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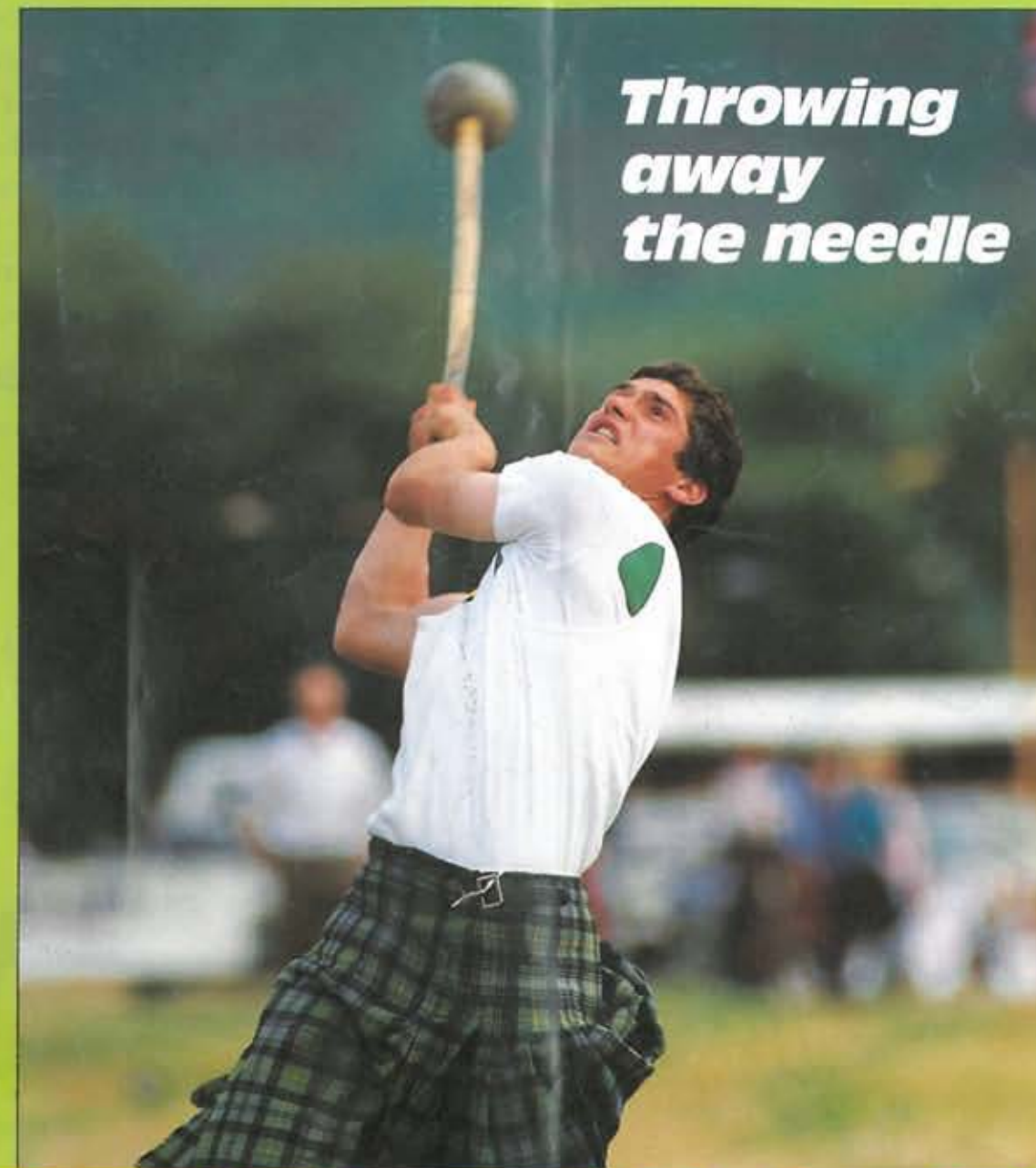
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SCOTLAND'S RUNNER

September, 1987

Issue 14

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Games on July 25.

Scotland's Runner is published by ScotRun Publications Ltd.,
62, Kelvingrove Street, Glasgow G3 7SA. Tel: 041-332-5738.

Printed by McCorquodale (Scotland) Ltd.

Typeset by Adset Limited.

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Inside LANE

In a withering attack in this month's Scotland's Runner, Kilbarchan AAC and senior British Amateur Athletic Board coach Derek Parker lays into the opponents of competitive sport for primary school children.

"It was obviously just going to be a matter of time before the absurd 'competitive sport is bad for children' ethos spread to Scotland from other parts of the United Kingdom," declares Parker at the start of his hard-hitting letter on Page 13.

"The notion that competition is psychologically damaging to young people, or has a negative effect on them, is yet another of these trendy theories emanating from self-styled 'progressive' educationalists... he continues.

Personally, I agree with Derek Parker. Having been at Dunblane on April 25, the day of the inaugural primary school championships, I am at a loss to understand how anybody could construe the day's proceedings as having a "negative" effect on any of the participants.

The opponents' argument seems to be: by all means have primary children running cross country, but don't make it competitive.

I may be missing the point, but would over 100 schools from all over Scotland really send boys and girls - at considerable time and expense and across great distances - to jog round a two mile course together? I think not.

As Derek Parker says, young children are naturally competitive. While it may be "sound" doctrinaire policy for Inner London politicians to attempt to remove this competitive element from the playground and playing fields, you cannot, as the old cliché goes, "undo human nature". Nor, I believe in this particular case, is it even a good thing to attempt.

Derek Parker says it with far more authority and eloquence than I could muster, but I believe there should be a re-examination of the Scottish "coaching establishment's" attitude towards competition. And I say this accepting that the motives of David Lease, Alex Naylor and Bill Smith - who also writes to Scotland's Runner this month - are not those of Inner London politicians.

Surely the key point is not to over-train youngsters and put unnecessary expectations on their developing shoulders. I cannot believe this is contrary to what I saw at Dunblane in April.

The attitude towards drinks sponsorship is more difficult to assess. Drink - or the excess thereof - causes more violence, unhappiness and general disruption to society than tobacco, but is not damaging to the individual if taken in moderation, and in small doses (what's the secret?), can actually be beneficial.

Scotland's Runner, therefore, accepts advertisements from drinks companies but not tobacco companies. The Amateur Athletic Association goes a step further in stipulating that it will not accept sponsorship from "hard" drinks products (i.e. beer and wine are acceptable).

Scottish football is now up to its neck in drinks sponsorship, which, to some people, is an abuse. It certainly makes a mockery of the Scottish Health Education Group's sponsorship of the Scottish Cup, with the distinct possibility that the final could feature a team advertising McEwan's Lager against a team advertising Belhaven.

My view is that neither the clubs themselves, nor the breweries, can be blamed for this situation. The clubs need the money, while if you were fighting a Lager War, you could find few more thirsty footsoldiers than football supporters.

Having said that, there is definitely something offensive about young children running around with advertisements for alcohol on their chests. And, as neither the clubs nor the breweries are going to stop it, the Government should step in - on health grounds - to pass legislation making this practice illegal.

If they claim that this interferes with the freedom of the individual, then they should immediately scrap the restrictions on persons under 18 entering licensed premises and consuming alcohol also.



SPONSORSHIP IN SPORT - Girobank Scotland, which earlier this year announced a £13,000 two year sponsorship of the Scottish Schools' Athletic Association, stepped in on August 12 with a £4,000 package to sponsor the Scottish National Badminton Championships next February and a Scotland versus Sweden international later this year.

Our picture shows Scottish badminton internationalists Christine Heatly and Kenny Middlemiss accepting the cheque from Girobank Scotland corporate services manager Jim Slimon.

Now, did anybody tell the badminton authorities that Girobank was thinking of introducing a primary schools' badminton championship...

Congratulations to Jamie Henderson and the British team for the splendid performances at the European Junior Championships in Birmingham. It would have been nice to see more Scots in the team, but such is the standard of English athletics at the moment that even making a British team is an achievement in itself. For that reason Kathleen Lithgow, the youngest member, and the equally precocious Nicola Emblem, can join Jamie in taking a bow.

Alan Campbell

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Up Front

Double gold for Henderson

JAMIE HENDERSON emerged as the star of the Dairy Crest European Junior Championships at Birmingham. The 18-year old Edinburgh Southern Harrier completed a remarkable double for his coach Bob Inglis when he landed the 100 metres title which his training partner, Elliot Bunney had won in Cottbus two years ago.

Henderson, initially credited with 10.20 sec, was eventually given a time of 10.21, a new European junior best which also eliminated the oldest mark in the UK record books, namely the 10.29 which had stood as a British junior best since Peter Radford's outing at Colombes, Paris, 29 years ago.

Henderson also helped Britain to gold in the 4 x 100 metres relay and took bronze in the 200m with 21.18. In the semis Henderson clocked a personal best of 21.11.

The only athlete to top Henderson's medal haul was East Germany's triple gold medal winning female sprinter, Dianna Dietz.

Britain took nine titles in all — more golds than any other nation with the exception of East Germany.

Henderson's sole regret was that the team for the Rome world championships had not been picked a week later, otherwise he might have found himself joining the seven Scots in the squad.

Training partner Bunney (4 x 100 relay) was selected, along with Allan Wells (100, 200 and relay), Geoff Parsons (high jump), Tom McKean (800), Brian Whittle (4 x 400 relay), Liz Lynch (10,000) and Yvonne Murray (1500 and 3000).

Murray, recently engaged to sports-writer Nigel "Naughty Octopus" Whitfield, was the only female athlete selected for two events.

Not even Kirsty Wade, double Commonwealth champion at 800 and 1500 metres was allowed to double up. In all seven women's and five men's events have no representation — a decision which makes one wonder if Britain's selectors are trying to encourage athletics or stultify it.

Also harshly treated was John Graham, fourth in the marathon at the last two Commonwealth Games. The Birmingham-based Scot ran faster in London than did Geoff Smith in Boston but Smith is going to Rome. Graham is not.



Jamie Henderson

Taking the biscuit...

ATHLETIC sponsors McVitie's have unveiled a new £150,000 package which offers a boost to the grassroots of the sport. The McVitie's Gold Challenge programme is aimed primarily at clubs and youngsters and includes four main elements:

* Twelve "development days" which will introduce up to 200 youngsters at a time to the full range of track and field activities. These will be led by stars like Steve Cram, Linford Christie and Fatima Whitbread. The emphasis will be on fun and "having a go", and Dundee has been earmarked as the Scottish venue.

* A development award scheme with £30,000 of grants a year for clubs which come up with initiatives for solving problems in the sport like schools liaison, technical events, participation by women and ethnic minorities. Schemes for the training of officials and administrators will be especially welcomed. Awards will range from £200 to £800.

* A series of McVitie's Gold Challenge relays will be promoted over a distance of 25 x 1 mile, to be run simultaneously around the country with at least 80 clubs benefiting from training grants. Clubs will be able to take part as single units, involving men, women and youngsters in the same event. At least 80 clubs will win training grants at the relays awards will range from £300 to £50 for the first eight clubs to finish at each venue. Nationwide, the three top teams will receive additional grants ranging from £1500 to £500. Nike will provide merchandise for the fastest laps and winning teams in each event.

* A proportion of the finance will also be used to try to redress the imbalance between track and field athletics in Britain before the 1992 Olympics.

Enough said... Aouita fastest

SAID AOUITA achieved what will go down as one of the great milestones of the sport when he broke the 13-minute barrier for 5000 metres.

The Moroccan, having set a world 2000 metres best in Paris, waited just seven days to lower his own 5000 time to 12-58.39. To do so he had to cover the final 800 metres in 1-57.7.

Some two decades after Ron Clark became the first man under 13 minutes for three miles and set a 5000 metres world best of 13-16.6, Aouita can lay claim to being the greatest middle distance runner of his era, joining the ranks of the barrier breakers... Bannister (four minute mile) Walker (3-50 mile),

Clark, and Otis Davis (45-sec 400m).

Like Bannister and Walker's efforts, the Moroccan's run was paced, and, commendable though it is, could be declared invalid should the IAAF decide to interpret their own rules strictly.

Strang-led

DAVID STRANG, the Scot who won the South African junior 800 metres title this year, must be wondering about the wisdom of returning to his native land. Despite having run faster than two English athletes, he was not selected for the European championships.

SCOTLAND'S RUNNER

Three share our quiz prize

THERE WAS an amazing three-way tie in the Scotland's Runner Anniversary Quiz, published in our July issue. Readers obviously found the going hard, with the first fifteen questions requiring extensive research through back numbers of the magazine, and the remaining ten demanding a thorough knowledge of international athletics.

Despite this, our three winners managed to score a highly creditable 21 points out of 25. We had advertised that the winner would be drawn from a hat in the event of a three or more way tie for the £50 first prize — but Paul Irving of Kirkintilloch, Jim Inglis of Alexandria, and Andy Ballantyne of Stewarston were so far ahead of the field that we thought it unfair two out of the three should lose out.

In a fit of uncharacteristic generosity, the competitions editor decided to up the prize to £60, and give Messrs Irving, Inglis and Ballantyne £20 each.

Jim Inglis, of Bannachra Crescent in Alexandria, looked like he was going to be the outright winner going into the final question, but he faltered badly and failed to come up with the correct answer — Wolfgang Nordwig. His other failures were on questions 11, 14 and 20.

Jim was the only one of the top trio to answer question two correctly (name any two members of the Caribbean). He nominated George and Angela Bridgeman, who play in the family group of that name along with George's sons Stuart and Carl (see issue two).

Andy Ballantyne obviously misunderstood the question, because his reply was Barbados and Tobago! We're not sure what Paul Irving's excuse was — for some reason incomprehensible to us all, he replied Yvonne Murray and Greta Waitz!

Andy, of Morton Road in Stewarston, was also unable to answer correctly questions 20, 21 and 24 (he got questions 3-19 inclusive all correct). Paul, of Iona Way in Kirkintilloch, missed out on questions 4, 18 and 20, as well as 2.

Question 20 flummoxed all three — and indeed all our entrants. Step forward Evelyn Ashford as Mrs Ray Washington.

The correct answers were: 1, A.S. Paterson; 2, George, Angela, Stuart or Carl Bridgeman; 3, John Hamilton; 4, Robert Quinn; 5, Andrew McLean; 6, Brian Carty; 7, Norman Bey; 8, Wyndham Halswelle; 9, George Clark; 10, Scottish Tug of War Association; 11, Skye Half Marathon; 12, (c); 13, (c); 14, Jan Hoch; 15, Saughton; 16, Geoff Parsons; 17, John Treacy; 18, Aberdeen AAC; 19, Ernest Obeng; 20, Evelyn Ashford; 21, Stan Devine; 22, Eamonn Coghlan; 23, Al Feuerbach; 24, Mike Boit; and 25, Wolfgang Nordwig.

On the hills . . .

Nine countries, the biggest assembly seen in Britain, took part in the third Reebok International Snowdon Hill Race on July 18. The Scottish team performed very well to finish third in the ten mile, 3300 feet event behind Italy and England.

Jack Maitland led the team home in eighth place, with Colin Donnelly tenth. Alan Farningham just beat Andy Curtis to finish 22nd and give the Scots a total of 40 points from three countries. Italy retained their title convincingly with 12 points. England scored 27.

Martin Moy of Switzerland won the race in wet, misty conditions, recording the excellent time of 63:31 - just over a minute outside the record. He was followed by two Italians, Claudio Galeazzi and Luigi Bortoluzzi, the latter of whom won the race last year.

Ironically Gifford Kerr, who just missed selection for the Scottish team, finished 15th - ahead of Farningham and Curtis. He will, however, be included in the World Cup team going to Switzerland on August 22/23 - where Moy will be on his home course and favourite to break Italian dominance of the event.

The Scottish team is: J. Maitland (Pudsey); C. Donnelly (RAF and Eryri Harriers); D. McGonigle (Dundee HH); M. Lindsay (Carnethy); A. Farningham (Aberdeen); A. Curtis (Livingston); G. Kerr (Fife).

Colin Donnelly deposed his great friend and rival, fellow Scot Jack Maitland, when he broke his own 1981 course record to win maximum British and Scottish championship points at the Moffat Weavers Chase on July 5.

With one race to go in the British Fell Running Championship, RAF Anglesey-based Donnelly is the heir apparent. Maitland cannot now retain his title, and the only threat comes from Rod Philbeam (Keswick), who was also within the old record when finishing second to Donnelly on the 18 mile, 5,000 foot Moffat course.

Despite unusually hot, dry conditions, Donnelly took three minutes, 44 seconds off his record, winning in 2:36:06. Philbeam was exactly three minutes behind, but Maitland was disappointed with his 2:46:02 seventh place.

Alan Farningham (Aberdeen AAC) did his Scottish Hill Running Championship position a power of good by finishing in sixth place overall in 2:44:36.

Angela Donnelly, Welsh internationalist and wife of Colin, won the women's race in a time of 3:29:10, finishing 55th out of 101 starters. She has an outside chance of the British title, and beat her main rival, Jacky Smith (Dark Peak) who was 68th overall in 3:39:24. Christine Menhennet of Bellahouston was first Scot, finishing exactly one second within the four hours.

Points after six counting races in the 1987 SHRA Scottish Hill Running Championship:

Men

1. A. Curtis (Livingston) (5)	94pts
= G. Kerr (Fife) (5)	94pts
3. P. Marshall (Haddington) (5)	88pts
4. A. Farningham (Aberdeen) (5)	86pts
5. R. Morris (Carnethy) (4)	56pts
6. D. McGonigle (Dundee) (3)	51pts
7. M. Rigby (Westerlands) (3)	47pts
8. J. Blair-Fish (Carnethy) (3)	40pts
9. B. Potts (Clydesdale) (3)	40pts
10. J. Maitland (Pudsey) (2)	39pts

Women

1. C. Whalley (Livingston) (5)	26pts
2. C. Menhennet (Bellahouston) (4)	14pts
3. K. Butler (Aberdeen) (4)	12pts
4. A. Curtis (Livingston) (3)	9pts
5. A. Salisbury (Stewart) (1)	6pts

Veteran Men

1. P. Fettes (Lochaber) (5)	49pts
2. I. Jackson (Livingston) (5)	39pts
3. B. Shields (Lochaber) (4)	33pts
4. P. Mackie (Irvine) (5)	28pts
5. J. Shields (Clydesdale) (4)	27pts

Juniors

1. J. McKendrick (Irvine) (3)	16pts
2. S. McKendrick (Irvine) (3)	14pts
3. T. Begley (Irvine) (2)	5pts

Figure in brackets is the number of championship races counting.

Robin Morris

Hart to Hart

HOW DO you define fitness and how do you achieve it? Have you ever tried to develop a personal fitness programme that meets your own ambitions and fits in with your chosen sport?

An Aberdeen couple hope to provide the answers to your problems in their new book. James and Leona Hart both have an in-depth knowledge of the needs of sportsmen and women at all levels. He has been teaching weight training for ten years, and has three years experience as trainer and physiotherapist to the Scottish Universities rugby squad. Leona Hart was Scottish archery champion in 1972, and has three years experience as a keep-fit instructor.

The Harts are both runners and have competed together in 15 marathons in the UK and abroad over the last five years. As a result, the book covers running, circuit training and weight training in some depth in its 128 pages.

* 100% FITNESS by Dr James and Mrs Leona Hart. Paperfront. £1.50.

Jogging along

HARMENY AC has formed a jogging and road running section for adults interested in non-competitive running. Further information can be obtained from Stuart Turner (031-449 4253), and enthusiasts and beginners are welcome.

Gerry goes for gold

GERRY McConnell aims to represent Great Britain in Seoul next year, and go for Olympic gold at both 800 and 1500 metres, writes Graham Crawford.

He won't, however, be posing any problems for the likes of Cram and his great hero Seb Coe.

The target of the 26 year old Kirkintilloch Olympian is the disabled Olympics and, like his hero, Gerry already has had plenty of experience of the big time.

In 1984 "Big Gerry" (he is 6ft 6" and around 12 stone) went to the same championships in New York and won a 4 x 100 metres relay gold, a silver for the discus, and a bronze at football, no less.

At last year's world championships in Belgium, the lifelong cerebral palsy sufferer continued on his medal trail, with bronzes for the 400 metres and the 5,000 metre cross-country. He also reached the finals of the 100 and 200 metres.

Now, with Seoul looming closer, he's getting serious. "The football is out, as I was getting too many injuries. After getting thrashed last year in the sprints, I'm concentrating on the 800 and 1500 metres. I reckon I've a good chance of making the team".

Gerry knows that the increase of distance will mean extra miles, but training has never been a problem. "I train once a day with two track sessions a week. I love it", he says.

Henry Docherty, the Olympians' club secretary adds, "He's a dedicated athlete and sticks rigidly to his own programme. Nobody makes a fuss of him at the club because he has cerebral palsy, he's just one of the crowd, but I think everybody has a special affection for him. He's a real character".

Henry Docherty says he has seen a tremendous improvement in Gerry's condition, which affects the muscles and co-ordination, since he took up running eight years ago.

The big man is the first to agree. "The running has been a great help. It has also opened a whole new world to me - I have travelled a lot through athletics and made many friends.

If Gerry makes it to Seoul, there's a good chance he will not be the sole Olympian. His friend and sometimes training partner Gordon Robertson, 20, is chasing a place in the sprints team.

Physically handicapped, Gordon was in New York with Gerry and won silvers in the 60 and 400 metres. He also took three silvers (100, 200 and 400 metres) in the world championships.



THE SPLENDID sum of £8,000 has been donated to the largest ever sports event for the disabled, being held in Glasgow from August 29 to September 5.

Proving it's not just big business which can sponsor sport, employees of Glasgow District Council's parks and recreation department raised the cash through their charities club. The club has donated a staggering £180,000 to good causes since its inception in 1979.

The £8,000 will be used to sponsor the Four Nations Athletic International on September 3 at Crownpoint Road. It is open to mentally handicapped athletes.

The athletics international is just one of 14 different sports matches for the disabled, embracing 1800 competitors from 15 countries. Many European and world champions will be in action.

The sports festival is being held to celebrate the silver jubilee of the Scottish Sports Association for the Disabled. Our picture shows SSAD chairman, Bob Mitchell, receiving the £8,000 cheque from David Halliday, chairman of the charities club. Also in the frame are 800m athlete Jean Brown, district council recreation chairman Hugh Macrae, and 3000m runner Jimmy Sands.

Long distance charity

ROGER CLARE of Irthington, near Carlisle, set out on August 3 on a 4500 miles charity bike ride round the coast of Britain.

Raising money for Carlisle and District Hospice Appeal and Intermediate Technology (the Third World charity boosted by the efforts of the Crane brothers who ran the length of the Himalayas and cycled to the top of Mount Kilimanjaro), the first part of Roger's route took him through Dumfries and Galloway.

Sealink gave him a free return crossing between Stranraer and Larne. After cycling round the coast of Northern Ireland, Roger was due to return to Stranraer and head northwards, biking right round the coast of Scotland before heading back over the border and doing the rounds of the English and Welsh coasts.

An experienced long distance cyclist, Roger recently returned from an epic 10,000 mile, seven month journey to the Sahara Desert.

Intermediate Technology received another boost in early July when two Edinburgh students completed an eight day run over some of the toughest terrain in

Scotland, raising more than £1000 in the process.

David Calder of Edinburgh University, and Andrew Loudon and Philip Smith of Heriot Watt University, set out together to run 220 miles over moor, mountain and marsh from Mallaig to Cape Wrath. The route involved tackling 12 Munros (mountains over 3000 ft), and a total climb of 36,000 feet.

Unfortunately, Phillip injured his ankle early on the second day and after limping 20 miles to the support vehicle was unable to continue. The only major hazard then faced by the runners was the voracious hordes of midges which inhabit the region at that time of year.

The trio trained in the Trossachs and the Pentlands and reconnoitered the route in advance to familiarise themselves with all of the potential problems.

THE SCOTTISH Schools' Athletic Association holds its national squad coaching day on September 20, when 140 youngsters will arrive at Grangemouth Stadium for the event, which is being organised by Roland Hill and attended by national coach Dave Lease.

Veteran match

THE ANNUAL match between the Scottish veterans and the North East of England veterans has been scheduled for Crownpoint Road, Glasgow, on September 12. The SVHC's 10,000 metre (track) and pentathlon championships will be held on the same day at that venue.

Apologies, incidentally, to the veterans. Due to a mix-up, and to holidays, their championships weren't covered in as much detail as others.

Charity runs

A 4.2 MILE fun run is being held on September 13 at Strathclyde Park, when it is hoped money will be raised for the Philiphill Spinal Unit. Full details of entry and prizes can be obtained by phoning Clare McGarvey at East Kilbride 39101 (day) and 35844 (after 9pm).

On the same day, three "Rights of Way" races are being held in Brechin for all age groups. Details from Mrs M. Will, 32 Airlie Street, Brechin DD9 6JX.

Kilted Champ!



THE GRANDFATHER Mountain Games in North Carolina may not rank alongside the World Championships in Rome in athletic status, but for Aberdeen AAC's Bruce Moroney they represented a pinnacle in his running career.

Held at 4,500 feet, and in a temperature of 92 degrees, the Games' mile had enough going against it without one further precondition. All the runners had to wear the kilt!

However, as the only Scot in the race Bruce had the huge crowd behind him, and he defied the conditions to produce a personal best time of 4:39 - and win the Kilted Mile.

Bruce, an electrician with Grampian Television, was in America filming a Grampian documentary series, "The Blood is Strong", which will be shown next year on Channel 4.

25 Years Ago

ALASTAIR Wood of Aberdeen AAC, the Scottish marathon champion, finished second to Brian Kieling (Coventry Godiva Harriers) in the British Marathon Championship at Welwyn Garden City, finishing only 20 seconds behind the winner with a time of 2 hours 26 minutes 35 seconds.

In only the second full marathon race of his career he suffered cramp, but battled on gallantly in his second race at the distance in just five weeks to make him a favourite for British marathon team selection in the European Championships at Belgrade, and the Scottish team for the Commonwealth Games in Perth, Australia, later in the year.

