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01.42.35
LAP 03
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AUGUST 1987

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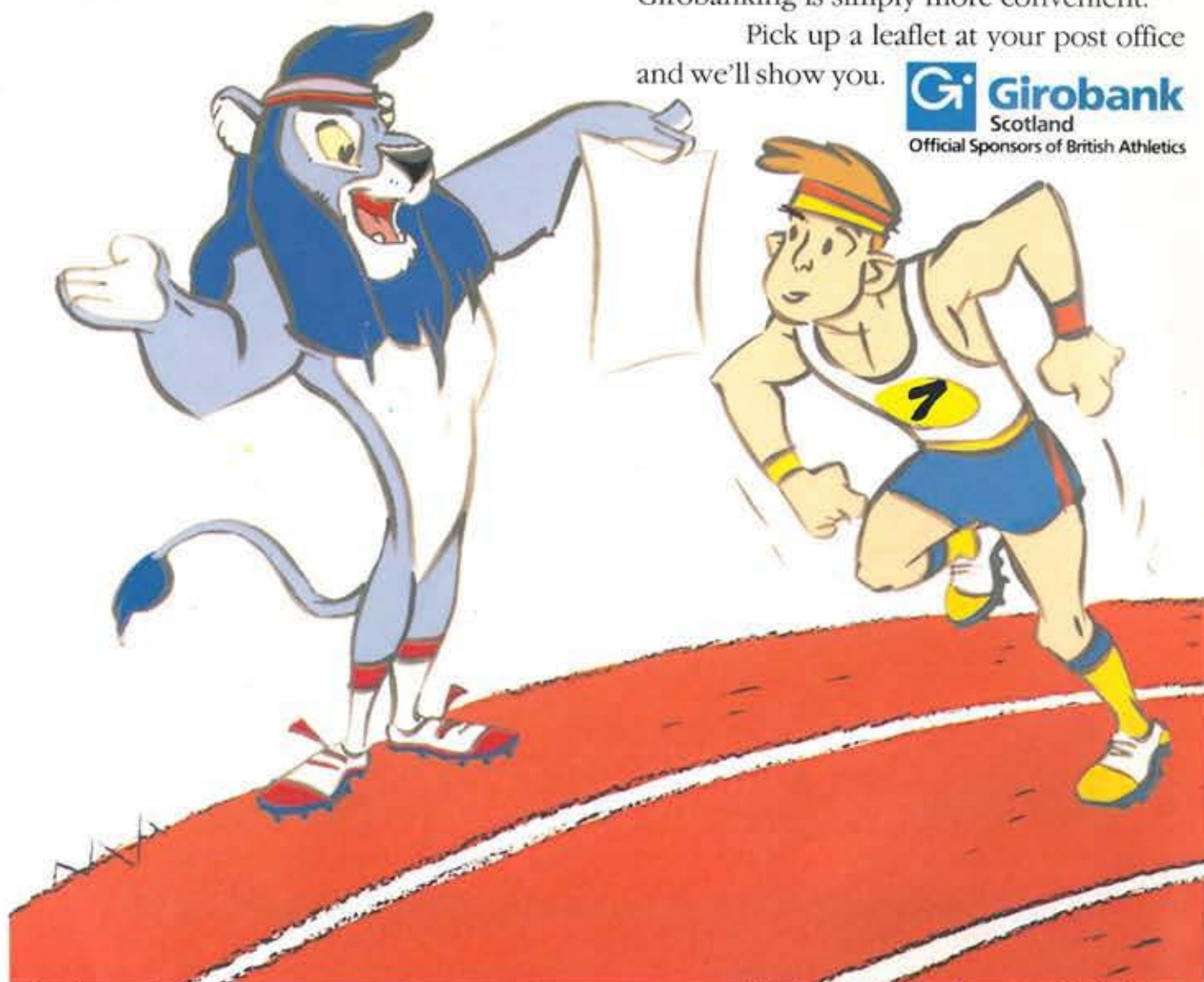
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SCOTLAND'S RUNNER

August, 1987

Issue 13

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Super Offers • Super Offers • Super Offers • Super Offers

Does nobody at the Scottish Amateur Athletics Association and its associate bodies know how to promote athletics in Scotland? For how long can we expect top athletes like Tom McKean and Yvonne Murray to support their national championships when they are asked to perform in conditions devoid of atmosphere and ambition?

These were the questions uppermost in my mind after my first ever visit to the Scottish Championships last month. What should surely be the annual celebration of athletics in Scotland was, to this observer at least, a rather sterile and joyless occasion.

At the root of the problem is the failure to attract a crowd. Even the greatest sporting events would lose their lustre without the noise and excitement generated by spectators — and at Meadowbank on June 20 these were outnumbered three or four to one by the athletes and officials.

This year an attempt was made to stimulate pre-championship publicity through a press conference — but the publicity attracted was not of the kind likely to tempt casual supporters to Meadowbank.

Instead of positive stories about who or what we were likely to see at the championships, the headlines in all the newspapers were about who wouldn't be there — our only 1986 Commonwealth Games gold medallist and, along with McKean, the best known athlete in Scotland!

Now, if ensuring that the rules and regulations are adhered to is the sole function of the Scottish Women's Amateur Athletic Association, they indubitably made the correct decision to disallow Liz Lynch's late entry. If, on the other hand, they have a duty towards promoting athletics in Scotland, they shot themselves in the foot.

This is 1987, and the plain truth is that to anyone who has lived their recent lives outside SAAA and SWAAA committees, the Lynch decision was crazy. And it's no use blaming newspapers for highlighting the issue — if the best known member of any organisation was excluded from a meeting over such a pettifogging detail it would, of course, be front or back page news. Such is life.

So, having had the gumption to call a press conference, the opportunity of good news headlines the following day: "Liz to run!", "Lynch turnaround!" was lost. The SWAAA upheld the rules and their principles, but the empty seats in the Meadowbank

Inside LANE

stand told the real story.

It must be a priority to fill these seats next year. The authorities seem to have three options: move the championships to a smaller and more intimate venue such as Crownpoint Road where the lack of a crowd will matter less; attract big names from England and thus a big crowd; or fill the Meadowbank stand by other means.

Given that the first option eases rather than solves the problem, and that the resources don't exist to make the second possible (or necessarily even desirable), steps must be taken to ensure a crowd numbering thousands — rather than tens — in 1988.

I would suggest the following measures to the SAAA. Firstly, allow free entry to Meadowbank for all

Scottish club members, and distribute free tickets to the clubs accordingly; secondly, approach the physical education departments of all secondary schools in Scotland and similarly offer them free tickets to the championships (nobody generates more noise and enthusiasm than schoolkids, and the long term investment is that some will be encouraged to take up the sport); thirdly, and not without some self interest — advertise the championships to the public.

It is truly pathetic that while organisations such as the Wick ladies Jogging and Fitness Club — absolutely no disrespect intended — have the wit and resources to advertise their events in these columns, the SAAA sees fit not to advertise the Scottish Championships here and elsewhere.

The real shame is for the athletes and officials — both of whom put up good performances on June 20. The championships ran smoothly and on schedule, while in several events there were very encouraging portents for the future.

Get a good crowd in, jazz up the proceedings a little bit — and give these athletes and officials the championships they deserve.

Alan Campbell



GREAT SCOTS... Yvonne Murray smashes the Scottish 1500m record with a 4-01.20 second place at the Bislett Games in Oslo on July 4. In third place, taking seven seconds off her personal best, was Liz Lynch (4-01.38), who was pre-selected for the 10,000 metres at Rome the following day.

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Up Front

Join a club: Ultimatum from SAAA officials

THE SAAA is taking steps to enforce the rules on runners who stay "unattached" for more than 12 months, and on those club runners who take part in races which do not have an SAAA permit.

The rules state that runners must join a club within 12 months of taking part in their first race, but this is believed to be widely ignored, although figures are impossible to come by. Now this rule is to be enforced by officials who will check race entry forms to identify runners who have run over the one-year deadline.

"We allow runners a year to find out whether they really enjoy the sport before demanding that they join a club," says Bob Greenoak, secretary of the SAAA. "But it would appear that many unattached runners are in breach of the rules, so we intend to use observers at races and scrutiny of entry forms to start enforcing the unattached rule."

Race directors are asked to co-operate by making the rules clear on entry forms and by checking entries as they come in, to identify unattached runners who took part in the same race 12 months previously.

"In the end people are entitled not to join a running club if they so choose - and there are plenty of non-permitted events for them to take part in," says Greenoak. Race directors who agree to co-operate by scrutinising entries could find

themselves on the receiving end of SAAA complaints if unattached runners slip through the net.

"This is not a 'big brother' type of exercise, but if I say I'll check entry forms, then I'll carry the can for my own promises - all we're asking is that race directors do the same," says Greenoak.

The crackdown could pose problems for race directors, especially those who allow entry on the day "We want to abide by the rules, but it could be very difficult for us to check on the background of runners while taking their entries up to shortly before the race," says Brian Grassom of Sri Chinmoy Athletic Club who promote a large number of mid-week evening runs on Glasgow Green and the Meadows in Edinburgh.

"I think that more could be done to publicise the rules and to encourage runners into clubs. Many of the joggers and fun-runners who have come into the sport don't know the rules and don't know how to find their way into the club structure. Most runners are such nice people it would be difficult to turn them away," says Grassom.

Club runners should also be careful about which races they enter this season. Again the rules are clear. Runners who are members of SAAA-affiliated clubs should only take part in races which have an SAAA permit.

Council anger

EDINBURGH District Council will be asking the SAAA to return a grant of around £200. The sum was for the use of the electronic timing which was not used at the East District championships.

The council is angry at the suggestion, which some meeting officials believed, that the equipment was not used because of an industrial dispute involving council employees "That is not the case," said Douglas Stewart, the city's assistant director of sports. "It is likely we'll be asking the SAAA to return the appropriate sum."

Sprint coach Stuart Hogg was irate at the failure to use the equipment. And said so in last month's letters column.

Hanlon debut

STEEPLECHASER Tom Hanlon had an outstanding senior debut for Great Britain, setting a Scottish record of 5min 28.34 sec to win the 2000 metres event in the match against Poland and Canada at Gateshead.

Neilson best

THE Scottish women's team (114 points), beat Northern Ireland (61) but went down to Belgium (138) at their match in Mechelen. There were personal bests for Janis Neilson (200m, 23.75 sec), Karen Hutcheson (1500m, 4-13.07), Dawn Kitchen (800m 2-08.68) and Caris Henderson (high jump, 1.81m).

Records galore from big three

THE big three of Scottish athletics - McKean, Lynch and Murray - have been in deadly form in the early part of the season.

Despite coming perilously close to being fatally boxed in, McKean escaped to turn on his usual burst of speed to defend successfully his Europa Cup title in Prague with a time of 1min 45.96.

McKean had set a new championship best at the ScotRail national championships, 1-48.17, but that was not fast enough to satisfy coach Tom Boyle who felt he should have pushed himself though the pain barrier.

Murray has twice lowered her national 1500 metres record. She clocked 4-04.55 at Gateshead, finishing second to Kirsty Wade in the GB v Poland and Canada match. But then she beat Wade in Oslo, trimming her time to 4-1.20, third fastest Briton ever.

Lynch pushed the Musselburgh

woman every foot of the way, having rested up for this race, and was rewarded with a massive seven seconds off her best, third place and time of 4-1.38. Next day it was confirmed that she is pre-selected for the 10,000 metres in Rome.

Wade could have pleaded that she had not recovered from her exertions in winning the 1500 metres the previous weekend in Prague - she didn't - but Europa Cup exertions had no impact on Murray. For in Czechoslovakia she had finished second behind Ulrike Bruns in the 3000 metres, beating European champion Olga Bondarenko into third place. Murray's time, 8-48.15, was her second fastest ever, but it still does not put her top of the Scottish rankings for the season (see page 62) Lynch claimed that distinction with a time of 8-46.06, a personal best, in Stockholm.

Europa Cup blow for Whittaker

SANDRA Whittaker's 1987 season ground to a sad and painful halt in just 60 metres at the Europa Cup in Prague on June 27.

Making her debut in the British 4 x 100 metre relay team, Whittaker dramatically pulled her hamstring running the first bend. To everybody's amazement - and no doubt the consternation of coach Iain Robertson who was in the stadium - the McLaren Glasgow AC sprinter then limped on to hand over the baton to Joan Baptiste.

Whittaker has previously suffered hamstring injuries, but this latest appears to be the worst. At the time of going to press there was considerable doubt as to whether she would compete again this season - although Whittaker remains hopeful that she might yet make the British world championship team in Rome if a place is left open for her.

Now that Kathy Cook has retired, Whittaker and Stretford's Paula Dunn are vying for the British number one spot at 200 metres. Until the injury, Whittaker was aiming to beat her Scottish 200 metre record time of 22.98 at the world championships - and all the indications were that she would, as her preparations over the past nine



months have been the most intense of her career.

Speaking about the hamstring injury - when millions on television watched her being stretched out of the stadium - Whittaker says: "I went through my usual warm up routine, and there was no indication it was going to go."

"But there was a false start on the blocks and I felt an unusual tightness. When I got back into the blocks it felt tight again, half way round the bend it got tighter - and then really tight..."

Whittaker says she doesn't know if the injury was aggravated by her limping on with the baton. Explaining her action, she says: "I was really psyched up about being in the relay team for the first time, and my only thought was to pass the baton over."

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Up Front Up Front Up Front Up Front Up Front

Bangkok trip

THE FIRST Scotsman home in this year's Glasgow Marathon will win an all-expenses paid trip for the local 26.2 miler on November 22.

The visit is being paid for by Nike International, sponsors of the Bangkok Marathon. In theory a woman could win, the prize being open to the first Scotsperson, but given the nature of Bangkok and the realities of marathon running, a Scotsman will fill the appropriate seat on the flight to Thailand.

Meanwhile, an early international starter for Glasgow is John Guerlin, first Australian home in the Melbourne Marathon in 2-19-56.

Edinburgh 10K postponed

ENTRANTS to the Edinburgh People's 10K Road Race on July 5 were greatly disappointed when they received a letter informing them that the race had been cancelled due to insufficient numbers.

The decision was taken by the race committee when entries stood at 540 for the race and its associated event, a 3K fun run. Lothian Police said the numbers did not justify closing off the roads and a large police presence.

In fact, entries for the two events eventually reached 1000 —

reasonable, although well short of the 3,500-4,000 the organisers, Edinburgh District Council and Edinburgh University, had hoped to attract.

Although all cheques have been returned, a spokesman for the district council said that the event was postponed, not cancelled. A new date next Spring seems the most likely outcome.

The spokesman conceded that the pre-event publicity had been too late to attract the proposed entry

Hot Currie!

DOLLAR Academy pupil Martin Currie achieved a notable hat trick in the Scottish Schools' Athletic Association Championship at Crownpoint, Glasgow, when he won an 800 metres title at the championship for the third year in a row.

Currie raced to victory in the senior 800 in 1-53.3. He also won this race last year and won the under 17 800m the year before.

He is currently Central Region AC's senior champion at the distance.

Ultra women show the Way!

ISABEL Coombs and Anne Macdonald set out from Milngavie one morning for a job along the West Highland Way — and kept going until they reached Fort William!

Their performance has run them into the record books as the first women to complete the full 95 miles of the Way at a run. They set out from Milngavie at 3am on Saturday, June 20, and finished a mere 26 hours and 39 minutes later.

They were taking part in the annual "Classic 24 Hour West Highland Way", described by its creator Duncan Watson of Lochaber AC as, "more of a challenge than a race."

This is the third year that the (so far) informal event has been staged. The trail was blazed two years ago by Watson and Bobby Shields of Clydesdale, who together set the current record of 17 hours 48 minutes.

This year's event was the biggest and most successful, with eleven starters (four women and seven men) and eight finishers.

Two other women started out with Isabel and Anne, but Pat McLaughlin didn't make it past Inveraman, 39 miles along the route at the north end of Loch Lomond. Thirteen miles later at Tyndrum, Gillian Small had to drop out, unable to use her arms and shoulders.

Not surprisingly, it was the later stages of the run which the two successful women found most difficult. At the foot of the Devil's Staircase, which at the 75 mile point takes you out of Glencoe and up over the hills and down into Kinlochleven, things began to get very tough indeed.

"We had to walk up the Devil's Staircase and when we started down the other side I found that I just couldn't run any more, so we walked as fast as we could into

Kinlochleven," says Isabel. However, unlike the final stages of a mass marathon, there were no cheering throngs to encourage the women through the village. It was half-past midnight and they had been on their feet for 21½ hours.

The steep slog out of Kinlochleven drained what resources the two women had left.

"We felt like a couple of old women, hobbling along the stony mountain track on very tender feet and feeling very sorry for ourselves," says Isabel. But nothing was going to stop them now and they struggled through the darkness on the last long miles until they arrived at their destination at 5.39am.

"We would have liked to have been the first women to do the route in under 24 hours, but it was immensely satisfying to finish on our feet," she says.

Isabel and Anne prepared for the run by completing a 30-45 miler each week for about ten weeks before the challenge, backed up by a midweek 15 and one or two 10s or 12s.

"Isabel and Anne's performance is probably the best boost the challenge has ever had," says Duncan Watson. "It will be an inspiration to other women — and I think that maybe some of the macho-men will begin to think to themselves that if women can do it, maybe they better have a go themselves."

With a growing level of interest in long runs through Scottish scenery (see Brian Cunningham's introduction on the centre pages), Duncan Watson is hoping to stage the event on a more organised basis next year.

Meanwhile, if anyone knows of anyone who has run the West Highland Way, Duncan Watson is keen to have details of their times. Contact him on 0397-5704.



Report: Stewart McIntosh
Picture: Joe Campbell

Isabel Coombs and Anne Macdonald limber down in Kelvingrove Park.

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Doctors after your blood

A TEAM of researchers from Aberdeen are after blood. Not just anyone's blood - preferably the blood of athletes who are suffering a loss of form.

Dr John Robertson, Dr Ronald Maughan and Dr Ronald Davidson have just been awarded a £1000 Scottish Sports Council grant to aid their investigations into haematological reasons for loss of form, and those who participate may benefit from advice on how to get fit again.

The team, from the Department of Environmental and Occupational Medicine at Aberdeen University, are deeply involved in many projects relating to exercise and health, and are keen to discover why people lose form inexplicably. It could, for example, be related to iron deficient anaemia or a viral infection.

Volunteers will be asked to give a small blood sample and undergo a fitness test which measures lung size and function, isometric leg strength, proportion of body fat and maximum oxygen utilisation.

There will also be a questionnaire concerning medical history, dietary and exercise habits. The test will be repeated a month later after corrective action has been taken.

Volunteers should contact the department at Foresterhill Hospital in Aberdeen, telephone 0224-681818 ext 52459.

Marathon trend reversed

WHILE marathon entries elsewhere continue to fall, the organisers of the Galloway Sealink Marathon, held on May 31, are delighted to have reversed the trend.

A total of 258 entered this year, as opposed to the 1986 figure of 215. Other pleasing features were that 226 actually started (224 finishers) and that the veteran men's entry nearly doubled (58 to 106).

As race secretary Meriel Walker points out: "The total number of entries may appear small, but for this event to be held in a town (Newton Stewart) with a population of about 3,000, in the south west corner of Scotland, we feel very proud of everyone involved in making it such a success."

A seven mile fun run held in association with the marathon attracted an entry of 396. (See letters page for a glowing tribute to the marathon).

Television series to start

A SIX part series looking at many different aspects of running is being shown on the ITV network later this year.

Starting on August 14 at 11.30am and presented by Cliff Temple, athletics correspondent of the Sunday Times, the series promises to look at many aspects of running - getting started, prevention and treatment of injuries, diet and tackling a marathon are among the subjects.

Producer Lloyd Fraser of Anglia Television, which has made the six half hour programmes, agreed that the 11.30am scheduling of the programmes was less than ideal.

"I'm just as fed up as anybody else about it," he admitted. However, he added that he hoped runners would watch it either on video, or at a later date if it was repeated outside working hours.

Fraser said: "It seemed so obvious to make these programmes given the wide interest in running nowadays. In fact, people here at Anglia were surprised it hadn't been done before."

The producer said he found "great enthusiasm" everywhere for the project, some of which was shot on location at the Wolverhampton Marathon and the Bedford Half Marathon.

2,500 entries

A CONSERVATIVE estimate of 2,500 runners has been passed on to Strathclyde Police by Eugene Donnelly, organiser of this year's British Airways Glasgow Half Marathon.

Donnelly, who says entries are up by 500 on this time last year - when the event "arrived out of nowhere" and attracted 1500 starters. The closing date is July 31, or whenever the entry limit is reached.

Donnelly agrees that the half marathon is likely to attract in excess of 2,500 entrants, and will probably accept entries over that number to ensure the full turn out on the day.

As with the highly successful Adidas Midweek Challenge in May, the half marathon will finish at Cartha Queens Park rugby ground, where marquees will be put up specially for the occasion, and toilet facilities will also be available.

This year's event might have been much larger had it not been for the death of the sponsors' general manager in Scotland, Jim Howie, earlier this year. Mr Howie was an enthusiastic supporter of the concept - which is not to say that his successor is not - and plans had been laid for a big publicity drive to promote the event before he died. Naturally, other priorities then came to the fore.

The airline, though, is still providing £2000 of prizes, including flights to Europe and London.

Cycling boost

Britain's first professional Tour of Britain next month is promising to be a tremendous event, with several top teams all about to line up as we went to press. The Spanish have entered a strong team, BH/Orbea, including 29-year-old Alvaro Pino who beat Robert Millar into second place in last year's Tour of Spain.

The race leaves Edinburgh's Parliament Square in a cavalcade of riders and vehicles on its way through the borders and onto Newcastle. There are five stages, with a city centre finish in Newcastle, Manchester, Birmingham, Cardiff and Westminster, London. The world's number one, Sean Kelly, seems certain to ride, but Robert Millar has still to make up his mind.

The event will be shown on Channel Four TV every evening for an hour.



Funtastic Runner

The balloon-bedecked figure of Glasgow hairdresser Crawford Gilliland has become a familiar sight at the Glasgow Marathon and also at half marathons throughout Scotland.

This year Gilliland, who made a foray into England for the Great North Run last month, is putting up a trophy for the best fancy dressed Glasgow Marathon runner. He is pictured above with the "Funtastic Runner" trophy in his right hand.

As well as brightening up the races he enters, Gilliland has also raised thousands of pounds for charity, and his year he is being sponsored by an asset management company to raise funds for the Royal Hospital for Sick Children at Yorkhill.

There was a young lady from

DID YOU hear the one about the young lady from Seattle who travelled from America to Skye for the local half marathon, but missed the start by five minutes?

Sad, but true. The lady in question sat in the back of a taxi, watching in horror as the 349 starters wound their way out of Portree at the start of 13.8 mile event. She and a companion, also from Seattle but living in London, had fallen behind schedule in their travel plans, and the final indignity was being held up by police to allow the race to proceed.

Race organiser Nigel Wilson says: "I offered to drive them up to the back of the field, but they weren't interested. It was a great shame for them."

Clyne - 12 months not out!

SUCCESS in the Roevin 10K race at Aberdeen's Beach Esplanade on June 24 marked a unique achievement for Scottish Internationalist Fraser Clyne.

The win completed a full year undefeated in the north east for the Aberdeen AAC man. As fellow Scotland's Runner contributor Colin Shields, who brought Clyne's record to light, points out, the achievement is all the more meritorious because of the range of events on all kinds of terrain that Clyne entered, and also because the area boasts some of Scotland's strongest road running and cross country exponents.

Death of Betty Clapperton

WELL-KNOWN Scottish athletics official, Betty Clapperton, died suddenly on holiday in Spain at the end of June.

Mrs Clapperton was for ten years president of the Edinburgh Woolen Mill women's athletics club until she retired last year. She was also for several years honorary secretary of the Scottish amateur athletics joint coaching committee, and organised the International Coaching Convention for many years. She was also herself a senior long jump coach.

Undaunted by a major heart attack last year, Mrs Clapperton, who was 58, was back officiating at the Scottish Championships at Meadowbank on June 19 and 20. She is survived by her husband, Tom, two daughters Lynn and Gaye (a British basketball internationalist) and son John (also a basketball internationalist).

Despite generous free publicity in "The Runner" magazine, the international entry for the race was disappointing, with only seven Americans and two South Africans starting. And a team of Mounties from Canada, who were all geared up to take part, failed to appear. Which shows you can't trust anybody these days.

Despite these setbacks the entry was a record, and one unusual statistic was that only 41 of the 390 entrants didn't make it to the starting line. The race was won for the third year running by Simon Axon of Aberdeen AAC, although his time, 72.19, was well down on his best. An inaugural four mile fun run also boasted 170 finishers - which meant that, in total, there were over 500 runners on the day.

Massive boost

ATHLETICS provision in Scotland receives a massive boost this autumn when, weather permitting, three major international-standard venues are due to open.

As well as the Kelvin Hall, which will house Britain's premier indoor track facility, top grade all-weather tracks are due to open in the North East and South West - at Linksfield, Aberdeen, and at Dumfries.

In addition to the Dumfries project, to be known as the David Keswick Athletics Ground, three satellite tracks in the South West are being constructed at Stranraer, Sanquhar and Annan.

Top coaches

BILL GENTLEMAN'S inspirational coaching of Yvonne Murray was recognised when he received one of the British Association of National Coaches Dextraol awards. Also honoured was Fife coach Eric Simpson.

Gentleman's name now goes forward for the award which carries a £1000 prize, won last year by sprint coach Bob Inglis. He used the money to visit Carlo Vittori, coach to world 200 metres record holder Pietro Mennea.

Joint winners

TWO RUNNERS shared the honour of being Clackmannan District Council's senior sports personality of the year.

The judges could not separate Frank Harper of Sauchie, the Scottish marathon internationalist with a personal best of 2hrs 18mins, and professional runner Kenny Cook.

Tuppered!



RACE officials were much bemused earlier this year when a gentleman sporting the name Alf Tupper won the St Andrews Half Marathon - and then, in true Tough of the Track tradition, disappeared before they could find out his true identity. Their only clue was that he ran for Aberdeen AAC.

Alf popped up again on July 4, winning the Dornoch Half Marathon on this occasion. But he had tried the ruse once too often, and was unmasked as ... prolific half marathon winner Simon Axon!

Ton-up Houston

PAT HOUSTON logged up 108 miles in 24 hours as Shettleston staged a 24-hour run to raise funds for new clubrooms at Barrachnie.

The target was 1000 miles in the 24 hours, and with just a couple of hours left it looked as if the club and friends tackling the feat would fall just short. But two local football teams turned up and ran a couple of miles each, and in the end the Lanarkshire men clocked up 1080 miles.

Women at the Olympic Games

THREE peak time documentaries marking the increasing participation and success of women at the Olympic Games are being screened by Channel 4 from July 24.

The experience of sportswomen from three different countries and continents - North America, East Germany and India - are illustrated, with the three 45 minute programmes taking the viewer from the 1920's and 30's to the present day.

Among the athletes featured are Evelyn Ashford, Valery Brisco-Hooks, Carol Cady, Ruth Fuchs, Margritta Gummel, Heike Dreschler and Marlies Goehr.

The series, Women At The Olympic Games, is being screened from 8.15pm - 9pm on successive Fridays from the 24th.

Officials lay down the law

TWO of Scotland's leading athletes fell foul of officialdom on the run-in to the ScotRail national championships. Liz Lynch attempted to obtain a late entry but was refused by the SWAAA, while Elliott Bunney wanted to miss the event in order to run in a high quality race in Athens. The SAAA insisted that the rule governing competition abroad be adhered to, and Bunney was forced to compete at home.

Coincidentally, he dislocated a shoulder that weekend in a domestic accident. Coach Bob Inglis pulled no punches in lecturing him about fooling around, but Bunney made a speedy recovery and a fast 10.25 sec victory in the British League kept him on course for an AAA championship run which could qualify him for the Rome world championships.

McNeill sets his sights on record

GEORGE MCNEILL finally found himself on the same track as amateur athletes and showed them all a long distance view of his back. Competing in the Scottish veteran championships in Glasgow he achieved the sprint double with times of 11.3 and 22.7.

McNeill is now going a six-month prep, pro style, for the world masters event in Melbourne in the autumn. He feels sure he can capture the UK best of 10.9 sec... but he will have to go some to beat the world mark which has stood for more than a decade to Thane Baker, the Helsinki Olympic medallist.

Another prolific winner at the Crownpoint event was Argyll-born Jack Gelder. An electoral agent, he celebrated his release from the hustings with victories in the 110m hurdles/400m hurdles, 17.3/61.2 sec, and the long and triple jumps, 5.86/11.68m. A full report of the championships will appear next month.

Waiting list

A SIGN of the times? Following the success of Harmer AC's annual sports day on May 31, the club has had to open a waiting list for youngsters aged 9-13 wishing to join - because it hasn't got enough adult coaches and helpers to cope!

Such a response can only add to the evidence of the growing popularity of athletics at all age levels in Scotland. Harmer, meanwhile, are appealing for extra helpers through local newspaper advertisements.



Report: Graeme Smith
Pictures: Ray Smith

FAR OUT at sea, even in the wildest weather, fishing skipper Andrew Tait has been known to take to the oars. It's not that he doesn't trust the engines on the modern fleet of purse netters which he and his family own - it's just his way of keeping marathon fit.

Alongside the rowing machines in the vessels are exercise bikes which he, and some of his crew, regularly use.

Andrew Tait and his brothers are among Scotland's most successful fishermen, and his main relaxation away from his physically and mentally demanding job is running.

He started running in 1983 when he realised he had become, "fat and out of condition."

"It was simply a way of getting fit and losing weight," he said. "I was dieting, but it was very slow so I started running and the weight came off much faster."

Tait celebrates his 49th birthday on July 21 and has run three

marathons. His first was in Aberdeen in 1984 when he finished in 3:24, and the following year he achieved the same time in London. His personal best of 3:14 was set in New York last year, but he has decided that he will probably do no more city events.

The fisherman prefers to run in wide open spaces, and a few weeks ago he successfully completed the arduous Braemar to Aviemore run covering around 28 miles through the Lairig Ghru pass. His next event may be a Swiss Alpine Marathon.

During the herring and mackerel fishing season, which has just started, Tait keeps in trim on board his fishing vessels with the exercise bike and rowing machine. Every time the boat docks, he goes running while the crew discharge the catch.

Several of the crew are following his keep-fit example, and as well as using the exercise bikes and rowing machines, are doing some jogging while on shore.

"I think they see me keeping fit and think that maybe they should be doing the same. I think I can beat them all at running, and that shouldn't be the case as some are 20 years younger," Tait says.

Back home, Andrew regularly runs five miles in the morning and another five miles in the evening with his golden retrievers Snowy

and Sabre. Near his home at Cairnbulg, south west of Fraserburgh, there is ten miles of beach, and when the tide is out he runs on the sand, and when it is in he runs on the paths through the dunes.

Games of badminton on the court he has had built at his house help keep up his fitness, as does swimming in brother Willie's pool.



