	Yvonne Murray (EAC)
4.06.24	Chris Whittingham (MGAC)
4.10.23	Lynne MacDougall (MGAC)
4.13.13	Liz Lynch (DHH)
4.18.72	Karen Hutcheson (Berry Hill)

1 mile

4.18.25	WORLD	Maricica Puica (Rom)
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	UK	
4.21.61	Kirsty Wade (Wales)	
4.23.08	Yvonne Murray (EAC)	

	SCOT
4.34.10	Lynne MacDougall (MGAC)
4.35.06(i)	Liz Lynch (DHH)

2000m

5.28.69	WORLD	Maricica Puica (Rom)
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	UK	
5.29.58		Yvonne Murray (EAC)
5.30.19		Zola Budd (Eng)

5.43.40	SCOT	Liz Lynch (DHH)
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3000m

8.33.99	WORLD	Olga Bondarenko (USSR)
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	UK	
8.34.43		Zola Budd (Eng)
8.37.15		Yvonne Murray (EAC)

SCOT	
8.46.53	Liz Lynch (DHH)
9.14.33	Christine Price (DHH)
9.17.70	Andrea Everett (MGAC)
9.19.34	Marcella Robertson (EWM)
9.24.53	Laura Wright (Stevenage)

5000m

14.37.33	WORLD	Ingrid Kristiansen (Nor)
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	UK
15.28.16	Angela Tooby (Wales)
15.41.36	Susan Tooby (Wales)

15.41.58	SCOT	Liz Lynch (DHH)
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10,000m

30.13.74	WORLD	Ingrid Kristiansen (Nor)
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31.41.42	UK	Liz Lynch (DHH)
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SCOT
Andrea Everett (MGAC)
Christine Price (DHH)

Marathon

2.24.54	WORLD	Grete Waitz (Nor)
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2.31.33	UK	Veronique Marot (Leeds)
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	SCOT	
2.36.34		Lorna Irving (V) (EWM)
2.37.29		Sandra Branney (MGAC)
2.45.25		Heather MacDuff (EAC)
2.45.50		Leslie Watson (V) (LOAC)
2.49.56		Eileen Masson (Kilb)

110m H

12.26	WORLD	Yordanka Donkova (Bulg)
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	UK	
13.05	Judy Simpson	(Eng)
13.11	Sally Cunnell	(Eng)

SCOT	
13.60w	Ann Girvan 13.77 (Ayr S)
13.81	Pat Rollo (Pit)
14.05	Gillian Rhind (Enfield)
14.26w	Val Walsh 14.54 (Tonbridge)
14.33	Elaine McLaughlin (EWM)

400m H

52.94	WORLD	Marina Stepanova (USSR)
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	UK	
57.07	Yvette Wray (Eng)	
57.5	Victoria Lee (Eng)	

58.28	SCOT	Elaine McLaughlin (EWM)
59.96		Moir McBeath (MSLAC)
60.3		Ashley Brown (MSLAC)
62.2		Carey Spiers (MGAC)
62.7		Margaret Southerden (WPh)

Long Jump

7.45	WORLD	Heike Drechsler (GDR)
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	UK	
6.70	Kim Hagger (Eng)	
6.58w	M Berkeley 6.50(i)/6.40	(Croy)

SCOT	
6.16	Lorraine Campbell (EWM)
5.92	Carey Spiers (MGAC)
5.82	Val Walsh (Tonbridge)
5.82	Rhona McLeod (Stir U)
5.81	Julie Boyd (Frodsham)

High Jump

2.08	WORLD	Stefka Kostadinova (Bulg)
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	UK	
1.96		Diana Davies (Eng)
1.92		Judy Simpson (Eng)

SCOT	
1.88	Jayne Barnetson (IH)
1.83	Rhona Pinkerton (MGAC)
1.80	Caris Henderson (EWM)
1.76	Val Walsh (Tonbridge)
1.75	Jackie Gilchrist (Army)

Shot

21.70	WORLD	Natalia Lisovskaya (USSR)
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UK	Judy Oakes (Eng)
	Myrtle Augoe (Eng)

14.88(i)	SCOT	Mary Anderson 14.58 (EAC)
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12.83	Ashley Morris (Pit)
12.58	Jackie Barclay (MSLAC)
12.36	Shona Urquhart (EWM)
12.21	Morag Bremner (MSLAC)

Javelin

77.44	WORLD	Fatima Whitbread (Eng)
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	UK	
77.44	Fatima Whitbread (Eng)	
69.80	Tessa Sanderson (Eng)	

SCOT	
58.72	Diane Royle (Sale H)
51.50	Shona Urquhart (EWM)
48.22	Jackie Barclay (MSLAC)
45.76	Mary Anderson (EAC)
44.96	Nicola Emblem (EAC)

Discus

73.26	WORLD	Diana Sachse (GDR)
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	UK
56.20	Vanessa Head (Wales)
54.72	Karen Pugh (Eng)

SCOT	
50.04	Morag Bremner (MSLAC)
45.98	Claire Cameron (MGAC)
44.74	Margaret Ritchie (EWM)
41.32	Ashley Morris (Pit)
40.20	Karen Lynch (EWM)

Williamson wakes up to life without athletics

Graham Williamson runs, most days, for some 30 or 40 minutes in Richmond Park, a still-lean figure among the podgy executives in their too-clean trendy gear.

He does not belong among them, for he is just 26. The European junior and World Student Games titles at 1500 metres were only a year or two ago, were they not? That Europa Cup bronze at the same distance?

Actually they were in 1979. Just a year earlier the Springburn Harrier set a world age-18 record of 3:37.7 for the metric mile... a record which still stands.

But it seems a lifetime ago to the Kirkintilloch man. And so it is. It is a lifetime that is over. For Williamson has run his last race. Richmond Park is his Seoul and his heart. The Games are over.

"I'll always do this," he reflected on the evening jog after a long day's studying. "It's therapeutic. I'll always run and stay fit. But I won't compete again. I could run at club level, finish 26th in some club race. But I couldn't face it."

For a man whose Scottish records of 3:50.64 (mile) and 3:34.01 (1500m) are still unsurpassed it would be too much to bear.

"Oh, it's a temptation all right," he says. "I went to the England v USA match at Cosford and saw John Gladwin win the mile — 3:59.8. The crowd went wild. The big aircraft hanger was packed, about 5000 of them."

But his mind was flickering to another night five years before, when he ran a 3:38 1500 metres on the same track. It was a time equivalent to some five seconds faster than Gladwin's. But there were just 300 folk present, and Williamson walked away, scarcely out of breath. He was barely 21.

As he watched Gladwin, he thought about trying again... yet another comeback attempt. "Then I thought about the problems and frustration. The sleepless nights. My foot injury. The buttock ache. The orthotics for my feet. Trying to make this work and that work."

"The cold logic is that I have made the right decision."

The truth is that injury and bad luck have pursued Williamson even closer than did Steve Cram, who was never good enough to take that age-group best, but who received establishment back-up that Williamson was cruelly denied.

"Wait a minute," he says. "I'm not that bitter. Sure, I'd like to have broken 3:50 for



Doug Gillon

the mile and run a good 5000 metres. But I don't regret any of it. I had a lot of fun."

He is still running every day, but the motivation is mental release after hours of studying for a post graduate degree at Kingston Polytechnic in London. He already has a BA in business studies from Glasgow College of Technology.

Because of the first degree he has to pay his own way through college and manages to do so only on the consultancy fee he is paid by the New Balance shoe firm. The gravy train of trust fund athletics pulled out while he was still standing on the platform.

He married shortly before Christmas, and his wife, Nikki, a teacher, has clearly helped him to find himself. "The only person who doesn't seem to be upset by this decision is Graham Williamson," says Graham.

"I know I'm relatively young to have stopped," he adds. "But I've been at it from 1973 until 1986 — that's 13 years of hard wear and tear. From the knees up I'm fine, but my feet turn in when I run, I've no heel strike. From the knees down I'm a biomechanical wreck."



Tom McKean... "He's basically faster than me".

He never ever classed himself as a speed man, but his 1983 Scottish 800 metres record survived until Tom McKean dipped inside his 1:45.6 last year. "Tom is basically much faster. It was mainly speed endurance with me," he says.

At his peak, Scotland didn't seem to want Williamson. In 1978 he finished runner up to John Robson in the Emslie Carr mile, right on his compatriot's shoulder. Robson went to the Edmonton Commonwealth Games and won the 1500 metres bronze.

Williamson stayed at home because Scottish officials said the team had been picked, and they could not get a blazer made in time. But Steve Cram, who finished behind the two Scots, was given a blazer and a ticket by England, and the rest is history.

Two years later Cram was beaten, fair and square by the Scot in the Olympic trial. In fact Cram fell, yet a rerun was arranged in Oslo. By the time it came round Williamson was suffering from flu. Cram won and went to Moscow. Williamson stayed home.

In 1982, just as he accelerated past Cram with 600 metres to go in the European championships in Athens, the Spaniard Jose Abascal caught Williamson's heel and he crashed to the track. Cram won. Williamson limped off the track.

The catalogue is almost endless.

The biggest irony came last summer. Williamson was given an extension to the deadline to post a qualifying time for the Edinburgh Commonwealth Games. He couldn't get within seven seconds of the required 3:41 in Innsbruck. His usual last-lap kick had gone and he plodded round in about 63 seconds from the bell.

"I knew then that I'd had it. Yet it was the most consideration I'd ever had from the Scottish selectors," he recalled.

Part of Williamson's current course involves an intensive survey on the attitudes and requirements of athletics spectators. He is doing it for Alan Pascoe Associates, the company charged with finding the funds for the track and field in Britain.

He still loves athletics, and hopes to turn his graduate skills into promotion and marketing of sport. He is seeking a job for when he graduates again this summer. You can almost feel him pawing the ground. When the starting pistol goes, he'll be off.

Happier days as Graham Williamson leads Steve Cram and Jack Buckner. Inset... Cram en route to victory in Edinburgh.



yesterdays...

If you happen to be Klaus Barbie, the alleged "Ivan the Terrible", or one of the German scientists whose foul experiments on human beings helped give the United States its advantage in the space race, the current crop of Nazi publicity, I would imagine, is most unwelcome. It wasn't always so. In the years prior to the Second World War, Nazis wanted all the publicity they could get and, in 1936, pulled off their greatest propaganda coup by staging the XIth Modern Olympiad.

Berlin would have hosted the Olympic Games twenty years earlier had it not been

that the event was to be filmed in documentary style by screen-idol-turned-producer, Leni Riefenstahl, all that was required for foreign opinion to be effectively dazzled was a massive athletic junket "Festivity as a modern political force" wrote Richard Mandell.

Of course, Berlin had to be tidied up a bit. Restaurants, theatres and cinemas took down the signs which read "Dogs and Jews not admitted", foreign papers were made available; the ban on jazz in dancehalls and nightclubs was lifted; and, above all, everyone was under instructions to be nice to visiting *ausländer*.

Something like 150,000 foreigners visited the German capital in the course of the Games, and the city they found was very much to their liking. The athletes, too, couldn't have been happier — with the possible exception of glamorous American swimmer Eleanor Holm Jarrett who, having fallen out with the

for the intervention of the First World War, although, anticipating a quick military result, the Germans didn't actually bow to pressure and cancel until the last minute.

Naturally there was much talk of the Games committee bringing politics into sport. Indeed, it may have been the first time that social priorities were discussed in this way but, far from being abhorrent, the idea actually appealed greatly to a young Austrian named Schickelgruber who, having changed his name to Hitler and become Chancellor of the Third Reich, resolved to bring politics into sport at the first opportunity — believing that it might help him achieve his other boyhood ambition... to dominate the world.

An aesthetically-tasteful stadium was an obvious priority and architect Werner March obliged, with some advice from Albert Speer. An Olympic hymn for the opening ceremony was provided by the elderly Richard Strauss and, given

youthful Avery Brundage on the boat journey over, proceeded to go "on the skite" in the ship's bar, and was suspended on arrival.

The American team, however, was still the largest present with 384 members, ahead of Germany (300), Hungary (200) and Britain (150), and the Games themselves were (naturally) the last word in detailed planning. Hitler's entrances were timed to coincide with probable German victories, and even with good weather on occasions.

From day one, the star of

Jim Wilkie

the Games was the black American, James Cleveland "Jesse" Owens. Blacks had first begun to appear in competitive American sports in the 1890's, and the usual route was to join the athletics teams of the north-eastern universities. In view of the general hostility to them, it is quite extraordinary that any made it to the top, but De Bart Hubbard won a gold medal at the 1924 Paris Olympics, and black representation had increased substantially by Los Angeles (1932).

In Berlin, Germany won the first gold medal (ladies' javelin) and Finland — under the watchful eye of Archie MacPherson's hero, Paavo Nurmi — took first, second and third in the 10,000 metres, but it was the thrilling spectacle of the fastest man in the world which captured the crowd's imagination. In the 100m final Owens equalled the Olympic and World records (10.3); in the 200m he broke the Olympic record (20.7); he was the first man to

had demanded that German athletes in the employ of the government be given time off to prepare.

Britain won a second gold in the 4 x 400 metres relay and played its part in a classic marathon race, taking second (Englishman Ernie Harper) and seventh places (Scot Duncan McNab Robertson). The gold and bronze medals went to Koreans, Son and Nan but, because their country had been under the domination of Japan since 1910, another victory was registered for propaganda. Significantly, the Japanese hoped to stage the Games in 1940.

The success of the XIth

Olympiad gave Hitler an enormous boost. The world came to Berlin and, generally speaking, was impressed by what it saw. Maybe the wee man wasn't such a bad stick after all.

(It should also be remembered that racial attitudes at the time were deplorable elsewhere in the Western world. In the USA there were 18 lynchings in 1935, and eight in 1936. In Britain there was an Olympic incident when the Bloomsbury Hotel barred two of the returning Canadian team upon seeing the colour of their faces.)

Owens' career was cut short by the war, and he took to running exhibition races. "He ran against anything and anybody, anywhere, and when there were no contestants, he just ran to please the customers". He also had difficulty in later years with the American Internal Revenue, but his achievements endure, both in the field of athletics and in the eternal struggle for human dignity.