George McLachlan (St. Andrews AC) showed a great improvement in form to finish runner-up in the British Decathlon Championships at Loughborough, setting a UK national record of 6184 points. After leading until the ninth event (the javelin), the Scot was passed by Australian Zlatko Zumich (Sale Harriers) and, despite a determined effort in the 1500 metres, he just failed by 53 points to win the title.

(N.B. Alastair Wood gained selection for the European Marathon and finished fourth at Belgrade. He set a European marathon record of 2:13:44 for the Inverness to Forres race in 1966, won the London to Brighton race, and also set a world record for 40 miles track in 1970.

Colin Shields

50 Years Ago

THE COWAL Gathering surpassed all its predecessors in thrills and glory, and delighted a record attendance at Dunoon. Entries in every department beat all records, and performances reached an extremely high standard.

The outstanding athletic performance was the new Scottish record for two miles set by Robert Graham of Maryhill Harriers, the Scottish title holder for one mile.

Taking part in the special two mile race on the track which, though improved fell far short of perfection, Graham completely outclassed his handicap rivals to set up new figures of 9:17.6 seconds. His performance, according to rule, will be accepted as 0.5 second slower, but even so, it is 2.4 seconds faster than the previous record set by Tom Blakeley in 1933.

Next to Graham's record run, the performance of Charles France (Bellahouston Harriers) in the relay was worthy of note. Taking over the baton 30 yards behind A.R. Aitken (Glasgow Police), and six yards behind C.F. Campbell (Springburn H), France timed his effort beautifully. All eyes were on Aitken and Campbell, racing neck and neck over the last 150 yards, when France stretched from the rear to pass them both seven yards from the tape. Most experienced critics were unanimous in their opinion that the Bellahouston athlete had run below 90 seconds for the distance.

100 Years Ago

MAYBOLE F.C. sports meeting was a great success, for while there have been as good provincial meetings there has never been a better one. What makes every meeting a success is good prizes and the Maybole club, in recognising this, provided a really valuable and handsome prize list. Entries, therefore, came pouring in to Mr Crawford, the organiser, from every corner and he finished with as many as 240 entrants. This may not be a record, but it is not very far off it and the quality of runners was much above the average.

The walking handicap was a great event - great in the sense that it provoked tremendous enthusiasm. The cheering began early and was kept up vigorously till J. Caw passed the tape and then it swelled into a loud roar which continued for a while. The excitement affected the competitors to such an extent that it made their style of walking very suspicious.

Caw's style is usually honesty personified, but at Maybole it was as near a trot as it will ever be. Urquhart was even worse and, considering that he was once warned, it was bad form on his part to raise a charge of running against his clubmate. The time of seven minutes nine seconds, if it is to be trusted - and we see no reason why it should not as the time-keeper was a gentleman of some professional experience - is the best time Caw has yet accomplished, being 11 seconds faster than his previous best time.



If a good run makes you feel terrific, just imagine how fulfilling a successful sponsored run can be.

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INVALID CHILDREN'S
AID NATIONWIDE
Make your efforts worthwhile.

PerryHinton pictured here knows both sides of the coin. As a child his chronic asthma and eczema stopped him even walking to school.

Now, thanks to his perseverance and the organisation behind 'I CAN' he has run a marathon and takes part in sponsored events whenever possible.

If you can run for us, we will gladly provide sponsorship forms and running vests.

Perry always says 'I CAN'.
How about you?

Write to: Ramona Brown, 'I CAN',

Allen Graham House, 198 City Road,
London EC1V 2PH. Tel: 01-608 2462.

*Invalid Children's Aid Association, Reg. Charity No. 210031. Patron: H.M. The Queen
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Up Front Up Front Up Front Up Front Up Front

Table-toppers

YVONNE MURRAY and Liz Lynch gave a glimpse of the form that could put them on the medal rostrum in Rome when they went to the top of the Scottish rankings at distances other than those for which they are normally recognised.

Competing at the Peugeot Talbot Games, Murray leapt into the UK all-time top-10 at 800 metres with a time of 2-00.80, third fastest ever by a Scot after Rosemary Wright and Anne Purvis.

At the same meeting Lynch became the sixth fastest UK miler (4-26.11), and then in Nice she beat Marica Puica, the Olympic champion, and Ingrid Kristiansen over 3000 metres with 8-39.85, fourth fastest ever by a Briton and less than three seconds slower than Murray's best.

Lynch then surpassed herself in Oslo on August 5, clocking the fifth fastest 5,000 metres ever – 10-01.8 – and the fastest ever by a British born athlete.



Apologies... the high jumper in our Scottish Championship spread last month was not, of course, winner Jayne Barnetson, but Jennifer Little, who was third with a jump of 1.80 metres.

New heights for the Harriers

THREE members of Teviotdale Harriers successfully completed the "Three Peaks" race on July 10 and 11, writes John Colman. This gruelling event entails running to the top of Snowdon (Wales), then on to Sca Fell (England), and finally Ben Nevis (Scotland) – and all within 24 hours.

The trio, Bill Knox, Stuart Bennett and Andy Fair, with clubmate Neil Dalgetty as driver, finished without mishap in 20 hours, 45 minutes, 16 seconds. They tackled Snowdon on the Friday night, followed by Sca Fell at 4 am, and it was here, as expected, that they were faced with their stiffest task. Because of the atrocious weather, they were forced to use a map and compass to find the summit.

For the ascent of Ben Nevis, like the first peak, they were blessed with fine weather. To get in on the act, Dalgetty accompanied the Teviotdale "mountain men" to the top of the final peak.

And the verdict after it was all over – "the greatest experience of our lives".

The record for the event is held by well known north of England fell runner Jos Naylor – at an incredible 11 hours, 45 minutes. Mind you, he had the services of an international rally driver, and it was prior to the 70 mph speed limit on British roads.

What Stuart Bennett would now like to consider is making the event even more arduous by running from peak to peak instead of by car! The best time for this is thought to be 10 days, 14 hours!



Mountain men Knox, Bennett, Dalgetty, and Fair

Running in a Marathon? DO IT FOR

ARTHRITIS RESEARCH

THE ARTHRITIS & RHEUMATISM COUNCIL FOR RESEARCH (ARC) is the only voluntary body in the country financing medical research into the causes and cure of 200 varieties of arthritis. ARC relies entirely on voluntary contributions. It currently provides nearly £6 million annually in support of some 200 projects at hospitals, universities and research centres. Progress is being made through this research, but if the impetus is to be maintained and the final answers to the rheumatic diseases found, more research – and money – is needed.

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'I CAN' PHOTOGRAPHIC COMPETITION

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

We are able to continue this vital work because we have support from those who care about others.

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

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

PRIZES:

16 and over - 1, Disc camera donated by Kodak; 2 and 3, ICAN Sweat shirts.

15 and under - 1, Nike sports bag; 2 and 3, ICAN sweat shirts.

'I CAN'
INVALID CHILDREN'S
AID NATIONWIDE

PHOTOGRAPHIC COMPETITION RULES

1. Entry open to all.
2. The winning photographs will be those judged to be the best and most imaginative interpretation of the line: "Over the hills and far away!" and the composition and quality of the photograph.
3. Age group: 15 and under.
Age group: 16 and over.
4. Photographs must be in black and white, and measure not less than 3" x 3" and no more than 7" x 5".
5. Unlimited number of entries, but each must be accompanied by a completed entry form and fee of £2 per entry which will be donated to ICAN.
6. Your photograph, together with completed entry form and fee, should reach us no later than Friday, 30th October, 1987.
7. All prize winners will be notified by post.
8. Please pack your photographs with care. All entries become the property of ICAN and are not returnable.
9. The judges decision is final.

ICAN PHOTOGRAPHIC COMPETITION ENTRY FORM

Invalid Children's Aid Nationwide

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President: HRH Princess Margaret,
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I agree with the conditions of the ICAN Photographic Competition and enclose a donation of £2 to ICAN*

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* Invalid Children's Aid Association Companies Reg 99629 Charity No 210031

Letters...

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

Trendy theory is ludicrous, claims coach

9, Waverley Gardens,
Elderslie,
Johnstone,
Renfrewshire.

SIR - The pseudo-egalitarianism prevailing in our society today made it almost inevitable that complaints would be made about holding a Scottish Primary Schools Championship. It was obviously just going to be a matter of time before the absurd "competitive sport is bad for children" ethos spread to Scotland from other parts of the United Kingdom.

The notion that competition is psychologically damaging to young people, or has a negative effect on them, is yet another of these trendy theories emanating from certain self-styled "progressive" educationalists which has no basis in reality and which should be rejected for the arrant nonsense which it so manifestly is.

According to the many teachers, club officials, parents, and - most important of all - the young participants to whom I spoke, the primary schools event was a major success. Everyone enjoyed the occasion, there was no extraneous pressure exerted upon the youthful competitors, who all tackled the course with enthusiasm, and no one, irrespective of placing, was made to feel a failure. In fact, the only complaint I know of was that some schools were not notified of the event or they would have been there too.

Anyone who has been involved in teaching athletics to young people is aware of just how naturally competitive they are. Simple events such as shuttle relays or "last across the line" generate tremendous excitement, pleasure, and camaraderie. It is ludicrous to postulate that the spiritual, psychological, physical, and character-building benefits of these highly enjoyable activities suddenly become deleterious and destructive when transferred into the context of a carefully-supervised schools cross-country race.

Furthermore, it is a downright insult to suggest that teachers and coaches who encourage their young charges to compete are egotistic, glory-seekers hoping to build a reputation for themselves



Flashback... The controversial Scottish Primary Schools Championship

Picture: SCOTT REID

on the accomplishments and achievements of children. If they were looking for kudos they would - as so many famous coaches throughout the UK do - latch on to athletes who have already attained a high standard of excellence under the guidance of their own club coaches, and then soak up the praise.

Responsible adults who teach athletics to children do so because they genuinely like working with young people, and derive a great deal of satisfaction from giving them something pleasurable and enjoyable to do. These coaches and teachers are far too conscious of the welfare of the children whom they look after to make the mistake of pressuring them into doing something which the young people might not want to do.

People who devote themselves to the developing athlete are the backbone of our sport. Unlike the celebrity coaches who can capitalise on the success of international athletes, the teacher and instructor of young people never gets trips abroad, or the

opportunity to coach at training weekends with elite squads, or the chance to write books or give television and radio broadcasts.

These dedicated men and women are the true amateurs - the lovers of coaching young people as a vocation, and not as a means to becoming rich or famous. They very often do not even get the thanks or recognition from their own clubs for their efforts - and invariably the athletes whom they guide and nurture through the difficult years of adolescence will, if successful, move on to new coaching and competitive pastures. To accuse these hard-working people who give up so much of their own time and money of kudos-seeking is a gross disservice.

It will be noted that most, if not all, of the criticism of the primary schools championship comes from the athletics coaching establishment in Scotland.

It would have been more appropriate for their strictures to have been directed at the real undesirable aspects of our sport -

commercialisation, for example, which leads to athletes earning money for running only part of a race then dropping out (i.e. pace-making); or being unable to represent their country on the Friday but being able to compete abroad in a sporting extravaganza on the Monday; or deliberately avoiding one another at major events so that they can each be the "top dog" over a certain distance, thus increasing their earning power.

Some comment from the coaching establishment would also be welcome on the absurd rule which permits athletes to change their nationalities as a passport to easier access to international competition, thus depriving bona fide Scots of the honour of representing their country.

And what about alleged unfair selection procedures? Why can athletes win or be highly-placed in national championships, and yet be overlooked for inclusion in Scottish and British teams? The exclusion of the Scottish-based UK 400 metres hurdles woman champion from the Europa Cup team for Prague is just one obvious recent example.

These are the crucial matters which Scotland's coaching hierarchy should be addressing themselves too. Those of us who have been involved in athletics for many years cannot help believing that our sport has lost much of its beauty, much of the sheer, uninhibited joy of running, jumping, and throwing for its own sake - and not for any thought of gain.

Events such as the primary schools cross-country championship give children the chance to discover the aestheticism of sport, the opportunity to develop a pride in their own performance irrespective of placing, and the honour of wearing the school vest no matter how far up or down the field they finish.

That is why the Dunblane meeting was such a triumph. That is why the organisers, the Scottish Schools' Athletic Association, and the sponsors, Girobank Scotland, should be congratulated for their role in its success. And that is why the championship should continue - with, hopefully, even more schools taking part in the future.

Derek Parker,
Senior BAAB Coach;
British Milers' Club Coach.

**STILL TIME
TO ENTER**

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 Sweat 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.

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In return, you will receive the next twelve issues of Scotland's Runner, sent direct to your home. Send the form, with remittance, to ScotRun Publications Ltd., FREEPOST, Glasgow G3 7BR. No stamp required within the United Kingdom.

£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 Sweat 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.

Long-distance Champions

7, Wallace Crescent,
Annan,
Dumfriesshire,
DG12 5DS

SIR - After reading about Frank Harper's success on being voted his district's sports personality of the year, I thought I would tell you of a similar award in my neck of the woods. For the third successive year, Annandale and Eskdale District Sports Council voted a distance runner as their Sports Personality of the Year. The record is as follows:

1986 Robert Carey (Annan & District AC)

1985 Michael Carroll (ADAC)

1984 Lorna Irving (Langholm)

This highlights the great advance athletics has made in our area. Annan and District Athletics Club was only formed in February, 1976 - the first in Dumfriesshire and the first really active one in the whole of Dumfries and Galloway. (At that time Galloway Harriers were already formed, but how active they were I'm not 100% sure).

As also featured in your August issue, we are now anxiously awaiting the completion of a new six lane all-weather running track. We are of course a small club in a rural area, but combining the performances of the athletes above, plus Martin Bell, Lisa Harper, and the notable achievements of our near neighbours in Dumfries - Hayley Haining, Kath Lithgow etc, I am in no doubt our area has a wealth of young talent. Hopefully the four new tracks in our region can stimulate interest even further.

In common with the rest of

Scotland, there has been a massive jump in the number of open races held down here. For variety of distance and type, excellent courses and friendly comradeship, I can personally recommend several events.

Roddy O'Hara

Bemused, but not amused.

55, Harbour Street,
Nairn,
IV12 4NX

SIR - I was disgusted to see your article on Simon Axon's antics at two half marathons this year.

It is widely known that one should not run under someone else's name - else they risk a ban. Most pre-race information clearly states this, and also says that numbers are not transferable. Instead of condoning his actions, you should have been condemning them.

Had this been any other runner than the "prolific" Simon Axon, would you too have been bemused - or would that winner have received a ban? Surely Simon does not really think he is the Tough of the Track - he would not have stooped to break the rules that all athletes run by.

There is nothing clever in what he has done - he has merely shown that clearly there is one set of rules for the average winner and another for the likes of Messrs Axon etc. Surely Mr Axon did not think the pressure on him was so great he had to run under an assumed name - if it was, then it's time he took a rest.

I for one admired him as a runner up to now, but his stupidity has changed my mind.

The real Tough of the Track

would have gone all out to have beaten the likes of Mr Axon - he never liked cheats, bullies etc, so he would not have been "bemused" by Axon's antics.

Janet Duncan,
Nairn Road Runners.

Wrong name

63, Airlie Street,
Hyndland,
Glasgow G12 9SR

SIR - After a very gruelling 13.1 mile race I arrived at the finish of the Clydebank Half Marathon. I was elated - not only had I taken two minutes off my personal best but I was first lady home. My prize was a colour television and a silver rosebowl to keep for a year.

I was initially disappointed as myself and the third female missed the prizegiving as we were given the wrong venue. But more disappointment was to come. The Press results gave the third female as first, and I was not mentioned. I contacted the organisers and was assured the results would be amended. The computer printout of the results was worse - myself and the second female were not included at all!

I decided to wait and see what results your magazine printed - and yes, once again I am not mentioned - this time it's the third and fourth female who are placed first and second.

I contacted the organisers again and was assured it was sorted out now, and I was given a sheet containing the prize winners. Imagine my dismay... it's a Harvey who has won, but spelt Harvie with a difference christian name,

number and club - the wrong girl, so tell me something new.

When points in the road race championship are important to some runners, such mistakes are most annoying. I cannot help but feel that this mistake in the results would not have been allowed to continue for so long if it had occurred in the men's results!

Julie Harvey,
McLaren Glasgow AC.

Anti-League

29 Braehead,
Beith,
Ayrshire KA15 1EF.

SIR - I read with interest the letter in your August issue from veteran Jimmy Neil, and I fully agree with his valid point - but what never ceases to amaze me is that hundreds and hundreds of runners pay 50p or maybe more to enter open graded meetings, and hundreds of clubs enter league meetings which obviously can afford to cater for all age groups.

So, as no medals are given at any of these meetings, are prizes or medals so important? Should they be forgotten about completely?

I myself believe that as long as a reasonable number take part, the winner should get a prize - not just points.

I also believe that leagues are destroying Highland Games amateur foot racing and open track meetings. I'm anti-league.

Maybe other readers have views on leagues, as I know a lot of hard work is put into organising them. So come on, let's have your views.

James A. Swindale,
Beith Harriers

One careful step at a time...

38, Corsewall Street,
Coatbridge ML5.

SIR - I refer to recent statements by David Lease and Alex Naylor concerning the development and protection of young athletes. I strongly support their position and ask the critics to address a crucial question - is early competition in the best interest of the young athlete?

It is a sad fact of human nature that short-term success will be sought by some children, parents and coaches at the expense of long-term development and possible health risks. Courses run by the national coaching

committee place great emphasis on the protection of the "growing child" - nervous system; cardiovascular; muscles and joints.

I have been shocked to witness some coaches subjecting children of early teens to training sessions designed for fully developed adults. It is difficult to argue one's case against a proud proclaimer of competitive success, but we have a vital duty to speak out.

Another concern with the same root cause is the lack of success in depth at international senior level. A search of young athletes records of the past 30 years shows an alarming handful who have continued to senior success from

the many thousands of starters. The way forward should be with a caring attitude to our children based on a structured approach through the Scottish Joint Coaching Committee.

1. The early "skill hungry" years to be devoid of serious competition.
2. Guidance to coaches, parents and children on acceptable training methods.
3. Long term structured development plans based on achieving a greater depth of well-conditioned adult club athletes. The correct individual annual targets will still produce the specially

talented athletes as well as keeping the late developers in the sport.

4. An understanding that we are in a privileged sport which allows participation throughout life with the health advantages it encourages. I compete in the Scottish Veteran Harriers Club, and we look forward to a greater number of healthy over 40's.

So, let our motto be: 9 - 90, but one careful step at a time! It's meant to be fun.

Bill Smith
BAAB Club Coach
Coaching co-ordinator,
East Kilbride AAC.



Ewan Mee

"Are you listening to me? All this running's got to stop!" Fifteen minutes of vehement monologue followed – she and Len are widowed and orphaned, the car's as badly out of tune as Bob Dylan, they're filming Tarzan and the Lost Clothes Pole in the back garden, the whole huse needs painting ...

Panicked, I'd offered first to run at lunchtime twice a week, until things were fixed, to mollify her.

Butterball – our slob of a general manager whom I heartily dislike – PHIB's Cyril Smith, as I told him face to face last week – enquired about the kitbag the next morning, sniffed dismissively at my plan and waddled off.

Summoned (unusually) to his office at 11.30am, he smilingly kept me for 30 trivia-littered minutes, then oleagiously enquired about my running for a further five, delaying me from streaking off the toilet to change.

Once there, hopping about on one foot, jostled by inattentive elbows, door bouncing off my bum every 30 seconds, it seemed the whole office congregated in the toilet in that five minute period. Ready at last, I dashed through the office to a chorus of wolfish whistles from the typists and an uncharacteristically cheery wave from the Butterball, to face 30 minutes of fartlek in the park.

I might have been better sticking to tarmac, not venturing onto park tracks – especially after all this week's rain. I wouldn't have slithered and fallen into the nettles, for starters, or been cut by that overhanging branch, or been showered in grass cuttings by a passing lawnmower, sparking off my hayfever.

When I returned, later that anticipated, the toilet door was locked. Butterball, loitering in the corridor just at that

moment, explained. "Closed till 2pm. Water's off. Essential maintenance to executive jacuzzi and sauna facilities. I sent a note round about 11.30 – must have missed you while talking to me. I am sorry." Looking me up and down, he continued, "Bit awkward for you ... it really shouldn't be opened, but seeing it's my good friend Ewan ..."

Impatiently, I flew in. Grabbing a towel, peeling off kit, I prayed for water. The tap dribbled fitfully. I scoured off blood and mud from my face and hands with a dampened towel and combined my sweat-soaked hair into place. I wriggled wetly into my shirt. Trousers rasped my inflamed legs. Knotting my tie, my shirt was already plastered to my back. No time for my tub of pasta salad. I guzzled a bottle of Lucozade in one go and began hiccupping gassily. Clutching a wad of pink toilet paper (I'd run out of hankies and my nose was streaming), I shuffled into the office on the stroke of one o'clock to hoots of laughter.

I endured a purgatorial hour: sniffing and sneezing miserably, cut forehead throbbing, stomach rumbling volcanically, persistently hiccupping, legs held rigid as the slightest twitch intensified the itching, arms clenched tight against my ribcage to inhibit the smell of old socks rising from my arse, Butterball smirking, his old self, at my discomfort ...

A horrible thought suddenly struck me. Had he set me up? He knew my plans, removed me from the office as his note circulated, his triumphant – not cheery – wave at the success of his plan, appeared to see for himself my reaction to the locked door, even made me feel grateful for illicitly opening the door!

You greasy ... garlic-eating ... glib ... gluttonous ... gargantuan, gloating, good for nothing GET! Just you wait!

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Slimming miracles a myth

THE WELL-FED Runner

Old, tennis, cricket, athletics, it's a great time of the year for these sports, but nutrition news has gone on holiday – or so it seems to me.

I have just been flicking through the pages of some recent research reports, hunting for something to interest the girls. What should I come across but the results of an expensive double isotope experiment which concluded that: "levels of energy expenditure in elite female athletes over a long period (21d) are commensurate with their level of activity during high-intensity training and that such subjects do not reduce activity levels between training bouts nor become metabolically more efficient".

So now you know! Accustomed as I am to reading scientific gobbledegook, even I had to read this three times to be sure I had the meaning. In essence, it means little more than that you top girls are good at balancing your energy expenditure, even when you are training to a peak.

Of course, if you are not in pretty-well perfect balance over a few days, you will either lose or gain weight. Talking of weight (I'll spare you some of the other gobbledegook I found during the page-flicking aforementioned), did any of you see the Ester Rantzen programme on Sunday, June 5?

She was doing the slimming bit and great fun it was. It did prove three things:

Firstly, for all but a few, slimming is difficult, difficult and difficult again.

Secondly, to be highly motivated is a great help. She had her 352 sponsored fannies all slimming for charity, and all knowing that the results would be on the telly – enough to scare most folks into really gritting the old chompers and starving like famine.

Thirdly, miracle cures don't work.

Now, I hope that none of you think that I approve of trial by television. I certainly do not. But this time someone had done their homework and engaged a reputable nutritionist, Dr Tom Saunders of London University, to plan the experiment and he did a good job.

The idea was to set up eight groups of about forty slimmers to each group, put each onto a different diet system for six weeks, and compare the systems by averaging the weight loss for each group. The results were just what you would expect.

Three miracle systems ("take our miracle pills or drink our miracle tea and eat what you like") were a complete disaster. At best the average weight loss over six expensive

weeks was around 2lbs, and the tea did nothing at all.

The three reputable systems involving controlled food intakes worked like a charm with an average loss of 12lbs. Orthodox nutrition triumphs!

But there was also a fun result. As a control, one group was told that its diet was simply to eat half a raw carrot before each meal. There is nothing magical about carrots, and they have no slimming properties as such, although they may have knocked the sharp edge off the appetite. This group lost an average of about 6lbs.

It was a kind of psychological test. The group was made to believe that it would work. It served as a check against possible

psychological effects making the miracle cures seem to work. They were a failure, but the carrots did help to show that the mind can influence the food intake.

The other interesting result which also showed the influence of mental attitude, was that when slimmers worked in teams, comparing results with each other from week to week, they provided mutual support and this was very effective indeed.

Miracle diets do not work. Miracle diets line the pockets of those with no scruples. Miracle diets are no better than a polite and near-legal form of theft.

Obesity is a serious health hazard as well as being a social embarrassment. Overweight folks know this, and are willing to spend good money to lose weight. Slimming is big business and even impinges on the athlete who wants to lose fat and gain muscle. Don't waste money on miracle cures.

This is the kind of message I have been trying to pass to you over the past dozen issues of this magazine. The basic principles of nutrition are simple enough. Let me sum them up for you.

1. Food = Body heat + activity energy + body maintenance.
2. Body heat + activity energy comes mainly from sugars, starches and fat, with some from any protein not needed for body maintenance.
3. Proteins + vitamins + minerals provide body maintenance.

Protein foods are: milk, cheese, eggs, fish, poultry. These also provide some of the vitamins.

Energy foods are: bread, rice, pasta, potatoes, porridge, oatcakes.

Protective foods are: fruits and vegetables which provide vitamins and minerals and help to build up resistance to disease.

Secret Of The Olive

Footnote: those of you who read my last column about Greek food and Greek lifestyles may have wondered why Greeks have such a high expectation of life when they break the fashionable rules of less fat, less sugar, less salt, less saturated fat, less total fat and more fibre.

Perhaps the clue lies in the olive oil which the Greeks use so lavishly in their cooking. As I am sure you all know, the so-called "good" fats are the polyunsaturates while the

baddies are the saturates like beef and mutton fat. Olive oil is mostly what is called monounsaturated – this dreadful mouthful of a word simply means that it is halfway in between the baddies and the goodies.

Some nutritionists are beginning to find evidence that olive oil is more of a goodie than we thought previously. I hope that they are right. Otherwise, the long life expectancy of the Greeks will take quite a bit of explaining.

Cycling

Stephen Roche's magnificent victory in the Tour de France is sure to give the sport a tremendous boost in his native Ireland, but more than that it should encourage young riders throughout the British Isles to "have a go" on the continent.



