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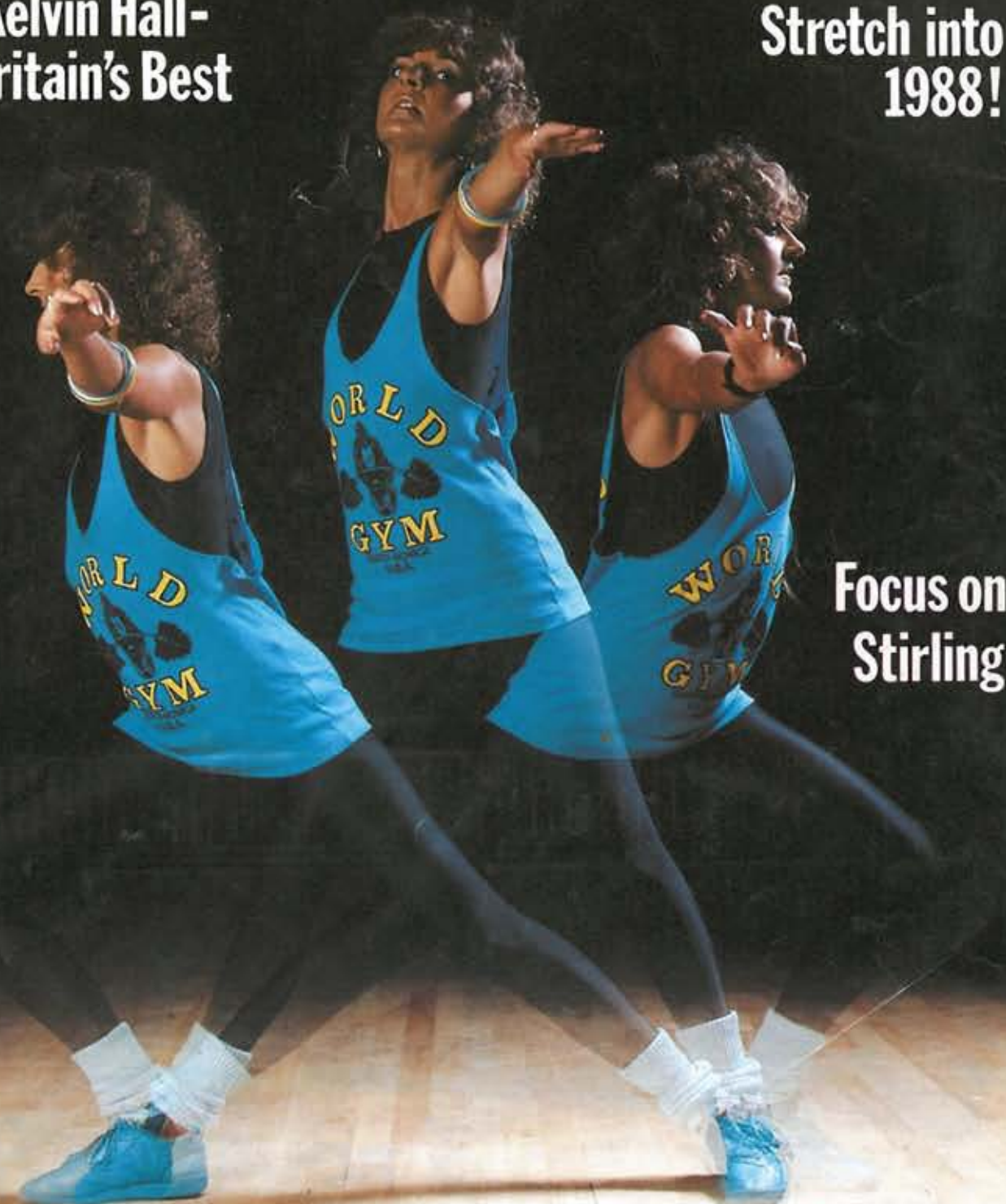
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DEC '87/JAN '88

ISSUE 17 £1.00

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SCOTLAND'S RUNNER

Dec '87/Jan '88

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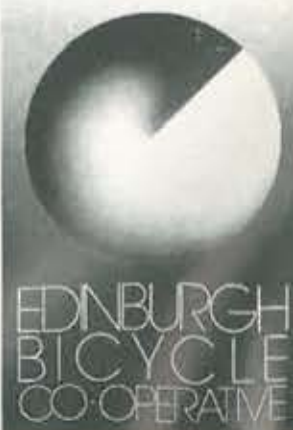
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Inside LANE

At the risk of boring the pants off all you non-marathon runners, it is getting harder and harder to understand what on earth is going on with regard to the Glasgow Marathon.

Publicity surrounding the event has gone from the ridiculous to the absurd in 1987. For the first nine months up to the event itself on September 20, you would have been excused for wondering if the marathon was taking place at all. Since September 20, items about the event's demise in 1988 have been hitting us between the eyes from all corners of the media.

Unfortunately, the consequences of the bad publicity stretch beyond the Glasgow Marathon itself, a theme I shall return to later. Further adverse reports followed a marathon meeting on November 23.

I know for a fact that our previous barbs at the marathon's publicity efforts caused offence, but I make no apology for returning to the theme courtesy of remarks made by a marketing expert, Mr Keith Crosier, in a recent issue of Scotmedia magazine.

Writing about, 'How the Glasgow Marathon lost the way', Mr Crosier opined:

"The reduced field was no doubt caused by factors more complicated than we could know from an

outsider's standpoint. But the dramatic drop in kerbside encouragement was a straightforward failure of marketing. "Where was the publicity? How would the average citizen, as distinct from the enthusiast, know where to watch and when? Where were the minor sponsors?"

Mr Crosier, who hopes to run in next year's event if there is one, suggests that Glasgow's advertising and marketing practitioners should rally behind the event, and certainly their expertise should be garnered if the marathon does rise from the ashes.

This column, however, is not intended to be an attack on the actual organisers of the marathon, the people who work their butts off for most of the year to stage the event. I believe a critical mistake has been made on marketing and publicity emphasis, with not nearly enough money being earmarked for either, but what backing do these hard working administrators get from their elected representatives?

When was the last time you heard a

Glasgow councillor stand up and beat his chest about the achievements of the marathon, despite all the prestige and publicity it has brought Glasgow over the past five years?

When the going gets tough, it seems that most of these politicians just don't want to know.

In the last two months, however, as I touched on earlier, a more disturbing aspect has emerged.

Just as when the Glasgow Marathon was booming, road races of all lengths throughout Scotland were emerging and boasting record fields, so the draught of bad publicity is now hitting road running per se, and not just the Glasgow event.

News items on both Scottish Television and BBC Scotland leave the viewer with the unmistakeable impression that it is road running as such which is in decline, not just the specific event.

This is very bad news all round for obvious reasons. We must hope that a solution to the marathon's problems is found in the soonest possible time.

But finally, to finish the last Inside Lane column of the year on a positive note, here are 9,570 reasons (at least) why the Glasgow Marathon should survive.

In a letter which arrived just too late for inclusion on the appropriate page, Major John Harman, Glasgow and West of Scotland Appeals Organiser for the Cancer Research Campaign, writes to thank us for printing two photographs of runners raising funds for the campaign in our last issue. He continues:

"I would like to take this opportunity to thank all those who supported us in this way, runners and sponsors alike. I am happy to report that I have already received sponsorship money totalling £9,750 in the first two months since the race. However, it is early yet and more than half the sponsorship money is probably still to come.

During 1987 the Cancer Research Campaign will be spending over £3,500,000 in Scotland on research into the prevention and treatment of cancer. Scotland's Runners have always been generous in providing funds for this vital work."

So thank you Major Harman, and well done our readers. Here's to a revived Glasgow Marathon in 1988 and a prosperous New Year to one and all.

Alan Campbell



Well done competitor 7677, seen here raising money for the Cancer Research Campaign in this year's Glasgow Marathon.



We're on the right track!

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Up Front

Council backs coaching deal

EAST GERMANY has Leipzig University... Scotland has Moray House and Jordanhill College, plus a network of regional centres.

That was the message to emerge from the launch of what the Scottish Sports Council believes will be the dawn of a new era in coach education.

Backed by the National Coaching Foundation, the aim of the network of centres is to provide education, information and research facilities for all coaches in all sports in Scotland.

Sue Campbell, director of the national coaching foundation, believes that a network of centres is the best way to deploy UK resources, rather than opting for one single centre of excellence along the lines of East Germany.

The message from the Sports Council is that the resources are there and coaches need only contact the centres.

In addition to the two national centres already mentioned, in which the council has invested £13,000, the regional ones are: Queen's Centre, Galashiels; Fife Institute, Glenrothes; Hillpark Education Centre, Bannockburn; and Northern College of Education, Aberdeen.

Negotiations are going on to add to these centres in other parts of the country and full details are available from the centres and from the Sports Council, 1 St. Colme St., Edinburgh.

Future of marathon still in doubt

OPTIMISTS HOPING for an early answer to the "will it, won't it" saga of the Glasgow Marathon were disappointed by the outcome, or lack of it, of a meeting held in Glasgow City Chambers on November 23.

Although there was some reason to believe that a positive statement about the marathon would be issued following the internal and private meeting, the future of the event was left in more doubt than ever.

It was announced that the marathon lost around £30,000 in 1987, and that if a sponsor wasn't found by the end of the year the marathon would more or less be scrapped in favour of a trimmed down half marathon.

Organiser Bob Dalgleish professed himself less than happy

with the newspaper reports the following day, stressing that funds for the event were still in the black, and that the marathon still stood a chance of surviving.

Regrettably though, each item of negative news about the event must make it more difficult to sign up a sponsor.

THE ABOYNE Biathlon on October 25 was won by Stonehaven's John O'Donovan with a time of 84.53 for the three mile run, 18.6 mile cycle and 3.1 mile run. He was followed by Neil Bowman (1-25-44), and Bud Johnston (1-26-12).

Leading women was Ginny Pollard 1-37-26, followed by Robyn Hare (1-47-50) and Diana Jermieson (1-48-52). Junior and veteran winners were Ronnie Coutts and David Martin.

SORRY!

Due to the athletics international between Great Britain and France at the Kelvin Hall being brought forward from its proposed date in mid-March to February 6, our double issue has similarly been brought forward to before the New Year.

Please accept our apologies for any inconvenience caused by our not coming out on November 19 as previously advertised.



The camaraderie of road running shines out from this photograph taken by Scott Reid at the CIB Falkirk People's Half Marathon on October 25. For further Falkirk coverage, see pages 48 and 49.

Steve in final

STEVE FREW of Alloa Gymnastics Club has continued his run of success.

Firstly, he has again qualified for the finals of the Thames Television competition to be held at Wembley on May 7. Frew won the Scottish regional heat at Wishaw recently and, with no zone heats this year, goes straight to the British final.

The following week at East Kilbride, Steve was a member of the Scottish junior men's team which resoundingly beat Northern Ireland. As an individual he was first overall and won five out of the six individual titles.

President Tom

A STRONG Scottish connection with the British Milers Club was retained at the residential agm on November 15 was retained when Brian McAusland handed over the post of president for 1987/88 to Tom McKean. The club's coach of the year award went to Tommy Boyle, an award he rightly deserved.

However the Scottish section still needs more members. The standard of the club is only reflected by the quality of its membership, so if you have done one of the qualifying times for your age group then the British Milers Club would like to hear from you.

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Up Front Up Front Up

Snoddy and Bell at the rear



PAST WINNERS William Snoddy and Kipper Bell are the joint scratch runners in the 1988 Carlsberg Sprint to be held at Meadowbank on January 1 and 2, writes A. P. Crawford. The Americans and their fellow-countrymen from San Diego, H. Milner (1/4 metres), K. Shield (3/4 metre), and R. Chapman (1 1/4 metre) will be the main attractions at the two day gala.

Snoddy, the current champion, and Bell, the 1984 champion, will be out to emulate the great Willie McFarlane of Glasgow, who was the last runner to win the sprint from scratch in the 1930's. However, they will be strongly challenged by two other past winners, Brian Mulgrew (3/4), and Bert Oliver (5 metres). Both will have their eyes on a second gold medal and will stretch the Americans all the way.

Also in the line up will be B. McLean (Irvine, 3/4), and Keith Douglas (Jedburgh, 3/4 metres). Both runners will be out to make amends to their supporters for being penalised in the last two finals for false starting.

Last year's youth champion, Mark Mulgrew, will be eager to add a third gold medal for the family. His father Pat and brother Brian are both past winners.

Great Gibb



WILLIE GIBB, Johnstone Wheelers/Dooleys Cycles, has won the two major season-long championships in Scotland: the time trial (against the clock) best all-round competition based on average speed for 50 miles, 100 miles and 12 hours; and the Grand Prix Series (massed start road racing).

In winning the time trial BAR, he also won the 110 miles championship in 4 hours 6 minutes and 42 seconds, and in 12 hours covered 269.67 miles - only a mile short of the Scottish record.

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IDEAL GIFTS FOR A RUNNING
FRIEND

Up Front Up Front Up Front Up Front Up Front

"I'm a hands-on man," explains the incoming chairman of the Scottish Sports Council. "If they wanted somebody for rubber stamping, Miquel was the wrong person."

Hands-on or not, Raymond Miquel wasn't letting much slip about how he proposed to tackle his new (part-time) four year appointment, which he officially took up on November 16. I had heard a strong rumour that the first measure would be severe purge of non-executive council members - eleven, including the vice-chairman Dr Valerie Marrian, were due for re-election on November 15 - but, as on a number of subjects, Miquel refused to be drawn.

He gives the game away, though, when he says non-executive committees in any organisation tend to be, "a rubber stamping job". You get the vague impression that rubber stampers do not feature/terribly highly in Raymond Miquel's vocational top thirty.

He says he has a high regard for the "tremendously committed" attitude of the staff at the SSC's St Colme Street offices in Edinburgh. Chief executive Ken Hutchison is "excellent".

Nevertheless, the administrative costs of running the Scottish Sports Council will now receive close examination. Somewhat surprisingly, Raymond Miquel's priority is not to fight for more Scottish sports funding, but to make the most of the present allocation (£4.7m). If the chairman gets his way, everything possible will be clawed back from administrative costs and put directly into sport.

"You won't get any more money by fighting for it," Raymond Miquel insists. "Anyway, there's never enough money in sport. My attitude is to take everything that's there and use it in the best possible way."

Similarly, he feels that Scotland does reasonably well out of sports sponsorship. "The majority of sponsorship money in Britain goes into professional sporting events which are covered on television," he says. "Most of the remainder are small sponsorships pitched at about the £1000-£2000 level."

Where there is a big gap in the market, Miquel concedes, and it is a gap which creates a problem for events like the Glasgow Marathon, is the £30,000-£40,000 sponsorship package.

"Are there all that many Scottish companies which can afford a £30,000 sponsorship budget?" he asks. Miquel makes the valid point that most amateur sports won't touch tobacco sponsorship, that athletics and other "healthy image" sports make poor bedfellows with the drinks industry, and in Scotland you are left with little prospect of middle range sponsorship outside of the banks.

When he was chief executive at

RAYMOND MIQUEL took up his appointment as chairman of the Scottish Sports Council on November 16. Prior to the event, he spoke at some length to **ALAN CAMPBELL** about his perception of the state of Scottish sport.



Leader of the pack... Raymond Miquel leads the way in a half mile run around the North Inch, Perth.
Picture courtesy of Glasgow Herald.

Bells, about a mile away from his present and pleasant Belhaven headquarters beside the Tay in Perth, Bells were latterly spending about £300,000 a year in sports sponsorship. The Bells Sports Centre in the fair city also bears testimony to that source of largesse.

"We're not in the Bells' league in Belhaven," Miquel admits. Not yet, anyway, although Belhaven now sponsors Dundee United. Miquel says he receives about 15 requests a day for sponsorship of some form or other, and he recommends sports organisations looking for sponsorship to do so through the Scottish Sports Council's sponsorship advisory service.

Having run the Glasgow Marathon in 3-15 (personal best 3-09, Dundee), Miquel is concerned at the possible demise of the event.

I asked him if he would use his new title to tackle the television people about their failure to cover the Glasgow Marathon, and minority sports in general.

"You don't tell the media what to do," was his somewhat disappointing reply, but he added: "It would help if we got media coverage of this type of event. I wouldn't want to comment until I

found out just what the problem is, but it seems a great pity."

The chairman is also non-committal about the Government's intention to introduce competitive tendering for the management of sports and leisure facilities. "I don't take a particular view," he says.

Overall, though, Miquel is enthusiastic about the role of local authorities in providing sports and leisure facilities, and also of the work done by local sports councils, of which there are 83 in Scotland.

"I was in Falkirk recently, watching gymnastics in a drill hall which had been converted into a gym. The standard of gymnastics was quite fantastic, a real tribute to everybody involved including parents and coaches," he says.

Raymond Miquel - the Guinness trauma notwithstanding - is by reputation a marketing genius with a particular strength in building up companies. In this respect, it is to be hoped that he will upgrade the profile of the Scottish Sports Council, which badly needs to take a much stronger lead on issues such as television coverage, facilities, coaching, and privatisation of sports centres.

Miquel dismisses the "misconception" that he will be a one day a month chairman. He says

he may not be sitting behind his desk in Edinburgh very often, but the job will nevertheless receive his full attention.