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Championship wrong for primary children

13b, Stuart House,
Burns Road,
Cumbernauld G67 2AP

SIR — In the arguments for and against the Scottish Primary Schools Cross Country Championships, too much emphasis has been placed on personalities and irrelevant side issues. Over many years I have consistently avoided becoming involved in controversy via newspapers and journals, but feel that in my position in Scottish coaching it is incumbent upon me to make my views known.

In developing the arguments involved in this subject, it matters not whether David Lease, in his position of national coach, attended or did not attend track and field coaching sessions organised for secondary school children. Nor does it affect the matter under discussion whether or not there are Donalds and Jeanies running up North on lonely country roads, or, for that matter, through the back streets of Glasgow.

On reading the report in the Times Educational Supplement, I cannot find anywhere David Lease suggesting that children should not run cross country. His criticism is based entirely on the fact that this race was held as a national championship.

As an aside, it is interesting to note that even in such erudite publications as the Educational Supplement, the writer has to introduce irrelevancies to create an antagonistic climate, i.e. "Welsh born".

The views expressed by David Lease are in line with current thoughts in coaching circles here in Britain and in Europe. He would have been shirking his responsibility if he had not expressed these opinions. Here in Scotland his opinions are backed by the Scottish Joint Coaching Committee and obviously by the bulk of athletic clubs, who at the AGM of the Scottish Cross Country Union rejected a motion to recognise the age group 9 to 11 for competitive purposes. At this AGM, one of the strongest arguments against the motion was made by a head physical education teacher, whose school is outstanding in terms of athletic performance in both cross country and track.



I believe that it is good to let these primary school children run cross country, and the Scottish Schools' Athletic Association is to be congratulated on thus encouraging the sport. However, I most strongly disagree with the holding of this race as a Scottish championship.

In my opinion, Alex Jack cannot argue that the day was "deliberately planned" as a "not highly competitive event", and then award it the status of a Scottish championship. If a Scottish cross country championship is not a highly competitive situation, then I don't know what is!

From the participants' point of view, the same effect of mass participation in a fun atmosphere could be achieved by holding a Scottish primary schools cross country fun run", with spot prizes and ballot team prizes.

All experience shows that where a championship situation (individual and/or team) is involved, then pressures are applied:

1. By the child himself/herself.
2. By the coach or teacher.
3. By the parent/s.
4. By other members of the "team".
5. By a combination of some, or all, of the above.

Where there is championship status involved, then preparation will be made to ensure that the athlete is "prepared" to win, thus bringing kudos to the athlete, coach, teacher, club, school, old Uncle Tom Cobleigh and all. It is of interest to note that the boy winner

wasn't just somebody who turned up to run, but was a young athlete who has been training properly for some considerable time!

All the benefits of such a project could be gained without the necessity of making it a championship, with all the possible negative effects involved.

As David Lease mentioned in his interview, there are indications from other sports that exposure to the competitive situation can result in a loss of participants to the sport

in later years. Andy Roxburgh is reported as saying that the Brazilians had an edge over many other countries because they did not actively participate in competitive team football until they were about 15 years. The early concentration was on skill learning.

In this country, there are leagues for seven year olds. Is there a lesson here?

BAAB senior coach
Scottish staff coach Alex Naylor

Nobody lost

National Girobank Scotland,
93, George Street,
Edinburgh EH2 3JL

SIR — I have looked on with some sadness at the "controversy" over the participation of primary school children in organised athletics events.

Girobank Scotland has been absolutely delighted that, as a result of our sponsorship for schools' athletics, the first ever primary schools cross country championships were able to be held in this country.

Having talked to scores of the youngsters who attended the event, and seen the fun created by taking part, I was left in no doubt that the decision to hold them was absolutely right.

The event gave hundreds of youngsters an opportunity and an experience they will remember for the rest of their lives. Everyone who took part took away a Girobank pen and a certificate. Nobody "lost".

It is interesting that the so-called controversy appears to be being stirred up by certain people who were not present on the day. I cannot believe that anybody who was present, whatever their views before, would not have been moved by the enthusiasm and excitement generated by the youngsters.

In closing, can I just put on record Girobank's appreciation for the hard work being put into our sponsorship by the officials of the Scottish Schools' Athletics Association. They know that, to make such a relationship work, both parties have to put in an effort. In that, they excel. Other sporting bodies chasing sponsorship could learn a lot.

Mike Souter
Head of Public Relations,
Girobank Scotland.

Letters...

Poor coverage of field events

76, Barnhill Road,
Dumbarton G82 2SN

SIR - I would like to express my deep concern and dismay at the lack of coverage given to the field events at the Scottish Championships.

As an avid spectator, I was looking forward to coming home from Meadowbank and watching the championships on television. To say I was disappointed with the coverage is an understatement!

Despite the fact, on Friday night, there was one of the finest domestic long jump competitions ever held, the best STV/ITV could do was show Ken McKay being helped from the pit and barely mention, let alone show any jump from a splendid competition, that sixth place in the competition jumped 7.29m (bearing in mind that fourth at the UK Championships at Derby jumped 7.32m).

The token field performance shown was Craig Duncan's outstanding performance in the triple jump.

And what about Nicola Emblem's javelin throw, which placed her second on the age 16, British all-time best age lists, and also the excellent mens discus competition on the Friday night? Unfortunately STV seem to have taken the same attitude as "Big Brother" down south.

These are only a few of the numerous good field performances which were neglected - not only by the television company, but in some instances the press.

I would like to see television and press give the field event athletes the recognition and/or acclaim they deserve. After all it is the track and field Championships. I would also hope that these people take note of my disappointment and endeavour to give better coverage of all events at these meetings.

Iain Campbell

Fantastic event

Brockley,
England

SIR - I drove up from London with a young French couple to run in the Galloway Sealink Marathon, and drove back the following day. As you can imagine it was pretty tiring, but I would do the same again without any hesitation to take part in this fantastic event.

As I expected, the French couple were overwhelmed by the

warmth of the people, the beauty of the area and the fun which surrounded both the ceilidh on the Saturday night and the run on the Saturday afternoon.

For me, it was the fifth Galloway and my 40th marathon - and so I feel qualified to talk about the event. It is, quite simply, THE BEST there is. I have run London, Edinburgh, two beautiful courses in the Lakes - Windermere and Cockermouth - but, believe me, Galloway has it all.

The pre-race information for runners, the friendly welcome from the organisers, the back-up support around the course, the incredible scenery and the welcome at the finish make it a must for the connoisseur to savour.

To everyone who stood and clapped their hands, to everyone who held out a wet sponge or a plastic cup - and especially to everyone who picked them up again - to everyone who applied vaseline to sore parts and poured cups of tea, or wrapped weary runners in aluminium foil, a great big thank you.

Robin Dunn

Anstruther to the fore

8, Pickford Crescent,
Anstruther.

SIR - I must thank your excellent magazine for the advertisement for the Anstruther Half Marathon which you included in a recent issue. The magazine is read very widely, as we had entries from all over Scotland.

Readers may be interested to know that the race contained one or two interesting points. The overall winner was Terry Mitchell of St. Andrews, who won in 1:09:02. Terry is a popular local runner who wins a lot of the local events.

This year Terry broke his usual tradition of running to and from the race (a distance of about ten miles each way) and settled for a five mile jog and a lift home. The race was won when he broke the threesome including Alan Robertson and Willie McNeil on the dreadful hills at 6-7 miles. The race for second place was quite a battle, with Alan just pipping Willie by four seconds in the run in.

We are also proud of the fact that this event included one of the best veteran's races in Fife. The overall winner was Jim Ash from Dunferline in 1:11:34 (fourth overall). In second place was Tom Ross of Newburgh in 1:16:21, and in third was super vet Don McGregor of St. Andrews.

The committee and race convener are striving to make this the best "half" in Fife, and to this end we would welcome any comments readers care to make on the race.

Jim Harris

Festival "not in jeopardy"

Room 206,
Alexandra House,
204 Bath Street,
Glasgow G2 4HL

SIR - Delighted as I was to read your excellent article the Scottish sports Association for the Disabled Jubilee Festival, I feel I must update some of the information.

The total cost of the festival will be roughly £140,000. We now have £115,000 - over 80% of what we need. The festival is not in jeopardy. We are confident it will be presented to a standard which will do justice to its importance. It will also bring credit to Glasgow and to the local and regional authorities and the many institutions and ordinary citizens who are supporting us.

Only by striving to promote such a major event will we succeed in achieving our main purpose, which is to tell the world the good news that there is worthwhile sport for disabled people and that it happens in Scotland.

A. R. Mitchell
Chairman,
Organising committee

No medals!

20, Birch Place,
Culloden,
Inverness

SIR - I competed in the SVHC track championships at Crownpoint, Glasgow, on June 28, and what should have been a memorable occasion turned a little sour. I finished third in both 400 and 800 metres in the M1 category (40-44) and trotted off to the presentation area fully expecting two bronze medals.

Boy, did I get a surprise! "Sorry," I was told, "no medals. As there were only seven entries for each of your races the rule is that no medals are awarded for third place."

I was shattered! This was my first track race for 25 years. I had trained hard all winter and I burst a gut to hold on to my third places. These were my "Olympics", and I've got nothing to show for it.

However, I did enjoy the competition and I'll be back next year, but c'mon vets, let's have a little incentive - in the shape of medals.

Jimmy Neil

Shoe size needed in entry forms

58, Balmoral Drive,
Kirkcaldy, KY2 5QT

SIR - May I suggest an addition to the usual information demanded on a race entry form. How about shoe size?

Having ran a personal best in the Dundee Marathon on April 26 to finish in sixth position, I looked forward to receiving my prize as the pre-race publicity had indicated that it would be worth £35 - a handsome prize indeed.

A full two months later my prize duly arrived through the post - a pair of Adidas running shoes priced at £33.99 and a note of apology for the delay. Great, I thought - just what I needed, a new pair of trainers! However, my joy was short lived when I noticed the size - size 7½.

As my current pair of Adidas are size 11, there was no way I would be able to get my feet into them. Best give Dundee a ring!

A quick phone call to the race people soon put me in contact with a Mr McHardy:

"Sorry, the prizes are supplied by the race sponsors - we only send them out. Besides, we didn't know you shoe size so its just the luck of the draw. Why don't you take them back to the suppliers and change them - I can't see any problem."

So it was off to David Lowe Sports, Dundee, with the too small trainers. However, the manager was of another frame of mind:

"Dundee District Council accepted these as a prize - I am under no obligation to change them. Sorry, but I'm not interested."

So here I am now with a totally useless prize, £5 out of pocket, and absolutely fuming at the attitudes displayed. I can only imagine that these particular shoes are worth considerably less than the attached price ticket - hence the reluctance of the sponsor to change them.

I am also fuming at Dundee District Council for the lack of foresight shown in not ensuring the prize was suitable before dispatch. I clearly remember entering my phone number on my race entry form (but not my shoe size!) A quick phone call would have been much cheaper than the £1.50 it cost them to post my unsuitable prize to me.

In conclusion, I can only say that a useless prize is worth less than no prize at all - at least you're spared the hassle of chasing it up.

Alastair Dobell
File AC

An experience you won't forget!

Garden Cottage,
Cardney,
Dunkeld,
Perthshire.

SIR - The entry form said "Welcome to a Racing Adventure" and that's exactly what it was - the Western Isles Half Marathon which took place in Stornoway on Saturday May 30. I, like many others from all corners of Scotland (and some from England too) found the idea of a sea crossing to a remote corner of Britain for a run very appealing.

I enjoyed every minute of the three and a half hour ferry crossing from Ullapool, and was welcomed in by the organisers who transported us to the very reasonably priced overnight accommodation in the local school hostel. The facilities were excellent and the hostel was open all weekend for those who wished to make a long weekend of it.

With the west coast weather living up to its usual reputation, about a hundred of us left the starting line at 10am in lashing cold rain, and a wind that whipped my running number off with a vengeance. Once we hit the open field and moorland roads I kept thinking how glad I was I'd kept my Helly Hanson vest on!

We ran down lanes, past small crofting villages, and a few locals stood on their doorsteps, or looked out from behind their front windows, or up from their weekly car wash chore and cast a wry smile - with the pace of life being so slow and easy on the island one could almost sense they thought we were all a bit off our heads. Who could blame them! But we knew why we were there alright.

After about six miles we left the tarmac and ran through the picturesque woodland tracks and paths of Stornoway Castle grounds - a welcome change from the exposed coastal roads. All the runners were well stretched out by now, and for me on these lonely woodland stretches this was a time to glimpse and reflect on the beautiful scenery around me.

Then the sea came into view and the last mile or so back up along the harbour sea walls and along the water front to have the well-deserved medal slipped over our heads. The town hall opened its doors to offer hot and cold refreshments and tables laden with food, and all credit to the local club for putting on such a wonderful feast.

After hot showers and time to

Letters...



WILLIAM URQUHART

Congratulations!

The Rowans,
Carbost,
Loch Harport,
Isle of Skye,
IV47 8SR

SIR - Having just participated in the fourth Skye Week Half Marathon, and having taken part in all four so far, we would just like to congratulate the race organiser, Nigel Wilson, and all his helpers, on a continued high standard of

organisation which fully justifies Skye's reputation as one of the country's best runs.

On a day when downpours washed away Edinburgh's tennis stars, Skye rejoiced in sunshine (almost) all day, with the brief shower during the race being specially laid on to cool the runners. How did Nigel manage to organise this?

As a day-out, the Skye Half Marathon is difficult to beat and now includes a fun-run as well. The reorganisation of Skye Week

events brought the water activities in the harbour forward to Saturday afternoon after the half marathon, providing much entertainment to all who stayed on.

Those who have taken part in the Skye Half Marathon need no encouragement to return (just ask Simon Axon). To those who haven't given it a go yet, give it a try next year - all 13.8 miles of "undulating" roads. You'll know that you've earned your medal by the end of it.

Angus and Wilma MacRuary

In Harmony!

32, Greenbank Gardens,
Edinburgh EH10 5SN

SIR - On behalf of Harmony Athletic Club, I write to congratulate Scotland's Runner on the completion of its first year of publication.

The contribution which the magazine has made to the sport in Scotland is invaluable. Athletics, for too long, has had a low profile north of the border. Scotland's Runner is now raising the profile effectively and clubs, such as Harmony, are benefitting in the interest shown in our activities and future potential.

Harmony Athletic Club wishes Scotland's Runner continuing success in the future.

Colin Dale,
Harmony AC

Marilyn Carter

make the prize giving - which seemed to cover every imaginable category, including the three mile fun run which ran at the same time - those of us who had to get back to the mainland were just in time to make the 1.30pm sailing out of Stornoway.

Over drinks in the ferry lounge, amongst fellow runners I felt I'd known for years, out came all the stories and experiences of the run - the personal bests, the seconds gained, and the minutes lost on the golf course where a bit of backtracking had to be done for those who lost their way (or by those delayed by the herd of frezians that decided to run alongside some of the front runners and caused temporary havoc!) But I don't think anyone really minded - it was all part of the adventure.

Greek food for thought

THE WELL-FED Runner

THIS is my holiday stint and it is being written in Greece. But I am in the north, a wheen of miles from that place called Marathon where 2477 years ago the Athenians won a famous battle against the advancing hoards of the Persian armies. According to legend, the greatest Greek runner of his time, Pheidippides, ran the 22 miles from Marathon to Athens to bring news of victory and died of his exertions. But the historian Herodotus claims that Pheidippides' feat was to cover about 150 miles to warn the Spartans of the approaching Persian armies, all between sunrise of one day and sunset of the next. And he lived to tell the tale of how he met Pan on the journey...the first runners' hallucination?

Marathons were brought to my mind by a visit I made to the Archeological Museum in Thessaloniki yesterday. There lie the bones and treasures of the great King Phillip of Macedonia, whose tomb was discovered 10 years ago. The splendour defies my descriptive powers. The gold head-dresses worn by the royal family make the British Imperial Crown look vulgar.

But in a small display case in the same room there is the most exquisitely beautiful gold medallion I have ever seen. I guessed that it would be about three inches in diameter and perhaps an eighth of an inch thick, and it carried a portrait of Olympias on one side and a mounted sea-nymph on the other, riding the waves on a monster sea-serpent. The gold is as brilliant today as it was 1700 years ago and more when some unknown genius crafted it.

"Was it," I wondered "the first Olympic gold medal?" Of course, nobody knows, but Professor Andronikos, a leading archaeologist of the University of Thessaloniki says that it was struck about the middle of the third century AD at about the time when the Olympic Games were held in Macedonia, and if it is good enough for him to infer that it was struck for the games, I'm happy to go along.

But as I'm supposed to be writing about food and fitness, I keep asking myself 'Fitness for what? Competitive running? Glowing general health? Brain Work? Long Life? Greatest happiness?' To you, my healthy active readers, perhaps these are all the same thing? But are they?

Just before I left for this holiday I came across a league showing the average life expectancy of 15-year-old children in 32 different countries. Top of the list was



John Hawthorn

Iceland, second Japan and third Greece. England and Wales came half-way down and Scotland, shame on us, was twenty-fifth.

While Greece was not quite at the top, it was only three months less in average life expectancy than the winner. If food and life-span are linked, then Greek foods and Greek eating habits would seem to be worth observing. So while we four oldies were there, we lived almost exclusively on the local Greek food, eating in tavernas the same food that the locals were tucking into.

Greek eating and cooking is different in style from the rest of Europe and is strongly influenced by the Orient. Morning starts early with a cup of local coffee — very strong and very sweet and often drunk with a glass of cold water — and perhaps a piece of freshly-baked sesame bread which is quite delicious. Lunch is a light meal, normally taken around 1 to 2 pm.

Then follows the siesta, because by afternoon in summer the sun presses like a blanket of brass and most shops close. About 5pm things waken up again, the shops open and stay that way till very late. The cafés begin to fill up with people seeking a glass of retsina, an iced orange drink or a cup of coffee, with perhaps a little snack of one of the mouth-watering local cakes.

But the highlight of the day is the evening meal, taken in the local tavernas by locals and visitors alike any time



The first Olympic medal? Olympias on one side (above)

between half past eight and midnight or even later.

There are the ubiquitous souviakias (grilled meat on a skewer), moussakas (layers of sliced aubergines and minced meat topped with cheese and baked in the oven to a golden brown), stuffed tomatoes, stuffed vine leaves, meat balls like you've never had before, and stiftado which is meat or game cooked with spring onions and wine and sometimes with tomatoes, and of course, fish.

The fish need a special paragraph. There are so many unfamiliar types of fish — Swordfish steaks and red mullet became favourites with our party and one evening we had a huge platter of egg-dipped deep-fried fish — sardine, mussels, squid, crayfish and prawns.

The huge platter was simply laid in the middle of the table and we were left to help ourselves. It gave us a hedonic high (what's yer fish suppers noo?) and it was so lavish that even we could not finish it, hungry as we were from swimming and fresh air.

We had started with ouzo and Greek salad (olives, cucumber, onions, green pepper and white goat's cheese) and washed down the fish with a bottle of pleasant enough local white wine. We finished with Metaxa (Greek Brandy) and coffee, and the total cost, with an appropriate tip, was £15 for the four of us!

By any standards Greek food is cheap. It is good. It is different, but you must be prepared to experiment. First-time visitors sometimes find it dull. Almost everybody says that it is too fatty and too rich. It appears to go against modern views of good nutrition. Where we were, wholemeal bread was hard to find, but good fruit and vegetables were abundant. But as one does on holiday, we fell into a conversation with young Mandy and Tony.

The girls talked about cats. Tony and I talked about vegetarianism. He was an enthusiastic amateur cook who enjoyed

the challenge of making delicacies out of vegetarian dishes. He was gloomy about Greek food. Where we were, vegetarian food — or vegetarian Greeks for that matter — did not seem to exist, despite the fact that our little town had as many tavernas per head of population as Dublin has pubs.

So Tony and Mandy seemed to be living on mushroom pizzas — "only 12 mushrooms!" was Mandy's heartcry — cheese and white bread. So beware, vegetarian runners, and stay home or cook your own food in Greece.

Did I mention that it's hot there in June? Not a jogger in sight and the only activity is scorching one's hide mahogany brown on the fine local beaches. I too, lie on the beach for long enough to dry off from the swimming. Not many people swim because the water is still pretty cool, and a few minutes are enough for all but the young and hardy. Then 15 minutes in the



Mounted Nereid ... struck around the 3rd century AD.

sun to dry off and on goes the professorial shirt.

Enough is enough, and while some sun on your skin is good for you, and helps you to make your own vitamin D, too much prepares the way for wrinkles and ugly course skin in middle life and maybe even skin cancer in old age. A light toasting rather than a dark tan is the ideal.

I almost forgot 'geeros' which is

pronounced with a hard 'g'. Layer and layer of sliced pork is skewered to make a rough cylinder about twenty inches high. This is then mounted on a vertical spit and slowly rotated, heated by a kind of vertical electric radiator. The fat melts and runs down the outside and a barbeque flavour develops. It is served by slicing shreds from the outside so that the meat on the plate is in small pieces. The flavour is delicious but the dish is heavy with fat.

Food heavy with fat, oil and salt. Sweet, sweet coffee and confections, but plenty of excellent salads, pastas and freshly baked bread albeit it is white. The diet breaks so many of today's given dietary wisdoms that the Greeks should all die young of blocked arteries and heart disease.

I wonder why they live so long? No dietary hint this month. Ponder instead on Greek food and fitness for long life.

SENSE IN SCOTLAND



Sense-in-Scotland is a charity representing the needs of deaf-blind children and their families. We organise conferences, courses, family get togethers, holidays, post school provision and various other services.

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The Scottish Sports Council
NATIONAL OUTDOOR TRAINING CENTRE

Orienteering



By GARETH BRYAN-JONES,
former international
steeplechaser and orienteer

The competitive highlight of the 1987 Scottish orienteering season is the Scottish Six-Day Event, attracting competitors from all over the world. Many top orienteers are entered and the competition will be keen in all classes. The Scandinavians are usually the ones to beat, particularly the Norwegians who have an outstanding record in International events.

The top competitors are in the Men's 21 Elite and Women's 21 Elite classes. The best chances of home-based winners in these classes are Jonathon Musgrave (GRAMP) in the men's class, and Hazel Dean (FVO) in the women's class. However, they will have to be at the peak of their form to win considering the high standard of these classes.

The event takes the competitors to six different forests:

Creag Ulladail near Strathpeffer is the first day. A forest wilderness with few tracks or paths. Navigation will not be easy, and the good navigators will succeed — if they are fit enough for the strength-sapping terrain.

Novar at Evanton is the second day. On the lower slopes of Ben Wyvis, this is a steep forest, but relatively simple in navigational demands. Here is a chance for the fit and the fast to do well.

Cawdor near Nairn is day three. An intricate forest where you can easily lose your way. Fast running, so the accent is on accurate navigation at speed, with very

little chance to make up any time lost by mistakes.

Inshriach is day four. A Speyside forest with areas of intricate morains — the surface of the moon would make for easier navigation. The technical experts will succeed here, but only if they can run fast.

North Achilly for day five is back to Ross-shire. Part of the area used for the 1986 British Orienteering Championships. Orienteering at its best, tough and unforgiving if you make a mistake. Success here to the strong and fit yet technically proficient. The courses must be attacked aggressively to have any chance of a finish near the front.

South Achilly The last day. Not so tough as North Achilly, except for the walk to the start of the longer courses. Then some long downhill legs — always a danger to the unwary of going too far down the hill and having to climb all the way back up again. Then some really fast running towards the finish.

All in all, a week of variety with physical fitness, strength and navigational techniques being tested to the full. Keeping a high level of concentration over six days is difficult, but must be done to achieve success.

Each day will also provide some "Wayfarers" course, with entry on the day. These are suitable for anyone who has never tried orienteering. Also, there are string courses each day. These follow a short marked route and are designed for the under ten's.



FOLLOWING THE BURNS HERITAGE TRAIL??

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First class accommodation to suit all price ranges is available throughout the district and you can be sure of something happening for entertainment after a day's strenuous activities! For full colour brochure on Ayr, Givan, Prestwick and Troon, contact:

ABC Tourist Board,
39 Sandgate,
Ayr,
KA7 1BG
Tel: (0292) 284196
(24 hour answering service)

For sheer variety of sports, leisure and recreation facilities, a holiday based in Ayr has few rivals.

Certainly, if you like a few holes of golf as a respite from running, Ayr is the place to be. Some of the best links in the world, notably Turnberry, Royal Troon and Prestwick, are within a famed fifteen mile stretch of coastline, and Ayr itself has three courses.

Kyle and Carrick District Council, the local authority, supports a large number of sporting activities throughout the summer, including tennis, bowls and sailing. Their principal leisure event in August, however, is something rather less taxing — the Ayr Flower Show at Rozelle Park on August 25, 26 and 27, which



Scotland's Runner is starting a regular feature on Scottish towns, with particular regard to their leisure and recreation provision. We kick off with the popular resort of Ayr.

is one of the three top shows in the UK

Sailing is well to the fore, with the British National 505 Sailing Championships being staged at Prestwick from August 8-15, and the council is in negotiations to bring the National Sail-Boarding Championships to Troon in early October.

Ayr's main attraction, however, is probably its two and a

Focus on AYR

half miles of safe sandy beach — ideal for running, walking and sunbathing. The harbour, with its fleet of fishing boats, and the bustling town centre itself are also prime attractions.

For those who like a flutter there is Ayr Racecourse, and also Ayr Greyhound Stadium at Voluntary Park, Whitlotts — where the dogs race every Monday and Friday evenings from 7.30pm onwards.

Ayr is also well catered for indoor facilities, with Ayr Ice Rink and Ayr Baths among the public provisions. The former offers skating every afternoon and evening, while the latter boasts giant aquasides, saunas, jacuzzi, gymnasium and steam room. Ayr Holiday World offers a day out on its own — with the boast that almost everything is free once you have paid the admission price.

For the more aesthetically minded, Ayr has first class parks and gardens, especially Belleisle, Craigie and Rozelle. Rozelle also houses Ayr Art Gallery. For full details of holidays and amenities in Ayr, phone Ayrshire and Burns Country Tourist Board (0292-284196).

Ayr is really in great shape — like a fan. Arterial roads heading for the hinterland branch out from the central harbour area, and a whole network of minor roads run between them. Anyone of seven of these highways will take you "home".

This means you can tailor your run to suit either your leg strength or the time available. A two mile run along the front to salubrious Doonfoot, followed by a pacy jog along the banks of Doon Water, can end up as a quick return four miles or a full half marathon by way of the by-pass and Heathfield Road.

Another picturesque circuit runs through Craigie Park alongside the River Ayr itself. The in-park circuit gives a flat mile out and an optional hilly inward leg of the same distance.

That circuit is a favourite of one of Ayr Seaforth's finest, both on the roads and over the country — Gerry Fallon. He has been using it a lot of late as he works his way back to competitive fitness after a long lay off from injury.

Ayr Seaforth has always had a reputation for producing good sprinters and middle distance men. Look no further than 400 metre record holder Brian Whittle as the latest of this Burns Land breed. He is only part of a Seaforth



Latest in the Ayr production line... Brian Whittle

pedigree which includes sprinter Cochrane Stewart, Ricky Taylor (400 metre hurdler in the 1970 Commonwealth Games), Jackie Davidson and Ross Billson (both half-mile record holders on the 1960's).

It is a tradition which can only be extended by the recent upgrading of Dam Park Stadium to house an

eight lane tartan track with floodlighting. The £250,000 track is due to open officially towards the end of August, but it may well be unofficially "spiked" before then. Tuesdays and Thursdays are training nights for Ayr Seaforth's track and road runners, so drop along to Dam Park if you are in search of running company.

If you do join the local experts you will find advice aplenty on the best runs and where to find them. Ron Hill, who has had some good half-marathon placings this season, can put you onto outings by way of Symington or Tarbolton. He can show you the club favourite — out by the by-pass and the crematorium, and back through Alloway, Doonfoot and the Prom. He may even take you on his "dodge the golf ball" run along the links to Troon.

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Winners 1986: Alex Gilmour 1:04:02
Lorna Irving 1:13:12

Surname

Forename

Address

Telephone

Post Code

Male ☐ Female ☐

Date of Birth Previous best time Estimated Running time

Are You Resident Within Kyle and Carrick District? ☐ Yes ☐ No Drivers only - Will you be driving to the Race? ☐ Yes ☐ No

Club (if Applicable)

CATEGORIES For your information, the running categories are:
Men: 18 to 39, Veteran Males 40 & over
Women: 18 to 34, Veteran Females 35 & over

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

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

Please help: Check all enclosures before posting to: RACE DIRECTOR, PARKS AND RECREATION DEPT., 30 MILLER ROAD, AYR KA7 2AY. Tel. (0292) 265151.

Signed Date
(SR 7)

CUT HERE

A race for everybody

The Land O'Burns Half Marathon in Ayr was a race that brought a large entry for 1986, and another high entry is anticipated this year. A spokesman for the race committee said that he felt this was due to the appeal of the event to all sections of the community.

For those runners looking to produce a fast time, the flat course creates the ideal opportunity. So much so, that in the 1986 event Lorna Irving broke the then Scottish record. The presence of such class performers was undoubtedly a major factor in attracting a top-class field in 1986, and is already bringing their entries in for 1987.

The even and untaxing nature of the course is also a great attraction to fun runners. Anyone wanting to go out and enjoy a half marathon doesn't want to be ploughing uphill and down dale, straining themselves physically way beyond the intention of a good day out. Ayr's flat, fast course will give you a good time in all senses.

The route itself is also of interest to everyone. Who can fail to be impressed by the magnificent sea views of the Firth, Heads of Ayr and Arran beyond? The fun runner and quality athlete alike enjoy the beauties of the Burns country as they pass by the Auld Haunted Kirk, Burns Cottage, and finally back on to Ayr's magnificent esplanade, where family and friends will have been well

entertained by all the attractions of a seaside town.

Many of the favourable comments about the event in the past have arisen from the athletes' response to the race organisation. The Land O'Burns offers competitors ample parking, no long delays at registration, a well marshalled and sign posted route - and an adequate provision of after-race refreshments linked to extensive safety coverage during and after the event.

The Land O'Burns has now established itself in the minds of many runners as being among the premier half marathons in the country. The organisers are confident that whether you are a serious athlete or a fun runner, there will be something for you, and you will be well taken care of at the Land O'Burns in Ayr.

IF THE Land O'Burns Half Marathon on September 6 leaves you with a thirst for more competition in Ayr, why not stay on for the Teletek Triathlon, organised by the local Ayr Turtles Triathlon Club, the following Sunday?

The venue is Ayr Baths, but the swim section takes place in the open sea (half mile) - just the thing to take the heat off an Indian summer!

The other two legs are a 22 mile bike ride and a six mile run. For further details, contact Chris Cook at Ayr 269793, or Kirkmichael 354.

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Ayr Turtles present the Teletek Triathlon

Ayr Baths on September 13 start 12 noon. Distance half mile sea swim, 22 mile bike ride, six mile run. Must be 18 years or over on the day of the event. Not affiliated to the S.A.A.A. Closing date August 31. Receipt if required.

Stamped addressed envelope with entry form.
Registration 11 till 11.30. Bike check and change 11.30 till 11.45. Briefing 11.45 till 12.00. 12 o'clock start.
All competitors must obey normal traffic regulations. Be considerate of other road users and pedestrians. All competitors will receive refreshments after finishing event. Trophies and Prizes for 1st, 2nd, 3rd.

