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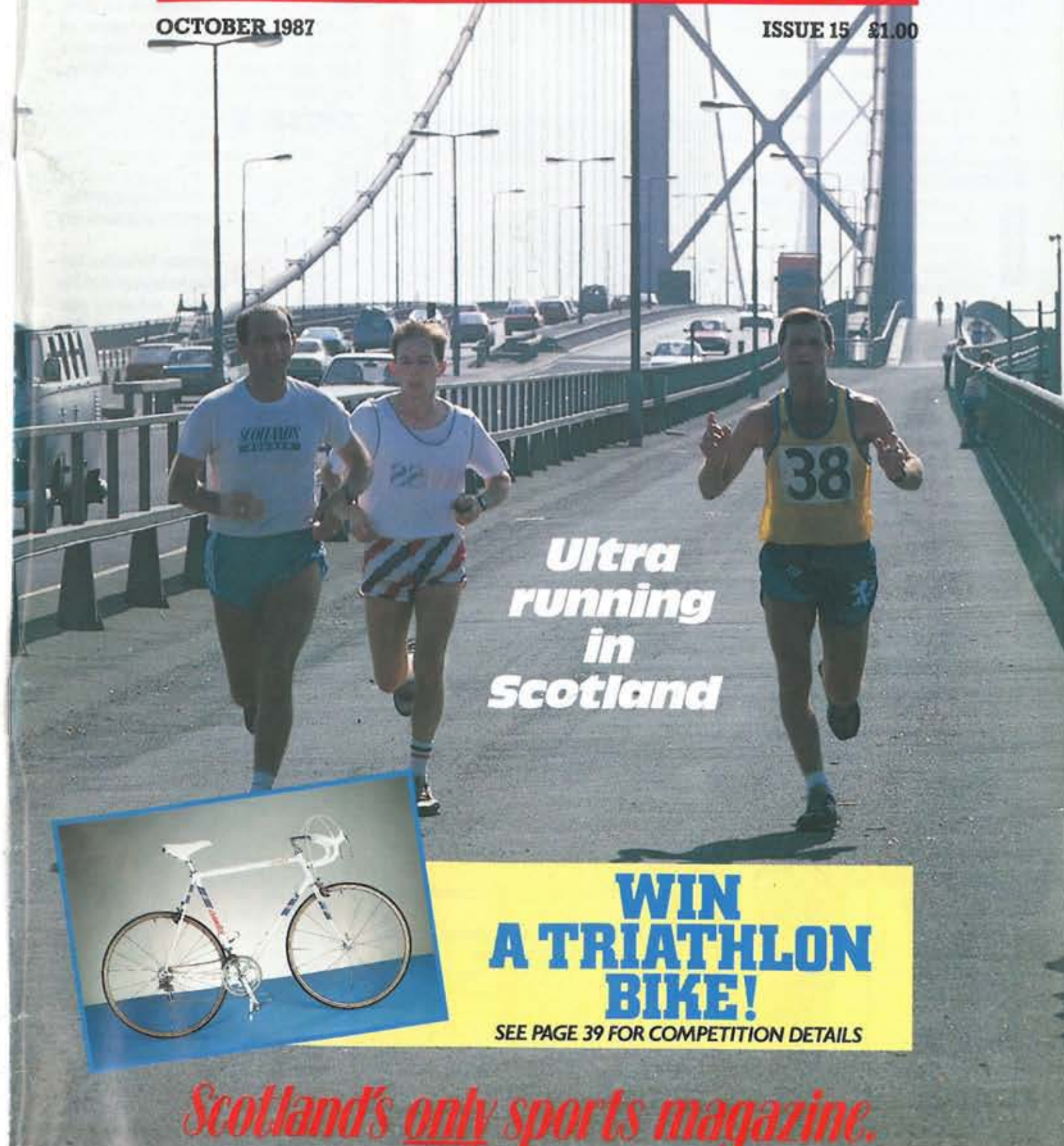
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SCOTLAND'S RUNNER

OCTOBER 1987

ISSUE 15 £1.00





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SCOTLAND'S RUNNER

October, 1987

Issue 15

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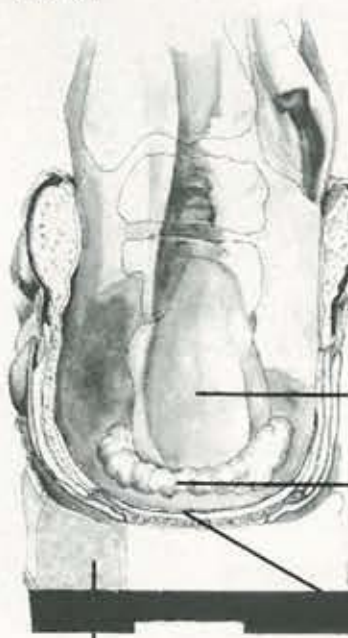
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Inside LANE

It's hard to summon up the appropriate words to describe the overall performance of the British team in Rome, such was the numbing ineptitude of some of the individual efforts.

One by one the top-billed gladiators entered the arena, and one by one they stumbled and fell, in some cases literally as well as metaphorically. Hill, McKean, Thompson, Lynch and Cram - it seemed that the bigger the reputation, the mightier the fall.

In the end, it was the youngsters Regis, Ridgeon, and Jackson, who salvaged some pride for the British team, backed by the faithful 4 x 400 metres squad, the pragmatic Peter Elliott, the pouting and bum-wiggling Fatima Whitbread, and Jack Buckner - although he, too, disappointed many supporters with his unwillingness or inability to take on the pace in the, admittedly frail, chance of Said Aoutia having an off day.

From a Scottish point of view, the let down came from Tom McKean and Liz Lynch. Tom, like Derek Redmond, had asserted himself in the semi-final, and really the gold medal lay between himself and Billy Kinchella (the final only confirmed that view, despite the unhappy outcome).

I watched the 800 metres in the company of people with no real interest in athletics, but who were drawn to the box by the prospect of a Scot winning a rare gold medal. Not knowing much about the sport, they were suspicious of the hype

surrounding the "Glasgow street fighter" (sic) in the Fleet Street press, and I'm afraid Tom's nightmare only confirmed their prejudices. It's absurd to put such an onus on one young man's large shoulders, but Scottish athletics lost a lot of potential recruits that night.

By the time Liz Lynch's race came on the screen on Friday evening, the glorious optimism at the start of the week had given way to deep doubts about the Dundee girl's gold medal prospects - although it was the Soviets and the East Germans, who had so obviously been brought to a peak for these championships, who were causing the concern and not the supposedly injury-racked Ingrid Kristiansen.

Still, Liz was Liz, the Scot with the un-Scottish sporting characteristics of self-belief, discipline and dedication. "She's a different kettle of fish," I clichédly predicted.

According to one report, Liz subsequently described her run as "pathetic". Well, pathetic it certainly was not, but it was a tactical disaster not to have been in a position to take off after the Norwegian, and then be used as a shield for the East Europeans who seemed only interested in the minor medals. In this case new British

and Commonwealth records were no consolation because, given her road race times over the winter, and the succession of personal bests from 1500 to 5000 metres over the summer, anything less than British and Commonwealth records would have been disastrous.

Not having been there, I can offer no explanations for the British efforts. In retrospect it appears that the tone for the week by the very public dispute involving Linford Christie and Frank Dick, in which Allan Wells later got embroiled.

From a Scottish point of view, though, what is important now is to really round our top athletes, particularly Tom McKean who needs it most, and build them up again for the Olympics in Seoul next year. And to keep working for a much healthier base, so that in future the aspirations of so many do not lie on the shoulders of so few.

Thank you for the encouraging response to our Barbados subscription draw, from which we can conclude rather a lot of people were harbouring dreams of a Caribbean holiday this December!

Unfortunately there can only be one winner, and his identity is revealed on Page 7. In the meantime, thanks to the generosity of the Edinburgh Bicycle Co-operative, there is an opportunity to win a £520 racing bike for triathlons on Page 39.

Alan Campbell



Linford Christie, with a European gold but narrowly out of the medals in Rome, Daley Thompson, who took defeat with dignity, and Jack Buckner, praying that Said Aoutia would have an off day.



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Up Front

What happened to Liddell's cup?

A THREE-HANDLED trophy presented to Greenock Glenpark Harriers by the legendary Eric Liddell in 1925 has been recovered — after an absence of 48 years.

Liddell was a competitor at Glenpark's annual Cappelw both before and after winning his 400 metres gold medal at the 1924 Paris Olympics. He stipulated that only Scotsmen winning the 440 yards handicap were eligible for the cup.

When Glenpark's Games ended in 1928 because of financial problems, the cup was loaned to Queens Park FC for their annual sports. The last recorded winner was R.A. Palmer of the Achilles Club in 1939 — it is assumed that this athlete may have been killed in the war, but for whatever reason the cup disappeared.

Disappeared that is, until

George Spence (brother of Lawrie and Cameron) discovered it in a Glasgow auctioneers at the end of July. He got in touch with Glenpark president Jim Sheridan and treasurer Dick Hodelet, who came to a financial agreement with the shop owner.

The trophy is now on display at Greenock's Watt Museum, Inverclyde District Council having agreed to pay the purchase price from a special fund.

Jim Sheridan is anxious to hear from anybody who can shed light on the fate of R.A. Palmer, and what happened to the cup, in 1939. He can be contacted at 0475-23083.

For the record, the first winner, in 1925, was J.D. Hope of West of Scotland Harriers. The penultimate winner, in 1938, was Charles France of Bellahouston Harriers.



Adam wins prize

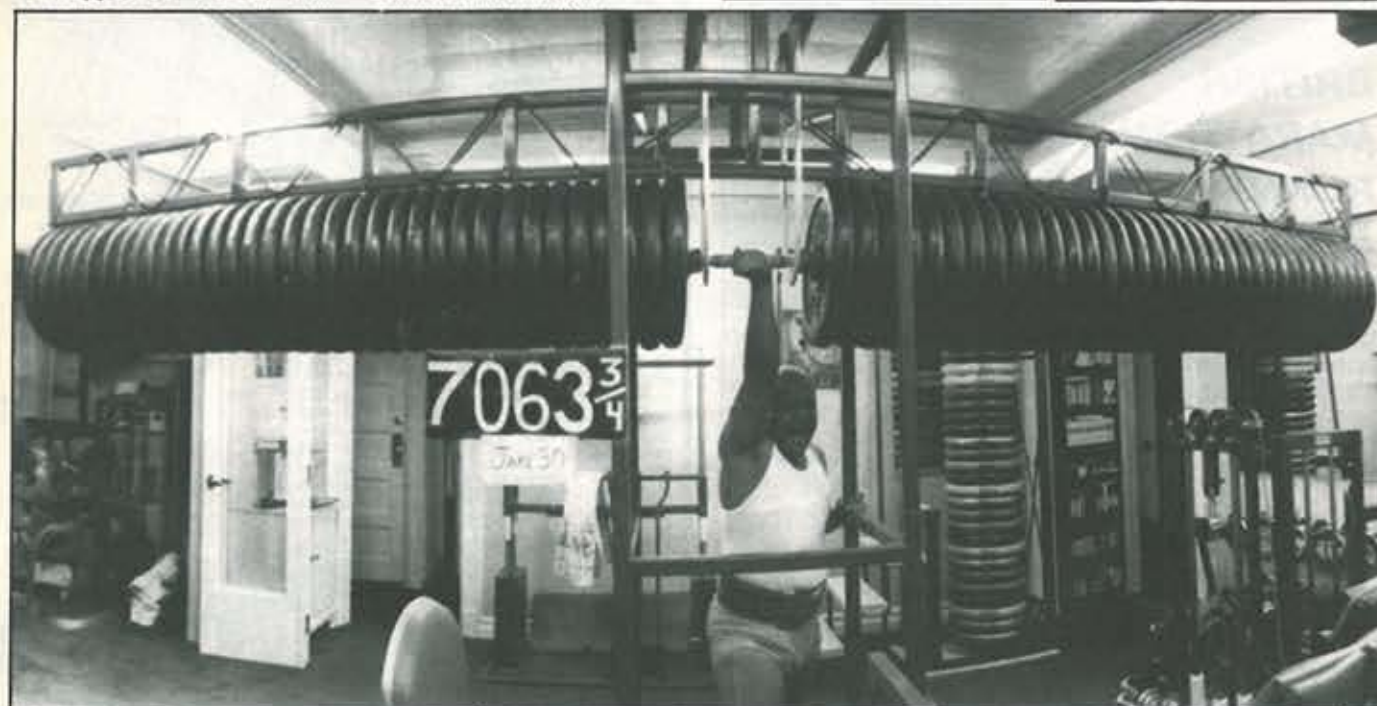
BENJAMIN ADAM, a 34 year old quality control inspector with Volvo Trucks in Irvine, is the winner of our £700 holiday to Barbados in December.

Benjamin, 34, who is married with two young children, was not in fact the first name drawn by administrator Sandra Whittaker. Another subscriber, from Newton Mearns, declined the prize after initially winning it.

A member of Irvine AC, Benjamin took up running three years ago when a friend at work entered the Glasgow Marathon. His marathon personal best, set at Glasgow last year, is 3-24, while he has run 1-27 for the half marathon (at Irvine).

More details next month...

FRANK HARPER has been given six weeks paid leave to concentrate full time on the Melbourne Marathon on October 11 by his employer, Alloa Brewers. Harper, who works at the company's brewing plant in Alloa, won the trip to Australia for being first Scot to finish in last year's Glasgow Marathon.



RUNNERS WHO have taken part in the various events organised by the Sri Chinmoy Athletics Club may be interested to know that the man himself — Sri (pronounced Shree) Chinmoy — will be in Glasgow in October.

The event is musical not athletic — a concert in Glasgow City Halls on Thursday, October 8. Sri Chinmoy, who was born in Bengal, will give a solo performance, playing on a variety of instruments and meditating for world peace.

Fifty-six-years-old Sri Chinmoy is a runner himself, but had to stop training two years ago because of a knee injury. To keep fit he started weight lifting and just nineteen months later made a world record lift of 7063½lbs (3.15 tons).

Sri Chinmoy ascribes everything he does to the power of meditation. Tickets for the concert are free, but to book them call 041-552 1844 (daytime).

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Up Front Up Front Up Front Up Front Up Front

Medical booklet published

EVERY YEAR hundreds of
athletes of all levels and ages are
lost to the sport for weeks or
months due to injury. Some people
never come back after an
enforced halt to the rhythm of
training and racing.

Unfortunately, there is a dearth
of good information on how to get
help and treatment. In a bid to
persuade the governing bodies of
Scottish sport to set up medical
advisory services, the Scottish
Sports Council has published a
booklet which gives guidelines to
sportspeople and administrators
who are involved in safety
procedures, medical provision,
injury prevention and treatment.

"Medical Advisory Services and
Sport" covers the setting up and
organisation of a medical advisory
service, insurance, travel,
research and infections in sport.

The author of the booklet, which
is published in conjunction with
the Scottish Sports Association, is
Donald McLeod, a consultant
surgeon at Bangour General
Hospital, is also honorary surgeon
to the Scottish Rugby Union.

The publication covers a wide
range, from basic first aid
provision to drug testing and how

to reduce the impact of jet lag on
performance.

Speaking at the launch of the
booklet, the SSC's chief executive
Ken Hutchison said: "The
provision of adequate medical
services by sports bodies for their
athletes is now an essential feature
of modern sport. This booklet
gives authoritative and extensive
information to those who may
already have embarked on such a
worthwhile project and will no
doubt encourage many others to
take action in this field."

Distance squad

LACK OF solid training advice,
high standards in races and
financial support has led Brian
McAusland, the once secretary
and now president of the British
Milers Club, to start a Scottish
Athletic Joint Training Squad for
Scotland's 5000m and 10,000m
athletes, writes Louise White.

"Athletes in Scotland have the
potential to be among the best, but
the top Scots at these distances are
not being given the direct help
needed to achieve better
performances," he says.



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ENGLISHMAN Bill Bedell (No 11) recorded the fastest-ever half marathon
on Scottish soil when he won the Livingston Goretex Half Marathon in a
time of 62:54 on August 30. A re-measurement of the course on September
3 confirmed the record.

A full report with pictures from Livingston, including a profile of the
firemen who organise this popular event, will appear in next month's
Scotland's Runner.

Centre open

WARRENDER Swimming Centre,
recently re-opened after two years
of refurbishment, is now offering
an extensive programme of
courses, from swimming lessons to
developing specialist skills such as
sub-aqua diving.

Booking for courses can be
made at Warrender Swimming
Centre, and information can be
obtained from the Royal
Commonwealth Pool (tel 031-667
7211).

ORIENTEERING in Dumfries and
Galloway is set to benefit from the
formation of a new coaching
centre at Carlingwark Loch, Castle
Douglas, which will develop
coaching techniques in
orienteering, canoeing and sailing.

The centre has been set up with
the aid of a £34,000 grant from the
Scottish Sports Council, and will
contain a lecture room, two class-
rooms, lounge, kitchen, office
accommodation, drying rooms,
equipment store, changing and
shower facilities.

Running enigma — that's Jackie

"MY FRIENDS say I'm weird," says Jackie Ferrari, talented, eccentric 35-year-old lady veteran from Pitreavie.

She was worried about it, so I had to reassure her that (we) runners are all like that. It is simply a matter of degree.

When we met she had just got back to her home in Crossford, near Dunfermline, after a hard but satisfying session of 300 metre intervals, with coach John Wand and clubmates at Pitreavie.

Jackie confesses to being obsessed with speedwork, enjoying the controlled, flowing movement that faster work imposes. But despite this, she is virtually a fun-runner with no competitive goals at the moment.

Like not a few women, she has come to positively dislike the competitive, elitist world of senior athletics, and has pulled back from getting too involved in that after showing some early promise.

She has only been running for four years, and although training has never been more than 40 miles per week, she confesses to a love-hate relationship with the activity, and a mild case of addiction.

In 1985 Ferrari did 1-21 in the notoriously hilly Dunfermline Half Marathon, and this was followed by a successful cross-country season.

She has also competed for Pitreavie on the track, and her coach may persuade her to try and get under 10 minutes for 3000 metres, and train for the 10,000. There are still not many lady 10,000 metre runners about.

These targets, however, don't

mean a great deal to her. Running for Jackie is a daily obsession that she fits round other interests, not knowing quite why she does it. She has her hands full looking after two young boys, and a husband who has several catering businesses in Dunfermline district. She does supply teaching in Physics and Maths at Woodmill High School, and has also taken an upper-second class degree in Philosophy from the Open University.

This is also quite a deep interest. She wanted a first-class degree, which might have opened up opportunities of teaching philosophy at a university or polytechnic.

In the meantime, the Physics and Maths degree she did in her native Newcastle stands her in good stead. The subjects are always in demand in teaching. She also has a scientist's approach to the data which running supplies, the times and the inputs of effort.

"I like to measure what I've done. I'll spend hours working on energy equations related to my running".

It sounds like dedication, but it's likely that the friendly world of veteran athletics will claim more of Jackie's attention than big money on the track or road. She recently became a member of the Scottish Veteran Harriers Club.

But she is full of contradictions to the end.

"When I see girls like Sandra Branney doing so well by taking it seriously — girls I could once beat — there is a tinge of regret. Perhaps I'm more competitive than I care to admit!"

Crawford Mackie



IAN BRIGGS from Livingston (above) was the winner of the Kwit-Fit Health Run held at Holyrood Park in Edinburgh on Saturday, August 15.

Over 1500 runners entered the event, with all proceeds going to the Chest, Heart and Stroke Association, the director of which, Morag Younie, is seen here presenting Ian with his prize.

The ten mile run included three laps around the slopes of Arthur's seat, and the Livingston man's time was 56-06.

Winter courses

A NEW brochure listing the winter courses at Glenmore Lodge, the National Outdoor Training Centre at Aviemore, has been published by the Scottish Sports Council, who run the centre.