The new chairman's biggest concern is the attitude of schools towards sport. "Sport teaches people life," he says. "The more you put in, the more you get out. That's the story of life." That's why, he says, the SSC's inquiry into school sport is, "important to us".

A pupil of Allan Glen's in Glasgow, sport has always been important to Raymond Miquel. Football, athletics (a member of Bellahouston Harriers), tennis golf, rowing, squash, snooker, weight training, and table tennis are among the sports he plays, and usually well. He is chairman of the Institute of Sports Sponsorship, and until very recently was chairman of the Scottish Sports Aid Foundation.

● As we were going to press, it was announced that there had indeed been a purge of Sports Council members - nine, including Dr Marrian, were told their appointments were not being renewed. Instead, six SSC officials, including chief executive Ken Hutchison, were appointed as council members instead.

Up Front Up Front Up Front Up Front Up Front

Alloa Brewery steps up sponsorship

A WELCOME boost for young Scottish sportsmen and women was announced at the beginning of November when the money available through the Alloa Brewery Trust Fund was raised to £15,000 a year for the next five years.

From May 1988, instead of small amounts of cash being spread over a wide area - the "scattercash" method according to one observer - Alloa Brewery Scholarships of up to £1,000 will be made available to young home-based Scots of outstanding potential.

Nominations for candidates are being sought immediately from the Scottish governing bodies of Olympic and Commonwealth Games sports. Those successful will be informed early next year, with funds being made available from May 1. Each candidate is expected to be capable of reaching at least Scottish international standard.

The sports eligible for the individual scholarships are: archery; athletics; badminton; bowling; boxing; canoeing; cycling; equestrian; fencing; gymnastics; judo; modern pentathlon; rowing; shooting; swimming; table tennis; tennis; weightlifting; wrestling; yachting.

As well as the scholarship, £3,000 will be retained at the trustees' discretion to be distributed to sporting organisations.

Southern in UK orienteering final

EDINBURGH Southern Orienteering Club emerged the Scottish winners of the Compass Sports Cup after the last round in Devilla Forest, Fife, defeating Forth Valley Orienteers. Edinburgh Southern now progress to the UK final, held in the Lake District in mid-November. They will be trying to win, but perhaps a more realistic target is to better the third place which is the best Scottish result to date.

North-east couple Fixx it



A MEMORIAL will be erected in America next summer to Jim Fixx - thanks to the efforts of a brother and sister from north-east Scotland.

A book carved out of granite bearing his photograph, an inscription, a thistle and an American eagle, will be unveiled near the place where Fixx collapsed and died on July 20, 1984.

Betty May of Boddam, near Peterhead, and her brother Bill, were on holiday in Hardwick, Vermont, New England, when the author of "The Complete Book of Running" died. The man whose book inspired thousands of beginners and experienced runners was passing through Hardwick on his way to nearby Caspian Lake where he planned to finish another book on sport performance. However, after his daily 10-mile run, Fixx collapsed and died.

Two years later, Betty and Bill were again in Hardwick staying with relatives, and while out on her own early morning run Betty was surprised to discover there was no memorial to the running legend. No stranger to fund raising, Betty decided to rectify that.

On her return to Scotland she started efforts to gather the £2000 required for the memorial now being carved by the Hardwick stone mason. Her run in the Aberdeen Adidas-Mars Half Marathon brought in more than £700 after the veteran bravely

finished in spite of a bad fall three miles from the end.

Betty's friend and coach, hill runner Mel Edwards, arranged a well attended running seminar in Boddam to boost the funds, and the Mays are now confident that the £2000 will be raised before they fly over for the unveiling in the Hardwick Memorial Park in July.

"The memorial is being made from light grey granite from Barrie in Vermont," explained Bill. "It is a granite town to which many people from the north east emigrated before the First World War to work in the local industry."

He continued: "My father's cousin, George Hay, is handling the arrangements in Vermont along with the former chief of police, George Brierly. Jim Fixx died only 50 yards from George Hay's garage."

"There will be those who have their doubts about the wisdom of raising money for a memorial on the other side of the Atlantic, but we think Jim Fixx deserves to be remembered as an inspiration to runners throughout the world. We also think the north east should forge a special link with the many exiled Scots in New England."

The Mays' fund raising abilities have already been put to good use in their own area. The brother and sister raised £14,000 towards the renovation of Boddam Public Hall, which enabled the extra £32,000 required to be received in grants.

Scottish veterans in Australia

SCOTLAND was well represented at the World Veteran Championships in Melbourne, which were being held as we went to press. Chief interest, of course, lay in whether George McNeill would become sprint king at the first time of asking.

Among the other Scots competing were David Morrison, Henry Morrison, Ernie Plimer, and George Armstrong - the latter competing in an incredible four events: 5K, 10K, cross-country, and marathon!

Full details of how the Scottish veterans fared will appear in our next issue.

Trekking in Nepal

TWO EDINBURGH women are offering adventure treks in Nepal for groups of Scottish women. The venture started in May, and since then June Campbell and Benedetta Gaetani have organised three trips, with another over the Christmas period and an "Older Woman's Trek" in Easter, which is already almost fully booked.

June Campbell says: "We decided to specialise in women's groups, mainly because the vast majority of response to our publicity has come from women interested in going on a women's expedition."

"The trips are physically quite demanding, with factors such as altitude, weather, and steepness of trails contributing to difficulty. People need to be quite fit before going, but certainly the trek builds stamina, leg strength, and overall confidence."

Full details are available from Adventure Trekking on 031-661 1959.

Everest Marathon

AN EVENT with a difference was undertaken by Aberdeen's Maggie Oliver when she ran in the Everest Marathon on November 27. Maggie will be writing about her unusual, and no doubt memorable, experience in a future issue of Scotland's Runner.

Letters...

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

Joining a club should not be compulsory

25, Westburn Crescent,
Rutherglen,
Glasgow G73.

SIR - Regarding the "Join a club: SAAA ultimatum..." in the August 87 issue, as a former club runner myself (three years) I don't think people should be compelled to join clubs.

From my own experience, club coaches, captains, etc, are only interested in the junior and senior "racers". Lesser standards are more or less ignored by them.

If permitted events were "club runners only", entries would plummet, leading to many events being scrapped and lost to the road-racing calendar. I feel there is enough snobbishness and elitism in athletics without the SAAA's Bob Greenoak, "demanding that they join a club."

My own road-racing times were not much improved by joining a club. As I said, coaches, etc, concentrated on "racers" and most of my own improvement was mainly, I think, due to my own efforts, as I received very little coaching or encouragement as a club runner.

Many runners, of all standards, simply don't have the time to devote to specific "club training-nights" and have to fit in their training where they can in the day. So, SAAA, I say think again, or you could push many runners and well-organised events out of the sport.

Fergus McLean
(Unattached!)

Harriers' history

Leabank,
33, Marmion Road,
Hawick, TD9 9PE.

SIR - I am compiling a history of Teviotdale Harriers for their forthcoming centenary and through the courtesy of your columns wish some information.

Teviotdale Harriers Cup race was first run in April 1894, and I would like to know if this is the oldest club race in Scotland. If any club has an older race still in existence, I would be most grateful for details from their secretary.

John L. Colman.

No need for Glasgow panic



118, Kenilworth Crescent,
Greenock.

and this is with all due respect to the guys at the front, as I went round in 3-29 - it didn't attract the superstars as intended.

I don't think the Glasgow people are greatly interested in the superstars, but would rather cheer on the lad from down their street going round in three to four hours. If the prize money had been saved, it would help to take the event into a financial break-even situation.

Could the answer be to contact Bellahouston Harriers with the view to running a combined half and full marathon together? Surely the organisation of such an event would be no more difficult than that of 1985, when 20,000 entered and 14,000 plus actually ran the marathon. If the half marathon date was used, then BBC television wouldn't have the snooker to use as an excuse for not covering our event, and should it be televised again I am sure the sponsors would come flocking to the marathon's door (what chance "The Lang's Supreme Glasgow Marathon"?).

Tommy Knight

Well done to all concerned

33, Holmston Crescent,
Ayr, KA7 3JJ.

SIR - Through the pages of Scotland's Runner, and on behalf of many athletes, coaches and supporters, I wish to thank and congratulate Victoria Park AAC and in particular Mrs June Ward, honorary secretary SWCC and RRA.

On Sunday October 4, the National Road Relay Championships (sponsored by Royal Mail letters) took place at Victoria Park, Glasgow. The following Sunday, October 11, the Victoria Park AAC cross-country trophy meeting was staged at Dalmeir Park, Clydebank.

Both events were excellent in their organisation and a tribute to the superb efforts of those concerned. Victoria Park AAC and Mrs Ward can feel justifiably proud.

The sponsorship of Royal Mail letters was really welcome and I hope they will support SWCC and RRA events in the future. Their hot air balloon and static display were both impressive. Once again our thanks are due to those who worked hard in successive weeks.

John Brooks,
Ayr Seaforth AAC.

Omission of women's result

6, Reedloch Drive,
Barassie,
Troon,
Ayrshire.

SIR - I was very disappointed in November's report on the Scottish Triathlon Championships.

You mentioned all the English men who were not eligible for the championships, and no mention of how the Scottish women got on. It was a very exciting race, with a margin of eight seconds between first and second.

The results were as follows: 1st, Heather McFarlane 1-42-38; 2nd, Sarah Phillips 1-42-46; 3rd, Tina McCauly 1-44-38.

Heather McFarlane

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Attempting the Two Bridges



I read the articles on ultra running in your magazine with great interest as it is a sport I would like to try, but information on the event seems to be conspicuous by its absence. Could you give me any help, such as publications, clubs, training programmes, equipment?

I started running in 1985, and in that year ran two half marathons and one full marathon. Although I completed the marathon it took me 4 hours and 13 minutes, really due to the wrong training and the fact that I had only been running for five months.

In January 1986 I took up triathlon, which meant more diverse training and a fall in running times. My personal best for a half marathon up till then had been 1:29:57, but this year I haven't broken 1:40.

I decided to try for a personal best in the Falkirk Half Marathon, so I gave up the triathlon to concentrate fully on running and I find that I truly prefer running to triathlon.

Next year I shall be running half and full marathons, but my target race would be the Two Bridges. Several questions spring to mind: Is the target too high? On times I have given, what would be a realistic time to expect? Do you need to qualify for entry? What sort of mileage and type of mileage should I put in?

Jim Taylor,
Glenrothes.

Fraser Clyne replies:

IN THE late 19th century ultra-running was in its heyday in Scotland. Large crowds flocked to venues such as the Recreation Grounds in Aberdeen, where professional runners from all over the UK frequently met in 26 hour "Go as you Please" contests.

The popularity of these events had declined by the turn of the century, and they all but disappeared from the scene. However, almost 100 years later, ultra running is experiencing a global renaissance. More and more people are taking up the challenge of running beyond the marathon distance.

To my knowledge, there are no

books available which give advice on training for these types of endurance events. The best source of information on happenings in the world of the ultramarathoner is the quarterly newsletter of the English-based Road Runners Club. Membership of the RRC costs £5 and application forms can be obtained from Peter Goodsell, 10, Honeywood Road, Colchester. The newsletter contains details of virtually all ultra events in the UK and abroad, and is an excellent reference guide for those considering specialising in this branch of our sport.

Training for ultras requires an intensive commitment. For relative newcomers to distance running, the first priority is to get used to being on your feet for a considerable length of time. From the information supplied, your pace during the best half marathon was a shade under seven minutes per mile. In your best marathon, that pace dropped down to average 9:40 per mile. Even if you largely maintained that marathon pace in the 36 mile Two Bridges event, you would still be looking at a time approaching six hours. (The winning time in this year's Two Bridges was 3:36:27).

Most ultra-men cover a considerable mileage, including very long training runs, in their programmes. Scotland's greatest ultra runner, Don Ritchie, regularly runs anything from 80-160 miles per week.

Your letters does not indicate what your current training programme looks like, but I would suggest that you should be aiming to build-up towards completing 100 miles per week and that this should frequently include a long run of about 20 miles or more. You must remember, however, to progress gradually towards this target.

From the information to hand, I would tend to advise you to think about doing the Two Bridges race in 1989. Spend 1988 building up your endurance base and try a couple of marathons and some half marathons with the aim of reducing your times and increasing your pace.

Further information on the Two Bridges, can be obtained from the Race Secretary, Civil Service Sports Centre, Castle Road, Rosyth, Fife.

Training TIPS

GOT A training or injury problem? Want to improve your time, or worried by a medical ailment? If so, write to Training Tips at the usual address. But please remember the following points:

1. Letters should be accompanied by a current black and white photograph of the sender.
2. There is a gap of five or six weeks between receipt of your letter and publication. Bear this in mind when asking advice.
3. Give your experts as much background as possible about your experience, age, sex, previous best times, training routine etc. The more you help them, the more they can help you!
4. No private correspondence will be entered into, and Scotland's Runner accepts no responsibility for advice offered.

Suffering badly from cramp

I would like to know if you could possibly give me any advice on cramp.

I am 44 years old, male. On completing my last four half marathons I find about 11 to 12 miles I take cramp on the calf of my right leg. I managed to hobble to the finish in a time of 1:40.

I entered my first full marathon in Glasgow this year, and after about 13/14 miles I took cramp again. I ran, walked and ran for about another two miles. I had to stop at the medical centre of treatment. By this time my leg had seized up.

I saw the doctor and he noticed I sweated a lot from the forehead. He asked me if I took water at the water stops; I told him I did. He said I must be losing too much salt. He advised me to take salt tablets, what would you advise?

I had to more or less walk the rest of the way to finish in a time of 4:55. Every time I started to run it just cramped up again. I would be pleased if you could give me your opinion or should I visit my doctor.

Edward Fisher,
Kirkintilloch.

Greg McLatchie replies:

CRAMP is a sustained painful spasm of muscle, and certainly one cause of cramp is a disturbance in the electrolyte and fluid balance of

the muscles. This can be brought on by over exertion and excessive sweating or inadequate fluid intake.

To overcome cramp during a race, it is best to put the muscle on the stretch. For example, if the calf muscles go into cramp, pull your toes up towards your shin bone as far as possible. Active massage and locally applied heat, even in the form of a rub, are often helpful in alleviating the symptoms - but any person who suffers frequently from cramp should be clinically investigated. This would include the examination of the blood, with advice on adequate fluid intake during a race, and it may be that in your case should you require extra electrolytes rather than taking water alone, an electrolyte solution may help.

It is also important that when making preparation for a race you ensure that the muscles are regularly stretched passively and this should be done before each training session and at the finish of each training session.

Salt tablets may help the condition but they are extremely difficult to take, especially during a marathon or half marathon race, and it is probable that an electrolyte solution would be as effective and more palatable.

Help! Anybody looking for a guinea pig?

Are you looking for any "guinea pigs"? I am a very unfit, overweight 33 year old woman, who is desperate to run. My husband and friends all do half marathons and the occasional marathon, and I have been bitten by the running bug but haven't a clue how to go about it.

Last year I plodded round several half marathons in times ranging from 2:29 to 2:44. This year I attempted the Loch Rannoch half, not to be left out by husband and company. This took me 2 hours 58 minutes, most of which was walked. I really want to run and need some good advice and help.

Recently I measured a route of one mile (half out, half back). Today I did it without walking. It took me 11 minutes 18 seconds, but I felt good. Fortunately, I live near a country road, and to avoid embarrassment I take my car to the park and run from there. After all I am only 5'4" in height and weigh a terrible 14 stone, so it's no pretty sight lumbering up a road.

Hoping you can help.

Karen Quinn,
Cupar.

Fraser Clyne replies:

LOSING some of the excess weight would be of obvious benefit to your general well-being, but to achieve that you should consult an expert.

The most encouraging point you make about your running is that it is enjoyable - and that is of paramount importance. If you enjoy it, don't let anyone put you off.

Your fitness could be improved quite dramatically by undertaking a regular programme of jogging and walking. Initially try to get out maybe three times a week and run/walk for between 10 and 20 minutes every time. On each occasion try to start off jogging comfortably. When you get tired slow down and walk. Once you have recovered, start jogging again. Gradually you should find that you're jogging more and walking less.

Once you get to the stage where you are regularly completing the 20 minute runs without having to stop, then try a 25 minute run once a week. Eventually you should introduce a fourth run during the week. As you get fitter, you should continue to increase the length of each run until perhaps after four months you are attempting to run or run/walk for one hour once a week while running for a shorter time during your other three weekly outings.

I would also suggest that you try some shorter races or runs until you feel more confident about completing a half marathon without having to walk most of the way.



"Runners should consider joining their local club..."

I was wondering if you could help me with a problem? I run quite a lot and every now and again I get a pain in my lower back which occurs during the run. It's not painful but it's quite annoying. Can you help out in anyway?

Also, I was wondering if you could send me any training tips for half-marathon running as I don't have a schedule.

J. McGonigle,
Bridge of Don,
Aberdeen.

Greg McLatchie replies:

LOW BACK pain is especially common amongst distance runners, and there are many conditions which can cause it depending on the age of the runner. In young runners there may be abnormalities of the growing bone. In others, stress fractures in the spinal column can lead to one vertebra slipping forward on the other, leading to pressure of the nerves in subsequent symptoms. Back pain can be produced by a slipping disc and also by arthritis, the changes of which are evident in most peoples backs after the age of 35 to 40 years.

