

The Timex Triathlon. When every second counts.

The Timex Triathlon is a sports watch for the serious athlete.

A sensible size and weight, the Timex Triathlon has function buttons that are well positioned to prevent them being hit accidentally.

As for functions, the Timex Triathlon does everything short of counting your aches and pains.

16 Hour Stopwatch.

Accurate to 1/100th of a second, the Timex Triathlon's stopwatch shows both net time and elapsed times simultaneously, with a pause facility.

02.45.35
03.45.35

Top: Active time only.
Bottom: Total elapsed time.

This means you can time your rest breaks without adding to your total time.

The Timex Triathlon sports three different count-down modes.

Countdown/Stop Mode.

Simply set your countdown, and at zero the alarm sounds.

1:15.30
1:14.59

Top: Present time.
Bottom: Elapsed time.

Countdown/Repeat Mode.

This is a great help when interval training. Set the countdown for, let's say, 2 minutes and 10 seconds.

At zero the alarm sounds, and 2 minutes and 10 seconds later it sounds again. And so on.

Countdown/Count-Up Mode.

If you want to time yourself accurately, you don't want to be setting your stopwatch at the busiest moment of the race.

So you set the countdown, at zero the alarm sounds, and the stopwatch will start running automatically.



62911 £29.95

Lap Counter.

Useful for split timings, the Timex Triathlon has a lap counter which can count and time up to 99 laps.

8 Lap Memory.

This function makes it possible to store and recall the last 8 laps timed. It can be used to record the first 8 places in a race, while triathletes will find it invaluable for timing swim time, swim to cycle transition time, cycle time, cycle to run transition time,

01.42.35
LAP 03
03.11.85

Top: Lap time.
Bottom: Lap counter and cumulative time alternate.

run time and finish time.

Hourly Chime.

If you want them, you get 2 beeps on the hour, every hour. (If you don't, you don't.)

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This will be of particular benefit to swimmers, and those of you who enjoy running during the monsoon season.

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SCOTLAND'S RUNNER

JUNE 1987

ISSUE 11 £1.00



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Tom McKean-
The making
of a Star

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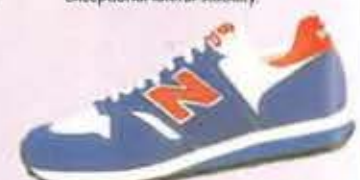
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SCOTLAND'S RUNNER

June, 1987

Issue 11

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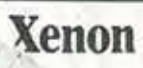
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Scotland's Runner

Inside LANE

Regardless of the composition of the next Government, with whatever unique circumstances it might throw up for Scotland, athletics and other sports must start getting their act together so that effective political lobbying of Scottish Office Ministers, MPs, and regional and district councillors can take place. If there is to be a Scottish Assembly with substantial revenue-raising powers, the need becomes that much more urgent.

A number of Scottish MP's are keen runners themselves, so here at least the sport is assured of a sympathetic hearing. But — despite some of the sordid stories we've heard over the last two years — Members of Parliament are busy people, with all manner of individuals and pressure groups bending their ears. The last thing they require is four different lobbies from four different organisations purporting to represent athletics in Scotland.

It's well past time that athletics was putting political pressure on public bodies such as BBC Scotland, which is again treating the Glasgow Marathon shabbily this year, and the Scottish Health Education Group, which has poured over £1m into professional football in Scotland since 1982.

Maybe BBC Scotland and the Scottish Health Education Group have taken the correct decisions — but why not subject them to lobbying

beforehand, and close scrutiny afterwards?

All this requires a speedy and successful conclusion to the amalgamation talks being initiated by the Scottish Sports Council. But, in the three weeks ahead, why not declare your interest as an individual by asking the politicians who knock on your door, asking for your vote, what they would do for sport in Scotland, in particular with regard to better provision of resources and facilities.

Politics will dominate the British arena for the next three weeks. As a spectacle, it will either be a foregone conclusion with the frontrunner stretching her already commanding lead as the campaign develops, or else the pack will catch her in the final bend and we can look forward to some ferocious use of the elbows as the parties jockey for position.

Either way, it's not really sport you might argue. Who cares who wins? One lot is as bad as the other. Etcetera, etcetera.

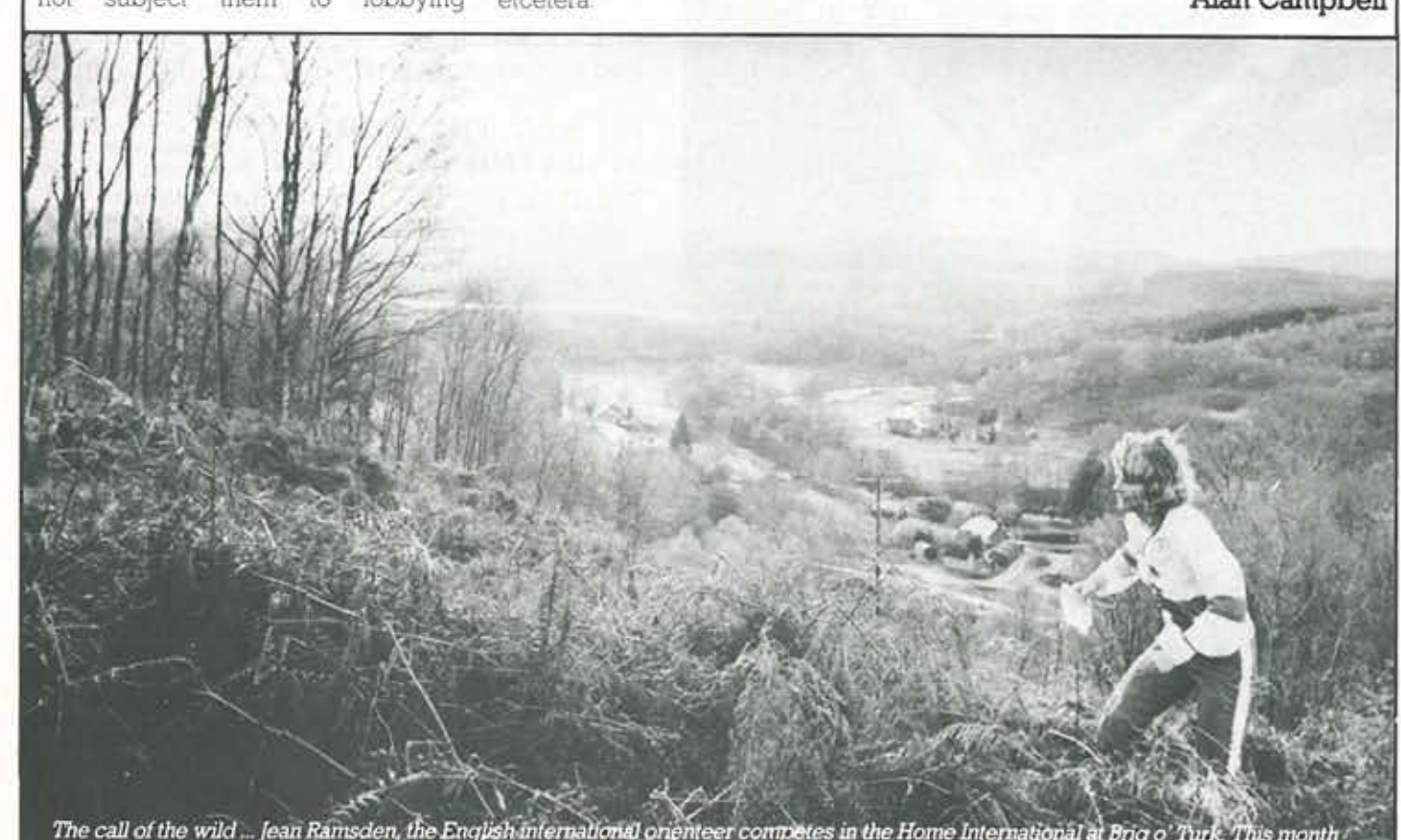
But, although the issue does not obviously rank alongside the great topics of the day such as unemployment and nuclear weapons, shouldn't people who are interested in sport not be doing a great deal more politicking and lobbying (as opposed to getting involved in party political policies)?

Although he doesn't rank as one of my favourite people, Seb Coe made a great deal of sense when arguing in the Channel 4 programme Diverse Reports recently that — compared with the arts lobby — we in sport are amateurs in the worse sense of the word when it comes to fighting our political corner.

This is a British problem, not just a Scottish one. There has only been one effective Sports Minister — Dennis Howell — in the past 20 years, and the current approach to the job seems to be to give it to some chap with an interest in rugby who can look after the sports constituency at the weekend when he's free of his other responsibilities at the Department of the Environment.

To the best of my knowledge a fellow called John McKay has been doing this job in Scotland for the past four years. He's the one you see occasionally on television making the draw for the Scottish Cup — when political dexterity means keeping Celtic and Rangers apart (again).

Alan Campbell



The call of the wild ... Jean Ramsden, the English international orienteer competes in the Home International at Brig o' Turk. This month we begin a regular column on the sport.

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Scotland's Runner

Up Front

Opposition angry about Lynch appointment

LIZ LYNCH has found herself unwittingly at the centre of party political infighting in Dundee.

The city's ruling Labour group took a decision to appoint Lynch to the newly-created post of athletics development officer for Dundee. Unfortunately for them - and Liz Lynch - the appointment became public knowledge before passing through the usual channels on Dundee District Council, i.e. the leisure and recreation committee and the full council.

Having learned of the new job in the papers and on television, the opposition parties were in a less than euphoric frame of mind when they turned up for the leisure and recreation committee meeting earlier this month. A violent debate, conducted in the inimitable style of Dundee City politics,

ensued before the Labour majority on the committee ensured a 16-7 majority in favour of the appointment at the end of the night.

Lynch's appointment will now be rubber-stamped by the full council - again courtesy of Labour's majority - on May 28, and she is expected to take up her £10,000 a year post thereafter.

Although Dundee District Council officials were unwilling to comment on the appointment until it was finally approved, Lynch will be given as much time off as necessary to train and compete while being responsible for the development of athletics in the city - particularly to boost useage of Caird Park Stadium and inspire youngsters to become involved in the sport.

Small minds

GLASGOW'S Lord Provost Robert Gray has been incensed by BBC Scotland's decision to downgrade coverage of the 1987 Glasgow Marathon yet again.

Last year, at least, there was a token effort to cover the start and finish live on the morning of the race. Even this limited facility is now being withdrawn. Instead, a news gathering unit will be dispatched to Glasgow Green, and only limited highlights will be shown that night on a "sports programme" - probably during an interval in the Langs Supreme Scottish Masters snooker tournament which the BBC is contracted to cover.

"I'm damned if I can understand BBC Scotland," said a bitterly disappointed Lord Provost. "The marathon gives them the ideal opportunity to present Scotland and the city of Glasgow in the best possible light."

On the BBC's excuse of lack of resources, the Lord Provost retorted: "Small minds only deserve small rewards."

As the Lord Provost pointed out, a snooker table in Glasgow looks much the same as one in Sheffield or London. The other point in common, of course, is that it supplies the BBC with cheap coverage - and the minimum of trouble and effort.

Too early

WE HAD hoped, even at this early stage of the season, to give readers a guide to next month's National Championships at Meadowbank. However, in the absence of any 1987 form for the major contenders, such an exercise was pointless.

As from next issue, however, Duncan McKechnie will be compiling regular monthly statistics for Scotland's Runner. To know exactly who's doing what in Scotland, make sure you receive your copy of the magazine this summer.

New projects

APPLYING microchips to the drawing of orienteering maps, blood-related reasons for loss of form in sports people, and an evaluation of sports provision in schools are among the research projects being carried out by the Scottish Sports Council.

Other projects include a search for better ways of processing finishing times and results in orienteering and other sports.

"The emphasis is on a practical application of the research, which will have widespread benefits for the sporting community," says Allan Robertson, who chairs the council's information and research committee.



Happiness is ... finishing the Tom Scott Road Race.
Photograph by Peter Devlin

Home, sweet home High up

GOOD Friday brought "great relief" to our injuries expert Lena Wighton when her daughter Susan arrived safely back in Scotland after enduring a six month seige at a Palestinian refugee camp in Beirut.

The 28 year old nurse had gone to the Lebanon as part of a team which was hoping to introduce preventive health measures in the poorer areas. But politics and feuding factions intervened, and Susan found herself trapped in the refugee camp, enduring virtual starvation and working day and night in the camp's operating theatre.

Her return to Britain attracted the level of media attention usually reserved for superstars. But Lena says: "Susan doesn't think of herself as a hero. She takes the view that any trained health professional would have done the same." Indeed Susan has said that she would like to go back and do further work in the refugee camps.

Our congratulations and best wishes to the Wighton family on Susan's safe return.

RUNNERS from the Stirling area swept the boards at the Craig Dunain Hill Race in Inverness on April 18.

Their 300-mile round trip to the Highland capital proved well worthwhile as the Lowlanders took the prizes for first overall, first junior, first veteran and first team.

Bridge of Allan's Graham Crawford, Scotland's leading half marathon runner last year, took a break from road racing to win in 33 minutes 16 seconds, just three seconds outside the record.

Gordon McMaster was first junior, Peter Cartwright featured in last month's Scotland's Runner was first veteran, and Mike McQuaid, Brian Cowie and Dave Armour packed well to win the team prize for Central Region AC.

Musyoki back

REIGNING champion Mike Musyoki of Kenya is returning to Britain to defend his Pearl Assurance Great North Run title on Sunday, June 21. He set a world best when winning last year's event.

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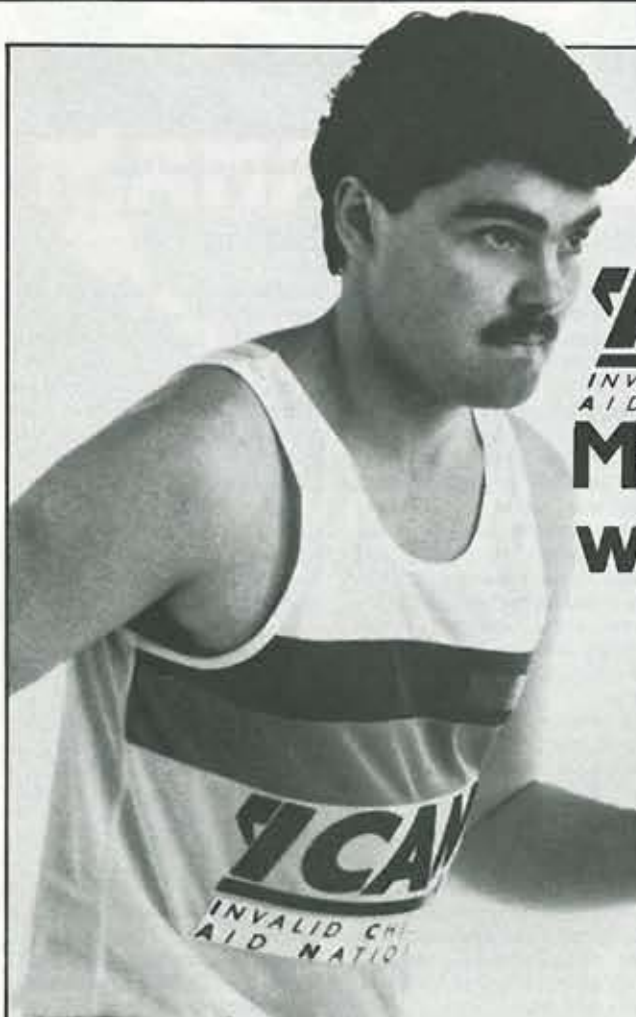
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both sides of the coin. As a
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part in sponsored events whenever possible.

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Perry always says 'I CAN'.

How about you?

Write to: Ramona Brown, 'I CAN',

Allen Graham House, 198 City Road,

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*Invalid Children's Aid Association. Reg. Charity No. 210031. Patron: H.M. The Queen
President: The Princess Margaret; Countess of Snowdon.

Up Front Up Front Up Front Up Front Up Front

"It's great to be alive"

REG Walker welcomed me into his
pleasantly cluttered council flat in
Inverness. He was wearing black
tracksuit bottoms and the white
British Heart Foundation sweatshirt
with the blood-red cardio-squiggle
and the simple statement: "It's
Great To Be Alive".

Ten minutes later we were
jogging round the streets of
Inverness and the 49 year old was
telling me his story.

"I took up running four years ago
and was beginning to get quite
keen on it, going out most nights
and covering quite a lot of ground.
Then I started to notice burning
sensations at the top of my chest.
Sometimes my arms would go all
cold. Once I saw great hollows
open up in the road in front of me.

All this time, for all the running
that I was doing, my times were
getting slower and slower. The
worst moment came when I was
testing out some pains in my
knees, doing a bit of sprinting, and
my jaw suddenly felt really sore.
Really sore."

That was in April 1984. Reg
went to his doctor, who diagnosed
severe angina and signed him off
work indefinitely. It was the
redundancy notice to end all
redundancy notices. The future
choice was stark: immobility or
pain (and the chance of a fatal
heart attack).

Fifteen months later, a doctor at
Raigmore Hospital in Inverness
suggested that Reg go to
Edinburgh for tests for a heart
bypass operation. Reg didn't
hesitate - a week later he was on
the operating table. Two of the
three arteries feeding the heart
were grafted up and were
replaced by two veins from other
parts of his body.



Reg Walker with wife Jean and son Derek

Ten weeks after that, Reg was
on the run again.

"My wife, Jean, drove me up to
Culloden Woods. I didn't want
anybody to see me, and if I
collapsed I thought it would be
better in the woods than in street.
Derek (Reg's eleven year old son)
came too. I ran a mile in about
eleven minutes and felt okay."

That was in the summer of 1985.

In 1986 Reg competed six half
marathons - Skye, Dornoch,
Aberdeen, Inverness, Nairn and
the Black Isle.

By this time our run together was

over and Jean was serving us tea
and biscuits. I looked round the
living room, Reg's medals and
finishing certificates prominently
displayed. A new acquisition was
rigged up behind the settee - an
exercise bike. Here was a man, I
realised, who had plans for his
future. Here was a man who now
had a future. For Reg it was truly
great to be alive.

I asked Jean what she thought
about it all. She smiled gently and
spoke simply:

"It's a miracle."

By David Carter

Generous

A GENEROUS donation of £5,000
has been made by tyres and
exhausts company Kwik-Fit to the
Chest, Heart and Stroke Association.

The money will make Kwik-Fit
the major sponsor of the
Edinburgh Health Run on August
15, when participants will also be
invited to raise money for the
charity.

Kwik-Fit chairman Tom Farmer
said: "We are delighted to be
contributing to such a worthwhile
cause. I hope everyone does their
bit either by taking part,
supporting or sponsoring the
occasion."

Auld Alliance

THE AULD Alliance is alive and
well - just ask the Stirling runners
who for the second year in a row
had a most enjoyable stay in their
French twin town, Villeneuve
d'Ascq.

The group crossed the Channel
for the Villeneuve d'Ascq Half
Marathon and 8km race, and
managed to get among the prizes
with 18-year-old Gordon McMaster
taking the trophy for first junior in
72 minutes, not bad going on a
course that was around 500m
"long".

Apart from the race, the
hospitality of their French hosts
was superb.

£100 prize

THE LATEST in fund-raising from
the newly enlarged Fife AC club is
a Round-Fife Challenge Relay.

A £100 prize will be offered for
the person who, for an entry fee of
50p, can predict how long the
runners will take to cover the 115-
mile course.

This is not a race, however. The
runners will be in pairs, starting
from Kirkcaldy's Town House, and
doing half-an-hour at a time. The
course meanders through the
many centres now served by the
club.

The challenge, dreamed up by
Steven Doig and Brian Hughes, is
set for June 27.

Primary Schools Controversy

AS WE WENT to press,
considerable heat was being
generated in the Times Educational
Supplement over the unlikely
subject of the inaugural Primary
Schools' Cross Country Cham-
pionships, held at Dunblane last
month.

In an article which reported that
over 100 schools from Orkney to
Dumfries participated in the event,
Scottish national athletics coach
Dave Lease is quoted as being
critical of the whole concept.

While conceding that it was
"lovely" to see so many adults
giving their time to children, Lease
reportedly said: "But in principle
I'm against national championships
in any sport before the age of 14 to
15."

He goes on to say: "I don't think
that children should be a foil for
adult ambitions", and, "it's nice to
see so many involved, but is that
because of the children's or the
teacher's interests?"

Lease's comments drew a
stinging retort from the Scottish
Schools' Athletic Association, who
staged the championships, held in
a carnival-style atmosphere at
Queen Victoria School.

"It is a pity that Mr Lease was
unable to attend this event in order
to see the teams of six runners,
boys and girls (not elite
performers) with some schools
entering four teams," says
honorary secretary Alex Jack.

He continued: "It is also a great
pity that Mr Lease, despite regular
invitations, has never been able to
attend any schools' coaching
course or any event since 1984/5.
It is sad, therefore, that the first
time that most schools will have
heard of Mr Lease will be because
of a negative article in a
publication which is distributed to
all schools - and which does little
to encourage participation in sport
in any school age group."

In next month's issue of
Scotland's Runner, both sides will
be invited to put their cases more
fully. Graham Crawford will also
be speaking to Springburn Harrier
Harry Gorman, whose son Martin
won the boys "A" race at
Dunblane, about the controversy.

Ladies-only

A LADIES-ONLY fun run is being
held in Aberdeen's Duthie Park on
June 14. The three mile event starts
at 2pm, and sponsorship money
will go to help Linn Moor Special
School.

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Up Front Up Front Up Front Up Front Up Front

Women coy about 10K

ENTRIES for Scotland's biggest women-only event, the Strathclyde Women's 10K OK, are not as high as organisers had anticipated. By the end of April 1500 entries had been received, roughly the same as at this stage last year, but there had been hopes that June 7 would see a record number of runners on the streets of Glasgow.

"We're on schedule to achieve the 2100 entries which we received last year, but we were hoping to see 2800 runners and it doesn't look as if we will achieve that," says race director Alex Johnston.

Half the entries received so far are from women who have never taken part before, and Johnston is optimistic that many previous entrants still intend to register before the big day. "A lot of people are still sitting on their entries - I know that, I've still got four at home myself waiting to be processed," he says.

His experience organising the Prince and Princess of Wales Hospice 10K and the Glasgow Herald women's fun run each autumn has convinced Johnston that there is a major, still largely untapped, market for women-only events run over modest distances.

"There are many women who want to take part in mass runs, but without the added pressure of having to compete against men or find the time for marathon training," he says.

A limited number of entries can be accepted on the day and the late entry desk will open at 10.30am, one hour before the gun. But the uncertainty of the queue can be avoided by entering in advance - contact the Hospice at 73, Carlton Place, Glasgow, for entry forms.

Sport Aid

DESPITE its inclusion in our events calendar over the last couple of months, it now seems clear that the Sport Aid Race Against Time will not take place until 1988.

May 31 had been pencilled in by the SAAA as a continuation of last year's event, which was staged on the same weekend. However, Sport Aid organisers are now reported to be concentrating on a major Race Against Time for September 1988, when they hope to involve every single one of the world's 218 countries and sovereign territories.

Last year's event involved 20 million people from 89 countries, and raised £21 million for famine relief.

World of Marathons

A GLOSSY hard-back book illustrating the "world's top 26 marathons" was published by Columbus Books at the end of April. The World of Marathons, by Sandy Treadwell, is a 194 page guide which will be of interest to serious and fun runners alike.

While the London and Dublin City marathons are featured among the top 26, Glasgow is not, despite the numbers it attracted in 1985. However, parochialism aside, the glossy book at £14.95 is a well written and brilliantly illustrated tome.

One particularly useful feature of the book - particularly for those who fancy entering marathons abroad - is that each chapter includes a map of the pertinent marathon route - as well as comprehensive details of the race, how to enter, the climate to be expected and other useful information.

The initial reaction of "oh, here's another marathon book", is quickly dispelled by the high standard of the publication. Scotland's Runner has no hesitation in recommending The World of Marathons to readers.

Eliminating the bumpy bits

CHANGES in the route for this year's Glasgow Marathon will eradicate the notorious cobbled sections along the Clydeside - and ease traffic congestion around the "Barra's" market on the day of the race.

The key change occurs around the 23 1/2 mile point, from where the race will head for Glasgow Green by a completely new route along St. Andrews Road to Coplaw Street then down Cathcart Road, through the Gorbals, and along Ballater Street to enter the Green from the east - instead of along the cobbled Custom House Quay, past the Carrick and into the park from the west.

Deputy race director Bob Stephen is optimistic that the changes will speed up the race and put 2:13 (and the £7000 Metro which goes to the first man home under that time) well within reach.

Many runners will miss the pleasant outlook along the Clydeside, but few will mourn the passing of the cobbles - they are awkward to negotiate at any time, but when you are tired, cramped and blistered they can make the going very difficult indeed.

The change will also offer a better deal to spectators, who will be able to watch their family and friends run into the Green across King's Bridge, then stroll across to watch them finish at the People's Palace, after they have completed a long loop through the Green which will take them along the riverside towards the Saltmarket, before turning right to finish along the same avenue as in previous years.

The other change occurs at 11 1/2 miles just after the runners cross King George V Bridge to the south side. Instead of running along the side of the river for one and a half miles (which includes some cobbles), the route will leave the riverbank after a couple of hundred yards and head out along Morrison Street and onto Paisley Road West. The changes here have been caused by Garden Festival work.

A Butey!

FORTY YEARS of service to Bute Highland Games was recognised earlier this month when Tom McMillan, the Games founder in 1947 and the organiser ever since, was presented with a gift of Edinburgh crystal at a function in the Craigmare Hotel, Rothesay. The presentation of two decanters, set in a tantalus with a suitably engraved plate, was made by Robin Strong, president of Bute Shinty Club, who paid tribute to Tom's work in keeping the Games alive over the past 40 years.

The evening, in the form of a surprise "This is your Life" party, was attended by over 100 family and friends, with representatives of all the national associations whose sports are contested at the Games.

Priceless!

THE SCOTTISH Women's Cross Country and Road Running Association is to honour Chris Haskett-Price's remarkable contribution to Scottish international cross-country running with a specially engraved crystal memento.

From 1973 until Scotland's last appearance on the international stage, Chris represented her country 14 times, missing selection only once due to the birth of her child!



"That's my boy" ...
Father and son Allan and Greg Munro pictured after the Inverness People's Fun Run in March.

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The Scottish Sports Council has just published a free booklet on the marketing of sport for clubs and organisations. Among the topics included are an introduction to marketing, identifying your product and the market, setting objectives, promotion and development.

The booklet gives tips on how to concentrate on different markets at different times - by age, sex, location or social group. Why "market" your club to potential schoolkid recruits by putting up a postcard on the town hall notice board, when a poster sent to schools and sports centres, followed up by a visit to the school sports day, could be much more effective?

Copies of the booklet "Marketing and Sport" can be obtained from the Scottish Sports Council, 1, St. Colme Street, Edinburgh EH3 6AA.

Anyone for Barbados?

EDINBURGH pair Penny Rother and Alan Robson both finished second in the Guinness Caribbean Half Marathon at Trinidad on April 26. Despite both having arrived five days earlier at the sponsors' expense, they found the mid-90 degrees temperature hard to handle - although some say the heat was greater in the Scottish Marathon Championship at Dundee that day!

Meanwhile, for readers with a few bob to spare, how about the Barbados Marathon and 10K in December?

Dave Wright Sports Tours have run trips to the Barbados events since 1984. They say most people run the 10K - although some don't bother running at all!

Among the 1984 Barbados entrants was Doug Young from Stornoway, who invited fellow-trippers to the Western Isles Half Marathon in 1985. Ten accepted, and some returned last year as well. So, race organisers, if you want to boost your numbers... persuade your committees and local authorities to send you to Barbados this winter!

IT SEEMS quite appropriate that Queen Victoria School was chosen as the venue for the first Scottish Primary Schools Cross Country Championships on April 25, as it is a school that has certainly made its mark on the cross country scene over the last couple of years.

P.E. teacher Terry Boast, an ex-British Junior hurdler, and Steve Laing, teacher of Craft, Design and Technology, and ex-Scottish 800 metres international, have done much to promote cross country there with their great enthusiasm for the sport.

The school was founded in 1906 as a national memorial to Queen

Appropriate

Victoria, and to Scotsmen killed in the South African War. It is a boarding school for the sons of Scottish sailors, soldiers and airmen, but although for the most part financed by the Ministry of Defence, it is not a military school.

There are 270 boys living at the school, 80 of those in the primary department, and the rigorous way of life seems to produce naturally fit youngsters. The "monitors' punishment", however, could have quite a lot to do with the success of the school in cross country. Anyone incurring the wrath of the

monitors can be seen running round the school cross country course at seven in the morning!

The younger boys, especially, have done extremely well recently, with Andrew Casey and David Fisher taking third and fourth places at the Scottish Secondary Schools Under 13 age-group.

The Junior Boys team came sixth in the Scottish Championships and were first team from the East of Scotland ahead of many a good club; the colts were second overall in the East District League and the school also took the Preparatory Schools Championship.