Almost 30 different courses, covering such activities as hillwalking, mountain craft, mountaineering, ice climbing, navigation, mountain rescue, ski mountaineering, Nordic skiing, and downhill skiing, are featured in the brochure, which covers the period from January to May, 1988. All levels of participants — from beginners to instructors — are catered for.

Launching the brochure, Scottish Sports Council chairman Peter Heatly said: "Winter courses at Glenmore Lodge have long had an outstanding reputation, and have led to the Lodge being recognised as one of the leading outdoor training centres in Europe."

Further details and copies of the brochure are available from Glenmore Lodge (tel: 047-986 256), or the Scottish Sports Council (tel: 031-225 8411).

Marathon Club

THE BRITISH Marathon Runners Club is looking for recruits north of the border.

Formed following a meeting in January 1978, the motivation, in these pre marathon-boom days, was the lack of championship success since 1974. The inaugural 85 members were all 2-23 runners or better, or had finished in the first 20 of an AAA Championship.

Gradually these stringent standards have eased, and there are now approximately 2000 members throughout the UK. Membership details are available from Dick Hughes at 0778-342947.

Clyde run

A "BANKS O' Clyde" 10K Fun Run, organised by Uddingston Cricket and Sports Club, is being held on Sunday, October 4.

Entry is open to persons over 14, and prizes are promised in several categories. Details of entry, which must be made by the end of September, are available from B. Toshner at 6, Bowmore Gardens, Uddingston G71 6DX.



Jackie Ferrari, training at Pitreavie track with sons George (8) and Edward (10).

High price of cycling dreams

CYCLIST Fergus Watt is finding there is a high price to pay trying to be Scotland's next Robert Millar. He is discovering that making it to the top, and breaking into the professional ranks, is as much about finance as talent and physical commitment.

Costs will run into thousands of pounds over the next few years as the promising 17-year-old Callander cyclist pursues his dream of becoming only the second professional to come out of Scotland. And that will mean a constant and increasing drain on the Watt household which, with Fergus's father disabled, depends heavily on the income of his mother Phyllis, a health visitor.

"I've clocked up 46,000 miles in my car during the past two years because of the amount of travelling to races," she says. "And expensive as it has been, I can only see costs becoming greater as Fergus tries to break through racing in England and on the Continent."

Cycling in Britain is going through a boom period because of increased television coverage and the prominence of the likes of Millar, but some harsh realities face any youngsters fired up to get on their bikes and emulate these new heroes.

Unlike running, cycling today has no place for the working class. All Tupper type who could shove on an old pair of gutties and hammer "the toffs" in their fancy gear. Because of the technology involved in bikes, the best performances quite simply come with the best equipment.

"There is no doubt a family needs some resources if a son takes up competitive cycling seriously," says Phyllis Watt.

Fergus's racing bike, which will



Fergus Watt, surrounded by the accessories required for the aspiring cyclist.

need replacing every other year, costs around £600. Spares and accessories will easily take that figure over the £1000 mark, and then there is a £200 training bike to maintain and the special clothing.

All that is before you even get to the start line. The Watts reckon on spending around £25 every weekend over a 30 week racing season travelling to events. It's £50 if they go south of the border.

Fergus maintains it is the expense that eventually puts most out of the sport. "You see guys slowly but surely slip away as other commitments mean they can no longer afford the racing," he says.

Even the honour of representing Scotland does not come cheaply. There was no family holiday for the Watts this summer when £400 had to be found to allow Fergus to

cycle for Scotland's juniors in a six-stage international in Ireland.

Fergus set his mind on turning professional when he won the Scottish Schools' title in his first competitive year in 1985. He has dishwashed for two years in a Callander hotel to help pay his way, and now that he has left school works part-time in a Stirling cycle shop.

And, despite a very lean year following the shock of his brother, Liam, being killed in a motorbike accident, the V.C. Olympia/Stewart Wilson Cycles rider has not veered from his chosen course.

"I'm determined to make it," he says. "I don't think I have the talent of Robert Millar, but I'm convinced I can become a professional if I put in the work."

"I'll give it everything. It's what I

seem to do best so far, and there's nothing to beat that feeling from performing well."

Fergus is blessed with a mother willing to share his dream and commitment. "I don't know if he'll make it," she admits. "But I've come to learn with my other children that it usually pays off for them when they feel really strongly about where they are going."

"I've gradually become totally involved with his cycling and it takes up nearly all my weekends from March to September."

"It can be an emotional strain at times when he is not going well and is down, but I have to say it has been therapeutic too in getting through the horrendous times after the loss of Liam."

Graham Crawford

Racing thrower

SCOTTISH hammer champion Lawrie Nisbet, a regular in the second row for Watsonians last season, will miss this season's national league rugby campaign, writes Sandy Sutherland.

The big Heriot Watt University graduate is to spend the winter in France playing for the Racing Club de Chalons (Chalons is a town of about 100,000 population between Dijon and Lyons). The club play in the French second division and Nisbet, who flew out to France for a trial a few weeks ago, anticipates that he might end up converting into a tight-head prop.

"I think at the end of the day that might be my best move — they're

really looking for guys of 6ft 8 ins or 6ft 9 ins for the second row and I'm only 6ft 3 ins" says Nisbet, who hopes to keep his athletics training going as well in France.

"I'm keen to get in the Scottish team for the 1990 Commonwealth Games in New Zealand," says the man who was left out of the team in Edinburgh last year despite reaching the Scottish qualifying standard. "I should have the time to train in France", he said.

The Chalons connection was made through former Scotland and Boroughmuir flanker Jock Davidson, who played for them, and now lives in Dijon.

Prize draw for Olympics

AN OPPORTUNITY to win a once-in-a-lifetime trip to the 1988 Olympic Games in Seoul is offered in a free Olympic prize draw sponsored by Minet — official insurance brokers to the British Olympic team.

In addition to an all expenses paid, 11 day trip for two to the Olympic Games, prizes include an all-white MG Metro Turbo, and five sets of sterling silver coins issued to commemorate the 1988 Winter Olympic Games.

The Olympic Prize Draw is open to all adult members of the governing bodies of Olympic sports in Britain, their 35,000

affiliated clubs, and is supported by the British Olympic Association. The entry form contains an appeal from Charles Palmer, chairman of the British Olympic Association.

Entry forms are available from the secretaries of all the clubs affiliated to Olympic sports. The club whose member wins the first prize also benefits from a cash donation of £1,000 from Minet. All entries must be received by December 31 and the draw will take place on March 31 next year.

Any club secretary requiring additional forms should contact: Minet Olympic Press Office, Minet House, FREEPOST, London E1 8BR.

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Up Front Up Front

Upping standards

ACCORDING to a press release circulated by the British Association of Road Races (BARR), six Scottish events were among only 37 in the UK which had successfully applied for BARR Grade 1 or Grade 2 status as at July 1 this year.

The Association was founded in 1984, and membership now includes 250 UK events which attracted nearly 300,000 runners in 1986. According to secretary Geoff Lowndes: "BARR was the result of a deep conviction on the part of a number of organisers that the sport was being sold short by the emergence of many events which were poorly organised, with no regard to proper standards of safety, and no concern for the well being of the runner."

A code of conduct and constitution were effected, and a Grading system evolved for three standards of organisation and facilities - Grades 1, 2 and 3.

In Scotland, the Glasgow Marathon and the Dunfermline and Land O'Burns half marathon are BARR Grade 1 events. The Grade 2 events are the Loch Rannoch Marathon and Half Marathon, the South Carrick Half Marathon, and the Dumfries Half Marathon.

Full details of BARR, and how to apply for membership, are available from Geoff Lowndes at 8, Saxonfields, Tettenhall, Wolverhampton WV6 8SX.

FOOTNOTE: For an organisation so committed to standards, somebody might like to upbraid BARR about two bad mis-spellings in their press release - Dumphries and Loch Rannock!

Run in Algarve

ANYBODY interested in a trip to Portugal for the Algarve Half Marathon on November 1 should contact Fraser Clyne immediately at 0224-702772 (evenings only).

Clyne and fellow Aberdonian Graham Milne have formed North East Sports Promotions, which intends to organise trips to races at home and abroad for Scottish runners.

To test the water, they are taking a party of 20 to Portugal, and there are still a limited number of places available. The cost, including race entry, is £225, and the departure is from Glasgow Airport on October 30. The trip lasts one week.

THE ANNUAL Linwood Fun Run, which raises money for local charities, is being held on October 11. Entry forms are available from the Hi-Spot Community Education Centre in Stirling Drive, Linwood (see required).

Many races ahead



LANCIA motor dealers Brown Brothers have driven to the rescue of Scotland's leading woman all-round athlete, Mary Anderson (Edinburgh AC). The Peebles firm are to help out the 19-year-old Tranent girl by sponsoring all her kit for the next year.

Mary, the Scottish heptathlon champion, scored a unique double at the Scottish senior championships at Meadowbank in June when she took the 400 metres and shot putt titles as well as finishing second in the javelin.

Kerr moves south

THE MANAGER of the Grangemouth Sports Complex, Andrew Kerr, moves this month to a new job with Cardiff City Council.

Cardiff are building a new athletics stadium and sports centre, and Kerr has been chosen from candidates throughout the United Kingdom to nurture its development and manage the finished article. It is understood he will be consulted about several aspects of its design.

Cardiff is bidding for the 1994 Commonwealth Games and, with the new facilities under construction, obviously stands a good chance.

Moving up

HARMENY AC completed a nap hand of promotions this year, when they finished runners-up in Division 2 of the Scotland and North West England League and so gained promotion to Division 1 for 1988.

Harmony joined the league - the largest in the UK with 46 participating clubs - in Division 4 in 1985, and they have been promoted each year since.

This go-ahead club also joined the HFC Scottish Athletic League this season and has been promoted into Division 3 as Division 4 runners-up.

Letters...

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

Only half guilty!

66, Prospect Terrace,
Ferryhill,
Aberdeen,
AB1 2TU

Alf Tupper writes...

The Railway Arch,
Victorland.

SIR - Boy! You really know how to stoke up a fire! I appear to be on the receiving end of a somewhat personal attack from a member of Nairn Road Runners. I would be grateful if you would grant me some space in which to reply.

The organisers of the Dornoch Festival Half Marathon were aware of the fact I had entered as "Alf Tupper", and thankfully they realised it was all a bit of fun, and all very tongue in cheek.

The St. Andrews affair, however, had nothing to do with me. I was in Holland at the time, having made meagre efforts in a marathon the day before.

Regrettably, there are some people who regard our sport as elitist. I run because it is fun, I enjoy it, and it gives me a "kick". I am sorry this attitude doesn't suit everybody.

My point is that not everything you read in print is gospel - even in quality magazines - and personal criticism should not always rely on hearsay.

Simon Axon,
Aberdeen A.A.C.

PS. Your magazine makes most interesting reading!

Not responsible

30, Farm Road,
Duntocher,
Dunbartonshire,
G81 6JZ

SIR - With reference to recent comments in your magazine regarding the result of the 1987 Clydebank Half Marathon, I would like to make it clear that no responsibility should be attached to Clydebank Athletic Club.

The event is organised by the Boulevard Sports Park Committee - an umbrella organisation representing various interested parties and administered by Clydebank District Council. Colin Shields, in particular, should be aware of this, and his reference to, and implied criticism of, Clydebank AC is therefore difficult to understand.

John McLaughlin,
Hon. secretary,
Clydebank AC

done before was roadwork, three or four miles twice a week with steel toe-capped boots on and a 40lbs kit on my back (this was to try and make you light on your feet in the ring). So, when I bought my first pair of running shoes it was as if God had given me new feet. Also, if I hadn't had a copy of your magazine when I went shopping for shoes, I would have probably come home with a pair of Adidas Kick - instead I came home with New Balance 470.

After reading the August issue, I caught in my sights a small advertisement about a triathlon in Ayr. Now, this is what myself and some friends would really like to try (what a challenge). The only problem is we don't know much about training programmes for this, and there is never much advertised about triathlons. I would like to see more in your magazine, i.e. training schedules, what to wear etc.

Alex McPhee,
Stewarton Athletics Association

More advice on triathlons

33, David Dale Avenue,
Stewarton.

Agreeing with Derek

29, Braehead,
Beith,
Ayrshire. KA15 1EF

SIR - I would like to take this opportunity to thank your magazine for all the help which it has given me in the past year's training.

Since I started buying the magazine, its guides have helped me to fit in a training programme which has given me personal bests at 10K - 37 minutes; half marathon, 1:26; and marathon, 3:40. My friends and I try never to miss a weekend without a race, travelling from Alloa to Dumfries. I suppose it's the excitement, the day out and meeting other runners, plus the challenge of the route that makes me get out of bed in the early hours of the morning to travel. I don't think anyone would get out of their bed at 7 am on Sundays to run to work! (I know I wouldn't).

Last year I started a small keep-fit club in my home town, Stewarton, with some 30 people turning up every week for some hard circuit training and then on for a short run. It starts again this month (September) for any male/female wishing to come along.

Being an ex-amateur boxer, retiring in 1984, I took up running to keep fit. The only running I had

SIR - I read with interest Derek Parker's letter in the September issue of Scotland's Runner, and congratulations to Derek on various points.

- I'm sorry to say that I agree athletics seems to have lost much of the sheer joy of taking part.
- Is competitive sport bad for children? I believe youngsters should be looked after properly, with competition included as long as it is of a certain fun element, and without too much serious training at a young age.
- People who devote themselves to grass roots club athletics are indeed the backbone of our sport.

I support Derek's letter, but I do worry about some clubs using leagues for prestige, instead of considering the problems of non-league clubs, and realising they are still part of our sport, even though they do not get league competition.

James Swindale,
Beith Harriers



Alf Tupper, winning the 1986 Skye Half Marathon.

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Letters...

Not the first

117, Chapel Lands,
Alnwick,
Northumberland,
NE66 1ER.

SIR – I would like to add to my friend Roddy O'Hara's letter on athletic clubs in Dumfries-shire in the August issue. Roddy states "Annan & District AC formed in 1976 the first in Dumfries-shire" – this is certainly not the case and to my knowledge there in fact could be other clubs even formed but certainly now defunct before the formation of mid-Annanvale AC in Lockerbie in the late 1960's/early 70's. This small club of athletic enthusiasts was affiliated to the SAAA's (club colour yellow vest with a red horizontal band).

Major championships were contested and in the summer monthly amateur Highland Games were attended weekly. At the time this small club made up the Dumfries-shire team at the old Scottish inter-counties athletics championships. Club successes included the junior men's squad taking silver and bronze medals respectively in the SAAA's medley and 4 x 100m relay championships in 1970.

Apart from myself in the middle distance section, club members included Irving Davidson, who represented the SAAA's in the hurdles. Sprinter Ian Glendinning, who went on to play professional rugby league, thrower Dennis Reid, and Scottish female silver medallist Elizabeth Richardson in the long jump.

Even at this time a small club was formed in Dumfries. However, in the last few years I have been more than impressed with the upsurge of clubs and competitive athletics in Dumfries-shire and hopefully they will continue to go from strength to strength.

Archie Jenkins

Getting the facts right

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

SIR – I wonder if I might state some facts in connection with Henry Muchamore's article in issue 14.

My only comment is that I consider Mr Muchamore's article an abuse of his privilege as a member of the fourth estate.

Regarding the facts, the letter I sent was not in my capacity as secretary of the Scottish Cross Country Union, therefore I did not use the Union's headed paper.

I did not demand, I requested. Mr Muchamore parodied Mark Antony's speech in Act III Scene II of William Shakespeare's "Julius Caesar" and replaced the name Brutus by mine.

It was not an urgent telephone call. As I had expected to see Mr Muchamore at a meeting and he was not there, I telephoned to say I would be in Edinburgh on a certain date and could he meet me at Meadowbank; and he agreed. What neither of us knew at the time was that Meadowbank would be closed. Hence we spoke in my car. It could have equally been his.

I informed him of my interpretation of his parody, and also that others had mentioned that they had placed a similar interpretation on his words. (I did not have the benefit of the convivial exchange which took place with Colin Shields).

As this is not a matter for the Scottish Cross Country Union, I would not expect it to be on their a.g.m. agenda. It will certainly not be there at my instigation. As Mr Muchamore does correctly state, there are far more important matters for that body to discuss.

J.E. Clifton

Four of the best

12, Norse Road,
Glasgow G14 9HP

SIR – I consider myself fortunate, for this year I have taken part in what must be four of the best races in Scotland.

First, the Luddon Half Marathon; popular, and in need of no further praise from me. Second and third, the Galloway and Loch Rannoch marathons; races run in beautiful countryside and under the welcoming and caring eyes of the organisers. And this weekend, as a direct result of reading about it in last October's Scotland's Runner, I have just run in the Civil Service Sports Association Rosyth, Two Bridges Race (36 miles 158 yards).

From the time I arrived on Friday evening, the eve of the race, until leaving late Sunday morning, the hospitality was first class and the race itself perfectly organised, providing a superb weekend.

With race organisation at this high level of efficiency, Scotland's runners have a great deal to be grateful about, which augers well for the future, even if the running bubble has burst.

However, in three weeks time I'll be running in the Glasgow Marathon (for the sixth time) and wonder, with the diminishing interest being shown in it by runners, sponsors, television and organisers, if I'll be enthusing about it.

James Hall

Nice to see a letter complimenting race organisers – we agree, there are many excellently managed races about. We're far from convinced, though (see W. Hunter Watson's letter), that the running bubble has burst. What do readers, and indeed race organisers, think?

Athletic clubs for all ages and abilities

14, Burnieboozle Place,
Aberdeen,
AB1 8NL

SIR – There are some who are unhappy that children of primary school age are being given the opportunity to take part in athletic competitions. In this connection perhaps I could make the following points:

1. Athletic clubs have been organising competitions for children of primary school age for the past fifteen years or so. A significant number of the senior athletes in this club, and presumably other clubs also, began competing while at primary school.
2. Contrary to what might have been once believed, it is not only young men who enjoy athletics training and competition. Women, boys, girls, middle aged persons, and old age pensioners are now all welcomed into athletics; whole families can and do come along.

Athletic clubs have a social function that is just as important as the function of nurturing and developing athletic talent.

3. Now that athletic clubs have something to offer a wider section of the population, it is possible for clubs to be formed in communities that previously would have been too small to support any. The extent to which this has been happening in the north east and, I understand, the south west also, must be encouraging to anyone with the interests of Scottish athletics at heart.

4. Although athletics clubs are no longer concentrating almost entirely upon senior athletics, this has not led to any reduction in the standard of senior athletics in Scotland. Scotland today has as many senior athletes of international class as it has ever had, and many clubs have a senior membership that is at an all-time high.

In the 1950's it was virtually only the universities that could put out senior teams able to cover the full range of events. This is most certainly not the case now.

W. Hunter Watson,
Secretary, Aberdeen AAC.

Thanks to officials

97, Kilmacolm Road,
Greenock PA15 3LF.

SIR – Now that the track season is drawing to a close, I'd like to take this opportunity to thank all the officials who turn out week after week to make sure everything runs smoothly and help prevent delays.

Most athletes, myself included, tend to take these people for granted and they are often poked fun at or insulted by us, but when it comes to the nitty gritty these people are the unsung heroes of athletics. I'm sure we'll be seeing them all again through the cross country season, standing there in the cold and rain going about their business without a complaint – unlike us athletes who are forever griping about something. So, once again, thank you.

Thomas Murray

March in on milk

Milk is nature's superbly-designed infant food, tailored precisely to the needs of the infant it nourishes. Cows', goats', asses', camels', mares', and sheeps' milks have all been used by human adults. They are all different, their content of nutrients being matched to the needs of the particular young animal they nourish.

A newborn piglet doubles its weight in 14 days. This fantastic rate of growth needs a high protein diet, and pig's milk contains about 7%. The newborn calf doubles its weight in about 47 days, so needs less protein. Cow's milk contains about 3.4%. The human baby takes around 180 days to

double its birthweight, so human milk contains only 1.6%.

Therefore, in this and other respects, each kind of animal produces the milk most suited to the needs of its particular offspring. But is such an infant food good for adult athletes in full vigour?