Medals to all finishers.
Entry fee £6.00 Forms available from Ayr, Prestwick, Maybole, and Girvan swimming baths.

For further details, phone
Chris Cook on Ayr 269793 or Kirkmichael 354

Scotland's Runner

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A NON-STOP programme of entertainment, sporting and leisure activities is the boast of Ayr Holiday World, which this year underwent a film refurbishment programme.

Over £500,000 of this has been spent on Scotland's largest roller coaster, called the Python Coaster. This innovation is described as a "white knuckle" ride - and sounds a must for anybody who has ever "enjoyed" a car trip with Doug Gillon.

This year for the first time, Ayr Holiday World is open to evening visitors as well as day trippers. Day tickets, valid from 10am to 6.30pm, cost £3 (adult) and £2.50 (child), evening tickets, 6.30pm to midnight, cost £2.50, while combined tickets start from £4.50 (adult) and £4 child.

The centre, which is run by Butlins Holidays, is, of course, residential. For accommodation rates and other details, telephone 0292-265141.

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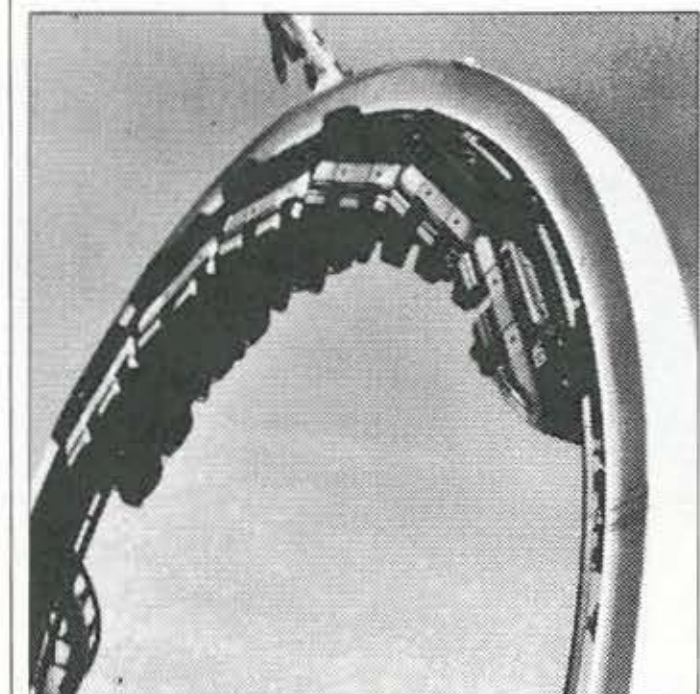
THE MAGNUM Centre at Irvine, northwards up the coast from Ayr, is billed as Europe's biggest, best and brightest leisure centre. One thing is for certain: there won't be another Magnum built in Scotland in our lifetime.

Approved and built before local authority cut-backs, and in the good old days when the country had a significant capital expenditure budget for new public facilities, the Magnum was used last year by a staggering 1,326,000 people - a statistic which makes it officially the fourth busiest tourist attraction in Britain, and by far the busiest leisure centre in the UK.

Virtually every indoor sport is played inside the Magnum, which is large enough to absorb huge numbers of participants and spectators at any one time. In the summer, the adjoining beach park provides outdoor facilities, and there are miles of sandy coastline to walk or run on.

Scotland's Runner will be taking a closer look at the Magnum and other sports centres in a future issue, but in the meantime if you want your eyes opened to what leisure provision should be all about, take a trip to Irvine this summer.

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Scotland's Runner

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Triathlons

By Diana Caborn

Organising a triathlon is no easy task, and is in itself an endurance event. Interviewing Andrew Grant, the organiser of the Wester Hailes Triathlon, I gleaned some useful information about transforming a dream into a reality. He wanted to compete in a triathlon, and so decided to organise it too. Perhaps if more of us did this we might increase the number of events in Scotland.

Grant turned first to the British Triathlon Association for support and advice, but found that the association had little to offer. The Scottish Sports Council had no specific advice on the sport, but the Sports Council of Northern Ireland were very helpful.

The sports council there has an active involvement in triathlons, and a wide range of materials and guidelines for the organiser and participants. Grant found their information invaluable, and was allowed to modify and reproduce the materials as required.

Having organised running

events before, and being an experienced cycling coach, Grant's main challenge in the triathlon event lay in the coordination of the swimming section. "Then it was just a question of putting the three together," as he modestly put it.

With this in mind, the venue was decided upon and the routes were explained to the appropriate police Inspector — it was ultimately his decision to approve the course and stipulate the "rules of the game". For example, the police wanted the event to be run on a time trial basis, with each cyclist leaving the transition area at one minute intervals, and the staggered swimming pool start helped to facilitate this.

To help coordinate the swim event, Grant drew on the expertise of the pool staff at the Wester Hailes Education Centre. Their experience was crucial, as this event can be fraught with problems, despite careful planning and lane discipline. The biggest pitfall is trying to get too many swimmers through the swim too fast — a staggered start is always necessary in a pool swim, although less so in a river or lake swim. Even then, for safety reasons, there is some form of segmented start.

Each swimmer/triathlete is allotted a swim number according to the time he/she predicts for the swim. This latter is often not very accurate, as many people are over-optimistic about their times.

Last year, Grant had the insight to tediously document all the hours spent planning the event, and the different problems faced. This proved invaluable to him, and for this year's event he managed to reduce the total time spent on organisation from 400 hours to less than 200. Instead of starting in September for the following May, he started in January. Problems that had arisen in the previous year were foreseen, and handled more efficiently if they did arise again.

Among the volunteer services which had to be

contacted were the Scottish Ambulance Service, the Army, and the Trinity Venture Scouts, all of whose help was essential for the smooth running of the event. A strange fact is that the triathlon required some 60 helpers for a race containing 70 athletes. However, the bigger the race the lower the ratio of helpers, and a triathlon of 200 entrants may require no more than 60 or so helpers also.

Another very important issue to consider, particularly from a cost aspect, is the printing of information sheets and race materials. Unless private access to photocopying equipment and secretarial assistance is available, then these costs can run very high.

Advertising and publicity of the event is another aspect, but in this case was not a problem as there were over 300 entries this year — word had got around from last year's success. Insurance for third party liability had to be taken out in case one of the triathletes damaged someone's property during the event. All these costs had to

be met from the budget, which was largely based on income from entry fees.

Sponsorship, where available, always helps out and can usually under-write the costs of the prizes, but sponsors like to be approached well in advance to ensure maximum publicity for their efforts.

On the day, the key to success is forward planning and coordination, with adequate back-up staff. Timing is also crucial, as there is a lot to do on the morning of the race — like setting up the bike racks, putting lane ropes up in the pool, and final briefing of marshalls and timekeepers. Time charts to aid the conversion of total times into split times are just one way of speeding up the process on the day.

Every race organiser will have his/her own ways of running an event and useful experience to go with it. It is hoped that feedback of this kind will be exchanged through the Scottish Triathlon Association and inspire more of us to follow the initiative of Andrew Grant. Let's hope so — we could all use more races in Scotland.



Winning style ... Joyce Salvona, the leading lady at Wester Hailes, sixteenth overall, on foot, above, and right, in the saddle.



Triathlons



Above - William Johnston, second overall. Below - Thomas Hutchison, first novice and ninth overall. Left - Your tired correspondent, Diana Caborn.



Highland GAMES

As the 1987 season progresses, it is clear that the Games are flourishing and the participants are in good heart. There have been but few surprises, and with one or two notable exceptions performances have been pretty static.

For me, the most outstanding highlight so far has been a world record by Geoff Capes at Roche's Garnock International Games at Kilbirnie. The Englishman, appropriately named the Big Shot because of his putting abilities, threw the 28lb weight an incredible 94 feet on the dead level ground at Ladeside Park, the measurement being witnessed in writing by a galaxy of stars in heavy athletics. Capes broke the record twice



David Webster

unofficially twice last year, at Blair Atholl and at the Galloway Games in Stranraer, so the jump from the official record 91'5" is not quite so dramatic as it first appears. Capes also tells me that he did 17'8" in the 56lb weight for height at an event in Milton Keynes.

It is quite incredible that Capes can keep on improving after so many years at the top in international sport, and it is even more commendable in

view of his busy schedule and a proliferation of physically taxing strong man events. He has done enough to win at each Games he has entered, but I am convinced he was not going all-out, except perhaps in the hammer and the 28lb weight.

In the amateur Games, Alan Pettigrew of Saltcoats has been the best all round thrower, although he hasn't always won first prizes because of the handicapping system. Alan has a big complaint about this, and after Lesmahagow Games he grouched: "There's something badly wrong with the handicaps when to win I would have to beat the Scottish hammer throwing record by a big margin. It's an

impossible situation."

I would hate to think that such anomalies would make this talented amateur turn to the professional scene, where all compete on level terms with no handicaps, but various comments by Pettigrew lead me to believe this is in his mind. "They have cut out the hammer at many Games — Irvine is the latest to delete it. There's very few Games now where I get a full programme of events," he continued, "I was amazed to see the number of professional Games, the pro's have a choice of several most weekends and we have so few options."

The thriving pro scene, with media interest and a high profile for the top liners, is

encouraging good entries and some 15 heavies turned out at Blackford to open the season, Brian Robin taking top honours.

Robin crosses the Atlantic to compete almost every weekend — he lives on Seil Island off the coast at Oban. Strangely enough, an American heavy, George McAuley of Michigan, is crossing the Atlantic to compete at Seil Island Games, Aberdeen, Old Meldrum and one or two others, schedule permitting. I met McAuley at Fergus Games, Ontario, last year and discovered that he had been competing in the professional ranks since 1977, and claims fifth place in the US ranking lists. At 6'4" and 18½ stones, he is not to be taken lightly.

NEWS • NEWS • NEWS • NEWS • NEWS

* Garnock International Gathering, Kilbirnie.

Organiser Derek Spence went to a great deal of work to ensure a very full programme, and there were several different arenas and areas with horse show, five a side football competition, karate competitions, Cunningham's strongest man contest etc, in addition to the traditional pipes and drums. Highland dancing, tug of war and of course the centre-piece, the heavies.

There was no holding Capes, although America's Jim McGoldrick and Scotland's Grant Anderson did their best. The thirty stone American negro Grizzly Brown made a surprise appearance, and the amiable giant was in great demand for photos, presenting prizes etc.

Overall result: 1, G. Capes; 2, J. McGoldrick; 3, G. Anderson; 4, J.P. Sigmarrsson; 5, M. Higgins; 6, C. Black.

22lb stone: Capes 49'6"; McGoldrick 45'2"; G. Anderson 37'10".
28lb weight: Capes 94' (W.R.); McGoldrick 84'9"; Higgins 73'9/10".
Hammer: Anderson 139'7"; Capes 136'9"; McGoldrick 127'6".

Caber: 1, Capes; 2, Anderson; 3, Sigmarrsson.

56 for height: Capes 17'3"; Sigmarrsson 17'; McGoldrick 15' 10".
Log: 1, Sigmarrsson; 2, McGoldrick; 3 — Capes and Higgins.

* Blantyre Highland Games.
A warm day and a carnival-like atmosphere rewarded the Round Table for their extraordinary efforts. A new heavy was Hercules the Bear, wrestling with trainer Andy Robin, who was once a regular competitor at Highland Games.

The field was small, giving good contact with spectators, but somewhat inhibiting for throwers in the hammer and 28lb. The athletes therefore elected to throw uphill for the longer distance events.

Overall result: 1, G. Capes; 2, J. McGoldrick; 3, M. Higgins; 4, J.P. Sigmarrsson; 5, G. Anderson; 6, C. Black.

22lb stone: Capes 51'9"; Higgins 48'2"; McGoldrick 45'4".
28lb weight: Capes 89'10"; McGoldrick 82'7"; Higgins 80'4/10".
Hammer: Capes 125'1"; G. Anderson 123'1/2"; Black 105'4/10" (probably the first time Capes has beat Anderson on the hammer).
Caber: 1, McGoldrick; 2, Capes; 3, Sigmarrsson.
56 for height: 1, Capes 18'; 2 —

Scotland's Runner

Sigmarrsson and McGoldrick, 15'6".

* The World Heavy Events Championships, Clarkston.

Overseas competitors came in thick and fast for the year's most important title, moved to Clarkston for the first time. The weather was disastrous and performances suffered accordingly. Towards the end, throwers were running through puddles and a sea of mud to toss a water-logged caber. That they maintained good humour and enthusiasm in such atrocious conditions was nothing short of miraculous.

Dan Markovic, a Yugoslav/Canadian, came at the last minute as a replacement for an athlete who had pulled out because of injury. He did well under the circumstances but tailed off, surprisingly indicating a lack of stamina, something he has never lacked in the past. Perhaps he was a little jet lagged after the journey.

Overall result: 1, G. Capes; 2, J. McGoldrick; 3, G. Anderson; 4, J.P. Sigmarrsson; 5, M. Higgins; 6 — B. Anderson & C. Black; 8, S. Wulfse; 9, H. Amason; 10, C. DeVreugd (Holland).
22lb stone: Capes 48'7"; Higgins 43'2"; Markovic 41'7/10".

Scotland's Runner



Bill Kazmaier of the United States... due to renew his rivalry with Geoff Capes

28lb weight: Capes 86'4"; McGoldrick 77'1"; Markovic 69'3".
Hammer: Capes 141'4"; G. Anderson 140'2"; C. Black 121'5".
Caber: 1, Capes; 2, Sigmarrsson; 3, McGoldrick.
56 for height: Capes 16'6"; Sigmarrsson 16'3"; McGoldrick 16'.

The next major international title is the European Championships at Stranraer on August 2, and if it is as good as last year it will be a day to remember with a very varied programme

taking in everything from aerobics to aerobics. The heavy events, however, take pride of place in the programme.

The Aviemore International Games will now be held on Saturday July 25, and a great line-up of overseas stars is expected, including the famous Bill Kazmaier of Alabama, who broke a world record in his first appearance in a Highland Games. He has not been in

Scotland for a considerable period, so his many fans are looking forward to the event with eager anticipation.

Highland Games news, views and results are always appreciated, and secretaries who sent information received a welcome bonus recently when I was able to mention their efforts in an interview I did for the BBC. I would very much welcome further amateur results, particularly from the North.

WOMEN on the RUN



This should be fun... no qualms before the off from Margaret Steel (left) or Julie Harvey (176) and Jacqui Carruthers (right). But Elizabeth Sloan (1155) and Margaret Fawkes (1154), above, look a little apprehensive. Still, after the gun it's obviously fun for the 'happy band' below. Right - they also serve...



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

Report: Connie Henderson
Pictures: Joe Campbell

Last month's Prince and Princess of Wales Hospice 10K-OK race in Glasgow was again hailed a great success, with 1700 women turning out to take part in one of the largest events of its kind in Britain.

The unpredictable summer weather held out, and even the appearance of a marching Orange parade along Argyle Street failed to deter the enthusiastic runners. The field



They're off... the elite competitive women get on their way with eventual winner, Sandra Branney (30) just visible.

was slightly less than the organisers had hoped, but Jack Kerr said afterwards that he was very happy with the turnout.

"We were hoping for more, but 1700 is still very good. A few hundred did not turn up on the day," he said. "We are pleased with how the race went. There were no problems and as usual the organisation was first class."

This year's 10K-OK included a home countries international match for the first time. Scotland's team of Sandra Branney, Christine Price, Sharon Sinclair, Audrey Sym and Penny Rother won the competition, although their victory was devalued by the absence of a strong English team.

Glasgow's Branney also won the race, passing the tape in a splendid 33 minutes 48 seconds. The McLaren runner finished fourth two years ago

in a time of 37-30 — proof indeed of how times have improved. Second in the race was Sally Lynch (Wales) with Christine Price third.

Perhaps the main reason for the 10K-OK's continuing popularity, though, is the fact that it encourages all runners — beginners as well as internationalists — to participate.

Anne Gifford, from Alloway in Ayrshire, was 20th in the race and was just one of the many excellent club runners participating in the event.

A member of Ayr Seaforth, 28-year-old Gifford has run the 10K-OK three times. Her times have gone from 43 minutes to this summer's 39-12. She said: "I really enjoyed the race, although it was a lot harder than I initially thought. I'll be doing it again next year."

First-timer Louise Walker from Glasgow also found the undulating course a little

tough at times, but she managed a creditable performance nevertheless, running 8½ minute miles throughout.

"Next time I'll know what to expect. The hilly parts were a bit hard going, but I did better than I expected. The race seemed very well organised and it was great fun," said Louise.

Many of the runners took part in aid of the hospice, others ran for their own chosen charity. Funds are still arriving daily at the organisers' office.

"It'll be a few months yet before we know how much has been raised for the hospice," said Jack Kerr. "I hope to know by September, but I couldn't guess just now. Money is coming in after a slow start, but we have a lot more to collect."

Meanwhile, the plans for next year's 10K-OK will start later this year. Said Kerr: "There's no doubt that there will be another 10K-OK next summer. Plans will begin in October to ensure it is a great success as in previous years."





WIN A £700 HOLIDAY IN BARBADOS!

THE BARBADOS MARATHON has been described as "the most beautiful in the world", and for one lucky reader of Scotland's Runner there will be a unique opportunity to take part in the event this December.

Of course, not everybody wants to run a marathon. The alternatives are to take part in a ten kilometre road race - or just go out to Barbados and relax in the Caribbean for a week!

The trip has been booked with the Sweet Shop Company in Surrey, and the winner of our summer subscription draw will be travelling out to the West Indies with a group of other running enthusiasts of all standards from all over the United Kingdom.

The itinerary is: depart Heathrow by British West Indian Airways on December 3, arriving in Bridgetown, Barbados, at 3.30pm local time. Depart Bridgetown at 10pm on December 9, arriving at Heathrow at 9.50am the following morning. We will pay for the additional return flight between Glasgow Airport and Heathrow.

Free Watersports

Once in Barbados, a choice of hotels awaits our winner. The Sandridge Apartment Hotel is on the West Coast of Barbados, near the marathon finish and the picturesque town of Speightstown. The hotel boasts its own "wondrous" secluded beach, free watersports and uncrowded atmosphere. On arrival, general manager Bernie Weatherhead - who himself is running the 10K - has promised the British contingent a rum punch party, and thereafter a memorable holiday!

Alternatively, there is the Sugar Cane Club, a small and select hilltop resort set in idyllic gardens overlooking the Caribbean. It is three quarters of a mile from the beach, and double that distance from the Sandridge Hotel. The accommodation is described as first class, and there is a free hire car for every four people throughout the holiday.

The free watersports include water skiing, sailing, windsurfing, snorkelling over coral reefs, and trips on glass bottom boats. There is a swimming pool at both hotels. For a small extra charge, scuba diving, motor boat hire, deep sea fishing, tennis and golf can all be arranged.

£100 spending money

Just about the only costs our winner will incur are food and drink (no meals are included in the holiday). The Sandridge Hotel offers self-catering facilities to keep prices down, but Scotland's Runner is throwing in £100 towards the cost of food and drink.

The Barbados Marathon is on Sunday, December 6 - with a 5.30am start to avoid the worst of the heat (temperatures in December should be in the mid-80's)! The 10K is the previous day, so there will be plenty of time to relax once the races are over.

Our winner will also have the opportunity to extend his or her holiday to two or even three weeks at proportionally very little extra cost (approximately another £120 for two weeks, and £220 for three weeks). According to the Sweet Shop, most of the Barbados trippers take advantage of this.

Rules

In order to reduce the risk of a riot, we regret that our hard working, underpaid contributors and experts will not be eligible for the subscription draw. Nor will the even harder working and underpaid employees of Scotland's Runner.

In fairness to readers who have subscribed already this year, ALL subscribers since January 1, 1987, will automatically go into the subscription draw. The closing date for the Barbados prize is August 31, 1987, and the winner will be chosen from a ballot to be held on September 1, 1987.

For existing subscribers who wish to be included in the draw, but whose subscription falls for renewal between September 1, 1987, and December 31, 1987, the solution is to send in their remittance before August 31, and indicate on the form below when they wish the new subscription to take effect from.

Finally, if you're not thoroughly bamboozled by the last paragraph, the special subscription rate until August 31 is just £12. If, however, you also want a Scotland's Runner T-shirt, the rate is £14.50. We regret that because of demand and stock availability we can only send you the size - not the colour - you request.

SCOTLAND'S
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RUNNER

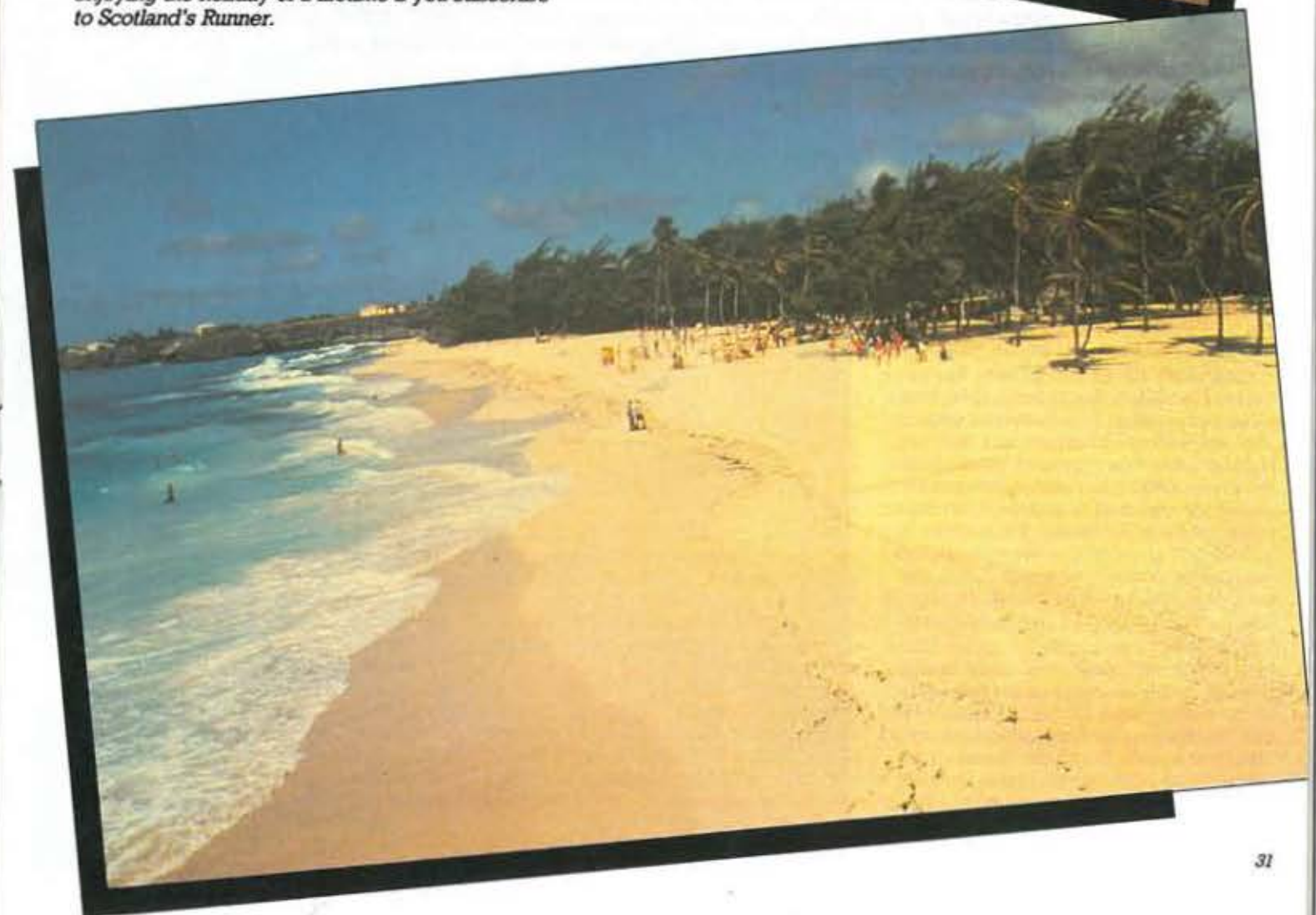


Last month's Prince of Wales Hospice 10K-OK race in Glasgow was again hailed great success, with 170 women turning out to take part in one of the largest events of its kind in Britain.

The unpredictable summer weather held out, and even the appearance of a marching Orange parade along Argyle Street failed to deter the enthusiastic runners. The field



The Sandridge Apartment Hotel above, and the idyllic beaches of Barbados ... You could be enjoying the holiday of a lifetime if you subscribe to Scotland's Runner.





ULTRA RUNNING

IN SCOTLAND

Scotland is blessed with spectacular scenery, but how many of us take advantage of it? Brian Cunningham, a senior executive with IBM, manages to combine running and enjoyment of the landscape in 50 mile ultra runs through the Scottish mountains. In the first of an occasional series, Cunningham describes the preparation required for such an undertaking, and in the months ahead he will feature specific routes he has tackled with his running partner, Jim Mather.

TRAINING

The mountains of Scotland are interwoven with a network of long and beautiful paths, many of which were in existence long before the first paved road appeared in the Highlands. These ancient routes were the arterial communications channels of days gone by, in time, some of them were gradually upgraded into the roads we use today.

Fortunately for us, this process has left many of Scotland's finest glens untouched by paved roads, and the paths that remain take the walker or runner back through history. Little has changed, apart from those areas which have been ravaged by coniferous forestation and high tension power lines. Nevertheless, the scenery is so vast and so open that the eye readily overlooks these intrusions on the landscape and, for the most part, the remotest glens are unsullied by man's obtrusive presence.

It is the remoteness of these tracks through the Scottish mountains that gives them their special appeal. At times one can be many miles from civilization, and also when travelling light there is an element of risk which adds to the enjoyment experienced by the ultra-runner in Scotland.

The best training for a 50 mile run through the Scottish mountains, not surprisingly, is as many hours of hill running as you can fit in. The secret, if there is one, is not to get tired. This may sound paradoxical, for how could one expect to run for twelve hours without getting tired? Well, you will, but the object of the exercise is to conserve as much energy as possible.

So, when you do your training run in the hills, try and arrive back with enough strength to repeat it immediately. Even if you are never called upon to do so, the mental exercise of imagining that you may have to is an essential part of the training.

Runs up to about 50 miles can be undertaken with a surprisingly small mileage. Jim Mather and I do most of our longest runs on a training schedule which rarely exceeds 60 miles a week. We both concentrate on stamina and strength, rather than speed.

Jim does many of the hill races and has competed in eight Ben Nevis races. I concentrate on running the hills to the east of Largs, and regularly do 2000 feet of vertical ascent in an hour's run. Over one celebrated period of 89 days, I managed to run up a total of 100,000 feet.

Training on the roads is fine, but it doesn't build up strength in the ankles and this could be a costly shortcoming on the rough tracks and open hillsides. Also, running the roads requires none of the balance of delicate footwork which is so vital when running in the hills.

It is advisable to get used to running in all weather, including snow. Many glens rise above 2500 feet, and snow can fall at that altitude in Scotland at almost any time in the year. Run with a light pack in training, as almost all long runs require you to carry some food and additional gear.

By far the most important training is mental preparation. Unfortunately, there are no quick ways to get into the mental shape that is required to do a really big run, but generally speaking the body can be pushed a lot further than most people think. Lengthy periods of discomfort can demoralise and when that happens, thoughts of quitting are usually not far behind. Somehow you have to condition yourself to ignore discomfort and weariness and just keep going.

Thinking too far ahead can be a problem. It is advisable to have plenty of intermediate objectives on a long run. They provide punctuation marks in a long day and offset the tendency to become

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overwhelmed by the magnitude of the total task.

Whatever preparation has gone before, it is the mental state on the day which determines the outcome. Obviously, the better the physical preparation the better the mental state at the outset, so, planning the run is of paramount importance. Somehow you have to know that the run is within your capabilities — and that knowledge only comes with experience.

PLANNING

It is advisable to treat an ultra in the hills as an expedition which requires careful planning. The route chosen should make the maximum use of paths and tracks, as running speed is cut by 50 per cent or more on open hillside. Stride for stride it is also more demanding, so, in terms of distance covered it represents a poor investment. Normally I would only cover trackless ground in order to link two tracks, and only run on it when it is level or, preferably, downhill.

Once the route has been chosen in detail you should sit down together and "talk through" the run. Study the terrain and the contours closely, and imagine where the hard sections are, where it would be possible to receive support, and so on.

Try and work out how long it will take, and at what times you will be where. Break the run into sections, each with its own target time, and then draw up a plan which can be referred to on the run. In this way, experience builds up and you begin to be able to predict pretty accurately just how long any particular route will take.

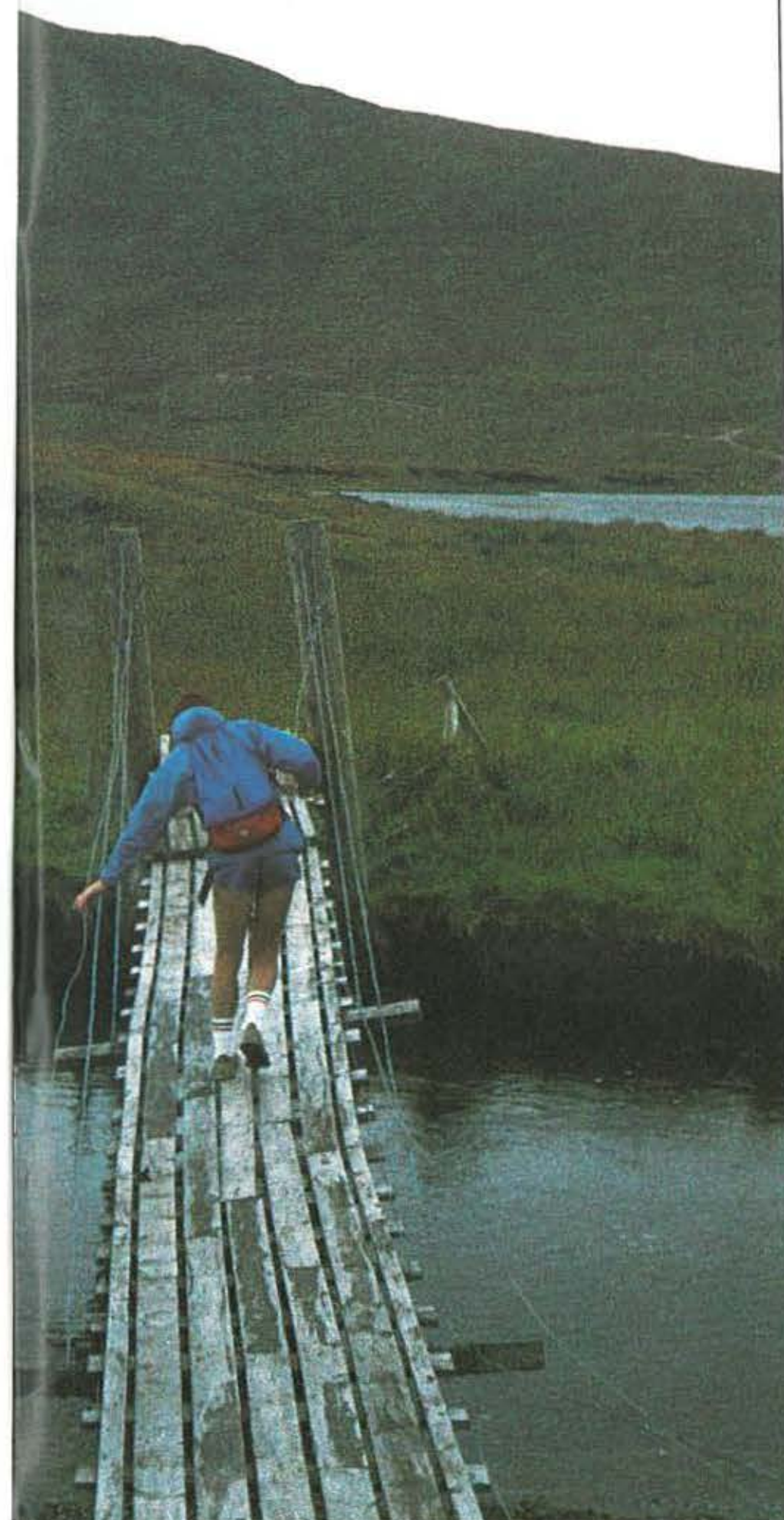
It is a bit like rock climbing where the climb is comprised of several pitches, one of which is the crux. The ultra run also has several sections, and one of these will be the crux.