Poor turn-out

HAVE WE seen the last Edinburgh-North Berwick 22?

Only 31 started on May 2, perhaps due to the competing attraction next day of the Edinburgh Half-Marathon. Also, the 22 is a traditional club-race totally devoid of hype.

However, Councillor John McNair, last Provost of North Berwick, emphasised at the prizegiving that he had been a keen supporter of the race for 25 years, and he hoped the Edinburgh AC organisers would manage to continue the race.

It goes back in fact 27 years to 1958, with a few missing years. Sponsors will no doubt be a problem, though improved publicity could certainly boost the numbers.

Martin Coyne (Falkirk Victoria) won this year's race in 1:56.07 from David Fairweather (Law and District). Tony Goldie, Central Region, won the handicap.

Games Day

A GOOD chance to see many of the best Highland Games heavyweight amateurs will be at Hamilton Games on June 13. The line-up is expected to include Alan Pettigrew, Walter Weir, Henry Naismith, John Scott, Alister Munro, George Cameron, Billy Cameron and possibly Stuart Menzies.

The first outings in May will likely feature Pettigrew, Weir, Menzies, and Naismith, with George Cameron coming in at Bathgate.

Hill race

RON HILL is hoping to run a marathon in Nicaragua later this year - if the trip comes off it will be the 44th country in which he has raced! Number 43 was Costa Rica in early April, and Hill's latest ambition is to race in 50 countries before he is himself 50.

Gordon goes flat out ...

DIETING can help you to lose weight, and so can exercise. But dieting and exercise together can give really spectacular results.

Dr Gordon Jenkins, 32, of Kirkcaldy College of Technology's Specialist Studies Department, has proved this over the winter months - and has the figures to prove it.

These were collated from two staff handicap road races in which Gordon took part - lighthearted events held in the college at the end of the Christmas and Easter terms.

For the December race Gordon, only 5 feet 7 inches but carrying 12 stone 5 lb, was one stone eight pounds overweight. He ran 23 mins 52 sec for the 2.7 mile course at Dunnikier Park and took third last place, beaten by several men who had seen better days.

In the succeeding months Gordon went gradually on to a 800 calorie a day diet, running for up to five miles twice a week, and also putting in two sessions a week of weight training and Ju Jitsu.

By April he had lost one and a half stones, and in the Easter Handicap on April Fool's day he confounded the handicapper by running more than five minutes faster than his December time, finishing first in 18:53. First prize



Dr Gordon Jenkins was a calorie-laden chocolate Easter egg.

Gordon is now on a more comfortable 1500 calories a day, and gives a warning: "Most doctors would not recommend going as low as 800 calories a day, and I don't either. It made me feel rather dizzy at times."

However, there is no doubt that the diet and exercise regime can achieve quick results. He now hopes to sustain a weight around ten and a half stones.

Crawford Mackie

Tri guys

JOHN O'Donovan of the Fleet Feet club won the Banchory Short Course Triathlon on April 26. He recorded 1:41.39 for the canoeing, cycling and running course. William Johnston of East Kilbride Triathlon Club won the first Ayr Biathlon, beating 76 other competitors in the seven mile run and 22 mile cycle ride. His time was 1:40.35.

Runners up at Banchory were John Gordon (1:44.44) and Simon Horsley (1:49.01), while at Ayr the minor placings were taken by Keith McKissock (1:41.43), and Philip Templeton (1:52.33).

Seminar

THE MENTAL Health Foundation held a running seminar at Glasgow's Albany Hotel in April, at which an audience of over 150 picked the brains of a panel including Nike's Charlie Spedding and Max Coleby, and Scotland Runner's Sandra Whittaker.

The Foundation's Scottish director, Malcolm Collins, declared himself well pleased with the night. The charity gave grants and aid totalling more than £100,000 to community health projects in the past eighteen months, and is looking to runners to continue to raise cash through sponsorship.

Decision time for Kelvin Hall

GLASGOW'S bid to host a future European Indoor Championships in the new Kelvin Hall indoor arena will be considered later this month by the British Amateur Athletic Board.

If the Board backs the Glasgow initiative, and those officials who have seen the work in progress at the Kelvin Hall are reported to be "highly impressed", the next stage will be to negotiate with the International Amateur Athletic Federation.

Meanwhile the "Mr. Fix-it" of international athletics, Andy Norman, has asked Glasgow for a couple of dates on which a prestige international match might be arranged - the dates pencilled in so far are February 7 and March 11. Senior television executives have also seen the facility and declared that it will be suitable for TV coverage, despite the row of thin steel pillars which intrude into the arena.

"The Kelvin Hall will be capable of staging events up to European Championship standard," says Frank Clement of Glasgow District Council and former international middle-distance runner. "We are keen to develop a strong relationship with the BAAB, so that an ongoing pattern of prestige events can be built up over the next few years," he says.

Although Birmingham is due to open an indoor arena in the near future, and Cosford is expected to continue hosting major events, Clement does not think that there is any danger of an over-capacity of British indoor facilities.

"In this country indoor athletics is still thought of as a second best to outdoor - yet in the USA indoor athletics is bigger than outdoor and major events are considered to be at least as prestigious and exciting a spectacle as those staged outdoors. Once Glasgow and Birmingham are fully utilised we should be able not only to complement Cosford but to help foster the idea that track and field can be an all-year sport instead of restricted to the summer months," he says.

"What's more," he continued, "the runner going from Land's End to John O'Groats has the advantage of the prevailing south west wind behind him. And it's good to be heading for home all the time. Support gathers when you cross the Border and it's good psychologically. There's a homing pigeon instinct involved."

The event was planned with a lot of care and much support. After initial sponsorship plans had fallen through, Elgin Rotary Club stepped in. Using their contacts, they fixed up hospitality overnight at stops for Don at 85-mile intervals along the way: Okehampton, Bridgewater, Hereford, Warrington, Kendal, Moffat, Kinross, Kingussie, Bonar Bridge, and John O'Groats.

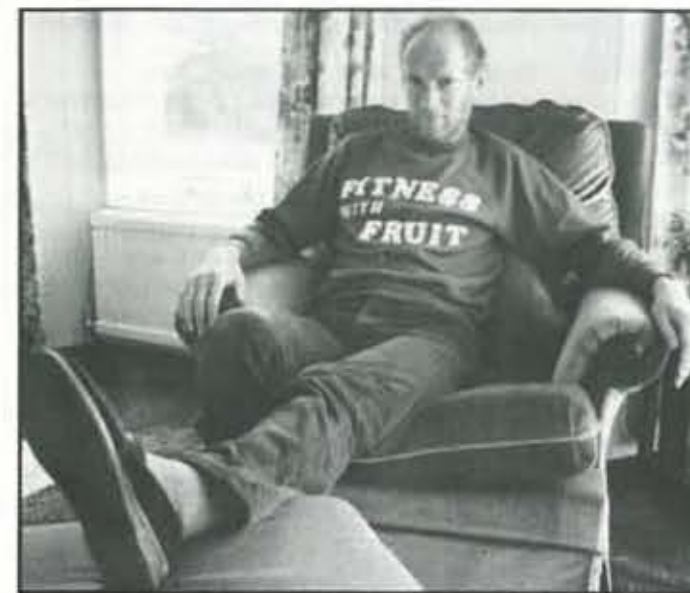
But why was the whole journey divided into ten segments? That's where mystery man Hicks comes in. The official - Guinness Book of Records - best performance is that of Ken Craig, who covered the distance, in 1984, in twelve days one hour 59 minutes. However, the Road Runners magazine accepts the performance of the otherwise unknown Hicks, who by his own reckoning (and that of his wife's), knocked two days off Craig's time. At the planning stage, this seemed the record to try and beat. Ritchie's target was ten days.

The first couple of days, and most of the third, went according to plan, despite competition from heavy traffic. Two back up vehicles were driven by athletes Mick Francis and Peter Chalmers. Malcolm Morgan of Elgin was there as physio. Graham Milne of Peterhead (and captain of the record-breaking Aberdeen team in 1982) acted all along as race co-ordinator. The athletes were taking turns to accompany Ritchie at his 7 1/2 m.p.h. pace.

It was at the end of the third day, 248 miles into his record-breaking attempt, that injury struck - suddenly, in the form of severe shin pain. "Malcolm didn't use his laser equipment, or the ultra sound," said Don matter-of-factly. "Just acupuncture."

The fourth day was spent walking - to run was impossible - which may even have aggravated the injury, finally diagnosed as a stress fracture. But Ritchie is now back, jogging to begin with, and still hopes to take part in a 100 kilometre race in Italy at the end of this month, an event he has won twice previously. Then comes the

Ritchie - We'll do it in twelve days next year.



Don Ritchie, left, putting his feet up at home after his abortive Land's End to John O'Groats run last month.

THE COMBINATION of a mystery athlete named Hicks and a sudden muscle strain on a downhill stretch north of Monmouth put paid to Don Ritchie's Easter record attempt on the 844-mile Land's End to John O'Groats run. But plans are already underway for another attempt next year.

Ritchie, the 42 year old holder of six world records from 40 miles up, has hankered after the ultimate British record since his successful membership of Aberdeen AAC's record relay run from John O'Groats to Land's End in 1982.

This time, however, apart from going solo he attempted to tackle Britain from bottom to top. "Starting from Land's End," he explained, "you get the worst of the hills over first. Whereas the roads in Scotland go round the hills, the roads in that part of England go up and over them."

"What's more," he continued, "the runner going from Land's End to John O'Groats has the advantage of the prevailing south west wind behind him. And it's good to be heading for home all the time. Support gathers when you cross the Border and it's good psychologically. There's a homing pigeon instinct involved."

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first ever 100k World Championships in Belgium on June 19.

Another first this year is the European Cup for ultra-distance men (100k being the classic distance for them). To qualify, athletes must post their best three times for the distance, at properly supervised and nominated events. There are none in Britain, so Don might be going to Santander, in Spain, in October, for his third counting event.

Then it'll be back to planning next year's Land's End to John O'Groats run.

"We've forgotten about Hicks", says Don. "Having tried it, I don't think anyone could do it in ten days. We're aiming for 12 days next year, an average of 70 miles a day instead of 85."

"The fixed overnight stops didn't turn out to be such a good idea, so next time we're looking for a Dormobile-type vehicle. That way we can have more flexibility about how we use each 24-hour period. I can have shorter and more frequent sleeping sessions at suitable points during the day. I could even run at night sometimes, to avoid traffic."

Graham Milne, a former Scottish internationalist himself and director of the Aberdeen Marathon, spoke for the whole team in his enthusiasm for next year's bid. "Instead of doing 85 miles each day, I think it would be better to build up all the way along the road until near the end when Don can just hammer on to the finish."

With this year's experience behind him, he can do it.

David Carter

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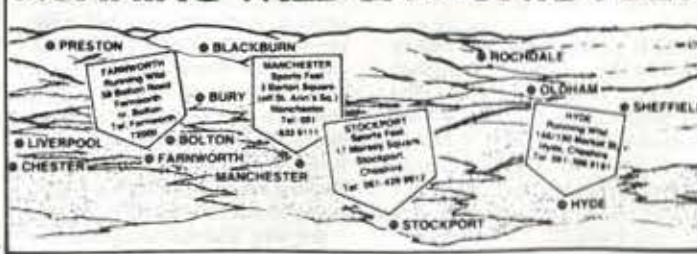
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MORE THAN JUST RUNNING SHOPS— RUNNING WILD & SPORTS FEET



Letters...

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

Vet boycott

4, Heathervale Walk,
Armadale EH48 2LL

SIR - I shall not be running in this year's Glasgow Marathon, despite having been a great supporter of the event since 1982.

I am withdrawing my support from this year's race in protest at there being no prize for the first veteran to finish. As a member of the Scottish Veteran Harriers I find it an insult to our age group, and to the quality of runners we have, that the organisers can come up with a £750 prize for the first female finisher, yet chose to ignore the fine veteran athletes in this country.

Having recently run in this year's Lochaber Marathon - a well organised race by the way - can I draw your attention to the fact that three out of the first six finishers were veterans and the winner, Colin Youngson, becomes a "vet" later this year. Hardly an age group to be ignored.

This is purely a personal protest and in no way involves the Scottish Veteran Harriers. Also, I am not complaining that the first female finisher is being rewarded in this way (keep running ladies!), only that the first veteran isn't.

Peter Cowan.

Jesse Owens

24, Victoria Green,
Queen Victoria School,
Dunblane FK15 0JY.

SIR - I read Jim Wilkie's article (May issue) on the 1936 Berlin Olympics, and in particular Jesse Owens, with great interest.

I met the legend himself in 1979, less than a year before he died of lung cancer at the age of 66. A portly figure, smoking a cigarette, he was surrounded by athletes at Chicago airport, all of us heading for the famous collegiate Drake Relays in Iowa which Jesse Owens was due to open.

With all the publicity surrounding Hitler's refusing to shake hands with him at the medal ceremony, Jesse Owens put the almost universal nature of racism into perspective in pointing out that he was not invited to the White House to shake hands with the President either.

Unfortunately, I have long since lost the autographed scrap of paper, but a cherished memory lives on.

Fiona Laing

"Appalled"

SIR - As a founder member of Fife Southern Harriers, I was appalled by the distortion of the facts in the article by Crawford Mackie in your April issue.

The implication that the demise of the club was due to quality athletes leaving when they had

gained some measure of success is an unfair and untrue comment.

These same athletes covered many events for the club and showed loyalty over the years. But ambitious athletes cannot live on promises; they have to see a developing club, not stagnation.

Lack of communication between committee, athletes and coaches caused the final downfall. It is to be hoped that the same "mistakes" made in the organisation of Fife Southern after the departure of Ron McGill, who was a tireless worker for the club, will not be repeated with the "new" Fife AC. My other fear is that the athletic talent which has been developed in the Glenrothes-Kirkcaldy area will now be lost to better organised sports.

It may be that at last athletics in Fife is moving to a more unified club structure. One or two clubs in Fife committed to the welfare of athletics in general would indeed be a great step forward. I wish all the athletes and organisers at Fife AC the greatest success and a bright future.

Eric A. Simpson
(BAAB coach)

Short-changed

1, Chalton Court,
Bridge of Allan.

SIR - QUESTION: When is an advertised 10K road race not a 10K road race? ANSWER: When it is the St. Mungo race organised by Victoria Park AAC.

Along with some 200 other runners, my friend and I turned up at Bearsden on April 26 to do the "St. Mungo 10K Road Race". We each had paid our £2.50 for a race organised "under the rules of the SAAA and the SWCC & RRA".

The first clue came with the absence of a 6-mile marker. The second came at the finishing line - surprisingly both of us had slashed our personal bests by minutes.

Questions to the organisers revealed that the course was known to be "just under 6 miles". When asked why then it was advertised as a 10K race, all that emerged was something about it being a new course.

The upshot of it was that the organisers had knowingly short-changed us and seemed unconcerned about it. Is this right? What, if anything, will these organisations with lots of initials do about it?

W.C. McGrew

SIR - With reference to your photograph on Page 7 of the May issue of Scotland's Runner - "Athletes in disguise" - pictured with Roma Davidson is her Inverness Harrier clubmate Jenny Rankine of Alness Academy. Jenny (15-17 age group) and Roma were both members of the Scottish Schools' Squad who competed in

the international in Roscommon, Eire.

Spinningdale,
8, Darroch Brae,
Alness,
Ross-shire IV17 0SD.

May I take this opportunity to say how much as a family we enjoy, and appreciate, Scotland's Runner.

Margaret F. Rankine.

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Invalid Children's Aid Nationwide was founded in 1888 as the Invalid Children's Aid Association, to help sick and handicapped children. To-day, I CAN looks to the future and continuous care of handicapped babies, children, young people and their families throughout the United Kingdom. We have schools, a further education college, a Family Support & Advisory Service, an Information Service, and are offering work opportunities to handicapped young people through Community Programmes and other schemes.

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We are thrilled that so many runners have taken up our cause, and are proud to wear our running vest as they test their own endurance on marathons all over the world - Berlin, New York and London, to name but a few; and throughout the United Kingdom in major and mini-events.

We, in turn, benefit by their tremendous efforts and enthusiasm, and we hope that this quotation from Robert Louis Stevenson's poem A Song of the Road - "Over the hills and far away!" will provide inspiration for this photographic competition for our Scottish runners.

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3. Age group: 15 and under.
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Letters...

Out of tune

97, Barnton Street,
Stirling

SIR The article on Page 12 of the May issue of "Scotland's Runner" regarding the 1987 Runsport Half Marathon unfortunately gives a totally inaccurate view of events.

Firstly, although the dates of the half marathon and the Pipe Band Championship do coincide, there will be absolutely no chance whatsoever of "runners getting tangled up with the pipers", and I would advise the source of the rumour to check the facts out with the race organising committee before coming out with similar statements in future. The half marathon has the priority on the streets of Stirling on the morning of the race, and the police will not allow anyone, whether a piper, motorist or cyclist, to impede the route of the runners.

The pipe band event starts at 1 p.m., long after the race is over and takes place within the grounds of the Kings Park, not out on the streets of Stirling as the article implies.

We have had to put the start time forward by one hour (not 90 minutes as stated) for two reasons. Firstly, local churches have complained about delays experienced by their members in travelling to church on the morning of the race, and as a result we were advised by the police to change the start-time of the race. To start later in the day would force runners to compete in higher temperatures with the corresponding reduction in their performance, and would also increase the risk of dehydration, heat-stroke etc. From the runners point of view, an earlier start in the cool of the morning is infinitely preferable and for this reason we chose 9 a.m.

The second factor which put pressure on the need for an earlier start was the Pipe Band Championship. To have started at our usual time of 10 a.m. would have given the police insufficient time to move men from the half marathon to the King's Park in time for the 1 p.m. start, and as the event could not proceed without the first-class assistance we receive from the police, the committee had no hesitation in complying with this request.

As the person who has been responsible for liaison with the police, I have attended many meetings with the chief inspector involved in the event, and he is

totally satisfied with the arrangements which have been made. The statement in your article to the effect that "... the police are reviewing the situation ..." is totally erroneous, and this point must be pointed out to your readers and the potential entrants.

In conclusion, there will be no changes made to the route or the start-time. If any runner wishes to take part in Scotland's most accurate, fastest half marathon, then he or she should line up at Stirling University on Sunday July 12 at 9 a.m. There will be the usual pipe band at the gates of the university providing a musical boost for the runners at the end of their run, but they have been given strict instructions not to join in with the runners!

Stuart Easton,
Runsport Half Marathon committee

THE SOURCE of our information was one of the half marathon organisers, who was quite explicit that the clash of events was causing a re-think and that the probable outcome would be that the race would start 90 minutes earlier.

We're more than happy that the situation has been resolved and to publish the outcome. Our report last month did make it clear that there was no possibility of the organisers accepting a change of date.

We appreciate that race organisers would prefer if we didn't publish stories about difficulties facing their races, but our editorial policy is - and always will be - that our readers are entitled to know what these difficulties are.

Right to choose

1, Elphin Street,
Glasgow G23 5JD.

SIR - As a non-attached runner who gave up my previous sport of karate due to "politics" becoming more important than the sport, can I point out that Mr. Clifton's letter in the May issue of your magazine condemns himself and his SCCU general committee.

To quote from his letter - the SCCU is acting on the clubs' behalf in protecting their interests? Whose interests were protected? Certainly not Maryhill Harriers' interests.

Mr. Clifton assures us he is only answerable to the general

committee and the AGM. Then who authorised his official reply? The general committee, or the AGM last year?

He fails to answer Steve Lyndon's statement that Springburn Harriers already have next year's January 9 booked. If this is true, then why should anybody attend the AGM?

Also, regarding the SAAA rule 4(i) - is he now a spokesman for the SAAA as well? When was he elected, and by whom?

Hopefully some commonsense will prevail and ordinary runners will be allowed the right to choose which race they want to participate in.

Jim McGrath.

P.S. The venue for the AGM should ideally suite the "fossils" attending.

No races at Games

29, Braehead,
Beith,
Ayrshire.

SIR - I read with interest an article on Highland Games by David Webster in your April issue, and I would like to ask through the medium of your excellent magazine when is a Highland Games not a Highland Games of the Scottish traditional variety?

I am well aware of the massive importance of Heavy events at Highland Games, but why call several of the Games listed in your magazine highland games at all? Why not just call them Heavy events contests with other traditional events? They have no foot races, professional or amateur.

I bear no umbridge to any Heavy event athletes, but I wonder sometimes when I see all the foreign stars wearing the kilt. Perhaps it is all for the tourists to watch the Scots being beaten at their own game.

I am sure David is an excellent teller of tales, and I know he is an excellent commentator, but does he know the S.A.A.A. changed their rules in 1985 to allow youngsters up to a certain age to run at professional Highland Games? This was put into force after the incident with the youngster, as reported in the national press.

So, come on David, give Highland Games grass-roots running a chance. Come on all you runners and speak up if you see or know of a Highland Games minus foot races - or maybe you don't think the running sport is worth fighting for at Highland Games.

James A. Swindale,
Beith Harriers

Women vets: start at 40?

30, Lesmahagow Road,
Boghead,
Lesmahagow ML11 0JA.

SIR - I am writing in response to Henry Muchamore's Veteran Scene column in the May issue.

I feel that greater interest in athletics for veteran women would be achieved by equality - i.e. becoming veterans at 40, not 35 as is at present.

At 35, most women are rearing families and cannot afford the time necessary for training and days out to races. By the time they reach the 40's and the family is no longer so dependent on time, they then feel so much older than the others in their class who are only in the mid-thirties. I am talking from experience!

There are not too many of us who are prepared to line up beside these youngsters. I definitely feel veterans should all start at the same age of 40.

Margaret Allan.

IT SEEMS to us males on the editorial team that Margaret Allan is making a fair point. What do readers think?

Our error

"Birchwood,"
Belvedere Plantation,
Glasgow,
Ayrshire.

SIR - Whilst appreciating that Duncan McKechnie's Scottish ranking lists were "painstakingly compiled," nevertheless I am grieved to report an omission.

In the men's 400 metres list there is no mention of Scotland's best native-born Junior of last season, namely Alan Murray of Kilmarnock Harriers. Alan clocked 48.39 in the Bell's Junior Home Internationals at Meadowbank, shortly after doing 48.9 as runner up to Anglo Gary Patterson in the Scottish Junior Championships at Crownpoint. Either of these performances justified an inclusion well up in the published 400 metres list.

I fully realise the difficulties involved in compiling such ranking lists. However, as both these times were clocked at major events last year, I feel they should not have been missed. Although an omission such as this is of no great importance, it is greatly encouraging to young athletes in particular to feel their efforts have gained some recognition.

W. J. Melvin

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If you are interested and want further details, telephone Sandra Whittaker at: 041-332-5738 on Mondays, Wednesdays or Fridays.



Ewan Mee

"Hello Ruth....."
"You're late."
The Lonelyfeet Contact Agency phoned - meet your partner at seven tonight at the car park entrance in the town centre. Dinner's in the oven. I'm off to my class in Neurosurgery for Beginn.....". The closing door guillotined the last syllable.

"Goodbye Ruth....."
Munching my meal, I mused on the identity of my prospective partner. "Computer-matched to your own requirements," the ad had said. Who would match, "Sophisticated male runner, early 30's, seeks Monday evening runner for lasting fulfilling relationship?" Undoubtedly a beautiful female runner in her early 20's, an interesting conversationalist, a novice to benefit from all my knowledge and experience.....

I stood expectantly at the car park entrance, waiting. A red speck at the end of the road, accompanied by crescendoing exhaust roar, grew ever-larger, till a scarlet Porsche screeched to a halt beside me. A reincarnation of Botticelli's Venus - more prosaically, an Anika Rice lookalike in a Calvin Klein lemon jumpsuit - shimmered out of the car. I silently congratulated the agency computer's good sense and taste in producing a perfect match. She purred, "Mr Mee?"

I nodded, set my jaw firmly assuming nonchalance, then gibbered. "Hello, I'm glad to meet you, very pleased indeed, I didn't expect anyone so beautiful, I hope your feeling fit, and why don't we go for a drink after our run?"

She sweetly shook her head. "Oh no it's not me. My 65-year-old grandfather is your partner."

My head swivelled as a decrepit old codger eased himself gingerly out of the car. I half-expected to see a Zimmer produced as well. I sighed, resignedly, enviously, as she skipped round the car to peck him on the cheek and arrange to collect him an hour later. I should have known! Trust a computer to get it all wrong!

After he introduced himself as Wilson Wizzard, we agreed

Monday Evening Blues

on five minutes stretching, nine minute pace to start with, and our route. (I selfishly included three hard sections - murder mile, death row, and heartbreak hill - to salvage something from such a wasted evening). I doubted he'd last two miles, and tried to remember mouth-to-mouth resuscitation technique. Do you take out people's false teeth?)

After 20 minutes, I realised that our polite initial conversation had deteriorated to monologue, with me gasping for breath as he effortlessly inched up the pace. He courteously asked if it was too quick. I bit my lip, shook my head, and thought. "Serve you bloody right! You never learn! Presume you know it all!"

The words "know...it...all", rhythmically patterned by my footsteps, echoed bitterly in my head for the next half hour.

Last mile - heartbreak hill approached. He'd ease off now, surely. "Eyeballs out last mile?" he asked. I gulped, nodded, and gathered my energies to finally show him who was boss.

He finished 100 metres ahead of me, cheerfully waving to his granddaughter. I slunk in, humbled in my ageist arrogance.

"Thanks for the run, Ewan. The computer matched us pretty well, I think, given I'm a bit stiff after yesterday's 20 miles, plus digging over the allotment in the afternoon and aleing till two in the morning with some old friends. Sorry for holding you back. We can go faster next week if you want."

I'm sure he winked at her as he said it, too. I didn't have a white handkerchief to wave in surrender. I feebly flapped a dissenting hand instead. He continued, "Anyway must go. Jane's taking me for a drink. See you next Monday!"

To Stewart McIntosh

Could you please give me advice on what distances children aged 9-13 years of age should be running at any one training session, and total distance recommended weekly?

We do the majority of our runs on roads, although we do get on to farm tracks occasionally. At this time of year we also have access to the school grass track. We also do a one hour gym session fortnightly which consists of warm up, circuit training, assault course, followed by warm down. Those that can manage it then go out for the usual training run. Do you believe this to be of benefit to juniors and seniors alike?

Also, could you please advise on any coaching courses that are available, or suggest any help we may get on the training of junior runners, as we are specifically a road running club and understand the importance of careful training.



Janine Robertson,
Blairgowrie
(President, Blairgowrie Road Runners)

THE MOST important thing is to ensure that young people enjoy themselves and that they are not pushed to do too much too soon, especially in the form of road running. Young bones are still growing and too much pounding on the pavements can cause injuries, inhibit healthy development and lose potential athletes from our sport.

A couple of runs a week should be enough for the nine year olds, and it is beneficial for them to mix this with other activities like cycling, swimming or team games. Three or four runs a week would be enough for the 13 year olds. The circuit training should provide a stimulating break from the other training and should be treated as a fun session which also provides a physical challenge.

The key is to avoid pressurising youngsters with too much competition. Sure, they all want to be the next Tom McKean or Yvonne Murray, but you need to remind them (and their parents!) that most top class

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.

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!
4. Scotland's Runner reserves the right to select which training tips will be published. Those not chosen, for whatever reason, will be returned by stamped addressed envelope. We are unable to offer a personal coaching service, and no correspondence will be entered into.

athletes emerge in their late teens or early 20's.

The maximum distances which children are allowed to race under athletic rules give a guide as to the sort of length of training run which is suitable, although once again each runner has to be treated as an individual with different needs. The race distances are GIRLS 9-11, up to one mile, 11-13, one and a half miles, 13-15, two and a half miles, 15-17, four miles. BOYS 11-13, two miles, 13-15, three miles, 15-17 four miles.

The SAAA organise coaching courses, the next series of which begins in the Autumn. Contact: SAAA, 18, Ainslie Place, Edinburgh.

To Fraser Clyne

I am a 31 year old female with approximately three and a half years jogging experience behind me. I have completed five marathons and numerous half marathons and fun runs.

My best half marathon time is 1:51, and full marathon 3:56. This August I would like to participate



in the Two Bridges run. What training advice would you give which would enable me to "get round" the 36 miles, preferably in 5-59!

At the moment I normally run about 35 miles per week. This usually includes a Sunday half marathon and four shorter runs of between four to seven miles. The routes and terrain vary, but the pace tends to stay the same - around the nine minute mile mark.

Week 1	Week 2	Week 3
Mon: 10 miles	Mon: 5 miles	Mon: 4 miles
Tues: 5 miles	Tues: Rest	Tues: 7 miles
Wed: Rest	Wed: 5 miles	Wed: Rest
Thurs: 7 miles	Thurs: 10 miles	Thurs: 5 miles
Fri: 5 miles	Fri: 5 miles	Fri: 7 miles
Sat: Rest	Sat: Rest	Sat: Rest
Sun: 20 miles	Sun: Half marathon race	Sun: 20 miles or long hill walk

Repeat cycle every three weeks.