Results

FEBRUARY

28

Motherwell District Sports Council Road Races, Strathclyde Park -

Senior 6 Miles: 1. B. Scally (Shett H) 30:27, 2. S. Marshall (Mwell YMCA H) 30:38, 3. D. Marshall (Mwell) 30:41, 4. T. Ulliot (Cambus H) 30:49, 5. C. Ross (Shett) 30:53, 6. P. Mayles (Kilbar AC) 30:59 (J), V.I. H. Barrow (Vic Park AAC) (18th) 33:32, VO/50. W. McBrinn (Shett) L1, (and L.V.I. also), K. Chapman (Giff North AC) (63rd) 39:12, L2. H. Oliver (Law & Dist AC) L3. E. Graham (Airdrie H).

Teams: 1. Mwell 12pts, 2. Shett 23pts, 3. Cambus 24pts.

Youths: D. McGinlay (Clydebank AC) 19:15, 2. F. Toqueri (Mwell) 19:25, 3. C. McCann (Mwell) 19:36.

Senior Boys: 1. G. Reid (Kilmarnock H) 9:32, 2. S. Barnett (Vic Park) 9:39, 3. J. Brown (Law & Dist) 9:51.

Teams: 1. Vic Park 13pts, 2. Cambus 26pts.

Junior Boys: 1. E. McCafferty (Cambus) 10:12, 2. J. Ferguson (Ayr Sea AC) 10:15, 3. F. Healey (Bella H) 10:31.

Teams: 1. Ayr 19pts, 2. Irvine AC 36pts, 3. Colts: 1. G. McHolm (Stonehouse AC) 6:31, Team: 1. Stonehouse AC 22pts.

Fife AC 5% Mile Road Race, Cupar -

1. T. Mitchell (Fife AC) 27:38 (Record), 2. P. Dugdale (Dundee HH) 27:42, 3. A. Callan (Spring H) 28:00, 4. L. Robertson (Edin AC) 28:13, 5. C. Ross (Dundee HH) 28:13, 6. T. Ritchie (Pithead AAC) 28:52, 7. G. Kerr (Fife AC) 29:04, 8. N. Martin (Fife AC) 29:27, 9. D. McGonigle (Dundee HH) 29:36, 10. D. Bain (Falk Vic H) 29:39, V.I. M. Craven (Edin SH) (27th) 30:57, V2. F. Gamwell (Perth Strath H) 31:32 (38th), V3. A. Gibson (SVHC) (37th) 31:35, L1. P. Rother (Edin AC) (54th) 32:42, L2. C. Price (Dundee HH) (73rd) 33:30.

Greenock Glenpark Harriers Willow Bowl 7% Mile Cross Country Race, Greenock -

1. H. Cox and T. Murray 41:49 (Record), 3. D. McLaughlin 43:57, V.I. R. Hodelet 44:58, H/Cap Result: 1. H. Cox 54:35, 2. J. Russell 56:45, 3. D. Grey 58:01.

Isle of Man 50 Kilometres Road Race, Douglas, Isle of Man -

1. J. Norman (Aldringham AC) 2:55:15, 2. D. Ritchie (Forres H) 2:57:00.

Teviotdale Harriers Club Cross Country Championships, Hawick -

Senior 7% miles: 1. B. Emmerson 35:25, 2. R. Hall 35:42, 3. I. Elliot 25:46.

Youths/Senior Boys: 1. C. Murphy 17:29, 2. M. Bryson 18:33, 3. D. Riddell 18:55.

Junior Boys: 1. B. Wear 8:40, 2. M. Baillie 9:24, 3. J. Hughes 10:36.

Colts: 1. D. Hughes 5:18.

Ladies: 1. J. Anderson 8:54 (Equals Record), 2. J. Hewitt 3. M. Parker.

Girl/Minors: 1. J. Purdie 5:32, 2. A. Murphy 5:43, 3. J. Scott 5:51.

Northern Dist Cross Country League (Final Meeting) Charleston, Inverness -

Senior 6 Miles: 1. R. Arbuckle (Keith & Dist AC) 34:19, 2. W. Miller (Caithness AAC) 35:00, 3. B. Chinnick (Forres H) 35:31, 4. J. Bowman (Inverness H) 36:07, 5. S. Wright (Elgin AAC) 36:46, 6. D. Gunn (Elgin) 37:24, Teams: 1. Elgin, 2. Inverness, 3. Coasters AC.

Overall League Positions: 1. J. Bowman (Inverness) 496pts, 2. W. Miller (Caithness) 493pts, 3. A. Reid (Coasters) 483pts.

Veteran O/All: 1. R. Willby (Black Isle AAC) 33:09pts.

Overall Teams: 1. Elgin 2194pts, 2. Inverness 2120pts, 3. Coasters 1982pts.

Youths: 1. D. Young (Forres) 20:03, 2. F. Everett (East Sutherland) 21:24, 3. C. McNeill (Forres) 22:09, Teams: 1. Forres 198pts, 2. Inverness 190pts, 3. East Suth 99pts.

Overall Individual: 1. D. Young (Forres) 398pts, 2. D. Bell (Inverness) 396pts, 3. A. Bone (Inverness) 390pts.



MURIEL MUIR of Dundee Roadrunners holds aloft the trophy she won at the Bank of Scotland People's Half Marathon at Inverness on March 22. Runner up was Janine Robertson (Aberdeen AAC) with Winky O'Neill (Colwyn Bay) third.

Overall Teams: 1. Inverness 1663pts, 2. Forres 913pts, 3. Lochaber AC 383pts.

Senior Boys: 1. S. Jarvie (Culloden Acad) 16:11, 2. G. McDowall (Inverness H) 16:38, 3. C. Stewart (Inverness H) 16:54, Teams: 1. Lochaber 288pts, 2. East Suth 267pts, 3. Inverness 197pts.

Overall Individual: 1. S. Jarvie (Culloden Acad) 400pts, 2. G. McDowall (Inverness H) 397pts, 3. C. Stewart (Inverness H) 294pts.

Overall Teams: 1. Lochaber 1690pts, 2. Inverness 1664pts, 3. Elgin 1174pts.

Junior Boys: 1. D. Sutherland (Inverness) 10:16, 2. I. Murray (Inverness) 10:22, 3. S. Wright (Elgin) 10:23, Teams: 1. Inverness 296pts, 2. Elgin 282pts, 3. Black Isle 169pts.

Overall Individual: 1. D. Sutherland (Inverness) 399pts, 2. D. Hards (Inverness) 398pts, 3. I. Murray (Inverness) 396pts.

Overall Teams: 1. Inverness 1779pts, 2. Black Isle 1694pts, 3. Elgin 1530pts.

Senior Ladies: 1. A. Dundas (Inverness) 19:37, 2. M. McLeod (Elgin) 19:57, 3. C. Chinnick (Forres) 20:26, Teams: 1. Inverness 197pts, 2. Elgin 99pts, 3. Forres 98pts.

Overall Individual: 1. S. Campbell (Inverness) 400pts, 2. A. Dundas (Inverness) 393pts, 3. M. Green (Caith) 391pts.

Overall Team: 1. Inverness 1658pts, 2. Forres 768pts, 3. Peterhead 501pts.

Junior Women: 1. J. Rankine (Inverness) 11:24, 2. L. McIntosh (Peterhead) 11:46, 3. M. Sinclair (Inverness) 12:02, Teams: 1. Inverness 294pts, 2. Black Isle 276pts, 3. Phead 185pts.

Overall Individual: 1. J. Rankine (Inverness) 400pts, 2. M. Sinclair (Inverness) 394pts, 3. P. Anderson (Elgin) and S. Fotheringham (Black Isle) 293pts.

Overall Team: 1. Inverness 1733pts, 2. Black Isle 1596pts, 3. Phead 1114pts.

Girls: 1. R. Davidson (Inverness) 6:51, 2. D. Douglas (Inverness) 7:15, 3. B. Lawrie (East Suth) 7:20, Teams: 1. Inverness 296pts, 2. Phead 278pts, 3. Black Isle 267pts.

Overall Individual: 1. R. Davidson (Inverness) 400pts, 2. L. Foreman (Phead) 391pts, 3. L. Henderson (Inverness) 389pts.

Overall Teams: 1. Inverness 1749pts, 2. Black Isle 1656pts, 3. Forres 1408pts.

MARCH

1 Scottish Veterans 5 mile Cross Country Race, Lochinch -

1. D. Fairweather (Law & Dist) 28:04, 2. C. Martin (Dumbarton AAC) 28:10, 3. J. Shields (Clydesdale H) 28:14, O/45: P. Kearney (Maryhill H) 31:14, O/55: S. Lawson (Maryhill) 34:04, O/60: B. Bickerton (Shett) 35:32, L1, I. Carroll (SVHC) 42:34, L2, M. McCann (SVHC) 46:10.

Aberdeen AAC Club Cross Country Championships, Balgownie -

Senior 4 Miles: 1. R. Cresswell 21:11, 2. D. Duiguid 22:05, 3. D. Massie 22:26, J. J. Free 22:33, J2. M. Caird 22:55, V.I. N. Simpson 25:00.

Youths: 1. C. Davidson 23:09, 2. C. Riddell 23:39, 3. S. Wright 24:01.

Senior Boys: 1. R. Sutherland 9:48.

Junior Boys: 1. D. Smith 10:46.

Senior Ladies: 1. C. Sheehan (Inter) 10:43, 2. P. Ronney 10:45, 3. D. Mackland 11:19, L.V.I. J. Hogg 12:53.

Junior Women: 1. K. Price 11:34, 2. A. Grallion 11:53, 3. S. Drew 13:30.

Girls: 1. D. Simpson 12:05, 2. L. Walker 12:17, 3. A. Ashrom 13:04.

SWCCU & RRA National Cross Country Relay Championships, Polbeth -

Seniors/Inter: 1. Edin (V. Husband 12:56, S. Durham 12:56, A. Jenkins 12:10) 38:02, 2. Liv & Dis 39:30, 3. Kilbarchan 40:07.

Fastest Laps: 1. A. Jenkins 12:10, Inter V. Husband 12:56, Young Sen 1. S. Hamilton (Edin) 13:19.

Juniors: 1. Kilmarnock (D. Rutherford 9:58, E. Sharpe 10:23, M. McClung 9:39) 30:00, 2. Vic Park 30:01, 3. Ayr 30:29, Fastest Lap: 1. M. McClung 9:39.

Girls: 1. Ayr (S. Barrie 10:29, K. Dyer 10:31, G. Slaven 10:01) 31:01, 2. Helensburgh 31:30, 3. Strathkelvin AC 31:38, Fastest Lap: 1. G. Slaven 10:01.

Minors: 1. Irvine (P. Raspison 5:42, C. Miller 5:45, J. Geddes 5:45) 17:13, 2. Ayr 17:14, 3. Vic Park 17:25, Fastest Lap: 1. H. Brooks (Ayr) 5:31.

Ayr Sealorth AC Awarded Margaret Trophy for overall performance in four races of Relay Championships.

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Results

Records tumble at Criffel

No fewer than four records were broken at the seventh annual Criffel Hill Race on March 15, the first counting race in this year's Scottish Hill Runners Championship.

As predicted, there was a record turnout of 126 starters, an increase of 50 per cent on last year, and double the number of earlier years when the event was held in August. Backed by a stiff ice-cold northerly wind up to the two summits, record times were set in the men's, women's and veteran's categories.

Rod Philbeam of Keswick AC, the English champion, broke away from a group of six, including previous record holder Harry Jarrat (Keswick), just before the first summit. He completed the six and a half mile, 1750 feet, race, which starts and ends at New Abbey, Dumfries, in a time of 48:47 — knocking 1:33 off Jarrat's 1981 mark.

It was a prodigious effort as a coating of frozen snow made conditions slippery on the upper reaches of Knockendoch, while the snow was ankle-deep on the mile between Knockendoch and Criffel.

Second was the find of the year, newly qualified doctor Gifford Kerr of Fife AC. Unknown to date apart from to his former club-mates at Lancashire's Clayton-le-Moor, and his fellow extras on the Chariots of Fire film at St. Andrews beach, Kerr's performance made him the early championship leader.

Northern Ireland's Robin Bryson, who arrived by ferry and bicycle, finished third, followed by former champions Andy Curtis and Dermot McGonigle. First local runner



was Mike Johnston of Dumfries (17th in 53:27).

Jimmy Shields (Clydesdale Harriers) finished 13th overall to take the veteran's prize, his time of 52:46 knocking two minutes off race organiser Roger Blamire's record.

The women's race was won by 1986 World Cup winner Carol Haigh (Holmshurst), who clipped 2:47 off the record with a time of 61:04. Second, and first Scot, was Livingston

AC's Christine Whalley, who led home clubmate Ann Curtis.

Carmethy HRC, packing well at 9, 10 and 12, won the team race from Keswick AC.

Race organiser Blamire said: "I am delighted with the turnout and results. They were overwhelming proof that we made the right decision last year when we brought the race forward from August."