Bill Cadger

There are many strong rumours that the popular Dubliner will be joining a new club, possibly the Spanish team of Fagor, and that our own Robert Millar will be with him. But one thing is for sure - Roche, like any Tour de France winner from the legendary Fausto Coppi of Italy to five-times winners, Bernard Hinault (France), Eddie Merckx (Belgium) and Jacques Anquetil (France), is made for life.

He will probably double his contract fee with whichever club he eventually signs for, and his appearance money will also be enhanced. But his performance deserves all the financial returns he can get: this 2500-mile monster race was reckoned by many to be the toughest yet.

Almost a year ago, Stephen Roche was sidelined with a knee injury which threatened to end his career - he had his kneecap torn off in a Paris race. But the 28-year-old former paper boy showed great courage and, despite some early setbacks on the road to recovery, he got stronger and stronger.

His victory in the Tour of Italy ahead of close friend Millar confirmed his return to fitness, but many doubted he could win both Tours in the same year. By doing so in such startling style, he became only the fifth rider to achieve this great double. The others were Coppi, Hinault, Anquetil and Merckx.

Roche and his great friend Sean Kelly, who was so cruelly forced to quit the Tour after a shoulder injury, have united the Emerald Isle with their great sporting endeavours.

This time last year I followed the Nissan International Tour of Ireland, and the hero worship and support Kelly got from the

public had to be seen to be believed. It was as if the fantastic crowds who follow the Tour de France had been transported across the Channel.

But the big spin-off for cycling is the encouragement it has given to the young to participate. Now, if only Millar had got his act together and stopped blaming his Panasonic clubmates for things going wrong. As they say in the song, though, there's always tomorrow... Let's hope so, for the 28-year-old Scot has the talent and ability, all that's missing is a bigger belief in himself.

Over the years, Scotland has produced many fine youngsters, the best being our cycling superstar, Robert Millar. But too many of our bright prospects have disappeared from the scene at a great loss to the sport.

Now, at last, an attempt has been made to halt the drift of the young as they graduate between juvenile, junior and senior grade. The Scottish Cyclists' Union has appointed a youth development manager to back up the senior manager, former top internationalist Sandy Gilchrist.

The man with the task of co-ordinating youth is Glasdaire MacLennan of the Glasgow Ivy Club, himself a racing cyclist, but also an enthusiast for this tough game.

MacLennan has no magic wand, and no illusions about the changes he can cast. "My job is to give the talented riders more exposure to better competition, and close the gap between juniors and seniors," he told me.

Orienteering

The World Orienteering Championships are held every two years, incorporating both individual and relay competitions. There are two individual championship races, one for men and one for women, with four representatives allowed from each country. The relay championship races are for teams of four from each country - again one race for women's teams and one race for men's teams.

The championships circulate around the participating countries and are being held this year in the Vosges mountains of France, with the individual championship races on September 3, and the relay championships two days later.

The Great Britain team for the championships is to be selected from a pool of orienteers who are invited to take part in a final selection race. This final selection competition is held just before the championships themselves, in terrain as similar as possible to that to be used for the big event.

The exact venue of the world championship races is a well kept secret. However, the general area and type of terrain is known, and as reconnaissance of the venue is absolutely forbidden, this area is out of bounds to all orienteers.

Several Scottish orienteers are strong contenders for places in the UK team for these world championship races. For the men's team, Jonathan Musgrave (GRAMP) from Kincardine O'Neill and Steve Hale (FVO) from Perth, are both in with a good chance of selection.

Steve competed in the last World Orienteering Championships in Australia in 1985. The experience gained there should be an advantage to him this year, and since the Australian competition he has had some excellent results, the best of which was a win in the annual GB v Denmark v South Sweden match last summer.



Gareth Bryan-Jones

Further Scottish interest will centre on Colin McIntyre, based in Edinburgh until last autumn but currently working and orienteering in Sweden. Colin also competed in Australia, has benefited from regular Scandinavian orienteering and won the 1987 international against Denmark and the South Swedes.

For the women's team, Hazel Dean (who was better known as Hazel McNee, but has recently married Martin Dean) of FVO, and Yvette Hague, from Reading but currently a student at Edinburgh University, are also in with a good chance of making the team.

The World Orienteering Championships have always been dominated by Scandinavian competitors - in fact, Britain has yet to win a medal. The best British performances have been sixth place by Carol McNeil in Finland in 1979, and fourth place in the men's relay in Hungary in 1983. This fourth place was within minutes of the winner, and in a race of four consecutive 50 minute relay legs this was a very close result.

British results in Australia were disappointing and did not live up to the promise of these earlier results. However, the French terrain should suit British competitors, being not unlike parts of Britain, and team members will have had experience of competing in France before.

So, all Scottish orienteers will be wishing Jonathan, Steve, Colin, Hazel and Yvette luck in the final selection race and hoping one or more of them can leap into the top echelons of international orienteering and capture a medal in France.

WOMEN on the RUN

by Connie Henderson

At last, the campaign to open various men-only athletic events to women looks like making some headway - albeit slowly. At present the steeplechase, hammer, pole vault, and triple jump are not open to women for competition.

The Americans and Australians have, however, been conducting experiments in some events, and now the UK looks like following suit. According to Isobel Docherty, honorary secretary of the Scottish Women's Amateur Athletic Association, the next year or so could see developments in this area.

"A lot of girls who do long jump want to try the triple jump, and some female high jumpers are keen to have a go at the pole vault," she says.

The SWAAA usually follows guidelines agreed by the WAAA, which recently set up a review committee to look at this area of women's athletics. "It's going to be some time before there are any developments, but we are looking at the situation," said Marea Hartman, honorary secretary of the WAAA.

It's likely that further discussions will take place at the Women's Congress in Rome later this month. Hartman added: "Australia has introduced the steeplechase for women as an experiment and Britain can't be seen to be dragging its heels."

"We haven't had many requests from women wanting to do these events, but if we don't look into it, we'll be called old fashioned."

The indications are that the triple jump and hammer will be studied first. It's thought they could be introduced under medical supervision to ensure there are no adverse effects for women competitors.

"We couldn't just let women participate in these events without considering the medical implications. When the events are introduced for women, it will be with doctors' supervision," said Isobel Docherty.

Meanwhile, an organisation called the Women's Hammer, Triple Jump and Pole Vault Club is continuing to press for men-only events to be made available to women competitors. The club produces a regular newsletter which is sent to nearly 70 members - mainly in England.

The newsletter's editor, Jackie Daley, is a lecturer in physical education at West Yorkshire College of Further Education. She has made several studies of the physiological aspects of some of these men-only sports.

"I have been in contact with the WAAA about these events, but they seem to be pretty negative. I don't think anything will happen for some time. We

will just have to wait and see," Jackie said resignedly.

Readers wishing to obtain a copy of the club's newsletter should send a stamped addressed envelope to Jackie at 62, Rufford Street, Wakefield, West Yorkshire WF2 9PH.

I hope this information is of help to the anonymous female athlete from Dumfries, who wrote to Scotland's Runner complaining that women were barred from the above events.

All correspondence is welcomed, but it would be more satisfactory if contributors could include their names and addresses - these do not necessarily have to be published, but cases can be investigated more fully if we are able to contact you.



More action from the 10K-OK in June, including a pensive race director, Alec Johnston, below.



Highland GAMES

The picture among the amateurs remains almost unchanged, with the old team of Messrs Pettigrew, Menzies, Weir and Naismith collecting most of the awards in the Central belt.

The Scottish professional scene, however, is undergoing some changes. Grant Anderson is still at the top, but his performances have plummeted since he suffered a very severe biceps injury at East Kilbride. He has a number of other old injuries which are hampering him, and lesser lights have been pushing him down in some of the events. However, he still managed to win the British Championship again at Dundee and the World Caber Tossing Championship at Aberdeen, so he remains Scotland's number one. There was a bit of stramash at Aberdeen Games because the caber was said to be lighter than it should have been for such an event, and this gave lesser throwers an advantage over such recognised caber experts as Brian Robin.

Bill Anderson has given some very spirited performances which have enthralled spectators; there just seems to be no end to the surprises from this gentleman of the Games arena. Of late he has beaten much younger opponents such as Hamish Davidson, although the farmer from Nairn is still in the prize lists. Bill remains top of the Grampian League, which is no mean feat when one considers the calibre of the opposition.

After a rather slow start with the pro's Chris Black has come up well, and when his shoulder and triceps have repaired he will be a force to be reckoned with - particularly in the 28lb and hammer. He had a showdown with Brian Robin in Nova Scotia recently and came out on top, which undoubtedly shows the shape of things to come for Brian is ranked as one of the best native heavies.

While these veterans are difficult to dislodge from their



David Webster

customary position, it is very heartening to see the depth of young talent which is gradually developing again in the North East. I was chatting with judge Murray Brown and Calum Morrison, the wood cutter from Aboyne, both active in the SGA circuit, and they were extremely complimentary about up-and-coming competitors such as Francis Bremner, Stephen Aiken, Alistair Gunn, Ron Young and Gordon Martin.

Gunn, from Haikirk, telephoned me to say he was looking forward to a trip to Canada, and I was happy to put him in touch with the renowned Fergus Games where Scots are given a great welcome. He has been doing rather well with the hammers lately, although these were once his least liked events. He had good days at Thurso and Dingwall, beating Bill Anderson's ground records which have stood since 1960. Alistair did 133'9" and 108'9" with the 16lb and 22lb hammers respectively. He also did a 46'9" putt at Grantown on Spey, so we have a potential champion here. However, he needs to improve on the caber and weight for height if he is to do well on the international circuit or world series type events.

Francis Bremner of Fraserburgh is only 22 years of age, but is already exceeding 70 feet with the 28lb weight. He trained right through the severe winter snows and his dedication paid off. Another with considerable potential is young Stephen Aiken, son of Bob Aiken, a champion of yesteryear. Stephen is a very athletic young man, competing in light as well as heavy events.

Currently putting around 47-48 feet, he has excellent prospects as he will gain weight and strength as he matures.

When talking of strength, 18 year old Gordon Martin immediately springs to mind, for he has lifted the two legendary Dinnie Stones at Potarch Hotel in the valley of the Dee. Around 6'3" in height, he has the natural characteristics so necessary for success in the throwing events. I was told he was second at Keith Games recently, where the hammer throwing was the best Murray Brown had ever seen in his years as a competitor and judge. Six young competitors threw over 120 feet, which augurs well for the future of our traditional activities.

I sometimes think it's a pity that an accident of geographical location and sporting laws prevent these youthful proteges from also competing in track and field athletics. After all, as Willie Robertson is keen to point out, Bretons, Basques and the like do not lose their amateur status simply because traditionally they receive cash for their ethnic strength events.

Moving on to the international circuit, as already reported I was able to pass invitations to Brian Robin and Chris Black for the

International Gathering in Antigonish, Nova Scotia. They were very impressed with the local veteran, Jim Sears.

Grant Anderson has turned down an invitation to compete in Santa Rosa, California, and either Robin or Black could replace him. Geoff Capes will definitely be going, as well as myself, and I look forward to reporting the results of this most important competition. Organisation is on course for the big Games being organised by Colin Mathieson in Australia, and this will keep the stars training even after the current Scottish season ends.

Charlie Simpson and Alistair Gunn represented Scotland at the Highland Games in Jakarta, the latter breaking ground records. Big Bill Kazmaier competed in Scotland as planned, virtually going straight from the plane to the Trossachs Games where spectators were flabbergasted at the muscularity of the man. He threw the 56lb weight for height 17'9" at Huntly, and equalled Geoff Capes in an event at Earls Hall Castle, Leuchars.

New competitors at Scottish Games were George McAuslan of Michigan, USA, and Peter Tregloan, British Superheavyweight powerlifting champion from Cornwall, now working as a security manager in

Birmingham. He made his debut at the re-introduction of Glendevon Games, where Geoff Capes is president. Although Capes did not compete at this SGA-registered gathering, I sensed an improvement in relationships and have high hopes that the rift may be healed. I would not be at all surprised to see Geoff back in Crieff at this year's Scottish Championships.

I know for sure that Capes is not at all concerned about drug tests, although he bitterly resents the smear campaigns and alleges that there are attempts to try to "target" him. He has been tested over 20 times without a trace of banned substances and he told me, "I could take tests now and at any time."

Peter Tregloan showed that he can make the grade as a professional with a throw of 15 feet with the 56lb for height, enough for a third place in much more experienced company.

The highlight of the social aspects of Highland Games will as usual be at Braemar, on September 5, when Royalty is almost certain to be present as has been the case since the Victorian era. The Prince and Princess of Wales will also be in attendance at Bute Highland Games, Rothesay, on August 22.



NEWS • NEWS • NEWS • NEWS • NEWS

Shotts

SHOT:

1, A. Pettigrew 14.00; 2, S. Menzies 13.80; 3, W. Weir 13.06; 4, J. Freebairn.

56LB FOR HEIGHT:

1, A. Pettigrew 13'; 2, W. Robertson 12'6"; 3, W. Weir; 4, S. Menzies; 5, J. Freebairn; 6, H. Naismith.

HAMMER:

1, A. Pettigrew 36; 2, H. Naismith; 3, J. Freebairn; 4, S. Menzies; 5, W. Weir.

Cupar

SHOT:

1, S. Menzies 14.42 (P.B.); 2, A. Pettigrew 14.20; 3, W. Weir; 4, H. Naismith.

HAMMER:

1, A. Pettigrew 36; 2, W. Weir 30.40; 3, H. Naismith 29.90; 4, S. Menzies.

56LB FOR HEIGHT:

1, A. Pettigrew 14'6"; 2, S. Menzies 12'; 3, H. Naismith and W. Weir 11'6".

CABER:

1, W. Weir; 2, A. Pettigrew; 3, H. Naismith; 4, S. Menzies.

Scotland's Runner

Irvine

SHOT:

1, A. Pettigrew 13.26; 2, S. Menzies 13; 3, W. Weir 12.96; 4, J. Freebairn 11.11.

28LB FOR DISTANCE:

1, A. Pettigrew 19.70; 2, S. Menzies 17.90; 3, W. Weir 17.40; 4, J. Freebairn.

56LB FOR HEIGHT:

1, A. Pettigrew 12'; 2, W. Weir 11'6"; 3, S. Menzies 11'6"; 4, J. Freebairn.

CABER FOR DISTANCE:

1, W. Weir; 2, A. Pettigrew; 3, J. Freebairn; 4, S. Menzies.

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SPORTS SPONSORSHIP SPECIAL

Sports sponsorship is becoming very big business in the United Kingdom. Alan Campbell looks at some of the trends, and also spotlights various Scottish companies which are heavily involved in sponsorship.

This year, an estimated £158m will be spent on direct sports sponsorship in the United Kingdom. A further £200m will be spent on back-up, through marketing, advertising, promotional work and hospitality.

That, as they say, is the good news. The apparently bad is that only £6m of the £158m will be spent in Scotland.

This comparison, however, unlike most which can usually be made on the population



Alan Campbell

ratio of 1:10, is not so straightforward. Nearly all the really big sponsorship deals are tied into network television

Scotland's £6m slice of the action

coverage – and that, more than nine times out of ten, means an event being staged in England.

In fact Scottish football, for example, has probably more than held its own, particularly in the wake of the commercial crusade at Ibrox. But even prior to this, the Scottish Football Association had well and truly got its sponsorship act together. (Pity about the team, though).

The Scottish Rugby Union, too, has not been noted for its amateur approach where sponsorship matters are concerned.

But what of athletics? Here, it must be observed, the money spent on English meetings in comparison to Scotland is so marked that cries of "fix" do not seem inappropriate – until the facts are known.

This year, the major events sponsors of British athletics – Dairy Crest, McVitties, Kodak, Pearl Assurance, Peugeot-Talbot and National Girobank – have paid a cool £1,087,000 for the privilege of having their names attached to the UK's most prestigious (and televised) meetings. These include the Dairy Crest Games, McVittie's Challenge, Kodak AAA Championships and Kodak Classic (England v USA), Pearl Assurance International and Great North Run, the Peugeot-Talbot Games, and the National Girobank Ulster Games.

A moderate "O" level pass in geography will tell you that London, Birmingham and Gateshead have been the primary beneficiaries of these television spectacles. Glasgow did stage a qualifying race in the Kodak 10K series, and Edinburgh similarly in the

Pearl Assurance Half Marathon series.

John Perera is operations director of Alan Pascoe Associates, the agency appointed by the British Amateur Athletic Board and the AAA in 1985 to raise £3m in sponsorship for the sport, linked to the new five year television contract signed with ITV. Half way through the commitment, APA has already raised £7.5m.

Perera says that APA has a "negligible" influence over

Council's role in cash race

The Scottish Sports Council acts as a broker between events and organisations looking for sports sponsorships, and firms which wish to enter this field.

The council circulates some 2,000 companies throughout the United Kingdom, advising them of sponsorship opportunities. (In this respect it is relevant that 1750 British companies sponsored sport in 1986, compared with 900 in 1981).

The major, and most welcome, £250,000 Schools of Sport Sponsorship announced by the Trustee Savings Bank earlier this year was arranged by the Scottish Sports Council's sponsorship advisory service. The council worked out a similar deal for Maxwell House, which greatly improved the profile of the brand north of the border through a £250,000 training grants package which ended in 1986.

Expect another major sponsorship to be announced in Scotland shortly, but in the meantime council development officer Brian Sansom says companies are reporting getting a good deal out of sport in Scotland.



John Perera

where the televised meetings are held. "Our contract is with the AAA and BAAB," he said.

John Perera does, however, hold out hope for 1988. The Kelvin Hall will soon be opening as a major indoor athletic facility, and one of the existing sponsors is showing interest in taking a televised meeting to the city. There is some evidence, also, that 1988 will be the year when Meadowbank is reprieved from the consequences of the 1985 Dairy Crest Games – when Channel 4 pulled the

Snooker pocketing big money

Lang Brothers are sponsors of the event which coincides with the Glasgow Marathon – and which gets the lion's share of the television coverage that weekend.

Snooker is one of the most televised sports – seven out of the nine heaviest televised events in 1986 were snooker tournaments – and the Langs Supreme Scottish Masters is no exception. That's why Langs are happy to provide a prize fund in excess of £50,000.

The company does have an association with athletics, however through sponsorship of the Glengoyne Gallop – a highly strenuous 1050ft "dash" up Dumgoyne Hill, tempered by a barbeque and dram afterwards. It also backs tug-o-war at Aberfoyle.

Lang's marketing director, Jim Turle, says: "We are in business to develop our brands, particularly in Scotland, and we take a very careful look at how we spend our money."

"Generally speaking, we find that sponsorship funds well used attract a degree of loyalty and support for our brands which we can measure both in terms of sales and, of course, for advertising value."

SPORTS SPONSORSHIP SPECIAL

plug on television coverage in protest at Edinburgh District Council's anti-apartheid slogans. A televised outdoor meeting is on the cards next summer.

There was, of course, one televised meeting at Meadowbank this year – the ScotRail National Championships – with an hour of highlights being transmitted in Scotland shortly after the meeting finished.

ScotRail has sponsored the championships for the past four years – its commitment rising from £10,000 in 1984 to £14,000 this year. No decision has been taken on sponsoring 1988.

This sponsorship is also channelled through APA, because the meeting is televised, although ScotRail was originally wooed through the advances of Scottish athletics administrator John Fairgrieve. British Rail also sponsors other athletics activities, including the Sprinter Trophy, in a total annual £48,600 sponsorship package which ends this year.

John Perera says the SAAA has approached APA in the past, regarding finding other sponsors. "But they have often been for events which have little appeal to a sponsor, such as low-key triangular meets," Perera says.

"The marketability for one-off meetings is very poor," he adds. "You are more likely to interest a sponsor in leagues or junior programmes, which have more overall benefit to the community."

According to a spokesman, ScotRail has been happy with its four year sponsorship of the Scottish championships.

"We are very pleased with the co-operation we got, and feel we have been getting

value for the cash," he said. He added that the SWAA decision not to allow Liz Lynch's late entry would not influence any future commitment to the championships, which will be decided in the next few months.

The biggest athletics sponsorship announced in Scotland so far this year has been by Girobank Scotland, who are putting £13,000 into the coffers of the Scottish Schools' Athletic Association in a two year deal. Not in the league of its parent, National Girobank, but a sponsorship which has

nevertheless been warmly embraced by both sides – even the controversy over the primary schools championships has generated unexpected publicity for Girobank.

Road running in Scotland is of course well supported by commerce and local authorities alike. The role of the latter as sponsors should not be under-estimated – without their cash and administrative input, road running would not have flourished in the way it has over the past five years.



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Olympic rings raise profile

Chartered accountants Grant Thornton have become one of the major sponsors of the British Olympic Association through a £50,000 sponsorship – the sum that is required to be called a major sponsor.

Over a two year period leading to next year's Games in Seoul, Grant Thornton are entitled to use the instantly recognisable Olympic logo on their headed notepaper.

The partnership has 53 offices throughout the UK, and these local offices will also be attempting to raise funds between now and the Games for the Olympic medical support team. This is over and above the £50,000, but is not a commitment to the Olympic association.

Glasgow partner George Ross explains: "We feel there is a link between backing the medical support team and what we try to do for companies – for example, we

feel we can help businesses solve their problems."

Internally, Grant Thornton reckon that such a sponsorship stimulates staff community, and externally, the association with the Olympics and the use of the logo gives a prestigious profile.

"We were looking for an opportunity to raise the profile of the firm. We're not convinced everybody out there is aware of the services we offer," says George Ross. These points become particularly pertinent, as the partnership changed its name from Thornton Baker last year.

Grant Thornton is a corporate sponsor of Scottish Ballet, sponsors the Oxford-Cambridge golf match, and also sponsored the practice ground at the Belfry during last year's Ryder Cup match.

Now, did any club say they were looking for their warm-up area to be backed...

SPORTS SPONSORSHIP SPECIAL

One of the more prominent Scottish sports' sponsors is Alloa Breweries, who have a wide range of high profile events in their portfolio.

In football there is the Skol Cup, which is worth £130,000 this year to the Scottish Football League – with the company spending a further £30,000 on promotion.

Sponsorship manager Pauline Williams is quite explicit about why the company gets involved in football – it's an ideal market place to fight for larger sales of lager.

Alloa Brewers also sponsor the highly popular Skol Awards for which Princess Anne did the honours at the 25th annual bash in January. To win an award, the minimum required is that the recipient is a British champion in his or her event.

Pauline Williams says the Alloa Brewery Trust, which disburses grants to young sportsmen and

women, is, "a particularly rewarding sponsorship".

The famous Skol Sprints, with which Alloa and its predecessors were associated for 21 years, were also described as, "a very long and rewarding involvement."

Until recently Skol also sponsored the Two Bridges race, and a major sponsorship in August was the Alloa Scottish Golf Championship.

The Scottish Milk Marketing Board has been associated with several marathons and half marathons. As sales promotion manager Shirley Ireland explains: "Marathon running has all the right connotations for projecting a healthy, energetic image for milk. This involves as much publicity as possible and, in running events, it can involve badging runners' shirts, finishing banners, and roadside placards."

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SPORTS SPONSORSHIP SPECIAL

Edinburgh Woollen Mills is one of Scotland's most sports conscious firms – and not just because managing director David Stevenson is a former pole vault champion and his wife Alix (Jamieson) a former Scottish athletics and hockey internationalist.

The company's name has been attached to the women's section of Edinburgh Southern Harriers for two years now. The package is worth £50,000 over five years to Edinburgh Woollen Mills Southern Harriers.

"Athletics is growing in popularity every year. We also thought Edinburgh Southern was a good club to sponsor," says marketing manager Gordon Young.

"We have a good relationship and feel we're getting good value for money through name exposure. I think they appreciate our

£50,000 package from Mill

sponsorship too," he says.

The company has other sports involvement in golf, squash, tennis, show jumping and rugby. Three years ago EWM built a sports centre for its headquarters employees at Langholm – to which the public also has access.

"We see sport in general as a good medium for our company, and a good activity to sponsor," says Gordon Young. The company keeps close contact with the female athletes they sponsor – "We're always very pleased when one of them does well," he says.

Banking on a youth policy

The Bank of Scotland is one of the most active Scottish sponsors, supporting over 20 different sports with an emphasis on youth.

In publicity terms, the bank scored a major coup earlier this year when it announced a £60,000 sponsorship of the Scottish Lawn Tennis Championships with Ivan Lendl and John McEnroe (although the latter pulled out) the big-name draws.

Although the tournament was a washout, with rain interrupting almost all the important television coverage, the concept of the top stars playing in Scotland prior to Wimbledon attracted a great deal of international attention.

Scottish international rugby referee Brian Anderson, who is also assistant manager, public affairs with the Bank of Scotland, was in Australia for the World Cup. "I was lying in bed in Sydney, reading about the Bank of Scotland tennis championships in the Sydney Morning Herald. From that point of view, we got excellent coverage," he says.

As a matter of policy, 75 per cent of the bank's sponsorship is youth-orientated – these are, after all, the future customers.

An Ibrox bonanza in lager war

Like Alloa Breweries, Scottish Brewers make no secret of why they are prepared to invest £1m in sponsoring Rangers Football Club over the next three years.

Commercial manager Roger Crosthwaite says: "We're trying to promote sales of McEwans lager in the West of Scotland in opposition to Tennents, and the biggest vehicle in the West of Scotland is Rangers."

Scottish Brewers tried to negotiate a similar deal with Celtic, but the Parkhead directors chose to renew their contract with double glazing firm C.R. Smith – themselves prolific sports sponsors.

McEwans lager is also promoted through a big rugby involvement as sponsors of the national leagues and inter-district championship. Interestingly, Scottish Brewers assign one member of staff – from executive level to clerks and drivers – to each and every one of the 98 national league clubs as part of the overall marketing exercise.

Footnote: APA's John Perera reports that the AAA and BAAB will not tolerate tobacco or hard drink sponsors – beer and wine products are acceptable.

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The Edinburgh Woollen Mill

KICKING THE HABIT

On the next two pages, Stewart McIntosh explains how heroin and other hard drug users are fighting their addiction by taking part in marathons and half marathons – and finding the runner's high a better kick.