As I work full time on shifts, I feel that including speedplay work and/or hill reps would be over-tiring and too much to hope for.

About a third of my training is done in the company of friends, and the rest alone. As I find longer runs, except organised half marathons, tedious, how else might I build up enough stamina to enjoy the named run?

Christine Menzies,
Hamilton

A GREAT DEAL has been written in recent years about training for 10Ks, half marathons and marathons, but there is very little guidance in the literature concerning preparations for ultra-distance events such as the Two Bridges.

Although you say that long runs can be tedious, I would suggest that your main priority should be to get used to being on your feet for long periods - particularly as you expect to take anything up to six hours to cover the distance. The boredom can be taken out of long runs by doing them in the company of friends, and by running in varied locations.

Maybe you could drive to a nearby forest or country park and run for two, three or even four hours in pleasantly different surroundings? It may be a good idea on these long runs to carry a small lightweight backpack containing a cagoule or an extra t-shirt in case of sudden changes in the weather. A water bottle or bottles might also be taken or left at strategic points along the route. Endurance can also be developed by mixing runs with walking, and again this might help relieve the element of boredom. Perhaps you might enjoy spending a day walking in the hills with friends? I know of many people who keep very fit by doing regular long hikes up and down the Cairngorms in summer - and it's good fun!

In the following suggested three week training cycle I have indicated that your weekly mileage might be increased slightly, but if you feel it is too much then cut out some of the short runs rather than the longer ones. Remember also to ease down in the final two weeks before the race.

The runner's frozen asset

THE WELL-FED Runner

THE good folks on Clydeside were puzzled by the queer goings-on in Henderson's shipyard. A strange wooden structure was going up which came to look like a ship's hold. Then the whispers said that it really was a ship's hold on dry land, and that two mad Glasgow butchers wanted to store meat in it. But a ship's hold not only on dry land but with a lum which constantly smoked?

The thing had gone beyond all belief when cart-loads of mutton carcasses were seen in the yard and were quickly loaded into the big wooden structure.

It happened 110 years ago. Next time you pick something choice from one of the supermarket freezer cabinets, spare a wee thought for D & W Henderson's yard and Henry and James Bell, the mad Glasgow brothers with their world-spanning scheme for preserving food. The neat modern cabinet is a great-grandchild of the wooden stack with the smokey chimney in Henderson's yard.



John Hawthorn

The Bell brothers only seemed mad. In the early 1870s the population of New Zealand was 250,000 humans and nearly 10 million sheep. There were 38 sheep for every man woman and child in the country. You could buy a whole sheep for 2½p and the surplus was so great that the beasts were boiled down to make tallow — the flesh, bones and hides being simply thrown away.

Meantime in Britain there was something of a food crisis. The drift from farm to factory which led to the building of our great industrial towns had given rise to acute food shortages and the people were dreadfully undernourished.

The problem was the lack of effective means of food preservation. How could the abundance of New Zealand be made

to feed the hungry back home?

The "mad" butchers were to find the answer, and the ship's hold on dry land was the proof of it.

Refrigeration was not an altogether new idea and Glasgow had a brisk trade in shipping ice from Norway. But the voyage from New Zealand took an average of 90 days and the meat had therefore to be hard frozen.

Commercial refrigeration was still in its very early stages, and depended largely on the use of ammonia. But the best pipework and glands then available were not good enough to prevent escape of the gas, which was bad enough on dry land

but could be catastrophic in the confined space of a ship.

A Scottish inventor, a Mr. Joseph James Coleman, provided an answer good enough to last till the early years of the present century. He used a compressed air refrigerator with a small steam donkey engine to drive it. It was covered by patent No. 1034, which you can still consult in the Patents Department of the Mitchell Library.

The lum which puzzled the good folks of Clydebank is thus explained. The canny Bell brothers were not going to stake their fortunes on an untried system, so the fake ship's hold was filled with Scottish mutton which was frozen and held for 90 days and came out as good as new.

Things then really began to move. The full-rigged iron ship Dunedin of 1320 tons was fitted with an insulated hold and a Bell Coleman machine and sailed from the Tail of the Bank on 23 August, 1881 for Otago with 50 passengers on board.

She was under the command of Captain John Whitson of Perth who had been with her from the year she was built. Her return voyage was adventurous enough. She sailed from Port Chalmers with 4660 carcasses of mutton, 449 carcasses of lamb and 22 carcasses of pork.

The voyage was an anxious one for the captain. As she sailed through the tropics, sparks from the donkey engine kept setting the sails on fire! At one point the captain became concerned about the ventilation in the refrigerated hold. He could not open the hatches without risking the cargo, so he climbed down a ventilation shaft to reset the ventilators and then found that he could not climb out again!

He would have frozen to death had the Mate not gone down after him but this time with a rope round his waist so that other members of the crew could haul them both out like two corks out of a bottle.

The Dunedin docked in London on the 24 May 1882 with all the cargo, except one carcass, in superb condition. Within two weeks the whole consignment was sold, some of it coming to Glasgow. Within a few years thousands of tons of frozen meat were being shipped from Australia, South America and New Zealand, and another credit had been added to Glasgow's long list of pioneering achievements.

But there are always a few cowboys who spoil things. As refrigeration machinery became more common and cheaper the process was often used to cover up unfit meat and other foodstuffs. Gradually the trade in frozen products got a bad name and public confidence wavered.



The full-rigged clipper Dunedin from a painting by Frank H. Mason. The funnel of the donkey engine driving the refrigeration compressors can be seen midships. The ship was lost in the neighbourhood of Cape Horn on a voyage back to Britain in 1890.

The man who was to change all that came to the business in a curious way. He was a young American engineer, mad-keen on the open-air life, who used to spend his vacations hunting in Arctic Canada and living off the animals he shot.

He noticed that meat frozen very rapidly in the intense Arctic cold tasted better than any frozen meat he had tasted at home. Perhaps the speed at which food was frozen was important in retaining the quality of freshness? He began to experiment with the design of machines for quick freezing and he had worked out how to do it by 1929.

And his ideas were correct. The fast-frozen foods (minutes as opposed to hours to do the job) were so much better than the ordinary stuff that he started up a company to exploit them.

The products hit the jackpot within a year of starting, despite the fact that there were no freezer cabinets in the shops. These soon came along. His company boomed. The name of the inventor was Clarence Birdseye and he called his company Birdseye Foods.

•WHEN I first came across the story of the Coleman refrigerator the firm of D & W Henderson were still operating on the Clyde. I checked it out with them at the time and they sent me the only record they had left — a small black-covered notebook from which I photographed the above page.

I knew that it was a significant find at the time, but only found its true importance many years later when an Australian historian and scientist borrowed the photograph from me. It proved the link

The Bell Coleman Mechanical Refrigerator offered for No. 3 machine, 31st May 1878. Price £1165.— Payment by Mr. W. Henderson, acceptance for £500 at once. (received 24th June) The balance of £665 to be paid within six months after completion, if not the contract is cancelled and the machine becomes our property. Accepted 25th June 1878.

which helped to open the story of the pioneering and swashbuckling days of the Australian meat industry upon which much of that country's early fortune was made.

But meantime D & W Henderson, like so many

Clyde shipbuilders, is no more, and that little black book has disappeared. I have tried to trace it again without success. Maybe one of my readers knows something?

Dietary hint.

YOU can take it as official — frozen food is good for you. The freezing process is just about as kind to the precious nutrients in vegetables, fish and meat as is possible to achieve in an imperfect world. I especially recommend frozen vegetables when fresh vegetables are hard to find, or when they look tired and sad on the shelves, or are out of season.

Freezing retains vitamins rather well and flavour is often almost as good as fresh. Frozen fish retains its nutritive value as do many frozen dinners and other pre-prepared dishes.

But the great virtue of frozen foods is the time they save you in the kitchen. For the serious runner with training taking up so many hours per week, it is most important to have nutritious food which can be prepared with the minimum time lost. But these dietary hints are equally for the spare-time fun-runner who has to give time also to a job or looking after a home and family, or worse still, doing both. For the busy, these foods are a godsend. Do not be put off by the anti-processing brigade.

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WOMEN

on the

RUN

Gather any group of women runners together and before long they are bound to get on to one particular subject - harassment.

Every woman has a story to tell about her worst experience while out running. And while some may be amusing, others are very alarming.

I'll never know what it is about women runners that seems to bring out the worst in some people!

At its mildest, harassment covers the usual, almost routine, comments which we all invariably have to endure. They tend to come from youngsters and adults who think they are being funny, but who should know better. Let's face it, the comments are so predictable; after all we have been hearing these so-called jokes for years now.

Then there are the stone throwers, those who like to have a moving target for their missiles. Believe it or not, I've even heard of one runner who has been shot at with an air pistol!

And there are the young people (usually boys) who think it's great fun to "follow a jogger".

Most of these things we can tolerate. In fact, many of us have now come to expect comments etc. However, some women runners have been faced with far worse experiences.

The most serious case involved a Berwick runner, Mrs Jennifer Heckles, who was found stabbed after going out for a run in 1983.



Connie Henderson

Last summer, while jogging through a local park, one Edinburgh student suffered a terrifying attack. The 24-year-old woman, who prefers to remain anonymous, was jumped upon and thrown to the ground.

Her attacker then ran off, and fortunately the jogger received no serious injury. She said: "I was terrified by the incident, but I suppose it could have been much worse. It was the middle of the afternoon and there seemed to be lots of people around. I never dreamed such a thing would happen."

Naturally the woman endured a considerable amount of pressure from her family to give up running, and for several months after the incident she did not jog.

"But," she says, "after a while, I thought: why be intimidated. I enjoy running and I missed the exercise, so I'm back in training again. But I'm still very cautious."

"I can't always run with

someone, but I try to go on routes which are well populated."

Indecent exposures are another form of harassment which women should be aware of. I personally have been victim to two such incidents, which can be quite frightening. Incredibly they both happened in broad daylight in fairly busy areas.

Jane Rowley from Dumfries experienced another incident which left her "more angry than threatened", but which was potentially dangerous. While out running, a youth grabbed her and after making a few lewd comments, he made off.

"I was really angry," she said. "The boy would never have thought of grabbing a male runner. I didn't feel frightened - in fact, I managed to give him a few hard kicks before he ran away."

The police in Scotland say they have no specific figures for incidents involving runners. All forces keep numbers of indecent assaults and indecent exposures, but there's no way of telling which, if any, involved runners.

A spokesman at Strathclyde Police said: "We are not saying incidents involving runners never happen, but I do not think there are many." He advised runners to play

safe and run with a friend as often as possible.

It's worthwhile trying not to run in strange, unfamiliar areas too. If you do go out alone, tell someone when you expect to return. Carrying a whistle which could be used to attract attention might also be useful.

10k schedules

Month three puts our beginners and experienced joggers within sight of the starting line of the "10K-OK" on June 7. The schedules emphasise steady training to ensure that you get round the course - it is not designed for those who want a fast time! If you find the schedule too tough, cut a few minutes off each run. But try to do the long run each week - you need to get your body used to jogging for an hour or so.

BEGINNERS

Week 1: 50 mins; 20 mins; rest day; 40 mins; rest day; 20 mins; rest day.

Week 2: 60 mins; 20 mins; rest day; 45 mins; rest day; 20 mins; rest day.

Week 3: 40 mins; 20 mins; rest day; 20 mins; rest day; 10 mins; rest day.

Race day.

EXPERIENCED JOGGERS

Improve your time with some fast surges during one of the shorter runs.

Week 1: 60 mins; 30 mins; rest day; 40 mins; rest day; 30 mins; rest day.

Week 2: 70 mins; 30 mins; rest day; 40 mins; rest day; 30 mins; rest day.

Week 3: 50 mins; 20 mins; rest day; 20 mins; rest day; 15 mins; rest day.

Race day.

Stewart McIntosh



Tartan Shorts & Vests

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Independent – that's the Borders!

Athletics in the Borders differs from the rest of Scotland as, although all events are held under Scottish Amateur Athletic Association rules, the eight clubs in the area constitute the Scottish Borders AAA – which is an independent association merely affiliated to the SAAA.

As Eyemouth schoolteacher George Taylor, Borders AAA secretary for the last nine years, explains: "We have a long, proud tradition of independence and will hopefully stage our centenary in 1996. Borders athletics is changing for the better, with more activity than ever before. We have more meetings, more athletes, better coaching, and a new all-weather track at Tweedbank Stadium, near Galashiels, which is providing a focal point for track and field events in the area."

A growing calendar of fixtures encompasses hill and road running,



Colin
Shields

Highland Games heavy events, a Border League and a series of open graded meetings for all age groups. The annual Borders Championship now includes the full range of athletic events, apart from the pole vault and 400 metres hurdles.

For many years, athletics was the poor relation of sport in the area. Athletically endowed boys were steered into the all-powerful and popular rugby, which, as is common knowledge, is almost a religion in the Borders.

Historically, the successful development of Borders athletics has been hampered by two main factors – the attraction of professional sports meetings, and the migration of top athletes to the more glamorous big city Edinburgh clubs.

Nowadays, though, officials are quietly confident that the battle against professionalism is being won. Previously, nearly every town and village had a professional meeting, and it was a natural progression for youngsters to take the opportunity of competing in the "pro" games. A lot of talent was lost to the amateur sport, and even schoolboys required to be reinstated though the efforts of diligent schoolteachers to compete in Scottish Schools' championships. Many stayed in the professional ranks, going on to compete at Powderhall.

Fleet-footed rugby wingers were often stars at the professional meetings each summer. Whenever the Borders Sevens

circuit was over, the rugby players switched to sprinting for money, and, in the case of their beefier forward teammates, competing in the throwing events. Once the summer was over, they were welcomed back with open arms by Scottish Rugby Union officials!

Protests by the SAAA over the years were ignored by the SRU, who took no action against the professional activities of their players out of season. George Taylor says resignedly: "The SRU are a law unto themselves. If they think it's okay that's up to them, but we lost a lot of good sprinters to the professional circuit without ever being able to solve the problem."

The amnesty offered by the SAAA to professionals last year was a great event in the Borders, heralding the opening of the door to a number of athletes for reinstatement. They included Jack Knox, who joined Gala Harriers and has won numerous veteran prizes in road races, and Hawick athlete Rob Hall, who starred in Teviotdale Harriers' most successful season for over 25 years. Another was Alan Robson, brother of record breaking miler John, who joined Edinburgh Southern Harriers and had a highly successful year in the amateur ranks.

The problem of the drift of top class athletes to the Edinburgh clubs is still prevalent – as in Robson's case – and George Taylor says realistically: "When they go away to college or university they often join other athletic clubs, and never compete for their old Borders clubs having experienced top competition away from home."

However, the continual loss of talented junior and senior athletes who leave to help the Edinburgh clubs in district and national honours angers the Borders clubs.

John Hamilton, chairman of the SAAA selection committee and team manager of the Scottish team at the World Cross Country Championships in Poland, recounts the time when Edinburgh Southern Harriers were winning relay titles with a team entirely comprised of Border athletes.

"Southern turned out Joe Raeburn, Kenny Ballantyne, Craig Douglas and Ian Elliot – all Borderers still living and training in their home towns – but the Edinburgh club got the benefit of their talent and the honour of the titles won." Hamilton also points out that the situation is unchanged at present, with John Robson and Colin Hume (both sub-four minute milers) representing Southern.

However, the introduction of the Borders Athletic League and a series of



FLASHBACK... Ken Ballantyne winning a mile race at Chiswick in the sixties.

open graded meetings are providing more competition for home athletes. Road racing, as in so many areas of Scotland, has developed rapidly in the Borders, where quiet country roads provide excellent conditions for training and racing.

The successful series of half marathon races has attracted many competitors. The Teviotdale race at Hawick, the Selkirk event, and the Manderston to Eyemouth Half Marathon have all attracted over 400 entries. Supplementing these are other road races, including Gala Harriers' Braw Lads race, the Peebles 10 Miles, and Eyemouth AC's midweek evening races.

Some of the most popular hill races in Scotland are staged in the area, with the Eldon Two Hills event at Melrose figuring in both the Scottish and British Hill Race Championships. There is also the Black Hill race at Earliston, and the Black Meldon event near Peebles.

Success returns for the Harriers

Teviotdale Harriers are the largest and oldest club in the Borders, and will celebrate their centenary in two years time by staging the Scottish National Cross Country Championships at Hawick. For the last 94 years they have also staged the oldest continually run cross country event in Scotland – the race for the 1894 Cup, now held annually on Hawick Moor racecourse – and also promote a popular cross country meeting which regularly attracts more than 1000 athletes from all over Scotland and the North of England.

But in terms of athletic success, Teviotdale have been limited to one brief spell of glory in the early 1960's when the club won the SCCU Eastern District cross country relay title for three years in a row.

The outlook brightened considerably last winter when, bolstered by the return of local lad Ian Elliot after a long period of competition with Edinburgh Southern Harriers and the reinstatement of former professional runner Rob Hall, Teviotdale's senior team turned in a series of excellent performances which gave them their greatest-ever successes. Fine backing was received from David Cavers, Brian Emmerson, Keith Logan and Alastair Walker – a converted rugby player who represented Hawick Juniors before turning to running.

Teviotdale's successes included their first-ever victory in the East District Championships, and a decisive victory in the prestigious three-meeting East District League where, in the final race at Riccarton, Emmerson finished runner up and Teviotdale placed four counters in the first six home to clinch the senior team title.

Other successes included gaining the medals for the most improved team in the Edinburgh to Glasgow Relay when finishing ninth; finishing runners-up to Edinburgh Southern in both the East District and Allan Scally relays; and recording a consistent fifth position in the SCCU national team championships, four man cross country relay championships, and six stage road relay championships.

As many of their top runners are keen competitors on the road during the summer season, they will be looking for equal success in the forthcoming months.



The English 4 x 400 metres relay squad... Roger Black, Phil Brown, Kris Akabusi et al training

Facilities improving

A Borders coaching squad, intended to improve the depth of athletic talent, was formed last year thanks to a £1000 training grant awarded by Minolta, the Japanese photocopying firm.

The award, one of only two made in Scotland, is to assist in travel costs and improve the training and development of coaches, as well as the athletes themselves. Four squad sessions have already been held at Earliston High School, where good indoor facilities in a large games hall allowed the coaching of explosive events during the winter. Six squads have been formed, but such is the scarcity of resources that there are only five coaches to drill them.

A trials/coaching day will be held at Tweedbank Stadium – the

venue of this year's British Schools Athletic International. The only other venues in the Borders are a newly surfaced red blaes track at Peebles, and a grass track in Wilton Lodge Park, Hawick.

Track and field athletics is necessarily centred on schools' facilities, and it is typical that at Eyemouth High School one of the most valued athletics facilities is a 16ft by 8ft concrete slab!

This primitive facility, allowing for the marking out of a throwing circle, has successfully produced Alex Gibson – who has won the Scottish Schools under 15 hammer title for the last two years. Maxine Tullin is another Eyemouth pupil; she won the Schools under 15 long jump title last year, and achieved top ranking in her age group.

Louise Craigs from Kelso is an outstanding middle distance runner, having won the Schools cross country title and also captained the Scottish team in the British international. Not content with that, she represented the Scottish Schools at hockey, badminton and table tennis, and is even rumoured to be in good form with the javelin!

Promising sprinter Nicola Davidson from Newcastleton regularly travels to Hawick to train and compete with Teviotdale Harriers, and all these athletes should benefit from the Minolta grant.

It is hoped that the coaching squads, once established, will continue to be financed with rents from the local authorities, and possibly the Scottish Sports Council.

ATHLETIC CLUB EYEMOUTH
Sec – Miss M. Slight, 2, Merse View, Paxton, Berwick on Tweed.

BLACK HILL HARRIERS
Sec – Mrs. A. Thomson, 6, Gun Road, Earliston, Berwickshire TD4 6EH.

DUNS AA&CC
Sec – Rev. A.C.D. Cartwright, The Manse, Swinton, Duns.

GALA HARRIERS
Sec – John Hunter, 52, Raeburn Meadow, Selkirk TD7 4HN.

MELROSE AAC
Sec – S. Ruffell, 19, March Street, Peebles.

TEVIOTDALE HARRIERS
Sec – Nancy Douglas, 4d, Dickson Street, Hawick TD9 7EL.

TWEEDSIDE AC
Sec – R.H. Purves, 6, Home Terrace, Coldstream, Berwickshire.

Clock watching ultimate pastime?

Every runner keeps personal bests — the fastest time they've run over a given distance. They are what drive us beyond "normal" limits; they are competition against that most severe of opponents, *Time*, which never falters or fails.

Generally, it's thought to be a bad idea to time every training run. The argument that it can lead to an obsession about speed, and result in trying to do the impossible — run faster every day. Personal bests are therefore best left to the races.

I disagree. I time every training run, no matter how fast or slow it is. My watch and I

are friends, not enemies. Unless the time is considerably slower than usual, I don't worry about it.

My watch confirms my ebullience when I am running well and feeling good. If I see a good time in the offing, I will take hold of my new-found strength and chase after as fast a time as possible. It shoots the adrenalin of competition into what would otherwise have been an ordinary training run.

Pbs taken in training are an indicator of how you are progressing. Because I only take them for regularly-run courses — rather than set distances anywhere — they are a more accurate indicator of my fitness than races, whose different courses vary considerably. And I'm less likely to lie about them than race results, since the only person I'd be fooling would be myself.

Taking training *pbs* does not diminish the need to race. Races have a quintessential element that always makes them more special than training — something that drives you beyond what you thought your capabilities were. Races are not only competition against clocks, they are competition against other runners. When I start setting *pbs* in training, I know that I am ready for a good race.

Despite the fact that races provide all the elements for running fast, such as being the focus of your training and

offering strong competition, they are poor places for *pbs*. No two road courses are exactly alike, even if the distance is accurately measured. Race directors know that the best way to attract runners is to advertise their courses as "fast and flat."

Only the track — where relatively few runners race — gives perfectly comparable times. A mile race at Meadowbank can be compared directly with one at Crownpoint. But the Edinburgh and Glasgow half marathons cannot be compared, because of the different nature of the courses.

The situation in cross-country and hill racing is even worse. Road courses are at least vaguely similar. Hill races vary so widely in character that the best you can do is improve on last year's time, or on your finishing position.

Personal bests are an intensely serious subject. To an outsider, the difference between 2:59:59 and three hours in a marathon does not seem a matter of life and death. But after 26.2 miles of running, its importance transcends even this. A runner's standing in the eyes of his peers depends upon that crucial one second.

In America, where they lack our reserve, they admit to the seriousness of the matter by calling *pbs* "personal records." Indeed, they are records — and even those set in training are actually world records, even if

it is only for you running round your favourite route. No-one has run it faster. That is what counts!

We experience such elation after setting personal records because we know that we are at the height of our powers. It is a harmless bit of self-worship that can be seen before the start of every race. You only listen to we Wullie telling you about the fantastic ten-miler last week because you know that you'll get the chance to tell him about your even more fantastic twelve-miler yesterday (which will come in as a good excuse if you don't run well today!).

Years of chasing after *pbs* has taught me that there is more to running fast than simply doing the training. The time of day is very important. Most world records have been set around seven o'clock in the evening. A mild temperature and light drizzle are the ideal conditions. And I have discovered the curious phenomenon that I am likely to run faster if I have steep hills at the end, rather than gentle hills at the beginning. Often the times when you're too lazy to go out, but force yourself to run anyway, are the times when you run best.

"The runner has a view of life that makes all the racing and jogging worthwhile."

The older runner who is past his prime, and is starting to notice his times start to slip away, need not despair. A good way to avoid disappointment is to only count those times you have set within the last year. If you can keep on top of them, you'll be doing well. John A. Kelley is still running the Boston Marathon, and running it fast having started in 1932.

Recording *pbs* is just more proof of what the growing mountain of log books behind us shows — that we runners are obsessive recorders of facts. Ron Hill has counted every mile he has run since he started running. I record my *pbs* in minute detail, noting distance, time, pace per mile, weather, and anything else I can think relevant. It's helpful when I'm preparing for races.

But according to George Sheehan, the eminent philosopher of running, this preoccupation with times and figures is just the more primitive form of running. Racers chase after their goals and ambitions. Runners are the more spiritually aware who run for the sheer enjoyment of it.



Graham Jones

Sometimes I am a runner. As Sheehan says, "the runner has a view of life that makes all the racing and jogging worthwhile." At those times, I run purely and simply for the sheer pleasure it gives. I forget about time, distance, and pace, and move as freely as the eagle in the sky.

But I am still a racer, chasing after those elusive personal bests. I am addicted to the surge of adrenalin when running fast, and hell-for-leather excitement and fear of going flat out. That is why a difference of half an ounce when buying shoes will still sway my decision. I need all the help I can get to beat the clock.

The start of the Tom Scott Memorial Race in April, and it's check your watch time, folks.



SCOTLAND'S RUNNER

1987 SURVEY



Stewart
McIntosh

Mind-boggling isn't it? When I was a wee harrier we pounded the pavement in our sannies until we felt sure enough or committed enough to buy one of the half dozen road shoe models that were available.

Technology was primitive, with foam rubber under the heels, eye-laces that could make your uppers bleed, and the whole shoe made out of leather so tough that you knew you were destined for a crop of blisters until you had broken them in - and you adjusted your training and racing plans accordingly. Kangaroo leather was a big jump forward in achieving a lighter shoe.

In summer time, an old pair of army surplus spikes would be pulled from the duffle bag. Black or brown and entirely without manufacturer's logos, stripes, spacers or replaceable spikes, they always had an antique feel to them. Although times and performances had advanced, athlete's feet were still grounded in the world of Zatopek, Kuts, Pirie and Bannister.

The high-tech shock-absorbin' non-pronatin' midfoot-strikin' width-adjustin' FVA compoudin' heel wedgin' combination curvin' non-supinatin' - all singin' all dancin' - runnin' shoe was still to be invented. Nowadays you can choose between hundreds of models which will do everything apart from actually getting out there and doing the training for you on a rainy night.

Our shoe guide is designed to help you pick your way through the maze of models available. Makes and models are listed on the left. Read across the page to find out whether a particular shoe fits your needs.

GUIDE

*Recommended by the manufacturer for this kind of surface or runner.
W Woman's shoe. Women are best advised to buy women's shoes which are made to fit their narrower foot, rather than simply buying a smaller sized man's shoe.
PRICE: Could vary between shops. Manufacturer's recommended price from April 1.
RUNNER: Manufacturer's recommendation for: beginners, low mileage runners (up to 30 miles

STEWART McINTOSH and JIM BLACK combine forces to guide you through the minefield of the running shoes market. Whereas once the choice was straightforward, the runner is now faced with a vast range of footwear. Our guide doesn't include every manufacturer - some didn't respond to our request for information.

Sports footwear is a highly specialised field where the shoe manufacturers are constantly researching into new shock absorbing and hard wearing materials for outsole and upper. If you intend taking up running or jogging your first consideration must be the purchase of a suitable pair of running shoes - you should not attempt to run high mileages in sports or leisure shoes (eg tennis shoes).

Running shoes consist of about twenty separate components. The easiest way to understand why a running shoe helps prevent injury is to take it apart, piece by piece, and discuss the important parts in some detail.

1. Toe cap

Starting at the front, the toe cap is made of suede leather and has a twofold function. It protects the tips of the toes, and prevents the toenails from wearing through the uppers of the shoe. Leather is still the most suitable material for this task as it is strong but soft. Some manufacturers extend the toe cap over the first toe to prevent excessive wear on the shoe.

2. Vamp

The vamp is constructed from nylon material and is light and waterproof. Many shoes are manufactured using fine nylon weave, allowing the passage of air to the foot.

3. Tongue

The tongue of most running shoes has a foam lining which prevents the laces from cutting into the top of the shoe. The tongue often has two slits through which the lace should be threaded when lacing up the shoe, thereby preventing the tongue from slipping while running.

If you tie laces too tightly, you may find that you suffer from "pins and needles" which can extend as far back as the ankle.