Alastair Warren

LEADERS after the first round of the 1987 Scottish Hill Runners Association Championship:

Men

21pts: Gifford Kerr (Fife AC)
19pts: Andy Curtis (Livingston AC)
18pts: Dermot McGonigle (Dundee HH)
17pts: Brian Potts (Clydesdale H)
16pts: Ross Hope (Carmethy HRC)
15pts: Andy Spenceley (Carmethy HRC)
14pts: Denis Bell (Haddington ELP)
13pts: Ian Davidson (Carmethy HRC)
12pts: Jimmy Shields (Clydesdale H)
11pts: Peter Marshall (Haddington ELP)
10pts: Robin Morris (Carmethy HRC)
9pts: Mike Johnston (Carmethy HRC)
8pts: Dave Weir (Haddington ELP)
7pts: Scott McKendrick (Irvine AC)
6pts: Matt Ogston (Hunters Bog Trotters)
5pts: Ewan Patterson (Carmethy HRC)
4pts: Roger Boswell (Lochaber AC)
3pts: Fraser Anderson (Cumbernauld AC)
2pts: Graham McIntyre (Livingston AC)
1pt: Dave Buchan (Carmethy HRC)

Veterans

11pts: Jimmy Shields (Clydesdale H)
9pts: Peter Fettes (Lochaber AC)
8pts: Bobby Shields (Lochaber AC)
7pts: Peter Mackie (Irvine AC)
6pts: Tony Stapley (Fife AC)
5pts: Alan McGillivray (Fife AC)
4pts: John Dennison (Livingston AC)

Ladies

6pts: Christine Whalley (Livingston AC)
5pts: Ann Curtis (Livingston AC)
4pts: Helen Morton (Irvine AC)
3pts: Philippa Blake (Haddington ELP)
2pts: Rosemary Reid (Troon Tortoises)

Junior

6pts: Scott McKendrick (Irvine AC)
5pts: John McKendrick (Irvine AC)



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Results

Edinburgh Uni Open 10 miles Road Race -
1. T. Mitchell (Fife AC) 51:20, 2. A. Dooglas (Glasgow Uni) 52:05, 3. A. Robson (Edin SH) 52:19, 4. J. Wheeler (Edin SH) 52:51, 5. P. McIntyre (Glasgow Uni) 54:12, 6. A. Robertson (Edin SH) 54:30, 7. J. Knox (Gala) 56:08, 8. E. McKenzie (Ferranti) 58:16, 9. J. Lorden (Edin WM) 60:30, 10. M. Taggart (Pithead) 60:30, 11. J. Buchanan (Hadd) 68:52 (LV2) Team: 1. Gala

Border Tug of War Championships, Gretna Green -
600kgs: 1. Bell Harp (Eng), 2. Leek Manchester
640kgs: 1. Shamrock (Glasgow), 2. Bell Harp
680kgs: 1. Callender Ben Ledi, 2. Wolviston (Eng)
Catchweight: 1. Shamrock, 2. Wolviston

6. Kodak Classic SOCU National 10,000m Road Race Championship -
Seniors: 1. N. Muir (Sheff H) 29:08, 2. A. Hutton (Edin SH) 29:09, 3. P. O'Callaghan (Wolv & B) 29:14, 4. T. Hutchings (Crawley) 29:15, 5. R. Dodney (Dub City) 29:18, 6. C. Robson (Spango) 29:28, 7. P. Cusker (Harrow) 29:32, 8. K. Harrison (Stretford) 29:35, 9. A. Callan (Springburn) 29:39, 10. G. Helme (St Helens) 29:45, 11. P. Tottall (Stretford AC) 29:50, 12. G. Braidwood (Bella H) 29:52, 13. P. Fleming (Bella H) 29:54, 14. A. Green (Bracknell) 29:58, 15. J. Robson (Edin SH) 30:00, 16. N. Black (Morpeth) 30:03, 17. C. Haskett (Dundee HH) 30:10, 18. D. Miles (Lough) 30:16, 19. N. G. Brian (Stretford) 30:22, 20. S. Axon (Aber) 30:23, 21. A. Weatherhead (Edin AC) (21st) 30:27

Teams: 1. Stretford 38pts, 2. Edin SH 39pts, 3. Spango Valley 62pts, 4. Bella H 67pts, 5. Cambus H 66pts, 6. Teviotdale 105pts

7. Dunbartonshire AAA 12.1/4 mile Road Race, Balloch to Clydebank -

1. M. Coyne (Falk Vic H) 68:02, 2. A. Daly (Bella H) 68:08, 3. G. Reynolds (Dundee HH) 68:07, 4. A. Adams (V1) (Dumbarton) 67:31, 5. P. Dolan (Clydesdale) 67:32, 6. D. Halpin (Clydesdale) 67:36, 7. R. Ronald (E. Kilbride) 67:43, 8. D. Watt (Calderglen) 68:21, 9. D. Lang (Cambuslang) 68:46, 10. W. Dickson (Law & Dist) 68:47, 11. A. Adams (V2) (Brennan (Irvine) (19th) 71:26, 12. V. F. Wright (Springburn) (20th) 71:31, 13. L. J. Harvey (McLaren GAC) (138th) 86:30, 14. C. Menhennet (Bella H) (185th) 87:30, 15. G. McKinnery (Irvine) Team: 1. Bella 25pts, 2. Clydesdale 27pts, 3. Dumbarton 81pts, 4. Dunbartonshire Championship: 1. A. Adams, 2. P. Dolan, 3. D. Halpin

Glasgow Boys Brigade Cross Country Championship, Bellahouston -

Seniors: 1. G. Gibson (Bishopbriggs), 2. J. Logan (Maryhill), 3. R. Bennett (Eaglesham) Team: 1. Bishopbriggs, 2. Mount Florida, 3. Williamwood
Intermediates: 1. C. Greenhalgh (W.wood), 2. D. Stewart (Eaglesham), 3. D. McLean (N. Mearns) Team: 1. Eaglesham, 2. Mount Flor, 3. Clackston
Juniors: 1. G. McNeill (Bishop), 2. G. McKay (Kings Pk), 3. M. Bryce (Springburn) Team: 1. Clackston, 2. Springburn, 3. Mount Flor/Eaglesham

Greenock Wellpark H 9 mile Club Cross Country Championship, Greenock -

1. J. Duffy 60:42, 2. H. Mooney 61:59, 3. D. Docherty
BMA Medical Students Cross Country Championships, Graves Park, Sheffield -

4 mile: 1. A. Douglas (Glasgow Uni), 4. P. McIntyre (Glasgow), 7. T. Gillespie (Glasgow) Team: 1. Glasgow 12pts, 2. Bristol 20pts
8. Tarrodale Caol 10K Road Race, F. William -

1. S. MacMillan (Lochaber) 31:52, 2. S. Lauder (Lochaber) 32:34, 3. C. Martin (Inverness) 33:10, 4. D. Watson (Lochaber) 38:34 (18th), 5. L. W. O'Neill (Colwyn Bay) (17th) 38:51

Lasswade AC Novaphone 10 mile Road Race, Bonnyrigg -

1. A. Robertson (Edin SH) 50:59 (Record), 2. J. Knox (V1) (Gala) 51:37, 3. R. Hope (Gala) 52:03, 4. R. Frew (Lasswade) 52:47, 5. H. Igunas (Liv & Dist) 53:54, 6. J. McIntosh (Unatt) 54:07, 7. L. J. McOraw (Gala) 57:26, 8. H. Fyfe (Haddington) 67:50 (LV1), 9. E. Buchanan (Hadd) 68:52 (LV2) Team: 1. Gala

14. Greenock Wellpark H 5 mile Cross Country Race, Greenock -

1. J. Duffy 26:47, 2. D. McFadyen 27:51, 3. D. Docherty 28:35, 4. H. Docherty, 2. D. Anderson, 3. D. Docherty

Scottish Schools "Milk in Sport" Cross Country Championships, Beach Park, Irvine -

Boys O/17: 1. T. Reid (Whitfield HS) 21:00, 2. E. Cameron (Queensferry HS) 21:21, 3. M. Currie (Dollar Acad) 21:23, 4. M. McKendrick (Greenock Notre Dame) 21:43, 5. D. Young (Forres Acad) 21:23, 6. G. Gibson (Bishopbriggs HS) 22:09 Team: 1. Glenaimond 118pts, 2. Loretto 135pts, 3. Kinnock 181pts
15-17 years: 1. G. Stewart (Vale of Leven Acad) 16:07, 2. S. Beaton (Phead Acad) 16:09, 3. S. Jarvie (Culloden Acad) 16:14, 4. J. Divers (St Columba's HS) 16:17, 5. A. Thain (Lennie Acad) 16:21, 6. S. Barnett (Victoria Drive SS) 16:23 Team: 1. Kilmarnock Acad 159pts, 2. St. Columba's HS 214pts, 3. Lennie Acad 248pts
13-15 years: 1. G. Graham (Bocclair Acad) 13:26, 2. A. Moonie (Balweare HS) 13:34, 3. D. McPherson (Uddingston GS) 13:39, 4. J. Gowans (Harris Acad) 13:40, 5. D. McLean (Mearns Castle HS) 13:40, 6. B. McMillan (Alva Acad) 13:41 Team: 1. Bocclair 165pts, 2. Queen Anne HS 170pts, 3. St. Columba's 220pts

Under 13: 1. D. Smith (Queensferry) 8:41, 2. R. Seiler (Balweare) 8:52, 3. A. Casey (Queen Vic) 8:58, 4. D. Fisher (Queen Vic) 9:00, 5. G. McLaughlin (Kilwinning Acad) 9:08, 6. C. Young (Bocclair) 9:08 Team: 1. Lennie Acad 100pts, 2. Edin Acad 124pts, 3. Glasgow Acad 129pts
Girls O/17: 1. C. Sheehan (A'dn GS) 18:51, 2. A. Boyd (Forres Acad) 19:13, 3. L. Craigs (Kelso HS) 19:34, 4. S. McCann (St. Brides HS) 19:54, 5. P. Walker (Kirkwall GS) 20:00, 6. N. Allison (St. Aloysius Coll) 20:22 Team: 1. Glasgow HS 87pts, 2. Lennie 101pts
15-17 years: 1. H. Haining (Maxwelltown HS) 17:36, 2. S. Granger (Queensferry) 18:57, 3. A. Normand (Glasgow HS) 19:24, 4. M. Gemmell (Turnbull HS) 19:27, 5. R. De Jager (Sacred Heart HS) 19:28, 6. V. Husband (James Gillespie HS) 19:30 Team: 1. Glasgow HS 137pts, 2. Annan Acad 152pts, 3. Alness Acad 170pts

13-15 years: 1. D. Simpson (Aberdeen GS) 12:19, 2. S. McDonald (Greenwood Academy) 12:32, 3. E. Hanlon (Dumfries HS) 12:36, 4. M. Wilson (Balweare HS) 12:38, 5. L. Hopper (Annan Academy) 12:39, 6. J. Anderson (Hawick HS) 12:39 Team: 1. Hermitage Academy 101pts, 2. Geo. Watson Coll 173pts, 3. Balweare HS 186pts
Under 13 years: 1. R. Davidson (Millburn Acad) 8:33, 2. I. Pope (Armadale Acad) 8:45, 3. F. Griffiths (Mornona Acad) 8:47, 4. E. Sheppard (Glasgow HS) 8:50, 5. C. Foilan (St. Avelreds HS) 8:52, 6. K. Dyer (Belmont Acad) 8:57 Team: 1. Glasgow HS 137pts, 2. Lennie Acad 168pts, 3. Geo. Watson Coll 173pts

Clydesdale H "Dunk Wright" Memorial 5.1 Miles Road Race -

1. T. Murray (Greenock GH) 26:29, 2. E. Stewart (Cambus H) 26:33, 3. A. Gilmour (Cambus) 26:40, 4. R. Fitzsimmons (Bella H) 26:51, 5. J. McKay (Clydebank AC) 26:57, 6. J. Orr (Cambus) 27:13, 7. A. Swann (Sheff H) (25th) 28:05, 8. V. W. Scally (Sheff) (30th) 29:20, 9. V. R. Young (Clydesdale H) (37th) 29:35, 10. D. Fraser (Bella) (49th) 30:25, 11. W. McBrinn (Sheff) (57th) 30:44, 12. A. McInnes (Vic Park) 36:11, 13. S. Branney (McLaren GAC) (39th) 29:39 (Record), 14. T. Williams (Stirling Uni) 34:45 (LV1), 15. G. Gillin (Clydesdale) 46:68 Team: 1. Cambus 11pts, 2. Bella 20pts, 3. Clydesdale 44pts

Sports Shop Directory

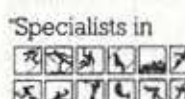
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Results

Greenock Glenpark H Singlehurst Shield 5 Mile Road Race

1. H. Cox 24:50 (Record); 2. A. Puckrin 26:18; 3. P. Russell 26:21; V.I. R. Hodelet 26:28; L.I. S. Curran 34:00 (41st); L.I. J. Gallacher (42nd) 34:27; L.I. J. Smith (48th) 36:42.

Club Championship: 1. H. Cox 19:45pts; 2. W. Hamill 9pts; H. cap Competition: 1. T. McKnight, R. Mitchell and J. Carnuthers 8pts.

15 Barcelona International Marathon

1. P. Wallin (Fra) 2:13:59 (Record); 2. S. Bruce (Wal) 2:14:32; 3. M. Down (Swe) 2:19:29; 5. A. Daly (Glasgow) 2:19:35; L.I. W. Robertson (Glasgow) 2:22:20; 25. A. Adams (Glasgow) 2:28:42. Teams: 3. Glasgow 41pts.

Criffel 6 Miles Hill Race

1. R. Pilbeam (Kewick) 48:57 (Record); 2. G. Kerr (Fife AC) 50:35; 3. R. Bryson (Irish HR) 50:44; 4. A. Curtis (Liv & Dist AC) 50:54; 5. D. McGonigle (Dundee HH) 51:07; 6. H. Jarrett (Cumbria FRA) 51:13; 7. B. Potts (Clydesdale) 51:15; 8. P. Harlowe (Kewick) 51:21; 9. R. Hope (Carnethy) 51:44; 10. A. Spenceley (Carnethy) 52:27; V.I. J. Shields (Clydesdale) 52:26 (Record); V.I. P. Fettes (Lochaber) 57:54; V.O/50 G. Scott (Cumbria) 59:28; L.I. C. Haigh (Holmfrith) 61:04 (Record); L.I. C. Whalley (Liv & Dist) 61:47; L.I. A. Curtis (Liv & Dist) 68:14. Teams: 1. Carnethy 31pts; 2. Clydesdale 48pts.

Castle Series (3rd race at Drum Castle, Drumochter)

Senior 4 miles: 1. F. Clyne 23:11; 2. R. Crosswell 23:22; 3. J. Dolg 23:39 (all Aberdeen); V.I. A. McCallum (Montrose) 26:25; V.I. M. Edwards (Aberdeen) 26:53; V.I. N. Simpson (Aberdeen) 27:13; L.I. C. Shoshan (Aberdeen) 19:46; 2. M. Duffy (Fraserburgh) 20:20; 3. S. Lamb (Aberdeen) 20:28; L.V.I. J. Hogg 21:55; L.V.I. O. Fraser 22:02; L.V.I. C. Hawthorn 23:45 (all Aberdeen).

Youth 3 miles: 1. D. Young (Forres) 16:44; 2. S. Beaton (Peterhead) 16:45; 3. G. Riddle (Aberdeen) 17:24.