Stewart McIntosh



KICKING THE HABIT

This training squad is running for kicks – the biggest kick of their lives. They are all heroin addicts who are using running as part of the therapy designed to wean them off hard drugs and jog them steadily back into ordinary life.

The Cardross Drug Problem Resource Group started using running as part of its programme over a year ago, and eleven men and three women successfully ran the Glasgow Marathon. A dozen are entered for this year's event and already this year hundreds of Scottish runners have been beaten to the finishing tape in half-marathons by people who a short time ago were hooked on hard drugs.

During last year's marathon, a video film was shot of the Cardross participants. Afterwards, feelings were running high as euphoric runners came to terms with their success. "That's the best hit I've had in my life – definitely an all time high," said one of the women proudly clutching her medal.

Many of the runners are multiple drug abusers, and most are aged between 18 and 25 – although 38 year old John Hamill managed to give up his 15 year hard drug habit and now regularly runs half marathons.

"I found the running really tough at first, but after I managed to cope with a couple of miles I got into my stride and decided this was for me. It has been the only thing in 15 years that has helped me to get off hard drugs," he says.

"Recovering from drugs puts you under a great deal of strain and stress. I've found that running helps to clear my head and puts things into perspective. It relieves tension and brings me a peculiar feeling of tiredness. I put it down to the 'runner's high' – when I experienced that for the first time I realised that it was a natural high and not an artificial one."

John has found that the running has built up his physical and mental strength. "The training discipline helps you to build a new life. When I go home at weekends all my old drug contacts are still there in the neighbourhood, but I head off for a run round Hoganfield Loch and my troubles seem to fall away. When I came into Cardross I weighed 9 stone 2lbs, but as I've got stronger I've gone up to 10 stone 7lbs – and it's fit muscle, not fat."

John says that he intends to use his running to help him keep off the drugs when he leaves Cardross. He has run several half marathons this year, including a 1:34 at the Luddon. He also joins nine-year-old son John in fun-runs. Now he is training hard for the Glasgow Marathon.

"When I've run a full marathon I know that I'll be hooked for good. I'm never going to give this sport up. I'll be taking my gear with me when I go back into normal life," he says.

Jim Mitchell, 26, is now a volunteer worker at Cardross after using running to shake off his drugs habit. After being on heroin for two and a half years, he took up running three years ago and, having run a 3:03 marathon last year, is keen to break three hours in the Glasgow next month.

"I think that it's the runner's high that does it. It's a much better high than the one you get from heroin. It's a clean, clear feeling – it doesn't compare to anything else I've ever experienced. I'm training hard for the sub-three I want in Glasgow, doing a 22 miler every Sunday and regular mid-week runs. It's great to be able to help other people at the centre to discover the benefits of running," he says.

Volunteer worker Robert Barton brought

running into the therapy when he discovered that it helped him to cope with his wife's death. "I found that going out for a jog helped me to overcome the pain and to face up to life again, so I decided that if it helped me with an emotional problem perhaps it could help the folk at Cardross," he says.

He believes that running helps to combat drug addiction in several ways. "It is all part

of a programme designed to help all aspects of a drug addict's development – physical, emotional, spiritual and psychological. Running helps to make you stronger and healthier. Many drug addicts are severely weakened by their habit, so regular training begins to build them up again and helps to cope with the depression that often comes with withdrawal. The key thing is that running fills a big gap in their

KICKING THE HABIT

"Secondly, there seems to be a biochemical mechanism. The evidence is still speculative, but there are receptor sites in the brain which seem to prefer the external stimulus of drugs, rather than the body's own natural stimuli. Withdrawal from drugs often leads to the body being unable to produce those natural receptors, but exercise will promote production of the very substances which the withdrawer needs. The result is a feeling of well-being and of coping with the problem," she says.

Dr Robert Scott, a GP who looks after the health of people at Cardross and who ran the marathon himself, has seen the running programme make a big difference in the lives of the drug addicts.

"Of course as a runner I suppose I'm biased, but I've got to say that I have been impressed by the benefits which the kids get from running. There seem to be physiological and psychological benefits. It certainly creates enthusiasm and seems to make people more determined to kick their drug addiction. The possible links between the 'runner's high' and the production of natural opiates is a very intriguing one and deserves close research," he says.

Research in the USA indicates that the feeling of euphoria sometimes called the 'runner's high' is caused by the body-producing endorphins, or 'natural opiates', which give a feeling of well-being, enthusiasm and even joy.

Nobody claims that running is a magical cure for drug addiction, but everyone involved with the Cardross experiment agrees that there seem to be real benefits. Withdrawal from drug addiction has a very high failure rate and one or two of the runners in the scheme went back on the drugs when they left Cardross. But many of them are still running and have managed to outkick the addiction so far.

At least one has joined a running club and has blazed a trail that Robert Barton is keen to see others follow. "People often go back onto the drugs because they go back to their old way of life and their old contacts. But if they join a club they meet new friends and have new targets in life.

"The very fact of being accepted as part of the team has a big impact on drug addicts. Many of them have a very poor image of themselves. I hope that any club that finds a former addict applying for membership would extend a welcome – they could be providing a vital key to the future for that man or woman," he says. ■



Robert Barton, above with glasses, leads the Cardross squad on a training run around the grounds.

Photographs Joe Campbell

lives – it replaces a negative addiction with a positive addiction."

Sports psychologist Doctor Nanette Mutrie of Glasgow University believes that running can help to cope with drug withdrawal and rehabilitation. "No real research is being done in this country, but some clinics in the USA use running as a regular part of the therapy. I think it works in two main ways," she says.

"Firstly, as you get fitter and healthier your self-image improves, and that increases your motivation to look after yourself and stay in good condition. Switching from the negative stimulus of toxic substances to the positive stimulus of exercise brings the psychological benefits of a better body-image and the positive reinforcement of the new behaviour pattern.

'Run like me — for a winning team'

Jack Buckner,
European 5000m
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RUNNING BLIND

When I went down to Meadowbank to see Willie McLeod and his coach Margaret MacLean, he was half-way through his second set of 60 metre runs — just like any sprinter might be doing at this time of the year. Nothing out of the ordinary there, you might think, except that the coach was yelling numbers at the top of her voice ('I left my megaphone in the car,' she explained somewhat hoarsely) to guide her athlete down the track. Willie is blind.

He lost the sight of one eye at the age of nine due to a catapult accident. The eye was not removed at the time, and eventually affected his good eye until about a year later Willie found himself totally blind. Surprisingly, he says that the people around him — his parents and family — found it harder to come to terms with his blindness

than he did. At that age he was very resilient and quickly accepted his predicament, adapting to life without sight, and a new environment at the Royal Blind School in Edinburgh.

Now Willie is totally independent, lives in his Edinburgh home alone, and works as a supervisor at the Scottish Braille Press



Fiona Macaulay

computer department, which churns out everything from novels to religious pamphlets.

When it comes to athletics however, Willie is totally dependent on Margaret, except for a simple circuit he can do on his own. She is his athletic eyes.

Margaret MacLean was a long-standing coach with Edinburgh Southern Harriers, now Edinburgh Woollen Mill. One day she watched a group of partially sighted and totally blind athletes training with the partially sighted Eddie Sanderson and got involved, finding it so committing that her club coaching began to take a back seat and she never did sit the senior club coach examination as intended.

Margaret is responsible for pioneering able-bodied coaching and organised competition for the totally blind, including



WILLIE McLEOD - ACHIEVEMENTS

Athletics

- 1978 British record — long jump
- 1979 British record — long jump, javelin and 400 metres
- 1980 British record — long jump, javelin, 60 metres and 100 metres
- 1980 Gold medal, Olympics — 60 metres
- 1981 Silver medal, World Games, Italy
- 1981 World record, 400 metres, Belfast
- 1982 Retained all British titles and improved long jump record
- 1982 Games records at Irish International Games and Rotary International Games
- 1982 Completed Edinburgh Marathon in five hours with no physical attachments
- 1984 New event, pentathlon at Olympics in Long Island — fifth (injured in long jump practice)
- 1984 Bettered British long jump record at Manchester Games
- 1985 World record in long jump at Dublin Games — 6.68 metres
- 1985 Fourth European Games Pentathlon
- 1986 Awarded MBE for service to disabled sports

Bowling

- 1974/5 British indoor bowling champion
- 1976 Olympic silver medal, Canada
- 1977 British indoor bowling champion
- 1979 British indoor bowling champion
- 1980 British lawn and indoor bowling champion
- 1982 British lawn bowling champion
- 1984 British lawn bowling champion
- 1985 Scottish lawn bowling champion

training programmes, proper dress and standards. During her first two years of coaching the visually handicapped, she had nine athletes, five totally blind and four partially sighted, as well as five Edinburgh Southern girls who integrated with the latter. From that group came a string of British records and two world records, one partially sighted and one totally blind.

Because a blind athlete is totally dependent on his "caller", or in the case of middle and long distances his "runner" – someone he or she is attached to for the duration of the race – expenses are always doubled. Sponsorship is not easy to come by, but Margaret and Willie have had a lot of help from British Home Stores, the occasional plane tickets from British Airways, and also Britoil, who sponsored him for the 1984 Olympics.

Margaret investigated various methods of "calling" with professionals from the Royal Infirmary in Edinburgh, and with help from technical services at Napier College. After seeking advice from ex-professional sprinter and coach Wilson Young, they devised the numbers system that Margaret and Willie use now.

When Willie starts running, Margaret continually shouts "five". If he starts veering to the left, she shouts "four" and he knows to straighten up, and when she shouts "six" he knows he is going off to the right. They experimented with electronic bleeping devices, but Willie found them too impersonal, much preferring Margaret's voice instilling confidence in him and encouraging him to run faster as her calling becomes more urgent during the course of the race. For obvious reasons, a blind sprinter always races against the clock and does not share the track during a race.

Coaching a totally blind, as opposed to partially sighted, athlete is far more demanding and requires total commitment. Margaret cannot take her eyes off Willie until he is safely off the track at the end of a session. They choose times to train when the track will be fairly empty – round about 5pm, or maybe after eight o'clock, and Margaret must make sure the track is clear before Willie starts each run. She points out, however, that Willie still asserts his independent nature as much as he can on the track, hating to be led back to start each new run and preferring to feel the edge of the track with his feet as a guide.

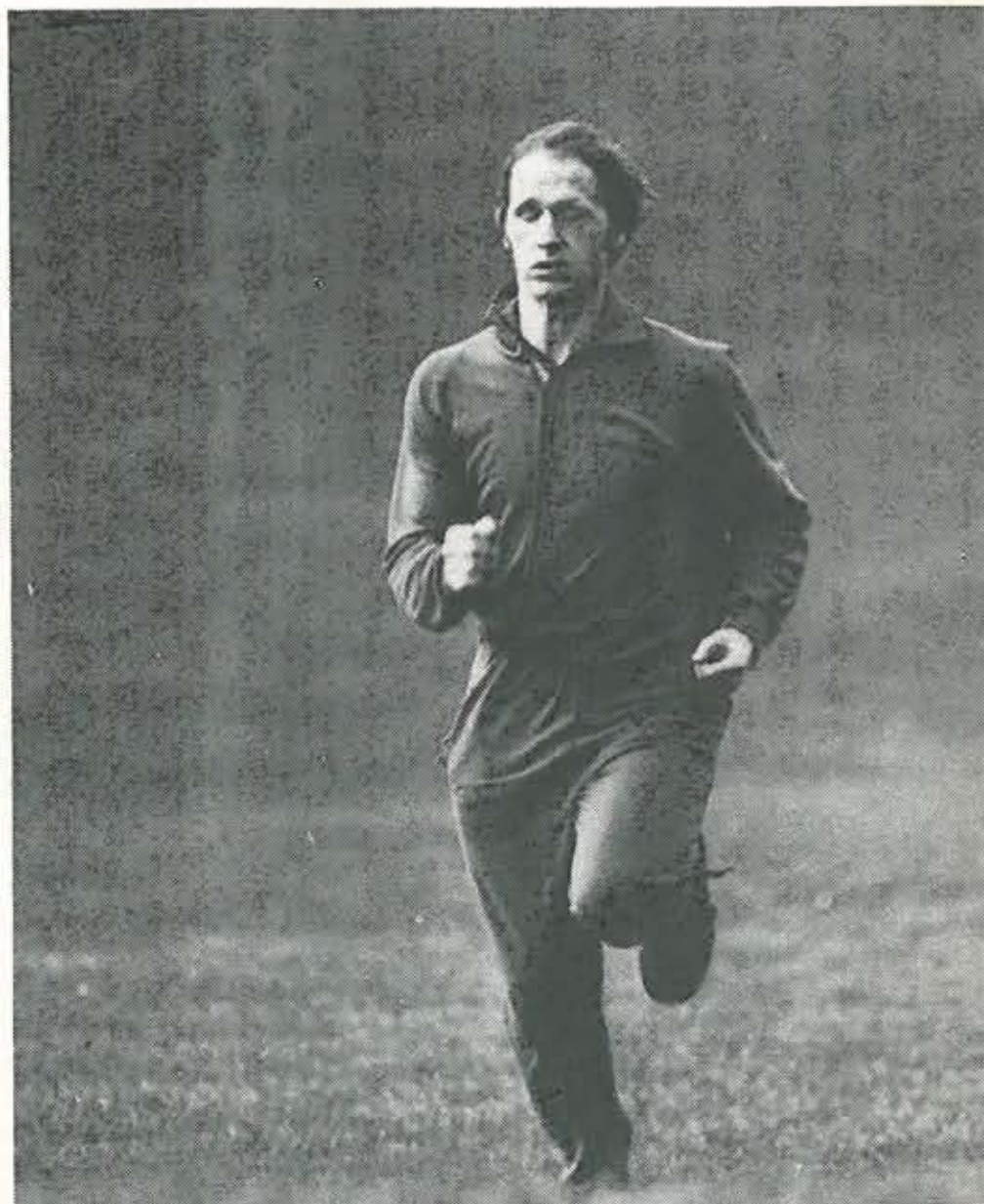
Besides being Britain's top blind sprinter since 1980, Willie also holds the world record in the long jump with 6.68 metres. A blind athlete counts the number of strides (in Willie's case seventeen) and then jumps.

There must be an experienced caller in charge, or injury can result as Willie will testify to, still bearing the scars from landing on concrete when the British Association for Sport and Recreational Activities of the Blind would not pay for Margaret to accompany him to the Visually Handicapped Olympics in 1984, saying that anyone could do the calling. (Even when a fellow coach at Meadowbank offered to put up the £1000 necessary for Margaret to make the trip as a spectator, BASRAB would not guarantee that she would be allowed on the track to call for her athlete).

Stripped of the confidence that is the key to success in blind athletics, Willie did not run well, and a bad call in long jump practice resulted in his injury. He did travel to one more international event without Margaret, but could not hear the caller, and decided never to compete internationally again without his coach.

To send this athlete to any meeting, let alone the Olympics, without his caller must have been like taking away his guide dog (not that Willie has one!) and asking him to have confidence in a poodle for the day.

You only need to watch Margaret and



Willie McLeod at work, above, and below being coached by Margaret Maclean.



Willie training together once to sense the great relationship they have, the unquestionable confidence that Willie has in Margaret, and the cool unflustered way in which Margaret is totally in charge of the whole situation. They joke and laugh together, and Willie is very much aware and interested in what his fellow able-bodied athletes at Meadowbank are doing and have achieved through the constant information that Margaret feeds him.

To take up Willie's story, he told me that in 1975 he heard that selectors were looking for young fit blind people who might be candidates for the first Visually Handicapped Olympics in 1976. Under Eddie Sanderson he started training, but was actually selected for bowls, in which he won a silver medal. The blind find the direction in bowling by the use of a string, and are told how near the jack they are after each shot, and the position of the other bowls so they build up a mental picture. While he was at those Olympics, Willie says he "saw the athletics" and it really interested him.

In 1977 he met Margaret, and started serious training six or seven nights a week, doing circuits, multi-gym, fartleks and

weights, as well as track work at Meadowbank. Because a blind athlete cannot be simply shown what he should be doing with his arms and legs, he has to be physically manipulated, and Margaret found harnesses very useful for this.

Willie was selected for the 1980 Olympics in Arnheim, where he won a gold in bowls and the 60 metres. His British records of 12.1 for the 100 metres and 7.6 for the 60 metres have stood since 1980, and he also has Irish all-comers records in the 100 metres, long jump, and javelin (coached by Tom Lynch). He won a silver medal at the Italian International Games, and was the first British athlete to break the world record for the 400 metres in 1981.

The only events the blind do not compete in are the pole vault and the hurdles, and Willie has also competed in the Olympics pentathlon – and even completed the Edinburgh Marathon in five hours with no attachments. Margaret met Willie when he was 30 (he is now 41) and says: "Imagine what he might have achieved if I had met him ten years earlier."

Willie was the first totally blind track and field athlete to be honoured with an MBE – in 1986 and Margaret was the BANC/Dextrosol Scottish Coach the same year. She is quick to acknowledge the tremendous support, help, and advice received from Wilson Young, George McNeill, Bob Pringle, Bill Walker, George Sinclair, the late Betty Clapperton, and a consultant radiologist at Edinburgh's Royal Infirmary, Dr Kirkpatrick.

But the driving force behind Willie's success is Margaret McLean's dedication and commitment, and of course great determination and courage from the athlete himself. Willie says he enjoys life to the full, and when I asked him what his reaction would be if he was told he could have his sight back tomorrow, he says: "Probably not as pleased as you think I'd be, because I have such a great life with my work, friends, and of course athletics and bowls."

Willie is also a seasoned trout fisherman, makes up casts and flies, has passed an able-bodied downhill slalom ski test, and enjoys folk-singing, accompanying himself on guitar, although Allan, Margaret's husband – who also has impaired vision – suggests Willie's singing gets better the more he drinks!

Margaret and Willie think that next season will be Willie's last in international athletics, although he will always keep fit. They plan a very intensive winter with a view to having one last great athletic fling, probably at the home international in Dublin next year.

Alan Robson describes the trip he and Penny Rother made to the Caribbean in April to take part in the Tobago Half Marathon. They found the pace rather hot!

"TYPICALLY TROPICAL"



Alan Robson

Would you be interested in a half marathon some time in April, was the question. I am always interested in a race wherever it may be, but when this race turned out to be in the Caribbean, it took me all of a tenth of a second to say, "Yes, I'm interested," trying not to think about it too much for fear of nothing transpiring. I carried on with my race-a-week schedule.

Towards the end of March, I had a call to say the ticket was waiting to be collected at the British Airways office in Edinburgh, and that Penny Rother (Edinburgh Athletic Club) would be competing in the women's event.

So, on April 21, we set off from Edinburgh. Ten hours later, after stopping at Antigua and Barbados, we landed in Trinidad to be met by Guinness Caribbean's sales manager, Dennis Peyrau, who informed

us that he had arranged press and television interviews for the following morning.

I had been told that the islands take their sporting heroes very much to heart and began to believe this when we looked up and saw the name Hasley Crawford written along the side of an aeroplane (could it be that the former Olympic sprint champion took a few flyers in his time?)

At the interviews, Penny told the Caribbean's answer to Desmond Lynam that the main factor would definitely be the heat, while I prattled on about how I had run in the heat before in Australia and it would not be too much of a problem (who was I kidding?) He then asked me if I was any relation of the Robson who plays for Manchester United. I assured him that I was not, and that I did not have an uncle called Bobby either.

When we arrived in Tobago, we were taken to our hotel by the woman who was to look after us during our stay. Martha also had a hand in the organisation of the race due to take place four days later on the Sunday at 3.30pm (yes 3.30pm!) - the hottest time of the day.

After settling in at the hotel, I decided to wait until 3.30pm to

go out for a run - I decided that I might as well find out just how hot it was going to be. Off I went in the direction of the route the race would take on Sunday.

After ten minutes I was not too bad, but breathing was a bit heavy. After twenty minutes I could hardly see for sweat in my eyes. I turned and headed back, but the breeze that I had been running into was no longer there - it was now behind me and I was running into a sauna. The legs were going. It took a lot longer to get back to the hotel and give Penny the good news. After she had found out for herself, she decided that the slow times of last year's race were getting better all the time.

As race day approached, we decided we could only do our best and prayed that we did not have to be scraped up from the tarmac on Sunday afternoon. As for the opposition, we knew nothing about them - all I had heard was that the main man around these parts was Moses Ranghell, who reputed to have run 65 odd for the distance. In the women's event, Penny seemed to be a certainty to win according to the papers, as her nearest rival was minutes behind.

As we packed our running

gear, together with a flask of water, I was actually looking forward to the event and I was sure I could win. I had met Moses earlier at lunch and he looked a bit nervous. However, when I told him my best time, he seemed to calm down somewhat. (I'll know in future never to tell the truth when asked that question!)

We left for the race at 3.10pm, not wanting to be too early as it would have meant standing around in the heat. When we arrived at the start we certainly stood out from the crowd, as hundreds of black people limbered up for the run. I could not believe it when someone was actually rubbing on deep heat!

On the line, I could see that a Canadian girl staying at the same hotel as us had decided to run, so at least Penny would be involved in a race. I don't know why, but I kept expecting Graham Crawford to appear!

The gun went off, and I have never seen so many people sprint at the start of a half marathon. They soon fell by the wayside, and it was left to Moses, myself and another runner by the name of David Ramsammy to take on the running.

I was still quite comfortable at the seven mile mark, but I

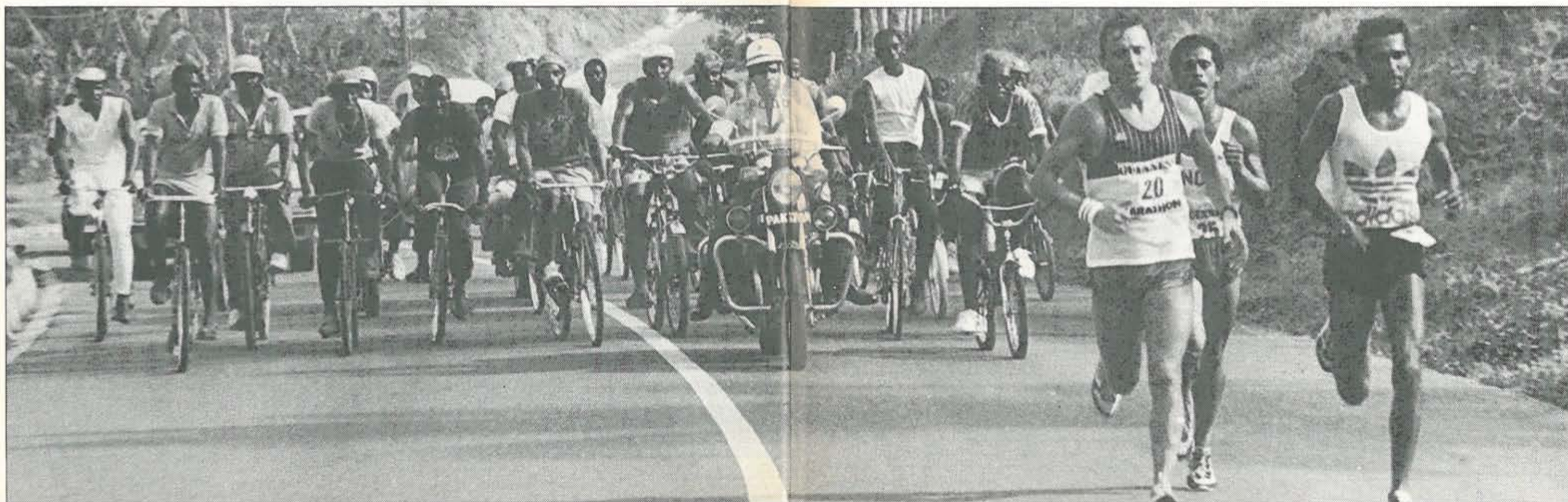
knew it would not be too long before the heat hit me and at eight and a half miles Moses started to pull away on a hill. From then on it was how to finish in a respectable state in this 98 degree heat, so I eased back and regained some composure although Ramsammy was catching me rapidly. When he went past me there was nothing I could do. However, he proceeded to go the wrong way, leaving me back in second place.

Moses crossed the line in 70.42, while I held on for second in 72.36 and Ramsammy was a further 36 seconds adrift.

We then waited for the first woman to appear, hoping it would be Penny so we could have at least one win to celebrate that night. However, it was not to be as the Canadian, Sandra Derbe, crossed the line in 92.41, with Penny second in 95.00.

It is fair to say that we were not too disappointed with the result and we thoroughly enjoyed the chance to compete in such a friendly and beautiful part of the world. ■

Alan Robson feels the heat, while the Tobagans find a much more relaxed way to cover the distance.



Triathlons

On Sunday August 2, I took part in my second "English" triathlon this year. It was a Grand Prix series event and consequently was very well organised, following strict guidelines to ensure consistency between events.

Within the series, triathletes can enter so many events. At the end of the season there is a designated race they must compete in (this year, it is at Milton Keynes) and then the overall positions are calculated.

There are no Grand Prix triathlons in Scotland, and I was somewhat annoyed to find that non-B.T.A. members were required to pay a £1 levy at race registration. When I naively pointed out that we were not required to pay this levy in Scotland, I was reminded that there were no Grand Prix events! The B.T.A. want our Scottish membership, and yet have little to offer us in return; surely this reinforces our need for a Scottish Triathlon Association that will fight for our cause and have our interests at heart.

The venue for the Tynedale Triathlon was at Kielder Water, which encompasses the biggest man-made forest in Europe and the Kielder reservoir, which is equally large and perfect for a one kilometre swim.

The 200 competitors went off in four waves - 50 in each, at two minute intervals. The Grand Prix triathletes went off first and were followed by the ladies.

Women tend to fare better in these cold water situations, and I noticed that after our training swim in the Forth I felt a lot better than my male friends, who are blessed with much less body fat to keep them



Diana Caborn

warm. This is probably one of the few advantages of a higher natural percentage of body fat in women.