It is certainly good for starving men. Ritchie Calder, one of the great British journalists of the present century, wrote of the Jarrow marchers: "Two hundred men... borrowed their fathers' boots, their brothers' suits and their uncles' raincoats. As a journalist, I marched with them. I saw men being sick from their first square meal, provided by kind folks, which their

THE WELL-FED Runner

malnourished stomachs could not digest. I saw strong men weep when sympathisers at the mid-day break handed out bottles of milk which they hadn't had for their families for years... For the hunger of Jarrow rode our heels, like the fourth horseman of the Apocalypse."

In the well-named hungry thirties, hunger stalked the land in company with unemployment, and children of workless fathers rose hungry, went hungry to school and were put to bed still hungry, living on nothing but scant bread and potatoes.

That great nutritionist, John Boyd Orr, chose 5000 children from seven of the most deprived towns in Scotland and Northern Ireland and gave them a glass of milk a day. He reported, "The improvement was so remarkable that I said to myself people will not believe it."

The Department of Health for Scotland repeated Boyd Orr's experiment with the same result, and that was how the schools' milk scheme began. There have even been stories of saved lives when men, in the extremes of starvation, were allowed to suckle at a human breast.

Without milk the infant will die. Without milk, the growth of young children is stunted. Milk is a prime source of excellent quality protein, an excellent source of vitamins and the most important source of bone-mending and bone-making calcium in British diet. Milk is magic!

Yet, only three years ago, the London Times (June 12, 1984) could quote Sir Douglas Black, then president of the British Medical Association, as saying in relation to heart disease: "Milk is a major killer. It is nonsense to give milk to children in schools", and asked what he would do if he were Minister of Health replied: "Clobber the dairy industry - or at least refrain from pampering it."

Old Geoff Chaucer, the wise man of his day (it was only 600 years ago!) may have been more than just a spinner of fine yarns when he urged: "*Fostre Him Wel With Milk!*" for milk, of all foods, is the epitome and essence of all things healthy and natural. Designed by nature for the most hygienic and direct transfer imaginable from its dinky package to the mouth to be nourished, it has become the symbol of goodness in food, and when we talk of the milk of human kindness we mean the highest and purest reaches of friendship. But it seems that total demand for milk is falling and that attitudes to milk are changing. It has long been a recognized factor in athletes' diets. Should this change? Professor John Hawthorn takes a hard look.



Not all good doctors are good scientists. We shall never know what Boyd Orr would have said to Sir Douglas Black, since Boyd Orr died in 1971 at the age of 91. Four years before that, a lunch-time caller found him as lively a warrior as ever against ignorance, poverty and hunger. His fine mind was still pin-sharp - and a great jug of milk stood on his table!

Boyd Orr was both a fine physician (he qualified in medicine from Glasgow University) and a great scientist. Was he wrong about milk?

The paradox is easily resolved. They were both right, even if Douglas Black was pitching it sky high to make his point. Mother nature designed milk as a food for the young. It is the perfect food for the infant, an excellent food when mixed with other things for the growing child, and still a very good food for adults when taken as part of a balanced diet.

The problem has only recently become acute enough to extract impassioned and exaggerated statements like those attributed to Sir Douglas. We are all living much longer. Good. We must eventually die of something. Not so good.

Often the heart packs in first. This looks bad, bad, bad on the medical statistics. "Why can't doctors stop heart attacks?" is the kind of question asked by the live-for-ever brigade.

Now don't get me wrong. Heart disease in the under-sixties is tragic, and research on cause and prevention must continue. But for those nearer or over the psalmist's span, I suspect that many would prefer a sudden death heart attack to a prolonged and debilitating last illness.

Heart disease and other diseases of the circulatory system cannot be traced to a simple and single cause. But food habits

sustained over many years appear to influence the situation. For example, there is a strong statistical link between high blood levels of a substance called cholesterol and the incidence of heart disease. But while it is a good pointer to possible future trouble, it is by no means a certain one, and there are some high cholesterol folks who do not get heart disease.

Now, there is a further link between high intakes of saturated fat and high blood cholesterol levels. Milk fat, and therefore butter and cream, are saturated fats. Is milk therefore a killer? Douglas Black seems to think so, but this line of argument is weak and such a conclusion is unscientific. There are other and stronger reasons for believing that we adults would be better if we consumed less fat in total.

Milk, as the cow gives it, contains more fat than protein. So if you are over eighteen and fully grown, why not switch to semi-skimmed milk and enjoy the nutritional advantages of fine food without the fat that the calves need but you do not?

By the way, skimmed milk, with practically all the fat removed, also has some of the important vitamins removed as well and for this reason I prefer to recommend semi-skimmed. It tastes much better too.

Lots of people are now turning to semi-skimmed milk, and purchases of it rose by 60% between 1985 and last year. Adult athletes could do worse than follow this trend. In the light of current knowledge, I suggest that growing lads and lasses are still better to stick to the standard pasteurised full-cream milk. They can profitably cope with the extra fat and will be none the worse for the extra vitamins it contains to meet the needs of physical growth.



John Hawthorn

Research footnote

RECENT reports have shown that beans, including canned beans in tomato sauce, when taken as part of the normal diet, lower blood cholesterol levels. So if you are worried about yours, why not try a regular helping of that good old stand-by of beans on toast? It's tasty and good for you too. Honest!

F.A. Munro
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Orienteering

Six days of intensive orienteering in the forests around Inverness were rated by most competitors as the best Scottish Six Day orienteering event yet. The challenge of navigating through the forests, and the physical demands of running over the varied terrain (this is real cross-country running) produced some memorable sport.

With hundreds of competitors from Scandinavia, the standard of entry was very high. There were no Scottish overall winners in the "A" classes, though many won individual days. A bit disappointing, but many Scottish orienteers will have benefited from an intensity of competition they hadn't experienced before. The best Scottish results were:

Mairiad Thin	INVOC	2nd W13A
Maire Cumming	SOLWAY	3rd W17A
Anne Salisbury	SOLWAY	3rd W21 Elite
Sue Harvey	FVO	3rd W40A
Anne Walder	INVOC	3rd W45A
Andrew Carmichael	ESOC	3rd M10A
Anthony Squire	INT	3rd M10A
Richard Lessells	ESOC	3rd M11A
Alexander Thin	INVOC	3rd M17A
Gareth Bryan Jones	FVO	3rd M40A
Bob Clime	MOR	2nd M05A

Each day, the forest engulfed a mass of runners. Every minute for four hours, 14 competitors disappeared from the starts into the woods. In the forest, despite the numbers, it was often deserted, with no-one in sight. Then people would appear, all running intently. It was important was not to follow any of them, and concentrate on your own routes. The others could be on different courses, or, as one T-shirt proclaimed, "Don't follow me, I'm lost too." Some small paths became temporary processions ("elephant tracks" in the jargon), then everyone would branch off in different directions, following their own chosen route.

Back at the finish, clubs pitched their tents to act as the day's changing rooms and club HQs. Early starters headed for



Gareth Bryan-Jones

the forest and late starters settled back to watch the finishers. The first finisher of the day got a huge cheer, and soon they were coming in thick and fast.

Runners disgorged by the forest, as though from a high speed production line, on to the finishing straight, sprinting hard for the line to avoid the agony of being beaten by a few seconds and thinking if only...



At last... the finish at Cawdor

A well practised timing and computer system calculated times and positions. A crowd built up around the results board as results lists were regularly posted. It is a bit like a World Cup skiing race, with the excitement mounting to see if anyone will beat the current leading time for each class.

Runners compared routes. Which was the best way? Was the map a bit odd around 247?

It is always the map which gets the blame in post-mortems, or sometimes the course planner. Rare is it for an orienteer to admit to not being good enough at navigating.

By the late afternoon each day, a stream of tired, some disappointed, but largely happy orienteers made their way back to the car park. The

event paraphernalia was moved to the next day's site before the evening social life took over and we all vowed to do better tomorrow.

AFTER THE two selection races in the Vosges mountains in France, five Scottish orienteers were selected for the British team for the World Orienteering Championships. Hazel Dean (Forth Valley Orienteers) and Yvette Hague (Edinburgh University) were picked for the women's team, and Steve Hale (Forth Valley), Colin McIntyre (recently Edinburgh University) and Richard Jones (Glasgow University) were picked for the men's team. Jones was a surprise choice, earning his place by two excellent runs in the selection races.



THE MAP of Inshriach was covered with a maze of contour lines, a design that would have done credit to a creative artist, but this pattern is sculptured in the shape of ground as a wilderness of hills, valleys, spurs, hollows and ridges. All this is covered with Scots pine trees which limit the visibility to about 30 metres.

If you once doubted where you were, then you were doomed to forlorn search for a uniquely recognisable feature. Forced to either waste time searching for some place you could identify, or to escape from the forest to a track or road to pinpoint your position. Utter frustration as other runners ran past at speed apparently heading straight for their next control.

No matter how hard you ran, the rest of the course, you could never catch up the lost time. Still, keep trying, don't give up - the apparently confident runners may be about to make an error and lose time themselves.

Only the skilled or very lucky came through this area unscathed - one unexpected skill being the ability to make yourself run slower as the navigation became harder.

WOMEN on the RUN



Connie Henderson

No longer is the gymnasium a male-only domain. Nowadays many women runners are realising the benefits to be gained from a workout in the gym.

Lifting weights can prove a great bonus for distance runners, keen to build up strength and endurance. Of course, it isn't everyone's cup of tea. Many women are put off by the belief that a regular session in the gymnasium will lead to rippling muscles and biceps. But really, a workout need not leave you looking like Charlene Atlas.

A properly co-ordinated routine should make a runner stronger, without creating muscles. By building up the repetition of various exercises, not the weight, endurance will be improved.

Sally Morrison from Motherwell started working out in the gym last winter. The 29 year old, who covers about 25 miles a week, explains: "I wasn't running as far in the bad weather last winter, so I decided to take cover in the gym. I felt a bit embarrassed at first, because the gym seemed to be full of men, but now I don't even think about it."

"I'm now much stronger and I seem to be running faster. I've taken five minutes off my half marathon time."

It is essential that novices know how to use the equipment in the gym. Sally took a six week course at her local sports centre to learn how to use the multi-gym and weights available there.

"I wouldn't have known what to do otherwise. I'd probably have injured myself into the bargain," she says. This is a lesson Olympic sprinter

Sandra Whittaker, learned the hard way.

Sandra began training with weights last year, but she believes that because she was inexperienced she actually caused a serious hamstring injury.

"I wanted to build up my strength, but I actually worked my quadriceps too hard and the trouble started with my hamstring as a result," she says.

"I am following a properly worked out training programme with weights this season on the advice of my physiotherapist. If the workout is done properly I am sure there will be considerable benefits."

Sandra's experiences show the damage that can be caused if the inexperienced become too enthusiastic in the gym.

It is clearly crucial that you know exactly what the weights do, and how best to use them. First-timers should also exercise extreme caution, progressing gradually. There's little point going mad and being too tired to run afterwards.

Most sports centres have a gym with all the equipment necessary for a balanced workout. Usually there are courses available to teach you how to use the weights, and often there are experts on hand to offer advice.

Alternatively, many private health clubs have well-equipped gyms and trained coaches will usually design a programme specifically for your needs. The variety of equipment in many gyms can be daunting, but don't be put off.

With the dark nights and bad weather approaching faster than usual, perhaps a regular workout in the gymnasium could provide a means of improving fitness. Don't let the snow and the rain hinder your progress.

But remember, make sure you know what you are doing. And take it easy at first.



Dunfermline College student Liz Miller shows that weight training isn't all grunts and groans.

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**SCOTLAND'S
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Highland GAMES

"There is nobody more surprised than myself" That was the reaction of the ever modest Bill Anderson OBE on winning the Scottish Heavy Events Championships at Crieff for the 18th time.

This phenomenal sporting gentleman, and I use the term deliberately, has confounded experts yet again by winning back the coveted title he last held in 1980.

Since he first appeared as a professional at Alford Games in 1956, Bill Anderson has been creating sensations. Some of his rivals were not even born then and Bill has seen many great athletes come and go - Jay Scott, Arthur Rowe, Charlie Allan, Doug Edmunds, Lawrie Bryce, Hamish Davidson, even Grant Anderson has now gone down before the burly Aberdonian. He keeps at bay younger athletes like Brian Robin, Alistair Gunn and Chris Black - there seems to be no end to his illustrious career, and we will probably have to shoot him to put him down!

Now knocking 50 years of age, it was a good all round performance which won back the championship for Bill. He won the 28lb for distance only,

but placed high in all the other events. It was clear he was better on the heavy stone and heavy hammer than he was on the lighter implements, having slowed down a little with advancing years. In the end he won by half a point over a rapidly improving Alistair Gunn from Halkirk, and was four points ahead of Grant Anderson. Brian Robin was fourth.



David Webster

Although Bill personally may have found the result an unexpected one, I cannot say I was very surprised. Leading up to Crieff he won at Aboyne, Montrose, Stonehaven, Perth, Inverkeithing and Ballater in very good company. I knew that Grant was pretty badly injured, and when I saw Bill in a Power Sprint, and with the McGlashen Stones at Earls Hall a few weeks earlier, I realised just how fit and strong he was.

Bill Anderson, the grand old man of the Highland Games circuit, on his way to a phenomenal 18th Heavy Events title at Crieff last month.



Thirty years ago, Bill Anderson and Bob Aitken were winning major prizes. Now it is Bob's son Stephen who is challenging the champion.

Greatest-ever Games...

Bute had its greatest ever Highland Games this year when the occasion was attended by the Prince and Princess of Wales, with their premier Scottish titles of the Duke and Duchess of Rothesay. A huge crowd welcomed the Royal party and, as I had the honour of being commentator on this auspicious occasion, I had a closer than ringside view of the action.

There was a well balanced programme of heavy events, wrestling, tug of war, dancing, pipe bands and running - including a road race. The line up of heavies was predictable and enjoyable, although listed entries Henry Naismith and Lawrie Nisbet were missing and missed.

I felt sorry for Eric Irvine in his favourite event (16lb putt) when, because of the handicap, he placed no higher than sixth, although his marks were far beyond all his competitors. However, things brightened up and we witnessed a first class competition with honours well divided. In the end Alan Pettigrew of Saltcoats, unbeaten this season, took home the MacBrayne Centenary Challenge Cup from Walter Weir and proudly accepted the congratulations of Princess Diana.

Weir, however, had a consolation in being the demonstrator of tossing the caber as the Royal couple walked around the arena,

watching the events at close quarters and chatting with some of the competitors. Walter had an animated conversation with the Prince, and judging by the many actions and gestures he was explaining in glorious detail exactly how the caber was tossed.

The fierce wrestling of the McAllister brothers, as winner and runner up in their weight category, was another highlight of this part of the programme.

Special mention must be made of Craig McFie of Bute AAC, the local hero; he was as busy as a one armed paper hanger, constantly on the move throughout the day. He began with the local events, being the top scorer there, and when the heavy events started he moved in to oppose the big boys. In between throws he dashed to compete in tug of war as part of the Bute Tools team, and no sooner had he released the rope than he was over to the wrestling arena with Willie Baxter, Jock Allison and the SAWA's merry men. Incidentally, T.B. McMillan - the "father" of Bute Highland Games - comes from a wrestling background. Tom, who has been secretary of the Games since they were revived in 1948, can well be proud of his efforts over the years and particularly of this memorable sunny day when we had a feast of traditional sport fit for a Prince and a Princess.

HIGHLAND GAMES NEWS · NEWS · NEWS

NINE international heavies lined up at Dalfaber Country Club for the Barratt's Aviemore International Highland Games, as part of an extremely varied programme of events.

Geoff Capes had to have treatment for shoulder muscle tears immediately before the competition and made his throws with six acupuncture needles still in his bulky body. Big Bill Kazmaier from Alabama was an impressive sight and with more skill could be a competitor of the highest calibre. Other overseas contestants included Hjalti Arnason, Jon Pall Sigmarsson of Iceland, and Dan Markovic of Canada. Cornishman Peter Tregloan was a little out of his depth but showed good potential. I have never seen anyone pitch the sheaf higher than this man.

CALUM Morrison of Aboyne won the light hammer and stone putting events at Aberlour Highland Games.

THERE WAS keen competition in the heavy events at Stonehaven Highland Games, with Bill Anderson battling it out against local heavy Stephen Aiken, just turned 21 years of age. Both were on level terms as they began the final event, throwing the 56lb for height, and excitement mounted when both cleared 14' to equal the Stonehaven Games record. In the end Anderson, the seasoned veteran, managed to pull out that extra inch to give him the overall win and a new Games record. Aiken had the consolation of going into the lead in the Glenfiddich Qualifying Championship for heavies under 25 years.

JIMMY Bryce, Lochgelly, won the 100m Horn Trophy at Bute Games.

GALE FORCE winds took their toll on the eve of the Aboyne Games, tearing the roof off the main stand and blowing down a number of tents. The whole community rallied round, saving the main marquee and restoring the damage before the games opened. A crowd of

7,000 saw Bill Anderson take the magnificent Donald Dinnie Challenge Trophy, while young Stephen Aitken followed in his father's footsteps winning the Chiefs Challenge Trophy as the Best All Round Competitor in heavy and light events.

ALISTAIR GUNN, the Halkirk joinder, is having a great season and his recent tour of Canadian Highland Games has given him invaluable experience. He won at Montreal, beating the great American Keith Tice, George Chiappa, Tom Carmichael, Ian Sandilands and a host of others. Gunn's 27'4½" sheaf toss was announced as a new world record.

Moving on to Fergus, Tice won the championships over his great rival Jim McGoldrick and Scotland's representative placed third on this occasion. Dan Markovic was fourth, Harvey Barcospus fifth, and Ken Fisher sixth. Gunn, however, broke the ground record on the hammer with a fine throw of 137'9".

At Maxville Games, one of the biggest in the world, Alistair Gunn placed second to Tice, third Barcospus and fourth Tom Carmichael. We can expect to see a lot more next season from the young Highlander.

ALAN PETTIGREW broke Paul Buxton's long standing record when, at the Bridge of Allan Games, he threw a fine 39.58 metres. This converts to 129'10½", and tightened the Saltcoats' thrower's stranglehold on amateur competitions with the Scots hammer. Another good performance at the Bridge of Allan was Eric Irvine's 15.84m with the 16lb ball to break the ground record. Pettigrew placed second with 13.80, and S. Menzies was third with 13.50.

Lawrie Nisbet, better known for his feats with the wire hammer, won the 28lb for distance with 18.50. George Cameron, Inverness, was second (17.50), and John Freebairn of Kilsyth was third with 16.40.

Cycling

British cycling is riding on the crest of a wave after a remarkable performance by Joey McLaughlin of ANC Halfords in the first-ever Kellogg's Tour of Britain race. McLaughlin, who has had a difficult season following knee injury problems, came good at the right time to win the coveted yellow jersey in this £60,000 event, which will surely become a permanent fixture.

His future looks bright and seems certain to be with a continental team following the departure of millionaire boss Tony Capper from the ANC team. Whatever the outfit, the 23-year-old from Liverpool showed in the five-day Kellogg's that he has the ability and determination to win through in the tough world of professional road racing.

He was looking forward to a good ride in the world championships at Villach, Austria, along with the nine other Britons named in one of our biggest-ever squads.

The others are Scotland's Robert Millar, plus Malcolm Elliott, Adrian Timmis, Paul Sherwen, John Herety, Dave Mann, Mark Walsham, Sean Yates, and new professional Stuart Coles from Wales.

The 276-kilometre course can be a nightmare, but it is seen as an ambitious move to blood our most promising riders. Millar has had a string of placings in the top 10 and may well use the event as a fitting finale to an otherwise disappointing season.

Sean Kelly and Stephen Roche, the world's number one and two, are great friends out of the saddle but deadly rivals on it. And with Roche's magnificent Tour de France victory this year, their friendship could be really put to the test if Dubliner Roche continues to hog the limelight.

Kelly, number one in the computer rankings by the number of points he has picked up in major races over the season, could soon be trailing former milkboy Roche,



Bill Cadger

now that he has recovered from injury.