If the pain is localised in your back itself, it may quite simply be a muscular problem or related to a strain in one of the joints. If, however, the pain radiates to the buttocks or legs, this may imply nerve pressure.

In either case, if symptoms are persistent it is advisable to see your doctor who will carry out an examination and decide whether or not you require further investigations in the usual form of initial X-rays and/or physiotherapy/physical therapy.

Fraser Clyne replies:

TRAINING schedules must be tailored to develop the potential of each individual. Most importantly, a training schedule needs to be

progressive. It must outline a strategy which will lead to improved performances. Much depends therefore on what type of training you are doing at present and what times you are getting in races as a result of that training.

Basically, however, there are a few simple principles which you should consider when examining how your half marathon performances might be improved.

Firstly, it may be necessary to increase your endurance, i.e. your ability to run for long duration. Secondly, you should aim to increase your running speed, i.e. the ability to run for long periods at a faster pace.

Endurance can be increased in two ways: by gradually increasing your overall weekly mileage, and by gradually increasing the length of your longest weekly run.

Your speed could be improved by trying some specific repetition runs such as 6 x 2 minutes hard with a four minute recovery between each run, or by incorporating some 20-30 second speed bursts during one of your steady runs.

A great deal of advice can be picked up from other runners. If you haven't already done so you should consider joining your local athletic club, where you will meet runners of all abilities. You will benefit not only from exchanging views of training methods, but also from gaining regular training partners.

To drink or not to drink - what's the solution?

I took up running almost two years ago, and quickly became hooked. To date I have done a few 10K's and 14 half marathons. At the edge of 40 I am now completing a "half" in just over 76 minutes.

Apart from the everyday runner's injuries and problems, I have osteo-arthritis and suffer particularly with one knee, but I am managing so far with that problem. My other, and main, problem is I also have a hiatus-hernia. This does cause me trouble during a race, simply because I cannot make use of the water-stations. If I so much as sip liquid on-route my stomach plays up badly.

I am concerned it may do more damage not taking in liquid than if I do persevere and accept liquid.

Can you advise me on what is the best solution? So far I can do 13 miles without liquid, but am beginning to feel dehydrated towards the end, especially when it's hot weather.

Malcolm Mowes,
Falkirk.

Greg McLatchie replies:

HIATUS HERNIA is a herniation of the stomach through the opening in the diaphragm muscle which separates the abdominal cavity from the thoracic cavity in the chest. In effect, this means that a portion of the stomach lies in the chest instead of inside the abdominal cavity.

As a result of the pressure differences between the chest and abdomen, acid from the stomach refluxes back into the lower end of the gullet producing episodes of indigestion, pain behind the breast bone, and sometimes regurgitation of acid into the mouth. As symptoms progress, difficulty with swallowing can become a feature.

Hiatus hernia is traditionally treated by conservative measures. This means the use of anti-acid preparations and more recently the use of the so-called H2 antagonist drugs which block acid production from the stomach and thereby cut down the possibility of reflux into the gullet.

If your symptoms are not relieved by the traditional measures, then surgery may be indicated to relieve them. However, it is true to say that this is a common condition which is rarely operated upon.

It is important that you take adequate fluid on board before a race, and that you should sip fluid at the water stations, for it is unlikely that you will be capable of sustaining either the half or the full marathon distance in a dehydrated condition and therefore you are putting yourself at risk. I would, therefore, advise you to attend your own doctor for his opinion.

Training TIPS

Orienteering

For a while, it looked as though the Scottish team were going to break the dominance of England in the Orienteering Home Internationals. With individual winners in all the men's classes - Alisdair Thin in the under 21, Steve Hale in the open class and Geoff Peck in the over 35 class - backed up by two second places, Ian Renfrew in the under 21 class and Gareth Bryan-Jones in the over 35 class - Scotland was in the lead.

But with Richard Jones straining a muscle and failing to finish, points were lost in the men's open class and the women's results did not match those of the men. When all the points were tallied up, England had won by 183 points to Scotland's 166, with Wales and Ireland a long way behind.

Next year's competition is coming back to Scotland, to Baluain Wood near Blair Atholl, and the Scottish orienteers will be trying to replace England as the top UK orienteering country.

In late October, many orienteers make a pilgrimage to the Karrimor Mountain Marathon. This annual competition has become a classic event and is so popular that maximum possible numbers are reached long before the stated closing date for entries.

For those not familiar with the MM, it is a two day competition in which pairs of runners tackle a course across exposed, mountainous terrain. Each pair must be totally self-sufficient, carrying everything they need for the two days. The event tests fitness, strength, navigation, will-power, survival skill and even culinary abilities. Nothing tastes so good as a curried macaroni cheese, eaten while snug in a warm sleeping bag after racing 35 kilometres through marshes, heather and over several mountains.

There are courses to suit different abilities, with the elite course being at least a marathon each day. On the first day, pairs set off at minute intervals and have to follow the



Gareth Bryan-Jones

course from a map. It is an art to carry enough for safety (obligatory list of items) and for comfort, and keep the weight of the pack down to 15lb or less - a weight allowing fairly comfortable running. Selecting the best route between checkpoints, which may be five or more miles apart, is the second art.

All afternoon, tired runners are timed in as they cross the day one finish line at the designated campsite. As darkness falls the aromas of a multitude of lightweight menus fill the air. Lights can be seen bobbing about on the hillside as the last few runners make their way to the campsite. Then silence as the horde of runners sleeps the sleep of the absolutely knackered.

Morning comes all too soon. The leading runners set off first, chased by the second pair, the third pair and so on. These set off the same number of minutes after the leaders on the first day times. All those more than an hour behind the leaders go in a mass start.

The race is usually won or lost on the second day. To run a marathon the day after running a marathon, not to mention doing it over mountains and carrying a rucksack, is particularly gruelling.

Last year the MM was in the Galloway Hills, a wild, rugged, majestic area with fantastic names. The Rinn of the Kells, the Nick of the Curlee Wee, the Rigg of Jarkness - conjuring up images of the underworld. It seems like that as the mist swirls and ghostly hills appear and disappear.

If you have never tried the Karrimor Mountain Marathon then one day you should, as it is an unforgettable experience. It's not to be taken lightly and certainly the elite or A courses should not be entered before doing the B/C or Score courses first for essential experience.

Cycling

Two of Scotland's brightest young prospects, Brian Smith of GS Modena/CR Smith and Dave Finlayson of GS Corsa, are taking the road to the continent next year in the hope of making it to the top.

The trail to France is a familiar one these days and, of course, was the road which Robert Millar took on his journey to success. Brian Smith, reckoned by Scottish team manager Sandy Gilchrist as potentially another Millar if he does the work, is joining the same Paris amateur club which Millar was in - ACBB. Other past members of this Peugeot-sponsored club include Stephen Rockett and Malcolm Elliott.

Finlayson, who comes from Forres in Morayshire, is joining another French outfit, VC Aube, in Troyes.

Smith, along with Drew Wilson, both then members of Johnson/Dooley, had great success as a junior and gave the English riders a tough time of it in competition. His step-up to the senior ranks was also very promising, but like many another young sportsman his form hit a dip and he has not sustained the results of which he is capable.

This move to the continent could be the challenge he needs.

The two youngsters are different characters from widely different backgrounds - Smith comes from the working class West of Scotland and Finlayson from the farming and rural life of Morayshire. But they are both gritty riders and they will need to be to withstand the pressures of racing and living in France. Bon voyage, mes amis.

Good news for the Girvan Three-Day race held at Easter each year. I understand that the founder and organiser for the last 21 years, George Miller of Wallacehill/AOS, will be staying on as organiser, despite saying for the last two years that he could not continue because of the pressure of business interests.



Bill Cadger

Now George and his band of race helpers have had a meeting which will see him stay on as overseer, particularly of the sponsorship scene, but with the rest of the workload being shared by his team of dedicated race officials.

I also know that the local council, along with businessmen and hoteliers, had a crunch meeting with Miller where he put it fairly and squarely to them the value of the race to the town and the numbers of riders and officials it brought to the town.

The result - the council has increased its contribution and the business people are putting their hands in their pockets and helping to organise ways of defraying costs of this fine classic which attracts some of the top riders in Britain.

Alasdair MacLennan, the man responsible for schoolboy, schoolgirl and youth development in the sport, is pleased with his first year in office.

"I think our riders have performed well in competition, particularly over the Border where we were able to send more riders than normal," he told me. "We have a limited budget, but we accomplished a lot. The main idea is to give the youngsters the right competition, but not too much, particularly in the juvenile ranks."

Highlights of the year for MacLennan were the performances of Andy Young of Glenmarnock/Lafferty and Gordon Barr of Glasgow Wheelers/TSB. Young was third in the prestigious Tour of Ireland junior stage race and third in the Tour of Rossendale in Manchester.

Barr was second in two stages of the Rossendale and had several other good results.

Highland Games



David Webster

The next major competition for the heavies will be the Australian Bi-Centennial World Invitation in Sydney. The exiled Scots are presenting the very first event in the year long celebrations Down Under and were taking no chances in being beaten to the punch, so they have organised the championships on January 11. This is a fine way to keep the heavy gang sober over Hogmanay.

The man behind the project is Colin Mathieson, for many years Australian champion, and finalist in World Championships, World Caber Tossing etc. Your contributor will be there as commentator and I am looking after the booking of the athletes. Geoff Capes, as current World Champion, was the first to be asked but will be in pantomime as usual and unable to attend. Bill Anderson and Grant Anderson have been invited, as have Jim McGoldrick, USA,

Still on overseas events, the Council of Europe are arranging a seminar in Villa Real, Portugal, on traditional games and sports and, being most interested in Scottish Highland Games, Professor Roland Renson of Belgium, the

project coordinator, has nominated me as a contributor.

It is just a year ago that I took a party of Scottish heavies, dancers etc, to Leuven University, where the professor is in charge. Walter Weir, Stewart Menzies, Henry Naismith, and Alan Pettigrew made a very big impression, and I have no doubt that the inclusion of Highland Games in the Council of Europe meeting is related to the good work done by our heavies when visiting Belgium.

Mention of Henry Naismith brings to mind the nasty accident which kept him away from the Games for most of the 1987 season. The story, as I

have it direct from Tony Cook, is that Henry was participating in Cumberland wrestling and beautifully cross-buttocked his opponent, the said grappler landing heavily in the mud. Unfortunately poor Henry, no longer fleet of feet says Tony, trapped one of his unfleet feet under his falling foe, thereby causing great trauma to the appointed ankle joint.

It was a great crowd pleaser at the time but later there was weeping and wailing in the glen, for the accident sidelined big Henry for the rest of the season. It's a tough life in the ranks of the heavies. We look forward to seeing you back in action again next year, Henry.

HIGHLAND GAMES NEWS · NEWS · NEWS

Borneo now flies the flag

THE WILD men of Borneo will have something to shout about as this issue goes to press. They are holding Highland Games in Bontang, Borneo, which is surrounded by jungle but is nevertheless home to around 100 expatriate Scottish families. Bombarded with basketball, baseball, and other such activities, the Scots decided it was time to introduce Scotland's sporting heritage and we hope it will become a regular event.



Mark Higgins

for Canada along with his lovely bride Rox and Peter Tregloan to combine his honeymoon with the Louis Cyr Strength Tournament in Canada. Peter made his debut at Scottish Highland Games this season and was particularly good in sheaf pitching and wrestling but, personally speaking and no offence meant, I would not fancy taking him on my honeymoon!

An interesting thing is that these two big lads, selected to represent Britain, are English, but because of their Games connection they chose to wear the kilt in the competition. I think that is a very nice compliment to Scotland and the Highland Games. Thanks chaps.

Pettigrew wins

PEEBLES is the last amateur Games of which I have a report this season, and it produced nothing in the way of surprises. Alan Pettigrew won overall, taking the shot with 13.86m, the hammer with 37m, and the weight for height with 13 1/4 feet.

Canada bound

BIG MARK Higgins, the 6'9", 24 stone heavy, waited until the Games season was over before getting married and the kilt was much in evidence at the big event. Soon after this ceremony, Mark left



Colin Mathieson, Argyllshire Champion twelve years ago ... now Australian champ.

Women in SPORT

When the SWAAA national multi-events championship was held in May, only one competitor turned up for the senior heptathlon. Thinking this was perhaps symptomatic of what appears to be a general slump in Scottish athletics – the SWAAA 800 metres was a straight final, the 400 metres hurdles had three competitors – I was surprised when Roger Booth, staff coach for heptathlon, told me that it is one of Scotland's strongest events, with more athletes in Britain's top 20 last year than any other event. The lack of competitors this year was due to a spate of injury.

The standard of Scottish women's athletics at the moment has a detrimental effect on heptathlon. As Roger Booth says: "It is unfortunate that any heptathlete who can make the British team will qualify to represent Scotland at individual events – for example, Mary Anderson in the shot, javelin, and 400 metres." There is more glory in individual events, and it is understandable that athletes strive to improve their individual performance firstly, and regard themselves as heptathletes second.

Lack of enthusiasm for this event, which has a great tradition on the continent, is not enhanced by the number of heptathlons held in Scotland each year. There is just one – the national championship.

Roger's wife Ruth, the SWAAA championship and match secretary, explained that there are far too many fixtures, many of which clash. Finding a date for the national championship is difficult, and holding district and inter-district competitions would be just about impossible with clubs demanding athletes to complete for them in a packed programme. Athletes wanting combined-events competition must travel south, which can be expensive as it necessitates an overnight stay to complete the second day's events. Athletes competing at the Scottish Championships immediately



Fiona Macaulay

forfeit at least 50 points because there is no electrical timing.

There is a lack of young talent coming through for the heptathlon to replace injured seniors like Shona Urquhart and Anglo Val Walsh, and also Moira McBeath, who now has two children. Apart from British junior javelin international Nicola Emblem, and junior pentathlete Alison Grey (both, like Mary Anderson, from Edinburgh Athletic Club) the staff coach thinks there is not an awful lot to enthuse about. He was responsible for starting a Young Athletes Pentathlon League, which fizzled out after five years when no-one came forward to take over from him, but even these were not always well attended.

Larger clubs do not seem to promote the emergence of the heptathlete. Since the heptathlon started in 1981, all Scottish athletes scoring over 4,000 points either belonged to a smaller club, or started off in

When world class heptathlete Birgit Dressel died in April, autopsy linked her death to long term drug-taking, including steroids. Her organs and joints had been so affected that the substances administered to her were apparently supplemented with pain killers. The report released in West Germany said that Dressel's love for the sport had made her an invalid.

But surely the drug takers in athletes are not those who love the sport, but rather those who love or crave winning so much that they will strive to achieve this at any cost. When their annual natural ability is not

one before transferring to a club that competes well in, for example, the British League.

Roger Booth believes because the small club has to stretch resources, athletes get a chance of trying more events while the bigger club might only need an athlete to complete in a single event.

Staging the heptathlon at the Scottish Championships creates the problem of having to hold the first four events on the Friday evening. There would not be enough time to fit it into the programme, especially as, presumably, the decathlon would be held then also. And unless there was some tremendous incentive for winning the heptathlon, athletes would tend to be more concerned with lifting individuals titles. The time factor is also the reason that heptathlons are not included in Scottish internationals, although a multi-events team does compete internationally each year. In June, Scotland competed against Czechoslovakia, Hungary and Austria.

Although combined events are supposed to be a test of all-round talent, it always seems that the endurance event is neglected, being last on the programme. Roger Booth says this is far more applicable to the decathlon, where the result is usually evident before the 1500

sufficient, they resort to cheating even if they risk paying the ultimate penalty like Birgit Dressel.

Genuine athletic lovers would do nothing to harm the sport, but drug-taking creates suspicion amongst athletes and the feeling that you cannot get far without drugs because "everyone else is doing it." As a result, when an athlete puts in a world beating performance, or improves dramatically in a short time, there is now an accompanying aura of scepticism, and often thinly veiled accusation.

What sort of mentality is behind the athlete (and presumably the coach basking in the reflected glory) who

metres, and generally those who are top ranked or in medal contention do not return good times.

The women, on the other hand, do tend to put in good performances in the 800 metres and it has been known for the leaders in major international competitions to run 2.02.0 or 2.03.0. Mary Anderson's best heptathlon 800 metres last year was 2.11.7. Roger Booth, however, feels there is no test of pure sprinting and that the 100 metres should replace the 200 metres, and to make it a better test of ability, the 400 metres should be added and the 800 metres changed to the 1500 metres. In effect make the heptathlon into an octathlon.

As far as encouraging and promoting heptathlon in Scotland is concerned, Roger Booth feels he is hitting his head against a brick wall as long as coaches and athletes treat it as a second class event. At the SWAAA Heptathlon, a young athlete was overheard to say she could not compete on the second day's events because of a club competition, and indeed did not appear. Booth could not help wondering how much club pressure was to blame. He has also experienced "poaching" of multi-events athletes at national squads by other coaches, as if heptathlon is of little importance.

climbs the rostrum to accept a medal knowing the performance is artificial and that she has cheated not only her fellow athletes but also herself. Can she possibly have the same self-esteem as the athlete who achieves a personal best even though it might not even merit a place in her club team?