For the race, I wore a short wetsuit borrowed from a friend. I found it helpful - not so much in the swim but in the later stages of the event. My legs felt really good for the first 20 miles on the bike, although my feet didn't warm up until the run!

Wet suits certainly conserve the amount of energy (calories) lost in the water and this is important in a longer event lasting two to three hours. It mustn't be too tight, otherwise you will restrict your breathing and your stroke, but if it is too loose you will get cold water slushing around next to your skin.

A sleeveless suit is recommended and the new triathlon regulations are likely to stipulate this. Sleeves prevent the natural sweating and cooling mechanism in the arm-pits and may result in the body overheating. Likewise, a lot of grease under the arms and elsewhere may impede the sweating process; it is important to remember this, and fluids become particularly important in the race. I found a short wetsuit fine and still managed a quick transition!

This is the first race where I experienced navigation problems and I broke one of

the golden rules by following the guys in front, who were also swimming off course. As I was having problems with visibility it was tempting to look at the swimmers ahead, rather than lift the head well out of the water and look for the marker buoys. "Sighting", as it is called, is very strenuous and should really be done every four to six strokes to check that you are on course and not drifting with the current. Several of us swam a triangular route rather than "out and back".

The water temperature was 57F and necessitated wet suits, which were worn by all but ten triathletes. An American girl I spoke to, who had just flown in from the U.S. days before, said that they had just cancelled a triathlon because the water temperature was below 60F. It seems we are behind on our ruling, as the Irish Triathlon Association has also adopted a rule stating that wet suits must be worn if the water temperature is below 60F.

Open water swimming is very different to pool swimming, and offers another challenge within the sport of triathlon. Because of a recent trip to America, I had little opportunity to practice cold water swimming - daily temperatures of over 100F made it impossible to find cold water! I had time to take one cold water dip in the Firth of Forth before the race, and this proved invaluable. I didn't experience the problems I faced last year, when I was forced to swim on my back in the initial stages of the swim because I was hyperventilating with the shock of the cold water.

If you try to swim crawl in this state, you risk swallowing a lot of water and the cold water on

your face aggravates the problem. Last year I hadn't yet acquired the many tips for cold water swimming: two swimming caps, with tin foil in between to minimise heat loss (at least 30% of body heat is lost through the head), and "Boots petroleum jelly" rubbed liberally on the arms and legs, the back of the neck, behind the ears and under the arms. Some people even put grease on the soles of their feet.

Like last year's Tynedale triathlon, this race proved an equal challenge. The swim was followed by a 30 mile hilly bike ride through attractive countryside, and finished with a long 10K run over the base of the Don and through the forest. Although I had plenty of diluted electrolyte drink during the bike leg, I was extremely thirsty on the run and also chewed some "Dextrosols".

This was the first race I experienced physiological problems in, and had to run through slight dizziness and blurred vision in the first mile of the run. I'm not sure whether the glucose tablets had more of a psychological than physiological effect, but they resolved the problem and I could focus on the runner in front's number once again! I wouldn't say I "hit the wall", as physically my legs felt fine, the only symptom being vision problems.

I can only speculate that the grease may have effected my cooling mechanism, but it is difficult to pinpoint one factor as the cause of the problem. Drinking and even eating in longer races is necessary to maintain optimum performance, and I will be discussing this in more detail next month.

SCOTLAND'S RUNNER

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Emblem spears a captain's success

The BSIAB Track and Field International was held in atrocious weather conditions at Tweedbank Stadium, on July 18, writes Linda Trotter.

The highlight of the meeting was a phenomenal new best performance (the only one) in the shot putt - 18.85m - by Irish captain, Victor Costello. For Scotland, the event was redeemed by individual success for Kathleen Lithgow in the sprints, and captain Nicola Emblem in the javelin.

With athletes unable to practice run-ups or changeovers at the track in the morning, because of the torrential rain, which made wellington boots a necessity for any official unlucky enough to cross the infield (let alone be a throws judge), the event was always going to run late - how many minutes does the peeling off of wetsuits add to any event?

The Scottish team, vastly more experienced than in 1986 with 19 of Swansea's competitors taking part, still finished in overall third place, but the girls were second (third in 1986) and the boys third (fourth in 1986).

Although the boys team, captained by Simon May, was the strongest available on the day (apart from Glen Stewart, who ran in the AAA Championships), it is now two years since we have had an individual victory. This, however, does not detract from Iain Black's great 4.00m vault, or David Barnetson's 2.00m high jump.

Kathleen Lithgow's sprinting



Nicola Emblem... 46.92 metres brought her a rare home victory

All photographs by Dave Stranock.

was amazing in the conditions, especially in the 200m where she beat the very good English girl, Paula Cohen, who has recorded 24.7s this season. Nicola Emblem easily won the javelin, demoralising the field with her first throw, and in the shot, young Alison Grey moved up to 4 kilo, to take a very creditable second place, with veteran of three internationals, Andrea Rhodie in third place. Special mention must be made of Eilidh Johnson who knocked 2.2 seconds off her personal best, recording 64.0 seconds in the 400m hurdles.

Scottish placings and results from Tweedbank

100m - 1. Kathleen Lithgow 12.5 (Wind -4.2); 2. Alison Edmonds 13.0; 3. Simon May 11.4 (W -2.0); 4. Darren Galloway 11.5

200m 'A' - 1. Kathleen Lithgow 25.2 (W -1.6); 'B' 2. Lisa Herrington 26.0 (W -2.7); 'A' 3. Simon May 23.3 (W -2.5); 'B' 2. Darren Galloway 23.2 (W -1.8)

400m - 'A' 1. Emma Lindsay 58.8; 'B' 3. Mary McClung 59.2; 'A' 4. Stephen Wallace 52.2; 'B' 2. Peter Kennedy 51.3

800m - 6. Debbie Kelly 2:20.9; 7. Ainslie Normand 2:21.2; 4. Grant McDowall 2:02.9; 8. Jason Hemmings 2:04.4

1500m - 7. Joan Anderson 4:51.6; 8. Sonya Grainger 5:01.9; 4. Alan Mcbeth (pb) 3:57.5; 7. Alan Kinghorn 4:10.9

3000m - 7. Sheena MacDonald (pb) 10:46.7; 8. Marlene Gemmell 11:27.1; 5. Stuart Barnett 9:09.0; 7. Martin McBride 9:21.8

1500m Steeplechase - 4. Andy Russell 4:36.8; 7. Barry Gorman 4:47.1

80m Hurdles - 'A' 3. Clare Macintosh 11.8 (W -1.6); 'B' 2. Kathleen Aburn (pb) 12.0 (W -2.0)

100m Hurdles - 'A' 4. Gordon McNair 14.3 (W -1.3); 'B' George Campbell DNF

400m Hurdles - 'A' 3. Hazel Edgar 66.9; 'B' 2. Eilidh Johnson (pb) 64.0; 'A' 4. Nigel Douglas (pb) 59.7; 'B' 4. Jamie Bell 61.8



Sprint power... Kathleen Lithgow and Simon May.

4 x 100m Relay - 2. Alison Edmonds; Kathleen Lithgow; Lisa Herrington; Nancy Rosendale, 48.2; 2. Alexander Carnie, Darren Galloway, Mark Avis; Simon May 43.5

4 x 400m Relay - 2. Fiona Calder, Kirsty Baird, Mary McClung, Emma Lindsay 3:56.2; 2. Stephen Wallace, Peter Kennedy, Brian McGurk, Craig Westwood 3:30.9

High Jump - 4. Fiona Silver 1.55; 6. Nicola Emblem 1.55; 2. David Barnetson 2.00; 4. Stephen Ritchie 1.95

Long Jump - 3. Alyson McGregor 5.62 (W +2.94); 5. Caroline Black 5.26 (W +1.44); 7. Mark Avis 6.02 (W +1.0); 8. Gordon McNair 5.95 (W +1.3)

Scotland's Runner

Triple Jump - 6. Fraser Hopkins 12.88 (W +3.53); 8. Garry Church 12.50 (W +3.79)

Pole Vault - 3. Iain Black (pb) 4.00

Shot - 2. Alison Grey (pb) 11.48; 3. Andrea Rhodie 11.02; 5. Neil Mason (pb) 13.89; 8. Olufemi Fowora 12.75

Discus - 4. Alison Grey (pb) 35.10; 7. Anya Adam 28.22; 5. David Allan 39.94; 7. Iain Black 37.16

Javelin - 1. Nicola Emblem 46.92; 5. Lesley Burt 34.42; 3. Philip Crawford (pb) 48.74; 8. Ian McGurk 37.24

Hammer - 5. David Allan (pb) 50.82; 7. Alexander Gibson 41.00



Scottish ranking lists

Compiled by:
DUNCAN McKECHNIE

100m (automatic)

10.25	Elliot Bunney	(ESH)
10.28	Allan Wells	(ESH)
10.48	Jamie Henderson	(J)(ESH)
10.66w	Alan Trimby	(ESH)
10.80w	Alan Doris	(EU)(10.96)
10.94	Cameron Sharp	(Shett)
10.96	Neil Turnbull	(ESH)
10.98	Dave Clark	(ESH)
11.01	Steve Scott	(EAC)

100m (hand)

10.2w	Allan Wells	(ESH)
10.7	Ken McKay	(Pit)
10.7	Neil Turnbull	(ESH)
10.7	Alan Doris	(EU)
10.7	Alan Trimby	(ESH)

200m (automatic)

21.17	Jamie Henderson	(J)(ESH)
21.14	Elliot Bunney	(ESH)
21.44	Neil Turnbull	(ESH)
21.51w	Martin Johnston	(EAC)
21.89	Brian Whittle	(Ayr)
21.68	Dave Clark	(ESH)
21.69	Simon Leary	(ESH)
21.80	Gary Patterson	(ESH)
21.97	Cameron Sharp	(Shett)

200m (hand)

21.0w	Neil Turnbull	(ESH)
21.0w	Martin Johnston	(EAC)(21.2)
21.5	Brian Whittle	(Ayr)
21.9w	Dave Clark	(ESH)(21.6)
21.6	Gary Patterson	(ESH)
21.6	Cameron Sharp	(Shett)
21.6	Willie Fraser	(EAC)



Tom Hanlon... took 10 seconds from his steeplechase best at the AAA championships

400m

46.39	Brian Whittle	(Ayr)
47.0	Andrew Walker	(ESH)(47.13)
47.64	Gary Patterson	(ESH)
48.17	Mark Davidson	(J)(Ab AAC)
48.2	Allan Murray	(J)(Kilm)
48.3	David Strang	(J)(HGY)
48.3	David Young	(EAC)
48.6	Willie Fraser	(ESH)
48.87	George Fraser	(Lough C.)
48.95	Dave McCutcheon	(L'pool)

800m

1.45.96	Tom McKean	(Bells YMCA)
1.48.84	David Strang	(J)(HGY)
1.49.62	Tom Ritchie	(Pit)
1.51.4	Alistair Currie	(N & EB)
1.51.40	Nick Smith	(J)(Stamford)
1.51.57	Stuart Paton	(Belg. H.)
1.51.6	Richard Archer	(St. AU)
1.51.76	David Gray	(Ayr. S.)
1.51.77	Sam Wallace	(J)(Cambus)
1.51.90	Duncan Black	(L'pool)

1500m

3.42.53	Adrian Callan	(Spr. H)
3.45.6	John Robson	(ESH)
3.45.67	Hamish McInnes	(O. Gay)
3.45.74	Robert Fitzsimmons	(Bella H)
3.45.98	Alastair Currie	(N & EB)
3.46.3	Sam Wallace	(J)(Cambus)
3.47.00	Tom Hanlon	(ESH)
3.48.04	Richard Archer	(St AU)
3.48.69	Peter Fleming	(Bella H)
3.49.94	Paul Forbes	(EAC)

5000m

13.51.20	Peter Fleming	(Bella H)
14.02.56	Nat Muir	(Shett H)
14.04.5	Allister Hutton	(ESH)
14.15.0	Tom Murray	(GGH)
14.15.05	Callum Henderson	(ESH)
14.20.77	Gary Grindlay	(ESH)
14.21.38	Scott Dry	(Bungley)
14.23.83	John Robson	(ESH)
14.24.65	Lindsay Robertson	(EAC)
14.25.07	Hamish McInnes	(O. Gay)

10,000m

29.03.36	Peter Fleming	(Bella H)
29.18.59	Allister Hutton	(ESH)
29.28.23	Callum Henderson	(ESH)
29.38.40	Tom Murray	(GGH)
29.44.11	Andrew Beattie	(Luton)
29.49.57	Callum Murray	(Cambus)
30.09.30	Craig Ross	(DHH)
30.18.86	Alastair Douglas	(GU/VP)
30.21.49	Paul Dugdale	(DU)
30.54.58	Colin Ross	(Shett H)

Steeplechase

8.28.29	Tom Hanlon	(ESH)
8.57.58	Ian Steel	(ESH)
8.58.9	Richard Charleston	(W & B)
8.59.17	David Thomson	(Shaft)
8.59.33	George Mathieson	(ESH)
8.59.84	Angus Henderson	(AU)
9.05.87	Gary Zeuner	(Ab AAC)
9.07.59	Robert Carey	(Annun)
9.14.70	Graeme Croll	(EK)
9.15.96	Tim Bedell	(ESH)

110m H

14.11	Neil Fraser	(IH/EAC)
14.56	John Wallace	(N & EB)
15.79	Allan Leiper	(AFD)(15.6)
15.89	Colin Hogg	(EAC)(15.4w/15.6)
15.98w	Tom Leighton	(IH/ESH)(15.8)
16.41	Ben Thomson	(EAC)(15.5)
16.73	Roy Buchanan	(Pit)
17.25	Alan Rankin	(ESH)



Peter Fleming leads Nat Muir and eventual winner Dave Taylor of Ireland in the 5000 metres during the international at Meadowbank

400m H

51.91	Dave McCutcheon	(L'pool H)
52.4	Peter Campbell	(Stoke)
53.18	Stewart Dempster	(ESH)
54.0	Mark Fulton	(Sale)
54.26	Ben Thomson	(EAC)
54.8	Mark Davidson	(J)(Ab AAC)
55.02	Andrew Bowie	(ESH)
55.84	Alastair Taylor	(IH/EAC)
56.3	Ken Anderson	(Nith V)
56.6	John Scott	(EAC)

Marathon

2.12.32	John Graham	(B'field H)
2.15.07	Lindsay Robertson	(EAC)
2.17.27	Fraser Clyne	(Ab AA)
2.19.04	Frank Harper	(Pit)
2.19.28	Andrew Beattie	(Luton)
2.19.33	James Doig	(Ab AAC)
2.19.35	Andy Daly	(Bella H)
2.21.37	Dave Clark	(V)(Verle)
2.21.52	Paul Kenney	
2.22.19	Terry Mitchell	(Fife AC)

High Jump

2.24	Geoff Parsons	(LAC)
2.10	Andrew Edgar	(RAF/ESH)
2.08	Ben Thomson	(EAC)
2.05	Paul Sudiskas	(J)(CR)
2.03	Graham McAslan	(EAC)
2.01	David Barnetson	(Y)(IH)
2.00(i)	Callum Orr	(LCEAC)
2.00	Duncan Mathieson	(J)(Ab AAC)
2.00	Ed Leighton	(IH/ESH)
1.98	Craig Talbot	(Y)(Pit)

Pole Vault

4.70	Allan Leiper	(AFD)
4.50	Andrew Wake	(J)(Morpeth)
4.40	Douglas Hamilton	(ESH)
4.30	Brad McStravick	(Belg. H)
4.10	Alex Collins	(EAC)
4.00	Norman Williamson	(EAC)
3.80	Alan Rankin	(ESH)
3.70	Ian Black	(Y)(Edin. Acad)
3.60	Ben Thomson	(EAC)
3.60	David McLeod	(Bella H)
3.60	Bob Masson	(Y)(Ab AAC)

Long Jump

7.65w	Ken McKay	(Pit)(7.32)
7.45	Craig Duncan	(ESH)
7.44w	John Scott	(EAC)(7.24)
7.38w	Mel Fowler	(YP)(7.30)
7.29w	Rod McKay	(EAC)(7.16)
7.18w	Stephen Whyte	(EU/ESH)(7.15)
7.04	Duncan Mathieson	(J)(Ab AAC)
6.93w	Ian Snowball	(EAC)(6.92)
6.90	Ben Thomson	(EAC)
6.90w	Brian Milne	(Y)(C'bank)(6.73)

Triple Jump

16.32w	Craig Duncan	(ESH)(16.08)
15.14	Rod McKay	(EAC)
14.88w	John Scott	(EAC)
14.71w	Roger Harkins	(Shett)(14.61)
14.28	John Milne	(J)(Montrose)
14.20	Norman Ross	(Bella H)
14.16	John Brierley	(WLI)
14.10	Stuart McMillan	(PSH)
14.06w	Neil McMenemy	(CR)
14.02	Stuart Jamieson	(EAC)

Shot

17.22(i)	Eric Irvine	(EAC)(16.71)
15.29	Amgeir Syversen	(GU/ESH)
15.11	George Patience	(IH/EAC)
14.87(?)	Alan Pettigrew	(Shett)
13.98	Darren Morris	(LC/Pit)
13.11	Stuart Menzies	(CR)
13.10	Michael Jemi-Alade	(ESH)
13.07	Gordon Smith	(Ab AAC)
13.00	John Scott	(V)(Shett)

Discus

53.48	George Patience	(IH/EAC)
52.38	Michael Jemi-Alade	(ESH)
49.96	Darren Morris	(LC/Pit)
47.36	Russell Devine	(J)(IH/EAC)
46.60	Eric Irvine	(EAC)
43.52	Keith Christie	(ESH)
39.82	Alex Black	(ESH)
39.64	Duncan Forsyth	(St. AU/ESH)
39.16	Adam Whyte	(EAC)
38.60	Robert Meikle	(ESH)

Hammer

59.12	Lawrie Nisbet	(ESH)
58.14	Robert Meikle	(ESH)
54.64	Russell Payne	(Sp'hill)
52.94	Russell Devine	(J)(IH/EAC)
51.70	Andrew Hall	(Hull)
49.52	Bruce Shepherd	(Elgin)
48.46	Alex McIntosh	(Kilm)
47.78	David Gisbey	(Kilm)
47.30	Dave Valentine	(H'low)
45.02	Willie Robertson	(V)(EAC)

Javelin

67.04	John Guthrie	(ESH)
62.66	Stewart Maxwell	(RAF/Pit)
62.22	Roddy James	(J)(ESH)
58.20	Alex McIntosh	(Kilm)
57.85	Alastair Robertson	(Medway)
56.44	Adam Whyte	(EAC)
55.54	Fraser Norris	(J)(VP)
54.00	Alex Black	(V)(ESH)
53.82	Alan Gillies	(VP)
52.34	Jeremy Jarrett	(Y)(Merch C.S./ESH)

Decathlon

6294	Ben Thomson	(EAC)
9889	Allan Leiper	(AFD)
5773	Callum Orr	(LC/EAC)
5509	Ken Lyon	(Ab AAC)
5069	James Malcolm	(Lothian)

Performances include some AAA championship details, but are generally up to July 27.

Scottish ranking lists



Winning smiles from Scotland's 4 x 400 metres relay quartet (from left) Dawn Kitchen, Mary Anderson, Alison Thompson and Linsey Macdonald. Their success helped Scotland to a narrow victory over Ireland and Wales. Women's rankings have been held over until next month.

yesterdays...

David Jenkins may, temporarily, have lost his place in the Californian sun, but drugs of one sort or another have cast a shadow over sport for considerably longer.

The greek writer Milo of Croton, for example, noted that certain unscrupulous athletes consumed massive quantities of goat meat before competitions in order to give themselves that bit extra - something which doubtless made them impervious to the charge of 'acting the goat'. Strychnine, which served to stimulate the central nervous system, was commonly used by marathon runners at the turn of the century. And in the 1960's and 70's there were incidents involving canal swimmers in Amsterdam and cyclists in the Tour de France.

The first athlete in modern times to die as a result of taking drugs was an Englishman named Linton, who collapsed during the Bordeaux - Paris bicycle race in 1886. The situation appears to have deteriorated over succeeding decades and, by the 1930's, doping was a word of common currency in its application to sport.

There was a real sensation at the 1960 Rome Olympics when the Danish cyclist, Knut Jensen, collapsed and died, probably from abuse of Ronicol which acts by opening the body's blood vessels. Tommy Simpson, one of Britain's greatest racing cyclists, was already aware of the dilemma: "I am riding up there with the stars" he said, "and I see their hands go up to their mouths and suddenly they are going away from me". Simpson did not want to succumb to the temptation but eventually did so, and died during the 1967 Tour de France.

The stimulants (amphetamines and cocaine) do not appear to have grown in sporting popularity - although Scottish footballer Willie Johnston was involved in such a scandal during the 1978 World Cup - but the anabolic steroids have proved more difficult to shift.



Jim Willie

First developed in the fifties, steroids are, to quote Professor Arnold Beckett, "synthetic chemical modifications of male hormone testosterone in which the anabolic or muscle-building actions are enhanced, and the maleness actions of the hormones are decreased". It means that athletes who take them become heavier, bigger and stronger, without suffering sexual changes. Steroids are essentially training drugs which increase work-rate, and a wide range of athletes - sprinters, distance runners, long jumpers and throwers - can make use of them. Some doctors believe, however, that they can cause liver damage, gastric ulcers and even cancer.

In the late sixties and seventies the sports governing bodies introduced new rules barring specific drugs and setting up testing procedures. The first athlete to be disqualified from a major competition was Edward de Noorlander (Hol), sixth in 1969 European decathlon, and the

first to lose a medal Vladimir Zhiloshik (USSR; third in 20K walk, 1974 European Championships). In 1972 testing was introduced at the Olympics, and in 1974 British shot-putter Jeff Teale was banned after newspaper statements that he had taken steroids. Automatic disqualification was introduced in 1975.

By then, the authorities seemed to be getting on top of the problem, and it was believed in any case that western athletes were coming off the anabolic kick. It was also known, however, that natural male hormones were replacing steroids in the



Tommy Simpson

Eastern bloc and East Germany's phenomenal success, in particular, was viewed with increased suspicion (in the 1976 Olympics, with a population of seventeen million, East Germany took more medals than the USA, Canada, the UK and France combined). Then, in the late seventies, a number of Balkan athletes were found to be using steroids and disqualified from competition for a year.

Generally speaking, of course, the problem is a political one, since many governing bodies are the agents of drug-intake programmes and unscrupulous individuals will always find new uses for existing drugs, or new 'natural' techniques such as blood-changing. Also, methods of avoidance like 'wash-out' diuretics have now reached such an advanced level that it is unlikely steroids will be detected, so their use is unlikely to decline.

In America at least, criminalisation and recent events would suggest that the authorities are trying to hold some kind of line on the use of drugs in sport, while in Finland the legendary Lasse Virens was always determined to stick to the Olympic ideal.

"I only ever drank reindeer milk" he is quoted saying. Milos of Croton, take note.

PLEASE RUN FOR

TENOVUS-SCOTLAND JUVENILE DIABETES RESEARCH PROJECT

(Glasgow Royal Infirmary)

Contact: TENOVUS-SCOTLAND, 234 St. Vincent Street, Glasgow G2 5RJ Tel: 041-221 6268



For free Runners' Network listing, send the information you wish conveyed to: Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Results

June

21

Gala Brawlands, 10,000 metres Road Race, Galashiels - 1. D Cavers (Teviotdale) 30:34; 2. A Walker (Teviotdale) 31:00; 3. N Gemmell (Gala) 31:34; 4. J. Ross (Haddington) 31:38; 5. J. Knox (Gala) 34:25; 6. H. Gibson (Hilton) 36:28; 7. L. S. McGraw (Gala) 43:40; 8. M. Parker (Teviotdale) 48:47; 9. J. Connolly (Gala) 53:08.

Peterhead Half Marathon, Peterhead (265 ran) - 1. C. McIntyre (Coasters) 68:22; 2. S. Cassells (Aberdeen) 71:59; 3. R. McFarquhar (Aberdeen) (V1) 72:50; 4. G. McKenzie (Unat) 73:08; 5. G. Cumming (Peterhead) 73:50; 6. R. Curtis (Unat) 74:08; 7. M. Duthie (Fraserburgh) 88:02; 8. U. Simpson (Aberdeen) 90:37; 9. O. Frazer (Aberdeen) (LVI) 95:45; 10. L. R. Buchan (Unat) 96:15.

Prudential Mid Argyll Half Marathon, Lochgilphead - 1. H. McKay (Dundee H) 69:14 (record); 2. J. Bennett (Spango Valley) 72:43; 3. N. Rowan (Mid Argyll) 73:13; 4. D. Murray (Falkirk Vic) 73:19; 5. D. Mewse (Kilbarchan) 73:41; 6. R. Chalmers (Springburn) 75:22; 7. V. B. Campbell (Hamilton) 76:06; 8. M. McMillan (Oban) 78:16; 9. R. Langley (Falkirk) 80:41; 10. L. L. Brown (Kirkcubbin) 85:33; 11. J. Sharp (Central Region) 96:21; 12. V. McLeod (Lochaber) 101:08; 13. J. McLeary (Glasgow) 108:48.

North East League Meeting, Caird Park, Dundee - **Men:** 1. Aberdeen 42pts; 2. Inverness 351pts; 3. Fife 288pts; 4. Dundee HH 220pts; 5. Perth Strath 192pts; 6. Tayside 107pts; 7. D. Mathieson (Aberdeen) 2:00m; 8. T. S. Douglas (Fife) 13:02m; 2000 Steeplechase, S. Wright (Aberdeen) 5:29; 6. 400 H (Youth), P. Allan (Aberdeen) 57.4; **Ladies:** 1. Aberdeen 207m; 2. Inverness 196pts; 3. Dundee H 178pts; 4. Fife 146pts; 5. Perth Strath 132pts; 6. Tayside 121pts; 800m, I. E. Lynch (Dundee H) 2:07.6; DT, L. Adams (Perth) 37.56m.