The big showdown may well come in the Nissan International Classic in Ireland later this month, and here Sean will be going all out for a hat-trick of victories. Roche was unable to ride this superb event last year because of a season of knee injury, but now he is fully recovered and the man in form.

My money will be on Roche, despite Kelly's huge following of fans who regard him as a folk hero. What a great sporting tribute to the Emerald Isle and the thousands who turn out to salute their sportsmen.

You can't fail to be impressed by the sheer professionalism of the Kellogg's road show – a scene guaranteed to make things go snap, crackle and pop.

It's like a circus on the road for five days with a staggering array of vehicles, promotional sideshows, race officials, police and civilian motor cycle outriders, cameramen, the press, and, of course, the 100 riders with service vehicles. It might not be the greatest show on earth, but it is certainly a mini Tour de Force.

Sandy Gilchrist collected his share of medals and prizes in a long and varied racing career, and even now as Scotland's team manager he is showing he has lost none of the staying power and stamina. He was one of three hard-working Scots I spotted on duty in backroom roles at the Kellogg's, acting as masseur/mechanic for the British trade teams.

The others were Gordon Johnstone of Dumfries and Davie Urquhart of Edinburgh.



Mark Knagg of Barrow-in-Furness won the super triathlon at the Scottish Championships held in East Kilbride on August 30 with a record winning time of 2-50-17, beating Alastair Watt, right, (2-57-26), and last year's winner Jim Paul, left, (2-59-40). Watt had the consolation of being Scottish champion. We will carry a selection of pictures from East Kilbride in next month's issue. Photographs by Sprint Photography.

While visiting the United States recently, I took time to peruse the range of literature and advice aimed at the triathlete. The Americans are undoubtedly pioneering this sport, and consequently their advice is more abundant and varied.

An interesting article about "total fitness" describes the New American Runner as, "an athlete motivated to achieve the highest levels of conditioning, to fulfill potential". The writer states that productive and healthful running involves more than a neighbourhood loop or 26.2 mile race. There are 10 important factors to attaining this total fitness, and they can equally be attributed to the triathlete: Strength, Stamina; Speed; Suppleness, Balance; Variety; Diet; Rest; Discipline and Mental Attitude.

STRENGTH: A stronger, better-toned body allows a more efficient running posture to be maintained, and the risk

of injuries is reduced. Good running form includes an erect torso, better arm swing, and lift of the legs more easily. Runners can suffer muscle imbalances – weak quads and strong hamstrings or weak stomach muscles and a strong back. Cross training in other sports like swimming, cycling, rowing, and weight lifting can be particularly useful in the runners' training programme.

If combining running with weight training, run first, then lift. Do the more important activity first. On lifting days do a moderate run, in terms of quality and quantity. When you are warmed up and not worn out, try ten repeat sessions on weights. If you are not well rested and can only manage five you are not getting maximum strength benefit. This is a similar analogy to back-to-back workouts, where the second is not worth much. Warm up and warm down carefully, taking at least 15 minutes to warm down – the arms are particularly important here.

STAMINA: Cardiovascular fitness is the cornerstone of recreational fitness programmes. The accepted minimum standard for achieving this is debatable, but American guidelines indicate four times 30 minutes sessions per week, where the heartbeat is elevated to 120-160 beats/min. Long slow distance running is one way of achieving this, or steady cycling. Pace and distance depend on the individual.

Distance running, which leads to stamina, is related to mileage. The amount of miles is debatable, and maybe in the region of 30-90 minutes running, four to seven times a week, with other elements of the total fitness programme incorporated too, eg. swimming.

SPEED: Coaches debate whether increasing basic speed will improve running performances at any distance. Speed training may not only allow you to finish fast in the last 100 yards of a 10K race, but can improve running form through strengthening the calves and gluteus – which don't get exercised to the same degree in LSD. Speed work puts greater strain on the heart and should be used carefully and appropriately in your training schedule.

THE FIFTH Deeside Triathlon, believed to be the "oldest" in Britain, takes place on October 4, and is open to triathletes (bike/run) and triathlon teams, as well as the usual individual classes.

Organised by Fleet Feet Triathletes, the distances in the Braemar to Aberdeen event are: cycle, 27 miles; run, 12 miles; and canoe, 18 miles.

The same club is also organising a Cyruthon (3 mile run, 18 mile cycle and 3 mile run) at the Community Centre, Aboyne.

Meanwhile, the first annual general meeting of the Scottish Triathlon Association will be held sometime in November. More details next month.

And finally, all triathlon clubs in Scotland are requested to send details of results to John O'Donovan at 21, Arbuthnott Place, Stonehaven, in order to assist in the setting up of a ranking list for next year.

Triathlons



Diana Caborn

BALANCE: With the increased options available, the questions arise of which sports to do, when, how often and so on. A four day plan is a good guide, with three days of the one sport and one day a rest day. Into this the triathlete has to fit in swim, bike and run sessions, combining longer distances with medium and short ones, at varied pace.

Blend hard sessions with easy ones, combining strength work with stretching. It is better to do your weaker sport first in the day, if possible, and aim for two sports a day, (about two hours a day). This will vary and weather can ruin the best training intentions. Keeping a training diary is useful.

VARIETY: Cross-training can allow fewer miles on the feet and may reduce injury risk. Injured runners have entered the sport of triathlon this way, and more mileage on the bike can balance well with fewer, better quality runs. Joanne Ernst, who won the 1985 Bud Light Ironman World Championships did so on an average weekly running mileage of 16 miles.

DIET: This is a crucial, often neglected part of the schedule. The average diet in the U.K. is too low in complex carbohydrates and fibre. Endurance athletes are continually depleting their carbohydrate (glycogen) stores in the body, and need to pay more attention to their carbohydrate intake.

A varied diet, including plenty of bread, cereals, pastas, rice and grains with adequate intake of fruit and vegetables will meet these needs. Water is important too,

as glycogen is stored with water in the body. Regular snack meals may be the only solution to eating a healthy diet and fitting it into your heavy training programme.

SUPPLENESS: Flexibility is an important and often neglected area of a training programme. Even rugby players are recognising that aerobics classes, incorporating flexibility, can help to reduce injury risk. Flexibility of the legs, groin and hips can lead to improved speed and more efficient running.

Stretching is important – after mobilisation don't stretch tight. Yoga stretches are preferential to "Fonda" type bouncing, which is dangerous. If the muscle is pulled too far too fast it contracts to protect itself – when you run you contract that muscle repeatedly and the resulting imbalance may cause injury.

REST: A key component of the training programme. Break the tempting addiction of a daily

run and become aware of the importance of recovery time, before it is too late. A day's rest is better than a week out of action due to an overuse injury. Rest allows you to get stronger too.

DISCIPLINE: Total fitness provides an increased mental challenge. Which sport to train in? Is the pool available? The decision is yours, and requires careful forethought.

TOUGHNESS: Mental attitude is a major part of the triathlon and any endurance event. You may have to push through the pain barrier on the bike leg, knowing that the run is still to follow. The variety in the event offers consultation and allows some degrees of optimism in a long race.

Each of these aspects plays a part in the triathlon programme. Next month I will outline some training schedule guidelines, and look at some aspects of swimming and biking techniques.



Fleming and Irving take off to win Glasgow Half honours.



Two of Scotland's leading athletes, Peter Fleming and Lorna Irving, chose the British Airways Glasgow Half Marathon on August 16 to relaunch their careers.

Bellahouston Harrier Fleming recorded the second fastest time of the year, 66 min 44 sec, 89 seconds ahead of his clubmate Willie Robertson, to win the men's race, while Lorna Irving, the Edinburgh Woollen Mill veteran from Langholm, clocked a personal best of 73-04, a time bettered only by national record holder Liz Lynch.

Fleming, plagued by a series of allergies, was forced to put his early marathon ambitions into cold storage, and his best time remains the 2-17-46 with which he won Glasgow four years ago. Now, however, he is about to tackle the New York race. "My target is 2-13," said Fleming who is on a four-month course at the University of Pennsylvania.

Women's winner Irving has not tackled a marathon since her Commonwealth Games run last year. She lost five months because of a viral infection. But she too accepted an invitation to run in New York, where the \$2000 prize for the first female veteran must be within her grasp.

The pair of them won flight tickets to any European city which the sponsors fly to. Tony Irving, Lorna's husband, had hoped that he might use them to offset the cost of a trip to New York to support his

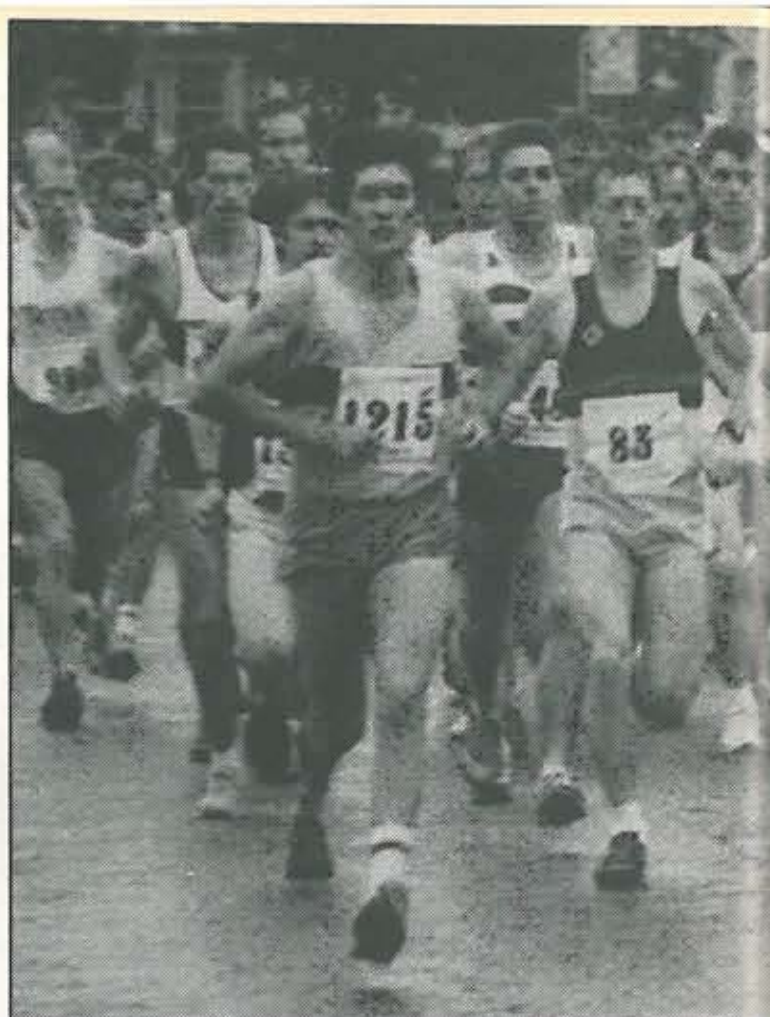
wife, paying the balance himself, but apparently this cannot be done.

Fleming, 26, did not wait long to distance himself from the pack. He had barely covered two miles before he found himself alone. "I didn't speed up, they just dropped off," he said.

Irving, 40 in March, had just 20 men in front of her, the remaining 1800 or so competitors trailing behind. The Border housewife, who as a jockey regularly broke in horses when working in Ayrshire - "a couple of hundred, I suppose," she says - had a rough ride in the closing stages and had to call on all her reserves of strength.

She opened a slight gap when Sandra Branney and Elspeth Turner took water at five miles. "But she didn't get away," said Turner, a student at the University of Alabama. "That came at eight miles. I tried to follow, and got away from Sandra, but could keep Lorna in sight." Turner finished 26th overall in 74-10 with Branney 16 seconds behind, closing fast in the later stages.

Allan Adams, eleventh overall, won the men's veteran prize in 7-07, well outside his best. He confessed to have been taking things easy since the Dalian marathon in China when the food - sea-cucumbers and seaweed featured prominently - was not quite to the Dumbarton man's liking.



Above - Peter Fleming (extreme right) the eventual winner, and the whole field, gets underway, and far left, out on his own in Pollok Estate. Left - veteran winner Allan Adams. Right - first woman, and a veteran at that, Lorna Irving. Below - dressed for better weather than Glasgow had to offer.





Off they go (above) ... and as if the humidity was not high enough during the British Airways Glasgow Half Marathon, one young lady declined to discard her bin liner until she got underway. Below - a well earned rest for one young competitor. Right - the easy way to get a medal - claim dad's. Left - at least one of the sponsor's staff is glad to get both feet back on the ground. All photographs by Sprint Photography



ULTRA RUNNING

IN SCOTLAND



Dalwhinnie to Fortwilliam

Situated at the north-west end of Loch Erich, on the old A9 road to Aviemore, Dalwhinnie has the distinction of being one of Scotland's highest villages. It has, therefore, an immediate attraction as a starting point for a long distance run. No matter where you run to, you always end up running net downhill. As our objective for the day was Fort William, some 40 miles to the west and situated at sea level at the north of Loch Linnie, we were making the most of Dalwhinnie's elevation.

The route we planned was to take the excellent track down the north east shore of

Loch Erich to Ben Alder lodge, about one quarter of the way down the loch. The path divides there and one leg climbs westwards to Loch Pattack, while the shoreline track continues to Prince Charlie's cave, which lies on the southern flanks of Ben Alder.

Our plan was to take the Loch Pattack branch, following it round to the south west where it ascends steeply to the Bealach Dubh - which separates Ben Alder from its northern companion, Aonach Beag. From there, the route continues down to Loch Ossian, along its northern shore past Loch Treig before climbing briefly to Luibeilt. From there the track follows the headwaters of the River Nevis, down into its

magnificent glen beneath Ben Nevis.

There was some added interest on this occasion. Jim, who was having some problems with his knees, had hired a trailbike, and, although the subject was never formally discussed, we each knew there was going to be a race. Boyd planned to accompany us to Loch Pattack, before returning to Dalwhinnie to collect the car and take it round to Fort William to meet us.

Things were very civilised for a mile or so until Jim's frustration at being held back overcame him and off he shot like a teenager on a BMX. The track was ideal for a trailbike and, as I watched him disappear into the distance, I wondered where, if at all, I would catch him up.

ULTRA RUNNING IN SCOTLAND

Boyd and I made good time to Loch Pattack, aided by the brisk north east wind. We stopped briefly at the breast of the hill above Ben Alder Lodge, to admire the view to the west and to gobble down a second breakfast. Boyd turned back and I set off alone. The path was depressingly good and I had visions of Jim, miles ahead, gaily spinning along at an effortless 10mph whilst I was working hard to maintain 6 mph.

The day improved and the rain clouds that had threatened us for the first five miles gradually thinned. It was now a perfect day for running - warm sun with a cool breeze. I pushed the pace for a while and I received another boost when two climbers at the bothy cheerfully told me that, "a wee hard man on a pushbike passed by only ten minutes ahead."

The track deteriorated rapidly, and about a mile later I caught him, slowly pushing the bike up the track, which was by then uncyclable.

We shared an early lunch, lying in the lee of a large boulder as we watched a herd of deer gliding up the flanks of Ben Alder. Ten minutes later we were off again, Jim valiantly pushing his bike while I tried to look fresh and fit as I began the steep climb up to the summit of the aptly named Bealach Dubh.

The summit of the bealach was in

sunshine and I stopped for a moment to recover from the climb. Behind me, at the bottom of the climb, I could see Jim toiling slowly along the dark ribbon of the path. It was frustrating for him to have 18 gears, the ability to cycle up a 45 degree slope, and yet be unable to cycle because the track was worn deeper than his pedal clearance. This rendered a good running track useless for cycling, and I could see that Jim was going to have a tough time for the next couple of hours as the stretch down to Loch Ossian was very rough.

The remains of a crashed aeroplane lie at the very summit of the bealach. To have come so close, yet to have failed, made the tragedy that much worse.

Determined to make up as much time as possible on Jim before we hit the forest road around Loch Ossian, I pushed hard for a mile along the track - then cut across the heather, down to the valley floor where a faint track ran along the north banks of the burn.

The track I had left climbs around the west side of Ben Alder, over the Bealach Cumhann, and down to the shores of Loch Erich where it joins the shore path at Prince Charlie's cave. I made a mental note that the circular trip around Ben Alder from Dalwhinnie would make an interesting run sometime.



Loch Ossian from the summit of Bealach Dubh

The track to Corrour Shooting Lodge, at the east end of Loch Ossian, gradually improved until it joined up with the forestry road which comes in from the A86 at the bridge about 14 miles up from Spean Bridge. A short rest, another large brown roll filled with cheese and tomato, a drink from the burn, and I was off along the dusty forest road acutely conscious of the fact that Jim would make up a lot of lost time on such a high quality track.

After the interest of the route for the past few hours, the next three miles were tough. The views were restricted by the plantation, and only when the end of the loch is approached does the track break free from the woods.

By the time I got to where the track for Loch Treig branches off to the north, I was going through a bad patch. Perhaps I was paying the price for pushing too hard too early? More likely, I had simply not eaten enough and I was experiencing a gap in the supply of fuel to the muscles.

I changed out of my damp running vest into the fresh one I had reserved for just such an occasion. The dry cotton against the skin, after hours of dampness, was a delight. The warm sun and a high quality fruit bar revived me, and after ten minutes I was off again, spurred on by the thought of Jim eating up the miles on his bike.

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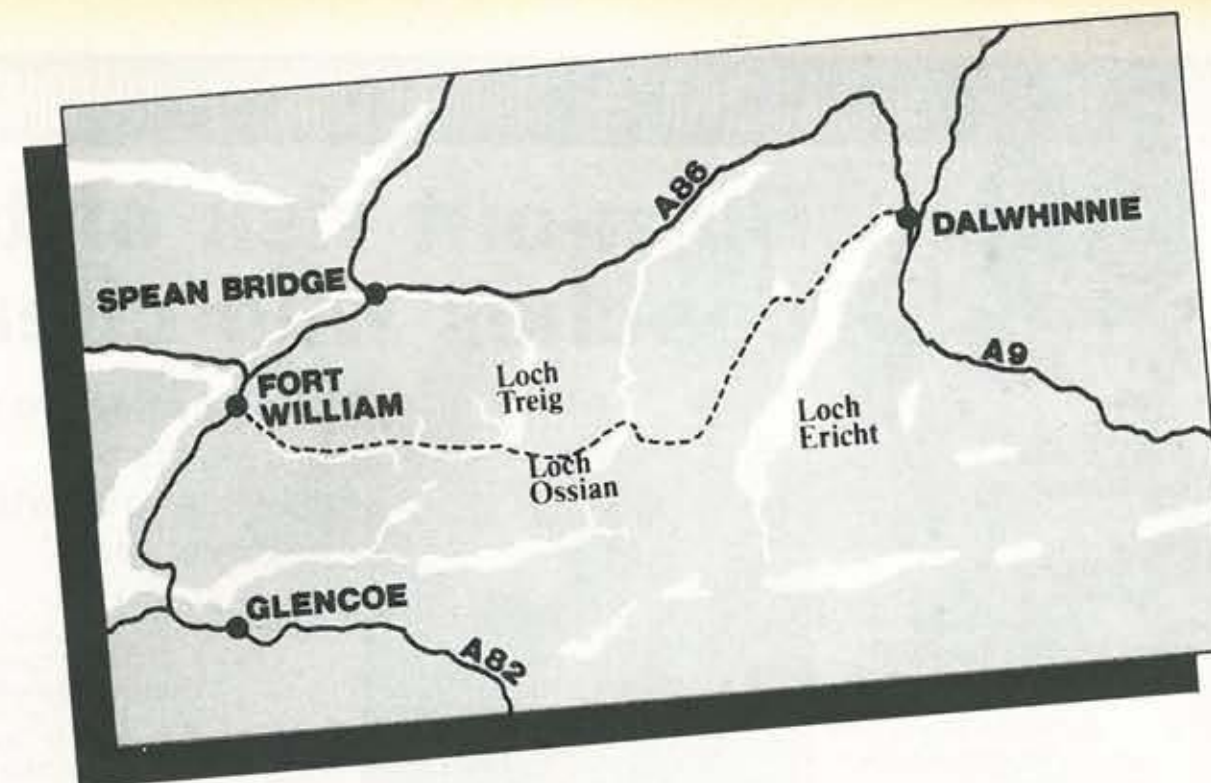


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ULTRA RUNNING

The going was tough as the track climbed steeply for the first mile. I was too tired to run, so I settled into a brisk walk until the angle eased and the track ran along the sheep-shorn edge of the burn. Things were good for a while until, a mile from Luibeil, the track petered out into a bog which slowed me back down to a walk once again.