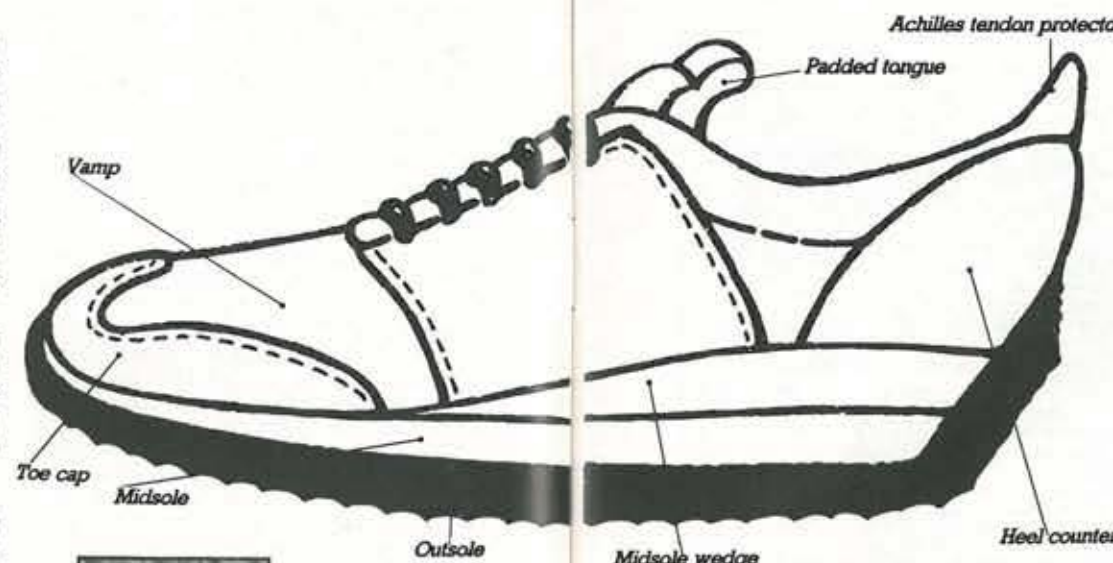
4. Achilles tendon protector

Although primarily designed to protect the insertion of the achilles tendon at the back of the heel, this part of the shoe often causes more problems by irritating the soft tissues, especially the bursa (naturally-formed sac of shock absorbing fluid) which is situated between the achilles tendon and the skin.

In recent years, the heel tab has been raised in height. This is not for extra protection but to improve the aesthetic qualities of the shoe - note the curve from the top of the lace to the heel tab.

Problems associated with this part of the shoe can be relieved by cutting vertical slits in the tab. This allows greater freedom of movement, but prevents friction.

If you do not want to damage the shoes, try inserting a pair of Sorbothane heel lifts. I have stressed "pair" as this will prevent the biomechanical imbalance which would occur if only one was to be used.



Jim Black

If these measures prove to be unsuccessful then you may have to purchase shoes with a "negative" heel tab. These are obtainable from specialist running shops.

5. Heel counter

Originally the heel counter was the piece of leather which covered the heel. Nowadays, the heel counter is made of a firm material which renders a degree of stability to the rearfoot and may often prevent overpronation (rolling in) and oversupination (rolling out).

On some shoe models you will find that the heel counter has been extended more on the medial (inside) border than on the lateral (outside) border. This is a useful feature as even "normal" feet will overpronate when the muscles which support the arch of the foot become fatigued - probably the biggest problem the shoe manufacturers have to face. Recent models have been equipped with firm plastic heel counters on the outside of the shoe to try to counteract the strong pronatory forces which occur while running.

6. Midsole wedge

The midsole wedge is the main defence against the ground reaction forces which are transmitted up through all the weightbearing joints to the spine. A good running shoe should have, at least, three-quarters of an inch at the heel and a half inch at the forefoot. This thickness of midsole will ensure that maximum shock absorption is achieved, which is a crucial

1987 Shoe SURVEY

If the arch support in your shoe fails to prevent overpronation, then you may require an orthotic manufactured to a cast of your foot. An orthotic is simply a device which will correct foot pathology. Your chiropodist/pediatricist should be able to arrange this for you.

SHOE SUITABILITY

Some of the common problems which affect runners are listed below. If you think that you fall into one of the categories, the advice should be heeded when buying new shoes.

Pronators: Look for a shoe with a firm heel counter extending along the medial border of the shoe. A shoe with an extra heel counter on the outside of the shoe will also be of help (Nike Odyssey, Brooks Chariot, Adidas Dallas).

Heel strikers: A shoe with a firm midsole should be worn, as this prevents the excessive shock which occurs at heel strike (Brooks Graphlex Trainer).

OLDER RUNNERS

Older runners can be divided into two distinct varieties. Those who are overweight and already suffering from arthritic joints should look for a shoe with a firm midsole, which cannot be easily depressed by hand (New Balance 700). Older runners who suffer from lack of shock absorption, due to atrophy of the fat pads, are advised to look for a shoe with a very soft midsole, which can easily be depressed by a thumb (Hi-Tech Silver Shadow). A shoe with thick midsole may also be of help (Adidas New York).

RUNNERS WITH SPECIAL NEEDS

Men with very narrow feet could try ladies models. Likewise, female athletes who find that ladies models are too narrow might try the mens' range of shoes (Reebok Phase 1).

Runners who suffer from cavus feet (abnormally high arches) had best concentrate on finding shoes with lacing which can be varied in width across the top of the foot. A shoe with a firm midsole is recommended in this case (New Balance 700 or New Balance 990).

Runners with low arched feet will be best suited with straight-lasted shoes as they will fit a long flat foot more easily than a curved-lasted shoe.

Athletes who have a large difference in size between their feet may wish to have shoes made to measure. There are several companies who advertise in the monthly magazines offering this service.

If you think you have a problem with shoes, go to a specialist runners' shop where the staff are often runners themselves. Don't be slow to ask their advice and personal experience of different types of shoes. They will be more than happy to help.

per week) and high mileage runners (more than 30 mpw) or racing.
SURFACE: Manufacturer's recommendation for best use of the shoe.
N.B.: Rough ground and XC (cross-country) are included in the same column. Check special needs (hill-running, XC etc.) before purchase.
DESIGNED FOR: Problems the shoe is designed to overcome. Pronators - their feet roll inwards too much during foot-strike. Supinators - feet roll out too much during foot-strike.

Model	Runner					Surface	Designed For
	Price	Lightweight	Light cushion	High cushion	Stability		

ADIDAS							
DE CASTELLA	35.99	*	*				supinators
ADGRACER							
DE CASTELLA	49.99						supinators/pronators
WEB TECH							
GRETE WATZ	43.99	*					supinators
(W)							
HELSING (W)	39.99	*	*				supinators/pronators
JACK	25.99	*	*				
LADY TRX	29.99				*	*	
RUNNER (W)							
LONDON	23.99	*	*				
LOUISIANA	19.99	*	*				
MARATHON	28.99	*	*				pronators
MARATHON	50.99	*	*				supinators
COMPETITION							
MERCURY	19.99	*	*				
MONTREAL	19.99	*	*				
PACHTREE	29.99	*					supinators
(W)							
QUESTAR	49.99	*	*				pronators/supinators
SYDNEY	26.99	*	*				
TRX10	29.99	*	*				
ZX300-S	32.99	*	*				
ZX480	44.99	*	*				pronators/supinators
ZX530	49.99	*	*				pronators/supinators
ZX600	55.99	*	*				pronators/supinators
ZX700	59.99	*	*				pronators/supinators
ZX800	72.99	*	*				pronators/supinators

ARROW							
800	17.99	*	*				
	19.99						

ASCOT							
CALIFORNIA	19.99						
HSLI	17.99						
LOS ANGELES	19.99						
MEMPHIS	16.99						
PARIS (W)	13.99						

BROOKS							
APEX	24.99	*	*	*			pronators
CHARIOT	39.99	*	*	*	*		pronators
CHARIOT KW	39.99	*	*	*	*		pronators
LADY CHARIOT							
KW (W)							
CONQUEST	34.99	*	*				pronators
CONTOUR	44.99	*	*	*	*		pronators
LADY CONTOUR							
(W)							
GRAPHLEX	29.99	*	*	*	*		supinators
LADY							
GRAPHLEX (W)							
INTRIQUE (W)	34.99	*	*	*	*	*	supinators
NEXUS	59.99	*	*	*	*	*	pronators
LADY NEXUS							
(W)							
PHOENIX	29.99	*	*	*	*	*	supinators
RESPONSE	29.99	*	*	*	*	*	supinators
LADY RESPONSE							
(W)							
ROLL BAR	29.99	*	*				pronators
RACER							
TEMPO	39.99	*	*	*	*	*	supinators
LADY TEMPO (W)							
TRIAD	34.99	*	*	*	*	*	supinators
TRILOGY	49.99	*	*	*	*	*	supinators
LADY TRILOGY							
(W)							

CONVERSE							
AB-M400	32.99						
AB-W400 (W)							
AB-M500	42.99						
AB-W500 (W)							
AB-M600	49.99						
AB-W600 (W)							
RS II	18.99						

Model	Price	Running	Surface	Designed For
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DIADORA				
CONQUEST	32.99	+	+	pronators/supinators
DOMINATOR	22.99	+	+	pronators/supinators
EQUATOR	22.99	+	+	pronators/supinators
EXPLORER	22.99	+	+	pronators/supinators
GLADIATOR	24.99	+	+	pronators/supinators
HEROES	25.99	+	+	pronators/supinators
IC 750	29.99	+	+	pronators/supinators
IC 750W				
IC 850	49.99	+	+	pronators/supinators
IC 850W				
ORBIT	19.99	+	+	

Diadora is one shoe company which believes that you can only put your best foot forwards in athletics by carrying out detailed research into shoe technology.

Through their links with the Institute of Footwear and Technology in Milan, the company maintains its strong Italian connection while ensuring that the customer is getting the latest in lightweight shock-absorbing shoes, combined with the traditional Italian flair for good design.

Founded as a plastic import/export business, the company made its breakthrough into sports footwear when they bought the Diadora brand name. By 1980 they had withdrawn from much of their plastics trade and were concentrating on the Diadora range while still making "Victor Davis" tennis rackets.

Bjorn Borg was the first major international name to put his feet into their shoes. His five-year grand slam of victories at Wimbledon was achieved wearing the company's shoes and the brand started to attract the attention of other leading stars. Borg still wears the shoes and has been joined by Australian tennis star Pat Cash, international footballers like John Barnes of Watford and England and Italian Antonio Cabrini and triple-jumper John Herbert.

The biggest athletic endorsement for Diadora came from Seb Coe who has a four-year contract with the company which involves him for 14 days a year in shoe research and design at the Milan Institute.

The latest result of that research is "noene", an elastomer shock absorber which has already been built into the top of the range shoes and will be incorporated in all of their other makes by the middle of the summer. Diadora has sole rights on the product for the next two years and UK representative Scott Naylor is convinced that it will give Diadora a major edge over their competitors.

"Noene can provide up to 100% shock absorption and those leading athletes who have used it say that it radically improves recovery time needed after they have undergone pounding training or competitive sessions," he says.

Diadora running shoes range in price from £20 to £70, and include spikes, road, and shoes suitable for cross-country.

DUNLOP				
WINDWIND	22.99	+	+	pronators
FLICKER CL				
WINDWIND	24.99	+	+	pronators
FLICKER OT				
WINDWIND	26.99	+	+	
FLICKER SR				
WINDWIND	19.99	+	+	
RUNNER				

ETONIC				
AURA	42.99	+	+	pronators/supinators
MAINTRO	36.99	+	+	
MIRAGE	29.99	+	+	
LADY MIRAGE (W)				
PR	29.99	+	+	pronators/supinators
QUASAR 3E	52.99	+	+	pronators/supinators
SICMA	45.99	+	+	pronators/supinators
TRANS AM	36.99	+	+	
LADY TRANS AM (W)				
XENON	39.99	+	+	pronators

Model	Price	Running	Surface	Designed For
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HI-TEC				
ADRIOTEC	18.99			pronators
	18.99			
BLACK SHADOW	29.99	+	+	pronators
BLITE	24.99			
	21.99			
COLORADO	19.99	+	+	
	22.99			
DAWN (W)	33.99	+	+	pronators
DISCOVERY	25.99	+	+	
	29.99			
EXPERIENCE	15.99			
	17.99			
OPR 2	18.99	+	+	
	19.99			
HARVARD	17.99	+	+	
	19.99			
JAYNAWE	15.99	+	+	
	17.99			
FLY (W)	16.99	+	+	
LADY SHADOW	19.99	+	+	pronators
MEGATEC	25.99	+	+	pronators
	29.99			
MISTRAL	14.99	+	+	
	16.99			
ORION	29.99	+	+	pronators
	34.99			
REFLEX	22.99	+	+	pronators
	24.99			
SCORPION	22.99	+	+	
	24.99			
SILVER SHADOW	17.99	+	+	pronators
	19.99			
SILVER SHADOW X4	22.99	+	+	pronators
SILVER SPIRIT	24.99	+	+	pronators/supinators
	34.99			
TRANSIT	16.99	+	+	
	18.99			
TRANS AM	18.99	+	+	pronators
	21.99			
TRISTAR	24.99	+	+	
	27.99			
VARSITY	13.99	+	+	
	15.99			

INTER				
ECLIPSE	29.99	+	+	pronators
MISTRAL	29.99	+	+	pronators/supinators
TURBO 600	21.99	+	+	pronators
TYPHOON	24.99	+	+	pronators
ZIRCON	18.99	+	+	pronators

KARHU				
AVANTE	34.99	+	+	supinators
BLUE LADY (W)	34.99	+	+	supinators
CLASSIC N	64.99	+	+	pronators
CLASSIC S	64.99	+	+	pronators/supinators
EXPRESS	44.99	+	+	supinators
FULCRUM	44.99	+	+	supinators
STAR				
FULCRUM TRAINING	59.99	+	+	pronators
FULCRUM XC	59.99	+	+	
LADY MELODY (W)	36.99	+	+	pronators/supinators
SPEEDY	36.99	+	+	supinators
SYNCHRON	49.99	+	+	pronators
THA				
TEMPO	29.99	+	+	supinators

LE COQ SPORTIF				
ARIANE (W)	19.99	+	+	pronators/supinators
ECIO	16.99	+	+	
ECLAT	24.99	+	+	pronators/supinators
LADY ECLAT (W)				
ENDURANCE	39.99	+	+	pronators/supinators
SPACE	19.99	+	+	pronators/supinators
ESPIRIT	34.99	+	+	pronators/supinators
LADY ESPIRIT (W)				
EUREKA	59.99	+	+	pronators/supinators
EXCELLENCE	25.99	+	+	pronators/supinators
JET STAR	39.99	+	+	pronators/supinators
LADY SPEED (W)	19.99	+	+	
MCS	49.99	+	+	pronators/supinators
OMEGA	47.99	+	+	pronators/supinators
PLATINUM	44.99	+	+	pronators

NEW BALANCE				
M311	24.99	+	+	
M420 2E	29.99	+	+	
M441	34.99	+	+	pronators/supinators
M445 (W)				

Model	Price	Running	Surface	Designed For
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M461	34.99			
M470	20.99	+	+	pronators/supinators
M475(W)				
M475	44.99	+	+	pronators/supinators
M575	49.99	+	+	pronators/supinators
M675	54.99	+	+	pronators/supinators
M738	59.99	+	+	pronators/supinators
M1300	100.00	+	+	pronators/supinators
RC690	25.99	+	+	pronators/supinators
XC390	25.99	+	+	

NIKE				
AIR MAX	44.99	+	+	
LADY AIR MAX (W)				
AIR SOCK	34.99	+	+	
AIR SUPPORT	49.99	+	+	pronators/supinators
LADY AIR CONTROL (W)				
PEGASUS PLUS	34.99	+	+	
LADY PEGASUS PLUS (W)				
ROADRUNNER	24.99	+	+	
LADY ROADRUNNER (W)				
SOCK RACER	34.99	+	+	
SOCK TRAINER	29.99	+	+	
SPEDON	39.99	+	+	
GOLD				
VENIETTA T/C	34.99	+	+	
WINDRUNNER	29.99	+	+	
LADY WINDRUNNER (W)				

OLYMPUS				
BORTON	14.99			
DELTA	17.99	+	+	
LADY DELTA (W)				
ELITE	24.99	+	+	
LEATHER DELTA	22.99	+	+	
PHANTOM	12.99	+	+	
SPECTRUM	24.99	+	+	
LADY DREAM (W)				
WARRIOR	19.99	+	+	

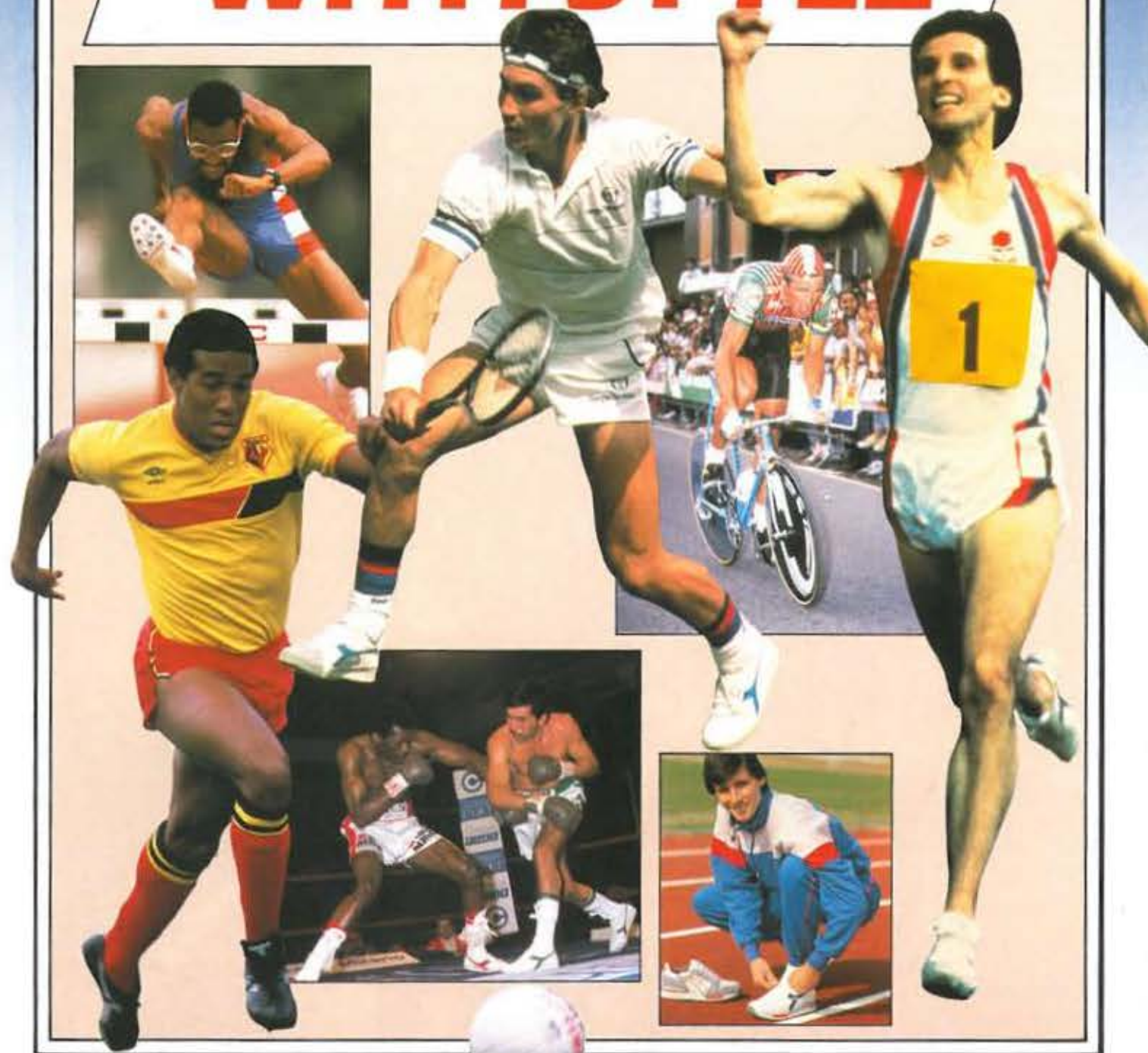
PATRICK				
HURRICANE	17.99	+	+	
KINGSTON	24.99	+	+	pronators
PX 20	25.99	+	+	pronators
PX 25	34.99	+	+	pronators
TURBO EQ	19.99	+	+	

PUMA				
CRUISER	19.99	+	+	supinators
FAX	24.99	+	+	pronators/supinators
MOGA	44.99	+	+	pronators/supinators
MODUL	24.99	+	+	pronators/supinators
OPERATOR	22.99	+	+	
PROWLER	14.99	+	+	supinators
RS390	39.99	+	+	
ROX77	29.99	+	+	pronators/supinators
ROX77	31.99	+	+	pronators/supinators
SPACEBAR	34.99	+	+	
TOP KICK 2	16.99	+	+	
ULTRA	39.99	+	+	pronators

REEBOK				
CL1400	29.99	+	+	
CL1400(W)				
CL1600	32.99	+	+	pronators/supinators
CL1600(W)				
CL6000	42.99	+	+	pronators/supinators
CL6000(W)				
LO8800	69.99	+	+	pronators/supinators
LEATHER CLASSIC	39.99	+	+	pronators/supinators
PR	32.99	+	+	
PARIS	39.99	+	+	
PHASE 2	35.99	+	+	pronators/supinators
PHASE 3(W)				
RAPIER	19.99	+	+	
ETOLE (W)				
ROYALE	25.99	+	+	pronators/supinators
PANACHE (W)				

RON HILL SPORTS				
HIGHWAY NYO	39.99	+	+	pronators/supinators
LADY HIGHWAY (W)				
3-OT RACER	32.99	+	+	pronators/supinators
RYNCHON PKE	36.99	+	+	pronators/supinators
FELL SHOE				
TRACKSTAR SHOE	25.99	+	+	pronators/supinators
TRAILBLAZER	37.99	+	+	pronators/supinators
NYO				
TRANSPORT	19.99	+	+	pronators/supinators

PLAY SAFE WITH STYLE



Diadora has the right shoe for you, whatever your sport.

Seb Coe, Pat Cash and John Barnes have reached the top using Italian style and flair; Bjorn Borg became five times Wimbledon Champion wearing Diadora.

NEW FOR 1987 Revolutionary Diadora technology and design has produced 'VIBRASSORB' energy control into the range featuring superb Total Shock Absorption qualities: **Safety for the Sportsman.** Which is why stars like Joakim Nystrom ... and many more choose Diadora.

So whatever your game, you'll find Diadora in Sports Shops now, more than a match for anyone.

diadora
sporting shoes
Leaves the competition standing



The Japan Air Lines DC-8 climbed steeply out of Seoul's Kimpo International Airport. I leaned back in my seat, notebook open at a blank page, ready to record my thoughts on the second IAAF World Marathon Cup which had just been held over the 1988 Olympic course in the South Korean capital. There would be plenty of time for reflection as the journey back to Aberdeen was scheduled to take more than 30 hours, with stopovers at Tokyo, Anchorage, Amsterdam and London.

Lindsay Robertson (Edinburgh AC), Sandra Branney (McLaren Glasgow AC) and myself had been included in the eight strong British team (four men, four women) which left the UK on April 4. Also in the party was Scottish AAA Honorary Treasurer John Brown, travelling on a pre-Olympic fact finding mission on behalf of the British Amateur Athletic Board. Brown, who recently retired from his post with Strathclyde Regional Council, will be administration officer for the British team at next year's Games.

We didn't travel directly to Korea. Our Asian adventure included a four-day stay at the Nihon Aerobics Centre located on the Boso Peninsula, South-East of Tokyo in Japan's Chiba Prefecture. The centre is to be used by Britain's athletes as a holding camp where final training will be undertaken prior to the Olympics. With this in mind, our visit was seen by the BAAB as providing a practical test of the facilities on offer. It also gave John Brown the opportunity to finalise negotiations with the millionaire owner of the establishment regarding the Olympic squad's visit next summer.

The Aerobics Centre is certainly impressive. An outdoor synthetic six-lane running track is supplemented by a three lane indoor circuit. Although there are no outdoor field events facilities, these are to be provided before next August. The centre is furnished with virtually every piece of exercise equipment on the market, and its sports science evaluation unit has the capacity to carry out a full range of physiological and general fitness tests. The spacious multi-storey modern complex also houses a 25 metre swimming pool plus jacuzzis, saunas, roller beds and a hydrotherapy unit.

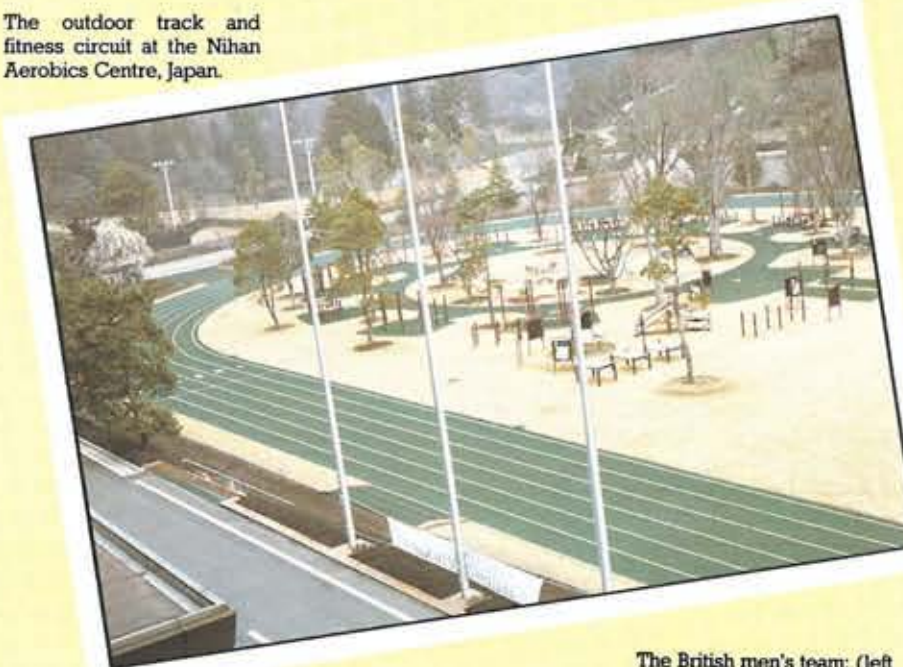
Adjoining the Aerobics Centre is a 27 hole golf course, but at £120 per round and a membership fee of £64,000, none of us felt compelled to try it out! There are also 16 tennis courts and a 100 metre outdoor pool.

We were accommodated in tastefully decorated log cabins set amid the heavily wooded hillside close to the centre. Despite sightings of threateningly large hairy black spiders, a dead snake and hundreds of nocturnal frogs, the surrounding countryside was exceptionally pleasant although the remoteness of the centre from any major town was a disadvantage.

Seoul Searchers

FRASER CLYNE flies to Japan and South Korea for an exclusive look at the 1988 Olympic facilities.

The outdoor track and fitness circuit at the Nihon Aerobics Centre, Japan.



The British men's team: (left to right) Lindsay Robertson, Dave Long, Fraser Clyne and Ieuan Ellis.





An automated drinks machine in Japan offering cans of sweat? In reality, an electrolyte replacement drink.

Ironically, the biggest single drawback was the lack of suitable off-road training areas for distance runners. With the exception of a few kilometres of specially laid jogging trails, no other soft surface terrain was available other than the expensive golf course — and its patrons would not have been too keen on seeing marauding runners tearing across the fairways.

Our four days at the Aerobic Centre soon passed and we were transferred to the very different surroundings of the Sheraton Walker Hill Hotel, perched on a hillside overlooking the Han River which divides the burgeoning city of Seoul. Over nine million people live in this metropolis, which in little over twelve months time will attract the undivided attentions of millions of sports fans.

Extensive television coverage of the Olympics will beam pictures of the city to all corners of the globe, and Seoul is conscious of the need to create a good impression. The local authorities have already embarked upon an extensive tree planting programme to help soften the often harsh urban landscape, and various other environmental enhancement schemes are being put into operation in an effort to "beautify the city".

Local businessmen are also getting ready for the 250,000 tourists expected in Korea during the Games. Shops in the commercially vibrant Itaewon district are already well stocked with Olympic souvenirs.

Visitors to this renowned shopping street may, however, be more inclined to off-load their spending money on the ridiculously cheap brand-name running shoes, t-shirts, tracksuits or sweat shirts which are available at low prices which nevertheless have to be bargained over. Traders will also encourage shoppers to invest in new made-to-measure suits (available within 36 hours), leather jackets, jewellery or even brass beds — all at a fraction of their normal prices.

Official guide books will tell you that these brand-name or designer labelled goods are genuine factory seconds with minimal flaws, but in reality many of the items are simply mass produced imitations of the real thing. Shoe manufacturers such as Nike offer substantial rewards for anyone helping to convict counterfeiters of their products in South Korea.

Virtually all the sports facilities required for next year's Games are already in place, including the 100,000 capacity Olympic Stadium. The cost of staging the whole show has been covered by sponsorship

deals, sales of television rights, lotteries and ticket sales.

However, the Seoul Olympic Organising Committee still has to live in the shadow of a threatened communist-led boycott of the 24th Olympiad. Primo Nebiolo, president of the International Amateur Athletic Federation, was nevertheless greatly encouraged by the appearance at the World Marathon Cup of teams from the Soviet Union, East Germany and numerous other countries with whom South Korea has no diplomatic connections. He did not comment however on the ominous non-appearance of athletes from neighbouring North Korea.

The Eastern bloc countries certainly made their mark on the women's World Cup race. Russia, led by race winner Zoya Ivanova (2:30.39), swept to a clear victory over East Germany with six of the top eight finishers coming from these two nations. Ivanova won by 48 seconds, but the battle for the minor placings was far closer.

French girl Maria Lelut and reigning World Cup champion Katrin Doerre (East Germany) entered the stadium together. As they entered the final straight, Lelut's superior strength enabled her to open a small gap and she sprinted home three seconds clear in 2:31.27.