24

Kilwinning Academy 10,000 metres Road Race, Kilwinning (288 ran) - 1. C. Robison (Spango Valley) 32:04; 2. P. Conaghan (Spango Valley) 32:04; 3. S. Conaghan (Spango Valley) 32:04; 4. V. J. Conaghan (Spango Valley); 5. E. Turner (McLaren) 35:24; 6. S. Sinclair (Irvine) 36:26; 7. V. Clinton (Irvine) 38:26; 8. V. E. Hall (Beith) 38:26; 9. Spango Valley 6pts; 2. Ayr Sea, 3. Irvine.

Roevin 10,000 metres Road Race, Beach Esplanade, Aberdeen (680 ran) - 1. F. Clyde (Aberdeen) 30:04; 2. E. Williams (Sale) 30:11; 3. S. Axon 30:22; 4. J. Doig 30:24; 5. C. Hall 30:37; 6. G. Laing 31:02 (all Aberdeen); 7. R. McFarquhar (Aberdeen) (13th) 32:56; 8. V. R. Wood (Dundee RR) (14th) 33:12; 9. M. Preece (Aberdeen) (26th) 34:20; 10. L. G. Pollard (Fleet Feet) (67th) 36:39; 11. M. Muir (Dundee RR) (73rd) 38:48; 12. S. Lamb (Aberdeen) (120th) 38:22; 13. V. L. Robertson (Dundee RR) (138th) 38:42; 14. V. S. Chisley (Forfar) (222th) 41:10; 15. H. Brown (Unat) (229th) 42:00; **Roevin Business Team Trophy:** 1. Total Oil Marine 159pts; 2. Grampian Reg Ed. Depts 163pts; 3. Occidental 245pts.

Scottish AAA Diary Crest U 19 years Juniors, Youths and Senior Boys National Championships, Crownpoint Sports Complex, Glasgow - **Juniors:** 100/200m S. Robertson (Bellshill) 11:02.2; 400m R. Johnson (Morpeth) 80.1; 800m D. Strang (Haringay) 1:54.3; 1500m D. Arnot (Pitsea) 3:57.9; 5000m C. Murphy (Pitsea) 15:09.8; 110H P. Warrilow (Portsmouth) 19.6; 400H M. Davidson (Aberdeen) 58.7; 2000 S/C D. McGinley (Clydebank) 6:01.7; **HY/J:** D. Mathieson (Aberdeen) 1:30m/6.63m; **PV:** R. Wake (Bellshill) 4.20m; **TJ:** J. Gallacher (Kilbarchan) 13.67m; **SP:** G. Smith



Tommy Murray leads Callum Henderson and Pat McCarthy (5), in the triangular Scotland v Ireland v Wales international 10,000 metres.

27

Ballachulish Gala 3 miles Hill Race, Ballachulish - 1. G. Brooks (Lochaber) 20:28; 2. D. O'Neill (Lochaber) 20:51; 3. W. Rodgers (Lochaber) 22:17 (J1); 4. T. Nixon (Lochaber) 23:35; 5. S. Woods (Army) 25:51; 6. L. V. L. G. Anderson (Lochaber) 30:41.

Cairngorm 10 mile Hill Race, Glenmore Lodge, Aviemore - 1. D. McGonigle (Dundee H) 75:36; 2. D. Woodhead (Croyton le Moor) 77:46; 3. D. McGilguy (Lochaber) 79:59; 4. R. Shields (Lochaber) 83:19; 5. G. Black (Aberdeen) 94:06; 6. V. J. Hamilton (Inverness) 112:56.

Scottish AAA Diary Crest U 19 years Juniors, Youths and Senior Boys National Championships, Crownpoint Sports Complex, Glasgow - **Juniors:** 100/200m S. Robertson (Bellshill) 11:02.2; 400m R. Johnson (Morpeth) 80.1; 800m D. Strang (Haringay) 1:54.3; 1500m D. Arnot (Pitsea) 3:57.9; 5000m C. Murphy (Pitsea) 15:09.8; 110H P. Warrilow (Portsmouth) 19.6; 400H M. Davidson (Aberdeen) 58.7; 2000 S/C D. McGinley (Clydebank) 6:01.7; **HY/J:** D. Mathieson (Aberdeen) 1:30m/6.63m; **PV:** R. Wake (Bellshill) 4.20m; **TJ:** J. Gallacher (Kilbarchan) 13.67m; **SP:** G. Smith

(Aberdeen) 12.87m; **DT/HT:** R. Devine (Inverness) 49.82m (CBP)/58.74m (CBP); **JT:** R. James (E. H) 57.30m.

Youths 100/200m G. McNeill (EAC) 11.2/22.5; 400m G. McMillan (Bellshill) 1:55.1; 800m I. Cummings (Pitsea) 4:05.5; 1500m I. Gillespie (Westbury) 10:55.1; 3500m D. Cunningham (Bishop Henry School) 8:49.4; 100H/400H R. Hunter (Gateshead) 13.7/57.3; 2000 S/C D. Tunc (Hull) 6:15.6; **HJ: D. Barnetson (Inverness) 2.01m (CBP); **PV:** M. Baines (Morpeth) 3.30m; **LJ:** E. Milne (Clydebank) 6.73m; **TJ:** P. Allan (Aberdeen) 13.05m; **SP:** N. Cowie (North Shields) 13.87m; **DT:** W. Gibson (Merchiston) 41.52m; **HT:** D. Allan (Merchiston) 48.54m; **JT:** J. Jowett (Merchiston) 56.84m (CBP); **Senior Boys:** 100/200m D. Galloway (Ayr Sea) 11.4/23.1; 400m P. Kennedy (E. Acad) 51.4; 800m J. McFadyen (Greenock OH) 1:58.7; 1500m G. Reid (Kilmarnock) 4:11.0; 3500m S/C N. Freer (Winchester) 4:33.6; **HJ:** S. Hill (Aberdeen) 1.70m; **LJ:** E. Scott (Helenburg) 6.02m; **SP:** J. Stuart (Fife) 12.65m; **DT:** T. Brodie (Border) 38.44m.**

Greenbank Church 10,000 metres Road Race, Clarkston, Glasgow - 1. G. Croft (E. Kilbride) 31:58; 2. H. Wilson (E. Kilbride) 32:59; 3. V. B. McMonagle (Shettleston) 34:30; 4. J. Armstrong (Unat) 42:34; 5. R. Murray (Giff North) 43:22; 6. V. L. C. Jones (Erskine) 45:22.

Greenbank Church 10,000 metres Road Race, Clarkston, Glasgow - 1. G. Croft (E. Kilbride) 31:58; 2. H. Wilson (E. Kilbride) 32:59; 3. V. B. McMonagle (Shettleston) 34:30; 4. J. Armstrong (Unat) 42:34; 5. R. Murray (Giff North) 43:22; 6. V. L. C. Jones (Erskine) 45:22.

28

Scottish Veteran Harriers Championship, Crownpoint Road - 100/200m G. McNeill (EAC) 11.3/22.7; 400m A. Stirling (Falkirk Vic) 55.5; 800m J. Linaker (Pitsea) 2:08.8; 1500m Linaker 4:19.3; 3500m C. Martin (Dumbarton) 16:27.7; 110H/400H/LJ/TJ J. Golder (England) 17.3/61.2/5.86m/1.69m; **HJ:** T. Black 1.65m; **PV/JT:** R. Masson (Aberdeen) 3.40m/40.26; **JT:** 0.45; J. Ross (EAC) 42.76m; **SP/HT:** J. Scott (Shettleston H) 13.06m/42.16m; **DT:** J. Freebairn (Colzium Acad)

Falkland Festival Hill Race, Falkland - 1. D. McGonigle (Dundee H) 19:24 (record); 2. M. Lindsay (Carnethy) 19:29; 3. B. Potts (Clydesdale) 21:10; 4. I. Matheson (Aberdeen) 21:45; 5. R. Morris (Carnethy) 21:40; 6. J. Bowman 22:03; 7. L. K. Butler (Aberdeen) 29:35; 8. J. J. Butters (Glenrothes) 26:56; Local: I. B. Crafts (Falkland) 26:34.

Black Hill Race, Earlieston - 1. R. Hope (Gala) 28:11; 2. A. Spenceley (Carnethy) 28:31; 3. D. Wilkinson (Melrose) 29:14; 4. L. S. McCrow (Gala) 37:10; 5. H. Fairlie (Carnethy) 44:56; Local: I. S. Greer (Earlieston) 35:07 (J.1).

Benarty Hill Race, Lochore Country Park - 1. D. Woodhead (Horwich) 31:20 (record); 2. M. Curtis (Burnt Island) 33:50; 3. J. Blair-Fish (Carnethy) 35:04; 4. L. A. Woodhead (Harwich) 54:20.

Lairig Ghru 28 miles Hill Race, Braemar to Aviemore - 1. D. Beeson (Rugby) 3:22:42; 2. J. Haston (Helenburg) 3:29:24; 3. D. Francis (Fife) 3:29:38; 4. H. Murray (Aberdeen) 3:37:45; 5. V. B. Maher (Aberdeen) 3:47:40; 6. W. Ryder (Marpeth) 3:50:35.

Buckie Round Table Half Marathon, Buckie - 1. S. Axon (Aberdeen) 69:23; 2. C. McIntyre (Fraserburgh) 70:08; 3. A. Reid (Coasters) 71:19; 4. D. Ritchie (Forrest) 71:19; 5. M. Duthie (Fraserburgh) 89:02.

Loch Rannoch Marathon and Inaugural Half Marathon, Rannoch (260 ran) Marathon - 1. M. Coyne (Falkirk Vic) 2:29:13; 2. M. McHale (Pitsea) 2:35:08; 3. M. Ryan (Unat) 2:35:23; 4. B. Howie (ESH) 2:42:02; 5. C. Love (Dundee H) 2:42:34; 6. J. Bates (Cambridge) 2:46:23; 7. D. Wyper (Bellshill) (14th) 2:50:36; 8. V. A. Thomson (EAC) (16th) 2:53:49; 9. V. O. 50 1, N. Brotherton (70th) (S. H. C.) 3:23:22; 10. V. O. 50 2, M. Dunn (74th) (Unat) 3:23:45; 11. M. O'Brien (Aberdeen) (41st) 3:10:53; 12. M. Taggart (Pitsea) (52nd) 3:14:51; 13. (LVI) N. McGraw (Gala) (56th) 3:16:49; 14. V. L. Robertson (Dundee RR) (61st) 3:18:21; 15. S. Chisley (Forfar RR) (82nd) 3:26:05; 16. J. Under 20 1, A. Whiteham (Rannoch) 2:49:17; 17. J. T. Robinson (Rannoch) 3:05:26; **Team 1, E. S. H. 49pts.**

Half Marathon (439 ran) - 1. G. Reynolds (Dundee H) 69:17 (record); 2. W. McNeill (Pitsea) 69:50; 3. A. Martin (Dundee H) 71:21; 4. I. Hamilton (Unat) 72:06; 5. S. Borland (Dundee H) 72:19; 6. R. Bell (Dundee H) 72:49; 7. V. S. Townsend (Sefton H) (13th) 76:58; 8. V. L. Dolan (Cambslang) (22nd) 78:59; 9. V. A. Birse (Dundee H) (25th) 79:34; 10. L. L. McIntosh (Central Region) (69th) 86:42; 11. E. Hall (Beith) (70th) 86:43; 12. V. Fyall (Dundee

Results

RR) (95th) 89-24; LV1, McIntosh, LV2, Hall, LV3, M. Wilson (Horwich) (160th) 95-56; Junior (Under 20 years) J1, C Lawrence (Stranraer) (50th) 85-07; J2, R Bailey (Rannoch) (100th) 89-47; J3, P James (Unat) (133th) 93-13.

Race Statistics Marathon Under 3 hours: 25; 50th, 3-14-19; 100th, 3-43-25; 150th, 4-21-43; 200th, 5-59-33.

Half Marathon - 20th, 78-49; 50th, 83-56; 100th, 89-47; 150th, 95-02; 200th, 98-52; 250th, 104-37; 300th, 114-21; 350th, 2-11-55.

Access UK Womens Athletic League, Div 2 match, Wolverhampton - 1, Birchfield H 315pts; 3, McLaren Glasgow AC 236 pts; 5, Monkland Shettleston 210pts; 1600m; 2, M Wylie (McLaren GAC) 4-34-7; 3000m 2, E Turner (McLaren GAC) 9-38-9; HJ 2, J Barclay (Monk Shettleston) 46.12m.

29/30

Dale Farm International Match, Antrim Forum, Belfast - Scots Positions

Men 100m 1, N Turnbull 10.96; 6, S Scott 11.17; 200m 2, M Johnston 21.7; 3, N Turnbull 22.0; 400m 1, A Walker 47.6; 6, A Murray 48.7; 800m 1, T Ritchie 1-50-7; 1500m 1, P Fleming 4-13-09; 5, T Murray 14-39-85; 110H 6, A Leiper 15.96; 7, B Thomson 16.41; 400H 4, D McCutcheon 52.0; 6, P Campbell 52.4; 3000 SC 4, G Mathieson 9-06-21; 5, R Carey 9-11-29; 4 x 100 Relay 2, Scotland 41.47; 4 x 400 Relay 1, Scotland 3-13-81 HJ; 6, A McAuslan 2.00m; 7, B Thomson 2.00m; PV 1, A Leiper 4.70m; 4, A Wake 4.40m; LJ 1, M Fowler 7.15m; 2, J Scott 7.11m; TJ 1, C Duncan 15.94m; 5, R Harkin 14.61m; SP 1, E Irvine 16.05m; 4, G Patience 15.03m; DT 2, G Patience 53.46m; 3, M Jerni-Alade 52.38m; HT 4, L Nisbet 57.12m; 5, R Devine 52.94m; JT 1, J Guthrie 62.10m; 4, J Roddie 60.58

Match Score (1 to count) 1, Scotland 62pts; 2, N Ireland 60pts; 3, Catalonia 50pts; 4, Israel 36pts (2 to count); 1, Scotland 146pts; 2, Catalonia 132pts; 3, Northern Ireland 128pts.

30

Annan 6 mile Road Race, Annan (126 ran) -

1, R Carey (Annan & Dist) 29-25; 2, J Connolly (J.L.) (Gala) 30-30; 3, S Gibson (Hunters Bog Trotters) 31-00; 4, J Kenny (Annan & Dist) 31-38; 5, J Ferguson (Dumfries) 31-43; 6, C Kinnear (Dumfries) 31-45; VI, J Knox (Gala) (7th) 31-52; V2, J Ross (Dumfries) (19th) 33-54; V3, D Milligan (Solway Strollers) (22nd) 34-28; VO/50 J Todd (Border) (81st) 40-46; L1, C Brown (Nith Valley) (50th) 37-21; L2, M Dunbar (Annan & Dist) (94th) 42-59; L3, M McCluskey (Annan & Dist) (96th) 43-31; Teams 1, Annan & Dist 14pts; 2, Gala 24pts; 3, Dumfries AAC 27pts; 4, Dumfries Running Club 33pts.

July

4

Dornoch Festival Half Marathon, Dornoch -

1, S Aton (Aberdeen) 75-17; 2, W Miller (Caitness) 75-42; 3, J McKay (Aberdeen) 76-05; 4, I Gollan (Nothern Cons) 76-13; V1, D Ritchie (Forres) (5th) 76-24; V2, G Mitchell (Inverness) 80-00; V3, R Ross (Unat) 81-14; L1, W McRuary (Portree) 96-17; L2, S Campbell (Nothern Cons) 97-40; L3, A Inness (Wick) 101-51; LV1, B Teuchert (Wick) and A Ross (Unat) both 111-58; LV3, R Bruce (Wick) 115-15; Teams, 1, Forres 23pts; 2, Caitness 25pts; 3, Inverness 32pts.

Elgin Highland Games 10 miles Road Race -

1, M Flynn (Elgin) 53-50; 2, P O'Donoghue (Aberdeen) 54-25; 3, T Jones (Elgin) 54-30; VI, R McFarquhar (Aberdeen) 56-13; L1, M McDonald (Aberdeen) 71-22.

Scottish Heavy Event Competition Overall 1, G Patience (Inverness) 16pts; 2, B Shepherd (Elgin) 14pts; 3, R Colquhoun (Inverness) 11pts; HT B Shepherd 48.24m; SP, G Smith (Aberdeen) 15.57m; Scots Hammer B Shepherd 37.28m; 28lb Wt Distance G Patience 22.28m; 56lb Wt

Height G Patience 13'0"; **Caber** G Patience **Ladies** SP H Cowe (Aberdeen) 11.90m (ground record).

Shotts Highland Games 14 miles Road Race -

1, A Stirling (Falkirk) Vic) 75-38; 2, R Ronald (E Kilbride) 77-02; 3, W Dickson (Law & Dist) 78-42; VI, D Wyper (Bellahouston); V2, W Drysdale (Law & Dist); 3000m G Crawford (Springburn H) 8-58-4. **Scottish Heavy Event Competition Overall** 1, A Pettigrew (Shettleston)

(21pts); 2, W Weir (Central Region); 3, S Menzies (Central Region); **Scots Hammer** A Pettigrew 34.82m; 56lb Wt Height A Pettigrew 12'6"; SP A Pettigrew 13.95m; **Caber**, W Weir.

West Kilbride 10,000 metres Road Race - 1, L Spence (Spango Valley) 29-56; 2, C Wallace (Kilbarchan) 30-18; 3, J Duffy (Greenock WH) 30-20; VI, J Brennan (Irvine) (10th) 32-33; L1, J Walker (McLaren) (45th) 36-21; Teams 1, IBM Spango Valley; 2, Irvine.

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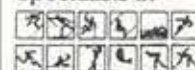
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Results

Chris Robison, the Royal Navy lieutenant who navigates Sea King helicopters from Prestwick Airport, has moved into a commanding lead in the men's championship table. His improvement of 70 points from seventh place last month was due to good runs in the Runsport 10K (fourth) and half marathon (second) races at Stirling, and a third placing in the City of Edinburgh 10 mile Road Race along Crammond Esplanade.

The Spango Valley runner recorded 65-07 at Stirling when finishing just four seconds behind Gerry Helme, the former London Marathon runner up, in a race where the first 15 finishers all bettered 70 minutes (10 of these 15 runners being Scots.)

Hill runner Gifford Kerr (Fife AC) showed excellent speed when finishing seventh in 67-10, with Willie Robertson (Bellahouston) repeating the fine form he displayed in his initial breakthrough in last years' race taking ninth place in 67-36.

Robertson, after a rest and some serious training subsequent to his international marathon appearances in Spain and China this summer, took second places in both the Govan 10K and Clydebank Half Marathon, and jumps to an initial 12th place in the table with 66 points from three races. Alan Robson also made a big improvement climbing to fifth place (96pts).

Sandra Branney's unbroken run of five victories in a row came to an end at Stirling when, though clocking the fast time of 75-14, she could only finish third and gain 23pts. She met Lorna Irving in devastating form (who actually finished 50th overall in 73-59 out of 1913 finishers), with Elspeth Turner (also McLaren GAC) displaying a lot of improvement after her winter at American university to finish runner up just 50 seconds behind.

There were five ladies under 80 minutes, and a further seven under 90 minutes in a top quality race which reflects great credit on the efforts of Stuart Easton and his Runsport team.

From the start of the championship, the veteran womens rankings have seen Kate Chapman and Margaret Robertson piling up the points in separate races but never meeting each other. They finally met each other at Stirling, where Kate Chapman confirmed her leadership by beating Robertson by 58 seconds in Friday's 10K race. But she had to give best to Jacqui Ferrari (Pitreevie), who won the veterans category in 37-55, finishing 10th overall.

SCOTLAND'S RUNNER

Road Race Championship



Chris Robison... hovering high above his rivals in the championship

It is interesting to note the high standard of women veterans, with the top 20 vets all finishing in 48 minutes in the first 45 finishers in a top class race with 182 ladies completing the course.

Male veterans were not so dominating in the Runsport 10K, where Englishman Harry Clague recorded 30-21 to defeat Adrian Weatherhead by 54 seconds and Colin Martin finished fourth veteran — his lowest placing in the seven races counting in the championship. Spectators had to wait till 82nd place in the race to see the 20th veteran finish.

Versatile Pete Cartwright added another 35 points in two races to move up to second spot behind Colin Martin, with Stewart

McPherson (11th to 5th), Rob Kirton (17th to 9th) also making impressive gains. Adrian Weatherhead, with 86pts from just three races (four points short of maximum) is poised dangerously if he competes in more races in the next two months.

The points from the Inverness People's 10K race have still to be added once results are available, but August holds many opportunities for competitors to add points to their totals and enter the top 20 in each of the four categories. The top 20 will receive an invitation and free entry to the championship final — the Falkirk District Council Half Marathon at Grangemouth Stadium in October.

Colin Shields ■

Men

1. C Robison (Spango Valley) (6)	143pts
2. F Harper (Pitreevie) (4)	105pts
3. A Gilmour (Cambuslang) (4)	100pts
4. S Aton (Aberdeen) (5)	96pts
5. A Robson (ESH) (5)	96pts
6. D Watt (Calderglen) (4)	92pts
7. J Duffy (Green Wellpark) (5)	91pts
8. L Spence (Spango Valley) (4)	89pts
9. H Cox (Green Glenpark) (4)	84pts
10. G Crawford (Springburn) (4)	83pts
11. C Ross (Shettleston) (6)	79pts
12. W Robertson (Bellahouston) (3)	66pts
13. J Ross (Haddington) (4)	64pts
14. P Russell (Green Glenpark) (4)	64pts
15. A Daly (Bellahouston) (3)	61pts
16. T Murray (Green Glenpark) (2)	60pts
17. G Laing (Aberdeen) (3)	59pts
18. G Helme (Team Etonic) (2)	56pts
19. A Hutton (Edinburgh South) (2)	56pts
20. C Spence (Spango Valley) (3)	53pts

Figure in brackets is number of championship races contested.

Women

1. S Branney (McLaren GAC) (6)	173pts
2. K Chapman (Giffnock) (8)	165pts
3. J Salvona (Livingston) (6)	138pts
4. M Robertson (Dundee RR) (7)	117pts
5. R Gardner (McLaren GAC) (7)	106pts
6. S Sinclair (Irvine) (4)	102pts
7. A Sym (McLaren GAC) (4)	99pts
8. H Oliver (Law & District) (7)	97pts
9. J Robertson (Aberdeen) (5)	89pts
10. C Price (Dundee HH) (3)	82pts
11. M Taggart (Pitreevie) (5)	78pts
12. G Hanlon (Dundee RR) (5)	78pts
13. M Muir (Dundee RR) (3)	73pts
14. S McDowall (Pitreevie) (3)	65pts
15. P Rother (EAC) (3)	64pts
16. E Buchanan (Haddington) (5)	63pts
17. J Thomson (McLaren GAC) (5)	61pts
18. R McAleese (Monk Shett) (3)	60pts
19. E Turner (McLaren GAC) (2)	56pts
20. L Irving (EWM) (2)	53pts

Veteran Men

1. C Martin (Dumbarton) (7)	190pts
2. P Cartwright (Falkirk Vic) (7)	136pts
3. B Carty (Shettleston) (4)	108pts
4. D Fairweather (Law & Dist) (4)	105pts
5. S McPherson (Shettleston) (7)	99pts
6. D Wyper (Bellahouston) (5)	98pts
7. R Wood (Dundee RR) (4)	90pts
8. W Adams (Shetland Isles) (4)	88pts
9. R Kirton (Muirburn H) (5)	87pts
10. A Weatherhead (EAC) (3)	86pts
11. A Duncan (Pitreevie) (4)	86pts
12. R McFarquhar (Aberdeen) (3)	79pts
13. J McMillan (Strath Police) (4)	79pts
14. M Preece (Aberdeen) (3)	67pts
15. P McMahon (Shettleston) (4)	66pts
16. W Scully (Shettleston) (3)	63pts
17. H Clague (St Helens) (2)	60pts
18. A Stewart (EAC) (4)	58pts
19. D Crumpton (Linwood) (4)	57pts
20. J Ash (Pitreevie) (2)	56pts

Veteran Women

1. K Chapman (Giffnock) (8)	232pts
2. M Robertson (Dundee RR) (7)	193pts
3. E Buchanan (Haddington) (6)	129pts
4. S Belford (Kilbarchan) (5)	104pts
5. A Newbigging (Bo'ness) (5)	97pts
6. J Eadie (Dundee RR) (5)	97pts
7. J Murray (Kilbarchan) (4)	82pts
8. S Banchope (Scott Vets) (6)	77pts
9. J Byng (Greenock) (5)	76pts
10. S Cluley (Forfar RR) (3)	75pts
11. J Stevenson (Falkirk Vic) (3)	63pts
12. L Irving (Edin WM) (2)	60pts
13. I Gibson (Dundee RR) (4)	60pts
14. J Gallagher (Green Glenpark) (4)	57pts
15. C Slater (Edinburgh) (2)	56pts
16. A Richards (Giffnock) (3)	54pts
17. R Carthy (Inland Revenue) (3)	49pts
18. M Sands (Giffnock) (3)	49pts
19. K Dodson (Law & District) (2)	47pts
20. K O'Sullivan (Unattached) (2)	46pts

Results

Mamore 16 mile Race, Kinlochbevie – 1. D Woodhead (Horwich) 1:45-51; 2. P Dolan (Clydesdale) 1:42-50; 3. D McGillivray (Lochaber) 1:46-09; **V1**, W Ryder (Morpeth) 1:48-38; **L1**, E Hall (Beith) 2:12-33; **Team 1**, Lochaber 16pts.

5

Stonehaven Half Marathon (874 ran) – 1. F Harper (Pithead) 73-07; 2. K Best (RAF/Aberdeen) 74-58; 3. B Neilson (Teviotdale) 75-36; **V1**, A Duncan (Pithead) 77-09; **V2**, D Deacon (Peterhead) 82-57; **L1**, G Pollard (Fleet Feet) 88-31; **L2**, M Muir (Dundee RR) 89-23; **Team 1**, Pithead.