Fording the river was straightforward after the dry spell and I paused there for a few minutes to eat my last fruit bar and watch a pair of dippers as they hurried here and there searching for food. The short stretch of good track was most welcome, and I made good progress until it deteriorated, once again, into a miserable bog.

I picked up the track again just after the watershed at Tom an Eite. I was now on the home straight and it was all downhill to the car park at the head of Glen Nevis where Boyd would be waiting. Fuelled by a couple of tablets of Dextrosol, I lifted the pace and pushed hard down the track past the occasional walker out for a stroll from the car park. Ben Nevis and the Carn Mor Dearg arete were spectacular, but by now I was out of film for the camera, and was driving for home.

There was no time to stop and admire the view. I had a quiet smile to myself as I realised I had got my priorities all wrong. Or had I? The lure of the civilised comforts which lay tantalisingly around the next bend drove me on.

Where the track entered the gorge, about a mile before the car park, I bumped into Boyd who was on his way out to meet us. I was ahead of the conservative schedule we had agreed, so his run in to meet us was cut short. We piled on the pace for the final mile, inspired by my vain desire to impress the tourists who were wandering up the track in droves.



The run had taken seven and a half hours. Jim arrived an hour and a half later in fine style. Cycling on that particular route may have been slower, but he was certainly in better condition than I, and could happily have continued on for another four or five hours. Meanwhile, I was nursing the beginnings of a calf strain which was to keep me off the hill for a month...

Some stiffness was setting in as I ran down the steepening hill towards Loch Treig. As I rounded the bend which brings the loch into view, I sped past two middle aged ladies who were making the most of the

Above, map of the route from Dalwhinnie to Fort William, while below left Jim Mather tackles the route on his bike.

view as they squatted to relive themselves in the heather. Not knowing what to do I called out "lovely day!" as I picked my way at top speed down the boulder-strewn track. One of the ladies cheerfully responded without so much as a blink, while the other, clearly mortified by the undignified position I had seen her in, modestly covered her face with her hand.

Further on, at the edge of the loch, a couple of middle-aged gentlemen stopped me to ask if I had seen anything of a couple of ladies back along the track. "I've probably seen more of them than they would have wished!" I retorted cryptically, and charged off along the track leaving them scratching their heads.

The path hugged the edge of the loch, crossing two splendid bridges before arriving at Creaguameach Lodge, where it split once again. The northern branch follows the Lairig Leacach to Spean Bridge, past the north-eastern slopes of the twin summits of Stob Coire na Ceannain and Stob Coire Clairigh. My route was again to the west, up the northern bank of the Abhainn Rath to Luibheil.

The cold north-easterly wind had died, and it was good to bask in the warm sun with my tired feet soaking in the sparkling waters of the burn. If Jim was going to catch me it would be here. From now on he would find it rough going and would probably be slower. After a few minutes I decided that if he did appear we would stay together for the remaining nine miles to Glen Nevis. I was almost looking forward to the walk.

There was no sign of Jim, however. After ten minutes I got underway again, determined to push hard to the end. It was late September, and it was unlikely that there would be any more long runs for the year. Better to keep on pushing and make the most of it.



Burn-out risk of the coaches who cheat

"Sprinters are born and then made". This conclusion was reached by a famous professor of Human Structure and Sporting Performance, Dr O.G. Eiben.

Most readers would feel that this conclusion is obvious and arriving at it would not require a university degree. I agree, but the 'making' is not easy and should not be undervalued. The effective coach has an 'effective process' for all levels of athlete and this is the business of 'making'.

There is however a short cut to being a 'successful' coach of sprinters. Simply find a prodigious talent with high level ambition and hang on: the athlete's performance will establish the coach's reputation. We must realise that where this situation occurs and the coach operates an ineffective process, the risks include frequency of injury and early burn out.

What is an 'effective process'? It is the process of controlling annual progression at a rate suited to individual needs so that maximum performance is produced by a mature athlete. This means the coach being involved in the whole life of the athlete, taking into account the athlete's physiological/psychological development, and giving advice in a whole range of issues e.g. diet and life style.

I also feel it requires, that as a nation, we change our attitude to sporting performance. Let's stop expecting our children to be superstars overnight and criticising the performance of the mature athlete who overcomes the 'fallout' problems and remains in the sport. We need to support our competitive athletes at each stage of their careers recognising that, if we wait 10 years we will have an overnight success.

This period of waiting could also be described as the 'Long Term Plan'. If you have switched off at the use of such a term, then ask yourself: 'do you have an effective process?' Are you allowing your athlete's development to drift out of control? Planning is reasonably straightforward. The Long Term Plan I would use is as follows:-

AGE	PHASE
11-12	1 Preliminary Training
13-15	2 Pre-Specialisation
16-19	3 Specialisation
20	4 Advanced Specialisation

An important point is that maturity levels can vary between male and female athletes and between athletes of the same sex by two to four years. The



BOB INGLIS, top British sprints coach whose charges include Elliot Bunney and Jamie Henderson (right), argues that we should change our attitude towards sporting performance in the latest of our Coaching Clinic series.
All photographs by Peter Devlin.

implementation of the plan has therefore to be flexible and geared to the individual's needs. As a rule the specialisation phase should be delayed until the rapid growth phase of the early to mid-teens has been completed.

The objectives of the four phases are as follows:-

PHASE 1: A gentle introduction to training, participation in several sports, (particularly those that require acceleration and speed), an emphasis on fun through exposure to most track and field events and a gradual raising of general conditioning.

The athletes I coach in this age group have one training session per week, but it would be interesting to measure their total activity for a week. I am sure it is very considerable.

PHASE 2: This phase can be a difficult time for an athlete. Physiological and psychological change will determine work loads, rates of progress and even whether the athlete will remain in the sport. The objectives for this phase are to further raise general conditioning, reduce event and other sport participation and consolidate technique.

This phase would see the athlete training two or three times per week and continuing participation in other suitable sports.

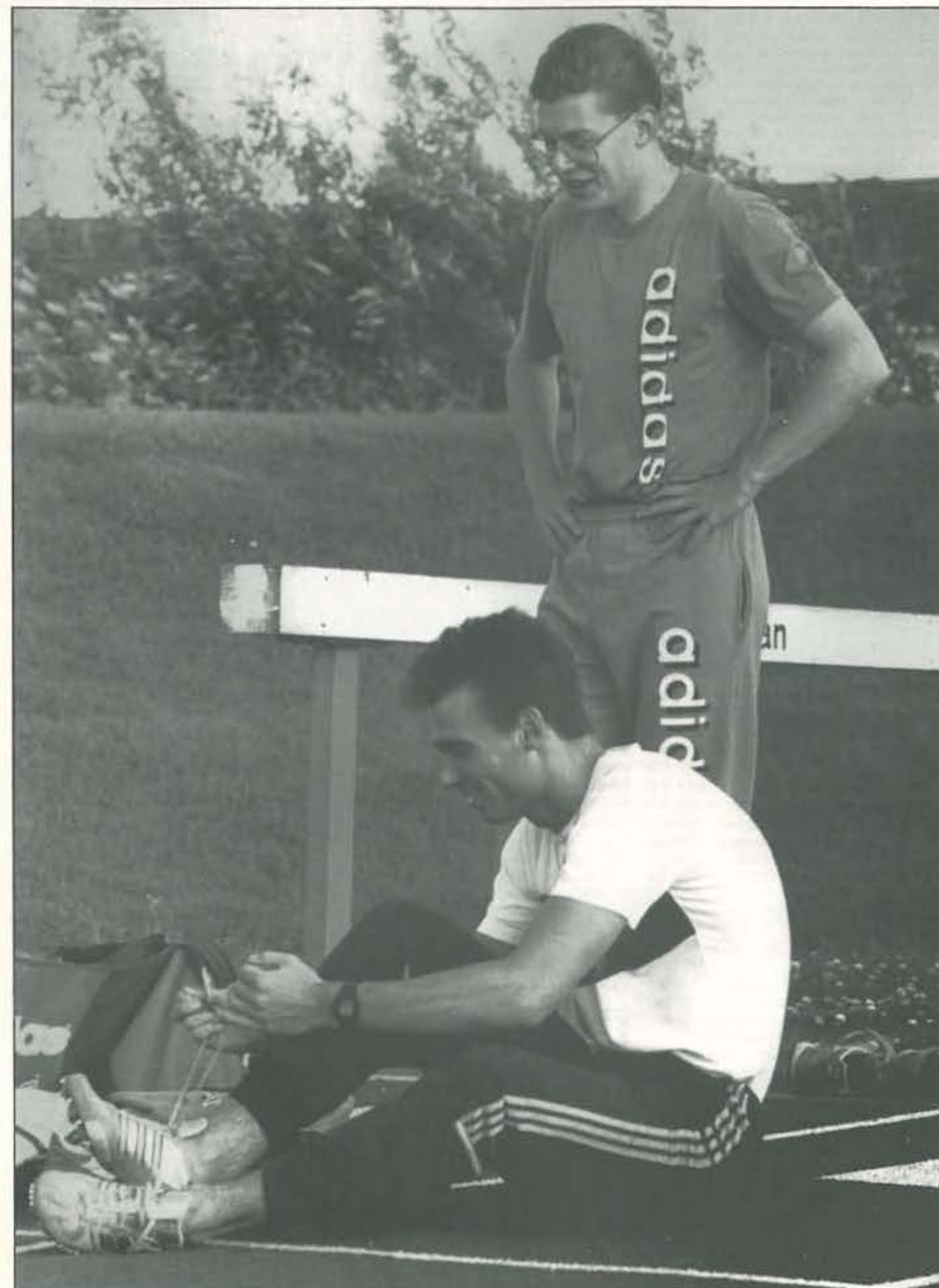
"As a nation we need to change our attitude to sporting performance"

PHASE 3: As its name suggests, 'The Specialisation Phase' requires a deepening involvement in sprinting with some involvement in one or two other related track and field events eg. long jump. At the outset of this phase the athlete should accept that there is little opportunity for participation in other sports. The objective through this phase is progressively to expose the athlete to high quality sprint training. A properly conducted specialisation phase will prepare the athlete for the intensity and volume of work suitable only for the mature athlete.

This phase covers a period of academic stress stemming from exam pressure. It is also a time in a young person's life where they will seek responsibility and have an increasing interest in social life outside of sport. The coach must guide the athlete through this phase, continue to make the sport as rewarding as possible and be a blend of tolerance and determination in pursuit of objectives.

PHASE 4: The Advanced Specialisation Phase is not an end, but a beginning. The real business of high performance starts here and should be seen as a launch pad for a major assault on major sprinting objectives. The athlete is now the pure sprinter who will have no significant interest in any other sport or track field event. The number of training sessions per year could be reduced due to longer periods of recovery stemming from the need to employ close to maximum intensity running and exercises all year round.

The athlete and coach who reach this stage of development will have seen their relationship change. The coach will now take fewer decisions and offer more advice. The athlete's understanding of





"Can Elliot really sing?" Members of the Bob Inglis troupe include (left to right): Emma Lindsay (sprints); Elliot Bunney (vocals); Kerdene Idessene (middle distance); Gordon Aitken (400 metres); Jamie Henderson (advertising); and Brian Murray (middle distance).

his/her sport and training requirements will have reached a point where the athlete's input will be an important part of the decision making process. I must add that some athletes do not want the additional responsibility of deciding all matters relating to competition and training objectives. An effective coach has to be flexible and respond to the athlete's personality.

Armed with our plan we can now examine two significant elements of sprint development. They are strength and technique.

During a recent visit to Italy to discuss sprint training with Carlo Vittori he put forward the view that a sprint performance relies on three types of strength... Explosive, Reactive and Elastic. The influence of these types of strength varies as the race develops - explosive having the greatest part to play for the first 30-40 metres, and Reactive/Elastic having a significant influence beyond the acceleration phase, particularly Reactive Strength.

The relationship of strength to technique is paramount. Let me make it clear that the important areas of technique are stride length and stride frequency. The smooth, controlled and relaxed elements of technique are important, but should be

well established prior to the start of the specialisation phase. The later phases should see the coach more concerned with the expressions of force measured through stride length and stride frequency. Measurement of these two factors is an important part of evaluating the effectiveness of a training programme.

When devising a training programme for sprinters an important consideration is improving the quality of muscles, particularly the propulsive muscles of the legs.

"Scottish cross-country preoccupation is harmful to all athletes"

The techniques involved are weight training, plyometrics, bounding and resistance running. What effect these methods have on the two most important areas of technique is individual and can only be determined by measurement.

A contentious area is whether training can influence stride frequency. The one irrefutable fact is that an athlete has the capacity to rotate the legs, in a supported situation, at a greater rate than when

running at maximum speed. I will not bore you with the mathematics and biomechanics of running action, but I will state that I use a series of drills with a view to improving stride frequency.

My final point on methodology is that speed development is an all-year-round activity. This policy is appropriate for all phases of the 'Long Term Plan'.

The effective development of sprinters requires that the coach understands physiology and psychology. This is not enough. We must also administer the sport in a way that gives sprint talent a suitable environment in which to develop. My view is that Scottish club pre-occupation with cross country and the existence of championships at too early an age is harmful to all athletes. And on cross country, I would add, that slow running makes you slow.

The problem therefore is how do we prevent harm being done to the children, make our sport attractive, and compete with all other sports for talented children?

I feel we need an imaginative approach to sport for the under 12's. Let us modify the events eg. there is no value in asking children to run 1500m, but appropriate distance/events could be introduced. This age group needs to have sport for fun with no regard for performance or results.

Scots girls in America

Louise White interviews Elspeth Turner, who is following Liz Lynch's footsteps at the University of Alabama in America, while, right, Susan Crawford looks back on her experiences last winter at the same university. Both girls returned to America earlier this month.

More and more we are hearing about young Scottish athletic talent making the transatlantic crossing to America to fulfill scholarships.

There have always been arguments for and against this. Some say the American system pushes the athletes too far, or that the aimed results are very rarely achieved, or even the attraction might be too great and Scotland will lose the athlete for good. One such Scottish athlete from MacLaren Glasgow A.C., Elspeth Turner, decided to give Uncle Sam a try last year. What she initially thought would be a one year half scholarship, combining a degree in Sports and Fitness Management and helping her athletics, has now been extended to four years.

To all you young and potential athletes reading this, it may be interesting to note that Elspeth's forte lay in discus and sprinting while attending school in Bearsden.

"I only took up jogging to keep fit, and that was four years ago," said Elspeth. Three years later she briefly held the Scottish Half Marathon record in 1986 (hope for us all!)

Turner first heard about the scholarship at the University of Alabama from Liz Lynch's former American coach. "I heard my name had been put forward but it was such a surprise to be offered it," Turner says modestly.

The most difficult thing she says she had to adapt to was the heat. The cross country season started in September, and Turner found herself running in 90°F. Through the year she improved considerably. In Florida she ran 10-21 and 10-16 for two miles, and 9-17 for 3000m. But the best was still to come... "Bearsden's jogger" came a close second to the U.S. Olympian Missy Kane at a 5000m meeting.

Would Turner have achieved this had she stayed in Scotland? She thinks it unlikely for obvious reasons.

"As soon as one is acclimatised to the heat," she said, "it becomes an added bonus. Being able to run in warm weather conditions is a far cry from wet and windy streets of home." Abandoning her wet weather gear, Turner could run her 60 miles per week in shorts and vest.

On arrival at Alabama, she was allocated to the middle distance coach who accompanied her on all training runs and track sessions. This was no different from home, so where did the secret lie?

★★★★★

"No secret really, as far as training techniques are concerned," she says. "But America is such a vast country there is a far greater depth of athlete available in each event. When one is top in America, one really is top."

"In competition in Scotland it can happen that the winner crosses the line by quite a margin, but in America one really has to go for the line with such a strong batch of competition behind."

Another beneficial factor was the psychological boost the size of the crowd gave. Athletics in America is a large crowd puller. At nearly every race Turner ran in, she experienced the tremendous support of the crowd. At mere open graded meetings the result was the same.

"I also had a very good relationship with the rest of the team, we were more like sisters than individual competitors. Yes, there was rivalry, but it was of a healthy nature, and it stirred our team spirit and motivation," Turner says.

"Go with an open mind and



"Bearsden's jogger" Elspeth Turner finishes second in last month's Glasgow Half Marathon.

you will not be disappointed," is Turner's advice to aspiring youngsters. "The impression many people have is that the American system pushes the athletes as far as they will go and as a result burns them out too young. Athletes I mixed with did not eat, sleep and think athletics."

"There is pressure but it is a positive step in the right direction."

Turner competed every week, although she only had to compete a minimum of two races to fulfil her scholarship contract. Together with her full time coach, who also acts as her administrator, Elspeth has built up a relationship beneficial to both her as a person and in her running.

"I have definitely changed, and I hope it is for the better," she says.

Turner now has more confidence and an arms length of personal bests. As the summer draws to a close she returns to Alabama putting her McLaren vest, or MACGAC as it is known in the States, into cold storage for another year. With stars in her eyes, and stripes on her Alabama vest, off she goes to see what the next year holds in store.

From Paisley to Texas and Florida

TEXAS, OKLAHOMA, INDIANAPOLIS, FLORIDA - my eyes race over the fixture list which I have just been handed, and I can't believe the places I am going to be travelling to. It seems a far cry from the week before when I was pounding the cold and wet streets of Paisley, wrapped in my many layers to keep out the cold. But is was true, I was back in Alabama and about to embark on the coming track season. I was to be in store for many mixed feelings.

My build-up for the indoor season had not been what I had hoped. I was sidelined with a knee injury and could only jog two to three miles each day, with harder sessions done on the bike or in the pool. I was fortunate to get in a few weeks good training in January, and began my indoor season with two mile races, both in 4-52. I had a busy weekend at our regional championships, running the 1500m and both distance medley and 4 x 800m.

The following weekend (March 7) our team travelled to Indianapolis to compete in the Hoosier Invitational. We were lucky not only to compete at such a wonderful stadium, but also to watch the world indoor championships. Inspired by the many great performances I had seen, I ran 4-24 in the 1500m, a time which qualified me for the National Collegiate Indoor Championships. Fantastic I thought - how wrong!

I had a dismal run in the heats, failing to reach the final. I was still high from the previous week's run and failed to realise the intensity of the competition. However, far from being discouraged I learned from the experience and soldiered on toward the outdoor season.

I must admit my first race was nerve wracking, for fear of repeating my bad run at the nationals. My legs trembled on the starting line, but as soon as the gun went off I was fine. I ran 9-31 for 3000m, which was a personal best. Two weeks later I was rewarded with another personal best of 9-22, and this time a qualifying time for the outdoor nationals - success. But gremlins were to strike again when achilles tendon problems sidelined me once more and subjected me to training on the "dreaded" bike and pool workouts.

Far from disappointed, I gained invaluable experience from which I know I will benefit in future events. I know I didn't reach my full potential this season and am excited about next year.

Had we stayed in Scotland it is very doubtful that we would have been given the opportunity to compete in such high quality races. Scotland has many talented runners who need to be given more help to enable them to reach their full potential.

An innocent abroad in Glasgow

"You might finish it, but you're no gonna be first!" What an introduction to my first marathon. The very idea that someone thought I would cover the magical distance of 26 miles 385 yards on foot was in itself an inspiration to me!

That someone proved to be a wee Glaswegian, about 14 years of age, who was observing some 8,000 would-be marathon runners passing his front door in the first Scottish Peoples Marathon.