But the thousands of Seoulites crowding the marathon route along either side of the Han River saved their loudest applause for local heroine Kim Mi-Gyong, who finished sixth in 2:32.40. The 20-year-old South Korean girl knocked over six minutes off the host country's national record.

Britain's leading scorer was Sutton Coldfield's Sally Ellis, who finished 18th in

2:37.39, just ahead of Sunderland's Carolyn Naisby (22nd in 2:38.04). Glasgow Marathon champion Sandra Branney, competing in her first full international in what was only her fifth marathon, showed great determination to finish 26th in 2:40.44 (her second fastest time ever) in a field of 78 runners. Britain took fifth place in the team contest.

Last September Italy's Gelinda Bordin and Orlando Pizzolato finished first and second respectively in the European Marathon Championship at Stuttgart, and another Italian, Gianni Poli, won November's New York City Marathon. None of these athletes competed in Seoul, but remarkably Italy still managed to run away with the men's team title thanks to fine packing by Salvatore Bettiole (third in 2:11.28), Salvatore Nicosia (fourth in 2:12.13) and Osvaldo Faustini (fifth in 2:12.57).

The Italians could not, however, produce the individual winner. That honour went to Djibouti as Ahmed Saleh repeated his victory of two years ago at the inaugural World Cup race in Hiroshima. Saleh's winning time of 2:10.55 brought him home clearly ahead of Japan's Taisuke Kodama (2:11.23).

Britain's team finished eighth, with Coventry's Dave Long first home in 20th place (2:15.04), narrowly ahead of Lindsay Robertson (22nd) who clocked 2:15.07 — just eight seconds outside his personal best. Robertson had been 79 seconds behind Long at 35kms, but finished so powerfully that his time for the final 2kms was actually faster even than Saleh's. The British team was completed by your correspondent who struggled through in 47th place from 202 starters with a time of 2:17.43.

Probably the cruellest feature of the marathon course is the sting it carries in its tail. The race starts and finishes inside the vast Olympic Stadium and competitors get a psychological lift when the unique curved outline of the arena comes into view towards the end of the race.

Then you remember that the route goes straight past the stadium for a further two kilometres before turning back towards the finish! That aside, the course does not pose too many problems. It undulates slightly without having any significantly difficult uphill sections. It is, however, quite exposed to the wind which frequently blows up the Han valley, and there are few shaded sections. Although temperatures during the World Cup races never got above 11 Centigrade, the glare of the sun seemed strong, and many runners reported sunburned shoulders and arms.

Cycling

The first thing the newcomer to cycling wants to know is — how much will my machine cost? This can vary greatly from the gleaming road racer with 12 to 14 gears, to the popular and very adaptable sports bicycle with five to 12 gears. The price range is about £120 to £550, although a second hand bike would be much cheaper.

There is a wide range of choice, and most recognised cycle dealers should be able to advise on suitability, position on the bike, saddle height and angle of the handlebars.

However, there are some basics to keep in mind. Saddle height should allow a slight bend of the knee when the ball of the foot is on the pedal at its lowest position. The saddle position should be established first, then handlebar height should be between 25-35 millimetres below the level of the top of the handlebars. If any higher it can cause discomfort.

Adjustments can be made by loosening the seat tube clamp with either a spanner or an allen key, depending on the style of bike.

Toe clips and straps will keep feet properly positioned on the pedals. Straps should not be tightened unless climbing a steep gradient. At all other times, straps should



Cyclists at the recent Indoor Highland Games at Aberdeen

be fairly loose to allow easy withdrawal of feet from pedals.

On physical preparation, it is expected that the individual will have a good general level of fitness. One of Scotland's senior cycling coaches, Jimmy Dorward of Glasgow Wheelers, has this to say: "Initially, use low gears to give a pedal speed of 15 revolutions per 10 seconds on level roads over a distance of about 10 to 15 miles. This generates light sweating and steady breathing. Outings should be on alternate days.

"If there are no reactions, increase mileage to 20 miles over undulating roads and get used to changing gears. Cycle hard enough to generate free sweating and deep breathing. Thereafter, introduce fast and slow mode of cycling, similar to probable training for running."

On **clothing**, because of higher speeds warmer garments are needed. Training bottoms should be close fitting to avoid getting caught in the mechanism. Cycle shoes are probably an unnecessary luxury. Cycle shorts with a chamois insert would be worthwhile, and two pairs would be advisable — particularly to avoid saddle soreness.

On **safety**, ensure tyres are properly inflated and, if using a racing tubular, make sure it is properly cemented to the rim of the wheel. Make sure all nuts and bolts are secure, and keep oil away from tyres, wheel rims and brake blocks.

Changing gears comes with experience, but remember to keep pedalling while changing and select gears in advance. Change only one or two steps at a time.

Riding position: a comfortable style is hands over brake lever hoods, with fingers ready on the brakes. For touring position, you can place hands on the bend of the handle bars. This relieves tiredness and tension. Best climbing position is hands on top of bars.

If you wish to join a cycling club, then there is bound to be one in your area. If not, for further information you can write to Len Rankin, general secretary, Scottish Cyclists' Union, 13, Broom Terrace, Johnstone, Strathclyde, PA5 0AA.

Last word on cycling — ENJOY IT. It is a great sport and many athletes have taken to it extremely well. But, if you are not happy with the state of your bike or its safety, take it to your local dealer. Do not take chances on the roads.



Bill Cadger

NEWSAGENT ORDER FORM

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**SCOTLAND'S
RUNNER**

Charlie Allan about to toss the caber... he will be representing Scotland this summer.

With well over a hundred Highland Games in Scotland during the 1997 season, it's not easy to keep up with the movements of leading heavies, so let's see what information we can supply.

You can be confident that Grant Anderson, Bill Anderson and Brian Robin will be throwing throughout the season, and it will take a lot to tempt them away from the Scottish circuit. Having said that, Grant will travel to California in September for the United States Open, and Brian has provisionally accepted an invitation along with Chris Black to appear at the International Gathering of the Clans in Nova Scotia on July 12.

Grant Anderson will always follow the best prizes regardless of the opposition, so expect to see him where the money is: Bill Anderson, on the other hand, has had more than his fill of travelling, so now prefers the Grampian Games unless there is considerable incentive to go elsewhere. Geoff Capes, Mark Higgins and Jon Pall Sigmarsson of Iceland will appear at Blair Atholl, Kilbriemie, Blantyre, Clarkston, Kinlochard, Aviemore, Callendar and the Galloway Games at Stranraer. Grant Anderson and Chris Black will represent Scotland on these occasions.

Keith Tice has written to me saying that after his Canadian tour he will again cross the Atlantic in time for the Scottish



David Webster

Championships at Crieff — so any committees which would like this big Yank at their Games should drop me a line and I will see what can be done to help.

The most impressive line-up of the season will be at Barratt's World Heavy Events Championships at Clarkston rugby ground in Glasgow, on Saturday June 6. Already there are acceptances from Jim McGoldrick of America, Hjalte Arnason and Sigmarsson of Iceland, Cees De Vreugd and Siem Wulfse of Holland, and of course Geoff Capes, Mark Higgins, and both Andersons.

An observer at these and several other Games will be 30 stone Grizzly Brown, the colossal coloured American strength star once described as an Easter egg in kilt. He intends to study technique with a view to future participation, and no doubt he will be persuaded to try a few throws. Although immensely strong I believe Brown may lack the dynamic qualities which separate Highland Games heavies from many other strength athletes.

Massive Bill Dunn 6'3" and

If readers wish to send information on running events at Highland Games, I will gladly consider these along with all other items. However, I totally reject the implied criticism in Mr Swindale's letter, elsewhere in this issue. This magazine is full of fascinating and informative material on "foot racing" as he calls it, and I see no harm in widening the appeal and adding variety by including Highland Games. I note with regret that Mr Swindale concentrates on his personal interest and says nothing of other Highland Games events such as tug of war, wrestling, hill racing and other such events common to the Games.

I am unashamedly a supporter of heavy events and will give them a boost on every possible occasion. All too often they have been stuck in a corner or even outside the main arena.

Finally, it is inaccurate to suggest that overseas stars beat

the Scots at their own Games. Grant Anderson has beaten every overseas competitor at our Games, and even our lesser lights have beaten Olympians such as Oldfield and Okonkwo.

However, there would be no loss of honour for home bred heavies to lose to great performers like Jim McGoldrick, who has represented the USA against the might of the Soviet Union and other great athletic nations. Would Mr Swindale have us ignore the fine Highland Games circuits in America, Canada and Australia, or just pick opposition we know we can beat?

We invite the best in the world to Scotland, and we are proud that so far our champions have beaten all overseas opposition.

Mr Swindale should get his facts right. As the whalers say: "It's when they are spouting they get harpooned."

Highland GAMES

28 stones, is another American who will be here for the Games, and his main target will be Aviemore International Highland Games on July 26.

We won't see as much of Dan Markovic, the Canadian champion, as we would like, but he will be flexing his muscles at the big Aviemore event and at Callendar on August 1. Dan called me the other day en route for Japan — these guys certainly get around.

Talking of Japan reminds me that Alan Pettigrew, the

amateur heavies champion, mentioned that George Patience was going to that country for this year's Highland Games. I have happy recollections of the first Tokyo Highland Games, where we had Royalty from Japan and Britain as our guests of honour and they saw Charlie Allan toss a very long caber right through the ranks of the Royal Highland Fusiliers Pipes and Drums. As for "Who goes where" they, the bandsmen, not our Royal guests, told Charlie where to go, in no uncertain terms!



Thirty stone Grizzly Brown from California, described as an Easter egg in kilt, gives David Webster a lift.

Royal and Ancient?

Many Games can claim long and illustrious histories, but the Braemar Gathering and Ceres Games have something very special in common. Their antiquity and their Royal connections make them quite unique.

Much has, quite rightly, been written about Braemar's links with King Malcolm Canmore, the Rebellions and with monarchs of modern times, but less has been said about Ceres Highland Games and races which have evolved since great days of Scottish history. It was King Robert the Bruce himself who gave a charter to the village of Ceres to hold a market and fair to honour the part played by the villagers at Bannockburn, the most decisive battle in Scottish history.

To recap briefly, on June 24, 1314, Bruce led 5,500 trained men against an English army of near 20,000. The King of Scots organised some 500 light cavalry under Sir Robert Keith, and he had a goodly reserve of "small folks" from Ceres — tenant farmers, labourers, craftsmen and the like.

During the main battle the

cavalry and small folk were kept in reserve, and at one stage when Scottish spearmen pressed forward, Edward the Second's men retreated. On seeing this, the "small folk" abandoned their reserve position and rushed to the battlefield. At the sight of these further reserves, strength unknown, the English army disintegrated and fled.

King Robert, well pleased with the Ceres men, gave them a charter and on returning home they celebrated at the Bow Butts of Ceres — where the Games are held to this very day. A special feature this year is a sponsored march covering the approximate route taken by the men of Ceres under the leadership of Sir Robert Keith, commencing at Bannockburn on Thursday June 25, and ending at the Games in Ceres on Saturday June 27.

It is expected that the marchers will wear tartan and have two overnight stops at the Yetts o' Muchart and Falkland, Alwyn House, the Scottish Assessment Centre for the Blind, will benefit from this historic sponsored march.

NEWS • NEWS • NEWS • NEWS • NEWS

WHILE refereeing a "strongest man" competition at Largs I bumped into Louis McInnes, a top professional of the early 1960's. Louis told me he had been reinstated as an amateur and was doing quite a lot of coaching, having recently been to Stoke on Trent for this purpose.

JOCK MacColl, formerly a shepherd on the hills over Loch Lomond and another leading professional of twenty years ago, is also coaching. Jock now lives near Oban.

JOCK's training mate was the charismatic all-rounder and heavy-weight champion, Jay Scott, who turned up unexpectedly at the Commonwealth Highland Games last summer. Jay married the lovely actress/singer Fay Lenore and moved to the east of Scotland, terminating his wonderful athletic career.

I RECENTLY saw a couple of great young prospects throwing the

weight for height, Ian Murray, an Irvine weight-lifter, and Stuart Arnot of Saltcoats could do extremely well in amateur competition in this event, and they looked pretty handy in other events too. Let's hope they don't let this summer and appear in open competitions.

AN UNUSUAL item at the Garnock International Games is a ladies tug of war competition. It is not a fun event but a serious one, and the girls from various parts of the West of Scotland have been training hard with this competition in mind. Incidentally the Garnock Valley organisers have a great publicity stunt which could well be copied by other Games; they have a poster competition for local schools, and this year there were over 600 entries. These have been displayed locally, so as well as getting discussion in schools, libraries and in the childrens' homes there are now 600 free posters creating a lot of interest around the district.

Triathlons

At this time last year Edinburgh was getting ready to stage its first triathlon event, which was held in Wester Hailes. Over 60 people entered, and I was one of the novices.

It is interesting to ask triathletes what made them first take up the sport. With me, it was a friend's suggestion that inspired me to try the whole event — in America I had done the swim section of the triathlon and shared the event with my sister-in-law, who cycled, and my brother who did the run. It certainly was a family event, and lots of fun.

More commonly, the triathlons in this country are not team events, and the three sports of swimming, cycling and running are done by the individual.

Most of us who are new to this sport may think of triathlon in terms of the world famous Hawaiian Ironman Triathlon, which involves a 24 mile swim, 112 mile bike, and a 262 mile run. On a scale of one to ten, this distance is rated as "ten".

A half-ironman is called a tin-man, and is half the ironman distance in each event. A popular distance is a one kilometre swim,

Triathlons look set to become the major successors to the running boom. Some pundits even predict that the tiring art of swimming, cycling and running all in the same race will overtake road running as the mass participation event of the 1990's.

In recognition of its growing popularity among runners, DIANA CABORN launches a monthly column concentrating on triathlons (which, as Fraser Clyne pointed out last month, can include activities such as canoeing or cross-country skiing as the third discipline).

Diana came to the triathlon after a long background in swimming. She won the Scottish ladies title at the East Kilbride Triathlon last year in the "short" event which involved a one kilometre swim (indoors), an 18 mile bike ride and a 10 kilometre run.

She is a nutritionist employed by the Scottish Health Education Group, and has a special interest in nutrition in sport.

30 kilometre bike and ten kilometre run. This was the distance at the Wester Hailes triathlon, and is rated "five" on the scale.

Obviously the courses for each race vary considerably, even if the distances look similar. It is important to be aware of your route well in advance, especially if you are selecting your first triathlon. Having said this, if I had known of the hill that we had to cycle up in my first triathlon, I might have been dissuaded.

For your first triathlon choose a short course. I participated in a "mini triathlon" earlier this month, and the swim was 500 metres, followed by a 14 mile cycle and a 3½ mile run. This is a realistic challenge for the beginner, especially as you want to enjoy your first attempt.

The advantage of the shorter races is that you can compete more frequently without putting too much strain on the body. Most of us need to find the right balance between training, competition and rest. Often rest is given a low priority and inevitably times will suffer, not to mention an increased risk of injury.

As the serious runner may use his races as part of his training, so can triathlons become part of your training. Last year I used the Edinburgh Half-Marathon as a training session two weeks before a triathlon. This allowed me to work on my stamina and test my endurance. If you estimate that your triathlon will take you 2½ hours, it is good to have sustained some sort of activity for that period of time beforehand.

Training in all three disciplines is important, concentrating on your weakest sport. It is worth working on your swimming, as

this is usually the first event and will get you off to a good or bad start.

Practising running after cycling, and cycling after swimming is useful, doing each sport on its own is not the same as putting the three together. Running after a hilly bike course is quite a challenge on the legs and can look quite amusing. There are many tips on how to overcome the "wobbly leg" syndrome and these will be mentioned later in this column.

My advice to runners or anyone interested in triathlons is to acquire a reasonable bike — I borrowed one from a friend before I decided to buy one. It is better to try out the sport before buying all the equipment, in case you don't get hooked!

Taking part in triathlons can be an expensive hobby, and there are certain pieces of equipment that are essential. Helmets are mandatory for most races, and rightly so — it is worthwhile spending money on one.

There are no set rules about training and everyone has their own preferred schedule. It is important to build up your training gradually, in terms of distance and intensity. Some workouts may be hard and short, others more relaxed, working on distance. Aerobic fitness will develop with increased distance and time spent training, and you will be able to push yourself harder with less effort.

A fit marathon runner is not necessarily a good triathlete, and this is the challenge of the sport. Swimmers are unlikely to be good runners, as totally different muscles are used in each sport. There are not many triathlon converts with a competitive

swimming background, the majority are runners who cycle a bit or vice-versa.

Boredom with training in one sport is quickly relieved when training in three areas. It is nice to be able to decide not to run one day and go for a swim instead — the monotony disappears.

With regards to climate, the swim section is not always a pool swim in "summer" river, loch or sea swims are possible. For logical reasons, don't do an open water triathlon first unless you have done cold water training and are a competent swimmer. Even in August last year, there were over ten suspected cases of hypothermia in one race.

On a more positive note, I would conclude and say that the triathlon is an endurance event with a unique challenge — it demands physical, mental and psychological training, and is not merely a test of fitness. It's almost ten years since the first Hawaii Ironman Triathlon was held, and it looks like the sport is here to stay — certainly in Mark Allen's opinion.

In a recent comment, this professional triathlete said: "Until something else comes along that appeals to such an amazing scope of people, and that can provide this kind of 'ultimate attainable challenge', the triathlon will flourish alongside of each person's dream to achieve the impossible."

There is a British Triathlon Association, and there are plans underway to establish an independent Scottish Triathlon Association. Anyone interested in more information should write to John O'Donovan at Bowmont House, 21, Arbutnot Place, Stonehaven, AB3 2JA. There is to be an inaugural meeting of the proposed Scottish Triathlon Association on May 30, at Stirling University (6p.m.). Details of this are available from Andrew Manwell, Dept of PE, University of Aberdeen, Aberdeen. (Tel 0224 40241 x6410).



Diana Caborn

COACHING CLINIC + COACHING CLINIC + COACHING CLINIC

Tommy Boyle opens the book on McKean



Tommy Boyle spent the first ten years of his coaching career doing all the diverse tasks of the club official, from fund-raising and administration to building a school feeder structure, besides coaching a wide range of events.

Then family commitments forced him to decide what he really wanted from athletics. "That was to coach athletes," he says.

His first step was to assess critically the efficiency and effectiveness of his coaching in order to manage his time most effectively and more professionally.

The peak of his success to date has been the guidance of Tom McKean to a Scottish record of 1 min 44.61 sec, and silver medals at 800 metres in the European and Commonwealth championships. Here, in the first of a regular series from various coaches, he outlines the development of the endurance athlete.*

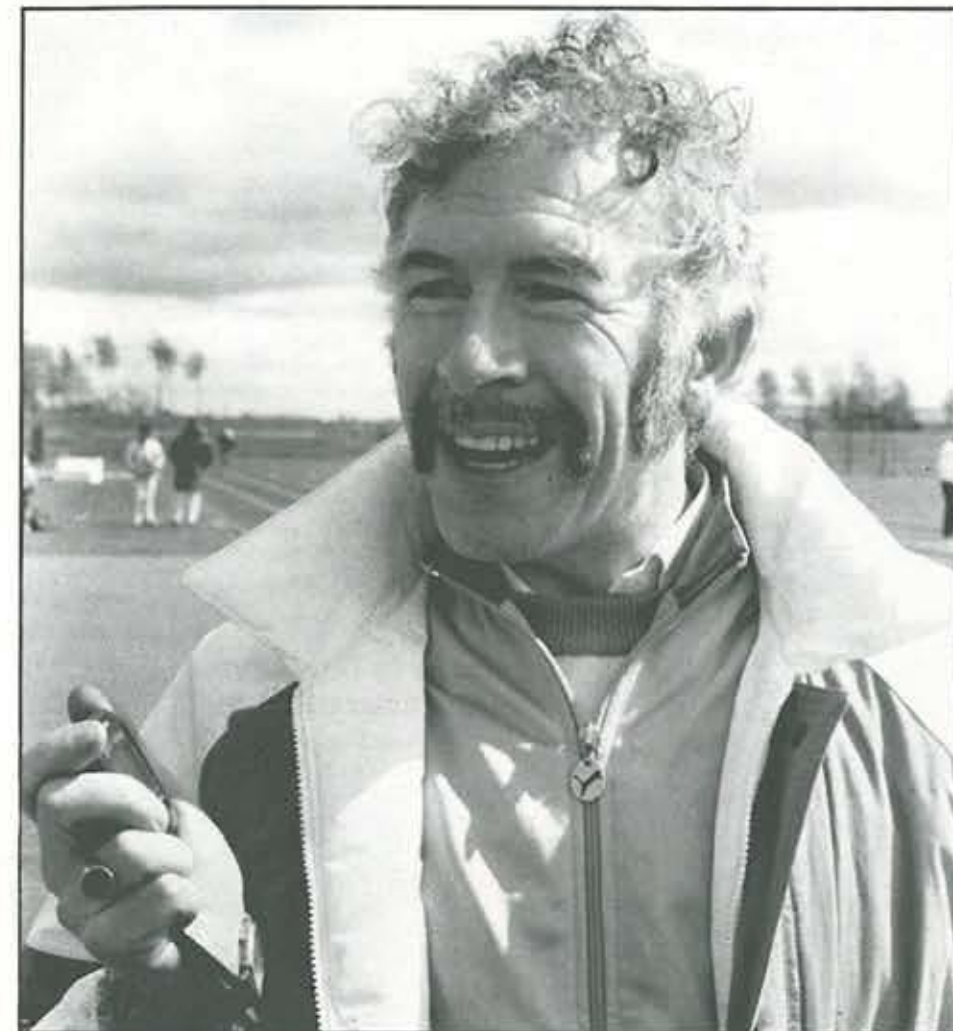
Fundamental Coaching Principles and Key Points

EACH coach gradually develops his or her own ideas on what is important. Thankfully, athletes are still individuals and, as such, require varying approaches to achieve the same end product or level of performance.

The important thing for the coach is that you take a sound knowledge of current training theory, mix it together with practical work in the field, and gradually improve the blend as you gain in experience and are able to adopt a more critical assessment as to the effectiveness of your training programmes.

A few of the key points which I feel are important in the process are—

1. Training must be enjoyable.
2. Variety is restricted only by the limits of one's imagination.
3. Ensure a sound base of general conditioning is established and that it is progressive.
4. Do not specialise too soon — let the young athlete sample the full spectrum of athletics events.
5. Gradually install the discipline of training.
6. Excessive loads for prolonged periods have a negative effect on the future development of the young athlete.
7. High mileage/one-paced running must be avoided.



8. Basic running technique must be taught early and improved in parallel with the physical development of the athlete.
9. Life must be kept as simple as possible until the athlete has emerged through the myriad of problems which surround the pubertal growth spurts and adolescent revolutions.
10. Prepare to meet the enormous challenges when the athlete stops progressing through natural growth and becomes totally dependent on the stimulus of training for improved performance.
11. Early success is not a guarantee of future potential.
12. Know why you are doing each session, what effect you expect to get, and be ruthless in the evaluation of the effect.
13. Scrutinise the requirements of the events and the projected progressions.
14. Be objective in the assessment of the athlete's potential to meet those requirements.
15. Do not compromise on your principals — no matter how good the athlete.
16. Pursuit of excellence is not only for the athlete, it is every bit as important that the coach has the desire to improve and is not afraid to venture into the upper echelons of the sport.
17. Finally, there are no magic solutions but, through the application of sound principals combined with a common approach, an abundance of patience, enthusiasm and a lot of hard work, one can ensure that both coach and athlete produce their very best.



A Training Year in the Overall Plan of Development

THE coach may be fortunate enough to be involved with an athlete for the duration of their competitive career, from early teenager to mature senior athlete. It is, therefore, an essential pre-requisite to embarking on such a relationship that you have some form of plan in your head as to how you will progress from A to Z. For me, this equates to having:

- A. Long-term plan — eg athlete's career.
- B. Medium-term plan — say four years to Scottish Senior or Commonwealth.
- C. Short-term plan — one training year or season.

The main aim throughout each stage will be to prepare both physically and mentally to compete. However, the coach must ensure that each year of progress is in preparation for the next stage and this must be reflected in our thinking for each training year — which for me starts in October and will include the following:

Major Objectives — 1. Which competitions or times. 2. Which aspects of physical development.

Minor Objectives — 1. Cross country (tests of endurance). 2. Indoor competition. 3. Minor track competitions.

The minor objectives are stepping stones which can be used as measurements to evaluate the effectiveness of training or simply as motivation.

This is the time of year to re-assess the previous year's performance — identify strengths and weaknesses and re-adjust for the next year's planned progressions.

Always, I keep one eye on the competitions and the other on the current situation. For me, everything must be directed from the competition back: you train to race, therefore, you must ensure that training will allow the athlete to progress through each phase.

Prepare to accept the next increase in workload and ultimately to race and improve on previous best performances. Therefore, working back from the major competitions, the training year is built in simple blocks which have primary and secondary objectives.

In this manner, we work right back to October where the training year begins after a total break from athletics. We start very easily with no sudden dash to get fit for the early road and country races: my experience has been that this totally upsets the planned progressions.

(Space does not permit full details but Boyle's paper* gives a complete outline.

As an example we include the structured repetition sessions of May and June).

This is the most demanding time for the coach where great care must be exercised to ensure that the transitions from strength to speed endurance and then to speed are successfully completed. Sessions will include distances from 150 metres to 1000 metres and typically would progress —

- 3 x 3 x 600m 86secs 2mins rec
- 3 x 5 x 300m 43secs 60sec rec
- 3 x 2 x 600m 84secs 3mins rec
- 3 x 3 x 300m 41secs 90sec rec
- 3 x 1 x 600m 82secs 10mins rec
- 3 x 2 x 300m 39secs 3mins rec
- 3 x 1 x 600m 74secs 20/40mins rec
- 5 x 1 x 300m 38/34secs 10/30min rec

These sessions will always be intermixed with technique runs over 80 metres and aerobic running which reduces in volume as we progress through towards minor competitions and time trials.

The Development of an Endurance Athlete — Tom McKean

Junior Boy, entry level — Like many endurance athletes, McKean, recruited to the club via the feeder cross country races which we organise for the schools. One of a group who were motivated enough by the team competitions and varied training to come back, the first hurdle had been crossed. Although not the best, Tommy was in the cross country team and managed to win a few medals thus retaining his interest.

I remember he finished third in the Scottish Cross Country Championships at Glenrothes on six inches of snow, moving from about 60th to third in the last 800 metres, and I had to carry him back to the changing rooms. Yes, he was different — but was growing like a weed and must not be forced — only to wilt at a later date.

Senior Boy — Now growing in spurts, he was still encouraged to run in his favourite cross country event and 1500 metres on the track, but I gradually introduced him to sprinting through the team competitions and ensured that, in parallel with basic conditioning, correct running technique was taught within the limitations of strength, mobility and co-ordination which was present.

Youth 15/17 — Cross country was still used as conditioning but circuit training was now of increasing importance as the emphasis was swinging more emphatically towards sprinting. Stricter disciplines were learned through training with older age groups and working towards targets

was encouraged, motivation ensured via team competitions but now in sprint relays and 400 metres whilst still competing at all distances through to 1500 metres.

Junior Man 17/19 — Cross country is now seen only as conditioning with races as fitness tests or fun with the boys. Weights were introduced in the circuit format with the major training objective being the development of sprinting ability and refinement of technique — aiming to significantly improve 200/400 metre times which would be the limiting factor in subsequent specialization at 800 metres if we recognize where the event is now going with Sebastian Coe's world record 1:41.73 (1:40 by 1990).

First-year senior 19/20 — The plan was to reduce his 200/400 metre times, but with a shift in emphasis via the introduction of structured track training for 800 metres. But then injury struck, shin problems which almost finished his athletics career. Fortunately Tom Craig did an excellent job — gave Tommy one race where he finished second in the Scottish 800m Championship. This kept him in the sport, but only just.

Second-year senior, 20 — The first objective was to consolidate the pre-injury performance and then to begin the next phase of development which was to specialize in the 800 metres event. Tommy was gradually introduced to increased workloads, training plans, short and long term objectives and gradually the process of transferring greater responsibility to the athlete was underway.

The year was concluded by introducing Tommy to a four-year plan, aimed at Edinburgh and Stuttgart.

Third-year senior, 21 — This was the crucial year where we planned meticulously for the break-through and transition to full UK international. The key steps were:

- a). Breakthrough — win UK Closed, easier in a low year.
- b). Get time for selection — rather difficult if you cannot get races, therefore, we used an agent as this was the only way to get a race abroad unless you had a time!
- c). Consolidate selection — It was crucial to either win or be second.
- d). Gain Experience at back — This was important for next year's Games. Training on the track became more specific to the requirements of the event with many sessions involving competition specific and race simulation situations faster than race pace.

In parallel with the planning for on-track activities, it was essential that we maximise on the publicity and organise the off-track activities to ensure that Tommy could concentrate 100% on producing his best performances in the correct competition.