Welsh National Marathon Champion, Bridgend (+80° heat) – 1. D Evans (Wales) 2:28-02; 2. D Watt (Calderglen) 2:28-50; 3. C Ross (Shettleston) 2:43-46; 11. S Graves (Fife) 2:50-27; **Teams 1**, Wales; 2. Scotland; 3. Spain.

Teviotdale Half Marathon, Hawick (205 ran) – 1. A Robson (ESH) 69-47; 2. R Hall (Teviotdale) 72-33; 3. I Elliot (Teviotdale) 73-04; J Connolly (Gala) 73-22; 5. W Anderson (Gala) 74-09; 6. H Wilson (E. Kilbride) 79-54; **V1**, J Knox (Gala) 80-18; **V2**, A Wilson (Unat) 81-20; **L1**, A Dickson (Law & Dis) 91-55; **L2**, N McGraw (Gala) 93-41; **L3**, K Green (Dundee) 104-57.

Inverness Harriers Graded Meeting, Queens Park Track, Inverness – 100/200m 1. N Munro (Inverness) 11.3/22.6; 2. M King (Aberdeen) 11.3/22.6; 3000m, S Axon (Aberdeen) 8-35-9; HJ D Barnetson (Inverness) 1.95m; LJ K Lyon (Aberdeen) 6.63m; **Youths 800m** S Hendry (Inverness) 1:59-7; **HT D Allan** (Inverness) 51.86.

6

Knock Hill Race, Crieft (170 ran) – 1. J Pentecost (Falkirk Vic) 17-24; 2. G Grieve (Falkirk Vic) 17-30; 3. R McGraw (Unat) 19-19; **V1**, A Scott (Unat) 21-04; **J1**, G Binnie (Unat) 20-01; **L1**, A White (Perth Strathgry) 26-45.

8

Falkirk District Council Open Graded Meeting, Grangemouth Stadium – 800m T Reid (Jun) (Dundee H) 1:58-7; 3000m, P McColgan (Sparta AC) 8-08-7; 2. D Donwell (Springburn) 8-19-7; LJ F McGlynn (Shettleston) 6.49m; **Women 400m** E Henderson (E. W. M.) 59-0.

9

Brimmond 4 mile Hill Race, Aberdeen – 1. F Clyne 20-42; 2. J Doig 21-07; 3. D Duguid 21-22; 4. P McErlane 22-07; 5. J Farquhar 22-21; 6. J McKay 22-42 (all Aberdeen AAC); **V1**, B Maher (10th) (Aberdeen) 22-56; **L1**, L Bain (Aberdeen) 24-59.

10

Runsport 10,000 metres Road Race, Stirling – **Men 1**, A Hutton (ESH) 29-09; 2. G Helme (Team Etanic) 29-31; 3. P Fox (Motherwell) 29-39; 4. C Robison (Spango Valley) 30-07; 5. G Grindley (ESH) 30-11; 6. K Rankine (EAC) 30-21; **V1**, H Clague (St Helens) 30-21; **V2**, A Weatherhead (E. Acad) 31-15; **V3**, E Lee (Pegasus) 31-48; **Women 1**, E Turner (McLaren) 33-46; 2. S Collier (Team Etanic) 34-30; 3. A Ridley (McLaren) 35-33; 4. T Ball (Team Etanic) 35-59; 5. J Salvona (Liv & Dist) 36-44; 6. M Muir (Dundee RR) 36-55; **LVI**, J Ferrari (Pithead) 37-55; **LV2**, K Chapman (Clifnock North) 38-54; **LV3**, J Stevenson (Falkirk) 39-45.

11

British Rail Welsh Games and International Match, Swansea – Scots Placings
100m 5. S Scott 11.08; 200m 2. M Johnston 21.97w; 400m A Walker 48.25; 800m T Ritchie 1:52-93; 1500m 4. R Fitzsimmons 3:56-33; 3000m 2. C Henderson 14-23-64; 11H 1. N Fraser 14.11; 400H 5. S Dempster 53.94; 3000 S/C 3. D Thomson 9-12-33; 4 x 100 Relay 1. Scotland 41.21; 4 x 400 Relay 1. Scotland 3-14-30 (A Walker 46.24 sec last leg split twice); HJ 5. A Leiper 1.70m; PV 2. A Leiper 4.60m; LJ 2. M Fowler 7.30m; TJ 2. C Duncan 15.69m; SP 2. E Irvine 15.94m; DT G Patience 53.48m; HT 3. L Nisbet 54.68; JT 3. R James 59.72m; **International Match Result 1**, Scotland 74pts; 2. Wales 71pts; 3. Northern Ireland 63pts; 4. Cyprus 54pts; 5. Israel 39pts.

Women

100m 3. M Todd 12.32; 200m 2. A Thompson 24.89; 400m 1. M Anderson 54.99; 800m 2. L MacDonald 2-10-78; 1500m 1. K Hutcheson 4-24-25; 3000m 3. K McLeod 9-46-35; 100H 4. C Reed 14.60; 400H 2. M Southerden 60.91; 4 x 100 Relay 2. Scotland 46.64; 4 x 400 Relay 1. Scotland 3-45-49; HJ 2. C Henderson 1.78m; LJ 1. L Campbell 6.18m; SP 2. M Anderson 13.63m; DT 3. C Cameron 45.14m; JT 2. N Emblem 47.58m; **Match Result 1**, Scotland 63pts; 2. Wales 62pts; 3. N Ireland 49pts; 4. Cyprus 33pts; 5. Israel 32pts.

Forres Highland Games 11½ miles Road Race – 1. T Jones (Elgin) 59-30; 2. G Summ (Moray RR) 2. C Noble (Fraserburgh); **V1**, 61-35; **L1**, M McDonald (Aberdeen); 3000 North of Scotland Games Champs G Zeuner (Aberdeen) 8-50-3.

Duns Sports Meeting, Duns – Duns Low Hill Race 1, W Anderson (Gala); **L1**, T Calder (Duns); **Team 1**, Gala.

Borgue Gala 10,000 metres Road Race, Kirkcudbright – 1. N Day 33-32; 2. D Walker 35-03; 3. J Boardman 35-33 (all Dumfries AAC); **V1**, D Milligan 36-51; **V2**, D Chadderton 36-57; **V3**, K Patterson 39-38 (All Solway Strollers); **L1**, L Watson (Borgue) 47-05.

12

Caithness Northern Half Marathon, Thurso – 1. S Wright (Caithness) 72-05 (record); 2. D Massie (Aberdeen) 72-54; 3. A McDonald (Caithness) 73-21; 4. S Cassells (Aberdeen) 73-22; 5. J McKay (Aberdeen) 75-18; 6. A Munro (Dundee H) 75-38; **V1**, W Bruce (Caithness) 85-49; **V2**, G Ewing (Unat) 86-37; **V0/50** A Matheson (Caithness) 98-43; **V0/50** 2. J Holt (Caithness) 111-18; **L1**, D (Kirkwall) 94-46; **L2**, M Finlayson (Caithness) 105-21; **L3**, R Bruce (Caithness) 105-27 (**LVI**); **LV2**, A Smith (Caithness) 111-20; **LV3**, J Holt (Caithness) 112-19.

Keith Gala 4.8 mile Road Race, Keith – 1. R Arbuckle (Keith & Dist) 21-38 (record); 2. S Knight (Cardiff) 21-47; 3. D Lane (Cardiff) 21-50; 4. G Laing (Aberdeen) 21-56; **V1**, B Plain (Cardiff) 22-37; (9th); **L1**, M Duthie (Fraserburgh); **L2**, J Marshall (Tain); **Boys 2.4 miles 1**, J

Mundie (Peterhead); 2. P Wiseman (Gordonston); 3. A McKay (Unat); **Girls 2.4 miles 1**, L Foreman (Peterhead); 2. N Clarkston (Aberdeen); 3. M Moir (Fochabers).

Runsport Half Marathon, Stirling University, Stirling –

1. G Helme (Team Etanic) 65-03; 2. C Robison (Spango Valley) 65-07; 3. T Mitchell (Fife) 65-52; 4. P Fox (Motherwell) 66-09; 5. S Axon (Aberdeen) 66-18; 6. A Gilmour (Cambuslang) 66-28; **V1**, H Clague (St Helens) 67-47 (record); **V2**, E Lee (Pegasus) 68-30; **V3**, B Carly (Shettleston) 70-58; **L1**, L Irving (E. W. M.) 73-59 (record); 2. E Turner (McLaren) 74-49; 3. S Branney (McLaren) 75-14; 4. S Collier (Team Etanic) 76-17; 5. P Rother (EAC) 79-05; 6. T Bell (Team Etanic) 80-10; **LVI**, M Robertson (Dundee RR); **LV2**, E Hall (Beith); **LV3**, J Stevenson (Falkirk Vic).

1500 metres. **Men 1**, B Scally (Shettleston) 3-45-2; 2. J McKay (Clydebank) 3-45-6; 3. I Johnston (Falkirk Vic) 3-47-0; **Women 1**, M Sprang (Monkland Shettleston) 4-41-1; 2. E Scally (Monkland Shettleston) 4-51-5; 3. F Meldrum (McLaren) 4-57-3; **Youths 1**, G Stewart (Clydebank) 3-55-0; 2. A McBeth (E. Kilbride) 3-56-9; 3. I Cummings (Pithead) 4-03-8.

13

Saltcoats Gala 4 miles Road Race, Saltcoats – 1. T Murray (Greenock G H) 19-35; 2. S Cunaghan (Spango Valley) 20-02; 3. J Duffy (Greenock H) 20-23; 4. E McKee (Spango Valley) 20-28; 5. T Hearle (Kilbarchan) 20-30; 6. C Thomson (Cambuslang) 20-31; **V1**, D King (Irvine) 22-34; **V2**, R Hodelet (Greenock H) 22-38; **V3**, D Jukes (Irvine) 22-38; **L1**, J Walker (McLaren) 24-24; **L2**, V Clinton (Irvine) 24-51; **L3**, R de Jaeger (Kilbarchan) 26-34; **LVI**, K Gear (Ardrossan) 30-29; **Team 1**, Kilbarchan.

14

Edinburgh Woollen Mills 15,000 metres Road Race, Moffat (195 ran) – 1. T Mitchell (Fife AC) 48-15; 2. D Cavers (Teviotdale H) 49-53; 3. J Connolly (J1) (Gala H) 50-14; 4. M Flynn (Elgin AC) 52-46; 5. J Knox (V1) Gala H) 53-36; 6. J McLuckie (Bellshill YMCA); **L1**, K Howe (Border H) 62-37; **L2**, N McGraw (Gala H); **Team 1**, Annan & District AC.

18

Lochinver Coastguard 10 mile Road Race, Lochinver – 1. S Dempsey (Liv & Dist) 56-02; 2. M Burton (USA) 56-13; 3. M Ossian (Edinburgh) 58-41; **V1**, J Gormley (8th) 62-32; **L1**, V Dempsey (Liv & Dist) 68-41.

Greagh Bheagh Hill Race, Kingussie – 1. D McGonigle (Dundee H) 36-22; 2. D Rodger (Lochaber) 36-56; 3. D McGillivray (Lochaber) 37-29; **V1**, R Willey (Dingwell) 39-04; **J1** W Rodgers (Lochaber) 40-16; **L1**, F Wilde (Kingussie) 47-01; **Local 1**, M Davies (Kingussie) 42-46.

Shettleston Harries Open Graded Meeting, Crownpoint – 100m 1. M Johnston (EAC) 11-5; 200m 1. Johnston 22-1; 400m M McPhail (Ayr Seaforth) 50-5; 800m D Gray (Ayr Seaforth) 1-52-5; 2. R Fitzsimmons (Bellahouston) 1-53-8; 3. C Little (Victoria Park) 1-55-9; 1500m J Orr (Cambuslang) 3-54-9; 2. A Coyne (Bellahouston) 3-54-9; 3. C Hunter (ESH) 3-55-8; 3000m J Duffy

(Greenock H) 8-39-0; 2. A Russell (Law & Dist) 8-40-0; 3000 S/C G Zeuner (Aberdeen) 9-28-0; 2. J Pollock (Strathclyde Police) 9-55-0.

19

Inverness Peoples 10,000 metres Road Race, Inverness (900 ran) – 1. P Fox (Motherwell) 29-29; C Robison (Spango Valley) 29-41; 3. R Arbuckle (Keith & Dist) 29-48; 4. T Mitchell (Fife) 29-50; 5. C Hall (Aberdeen) 30-00; 6. S Axon (Aberdeen) 30-08; 7. G Laing (Aberdeen) 30-17; 8. J Doig (Aberdeen) 30-24; **V1**, A Adams (Dumbarton) 31-54; **V2**, R McFarquhar (Aberdeen) 32-25; **V3**, P Cartwright (Falkirk Vic) 33-19; **L1**, S Branney (McLaren) 33-37; **L2**, M Duthie (Fraserburgh) 38-12; **L3**, M Robertson (Dundee RR) 38-35; **LVI**, M Robertson.

Kildoon 3 miles Hill Race, Maybole – 1. D Auchie (Dalry Thistle) 16-37; 2. A Costigane (Kilbarchan) 17-07; 3. B Potts (Clydesdale) 17-30; 4. J Strawhorne (Ayr Seaforth) 17-42; 5. J Auchie (Dalry Thistle) 18-02; 6. J McNamee (Ardrossan) 18-10; **L1**, G Slaven (Maybole) 21-39; **L2**, D Ward (Maybole) 22-39; **L3**, C Gies (Ardrossan) 27-03; **Local (Men)** A Taylor 19-46; (**Women**) F Kilty 24-56.

21

White Ash Hill Race, Fochabers – 1. A Reid (Coasters) 28-37; 2. D Gunn (Elgin) 29-08; 3. C Noble (Fraserburgh) 29-14; **V1**, D Ritchie (Forres); **L1**, S Neidrum (Aberdeen) 37-25; **L2**, M McDonald (Peterhead) 38-35; **L3**, A Callan (Aberdeen) 42-14; 1. S Ross (Port Gordon) 35-16; **Local 1** M Inkson (Fochabers) 33-58.

25

British Athletic League Final Matches – Div 2, Bracknell 1, Thames Valley 234 pts; 2. Windsor, Slough & Eton 225 pts; Enfield 215pts; 4. Sale 211pts; 5. ESH 210pts; 6. Luton 159pts (ESH positions); 100m, E Bunney 10.5; 200m, 2. D Clark 21.6; 400m 4. G Paterson 48.5; 800m 3. B Murray 1-52-1; 5000m 1. A Hutton 14-04-5; 5000 B 1. C Hunter 14-30-9; 3000 S/C 1. G Mathieson 9-01-7; 110H 3. T Leighton 15.8; HJ 4. E Leighton 1.95m; HJ B 1. A Edgar 1.95m; PV 2. D Hamilton 4.30m; LJ 5. S Whyte 6.89m; HT 4. L Nisbet 57.10m; JT 2. R James 56.78m; 4 x 100 Relay 1. ESH 41.7; 4 x 400 Relay 4. ESH 3-16-0; **Final League Positions 1**, Thames Valley 20pts (914 o/pts); 2. ESH 16½ pts (906pt); 3. Sale 14pts (832pts); First 2 clubs promoted to Division 1 next season.

Div 3, Meadowbank 1, Cardiff 273pts; 2. EAC 220pts; 3. North London 207pts; 4. Killingdon 196pts; 5. Leeds City 195pts; 6. Herne Hill 183pts (EAC positions) 100m 4. S Scott 10-99; 200m 4. S Scott 21-99; 400m 2. D Young 48-59; 110H 1. N Fraser 14-41; HJ 2. G McAsian 1.95m; LJ 1. R McKay 7.22m; LJ B 1. J Scott 7.21m; TJ 1. R McKay 14.39m; SP 1. E Irvine 16.20m; DT 2. E Irvine 43.32m; 4 x 100 Relay 4. EAC 42.96; **Final League Positions 1**, EAC 23 (971pts); 2. Cardiff 18pts (948pts); 3. Hillingdon 15½pts (859pts); 4. Leeds 12½pts (885pts); 5. North London 11pts (766pts); 6. Herne Hill 4pts (544pts); First 2 clubs promoted to Division 2 next season.

Results

TSB Womens AAA Championships, Alexander Stadium, Birmingham – **Scottish performances. Seniors 100m** 7. J Neilson (EWM) 11.80 (11.69 s/f); 200m 6. s/f A Thomson (Pi) 24.64 (24.53 s/f); 400m 8. M Anderson (EWM) 56.76 (54.36 s/f); D Kitchen (EWM) (55.58 s/f); 800m 2. A Purvis (EWM) 2-04-40; 1500m 8. K Hutcheson (B. Hill) 4-21-01; 100H Heats C Boyle (Monk Shett) 14.97; C Reid (EWM) 14.84; 400H 2. E McLaughlin (EWM) 58.69 (58.58 s/f); Heats M Southerden (Wye) 60.43; A Hodgson (EWM) 62.16; HJ 10. C Henderson (EWM) 1.75m; JT 4. A Lockton (W & B) 51.88m; **Intermediates 100m** 2. K Lithgow 24.33; 8. E Lindsay (EWM) 25.38; 80H 7. C McIntosh (McL GAC) 11.58; Heats M McGuinness (Colz) 11.85; K Auburn (McL GAC) 11.92; 100H 2. M McGuinness 14.82; 200H 2. C McIntosh 28.08; 5. K Auburn 29.39; 400H 4. H Edgar (Nith V) 65.66; LJ 5. A McGregor (Monk Shett) 5.58m; SP 3. N Emblem (EAC) 11.37m; JT 1. N Emblem 48.70m (CBP); 4 x 100 Relay 4. McLaren GAC 50.46; **Juniors 200m** 6. V Friel (Colzim) 25.77 (25.04 heat); TSH 7. S Glass (EWN) 11.59 (11.58 w heat); SP 2. A Grey (EAC) 11.65m; DT 3. A Grey 35.82m.

Lochaber Meall An-Suidhe 3½ miles Hill Race, Fort William – 1. G Devine (Pudsey & Bramley); 29-15; 2. M Rigby (Ambleside) 29-50; 3. G Brooks (Lochaber) 31-05; 4. D McGillivray (Lochaber) 31-10; 5. P Marshall (Haddington) 31-13; 6. J McRae (Lochaber) 31-49; **V1**, R Shields (Lochaber) 8th; **Team 1**, Lochaber 13pts.

Aberdeen AAC Shire Harriers Open Meeting, Caird Park, Dundee –

Golden Sprints 100m 1. R Levin (Bellahouston) 10.70; 2. M Fairweather (Perth Strathgry/Sale H) 10.82; 3. C Duncan (ESH) 10.88; 4. J Higgins (Sale) 10.90; 200m 1. M Fairweather 21.72; 2. Duncan 21.76; 3. Higgins 22.00; **Golden Sprints Aggregate Times 1**, Fairweather (10.82 + 21.72) 32.54 sec; 2. Duncan (10.88 + 21.76) 32.64 sec; 3. Higgins (10.90 + 22.00) 32.90 sec; 800m 1. T Ritchie (Pithead) 1-55-6; 2. D McClellan (Clydebank) 1-56-4; 3000m 1. P McColgan (Sparta) 8-11-0; 2. R Arbuckle (Keith & Dist) 8-16-1; 3. C Murphy (Pithead) (Jun) 8-17-6; 4. A Callan (Springburn) 8-18-2; **Youths 400m** 1. P Allan (Aberdeen) 51.4; 2. M Andrew (Aberdeen) 51.5; 1500m 1. A McAuley (Clydebank) 4-17-3; HJ/TJ S Ritchie (Pithead) 1.90m/11.85m; **Junior Boys 800m** 1. M Kelso (Pithead) 2-19-6; TS C Chisholm (Aberdeen) 11.26m; **Women Golden Sprints 100m** 1. K Madigan (Aberdeen) 12.2; 2. E Henderson (E. W. M.) 12.3; 3. W Vaughan (Edinburgh) 12.5; 200m 1. E Henderson 25.2; 2. K Madigan 25.6; 3. W Vaughan 26.4; **Golden Sprints Aggregate Times 1**, E Henderson (12.3 + 25.2) 37.5; 2. K Madigan (12.2 + 25.6) 37.8; 3. W Vaughan (12.5 + 26.4) 38.9; 400m 1. E Henderson 58.9; 1500m 1. P Rouney (Aberdeen) 4-54-1; **Juniors 800m** 1. A Gallon (Aberdeen) 2-33-2.

Stromness Half Marathon –

1. D Murray (Falkirk Vic) 74-52; 2. W Adams (V1) (Shetland Isles) 74-57; 3. G Harper (Orkney Isles) 76-12; V2, J Bewes (Orkney Isles) 96-48; V3, J Sinclair (Edinburgh) 103-19; **L1**, D Leonard (Kirkwall) 89-34; **L2**, J Nuttall (Shetland Isles) 96-02; **L3**, A Smith (Caithness) 98-04.

Musselburgh Festival Half Marathon, Musselburgh –

1. A Robson (ESH) 73-02; 2. P Cunningham (EAC) 73-38; 3. R Main (Gala) 75-05; **V1**, W Reid (Lothian) 16th 88-39; **V2**, J Hannon (Dunbar) 17th 90-02; **V3**, N Brotherston (SVHC) 24th 92-45; **L1**, A Dickson (Law & Dist) 21st 91-23; **L2**, S McGraw (Gala) 31st 96-52; **L3**, H Fyfe (Haddington) 41st 102-39.

Dingwall to Evanton and back 10 mile Road Race, Dingwall –

1. G Crawford (Springburn) 53-41 (record); 2. S Wright (Caithness) 54-13; 3. D Jansen (Amsterdam) 55-12; **V1**, G Mitchell (Inverness) 57-48; **V0/50** 1. J Leith (Nairn & Dist) 64-43; **L1**, M Muir (Dundee RR) 75th 62-30; **L2**, E McLardy (Black Isle); **L3**, K Green (Dundee RR); **LVI**, M Robertson (E. Kilbride); **Team 1**, Inverness, Ladies Team 1, Moray RR.

Monklands Half Marathon, Coatbridge (+200 ran) –

1. J Bennett (Spango Valley) 70-30; 2. B Pitt (Dumbarton) 70-36; 3. C Martin (Dumbarton) (V1) 70-49; 4. T Walker

(Calderglen) 71-18; 5. C Ross (Shettleston) 71-19; 6. W Wright (E. S. H) 71-38; **V2**, W Scally (Shettleston) 74-26; **V0/50** 1. T King (Dundee RR) 79-00; **V0/60** A McInness (Victoria Park) 86-00; **L1** R McAleese (Monklands Shettleston) 68th 86-41.

Helensburgh Peoples Half Marathon, Helensburgh –

1. A Daly (Bellahouston) 67-47; 2. E Wilkinson (Bellahouston) 70-17; 3. M Mitchell (Cambuslang) 71-17; **V1**, R Young (Clydesdale) 74-12; **L1**, M Muir (Dundee) 83-13; **L2**, R Gardner (McLaren) 91-09; **L3**, J Byng (Unat) (**LVI**) 92-11.

Balmeadie 5,000 metres Dune Race, Aberdeen –

1. S Cassells (Aberdeen) 26-08; 2. J Gallon (Aberdeen) (V1) 26-26; 3. M Stone (Unat) 26-57; 4. G Park (Aberdeen) 27-06; **V2**, A McDonald (Unat) 27-54; **V3**, C May (Donnington) 32-20.

Gatehouse of Fleet Gala 6 mile Road Race –

1. N Day (Dumfries) 31-26; 2. S Dickson (Stranraer) 31-38; 3. K Pennie (Stranraer) 31-40; **V1**, W Slaren (Stranraer) 34-44; **V2**, D Milligan (Castle Douglas) 36-02; **V3**, C Ward (Unat) 36-06; **L1**, K McMahon (Kirkcudbright) 37-21.



Elaine Masson... first in the Irvine Half Marathon.

Irvine Harbour Festival Half Marathon, Irvine (290 ran) –

1. D Frame (Law & Dist) 66-21; 2. H Cox (Greenock GH) 67-21; 3. J Thomson (Irvine) 69-37; **V1**, J McMillan (Strathclyde Police) 8th 71-40; **V0/50** 1. W Stoddard (Greenock W H) 21st 74-51; **L1**, E Masson (Kilbarchan) 78-33; 22. M Dunlop

(Kilmarnock) 80-21; **L3**, L Duncan (Unat) 92-49; **LVI**, S Law (Beith) 93-22; **LV0/45** M Robertson (Troon Tortoises) 97-14.

27

Cow 2½ mile Hill Race, Fort William – 1. S Carey (Sheffield Un); 2. G Devine (Pudsey); 3. R Bergstradt (Sheffield Un); 4. C Manning (Sheffield Un); 5. J McKendrick (J1) (Irvine); 6. M Walker (Bristol); **V1**, E Orr (Lochaber).

25/26

Home Countries Quadrangular International Decathlon Match, Stoke-on-Trent –



On the VETERAN scene...

My Sunday Morning run from Aberlady Bay takes me on a marvellous winding route along the East Lothian coast, past the famous Muirfield golf course. In the pouring rain on Open Sunday, I was convinced that some official from the exclusive golfing fraternity would have blocked the footpath, but to my amazement the way was clear. I don't expect they envisaged having many bedraggled looking runners finding the "back entrance" to the British Open.

However, as the players going through included 51 year old Gary Player, I must admit to spending an enthralling half an hour watching this legend of a man.

A week later Player was interviewed by Cliff Morgan about playing in the Seniors Open at Turnberry and made the point that competition for him at 51 was as important as ever, and that he was just as keen to improve his performance as he was at 21. He predicted that there would be every chance of a "senior" winning the Open in years to come.

It's really encouraging to know that in some sports the mellowness of the passing years can be looked on with pride. As this is a magazine that prides itself on not being just about athletics, I hope I will be forgiven for recounting my interrupted training run.

I needed that run for another important reason, having just returned from a most relaxing two weeks of Yugoslavian sunshine, wine, and good food. Not only was I welcomed back by the drech Scottish weather, but in my post bag was a most upsetting letter from the secretary of the Scottish Cross Country Union, albeit on plain paper, demanding that I send him a written apology for something I had done at the SCCU in May.