Like thousands of others, I was first inspired by the London Marathon. Also, I was having a particularly difficult time with my business, which was causing me endless nights without sleep. I had the brilliant idea of getting up early in the morning and jogging around the local park, the object being that when I climbed into bed at night I would be so tired I would fall sound asleep.

The result was I became good at running round the local park, and I entered the Glasgow Marathon. I gave myself six weeks to prepare, and "peaked" my weekly mileage at 25 miles, which included one incredibly long jog of 10 miles.

Many marathon runners will immediately recognise the inadequacy of my preparation. Most marathon pundits will also tell you that the most difficult running step of all is the one that gets you out of the door. True in every sense. You can imagine my horror when I received a bottle from a very thoughtful neighbour who informed my wife: "It's a bottle of instant tan lotion, because I have never seen such a pair of peely-wally legs in all my life!"



Elgin runner Glen Elliot (above) recalls his first Glasgow Marathon, which proved to be eventful.

Mind you, a bonus of training in the country is the great pleasure achieved when stopping at farmhouses or cottages for water. They all make you so welcome. I have given up more than one training run for some good wholesome farmhouse baking.

On the eve of the great day, my wife and I booked into a Glasgow hotel and within minutes of checking in I discovered there is such a thing as a Marathon Mafia and they were all in the same hotel - Brendan Foster, Charlie Spedding, Chris Brasher to name but a few. I soon came to terms with this situation and realized that when I donned my snazzy new tracksuit, I looked just as good as many of the other posers.

This point was very foreseeably brought home when I entered the lift and met Jimmy Saville, resplendent in his gold lamé tracksuit. Jimmy immediately put me at ease, saying I looked like a two and a half hour man. I thanked him for the compliment and joked that sub five was my stretch, and all I wanted to do was finish the event in one piece.

At this point Jimmy, gold lamé tracksuit, large cigar, and two heavies departed amidst great guffaws, allowing a young apprehensive looking man into the lift. I thought what a wonderful line Jimmy Saville had to put people at their ease, so I turned to the young man and said, "You look like a two and a half hour man."

"That's right" he replied, "I'm running for England". Exit one embarrassed plodder at the wrong floor level.

At the ripe old age of 46, I planned my tactics for the next morning. Knowing I had never been beyond ten miles in training, I decided to walk/jog the first five miles, make sure I jogged through the next 12 to 15 miles, and somehow if I reached the 20 mile marker I would finish even if it were on my hands and knees.

A typical Glasgow Sunday morning duly arrived, damp and overcast. What an atmosphere there was in Glasgow Green, as thousands of people gathered in enormous marquees to complete the final preparations. The excitement, the buzz, the air of anticipation seemed to generate humour from all angles.

"Hey Jimmy, you've got enough vasaline on to slide a' the wie to the finishing line."

"This fartleking and carbo-loading is a lot of bloody nonsense - I'm gonna get behind a nice wee bum and follow it all the way to the finish."

Many runners, despite the portaloos, chose to empty their bladders into the River Clyde. With all this flow of urine I thought I could visibly see the river rise, and then suddenly an observant athlete exclaimed: "Look across the river."

We were confronted by multi-storey flats, with each window having a "wee hing out". That is to say, the lady occupant of the house was resting her elbows and other substantial parts of her anatomy on a well padded cushion. At this point one of the ladies made the astounding observation, in a not too delicate tone, that reverberated across the river.

"I can see your Wullie!"

"The last time I saw legs like that there was a message tied tae them."

Having made all the final preparations, I made my way to the starting grids. I was beginning to come to terms with all the excitement, and started to feel good, imagining myself a mature Steve Cram, resplendent in my shorts and fancy footwear. My resemblance to Steve Cram, Steve Jones, Steve Oveit or any other Steve did require a little stretch of the imagination, since I am 6'1", going bald with a touch of white hair round the edges - something like a polo mint on stilts. My image of myself as an athlete was completely shattered when a Glasgow punter shouted directly at me, "Hey auld yin, the last time I saw legs like that there was a message tied tae them!"

I was to be dealt another devastating blow as I walked towards the starting grids. I was wearing No. 53. It became obvious a genuine mistake had been made when I was informed that the first 100 numbers were by invitation only. They called No. 53 to the front and I had forecast a finishing time of five hours!

With minutes to go, I was shaking hands with the superstars. The athlete on my immediate right told me he was going for 2-20, and the runner on my left said he was going for 2-15. At this point they both turned to me in unison and asked "What are you going for?"

I was so horrified and in utter desperation I blurted out: "I'm not hanging about here, I'm going for a fish supper!"

Unknown to me, while all this was going on the BBC Television camera had zoomed in on, you've guessed it, No. 53. Not only that, but the camera stayed on No. 53 for some considerable time. I can only presume the television crews were frantically searching their notes and shouting, "Who the hell is No. 53?"

The gun went and I took off like Allan Wells, charged up the High Street, round George Square, up into Sauchiehall Street. The excitement was great, the adrenalin was not merely flowing but boiling over. After the first few hundred yards a fellow runner, and I use this term loosely, summed up the situation by singing, "This is easy."

By now my master plan had disappeared under thousand of legs pounding the streets. I had covered the first five miles without realising it. The truth was I was thoroughly enjoying myself - everyone was having a ball. Well, nearly everyone - by this time I had decided to let the two hours plus men get ahead. I was more interested in seeing and hearing these fantastic spectators, Glaswegians, at their very best.

It was about the Clydeside Expressway that the wee boy spouted forth with such simplicity: "You might finish it Mister, but your no gonna be first."

If I had £100 in my snazzy running shorts I would have given him the lot. The simple fact he thought I might reach the finishing line; it was music in my ears.

At twelve miles, I heard music and people singing. Was this a marathon or a carnival? On impulse I jumped up onto the stage and joined in. The band, a very talented group called "The Sair Heidies" from Lossiemouth, were giving it laladie, feet stamping, hands clapping - it's a pity I had to spoil it, as the band later confirmed I am not much of a singer - in fact they pointed out that I am the only person that can sing "Ogie, Ogie, Ogie" flat.

On reaching the halfway mark, the bridge over the Clyde, I had the shock of seeing the fast runners (that's anyone less than 10 minutes per mile) coming at a fast rate of knots in the opposite direction. The slow runners on 13 miles now started cheering the fast men, which I've never seen before in any race. My aches and pains disappeared and the crowd lifted me once again.

There was a great deal of excitement ahead, and with relief I found it wasn't an accident, but Billy's Fruit Shop handing out slices of melon and oranges. Assistants were "chucking" these at greatly appreciative plodders. I duly informed one of the assistants that I knew Billy from away back when he pushed his fruit barrow

round the south side of Glasgow. I was immediately informed: "They all try that yin - yir getting wan slice so get on yir bike and keep gawn!"

"My morale's going down - I need a Song."

I fell into a steady slog with two other characters, and we quickly established camaraderie with mutual respect for each others' condition. On my right was Alec from Glasgow, an old campaigner who had seen it all before. While on my left was a dear friend, Raymond, from Lossiemouth. Raymond was slightly taller than wee Alec but that's not saying much since Raymond admits to being 5'0" with his hands in the air. The banter was good, even although they kept straining their necks to talk to me between jokes.

We entered Bellahouston Park, with the 16 mile marker just ahead. My head was no longer slightly down, it was now touching my knees. All of a sudden, a voice boomed out at my back, "My morale's going down - I need a song". Before you could say Steve Jones, this human mass of bedraggled joggers started singing "Jog on, Jog on" to the tune "You'll never walk alone" - what an inspiration. Before you knew it, our heads were up, our chests out, and what an awe-inspiring sight we made as we gaily weaved our weary way along the paths of yet another dear green place.

Eighteen miles past and I was shuffling through Pollok, a large sprawling suburb on the south side of the city. I had heard the area being described as rough in certain quarters and another runner, wee Alec Mark II, took great delight in expounding his theories on No Mean City, and discreetly informed me that Pollok was the

only area he knew where the alsations ran way from the weans. He went on to explain that even the policemen went about in twos - and that was just inside the station.

However, it was sheer genius for the organisers to arrange the marathon route through Pollok - where else could one get such hospitality, biscuits, scones, pieces and jam. I obviously looked so knackered that one kind punter offered me a lager and lime with a wee nippy sweetie.

The long slog along the Barrhead Road took its toll, but I could see a huge crowd had assembled at the Round House. For the first time since the gun went off the crowd was silent. "Is this Corstorphine?", I shouted - no response. "This must be Edinburgh?" - again no response.

Into Pollok Park, where they say the runners enter laughing and come out crying. I had heard about hitting the wall, but the sleeping policemen seemed like mountains to climb.

A thoughtful spectator took pity on me and held out a box of Jaffa cakes. As I staggered towards her, desperate for one of her biscuits, a fellow competitor, dare I call him this, assumed she was offering the entire box, whereupon he snatched the lot and I never saw a single Jaffa cake again - nobody loved me. I wanted to sit down and cry.

How I made the 24 mile marker I will never know - something to do with the liver not producing glycogen and your system calls on your body fat - I wish I had taken more spaghetti the night before.

At long last the end is near. I can see the dear dear Green. The crowd is enormous, and they are all shouting at one poor individual - no it's not - yes it is - it's me. I am the hero of the moment. They urge me, plead with me to keep going. I can do it, I'm somebody special. Where's the line?

I've done it! I've got my medal and I'm knackered!

Glen proudly displays all the medals gained since that first Glasgow Marathon.



SCIENCE!

Interested in finding a formula for predicting your marathon finishing times? Take a deep breath, get your calculator out, and join DR. DAVE ELLISON of Dundee College of Technology, who maps out his own system. Inquiries to him, not us, please, at the college's Department of Maths and Computing in Bell Street, Dundee!

I was interested in finding a better formula for predicting marathon finishing times: as the 1985 Dundee Marathon was due in the next few months, I decided to survey the runners.

A summary of the results showed that 2154 runners finished, with an average time of 3.44. Of the 350 who returned the questionnaire, finishing times ranged from 2.24 to six hours, with an average of 3.33. This was the first marathon for one third of them.

Average training mileage in the eight weeks leading up to the marathon (April 28, 1985) was 304, or 38 miles per week; one person covered 763 miles and another zero. (He finished in a commendable 3.51, though he spends 15 hours a week playing hockey and squash).

Runners finishing in under 4.30 averaged 680 miles, and those taking longer averaged 230. The longest single training run anyone did was 26 miles, and the average was 18.4.

Runners were surprisingly accurate in estimating their finishing times. Two thirds were within ten minutes of their estimates, and one third within five. The best was only 16 seconds out, the worst 65 minutes. Finishers under four hours ran five minutes faster than their estimates, on average; and those over 4.30 took 20 minutes longer.

Estimated times seem to be a self fulfilling prophecy; that is, a marathoner somehow estimates his finishing time—and then runs at a rate per mile that will see him finish close to that time. He can check his progress at each mile marker as he runs. Of

Why did runners fail to finish within ten minutes of their estimates? The answer, not surprisingly, seems to be because they trained less. For example, runners who esti-

mated from a previous marathon did less total mileage (287 as against 340 for those who finished within ten minutes), had shorter longest training runs (17.7 miles as against 19.3) and took longer to complete the marathon (219 minutes against 195).

The purpose of the questionnaire was to find an improved formula for predicting marathon times. Other studies have produced formulas which could not predict better than within 15 minutes, and they tended to be somewhat complicated to use.

However, these studies did indicate that for every extra ten minutes per week of training, you could reduce your marathon time by about six minutes, and for every extra mile on your longest training run, this reduction could be two minutes, so it is worth while doing longer training runs rather than increased total mileage.

"Every individual has his own running curve"

A better formula, one that should be accurate to within one or two minutes for most people, can be found by assessing an individual's fitness from his personal bests for five and ten miles. A runner's pace (minutes per mile) depends on race length. It falls off with increasing distance.

For example, you may be able to achieve six minutes per mile for a five mile race (30 minutes), but this would fall off to say, 6.5 minutes for ten miles (65 minutes). The relationship between the speed of running and race length is known as the running curve. Every individual has his own running curve, and for distances between roughly three miles and marathon distances it is a straight line.

This means that by



knowing your personal bests for five miles (T5) and ten miles (T10), you can easily calculate your time for any other distance, within a reasonable range. For a distance D, the formula would be:

Time for distance D = $(0.2D - 1) \times T10 + (0.2D - 2) \times T5$.

For example, for the half marathon D = 13.1 miles and the formula becomes:

Time for half marathon = $1.62 (13.1 + 0.2 - 1) \times T10 - 0.62 (13.1 + 0.2 - 2) \times T5$.

The above runner would then estimate his time for the half marathon is 1.62×65 (ten mile time) - 0.62×30 (five mile time).

Which is 105.3 - 18.6 = 86.7 minutes (86 minutes, 42 seconds).

Now, this formula does not quite work for the marathon, because of slowdown suffered by runners at the last six miles or so of the marathon race.

It cannot be ignored; for a runner finishing in three hours, he will have slowed down by about eight minutes in the last six miles, and for one finishing in five hours by about 30 minutes! An approximate formula for slowdown is $0.2 \times T - 28$, where T minutes is the finishing time. This leads to the estimate for the marathon as:

Time for marathon = $5.33 \times T10 - 4.07 \times T5 - 35$.

For the runner above this gives a prediction of:

5.33×65 (ten mile time) - $4.07 \times 30 - 35$ (five mile time), or 189 minutes.

An alternative, but less accurate, prediction can be made from your half marathon time:

Time for marathon = $2.1 \times$ (half marathon time).

That is, double your half marathon time and add one tenth of it. This should be accurate to within five minutes

Given that slowdown is a fact of marathon life, at what pace should you run the first 20 miles and the last six? Again there are formulas for this. For the first 20 miles

Time/mile = $0.03 \times T + 1.1$.

And for the last six miles:

Time/mile = $0.06 \times T - 3.4$.

For example, to finish in 3.03, the pace should be $0.03 \times 183 + 1.1 = 6.59$, or six minutes 36 seconds per mile for the first 20 miles; and $0.06 \times 183 - 3.4 = 7.35$ for the last six. This compares with the constant pace of seven minutes per mile that runners unaware of slowdown would aim for. If they started out at this pace they would expect to finish in 3 hours 15 minutes.

To achieve maximum accuracy from these formulas, great care needs to be taken in measuring the five and ten mile distances used for your personal bests. Sign posts are too inaccurate. Car odometers are better, but best is to use a large map, 1:10000 if possible or 1:25000, if not.

Ideally, you should run your personal bests as close to the marathon as possible, to extract maximum benefit from all your training, and on a day when you are feeling fresh. The day should be windless and your running routes without hills. If you do not satisfy all these conditions, you could be out by 10 or 15 minutes or more.

How well do these formulas work in practise? I used my own personal bests for the 1983 Dundee People's Health Marathon. I averaged 47 miles per week, with a longest training run of 20 miles. My personal bests for five and ten miles were 31.2 and 65.6 minutes, run under good conditions within two weeks of the marathon.

This gives an estimate of 3.05, I aimed for three hours and finished in 3.02.30.

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The superb Dawes Equinox racing bike, which is featured on our front cover, is a leading model among triathletes. The bike, which retails at £520 in the Edinburgh Bicycle Co-operative (who have donated it and are joint sponsors of this competition with Scotland's Runner), could be yours if you enter our free competition.

This month and next, a total of twelve questions about triathlons and their component sports will be published. Simply write the answers in on the lines below the questions.

1. Who was the most successful Olympic swimmer of all time with seven golds and seven world records at the 1972 Games?

A

2. Which British cyclist died during a Tour de France?

A

3. Who won this year's Tour de France?

A

4. Who was the first woman to win Olympic marathon gold?

A

5. Who or what is a Hawaiian Ironman?

A

6. Which Bicycle Co-operative is celebrating its tenth anniversary this month?

A

The next six questions and full competition entry details will appear next month, but please note: a person may enter as many times as he/she wishes, but ALL entries must be on the form above. NO PHOTOCOPIES OR SHEETS OF PAPER ACCEPTED.

Scottish ranking lists

Men

Compiled by Duncan McKechnie

100m (automatic)

10.21	Jamie Henderson	(J)(ESH)
10.25	Elliot Bunney	(ESH)
10.28	Allan Wells	(ESH)
10.56w	Alan Trimby	(ESH)
10.80w	Alan Doris	(EU)(10.86)
10.92	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	(Pi)
10.7	Neil Turnbull	(ESH)
10.7	Alan Doris	(EU)
10.7	Alan Trimby	(ESH)
10.7	Richard Levin	(Bella)

200m (automatic)

21.11	Jamie Henderson	(J)(ESH)
21.14	Elliot Bunney	(ESH)
21.44	Neil Turnbull	(ESH)
21.51	Martin Johnston	(EAC)
21.59	Brian Whittle	(Hgy)
21.62	Dave Clark	(ESH)
21.69	Simon Leary	(ESH)
21.80	Gary Patterson	(ESH)
21.91	Malcolm Fairweather	(Sale)
21.96	Steve Scott	(EAC)

200m (hand)

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



Brian Whittle, in Haringey colours, is at the head of the 400m pile with 46.31.

400m

46.31	Brian Whittle	(Hgy)
47.0	Andrew Walker	(ESH)
47.40	Gary Patterson	(ESH)
47.90	George Fraser	(Lough)
48.17	Mark Davidson	(J)(Ab. AAC)
48.2	Allan Murray	(J)(Kilm)
48.3	Dave Strang	(J)(Hgy)
48.3	Dave Young	(EAC)
48.6	Willie McDonald	(ESH)

800m

1.44.86	Tom McKean	(Bella YMCA)
1.48.84	David Strang	(J)(Hgy)
1.49.82	Tom Ritchie	(Pi)
1.49.86	Stuart Paton	(Belg. H)
1.51.4	Alastair Currie	(N. EB)
1.51.40	Nick Smith	(J)(Stamford)
1.51.50	Paul Forbes	(EAC)
1.51.6	Richard Archer	(St. AU)
1.51.76	David Gray	(Ayr. S.)
1.51.77	Sam Wallace	(J)(Cambus)

1500m

3.42.83	Adrian Callan	(Spt. H.)
3.45.6	John Robson	(ESH)
3.45.67	Hamish McInnes	(O. Gay)
3.45.74	Robert Fitzsimmons	(Bella)
3.45.98	Alastair Currie	(N. & EB)
3.46.3	Sam Wallace	(J)(Cambus)
3.47.00	Tom Hanlon	(ESH)
3.47.8	Stuart Paton	(Belg. H)
3.48.04	Richard Archer	(St. AU)

5000m

13.51.20	Peter Fleming	(Bella)
14.02.56	Nat Muir	(Shett)
14.04.5	Allister Hutton	(ESH)
14.15.0	Tom Murray	(GCH)
14.15.09	Callum Henderson	(ESH)
14.19.97	Terry Mitchell	(File)
14.20.05	Nigel Gemmell	(Southampton)
14.20.77	Gary Grindlay	(ESH)
14.21.38	Scott Dry	(Bingley)
14.23.83	John Robson	(ESH)

10,000m

29.03.36	Peter Fleming	(Bella)
29.03.85	Allister Hutton	(ESH)
29.28.23	Callum Henderson	(ESH)
29.38.40	Tom Murray	(GCH)
29.44.11	Andrew Beattie	(Luton)
29.49.57	Callum Murray	(Cambus)
30.06.30	Craig Ross	(DHH)
30.18.86	Alastair Douglas	(GU/VP)
30.21.49	Paul Dugdale	(DU)
30.32.39	Craig Hunter	(ESH)

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	(Shett)
8.59.33	George Matheson	(ESH)
8.59.84	Angus Henderson	(AU)
9.05.87	Gary Zeuner	(Ab. AAC)
9.07.59	Robert Carey	(Aman)
9.14.70	Graeme Cross	(EK)
9.15.06	Tim Bedell	(ESH)

110m H

14.11	Neil Fraser	(J)(EAC)
14.45w	John Wallace	(N & EB)(14.56)
15.12	Dave McCutcheon	(W & B)(15.0)
15.79	Allan Leiper	(AFD)(15.6)
15.89	Colin Hogg	(EAC)(15.4w)(15.6)
15.98w	Tom Leighton	(J)(H/ESH)(15.8)
16.00	Henry Lowry	(ESH)
16.37	Fraser McGlynn	(Shett)
16.41	Ben Thomson	(EAC)(15.5)
16.44	Roy Buchanan	(Pi)



Tom Hanlon (28, ESH) seen here in the Scottish Championships 1500 metres, tops the 3,000 metre steeplechase lists with 8-28.29.