The leniency for first offenders is an absolute sham. Athletes caught are given a two year ban during which they more or less have a licence to continue using drugs in their preparation for their international come-back, being exempt from dope-testing through not competing

Gymnastics

Strachan leads Britain to the Seoul Olympics

He's probably the first Scot to be selected for the 1988 Olympics – and he's going in a sport where Scotland have never had a representative, though he won't actually compete.

Any ideas?

Let me put you out of your misery – the man in question is Alex Strachan, president of the Scottish Amateur Gymnastics Association. He has been picked to represent Britain in gymnastics, but being "a day or two over forty", he will be team manager, not a performer.

This appointment, made by the British Amateur Gymnastics Association, is a great honour for Alex and reflects the esteem which he, and Scottish gymnastics, are held in Britain.

Alex Strachan, like so many, came into gymnastics through

parental interest. His daughter, Fiona, competed for Meadowbank Ladies Gymnastics Club and also represented Scotland on a number of occasions – she is still active in the sport being a qualified national judge. Alex's involvement in the administration and organisation of the sport began at Meadowbank and spread rapidly from there.

His first love is competition organisation and through this he became a member of the East of Scotland committee. At the first meeting he attended, the president resigned and Alex was asked to step in until the annual general meeting. He stayed for four years.

Two years later, he was elected vice-president of the Scottish Association and duly became president – a post he has held for five years. He also

served on the British Association's Board of Control for the past seven years.

Alex, who works for Edinburgh District Council, is "delighted and honoured" by his appointment and sees it as very good news for Scottish gymnastics.

The post will mean regular meetings in London, monthly initially, and then fortnightly up till the Olympics in September, 1988. Alex will be the official liaison with the British Olympic Committee for gymnastics, as well as being in total charge of the British gymnastics team at the Games.

Does anything about the trip worry Alex? "The injections – I just love them!" he jokes.

The rest of the task Alex has done often for Scottish Gymnastics, and also for the British men's team at the 1986 European Championships.



Alex Strachan

Judging by his past exploits, Alex's personality and energy will carry him through to do a fine job.

It was his determination that got a Scottish team to Brisbane for the 1982 Commonwealth Gymnastics Championships. To raise the largest part of the £10,000 required, Alex, his wife May, and two friends drove a car on a 24 hour marathon round the gym clubs of Scotland covering 877.5 miles.

In 1986, his perseverance helped ensure that the Commonwealth Championships went ahead in Falkirk, even when the financial situation looked bleak up to the month beforehand.

These examples, and personal experience, leave no doubt that Alex will do everything possible for the British gymnastics team in the Games. If the team don't do their very best it won't be for lack of effort on behalf of the Scottish contingent – the team manager.



David Watt

Mail order for gymnastics



Celebrating... Faith Arnott, from Dunfermline, and Alton's Steven Frew.

Royal Mail letters is to sponsor Scottish Gymnastics through £5,000 in cash and a variety of other support to the sport in Scotland over the next 12 months.

Alex Strachan, the president of Scottish Gymnastics, commented: "We are delighted to have such support from Royal Mail. Gymnastics in Scotland is growing very fast and we must have help like this if we are to provide adequately for the many youngsters who want to participate."

The relationship will involve Royal Mail as major sponsors of internationals against Wales and Iceland, as well as the Scottish senior championships for men and women.

Royal Mail/Scottish Gymnastics Roadshows will be staged at Inverness, Aberdeen and Perth during 1988. These will involve displays from top gymnasts, coaching and "come and try" sessions.

The Royal Mail Trophy will be awarded to the club which attracts the most new members in the year. This will be supplemented by a cash award, as will awards Royal Mail will make to two promising young gymnasts – one male and one female.

Triathlons

Whichever event you participate in, your diet will inevitably play an important part. Whether you are training for cross-country, marathons, or triathlons, you should be thinking about diet now. No matter how much training you do, your performance can only be maintained if your body has the right fuel.

Distance runners, triathletes, and endurance athletes in general require an increased energy (calorie) intake to meet their increased energy expenditure. There is no need for extra protein in the form of protein-rich foods and supplements. Adequate protein is usually well supplied from the "normal" diet. Only serious body-builders and weight-lifters may benefit from this practise.

In practice, athletes need to adopt the nutrition guidelines prescribed for the general population. The general consensus of opinion is that we should make the following modifications to the current British diet:

- eat less fat, especially saturated (animal) fat.
- eat less sugar (reduce to about half of the current intake).
- eat less salt.
- eat more fibre. We have an average intake of 20g of fibre a day, and should try to increase this to 30g.

Most distance athletes, because of their lean build and energy expenditure, can afford to eat and enjoy a varied, high-energy diet without having a weight problem. Energy (calorie) intake should be self-adjusted according to body weight. If diet and exercise are not in balance, weight gain or weight loss ensues.

Energy in = Energy out
Weight remains constant
Energy in > Energy out
Weight increases
Energy in < Energy out
Weight decreases

Serious athletes who are training several times a day, or who are putting in the hours when they do train, face several problems, such as: what to eat; when to eat; and how much to eat?

1. In adopting the nutrition guidelines above, the athlete is free to follow a healthy eating pattern by selecting fresh, unrefined foods which are relatively low in fat and sugar, but rich in minerals, vitamins, and fibre.
2. Finding the time to eat, and fitting it around the training schedule, is often difficult, with training taking priority over diet. "Snacking" becomes essential, and is not necessarily a bad habit.
3. It is important to appreciate that energy is not just burnt up during activity, but there is a "spillover" effect too, which causes the body's metabolic rate to elevated for many hours after exercise has finished.

We need to increase our fibre intake and decrease that of fats. Both fibre-containing and fat-containing foods are listed below. Base the meal on the fibre-containing range and supplement with those containing fat. It is just a question of balance.

Foods containing fibre are:

- All cereals, especially wholegrain.
- All breads, especially wholemeal.
- Potatoes.
- Pulses and beans.
- Pasta and rice.
- Fruit—fresh, dried, and tinned.
- Vegetables—fresh, frozen and tinned.

Foods containing fat are:

- Meat and meat products, eg pies, sausage and sausage rolls.
- Offal—liver and kidney.
- Poultry—chicken and turkey.
- Only fish.
- Eggs.
- Cheese.
- Dairy foods—butter, milk and cream.
- Nuts.



Fat is twice as "energy dense" as carbohydrate, with one gram of fat providing nine kcal (calories), and one gram of carbohydrate providing 3.75 kcal (calories). Although fat is an important source of energy in the diet, most of us take too much of it. Fatty foods are easily eaten and often very palatable, so we can eat a lot of calories that way. To an active person this may not be a problem but can be an easy way to gain unwanted weight. There is a link between dietary fat and heart disease so it is worthwhile to watch your total fat intake.

For many reasons it is preferential for the athlete to consume more of the carbohydrate—rich foods. Carbohydrates are more easily metabolised than protein or fat, and are therefore an ideal pre-training snack. Fruit, fruit juice, dried fruit, bread, scones, muffins, cereal with a semi-skimmed milk, and low fat yoghurt are all useful snack foods. They can be taken about two hours before the activity. When triathlon training, I find that I can take a quick snack before going out on the bike. I cannot run within a few hours of eating but the converse can also be a problem. Running with low blood sugar can be equally painful.

Eating becomes a key issue with the demands of increased training and back to back workouts. Practice, commonsense and planning are important. Learn to carry

some snack supplies around with you, especially for race situations. Triathletes tend to be good at this game and it is all part of the sport. It is interesting to compare the provisions people bring along to events, with food hampers containing pre-race and post race foods and the crucial electrolyte drink and banana for the race itself.

I eat a lot of dates during my training schedule and find them an easily digested, quick source of energy. Others swear by bananas and eat them by the bunch. Carbohydrates not only provide a good, quick source of energy, but are important in the repletion of glycogen, the body's carbohydrate store. Endurance activity leads to depletion of the glycogen stores, and rest of dietary carbohydrates are needed in the repletion of these stores. Many runners fail to understand why their times are not improving in the marathon, but have not considered whether they have eaten sufficient carbohydrate or taken enough rest in their training schedule. Rest alone can improve times and is often omitted.

It is worth taking a look at your diet if you feel you can make a few positive changes. Base the meal on carbohydrate, eg, pasta or rice, and give the meat or fish a smaller priority. I'm not saying "no meat" or "no pies", but merely change the emphasis.

Newcomers to the sport of triathlon will have probably learnt, through trial and error, how not to train. It is important at the outset to establish realistic goals regarding training schedules.

Too much too soon will inevitably result in overuse injuries and disillusionment. Runners, who constitute between 50–70 per cent of triathlon converts, may be tempted to maintain their running mileage, and supplement this with the additional swimming and cycling training.

Look first at your daily commitments and block out times when training is not possible. Professional and social commitments are important, and need not be suppressed due to excessive demands of an over-ambitious training programme.

There is a wealth of advice on training guidelines, and I have tried to summarise the main points to consider in determining your training priorities. With winter already here, flexibility in any training programme will be important. Shorter daylight hours and poor weather will often impede cycling runs, and indoor cycling on a windtrainer may provide a useful alternative. For those of us without this luxury or access to one, an alternative workout will have to suffice; swimming is quite a safe, reliable option for winter training.

You may not be training towards a particular event next year, although the triathlon season usually starts in May. Now is the time to start training. Some experts suggest that two to three swims each week, two to three biking sessions, and two to four running workouts can allow success.

The quality of the training is important as well as the "mix", just as experienced runners balance

"easy" with "hard", so must the dedicated triathlete. "Easy" and "hard" are used subjectively, and will obviously mean different things to different athletes with different sporting background. You must use your own judgement.

Fitting "hard" and "easy" sessions in the three disciplines into your training schedule is the next challenge. Several useful suggestions include:

- Don't attempt to do the three sports in one day. Training in two, or doing a longer workout in one, is preferential.
- Avoid back-to-back workouts if you are not well trained and fit, as this increases your risk of injury.
- Set realistic targets in terms of duration of exercise, frequency and intensity. Mega mileage is no longer fashionable, and has been superseded by quality training.
- Always allow appropriate recovery periods in your schedule. To quote Joanne Ernst, "you don't get stronger if you don't rest." Her training schedule involves swimming four times a week, cycling about five or six times a week, and running about four times.

Cross training should not be under-estimated and allows many injured athletes to continue to perform well despite injury. Joanne is one such example, and she won the 1985 Bud Light Ironman World Championships having done only 16 miles per week of running due to injury.

In preparing your schedule you should try to have one day of complete rest in every week, although this is not always possible. After racing it is very wise not to push hard training the next day and

Triathlons

	Swimming (yards)	Biking (miles)	Running (miles)
Day 1	500	0	0
Day 2	880	25	6.2
Day 3	0	10	0
Day 4	0	0	0
Day 5	2800	0	0
Day 6	0	12	3.5
Day 7	3200	0	0
Day 8	0	0	0
Day 9	200	24	5.5
Day 10	0	23	0
Day 11	0	0	0
Day 12	2600	12	0
Day 13	0	0	5.5
Day 14	3400	0	0
Day 15	0	12	0
Day 16	1200	10	2.5
Day 17	0	8	0
Day 18	0	0	0
Day 19	3400	0	0
Day 20	0	12	3.5
Day 21	3200	0	0
Day 22	0	12	0
Day 23	200	24	5.5
Day 24	0	60	0
Day 25	0	0	0
Day 26	3200	12	0
Day 27	0	0	9.5
Day 28	3600	0	0
Day 29	0	12	0
Day 30	200	24	5.5
Day 31	0	24	0
Month	28,580	316	47.2
Weekly average	6451	71.3	10.7

an "easy" session is advised. Swimming can be a good way of loosening up after a hard session.

Above is an example of a training log taken from a triathlon training camp.

This may be a useful guideline to base your schedule on. I will be happy to run a column answering any questions which you may have on this subject. I feel it would be useful to hear from you and other readers can benefit from the replies.

I will also look in detail at the content of various training sessions, particularly in swimming and cycling, in next month's issue. Have a happy New Year.



Diana Caborn

Graeme Smith (words) and Ray Smith (photographs) profile Miller Mathieson, who has just stood down as women's secretary of Aberdeen AAC, and his athletic family, including multi-talented son Duncan.

Mighty Mathiesons lead by example



Miller Mathieson, pictured with his training squad, and, in the back row, wife Alison, son Duncan, and daughter Katharine.

Miller Mathieson has returned to his wife. After a decade with a host of other women, he has been handed back "with thanks". But Miller has not given up on women altogether. He has just decided to concentrate on the younger ones.

After a decade as secretary of the women's section of Aberdeen Amateur Club, the man who has made a major contribution to its success retired amid moving tributes at the club's recent annual general meeting.

Miller and his family have played an integral role in the club since moving north from Douglas in Lanarkshire in 1975. The affection in which they are held was evident at the agm when Miller was presented with a tankard, a bottle of champagne (it's well known he likes pints of champagne), a card signed by all his girls, and a quach which will be presented annually for an event of his choice.

Wife Alison's support and understanding was recognised by the presentation of a bouquet with the message, "Thanks for lending us your husband for the past 10 years."

The family had no athletic links until, shortly before moving to Aberdeen, their elder son, Miller junior, represented his primary school in Douglas. His interest began to rub off on young sister Katharine, and they asked their dad to find out if there was an athletics club in Aberdeen.

"Within three weeks of arriving I saw a photograph in the evening paper of club secretary Hunter Watson surrounded by millions of children saying, 'Come along and join us,'" says Miller.

"We went down there, and having been involved in

football in Lanarkshire I was quite interested in the training side. I thought I would stay and watch - but no one is allowed to do that. Within six months I was co-opted on the committee, and then served a year helping Douglas McAllister, my predecessor.

Since taking over, Miller has managed to fit the time-consuming job around his post as an accountant with Aberdeen hose supplier Hydrasum, and he was also instrumental in involving them in sponsoring an annual cross-country championship run by the club.

"It can be quite a demanding job," says Miller. "There is not only the work that everyone sees, but quite a lot of work they don't see. I think the record number of competitors I ever had to field on any one day was 72 women, who were competing at two venues at opposite ends of the country."

"The most time consuming aspect is the team selection, and then telling everyone where to be and when. While I am able to see a number of them on club nights, there are quite a few who live out of town and then there are always people calling off for a variety of very good reasons which means juggling teams about and changing members."

Alison has always been there to give him support when the going got tough, and she herself is a SAAA Grade 1 Field Events official.

"I think it was really a case of, if you can't beat them, join them" says Miller. "But she thoroughly enjoys it. She gets invitations to travel all over Scotland to officiate."

"Alison has always been understanding and helpful, and indeed was one of the ones who was keen for me to continue on the committee. I



Duncan Mathieson, putting in some discus practice.

think she believes I would be even more unbearable without the club than I am with it."

If Miller and Alison became involved in athletics too late for them to win honours themselves, their children are certainly making up for it, although Miller Jr. has been lost to amateur sport having recently signed for Hibs. The Edinburgh chartered surveyor is regarded as such a talented prospect that the capital club set aside their normal policy of only employing full-time players to sign the 22-year-old part-time.

Before his departure to the professional ranks, Miller gained three Scottish junior decathlon silver medal, and various district and club medals for high jump and long jump. His name is still in the club record books as a member of the junior boys team which set the 4 x 100m relay record in 1976.

The next Mathieson to make an impact was Katharine, now a travel agent in Aberdeen. The 21-year-old is still a useful athlete, and although not a regular competitor she remains interested in the club. Twice in the past two years Dad dragged her in to the team for Grampian League shot putt events and she contrived to win.

Katharine represented the East of Scotland in the same event, and was a keen heptathlete and pentathlete in her day when coached by Bob

Masson. Katharine too has her name in the Aberdeen record book, still holding the minor girls 200m record of 30.0 secs, which she set 10 years ago, and she was also a member of the 4 x 100m girls relay team which set a club record in 1977 - and was also the fastest in the UK that year.

While the athletics careers of Miller and Katharine now appear to be behind them, 18-year-old Duncan looks poised for a marvellous future.

Hard work, determination, an excellent coach - Bob Masson again - and no small amount of talent added up to a superb 1987 season. He won Scottish Schools gold medals in long jump and high jump, equalling the schools record in the latter, and smashed the 28-year-old record of 6.94 in the long jump with a leap of 7.04, which also broke the club record which had stood since 1963.

Duncan won the Scottish junior national championships in long and high jump, and with another year to go as a junior took the silver medal in the British junior decathlon. In Nottingham recently, he smashed the Scottish junior national record by 349 points with a total of 6246.

"His ambition is to get a British vest as a junior decathlete next year," says his proud father who claims it is more nerve wracking watching than it is for Duncan competing.

"Bob Masson has contributed enormously to making Duncan the athlete he has become, and I don't think Katharine would have achieved what she did without Bob," says Miller Mathieson.

Duncan and his father are now set to team up to help some of the Aberdeen youngsters to fulfil their potential. "One of the reasons I gave up as secretary was to do some coaching before I am too old," says Miller. "Duncan also feels that he wants to put something back into the club."

To the delight of the young club members who hang on his every word - and he always has a word for them - he will be as much in evidence about the club as before. "Duncan and I will be coaching a group of about ten in the 10-14 age group who we feel have field event potential as well as sprinting ability," Miller says.

"We feel there is a weakness in the club in the technical events and we don't have any depth. We want to improve the technical side while maintaining the sprinting quality, and that is where Duncan can pass on the experience he has gained from Bob plus a few ideas of his own."