Senior Boys 2 miles: 1. R. Sutherland 10:53; 2. N. Collin 11:23; 3. L. Colville 12:11 (all Aberdeen).

Junior Boys 2 miles: 1. E. Calvert 12:26; 2. S. Bruce 12:33; 3. C. Bucci 12:35 (all Aberdeen).

Junior Ladies 2 miles: 1. A. Gallon (Aberdeen) 13:30; 2. L. Allan (Peterhead) 13:45; 3. L. McIntosh (Peterhead) 14:18.

Girls 2 miles: 1. D. Simpson (Aberdeen) 12:29; 2. M. Baird (Peterhead) 13:45; 3. L. Foreman (Peterhead) 14:28.

Borrowfield Community Association Open Cross Country Races

Seniors: 1. R. Cope (Montrose) 31:22; 2. I. Johnston (Mont) 34:11; 3. A. Mathers (Mont) 39:32.

Youths: 1. K. Bassett (Mont) 16:58; 2. R. Souter (Abernyte) 17:05; 3. P. Rhind (Kilmuir) 17:07.

Senior Boys: 1. J. Gowans (Tayside AC) 16:51; 2. A. Williams (Perth SH) 19:46; 3. R. Findlay (Hillside) 19:58.

Junior Boys: 1. G. Duncan 14:10; 2. N. Watson 14:16; 3. A. Caldwell 14:30 (all Perth SH).

Ladies: 1. K. Caldwell (Abernyte) 36:20; 2. P. Findlay (Hillside) 42:27; 3. A. Murray (Mont) 43:49.

Intermediates: 1. K. McLeod (Carnoustie) 19:38; 2. T. McNaught (Mont) 21:08; 3. L. Alm (Abernyte) 22:09.

Junior Ladies: 1. L. Dunn (Perth SH) 15:22; 2. S. McLeod (Carnoustie) 15:51; 3. L.A. McNaught (Mont) 16:42.

Girls: 1. C. Legge (Mont) 17:08; 2. G. Campbell (Lethmaine) 17:08; 3. Robbie (Lethmaine) 17:30.

18 Glasgow Uni Floodlit Open Graded Meeting

Men: 60m: 1. J. Corrigan (Shett) 740secs; 150m: 1. W. McDonald (Edin Uni) 1700; 300m: 1. W. McDonald 351; 600m: 1. B.

Murray (Edin SH) 1218; 1000m: 1. B. Murray 2:340; 3000m: 1. P. Connaghan 8:31; 2. S. Connaghan 8:37; 4. (both Spargo Val); 3. J. Hendry (Bella) 8:38; 4. B. Milne (Clydebank) 6:46m; J.T. 1. D. Hill (Cambus) 4596m.

Ladies: 60m: 1. A. Currie (Stewartry) 8:30; 150m: 1. S. Muirhead (McLaren GAC) 19:30; 600m: 1. J. Prentice (Helensburgh) 147:50; L.I. N. Murray (McLaren GAC) 537m; 2. C. Halker (Shett L) 529m; J.T. J. Cume (Shett L) 4008.

Inter Area Cross Country Meeting, Cumbernauld

Senior 10,000m: 1. G. Braidwood (Renfrewshire) 34:41; 2. H. Cox (Renfrewshire) 35:44; 3. C. Thomson (Lanarkshire) 36:01; L.I. A. Swann (Lanarkshire) 16th; V.I. J. Shields (Dunbartonshire) 34th. Teams: 1. Renfrewshire 70pts; 2. Lanarkshire 85pts; 3. Dunbartonshire 172pts.

Youths: 1. I. white (Central) 17:21; 2. M. McKendrick (Renfrewshire) 17:26; 3. S. Rankine (Central) 17:34. Teams: 1. Dunbartonshire 29pts; 2. Renfrewshire 60pts; 3. Ayrshire 69pts.

Senior Boys: 1. S. Barnett (Dunbartonshire) 10:39; 2. G. Reid (Ayrshire) 10:44; 3. Brown (Lanarkshire) 10:44. Teams: 1. Dunbartonshire 30pts; 2. Lanarkshire 44pts; 3. Ayrshire 46pts.

Junior Boys: 1. J. Ferguson (Ayrshire) 10:12; 2. A. Moonie (Fife) 10:13; 3. M. McEwan (Lanarkshire) 10:15. Teams: 1. Ayrshire 49pts; 2. Fife 64pts; 3. South of Scotland 67pts.

Colts: 1. M. Gorman (Springburn) 7:45; Team: 1. Colston AC 61pts.

Ladies Senior 4900 metres: 1. S. McDowell (Fife) 10:10; 2. S. Durham (Edinburgh) 20:12; 3. E. Scally (Lanarkshire) 20:28.

Euro Juniors: 1. S. Grainger (Edinburgh) 20:11; Intermediate: C. A. Bartley (Dunbartonshire) 20:37. Teams: 1. Edinburgh 13pts; 2. Ayrshire 31pts; 3. Dunbartonshire 54pts.

Junior Ladies: 1. S. Teller (Ayrshire) 12:28; 2. R. Houston (Lanarkshire) 12:35; 3. D. Rutherford (Ayrshire) 12:35. Teams: 1. Ayrshire 9pts; 2. Dunbartonshire 23pts; 3. Fife 39pts.

Girls: 1. G. Slaven (Ayrshire) 12:46; 2. L. Kerr (Dunbartonshire) 12:53; 3. J.

Roxburgh (Ayrshire) 12:53. Teams: 1. Ayrshire 11pts; 2. Dunbartonshire 16pts; 3. Fife 53pts.

Minor Girls: 1. G. Fowler (Ayrshire) 8:32; 2. L. Duffy (Lothian) 8:37; 3. C. Friel (Dunbartonshire) 8:40. Teams: 1. Ayrshire 18pts; 2. Dunbartonshire 27pts; 3. Lothian 47pts.

AAA/WAAA Indoor A Championships, Cosford

Junior 60 metres: 1. J. Henderson (Edinburgh Southern H) 673 (CBP); 400m: 1. G. Patterson (Edin SH) 4880; 800m: 5. S. Wallace (Cambus H) 1:561; 1500m: 1. S. Wallace 3:549.

Youths 1500m: 6. J. Hemmings (Pitsea) 4:1648.

Ladies Intermediates 60m: 4. A. McGilveray (Monk SL) 757; 200m: 3. A. McGilveray 2:599; (2568 2nd S/Final).

Junior Ladies 60m: 6. K. Lithgow (Nith Val) 794secs in s/final; 1500m: 1. H. Haining (Nith Val) 4:4089.

Maryhill H Bannerman Trophy 6 mile Cross Country Race

1. G. Grubb 32:29; 2. M. Gallacher 32:31; 3. R. Stevenson 34:21 (V.I.); D. Sheeran (J.I.) (Sh) 34:45.

22 Scottish Vet 8 stage Road Relay Race, Alloa to Bishopbriggs

1. Shett H (W. McBrinn 29:55; S. McPherson 27:37; P. Lowan 29:31; B. Carty 26:54; P. McMahon 29:42; T. Kelly 30:03; W. Scally 25:24; B. McMonagle 27:29) 3:46:35 (Course Record); 2. Bella H (F. Bryson 29:51; J. McMillan 27:26; J. Charles 30:10; B. Halliday 29:17; J. Adair 27:51; D. Wyper 28:38; J. Irvine 24:47; J. Graham 28:12) 3:48:12; 3. Pitreavie (J. Hunter 30:47; J. Ash 27:34; J. Linaker 28:53; K. Duncan 27:33; W. Ewing 30:02; P. Lee 30:10; P. Shave 26:27; F. Wyatt 27:07) 3:48:33; 4. Irvine 3:58:36; 5. Vic Park 3:59:14; 6. Clydesdale 4:00:08; 7. Falkirk Vic 4:03:49; 8. Liv & Dist 4:08:27; 9. Cambus H 4:08:45; 10. Shett H B 4:09:32.

Fastest Stage Times: Stage 1: R. Young (Clydesdale) 28:28; Stage 2: J. McMillan (Bella H) 27:26; Stage 3: J. Linaker (Pitreavie) 28:53; Stage 4: B. Carty (Shett H) 26:54; Stage 5: J. Adair (Bella H) 27:51 (record); Stage 6: D. Wyper (Bella H)

28:38; Stage 7: W. Scally (Shett H) 25:24; Stage 8: W. Nicol (Irvine) 25:42 (record).

Bank of Scotland Peoples Half Marathon

1. S. Axon (Aber AAC) 66:44; 2. C. Youngson (Aber) 68:29; 3. F. Harper (Bella H) 68:37; 4. G. Laing (Aber) 68:46; 5. G. Reynolds (Dundee HH) 67:39; 6. T. Walker (Calderglen) 67:46; V.I. D. Ritchie (Forres) 70:18; V.I. R. McFarquhar (Aber) 71:20; V.I. R. Kirtton (Unatt) 72:46; L.I. M. Muir (Dundee RR) 82:38; L.I. J. Robertson (Aber) 83:27; L.I. W. O'Neill (Colwyn Bay) 84:39.

Teams: 1. Aber AAC 20pts; 2. Lochaber AC 73pts; 3. Inverness H 85pts.

Teviotdale Harriers 1894 Cup Cross Country Race

1. G. Moyes 18:40 (320 HCup); 2. S. Amor 18:58 (210 HCup); 3. A. Walker 19:14 (Scratch); Fastest Time: 1. A. Walker 14:44.

Youths/Boys: 1. S. Purdie 4:21 (record); Colts: 1. C. Rogerson 8:18; Junior Ladies: 1. J. Anderson 6:31 (record); Girls: 1. A. Spence 5:08 (record).

Tayside AAA Open Cross Country Meeting, Arbroath

Senior 5 Miles: 1. A. Henderson (Tayside) 25:34; 2. F. McCormack (Dundee HH) 26:23; 3. D. McGonigle (Dundee HH) 26:52; J.I. J. Freil (Aber AAC) (4th) 27:49; V.I. N. Simpson (Aber) (10th) 29:35.

Teams: 1. Dundee HH 16pts.

Youths: 1. T. Reid (Dundee HH) 16:35; 2. G. Riddell (Aber AAC) 17:48; 3. R. Blair (Vic Park) 17:55. Team: 1. Vic Park 16pts.

Senior Boys: 1. S. Barnett (Vic Park) 15:04; 2. F. Robertson (Dundee HH) 15:33; 3. R. Sutherland (Aber) 15:37. Team: 1. Vic Park 23pts.

Junior Boys: 1. J. Gowans (Tayside) 8:57; 2. M. Kelso (Pitreavie) 9:03; 3. R. Arnot (Pitreavie) 9:12. Team: 1. Pitreavie 10pts.

Colts: 1. P. Scott (Bo'ness H) 8:13. Team: 1. Black Isle 39pts.

Inter/Senior Ladies: 1. K. McLeod (Tayside) 19:40; 2. M. Ciupka (Dundee HH) 19:53; 3. L. Kerraghan (Loch & Dist) 20:16.

Juniors: 1. N. Douglas (Pitreavie) 10:08; 2. C. Mitchell (Liv & Dist) 10:21; 3. B. Rowan

Results

(Pitreavie) 10:22. Team: 1. Pitreavie 14pts.

Girls: 1. D. Simpson (Aber) 8:10; 2. M. Baird (Peterhead) 8:51; 3. S. Wight (Tayside) 8:53. Team: 1. Peterhead 21pts.

Minors: 1. L. Duffy (Harmony) 7:06. Team: 1. Harmony 11pts.

Renfrewshire Womens Road Races, Greenock

Seniors: 1. E. Masson (Kilb) 21:21; 2. S. Curran (Greenock GH) 23:13; 3. S. Bieford (Kilb) 23:13; 4. G. Laing (Aber) 23:13; 5. J. Gallacher (Greenock GH) 24:08; L.V.I. M. Moore (Kilb) 28:07. Teams: 1. Kilb 13pts; 2. Spargo 15pts; 3. Greenock GH 17pts.

Intermediates: 1. A. Murray (Paisley) 26:07.

Juniors: 1. M. McCallion (St. Columba's) 7:45. Team: 1. St. Columba's 9pts.

Girls: 1. A. McCarrity (Spargo) 7:45. Team: 1. Paisley GS 16pts.

28 Scottish National 6 Stage Road Race Relay Championship, E. Kilbride

1. Edin SH (T. Hanlon 14:50; A. Robson 32:18; R. Stone 15:33; G. Hunter 32:35; A. Hutton 14:17; J. Robson 31:17) 2:20:50; 2. Spargo (E. McKee 15:27; L. Spence 32:08; S. Conaghan 15:42; C. Robson 30:48; C. Spence 15:48; P. Conaghan 32:28) 2:22:19; 3. Cambus H (S. Wallace 14:43; C. Thomson 32:43; T. Ullott 15:27; J. Orr 32:03; R. Arbuckle 14:53; A. Gilmour 32:54) 2:22:53; 4. Bella H (A. Thomson 15:22; A. Daly 32:29; W. Robertson 15:08; A. Coyne 32:53; R. Fitzsimmons 15:10; G. Braidwood 32:04) 2:23:06; 5. Teviotdale (A. Walker 14:52; B. Emmerson 32:18; K. Logan 15:24; D. Covers 32:52; B. Neilson 15:39; R. Hall 32:35) 2:23:40; 6. Edin AC (K. Mortimer 15:00; G. Phillip 34:23; G. Brown 15:27; M. Ferguson 34:03; N. Jones 15:52; L. Robertson 32:29) 2:27:47; 7. Kilbarchan 2:27:29; 8. Motherwell YMCA H 2:28:56; 9. Vic Park 2:29:55; 10. Falkirk Vic 2:30:09; 11. Clydesdale 2:31:23; 12. Shett H 2:31:34; 13. Edin AC B 2:31:39; 14. Haddington 2:31:52; 15. E. Kilbride 2:32:25; 16. Greenock GH 2:32:56; 17. Liv & Dist AC 2:33:19; 18. Calderglen 2:33:33; 19. Cambus H B 2:34:46; 20. Bella H B 2:35:04.