400m H

51.51	Dave McCutcheon	(W & B)
52.4	Peter Campbell	(Stoke)
53.16	Stewart Dempster	(ESH)
53.46	Mark Fulton	(Sale)
54.04	Malcolm McPhail	(Ayr. S.)
54.26	Ben Thomson	(EAC)
54.8	Mark Davidson	(J)(Ab. AAC)
55.02	Andrew Bowie	(ESH)
55.84	Alastair Taylor	(J)(H/ESH)
56.3	Ken Anderson	(Nith V.)

Marathon

2.12.32	John Graham	(Field H.)
2.15.07	Lindsay Robertson	(EAC)
2.17.27	Fraser Clyne	(Ab. AAC)
2.19.04	Frank Harper	(Pi)
2.19.28	Andrew Beattie	(Luton)
2.19.33	James Doig	(Ab. AAC)
2.19.35	Andy Daly	(Bella)
2.21.37	Dave Clark	(V)(Verlan)
2.21.52	Paul Kenney	
2.22.19	Terry Mitchell	(File)

High Jump

2.25	Geoff Parsons	(JAC)
2.10	Andrew Edgar	(JAF/ESH)
2.08	Ben Thomson	(EAC)
2.06	Paul Sutcliffe	(J)(CR)
2.05	Ed Leighton	(J)(H/ESH)
2.03	Graham McAslan	(ESH)
2.01	David Barnett	(V)(H)
2.00	Callum Orr	(LC/EAC)
2.00	Duncan Matheson	(J)(Ab. AAC)
1.98	Craig Talbot	(V)(Pi)

Pole Vault

4.75	Douglas Hamilton	(ESH)
4.70	Allan Leiper	(AFD)
4.63	Andrew Wake	(J)(Marpoth)
4.30	Brad McStravick	(Belg. H)
4.20	Jim Johnston	(ESH)
4.10	Alex Collins	(EAC)
4.00	Norman Williamson	(EAC)
4.00	Ian Black	(Y)(Edin Acad. ESH)
3.80	Alan Rankin	(ESH)

Scottish ranking lists

Women

Compiled by Ian Steedman

100m

11.54	Janis Neilson	(EWM)
11.81	Sandra Whitaker	(McLG)
11.83w	Kaye Scott	(EWM)
11.84w	Alison Thomson	(Pi)
11.9w	Aileen McGillivray	(MSL)

200m

23.57	Sandra Whitaker	(McLG)
23.78w	Janis Neilson	(EWM)
24.28w	Alison Thomson	(Pi)
24.29	Kaye Scott	(EWM)
24.33	Kathleen Lathgow	(J)(NV)

400m

53.66	Mary Anderson	(EAC)
54.01	Dawn Kitchen	(EWM)
55.4	Linsay Macdonald	(Pi)
55.46	Gillian McArthur	(MSL)
56.0	Alison Hodgson	(EWM)

800m

2.00.80	Yvonne Murray	(EAC)
2.02.73	Anne Purvis	(EWM)
2.04.67	Lynn MacDougall	(McLG)
2.04.97	Susan Bevan	(ESL)
2.05.19	Linsay Macdonald	(Pi)

1500m

4.01.20	Yvonne Murray	(EAC)
4.01.38	Liz Lynch	(DHH)
4.13.07	Karen Hutchison	(BHM)
4.19.11	Lynn MacDougall	(McLG)
4.19.66	Susan Bevan	(ESL)

One mile

4.26.11	Liz Lynch	(DHH)
4.28.76	Yvonne Murray	(EAC)
4.35.24	Lynn MacDougall	(McLG)
4.56.9	Karen Hutchison	(BHM)

3000m

8.39.85	Liz Lynch	(DHH)
8.48.15	Yvonne Murray	(EAC)
9.03.46	Karen Hutchison	(BHM)
9.19.00	Andrea Paolillo	(MSL)
9.22.88	Susan Crawford	(McLG)

10,000m

33.09.36	Liz Lynch	(DHH)
33.59.26	Andrea Paolillo	(MSL)
34.07.22	Sandra Branney	(McLG)
37.22.90	Eileen Mason	(Kilb)

Marathon

2.40.35	Heather McDuff	(EAC)
2.40.44	Sandra Branney	(McLG)
2.48.32	Catherine Robertson	
2.49.27	Leslie Watson	(LC)
2.54.05	Celia Duncan	

100m H

14.26	Catrina Boyle	(MSL)
14.35w	Claire Reid	(EWM)
14.82	Jocelyn Kirby	(NSP)
14.69	Carey Speirs	(McLG)
15.1	Sarah Booth	(CR)



Lorraine Campbell (EWM) leads the long jump rankings with 6.20 metres.

400m H

60.02	Margaret Southerden	(WPH)
60.41	Alison Hodgson	(EWM)
60.7	Carey Speirs	(McLG)
62.5	Ashley Brown	(MSL)
64.0	Elidh Johnston	(INV)

Javelin

50.82	Nicola Emblem	(J)(EAC)
48.64	Shona Urquhart	(EWM)
49.08	Mary Anderson	(EAC)
48.58	Jacky Barclay	(MSL)
41.10	Kathy Pym	(MSL)

High Jump

1.85	Jayne Barnetson	(INV)
1.81	Cara Henderson	(EWM)
1.80	Rhona Pinkerton	(McLG)
1.79	Nicola Murray	(McLG)
1.72	Jaqui Gilchrist	(Pi)

Heptathlon

5155	Mary Anderson	(EAC)
4786	Sarah Booth	(CR)
4499	Nicola Emblem	(EAC)
4248	Isobel Donaldson	(Col)

4 x 100m Relay

46.37	Edin Woolen Mill	
46.39	Scotland	
46.0	Monklands Shetleston	
48.2	Scottish Schools	
48.8	Scottish Universities	

4 x 400m Relay

3.41.08	Scotland	
3.41.85	Edin Woolen Mill	
3.54.1	Pitreeve	
3.55.0	Edin Athletic Club	
3.56.2	Scottish Schools	

Long Jump

6.20	Lorraine Campbell	(EWM)
6.02w	Janice Ainslie	(EWM)
5.92w	Andrea Jackson	(MSL)
5.85	Carey Speirs	(McLG)
5.77	Nicola Murray	(McLG)

Shot

14.36	Mary Anderson	(EAC)
13.99	Ashley Morris	(Pi)
12.82	Helen Cows	(Ab.)
12.44	Januarie Thompson	(Sale)
12.41	Heather Yule	(NBV)

Discus

45.14	Claire Cameron	(McLG)
42.90	Karen Neary	(EWM)
42.82	Ashley Morris	(Pi)
42.02	Lesley Adams	(PSH)
40.60	Alison Hammerton	(MSL)

All performances up to and including August 31

yesterdays...

With the excitement of Rome now behind us, it is interesting to reflect that a century ago the world's principal athletics meeting was the Amateur Athletic Association Championship. From the start – the first championships were held at Lillie Bridge, London in 1880 – events were open to the world, and by 1900 the roll of medal winners took in the five continents.

Overseas challengers came regularly to England from 1881 onwards, and initially the most successful were the Irish, whose great tradition in athletics reached back to the Tailteann Games – four centuries before any record of the ancient Olympics. In the modern era they hosted the first international match, with England in 1876, and there was not a year between 1881 and 1912 when an Irish-born athlete did not win at least one AAA championship medal.

In the heavy events in particular, the Irish were near invincible. Dr William "Jumbo" Barry, Tom Kiely, and James Mitchell were all regular shot and hammer winners, and the most astonishing of all was Denis Horgan, who won the shot thirteen times between 1893 and 1912 – still the record number of wins for a single event. Horgan's warm-up was said to be a dozen eggs broken into a pint of sherry, and he also competed successfully against the Americans on their own turf.

In the nineteenth century it was common for athletes to double at high and long jumping, as the early techniques (sprint and elevation) were fairly similar, and again a number of Irish



Jim Wilkie

jumpers picked up AAA titles, sometimes in both events. Peter O'Connor, for example, won the high jump twice and the long jump six times between 1901 and 1906. His world record of 24ft 11½ins, made in a Dublin long-jump in 1901, remained an Irish All-comers record until 1968, when Lynn Davies beat it with a modern hitch-kick.

"It was now clear that Britain no longer called the tune in world athletics."

When the Olympic Games came to London in 1908, the organisational experience of the AAA stood Britain in good stead, although they insisted upon having control of the athletic portion and this led to frequent charges of prejudice and unfair officiation. These Games, it will be remembered, were famous for the disqualifications of Dorando in the marathon, and the American, Carpenter, in the 400 metres.

Britain, however, only won eight victories compared with America's fifteen, and this came as something of a shock to the world's "predominant" athletics nation. An attempt was made to retrieve the position before Stockholm in

1912, but other nations also had the bit between their teeth and the UK scored only two victories, one of them in an event which the AAA had wanted deleted from the Olympic programme – the 4 x 100m relay.

It was now clear that Britain no longer called the tune in world athletics, and the AAA found itself charged with raising the standard of national athletics. A more important outcome, however, was that the Congress of Stockholm drafted rules for an International Amateur Athletics Federation which, in time, would give internationally-respected regulations to govern athletics.

The Americans were particularly impressed by the Irish athletes and, by 1914, they themselves had won 41 championship medals and introduced some new techniques. They made their biggest impression in the 1900 championships when en route for the second modern Olympics, held in Paris. At Stamford Bridge, a 44-strong US team picked up eight of the

fourteen championships, and the outstanding athlete was Alvin Kraenzlein, who beat O'Connor in the long jump before devastating the hurdling field with his new straight-leg action. He then repeated the feat in Paris, and the Americans also provided something of a spectacle at both meetings by wearing multi-coloured track dressing gowns!

Other nations were less successful. Frenchmen and Belgians regularly challenged for AAA titles, but won nothing until the new century. Teams from New Zealand (1892) and South Africa (1895) returned home without a single victory, and it was not until 1902 that Hungarian pole-vaulter, Jakab Kausar, became the first European to capture a title. Thereafter, however, Continental success came with increasing regularity. There was Hans Braun (Germany) in the half mile (1909, 1911, 1912), John Zander (Sweden) in the mile (1913), and the first of the flying Finns – Hannes Kolehmainen (4 miles, 1911).

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Results

June

14

Details of Correct Finalised Results of Clydebank Half Marathon –

1. A Gilmour (Cambus) 66-02; 2. W Robertson (Bella) 67-48; 3. C Ross (Shett) 68-24; 4. A McDoe (Springburn) 68-42; 5. R Atkinson (Barrow) 70-27; 6. B Pitt (Dumbarton) 70-43; 7. E Wilkinson (Bella) 70-46; 8. J Hamratty (Clydesdale) 70-53; 9. D Williamson (Bella) 70-57; 10. I Hamilton (71-37) **V1**, A Bain (Cambus) (13th) 72-45; V2, B Evans (Kilbarchan) (16th) 73-02; V3, A McCall (Dumbarton) (25th) 75-21; **L1**, J Harvey (McL GAC) (128th) 84-13; L2, T Willens (Unatt) (133th) 84-59; L3, K Chapman (Giff NAC) (149th) 85-48; L4, L Duncan (Cen Region) (258th) 91-53; L5, S Belford (Kilbarchan) (271st) 92-44; L6, S Gledhill (Unatt) (279th) 93-00; **LV1**, K Chapman, LV2, S Belford; LV3, S Law (Beith) (346th) 96-14.

Strathclyde Regional Council Championship –

1. E Wilkinson 70-46; 2. A Burns 73-22; 3. A McCall 75-21; 4. B Fowley 76-27; 5. J Cairns 78-47; 6. W Ewing 78-57; **L1**, S Belford (39th) 92-44; L2, R Gardner (52nd) 96-31.

August

1

Kodak AAA Championships, Crystal Palace –

100m: 3. A Wells (ESH) 10.39 (10.28 heat); 6. E Bunney (ESH) 10.46; 10,000m: A Hutton (ESH) 29-03.85; 3000 St: T Hanlon (ESH) 8-28.29; 110H: N Fraser (Inver) 14.22; TJ: C Duncan (ESH) 16.08m (equals Scottish National record); 5000m: 22. P Fleming (Bella) 14-20.74.

Creagh Dubh 4 miles Hill Race, Newtonmore –

1. A Farnham (Aber) 28-08; G Kerr (Fife) 28-13; 3. M Lindsay (Carnethy)

28-18; 4. M Curtis (Liv & Dis Ac) 28-33; 5. B Potts (Clydesdale) 29-10; 6. D Rodgers (Lochaber) 29-18; **V1**, J Paterson (Moore Ac/Ireland) (7th) 28-33; V2, R Shields (Lochaber) (12th) 30-13; V3, I Jackson (Liv & Dis Ac) (20th) 31-41; **L1**, J Libby (Mondale) (52nd) 36-37; L2, A Curtis (Liv & Dis Ac) (54th) 36-51; L3, C Menhennett (Bella)

Junior Race: 1. W Rodgers (Lochaber); 2. S Bain (Lochaber)

Garnock Valley Beith Bigholm 10,000 metres Road Race, Beith –

1. G Fairley (Kilbarchan) 31-25; 2. C Thomson (Cambus) 31-27; 3. J Robertson (Cambus) 32-23; 4. D McLaughlin (GGH) 32-47; 5. T Anderson (Kilbarchan) 33-10; 6. A Law (Kilmarnock) 33-33; **V1**, R Cooney (Linwood) 10th 34-07; V2, B Evans (Kilbarchan) (11th) 34-12; V3, W Stoddart (GWH) (19th) 35-40; **L1**, J Byng (Greenock) (59th) 41-29; L2, S Curran (GGH) (61st) 41-30; L3, S Belford (Kilbarchan) (66th) 43-14; **LV1**, Byng; LV2, Belford; LV3, S Law (Beith) (72nd) 44-00; **Team:** 1. Kilbarchan 17pts; 2. Cambuslang 17pts; 3. Irvine AC 38pts

Ladies Team: 1. Beith 28pts; 2. Seagalls W. AC 41pts

Newtonmore Highland Games, Newtonmore –

100/200m: N Munro (Inver) 11.0/22.9; HJ D Hendry (Fife) 1.94m

Scottish H.E. Competition: SP, E Irvine (EAC) 15.62m; 56lb Wt for Height: A Munro (Inver) 12'6"; 28lb Wt for Distance: L Nisbet (ESH) 22.14m; Scots HT: B Shepherd (Elgin) 35.3m; 12'6"; 100m: D Smith-Auld (Aber) 13.6; SP: H Cowe (Aber) 12.60m

Bonar Bridge Quarter Marathon, Bonar Bridge –

1. M Drury (Wolver) 41-44; 2. A Willcox (Inver) 42-06; 3. J McMartin (Black Isle) 42-31; 4. A Ryan (Black Isle) 43-16; 5. W McKay (E Suth RC) 47-16; **L1**, J Marshall (Tain) 50-42



The TSB Blairgowrie Half Marathon, and these runners are about one mile into the race. Above, right, race winners Terry Mitchell (Fife AC) and Jill Danskin (London Olympiads). All Blairgowrie photographs by Scott Reid.

47

On the VETERAN scene...



Henry Muchamore

Recently I visited the Heriot Watt University Fitness Centre, partly from curiosity and partly to help me in a talk I'm shortly to give to the Musselburgh Probus Club on "Being Fit after Fifty". The centre has been set up by Fiona Stewart, and is being sponsored initially by the university.

The aim is to give an idea of a person's general fitness level, advise them if they should consult a medical practitioner or specialist consultant before taking up any specific form of sport, and, with the help of a computer print out, to develop a fitness programme to suit individual needs.

Clearly, if you have led a fairly active life up to fifty and used common sense, there's not much that a fitness test is going to tell you that is surprising or new. However, if you have recently embarked on a new form of exercise, especially one as vigorous as jogging or running, then it is sensible to know what limits you can put your body to.

The fitness test will measure basic elements such as height and weight and then, taking into account your frame size, will calculate your body fat ratio. Next, and for me the worst, was the flexibility test - which identifies not just whether we can still touch our toes, but the degrees to which our body and limbs need to be nurtured by gentle stretching as well as stimulated by some of the more vigorous exercises.

The main concern most of us have is of course our hearts. When we hear, see, or read of someone collapsing in a race or having a sudden stroke or heart attack, we are naturally concerned about ourselves. The fitness test takes your blood pressure and enables you to undergo a test to check

your heart and lung capacity under different levels of physical stress. There are no blood samples taken, but if concern was indicated you would be advised to see your own G.P.

The whole fitness test takes about an hour, which includes a brief history of yourself. The results are fed into a computer and you can take this away, along with any fitness programme that has been recommended.

Many people want to measure their progress and return after a set period of time for this to be monitored. Others, like myself, use it as a re-assurance exercise to develop a fitness programme, or give ideas about other activities that can supplement running, especially if you have been injured or have a chronic problem. The whole thing costs £10, but if it helps give you some peace of mind or sound advice then it's worthwhile.

Having had the worst six months of niggling and chronic injuries, I decided to throw away all the pills and mix running with both swimming and cycling - not, I must say, as a triathlete, but for variety.

In the warmth and buoyancy of the Mediterranean in July, I found three half hour swims a day, which included running in water, very therapeutic. A visit to Orkney in August, which included 230 miles of cycling in a week, was equally stimulating. On neither occasion did I forsake my running but was simply more selective.

As for the race walking - well I did turn up at the SVHC 10K event at Lochinch, but no one seemed at all interested. Indeed, I was told by certain individuals that to advocate

race walking among vets would possibly call my sexual identity into question. But I'm still hoping that a 5K event can be incorporated somewhere in a future vets programme.

My visit to Orkney brought sharply to my attention how much is being done by the few in encouraging athletics in the Highlands and Islands.

In Orkney there are two events in the summer that are small but very friendly meetings. On mainland Orkney there is the Stromness Half Marathon, which has a course record of 67 minutes, set by a local lad, Dave Murray of Falkirk Victoria, who won the event this year in just under 75 minutes, recons it will be a tough record to beat. This year about 40 took part, including five veteran men and one lady vet, and vets from the south will be made very welcome at next year's event, which is on Saturday July 23.

Just half an hour away from Stromness by ferry is Hoy, which although part of Orkney is very different in character with its rugged terrain and very scenic views. Dr Tony Trickett is the local island GP based at Longhope. He's a 47 year old vet who has been trying to encourage a greater awareness of personal fitness.

Linked with an idea of having something for everyone to take part in, he has now held two very successful "High Island Half Marathons" which incorporate a quarter marathon and a ten mile run. All three events, held on the second Sunday in June, help to raise money for local charities, and this year over 140 took part raising nearly £1400.

In 1986, the veteran winner was John Eccles, a former local headmaster now turned fish

farmer, and in 1987 Arthur Eccles, who runs a beef farm, modestly displays his trophy for the most improved runner.

So, when planning your next trip to a spectacular race, think small rather than big and book into one of these island events. I noticed all too late that the Orkney & Shetland AAA Championships were on the week-end I was over, and as Roger Roberts seemed to have had a walk-over in both the 1500 metres (5.9.6) and the 5000 metres (18.44.6), albeit on a rain-soaked grass track, I only wish I could have given him some company. Never mind, next year maybe...

Finally, talking about being fit over fifty, the SVHC Marathon this year saw Jack Maitland from Lochaber, who has just turned 50, first over the line in 2-40-59, with Willie McBrinn, who says he only turned up to have a "training run" second in 2-43-28. Some training for a 57 year old! Bob Young of Clydesdale was the first under 50 home in third place in 2-49-02, and Alistair McInnes, now turned 60, had his best run in 3-03.