GEAR

There is nothing special about the gear you need. Special footwear is not required, and good training shoes are perfectly adequate on all terrain likely to be encountered. The most important thing is comfort, and the shoes you wear must be comfortable no matter how wet and muddy they become. It helps to have some grip on the soles, but it doesn't make that much difference so concentrate on comfort. Nothing will ruin a day more certainly than blistered feet, so take care!

Normal running shorts and vest are fine for most summer runs. If it gets colder, use a long-sleeved polypropylene-type vest, which draws the perspiration away from the skin. Once again comfort is the key, and, whatever gear you wear, it must not abrade. If it is likely to be cold then a pair of Damart long-johns are a good idea.

Any rainsuit will do. If you can afford Goretex, it is in my opinion the best, but it isn't essential. There are occasions when a hood helps to preserve warmth and many



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of today's rain suits don't have effective hoods. So it is a good idea to check in advance.

I always carry Damart-type gloves, a woollen bobby-hat and a spare pair of socks. The latter are not really necessary, but they are a tremendous boost to the morale. It is also advisable to carry a spare Damart polo-necked jersey and perhaps a spare running vest. They weigh little and even if they are not needed they are good for morale.

Recently, I have taken to carrying a knee-length Goretex jacket on the longer, more exposed runs. Rainsuits are useful up to a point, but three or four hours of torrential rain towards the end of a twelve hour run can be a pretty debilitating experience in even the best rainsuit.

The big jacket is a guarantee that, no matter how rough it gets, you can remain reasonably warm and dry. On the first day of the Cross-Scotland run, from Stonehaven to Glenelg, Jim and I would probably have had to quit at the Spittal of Glen Muick after twelve hours of running in desperate weather had we not had heavy jackets.

A cycling cap is sometimes a good idea, particularly on sunny days where the peak at the front shades the eyes. A light cap also discourages flies from dive-bombing the crown of your head!

In addition to your spare clothing, you will need to carry basic safety gear, map, compass, whistle and possibly a torch. It goes without saying that you must be competent at navigation in all conditions.

Some simple first-aid gear is essential. I usually carry a couple of plasters and some vaseline for any parts which are showing signs of abrasion. A couple of dispirin are a good idea also — in addition to relieving pain they also inhibit



Westering home and a song in the air. Fatigue washes away for Brian and Jim when faced with this type of view near the end of a run.

inflammation. Minor sprains are the most common injury on a long run, and controlling the inflammation can be a lot more important than relieving the pain.

Finally, I always carry one tube of Dextrosol for emergencies. It is instant energy and should you have the misfortune to "hit the wall" a few miles from home it is the only way to keep going.

On a hot and sunny day it is usually

advisable to carry a small tube of suntan lotion. Don't forget places, like the nape of the neck, which are particularly vulnerable to sunburn.

When running, it is unusual to be bothered by the infamous Scottish midges — they are, fortunately, not particularly fast fliers. Nonetheless, from late July until the end of September, and especially when there is not much wind about, some

midge repellent would at least make your nature calls more bearable.

You will develop your own first-aid kit with experience. It is always a balance between too much weight and not having the correct fix when the problem occurs.

You will need a small sack in which to carry your gear. Better to have a small sack which is pretty full than a larger sack which is half-empty. Ideally, the sack should be a snug fit and be secured with a waist or chest strap to prevent it from swaying from side to side as you run.

FOOD

No matter how well prepared you are, and no matter how good your gear is, if you don't eat the right food at the right times you will never realise your full potential. The temptation is always to minimise food intake on a long run — generally, it is uncomfortable to eat on the run and stopping to eat wastes time. Then there is the further temptation to eat chocolate-based foods. While these may be adequate to keep you going for a couple of hours, they certainly will not sustain you over a twelve hour run.

Most people are amazed at how much food they can get through on a long run. In a twelve hour day I will consume about eight filled rolls, (brown and filled with cheese and tomatoes, or pickles), a dozen fruit bars (the type you can now get in any health food shop), several slices of fruit cake and, perhaps, an apple doughnut or two! I have learned to eat on the run, so the only reason to stop is to drink or to relieve oneself.

It is of paramount importance to eat early on the run, and also to avoid long periods with no food intake. A gap of two hours means the probability of an energy gap two hours later. Remember it takes about three hours to convert food into energy — how you feel at the present time is no indication at all of how you will feel in three hours time.

Eat even when you are not hungry if it means maintaining a steady intake of food. Better to feel stuffed than drained! Only when you are within three hours of home can you ease back, should you start to feel weak then, you should eat your emergency Dextrosol at a rate of about one tablet every 10-15 minutes. It is converted into energy in about five minutes.

Towards the latter stages of a long run it is common to feel slightly nauseated. This discourages you from eating and it is important that you overcome this. Sometimes a Rennie helps to settle the stomach and make it easier to continue the food intake.

Don't forget to pack your food carefully. Any movement in the sack quickly distinegrates food which is free to move around. Keep food away from your back, which gets very hot and sweaty.

It's best to individually wrap each roll in clingfilm. This keeps them fresh for at least 24 hours and, when tightly wrapped, the rolls are pretty secure. If you have a Berghaus-type sack then it is easy to keep a couple of rolls in the bottom compartment, ready for instant consumption. The clingfilm means they are simple to handle. (The bottom compartment also serves as a rubbish bin for wrappers etc.).

The other vital ingredient is water. You should drink plenty — and often. Ideally you should over-consume to the extent that you need to relieve yourself every couple of hours. In that way you can guarantee that, not only are you drinking enough to inhibit dehydration, but you are also assisting in the digestion of your food.

Fortunately there are usually abundant water supplies in the Scottish hills. I rarely run for more than 30 minutes without a drink from a burn. Again, there is a chance of discomfort, but that is overcome with practice. Dehydration is a frightening experience. Once encountered, it becomes hard to even run past a sparkling burn without having a small sip, at least.

In time, running with a full stomach is not as bad as you might think! It is certainly better than running on an empty one!

Start as early as you can. This gives you plenty of spare daylight towards the end of the run, should it take longer than you anticipated. Eat a big breakfast and then start into your rolls just as soon as you can. Food in the stomach is worth a lot more than food in your pack!



End of the day, and Brian jokingly thumbs a lift at Dalwhinnie.

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Don't push the pace early on, and don't run up steep hills or over particularly rough ground. You usually feel good at the start of the run, and it is easy to expend too much of your reserves of energy, by pushing the pace over those first few hours of the day. Better to take it really easy and build up the pace towards the end of the day. It's nice to finish strongly.

Don't stop to eat — don't even stop to rest unless you are really knackered. Don't stop to wait for your pal who is relieving himself, and don't expect him to wait for you when you are likewise engaged. Five to ten minutes stopped every hour adds up to two hours stopped in a twelve hour day.

Try to keep on the move at all times. Walking takes very little energy, yet it is sometimes almost as fast as running. Walk when it makes sense and rest by walking, not stopping.

SUPPORT

On a very long run, good support can make all the difference. Usually someone needs to drive the car around to the end of the run, and if you can arrange to be met at some intermediate points along the way so much the better. A complete change of gear and some hot soup can transform you, and can make the difference between success and failure when the weather is very bad.

It also helps to have a runner as the support driver. Not only can he provide physical support in the form of food etc. but he also can support you psychologically. Meeting a friend who has run in from the end of the run can be a tremendous boost to a sagging morale.

I can well remember being close to quitting on our second attempt at the West Highland Way. I was having stomach cramps, and the combination of that and the torrential rain we had experienced for the past couple of hours had me close to dropping. I was slumped against the car, which was parked at Altnafeath beneath the Devil's Staircase, when Boyd, our support, asked me how I was. Feeling dreadfully sorry for myself, I muttered something about not being able to continue. With tremendous insight, Boyd replied:

"If you think you feel bad now, just imagine how you will feel tomorrow if you quit, having come this far."

If it hadn't been for him, I may well have packed it in. Instead, I bounced back and finished in grand style, actually suggesting that we should press on beyond Fort William and see how far we could get in the full 24 hours.



Scottish Championships

Doug Gillon (men) and Bill Melville (women) report from the 1987 ScotRail National Athletic Championships at Meadowbank on June 19 and 20. All photographs by Scott Reid.

100 metres

CAMERON SHARP finally took a national title in the distance at which he is ranked third on the UK all-time list after Linford Christie and Allan Wells. Then he announced his retirement.

Having dominated the early rounds, Sharp looked a clear winner at 70 metres, but Irishman Simon Baird was credited with the same time, 10.94 as Sharp, and Allan Dons was far closer than form would have suggested. The headwind of -2.75 metres per second vindicates the slow times and Elliott Bunney's reluctance to compete.

1. C. Sharp (SHETT) 10.94sec; 2. S. Baird (BALLY) 10.94; 3. A. Dons (EUAC) 10.96; 4. S. Scott (EAC) 11.01; 5. S. Robertson (BELLS) 11.05; 6. R. Herron (AYR S) 11.09; 7. A. Trimby (ESH) 11.09; 8. J. Higgins Jr (MAN) 11.39. Wind -2.75 metres per second.

200 metres

FIFTH in the Commonwealth final, Simon Baird looked to have the trophy locked up when he was three metres clear off the bend. Yet he didn't even get among the medals. Neil Turnbull, winner of the Skol sprint at 19, and now reinstated, recovered from a poor

first 30 metres to head Commonwealth one-lap international Whittle and Johnston who capitalised on that strength to overhaul Baird. Turnbull, a protégé of Stuart Hogg's, will be a formidable 200 runner when he gets his start honed down.

1. N. Turnbull (ESH) 21.77; 2. B. Whittle (AYR S) 21.79; 3. M. Johnston (EAC) 21.83; 4. S. Baird (BALLY) 21.99; 5. A. Trimby (ESH) 22.12; 6. N. Armstrong (MORPETH) 22.25; 7. D. Caines (SALE) 22.85; 8. D. Slater (LAW) 22.93. Wind -1.84.

400 metres

THE jet-propelled Brian Whittle successfully defended in a time just 0.8 slower than last year when conditions were considerably more favourable. It was a performance which made him reflect on his attempt at the double. My legs were like rubber from last night's 200," he said. All eight finalists last year were inside 49.00sec, but both Andrew Walker (48.17 in '86) and Gary Paterson (48.13) showed significant progress.

1. B. Whittle (AYR S) 46.72; 2. A. Walker (ESH) 47.33; 3. G. Paterson

(ESH) 47.64; 4. M. Davidson (AAAC) 48.32; 5. A. Murray (KIL) 48.34; 6. W. MacDonald (EU) 48.83; 7. W. Armstrong (MORPETH) 49.01; 8. G. Fraser (WARLEY) 49.37.

800 metres

ALL eyes were on Tom McKean in his first outing of the season, but there was no call for him to turn up the supercharger. Successive times of 1:50.81 and 1:50.82 put him into the final, and when he reached 600 metres in 80 seconds, (400 53.42) the pursuit was already afloat. But Tom Ritchie hung on well to dip under 1:50 for the first time, and 18-year-old David Strang, Glasgow-born South African junior champion (1:48.8) was good value for his third place. It is a measure of what is expected of McKean these days that his breaking of Dieter Fromm's 13-year-old championship best excited little comment except a ticking off from his coach for not having run faster.

1. T. McKean (BELLS) 1:48.17 (championship record); 2. T. Ritchie (PAAC) 1:49.82; 3. D. Strang (HARING) 1:50.24; 4. J. Rigg (WARR) 1:51.13; 5. D. Gray (AYR S) 1:51.76; 6. D. Black (LPOOL) 1:51.90; 7. P. Tweedie (ANNA ST) 1:52.42; 8. B. Murray (ESH) 1:53.42.

1500 metres

PAUL FORBES, jubilant after his best training since 1983, was already grinning after an opening lap of 63.75sec. And when 800 metres passed in 2:06.97 there was a broad smile. The race was tailor made for someone of his sprinting ability. Yet some 120 metres further on Forbes was out. I lost concentration and found myself at the back of the field. I wondered what the hell was I doing there, and before I knew it, I'd walked off," he said.

So it was all a bit anticlimatic when steeplechaser Tom Hanlon won with a fair turn of pace himself — a 56-second final lap — from Richard Archer. Robert Fitzsimmons, one time fun runner and marathon man, now looks to be getting nearer his true event in bronze medal position.

1. T. Hanlon (ESH) 3:47.58; 2. R. Archer (ST. AU) 3:48.04; 3. R. Fitzsimmons (BELLA) 3:49.78; 4. S. McCann (C & DUN) 3:50.30; 5. A. Johnston (ELSWICK) 3:50.83; 6. S. Wallace (CAMBUS) 3:51.97; 7. J. Harper (MORPETH) 3:53.72; 8. I. Johnston (FVH) 3:58.72.

5000 metres

NOT the best quality event of the championships, but certainly the most dramatic finish. One couldn't help feeling sorry for Peter Fleming who undoubtedly paid the penalty for running the UK 10,000 metres championship the week before. He cut out the pace here and looked a comfortable winner at the bell, some 30 yards clear of Gary Grindlay and Brian Rushworth. But the threat was to come from an even more remote source. At least 50 metres off the pace in fourth was Callum Henderson, whose final 200 metres, 27 sec, would have proved the biggest test for McKean on the day.

1. C. Henderson (ESH) 14:15.05; 2. B. Rushworth (SUND) 14:15.64; 3. P. Fleming (BELLA) 14:18.69; 4. G. Grindlay (ESH) 14:20.77; 5. S. Day (Bingley) 14:21.38; 6. K. Lamb (DERBY) 14:21.43; 7. D. Miles (GATES) 14:30.00; 8. J. Orr (CAMBUS) 14:31.27.

10,000 metres

ONE-TIME anorexic Tommy Murray (3½ stones and in intensive care at 17) hungrily pursued his first national title, burning off the opposition with steady, even-paced running. He could barely resist trying for the double, having entered the 5000m the following day. But with the Scotland international in Ireland the following weekend, and a 5000 metre run there, sanity prevailed. The observation has to be made, though, that for a nation replete with quality marathon men, only three runners inside 30 minutes is poor.

1. T. Murray (G GLEN) 29:38.40; 2. A. Beattie (CAMBUS) 29:44.11; 3. C. Murray (G GLEN) 29:49.57; 4. C. Ross (DHH) 30:09.30; 5. C. Ross (SHETT) 30:54.58; 6. C. Thomson (CAMBUS) 30:59.28; 7. W. Miller (CAITH) 31:05.94; 8. D. Runciman (AAU) 31:12.53.

110 metres hurdles

QUALITY, guts, and inspiration. They were all there in Neil Fraser's new native best. The technique was fluid and classy, the cadence sweet the wind, not the least bit of help at all at — 1.83 metres per second. But the Inverness man overcame that with a superb performance to eclipse the 14.38 mark of his old rival John Wallace, set in 1984. Dave Wilson's hand-timed championship best of 14.2 still survives, however — from 1972, the oldest one on the men's programme.

1. N. Fraser (IH) 14.31 (native record); 2. J. Kell (CAMBU) 15.28; 3. P. Masters (MORPETH) 15.28; 4. N. Petley (SALE) 15.60; 5. A. Leiper (ALDER) 15.83; 6. C. Hogg (EAC) 15.89; 7. A. Kirkhope (SHETT) 17.79; 8. A. Wisberg (EAC) 18.39. Wind -1.83.



A class apart. Neil Fraser heading for a new native record of 14.31 seconds in the 110 metre hurdles.

400 metres hurdles

NOT one of Scotland's three Commonwealth Games men entered the event this year, but Stewart Dempster improved from fourth place and 55.77 last year to record a title-winning personal best. Sufficient commentary on the quality of the domestic challenge in this demanding event is that the next Scot, in fourth place, was decathlete Ben Thomson.

1. S. Dempster (ESH) 53.42; 2. P. Masters (MORPETH) 53.74; 3. P. Campbell (STOKE) 54.01; 4. B. Thomson (EAC) 54.26; 5. A. Bowie (ESH) 55.02; 6. P. Evans (WARR) 56.27; 7. A. Taylor (IH) 57.26; 8. R. Cochrane (PENDLE) 59.01.

3000 metres steeplechase

SIX men still in contention at the bell, four under nine minutes, and all twelve finishers inside 9:45 was an encouraging uplift in performance from last year when only Richard Charleston (who did not defend) broke the nine minute barrier for this gruelling event. John Steel dug deepest at the bell and the three medalists broke away. Steel's strength told when he made his most notable gain through the water, and Angus Henderson can count himself unfortunate not to have salvaged something with his spirited counter-attack at the end.

1. J. Steel (ESH) 8:57.58; 2. D. Thomson

(CAMBUS) 8:59.17; 3. G. Mathison (ESH) 8:59.33; 4. A. Henderson (AAAC) 8:59.84; 5. G. Zeuner (AAAC) 9:05.87; 6. R. Carey (Annan) 9:07.59; 7. G. Croll (EK) 9:14.70; 8. T. Bedell (ESH) 9:15.96.

High jump

ONE-JUMP champion that was Geoff Parsons. After three men had cleared 2.05 and failed at 2.08, the Commonwealth silver medalist came into the contest and took the title with one attempt. He made one abortive effort at a new UK best of 2.29m and failed, understandably when you consider he had just five hours sleep following exams. Spare a thought for Ben Thomson who cleared the silver-medal height, but had to settle for his second fourth place of the day.

1. G. Parsons (LAC) 2.08m; 2. R. Robinson (BALLY) 2.05; 3. P. Sudiskas (CRAC) 2.05; 4. B. Thomson (EAC) 2.05; 5. A. Edgar (ESH) 2.00; 6. G. McAslan (EAC) 2.00; 7. P. Masterton (EAC) 1.90; 8. I. Cranston (EAC) 1.90.

Pole vault

PAUL HOAD did not have to soar anywhere near his best of 5.01 to take this event which once again demonstrated the dearth of domestic talent in this highly technically specialised area. Alan Leiper and Brad McStravick, both decathletes, showed up as well as any Scot with the exception of Douglas Hamilton McStravick, the double Olympian, nominally retired, was only six inches (15cm) down on his eighth place in last year's Commonwealth final.

1. P. Hoad (ENF) 4.80m; 2. G. Jackson (WOLV) 4.60; 3. A. Leiper (ALDER) 4.60m; 4. D. Hamilton (ESH) 4.40; 5. B. McStravick (BBH) 4.30; 6. A. Collins (EAC) 4.10; 7. N. Williamson (EAC) 3.70; 8. G. Reid (CRAC) 3.50; 9. D. McLeod (BELLA) 3.50.

Anguish and agony for long jump champion Ken McKay as he suffers torn ligaments.



Long jump

TRIUMPH and tragedy from the creatures in the pit the Ken McKay Concorde take-off was well in evidence in round four when he soared to a wind-assisted (393mps) title-winning 7.65 metres. But he left the undercarriage down in the next round, severely wrenching his knee. An outstanding competition saw eight men beyond seven metres and the national indoor champion Ian Snowball relegated to ninth.

Craig Duncan seemed assured of silver with a legal fourth round of 7.45m, but Mark Forsyth came through in the final round leaping 7.58 also within the legal limit.

A word of praise for 20-year-old Mel Fowler just back after a six-week lay off he led the first round with 7.38 and put in five jumps of 7.25 or better. His best last year was a legal 7.07.

1. K. McKay (PAAC) 7.65m; 2. M. Forsyth (RUC AC) 7.58; 3. C. Duncan (ESH) 7.45; 4. R. Fowler (VPAAC) 7.38; 5. R. McKay (EAC) 7.29; 6. R. Scott (EAC) 7.27; 7. S. Whyte (ESH) 7.18; 8. S. Pegler (SALE) 7.08.

Triple jump

CRAIG DUNCAN was just seven years old when Willie Clark established the Scottish native record at 15.68 metres, a mark which survived intact until last year when Duncan equalled it. This year there were no mistakes. Duncan's first flight down the runway saw Clark's mark consigned to the history books as he reached 15.96m into the sand. Duncan's fourth, 16.32, was robbed of national record status by the wind of 2.13mps. His fifth, 15.96 was legal and a new native and championship best. Gateshead's Jonathan Edwards made a valiant attempt to steal the title, failing by just 10cm with his last effort.

1. C. Duncan (ESH) 16.32m (championship record) 16.01 (national record); 2. J. Edwards (GATES) 16.23; 3. R. McKay (EAC) 15.05; 4. R. Harkins (SHEFF) 14.71; 5. N. McMenemy (CRAC) 14.08; 6. J. Gallacher (KILB) 13.67.

Shot putt

ERIC IRVINE has still some way to go to retrieve his form indoors when he launched the weight 17.22m. But 16.61, his opening effort, was good enough here. In a desperate bid to outdo one another Irvine and second-placed Paul Reed failed to record a single valid throw between them in the closing three rounds.

1. E. Irvine (EAC) 16.61m; 2. P. Reed (MORPETH) 16.02; 3. C. Patience (IH) 14.87; 4. P. Thomas (LPOOL) 14.64; 5. P. Corrigan (GHEAD) 14.24; 6. J. Nicholls (WARR) 13.71.



One jump champion. Geoff Parsons keeps out the Meadowbank wind.

Discus

GEORGE PATIENCE and Mike Jemi-Alade were unable to trade their rivalry in the Commonwealth Games. With Jemi-Alade injured (arm-wrestling) Patience took eighth place in the Games final, so there was emphatically something more than the title at stake in this, their first major meeting since. Both were over 50 metres four times, but the Inverness man, although down after the opening round, was always in front thereafter.

1. G. Patience (IH) 51.44m; 2. M. Jemi-Alade (ESH) 50.82; 3. D. Morris (PAAC) 49.96; 4. P. Reed (MORP) 49.26; 5. R. Devine (IH) 44.56.

Cameron Sharp, below, wins his first and last Scottish 100 metres title, while right, John Pentecost (15) and David Thomson (19) negotiate the water during the 3000 metres steeplechase.



Hammer

THE departure of Chris Black to the professional ranks has left a gap, and there was the rare experience of a sub-60 metre throw winning the title. Commiserations to Bob Meikle who led from the start and did everything right, including saving his best throw till the final round. But congratulations to Laurie Nibet for pulling out the vital effort under pressure with his last throw. And commiserations too, to all the competitors having to throw in an empty stadium at noon.

1. L. Nibet (ESH) 58.30m; 2. R. Meikle (ESH) 58.14; 3. R. Devine (IH) 52.46; 4. B. Shepherd (ELGIN) 49.52; 5. A. McIntosh (KIL H) 48.46; 6. D. Gibeby (KIL H) 47.78; 7. D. Mathieson (MILTON K) 44.06.

Javelin

JOHN GUTHRIE had problems, only getting in two throws, fewer than anyone in the competition. But it's not how, or how many, but how far, and Guthrie's second-round effort did the trick, some consolation after missing the Commonwealth Games last year through injury. A word of praise for Alex Black, 40 years and two days old, with several titles behind him, still managing 54 metres in sixth place.

1. J. Guthrie (ESH) 68.76m (championship record); 2. V. Turner (HARING) 60.30; 3. R. James (ESH) 59.94; 4. A. Robertson (MEDWAY) 57.88; 5. A. Whyte (EAC) 54.96; 6. A. Black (ESH) 54.00; 7. F. Norris (VPAAC) 52.34; 8. A. Gillies (VPAAC) 51.28.



WOMEN

100 metres

"A disappointing turnout," says Sandra Whittaker of a line-up lacking as much in quantity as quality. Whittaker was first from her blocks in the final, forging ahead with only the 31m/sec wind to beat, and winning in a less than startling 12.68 seconds.

Making the most of the moment and the absence of others, Morag Todd and Alison Currie finished second and third.

1. S. Whittaker (MCGAC) 12.68; 2. M. Todd (MSLAC) 12.48; 3. A. Currie (STEW) 12.69; 4. M. Finlayson (PSH) 12.82; 5. A. Burnell (BALLY) 12.84; 6. E. Henderson (EWM) 12.84; 7. J. More (EWM) 12.88; 8. M. Baxter (MSLAC) 12.89; Wind - 3.10 metres per second.

200 metres

A cold, 8.40pm start after a long wait is not likely to bring out the best in a sprinter, but it had little effect on Sandra Whittaker. She won in her fastest time of the season, 23.57 sec and with a peak still to come, is apparently all set for getting close to her 22.98 personal best.

1. S. Whittaker (MCGAC) 23.57; 2. W. Addison (NSP) 23.87; 3. A. McGilvary (MSLAC) 24.68; 4. M. Todd (MSLAC) 25.15; 5. A. Currie (STEW) 25.22; 6. H. Aird (KIL) 25.83; 7. A. Burnell (BALLY) 25.84; 8. M. Finlayson (PSH) 26.29; Wind - 1.80 metres per second.

400 metres

MARY ANDERSON is out to make the most of the present dearth in female talent over this distance. With new coaching and training company behind her she won in a personal best of 53.96 seconds despite "feeling sluggish" at the start.

Angela Piggford, the favourite despite recent injury, reached 200 metres in around 24.9 and lead into the home straight against the wind. With "legs buckling" Anderson clawed her way by to win by two metres from Piggford.

1. M. Anderson (EAC) 53.96; 2. A. Piggford (GATES) 54.48; 3. D. Kitchen (EWM) 55.11; 4. G. McArthur (MSLAC) 55.48; 5. J. Ridley (MCGAC) 56.95; 6. S. McPeake (BALLY) 57.12; 7. W. Steele (EWM) 57.25.

800 metres

YVONNE MURRAY took herself closer to yet another Scottish record with a winning run timed at 2:02.81. She went through the first lap in 59.3 with Susan Bevan and Linsey Macdonald pinned firmly behind.



Jayne Barnetson soars up to equal her own championship best performance of 1.83 metres in the high jump, while, below, Yvonne Murray leads Linsey Macdonald to a personal best time in the 800 metres.

The pin burst down the back straight, but as Murray broke clear, Macdonald, so much more like her old self, fought hard for second. She came through with 75m to go for second place, carving more than three seconds from her best in only her fifth attempt at the distance.

1. Y. Murray (EAC) 2:02.81; 2. L. Macdonald (PAAC) 2:05.19; 3. S. Bevan (ESSEX) 2:06.78; 4. G. Stonebanks (L & L) 2:10.22; 5. A. Reid (EWM) 2:10.80; 6. M. Spragg (MSLAC) 2:15.82.

1500 metres

KAREN HUTCHESON led from the start with an even paced 66.54 seconds first lap and a time of 3:04.75 at the bell. Behind her, a slow-starting Lynn MacDougall fought back, closed on Jill Hunter, and passed her on the last bend to take second, but victory was Hutcheson's in a personal best of 4:14.04. Pleased to be champion, she was disappointed that neither Liz Lynch nor Yvonne Murray had been there to help her to a faster time.

1. K. Hutcheson (BERRY) 4:14.04; 2. L. MacDougall (MCGAC) 4:20.47; 3. J. Hunter (BLAYDON) 4:21.24; 4. K. Macleod (EAC) 4:29.89; 5. V. Blair (EWM) 4:28.85; 6. F. Hillan (L & L) 4:39.97; 7. C.A. Barclay (MCGAC) 4:43.95; 8. J. Wilson (IH) 4:49.29.





■ 3000 metres

A cold and blustery Friday evening and the absence of Murray and Lynch conspired to ensure no fireworks. But Karen Macleod did a competent job in adding the Scottish title to her UK indoor one.

With two laps to go, she finally broke fellow international Chris Haskett-Price, opening an ever increasing gap by the bell. Although Chris closed on the final stretch, a last lap of 72.71 seconds was fast enough for Macleod to hold on.

1, K. Macleod (EAC) 9:25.61; 2, C. Haskett-Price (DHH) 9:28.72; 3, S. Youngberg (WARR) 9:34.97; 4, J. Loden (EWM) 9:41.84; 5, E. Turner (MCGAC) 9:48.42; 6, R. Sym (MCGAC) 9:52.95; 7, M. Wylie (MCGAC) 10:00.3; 8, J. Scott (DARL) 10:01.83.

■ 10,000 metres

A field of two for this gruelling outing encouraged no one — least of all the runners. Well done then Sandra Branney who set out to produce 78 second laps but had to settle for 82s. 5000 metres in 16:53 and a winning time of 34:07.22 — a personal best but better still is there in the right company. Well done too, Eileen Masson who carried on despite being lapped twice.

1, S. Branney (MCGAC) 34:07.22; 2, E. Masson (KAAC) 37:22.80.

■ 100 metres hurdles

JUDITH Rodgers lived up to her ranking — seventh in Britain last year — as she came away strongly at the start and opened a three metre gap by the line. Her time of 14.11 sec was slow, but Claire Reid could be well pleased with her headwind time of 14.62

sec and her defeat of Catriona Boyle by a metre or more.



1, J. Rodgers (LISB) 14.11; 2, C. Reid (EWM) 14.82; 3, C. Boyle (MSLAC) 14.99; 4, A. Chambers (WALLS H) 15.25; 5, K. Gibbs (MORPETH) 15.51; 6, J. Cadman (DARL) 15.90; 7, E. Dempsey (COLZ) 15.98; Wind - 1.74 metres per second.

■ 400 metres hurdles

ALISON Hodgson had promised herself a trip to Birmingham for the WAAA Championships if she ducked under the minute. A mistake at number eight put paid to that ambition, but with the

winner's trophy by her side she decided to treat herself to the big competition in any case.

Margaret Southerden, the 1982 Commonwealth finalist, stuck to her tail to no avail succumbing to the wind in the home straight rather than to Hodgson's superior style.

1, A. Hodgson (EWM) 60.41; 2, M. Southerden (WYC PH) 60.99; 3, J. Cadman (DARL) 69.26.

■ High jump

A win for Jayne Barnetson, much as expected, but that simple statement hides a third-attempt clearance at 1.80m. Her winning height was 1.83m. Jumping at her best gave Deborah McDowall second place with 1.80m, and Cans Henderson a share of third with reigning champion Jennifer Little.