Fastest stage times: (short 3 1/2 miles and long 6 1/2 miles laps runs alternatively) 1. S. Wallace (Cambus H) 14:42; 2. J. Graham (Motherwell) 31:04; 3. P. Fox (Motherwell) 14:49; 4. C. Robson (Spargo) 30:48; 5. A. Hutton (Edin SH) 14:17; 6. J. Robson (Edin SH) 31:17.

Chapelgill 2 miles Hill Race, Broughton

1. D. Lee (Cumbria FRA) 21:14; 2. R. Hope (Carnethy) 21:23; 3. I. Davidson (Carnethy) 21:27; 4. D. Bell (Haddington) 21:32; 5. D. McGonigle (Dundee HH) 21:34; 6. A. Curtis (Liv & Dist) 21:35; V.I. H. Parry (Eryri H) 22:21; V.I. P. Fettes (Lochaber) 23:44; V.I. A. Stopeley (Fife)

24:24; L.I. P. Hawtin (Edin AC) 26:24; L.I. A. Curtis (Liv & Dist) 28:15; L.I. R. Parry (Eryri H) 30:11. Team: 1. Carnethy 12pts.

28 Scottish Boys Brigade Cross Country Championships, Falkirk

Senior: 1. J. Logan (Glasgow) 18:44; 2. B. McEwan (Kilm & Loudon) 18:54; 3. G. Gibson (Glasgow) 19:10. Teams: 1. Glasgow 20pts; 2. Edinburgh 78pts; (Bella H 83pts, guests); 3. Falkirk 96pts.

Intermediates: 1. D. Low (West Loth) 12:45; 2. R. McClymont (N. Ayrshire) 12:53; 3. C. Grant (N. Ayr) 13:05. Teams: 1. Falkirk 53pts; 2. Glasgow 60pts; 3. Dundee 112pts.

Junior: 1. S. Robertson (Cumber) 9:51; 2. M. Watson (Stirling) 9:51; 3. S. Loughran (N. Ayr) 9:57. Teams: Belfast (Guests) 40pts; 1. Stirling 109pts; 2. Cumber 127pts; 3. Edinburgh 131pts.

Dyce Peoples Half Marathon (198 finished)

1. F. Clyne and S. Axon (both Aber) 69:36; 3. J. McKay (Aber) 71:13; 4. G. Milne (Peterhead) 71:26; 5. D. Duiguid (Aber) 72:13; 6. R. Taylor (Aber) 72:24; V.I. R. McFarquhar (Aber) (7th) 72:43; V.I. W. Adams (Shettland) (13th) 74:18; V.I. J. Morrison (Aber) (22nd) 80:24; L.I. S. Lamb (Aber) (72nd) 88:02; L.I. L. Findlay (Fraserburgh) (82nd) 89:35; L.I. M. Oliver (Aber) (102nd) 92:56; L.V.I. J. Hogg (127th) 100:24; L.V.I. O. Fraser (128th) 100:32 (both Aber).

Kincardine District Sports Council Half Marathon, Alloa (+600 ran)

1. F. Harper (Pitreavie) 69:14; 2. M. Coyne (Falk Vic) 70:33; 3. A. Stirling (Falk Vic) 70:53; 4. T. Thompson (Cent Reg) 71:25; 5. J. Shields (Unatt) (V) 71:59; 6. S. McCallum (Cent Reg) 72:00; V.I. J. Shields 71:59; V.I. J. Adair (Bella H) 73:08; V.I. P. Cowan (Shett H) 74:45; V.O/50: 1. T. Kelly (Shett H) 77:08; 2. T. King 77:34; 3. V. McCaskie 84:18; L.I. J. Salvona (Liv & Dist) 80:39; L.I. J. Ferrarri (Pitreavie) (LV1) 83:55; L.I. M. Taggart (Pitreavie) (852); L.V.I. Ferrarri 83:55; L.V.I. L. McIntosh (Cent Reg) 89:07; L.V.I. S. Cluley (Forfar RR) 93:00; LVO/50: 1. J. Fenwick; 2. M. Langer.

Falkirk District Council Open Graded Meeting, Grangemouth

Men: 60m: M. King and S. Walker (both Aber) 7:06sec; 150m: Walker 17:06sec; King 17:16sec; 300m: D. Young (Blackhill) 35:8; D. Hodges (Edin Uni) 36:4sec; 1000m: I. Johnston (Falk Vic H) 2:36:2; B.I. P. Sudaska (Cent Reg) 1:59m; 2. P. Forayth (Stewartry) 1:50m.

Ladies: 60m: 1. A. Currie (Stewartry) 7:9 (wa); 300m: B. McGlasman (Aber) 42:6; D. Flockhart (Edin WM) 44:6.



Rod Philbeam (Kewick AC) No 29 sets the pace at the start of the Criffel Hill Race on March 15

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On the VETERAN scene...



Henry
Muchamore

The Scottish Veteran Harrier Club changed its constitution in 1983 to allow women to be full members of the club, but, despite an upsurge in female membership in the last two years, the proportion of women remains significantly small.

As one of the main proponents of the rule change, I would very much like to hear what can be done to promote greater interest in athletics for veteran women in Scotland. The SVHC has in Molly Wilmoth and Kay Dodson, two executive committee members who uphold the women's side, but that can be difficult if they don't know the extent of the support among vets.

According to reports from the Women's National Cross Country Championships, there was concern among the ladies that the Veteran's National Championship — reported in full in last month's issue — did not allow for women competitors.

The explanation, which I hopefully gave clearly to those who enquired, was that the vets championship was held under SCCU rules, in joint convenership with the SVHC. Consequently, we were not permitted to allow women to compete.

It should also be noted that the SWCCU has already incorporated a veteran championship within its own national event — and here

credit should go to Lorna Irving for her excellent run at Cowdenbeath, where she won the veterans' title, finishing ninth overall.

However, despite the aforesaid, the British Veteran Athletic Federation does have a combined men's and women's championship. It has been traditional over the past few years for the women to set off with the over-50 men, which is a 5k course as opposed to the veteran men's 10k.

So, how about a few letters to the editor on this issue? It would be particularly interesting also to know whether you feel veterans should all start at the same age of 40, or whether the present five year difference should be retained. As someone who has read some sociology, I am reminded that as women have a greater life span of approximately five years, there could be a case for the situation being reversed!

A sad story has emerged from the columns of the Scottish Marathon Club magazine in that Donald Macgregor — renowned not just for his great athletic feats, but for his sensible approach to training and competition — has discovered he is suffering from an abnormal heart beat rhythm, which produces an "unsettled, fluttering sensation".

These attacks of tachycardia have been checked and

medication prescribed, but as Macgregor himself says, the anxiety and tension were as great as the problem itself. He has had to learn the art of relaxation and cut down on competition and mileage.

Donald would be pleased to hear from anyone who has knowledge of, or has suffered from, this particular complaint. His honest openness helps others to talk frankly about the problems that can develop as we get older.

This approach is in complete contrast to the "ramblings" of Ron Hill, who is the same age as Macgregor and has a chronic knee problem which he refuses to give time to heal because of his obsession with running every day.

I have a great respect for both athletes, but I can't help feeling that Donald's willingness to listen to his body, and learn from the experiences of others, is the approach I would advocate to veterans in general.

As Jim Fixx pointed out, as we get older we cannot expect as much out of our bodies, and we have to balance our enthusiasm

and dedication for ever improved performances with a rationale that ensures we stay within limits.

Almost 100 years ago, Charles Hamilton Storey put it more eloquently:

We swing ungirded hips, and lightened are our eyes;

The rain is on our lips, we do not run for the prize;

The winds arise and strike it, and scatter like the sand;

And we run because we like it, through the broad, bright land.

Finally, Shettleston Harriers showed the depth and strength of their veteran force when they not only won the Alloa to Bishopbriggs relay, but also had their "B" team placed tenth.

The Shettleston club broke the course record, recording 346.35 over the eight-stage 40 mile course. They were followed home by Bellahouston, Pitreavie and Irvine.

Three leg records were broken — Jack Adair (Bellahouston, fifth leg), Bill Scally (Shettleston, seventh leg) and Bill Nicoll (Irvine, eighth leg). The other record was that 20 teams started this year!

Events Diary

April

18

Inverness Harriers Craig Dunain Las Plant Open Hill Race, Inverness. (6 miles, 900 feet), rec 33.39 F. Clyne (Aberdeen AAC) 1984 E — P. Garner, 72 Drumossie Avenue, Inverness.

Scottish Athletic League Qualifying Match for entry to Division 4, Coatbridge Outdoor Sports Centre. Details — George Duncan, 22 Wilson Street, Craigie, Perth PH2 0EX.

Open Graded Athletic Meeting, Tweedbank Stadium.

Scottish Young Athletes Handicap Meeting, Livingston.

SVHC 10K Road Race, Inverness. Details — D. Wilmoth, 49, Waterside Road, Kirkintilloch.

Edinburgh AC v Scottish Universities Select (Women), Meadowbank.

19

Haddington Open 10 miles RR, Neilson Park, Haddington. E — Joe Forte Sports, 65, High Street, Haddington, East Lothian. E close 12/4 (Start 2.00pm).

Border Athletics League, Tweedbank.

Solway Athletics League, Dumfries.

Scottish Young Athletes League: East Divs 1 & 2, Grangemouth West Divs 1 & 2, Crownpoint North East, Caird Park, Dundee.

St. Andrews Half Marathon and Fun Run. Details — 0334-72164/74912.

22

Scottish Unis Athletic Cup Semis, Grangemouth and Wishaw.

Forth Valley Athletic League: Div 2, Grangemouth.

Open Graded Meeting, Tweedbank.

SVHC 7-mile Race, Strathclyde Park.

23

Forth Valley League: Div 1, Grangemouth.

25

Universities Cup Final, Wishaw.

Inaugural Scottish Primary Schools Cross Country Championships, Queen Victoria School, Dunblane.

Dunbartonshire AAA County Athletic Championships, Scotstoun Playing Fields, Glasgow.

Lanarkshire AAA County Athletic Championships, Coatbridge Outdoor Sports Centre.

Renfrewshire AAA County Athletic Championships, Crownpoint Sports Park, Glasgow.

Ben Rha Hill Race, Reay, Caithness. 7½ miles, 800 feet climb. Rec 45.36 W. Miller (Caithness AAC) 1983 E — D. Lyall, Morven View, Weydale, Thurso.

Scottish Womens Cross Country & Road Racing Association A.G.M. — Glasgow.

26

The Great Cumbrian Run, Half Marathon race from Brampton to Bitts Park, Carlisle.

AAA 12 stage Road Relay Championship, Sutton Coldfield Park, Birmingham.

City of Dundee Peoples Health Marathon including SAAA National Championship, Dundee.

Lochaber Peoples Marathon, Fort William. E — E. Campbell, "Kismul", Alma Road, Fort William. Entries close April 18 or when limit of 500 reached.

Edinburgh and District Athletic League, Tweedbank Stadium.

Victoria Park AAC St. Mungo 10,000 metres Road Race, Boclair Academy, Bearsden. E — J.A. Innes, 73, Woodvale Avenue, Bearsden, Glasgow G61.

Scottish Womens Athletic League: Div. 1, Meadowbank Stadium, Edinburgh. Div. 2, Crownpoint Sports Park, Glasgow. Div. 3, Wishaw Stadium. Div. 4, Livingston.

29

Shettleston Harriers Open Graded Athletic Meeting, Crownpoint Sports Park, Glasgow. Details — W. Scally, 437, Duke Street, Glasgow G3.

Edinburgh Community Open Graded Athletic Meeting, Saughton Track, Edinburgh.

Adidas Challenge Series 5,000 metres Road Race, Pollok Park.

Glasgow, E — E. Donnelly, 53, Anchor Crescent, Paisley PA1 1LX.

May

2

British Universities Sports Federation/University Athletic Union National Athletic Championships, Meadowbank Stadium Edinburgh. (Day 1).

Edinburgh to North Berwick 22 miles Road Race, start Meadowbank Stadium.

IAAF World Road Walking Cup, New York. (Day 1)

3

BUSF/UAAU National Athletic Championships, Meadowbank Stadium, Edinburgh. (Day 2).



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30/32 High Street, Elgin, Moray, IV30 1BX.

25 Years ago

THE INAUGURAL Tom Scott 10 mile road race from Law village to the AEI factory in Motherwell attracted a record entry of 120 teams, including four from England — Hull Harriers, Gosford Harriers, Morpeth Harriers and Halterprice Harriers.

The race commemorated Tom Scott, a member of Motherwell YMCA Harriers, who was killed in 1961 while travelling to compete in a race in England. He used to run from his home in Law to his workplace in Motherwell twice a day, and the route he covered has been altered to bring the distance to 10 miles.

Appropriately Andrew Brown, a team mate of the late Scott, dominated the race to win in 50:33, finishing 180 yards ahead of clubmate John Linaker (51:06), with Bert McKay giving Motherwell a clean sweep of the first three places in 51:41.

(Note: Andrew Brown is now the race organiser, with John Linaker running for Pitreavie AAC, and Bert McKay representing Ayr Seaforth AC).

50 Years ago

ACCORDING TO the meagre entry for the SAAA Spring Championship meeting at Hawkhill Grounds, Edinburgh, distance running on the cinders did not have the same popular appeal as cross country running.

The two championship events on the programme were the ten miles and the three mile walk. In neither contest were onlookers thrilled by spectacular racing, for although the winners were two of the finest athletes in Britain, their opposition was well below standard.

As was expected, international cross country champion J.C. Flockhart of Shettleston Harriers retained the ten mile title. He led from start to finish and was never in the slightest danger of losing command. For two miles, W. Kennedy (Kilbarchan AAC) kept alongside him, but found the pace too much and dropped back. Flockhart set a steady pace and twice lapped all his rivals except Kennedy and G. Lindsay (Edinburgh Southern Harriers), winning in 53:16.8.

by Colin Shields

100 Years ago

THE MUSCULAR events of hammer throwing and weight putting have long ceased to be of interest to the general public because few competitors take part in them. A proof of the scarcity of hammer throwers is seen in the fact that the competition seldom or never forms part of the athletic programme outside of championships or inter-university meetings.

This statement from The Field's leading article received full support in Scotland, where it was stated: "Hammer throwing, weight putting and pole vaulting have long since become extinct, and are never placed on the programmes of athletic meetings".