Dave Fraser of Bellahouston took the Andrew Semple Trophy in the SVHC 6.5 mile race at Lochinch for the first over 50 in 34-40, but surprise winner on the day was former policeman Eddie McIvor, who does not consider himself to be "serious", but in fact beat such talent as new vet Jack Adair by 30 seconds to finish in 33-01, with Adair second in 33-34, closely followed by Dave Fairweather in 33-39. With all these "young vets" getting faster and faster, I was looking forward to getting into the "super vet" over 50 class next year, but it seems that the standards go up and up.

Results

On the hills

Several new races have appeared on the Scottish calendar this year, but the Arrochar Alps Mountain Race held on August 22 (14 miles, 7900 feet) should take pride of place.

Organised by Bobby Shields and Andy Dytych with their club Clydesdale Harriers, the course takes in four Munros (hills over 3000 feet). A total of 99 entrants (84 finishers) in the first year is a great tribute to all concerned.

The depth of English fell running was emphasised by the results. Only three Scots, including an Englishman now resident here, could finish in the top ten.

Christine Menhennet of Bellahouston did, however, salvage some pride by winning the women's race.

Results

1. B Bland (Keswick) (V1) 3-07-39; 2. D Ratcliffe (Rossendale) 3-12-44; 3. C Valentine (Keswick) 3-20-07; 4. M Rigby (Westerlands) (S1) 3-21-16; 5. J Broxap (Keswick) 3-29-50; 6. M Garrat (Mondale) 3-30-03; 7. M Hudson (Hoad Hill) (V2) 3-30-44; 8. D Bell (Haddington) (S2) 3-31-39; L1, C Menhennet (Bellahouston) 4-09-26.

Not just the top quality of the opposition, but the heat, humidity, and altitude combined to defeat - but not depress - the strongest Scottish team ever to compete abroad. The occasion, of course, was the third Mountain Racing World Cup held at Valbella, Switzerland, on August 22 and 23.

Once again, even outside their home country, the Italian teams were dominant. They won all four races (Scotland not sending a junior or woman's team).

For the Scots, Mike Lindsay, coming in at the last minute to replace an injured Jack Maitland on the second day, deserves special mention after his result the previous day.

SHORT RACE (up and partly down)

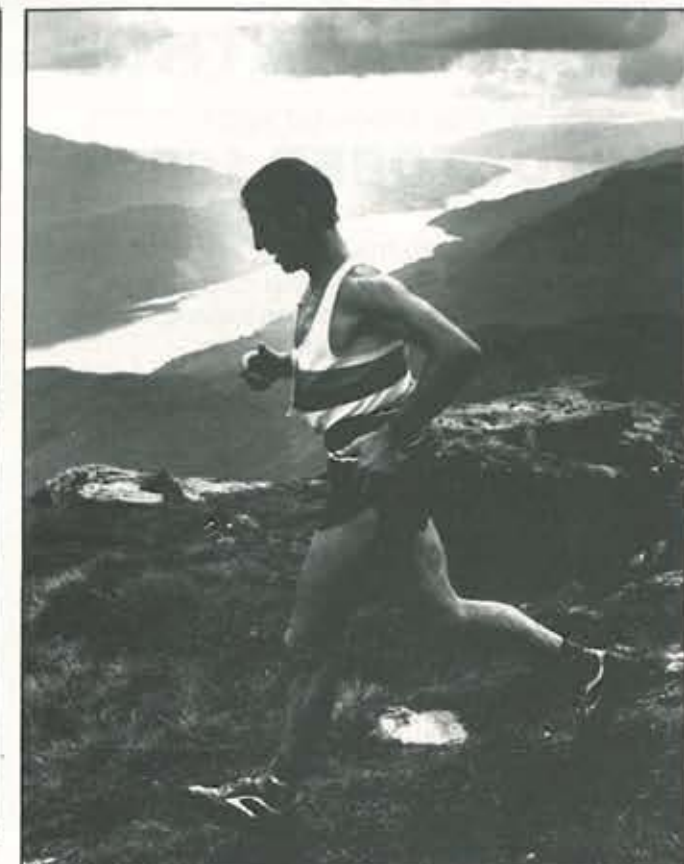
1. F Bonzi (Italy) 42-32; 11. J Maitland (Scotland) 45-32; 25. Dermot McGonigle (Scotland) 48-09; 26. Colin Donnelly (Scotland) 48-11; 30. Mike Lindsay (Scotland) 49-43.

44 starters: 1 Italy; 4 England; 7 Scotland (out of 12)

LONG RACE (Up hill only)

1. J Johnson (USA) 1-11-42; 28. M Lindsay (Scotland) 1-24-28; 30. G Kerr (Scotland) 1-25-29; 33. A Curtis (Scotland) 1-25-58; 34. A Farringham (Scotland) 1-26-20.

47 starters: 1 Italy; 5 England; 7 Scotland (out of 14)



The Arrochar Alps... above left, winner Billy Bland finds it hot on top of Beinn Narnain; above, a runner forgoes the view of Loch Long; and below, Lochaber's John MacRae (8) and Ronald Campbell on the haul up Ben Ime. Photographs by Jeff Mitchell.

Congratulations to John McKendrick of Irvine who has won the junior section of the SHRA Scottish Hill Running Championship. He beat his brother and reigning champion Scott in three out of the four races.

All three other categories must go to the last counter, the Two Breweries Fell Race on September 26.

Latest positions:

Men

1. A Curtis (Livingston) (6)	115pts
2. G Kerr (Fife) (6)	113pts
3. A Farringham (Aberdeen) (6)	90pts
4. P Marshall (Haddington) (6)	86pts
5. B Potts (Clydesdale) (5)	80pts
6. G Brooks (Lochaber) (5)	55pts
7. D McGonigle (Dundee) (3)	51pts
8. R Morris (Carnethy) (4)	49pts
9. E Patterson (Carnethy) (4)	48pts
10. M Rigby (Westerlands) (3)	47pts

Women

1. C Whalley (Livingston) (5)	26pts
2. C Menhennet (Bella) (4)	20pts
3. K Butler (Aberdeen) (5)	16pts
4. A Curtis (Livingston) (4)	15pts
5. A Salisbury (Stewartry) (1)	6pts

Veterans

1. P Fettes (Lochaber) (6)	56pts
2. B Shields (Lochaber) (5)	52pts
3. I Jackson (Livingston) (6)	48pts
4. J Shields (Clydesdale) (5)	43pts
5. P Mackie (Irvine) (5)	28pts

Juniors

1. J McKendrick (Irvine) (4)	22pts
2. S McKendrick (Irvine) (4)	18pts
3. T Begley (Irvine) (4)	12pts

Figure in brackets is the number of championship races counting.

Robin Morris





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Events Diary

September

19 SAAA North District 10,000 metres Track Championship, Inverness. E – H. Lakeland, Championship Convener, 76 Laggan Road, Inverness IV2 4EW.

United Kingdom Womens Access League Qualifying Match, Derby.

20 Aberfeldy Peoples Half Marathon, Aberfeldy Recreation Centre. E – Race Manager, Aberfeldy Recreation Centre, Crieff Road, Aberfeldy, PH15 2DU. Perthshire. Start 2pm.

Scottish National Peoples Marathon Championships, Glasgow Green, Glasgow. E – Race Director, Glasgow Sports Promotion Council, Department of Parks and Recreation, 20 Trongate, Glasgow G1 5ES. (Rec 2-14-04 K. Stuart (Kewick AC) 1986). Start 9.30am

23 Sri Chinmoy 2 mile Road Race, Glasgow Green and The Meadows, Edinburgh.

26 Livingston & District AC Open Road Races, Livingston. E – Marion Restrick, 59 Inglewood Street, Livingston, West Lothian EH54 5BE.

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Events Diary

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)

Inverness 10 mile Road Race, Inverness. E – Turnbull Sports, 10a Church Street, Inverness

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)

Central Region AC Thistle Awards Meeting, Grangemouth Stadium.

27 Bank of Scotland Womens Athletic League Qualifying Match, Grangemouth

Loudon Runners 4 mile Road Race, Galston. E – Jan Oliver, 19 Cumnock Road, Mauchline, Ayrshire. KA5 5AP.

Cockleroi Hill Race, Linlithgow (5½ miles, 850 feet) Rec 27-17 P. Faulds. (Falkirk Victoria H) 1984. E – T. Wood, 62 Priory Road, Linlithgow. (Start 3pm)

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)

30 Sri Chinmoy 2 mile Road Race, Glasgow Green and The Meadows, Edinburgh.

October

3 Victoria Park AAC McAndrew Trophy 4 x 3¼ miles Road Relay Race, Scotstoun Glasgow Details – J. Wallace Crawford, 83 Clarence Gardens, Glasgow G11 7JW and Mrs J. Ward, 144 Canberra Avenue, Dalmuir West, Clydebank. G81 4EW.

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.

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.

Caithness AAC Relay Race, Thurso Details – J. Cassells, 12 Lythmore Road, Thurso, Caithness KW14 7PF.

Stranraer Half Marathon, Stranraer. Details – O. Greenall, 12 Rephad Crescent, Stranraer DG9 8HQ.

S.M.N.D.A. Peoples Open Road Race, Kirkintilloch.

10 Eastern District Cross Country League (all age groups), Alloa E – A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

North District Cross Country League (all ages Men/Women) E – W. Banks M.B.E., 16a Ballifearey Road, Inverness IV3 5PS.

Ayrshire County Cross Country Relay Championships.

Dunbartonshire County Cross Country Relay Championships.

Lanarkshire County Cross Country Relay Championships.

Renfrewshire County Cross Country Relay Championships, Ballahouston Park, Glasgow. Details – D. Burt, 7 Kirkhill Road, Holmbray, Uddingston, Glasgow G71 6BW.

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.

Fraserburgh F.C. Half Marathon, Fraserburgh Details – C. Noble, 43 Saltown Place, Fraserburgh, Aberdeenshire AB4 6UW.

City of Dundee Peoples Half Marathon, Dundee.

17 SCCU Eastern District Cross Country Relay Championships, St Andrews E – D. V. McLaren, 25 Brockwood Avenue, Penicuik, Midlothian EH26 9AC.

SCCU Northern District Cross Country Relay Championships E – W. Banks M.B.E., 16a Ballifearey Road, Inverness IV3 5PS.

SCCU Western District Cross Country Relay Championships, Strathclyde Park, Motherwell, E – I. B. Aird, 9 Loudon Road, Newmains, Ayrshire KA16 9HJ.

18 Coasters Running Club 10,000 metres Road Race, Buckie. Details – Derek Summers, 20 Skene Street, Macduff AB4 1RN. 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.

Lochaber Peoples Half Marathon, Fort William E – E. Campbell, "Kismul", Almo Road, Fort William.

24 SCCU National Cross Country Relay Championships, Galashiels.

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, Kersebank Avenue, Grangemouth.

Running North Open 5 mile Handicap Race, Aberdeen. Details – Running North Sports Shop, 5 South Mount Street, Aberdeen.

Maryhill Mini-Marathon, North Kelvinside School, Glasgow. E – Multiple Sclerosis Therapy Centre, Unit 16, Chapel St Ind Estate, Maryhill, Glasgow G20 9BD.

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).

Scottish National YMCA Road Race Championships.

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)

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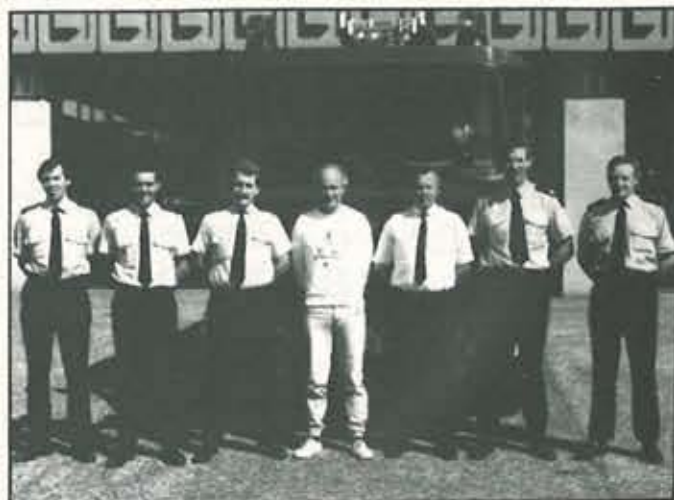
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BEITH HARRIERS
If anyone from the Garioch Valley area of Ayrshire wishes to take part in next year's Great North Run, please contact: J. Swindale, 29, Braehead, Beith, Ayrshire KA15 1EF, or phone Beith 4156.

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor, Glenfermate, Enochdhu, By Blairgowrie, Perthshire PH10 7PL. Tel: 025081-205.

CLYDESDALE HARRIERS
Road, track, cross country, field events, hill running, jogging, coaching available in all aspects of athletics; social events. If you are looking for a friendly club which caters for all grades of athletes contact:

Male sec - Brian McAusland, Killearn 50680.
Female sec - Agnes Gibson, Dumtocher 76589.

HARMONY ATHLETIC CLUB
Sec. Ken Jack, 21, Corslet Crescent, Currie, Edinburgh.
Tel: 031-449 2910.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome.
(Track, field, road, cross country).
Girls and Women:
Sec - John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775 0010.
Boys and Men:
Sec - Henry Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch G66 3TJ. Tel: 041-775 1551.

MARYHILL HARRIERS
Glasgow's oldest athletic club, based at John-Paul Academy in Summerston. Meets every Tuesday and Thursday 7.00 p.m. All ages and abilities most welcome.
Further info: Stephen Lydon, Nurses' Home, Gartnavel Royal Hospital, Glasgow G12 0XH.

AYR TURTLES TRIATHLON CLUB
Sec - Mrs. McIntosh, 35, Hillfoot Road, Ayr.
Tel: 0292-284815.

BRUCE TRIATHLON CLUB
Sec - Bill MacDonald, 126, Fauldurn, East Craigs, Edinburgh.
Tel: 0383 738000.

EAST KILBRIDE TRIATHLON CLUB
Sec - Morag Simpson, 6, Rutherford Square, Murray, East Kilbride.
Tel: EK 45780.

FLEET FEET TRIATHLON CLUB
Sec - John O'Donovan, Bowmont House, Arbatnot Place, Stonehaven.
Tel: 0569 62845.

TRYST TRIATHLON CLUB
Sec - Martin Bryceland, 9, Kilbowie Road, South Carbrain, Cumbernauld.
Tel: C 29404.

WESTER HAILES TRIATHLON CLUB
Sec - Andrew Grant, Wester Hailes Education Centre, 5, Murrayburn Drive, Edinburgh EH14 2SU.
Tel: 031-442 2201.

ADVICE on running wanted by a newcomer to the sport. Contact Ian Fullerton, 23, Hillhead Street, Hillhead, Glasgow G12.

TRAINING partners required in the Paisley area. Contact William Baird, 14, Oswald Place, Woodfield, Ayr.

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£25 Prize Crossword

By Menodromos

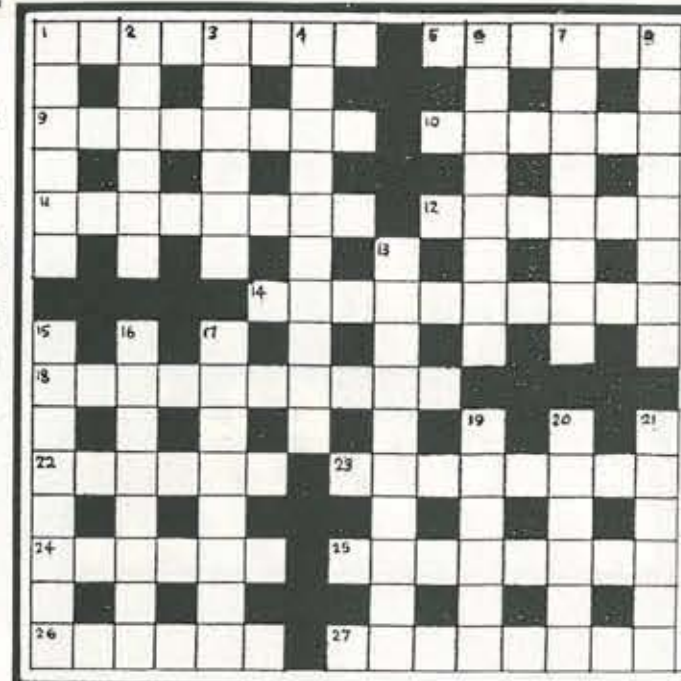
No. 7

ACROSS

- Dizzy runner, losing heart, goes up and makes new combinations (8)
- Season for short race with altered finish (6)
- Pour bath-oil before start of new double event (8)
- Titania's love for Bismarck in British Museum (6)
- Lord's chamber put pound on stable-boy (4-4)
- Race for women or place for peckers? (3-3)
- Runners who find their way by hearing listeners in the East (10)
- Expect worker I stroke approvingly to break ice (10)
- Society and a league for light shoe (6)
- Pulling cart back? No, it turned (8)
- American soldiers imprison deserter for nothing (6)
- Race for countryman (8)
- Being pro or con short track (6)
- See darts thrown wildly it's claimed (8)

DOWN

- Mob waving bar-bell with end missing (6)
- Old woman not heard (6)
- Rest to put up with what she has (6)
- Rising, high priest takes Jason's ship to high priest - Snap! (10)
- In favour of cricket matches but voices opposition (9)
- Buried in Turkish capital having sinned (8)
- Grouse perhaps with head and plucky quality (8)
- Feature of Runner Sundays on Mondays? (10)
- Rubs the greater part over a long time (8)
- Tolerate on a road level aimed at to qualify
- A coin's spun holding up firm chance (8)
- Brisk performance I have shortened (6)
- Ring round X Yankees (6)
- Cast rod with corners (6)



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

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

Scotland's Runner Quiz No. 7

QUESTIONS

Compiled by Peter Cowan

- Who won the inaugural AAA Half Marathon Championship at Birmingham, in July 1984?
- Which Australian city staged the 1985 IAAF World Cup?
- Who was the first Scottish athlete to make 50 international appearances for Great Britain?
- Which British athlete was refused a run in the womens 800 metres at the 1983 Europa Cup Final at Crystal Palace, as she couldn't produce her sex certificate (Scotland's Ann Purvis took her place)?
- Who won 26 French national titles from 1947 to 1960, eight at 5,000m, twelve at 10,000m, and six in the marathon?
- Who was the only Scottish woman athlete to win a gold medal at the 1982 Commonwealth Games?
- Who was the last Briton to hold the world record in the mens 200m?

- After winning the discus at the 1978 AAA Championships, which athlete was disqualified for refusing to take a drug test?
- Which member of Great Britain's mens 400 metre squad is known as 'Bambi'?
- Who won Scottish Schools, Scottish Junior and Scottish Senior titles in 1985?

The solutions will appear in the November issue

ANSWERS TO QUIZ No. 6
1, Donald McGregor; 2, Liverpool; 3, Cardiff A.C.; 4, Pyotr Bolotnikov; 5, Rosemary Stirling; 6, Gus McCuaig; 7, Sydney Maree; 8, Jim Brown; 9, 1968 (Mexico); 10, Bob Richards.

Scotland's Runner Puzzle No. 7

Find these hidden words in the puzzle alongside:

- cycle
- dash
- feet
- grass
- hammer
- shoes
- sinew
- sponsor
- target
- team

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

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

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Congratulations to Mrs S. Milroy of 19, Gordon Crescent, Newton Means, Glasgow, whose correct solution to Prize Crossword No. 5 in the August issue was the first opened. Mrs Milroy wins our £25 prize.

Solution to Puzzle No. 6



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*Coming
Next
Month...*

**SCOTLAND'S
RUNNER**

Picture reports from:

**Glasgow Marathon;
Two Bridges Race;
Loch Leven Half
Marathon;
Land O'Burns Half
Marathon;
Livingston Half
Marathon.**

**World Championships
– What went wrong?**

Next month's issue is
published on October 15.

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