1, J. Barnetson (DH) 1.83m—championship record; 2, D. McDowall (BEL) 1.80; 3, J. Little 1.80; 3, C. Henderson (EWM) 1.80; 5, R. Pinkerton (MCGAC) 1.75; 6, C. Scott (BEL) 1.75; 7, N. Murray (MCGAC) 1.65; 8, J. Ross (LISB) 1.65.

■ Long jump

LORRAINE CAMPBELL took her sixth consecutive title with a third-round effort of 6.13m, the best jump by a Scot for the 87 season to that date. Janice Ainslie, who did not appear in the British top 50 last year, took second place with a very pleasing 6.02m to complete the cream on an event still dominated in the record books by names from the early 1970s.

1, L. Campbell (EWM) 6.13m; 2, J. Ainslie (EUAC) 6.02; 3, C. Scott (BEL) 5.80; 4, N. Murray (MCGAC) 5.59; 5, A. Jackson (MSLAC) 5.51.

■ Shot

MARY Anderson has decided that her interests and fortunes lie outside the shot circle and will concentrate her efforts elsewhere. That didn't prevent her from easily retaining her title with an effort of 14.24m, some 16cm better than her winning throw last year. Ashley Morris was just as lonely in her second place slot, her putt of 13.27m placing her over a metre clear of Helen Cowe.

1, M. Anderson (EAC) 14.24m; 2, A. Morris (PAAC) 13.27; 3, H. Cowe (AAAC) 12.15; 4, J. Thompson (SALE H) 12.06; 5, A. Sinclair (MSLAC) 11.64; 6, A. Dutch (PSH) 10.71; 7, C. Cameron (MCGAC) 10.29.

■ Discus

THE good news for field event enthusiasts was the big turn out — eleven girls chasing the title. The bad news was that with British second string Karen Pugh leading the field with a below-par 48.68m, the chase was never a close one.

Claire Cameron came closest on 43.64m which was good enough to upset the rankings by pushing Gwen Bird into third place.

1, K. Pugh (BIRCH) 48.68m; 2, C. Cameron (MCGAC) 43.64; 3, G. Bird (NSP) 43.08; 4, K. Neary (EWM) 39.22; 5, L. Adams (PSH) 38.86; 6, A. Morris (PAAC) 38.36; 7, H. Cowe (AAAC) 38.08; 8, S. Freebairn (COLZ) 37.82.

■ Javelin

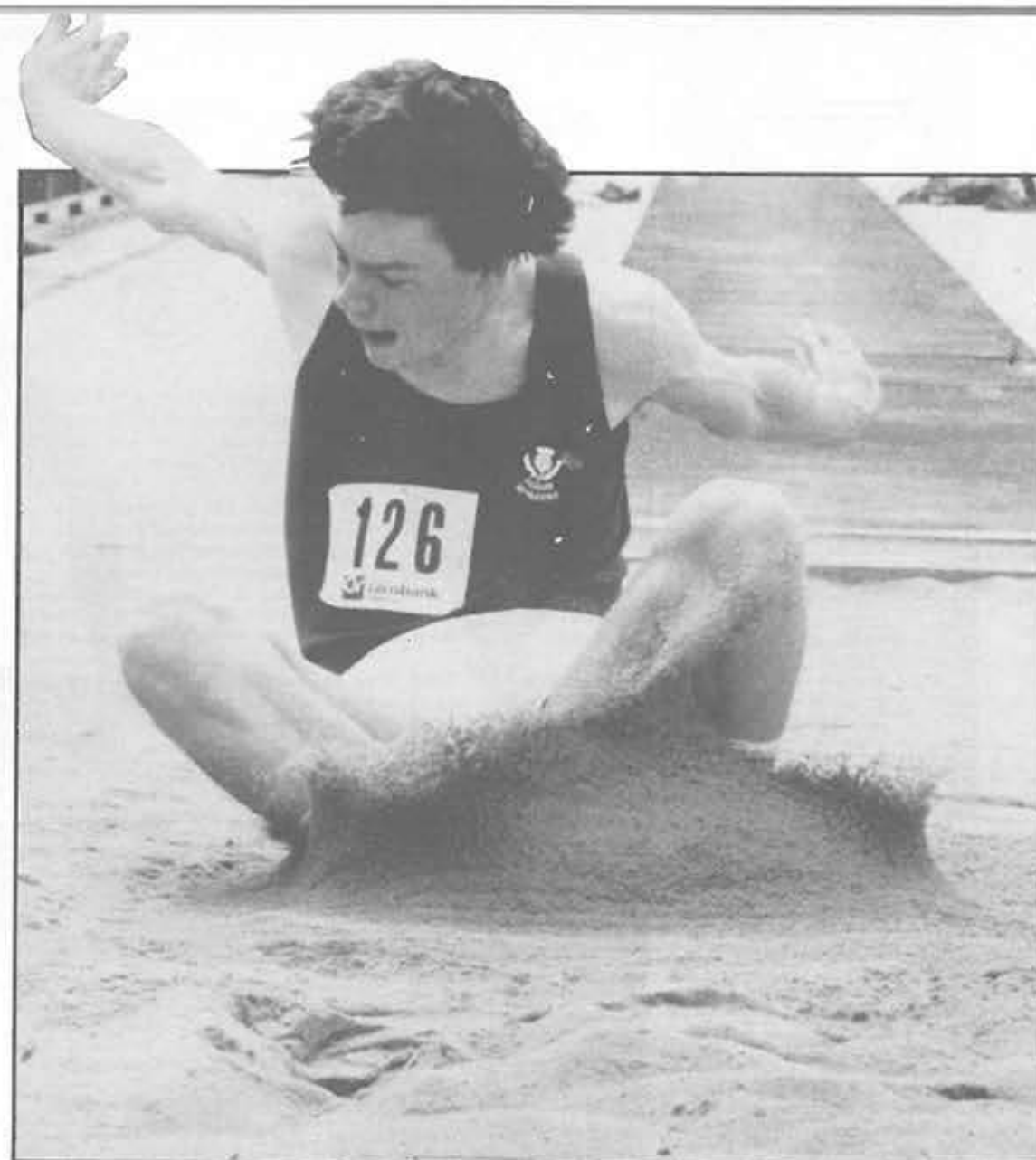
NICOLA EMBLEM from Portobello won the title with a fine series of throws for an intermediate — all over 44 metres. It bodes well for the future that she came up with the "big one" — all 50.82m of it and the second best ever by a British intermediate — when the pressure was on in the last round of the competition.

The hand on the pressure tap was Mary Anderson's who had led from the first round with 49.09m.

1, N. Emblem (EAC) 50.82m; 2, M. Anderson (EAC) 49.08; 3, J. Barclay (MSLAC) 46.58; 4, J. Currie (MSLAC) 40.76; 5, K. Savill (LASSW) 36.98.



David John Nugent and Peter Devlin report and take pictures from the 82nd Scottish Schools' Athletic Association boys track and field championships, held at Crownpoint Road, Glasgow, on June 20. This year 850 athletes from 173 schools took part.



A leap into history ... DUNCAN MATHIESON clears 7.04 metres to break the 29-year old championship record and earn the Eric Liddell Memorial Trophy.

with a number of athletes capable of winning. In a close fought race, the winner was from Edinburgh Academy just the same — A. Mbanefo in a time of 11.2 secs. Second place went to B. Connell (Alva Academy) in 11.3 secs, with D. Gilmour (Strathaven Academy) third in 11.3 secs.

In the 15-17 years 1500 metres race, Glen Stewart (Vale of Leven Academy) put in a determined solo effort in chasing the championship best performance of A. Currie (Dumbarton Academy), whose time of 3:58.7 was set in 1981. But eventually he had to settle for winning the race in 4:03.1, with second place going to A. MacBeth (Claremont High School) in 4:05.1, and A. Kinghorn (Musselburgh Grammar School) third in 4:08.4.

Stewart was happy with his run, though, "I lost the pace on the third lap, but everything was on schedule until then," he said. He had recently returned from Manchester, where he recorded a time of 3:52.9 for 1500 metres. "I am disappointed that I will not be racing at the British Schools

Championships. This meeting clashes with the A.A.A. Youth/Junior Championships which I will be competing in," he added.

Jason Hemmings (Woodhill High School) set a new championship best performance in winning the 15-17 years 800 metres, title in a time of 1:56.5. The record fell in a very competitive race, with Hemmings attacking strongly over the last 100 metres, beating G. McDowall (Inverness Royal Academy) into second spot in a time of 1:56.8, with J. MacFadyen (Dunoon Grammar School) third in 1:57.3.

Hemmings' run confirmed the form shown earlier at Meadowbank when he ran 1:56.66 as a second year senior boy.

Afterwards he was feeling: "Elated but tired after the hard battle to win. Everyone in the race ran well, all top class runners."

Duncan Mathieson (Powis Academy) not only equalled the championship best performance in the high jump, but then set a new championship best performance in the long jump for over 17 years — and received the Eric Liddell Memorial Trophy for his efforts.

In the high jump, the competition between Mathieson and C. Talbot (Queen Anne High School) was close, but Mathieson proved the victor with a jump of 1.98 metres. Talbot was second with 1.97 metres. Mathieson's long jumping was consistent and a new championship best was just reward for his efforts. The winning jump was 7.04 metres, with second place going to B. Whyte (Golspie High School) with 6.80 metres, and A. Davidson (AIness Academy) third.

Other notable performances were David Allan (Merchiston Castle School) for his double victory in the 15-17 year old age group, winning the discus and hammer in 41-02 metres and 49-64 metres respectively. He was awarded the A.H. Dalrymple Challenge Cup for the most meritorious throwing performance.

David Barnetson (Dingwall Academy) set a new high jump record for the 15-17 year old age group of 1.99 metres. Also in the high jump, a new record was set in the 13-15 year old age group by S. Whyte (Golspie High School) with 1.71 metres.





BOYS

GROUP A (Over 17)

100 metres - 1. A. Mbanefo (Edinburgh Acad) 11.2, 2. B. Cornell (Alva Acad) 11.3, 3. D. Gilmour (Strathaven Acad) 11.3 (105).

200m - 1. B. Milne (Braidfield HS) 22.5, 2. B. Cornell (Alva Acad) 22.6, 3. G. Aitken (Bathgate Acad) 22.8 (213).

400m - 1. G. McMillan (Hutchesons' GS) 50.0, 2. C. Brown (James Gillespie's HS) 50.6, 3. R. Beattie (Queen Margaret Acad) 51.2 (492).

800m - 1. M. Currie (Dollar Acad) 1:55.3, 2. P. O'Donnell (Holyrood Sec) 1:56.5, 3. S. Marshall (Douglas Acad) 1:57.3 (1540).

1500m - 1. K. Idessane (Stewarts/Melville) 4:07.2, 2. E. Stark (Edinburgh Acad) 4:11.7, 3. I. Falconer (Balerno HS) 4:11.9 (3478).

5000m - 1. P. Ross (Ainess Acad) 16:26.3, 2. D. Shaw (Dunoon GS) 16:55.5 (14246).

110m hurdles - 1. A. Neil (Hutchesons' GS) 1:55, 2. C. Turnbull (George Heriot's) 1:56, 3. B. Watson (Millburn Acad) 1:56 (147).

400m hurdles - 1. H. Fraser (Glenalmond) 58.1, 2. S. Harrison (Castlehead HS) 59.3, 3. P. Allan (Linksfield Acad) 60.0 (565).

2000m Steeplechase - 1. A. McCauley (St. Columba's HS, Clydebank) 6:26.9, 2. G. Stewart (Holyrood Sec) 6:26.9, 3. W. Swan (Dalziel HS) 6:36.0 (5554).

High jump - 1. D. Mathieson (Powis Acad) *1.98, 2. C. Talbot (Queen Anne HS) 1.97, 3. N. McLaughlin (George Heriot's) 1.85 (198).

Long jump - 1. D. Mathieson (Powis Acad) *7.04, 2. B. Whyte (Galspie HS) 13.49, 3. A. Davidson (Ainess Acad) 6.68 (694).

Triple jump - 1. J. Milne (Montrose Acad) 14.28, 2. B. Whyte (Galspie HS) 13.49, 3. S. Jarvie (Bocclair Acad) 13.42 (1445).

Pole vault - 1. D. Hunter (Edinburgh Acad) 3.31, 2. D. England (Glenalmond Coll) 3.20, 3. A. Young (Edinburgh Acad) 3.10 (381).

Shot - 1. C. Brown (Dunblane HS) 12.77, 2. R. Kirkum (Glenrothes HS) 12.63, 3. A. Gorman (Merchiston Castle) 12.41 (1431).

Discus - 1. W. Gibson (Merchiston Castle) 36.62, 2. P. Murphy (Uddingston Grammar) 35.28, 3. M. Richmond (Glenalmond Coll) 33.60 (5092).

Javelin - 1. J. Jowett (Merchiston Castle) 52.34, 2. F. Norris (Eastwood HS) 52.30, 3. R. Scott (Morrison's Acad) 48.28 (6032).

Hammer - 1. S. McKay (Queen Victoria S) 47.16, 2. C. McFarlane (Morrison's Acad) 26.36 (5412).

GROUP B (15-17)

100m - 1. S. May (Balerno HS) 11.5sec, 2. D. Galloway (Auchinleck Acad) 11.5, 3. M. Avis (Balweare HS) 11.6 (109).

200m - 1. S. May (Balerno HS) 22.8, 2. D. Galloway (Auchinleck Acad) 22.9, 3. A. Carnie (Mackie Acad) 23.1 (219).

400m - 1. S. Wallace (Cumbernauld HS) 50.8, 2. P. Kennedy (Musselburgh GS) 51.1, 3. B. McGurk (Turnbull HS) 51.1 (506).



Pain barrier ... winner A. McCauley leads from C. Gourlay and G. Stewart.

800m - 1. J. Hemmings (Woodmill HS) *1:56.5, 2. G. McDowall (Inverness Royal Acad) 1:56.8, 3. J. MacFadyen (Dunoon GS) 1:57.3 (1567).

1500m - 1. G. Stewart (Vale of Leven Acad) 4:03.1, 2. A. McBeth (Claremont HS) 4:05.1, 3. A. Kinghorn (Musselburgh GS) 4:08.4 (3587).

3000m - 1. S. Barnett (Victoria Drive Sec) 9:08.9, 2. M. McBride (St. Columba's HS, Clydebank) 9:21.6, 3. D. Spiers (Bishopbriggs HS) 9:29.0 (8478).

1500m steeplechase - 1. A. Russell (Douglas Acad) 4:40.9, 2. B. Gorman (Grangemouth HS) 4:43.4, 3. A. Thain (Lenzie Acad) 4:50.0 (4250).

100m hurdles - 1. G. McNair (Castlehead HS) 1:39, 2. G. Campbell (Queen Victoria S) 1:44, 3. G. Findlay (Dollar Acad) 1:46 (133).

400m hurdles - 1. N. Douglas (Edinburgh Acad) 59.7, 2. J. Bell (Dingwall Acad) 59.9, 3. E. Davidson (Merchiston Castle) 60.0 (567).

High jump - 1. D. Barnetson (Dingwall Acad) *1.99, 2. S. Ritchie (Queen Anne HS) 1.96, 3. S. Dickson (Dumfries Acad) 1.81 (195).

Long jump - 1. G. McNair (Castlehead HS) 6.32, 2. M. Avis (Balweare HS) 6.20, 3. J. Muir (Paisley GS) 6.14 (669).

Triple jump - 1. F. Hopkins (St. Bride's HS) 12.85, 2. G. Church (Castlehead HS) 12.78, 3. R. Murray (Douglas Acad) 12.32 (1360).

Pole vault - 1. I. Black (Edinburgh Acad) *3.70, 2. J. Bennett (Edinburgh Acad) 3.10, 3. G. Black (Queen Victoria S) 2.70 (350).

Shot - 1. N. Mason (Bell Baxter HS) 13.58, 2. O. Fowora (Edinburgh Acad) 12.92, 3. L. Carter (Glasgow HS) 12.87 (1619).

Discus - 1. D. Allan (Merchiston Castle) 41.02, 2. I. Black (Edinburgh Acad) 37.58, 3. D. Baillie (Preston Lodge HS) 36.72 (5286).

Javelin - 1. I. McGurk (Turnbull HS) 47.34, 2. P. Kennedy (Musselburgh GS) 45.76, 3. G. Findlay (Dollar Acad) 44.06 (5568).

Hammer - 1. D. Allan (Merchiston Castle) 49.84, 2. A. Gibson (Eyemouth HS) 44.48, 3. K. Low (Queen Victoria S) 42.80 (5222).

GROUP C (13-15)

100m - 1. D. Stephen (Peterhead Acad) 12.3 (116), 2. B. O'Connor (Carnoustie HS) 24.6 (235).

400m - 1. S. Low (John Paul Acad) 53.5 (533), 2. G. Wiseman (Woodside Sec) 206.5 (2012).

1500m - 1. I. Murray (Millburn Acad) 4:24.7 (4180), 2. G. Dunford (Bocclair Acad) 6:32 (601).

High jump - 1. S. Whyte (Galspie HS) *1.71, 2. B. Smart (Gordonstoun) *1.71 (170).

Long jump - 1. D. Stephen (Peterhead Acad) 5.73 (613), 2. S. Whyte (Galspie HS) 12.10 (1268).

Pole vault - 1. N. Hannah (Edinburgh Acad) 2.45 (290), 2. K. Gordon (Inverkeithing HS) 12.00 (1446).

Shot - 1. K. Gordon (Inverkeithing HS) 34.16 (4764), 2. M. Wishart (Edinburgh Acad) 36.82 (5178).

Discus - 1. C. McGrath (Queen Victoria S) 30.52 (4398), 2. H. Butt (Hutchesons' GS) *12.6ht, 13.0 (127).

800m - 1. A. Tulloch (Graeme HS) 2:13.3 (2096), 2. M. McDowall (Stranraer Acad) *1.57 (new event).

Shot - 1. I. Love (Beeslack HS) 11.80 (1361).

Discus - 1. H. Butt (Hutchesons' GS) *12.6ht, 13.0 (127).



Pole vault record-breaker Ian Black (above) and 1500m winner Glen Stewart.



Scotland's Runner

GIRLS

GROUP A (Over 17)

100m - 1. K. Madigan (Aberdeen GS) 12.3, 2. R. Girvin (Dumfries HS) 12.6, 3. M. Livingstone (Douglas Ewart HS) 12.6 (120).

200m - 1. K. Madigan (Aberdeen GS) 25.5, 2. R. Girvin (Dumfries HS) 25.5, 3. L. Wilson (Nairn Acad) 26.6 (252).

400m - 1. L. Black (Currie HS) 58.8, 2. S. Coyle (Holy Cross HS) 59.8, 3. P. Lawrie (Denny HS) 60.8 (564).

800m - 1. E. Scott (Fortrose Acad) 2:29.6, 2. A. Stirling (Park School) 2:32.4 (2086).

1500m - 1. M. Green (Thurso HS) 10:48.8, 2. N. Allison (St. Aloysius' Coll) 10:49.6, 3. S. McCann (St. Bride's) 10:59.6 (9341).

High jump - 1. D. O'Brien (Tain Royal Acad) 1.65, 2. R. Rutherford (Strathallan) 1.53, 3. S. Main (St. Leonard's) 1.50 (175).

Long jump - 1. N. Barr (McLaren HS) 5.46, 2. D. Murray (Boroughmuir HS) 5.33, 3. M. Livingstone (Douglas Ewart HS) 5.21 (604).

Shot - 1. K. Knights (Glasgow HS) 9.78, 2. A. Robertson (Tain Royal Acad) 9.58, 3. C. Crawford (Morrison's Acad) 9.18 (1365).

Discus - 1. A. Hammerton (Uddingston GS) 38.08, 2. C. Crawford (Morrison's Acad) 30.98, 3. E. Salvesen (St. Leonard's) 28.38 (4188).

Javelin - 1. S. Morrison (Marr College) 33.66, 2. T. Robb (Glenwood HS) 32.18, 3. J. Cearing (Fortrose Acad) 32.00 (4600).

GROUP B (15-17)

100m - 1. K. Lithgow (Dumfries HS) 12.2, 2. L. Herrington (Aboyne Acad) 12.4, 3. R. Stevenson (Jordanhill Coll S) 12.5 (120).

200m - 1. K. Lithgow (Dumfries HS) 25.3, 2. L. Herrington (Aboyne Acad) 25.8, 3. N. Rosendale (James Gillespie's HS) 26.0 (247).

400m - 1. E. Lindsay (Kinross HS) 58.0, 2. M. McClung (St. Joseph's Acad) 58.0, 3. F. Calder (Kilwinning Acad) 58.6 (558).

800m - 1. A. Normand (Glasgow HS) 2:18.6, 2. D. Kelly (St. Aidan's HS) 2:18.6, 3. L. Kane (Lomond) 2:20.4 (2128).

1500m - 1. S. Grainger (Queensferry HS) 4:50.1, 2. V. Husband (James Gillespie's HS) 4:57.2, 3. L. Shaw (St. Luke's HS) 4:59.6 (4330).

80m hurdles - 1. C. Mackintosh (Westbourne) 1:18, 2. K. Aburn (Lomond) 1:21, 3. M. McGuinness (St. Patrick's HS) 1:21 (115).

400m hurdles - 1. H. Edgar (Dumfries HS) 64.6, 2. E. Johnson (Lochaber HS) 66.2, 3. A. Steele (Craigmont HS) 69.0 (644).

High jump - 1. S. Johnston (Balweare HS) 1.61m, 2. N. Emblem (Portobello HS) 1.58, 3. K. Aburn (Lomond) 1.58 (179).

Long jump - 1. A. McGregor (Ballerup HS) 5.46m, 2. F. Silver (Morgan Acad) 5.30, 3. M. Tullin (Eyemouth HS) 5.19 (576).

Shot - 1. A. Rhodie (Stonelaw HS) 10.27, 2. J. Ritchie (Arbroath HS) 9.62, 3. A. Adam (Montrose Acad) 8.77 (1223).

Discus - 1. H. McLeod (Fortrose Acad) 33.44m, 2. A. Adam (Montrose Acad) 30.96, 3. A. Rhodie (Stonelaw HS) 29.24 (4184).

Javelin - 1. N. Emblem (Portobello HS) 42.54m, 2. L. Burt (Bannerman HS) 35.32, 3. L. Low (Kirkwall GS) 33.36 (4414).



Emblem's double Olympic hopes

NICOLA Emblem of Portobello High School travelled from Meadowbank on the Friday of the Scottish Championships - where she won the senior women's title with a throw of 50.82 metres - to Grangemouth the following day for the Scottish Schoolgirls Championships, writes Linda Trotter.

Despite recording five no-throws, Nicky won the javelin title with a throw of 42.54 metres, and also placed second in the high jump (1.58m) and fourth in the 80 metre hurdles (12.4 seconds).

Coached by Arthur Groundwater of Edinburgh Athletic Club, Nicky trains three times a week for athletics, but nearly every day for basketball, at which she has represented Scotland at under 17 and under 19 level. Not unnaturally, her ambition is to represent Britain at the Olympics in both sports.

Nicky recently achieved five personal bests at an international heptathlon championship in Prague, and was captaining the Scottish girls team at the British Schools' track and field international at Tweedbank Stadium, Galashiels, on July 18.

At school, Nicky's favourite subject - apart from PE - is "going home". She goes home to a bearded collie called Lucky, 33 budgies and an older brother, Michael. Her least favourite event is the 800 metres in the pentathlon, and in this she is reminiscent of her favourite athlete, Daley Thompson, who feels the same way about the decathlon 1500 metres. Her favourite snack is sweetcorn and Lurpak butter on toast.



Sprinter Alison Edmunds (above) winner of the Frances Barker Shield for the most meritorious female performance and (left) Sarah Glass (44) en route to her hurdles victory.

Photographs by Dave Stranock

GROUP C (14-15)

100m - 1. A. Edmunds (Kingussie HS) *12.4sec (125), 2. A. Edmunds (Kingussie HS) 26.0 (255).

75m hurdles - 1. S. Glass (Currie HS) 1:18 (114), 2. L. Thumire (Furthill HS) 2:20.3 (2139).

1500m - 1. J. Anderson (Hawick HS) 4:50.4 (4479), 2. S. Fotheringham (Dingwall Acad) 1:59 (165).

Long jump - 1. Z. Gardner (Wellington) 4.84 (564), 2. A. Grey (West Calder HS) 11.97 (1223).

Shot - 1. A. Grey (West Calder HS) 34.50 (3838), 2. F. Anderson (Sanquhar Acad) 27.66 (3396).

GROUP D (Under 14)

100m - 1. C. Murphy (St. Ninian's HS) 12.9 (128), 2. W. Young (Auchmuty HS) 27.0 (264).

75m hurdles - 1. C. Murphy (St. Ninian's HS) 1:19 (118), 2. J. Wolfendale (Bocclair Acad) 2:23.4 (2184).

High jump - 1. H. Melvin (Marr Coll) *1.60m (157), 2. A. Shepherd (Thurso HS) 48.7m (521).

Shot - 1. L. Barnett (Perth Acad) 9.26m (1050).

FIGURE in brackets is the championship record on the day of the event * denotes a championship record broken.

MUM'S THE WORD!

Running while pregnant can cause many problems, especially in the latter half of pregnancy when the weight gain can put a lot of stress on the back and legs — which is why swimming is encouraged more than any other form of exercise. Also, the increasing weight pressing on the bladder means an increasing amount of time spent at the 'not so little girls' room', at increasingly shortened intervals, making a run, except in the immediate vicinity of the toilets in the public park, a bit risky.

Anyway, when it comes down to it, who really feels like going for a run after spending most of the morning saying 'hello' to your breakfast again... and again. Margaret Southerden, however, won the Scottish 400 metres hurdles title in 1985 when three months pregnant, and there are always stories to be found of ladies performing amazing sporting feats right up to the eleventh hour.

For myself, pregnancy brought with it not only the delight at the prospect of parenthood, but also the ideal excuse I had been looking for to pack in athletics after thirteen years. Two years earlier I had come out of an attempted retirement after a matter of weeks when pressures convinced me I was letting down my club and people associated with my training, because at the time I was running well.

The fact that I was not enjoying training, and hated competing even more, did not seem to matter as long as the performance was good. It was even suggested that I went to be hypnotised to get over my 'psychological problems' with regard to athletics — as if it was just not possible to be fed up with the sport and in need of a break away.

As a result, the instant I discovered I was pregnant, I stopped running, turning out for training one night and not the next. I could finally bow out of athletics without feeling guilty.

Having given birth, trying to get back into the sport when you are a mother poses far greater problems than running when pregnant.

Mary Decker Slaney was reputedly training within a week of having a baby, and Ingrid Kristiansen won the London Marathon six weeks after the happy event, but for most of us lesser mortals, having a baby means confinement to the house or pram during the day unless we're lucky enough to have a mum living round the corner, or a baby-sitter you can impose on

Fiona Macaulay offers her idiosyncratic views on running before and after pregnancy.

every day in order to train. Neither of these facilities are open to me, and neither do I own a husband who keeps normal working hours, so training has to be fitted in at peculiar and irregular times.

If you are a breast feeding mother, the problem of when — or indeed how — to train increases manifold. It's not so much the discomfort in the early stages, but the fact that you have to be with the child constantly, as breast fed babies tend to need feeding more frequently than bottle fed babies. While dad, grandma, Auntie Flo, Uncle Bulgaria et al are always capable of sticking a bottle in the baby's mouth, it is a biological impossibility for them to quell the hunger pains if they are holding a breast fed child — and mum has gone off to the track for the afternoon taking the vital equipment with her.

The answer? You can express breast milk into bottles which will keep in a freezer for up to three months. This can also be a very time consuming exercise, and gives you the feeling you should change your name to Daisy and wear a bell round your neck, and is not really practical as a daily routine.

There is also the problem that if you over-exercise, fatigue will have a detrimental effect on the milk flow, which is why breast feeding mothers are encouraged to rest as much as possible and take additional vitamins.

All bottle fed babies I have known seem to sleep through the night from about six weeks. I was still getting up for nightly feeds nine months later, so that any spare time you do happen to have, you'd far rather spend catching up on lost sleep than donning tracksuit and tanking off down the road. Of course, if you have a toddler as well, the chances of making up sleep are very remote.

Anyway, supposing you have found the time and energy to train, how do you go about it? After many years out of the routine and habit, you take things very gently.

For the first weeks after giving birth I religiously did the exercises demonstrated by the physiotherapist in the post natal ward, which help to get all your bits and pieces back into place again and strengthen those stretched muscles. I also found swimming the best form of exercise to get the weight down a bit before starting to run again.

Having always been one of those people who scorned aerobics as soft exercise for overweight housewives who do a couple of leg lifts in between catching up on the latest gossip, my first visit to an aerobics class was a great shock to my system. I was so impressed, I invested in my own aerobics record and now work through that for 50 minutes once or twice a week, when prevailing circumstances mean I cannot get out to train, and the kids are off to bed.

When I got smitten by the athletics bug once more last summer, I started jogging a few times a week round the playing fields where I live, and initially could struggle round about a mile and a half without collapsing. As this began to get easier, and I found I could run further, I got the confidence to get out onto the roads to run,



Captured by photographer Scott Reid at Queen Victoria School, Dunblane, are Fiona, with Calum, and husband Steve Laing (with Ewan), former Scottish 800 metre internationalist who teaches at the school.

gradually introducing faster bursts every now and then.

Being in the enviable position of living at a boarding school (Queen Victoria School) with access to a whole range of facilities, I started working through a colour coded circuit that the rugby teams use, progressing from one colour to another, after which I switched to a shorter faster circuit I could do in the house — not recommended if you live in a flat and want to remain there.

Having got yourself into reasonable shape, more problems arise if you need to use specialised training facilities. If all you need to do is open your door and run, that is fine, but if you need access to a track/hurdles/long jump pit, this is a bit more tricky.

Even with someone there to look after the children, by the time you have got to a track, got your hurdles out, and with the weather conditions this country has to offer, the kids are ready for home. There is a limit to how many cups of juice and packets of crisps you can bribe them with as you wheeze round the track going 'just three more runs pet!'

I know that Meadowbank offers a creche facility, but if it is only an occasional visit, you cannot really dump your offspring in a strange environment and expect them to stay there quite happily without you — well, not mine at any rate. Children also have that irritating habit of sometimes being absolutely inconsolable with anything other than mummy's attention, especially when mummy is in mid-session.

Having said all that, many mothers compete at a high level in athletics with very young children — like Scotland's Liz Sutherland, Evelyn Ashford, Valerie Brisco-Hooks and Gabriella Dorio to name but a few. There is nothing biologically miraculous in being a mother taking part in competitive athletics. What is miraculous is that you have found the time and energy to do it, but then that is all down to personal circumstances and how much time you are prepared to spend away from your children in pursuit of sporting excellence.

FOOTNOTE: When I hear my professional athletic friends talking about being 'prepped' for a race, I always have to cover a smile as I think back to the 'preps' the ante-natal ward had to offer in the form of enemas and shaving in (shall we say) the nether regions, before going into the labour room. *That's enough of that — Eds.*

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yesterdays...