A meeting of the SAAA Western District recommended that hammer throwing and weight putting should be encouraged. This was unlikely to have any practical effect, "as the clubs which stage sports will not, to please a small ring of wire pullers, court financial failure by inserting competitions on their programmes which would make their sports drag and would weary the spectators."

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SATURDAY OCTOBER 3RD 1987

OFFICIAL ENTRY FORM

Please use block capitals for application details.

Surname.....
Forenames..... Mr/Mrs/Miss
Address.....
Tel No:..... Age (at date of race).....
Club/Organisation (or Unattached).....
Estimate of time to complete course.....
TEAM ENTRIES — Please provide the following information:—
TEAM NAME.....
Team Member Names..... 1.....
..... 2.....
..... 3.....

There is no additional charge for team entries, but please ensure that all three members of the team include an entry form and fees (total £12.00 or £13.50) together in the same envelope. (Minimum of three members).
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 organiser 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 enc. enclosed. CLOSING DATE 18th September 1987

Please return entry form with entry fee to:
**SEALY POSTUREPEDIC MARATHON,
COCKERMOUTH SPORTS CENTRE,
CASTLEGATE DRIVE,
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SIXTH LOCH RANNOCH MARATHON

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28th JUNE 1987 at 11 a.m.

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Seventh Annual Dumfries Half Marathon

Sunday 14th June 2.15 p.m.

start from Dock Park

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Start & Finish near Dunnikier House Hotel.

The Races	
A. 2½ mile Fun Run (Boys and Girls Under 15)	2.00 p.m.
B. 2½ mile Fun Run (Adults, and Boys and Girls over 15)	2.15 p.m.
C. Six Mile Race	2.50 p.m.
D. 10-Mile Race	3.00 p.m.

Fun Run 50p pre-entered; £1 on day.

Races £1 pre-entered; £2 on day.

Information and Forms from Kirkcaldy College of Technology, St.
Brycedale's Avenue, Kirkcaldy, FIFE KY1 1EX. Tel: 0592-268591.

Loch Leven Half Marathon

(under SAAA & SWAAA laws)

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Medals to all finishers and prizes.

Entries close July 31.

Entry forms from:
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Kinross,
Tayside.

Events Diary

- | | | | |
|--|---|--|--|
| <p>3 Pearl Assurance (inc. Scottish AAA Peoples Half Marathon Championships) Half Marathon, Edinburgh. Details — D. Farrer, 'Aston', Tweeddale Crescent, Gifford, East Lothian EH41 4QZ.</p> <p>Grampian Television Athletics League, Banchory.</p> <p>Scottish Athletics League: Divs 1 & 2, Crownpoint Sports Park, Glasgow. Divs 3 & 4, Grangemouth Stadium.</p> <p>Cunninghame Canter Half Marathon.</p> <p>Scottish Women's Cup Semi Final.</p> <p>Pole Vault Monthly Medal, Crownpoint. Details — Gordon McGregor, 9, Mafeking Terrace, Neilston.</p> <p>IAAF World Road Walking Cup, New York. (Day 2).</p> <p>4 Antonine Sponsored Fun Run, Duntocher.</p> <p>Shettleston Harriers Open Graded Athletic Meeting, Crownpoint Sports Park, Glasgow. E — W. Scally, address as above.</p> <p>Hash House Harriers Invitation Hash, Strathclyde Country Park. Details — R. McIlroy, address as before. (7p.m., newcomers especially welcome).</p> | <p>6 Sri Chinmoy Open 2 miles Road Races, Glasgow Green and The Meadows, Edinburgh. Details — B. Grassom, 72, Loch Awe Street, St. Leonards, East Kilbride, Glasgow G74 2EW.</p> <p>Adidas Challenge Series 10,000 metres Road Race, Pollok Estate, Glasgow. E — E. Donnelly, address as above. (7.00 p.m. start).</p> <p>Ayrshire Harriers Young Athletes Meeting, New Cumnock.</p> <p>Sri Chinmoy "Runners are Smilers" 2 Miles Road Races, Glasgow Green and The Meadows, Edinburgh. Details — Glasgow, Brian Grassom, 041-552-1844/035-52-49498, or Edinburgh, Adrian Stott, 031-336-2349 (same for all subsequent Sri Chinmoy events).</p> <p>9 Ben Lomond Hill Race, Rowardennan. (8 miles, 3070 feet climb). Rec. 62.16 J. Wild (Cumberland Fell Runners) 1983. E — J. McInnes, 15, Stuart Road, High Overtoun, Dumbarton. E close 22/4.</p> <p>Cooper Park 6 miles Road Race, Elgin.</p> <p>Scottish Veterans Glasgow "800" Trophy, 10K Road Race, Garscadden. Details — Walter Ross, 10, Thorne Avenue, Glasgow G13.</p> | <p>Scottish Universities Athletic Championships, Caird Park, Dundee.</p> <p>Scottish YMCA National Athletic Championships, Coatbridge Outdoor Sports Centre, Coatbridge.</p> <p>Benbecula Open Marathon and Half Marathon Races, Isle of Benbecula. Details — P. Deane, The Benbecula Run, Royal Artillery Range, Balivanich, Benbecula. E close 1/5.</p> <p>Access UK Womens Athletic League. Div 1 — Meadowbank Stadium. Div 2 — Grangemouth Stadium.</p> <p>GCE British Athletic League. Div 2 — Luton. Div 3 — Cumbern.</p> <p>10 Gourock Highland Games and 14 mile Road Race, Darroch Park, Gourock. E — Leisure and Recreation Department, Inverclyde District Council, Municipal Buildings, Greenock.</p> <p>Border Athletics League, Tweedbank Stadium.</p> <p>Mauchline 9 miles Road Race, Mauchline.</p> <p>Mars London Marathon, Greenwich Park, London.</p> | <p>Calderglen Harriers Jimmy Moore Trophy 15k Road Race, East Kilbride. Details — R. Stewart, The Chesters, 9, Hallside Road, Cambuslang G72 7XE.</p> <p>Scottish Young Athletes League. Divs 1 & 2 (East), Livingston New Town. North East, Glenrothes.</p> <p>Access UK Womens Athletic League. Div 3 — Cannock.</p> <p>GRE British Athletic League Cup. Scottish Round One matches.</p> <p>Dalbeattie Forest Fun Run (5½ miles) E — C. Robertson, 16, High Street, Dalbeattie.</p> <p>Castlemilk 5 mile Fun Run. Details — Youth Wing, St. Margaret Marys School, 65, Doune Road, Castlemilk, or 041-634-7084.</p> <p>11 GRE Cup, Crownpoint.</p> <p>SAAA National 20K Road Walk Championships, Bellahouston Park, Glasgow. E — B.A. Goodwin, Championship Convenor, SAAA Offices, 324, Argyle Street, Glasgow.</p> <p>12 Renfrewshire AAA and Dumbartonshire AAA Track League Meetings, Crownpoint Sports Park, Glasgow.</p> |
|--|---|--|--|

KINCARDINE & DEESIDE DISTRICT COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 5th July

Main Sponsors: Kincardine &
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Events Diary

- 13** Adidas Challenge Series 15k Road Race, Pollok Estate, Glasgow. E — E. Donnelly, address as above (7:00pm start).
- Sri Chinmoy Open 2 miles**
- Road Races at Glasgow Green and The Meadows, Edinburgh.**
- Scottish AAA Junior Select v Scottish Universities v Scottish League Select, Grangemouth Stadium.**
- Scottish Universities (Women) v Edinburgh WM SH v Central Region AC, Grangemouth Stadium.**
- Dumyat Hill Race, Stirling.** (5 miles, 1,220 feet climb) 33.30 S. Hale (Perth Strathgry H) 1986. E — Recreation Department, Stirling University, Stirling. (7:00pm start).
- 14** Forth Valley Athletic League. Div 1 — Saughton Track, Edinburgh. Div 2 — Livingston New Town.
- 15** Scottish Islands Three Peaks Race, Oban to Troon. (Day 1). (50 miles, 12,000 feet climb). E — L. Griffiths, Carriages, Anthony Place, Crieff. Sec 50h 18min.
- 16** Penicuik to Howgate Road Race, Penicuik.
- Inter Club Meet, Oban.** Details — D. MacGregor, Ardchoille, Benderloch, Oban.
- Goatfell Hill Race, Brodick, Isle of Arran.** (9 miles, 2,860 feet climb). Rec 73.13. A. Syan (Lochaber AC) 1979 (2:15pm start).
- E — R.L. Morris, 33, Morningside Road, Edinburgh EH10 (inc. SAAA National Hill Race Championship).
- Scottish Womens AAA District Championships.**
- East Championships — Meadowbank Stadium, Edinburgh.** (10:00am start). Championship Convener — Mrs. J. Heggie, 25, Craigmount Bank, Edinburgh EH4 8HQ.
- West Championships — Crownpoint Sports Park, Glasgow.** (10:00am start). Championship Convener — Miss M. Brown, 80, Cartside Street, Langside, Glasgow G42 9TG.
- 17** Scottish Islands Three Peaks Race, Oban to Troon. (Final Day)
- Scottish AAA team in Welsh Marathon Championships** (Home Counties International Match), Bridgend, Wales.
- Luddon Strathkelvin Half Marathon and British Milers Club Gallery Street Miles, Kirkintilloch.** E — H. Barrow, Race Director, Leisure and Recreation Department, Strathkelvin District Council, Council Buildings, Kirkintilloch.
- Glenrothes Half Marathon, Glenrothes.** E — Race Director, Fife Sports Institute, Viewfield Road, Glenrothes.
- Scottish Young Athletes League.**
- Divs 1 & 2 (West), Coatbridge Outdoor Sports Centre, Coatbridge.**
- Edinburgh and District Athletic League.**
- Forest of Cairnry 10 miles Road Race, Keith.** Details — E. Johnstone, 18, Wellington Street, Keith, Banffshire AB5 3BY.
- Kaim Hill Race, Fairlie Primary School.** (3½ miles, 1,250 feet climb). E — J. McKendrick, 148, Sundrum Place, Pennyburn, Kilwinning. (2pm start).
- 20** Shettleston Harriers Open Graded Athletic Meeting, Crownpoint Sports Park, Glasgow. E — W. Scally, address as above.
- Troon Tortoises 10,000 metres Road Race, Troon.** E — J.T. McKinlay, 6, Solway Place, Troon KA10 7EJ.
- Sri Chinmoy Open 2 miles Road Race, Glasgow Green and The Meadows, Edinburgh.** E — B. Grassom, address as above.
- Edinburgh Community Open Graded Athletic Meeting, Saughton Track, Edinburgh.**
- 23** Bens of Jura Hill Race, Craighouse, Isle of Jura.
- Argyllshire.** 16 miles, 7,500 feet climb. Rec 3hrs 16m 54sec. A. Syan (Holmfirth H) 1984. E — D. Booth, 18, Allergill Park, Upperthong, Holmfirth start).
- Scottish AAA Northern District Championships, Queens Park, Inverness.** Championship Convener — H. Lakeland, 76, Laggan Road, Inverness IV2 4EW.
- Scottish Womens AAA Combined Events, 5,000 metres Championships and Open Track and Field Events, Grangemouth Stadium.** (Day 1). Championship Convener — Mrs. C. Thompson, 64, Inchkeith Drive, Dunfermline KY11 4HN. (E close 2/5).
- Glasgow University Sports Day and Open Races, Westerlands Track, Glasgow.**
- GRE British Athletics League Cup Round 2, Crownpoint Sports Park, Glasgow.**
- Lyn Moor Road Race, Culter, Aberdeen.**
- Eymouth Road Races, Eymouth.** Details — Miss Slight, 2, Merse View, Paxton, Berwick on Tweed.
- Kirkcudbright Academy Milk Half Marathon, Kirkcudbright.** E — Harry Marland, Kirkcudbright Academy, Kirkcudbright. (1pm start).
- Glenashdale 9.1 mile Road Race, Isle of Arran.** E — J. McGovern, Glenashdale, Whiting Bay, Arran.