"We are not looking for world beaters, just girls who will listen and try hard, but I think we have a group with significant potential."

There is little doubt that the Mathiesons will help them realise that potential.

A new era in Kelvin arena

"The best thing to happen to Scottish athletics in years." That is Tom McKean's view of the new Kelvin Hall complex, and it is an opinion shared by his British international team colleague, Sandra Whittaker, the national sprint champion and record holder.

Cosford, a converted RAF hangar in the wilds of the Midlands, has been the UK's sole permanent indoor athletics venue for more than 30 years, staging domestic championships and international matches.

Now however it has a rival in the heart of Glasgow, and it is scheduled to host its first international, Great Britain v France, on February 6, with TV coverage. The arena's proximity to main and suburban line stations, airport, and a wide range of quality hotel accommodation, has made it the envy of sports officials throughout Europe who have been made aware of its existence.

But the 200 metres international standard track, which has already hosted its very first

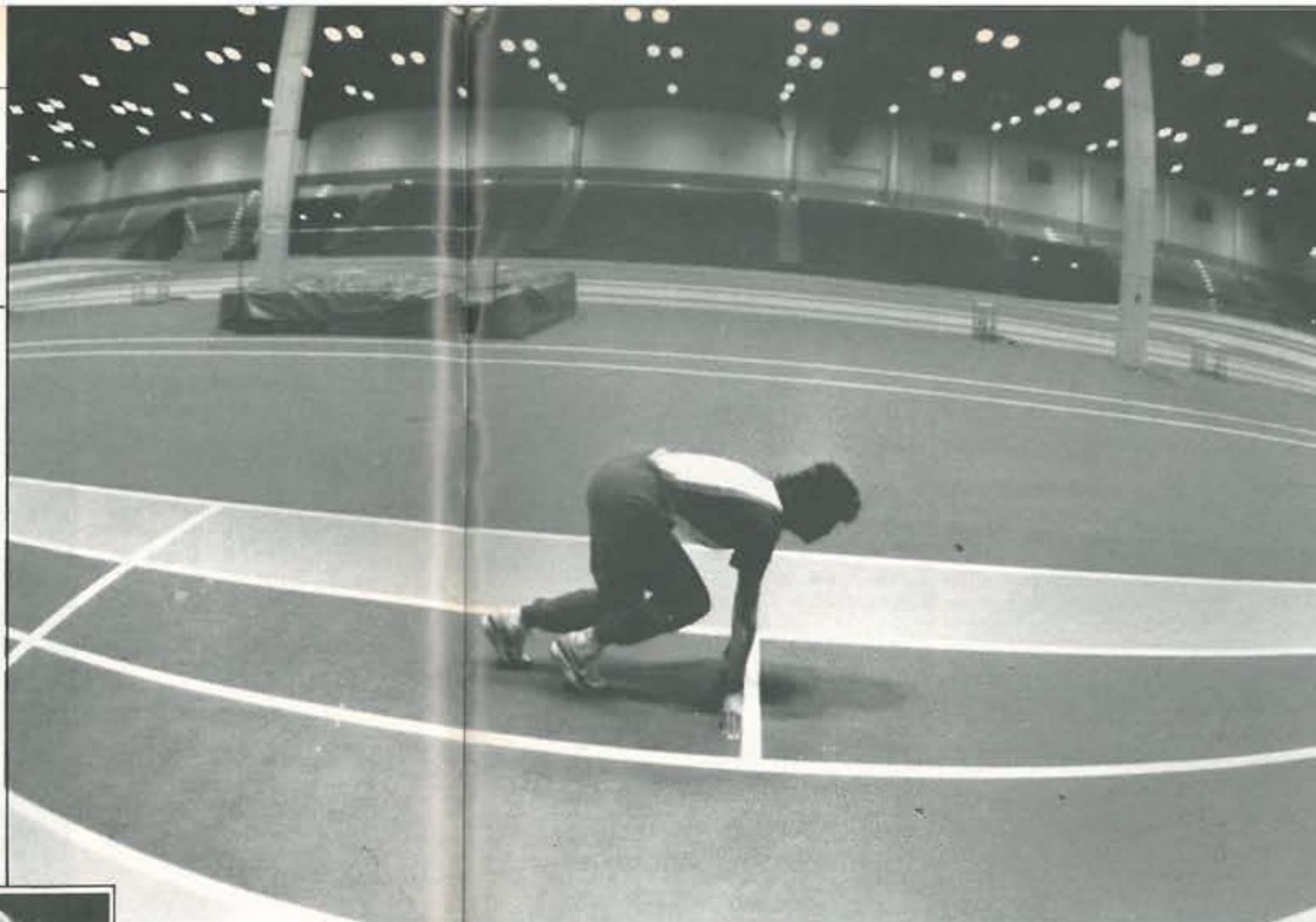
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DOUG GILLON
RUSSELL AITKEN

event, an open graded meeting on December 2, is much more than a centre for the elite. The complex could change the face of Scottish sport for ordinary people, opening doors which did not even exist before.

If that sounds pretentious, consider this: Another Glasgow innovation, Bellahouston Sports Centre, opened in 1968, was the first custom-built sports centre in Scotland. Two years later the first all-weather running track was laid in Edinburgh. Cries of "white elephant" were trumpeted in both cities. But their success can be gauged from the fact that in the past 19 years a further 50 similar standard sports centres have opened throughout Scotland, and the country now boasts 20 all-weather synthetic surface tracks, either built or under construction.

Given the rigours of the British climate,



and conditions north of the Border in particular, the only surprise is that a project like Kelvin Hall international sports complex has not happened sooner.

An inaugural series of open graded meetings, for both men and women, is being staged, leading up to the national indoor championships on January 16/17. The West will stage a first district championships on December 12 and the East on January 30.

Glasgow University have invested heavily in the centre whose total cost, around £6m, is being met jointly by the district council, Scottish Development Agency and Scottish Sports Council.

The University's share is £1½m, plus £65,000 per year towards the running costs. The man behind their interest is Professor Peter Radford, head of the university's department of physical education and sports science.

Radford, Olympic 100 metres bronze medalist in 1960 and former world record holder at 200 metres, has seen a 400% increase in the numbers participating in university sport in the 12 years since he took over the department of PE.

"It is important in the long term for the university to come down from its ivory tower

● Sandra Whittaker enjoys a preview of the shape of things to come

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(OPPOSITE KELVIN HALL UNDERGROUND)

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"COMING RIGHT UP"



Peter Eadie (above) manager of the new complex, has only one complaint about his new job. He thought he might be able to grab a place in the veteran squad in the colours of his former club, Dumbarton. But he is being kept so busy he can scarcely find time for any training. "Maybe it's just as well when I hear the kind of mileage the likes of Allan Adams is doing," he says.



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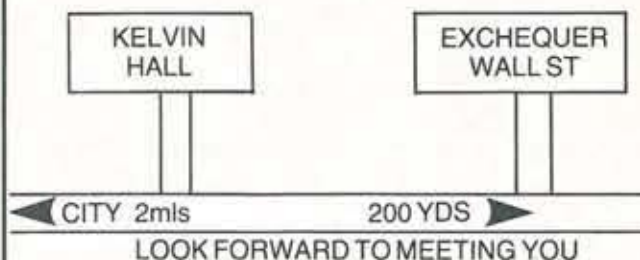
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on the hill and assume a greater role in the community," he says.

Initially the university's human performance laboratory will be geared to serving the needs of the student community. "But when we work out the resourcing, we are looking to provide testing and screening for the general public in all kinds of areas - weight, percentage of body fat, blood pressure, smoking, dietary advice, and so forth," expands Radford.

He expects technique events to improve, moving out of the club structure. "All the good pole vaulters, for example, I would expect to see coming together regularly, encouraging and competing against each other."

Radford is in a unique position to assess how far indoor athletics has leapt forward with the establishment of the Kelvin Hall. "When I first went to Cosford in the mid '80s we used to take a packet of Tide or Drest with us," he says. "Sprinkling detergent on the floor was the only way we could get traction. We did not wear spikes; you could run only in bare feet."

The new, permanent polymeric surface is as good as any arena in Europe. And the track is enhanced by a two-metre wide strip which surrounds the circuit. On the balcony,

which overlooks the track and the three-court sports hall, there is also a synthetic surface for warming up and coaching.

The lighting in all three halls meets all the demands of TV engineers whose first transmission will be the Glenfiddich invitation hockey tournament on January 9 and 10. The Scottish Short Tennis Championships on March 27 will also be screened.

Major gymnastics internationals, judo championships, hockey, netball, basketball and snooker events are also on the calendar.

The district council is currently setting up a major coach education programme. Dormitory accommodation is available within the building for residential courses, and the capture of former Dumbarton AC member Peter Eadie, most recently based at Gateshead, who is the centre's manager, is evidence of Glasgow's intention to compete at the highest level in staging international events.

The era of excuses for Scottish sporting failure on the basis of poor climate should now be over. It may take more than two decades before 20 'Kelvin Halls' are dotted around the country, but Glasgow has given the lead.



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02.45.35
03.45.35

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

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

1:15.30
1:14.59

Top: Present time.
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01.42.35
LAP 03
03.77.85

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Bottom: Lap counter and cumulative time alternate.

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STRETCH INTO '88

Pictures & graphics:
RUSSELL AITKEN
Report:
STEWART McINTOSH

My physio had a glint of triumph in his eye. "Definitely. No doubt about it - you've got the second worst set of hamstrings I've ever seen!" he said contentedly. Well, somebody had to have them, and at least I wasn't the worst (those are still creaking along on the legs of Victoria Park veteran Hugh Barrow).

Like a lot of runners, I have never given flexibility or stretching exercises the time that they deserve. In fact, in some harrier's dressing rooms anybody seen gently teasing their muscles and tendons into full stretch before going out for a run is likely to be treated with some scorn.

Sprinters are not so daft. When we came on these flighty characters at summer track meetings, we old harriers were always intrigued by the amount of time they spent in limbering up. All that twisting, curling and stretching - and they only ran for about 11

seconds!

Now we know better. A great many runners' injuries are avoidable if only we would invest some time before and after the run in a few simple stretching exercises. The over-use injuries caused by the constant pounding on the road and sudden increases in training mileage could be reduced. All it requires is to see that your muscles are properly warmed up before going out for a run, especially on cold winter nights.

Since running can actually make you stiffer than people who take no exercise, it is vital to undo the damage caused by a few miles on the road by stretching your body back into relaxed posture after a run.

Erica Christie is an aerobics teacher and marathon runner - despite suffering from asthma. With a 2-54 time in the Glasgow Marathon to her credit, she believes that runners could avoid a lot of problems by spending more time in stretching exercises.

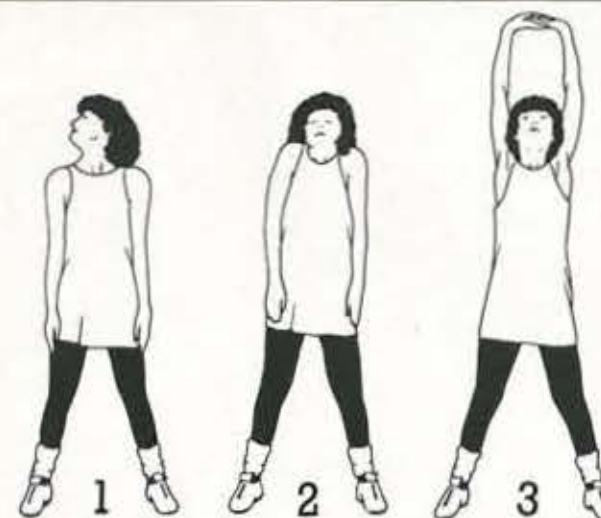
"Most of the stiffest people I've ever met are runners, yet it doesn't have to be like that,"

claims Erica. "They think that stretching or suppleness is a different discipline from running - in fact that average club runner thinks that it is a wee bit poofy to be seen stretching when he could be running! They're obsessed by the 'no pain, no gain' approach," she says with resignation.

Putting her money where her mouth is (and that's no trouble for someone as supple as Erica) she was able to lead two aerobics classes through their full work-out, the day after she did her 2-54. "I made sure that I did plenty of stretching after the marathon - doing full stretches the next day was no trouble at all," she says.

Scotland's Runner asked Erica to recommend an exercise routine for runners which would help to prevent injuries, maintain suppleness, yet take up a minimal amount of time.

For best results, the routine should be performed before and after each run. Don't try to push your muscles and tendons to their limit. Work them, don't break them, she recommends.

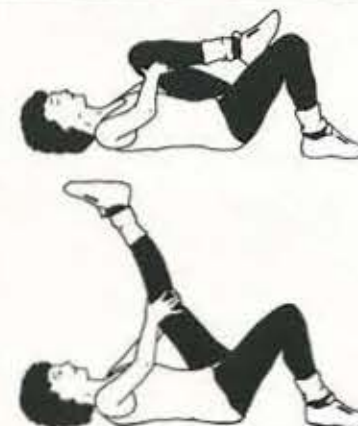


The Exercises

Erica likes to start at the top and work down for a full loosening up session both before and after a run. Wear loose, comfortable clothing and give yourself plenty of room. Don't attack the exercises as if you were on a hill sprint session - use them to gradually improve your suppleness.

Exercise 1

Head rolls: turn your head through its full axis, head well back at the top of the roll and your chin touching your chest at the bottom of the roll. Five times in each direction. Relaxes the neck muscles.



Exercise 4

Lie with your back firmly on the floor, feet astride. With your hands BEHIND your left knee, pull your knee up to your chest, then straighten your leg into the air, flex your foot five times. Repeat with the right leg. Loosens the back of the thigh.



Exercise 6

Start with your feet on the ground and your hands on the floor, about shoulder distance apart. Push up onto your toes, pushing your backside up as high as you can while leaning forward to let your arms take your weight. Keep your head down, so that your body forms an inverted "V" shape with your backside at the top of the "V" and your back forming a straight line. Hold for up to 10 seconds, rest and repeat. Build up the duration as you get more supple. Loosens and strengthens the calves and back of the thighs, and tightens the stomach.



Exercise 5

"Praying Mantis": a basic yoga position. Kneel down, lean forward with hands on the floor, spread apart. Sit back on your heels, then lean forward as far as you can without moving your hands, then rest back on your heels. Repeat five times. Strengthens and loosens the lower back - a key problem spot for many runners.



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Youngson now eligible for veteran fray

David Carter profiles Colin Youngson, who became eligible for veteran competition on his 40th birthday in October. Colin is also a talented fiction writer, and from next month Scotland's Runner will be serialising two of his entertaining short stories.

Marathons are made of milestones and Colin Youngson has just passed two. This year's Aberdeen Marathon was his 50th, and in October he turned 40. The veteran world is going to notice the difference.

The record, so far, is impressive – and consistent. He has 10 medals from the SAAA marathon between 1972 and 1985 (he missed 1976) – three gold, three silver, and four bronze, including a championship record and personal best in 1974 of 2-16-50. He has been an ever present since 1966 in the Edinburgh-Glasgow relay (apart from 1973 when he was in Sweden), with some memorable (winning) tussles over the last lap. He still holds the fastest time for the first leg, which has stood since 1975.

"I've always liked adventure runs, crazy runs if you like, runs to prevent brain death."

Another impressive thing about Colin Youngson's record so far is its variety, particularly more recently, though he ran Ben Nevis as well as his first marathon as soon (aged 21) as the regulations allowed. He won the Lairig Ghru race last year and came third in this year's Highland Cross. "I've always liked adventure runs, crazy runs if you like, runs to prevent brain death. Especially when you're on the slide a bit you've got to find fun events, the unusual events, the challenge," he explains.

One event he recommends to every marathon runner is the Two Bridges Race. "The scenery's good, the event is

well organised, and if one is used to running marathons it's a delight to do it all at training speed. There's no need to do the mileage, or the diet. What's more, everyone chats, and there are beer prizes.*

In 1980 he ran the London to Brighton (54 miles), hitting the wall at 40 but still finishing respectably. "Interestingly," he says, "I recovered more rapidly from that than many marathons. The marathon, at speed, is hard. It's speed that does it. All those guys that do four hour marathons should forget it. They should do 10K's and half marathons and then they could look at a marathon and do a half decent time."

Yet marathons are clearly in Colin's blood. I was interested in his remark that he ran his first marathon (in 2-41) at the age of 21. Why was that? Inevitably, for distance runners from the north east, the name that cropped up was that of Alistair Wood.

"There was almost a school of distance running at the time around Aberdeen, mainly because of Alistair Wood and Steve Taylor. In other places in Scotland there was an exaggerated respect for the marathon – it was only for old men. But Wood gave us belief. He had done it. And we saw him training every Sunday. There was Abebe Bikela, a Japanese, someone else I can't remember – and Wood. He called himself 'the world's fastest white man.'"

Was he a coach then? A mentor? A guru?

Not really. The attempt to gain his respect was the spur. He's mellowed now but by God he was cantankerous then. Witty, satirical, *challenging*."

Colin's best year in terms of performance was 1975, and



Colin Youngson with the honours from an illustrious career... now veteran titles beckon.

1976 his worst. Yet 1976 was undoubtedly of more lasting importance. In 1975 he was sixth in the British rankings for the marathon and an Olympic place in 1976 was not out of the question. Heavy training, however, produced some disappointing performances and, in 1976, sciatica. "I realised," says Colin, "that my body just wasn't built for 100 a week mileage."