By November 1890, the Scottish Cyclists' Union had eclipsed the National Cyclists' Union in Scotland and done so, according to the Scottish Cyclist, through the energy of its leaders. The NCU centres would now need to retire "as gracefully as possible", and it would no longer be necessary for the SAAA to poll the Scottish cycling clubs in order to determine racing jurisdiction. "National sentiment and Scottish pride of independence" had won the day. "The Union is dead, long live the union".

During the winter of 1890 it was not only the cyclo-political situation which concerned the paper. The affairs of the Scottish media and, indeed, those of the country as a whole were also attracting its attention, largely

more intense rivalry than between the Edinburgh evening newspapers — the News and the Dispatch.

Now, in the absence of a telegraph or telephone link-up, the usual method of transmitting information over relatively short distances was by despatch rider and, on this occasion, the courier would have done just as his name suggests — ridden on horseback. The editor of the Evening News, however, had a bright idea. The introduction of the pneumatic tyre had consigned the old "bone-shakers" to the dustbin and by the simple expedient of hiring two local racing cyclists and their new-fangled machines, not only would he get Gladstone's speech, he would get it before his rival! There



Jim Wilkie

(sorry, campaign speech) it looked as though the Dispatch man had made the right decision. Heavy rain had made the roads difficult and the city streets were particularly bad. It was nothing that the horses couldn't cope with, however.

For News cyclists Bruce and Cormack it was a different story, but undeterred

defeat and promptly hailed a hansom cab — drawn, of course, by horses.

Bruce was first to arrive with his copy, in a journey time of 32 minutes. Next came a dispatch horse, a minute behind, and Cormack reached the News in 34 minutes. He was quoted as saying that the roads were the muddiest he had ever had to contend with.

The remaining two horses came in in 38 and 45 minutes respectively and, without even mentioning the other cyclists, the Scottish Cyclist declared it an outright victory for the wheelers. Further, "had the weather conditions been better, much better times

would have been achieved by the cyclists and the gee-gees would not have had a look-in".

Some weeks later, a petition was presented to Midlothian County Council requesting improvement of the roads in the neighbourhood of Edinburgh. Needless to say, the Scottish Cyclist urged its readers to give it their wholehearted support!

they set off with the first copy and Bruce was well in the lead by the time he reached Nelson's Works on the outskirts of the city. At this point, however, conditions were deteriorating fast, and believing that the leading horse wasn't far behind, he decided that a qualified victory would be better than

Edinburgh Evening News.

EDINBURGH, SATURDAY, OCTOBER 25, 1890.

PRICE ONE HALFPENNY.

was even news value in the gimmick!

The dispatch man wasn't so sure. He was going to stand by his trusty steeds, although at the last minute he decided to lay on some cyclists as well, going at ten-minute intervals.

On the morning of the race

because of an unlikely event which managed to combine all three (cycling, politics and newspapers).

The politician in question was not Norman Tebbit, but the then Prime Minister, William Ewart Gladstone who, in October 1890, embarked upon his famous Midlothian Campaign. The country had been a Tory stronghold for decades but, in 1897, the increased electorate — as a result of the Reform Act of that year — put in the Liberal. Gladstone fell heir to the constituency and his address at Dalkeith on Saturday October 25, 1890, was to be his third "great" speech of the campaign.

In the days before television, there was genuine public interest in such an occasion, and the streets of Dalkeith were thronged to hear the Prime Minister talk on Scottish Home Rule, Disestablishment in the Scottish Church, and Highland Land Reform. It also meant that the Press had to be on the case, and nowhere was there

RUNNERS.

For further information about the Scottish Council's work. Please contact Allan Dickson



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Results

May

30

Western Isles Half Marathon, Stornoway. (132 ran) —

1. P. O'Donoghue (Aber) 72-34, 2. I. Howie (Perth Strath) 73-34, 3. D. Priestley (Moray RR) 74-55, V1, J. Brennan (Ardrossan) 75-00, V2, F. Gamwell (Perth Strath) 76-55, V3, K. Mackay (Unat) 88-03, VO/50, 1. G. Wilson (Linlithgow) 88-12, VO/50, 2. C. Ross (Belgrave) 92-00, L1, M. Oliver (Aber) 92-25, L2, F. Rae (LV1) (Stornoway) 94-22, L3, C. Cadger (Stornoway) 94-34, LV3, S. Clarke (Skye) 99-01.

Elderslie Kirk 4 Mile Fun Run, Elderslie — 1. S. Ross and N. Greer (Kilbarchan) 20-41, 3. B. Johnston (V1) (Spango Val) 22-01, L1, S. Belford (Kilbarchan) 25-35.

International 100K Road Race, Florence — 8. D. Ritchie (Forres) 7-4000

Veterans Cairnpapple 5 Mile Race, Bathgate —

1. D. Fairweather (Law & Dist) 34-28, 2. I. Leggett (Clydesdale) 36-00, 3. P. Cowan (Shett) 36-32, O/50, B. Cavell (Edin AC) 42-12, O/60, A. McInnes (Vic Park) 43-21, LV1, J. Ferrari (10th) (Pitreevie) 40-31.

Tyneside Scottish Athletic League, Tweedbank —

1. North Shields Poly 361pts, 2. EWM 276pts, 3. Edin AC 275pts, 4. Morpeth 268pts, 5. Lasswade 174pts, 6. Border Select 159pts, 7. Senior 100/200m: M. Anderson 2. 1293/125-56, Junior HJ: C. Guthrie (EAC) 1-55m

SAAA East District Championships, Meadowbank Stadium —

Seniors 100m: 1. K. McKay (Pitreevie) 1:07, 2. N. Turnbull (ESH) 1:07, 3. A. Doris (Ed Univ) 1:07, 4. A. Trimby (ESH) 1:08. 200m: 1. Turnbull 2:10, 2. M. Johnston (EAC) 2:10, 3. Trimby 2:16, 4. N. Fraser (EAC) 2:18. 400m: 1. A. Walker (ESH) 4:77, 2. M. Daly (Pitreevie) 4:95, 800m: 1. Ritchie (Pitreevie) 1:57.2, 1500m: 1. P. Forbes (EAC) 4:04.8, 5000m: 1. C. Henderson (ESH) 14:53.6, 2. J. Robson (ESH) 14:54.7, 110mH: 1. N. Fraser 14:1, 2. C. Hogg (EAC) 15:4, 400H: 1. S. Dempster (ESH) 54.8, 2. A. Bowie (ESH) 55.6, 3000/C: T. Bedell (ESH) 9:30.3, HJ: 1. P. Sudiskas (Cen Region) 2:05m, 2. G. McAslan (EAC) 2:01m, 3. P. Masterton (EAC) 1:96m, PV: 1. A. Collins (EAC) 4:00m, 2. D. Hamilton (ESH) 4:00m, LJ: 1. S. Snowball (EAC) 6:93m, 2. S. Whyte (EAC) 6:93m, TJ: C. Duncan (ESH) 15:96m, SP: E. Irvine (EAC) 16:68m, DT: 1. M. Jemi-Alade (ESH) 48:30m, 2. E. Irvine 46:60m, HT: R. Melkie (ESH) 56:02m, JT: 1. R. James (ESH) 58:64m, 2. A. Whyte (EAC) 56:44m, 4 x 100 Relay: 1. Pitreevie 44.0

Juniors 200m: 1. M. Davidson (Aber) 2:17, 2. M. King (Aber) 2:21, 1500m: 1. D. Arnot (Pitreevie) 4:06.6, 110H: 1. M. King 15:3, 2. M. Davidson 15:3w

Youths 100m: 1. G. McNeill (EAC) 1:08w, 2. B. Connell (Cen Region) 1:09w, 200m: 1. G. McNeill 2:21, 2. B. Connell 2:28, 800m: 1. Cummings (Pitreevie) 2:01.5, 1500m: A. Kinghorn (EAC) 4:17.9, 3000m: R. Sutherland (Aber) 9:28.3, HJ: C. Talbot (Pitreevie) 1:90m, LJ: M. Mason (CHS) 6:13m, SP: N. Mason (File) 12:97m, HT: S. McKay (OUS) 56:06m

Juniors 200: S. Robertson (Bellshill) 2:23, 1500m: C. McCann (Glas Univ) 4:01.0



They're off the 2,000 starters in the C.R. Smith Dunfermline Half Marathon on June 14 wind their way out of town. Dunfermline pictures by Scott Reid.

Senior Boys 100/200m: A. Carnie (Aber) 1:13/2:29, 800/1500m: J. Hemmings (Pitreevie) 2:09.7/4-27.8

SAAA West District Championships, Wishaw Sports Centre —

Seniors 100m: C. Sharp (Shett) 1:12, 200m: 1. B. Whittle (Ayr Sea) 2:15, 2. C. Sharp 2:16, 3. R. Heron (Ayr Sea) 2:21, 400m: A. Murray (Kilm) 4:86, 800m: B. Whittle 1:57.9, 1500m: I. Archibald (East Kilbride) 3:55.1, 5000m: I. T. Murray (OGH) 14:15.0, 2. J. Orr (Cambuslang H) 14:52.4, 110H: T. Caldwell (FVH) 1:64, 400H: K. Anderson (Nith V) 56.3, 3000 S/C: 1. R. Carey (Annan) 9:17.8, 2. J. Evans (FVH) 9:23.4, 3. C. Wallace (Kilbarchan) 9:27.7, 4 x 100 Relay: 1. Ayr Seaforth 43.1, 2. Bellshill 43.6, 3. Shettleston 43.9HJ: P. Forsyth (Stewart) 1:96m, PV: A. Wake (Bella) 3:80m, LJ/TJ: R. Harkins (Shettleston) 6:51m/14.25m, SP: J. Scott (Strath Police) 12:74m, DT/HT: D. Clisbey (Kilmarnock) 37.72m/47.50m, JT: A. McIntosh (Kilmarnock) 52.78m

Juniors 200: S. Robertson (Bellshill) 2:23, 1500m: C. McCann (Glas Univ) 4:01.0

Youths 100/200/LJ: B. Milne (Clydebank) 1:15/2:34/6.90m, 800/1500m: G. Stewart (Clydebank) 2:02.6/4-07.9, 3000m: F. McCowan (Vic Park) 9:09.4, HJ: J. Stoddart (Bella) 1:93m, JT: A. Anderson (Nith V) 47.04m

Senior Boys 100/200m: D. Galloway (Ayr Sea) 1:16/2:37, 800/1500m: J. McFadyen (OGH) 2:05.5/4-18.1, HJ: S. Carswell (Stewart) 1:62m, LJ: E. Scott (Helensburgh) 6:01, SP/DT: A. Mack (FVH) 12:26m/33.10m

30/31

AAA Senior/Junior Decathlon Championships, Stoke-on-Trent — Junior: 2. D. Mathieson (Aber) 5886pts (100m, 11-73, LJ, 6-46m, SP, 11-35m, HJ, 1-93m, 400m, 51-24, 100mH, 17-24, DT, 28-20, PV 2-90m, JT, 46-54m, 1500m, 5-04-0)

31

SWAAA East v West Representative Match, Meadowbank Stadium — Seniors 100m: 1. S. Whittaker (W) 1:18.1, 2. A. Thomson (E) 1:19.6, 200m: 1. S.

Whittaker 2:37.4, 2. A. Thomson 2:42.8, 400m: 1. M. Anderson (E) 55.22, 800m: 1. Y. Murray (E) 2:04.95 (CBP), 2. L. MacDonald (E) 2:08.65, 3. D. Kitchen (E) 2:10.26, 1500m: A. Jenkins (E) 4:34.78, 3000: 1. C. Price (E) 9:53.91, 2. M. Wylie (W) 10:05.96, 3. J. Loden (E) 10:09.97, 100H: 1. C. Boyle (W) 14.26, 2. C. Spiers (W) 14.77, 400H: 1. A. Hodgson (E) 61.04, 2. C. Spiers 61.39, 4 x 100 Relay: 1. West 47.03, 2. East 47.47, 4 x 400 Relay: 1. East 3:45.52, 2. West 3:57.86, HJ: 1. C. Henderson (E) 1.80m, 2. R. Pinkerton (W) 1.80m, 3. N. Murray (W) 1.75m, LJ: 1. J. Ainslie (E) 5.94m, 2. C. Spiers 5.76m, SP: M. Anderson 14.32m (CBP), DT: 1. C. Cameron (W) 42.24m, 2. K. Neary (E) 39.50m, JT: 1. M. Anderson 44.46m, 2. J. Barclay (W) 44.14m

Euro Juniors 100/200m: M. Neef (W) 12.18w/25.06w, 400m: L. Black (E) 58.24, 800m: C. Henderson (E) 2:18.25, 1500m: V. Clinton (W) 4:54.08, 400H: A. Glasgow (E) 67.25, HJ: F. Hall (W) 1.65m, LJ: D. Murray (E) 5.49m, SP/DT: A. Morris (E) 13.11 (CBP)/39.72m (CBP), JT: D. Sutherland (E) 33.66m, 4 x 100R: 1. West 48.93, 2. East 49.53

Intermediates 100/200m: K. Lithgow (W) 12.02w/24.80, 400m: E. Lindsey (E) 58.97, 800m: S. Grainger (E) 2:18.20, 1500m: H. Haining (W) 4:38.26, 80H: C. Mackintosh (W) 1:15.0w, 2. M. McGuinness (W) 1:18.2w, 200H: 1. C. Mackintosh 27.90w (CBP), 2. M. McGuinness 29.49w, 400H: H. Edgar (W) 67.51, HJ: D. Gardner (W) 1.60m, LJ: 1. A. McGregor (W) 5.57m (CBP), 2. C. Black (E) 5.40m, SP: A. Rhodie (W) 11.04m, DT: H. McLeod (E) 33.52m, JT: N. Emblem (E) 47.24m (CBP), 4 x 100R: 1. East 49.90, 4 x 400 R: 1. West 4:05.17

Juniors 100/200m: L. Nicholson (W) 12.48w/25.61w, 400m: L. Thourire (E) 2:20.00, 75H: C. Murphy (W) 1:15.6w (CBP), HJ: H. Melvin (W) 1.61m, LJ: M. Sommerville (W) 5.03m, SP: L. Dobie (E) 10.40m, DT/JT: A. Grey (E) 33.48m/26.54m, 4 x 100 R: 1. West 49.99, 2. East 50.65

Girls 100/200m: M. McShannon (W) 12.98/26.29w, 800m: W. Kennedy (W) 2:29.50, 70H: 1. S. Christie (E) 1:20.6, 2. S. Gunn (E) 1:20.7, HJ: L. Pope (E) 1.38m, LJ: S. Still (E) 4.58m, SP: L. McGraw (W) 8.47m, DT: M. Young (E) 20.38m, JT: S. Ritchie (E) 16.70m, 4 x 100R: 1. West 54.58

Match Result: (St Mungo's Quach) 1, East 681 1/2 pt, 2. West 613 1/2 pt

Monklands Festival Inter Club Athletics Meeting, Rawyards Park, Airdrie — Result: 1. Avonside AC 551 pt, 2. Hamilton H 444, 3. Stonehouse AC 327, 4. Airdrie H 284, 5. Motherwell YMCA 270, 6. Law & Dist AC 185, 100m Girls: J. Dowdalls (Hamilton H) 12.16 (awarded Monklands Trophy for outstanding performance)

Dexstat Irvine Valley Half Marathon, Galston, (761 ran) —

1. S. Axon (Aber) 65-07 (record), 2. A. Daly (Bella) 67-12, 3. T. Walker (Calderglen) 67-42, 4. G. Tenney (Linwood) 67-59, 5. D. Logue (V1) (Unat) 68-45, 6. W. Dickson (Law & Dist) 69-06, V2, W. Adams (Shettland) 70-38, L1, M. Dunlop (Kilmarnock) 79-47, L2, K. Dobson (LV1) (Law & Dist) 84-14, L3, K. Todd (Louden Run) 84-37, L4, I. Fraser (Ayr Sea) 85-55, L5, A. Dickson (Law & Dist) 86-24, LV2, S. Law (Unat), 100th Position 81-55, 200th Position 87-52, 300th Position 92-40

Results

June
6

SAAA Relay Championships, Wishaw -
4 x 100m Relay: Senior 1, Ayr Seaford 44-2, 2, Kilbarchan 45-3, Junior 1, Cent Reg 44-5, 2, Aberdeen 44-7, Youth 1, Ayr Sea 45-0, 2, Aber 45-4, 3, Clydebank 45-5, Senior Boys 1, Ayr Sea 45-4, 2, EAC 45-9, 3, Aber 47-7.
4 x 400m Relay: Senior 1, Ayr Sea 3-26-3, 2, Harmer 3-39-3, Junior 1, Cent Reg 3-25-6, 2, Clydebank 3-26-9, 3, Aber 3-28-2, 1, Clydebank 3-31-1, 2, Ayr Sea 3-31-5, 3, Aber 3-37-5, Senior Boys 1, Ayr Sea 3-39-7, 2, Clydebank 3-43-2, 3, Vic Park 3-44-0.
Invitation BMC 1500m: 1, S. Wallace (Cambuslang) 3-50-2, 2, R. Fitzsimmons (Bella) 3-51-1, 3, J. McKay (Clydebank) 3-51-9, 4, A. Coyne (Bella) 3-59-6.

SAAA Youths Pentathlon Championships, Wishaw -
1, A. Anderson (Nith Val) 2828pts; (LJ 5-58m, JT 42-60m, 200m 25-3, DT 32-42m, 1500m 4-25-1); 2, B. Hill (Cambuslang) 2824; (5-50m, 21-02m, 24-5, 32-56, 4-44-5); 3, A. Bruce (Pitheadie) 2775; (5-32m, 21-02m, 25-8, 20-76m, 4-29-4); 4, B. Milne (Clydebank) 2727; (6-48m LJ, 23-7 200m) 2727pts; 5, S. Wallace (Perth Strath) 2451; 6, R. Murray (Clydebank) 2209.

East Kilbride AC Summer 10K Road Race -
1, A. Gilmour (Cambuslang) 29-54, 2, J. Orr (Cambus) 30-10, 3, E. Stewart (Cambus) 30-19, V1, C. Martin (Dumbarton) (19th) 32-52, V2, A. Adams (Dumbarton) (27th) 33-10, V3, F. Wright (Springburn) (25th) 33-47, L1, C.A. Bartley (McLaren) (56th) 37-46, L2, S. McCann (EKAC) (78th) 40-52, L3, M. Findlay (McL) (93rd) 45-35, Mens Teams: 1, Cambuslang 63pts, Vet Team: 1, Dumbarton 63pts, Ladies Team: 1, McLaren 246pts.

Cowal Police Half Marathon, Dunoon -
1, C. Martin (V1) (Dumbarton) 69-15, (record), 2, P. Russell (Green GH) 69-39, 3, R. Wilson (Green GH) 70-14, V2, D. Crumpton (Linwood) 79-02, V3, D. McNeill (Green GH) 79-28, L1, L. McIntosh (Pitheadie) 84-30, L2, K. Chapman (LV1) (Giffnock) 84-36, L3, L. Brown (Kirk Oly) 92-14, LV2, H. McArdle (Kilbarchan) 99-03, LV3, J. Dalton (Haddington) 112-17, Team: 1, Greenock GH 10pts, 2, Dumbarton 24.

Tiso Campsie Hill Race, Lerinsfoot -
1, A. Curtis (Liv & Dist) 28-19, 2, G. Kerr (Fife) 28-28, 3, A. Fairningham (Aber) 28-32, L1, C. Whalley (Liv & Dist) (41st) 35-36, L2, C. Menhennet (Bella) (48th) 37-32, L3, K. Butler (Aber) (70th) 41-45, Teams: 1, Carnethy 24pts, 2, Irvine 34, 3, Lochaber 39.

Scottish Veteran Club Championship -
1, R. Richardson, O/50, (SVHC) (22nd) 32-49, 2, A. McCall (Dumbarton) (34th) 34-17, 3, R. Kettles (SVHC) (36th) 34-28, O/45 A. Turnbull (E Kilbride) (45th) 36-57, O/60 A. McInnes (Vic Park) (78th) 45-04, Local J. Brough (SVHC) (66th) 41-12.

Border AAA Track & Field Championships, Tweedbank -
100/200/400m D. Young (Blackhill) 11-1/22-0/49-5, 800/1500m K. Lyall (ESH) 1-58-7/4-10-1, H. M. Bell (Blackhill) 1-88m, SP/DI/HJ/TJ: A. Martin (Eyemouth) 10-51m/38-22m/26-00m/51-14m (record) Jun. 100m/200m Senior LJ/TJ: D. Thorn (Melrose) 11-6/23-1 and 6-00m/12-72m.

Ross-shire Peoples 10K Road Race, Dingwall -
1, S. Axon (Aber) 30-48 (record), 2, G. Zeuner (Aber) 31-31, 3, S. Wright (Caithness) 31-49, 4, W. Miller (Caithness) 31-53, Team: Caithness 28pts; V1, G. Mitchell (Inverness) (13th) 34-41, VO/50: G. Brown (Inver) (48th) 38-02, L1, A. Boyd (Forres) 40-27, L2, W. MacRorie (Portree) 41-28, L3, C. Willcox (LV1) (Inverness) 42-37, Ladies Team: 1, Black Isle AC.

Kilmarnock Harriers Centenary Year 3.3/4 mile Road Race -
1, S. Conaghan (Spango Val) 17-25, 2, D. Murray (Kilmarnock) 17-44, 3, J. Strawhorn (Ayr Sea) 18-02, V1, J. Conaghan (15th) (Spango Val) Team: 1, Kilmarnock 11pts, 2, Ayr Sea 18, L1, M. Dunlop (Kilmarnock) 20-38, L2, M. Robertson (LV1) (Troon Tort) 24-29, L3, M. Dewhurst (Unat) 26-41, LV2, A. Waddington (Unat) 31-51, Team: 1, Kilmarnock H 10pts.

Lillas Day 5 Mile Road Race, Kilbarchan -
1, R. Hawkins (Kilbarchan) 23-50, 2, C. Wallace (Kilbarchan) 23-56, 3, G. Tenney (Linwood) 24-44, V1, B. Evans (Kilbarchan) 26-10, L1, D. McNicoll (Kilbarchan) 39-49, Teams: 1, Kilbarchan AC 7pts, 2, Greenock GH 26.

Craigie 6 Mile Hill Race, Barrhead -
1, J. Millan (V1) (Strathclyde Police) 35-13, 2, G. Blair (Barrhead) 35-27, 3, J. Russell (Bella) 36-46, L1, T. Spiers (Unat) 66-00.

Scottish Sports Shop Directory

For inclusion in the Scotland's Runner Sports Shop Directory, telephone Fiona Stewart at 041 332-5738.

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Results

Only two of the four leaders in the championship tables retain their position from last month - these behind the veteran athletes Colin Martin (Dumbarton AAC), unchanged at 146 points, and Kate Chapman (Giffnock North AC), who added a further 26 points last month by finishing runner-up to English-woman Kathy Howe in the 10K-OK in Glasgow.

Margaret Robertson of Dundee Roadrunners is second in this category with 146 points, but with two races in hand and her record of three victories in the four races she has contested, must be causing Chapman some concern. It is interesting to note that of 15 races in the championship the two ladies have contested 12 between them - but have never met in a head to head contest in the same race.

In the women's section, Sandra Branney (McLaren Glasgow AC) has a perfect record - five races, five wins, and a maximum of 130 points. Since her return from representing Great Britain in the IAAF World Marathon Cup in Seoul, she has dropped in distance and displayed good speed at 10,000 metres - at which distance she also became Scottish track champion last month.

Christine Price (Dundee Hawk-hill) lies tenth in the women's championship, accumulating 82 points from just three races. She won the Scottish National Half Marathon Championship in Edinburgh, and has two second 10K places to her credit - behind Liz Lynch at Dundee and Sandra Branney in Glasgow.

Frank Harper of Pitheadie has made the greatest impact in the men's table, improving from 13th last month to head the table with 105 points from four races. He won the Govan 10K, and was second in the Dunfermline Half Marathon behind David Watt (Calderglen Harriers), who won from almost 2,000 competitors.

Watt was selected to represent Scotland in the Welsh National Championship at Bridgend, and celebrated his international debut with a fine second place in 2-28-50, just 48 seconds behind Dick Evans of Wales in the gruelling temperature which reached the high 80's. His coach, East Kilbride's Jimmy Moore, brought him to marathon fitness in a concentrated month's training, and his appearance in the Glasgow Marathon in September should see him realise his aim of bettering 2-18.

In the veteran's competition, Colin Martin and David Fairweather (Law and District) rested on their points totals, while Pete Cartwright (Falkirk Victoria Harriers) added 45 points to his total from two

SCOTLAND'S RUNNER

Road Race Championship



Susan MacDowal (Pitheadie) wins the CR Smith Dunfermline Half Marathon in 86-09, while, left, David Watt wins the men's race in 67-03, and on the right Sandra Branney wins the 10K-OK in Glasgow.

races, and Shetland islander Bill Adams moved from 13th to fifth with good performances in the Adidas and Govan races in Glasgow.

A veteran to watch over the next three months is Roddy McFarquhar of Aberdeen AAC. He won the maximum 30 points for his victory in the Roevin 10K at Aberdeen, and has the avowed intent of making the veteran's road race championship his main ambition of the summer.

My thanks to Dave King of Irvine AC who told me he was not the same person as T. King (Dundee Roadrunners)

The results from the Clydebank Half Marathon have not been included in the ranking tables because, despite repeated phone calls to Clydebank District Council's leisure and recreation department and officials of Clydebank AC, they have proved unobtainable to date.

This difficulty in obtaining results of championship races makes the very interesting compilation takes extremely difficult and frustrating. I would be grateful to any reader who can provide the Clydebank results

Colin Shields

MEN:

1. F. Harper (Pitheadie) (4) 105pts
2. D. Watt (Calderglen) (4) 82pts
3. L. Spence (Spango Valley) (4) 89pts
4. H. Cox (Green Glenpark) (3) 77pts
5. S. Axon (Aberdeen) (4) 77pts
6. J. Duffy (Green Wellpark) (4) 76pts
7. C. Robson (Spango Valley) (3) 73pts
8. T. Walker (Calderglen) (4) 71pts
9. G. Crawford (Springburn) (3) 68pts
10. J. Ross (Haddington) (4) 64pts
11. P. Russell (Green Glenpark) (4) 64pts
12. A. Daly (Bellahouston) (3) 61pts
13. T. Murray (Green Glenpark) (2) 60pts
14. A. Robson (ESH) (3) 60pts
15. G. Leing (Aberdeen) (3) 59pts
16. C. Ross (Shettleston) (5) 56pts
17. A. Gilmour (Cambuslang) (2) 53pts
18. C. Spence (Spango Valley) (3) 53pts
19. G. Fairley (Kilbarchan) (3) 48pts
20. R. Stone (ESH) (3) 47pts

Figure in brackets is number of championship races contested.

WOMEN:

1. S. Branney (McLaren GAC) (5) 150pts
2. K. Chapman (Giffnock N) (7) 141pts
3. S. Sinclair (Irvine) (4) 102pts
4. A. Sym (McLaren GAC) (4) 99pts
5. J. Salvara (Livingston) (4) 96pts
6. M. Robertson (Dundee RR) (5) 94pts
7. H. Oliver (Law & Dist) (6) 92pts
8. R. Gardner (McLaren GAC) (6) 91pts
9. J. Robertson (Aberdeen) (5) 89pts
10. C. Price (Dundee HH) (3) 82pts
11. E. Buchanan (Haddington) (5) 63pts
12. G. Hanlon (Dundee RR) (4) 56pts
13. M. Muir (Dundee RR) (2) 56pts
14. M. Taggart (Pitheadie) (3) 56pts
15. J. Thomson (McLaren GAC) (4) 53pts
16. S. McDowal (Pitheadie) (2) 49pts
17. R. McAleese (Monk Shett) (2) 45pts
18. A. Curtis (Livingston) (2) 44pts
19. S. Chuley (Forfar RR) (3) 44pts
20. M. Dunlop (Kilmarnock) (3) 43pts

VETERAN MEN:

1. C. Martin (Dumbarton) (5) 146pts
2. D. Fairweather (Law & Dist) (4) 105pts
3. P. Cartwright (Falkirk Vic) (5) 101pts
4. D. Wyper (Bellahouston) (5) 88pts
5. W. Adams (Shetland Isles) (4) 88pts
6. A. Duncan (Pitheadie) (4) 86pts
7. R. McFarquhar (Aberdeen) (3) 79pts
8. J. McMillan (Strath Police) (4) 79pts
9. R. Wood (Dundee RR) (3) 71pts
10. M. Preece (Aberdeen) (3) 67pts
11. K. McPherson (Shettleston) (5) 66pts
12. A. Stewart (Edinburgh) (4) 56pts
13. D. Crumpton (Linwood) (4) 57pts
14. J. Ash (Pitheadie) (2) 56pts
15. B. Carty (Shettleston) (2) 56pts
16. W. Ewing (Pitheadie) (2) 53pts
17. R. Kirton (Millburn) (3) 49pts
18. P. McMahon (Shettleston) (3) 49pts
19. A. Prentice (Falkirk Vic) (3) 46pts
20. F. Grier (Dundee RR) (3) 44pts

VETERAN WOMEN:

1. K. Chapman (Giffnock N) (7) 202pts
2. M. Robertson (Dundee RR) (5) 146pts
3. E. Buchanan (Haddington) (6) 128pts
4. J. Murray (Kilbarchan) (4) 82pts
5. J. Eadie (Dundee RR) (5) 81pts
6. A. Newbigging (Bo'ness) (4) 80pts
7. S. Chuley (Forfar RR) (3) 75pts
8. S. Bauchop (Unattached) (4) 62pts
9. S. Belford (Kilbarchan) (3) 59pts
10. J. Gallagher (Green Glenpark) (3) 57pts
11. C. Slater (Edinburgh) (2) 56pts
12. R. Carthy (Inland Revenue) (2) 49pts
13. M. Sands (Giffnock N) (3) 49pts
14. K. O'Sullivan (Unattached) (2) 46pts
15. I. Gibson (Dundee RR) (3) 44pts
16. A. Richards (Giffnock N) (2) 42pts
17. E. Fairweather (Dundee RR) (4) 41pts
18. L. Craig (Calderglen H) (2) 36pts
19. L. Brown (Kirk Olympians) (2) 35pts
20. D. Fraser (Aberdeen) (2) 35pts



On the VETERAN scene...

Scottish Amateur Athletic Association bureaucracy nearly marred the entry of the team that competed in the 1987 Potteries Marathon in Stoke on Trent on June 14. The original invitation came to the Scottish Veteran Harrier Club to send a Scottish representative team, to compete in what was described in the programme as "another world first", which was an international veteran's team race, with teams invited from England, Scotland, Wales, Northern Ireland, Eire, Belgium, Holland and France.

At one stage the SAAA wanted to treat the event as if the invitation had come to them. Thankfully, sense and reason prevailed, and Colin Martin, Dave Fairweather, Frank Wright and Jack Knox, together with team manager Henry Morrison, took on the honour of representing Scotland, and finished very creditably third behind a much fancied English trio led home by overall race winner Harry Clague - who had won the event the two previous years and was only four seconds outside his 1985 record time of 21:19.09. He was

backed up by Jeff Norman and Martin Duff.