Events Diary

- 24** Scottish Women AAA Combined Events, Relays and Open Track and Field Events (all age groups) Grangemouth Stadium. (Day 2).
- City of Aberdeen Milk Marathon (including Home Counties International Match) with Young Athletes Road Races, Beach Esplanade, Aberdeen.** E — Department of Leisure and Recreation, Aberdeen District Council, St. Nicholas House, Broad Street, Aberdeen.
- Motherwell District Half Marathon and Fun Run, Wishaw Sports Centre, Alexander Street, Wishaw.** (10am start) E — Event Secretary, Wishaw Sports Centre, Alexander Street, Wishaw ML2 0HQ.
- Barnetts Kirkcaldy College of Technology Open Road Races, Dunniker Park, Kirkcaldy.** E — Road Race Convener, Kirkcaldy College of Technology, Brycedale Avenue, Kirkcaldy, Fife KY1 1EX. (Start 2:00pm).
- Cumnock Half Marathon, Cumnock.** Details — R. Lowe.
- Scottish and North West League**
- Divs 1 & 2 — Crownpoint Sports Park, Glasgow.**
- Divs 3 & 4 — Grangemouth Stadium.**
- Div 5 — Postle's Park, Dumbarton.**
- HFC United Kingdom Athletic Championships, Derby.** (Day 1).
- Grampian Television Athletic League, Nairn.**
- Peebles Round Table Road Race and Fun Run, Peebles.**
- Claremont Church Fun Run, East Kilbride.**
- 25** HFC United Kingdom Athletic Championships, Derby. (Day 2)
- 26** Landemar Festival 5 miles Road Race, Rutherglen. Details — J. Scarbrough, 22, Burnfoot Crescent, Burnside, Glasgow G73 5DT. (E — on race night).
- 27** Inverness Harriers "Mini" Athletic Meeting, Queens Park, Inverness. Details — Turnbull Sports, 10, Church Street, Inverness.
- Sri Chinmoy Open 2 miles Road Race, Glasgow Green and The Meadows, Edinburgh.** E — B. Grassom, address as above.
- 30** AAA/WAAA Combined Events Championships, Stoke-on-Trent. (Day 1).
- Eastern District Championships, Meadowbank Stadium, Edinburgh.** Championship Convener — J.O. Scott, 3, Menzieshill Road, Dundee DD2 1PS.
- Western District Championships, Wishaw Sports Centre, Wishaw.** Championship Convener — D.W. Yuill, 5, Stanhope Drive, Burnside, Glasgow G73 5AQ.
- Bathgate Highland Games and Veterans Cairnpapple Hill Race, Bathgate.** (6 miles, 800 feet climb) Rec 34.33 B. Carthy (Shettleston Harriers) 1984. E — D. Morrison, 12c, Deedes Street, Airdrie. (Start 2:30pm).
- Western Isles Half Marathon, Stornoway.** E — P. MacDonald, 28a, Lewis Street, Stornoway, Isle of Lewis.
- 30** Tyneside Scottish League, Tweedbank.
- Elderslie Kirk 4 Mile Fun Run.** Details — M. Menzies, 1, Greenhill Crescent, Elderslie.
- 31** Cowal Police Half Marathon, Dunoon. Details — Race Organiser, Police Station, Dunoon, Argyllshire.
- Monklands Highland Games.** Details — D. Morrison, 12c, Deedes Street, Airdrie.
- Wester Hailes Triathlon, Edinburgh.** E — A. Grant, Geography Dept, Wester Hailes Education Centre, 5, Murrayburn Drive, Edinburgh EH14 2SU.
- Borders Championships.** E — M. Thom, Championship Convener, Donetsmuir, Waverley Road, Melrose TD6 9AA.
- 31** AAA/WAAA Combined Events Championships, Stoke on Trent. (Day 2).
- Sport Aid 1987, "Race Against Time".**
- Galloway Sealink Marathon, Newton Stewart.** E — Meriel Walker, Clydesdale Bank House, Newton Stewart, Wigtownshire.
- Scottish Womens AAA East v West Representative Match (all age groups) Meadowbank Stadium, Edinburgh.** (11am start)
- Scottish Borders AAA Championships, Tweedbank Stadium.**
- Two Campsie Hill Race, Lennoxton.** (4½ miles, 1,500 feet climb) Rec 27.39 D. McGonigle (Dundee Hawkhill H) 1986. E — D. Wilmoth, 49, Waterside Road, Kirkintilloch. (Start 2:30pm).
- Irvine Valley Half Marathon, Galston.** E — N. Gibson, 4, Maxwood Road, Galston, Ayrshire. (Start 11am, E — £4)

June

- 3** Open Graded Athletics Meeting, Grangemouth Stadium. Details — A. Kerr, Stadium Manager, Kersiebank Avenue, Grangemouth (E — on night).
- Ayrshire Harriers Young Athletes Meeting, Irvine.**
- Sri Chinmoy Open 2 mile Road Race, Glasgow Green and The Meadows.** E — as above.
- 6** G.R.E. British Athletics League Div 2 — Stretford Stadium Div 3 — Tooting

THE 10K OK

THE PRINCE AND PRINCESS OF WALES HOSPICE

STRATHCLYDE WOMEN'S TEN KILOMETRE ROAD RACE

(Scottish Women's Cross Country and Road Running Association Rules)

INCORPORATING SCOTTISH WOMEN'S NATIONAL 10 KILOMETRE ROAD RACE CHAMPIONSHIP AND INTERNATIONAL TEAM RACE

11.30 a.m. SUNDAY 7th JUNE, 1987

Start/Finish — Strathclyde Regional Headquarters, Charing Cross, Glasgow

OFFICIAL ENTRY FORM

BLOCK CAPITALS PLEASE

First Name: _____

Address (line abbreviations if required): _____

Address (line 2): _____

Post Code (line complete): _____

Registered Address (line of residence): _____

Age Group on Day of Race (Tick):

15-17 ☐ 18-34 ☐ 35 and over ☐

Competitors must be 15 years and over on day of race.

ENTRY FEE £4.00 (inclusive of all postage) must be enclosed

Cheque/P.O. made payable to: "THE PRINCE AND PRINCESS OF WALES HOSPICE"

Please send to: THE RACE DIRECTOR, The Prince and Princess of Wales Hospice, 73 Carlton Place, Glasgow G5 9TD

No refund of entry fee.

Please send me for the Strathclyde Women's 10K Race. I am medically fit to run and understand that I must, in any case, risk and that the organisers will in no way be held responsible for any injury which is incurred by my person during or as a result of the event, or for any property loss on the course and in the changing area.

Signed: _____ Date: _____ Entry No. _____

CLOSING DATE: Thursday 30th April, 1987 or when entry reaches 3,500.

I will seek sponsorship for the Hospice. Please send forms.

I estimate that I will complete the course within —

45 minutes ☐ 50 minutes ☐ 55 minutes ☐ 1½ hours ☐ 1¾ - 2 hours ☐

Strathclyde Regional Council

Fun Run

Sunday 17 May at 11am in Strathclyde Park

*Entry forms are available by writing to: Strathclyde Runners c/o the Mailroom 20 India Street Glasgow G2 4PF.

*Details of other 1987 events inc. a 1 mile street race, a ½-Marathon, a 10k team race and a cross-country will be available soon from the above address.

Closing date for entries is MONDAY 11 May

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Cumnock Half Marathon and Fun Run

Sunday 24th May

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Finish at Broomfield Playing Fields.

Entry Fee £4 — Medals to all finishers

Marathon closing date 9th May

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TSB Blairgowrie 500 Half Marathon

Saturday August 22 Starting 2.15 pm

A tough half marathon starting and finishing at Blairgowrie's new leisure centre. Changing facilities are excellent, and runners have free use of the swimming pool after the race. Prizes given out in the main hall, where a light snack is provided for competitors.

In the evening, Blairgowrie Road Runners are organising a ceilidh (entrance 50p), at which a video of the afternoon's race will be shown.

Over 50 different prizes totalling over £800. All finishers receive medals.

"The friendly half marathon"

Further information and entry forms from: John Wilson, Springbank, Darkfaulds, Blairgowrie PH10 6QB.

Events Diary

Scottish AAA Combined Events and Relay Championships, Wishaw Sports Centre. Championship convener — C.A. Shields, 21, Bogton Ave, Muirhead, Glasgow G44 3JJ (E close May 23)

Ross-shire Peoples 10k Road Race, Dingwall. Details — R. Cameron, 5, Rose Croft, Muir of Ord, Ross-shire IV6 7RH.

Lillias Day 5 mile Road Race Kibbarchan. Details — J. Pender, 34, Victoria Road, Brookfield PA5 8UA.

Haddington Festival 5 Mile Road Race, Neilson Park. E — Joe Forte Sports, 65, High Street, Haddington, East Lothian. (E close May 30, start 2pm)

E. Kilbride Summer 10k Road Race, E. Kilbride. Details — W. Griffiths, 38, Glenalmond, E. Kilbride G74 2JR.

G.B. v France Combined Events International, Arles, France (Day 1).

Cup of European Club Champions (Men), Milan (Day 1).

G.B. v W. Germany Combined Events Junior International, Fieldersdorf, W. Germany (Day 1).

5-7 Kings of Sports Residential Coaching Weekend, Inverclyde National Sports Centre, Largs. Details — SSC, 1, St. Colme Street, Edinburgh. Glasgow residents details — Alan Cowieson, Area Office, SRC Dept. of Education, Battlefield Primary School, 44, Carmichael Place, Glasgow G43.

7 Govan 10k Road Race, Govan. E — Steve Butler, 15, Greenfield Street, Glasgow G51.

Scottish AAA Combined Events, District 10k and Western District Junior Boys Championships, Wishaw Sports Centre Day 2.

Cup of European Champions (Men), Milan (Day 2).

Cup of European Club Champions (Women), Como, Italy.

G.B. v France Combined Events Match, (Day 2).

G.B. v W. Germany Combined Events Junior International, (Day 2).

Scottish Women's Athletic League: Div 1 — Crownpoint Div 2 — Caird Park Div 3 — Pitreavie Stadium Div 4 — Grangemouth

Scotty Hill Race, Banchory, (5 miles, 800 feet climb). Rec — F. Clyne (Abdn AAC) 1993. E — Mel Edwards, 7, Middleton Terrace, Bridge of Don, Aberdeen. (Start 2.15pm)

Scottish Young Athletes League: Divs 1 & 2 East, Saughton Track, Edinburgh.

Glasgow Hospice Women's 10k Road Race, inc Home Countries Race and SWCCRA Championship, India Street, Glasgow.

Scottish Wildlife Trust 10k Road Race, Aberdeen.

Cumbernauld Half Marathon. E — Martin McMahon, Leisure and Rec. Dept, Cumbernauld and Kilsyth District Council, Council Offices, Cumbernauld.

Bathgate 10k Road Race, Bathgate.

Znamski Memorial Grand Prix Meeting, Moscow.

East Neuk of Fife Mini Marathon, Waid Academy School, Anstruther. E — D. Maiden, 24, Viewpark Place, Pittenwee (E4 E Fee)

Monklands Open 7 Miles Road Race, Coatbridge. E — D. Morrison, address as before.

Pole Vault Monthly Medal, Crownpoint. Details — G. McGregor, address as before.

10 Glengoyne Gallop Hill Race, Glengoyne Distillery, Blanehead (2 miles 1050 ft climb). Rec — 20.33. D. McGonigle (Dundee HH) 1986. E — A. Campbell, 42, Ripon Drive, Glasgow (7.30pm Start).

Sri Chinmoy Open 2 Miles Road Races, Glasgow Green and The Meadows.

13 Women's Combined Events International Match, Scotland v Hungary v Czechoslovakia v Austria, Prague (Day 1).

Kodak Classic International Match, United Kingdom v Poland v Canada, Gateshead Stadium.

Scottish Schools Pentathlon and Relay Championships, Pitreavie Stadium.

Bearsden Highland Games and Half Marathon Race, Milngavie. Dollar Hill Race, Dollar (5 miles, 2000 ft climb). Rec — 40.58. M. Lindsay (Carnethy Hill Runners) 1985. E — R.C. Perry, 9, Newhouse, St. Ninians Road, Stirling (2.30 pm Start).

Traprain Law Hill Race, East Linton (6 miles, 650 ft climb). Rec — 38.46. B. Kirkwood (Edin AC) 1984. E — R. Walker, 3, Bridge Street, East Linton, (3pm Start).

Scottish Schools Pentathlon and Relay Champs, Grangemouth.

Women's International, Belgium v Cuba v Scotland (Day 1).

Frank Sinclair Memorial Road Race, Gateside, Greenock. Details — G. Newman, 1, St. John's Road, Gourrock, Renfrewshire PA19 1PL.

Hamilton District Sports Festival and 5 mile Road Race, Bent Park, Hamilton.

National Union of Miners Gala Day Sports Meeting, Holyrood Park, Edinburgh.

Skye Week Half Marathon, Portree, Isle of Skye. E — N. Wilson, Portree House, Portree, Isle of Skye.

14 Womens Combined Events International Match, (Day 2).

Scottish Athletic League: Divs 1 & 2, Meadowbank Divs 3 & 4, Grangemouth.

Scottish NE Young Athletes League, Caird Park.

Women's International, Scotland v Belgium v Cuba, in Belgium.

C.R. Smith Dunfermline Half Marathon, Dunfermline. E — Race Administrator, The Carnegie Centre, Palmuir Street, Dunfermline, Fife. (Start 9.30am)

St. Fergus Gala 3 Mile Road Race, Peterhead.

Lomonds of Fife Hill Race, Gateside, Fife. (9 miles, 2200ft climb). Rec 65.00. C. Donnelly (Cambus H) 1983. E — T. Robertson, Knockmallock, Station Road, Newtonmore (2.15pm start).

Events Diary

14 Cairn Table Hill Race, Muirkirk, (6 miles, 1250ft climb). Rec — 41.40. A. Wilson (Vic Pk AAC) 1984. E — D. Purdie, Games Hall, Pagan Walk, Muirkirk (12 noon start).

Peebles 10 miles Road Race.

Forres 8 miles Road Race.

High Island Half Marathon, Isle of Hoy, Orkney Isles.

Dumfries Half Marathon. E — Mrs. S. Howat, 14, Criffel Avenue, Dumfries. (E close May 31)

Clydebank Half Marathon. E — James Fitzsimmons, 56, Glen Mallie, St. Leonards, E. Kilbride G74.

Ardrrossan Highland Games and Half Marathon, Largs to Saltcoats. E — Anne Clark, Council Offices, 25, Montgomerie Cres, Saltcoats KA21.

17 Beith Civic Sports inc Open 3.8 miles Road Race, Orr Trust Public Park. E — J. Swindale, 29, Braehead, Beith. (7.00pm start)

Edinburgh SH Open Graded Athletic Meeting, Meadowbank. Details — I. McKenzie, 146, Avontown Park, Linlithgow, West Lothian EH49 6QH. (E on night)

Sri Chinmoy Open 2 mile Road Races.

Lanarkshire AAA Track League, Wishaw.

18 Forth Valley League: Div 1, Livingston Div 2, Saughton

19 Scotrail National Championships, Meadowbank (Day 1). SAAA Championships Convener — B. Craighead, 98, Magdalen Gardens, Edinburgh EH15 3DR. SAAAA Championships Convener — Mrs. R. Booth, Dunrobin, The Crescent, Dunblane, FK15 0DW. E close May 30.

20 SAAA/SWAAA Scotrail National Championships, Day 2.

Scottish Schools Championships: Boys — Crownpoint Girls — Grangemouth

Dairy Crest International, England v Italy v Czechoslovakia, Portsmouth.

23 Eildon Two Hills Race, Melrose (4 miles, 1500ft climb). Rec — 25.48. K. Stuart (Keswick AC) 1984. E — T.E. Allan, Clynder, Darnick Road, Melrose (3.00pm start).

Bizziberry Hill Race, Biggar (3 miles, 500ft climb). E — D. Telfer, Loaningdale School, Biggar (3.00pm start).

Lesmahagow Highland Games. E — H. McCillivray, 14, Milton Park Square, Lesmahagow ML1 1ODR.

21 Afton Water 10 mile Road Race, New Cumnock. E — Janette Hume, 59, Pathhead, New Cumnock, Ayrshire.

Pearl Assurance Great North Run, Newcastle to S. Shields.