If things are getting really crazy in the marathon I'll just step off the track.

It was a good lesson learned, and since then he has settled into a basic 60 miles a week (with increases for particular marathons) with maybe six serious races a year. It means that he is more or less as fit, fresh and resilient as he was at 21.

His first race as a vet will, he hopes, be the Scottish Vets Cross Country in January. The Boston Marathon, in April, is the next possibility. He realises that an invitation is unlikely, but the prospect of a \$5000 prize for first vet is tempting. "I've got to be pretty fit," he says, "to put my own money down on that one." Then there's the British Vets, European Vets, and many more.

Will he approach races differently?

"Yes, I feel I want to do more distances. Maybe 1500 metres, for example. And if things are getting really crazy in a marathon, I'll just step off the road. I've never dropped out before, though I can think of one or two occasions when I probably should have. There was the Athens Marathon, for example, in 1976. I was running a temperature beforehand and coughing badly. There was a medical examination before the race and I filled myself full of cough sweets. I passed the test but coughed all the way back to the hotel. It was blistering hot and I did a personal worst, 2-48. I really shouldn't have run. On the other hand, of my 50 marathons, nine have been sub-2-20. It would be pleasant to go below 2-20 as a vet ..."

Somehow, dropping out is something I can't see Colin Youngson doing. I asked him to describe his running style. "Heavy footed," he said, "hardly elegant - *determined*."

He has himself pretty well summed up there. And when you add to that determination his experience and his competitiveness you have a formidable runner.

Colin Youngson has a promising future.

Disturbing decline in athletics class of '87

Statistics:

DUNCAN MCKECHNIE (Men)
IAN STEEDMAN (Women)

Analysis: DOUG GILLON

The Scottish ranking lists for 1987 make disturbing reading. Even given that Commonwealth Games year sharpens the appetite, competitive ambition, and ability of our athletes, there is a marked decline in overall quality from 1986... which could scarcely be described as a vintage year for Scotland.

Although there were odd purple patches of excellence, these could be attributed to a handful of athletes.

Twelve male athletes last year ran the 100 metres in 10.80 or better; this season there were nine. At 200m eight men clocked 21.50 or better; this year there were only four. Other examples:

Event	'86	'87
400:	14 sub 49.00	10
800:	10 sub 1.51.00	4
1500:	13 sub 3.50.00	11
10K:	11 sub 30 min	6
Mar:	13 sub 2.20	7
110H:	10 sub 15.80	4
PV:	5 4.40m+	3
Hammer:	5 56m+	2

There were some improvements, such as six steeplechasers under nine minutes against three last year. But even then, only one of that trio, namely Tom Hanlon, actually improved on his best. At 5000m 17 runners, four up on last year, bettered 14.30, while in the triple jump 11 men beat the 14m barrier against only five last year. The events which have not been quoted were more or less static.

In the women's events the pattern is similar, although we are unable to make such detailed comparison having listed only the top five performances last year.

The following is the performance of the fifth placed woman last year with, in brackets, the fifth place for 1987 where available.

100:	11.86	(11.90)
200:	24.34	(24.33)
400:	55.01	(56.00)
800:	2.04.44	(2.05.19)
1500:	4.18.72	(4.19.66)
3000:	9.24.53	(9.19.00)
mar:	2.49.56	(2.54.05)
100H:	14.33	(15.00)
400H:	62.70	(64.00)
HJ:	1.75	(1.72)
LJ:	5.81	(5.77)
shot:	12.21	(12.41)
discus:	40.20	(42.52)
javelin:	44.96	(41.10)

Tom McKean, despite the disappointment of his world championship experience, finished sixth best in the world at 800m, the only Scottish male ranked in the top 10.

Jamie Henderson, who leads the 100 and 200 metre standings ahead of stable mate Elliot Bunney was awarded the title of junior athlete of the year by the British Athletics Writers Association following his two golds at the European junior championships. The 18-year-old Edinburgh student, was also placed seventh at 400 metres.

Brian Whittle, while not quite the force of '86, still was a convincing No 1 over one lap, and also featured in the two shorter sprints along with four reinstated professionals.

But there was a marked decline in overall quality. Take Henderson, Bunney, Wells and Whittle off the top of their respective events and the cream is very thin.

And at 1500 metres, Springburn's Adrian Callan is the only Scot over the past two seasons to have run inside 3-43, the metric equivalent of the four-minute mile. Injury kept Nat Muir quiet for most of the season, but he still managed to regain his customary



Shoulder to shoulder in a record-breaking run at Bislett... world ranked rivals Liz Lynch (left) and Yvonne Murray, but only Tom McKean joined them in the world top 10.

berth on top of the 5000 metres standings ahead of Peter Fleming.

The conviction that the proliferation of substantial road race prize money is doing nothing for 10,000 metres on the track was strengthened by the five names which disappeared from the list of runners who broke 30 minutes last term. And if you subscribe to the view that 10,000 metres track racing is part of the marathon man's apprenticeship, then you will note with interest that the marathon top echelon is not as deep as it was in '86.

Tom Hanlon moved to the brink of world class in the senior steeplechase with 8.27.60, and a mile in 4.00.1, and as British 110 metres hurdling took a leap forward



with the performances of Ridgeon and Jackson in Rome, Neil Fraser restored some domestic credibility with 14.11 sec. But the fact that a pole vaulter (Allan Leiper) high jumper (Tom Leighton), decathlete (Ben Thomson) are included in the top 10 speaks volumes about our quality in this event.

Geoff Parsons was still on a higher plane than any of his UK high jump rivals, and the only Scotsman with the status of British No. 1. But he too did not scale the heights of the previous summer. Congratulations though, to veteran Dave Barnetson on his seventh place with 2.01.

The long and triple jumps have staged something of a revival, particularly the latter where Craig Duncan reigned supreme. Frustratingly, his legal best of 16.08m was identical to '86, but at 16.32 was eight centimetres up on his wind assisted mark.

The best performances in the discus, where George Patience improved from

53.08 to 53.48, was the only one of the four throws to see an improvement over the 1986 rankings. Two casualties of Commonwealth Games year however, John Guthrie (javelin) and Mike Jemi-Alade (discus) retrieved what they lost on a season on the sidelines.

A look at the number of times which the various clubs feature on Duncan McKechnie's men's lists dramatically illustrates the gap between east and west.

Almost 33% of the competitors named come from the two capital clubs. Athletes from Edinburgh Southern, Edinburgh AC, Aberdeen and Pitreavie each appear more than 20 times. No other club has 20 listings, the closest being Shettleston, with 19. Old Gaytonians feature five times, all thanks to Hamish McInnes.

Little pockets of expertise emerge - seven throws appearances by the Kilmarnock trio of Alex McIntosh, David Gisbey and Fraser Murray; Falkirk Victoria's three steeplechasers, Inverness Harriers' three high jumpers; Dundee Hawkhill's three 3000 metres runners.

The middle distance/harrier tradition is nowhere better demonstrated than by national cross-country relay champions

'Nicola Emblem...

better than Fatima

Whitbread at the same age'

Cambuslang. Their club's name appears 10 times in all, but only in events ranging from 800 to 10,000 metres... no field events, no sprints.

Edinburgh AC on the other hand, remarkably for a club with a similar history, feature in all but three events across the card... but not in the mile, 3000 or 10,000 metres. And it can't be easy to get a contest for them in the long jump or pole vault... they have six athletes listed in each event.

Southern feature in every event, bar the decathlon, and only in the mile and marathon have they fewer than two athletes listed in each event. The widest spread of ability is at 800 metres where 17 clubs have a man in the top 20.

Mary Anderson, perhaps not surprisingly for a multi events expert, features prominently throughout the women's lists, appearing in the top 10 in no less than five individual events in addition to topping the heptathlon with 5155 points.

Despite abandoning the shot putt as her speciality, the Edinburgh AC woman still managed to head the event, by nearly a metre over Pitreavie's Ashley Morris. The same strength was evident in Mary's 400 metres running where 53.68 sec was fast enough to secure the No. 1 spot.

She also ranked third in the javelin (49.08m), eighth in the discus (40.44), and tenth in the 800m (2.10.28).

For quality however her capital clubmate Yvonne Murray, and Dundee Hawkhill's Liz McColgan share the honours. Miss Murray, top at both 800 and 1500 metres, came very close to two landmarks - the first Scottish sub-two minute 800m and the first sub-four minute 1500m by a UK-born athlete. But ironically, in a year which saw her take the European indoor crown at 3000 metres, she was upstaged in the rankings list for that

event by her Tayside rival.

Mrs McColgan clocked 8.39.85, more than two seconds faster than the Musselburgh woman, and her time of 31.19.2, when she finished fifth at the World Championships in Rome, as well as topping the national standings was a Commonwealth record and fifth fastest in the world for the year. She was ranked No. 1 in the world at 5000m (not raced sufficiently often to feature in Ian Steedman's lists), fifth at 3000m, and 11th at 1500m. Miss Murray placed tenth in the world at 1500 and eighth fastest over 3000m.

In the sprints Janice Neilson improved her 100 metres time with a legal 11.54 sec, beginning to threaten Sandra Whittaker's national best of 11.50. Whittaker, despite a track season only six weeks long, curtailed through hamstring injury at the Europa Cup final, still came out top over 200m with 23.57 sec.

It is both a commentary on the Scottish climate and the opposition that the next best legal time by a Scot was the 24.29 sec by Kaye Scott of Edinburgh Woollen Mills.

But there is plenty of promise in the sprints... witness Kathleen Lithgow who clocked wind-assisted times of 12.02 and 24.33, reached the European junior semi-final (fifth at 200m), and achieved a rare victory for Scotland in the Schools international. Other youngsters with encouraging potential include two 17-year-olds, Aileen McGillivray (Monklands Shettleston) and Melanie Neef (McLaren Glasgow) daughter of the former Rangers goalkeeper Gerry.

Linsey Macdonald makes a welcome reappearance on the lists, third at 400m and fifth at her new event, the 800m. Dawn Kitchen also found the transition to two laps a difficult one, and after early season promise (2.08.68) did not test herself again in a quality race.

Also returning to action was Margaret Southerden, a finalist in the 1982 Commonwealth Games 400m hurdles, now a mother, and still good enough to top the list at the age of 31. But quality in both women's hurdles was thin, while in the high jump Jayne Barnetson fell short of her 1986 performance. Lorraine Campbell, in the long jump, was four centimetres further than her mark last year but 11 centimetres down to her '85 best of 6.31m.

Claire Cameron, No. 1 in the discus with 45.14m, was short of last year (46.34). Training is clearly not easy to fit in to the shift work of police duties.

But in Nicola Emblem Scotland has a young thrower who can go all the way. The 16-year-old Edinburgh AC girl improved by almost five metres this year to 50.82m. That is nearly 2½m ahead of the UK best which Fatima Whitbread threw at exactly the same age, 10 years ago.

Lorna Irving placed 11th in the New York marathon, second veteran behind outright winner Priscilla Welch, with a time of 2.38.35 which put her third in the Scottish rankings behind Glasgow winner Sheila Catford (second), but both were upstaged by Heather McDuff, sixth in Berlin with 2.36.22.

1987 Scottish men's

100m (automatic)

10.21	Jamie Henderson	(J)(ESH)
10.25	Elliot Bunney	(ESH)
10.28	Allan Wells	(ESH)
10.66w	Alan Trimby	(ESH)
10.90w	Alan Doris	(EU)(10.96)
10.92	Cameron Sharp	(Shett H.)
10.96	Neil Turnbull	(ESH)
10.98	Dave Clark	(ESH)
11.01	Steve Scott	(EAC)
11.04	Roy Heron	(Ayr S.)
11.08	Brian Whittle	(Hgy)
11.13	David Young	(EAC)
11.18	Stuart Robertson	(J)(Bhill Ym)
11.18	Malcolm Fairweather	(Sale)

100m (hand)

10.2w	Allan Wells	(ESH)
10.5	Elliot Bunney	(ESH)
10.7	Ken McKay	(Pit)
10.7	Neil Turnbull	(ESH)
10.7	Alan Doris	(EU)
10.7	Callum Orr	(LC/EAC)
10.7	Alan Trimby	(ESH)
10.7	Richard Levin	(Bella H)
10.7w	Steve Scott	(EAC)
10.8	Martin Johnston	(EAC)
10.8	Cameron Sharp	(Shett H)
10.8w	George McNeill	(Y)(EAC)
10.9	Jamie Henderson	(J)(ESH)
10.9	Craig Duncan	(ESH)
10.9	Stuart Robertson	(J)(Bhill Ym)
10.9	David Young	(EAC)
10.9	Malcolm Fairweather	(Sale)
10.9w	B. Cotnell	(Y)(CR)
10.9w	Alan Roberts	(Lass)(11.0)
11.0	Neil Murro	(J)(H/ESH)
11.0	Roy Heron	(Ayr S)
11.0	Murray King	(J)(Ab AAC)

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)
21.97	Cameron Sharp	(Shett H.)
22.05	Stuart Robertson	(J)(Bhill Ym)
22.07	Alan Trimby	(ESH)
22.07	Alan Doris	(EU)
22.17	Stephen Tucker	(Kirk Oly)
22.23	Roy Heron	(Ayr S)
22.24	Murray King	(J)(Ab AAC)
22.37	Richard Levin	(Bella H)
22.49	Roger Harkins	(Shett H)
22.59	Douglas Slater	(Law)

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 H)
21.6	Willie Fraser	(EAC)
21.6w	Alan Trimby	(ESH)(21.1)
21.7	David Young	(EAC)
21.7	Stephen Scott	(EAC)
21.7w	Mark Davidson	(J)(Ab AAC)
21.8	Mark McMahon	(ESH)
21.8	Malcolm Fairweather	(Sale)
21.8	Craig Duncan	(ESH)
21.8w	Alan Doris	(EU)
21.8w	Neil Fraser	(H/ESH)
22.0	Malcolm McPhail	(Ayr S)
22.0	Stuart Robertson	(J)(Bhill Ym)
22.0	Andrew Walker	(ESH)
22.1	Roy Heron	(Ayr S)
22.1	Douglas Slater	(Law)

400m

46.31	Brian Whittle	(Hgy)
47.0	Andrew Walker	(ESH)(47.13)
47.40	Gary Patterson	(ESH)
47.90	George Fraser	(Lough C)
48.17	Mark Davidson	(J)(Ab AAC)
48.2	Allan Murray	(J)(Kilm)
48.3	David Strang	(J)(Hgy)
48.3	David Young	(EAC)
48.6	Willie McDonald	(ESH)
48.95	Dave McCutcheon	(W & B)
49.38	Malcolm McPhail	(Ayr S)
49.5	Michael Daly	(Pit)
49.58	Tom Ritchie	(Pit)
49.6	Callum Orr	(LC/EAC)
49.6	David Mulhern	(Shett H)
49.7	Jamie Henderson	(J)(EAC)
49.8	G. M. McMillan	(Y)(Hutch GS)
49.81	Malcolm Fairweather	(Sale)
49.85	Brian Murray	(ESH)
50.1	Mei Fowler	(VP)

800m

1.44.45	Tom McKean	(Bells YMCA)
1.48.84	Alan Strang	(J)(Hgy)
1.49.62	Tom Ritchie	(Pit)
1.49.66	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)
1.51.90	Duncan Black	(Liverpool)
1.52.1	Brian Murray	(ESH)
1.52.2	Alan Smith	(EU/ESH)
1.52.78	George Gibson	(Kilb)
1.52.96	Ian Smith	(Hgy)
1.53.0	Hamish McInnes	(O. Gay)
1.53.1	Alex Bryce	(FVH)
1.53.30	Clark Murphy	(J)(Pit)
1.53.35	Ian Archibald	(EK)
1.53.57	Andrew Donachie	(EAC)

1500m

3.42.53	Adrian Callan	(Spr. H.)
3.45.6	John Robson	(ESH)
3.45.67	Hamish McInnes	(O. Gay)
3.45.74	Robert Fitzsimmons	(Bella H)
3.45.98	Alastair Currie	(N & EB)
3.46.3	Sam Wallace	(J)(Cambus)
3.47.00	Tom Hanlon	(ESH)
3.47.8	Stuart Paton	(Belg H)
3.48.04	Richard Archer	(St AU)
3.48.69	Peter Fleming	(Bella H)
3.49.94	Paul Forbes	(EAC)
3.50.4	Nigel Gemmell	(Ston)
3.51.07	John McKay	(Cbank)
3.51.37	Ian Johnstone	(FVH)
3.51.68	Brian Scally	(Shett H)
3.52.9	Glen Stewart	(Y)(Cbank)
3.53.21	Ross Arbuckle	(Keith)
3.53.38	Paul McCormack	(DHR)
3.53.42	D Graham	(LTC)
3.53.46	Jim Orr	(Cambus)

1 Mile

4.00.1	Tom Hanlon	(ESH)
4.01.1	Alastair Currie	(N & EB)
4.05.7	Hamish McInnes	(O. Gay)
4.08.2	Robert Cameron	(LC/N & EB)
4.08.8	Sam Wallace	(J)(Cambus)