I ensured that the correct level of exposure was obtained from each success, a fine balance was maintained, sponsorship was negotiated and a job secured that would allow the correct mix of training — leisure — work — for progression in the next year.

Fourth-year senior, 22 — Careful analysis of the previous year's situation clearly indicated that we had several flaws in our armoury. To reinforce these weak spots necessitated strengthening the support team. Fortunately, Tommy's major sponsor, Glen Henderson, in addition to being a successful motor dealer, is also a very knowledgeable sports enthusiast who specializes in speed skating and was able to advise which direction we should move if we were to continue to progress in the cut and thrust arena of world-class athletics. This was gradually achieved by the recruitment of the best help which we could find: every aspect was improved.

NOTHING was left to chance in our quest for competitive advantage for the athlete — result, second position at the Commonwealth Games — 1:44.80, a new Scottish national and native record.

The next phase was to overcome the vacuum created by the post Games anti-climax. Our solution to the problem was a total change in environment — result, second 1:44.61 — new personal best, new Scottish record and, unfortunately, a few more people now aware of the potential which Tom McKean possesses and can consistently produce on the big occasion!

1987/88 — The framework of a support team which will be necessary to prepare an athlete for Seoul has now been carefully established. It remains to be seen whether Tom McKean can capitalize on this opportunity whilst avoiding the minefield of personal catastrophes which appear to haunt Scottish sports personalities when exposed to the world arena.

Future aims and objectives — for us to know and you to guess!

"Development of Endurance By Tommy Boyle, a paper he presented to the Edinburgh International Coaches' Convention. A full copy is available from David Lease, 18 Ainslie Place, Edinburgh EH3 6AU. (SAE 20p stamp, plus £1 cheque/PO payable to SAAJCC).



Orienteering

In the first week of August, about 4000 runners will be competing in the forests of Easter Ross and Inverness-shire at one of the largest sporting events held in Scotland. This is the sixth biennial Scottish Six Days Orienteering event. Competitors will have travelled from as far afield as New Zealand, Japan and America, although most will be from Britain and Scandinavia.

Orienteering is a word now familiar to most runners, well publicised by episodes of Grange Hill and the Steve Cram/Aneka Rice duo. The sport has been described as car rallying without the car. This is quite a good analogy, as orienteering is about navigation finding your own way, and about running. It is a cross country race without a course — except the one marked on your map.

The competitor has to follow the course on the map, visiting a number of check points (red circles on the map). To prove each point has been visited, each competitor carries a "control card" which is marked with the punch at each check point. The person who completes the course the fastest is the winner. The big difference from a cross country race is that between the check points orienteers do not follow a fixed route — they must find their own route by using the map.

Orienteering events can be held anywhere — wild forests, open moorland, parks or round the streets. Many orienteers learn the sport at small events in playing fields or parks before progressing to bigger events in forests. You can get hopelessly lost in wild forests and should not risk this without learning the basic skills of navigation.

I started orienteering as a way of getting a long Sunday run in in interesting surroundings. I was reminded of Derek Clayton, the Australian marathon runner, who used to make himself have a long run in Mexico (where running was not the enjoyable activity it should be) by going out and getting lost. By the time he had found his way back to the village he had invariably completed a long distance.

So I got myself lost in Loch Ard forest at Aberfoyle, Queens forest at Aviemore, Craig a' Barnes at Dunkeld and many more. I was almost sad when I improved enough at

Ever got lost on a long run? What you need is "cunning running" — the confidence to move rapidly through thick forest while reading a map and a compass.

It is called orienteering and many runners have found that it provides an enjoyable way for the whole family to attend events together. To make sure that your first experience with map and compass is not too disorienting, former Scottish international track and cross-country runner Gareth Bryan-Jones outlines some of the pleasures of the sport for people from a running background.

Gareth was Scottish steeplechase champion between 1968 and 1974, with a personal

best of 8:33.04 for the 3000 metre event. He represented Britain at the Mexico Olympics, but like many others fell victim to altitude problems. At the 1970 Edinburgh Commonwealth Games he finished fourth in the steeplechase, and had a distinguished cross-country career representing Scotland in 1968, 1969 and 1970. His Edinburgh University and Edinburgh Southern teams dominated the Scottish Cross Country Championships from 1968 through to the mid 1970's.

Bryan-Jones has represented Britain several times in international orienteering events, and his wife and three children have all won prizes at the sport.



navigating to take less than the two hours I classed as a long Sunday run — but by then I was addicted to orienteering.

Once your navigation is good enough to be able to run throughout the orienteering competition, then there is a fantastic exhilaration in cruising

through a forest you have never visited before, knowing exactly where the next check point will be.

One factor misleading to newcomers to the sport is the distances quoted for course lengths. They are always in kilometres and don't seem

very long, but they represent the straight line route between the check points.

In practice, the best feasible route is about half as far again. Also, the speed one can run through rough forests, heather, long grass and such is much slower than the speed one can run along roads or around playing fields.

If you fancy trying orienteering, most Scottish orienteering clubs have evening events (usually Wednesdays) through May and June. Often these are in parks or small woods near towns and offer easy courses for newcomers to try. Don't be overconfident. Try the easiest course first, even if it is only one or two kilometres — then go on to try the longer courses.

Most of these evening events have three graded courses: easy (white or yellow colour code), medium (orange or red colour code) and hard (green or blue colour code). So you can start with the easy and progress upwards — all on the same evening if you want. Entry fees are usually around 50p.

Another way to start is to have a go at one of the permanent orienteering courses set up around the country. There are some in parks in the larger towns, a good one at the David Marshall Lodge near Aberfoyle, at Gientress forest, and at Queens forest, Aviemore.

Having tried an easy event, then you can progress to a bigger one. These are usually held on Sunday mornings (originally to avoid clashes with cross country, road and athletics competitions). They are either club events (using the colour coded courses mentioned above, but with a selection of six or seven courses to choose from) or Badge events (with courses divided up into men's and women's courses, and into age groups, catering for all from under tens to over 65's).

You don't need a compass to start with, though you will want one after a few events. You will need a whistle (carried for safety), a red pen (to mark the course on your map) and a polythene bag (to protect your map from the elements). For further reading on the techniques of orienteering, a good start is the Know the Game book on the sport.

• A list of orienteering events appears in the Events section.

Dawn too light on her feet for dad

The pinnacle of Neil Simpson's running career came last year when he won the veteran's title at the Black Isle Marathon — and the three pairs of socks that went with it.

But the race which really made his heart pump with pride was the 1987 Scottish Schools Under-15 Cross Country Championship, which his daughter Dawn won.

Dawn is one of Scotland's most promising athletic prospects, but it is refreshing that her dad is encouraging the Aberdeen 13-year-old to compete for the fun of it, and not just to win.

"Dawn is fortunate to have the talent to win which gives an added spice," he says, "but just as important is the enjoyment she gets from it. That is not to say she should shelve her ambition of running for the Scottish senior team, or appearing in the Olympic Games before she is 21, but at Dawn's age there is a lot more to life than just athletics."

So, Dawn trains just twice a week, on Aberdeen Amateur Athletic Club nights, and both she and her dad think that's enough at the moment.

"Some of the girls I compete against train every night but still finish well down the field, so I am quite happy with what I am doing," says Dawn. "I do it for fun." She admits she enjoys the atmosphere of the team bus almost as much as the events themselves.

"She is still growing so I think she is doing enough," says dad, who has recently taken over the coaching of a small group of girls, including his own daughter.



Dawn trains with her father, Neil.

"I had been reluctant to take part in coaching Dawn until recently, because I felt that a relative is perhaps not the best person," he explains. "I have seen parents who are pushy, and expect their kids to do things which are maybe not in their best interests. I think parents can sometimes get carried away."

"Since no one else was really taking up what Dawn wanted to do, I had a chat with her coach Miller Mathieson and we decided I could take charge of her training — but I must stress it is very much under Miller's direction."

Her first race was a cross country for primary six girls in which she romped home, and since then she has seldom tasted defeat. Her dad is understandably proud that on the few occasions she has, it has been taken in good spirit.

"I was a bit worried about how she would react to her first defeat but she immediately congratulated the girl who

had beaten her, and that to me was more important than winning."

As well as being fast round the track, Dawn is an accomplished high jumper.

Away from athletics she has a number of other interests and like most girls of her age enjoys discos, music, swimming and going to town. She also enjoys almost perpetual good natural banter with her older brother Mark, who suggests that her main hobbies are "doing her hair and putting on make up."

The unassuming youngster is hoping to collect a few more trophies and medals this year, setting some records along the way, and will be attempting her first pentathlon shortly.

Her success means dad digging into his pocket. If Dawn is picked to run in Scottish school events, she has to pay her own travel costs to Glasgow or Edinburgh, depending on where the

team are gathering. If she is competing for her country in Scottish women's events, she has to pay all her own expenses. Although the bulk of the money is recouped, it means donations from the club and applying for grants.

Neil, a psychiatric nurse at Aberdeen's Cornhill Hospital, hopes that by helping Dawn he will improve his own performances. He started running some years ago to help his fitness for the other sports in which he was involved, football and rugby. When Dawn started running he began to take it more seriously, and now runs about four marathons a year with a personal best of 2:49.

While fleet of foot in the longer distances, Neil is finding it hard to match Dawn over the sprints.

Against boys his own age, 41-year-old Neil is hoping to add to his stock of socks over the next few months.

Graeme Smith

yesterdays...

"Race walking," says John Keddie in his excellent book, *Scottish Athletics*, "has had a chequered history in Scotland." Speaking as a casual observer of the sport, I'm not really surprised. It always struck me as a particularly eccentric activity and, for that reason, neither was I surprised to learn that the English have traditionally enjoyed the event.

I mean, was there ever a more typical English walking style than Paul Nihill's? Or a more typical English bunnet than Don Thomson's? Pure whacko, the lot of them, and doubtless all civil servants in that very English Ministry which John Cleese hopes to lead in the event of an SDP/Liberal election triumph.

The old "heel and toe" has been around since Victorian times, although in the ultra-long distance events it was sometimes difficult to tell running and walking apart. The hybrid became known as "wobbling" and it sounds like the kind of event that Frank McGarvey or Paul Sturrock would have been good at. Indeed, the most successful (championship) walkers at this time were professional footballers. John Harvie of Queens Park won the first three mile walk, and his time of 23 minutes 16 seconds was not improved until 1906, although the event was discontinued for a number of years.

Richard Quinn (Motherwell H and Bellahouston H) was the next athlete to dominate the event, setting the records at various distances and starring at the Rangers sports. He, in turn, was displaced by Alexander Justice (Clydesdale H). As with marathon running, these were great days for the sport, and Quinn competed in the 1908 Olympics. The fact that he is still the only Scot to do so to date, however, demonstrates the failure of the event to really take off in this country.

On the East coast, there was also a boom at the turn of the century. DC Thomson's Evening Telegraph organised an annual Perth-Dundee walk and an interesting photograph survives of the 1904 race.



Jim Wilkie

In the inter-war years this interest was revived, and although Colin McLellan of Shettleston Harriers was the first to beat Quinn's three mile time (1925), it was athletes from Dundee who came to dominate the event. Between 1928 and 1939 there was only one year in which a member of the Hawkhill Harriers failed to win the SAAA three mile walk, and in 1934 the winner was a brother of a prominent "Hackie" man. There was also intense local rivalry from Dundee's Thistle Harriers and women, too, played their part. The annual ladies' Forfar-Dundee walk, organised by Dundee Boys' Brigade, was closely followed.

George T. Galloway was the first Dundee walker to gain the national title at three miles. Like McLellan, he had the experience of track-walking in the South of England (Surrey Walking Club) and his father and brother also took a keen interest. Four times SAAA seven miles champion, his best time was only bettered by McLellan, while in the three mile walk he set a championship best of 21 minutes 43.4 seconds in 1933. The previous year he was narrowly beaten by fellow-Dundonian J. E. Creegan.

Galloway did not compete in the 1936 Olympics (something which must have disappointed him — for some obscure reason he wore a swastika on his vest), but he was the only Scot to be placed in an AAA walking event before the war. He also set three British records in 1934 during a walk at the White City.

George's brother A.D. Galloway (Edinburgh H) was also a good walker (three mile champion, 1934; seven mile champion, 1930) but apparently did not always observe the unbroken contact rule and was occasionally disqualified. (Why does Dundee produce so many wide boys? Ed)



The successor to these men was another Hawkhill Harrier, Alex Jamieson, who first won the SAAA three mile walk in 1936, and equalled Quinn's seven victories before the event was discontinued. In the days before fancy running shoes, Jamieson appears to have favoured a particularly proletarian line in leisure footwear (black sannies) and this unfashionable image appeared to affect the sport itself in Scotland. It was another twenty years before it experienced even a modest revival.

Top picture: G.T. Galloway, J.E. Creegan and A.D. Galloway, predecessors of the Dundee wide boy who writes this column, and, above, Alex Jamieson.

Results

March

18
Scottish Police 10K Cross Country Championships, Tulliallan -
1. R. Hawkins (Strath) 33:57, 2. J. Pollock (Strath) 35:13, 3. H. Young (Tulliallan) 35:30, V1. J. McMillan (Strath) (7th) 36:59, Team: 1. Strath "A" 11pts, 2. Strath "B" 31, 3. Tulliallan 60.
Ladies: 1. S. Campbell (Northern) 27:20, 2. M. Connell (Guest) 29:31, 3. A. Harvey (Guest) 31:18.

29
White Catherthun Race, Brochin -
1. R. Ball (Dundee HH), 2. C. Love (Dundee HH), 3. D. Crowe (Dundee HH), V1. C. Love, L1. I. Clark (Arbroath Footers), L2. E. Turner (Brechin RR), L3. F. Nicholson (Forfar), L4. I. Clark, 1st Local A. Young (Brechin RR).

4
Tom Scott Memorial 10 Mile Road Race, (330 ran) -
1. L. Spence (Spango V) 47:38, 2. D. Frame (Law and Dist) 47:49, 3. P. Conaghan (Spango) 48:17, 4. A. Daly (Bella H) 48:24, 5. S. Marshall (Mwell YMCA) 48:46, 6. C. Thompson (Cambus H) 49:09, 7. S. Conaghan (Spango) 49:10, 8. J. Ross (HELP) 49:30, 9. B. Carty (Shett H) 50:01, 10. R. Ronald (EX AC) 50:10, 11. D. Lang (Cambus H) 50:37, 12. D. Fairweather (Law and Dist) 50:43.

Scottish Veteran Harriers Championship -
V1. Carty, V2. Fairweather, V3. R. McFarquhar (Ab'dn AAC) 50:48, V4. W. Scally (Shett H) 51:02, V5. A. Adams (Dumbarton) 51:13, V6. C. Martin (Dumbarton) 51:45, V/O50. I. T. Kelly (Shett H), 2. W. McBrinn (Shett H), 3. D. Fraser (Bella H), V/O60. I. A. McInnes (Vic Park), 2. B. Bickerton (Shett H), 3. D. Morrison (Shett H), L1. S. Sinclair (Irvine) 54:50 (record), L2. R. McAleese (Monk Shett) 59:46, L3. J. Robertson (Ab'dn) 61:00, L4. K. Chapman (Giffnock N) 61:44, L5. K. Dodson (Law and Dist) 62:33, L6. H. Oliver (Law & Dist) 66:06, L7. Chapman, L8. Dodson, L9. E. Ryan (Edin AC) 66:38.
Teams: 1. Spango 110pts, 2. Shett H 43, 3. Cambus H 46, 4. Bella H 59, 5. Law and Dist 78, 6. Mwell 101.

Greenock Glenpark H "Chisholm Trophy", Street Mile Road Race -
1. A. Curran 4:11.0, 2. P. Russell 4:12.0, 3. M. McKendrick (Youth) 4:15.0, L1. J. Deane 5:25.0, L2. J. Gallagher (LV) 5:26.0, L3. S. Curran 5:36.0.

Scottish Young Athletes Sellotape Indoor Sports Hall Athletic Championships, Grangemouth -
Boys: 1. Dunfermline 117pts, 2. Arbroath 57.
Girls: 1. Falkirk 89pts, 2. Montrose 88.

McLaren Glasgow AC Club Championships (Part 1), Crownpoint -
Senior: 100m, S. Whittaker 12.1w, 100m H/H, R. Pinkerton 15.9w/1.65 metres, L1. C. Spiers 54.6m, 1500, E. Cochrane 50:27, Intermediate: 100m, K. Henshelwood 12.5w, 800, C. McIntosh 11.7w, Junior: 75m, C. Murphy 12.2w.

Colzium AC Inter Club Meeting, Grangemouth -
Intermediate: 100/200m, K. Lithgow (Nith Val) 12.9/26.4, Junior: 200m, V. Friel (Colzium) 27.3, Youth: 100/200/400m, S. Leckie (Colzium) 12.4/24.6/55.3, L1. M. Hamill 6.12m.

Kodak Classic 10,000 metres Final, Hemel Hempstead -
1. J. Gregorek (USA) 28:14, 2. A. Barros (Mexico) 28:16, 3. J. Buckner (Eng) 28:18, 13. N. Muir (Shett H), 20. C. Robison (Spango).

Perth Strathgry H 4 x 3 miles Road Relay Race -
1. Perth SH (I. Howie 18:36, K. Lofthouse 16:03, P. McNally 16:29, A. Riach 16:09) 64:17, 2. Tayside Police AC (I. Leitch 17:49, G. Penman 15:57, R. McKendrick 16:27, A. Leitch 15:50) 66:03, 3. Perth SH 'B' (N. Wylie 16:45, J. Ewing 16:22, D. Knight 16:25, G. Twaddell 16:36) 66:08.
Fastest Laps: 1. I. Howie 15:36, 2. E. Bell Scott (Kinross) 15:49, 3. A. Leitch 15:50.

Young Athletes: 1. Perth SH (R. Cairns 8:23, R. Souther 8:18, C. Monks 8:11) 24:52, 2. Kinross RR 'A' (J. Wilson 11:23, M. Smith 12:50, R. Quigley 9:44) 33:57, 3. Kinross Roadrunners 'B' 34:14.
Fastest Laps: U/16 boys, C. Monks 8:11, U/16 girls, J. Wilson 11:23.

5
Pentlands Skyline 14 Mile Hill Race, Hillend, Edinburgh -
1. A. Curtis (Liv & Dis) 2:08:05, 2. G. Kerr (Fife - AC) 2:15:57, 3. M. Rigby (Westerlands) 2:21:24, V1. P. Fettes (Lochaber) (13th) 2:31:47, L1. C. Whalley (Liv & Dis) and P. Hawtin (Edin AC) (54th equal) 3:25:09.

Glen Fruin 15 Miles Road Race, Helensburgh (200 ran) -
1. D. Watt (Calderglen) 75:51, 2. T. Walker (Calderglen) 78:07, 3. R. Johnston (Calderglen) 78:49, 4. A. McLennan (Calderglen) 79:15, 5. T. Gillespie (Glasgow Uni) 80:01, 6. R. Hurt (Millburn) 81:36, V1. R. Kirton (Millburn) 83:33, V2. R. Young (Clydesdale) 84:00, V3. V. Martin (Clydesdale) 91:15, L1. K. Bell (Loudon R) 1:43:54, L2. K. Corbett (Hburgh) 1:51:05, L3. G. Mallin (Unatt) 1:57:34, Team: 1. Calderglen H 6pts.

Glen Nevis 10 Mile Road Race -
1. M. McCulloch (Ab'dn) 54:36, 2. B. Devoy (Edin SH) 54:43, 3. S. Lauder (Lochaber) 55:10, 4. C. Martin (Inverness) 55:40, V1. J. Maitland (Lochaber) 56:19, V2. G. Mitchell (Inverness) 56:57, L1. V. McLeod (Lochaber) 74:33, L2. D. Anderson (Lochaber) 81:59, Team: Lochaber 18pts.

Forfar 15 Mile Road Race, (415 ran) -
1. F. Harper (Pitheadie) and G. Reynolds (Dundee HH) both 79:52, 3. J. Evans (Falk Vic) 80:26, 4. C. McIntyre (Fraserburgh) 82:04, 5. D. Hamilton (Dundee HH) 82:52, 6. S. Graves (Fife) 83:17, V1. R. Wood (Dundee RR) 84:28, V2. T. Ross (Fife) 85:48, V3. E. Fair (Dundee RR) 91:45, V/O50. T. King (Dundee RR) 92:20, L1. J. Robertson (Ab'dn) 101:10, L2. G. Hanlon (Dundee RR) 103:37, L3. S. Rogers (Dundee RR) 105:49, L4. V1. Rogers, L2. S. Hosie (Unatt) 105:59, L3. E. McMurray (Dundee RR) 110:49, L4. V/O50. E. Fairweather (Dundee RR) 112:22, Teams: 1. Dundee HH 5hr 32m 34sec, 2. Fife AC 5:43:16, 3. Dundee RR 5:48:22, Women's Team: Dundee RR 5:18:03.

Monkland Shettleston Ladies Championships Part One, Crownpoint -
Seniors: 200m (+46 w/s) 1. A. McGilivray 24.9, 2. M. Shearer 25.2, 3. A. Jackson 25.2, 4. G. McArthur 25.3, 800m M. Sprang 2:23.9, H. K. Houston 1:55m, J. T. Barclay 44:26m, 2. J. Currie 38:44m.

Greenock Glenpark H Young Athletes Cross Country Championships -
Youths: 1. M. McKendrick 16:17, 2. C. Hendry 16:48, 3. D. Shaw 17:17.
Senior Boys: 1. J. McFadyen 9:05, 2. G. Robertson 9:55, 3. J. Dunn 10:19.
Junior Boys: 1. I. Thomson 7:24, 2. J. Mearns 8:16, 3. D. Hill 9:50.

McLaren Glasgow AC Club Championships (Part 2), Crownpoint -
Seniors: 200m, S. Whittaker 24.9w, 800m, I. C. Thomson 2:20.6, 2. E. Cochrane 2:22.0, DT. M. Ingram 34:22m.
Inter: 200H, C. Mackintosh 3:00, 200m, K. Henshelwood 25.9.
Club Champions: Senior, S. Whittaker, Inter, C. Mackintosh, Junior, C. Murphy, Girl, M. McShannon.

11
Renfrewshire AAA 10 Mile Road Race Championship and Open Race, Greenock -
1. C. Robison (Spango) 49:44, 2. H. Cox (Greenock GH) 50:48, 3. L. Spence (Spango) 51:05, 4. A. Daly (Bella H) 51:09, 5. J. Duffy (Greenock WH) 51:36, 6. C. Spence (Spango) 52:18, V1. C. Martin (Dumbarton) (15th) 54:46, V2. J. McMillan (Scyde Police) (22nd) 56:10, V3. D. Wypier (Bella H) (28th) 56:59, L1. S. Sinclair (Irvine) (35th) 57:49 (record), Teams: 1. Spango 10pts, 2. Greenock GH 30, 3. Bella H 45.

12
Monkland Shettleston Ladies Championships (Part 2), Crownpoint -
Seniors: 100m (+27m/s) 1. A. McGilivray 12.0, 2. A. Jackson 12.1, 3. C. Boyle 12.2, 4. M. Shearer 12.5, G. McArthur 12.4, 400m, I. G. McArthur 58.1, 2. M. Sprang 59.2, 1500m, I. E. Scally 4:52.3, 2. K. Caldwell 4:54.7, L1. J. A. Jackson 5:52m, 2. C. Harker 5:51m, SP. J. Barclay 11.6m, Club Champions: Senior, A. Jackson, Inter, A. McGregor, Junior, F. Watt, Girl, K. McNeill, Minor, J. Backhouse.

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Results

Perth Strathgry H Open Meeting, Grangemouth -

Senior: 200/400m, J. Nicoll (Perth SH) 2:37/508

Junior: 400/800m, M. Currie (Cent Reg) 5:19/1580, SP/DT, G. Barr (Cent Reg) 1:15/7m/31.62m (senior implements) [H/L], P. Sudiskas (Cent Reg) 2:03m/656m

Aberdeen AAC Half Marathon Championship -

1. C. Youngson 69:29, 2. D. Duquid 71:32, 3. J. McKay 71:38, 4. R. McFarquhar (V1) 72:23, 5. M. Thomas 73:43, L1, V. Simpson (49th) 88:23, L2, S. Lamb (53rd) 89:09, L3, J. Fraser (63rd) 93:00, LVI, J. Nottal (69th) 93:25

Jimmy Scott Memorial 16 Mile Road Race, Clydebank to Helensburgh -

1. P. Fleming (Bella H) 79:57, 2. M. Coyne (Falk Vic H) 84:21, 3. D. Fairweather (Law & Dist) (V1) 85:25, 4. T. Donnelly (Bella H) 87:29, 5. B. Howie (Edin SH) 88:54, 6. F. Wright (Springburn) (V2) 90:33, V3/O/50, W. McBrinn (Shett H) (7th) 90:49, L1, E. Adam (Unatt) (56th) 2:43:43

Teams: 1. Bellahouston 18pts, 2. Shett H 28

Barr 7 Mile Road Race -

1. B. Chinnick (Forres) 36:02 (record), 2. C. McIntyre (Fraserburgh) 38:23, 3. M. Wright (Elgin) 38:34, V1, G. Mitchell (Inverness) (7th) 40:45, J1, A. Reid (Coasters) (8th) 41:20

Selkirk Peoples Half Marathon and 9 Miles Fun Run (400 ran) -

1. A. Walker (Teviotdale) 67:40 (record), 2. J. Connolly (Gala) 70:48, 3. J. Knox (Gala) (V1) 71:20, V2, N. Purdie (Unatt) 70:06, L1, N. McCraw (Tweedside) 89:29 (record), L2, A. Dickson (Law & Dist) 91:00, LVI, O. Duff (Teviot H) 97:00

Teams: 1. Galr H 20pts, 2. Teviotdale H 40

9 Mile Fun Run: 1. M. McGovern (Walkerburn) 54:18, 2. C. Burns (Unatt) 55:50

Dundee Hawkhill H Open 10,000 metres Road Race (300 ran) -

1. P. McColgan (Sparta AC) 29:41, 2. T. Mitchell (Fife) 29:49, 3. G. Braidwood (Bella H) 29:55, 4. G. Laing (Abdn) 30:25, 5. C. Ross (Dundee HH) 30:43, 6. J. Doig (Abdn) 30:51, L1, E. Lynch (Dundee HH) (8th) 31:27 (British record), L2, C. Price (Dundee HH) 34:47, V1, T. Ross (Fife) 32:30, V2, P. Cartwright (Falk Vic H) 34:16, V3, C. Love (Dundee HH) 35:53

Teams: 1. Fife AC, 2. Dundee HH

Professional Indoor Championships, Aberdeen -

50m D. McAllister (Cramlington) 60, 200/400m O. Quinn (Edinburgh) 21:67/50:95, Vets 50m G. McNeill (Tranent) 6:04

Inverness H Open Athletic Meeting, Queens Park -

800m R. Cresswell (Abdn) 1:55.9, HJ1, D. Mathieson (Abdn) 1:98m, 2. D. Barnetson (Inverness) 1:91m, SP/DT G. Patience (Inverness) 1:51/1M/50:20m

Women: SP/DT H. Cowe (Abdn) 1:19.4m/38.72m, JT, L. Low (Orkney) 33.26m

Edinburgh AC Championships, Meadowbank -

200m 1. M. Johnston 21.6w, 2. D. Young 21.9w, 800m K. Mortimer 1:55.2, 400m H/LJ J. Scott 56.6/6.66m

Sen. boy 200m P. Kennedy 23.3

Women: M. Anderson 800m 2:19.1

15 Scottish Civil Service 10 Mile Road Race Championship, Strathclyde Park -

1. A. Daly (In Rev) 50:46 (record), 2. W. Robertson (PO) 51:48, 3. T. Walker (In Rev) 53:03, 4. T. Ulliot (Brit Tel) 53:28, 5. C. McLennan (PO) 54:56, 6. D. McLaughlin (MOD) 56:09, V1, P. Cartwright (Brit Tel) 56:51, V2, M. Murray (D of E) 61:11, L1, R. Carthy (In Rev) 67:37, L2, A. Bruce (MSC) 68:51, L3, C.A. Gray (SO) 70:39

Teams: 1. Post Office 14pts, 2. Brit Tel 24, 3. In Rev 25

Edinburgh SH Open Graded Meeting, Meadowbank -

100m: 1. M. Johnston (Edin AC) 10.8, 400m: 1. A. Walker (ESH) 48.6, 2. H. Murray 49.2, 3. J. Henderson (Jun) (ESH) 49.7, SP E. Irvine (EAC) 1:67.1m, DT G. Patience (Inverness) 50.82m

Women: 100m 1. W. Thomson 12.4, 2. M. Anderson (EAC) 12.4, SP/DT M. Anderson 13.49/33.30m

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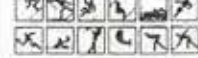
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18 Las Plant Craig Dunain 6 Mile Hill Race, Inverness -

1. G. Crawford (Springburn) 33:16, 2. C. Armstrong (Elgin) 34:30, 3. A. Reid (Coasters) 35:03, 4. M. McCulloch (Forres) 35:27, 5. R. Boswell (Lochaber) 35:53, 6. E. Butler (Abdn) 36:59, J1, G. McMaster (Falk Vic H) 36:29 (8th), V1, P. Cartwright (Falk Vic H) (12th) 37:39, L1, L. Harding (Houghton H) 42:16 (record), L2, K. Butler (Abdn) 44:50

Teams: 1. Cent Reg 32pts, 2. Lochaber 39, 3. Coasters 62

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Scottish Veterans Easter 10K Road Race, Inverness -

1. A. Adams (Dumbarton), 2. C. Martin (Dumbarton), 3. A. Wood (Abdn), 4. M. Edwards (Abdn), O/SO, A. Wood, LVI, A. Lindsay (Abdn)

Dundee Uni Open Graded Meeting, Caird Park -

100/200m A. Barrie (Dundee Uni) 1:14/2:35, 1500m A. Henderson (Aberdeen Uni) 4:00.1, 5000m I. T. Mitchell (Fife) 14:33.4, 2. R. Archer (St. Andrews Uni) 14:42.0

Women: 100/200m K. Boyle (Dundee Uni) 1:24/2:59

GLASGOW

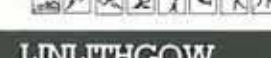
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Results

With six races completed in the 1987 Scotland's Runner Road Race Championship up to the end of April, only Janine Robertson of Aberdeen AAC retained her top ranking March position in the four categories.