Colin Martin came home in 2 hours 29 minutes; Dave Fairweather was 2:34; and Frank Wright 2:35; Jack Knox, called in at the last minute, had a thigh problem but finished with 2:50.

Talking of internationalists, I received some very good news from Fife AC that Don Macgregor is on the mend and on the roads racing again. He completed a half marathon at East Neuk in 77 minutes, and had no ill effects. Other vets who have been turning in excellent performances over the half marathon distance were found in the Luddon Half Marathon, which is now the SVHC half marathon championship.

Colin Martin returned a superb 69:06, and Dave Fairweather 69:31, which put them in top form for their international run at Stoke. Jimmy Moore (Victoria Park) took third spot with 71:50 and is one of a number of vets who have clocked sub-72 minute half marathons.

At Glenrothes Archie Duncan



Henry Muchamore

(Pithead) beat Jim Ash by just 15 seconds (72.05 to 72.20), but in the Dunfermline Half Marathon Jim Ash set a new vets record finishing seventh in 71:10.

The final races in the Scotland's Runner Road Race Championship will see a very tight finish in the veteran section's.

Among the ladies, while Kate Chapman and Margaret Robertson look the favourites to fight out the top honours, it's sad to report that Liz Buchanan, who was doing so well, has been quite seriously ill with one of those unknown viral infections. Let's hope that she too is soon recovered.

In my contributor's profile earlier this year, I mentioned hope for race walkers - well fate took its hand again with me in the Great North Run. After 8½ enjoyable miles, another heel blister forced me to seek medical attention. Although the vaseline was

soothing, the position made running impossible.

So, from nine miles to the finish, I had my third only attempt at race walking, and found that once I got going I could almost keep pace with many of the runners around me. My time for the last 4.1 miles was 31:18, which gave me an incredible 7:38 sec mile pace and a time of 23:53 for the last 5k. This is 5½ minutes faster than my time in the Commonwealth Vets Gathering last year on the track.

Now I know there were no judges to watch if I was lifting, and I must admit to being as stiff as a board for the next two days, plus my achilles tendon was again very sore, would any of you vets out there - who possibly like me have been having problems with running - like to join me in say a 5k or five mile walk?

If there is sufficient interest we can try and find an event in September to get vets walking! Finally, ladies may like to know that all the response I have had about the age of ladies becoming vets are in favour of forty being the starting point.

The dry weather, however, had made it rather loose, but not withstanding this some good performances were registered.

The worst exhibition was seen in the two mile steeplechase, where only two competitors bothered to enter. They were of such a poor standard that surely a dozen or more competitors could have been found from the crowd to have given them long starts and beaten them. However, they must be complimented for pluckily entering the championship race. At their first attempt both men were disqualified by the judges when detected to be going the wrong course. On apologising, however, they were allowed to run again and M. Harrison (Spartan H) won easily from the only other entrant E. Wall (Birchfield H). For the sake of comparison the results of the English and Scottish Championships are appended below, and we leave those of the latter nation to draw the moral:

Event	England	Scotland
Hammer	124'0"	94'6"
100 yds	10	10.6
440 yds	51	52.6
880 yds	1:59	2:02.4
1 mile	4:25.4	4:35.6
4 miles	21:10	21:30
120 yd. H	16.2	-
Pole Vault	11'0"	11'0"
High Jump	6'0"	-
Shot Put	39'1.5"	40'11"
Long Jump	22'4"	21'0"

Colin Shields

comfortable win in the mile in 4:19 5/10 seconds, and G.M. Carstairs runaway three mile win in 14:35 6/10 secs.

However, the judges who decided the destiny of the Crabtree Cup for the best performance of the championships were in consultation much longer than usual. They eventually decided that S.S. Beattie (Victoria Park AAC) was the outstanding figure of the meeting and few can grumble at the choice. Beattie won both the broad jump (23'2½") equalling the 23 year old championship best performance; the hop step and leap (42'7") and reached the final of the 100 yards won by R.P. Seymour (Edinburgh Uni) in 9.9/10 secs.

(NB. E.R. (Ernie) Walker, on retirement from competition, became a prominent athletics official, was treasurer of the Scottish AAA, and was president of the Association in 1970 when the Commonwealth Games were held in Edinburgh).

100 YEARS AGO

SINCE the introduction of their famed amateur athletic championships, the English Athletic Association have never been more favoured by the weather than at their championships at Stourbridge. The sun was extremely hot, not a breath of wind stirring, and but for the very hot month which had just passed, the track - a four lap to the mile cinder path laid down on the approved lines as to shape and materials used for the surface - would have been in favour of several records being broken.

25 YEARS AGO

THE Scottish AAA, having thrown their national championships open to the world, had an appropriate international personality as their first champion for 1962. Zlatko Zumich who won the decathlon title at Westerland, was of Yugoslavian parentage but was brought up in Australia. He competed in the colours of Sale Harriers, as he was at the time engaged on a three year work study course in Manchester and was qualified on a residential basis to represent England. He scored 5744 points defeating the holder George McLachlan (St. Madens AC) 5456 points and Jim Jones (Trinity) 5247 points.

50 YEARS AGO

SCOTLAND'S national athletics championships at Hampden Park did not attract as many spectators as they deserved, but those who did attend must surely have been satisfied at the generally high standard of entertainment.

One Scottish record was broken when D. Young (Glasgow Police) beat the holder E.R. Walker, the British decathlon champion, by 20'8" in the discus. His throw of 136'10½" bettered the previous native record set in 1934 by 18'.

Other notable performances included R.B. Wyld's remarkable quarter mile victory in 49 2/10 secs; J.C. Stathard's easy 880 yard win in 1:57 5/10 secs; R. Graham's still more

Events Diary

July

17 McVitties International Challenge Match (England v USA) Alexander Stadium, Birmingham

18 Shettleston Harriers Open Graded Athletic Meeting, Crownpoint Details - W Scally, 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

Lochinver Coastguard 10 mile Road Race, Lochinver

Creag Bheag Hill Race, Kingussie (6.5 miles, 900 ft climb) Rec - 34.00 A Farnham (Aberdeen AAC), 1985 E - A. Clark, Papershop, King Street, Kingussie (3pm start)

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 - 15:57.1 Johnston (Cambuslang Harriers) 1979 E - K. Anderson, 42 Ladyland Road, Maybole, Ayrshire

Dairy Crest Championships (Day 2)

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", Ferntower Road, Crieff (start 7.00pm)

22 Sri Chinmoy 5000 metres Road Race, Glasgow Green

Edinburgh Southern Harriers Open Graded Meeting, Meadowbank Details - Ian McKenzie, 49 Avontoun Park, Linlithgow, West Lothian, EH49 6QG (E on night)

Sri Chinmoy 2 miles Road Race, The Meadows

Golden Gala Meeting, Olympic Stadium, Rome

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

Details - K. Smart, 9, Collieston Ave, Bridge of Don, Aberdeen AB2 8SE

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 - DJ Wilson, 18 Duncan Road, Helensburgh

Storness 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 Home Countries Match (Day 2) Irvine Harbour Festival Half Marathon, Irvine E - W. Banks, 25, Hazelgrove, Kilwinning KA13 7JH



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AGE ON 13th SEPTEMBER 1987 - TICK BOX
☐ under 20 ☐ 20-34 ☐ 35-39 ☐ 40-44 ☐ 45-49 ☐ 50+ _____

ESTIMATED RUNNING TIME
 HRS. _____ MINS. _____

CONTACT TELEPHONE NUMBER _____ NAME OF TEAM IF ENTERING COMPETITION _____

FIRST CLAIM AFFILIATED CLUB _____ WHEELCHAIR COMPETITORS
☐ Self propelled ☐ Assisted

ENTRY FEES : £5.00 Unattached ☐ £4.50 AAA and WAAA ☐ MINI-MAJOR £2.00 ☐ TICK BOX

I AM ENTERING
 TICK BOX
 THE HALF MARATHON ☐
 THE MINI MAJOR ☐

PLEASE SEND ONE TICKET TO THE FREE PASTA PARTY ☐

PLEASE SEND ONE TICKET TO THE FREE NIKE SEMINAR ☐

PLEASE SEND ACCOMMODATION DETAILS ☐

IMPORTANT NOTES: PLEASE READ CAREFULLY
 1. COMPLETE ONLY BOXES 1-7 IF ENTERING THE ENGLISH ESTATES MINI MAJOR
 2. YOUR RACE PACKAGE WILL BE SENT TO YOU APPROXIMATELY 14 DAYS BEFORE THE EVENT AND WILL INCLUDE SPONSORSHIP FORMS FOR THE ROYAL VARIETY CLUB SUNSHINE COACH FOR CLEVELAND FUND. IF YOU REQUIRE FORMS BEFORE THEN THEY CAN BE OBTAINED BY SENDING A 12" x 9" STAMPED ADDRESSED ENVELOPE TO RACE HEADQUARTERS
 3. COMPLETE THIS FORM AND SEND A CHEQUE MADE PAYABLE TO THE CLEVELAND MAJOR TOGETHER WITH A 12" x 9" STAMPED ADDRESSED ENVELOPE TO:
 THE RED CAT PRINTSHOP - RACE HEADQUARTERS,
 5 NELSON TERRACE, STOCKTON-ON-TEES,
 CLEVELAND TS18 1NH

A signed entry form will be considered as acceptance of
 AAA/WAAA Rules
 and a declaration that you will run at your own risk.

Signed _____ Date _____ SR _____

● ENTRIES MUST CLOSE 22nd AUGUST ●

YOU MAY PHOTOCOPY THIS ENTRY FORM

Events Diary

- Tour of Tameside
 Details - Ron Hill Sports, PO
 Box 11, Hyde, Cheshire SK14
 1LL.
- Gatehouse Gaia "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) 1966 E
 - L. Volwerk, address as
 above
- 29 Ord Hill Race, North Kessock
 (5 miles, 600 ft climb) Rec 29-
 02 B. Chinnick (Forres H) 1966
 E - R. Cameron, 5 Rose Croft,
 Muir of Ord, Ross-shire
- Sri Chinmoy 10,000 metres
 Road Race, Glasgow Green
- Sri Chinmoy 2 miles Road
 Race, The Meadows
- Edinburgh AC Open Graded
 Meeting, Saughton (E on night)
- Newtonmore Highland Games
 and Graigh Dubh Hill Race,
 Newtonmore (4 miles, 1100ft
 climb) Rec - 25-13 A.
 McGee (Kewick AC) 1978
 E - Mrs C. Ralph, Caman
 Dubh, Old Glen Road,
 Newtonmore (3pm).
- Garnock Valley Round Table
 Beith Bigholm 10K Road Race,
 Beith; E - J. Swindale, 29,
 Braehead, Beith (2.30pm)
- Bonar Bridge People's Quarter
 Marathon, Bonar Bridge.
- 2 Kodak Champs (Day 2)
 GRE Gold Cup Semi Final,
 Gateshead.
- Strathallan Highland Games and
 Half Marathon, Bridge of Allan.
 Details - Runsport, 97, Barnston
 St, Stirling (E close 19-7)
- Scottish Young Athletes
 League,
 West Dirs 1 & 2 - Wishaw
- Ferranti 10 Miles Road Race,
 Aberdeen. Details - Running
 North, 8, South Mount St,
 Aberdeen.
- City of Edinburgh 10 Mile Road
 Race Crammond E -
 Edinburgh AC, c/o 40, St.
 Ninians Road, Edinburgh EH12
 8AW (Start 10am)
- Corrie Capers Round Arran 6
 Stage 56 Mile Road Relay Race,
 Isle of Arran. E - John
 McVicar, "Gowanlea", Sannox,
 Isle of Arran KA27 8JB.
- Donkey Brae Road Race,
 Aberdeen. Details - Running
 North.
- Granton on Spey Half Marathon,
 Granton on Spey. Details -
 Turnbull Sports, 10a, Church
 Street, Inverness
- 4 Renfrewshire AAA/
 Dumfrieshire AAA Track
 League, Crownpoint.
- 5 Falkirk District Council Open
 Graded Meeting, Grangemouth
 Stadium Details - A. Kerr,
 Stadium Manager, Kersiebank
 Ave, Grangemouth E - on
 night
- Lanarkshire AAA Track League,
 Wishaw.
- North Berwick Law Hill Race (3
 miles, 600 ft climb) Rec - 18-
 13 M. Lindsay (Carnethy Hill
 Runners) 1966 E - R.L. Morris,
 33, Morningside Road,
 Edinburgh 7pm start.
- 6-9 European Junior Athletic
 Championships, Alexander
 Stadium, Birmingham.
- 8 Cambuslang Harriers Open 10
 Mile Road Race, Rutherglen.
 E - J. Scarbrough, 22, Burnfoot
 Crescent, Burnside, Glasgow
 G73 5DT.
- Brookfield Highland Games,
 Brodick, Isle of Arran E -
 Elizabeth Lambie, 16, Douglas
 Place, Brodick.
- Abermethy Highland Games,
 Nethy Bridge.
- Burnsark Hill Race,
 Ecclefechan (6 Miles, 900 ft
 climb) Rec - 34-26 P. Taylor
 (Copeland H) 1982 E - D.
 Mair, The Firs, Hall Road,
 Ecclefechan 3pm start.
- Largo Law Hill Race, Lower
 Largo, Fife. (5 miles, 900 ft
 climb)
 Rec - 25-13 J. Maitland
 (Aberdeen/Pudsey) 1984 E -
 R. Morrison, 8, Trinity Place, St.
 Andrews, Fife.
- 9 Scottish Young Athletes
 League, Semi Final and
 Consolation Cup Match,
 Pitreavie.
- HPC Scottish Athletics League
 Dirs 1 & 2 - Crownpoint
 Dirs 3 & 4 - Meadowbank
- Kilsyth Rotary Club 10K Road
 Race, Kilsyth. E - G. Robertson
 154, Rennie Road, Kilsyth G65
 9PR, 10am start.
- Moray People's Marathon, Half
 Marathon and 10K Road Race,
 Elgin. E - Ed McCann, Dept
 of Recreation, 30-32 High
 Street, Elgin. 11am start.
- SVHC 10K Road Race,
 Lochinch, Pollock Park,
 Glasgow. Details - D.
 Morrison, 12c Deedes Street,
 Airdrie 2pm start.
- Eymouth People's Half
 Marathon, Manderston to
 Eymouth. Details - G. Taylor,
 7, St. Clair's, Eymouth,
 Berwickshire

ADIDAS MARS ABERDEEN HALF MARATHON

Sunday August 30, 10am start
 Entry fee £4.
 Medals and Mars Bars to all finishers
 Over £2000 in prize money
 Under SAAA & SWAAA Laws

Two Mile Fun Run For Over Nine Years
 800 Metres under Nine Years

Entry fee 50p
 Medals, Mars Bars and
 Adidas gifts to all finishers
 Special prize from British Heart Foundation,
 donated by Texaco, to visit oil installation off shore
 Special awards for anyone setting a record
 in either male, female or veterans categories.
 For application forms and further details contact:

Mr I. Fraser,
 48, Westholme Avenue,
 Aberdeen.
 Tel: 0224 310205



ABERFELDY RECREATION CENTRE PEOPLES HALF MARATHON

Help under SAAA AND SWAAA Laws
 Sunday 20th September Start 2.00pm
 Entries now being accepted for our second half marathon in
 aid of Aberfeldy Recreation Centre, a registered charity. Start
 and finish at A.R.C. Same scenic route as last year. Drink and
 sponge stations. First aid present.
 Entry fee: £4.00 + £1.00 per team member (max six, min four
 to qualify).

Fee includes swim, shower and snack for all entrants after
 race. Men 18 years and over. Women 17 years and over.
 Recreation centre open for activities for families and friends.
 Prizes: Male, Female, Veterans, Teams, Locals, Spot prize.
 Medals for all finishers.
 Seeding for start positions will be done 6th September, based
 on previous best times. Entries received thereafter and on the
 day will be given later numbers.
 Entry forms and full details from:
 Race Manager,
 Aberfeldy Recreation Centre,
 Crieff Road, Aberfeldy,
 Perthshire. PH15 2DU
 TEL: 0887 20922

All correspondence to include an S.A.E. Please.
 Sponsored by:



THE KENMORE CLUB

Events Diary

Eymouth People's Half Marathon, Manderston to Eymouth.
Details — G. Taylor, 7, St. Clara's, Eymouth, Berwickshire.

Ayrshire County Track and Field Championships, Dam Park, Ayr.

Tyneside Scottish League, Whitley Bay.

Loch Lomond Alarms Inter Club Athletic Meeting, Posties Park, Dumbarton. Details — B. Morrison, 71, McColl Avenue, Alexandria.

Angus Munros Hill Race, Glen Doll (18 miles, 6000 ft climb). Rec — 3-58-54, A. MacKenzie (Inverness H) 1986. E — J. Wilkins, 11, Rose Street, Carnoustie, Angus. 11am start.

12 Shettleston Harriers Open Graded Meeting, Crownpoint. Details — W. Scally, 437, Duke Street, Glasgow (E on night).

Mill Lum 6 mile Road Race, Kinghorn.

Widford Hill Race, Kirkwall (5 miles, 700 ft climb). Rec — 31-40, W. Shearer, Kirkwall, 1960. E — Mrs I. Adams, 16 Linklet, Papdale East, Kirkwall. 7pm start.

14 IAC Miller Life International Grand Prix Meeting, Crystal Palace.

15 GRE BAL Gold Cup and Jubilee Cup Finals, Alexander Stadium, Birmingham (Day 1).

Glasgow Highland Gathering, Bellahouston Park. E — R.M. Dalgleish, 20, Trongate, Glasgow G1 5ES.

Bacculugh Chase Road Race, Sanquhar.

Naim Highland Games and Half Marathon, Naim Details — D. Bow, 16, Glebe Road, Naim IV12 4SU.

Mormond Hill Race, Strichen (4½ miles, 5000 ft climb). Rec — 27-32, C. McIntyre (Coasters RC), 1984. E — J. McFarlane, The Shambles, West Street, Strichen, Fraserburgh. Start 2.30pm.

16 GRE BAL Cup Finals (Day 2)

Octavians Relay Meeting, Meadowbank, Inc National Relay Events. (SAA National 1600 metres Medley Relay Champs) Championship Convener JB Taylor, 34 Pinebank, Ladywell, Livingston, W. Lothian.

(SWAA Senior 4 x 100 metres, 4 x 400 metres and 1600 metres Medley Relay Championships) Championship Convener — Mrs C. Thompson, 64, Inchkeith Drive, Dunfermline KY11 4HN (E close 27/7).

British Airways Glasgow Half Marathon, Cartha Rugby Park, Pollok Estate, Glasgow. E — Bellahouston Harriers, 53, Anchor Crescent, Paisley PA1 1LX. Start 9.30am.

Fourth Haddington Open Half Marathon, Neilson Park, Haddington. E — Joe Forte Sports, 65, High Street, Haddington (E close 3/8). Start 2pm.

16 Daichully Hill Race, Laggan Bridge (4½ miles, 1500 ft climb). Rec — 27-18 J. Musgrove (Grampian Orienteering Club) 1986. E — T. Robertson, Knockmalloch, Station Road, Newtonmore. Start 2.30pm.

Marymass Sports Meeting, Irvine. E — W. Banks, 25, Hazel Grove, Kilwinning Ayrshire.

Grampian Television Athletics League, Peterhead.

Edinburgh and District League, Pitreavie.

Sponsored 6 Mile Fun Run, Elie.

Weitklasse Grand Prix Meeting, Cologne.

19 Marymass 10K Road Race, Irvine Sports Club, Irvine. Details — W. Fulton, 159, Clark Drive, Irvine. E on night, 7.30pm.

Edinburgh Southern Harriers Open Graded Meeting, Meadowbank. Details — J. McKenzie, 49, Avontoun Park, Linlithgow, W. Lothian EH49 6QG (E on night).

Weitklasse Grand Prix Meeting, Zurich.

22 Dairy Crest Games, Crystal Palace.

TSB Blairgowrie "500" Half Marathon, Blairgowrie.

E — John Wilson, Springbank, Darklaids, Blairgowrie. Start 2.15pm.

Ciba Geigy 5 Mile Open Road Race, Linwood Sports Centre, Bredland Road, Linwood. Details — John McGuinness, 29, Yarrow Crescent, Bishopston PA7 5EW (E on day) Start 3pm.

Bute Highland Games and 10 Miles "Round the Island" Road Race. E — T.B. McMillan, Ardialia, Giebelands, Rothsay, Bute PA20 9HN.

Argyll Open Championships, Oban. E — D. McGregor, Ardchoille, Benderloch, by Oban, Argyll.

HFC Scottish Athletic League, Wishaw.

Arrochar Alps Mountain Race, Arrochar (14 miles, 7900 ft climb). E — A. Dyck, 43, Braehead Road, Duntocher, Clydebank. Start 11am.

Orkney Isles AAA Open Championships, Kirkwall (Day 1). Details — Mrs I. Adams, 16, Linklet, Papdale East, Kirkwall, Orkney KW15 1UZ.

Scottish Young Athletes Handicap Meeting, Arbroath.

23 Tweedsmuir Fair Fell Race, Tweedsmuir (4 miles, 1000ft climb). E — F. Smith, Broughton Brewery, Broughton, Biggar.

Monklands Scottish Cup Final (Women), Wishaw.

Radio for the Blind (Scotland) 10K Road Race, Grangemouth Stadium. E — John Loudon, 21, Kincardine Road, Carronshore, Falkirk FK2 8AE.

Marymass 10 Mile Sand Race, Magnus Leisure Centre, Irvine. E — W. Fulton, 159, Clark Drive, Irvine.

South Carrick Half Marathon, Girvan. E — John Holt, Girvan Swimming Baths, Girvan.

Capital Sports Midlothian People's Half Marathon, Gorebridge. Details — Secretary, Greenhall Community Education Wing, Greenhall High School, Gorebridge, Midlothian EH23 4PE.

Montrose Half Marathon, Montrose. Details — Mrs A. Grant, 2, Wellington Gardens, Montrose DD10 8QF.

HFC Scottish Athletic League Divs 1 & 2 - Meadowbank.

Border Athletics League, Tweedbank.

Grampian Television Athletics League, Elgin.

North East League, Inverness.

Fair City Fun Run, Perth.

SVHC Marathon Championships, Lochinch. Details — David Morrison, 12c, Deedes Street, Airdrie. Start 10.30am.

28 Cowal Highland Gathering, Dunoon (Day 1). E — J.M. Brown, 8, Ardencaple Drive, Helensburgh G84 8PS.

UK v FRG v Switzerland Junior International, W. Germany (Day 1).

29 Cowal Games (Day 2)

SAAA Heavy Throwing Events Championships. Championship Convener — George Spence, 56, Kylemore Road, Greenock.

Junior International (Day 2)

Access UK Women's Athletic League. Div 1 — Stretford. Div 2 — Hounslow.

Forth Valley Athletic League Divs 1 & 2 - Pitreavie.

Peterhead Inaugural Track and Field Meeting and Road Race, Peterhead. E — J. Mundie, 1, Abbotswell Road, Peterhead AB4 6QU.

Scottish Veterans v North East Veterans Track Meeting, Grangemouth.

Two Bridges 36 Mile Road Race, Rosyth. E — Race Secretary, Civil Service Sports Centre, Castle Road, Rosyth, Fife. (E closes 8/8) Starts 10am.

Glenurquhart Highland Games and 15 Mile Road Race, Inverness to Drumnadrochit. E — R. MacDonald, Westfield, Lewiston, Drumnadrochit (E close 22/8). Start 1.15pm.

Achmony Hill Race, Drumnadrochit (5 miles, 500 ft climb). Rec — 20-57, F. Clyne (Aberdeen AAC) 1978. E — R. MacDonald, as before. Start 3pm.

IAAF World Athletic Championships (till September 6)

30 Inverclyde Quarter Marathon, Greenock. E — Race Secretary, Municipal Buildings, Greenock. Start 9am.

Adidas Mars Half Marathon, Aberdeen. E — I. Fraser, 48, Westholme Avenue, Aberdeen AB2 6AB. 10am start.

Mid Argyll 9K Road Race and Fun Run, Lochgilphead. E — W. McCallum, 38, Fernoch Park, Lochgilphead PA31 8DG.

Goretex Fabrics Livingston Half Marathon, Howden Park, Livingston. E — Race Secretary, Livingston Fire Station, Craigshall, Livingston, West Lothian EH54 8LP. 10am start.

Inter-Regional Athletics Meeting, Tweedbank.

North-East League, Queens Park, Inverness.

UK Access Women's Athletic League.

Div 3 - Pitreavie.

FERRANTI OFF-SHORE SYSTEMS 10 MILE ROAD RACE

Sunday August 2nd at 11 am.
University Playing Fields, Balgownie Road, Bridge of Don, Aberdeen.

Scotland's Runner Championship Event
Medal and Gift to all finishers
Extensive prizes. Business teams trophy
Associated Charity Cancer Research
Entry Forms and details from:
Running North,
5, South Mount Street, Aberdeen.
Tel: 0224 636299
Early entries appreciated

Events Diary

31 Kilmarnock and Loudon 10K Road Race, Kilmarnock. Details — Mrs E. Dalziel, 3, Stronsay Place, Kilmarnock KA3 2JA (E on night) 7pm start.

September

2 Shettleston Harriers Open Graded Meeting, Crownpoint Sports Park, Glasgow. Details — W. Scally, 437, Duke Street, Glasgow G3 1RY (E — on night).

Borders Open Graded Meeting, Tweedbank Stadium, Galashiels. Details — G. Taylor, 7, St. Clara's, Eymouth, Berwickshire (E — on night).

Seagull 5,000 metres Road Race, Peterhead. Details — Running North, 5, South Mount Street, Aberdeen.

Sri Chinmoy 2 mile Road Races, Glasgow Green and The Meadows, Edinburgh.

5 Kinross-shire Tourist Association Loch Leven Marathon, Kinross. E — The Tourist Information Centre, Off Junction 6, M90, Kinross (1.00pm start).

Tain Peoples 10,000 metres Road Race and Fun Run, Tain.

Ben Nevis Hill Race, Fort William (10 miles, 4,400 feet). Rec 1-25-34, K. Stuart (Kewick AC) 1984. E — A. Ross, Ben Nevis Distillery, Fort William. (Start 2.00pm).

Womens U/21 International Inter Area Match, Clairville Stadium, Middlesbrough.

Aberdeen AAC Veterans Championships, Linksfield Stadium, Aberdeen.

British Athletic League Qualifying Match, Stoke on Trent.

IAAF World Athletic Championships, Olympic Stadium, Rome (Closing Day)

Bank of Scotland Womens Athletic League:

Div. 1 - Wishaw

Div. 2 - Grangemouth

Div. 3 - Caird Park

Div. 4 - Pitreavie

Peebles Highland Games, Peebles.

Land o' Burns Half Marathon, Ayr Esplanade. E — Race Director, Kyle and Carrick District Council Parks and Recreation Department, 30 Miller Road, Ayr KA7 2AY.

Rutherglen Crime Prevention 10 mile Road Race, Rutherglen. E — Race Organiser, Rutherglen Police Office, King Street, Rutherglen.

7 Peugeot Talbot International Street Mile Race, Westminster, London.

8 IAAF Mobil Grand Prix Meeting, Rieti, Italy.

Renfrewshire AAA/Dunbartonshire AAA 10,000 metres Track Championship and Young Athletes Graded Meeting, Crownpoint.

9 Sri Chinmoy 2 miles Road Races, Glasgow Green and The Meadows, Edinburgh.

11 IAAF Mobil Grand Prix Final, Heysel Stadium, Brussels.

12 Falkirk District Council Mini-Minor Highland Games, Grangemouth. E — A. Kerr, Stadium Manager, Grangemouth Stadium, Kersiebank Avenue, Grangemouth.

Knockdarrell Hill Race, Strathpeffer. (6 miles, 1000 feet) Rec-32-03 I. Matheson (Aberdeen AAC) 1986. E — R. Cameron, 5, Rose Croft, Muir-of-Ord, Ross-shire. 2.30pm start.

Scottish Young Athletes Handicap Meeting, Livingston.

13 McVities Challenge Invitation Meeting, Crystal Palace.

Ayrshire Harriers Association Round Cumbrae 10 mile Road Race, Millport, Isle of Cumbrae. E — W.A. Robertson, 17 Hunter Crescent, Troon KA10 7AH.

Scottish and North West League Divs. 1&2 - Crownpoint

Divs. 3&4 - Wishaw

Div. 5 - Coatbridge.

North East League Meeting, Glenrothes.

Nike Womens Own 10,000 metres Ladies Road Race, Aberdeen and Grangemouth. E — Running North, 5, South Mount Street, Aberdeen; and A. Kerr, Stadium Manager, Kersiebank Avenue, Grangemouth.

Corrieairack Pass Hill Race, Spean Bridge (15 miles, 1500 feet). E — S. Hastings, 13 Inverroy, Roy Bridge, Inverness-shire. (Start 12 noon).

Domoch Peoples 10,000 metres Road Race, Domoch.

15 IAAF International Athletic Meeting, Lausanne.

16 Motherwell YMCA Harriers Open Graded Meeting, Wishaw. E — W. Marshall, 13 Ross Crescent, Motherwell.

Sri Chinmoy 2 mile Road Races, Glasgow Green and The Meadows, Edinburgh.

20 Scottish National Peoples Marathon Championships, Glasgow Green, Glasgow. E — Race Director, Glasgow Sports Promotion Council, Department of Parks and Recreation, 20 Trongate, Glasgow G1 5ES. (Rec 2-14-04 K. Stuart (Kewick AC) 1986). Start 9.30am.

Aberfeldy Peoples Half Marathon, Aberfeldy Recreation Centre. E — Race Manager, Aberfeldy Recreation Centre, Crieff Road, Aberfeldy, PH15 2DU. Perthshire. Start 2pm.

THE ASDA MERSEY MARATHON



The Asda Mersey Marathon is back again, for the 6th time. Each year we get bigger and better and this year's race is going to be the best ever.

The race will be held in the autumn and will be one of the last major events of the season.

The Date: Sunday 27th September, 1987.

The Time: 11 a.m.

The Place: Camp Hill, Liverpool.

Closing date for entries:

AUGUST 23rd 1987

Race details will be sent to you by post 14 days prior to the event.

Liverpool is easily accessible by road, rail, sea and air from all parts of the country and abroad, and we hope to attract all you thousands of runners once again.

Remember—this Marathon is organised by voluntary workers, for charity. The proceeds from entrance fees and sponsorship concessions will go towards the Alder Hey Children's Hospital League of Friends.

We hope that individual runners will seek personal sponsors to raise money for Alder Hey but, if runners wish their sponsorship to go to their own favourite charity they must contact the charity direct.

Entry Fees
AAA Registered Runners, AAA & WCCA Club Members £5.50. Unattached Runners £6.00.

PLEASE USE UNIVERSAL ENTRY FORM

MEMBER OF I.M.M.D.A. & B.A.S.M.