3000m

7.58.6*	Tom Hanlon	(ESH)
8.02.62	Nat Muir	(Shett H)
8.11.0	Peter McColgan	(DHH)
8.11.1	Hamish McInnes	(O. Gay)
8.14.6	Gary Grindlay	(ESH)
8.16.1	Ross Arbuckle	(Keith)
8.17.8	Clark Murphy	(J)(Pit)
8.18.2	Adrian Callan	(Spr H)
8.20.33	Willie Nelson	(Law)
8.21.1	Stuart Paton	(Belg H)
8.21.1	Jim Orr	(Cambus)
8.23.6	Jim Harrold	(Norfolk O)
8.24.94	David Donnet	(J)(Spr H)

8.25.4	Neil Gemmell	(Ston)
8.26.6	Alastair Currie	(N & EB)
8.27.4	Hugh McKay	(Fife AC)
8.28.0	Graeme Small	(DHH)
8.28.16	George Mathison	(ESH)
8.29.3	Craig Ross	(DHH)
8.30.14	Ian Johnstone	(FVH)

* Converted from 2 mile time

5000m

13.36.8	Nat Muir	(Shett H)
13.51.20	Peter Fleming	(Bella H)
14.04.5	Allister Hutton	(ESH)
14.08.5	Gary Grindlay	(ESH)
14.15.0	Tom Murray	(GGH)
14.15.05	Callum Henderson	(ESH)
14.19.97	Terry Mitchell	(Fife AC)
14.20.05	Nigel Gemmell	(Southampton)
14.21.38	Scott Dry	(Bingley)
14.23.83	John Robson	(ESH)
14.24.85	Lindsay Robertson	(EAC)
14.25.07	Hamish McInnes	(O. Gay)
14.26.3	Chris Robinson	(RN/Sp V)
14.26.6	Bruce Chinnick	(Forres)
14.28.1	George Braidwood	(Bella H)
14.28.7	Alex Gilmour	(Cambus)
14.29.3	Archie Jenkins	(Morpeth)
14.30.9	Craig Hunter	(ESH)
14.31.2	Paul Dugdale	(DU)
14.31.27	Jim Orr	(Cambus)

10,000m

29.03.36	Peter Fleming	(Bella H)
29.03.85	Allister Hutton	(ESH)
29.28.23	Callum Henderson	(ESH)
29.38.40	Tom Murray	(GGH)
29.44.11	Andrew Beattie	(Luton)
29.49.57	Callum Murray	(Cambus)
30.09.30	Craig Ross	(DHH)
30.18.85	Alastair Douglas	(GU/VP)
30.21.49	Paul Dugdale	(DU)
30.32.39	Craig Hunter	(ESH)
30.42.5	Archie Jenkins	(Morpeth)
30.54.58	Colin Ross	(Shett H)
30.56.0	Chris Armstrong	(Ab AAC)
30.58.4	Terry Mitchell	(Fife AC)
30.59.26	Charlie Thomson	(Cambus)
31.05.94	Willie Miller	(Caithness)
31.08.68	Frank Harper	(Pit)
31.12.9	Fraser Clyne	(Ab AAC)
31.16.77	Graham Cetty	(Bella H)
31.17.1	Jim Doig	(Ab AAC)

3000m Steeplechase

8.27.60	Tom Hanlon	(ESH)
8.57.58	Ian Steel	(ESH)
8.58.9	Richard Charleston	(W & B)
8.59.17	David Thomson	(Shaft)
8.59.33	George Mathison	(ESH)
8.59.84	Angus Henderson	(AU)
9.05.87	Gary Zeumer	(Ab AAC)
9.07.59	Robert Carey	(Annan)
9.13.9	David Dugrid	(Ab AAC)
9.14.70	Graeme Cross	(EK)
9.15.96	Tim Bedell	(ESH)
9.19.62	Jim Evans	(FVH)
9.17.7	John Pentecost	(FVH)
9.20.6	Colin Wallace	(Kilb)
9.22.79	Chris Armstrong	(Ab AAC)
9.22.99	Peter Faulds	(FVH)
9.28.18	Martin Ferguson	(EAC)
9.29.87	Jim Orr	(Cambus)
9.33.78	Alan Swann	(Shett H)
9.33.98	David Arnot	(J)(Pit)

110m H

14.11	Neil Fraser	(H/ESH)
14.45w	John Wallace	(N & EB)(14.55)
15.12	Dave McCutcheon	(W & B)(15.0)
15.79	Allan Leiper	(AFD)(15.6)
15.89	Colin Hogg	(EAC)(15.4w/15.6)
15.96w	Tom Leighton	(H/ESH)(15.8)
16.00	Henry Lowry	(ESH)
16.37	Fraser McGlynn	(Shett H)(15.9)
16.41	Ben Thomson	(EAC)(15.5)
16.44	Roy Buchanan	(Pit)
17.15	James Malcolm	(Loth)(17.0)
17.19	Tom Caldwell	(FVH)(16.4)
17.24	Duncan Mathieson	(J)(Ab AAC)
17.25	Alan Rankin	(ESH)

ranking lists 1987

110m H (Hand)

(When no automatic time available)

16.0	Callum Orr	(LC/EAC)
16.2	Cameron Glasgow	(St AU)
16.2	David Findlay	(Pit)
16.3	Stewart Dempster	(ESH)
16.3	Murray King	(J)(Ab AAC)
16.3	Mark Davidson	(J)(Ab AAC)
16.6	Andrew Bowrie	(ESH)
16.6	Duncan Mathieson	(J)(Ab AAC)
17.0	Bruce McLure	(DU/BH)
17.0	Stuart McMillan	(PSH)
17.3	Chris Day	(EU)
17.3	Gerald Clement	(V)(Loth)
17.5	Roger Milne	(Montrose)
17.5	Ian Cranston	(Fife AC)

400m H

51.91	Dave McCutcheon	(W & B)
52.4	Peter Campbell	(Stoke)
53.18	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	(H/ESH)
56.3	Ken Anderson	(Nith V)
56.6	John Scott	(EAC)
56.9	Murray King	(J)(Ab AAC)
57.49	Jim Learmouth	(EAC)
57.60	Roy Buchanan	(Pit)
57.74	Doug Hendry	(Fife AC)
58.0	Tom Caldwell	(FVH)
58.1	Henry Lowry	(ESH)
58.1	HM Fraser	(J)(Glenalmond)
58.2	SR Holmes	(J)(Merchiston)
58.4	Ian Cranston	(Fife AC)
58.4	Tom Harrison	(Shett H)

Marathon

2.12.32	John Graham	(Bfield H.)
2.13.30	Lindsay Robertson	(EAC)
2.17.43	Fraser Clyne	(Ab AAC)
2.18.44	John Duffy	(GWH)
2.19.04	Frank Harper	(Pit)
2.19.28	Andrew Beattie	(Luton)
2.19.33	James Doig	(Ab AAC)
2.19.35	Andy Daly	(Bella H)
2.19.40	Terry Mitchell	(Fife AC)
2.19.43	Hamilton Cox	(GGH)
2.20.28	David Watt	(Calder Glen)
2.21.37	Dave Clark	(V)(Verie)
2.21.48	John Boyes	(Bmouth)
2.21.52	Paul Kenney	(Inv)
2.22.01	Alastair Walker	(Tev)
2.22.13	Willie Robertson	(Bella H)
2.22.52	Allister Hutton	(ESH)
2.23.18	Alan Robson	(ESH)
2.24.20	Rob Hall	(Tev)
2.24.57	Peter Carton	(Shett)

High Jump

2.27	Geoff Parsons	(LAC)
2.10	Andrew Edgar	(RAF/ESH)
2.08	Ben Thomson	(EAC)
2.06	Paul Sudiskas	(J)(CR)
2.05	Ed Leighton	(H/ESH)
2.03	Graham McAslan	(EAC)
2.01	David Barnettson	(V)(H)
2.00	Callum Orr	(LC/EAC)
2.00	Duncan Mathieson	(J)(Ab AAC)
1.98	Craig Talbot	(Y)(Pit)
1.96	Stephen Ritchie	(Y)(Pit)
1.96	Tom Leighton	(H/ESH)
1.95	James Stoddart	(Y)(Bella H)
1.95	Peter Forsyth	(Stewarty)
1.95	Paul Masterton	(EAC)
1.95	Neil McLaughlin	(J)(Gher S)
1.94	Doug Hendry	(Fife AC)
1.90	Ian Cranston	(Fife AC)
1.90	Henry Lowry	(ESH)
1.90	Charles Brookman	(EU)
1.90	A. Scobie	(Irvine AC)
1.90	Miller Mathieson	(Ab AAC)

Pole Vault

4.75	Douglas Hamilton	(ESH)
4.70	Allan Leiper	(AFD)
4.63	Andrew Wake	(J)(Morpeth)
4.30	Brad McStravick	(Belg H)
4.20	Jim Johnston	(ESH)
4.10	Alex Collins	(EAC)
4.10	David McLeod	(Bella H)
4.00	Norman Williamson	(EAC)
4.00	Ian Black	(Y)(Edin Acad/ESH)
3.80	Alan Rankin	(ESH)
3.65	Ken Lyon	(Ab AAC)
3.60	Ben Thomson	(EAC)
3.60	Bob Masson	(V)(Ab AAC)
3.50	Grant Reid	(CR)
3.40	John Elliot	(J)(EAC)
3.40	Paul Pentland	(EAC)
3.31	D Hunter	(J)(Edin Acad.)
3.30	Stewart McMillan	(J)(Pit)
3.25	David Tkocz	(EAC)
3.20	Ed Daintith	(EU)
3.20	D. England	(J)(Glenalmond)
3.20	Graeme Lyle	(J)(CR)
3.20	A Jagger	(Unatt)

Long Jump

7.65w	Ken McKay	(Pit)(7.32)
7.46	John Scott	(EAC)
7.45	Craig Duncan	(ESH)
7.38w	Mei Fowler	(VP)(7.30)
7.29w	Rod McKay	(

Women's ranking lists

100m

11.54	Janis Neilson	(EWM)
11.8	Sandra Whittaker	(McLG)
11.83w	Kaye Scott	(EWM)
11.84w	Alison Thomson	(Pit)
11.9w	Aileen McGilivray	(MSL)
12.0	Morag Baxter	(MSL)
12.0	Andrea Jackson	(MSL)
12.02	Joan Booth	(CR)
12.02w	Kathleen Lithgow	(NV)
12.1	Wendy Thompson	(Pit)
12.1	Lorraine Campbell	(EWM)

200m

23.57	Sandra Whittaker	(McLG)
23.78w	Janis Neilson	(EWM)
24.28w	Alison Thomson	(Pit)
24.29	Kaye Scott	(EWM)
24.33w	Kathleen Lithgow	(NV)
24.6	Dawn Kitchen	(EWM)
24.66	Aileen McGilivray	(MSL)
24.88w	Alison Currie	(Stew)
25.0	Wendy Thompson	(Pit)
25.0w	Melanie Neef	(McLG)
25.0w	Gillian Coubrough	(Kilb)

400m

53.68	Mary Anderson	(EAC)
54.01	Dawn Kitchen	(EWM)
55.4	Linsey Macdonald	(Pit)
55.46	Gillian McArthur	(MSL)
56.0	Alison Hodgson	(EWM)
56.4	Janice Coubrough	(Kilb)
56.76	Wendy Steele	(EWM)
56.79	Patricia Clark	(EAC)
56.9	Anne Purvis	(EWM)
56.95	Jane Ridley	(McLG)

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	Linsey Macdonald	(Pit)
2.05.9	Liz McColgan	(DHH)
2.06.06	Karen Hutcheson	(BHM)
2.08.68	Dawn Kitchen	(EWM)
2.10.22	Grace Stonebanks	(L&L)
2.10.28	Mary Anderson	(EAC)

1500m

4.01.20	Yvonne Murray	(EAC)
4.01.38	Liz McColgan	(DHH)
4.11.27	Lynn MacDougall	(McLG)
4.13.07	Karen Hutcheson	(BHM)
4.19.66	Susan Bevan	(ESL)
4.20.0	Anne Purvis	(EWM)
4.24.25	Susan Crawford	(McLG)
4.24.88	Violet Blair	(EWM)
4.25.89	Karen McLeod	(EAC)
4.27.38	Elise Lyon	(WYC)

3000m

8.39.85	Liz McColgan	(DHH)
8.42.07	Yvonne Murray	(EAC)
9.03.46	Karen Hutcheson	(BHM)
9.17.87	Elspeth Turner	(McLG)
9.19.00	Andrea Paolillo	(MSL)
9.22.88	Susan Crawford	(McLG)
9.25.2	Lorna Irving	(EWM)
9.25.90	Karen McLeod	(EAC)
9.28.72	Christine Price	(DHH)
9.32.95	Sandra Brannery	(McLG)

10,000m

31.19.82	Liz Lynch	(DHH)
33.58.26	Andrea Paolillo	(MSL)
34.07.22	Sandra Brannery	(McLG)
37.22.90	Eileen Masson	(Kilb)



Mary Anderson... she made the top 10 in six events.

Marathon

2.37.31	Sheila Catford	(Leeds)
2.36.22	Heather McDuff	(EAC)
2.38.35	Lorna Irving	(EWM)
2.40.44	Sandra Brannery	(McLG)
2.45.03	Leslie Watson	(LO)
2.54.05	Celia Duncan	(Win)
2.54.27	Penny Rother	(EAC)
2.58.42	Jill Danskin	(LO)
3.09.00	Margaret Robertson	(DRR)
3.12.00	Muriel Muir	(DRR)

100m H

14.26	Catriona Boyle	(MSL)
14.35w	Claire Reid	(EWM)
14.52	Jocelyn Kirby	(NSP)
14.68	Carey Speirs	(McLG)

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)
5.73	Sarah Booth	(CR)
5.73	Alison Hodgson	(EWM)
5.62	Alyson McGregor	(MSL)
5.61w	Clair Harker	(MSL)
5.52	C. Marks	(MSL)

High Jump

1.85	Jayne Barnetson	(INV)
1.81	Caris Henderson	(EWM)
1.80	Rhona Pinkerton	(McLG)
1.75	Nicola Murray	(McLG)
1.72	Jaqui Gilchrist	(Pit)
1.68	Elizabeth Dempsey	(Colz)
1.68	Janice Ainslie	(EWM)
1.65	Fiona Hall	(VP)
1.63	Fiona Silver	(DHH)
1.61	Susan Johnston	(FAC)
1.61	Hazel Melvin	(Tyton)

Shot

14.41	Mary Anderson	(EAC)
13.59	Ashley Morris	(Pit)
12.82	Helen Cowe	(Ab)
12.44	Janmarie Thompson	(Sale)
12.41	Heather Yule	(NBV)
12.06	Audrey Sinclair	(MSL)
12.01	Jackie Barclay	(MSL)
11.49	Marlene Murphy	(McGL)
11.48	Alison Grey	(EAC)
11.47	Nicola Emblem	(EAC)

Discus

45.14	Claire Cameron	(McLG)
43.90	Alison Hammeton	(MSL)
42.84	Lesley Adams	(PSH)
42.80	Karen Neary	(EWM)
42.52	Ashley Morris	(Pit)
41.32	H. Powell	(Ab)
40.54	Helen Cowe	(Ab)
40.44	Mary Anderson	(EAC)
37.92	Susan Freebairn	(Colz)
37.02	Heather Yule	(NBV)

Javelin

50.62	Nicola Emblem	(EAC)
49.64	Shona Urquhart	(EWM)
49.08	Mary Anderson	(EAC)
46.58	Jackie Barclay	(MSL)
41.10	Kathy Pyne	(MSL)
40.76	Janell Currie	(MSL)
39.74	Karen Savill	(Lass)
38.70	Lyndsay Peddie	(Ab)
37.88	Diane Sutherland	(EWM)
36.80	N. Sutherland	(STAU)

Heptathlon

5185	Mary Anderson	(EAC)
4786	Sarah Booth	(CR)
4499	Nicola Emblem	(EAC)
4248	Isobel Donaldson	(Colz)

4 x 100m Relay

46.37	Edin Woollen Mill	
46.39	Scotland	
48.0	Monklands Shettleston	
48.2	Scottish Schools	
48.8	Scottish Universities	
49.1	McLaren Glasgow	
49.6	Pitreavie	

4 x 400m Relay

3.41.08	Scotland	
3.41.85	Edin Woollen Mill	
3.54.1	Pitreavie	
3.55.0	Edin Athletic Club	
3.55.1	Monklands Shettleston	
3.56.2	Scottish Schools	

FOCUS ON

Stirling and Clackmannan



Graham Crawford

Once the "key to Scotland", the town of Stirling offers enormous inspiration to any sportsman or woman who knows the most basic history. The Castle and Wallace Monument loom large from a radius of many miles as reminders of two of the country's greatest men, William Wallace and Robert the Bruce, whose legends have been heightened by the way they overcame ridiculous odds and adversity.

But that's the past, and today man's battles are best fought on the playing fields. Which gives rise to another, and probably not original, thought: has competitive sport grown as a direct replacement for hand to hand combat?

Stirling District Council, and others in the area with power and purse, could certainly not be accused of being slow to recognise the increasing importance of sport and leisure and recreation in our lives today.

Compare Stirling with its French twin town of Villeneuve d'Ascq, which boasts numerous major sports centres, a velodrome and



Annfield Stadium... no problems with mud or flooding at the all-weather facility.

three all-weather running tracks, and you are talking heavy embarrassment. But you can do anything if you have money and local authorities in this country have had to learn to get by with less and less.