By April 30, Robertson totalled 81 points having scored in four events (two short, one medium and one long). She was being chased hard by Irvine AC's Sharon Sinclair, however, who had 79 points from just three events, and who set new course records when winning the Tom Scott Law to Motherwell and the Renfrewshire Ten Miler.

Margaret Robertson (Dundee Roadrunners) was third with 59pts, but as a veteran had a 100 per cent record with 90 points from three races. Even so, she was just three points ahead of Elizabeth Buchanan (Haddington ELP), who had scored 87 points from four events.

Scottish internationalist and former Belfast Marathon winner Andy Daly (Bellahouston Harriers) led the men's table with 61 points from three medium length races (Tom Scott, Renfrewshire and Haddington). Under the rules of the championship, he can now only score in short and long races unless a performance in a future medium distance race gains him higher points than one of the three listed above, and he can discard an already counting race.

Frank Harper (Pitreevie AAC) and Spango Valley runners Lawrie Spence and Chris Robison were close behind the leader, despite all having run in just two races.

In the veteran men's section, Brian Carty (Shettleston Harriers) and Archie Duncan (Pitreevie) were the joint leaders with 56 points each. Carty, however, was better placed, having compiled his total from just two events, compared with Duncan's three. This is the most hotly-contested championship section, with eleven athletes having scored 40 or more points.

The next tables published by Scotland's Runner will include the six May events, with the half marathons at Edinburgh, Kirkintilloch and Kirkcudbright giving opportunities for the longer distance specialists to gain points.

Colin Shields

SCOTLAND'S RUNNER

Road Race Championship



Lawrie Spence (Spango Valley) winning the Tom Scott Memorial Road Race on April 4 in a time of 47:38.

Photography by Peter Devlin

MEN:

1. A. Daly (Bellahouston)	61pts
2. L. Spence (Spango Valley)	53pts
3. F. Harper (Pitreevie)	49pts
4. C. Robison (Spango Valley)	47pts
5. T. Walker (Calderglen)	43pts
6. G. Laing (Aberdeen)	42pts
7. G. Braidwood (Bellahouston)	34pts
8. S. Axon (Aberdeen)	33pts
9. J. Duffy (Green. Wellpark)	32pts
10. G. Fairley (Kilbarchan)	32pts
11. J. Ross (Haddington)	32pts
12. N. Muir (Shettleston)	30pts
13. P. McColgan (Sparta)	30pts
14. G. Booth (Norfolk Gazelles)	30pts
15. H. Cox (Green. Glenpark)	26pts
16. D. Frame (Law & District)	26pts
17. A. Hutton (ESH)	26pts
18. C. Youngson (Aberdeen)	26pts
19. P. Conaghan (Spango Valley)	23pts
20. J. Pentecost (Falkirk Vic)	23pts

WOMEN:

1. J. Robertson (Aberdeen)	81pts
2. S. Sinclair (Irvine)	79pts
3. M. Robertson (Dundee RR)	59pts
4. H. Oliver (Law & District)	43pts
5. E. Buchanan (Haddington)	42pts
6. M. Taggart (Pitreevie)	35pts
7. H. Morton (Irvine)	33pts
8. S. Branney (McLaren)	30pts
9. M. Muir (Dundee RR)	30pts
10. L. Lynch (Dundee HH)	30pts
11. J. Salvona (Liv & District)	30pts
12. T. Calder (Duns)	26pts
13. K. Carter (Sale)	26pts
14. E. Masson (Kilbarchan)	26pts
15. R. McAleese (Monk. Shett)	26pts
16. C. Price (Dundee HH)	26pts
17. L. Irving (EWM)	23pts
18. J. Gallagher (Green. Glen)	23pts
19. W. O'Neale (Colwyn Bay)	23pts
20. V. Vaughan (Pitreevie)	23pts

VETERAN MEN:

1. B. Carty (Shettleston)	56pts
2. A. Duncan (Pitreevie)	56pts
3. D. Wyper (Bellahouston)	53pts
4. R. McFarquhar (Aberdeen)	49pts
5. D. Fairweather (Law & Dist)	49pts
6. C. Martin (Dumbarton)	47pts
7. B. Preece (Aberdeen)	44pts
8. Brian Carty (Shettleston)	44pts
9. B. Scally (Shettleston)	42pts
10. D. Crumpton (Linwood)	40pts
11. J. McMillan (Strathclyde Pol)	40pts
12. D. Love (Dundee HH)	39pts
13. P. Cartwright (Falkirk Vic)	33pts
14. P. McMahon (Shettleston)	32pts
15. T. King (Dundee HH)	31pts
16. J. Knox (Gala)	30pts
17. D. Ritchie (Forres)	30pts
18. T. Ross (Fife)	30pts
19. A. Weatherhead (EAC)	30pts
20. H. Barrow (Vic Park)	29pts

VETERAN WOMEN:

1. M. Robertson (Dundee RR)	90pts
2. E. Buchanan (Haddington)	87pts
3. K. Chapman (Giffnock)	56pts
4. K. Dodson (Law & District)	47pts
5. J. Gallagher (Green. Glen)	43pts
6. E. McMurray (Dundee RR)	42pts
7. J. Murray (Kilbarchan)	41pts
8. A. Lindsay (Aberdeen)	32pts
9. I. Wilson (Unattached)	32pts
10. J. Eadie (Dundee RR)	30pts
11. L. Irving (EWM)	30pts
12. S. Cluley (Dundee RR)	26pts
13. C. Slatter (EAC)	26pts
14. S. Belford (Kilbarchan)	23pts
15. R. Carthy (Inland Rev)	23pts
16. I. Gibson (Dundee RR)	23pts
17. L. McIntosh (Unattached)	23pts
18. E. Ryan (EAC)	23pts
19. J. Carroll (Dundee RR)	21pts
20. H. Fyffe (Haddington)	21pts
21. E. O'Brian (Green. Glenpark)	21pts

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; OM Quarter Marathon; L Long; M Medium; S Short.

List of events

May
23 Kirkcudbright Milk HM (L)

June
7 Govan 10k, (S) (men only)
7 Strathclyde 10k, (S) (women only)

14 Clydebank HM (L)
14 CR Smith HM, Dunfermline (L)
24 Roevin 10k, Aberdeen (S)

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)



On the VETERAN scene...

Where were you 30 years ago in 1957? Given that the 1956 Olympic Games in Melbourne had been held in November, it was understandable that a lot of young athletes — your correspondent included — had based their 1957 New Year resolutions on the inspiration of these memorable Games.

No doubt you will remember Vladimir Kuts dramatically winning the 5,000 metres and the 10,000 metres with times of 28:45 and 13:39.6 (indeed, the first 5K of the 10,000 metres was just 4 of a second outside Zatopek's old 1952 record). The British interest was represented by a silver medal for Gordon Pirie, and bronze for Derek Ibbotson.

As a youngster, I had seldom missed my annual pilgrimage to London's White City Stadium to watch Pirie, Frank Sando, Peter Driver, Stan Eldon and the rest fight out the AAA six mile title. Often the stadium was nearly deserted, but as a schoolboy who had found in athletics a thrill that soccer and other team games could not possess, I longed for the day when I could meet my idols and run at the White City.

My first experience of the famous track was the final of the Middlesex Schools half mile in 1953, which found me in the lead with 50 yards to run, only to trip and fall leaving grazed knees and a bruised pride as my reward.

However, 1957 saw me make amends, and although I never reached the final of the London Championships half mile, I had the glorious pleasure of my first sub two-minute run and a club record for Queens Park Harriers into the bargain.

That was in August. In September, in the inter-club race at Hurlingham in South London, I ran the last leg of a four by one mile relay for QPH and guess who ran the last leg for South London Harriers? — GP!

I just couldn't hold him off as he reached the tape with only a yard separating us — but I had another lap to run!

However, the real purpose for my trip down memory lane is to reflect on where that dedication to athletics is thirty years on. Gordon Pirie, who I had the great privilege to run within the World Vets Championships at Lytham St Annes last year, now lives in New Zealand.

Pirie had some very tough things to say about British Athletics and its officials, and his autobiography, 'Running Wild', reminds me that his endeavours were certainly made at a considerable cost to himself.

Where would Pirie, Ibbotson, Johnstone and many others in the '50s have been if they had the advantage of sponsorship and trust funds? If they had had better training facilities and tracks to race on?

The answers cannot easily be found and perhaps the question should not even be asked but for the fact that the very "hypocrisy" that Pirie denounced in British athletics still needs to be addressed.

I have previously in these columns spoken of the number of veteran professional athletes who rejoined the amateur ranks as a result of the SAAA amnesty in 1986. There is no doubt that on both track and road some of these athletes are proving to be among the most gifted athletes, and the question has to be asked — what have we missed?

Jack Knox, the former professional from Selkirk who now runs for Gala Harriers, has not only dominated the vets road scene for the past year or so, but is a regular member of the Gala team who have by their efforts gained selection for the Edinburgh to Glasgow Relay next November. It can be guaranteed that Jack will be there, but has it been as lucrative?

Jack estimates that with a good handicap he could pick up regular prizes of £100 plus as a professional and although most veterans prizes do not add up to that sum, there are a number of subventions and good prizes coming into the sport.

Bill McBrinn points out in an article in the Scottish Veteran Harriers Club newsletter that vets can start to look for quite decent prize money following in the wake of American "Masters" Vets subventions were offered in the finals of the Kodak 10k and will also be at the Potteries Marathon next month which is to include a veterans international match in which Scotland have been invited to select a team.

When will the big marathons

such as London and Glasgow give the same incentive to veterans? Bill McBrinn took great pride in winning the over 50 title in the London Marathon three years ago, but apart from a second medal had no reward at all.

Mike Hurd, the RAF English veteran who I met last year when running in the Norwich Half Marathon, told me politely but quite firmly that he could not afford to accept invitations that didn't have "expenses" paid, and that he already had a full year's schedule of races mapped out in America — for which he was guaranteed a lucrative income. Bill McBrinn suggests that this was in excess of 20,000 dollars last year.

Even better rewarded was Priscilla Welch, who is reputed to have earned 48,000 dollars as the top woman vet in America. I shall not remind her how I "chummed her" for the first 20 miles in the 1983 Glasgow Marathon when she first beat Lesley Watson.

Has the day not come when the boundaries between amateur and professional (and which have now been demolished in closed vets events) should be finally abandoned in athletics as a whole, and for us all to be honest professionals. Or will we have to wait another 30 years I hope not.



Henry Muchamore

Events Diary

May
23

Bens of Jura Hill Race, Craighouse, Isle of Jura.

Argyllshire. 10 miles. 7500 feet climb. Rec 3hrs 16m 54sec. A. Ryan (Holmfrith H) 1984 E. — D. Booth. 18, Allergill Park, Upperthong, Holmfrith start.

Scottish AAA Northern District Championships, Queens Park, Inverness. Championship Convener — H. Lakeland. 75, 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.

Kirkcudbright Academy Milk Half Marathon, Kirkcudbright. E — Harry Matland. Kirkcudbright Academy Kirkcudbright (1p.m. start).

Glenashdale 9.1 mile Road Race, Isle of Arran. E — J. McGovern. Glenashdale, Whiting Bay, Arran.

24

Scottish Cross Country Union AGM, Royal Scottish Museum, Chambers Street, Edinburgh 2p.m.

Cumnock Half Marathon and Fun Run. Details — R. Lowe. 14, Glenamont, Cumnock KA18 1HP. Tel: 0290-21562.

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's Avenue, Kirkcaldy, Fife KY1 1EX. (Start 2.00pm).

Scottish and North West League Divs 1 & 2 - Crownpoint Sports Park, Glasgow.

Divs 3 & 4 - Tweedbank Stadium, Galashiels.

Grampian Television Athletic League, Nairn.

Peebles Round Table Road Race and Fun Run, Peebles.

Claremont Church Fun Run, East Kilbride.

Forth Bridges Half Marathon, South Queensferry.

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.

Eyemouth Road Races, Eyemouth. Details — Miss Slight, 2, Merse View, Paxton, Berwick on Tweed.

30 AAA/WAAA Combined Events Championships, Stoke-on-Trent. (Day 1).

Bathgate Highland Games and Veterans Cairnpapple Hill Race, Bathgate. (6 miles 800 feet climb) Rec 34.33 B. Carty (Shettleston Harriers) 1984 E. — D. Morrison. 12c, Deedes Street, Airdrie. (Start 2.30pm).

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.

Glasgow Games for Visually Handicapped, Crownpoint.

Western Isles Half Marathon, Stornoway. E — P. MacDonald. 25a, Lewis Street, Stornoway, Isle of Lewis.

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.

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25 Years ago

ALIX Jamieson (Western AC) leapt into international class at the women's East v West match at Scotstoun Showgrounds, when winning the long jump with a clearance of 19'4". The gusting wind was in her favour, but this was partially offset by the grass run up, and her exhausting competition throughout the afternoon in other events. She won the high jump, was second in the 80 metres hurdles, and was a member of the winning 4 x 110 yards relay team — a valid performance befitting the Scottish women's pentathlon champion. Her versatility extended beyond athletics as she was also a member of the Scottish hockey team.

(N.B. Alix went on to win numerous Scottish titles, represented Scotland in the Commonwealth Games and married Scottish pole vault champion David Stevenson. The couple run the firm Edinburgh Woollen Mills, which now sponsor the Ladies' Edinburgh Southern Harriers).

50 Years ago

FIVE thousand spectators saw many new records established at the Wembley Empire Pool in the third annual AAA Indoor Championships. The outstanding champion was F. R. Webster (Achilles) who won the pole vault for the third consecutive occasion with a record leap of 12'9 1/2" — half an inch higher than the height he cleared to win the outdoors title, the previous year. D. O. Findlay won the 70 yards hurdles title in an exciting finish, beating J. Knight (Oxford Univ) by just half a yard in the record equalling time of 9.0 seconds. K. Tilley (Mitcham AC) won her third successive shot putt title with a record effort of 34'0 1/2". In the high jump J. Newman (London AC) cleared the record height of 6'2" with his clubmate A. Gold finishing third in 5'10".

(N.B. The third placed A. Gold is now Sir Arthur Gold, knighted for services to athletics, and president of the European AAA).

by Colin Shields

100 Years ago

WHEN will athletes learn to stand steady on their marks? Over and over again, the folly of competitors trying to beat the pistol has been raised. At a recent sports meeting in Paisley, several competitors were penalised in the sprints who ought to have known better — two strong candidates for the 100 yards, namely T. Blair and R. McCormick, being among the number concerned.

Mr Aitken, the starter, was very strict — but justly so. No man should ever be allowed to enjoy a flying start. We would like to see official starters appointed for the East and West of Scotland districts.

Bob Hindle is a man whom all the athletes have confidence in, knowing he will stand, no nonsense. They have a sense of security when he holds the firearm, as they feel no man will be allowed to steal a march on his fellows. We would like to see his services requisitioned more frequently.



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GRANGEMOUTH

Events Diary

- 31 AAA/WAAA Combined Events Championships, Stoke on Trent. (Day 2).
- 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.
- Tiso Campsie Hill Race, Lennoxton. (4 1/2 miles, 1500 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)
- Wick Ladies Jogging and Fitness Club "Hash" and Fun Run, Kestrel Rooms, Wick. 11am.
- 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).

June

- 3 Scottish Civil Service Athletic Championships, Wishaw. Details — Alastair McFarlane, 7, Andrew Avenue, Lenzie.
- Open Graded Athletics Meeting, Grangemouth Stadium. Details — A. Kerr, Stadium Manager, Kerriebank Avenue, Grangemouth (E — on night).
- Ayrshire Harriers Young Athletes Meeting, Irvine.
- Sri Chinmoy Open 2 mile Road Races, Glasgow Green and The Meadows. E — as above.
- 6 G.R.E. British Athletics League Div 2 — Stretford Stadium Div 3 — Tooting.
- Scottish AAA Combined Events and Relay Championships, Wishaw Sports Centre. Championship convener — C.A. Shields, 21, Bogton Ave, Muirend, 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 Kilbarchan. 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).
- Scotty Hill Race, Banchory, (5 miles, 800 feet climb). Rec — F. Clyne (Abdn AAC) 1983, 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.
- Cumbernauld Half Marathon. E — Martin McMahon, Leisure and Rec. Dept, Cumbernauld and Kilsyth District Council, Council Offices, Cumbernauld.
- Znameski Memorial Grand Prix Meeting, Moscow.
- East Neuk of Fife Mini Marathon, Waid Academy School, Anstruther. E — D. Maiden, 24, Viewpark Place, Pittenwee (E £4 Fee).
- Monklands Open 7 Miles Road Race, Coatbridge. E — D. Morrison, address as before.
- Bathgate 10K Road Race, Bathgate. E — Hugh Mitchell, 23, Kaim Crescent, Bathgate, West Lothian. 1 pm start.
- Scottish Wildlife Trust 10K Road Race, Beach Esplanade, Aberdeen. Details — Running North, 5, South Mount Street, Aberdeen.
- Border Athletic League, Berwick.
- Grampian Television Athletic League, Elgin.
- Bank of Scotland Scottish Women's Athletic League: Div 1 — Crownpoint Div 2 — Caird Park Div 3 — Grangemouth Div 4 — Livingston.
- 10 Glengoyne Gallop Hill Race, Glengoyne Distillery, Blane (2 miles 1090 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.

Dollar Hill Race, Dollar (5 1/2 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, 690 ft climb). Rec — 38.46 B. Kirkwood (Edin AC) 1984 E — R. Walker, 3, Bridge Street, East Linton. (3pm Start).

Islay Festival Women's Fun Run, Kilmeny, Isle of Islay.

Bearsden Highland Games and Half Marathon Race, Milngavie. Details — W. Boyle, Ciar Micro Systems Ltd, 3, Gavin Mills Road, Milngavie G62 6NB.

Hamilton District Sports Festival and 5 Mile Road Race, Bent Park, Hamilton. E — A. Whitfield, Leisure and Rec. Dept, 207-209, Quarry Street, Hamilton ML3 6GD.

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, Courock, Renfrewshire PA19 1PL.

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).

Bank of Scotland Scottish Athletic League.

Divs 1 & 2, Meadowbank Divs 3 & 4 - Crownpoint

Forres 8-Mile Road Race. E — Mick Francis, 5, North Street, Forres.

High Island Half Marathon, Isle of Hoy, Orkney Isles. Details — Scott Robson, Orkney Tourist Board, Kirkwall, Orkney KW15 1NX.

Peebles 10-Mile Road Race and 4-Mile Fun Run. E — Stuart Ruffail, Tel Peebles 20626/20671.

Forth Road Runner 10K and 1 1/2 Mile Fun Run, Recreation Park, Forth, Lanark. Details — Colin Angus, 2, Learigg, Forth. Tel 0655-811150 (1pm start).

Ben Lomond Sponsored Climb and Race

In Aid of
The Royal Commonwealth Society for the Blind

Sunday, 21st June, 1987



SIGHT SAVERS APPEAL

Trophies and lots of prizes to be won

Information and Sponsorship Forms from:
Mrs. V. McKerron,
5 West Argyle Street, Helensburgh G84 8UU
Tel: 0436 3391

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OVER £2,000 IN PRIZES

Starting from Cockermouth in Cumbria the Sealy Posturepedic Lakes Marathon and half Marathon are something you can boast about running! A restricted entry event climbing 500 feet in the first four miles and then following a scenic route around Basenthwaite Lake, this is an event every runner should have under his belt. Over £2,000 worth of prizes, including a first prize of free entry into the 1988 New York marathon, including travel and accommodation, plus medals and certificates for all finishers. Entries on a first come first served basis under A.A.A. rules.

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.....

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. CLOSING DATE 18th September 1987

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



Loch Leven Half Marathon (under SAAA & SWAAA laws) Venue for SR Road Race Championship Saturday, September 5 — Start 1 p.m. 13.1 miles round beautiful Loch Leven

Medals to all finishers and prizes.
Entries close July 31.
Entry forms from:
Tourist Information Centre,
Off Junction 6 M90,
Kinross,
Tayside

Teviotdale Harriers Club present The 3rd annual Teviotdale People's Half Marathon and Fun Run

Main sponsors: N.A.L.G.O. and Teviotdale Craft and Design Company

**Sunday 5th July at 11 a.m.
2½ mile Fun Run at 10.30 a.m.**

Medals to all finishers.
Entries close 30th June.
Entry forms (SAE) from:
Miss Nancy Douglas, 4D, Dickson Street, Hawick,
Roxburghshire, TD9 7EL

THE CUMBERNAULD HALF MARATHON

Sunday 7 June, 1987

Entry Fee £3.50; Over £1000 in prizes
Commemorative medal to all finishers
Closing date — Monday 25 May — now
extended (also entry on day)

Entry forms from:

**Martin McMahon
Cumbernauld and
Kilsyth District Council
Council Offices, Bron Way
Cumbernauld G67 1DZ.**



Sponsored by:

Cumbernauld Development Corporation
Cumbernauld and Kilsyth District Council
Cumbernauld News and Kilsyth Chronicle

Events Diary

- | | | | |
|--|---|---|--|
| <p>14 Scottish NE Young Athletes League, Caird Park.

Women's International, Scotland v Belgium v Cuba, in Belgium.

C.R. Smith Dundermine Half Marathon, Pittencrieff Park, Dundermine. E — Race Administrator, The Carnegie Centre, Pittencrieff Street, Dundermine, Fife. (Start 9.30am.)

St. Fergus Gala 3 Mile Road Race, Peterhead.

Lomonds of Fife Hill Race, Gathel, Fife. (9½ miles, 2200ft climb). Rec 6500 C. Donnelly (Cambus H) 1983 E — T. Robertson, Knockmallock, Station Road, Newtonmore (2.15pm start)

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)

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

Ardrossan Highland Games and Half Marathon, Largs to Saltcoats. E — Anne Clark, Council Offices, 25, Montgomerie Cres, Saltcoats KA21</p> | <p>Eildon Two Hills Race, Melrose (4½ miles, 1500ft climb). Rec — 25.48 K. Stuart (Kewick AC) 1984 E — T.E. Allan, Clynder, Darnick Road, Melrose. (3.00pm start)

Bizzberry Hill Race, Biggar (3 miles, 500ft climb). E — D. Telfer, Loaningdale School, Biggar (3.00pm start)

Leamnahagow Highland Games. E — H. McQuillan, 14, Milton Park Square, Leamnahagow ML11 0DR

20 Islay Festival Bog Slog, Kildalton, Isle of Islay.

21 Afton Water 10 mile Road Race, New Cumnock. E — Janette Hume, 59, Parthead, 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.

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 RCSI, 49, South Methven Street, Perth</p> | <p>SAAA Dairy Crest Under 18 years Juniors, Youths and Senior Boys Championships, Crownpoint, Championship convenor, B.A. Goodwin, SAAA West District Office, Argyle Street, Glasgow

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 (1.1am start)

Scottish and North West League: Divs 1 & 2 — Wishaw; Divs 3 & 4 — Grangemouth; Div 5 — Dam Park, Ayr

Lairg 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)</p> | <p>Black Hill Race, Earliston (4 miles, 600ft climb). Rec — 26.22 B. Emmerson (Teviotdale H) 1984 E — Mrs S. Smith & Thornfield Crescent, Earliston

Falkland Festival Hill Race (3 miles, 1200ft climb). Rec — 20.25 R.L. Morris (Carnethy Hill Runners) 1986 E — K. McClure, 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

28 Buckie Round Table Half Marathon, Buckie. E — R. Farquhar, 88, Douglas Crescent, Buckie

Scottish Veterans Track and Field Championships, Crownpoint. E — David Morrison, 12c, Deedes Street, Airdrie

Ardrossan Half Marathon.

29 Northern Ireland v Scotland v Israel v Catalonia Mens International March, Antrim Forum, N. Ireland (Day 1).

30 International Match, Day 2.

Annan 10K Road Race, Annan. E — Mrs Diana Dunlop, 100, Brooms Road, Dumfries DG1 2DZ.

Sri Chinmoy 5K Road Race, Glasgow Green. E — B. Grassioti (as before)</p> |
|--|---|---|--|

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SATURDAY, 15 AUGUST AT 11.30a.m.

HEALTH RUN (3 laps) FUN RUN (1 lap)

TEAM EVENT (3 laps)

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Lothian Health Board Health Education Dept.
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(not under SAAA or SWAA rules)

Entry Forms and details from:

**The Chest, Heart & Stroke Association,
65, North Castle Street,
EDINBURGH. Tel: 031 225 6963.**

Entry forms also available

from Kwik-Fit Depots.

BRITISH AIRWAYS

GLASGOW HALF MARATHON

SUNDAY 16th AUGUST 1987. START 9.30 am

PERMIT OBTAINED FROM
S.A.A.A. & S.W.A.A.A.

Over £2,000 of prizes, including flights to Europe, Paris and London, 100 spot prizes including a trip to Paris. Prizes for first ten finishers, first three women, first three male and female veterans. Plus, first veteran in 50-60 category male and female.

Ideal course for anyone looking for a personal best time or training for the Glasgow Marathon.

OFFICIAL ENTRY FORM PLEASE WRITE IN BLOCK CAPITALS

NAME: SEX: M or F

ADDRESS:

POST CODE: DATE OF BIRTH

NAME OF CLUB: V. IF VETERAN:

ARE YOU DISABLED?

IF YES PLEASE ATTACH NOTE
ADVISING OF DISABILITY

ENTRY FEE £4.00 CLOSING DATE 31st JULY 1987
(or when entry limit is reached)

The entry fee must be enclosed with this form along with a 9" x 6" stamped addressed envelope and made payable to GLASGOW HALF MARATHON. Entries should be sent to:-

BELLAHOUSTON HARRIERS
53 Anchor Crescent, Paisley PA1 1LX

Course:- Fast, flat accurately measured route starting and finishing at Cartha Rugby Club, where limited changing facilities will be available.

QUALITY MEDALS TO ALL FINISHERS PLUS EXTENSIVE PRIZE LIST. I hereby declare that I will be 18 years of age or over as of 31st January 1987 and that I am an amateur as defined by the S.A.A.A. laws. I understand that I participate entirely at my own risk and cannot hold the organisers responsible for any injury suffered by me in this event or for property lost during the event.

Signature

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Festival Sports Day atmosphere

Entry £2.00 - First 250 entries (E close 28/5)

Sunday 16th August - Open Half Marathon - 2.00 p.m.