British Association of Road Races



AMATEUR ATHLETIC ASSOCIATION

Race Details
11 a.m. Sunday 27th September, 1987.

Race Venue: Camp Hill, Liverpool.

Distance: 26 Miles 385 Yards.

Every Mile Marked

Time Clocks Every Five Miles.

Feeding/Sponge Stations Every 3 Miles.

Commemorative Medals to all Finishers.

Training Grants will be awarded to the first Three Men and Ten Women.

Awards to Veterans and Teams.

Results to appear in Liverpool Echo.

Race Details through post.

SPECIAL NOTE FOR BUSINESS HOUSE/CHARITY TEAMS—Entries must be in groups of ten and to be c/o team leaders address.

Special entrance fee for the unwaged.

£3,000 in training grants.

All participants receive free badge, brochure and space wrap.

Cheques payable to Mersey Marathon
SEND ENTRIES TO:
DEREK JOHNSTON
ASDA MERSEY MARATHON
THE MANSION HOUSE,
CALDERSTONES PARK, ALLERTON
LIVERPOOL L18 3JD
TELEPHONE: 051-724 2888

Events Diary

July

- 17 Dunbeath Highland Games**
Organiser: Hugh Wares,
18 Parkview Terrace,
Latheronwheel,
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: G. Devoy,
12 McLeod Road,
Dumbarton
Tel: 0389 67469
- 19 Stonehaven Highland Games**
Organiser: Mrs M. Gulland,
Leisure & Recreation
Officer, Kincardine &
Deeside District
Council, Viewmount,
Ardulhie Road,
Stonehaven
Tel: 0569 775182
- Blairgowrie Highland Games**
Organiser: Mrs S.M. Witwika,
Blairgowrie &
District Tourist
Association,
Wellmeadow,
Blairgowrie
Tel: 0250 2960

PROFESSIONAL GAMES

- Trossachs Highland Games, Kinlochard**
Organiser: Dr. Edmunds,
20 Kitchside Rd,
Carmunock,
Glasgow
Tel: 041 644 4823
or Fergus Wood
Tel: 041 225 3149/
08777 219
- Rosneath & Clynder Highland Games**
Organiser: Mrs E. Blanch,
The Clachan,
Rosneath,
Helensburgh
Tel: 0436 381251
- 21 Inverary Highland Games**
Organiser: Mr J. Campbell,
11 Relief Land,
Inveraray, 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,
9 Rockfield Rd,
Tobermory
PA75 6PN
Tel: 0688 2001

- St. Andrews Highland Games**
Organiser: Ian Grieve,
5a Crawford Gdns,
St. Andrews, Fife
Tel: 0334 76305
- 24 Glendevon Highland Games**
Organiser: Julie Anne McNes,
Glendevon Castle,
Glendevon, Dollar
Tel: 025982 244
- 25 Earls Hall Highland Games, Leuchars**
Organiser: Major D. R. Baxter,
Earls Hall Castle,
St. Andrews
Tel: 033483 205
- Airth Highland Games**
Organiser: James Tait,
8 Linn Place, Airth,
Falkirk FK2 8JU
Tel: 0324 483211
- Balquhider, Lochearnhead & Strathgry Highland Games**
Organiser: Ewen W. Cameron,
Ben Duhr,
Lochearnhead
FK19 8PT
Tel: 05673 231
- Halkirk Highland Games**
Organiser: A.S. Budge,
Milton Farm,
Halkirk, Caithness
Tel: 084783 666
- 25 Dufftown Highland Games**
Organiser: Jas Murray,
"Lippen", Church St,
Dufftown
Tel: 0340 20478

August

- 1 Callender Highland Games**
Organiser: Dr D. Edmonds,
20 Kitchside Rd,
Carmunock, Glasgow
- Dunfermline Highland Games**
Organiser: Mrs M. Mitchel,
20, Keltiehill Road,
Kelty, Fife
Tel: 0383 830245
- Caol Highland Games**
Organiser: Douglas Steele,
126, Glenkingle Street,
Caol,
Tel: 0397 4421
- Aberlour and Strathspey Highland Games**
Organiser: Mr K. Thompson,
2 Allardyce Crescent,
Aberlour,
Tel: 03405 325
- Aboyne Highland Games**
Organiser: Arthur J. Coult,
15, Golf Crescent,
Aboyne,
Tel: 0339 2187
- 2 Montrose Highland Games**
Organiser: Mrs N. Dutch,
3, Strathmore Place,
Montrose,
Tel: 0674 76919
- Bridge of Allan Highland Games**
- Calloway Games, Stranraer**
Organiser: Stuart Atkinson,
Wigtown District
Council,
Church Smelt,
Stranraer

Events Diary

- 3 Mallaig Highland Games**
Organiser: Miss MacKellaig
Tel: 0687 2110
- 4-5 Portree Highland Games**
Organiser: Vice Admiral
Sir Roderick Macdonald,
Olach, Braes, by Portree,
Isle of Skye,
Tel: 047852 250
- 7-8 Tomatin Highland Field Sports Fair**
Organiser: Angus MacKenzie,
"Redwood",
19, Culduthel Rd,
Inverness IJ2 4AA
Tel: 0463 235353
- 8 Inverkeithing Highland Games**
Organiser: Malcolm MacGregor,
18, Ronaldson Grove,
Halbeath Road,
Dunfermline
Tel: 0383 728462
- Abermethy Highland Games and Clan Grant Rally**
Organiser: Mr M.F. George,
6, Mackenzie Crescent,
Nethy Bridge
- Atholl and Breadalbane Highland Games**
Organiser: A. Thain,
Bank of Scotland,
Bank Street,
Aberfeldy
Tel: 0887 20321
- Fort William Shinty Highland Extravaganza**
Organiser: Neil Clarke,
14, Perth Place,
Fort William,
Tel: 0397 244
- Morebattle Games**
Organiser: E.B. Young,
30, Mainsfield Avenue,
Morebattle,
Tel: 05734 223
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- 9 Perth Highland Games**
Organiser: Andrew Rettie,
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Ballater, AB3 5RZ
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- 15 Crieff Highland Games**
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Tel: 0738 39617
- Glenfinnan Highland Games**
Organiser: Ronnie MacKellaig,
National Trust Visit
Centre, Glenfinnan
Tel: 039783 250
- Helmsdale Highland Games**
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The Grove,
Helmsdale,
Sutherland
Tel: 04312 666

- 21 Nairn Highland Games**
Organiser: Mr J. Paterson,
6, Geddes Village,
Nairn
- 21 Glenisla Highland and Friendly Society Games**
Organiser: James Grever,
49, Prosen Rd,
Kirmuir,
Tel: 0575 73911
- 22 Invergordon Highland Games**
Organiser: Mr A. McDonald,
"Ardnarnara",
Seabank Rd,
Invergordon,
Ross-shire
Tel: 0349 852611
- Lonach Highland Games, Strathdon**
Organiser: G.M. McIntosh,
Don View,
Strathdon,
09752 302
- Stratherrick Highland Games, Whitebridge**
Organiser: Mr J. McKenzie
Tel: 04563 284
- 23 East Lothian Highland Games, Prestonpans**
Organiser: E. Smith,
Leisure and Rec Dept,
East Lothian District Council,
Brunton Hall,
Musselburgh
Tel: 031-665 3711
- 27 Argyllshire Gathering, Oban**
Organiser: A. Wallace,
1, Longdale Cres,
Oban
Tel: 0631 65136
- 29 Scottish Viking Games, Largs**
Organiser: Lord Glasgow,
Kilbourne Castle,
Largs, Ayrshire
- Birmam Highland Games**
Organiser: John Bruce,
Balconnie House,
Station Road,
Birmam

September

- 5 Braemar Highland Gathering**
Organiser: William Meston,
Balcriche, Ballater,
Tel: 0338 55377
- 6 Peebles Highland Games**
Organiser: Mr Hoyle, Bernards,
Neipath Rd,
Peebles
Tel: 0721 20397
- 12 Pitlochry Highland Games**
Organiser: Dougal McLauchlan,
Easter Auchlath,
Pitlochry
Tel: 0796 2207
- 19 Invercarroon Highland Games, Bonar Bridge**
Organiser: Mrs M. Chalmers,
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Bonar Bridge,
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**HELMSDALE AND
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Commencing 12 noon
PIPING COMMENCES 11.00 a.m.

Full Programme of HEAVY, LIGHT, ATHLETIC EVENTS, HIGHLAND
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The 146th
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and Games**
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BELLABEG PARK, STRATHDON, ABERDEENSHIRE
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Commencing at 1pm
68 DIFFERENT EVENTS
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GOOD PRIZE MONEY: 6 PRIZES for PIPING, HEAVY & LIGHT EVENTS
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Secretary: G.C. MCINTOSH, Donview, Strathdon,
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THE PRINCE AND PRINCESS OF WALES
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Sunday 23 August 1987
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For free Runners' Network listing, send the
information you wish conveyed to: Scotland's
Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Cycling

July

- 18 Inverness to Elgin Road Race, 6pm.
- 19 Dundee Centre 100 miles time trial, 7am.
- 21 Meadowbank Track League.
- 26 Deeside Thistle 90 miles road race, 11am.

August

- 1 Lugar Valley Hilly Time trial, Ayrshire, 11am.
Ross-shire Roads CC two-stage hilly time trial, Dingwall, Black Isle, 10am, 2pm.
SCU coaching scheme, Meadowbank, 9.30am.
- 2 Mid Scotland C.A. 100 miles time trial, Stirling, 7am.
Loudoun Roads 60 miles road race, Darvel, 11am.
Ross-shire 25 miles time trial, 8am.
Musselburgh Roads 50 miles TT, 8am.
Wallyford, Lomond Roads 50 miles TT, Balloch 8am.
Strathallan Games grass tracks champs, 2pm.
- 4 Meadowbank national track league, 7pm.
- 5 Mid Scotland 30 mile criterium, Stenhousemuir, 7pm.
Ivy CC 10 mile TT, West Ferry 6.30.
- 8 Nethy Bridge Games, grass track, 1.15.
- 9 Grand Prix Event Number Six, Langbank, 9.0 miles.
Glasgow Wheelers 65 miles road race, Carron Valley, 11am.
Glasgow Road Club 100 miles TT, Bishopton 7am.
North of Scotland 100 mile TT, Fortes 7am.
Aberdeen 100 mile TT, 7am.
- 11 Meadowbank national track league, 7pm.
- 15 Scotia Stewart Gauges 15 mile schoolboy race, Glasgow Green 2pm.
Nairn Games grass track, 1.30pm.
- 16 Ivy CC 55 mile junior race, Campsie 11am.
Scottish 12 hour champs, Fife, 6am.
- 18 National track league, Meadowbank, 7pm.
- 19 Musselburgh CC 10 miles TT, 6.45pm.
- 22 SCU coaching scheme, Meadowbank, 9.30am.
- 23 Scottish 100 kilometre team trial champ, Aberdeen 11am.
Wallacehill/AOS criterium, Muirkirk, 12.30pm.
- 26 Johnstone/Dooley criterium, Inchinnan, 7.30pm.

Runner's Network

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W.H. Watson, 14, Burnieboozle
Place, Aberdeen AB1 8NL.
Tel: 0224-310352.

BLAIRGOWRIE ROAD RUNNERS
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Sec - Henry Docherty, 22, Applecross
Road, Langmuir Estate, Kirkintilloch
G66 3TJ. Tel: 041-775-1591.

WOULD anyone living in the West End
of Glasgow who fancies doing the Two
Bridges Race in August, and is looking
for a training partner on the longer runs,
contact Jim Boyd, 38, Stewartville Street,
Glasgow G11.

IS THERE any club in the north of
Glasgow with a similar philosophy to
Dundee Roadrunners - i.e. concentrating
on runners of all standards, rather than
racers. If so, contact R.M. Dallas, Grange
End, Grange Avenue, Milngavie (tel:
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Sec - Mrs. McIntosh, 35, Hillfoot Road,
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Tel: 0292-284815.

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Sec - Bill MacDonald, 126, Fauldburn,
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,
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Tel: 0569 62845.

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Sec - Martin Bryceland, 9, Kilbowie
Road, South Carbrain, Cumbernauld.
Tel: C 29404

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Education Centre, 5, Murrayburn Drive,
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Tel: 031-442 2201.

ADVICE on running wanted by a
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Fullarton, 23, Hillhead Street, Hillhead,
Glasgow G12

TRAINING partner required in the
Paisley area. Contact William Baird, 14,
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£25 Prize Crossword

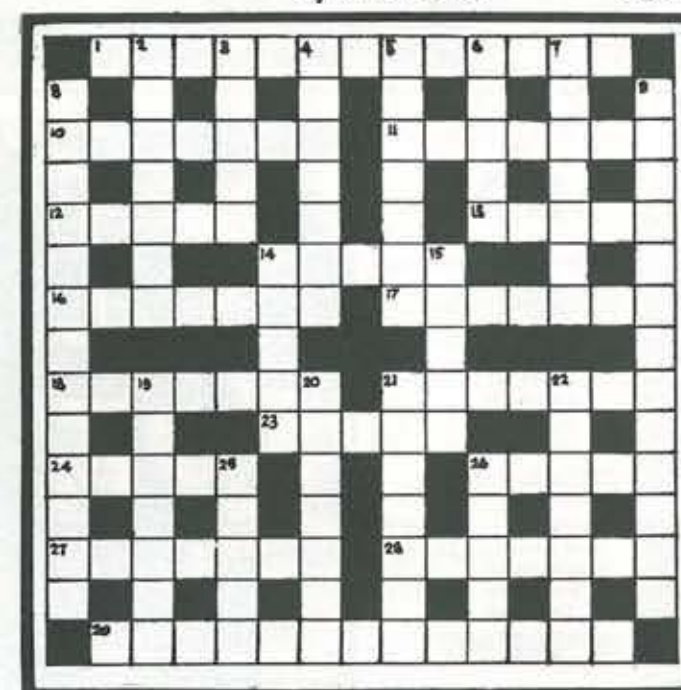
ACROSS

- 1 One of those 29 first observed by us (5)
- 10 Red Rum? A change from tympanum (7)
- 11 First class lubricant worked at Beechgrove (3-4)
- 12 Wilde's extra-large automobile (5)
- 13 Twelve months - not started for long (5)
- 14 Some fight song (5)
- 16 Haul back bishop's seat for baseball players... (7)
- 17 only their ends are enclosed in fashion for double columns (7)
- 18 Past your interest? Pass finish (7)
- 21 Board gold display (7)
- 23 Steal in one shot (5)
- 24 Women getting both sides pinched by 16 in army (5)
- 26 Injunction to man in - it's handed on by runners (5)
- 27 Give her back York flower and offer alternative accommodation (7)
- 28 Values return encounters in ends - only ends (7)
- 29 Occasions for celebrating in verse as rain falls.

DOWN

- 2 Continental is able to support fair play (7)
- 3 Cleaner salesman brought up round old town (5)
- 4 Cries of disapproval about a physician's Asian curtain plants (7)
- 5 What electorate does about theatrical performances (7)
- 6 Mr Glasgow now opening one here (5)
- 7 Loan may require renegotiation for irregularity (7)
- 8 Computer store on fun-runners suggests mnemonics (6-7)
- 9 Cornucopia for odd lone pet with American head (13)
- 14 Come round again for Bible dog (5)
- 15 Bob or Thomas nearly ending in strange land (5)
- 19 Eastern painting with bird of clay (7)
- 20 Utopia literally present in this place (7)
- 21 Kind of curse given by careless menders (7)
- 22 Last King of Rome meet unexpectedly (7)
- 25 South African unilateral declaration of independence from elsewhere (5)
- 26 This bit is just desert (5)

By Mendromos No.5



The first correct entry opened on August 17 wins £25 prize. The solution and winner's name will be published in our October issue. Answers, please, to Crossword Competition No. 5, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.



The winner of Prize Crossword No. 3 published in our June issue, is Alan Russell, of 4, Chestnut Grove, Dunfermline KY11 5AY, who wins the £25 prize. Again there were many correct solutions - keep on trying!

Scotland's Runner Quiz No.5

- 1 Which British athlete ran 29 sub 2 hour 20 minute marathons from 1963 to 1979?
- 2 In what event was the world record broken at three successive Olympic Games, from 1968 to 1976, yet never broken in between?
- 3 Only two Scottish women athletes were chosen for the Great Britain team for the 1983 World Championships in Helsinki. Meg Ritchie was one of them. Who was the other?
- 4 Who was Britain's "Fell Runner of the Year" in 1983, 1984 and 1985?
- 5 Who won her first Scottish

QUESTIONS

- women's cross-country title, at Rosyth in February 1985?
- 6 Who was the first man to run a marathon inside 2 hours 9 minutes?
- 7 Which Russian athlete set a world high jump record of 2.41 metres in 1985?
- 8 Who was the first athlete to win six Commonwealth Games gold medals?
- 9 Which is the only men's Olympic track event that the

USA has failed to win since 1908?

10 Who broke the Scottish men's long-jump record when winning the Scottish title in 1986, the record having stood for 18 years?

The solutions will appear in the September issue.

Compiled by Peter Cowan

ANSWERS TO QUIZ No.4

1, Jamie Henderson; 2, Birchfield Harriers; 3, Darlene Beckford; 4, Alan Lerwill; 5, Don Thompson; 6, Constitution Hill; 7, Olaf Prenzler; 8, Fraser Clyne; 9, Graham Williamson; 10, Chris Price.

Scotland's Runner Puzzle No.5

Find these hidden words in the puzzle alongside:

- 1. Cram
- 2. distance
- 3. injury
- 4. medallist
- 5. meeting
- 6. Olympics
- 7. relay
- 8. schedule
- 9. speed
- 10. tracksuit

The words can be horizontal, vertical, diagonal, backwards or forwards!

O Z C G S M O Y G K I E
D M M A C A M O V J N E
I E E H I R A H J Y J Q
S D E A P C W R J Q U S
T A T M M R E L A Y R C
A L I K Y J O F M C Y H
N L N V L F A O S R K E
C I G E O Z G C G R F D
E S T I U S K C A R T U
B T W F A F G T A O O L
K G D E E P S N K G S E
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Solution to Puzzle No.4

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N L M B T H I E T Z L O
M E J Z U R O H C I O K
B A Y W R L E R T A O C
O G P A Z S C E T L P P
P E H I S H M Y B S P E
Q O R E N N U R N U F O
I D M O F H W F C B O O
X X E L Z F S C O D T W
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Scottish ranking lists

MEN

Compiled by:
DUNCAN McKECHNIE

100m

10.2w	Alan Wells	(ESH)
10.48	Jamie Henderson (J)	(ESH)
10.7	Ken McKay	(Pit)
10.7	Neil Turnbull	(ESH)
10.7	Alan Doris	(EU)
10.7	Alan Trimby	(ESH)

200m

21.0w	Neil Turnbull	(ESH) (21.44)
21.0w	Martin Johnston	(EAC) (21.8)
21.17	Jamie Henderson	(J) (ESH)
21.59	Brian Whittle	(HCY)
21.5w	David Clark	(ESH)

400m

46.51	Brian Whittle	(HCY)
47.0	Andrew Walker	(ESH)
47.64	Gary Paterson	(ESH)
48.2	Alan Murray (J)	(Kilm)
48.3	David Strang (J)	(HCY)
48.3	David Young	(BHH/EAC)

800m

1.48.17	Tom McKean	(BELL)
1.48.84	David Strang (J)	(HCY)
1.49.62	Tom Ritchie	(Pit)
1.51.4	Alastair Currie	(N & EB)
1.51.6	Richard Archer	(St AU)

1500m

3.42.53	Adrian Callan	(Spir H)
3.45.6	John Robson	(ESH)
3.45.96	Alastair Currie	(N & EB)
3.46.83	Hamish McInnes	(O Cay)
3.47.58	Tom Hanlon	(ESH)

5000m

13.51.20	Peter Fleming	(Bella H)
14.15.0	Tom Murray	(OGH)
14.15.06	Calum Henderson	(ESH)
14.20.77	Gary Grindlay	(ESH)
14.25.07	Hamish McInnes	(O Cay)

10,000m

28.03.36	Peter Fleming	(Bella H)
28.18.59	Allister Hutton	(ESH)
28.38.40	Tom Murray	(OGH)
28.44.11	Andrew Beattie	(Cambus)
28.49.57	C. Murray	(Cambus)

Steeplechase

8.38.72	Tom Hanlon	(ESH)
8.57.56	Ian Steel	(ESH)
8.59.17	David Thomson	(Shaft)
8.59.33	George Mathieson	(ESH)
8.59.84	Angus Henderson	(AU)

110m H

14.1w	Neil Fraser	(H/EAC) 14.27
14.83	John Wallace	(N & EB)
15.4w	Colin Hogg	(EAC)
15.5	Ben Thomson	(EAC)
15.7	Alan Leiper	(AFD)

400m H

53.0	Peter Campbell	(Stoke)
53.3	Dave McCutcheon	(Lpool)
53.42	Stewart Dempster	(ESH)
54.26	Ben Thomson	(EAC)
54.5	Mark Davidson (J)	(AbAAG)



Tom Ritchie (36) and Tom McKean (32) poised behind Brian Murray (34) in the Scottish championship 800 metres.

Marathon

2.12.32	John Graham	(Bield)
2.15.07	Lindsay Robertson	(EAC)
2.17.43	Fraser Clyne	(Ab AAC)
2.19.04	Frank Harper	(Pit)
2.19.28	Andrew Beattie	(Luton)

High Jump

2.22	Geoff Parsons	(IAC)
2.08	Ben Thomson	(EAC)
2.05	Andrew Edgar	(ESH)
2.05	Paul Sudzikas (J)	(CR)
2.03	Graham McAslan	(EAC)

Pole Vault

4.60	Alan Leiper	(AFD)
4.50	Andrew Wake (J)	(Bella)
4.40	Douglas Hamilton	(ESH)
4.30	Brad McStravick	(Beig)
4.10	Alex Collins	(EAC)

Long Jump

7.85w	Ken McKay	(Pit) 7.32
7.45	Craig Duncan	(ESH)
7.44	John Scott	(EAC) (7.24)
7.38w	Mel Fowler	(VP) (7.25)
7.29w	Rod McKay	(EAC) (7.16)

Triple Jump

16.32w	Craig Duncan	(ESH) (16.01)
15.05	Rod McKay	(EAC)
14.88w	John Scott	(EAC)
14.71w	Roger Harlins	(She) (14.56)
14.20	Norman Ross	(Bella H)

Shot

17.22(i)	Eric Irvine	(EAC) (16.71)
15.29	Amgeir Syversen	(GU/ESH)
15.11	George Patience	(H/EAC)
14.87	Alan Pettigrew	(Shett)
13.98	Darren Morris	(LC/Pit)

Discus

51.44	George Patience	(H/EAC)
51.20	Michael Jemi-Alade	(ESH)
49.96	Darren Morris	(LC/Pit)
46.60	Eric Irvine	(EAC)
45.16	Russell Devine (J)	(H/EAC)

Hammer

59.12	Lawrie Nisbet	(ESH)
58.14	Robin Meikle	(ESH)
54.64	Russell Payne	(Sp Hill)
52.46	Russell Devine (J)	(H/EAC)
51.70	Andrew Hall	(Hill)

Javelin

67.04	John Guthrie	(ESH)
61.84	Stewart Maxwell	(RAF/Pit)
59.94	Roddy James (J)	(ESH) (60.04)
58.20	Alex McIntosh	(Kilm)
57.66	Alastair Robertson	(Medway)

WOMEN

Compiled by IAN STEEDMAN

100m

11.54	Janis Neilson	(EWM)
11.8	Sandra Whittaker	(McLG)
11.83w	Kaye Scott	(EWM)
11.9w	Aileen McGilvary	(MSL)
11.96	Alison Thomson	(Pit)

200m

23.57	Sandra Whittaker	(McLG)
23.79w	Janis Neilson	(EWM)
24.28w	Alison Thomson	(Pit)
24.29	Kaye Scott	(EWM)
24.6	Dawn Kitchen	(EWM)

400m

53.96	Mary Anderson	(EAC)
55.0	Dawn Kitchen	(EWM)
55.46	Gillian McArthur	(MSL)
56.0	Alison Hodge	(EWM)
56.4	Janice Coubrough	(KILB)
56.4	Linsey Macdonald	(Pit)

800m

2:02.81	Yvonne Murray	(EAC)
2:03.28	Anne Purvis	(EWM)
2:04.87	Susan Bevan	(ESL)
2:05.19	Linsey Macdonald	(Pit)
2:05.9	Liz Lynch	(DDH)

1500m

4:04.55	Yvonne Murray	(EAC)
4:08.03	Liz Lynch	(DDH)
4:13.07	Karen Hutchison	(BHM)
4:19.66	Susan Bevan	(ESL)
4:20.0	Anne Purvis	(EWM)

3000m

8:48.15	Yvonne Murray	(EAC)
9:19.00	Andrea Paolillo	(MSL)
9:17.87	Elspeth Turner	(McLG)
9:22.88	Susan Crawford	(McLG)
9:25.61	Karen McLeod	(EAC)

Marathon

2:40.35	Heather McDuff	(EAC)
2:48.32	Catherine Robertson	(EAC)
2:49.27	Leslie Watson	(LC)
2:54.05	Celia Duncan	(EAC)
3:03.20	Jill Danskin	(LC)

110m H

14.26	Catriona Boyle	(MSL)
14.35w	Claire Reid	(EWM)
14.52	Jocelyn Kirkby	(NSP)
14.69	Carey Spiers	(McLG)
15.1	Sarah Booth	(CR)

400m H

60.2	Margaret Southerden	(WPH)
60.41	Alison Hodgson	(EWM)
60.7	Carey Spiers	(McLG)
62.5	Ashley Brown	(MSL)
65.2	Ann Scott	(EWM)

High Jump

1.85	Jayne Barnetson	(INV)
1.81	Caris Henderson	(EWM)
1.80	Rhona Pinkerton	(McLG)
1.75	Nicola Murray	(McLG)
1.68	Elizabeth Dempsey	(COL2)
1.68	Janice Ainslie	(EWM)

Long Jump

6.13	Lorraine Campbell	(EWM)
6.02w	Janice Ainslie	(EWM)
5.92w	Andrea Jackson	(MSL)
5.85	Carey Spiers	(McLG)
5.77	Nicola Murray	(McLG)

Shot

14.36	Mary Anderson	(EAC)
13.27	Ashley Morris	(PIT)
12.82	Helen Cowe	(AB)
12.06	Audrey Sinclair	(MSL)
11.72	Jacky Barclay	(MSL)

Discus

44.70	Claire Cameron	(McLG)
42.80	Karen Neary	(EWM)
42.02	Lesley Adams	(PSH)
41.54	Ashley Morris	(PIT)
40.60	Alison Hamerton	(MSL)

Javelin

50.82	Nicola Emblem	(EAC)
49.06	Mary Anderson	(EAC)
48.26	Shona Urquhart	(EWM)
46.58	Jacky Barclay	(MSL)
41.10	Kathy Pyne	(MSL)

Heptathlon

5155	Mary Anderson	(EAC)
4786	Sarah Booth	(CR)
4499	Nicola Emblem	(EAC)
4248	Isobel Donaldson	(COL2)

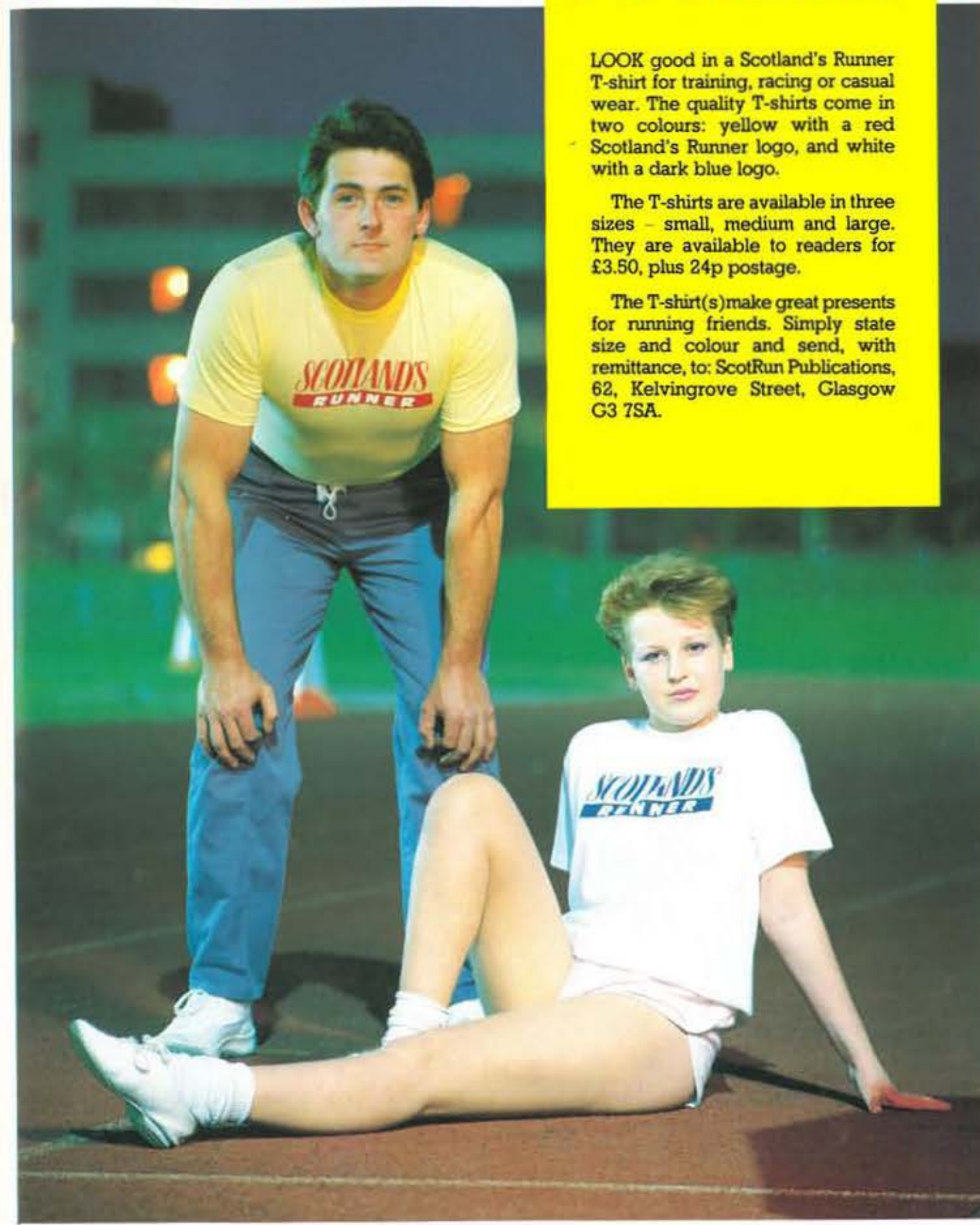
4 x 400m relay

46.39	Scotland	
47.8	Edin Woolen Mill	
48.0	Monklands Shettleston	
48.8	Scottish Universities	
49.1	McLaren Glasgow	

Women's performances as at June 28. Men's up to June 21.

Men's performances listed are up to and including the Scottish Championships.

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