The simple truth is that I wrote and read a poem. It was called "An Ode to Veteris" and I based it on some lines of Shakespeare's Julius Caesar the famous ones, "Friends, Romans, Countrymen . . ." Only I

started with "Friends, Chairman, Crosscountrymen . . ."

The purpose of this harmless piece of doggerel was to try and bring some light relief to a debate on the issue of veteran age group awards. The inspiration came from one of the main opponents of the age group awards, Colin Shields, at the SCCU dinner in Edinburgh, when in a quite convivial atmosphere we were discussing our favourite topic of competitive vets.

For reasons not known to me at the time, Colin was unable to be at the annual general meeting (he was on holiday in Aberdeen). My carefully composed ode, which included the line, "And Colin is an honourable man", had to be amended. As Ian Clifton had spoken, as he has done with consistency against the motion, I amended the words to read "And Clifton is an honourable man . . ."

After the annual general meeting, no-one said anything to me that implied that I was being derogatory or offensive.

Some three weeks later, I had an urgent telephone call from Ian Clifton, asking me to meet him, which duly happened in his car at Meadowbank. He produced a book on Shakespeare's play and proceeded to tell me that in using that line I had personally implied he was not an honourable man.

I was, and still am, astounded that this interpretation which is implied in the context of the play about Brutus, I thought I had made it clear that night that I had no intention of that interpretation being put on the line.

To receive, therefore, another letter with a pre-written apology note for me to sign was hardly the most stimulating of holiday returns. So, as Ian Clifton wishes to "clear the matter up", can I, through this column, tell all who were at the SCCU annual general meeting that I had no intention of offending anyone. I merely tried, obviously not successfully, to bring some Anglo-Scottish humour to a subject that was getting very dry.



Henry Muchamore

I have one of those fears that the whole issue, including my "odd Ode", could take up valuable time at next year's annual general meeting, when issues such as the possible merger of athletic bodies in Scotland will again only get a passing reference.

To brighter veteran matters. Bob Dalgliesh, race director of the Glasgow Marathon, has given a challenge to the SVHC about a possible prize structure for veterans. He is quoted as saying, "Given the appropriate vehicle, I'd be happy to present plans to my executive to develop a veteran prize structure."

He has also asked the vets to think about incorporating their Scottish Championship in future Glasgow events. This year, in addition to the Nationwide Building Society trophy awarded to the first vet, the first male and female veterans will receive a £50 voucher.

I must record the amazing fact that 46 new championship records were set at the Scottish Veteran Track and Field Championships at Crownpoint. Among the record breakers was professional George McNeill, who won the 100 and 200 meters on the same track within 24 hours of his son George Jnr doing the same in the under 19's championship.

It should also be noted that another double was claimed by a professional, Ernie Plimer in the M70 group with 13.7 and 28.8. Ernie, in fact, appears regularly in this column - in the silhouette at the top taken at last year's Commonwealth Gathering. Ernie is the one with the glasses.

Two performances that justify a mention are Jack Gelder's feats in the hurdles and jumps. 17.3 (110H) 61.2 (400H) 11.68 (TJ) 5.86 (LJ) and Sylvia Woods', four successes and three records in the W40 100m (15.3) 200m (32.5) and long jump (4.09).

In the BVAF Championships at Corby, McNeill again completed the double (11.4; 22.9) and now has his sights set on Melbourne. George Bridgeman had a superb double in winning the 100m over 60's title in 13.7, and the 400m in 62.6. Ian Steedman won the 0/55 110H in 19.8, and John Scott took the shot (12.70) and the hammer (40.10) titles in the 0/45 class.

Perhaps the most travelled track and field vet in recent months has been Edinburgh-based John Ross. John formerly of EAC, joined Lothian AC this summer and has found a new lease of life travelling to all of the league meetings and competing in open senior competition for his club. In addition, he won the pentathlon and was second in the 0/45 javelin at Corby. In May he travelled to Split in Yugoslavia, where he met up with exiled Scot Don Halliday of 1972 Olympic fame.

Don won the 100m in 11.29 and the 200m in 24.3 - he could prove a useful challenge to McNeill if they meet. John Ross won the javelin (43m) and the 200m (25.0), and was second in the 400m (56.8). He has since been to Hungary, where he competed in the Parkas Matyas Memorial meeting for veterans in Budapest, where he won the 100m (12.3), was second in the 400m (56.4), and was second in the pentathlon with 3400 points. John is now looking forward to setting new records in the supervet class when he reaches 50 next year.

Finally a *foot note* about old shoes. In all our house moves, my wife has nagged me to throw away some of my really old shoes, but as a proverbial hoarder and sentimentalist I have hung on to some of my very early efforts which include a pair of hand-made cross country shoes by G.T. Law & Son. It paid off. In answering a recent advertisement, I sent these old pair of studs to a certain shoe manufacturer, and have received back a brand new pair of trainers said to be valued at around £50. If I get hard up, I may have a car boot sale of all my running gear.

Events Diary

August

22 Dairy Crest Games, Crystal Palace.

TSB Blairgowrie "500" Half Marathon, Blairgowrie. E - John Wilson, Springbank, Darkfauld, Blairgowrie. Start 2.15pm

Cuba Geigy 5 Mile Open Road Race, Linwood Sports Centre, Bredford Road, Linwood. Details - John McGinness, 29, Yarrow Crescent, Bishopstoun PA7 5EW (E on day) Start 3pm

Bute Highland Games and 10 Miles "Round the Island" Road Race. E - T.B. McMillan, Ardalla, Clebelds, Rothsay, Bute PA20 9HN

Argyll Open Championships, Oban. E - D. McGregor, Ardchouie, Benderloch, by Oban, Argyll

HFC Scottish Athletic League, Wishaw

Arrochar Alps Mountain Race, Arrochar (14 miles, 7900ft climb). E - A. Dyche, 43, Braehead Road, Dunrobin, 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, Carronsboro, Falkirk FK2 6AE

Marymass 10 Miles and Race, Magnum 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, Corebridge. Details - Secretary, Greenhall Community Education Wing, Greenhall High School, Corebridge, 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 - Houslow

Forth Valley Athletic League Divs 1 & 2 - Pitreavie

Peterhead Inaugural Track and Field Meeting and Road Race, Peterhead. E - J. Muriel, 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) Start 10am

Glenquhart Highland Games and 15 Mile Road Race, Inverness to Drumadrochit. E - R. MacDonald, Westfield, Lewiston, Drumadrochit (E close 22/8) Start 1.15pm

Achmony Hill Race, Drumadrochit (5 miles, 600ft 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 5AB. 10am start

Mid Argyll 9K Road Race and Fun Run, Lochgilphead. E - W. McCallum, 38, Fernoch Park, Lochgilphead PA31 8DG

Coretex Fabrics Livingston Half Marathon, Howden Park, Livingston. E - Race Secretary, Livingston Fire Station, Craighill, 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

31 Kilmarnock and Loudon 10K Road Race, Kilmarnock. Details - Mrs E. Dalziel, 3, Stronay Place, Kilmarnock KA3 2JA (E on night) 7pm start

September

2 Shettleston Harriers Open Graded Meeting, Crownpoint Sports Park, Glasgow. Details - W. Scully, 437, Duke Street, Glasgow G3 1RY (E - on night)

Borders Open Graded Meeting, Tweedbank Stadium, Galashiels. Details - G. Taylor, 7, St. Clara, Eyemouth, 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 (Kenwick AC) 1984. E - A. Ross, Ben Nevis Distillery, Fort William. (Start 2.00pm)

Womens U21 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

PITLOCHRY HIGHLAND GAMES

(Founded 1852)

SATURDAY, 12th SEPTEMBER, 1987
COMMENCING 11.00 a.m.

RUNNING, CYCLING, JUMPING, SOLO PIPING,
HIGHLAND DANCING, HEAVY EVENTS, TUG-OF-WAR,
GRADE 1 PIPE BAND COMPETITION

Handicapper: Mr ANDREW MITCHELL,
20 Keltiehill Road, Keltie

Secretary: D. McLAUCHLAN,
Easter Auchlath, Pitlochry. Tel. 0796 2207

LOCHABER PEOPLE'S HALF MARATHON

on Sunday October 18 at 12 noon

First male - £50 voucher
First female - £25 voucher

Winning Cups for both. Certificates and medals to all finishers. Entry fee £4. Further details from E Campbell, Kisimul, Alma Road, Fort William.



CIB FALKIRK PEOPLE'S HALF MARATHON

In association with Falkirk District Council

Incorporating the Final of the Scotland's Runner Road Race Championship

SUNDAY 25th OCTOBER 1987 (start 10.30 am)

sponsored by C.I.B. PROPERTIES ESTATE AGENTS

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OFFICIAL ENTRY FORM

FEE £3.50 Limit 5,000

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Home Telephone No.		Club or Team (if any)			
Work Telephone No.		Age on day of Race		Date of Birth	
Anticipated time for 1/2 Marathon		For Official Use			
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IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I THE UNDERSIGNED, INTENDING TO BE LEGALLY BOUND HERBY FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANISERS FALKIRK DISTRICT COUNCIL FOR INJURIES SUFFERED BY ME IN THE EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE EVENT AND THAT MY FITNESS HAS BEEN VERIFIED BY A DOCTOR. I DECLARE THAT I WILL BE AGE 17 YEARS (FOR FEMALE) 18 YEARS (FOR MALE) OR OVER, ON OR BEFORE THE DAY OF THE RACE AND THAT I HAVE NOT COMPETED AS A PROFESSIONAL IN ANY ATHLETIC, TRACK, FIELD, ROAD RACE, CROSS COUNTRY OR ROAD WALK RACE OR HAVING DONE SO HAVE BEEN REINSTATED TO AN AMATEUR STATUS.

ENTRIES CLOSE ON 12th OCTOBER 1987
OR ON RECEIPT OF 5,000 ENTRIES

SIGNED: _____

DATE: _____

ADDRESS: THE RACE SECRETARY
GRANGEMOUTH SPORTS COMPLEX
ABBOTS ROAD
GRANGEMOUTH

Events Diary

- | | | | |
|--|--|--|--|
| <p>11 IAAF Mobil Grand Prix Final, Heysel Stadium, Brussels.</p> <p>12 Falkirk District Council Mini-Minor Highland Games, Grangemouth. E - A. Kerr, Stadium Manager, Grangemouth Stadium, Kersiebank Avenue, Grangemouth.</p> <p>Knockfarrell Hill Race, Strathpeffer. (6 miles, 1000 feet) Rec-32-031. Matheson (Aberdeen AAC) 1986. E - R. Cameron, 5, Rose Croft, Muir-of-Ord, Ross-shire. 2.30pm start.</p> <p>Scottish Young Athletes Handicap Meeting, Livingston.</p> <p>13 McVities Challenge Invitation Meeting, Crystal Palace.</p> <p>Ayrshire Harriers Association Round Cumbrae 10 mile Road Race, Millport, Isle of Cumbrae. E - W. A. Robertson, 17 Hunter Crescent, Troon KA10 7AH.</p> <p>Scottish and North West League Divs. 1&2 - Crownpoint Divs. 3&4 - Wishaw Div. 5 - Coatbridge.</p> <p>North East League Meeting, Glenrothes.</p> <p>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.</p> <p>Corrieyairack Pass Hill Race, Spean Bridge (15 miles, 1500 feet) E - S. Hastings, 13 Inverroy, Roy Bridge, Inverness-shire. (Start 12 noon).</p> <p>Dornoch Peoples 10,000 metres Road Race, Dornoch.</p> <p>15 IAAF International Athletic Meeting, Lausanne.</p> <p>16 Motherwell YMCA Harriers Open Graded Meeting, Wishaw. E - W. Marshall, 13 Ross Crescent, Motherwell.</p> <p>Sri Chinmoy 2 mile Road Race, Glasgow Green and The Meadows, Edinburgh.</p> <p>19 SAAA North District 10,000 metres Track Championship, Inverness. E - H. Lakeland, Championship Convenor, 76 Laggan Road, Inverness IV2 4EW.</p> <p>United Kingdom Womens Access League Qualifying Match, Derby.</p> <p>20 Aberfeldy Peoples Half Marathon, Aberfeldy Recreation Centre. E - Race Manager, Aberfeldy Recreation Centre, Crieff Road, Aberfeldy, PH15 2DU. Perthshire. Start 2pm.</p> | <p>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 (Keswick AC) 1986). Start 9.30am.</p> <p>23 Sri Chinmoy 2 mile Road Race, Glasgow Green and The Meadows, Edinburgh.</p> <p>26 Livingston & District AC Open Road Races, Livingston. E - Marion Restrict, 59 Inglewood Street, Livingston, West Lothian EH54 5BE.</p> <p>Kilbarchan AC George Cummings 4 x 2 miles Road Relay Race, Kilbarchan. Details - Jason Pender, 34 Victoria Road, Brookfield PA5 8HA. (E - on race day).</p> <p>Inverness 10 mile Road Race, Inverness. E - Turnbull Sports, 10a Church Street, Inverness.</p> <p>Two Breweries Fell Race, Traquair to Broughton. (18 miles, 5000 feet). Rec-4-232 J. Maitland (Pudsey & Bramley AC) 1986. E - F. Smith, Broughton Brewery, Broughton, Biggar. (Start 12 noon).</p> <p>Central Region AC Thistle Awards Meeting, Grangemouth Stadium.</p> <p>27 Bank of Scotland Womens Athletic League Qualifying Match, Grangemouth.</p> <p>Loudon Runners 4 mile Road Race, Galston. E - Jan Oliver, 19 Cunnock Road, Mauchline, Ayrshire. KA5 5AP.</p> <p>Cockleroi Hill Race, Linlithgow (5 1/2 miles, 850 feet) Rec-27-17 P. Paulds, (Falkirk Victoria H) 1984. E - T. Wood, 62 Priory Road, Linlithgow. (Start 3pm).</p> <p>Black Medion Hill Race, Peebles (1 mile 800 feet) Rec-8-45 (Gala H.) 1986. E - R. Wall, 1 Springwell Brae, Broughton, Biggar (Start 11am).</p> <p>30 Sri Chinmoy 2 mile Road Race, Glasgow Green and The Meadows, Edinburgh.</p> | <p>October</p> <p>3 Victoria Park AAC McAndrew Trophy 4 x 3 1/4 miles Road Relay Race, Scotstoun Glasgow Details - J. Wallace Crawford, 83 Clarence Gardens Glasgow G11, 7JW Entry on day of race.</p> <p>Lanarkshire AAA Young Athletes 9 stage Road Relay Race, East Kilbride. (3 Junior Boys, 3 Senior Boys, 3 Youths) Details - J. Radigan, 44 Laburnum Avenue, Greenhills, East Kilbride.</p> <p>4 Forres Harriers Alves to Forres 6 miles Road Race, Forres. Details - M. Francis, 5 North Street, Forres, Morayshire IV36 0AD. Entry on day of race.</p> <p>Caithness AAC Relay Race, Thurso Details - J. Cassells, 12 Lythmore Road, Thurso, Caithness KW14 7PF.</p> <p>Stranraer Half Marathon, Stranraer, Details - O. Greenall, 12 Rephad Crescent, Stranraer DG9 8HQ.</p> <p>S.M.N.D.A. Peoples Open Road Race, Kirkintilloch.</p> <p>10 Eastern District Cross Country League (all age groups), Alloa E - A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.</p> <p>North District Cross Country League (all ages Men/Women) E - W. Banks M.B.E., 16a Ballifearey Road, Inverness IV3 5PS.</p> <p>Ayrshire County Cross Country Relay Championships.</p> <p>Dunbartonshire County Cross Country Relay Championships.</p> <p>Lanarkshire County Cross Country Relay Championships.</p> <p>Renfrewshire County Cross Country Relay Championships, Ballahouston Park, Glasgow, Details - D. Burt, 7 Kirkhill Road, Holmbrake, Uddingston, Glasgow G71 6BW.</p> <p>11 Victoria Park AAC Open Cross Country Meeting, Dalmuir Park, Clydebank (all age groups Men/Women) including opening meeting of Scottish Womens Cross Country League. E - J. Wallace, Crawford, 83 Clarence Gardens, Glasgow G11 7JW and Mrs J. Ward, 144 Canberra Avenue, Dalmuir West, Clydebank, G81 4EW.</p> <p>Fraserburgh F.C. Half Marathon, Fraserburgh Details - C. Noble, 43 Saltown Place, Fraserburgh, Aberdeenshire AB46 6UW.</p> <p>City of Dundee Peoples Half Marathon, Dundee.</p> | <p>17 SCCU Eastern District Cross Country Relay Championships, St Andrews E - D.V. McLaren, 25 Brockwood Avenue, Penicuik, Midlothian EH26 9AC.</p> <p>SCCU Northern District Cross Country Relay Championships E - W. Banks M.B.E., 16a Ballifearey Road, Inverness IV3 5PS.</p> <p>SCCU Western District Cross Country Relay Championships, Strathclyde Park, Motherwell, E - I.B. Aird, 9 Loudon Road, Newmans, Ayrshire KA16 9HJ.</p> <p>18 Lochaber Peoples Half Marathon, Fort William E - E. Campbell, "Kismul", Almo Road, Fort William.</p> <p>Coasters Running Club 10,000 metres Road Race, Buckie, Details - Derek Summers, 20 Skene Street, Macduff AB4 1RN.</p> <p>Sri Chinmoy 10,000 metres Road Race, Glasgow Green, Glasgow Details - B. Grassom, 72 Loch Awe Street, St. Leonards, East Kilbride G74 3DD. Entry on race day.</p> <p>24 SCCU National Cross Country Relay Championships, Galashiels.</p> <p>25 Falkirk District Council Peoples Half Marathon and Final of Scotland's Runner Road Race Championship, Grangemouth Stadium. E - A. Kerr, Race Director, Grangemouth Stadium, Kersiebank Avenue, Grangemouth.</p> <p>Running North Open 5 mile Handicap Race, Aberdeen, Details - Running North Sports Shop, 5 South Mount Street, Aberdeen.</p> <p>31 Black Isle Festival of Distance Running (Marathon, Half Marathon and 10,000 metres races, all start 10.30am) Marathon - Culbokie to Fortrose. Half Marathon - Jemimaville to Fortrose. 10,000 metres - Cromarty to Fortrose. E - R. Cameron, 15 Rosecroft, Muir of Ord, IV6 7RH (closing date for entries 17 October).</p> <p>31 Scottish National YMCA Road Race Championships.</p> <p>Shettleston Harriers Allan Scally Memorial 4 x 5 miles Road Relay Race, Bannerman High School, Baillieston, Glasgow. E - W. Scally, 437 Duke Street, Glasgow G31 (Entry on race day).</p> |
|--|--|--|--|



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E Lothian District
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Brunton Hall,
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- 27 Argyllshire Gathering, Oban
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- 30 Scottish Viking Games, Largs
Organiser: Lord Glasgow,
Kilbourne Castle,
Largs, Ayrshire
- Binnam Highland Games
Organiser: John Bruce,
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Station Road,
Binnam

September

- 5 Braemar Highland Gathering
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Ballater,
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- 6 Peebles Highland Games
Organiser: Mr Hoyle, Bernards,
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Tel: 0721 20397
- 12 Pitlochry Highland Games
Organiser: Dougal McLaughlin,
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- 19 Invercarron Highland Games,
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August

- 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.
- 29 Glasgow Centre women's 10 mile
road race, 3pm.
- Schoolboys series final, Glasgow
Green, 2.15pm.
- Scotia 60 miles road race, Carron
Valley, 11am.
- 30 Scottish road race
championships, Fife, 11am.
- Junior Grand Prix, Fife, 11am.
- Lomond Roads 12 hour TT,
Inchinnan 6am.

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£25 Prize Crossword

By Menodromos

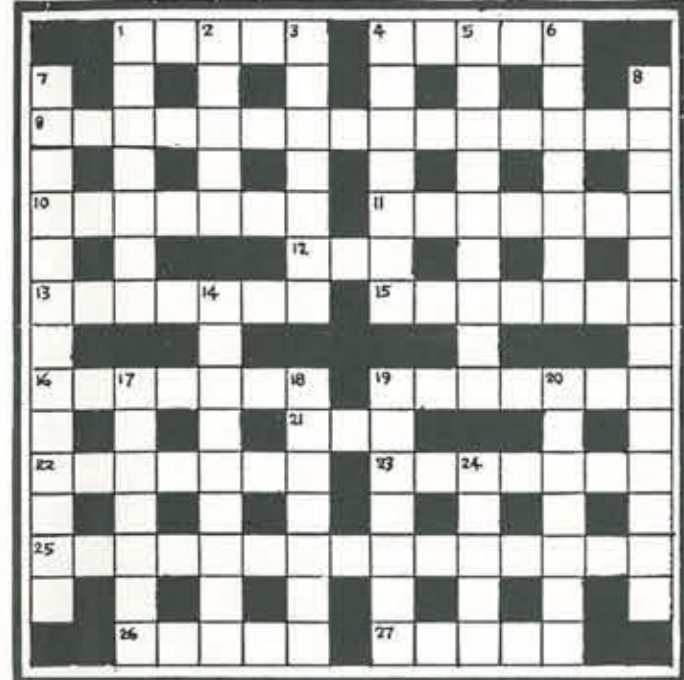
No. 6

ACROSS

- 1 Scots language is at heart
debased English (5)
4 Alphabet is loosely
fundamental (5)
9 It carries this country's bean
(9,6)
10 Take in news as mistaken
solutions (7)
11 Dog with live back and rigid
behind (7)
12 This person had a Cretan
mountain (3)
13 Odd sets for spruce places?
(7)
15 I ran round and I sweat on the
way back to capital (7)
16 I'm quietly learning to beg (7)
19 Tap telephone of a race - one
for old sports car (7)
21 Ollie beginning and not
backing President (3)
22 Stuck up little devil gets raw
deal (7)
23 Club ran sale badly (7)
25 Popular event. Heard you
entered perhaps for glamour.
(T. Wogan has) (7,8)
26 Placed second in this event,
deciding leaders (5)
27 Seed source has nothing to
change (5)

DOWN

- 1 Works up bridge partners or
one finding event (7)
2 What you read we request in
charades (1,4)
3 Seeing's involved in opening
book (7)
4 Paragon of virtue surrounded
by honour; an individual one
hopes wins (4,3)
5 Game in game's first flattening
(9)
6 Unlikely coin met no longer in
Spain (7)
7 Upset us again, fill us with
vices we all have (5,8)
8 Man may be following
smuggler's trade with mid-
way refuge (7,6)
14 Unimportant container for
trophy in which star would be
(9)
17 The French King surrounded
by dad's trees (7)
18 Provided with money for
object, was indebted (7)
19 Confident show trains one
against bother (7)
20 Point one lady's ends where J
comes (7)
24 Fiscal approves some theatre
(5)



The first correct entry opened on
September 17 wins the £25 prize.
The solution and winner's name will
be published in our November
issue.

Answers, please, to Crossword
Competition No. 6, Scotland's
Runner, 62, Kilvingrove Street,
Glasgow G3 7SA.

Scotland's Runner Quiz No.6

QUESTIONS

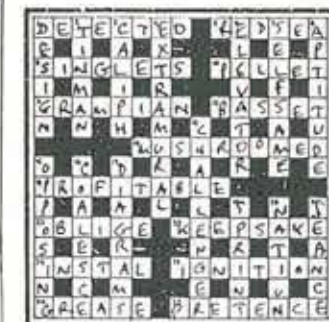
- 1 Which athlete won the first
Dundee Marathon, in April
1983, at the age of 43?
2 In which city was the former
Great Britain internationalist
Mary Peters born?
3 Which was the first club from
outwith England to win the
British Athletic League, and
also the first to win it in three
successive years?
4 Who broke the world 10,000m
record in 1960 and 1962, and
was the last Russian to win the
Olympic title at that distance?
5 Which Scottish internationalist
was a member of the British
squad which won the womens
4 x 400m relay at the 1969
European Championships?
6 Who won the mens 200m at the
Scottish Centenary
Championships at
Meadowbank, in 1983?
7 Who became the first black
South African to win an
American athletics title when
he won the 1,500m at the 1981
U.S. Track and Field
Championships?
8 Which Scottish athlete finished
third, second and first, from
1971 to 1973, in the Junior World
Cross Country
Championships?

- 9 In what year was a tartan track
first used at the Olympic
Games?
10 Which American and Olympic
pole vault champion from the
1950's was known as the
"Vaulting Vicar"?

The solutions will appear in the
October issue

Compiled by Peter Cowan

ANSWERS TO QUIZ No.5
1, Ron Hill; 2, Mens 400m hurdles; 3,
Sandra Whittaker; 4, Kenny Stuart;
5, Lynn MacDougall; 6, Derek
Clayton; 7, Igor Paklin; 8, Don
Quarrie; 9, 1,500m; 10, Ken McKay



The winner of Prize Crossword No.
4, published in our July issue, is B.
Covell, of 1, Morningside Gardens,
Edinburgh EH10 5LA, who wins the
£25 prize. Keep these entries
flowing in!

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Scotland's Runner Puzzle No. 6

Find these hidden
words in the puzzle
alongside:

1. Championship
2. events
3. exercise
4. hamstring
5. hashers
6. jogging
7. lynch
8. stadium
9. stride
10. sweattop

The words can be
horizontal, vertical,
diagonal, backwards or
forwards!

P Q G L U H P V N O S D
N I M T C S Z O S M G Z
O K H N B Y T T W O C H
O P Y S Z M R N L P A P
S L I H N I U E E M M J
Y W B S D O S I S V O P
E Q E E R I I T D G E O
O I D A C E R P G A M O
F H W R T I H I M F T C
B Q E O N T N S X A X S
E X L G Z G O F A S H C
E O D T W B E P F H E C

SOLUTION TO PUZZLE NO.5

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 O
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 Q 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
S A W Y P Y A Q L W E E

Coming Next Month...

SCOTLAND'S RUNNER

Glasgow Marathon Preview Issue

Ultra Running: Dalwhinnie to Fort William

Scottish Track Statistics

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