Tiso Seven Hills, Edinburgh (4 miles, 2200ft climb). Rec — 1.38.10. M. Burton (Carnethy Hill Runners) 1986. E — G. Tiso, 13, Wellington Pl, Leith, Edinburgh. (Start 11.15am)

Edinburgh and Dis. Athletic League, Tweedbank Stadium.

Mid Argyll Half Marathon, Lochgilphead. E — W. McCallum, 38, Fernoch Park, Lochgilphead, Argyll PA31 8DG.

Peterhead Half Marathon.

N.E. League, Caird Park.

Scottish Young Athletes League: Divs 1 & 2 West, Scotstoun.

Ben Lomond Climb/Race in aid of Royal Commonwealth Society for the Blind. Details — H. MacAulay, RCSB, 49, South Methven Street, Perth.

23 Renfrewshire AAA/Dunbartonshire AAA Track Leagues, Crownpoint.

24 Roevin Open 10k Road Race, Beach Esplanade, Aberdeen. Details — Running North, 5, South Mount Street, Aberdeen.

Sri Chinmoy Open 2 Miles Road Races.

Edinburgh SH Open Graded Meeting, Meadowbank. Details — I. McKenzie, 146, Avontown Park, Linlithgow, West Lothian EH49 (E on race night)

27 SAAA Dairy Crest Under 19 years Juniors, Youths and Senior Boys Championships, Crownpoint. Championship convener, B.A. Goodwin, SAAA West District Office, Argyle Street, Glasgow.

Europa "Bruno Zauli" Cup Final, Prague (Day 1).

U.K. Women's Athletic League: Div 1 — Essex Div 2 — Radley

Cairngorm Hill Race, Glenmore Lodge, Aviemore. (10 miles, 3000ft climb). Rec — 72.49. R. Shields (Clydesdale H) 1979. E — Mrs. M. McKay, Cairngorm Chairlift Co., Aviemore. (Start 2.30pm)

28 Men's International Match, Scotland v Ireland v Catalonia, Meadowbank.

Europa Cup Final, (Day 2).

U.K. Womens Athletic League: Div 2 — Wolverhampton.

Sixth Loch Rannoch Marathon and Inaugural Half Marathon, Loch Rannoch. E — A. Andrews, Rannoch School, Rannoch Station, Perthshire PH17 2QQ. (11am start)

Scottish and North West League: Divs 1 & 2 — Wishaw

Divs 3 & 4 — Grangemouth

Div 5 — Dum Park, Ayr

Lairig Ghru Hill Race, Aviemore to Braemar (28 miles, 2100ft climb). Rec — 3.12.40. A. Pratt (RAF) 1976. E — D. Summers, 20 Skene Street, Macduff (start 11.00am)

Black Hill Race, Earlieston (4 miles, 600ft climb). Rec — 26.22. B. Emmerson (Teviotdale H) 1984. E — Mrs. S. Smith, 8, Thornfield Crescent, Earlieston.

Falkland Festival Hill Race (3 miles, 1200ft climb). Rec — 20.26. R.L. Morris (Carnethy Hill Runners) 1986. E — K. McGuire, 13, Liqueurstone, Falkland, Fife.

Benarty Hill Race, Ballingry, (4 miles, 800ft climb). E — J. Paterson, 30, Abbotsford Road, Lochore, Fife (Start 4.00pm) E close June 21

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Entry fee £2.50 if entered by 31st May
Entries on the day up to 11 a.m. — £3.00

Medals to all runners
Apply to Hugh Mitchell, 23, Kaim Crescent, Bathgate, West Lothian.
Tel: Bathgate 55397

May

10 Gourrock Highland Games

24 Atholl Gathering & Games
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Oxton Professional Games
Organiser: Ian Brady, 12, Henofield, Oxton, Lauder

30 Bathgate Highland Games
Garnock International Highland Games, Kilbirnie
Organiser: D.P. Webster, Cunningham House, Farnsroft, Irvine.

Blackford Highland Games
Organiser: Peter Dobbie, Ballantrae, Moray Street, Blackford. Tel: Blackford 343

31 Blantyre Games
Organiser: Bev Brown, Tel: 041-644-4529

June
6 Strathmiglo Highland Games
Organiser: Mr. John Pierson, 88, High Street, Portobello. Tel: 03376 531

GAMES DIARY

World Heavy Events Championships, Clarkston Rugby Club, Clarkston, Glasgow
Organiser: Dr. D. Edmunds, Tel: 041-644-4823

7 Atholl Highlander's Parade, Blair Atholl
Organiser: Brian Nodes, Blair Castle, Blair Atholl. Tel: 079681-207

Carrick Lowland Gathering, Girvan
Organiser: Mr. J. Davidson, Coffee Pot, Dalrymple Street, Girvan. Tel: 0465 3262

East Kilbride Country Fair (Heavy & Strength events)
Organiser: A. Clark, 25, Montgomerie Cres, Saltcoats. Tel: 0294 602617

13 Selkirk Common Riding Games
Organiser: Colin Anderson, 2 Hill St, Selkirk. Tel: 0750-21661

14 Markinch Highland Games
Organiser: David D. Law, 20, Selkirk St.

Markinch. Tel: 0592-758449

Ardrrossan Highland Games
Organiser: A. Clark, 25, Montgomerie Cres, Saltcoats. Tel: 0294-602617

Forfar Highland Games
Organiser: Margaret Ross, Forfar. Tel: 0307-62985

20 Lesmahagow Highland Games
Organiser: Mr. D. McLara, 9, Broompark Drive, Lesmahagow. Tel: 0555-893234

Peebles Beltane Sports
Organiser: Andrew A. Fraser, 1, Dalatho Crescent, Peebles. Tel: 0721-22024

Newburgh Highland Games
Organiser: Mrs. M. Kidd, 12, Tolbooth Close, Newburgh, Fife. Tel: 0337-40163

21 Oldmeldrum Sports
Organiser: Robert A. Forsyth, 2, Rosebank, Oldmeldrum, Inverurie, AB5 0BE. Tel: 06512 3909

Aberdeen Highland Games
Organiser: Leisure & Recreation Dept, St. Nicholas House, Broad Street, Aberdeen. Tel: 0224 642121

Grantown on Spey Highland Games
Organiser: Neil Fraser Masson, c/o Duncan McCulloch & Co., Solicitors, 45 High Street, Grantown on Spey. Tel: 0479 2764

27 Ceres Highland Games
Organiser: Mr. Stuart. Tel: 033482 225

Drumtochty Highland Games
Organiser: A. Reid, Brodie House, 21 Garvock Street, Laurencekirk. Tel: 05617 252

Seil Island Games
Organiser: Brian Robin, Cnoc Mhor, Balvicar, Isle of Seil. Tel: 0631 64211

28 Burghead Highland Games
Organiser: Alastair MacKenzie, Red Craig Hotel, Burghead. Tel: 0343 835683

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Solution to Puzzle No.1

U	R	G	P	R	O	J	B	V	C	L	D
C	A	W	U	A	E	T	X	R	N	K	E
H	C	I	O	G	E	V	E	B	U	K	M
V	E	N	U	Y	O	Z	L	N	E	E	V
B	E	N	U	I	N	L	N	I	D	K	F
S	U	E	H	O	Z	E	D	A	S	T	M
T	S	R	B	Z	R	O	L	B	S	S	D
G	T	E	D	E	U	M	X	D	X	Y	H
B	A	E	R	T	E	M	O	L	I	E	C
D	D	M	V	E	O	X	F	J	O	O	O
A	Q	N	E	P	G	N	Z	K	X	G	Z
G	O	J	R	S	R	K	F	K	O	A	S

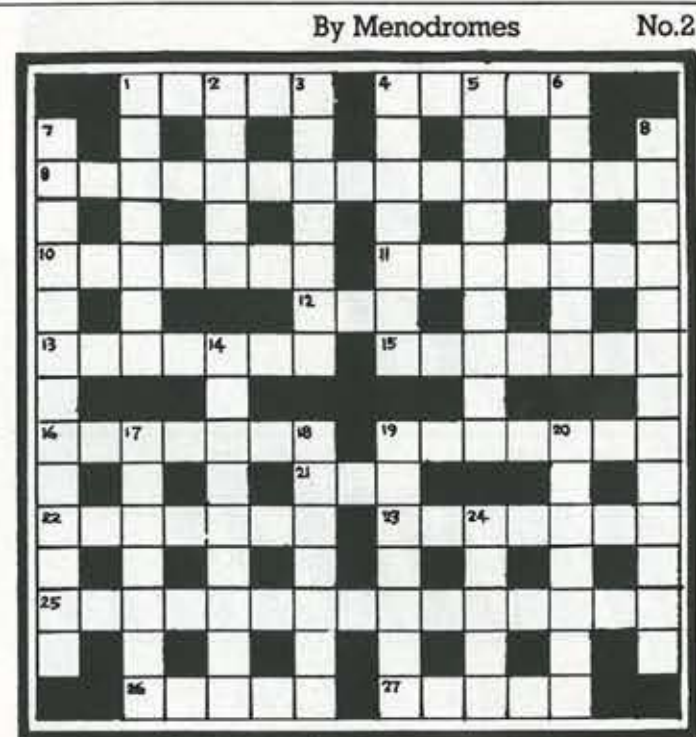
£25 Prize Crossword

ACROSS

- Birds on racecourse barrier (5)
- Infants like Ruth at baseball (5)
- Here you're misled if you think
Madison Square's at the top
(2,3,6,4)
- Live in bird's home very close
(7)
- I am beyond nothing - that's
laying it on thick (7)
- Part of bowling match is close
(3)
- Don carries a pet back,
looking for this to set it down (7)
- It's humbug to say I keep
clean (7)
- Put forward the thought that
Angus briefly returns and gets
lost (7)
- Arran people must be
prepared to sail and run round
(7)
- Our readers do back the
railwaymen (3)
- Get our sort concealing a
scandal (7)
- Italian film director came
down in one (7)
- Circumvented by us on a cold
morning, singing (3,8,4)
- Save that is for a riddle (5)
- The kind of fun big spenders
have? (5)

DOWN

- Take back and mix this to a
terracotta composition (7)
- Anger over nature ends: she
means peace (5)
- Began to give Edward leading
part (7)
- Seb did surprisingly before
end of June in manner of the
good doctor (7)
- Was sane, but crazy about
DVLC (7)
- Matches you associate roaring
with (9)
- Getting near the end on
Sunday's athletics gear (7,6)
- Recently, but not Monday
- Saturday evening (3,5,6)
- A true perm is curly and early
(9)
- Collects gun belonging to the
girl (7)
- Initially British Rail let me
shake and shake (7)
- Tells how children may be set
in schools (7)
- Hawaiian garland? Certainly
- and the rest (7)
- Relay members run round,
hen (5)



The first correct entry opened on
May 17 wins £25 prize. The
solution and winner's name will be
published in our July issue.

Answers, please, to Crossword
Competition, Scotland's Runner,
62, Kelvingrove St., Glasgow G3
7SA.

Scotland's Runner Quiz No.2

QUESTIONS

- Who was the first man to run
under 10 seconds for the 100m
in Great Britain, with a wind-
assisted 9.99 seconds at the
1983 Tarmac Games at Meadow-
bank?
- Which athlete won his first
major championship when he
won the 5,000m at the 1983
World Championships in
Helsinki?
- Who won the Scottish 1500m
title at Grangemouth in 1979, at
the age of 35, after 13
unsuccessful attempts?
- Which athlete was voted
Glasgow "Sports Person of the
Year" in 1984?
- After Steve Ovett had won 24
successive mile races from

- 1975 to 1981, which athlete
finally ended the sequence in
Rieti?
- Where would you find the
Riverside Bowl cross country
course?
- Who had a commemorative
stamp issued in his honour,
after he became his country's
first Olympic champion, in
1976?
- Which European broke Henry
Rono's 10,000m world record
in July 1984?
- Who won three gold, three
silver and four bronze medals
from 13 appearances in the

Scottish Marathon Champion-
ships, up to 1985?
10 Which famous athlete has the
first names Frances Morgan?

The solutions will appear in the
June issue.

Compiled by Peter Cowan

ANSWERS TO QUIZ No.1
1. Cameron Sharp (1982); 2. John
Graham; 3. Graham Williamson; 4.
Angela Bridgeman; 5. George
McNeill; 6. The Kangaroos (from
USA); 7. Brian Burgess (bronze,
1978); 8. Linsey MacDonald; 9.
Frank Clement (1500m); 10. Ian
Stewart (1975).

Scotland's Runner Puzzle No.2

Find these hidden
words in the puzzle
alongside:

- athlete
- coach
- jogger
- marathon
- record
- results
- roadrunner
- sport
- sprinter
- ultra

The words can be
horizontal, vertical,
diagonal, backwards or
forwards!

U	P	V	N	O	S	D	N	M	N	T	Z
O	S	M	G	Z	O	T	K	O	B	A	Y
W	P	A	O	J	R	H	H	C	T	O	R
P	R	Z	R	O	O	T	C	H	L	E	P
P	I	I	P	T	A	G	L	A	C	H	M
Y	N	S	B	R	L	E	G	O	O	P	E
Q	T	O	A	O	T	U	R	E	I	C	D
M	E	M	O	E	F	D	H	W	R	F	C
B	R	E	N	N	U	R	D	A	O	R	Q
O	X	X	E	L	Z	F	S	C	O	D	T
W	B	E	F	E	S	V	J	A	R	Q	W
Z	H	W	S	T	L	U	S	E	R	G	D

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WOULD anyone living in the West End
of Glasgow who fancies doing the Two
Bridges Race in August, and is looking
for a training partner on the longer runs,
contact Jim Boyd, 38, Stewartville Street,
Glasgow G11.

IS THERE any club in the north of
Glasgow with a similar philosophy to
Dundee Roadrunners - i.e. concentrating
on runners of all standards, rather than
racers. If so, contact R.M. Dallas, Grange
End, Grange Avenue, Milngavie (tel:
041-956-4966).

ANYONE within striking distance of
Auchterarder wanting company on
long runs (7-7½ minute miles), hill
running or triathlon cycling training,
phone: Ian at Blackford (078482) 306.

ANY slowcoach in Isle of Bute wishing
to join in five to ten-mile runs before
breakfast (ten minute miles) phone
Rothesay 3359.