Entry £3.50 - First 500 entries (E close 3/8)

Both events under SAAA, SWCC, RRA rules

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One of the greatest races in the world

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Events Diary

July

1 Sri Chinmoy 2 mile Road Race,
The Meadows, Edinburgh

4 Bislett Grand Prix Games, Oslo

European Combined Events
Cup Final (Day 1)

Men's Decathlon, Basle,
Switzerland

Women's Heptathlon, Aries,
France

British Athletic League
Div 2, Meadowbank
Div 3, Warley

Scottish Women's AAA Dairy
Crest Under 19 Intermediates,
Junior's and Girls'
Championships, Grangemouth,
1 p.m. E - Mrs C Bolan,
Championship Convener, 3
Gateside Ave, Kilsyth G32
ORW (E
close 13/6)

Shotts Highland Games and 14
Mile Road Race, Hannah Park,
Shotts E - MH Wallace,
"Currielynnie", 357 Shottskirk
Road, Shotts, Lanarkshire,
ML7 4ET

Elgin Highland Games and 10
Mile Road Race, Elgin E - Mrs
M Cooke, "Omaroo", James
Street, Lossiemouth

West Kilbride 10,000 metres
Road Race and Sports, West
Kilbride E - Alex McMillan,
Tarbert Avenue, West
Kilbride, Ayrshire, KA23 9DL

Dornoch Festival Half
Marathon, Dornoch E - AS
Green, 41 Clashmugach,
Clashawie, Dornoch (E
close 27/6)

Mamre Hill Race,
Kinlochleven (15 miles, 1500 ft
climb) Rec 1-18-39, P. Dolan
(Clydesdale Harriers) 1975, E
- J Davidson, 11 Mamre
Road, Kinlochleven (start
2.30pm)

5 European Combined Events
Cup Final, Basle and Aries
(Day 2)

Scottish Women's AAA Dairy
Crest Under 19
Championships, Grangemouth
(Day 2)

Cupar Highland Games and 11
Miles Road Race, Cupar E - J
Weir, 16 Tavitt Avenue, Cupar

Stonehaven Half Marathon,
Stonehaven E - Leisure and
Recreation Dept, Kincardine
and Deeside District Council,
Carlton House, Arduithie Road,
Stonehaven (11am start)
(closing date 17/6)

Banff Half Marathon Details
- D Summers, 20 Skene Street,
Macduff, AB4 1RN

Third Teviotdale Half Marathon,
Hawick E - Nancy Douglas,
4d Dickson Street, Hawick TD9
7EL

Edinburgh Peoples 10,000
metres Road Race and Fun Run,
Edinburgh

Running Wild Hyde 7, Details -
Running Wild, 148-150, Market
Street, Hyde, Cheshire

Moffat Chase Hill Race, Moffat
(18 miles, 5000 ft climb) Rec
- 2.39-50 C. Donnelly
(Cambuslang Harriers) 1981 E
- R.L. Morris, 33 Morningside
Road, Edinburgh, EO0 4DR
(11am start)

6 Triangular Athletics Match,
Livingston

Knock Hill Race (3 miles, 600ft
climb) Rec 18-24 G Crawford
(Springburn Harriers) 1986 E
- J Tainsh, Kincardine, Crieff
(7pm start)

8 Falkirk District Council Open
Graded Meeting, Grangemouth
Details - A. Kerr,
Grangemouth Stadium,
Kersiebank Avenue,
Grangemouth, (E - on night)

Sri Chinmoy 1 mile Road Race,
Glasgow Green

Sri Chinmoy 2 mile Road Race,
The Meadows, Edinburgh

8-19 World Student games,
Zagreb, Yugoslavia

9 Brimmond Hill Road Race,
Aberdeen Details - Running
North, 5 South Mount Road,
Craigstone, Aberdeen
(7pm start)

10 Peugeot Talbot Grand Prix
Games, Crystal Palace, London

Runsport 10,000 Road Race,
Stirling University E - Race
Organiser, Runsport 10k PO
Box 35, Stirling (7.30pm start)

Runsport Women's 10,000
Road Race, Stirling University
(8pm start)

British Rail Welsh Games,
Including Men's and Women's
International Match (Wales v
Scotland v Northern Ireland v
Israel v Cyprus), Swansea

Duns Sports Meeting, Duns
Details 2 Rev A Cartwright,
The Manse, Swinton, Duns,
Berwickshire

Forres Highland Games and 10
Mile Road Race, Forres Details
- M. Francis, 5 North Street,
Forres, IV36 0LY

Scots Team at Junior
International, Hungary

12 Runsport Half Marathon and
Invitation Street Miles, Stirling
University E - Runsport Half
Marathon, PO Box 35, Stirling,
(9am start)

Caithness North Half Marathon,
Thurso E - J Cassells, 12
Lythmore Road, Thurso,
Caithness, KW14 7PF (12 noon
start)

Keith Gala Week Road Races,
Keith

Scottish Veteran's 10,000 metre
Track and Pentathlon
Championships, Coatbridge, E
- D Morrison, 12c Deedes
Street, Airdrie ML6 9AG

13 Saltcoats Gala 4 Mile Road
Race, Saltcoats E - Anne
Clarke, Race Organiser,
Council Offices, 25
Montgomery Crescent,
Saltcoats, (7.30pm start)

14 Edinburgh Woollen Mills
15000 metres Road Race,
Moffat E - JW Buchanan,
Braehead, Moffat, DG10 9SE

15 British Police Athletic
Championships, Meadowbank

Sri Chinmoy 2 mile Road
Races, Glasgow Green and The
Meadows

17 McVitties International
Challenge Match (England v
USA) Alexander Stadium,
Birmingham

18 Shettleston Harriers Open
Graded Athletic Meeting,
Crownpoint Details - W
Scully, 437 Duke Street,
Glasgow G31 1RY (E on
afternoon)

International Men's and
Women's Match (Scotland v
Northern Ireland v Israel),
Meadowbank (Day 1)

British Schools International
Athletic Match, Tweedbank

AAA Dairy Crest Under 20
Championships, Alexander
Stadium, Birmingham (Day 1)

Inverness Highland Games,
Bught Park, Inverness Details
- Turnbull Sports, 10a Church
Street, Inverness

Creag Bheag Hill Race,
Kingussie (6.5 miles, 900 ft
climb) Rec - 34-00, A
Farrington (Aberdeen AAC),
1985 E - A. Clark, Papershop,
King Street, Kingussie (3pm
start)

Lochniver Coastguard 10 mile
Road Race, Lochniver

19 Inverness Peoples 10,000
metres Road Race and Fun Run,
Inverness E - Turnbull Sports,
10a Church Street, Inverness
(2.30pm start)

International Men's & Women's
Match, Meadowbank (Final
Day)

Kildoon Hill race, Maybole (3
miles, 300 ft climb) Rec - 15-
57, I Johnston (Cambuslang
Harriers) 1979 E - K
Anderson, 42 Ladyland Road,
Maybole, Ayrshire

20 Ulster Games, Antrim Forum,
Northern Ireland

21 White Ash Hill Race,
Fochabers (5 miles, 800 ft
climb) Rec - 28-24 M
McCulloch (Forres Harriers)
1985 E - J Dye, 77 High
Street, Fochabers, Moray (start
7.30pm)

Crieff Health Week Strathern
Harriers half Marathon, Crieff E
- R.G. Smith, "Ochilview",
Fernflower Road, Crieff (start
7.00pm)

22 Edinburgh Southern Harriers
Open Graded Meeting,
Meadowbank Details - Ian
McKenzie, 49 Avontoun Park,
Linnithgow, West Lothian, EH49
6QG (E on night)

Sri Chinmoy 5000 metres Road
Race, Glasgow Green

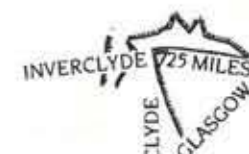
Sri Chinmoy 2 miles Road
Race, The Meadows

INVERCLYDE DISTRICT COUNCIL • GLENPARK HARRIERS



ENTRY FORMS:
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Events Diary

May

- 24 **Atholl Gathering & Games**
Organiser: Dr D. Edmunds
20 Kitchin Road,
Carmunnock,
Glasgow
Tel: 041-644-4823
- Oxton Professional Games**
Organiser: Ian Brady
12, Heriotfield,
Oxton,
Lancaster
- Garnock International Highland Games, Kilmorie**
Organiser: D.P. Webster
Cunningham House,
Frisaroch,
Irvine
- Blackford Highland Games**
Organiser: Peter Dobbie
Bailantrae,
Moray Street,
Blackford,
Tel: Blackford 343
- 31 **Blantyre Games**
Organiser: Bev Brown
Tel: 041-644-4520

June

- 6 **Strathmiglo Highland Games**
Organiser: Mr John Pierson
88, High Street,
Portobello
Tel: 03376 531
- 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 Noddes
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: 0598-758449
- Forfar Highland Games**
Organiser: Margaret Ross
Forfar
Tel: 0307-62985

- 20 **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

PROFESSIONAL GAMES

- 21 **Oldmeldrum Sports**
Organiser: Robert A. Forsyth
2, Rosebank,
Oldmeldrum
Inverurie, AB5 0BE
Tel: 06812 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 Maconn
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
- Drumochter Highland Games**
Organiser: A. Reid
Brodie House,
21, Garvock Street,
Laurencetown,
Tel: 0561 7 252
- Seil Island Games**
Organiser: Brian Robin
Cnoc Mhor
Balvairn,
Isle of Seil
Tel: 0631 64211
- 28 **Burghead Highland Games**
Organiser: Alastair MacKenzie
Red Craig Hotel,
Burghead
Tel: 0343 825663
- July**
- 4 **Thornton Highland Games**
Organiser: Robert Sutherland
25, Cameron Park,
Thornton
Fife
Tel: 0692 775152
- Caithness Highland Gathering, Thurso**
Organiser: A.S. Dempster
9, Campbell St.,
Thurso
Caithness, 0847
Tel: 0647 64466
- Kilmorie & Kilmorie Highland Games, n. Oban**
Organiser: Mr D. Moodie
The Croft, Kilmorie,
Oban
Tel: 0631-62643/
77268
- 5 **Dundee Highland Games**
Organiser: Alex Stuart
Leisure and
Recreation Dept.
Dundee District
Council,
Cleevington Rd.,
Dundee
Tel: 0382 23141
- 8 **Kerrnmore Highland Games**
Organiser: M. Menzies
Boreland Farm,
Fearnan,
Aberfeldy
Tel: 08873 211

- 11 **Alva Highland Games**
Organiser: S. Marshall
51, Brookfield Place,
Alva
Tel: 0259 62117
- Dingwall Highland Games**
Organiser: A.W. Miller
15, Old Evanton Rd.,
Dingwall
Tel: 0349 53213
- Forres Highland Games**
Organiser: Mr P. Inglis
Backhill of Hanton
Croft, Auchterless,
Turnhill
Tel: 08884 325
- Jedburgh Border Games**
Organiser: Mr Stewart
32, Allerdale Crest,
Jedburgh TD8 6XJ
Tel: 0635 62266
- 12 **Arbroath Highland Games**
Organiser: George Mitchellson
3, Adderley Terrace,
Monifeith, Dundee
Tel: 0282 532859
- 17 **Dunbeath Highland Games**
Organiser: Hugh Warren
18, Parkview Terrace,
Latherowwheel,
Caithness
Tel: 05934 324
- 18 **Tomintoul & Strathaven Highland Games**
Organiser: Mr McNiven
Richmond Arms
Hotel, The Square,
Tomintoul
Tel: 08074 209
- Invergarry Highland Games**
Organiser: Mrs MacKae
11, Carry Crescent,
Invergarry
Tel: 08093 322
- Balloch Highland Games**
Organiser: C. Davoy
12, McLeod Road,
Dumbarton
Tel: 0389 67499
- 19 **Stonehaven Highland Games**
Organiser: Mrs M. Gulland
Leisure & Recreation
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Glasgow
Tel: 041 644 4823
or Fergus Wood
Tel: 041 225 3149/
08777 219
- Rosneath & Clynder Highland Games**
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The Clachan,
Rosneath,
Helensburgh
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- 20 **Burntisland Highland Games**
Organiser: Mrs I. Duncan
31, Kirkbank Road,
Burntisland
0692 873234
- 21 **Inverary Highland Games**
Organiser: Mr J. Campbell
11, Rebel Land,
Inverary, Argyll
Tel: 0499 2342
- 22 **Luss Highland Games**
Organiser: Ian Cairns
80, High St.,
Dumbarton
Tel: 0389 34145
- 23 **Mull Highland Games, Tobermory**
Organiser: Hugh Kain
8, Rockfield Rd.,
Tobermory
PA75 0PN
Tel: 0688 2001
- St. Andrews Highland Games**
Organiser: Ian Griew
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St. Andrews, Fife
Tel: 0334 76305
- 24 **Glendevon Highland Games**
Organiser: Julie Anne McNeil
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Glendevon, Dornoch
Tel: 025982 244
- 25 **Earlshall Highland Games, Leuchars**
Organiser: Major D. R. Baxter
Earlshall Castle,
St. Andrews
Tel: 033483 205
- Airth Highland Games**
Organiser: James Tait
3, Linn Place, Airth,
Falkirk FK2 8JU
Tel: 0304 483211
- Balquhidder, Lochearnhead & Strathgry Highland Games**
Organiser: Ewen W. Cameron
Ben Dubh,
Lochearnhead
FK19 8PT
Tel: 05673 231
- Halick Highland Games**
Organiser: A.S. Burdge
Milton Farm,
Halick, Cambuslang
Tel: 084783 666

KINCARDINE & DEESIDE DISTRICT COUNCIL STONEHAVEN HIGHLAND GAMES

11.00 a.m. Sunday, 19th July at Mineralwell Park, Stonehaven

Over £1500 worth of prize money.

Venue for Grampian Games Championships.

Open and Local Heavy Events, Open and Local Light Events, Open and Local Tug-O-War, Pre-Open and Open Highland Dancing (S.C.B.H.D. Rules), Children's Races... All Entries on the Field.

Events Diary

- 23 **Dumbarton District Gala Sports Night, Alexandria**
- 24 **TSB Women's AAA Championships, Alexander Park, (Day 1)**
- 25 **TSB Women's AAA Championships (Final Day) British Athletic League Div 2 Bracknell Div 3 Meadowbank**
- Home Countries Combined Events International Match, Stoke on Trent (Day 1)**
- Aberdeen AAC Open Athletic Meeting (Including Golden Sprints), Caird Park, Dundee**
- 26 **Lochaber Highland Games and Meall An-Suidhe Hill Race, Town Park, Fort William (3.5 miles, 1500 ft climb) Rec. 27-54 K. Stuart (Kew AC) 1983 E - L. Volwerk, School House, Glencoe, Argyll, (start 3pm)**
- Dingwall 10 Evanton 10 mile Road Race, Dingwall E - Roy Cameron, 5 Rose Croft Muir of Ord, Ross-shire**
- Musselburgh Festival Road Race, Musselburgh**
- Irvine New Town Highland Games, Laigh Park, Irvine, and Irvine Half Marathon E - W Banks, 25 Hazel Grove, Kilwinning, Ayrshire, KA13 7JH**
- Helensburgh Peoples Half Marathon, Helensburgh E - D.J. Wilson, 18 Duncan Road, Helensburgh**
- Stromness Half Marathon, Orkney Isles**
- Pearl Assurance Invitation Athletics Meeting, Gateshead**
- Tyneside Scottish League, Meadowbank**
- Monklands Half Marathon, Airdrie E - D. Morrison, 12c Deedes Street, Airdrie, ML6 9AG**
- Half Ben Nevis Hill Race, Fort William 6 Miles, 2200 ft climb) Rec. 47-39, C. Donnelly (Cambuslang Harriers) 1983 E - L. Volwerk, School House, Glencoe**
- 26 **Guthrie House Gala "Roon the Watter" 10K Road Race, E - See local Press and sports shops (start 3.30pm)**
- 27 **Cow Hill Race, Fort William (2.5 miles, 900 ft climb) Rec. 17-35 R. Bergstrand and P. Dugdale (Sheffield H) 1986 E - L. Volwerk, address as above**
- 29 **Ord Hill Race, North Kessock (5 miles, 600 ft climb) Rec. 29-02 B. Chinnick (Forres H) 1986 E - R. Cameron, 5 Rose Croft, Muir of Ord, Ross-shire**
- Sri Chimney 10,000 metres Road Race, Glasgow Green**
- Sri Chimney 2 miles Road Race, The Meadows**
- Edinburgh AC Open Graded Meeting, Saughton (E on night)**

MONKLANDS HALF MARATHON (under SAAA laws)

Sunday 26 July, 1987 Starts 10 am
Entry Fee £2.50 by Thursday 23 July
Late entries £3.00 Medals to all finishers
Entry forms from
D. Morrison, 12c, Deedes Street, Airdrie,
or Monklands/Airdrie Sports Centres.
Sponsored by Monklands District Council

Arnold Clark City of Edinburgh 10-Mile Road Race (under SAAA and SWAAA rules)

Promoted by Edinburgh Athletic Club with assistance from Edinburgh District Council



On Sunday 2nd August at 10 a.m. from
Moray House College of Education, Cramond

For entry forms, send S.A.E. to:
Edinburgh Athletic Club, c/o 40, St. Ninian's Road, Edinburgh EH12 8AW.

LOTHIAN AND BORDERS FIRE BRIGADE



Assisted by: West Lothian District Sports Council
and
Livingston & District AAC
Sunday 30th August 1987
at 10a.m.
Start/finish at Howden Park, Livingston

- Commemorative Medals and Certificates to all finishers
- Trophies in all categories (incl. best fancy dress)
- Prizes include Gore-Tex fabrics suits to 1st male, 1st female, 1st male o/40 and 1st female o/35.
- New faster course for 1987 applied for.
- Changing/parking facilities
- Wheelchair entries welcome.

Entry forms from:
Race Secretary, Livingston Fire Station,
Craigshill, Livingston, West Lothian. EH54 8LP
s.a.e. required



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FIRST NAME

POSTAL ADDRESS

TOWN

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DAYTIME TELEPHONE (STD CODE ESSENTIAL) HOME TELEPHONE (STD CODE ESSENTIAL)

DATE OF BIRTH AGE ON DAY OF RACE WHEELCHAIR ENTRANT (PLEASE TICK) ☐

FIRST CLAIM AFFILIATED CLUB

BEST TIME WHERE ACHIEVED

Please enter me for the Gore-Tex Fabrics Livingston Half Marathon. I am medically fit and understand that I enter at my own risk, and that the organisers/sponsors shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee £4.00 - cheque/P.O. to Livingston Half Marathon. No acknowledgement - check bank statement for confirmation of entry

Signed Date
Completed entry to Race Secy, Livingston Fire Station, Livingston EH54 8LP



Events Diary

KEY — CUNOC Cunningham Orienteering Club, SAOC St. Andrew Orienteering Club, MAROC Mar Orienteering Club, Gallopers Series of events, ELO East Lothian Orienteering Club, Gramp Grampian, ESOC Edinburgh Southern Orienteering Club, LINCOC Linlithgow Orienteering Club, INVOC Inverness Orienteering Club, ECKO Loch Eck Orienteering Club, BL Borderliners, WCOOC West Cumbernauld Orienteering Club, FVO Fourth Valley Orienteering Club.

May

30 MAROC open event, Dalkeith, Ballater (NO 355955), E — I. Ritchie, Raedykes, Monarchie Avenue, Ballater. 0338-55724

31 Scotland's Gallopers 3, (N. Lights Badge Event), MAROC, Sluie Woods, Banchory (N) 605985, E — E. Hall, The First, Ballater Road, Aboyne, Aberdeenshire. 0339-2685. Closed 17/5/87.

June

6 Scottish Championships, National Event 3, Clyde, Drumore Wood, Aberfoyle (NS488989), E — G. Longhurst, 27, Caird Drive, Glasgow. 041-334-0464

7 Scottish Relay Champs, LINCOC, Doon Hill, Aberfoyle, E — as for June 6 £7.50/£4.50/team. Ad Hoc £6.00/team. Cheques 'SC87'

Shetland Urban Challenge Event, Gilbertson Park, Lerwick, E — A. Gillings, Islesview House, Bigton, Shetland

13 LINCOC Local Relay Event, Balvornie, Beecraigs, Linlithgow, E — D. Biggar, 10, Manse Road, Linlithgow. L 845084

Glasgow Gallopers - 2, (ECKO) Shielhill Glen, Greenock, (NS 247721), E — I. Gow, Scougall, Shore Road, Dunoon. D 6298. (Postponed from 8 March)

14 INVOC Northern Gallopers Event, Queens Forest, Aviemore, (NH 981093), E — W. Wolfe, 26, MacLeod Road, Balloch, Inverness.

Runner's Network

ABERDEEN AMATEUR ATHLETIC CLUB Sec - W.H. Watson, 14, Burnieboozle Place, Aberdeen AB1 8NL. Tel: 0224-310352.

BLAIRGOWRIE ROAD RUNNERS Sec - Mrs Maggie McGregor, Glenferriate, Enochdhu, By Blairgowrie, Perthshire PH10 7PL. Tel: 025081-205.

CLYDESDALE HARRIERS Road, track, cross country, field events, hill running, jogging, coaching available in all aspects of athletics; social events. If you are looking for a friendly club which caters for all grades of athletes contact:

Male sec - Brian McAusland, Killearn 50680. Female sec - Agnes Gibson, Duntocher 76589.

HARMONY ATHLETIC CLUB Sec - Ken Jack, 21, Corslet Crescent, Currie, Edinburgh. Tel: 031-449-2910.

KIRKINTILLOCH OLYMPIANS Age 9 to 90, all welcome. (Track, field, road, cross country). Girls and Women:

Sec - John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010.

Boys and Men: Sec - Henry Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch G66 3TJ. Tel: 041-775-1551.

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, Orange End, Grange Avenue, Milngavie (tel: 041-956-4966).

ANYONE within striking distance of Auchterarder waiting company on long runs (7-7 1/2 minute miles), hill running or triathlon cycling training, phone: Ian at Blackford (076482) 306.

AYR TURTLES TRIATHLON CLUB Sec - Mrs. McIntosh, 35, Hillfoot Road, Ayr. Tel: 0292-284815.

BRUCE TRIATHLON CLUB Sec - Bill MacDonald, 126, Faulduburn, East Craigs, Edinburgh. Tel: 0383 738000.

EAST KILBRIDE TRIATHLON CLUB Sec - Morag Simpson, 6, Rutherford Square, Murray, East Kilbride. Tel: EK 45780.

FLEET FEET TRIATHLON CLUB Sec - John O'Donovan, Bowmont House, Arbatnott Place, Stonehaven. Tel: 0569 62845.

TRYST TRIATHLON CLUB Sec - Martin Bryceland, 9, Kilbowie Road, South Carbrain, Cumbernauld. Tel: C 29404.

WESTER HAILES TRIATHLON CLUB Sec - Andrew Grant, Wester Hailes Education Centre, 5, Murrayburn Drive, Edinburgh EH14 2SU. Tel: 031-442 2201.

NEW CUMNOCK 10 MILE RUN AND FUN RUN

Sunday 21st June, 1987 Starts 2pm, fun run 12.30

Entry fee £3.00, £4.00 on race day fun run £1.00

Medal plus special prize to all finishers

1st prize (men) £100

2nd prize £50

3rd prize £25

1st prize (female) £50

2nd prize £30

3rd prize £20

1st veteran's prize for both male and female £15

2nd £10

Entry forms from: Jinette Hume, 59, Pathhead, New Cumnock Tel: NC 32811

KILMARNOCK AND LOUDOUN 10K ROAD RACE

Monday 31 August, 1987

at 7.30 pm

Declarations at Kilmarnock Academy from 6 pm

Pre-entry £1.00

Entry on night £1.50

For further information please contact:

Mrs E. Dalziel,

3 Stronsay Place,

Kilmarnock

Tel. (0563) 35344

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Chariot KW	£39.99	£35.99
Lady Chariot KW 6-9	£39.99	£35.99
Graphlex 7 1/2, 8 1/2-13	£29.99	£19.99
Triad KW	£34.99	£31.05
Apex 7, 8, 9, 10-11 1/2	£29.99	£19.99
Lady Precision 4 1/2-9 1/2	£24.99	£17.99

ETONIC Sigma 7 1/2	£43.95	£34.95
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Mirage 9, 10 1/2	£34.95	£27.95

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Lady Pegasus Plus 5-9	£34.95	£31.50
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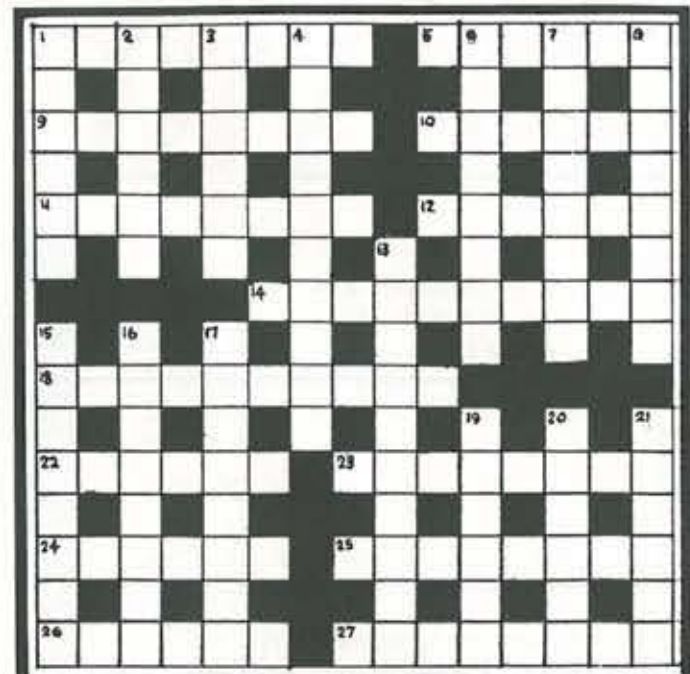
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£25 Prize Crossword

By Menodromes No.3



ACROSS

- 1 Somehow had to sieve mixture of flour and water. (8)
- 5 ... and it does for hockey infringement (6)
- 9 Graceful arrangement when leg can bend in ease (as you hear) (9)
- 10 Smuggler carrying this puzzle (6)
- 11 Diet of leeks not for emaciated person (8)
- 12 Dunderhead or top of the class (6)
- 14 Turpin, ye'll be this to Loch Lomond (19)
- 18 Clothes to beat hearts with clubs (5-5)
- 22 19 time (6)
- 23 Enthusiasm for M1? I ruled that out (8)
- 24 It's almost all been changed to make it possible (6)
- 25 Sailor colours and keeps off the grog (8)
- 26 First-born lets editor (briefly) run around (6)
- 27 Odd deed about 10 and 10 fully stretched (8)

DOWN

- 1 Not in favour of a bit of a chapter (6)
- 2 Well this is rich! He lied after the finish (6)
- 3 Wild actress dropping Tory looks hard (6)
- 4 Send her this before happy winner gets debts (10)
- 6 Time for duty — rash to put it off (8)
- 7 Confusing start on World War I battle gets us in the soup (8)
- 8 Broken crust in bottom of tray requires close examination (8)
- 13 Wogan's kind of show three times on TV — one you can't shut up (10)
- 15 Got letter ready for post to English capital in mad rush (8)
- 16 Where fowls wander and Barry got lost (8)
- 17 Alley game sets kilt swirling (8)
- 19 Half comic team isn't much (6)
- 20 Felt sorry for coal-mine that is dead (6)
- 21 In a way it's made to keep us entertained (6)

The first correct entry opened on June 17 wins £25 prize. The solution and winner's name will be published in our August issue. Answers, please, to Crossword Competition, Scotland's Runner,

62, Kelvingrove St., Glasgow G3 7SA.



Scotland's Runner Quiz No.3

QUESTIONS

- 1 Having represented England at the 1985 World Cross-Country Championships, which athlete represented Scotland at the 1986 championships in Neuchâtel?
- 2 When he won the silver medal in the 10,000m at the 1976 Games, who became the first athlete from Portugal to win an Olympic medal?
- 3 Who was the only athlete to break a world record at the 1970 Commonwealth Games in Edinburgh?
- 4 What meeting was held for the last time in 1962, having been held on 76 occasions?
- 5 Which athlete set world records at 3,000m, 5,000m,

10,000m and the 3,000m steeplechase in 1978?

6 Which Scottish pole-vault record holder retired in 1986, having been a bronze medalist at the 1982 Commonwealth Games?

7 In January 1984, who became the first American winner of the New Year Sprint at Meadowbank?

8 Who won her seventh successive Scottish national javelin title in 1983?

9 Who is the only athlete to win an Olympic sprint title and

retain it at the following Games?

10 After Gordon Pirie in 1956, who was the next Briton to hold the world record at 5,000m?

The solutions will appear in the July issue.

Compiled by Peter Cowan

ANSWERS TO QUIZ No.2

1. Mel Lattany; 2. Eamonn Coghlan; 3. Adrian Weatherhead; 4. Lynn MacDougall; 5. Sydney Maree; 6. Gateshead; 7. Hasely Crawford; 8. Fernando Mamede; 9. Colin Youngson; 10. Daley Thompson

Scotland's Runner Puzzle No.3

Find these hidden words in the puzzle alongside:

- 1 amateur
- 2 fartlek
- 3 junior
- 4 speed
- 5 spikes
- 6 sponsor
- 7 track
- 8 training
- 9 triathlon
- 10 veteran

The words can be horizontal, vertical, diagonal, backwards or forwards!

Z Q N K G M L R G C R T
S F Y K N H O C N U S Y
P A H R F I E I E P M J
I R U O N F N T O O B K
K T L U R I A N B A C A
E L J D A M S P V A H N
S E G R A O Q K R G Q S
E K T F R Z A T Q C V L
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A E R K H E V A N N O I
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Solution to Puzzle No.2

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P R Z N 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
O T O A O T U B 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 O W
Z H W S T L U S E R G D

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*Coming
Next
Month...*

1987 Track Statistics

Running Holidays

Yvonne Murray Profile

Cycling

Highland Games

Triathlons

Orienteering

Next month's issue, published on June 18, gives details of all Scottish events up to the end of August.

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