In Stirling, the Labour controlled district council has shown energy, imagination and initiative, and its members have been innovative to compensate for not having bottomless coffers. A few years ago, they bought over the Annfield ground from struggling Stirling Albion; bailed out the club and opened a whole new world of

possibilities to the council.

That investment has come to fruition with Stirling Albion now boasting the first all-weather pitch in Scottish senior football, and sharing with the community a ground that lends itself to just about anything from bowls to American football. The council's input was £800,000 on total cost of £1 million, and that includes a new set of changing rooms. There's also room for future development.

"In terms of outdoor leisure, it puts Stirling at the top of the league in Scotland," says Jack McConnell, the young and

Scotland's local authorities seldom receive any recognition for the leisure and sports facilities they provide. In the first of a series, Graham Crawford examines what's happening in Stirling and Clackmannan.

enthusiastic chairman of the leisure and recreation committee.

"There is not a facility of this size with the same level of opportunity for the community anywhere else in Scotland."

Albion have use of the ground between noon and 6 pm on a Saturday, and also Tuesday and Thursday evenings. The rest of the time, seven days a week from 9 am to 10 pm, the facilities are available to the public - and at extremely reasonable charges. It's £22 for the full pitch (at £1 a player) for 90 minutes, and an additional £8 for floodlights. There's a reducing scale for parts of the pitch.

Almost simultaneously, the council has revamped the dated Provost's swimming pool into the Rainbow Slides Leisure Centre. An investment of £750,000 has been led by three

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FOCUS ON Stirling and Clackmannan

flumes, which are the only ones in Scotland with special effects. "Unequalled in safety and atmosphere," says a proud Jack McConnell, who reveals plans for creche and swim sessions and a new modern steam room and sauna by Christmas. The existing conditioning gym will also be modernised.

"With limited funds, we've realised its best to build on what's already there. Large sports centres are a huge financial undertaking nowadays, and we also have numerous small communities throughout the district to consider."

He says the council is also trying to make inroads on existing private clubs by opening them up to the public. "It's the way ahead. We have just got into a private tennis club in Dunblane by investing £100,000 for four all-weather courts. Of all the recent developments, that's the one I'm most chuffed about," McConnell says.

Stirling District Sports Council, formed over ten years ago and regarded in Scotland as a forerunner and leader, is involved in development programmes (mainly for

youngsters), and the support and staging of events.

"We are trying to cater for everybody from the casual participant to the high level performer," says sports officer, Brian Woodcock.

A recent undertaking by the council is a football coaching scheme at Annfield involving 130 youngsters and 10 coaches. "The SFA is very excited about it and see it as a model to improve coaching throughout Scotland," claims Woodcock.

Central Regional Council has not been left at the starting post either. It, too, has been a leader with its sports development scheme, which has grown rapidly since its beginnings in 1976 as an MSC funded project.



Jack McConnell, Stirling's leisure and recreation chairman, on the run.

ANNFIELD STADIUM

WELCOME to Annfield Leisure Stadium, Stirling District Council's new £1 million outdoor recreational facility.

Community groups are invited to try out new sporting activities and have a go at jogging, keep fit, bowls, football, short tennis, hockey and more. The new synthetic pitch is perfect for a wide range of activities and is ready for use right now.

As well as community events, Annfield Leisure Stadium is the ideal venue for major outdoor exhibitions, shows and spectacles - rates negotiable.

Soon a new 700 seater stand and a host of other improvements will make Annfield Leisure Stadium one of the premier sporting complexes in Scotland, and its open to everyone.

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STIRLING NEWS

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At Stirling University they not only have the most beautiful campus in Britain to boast about, they can also claim to being top of the class when it comes to opening sporting facilities to the public. A university survey revealed that non-students made up more than 60 percent of the 350,000 users in one year.

"I think its neck and neck between us and Lancaster University when it comes to opening facilities to the public," says director of P.E., Dr Ian Thomson. "We have groups in morning, noon and night, seven days a week, all the year round."

Stirling University does more than just simply open its doors. Staff, for example, do the teaching when Central Region schools use the swimming pool Mondays to Fridays for 40 weeks. They also supervised 800 children who this summer learned to canoe on the university loch.

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FOCUS ON

Stirling and Clackmannan



In the past, Clackmannan district has sometimes been seen as a kind of adjunct to its Stirling neighbour, but there is a new determination about the Wee County which, it believes, will more than compensate for its smallness.

The council's response to the 1982 Local Government (Scotland) Planning Act came last winter when a leisure services department was established in Alloa. "Our strategy was twofold," says councillor Dave Clark, chairman of the environmental and leisure services committee - "to provide leisure services in Clackmannan, and an infrastructure for tourism and job creation".

Allan Jones was given the job of heading the new department, and tackled the job energetically. "There was a legacy of patronage by the local industrial 'aristocracy' (Patons), but some of the buildings had fallen into disrepair", says Jones.

"The council had taken an important step by commissioning a new leisure centre from the private sector although, by securing a major shareholding, it has retained its influence over pricing policy. "Our capital programme this year has paid for the construction of purpose-built sport and leisure facilities throughout the county, and I'm

particularly happy with the conversion of the old Alloa baths into a pitted gymnastic facility," he said.

Alloa Gym Club is the oldest in Scotland, and continues to attract talent such as young Steven Frew (see Scotland's Runner, November issue).

Jones is full of praise for his new department and Clackmannan District Council which, he says, has given him "100% support". Unfortunately, he won't be there to see his plans through, as he is soon to take up a similar challenge with Inverness District Council, but, with a re-furbished Alloa Town Hall and a number of new tourist initiatives, Clackmannan looks set to make its mark.

The district, via its sports council, also stages a successful half marathon with sponsorship from the Alloa Advertiser and the only clouds on the horizon are those which threaten all local authorities - the proposed community charge which, says Councillor Clark, will affect people's spending power, and the impact of further privatisation of leisure services.

"The market has done Clackmannan District Council no favours in the past," he says, ruefully. "If we left things to market forces there would only be pubs. We in the district council must supply the imagination and drive which is lacking in the Scottish Office and indeed, the private sector."



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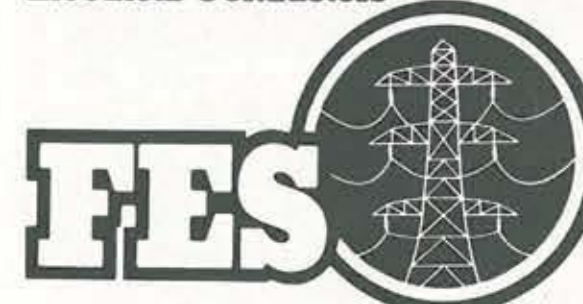
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yesterdays...

Alf Tupper always struck me as a distinctly 'forties phenomenon - the ex-squaddie whose personal hygiene might be a bit suspect but whose family were doubtless the salt of the earth and probably 'plucky Cockneys' such as were regularly featured on Pathe News bulletins. Comic illustrators of course, like the rest of us, have to get their ideas from somewhere, and I always felt that Alf's athletic 'angle' owed not a little to the career of Sydney Wooderson.

In an atmosphere of wartime austerity, Sydney's image was perfect: short back-and-sides, longshorts, no socks, prototype National Health glasses - the only omission was the knotted hanky on the head. What threw him into further relief was the fact that in the early stages of his career, his great rival was the dashing, blond New



Jim Wilkie

Zealander, Jack Lovelock.

Lovelock won their first mile encounter in the 1934 AAA Championships, but by the following year Wooderson had himself adopted the all-black gear, and defeated his adversary to win both then, and in the 1936 championships. Unfortunately, the Englishman damaged an ankle at the 1936 meeting and did not survive the Olympic 1500m heats, something which must have broken his heart as Lovelock went on to take the gold medal.

In August 1940, Wooderson should have been challenging again for an Olympic gold in Tokyo. Instead, as a member of the Auxiliary Fire Service, he was in London fighting the Blitz. The Olympics were cancelled and so were those of 1944, thus denying the little man the ultimate glory he would surely have attained.

Wooderson, however, ran 1m 49.2 secs for an 800m world record in 1938, and competed whenever he could during wartime - at inter-service matches, AAA versus Oxford and Cambridge, the Glasgow Rangers meetings - regularly running inside 4½ minutes for the mile. In July 1944, after winning the 'Stalin Mile' in Manchester (prizes including a free holiday in Siberia?), he developed rheumatic fever and spent four months in hospital and another two convalescing.

He was advised by doctors to give up all ideas of running again but, like any Boys' Own hero would, he ignored the experts and was soon competing before a massive crowd of 52,000 (including the young Roger Bannister upon whom he apparently made a great impression) at the White City. Although beaten on this occasion by Arne Andersson, a top-ranking Swede, such events enabled him to improve his times - something which was difficult during wartime - and that same year (1945) in Gothenburg, he ran an excellent 4-4.2.

Sydney Wooderson embodied all that was best in wartime Britain.

Such top-flight competition was, of course, just what British athletics needed in the post-war years, and Wooderson himself began to enjoy something of an Indian summer. In 1946 he won the AAA Three Miles and later that year gave an outstanding performance in the 5000 metres at the European Championships in Oslo. His winning time of 14-8.6 was the



Sydney Wooderson... image of war-time austerity.

second fastest recorded up to then, and although he 'retired' to club running the following year, he still managed to win the national cross-country championship in 1948, running for Blackheath Harriers.

Sydney Wooderson embodied all that was best in wartime Britain, and was arguably the progenitor of outstanding English middle-distance running. I expect he was also partial to the occasional poke of fish 'n' chips.

Footnote: Alf Tupper began life in the 'Rover' in the late 1940's, then moved to the 'Victor' in the early 1960's. Copyright D.C. Thompson.

winner

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Results

September

27

Polaroid 10,000 metres Road Race, Alexandria -
 1. J. Hanratty (Clydesdale) 32-25; 2. R. McCulloch (Bella) 32-37; 3. M. Gormley (Milton) 32-49; 4. L. M. Wyse; 5. J. McColl (both McLaren GAC); 6. K. Farr (Unan).
Team 1 Dumbarton AAC Open Team Men 1, Strathkelvin Bonded Warehouse, Ladies 1, Vale of Leven Hospital.
2 miles Fun Run 1, R. Finahan (V of Leven).

Bank of Scotland Scottish Women Athletic League Qualifying Match, Grangemouth -
 1. Black Isle AC 338pts; 2. Arbroath & Dist AC 254pts; 3. Hellenburgh AC 245pts; 4. Kirk Oly AC 244pts; 5. Lochgelly & Dist AC 234pts; 6. E. Kilbride AC 115pts.

October

3

Victoria Park AAC McAndrew Trophy 4 x 3½ mile Road Relay Race, Scotstoun -
 1. Spango Valley AC (E. McKee 15-33; L. Spruce 15-57; C. Robison 15-19; P. Conaghan 15-42) 62-31; 2. Teviotdale H (63-55); 3. Bellahouston H (63-05); **Fastest 1, N. Muir (Shett) 15-02; 2, A. Douglas (Vic Park) 15-07; 3, A. Callan (Spring) 15-08; Veteran 1, B. Carty (Shett) 16-19.**

Lanarkshire AAA "Bobby Craigen" Memorial Trophy Young Athletes 9 stage Road Relay Race, Drumpellier Park, Coatbridge (3 Jun Boys; 3 Sen Boys; 3 Youths) -
 1. Pitreavie AAC (S. Meldrum 7-23; S. Hemmings 8-00; M. Kelso 7-22; S. Burch 7-03; A. Short 7-17; J. Hemmings 6-38; J. Moodie 12-56; R. Crook 13-20; I. Cummings 12-14) 1-22-13; 2. Clydebank AC (C. Young 7-16; A. Bruce 7-32; D. Fotheringham 7-34; D. Hill 6-59; M. Docherty 7-15; S. McCafferty 7-12; M. McBride 13-11; A. Russell 12-50; J. Divers 12-23) 1-27-14; 3. Victoria Park AAC (1-25-07; 4. Motherwell YMCA (1-26-04; 5. Cambuslang H 1-27-15; 6. Ayr Seaforth AC 1-27-57).
Fastest Laps: Junior Boys 1, C. Young (Cbank) 7-16; 2, M. Kelso (Pit) 7-22; 3, S. Meldrum (Pit) 7-23. Senior Boys 1, J. Hemmings (Pit) 6-38; 2, G. Reid (Kilm) 6-54; 3, D. McPherson (Combus) 6-36; Youths 1, I. Cummings (Pit) 12-14; 2, F. McGowan (Vic Park) 12-22; 3, J. Divers (Cbank) 12-23.

4

McVities Gold Challenge 28 x 1 mile Track Relay Race, Crownpoint -
 1. Cambuslang 1-58-26; 2. Bellahouston 2-02-19; 3. Kilbarchan 2-03-58; 4. Pitreavie 2-09-09; 5. Victoria Park 2-11-36; 6. Cambuslang "B" 2-13-14.
Fastest miles: 1, R. Fitzsimmons (Bella) 4-14; 2, C. Murphy (Pit) 4-16; 3, B. Scally (Shett) 4-17.

Alves to Forbes 6 mile Road Race -
 1. R. Arbuckle (Keith) 30-07; 2. C. Armstrong (Elgin) 30-21; 3. B. Chunnick (Forres) 30-24; 4. C. Youngson (Aber) 30-53; 5. C. McIntyre (Coasters) 31-07; 6. I. Matheson (Aber) 31-31; 7. R. McFaulkner (Aber) (12th) 32-24; 8. L. L. McLardy (Black Isle AC) 38-23; 9. H. Wiseley (Fraserburgh) 39-49; **Team 1, Aberdeen AAC; 2, Elgin AAC.**



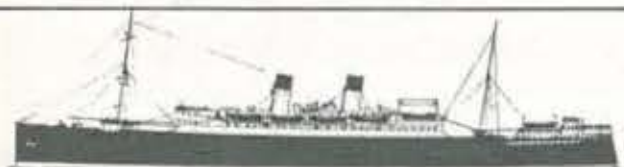
No, not Beechers Brook, but the water jump in the grounds of Galashiels Academy which caused plenty of problems for the runners in the SCCU National Relay Championships on October 21.

SWCCU and RRA Royal Mail Letters National Road Relay Championships, Victoria Park, Glasgow.

Seniors: 1, McLaren GAC (A. Sym 10-14; J. Walker 10-33; L. MacDougall 9-41) 30-28; 2, Pitreavie AAC (K. Robinson 10-15; V. Allison 11-11; S. McDowall 10-28) 31-54; 3, Irvine AC (S. Sinclair 10-04; H. Morton 11-32; V. Clumpton 10-24) 32-00; 4, Edinburgh AC 33-15; 5, Aberdeen AAC 33-36; 6, Victoria Park AAC 34-52. **Fastest 1, L. MacDougall 9-41; 2, P. Rother (EAC) 9-57; 3, S. Sinclair 10-04. Young Senior 1, V. Clumpton 10-24; 2, E. Sheehan (Aber) 10-59; 3, C. Lunney (Kilb) 11-11; 4, S. Beilford (Kilb) 11-52.
Intermediate: 1, Kilbarchan AC (R. de Jager 8-57; I. Straw 9-30; A. McKeever 9-40) 26-07; 2, Strathkelvin Ladies AC (M. Gemmel 9-02; R. Robinson 9-23; W. Gorman 9-44) 28-09; 3, Irvine AC (K. Brennan 9-23; S. Hamblin 9-12; S. Loach 9-42) 28-24; 4, Victoria Park AAC 29-06; 5, Kilbarchan "B" 29-12; 6, Avonside AC 30-00. **Fastest 1, R. de Jager 8-57; 2, M. Gemmel 9-02; 3, A. M. Tolian (Kilb "B") 9-08.****

Juniors: 1, Irvine AC (S. McDonald 5-01; J. Roxburgh 5-20; N. Donaldson 5-13) 15-34; 2, Ayr Seaforth AC (S. Teller 5-10; S. Barrie 5-35; G. Slaven 5-01) 15-46; 3, Edinburgh Woolen Mill (D. McKernan 5-35; C. Philip 5-20; L. Thourire 5-02) 15-57; 4, Inverness H 16-03; 5, Pitreavie AAC 16-07; 6, Strathkelvin Ladies 16-08. **Fastest 1, S. McDonald and G. Slaven (Both 5-01); 3, L. Thourire 5-02.**

Girls: 1, Irvine AC (P. Raspison 5-21; T. Raspison 5-26; A. McManus 5-13) 16-00; 2, Victoria Park AAC (A. Potts 5-22; J. McVey 5-40; D. McNally 5-18) 16-20; 3, Strathkelvin Ladies AC (C. Britton 5-12; D. Paterson 5-39; L. Kerr 5-33) 16-26; 4, Colzium AC 16-40; 5, Avonside AC 16-48; 6, Pitreavie AAC 16-51. **Fastest 1, C. Britton 5-12; 2, A. McManus 5-13; 3, D. McNally 5-18.**



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Minors 1, Ayr Seaforth Ac (S Scott 4-31, C Carruthers 4-55, H Brooks 4-35) 13-59; 2, Airdrie H (A Keane 4-46, L McMullen 5-01, A Russell 4-29) 14-16; 3, Irvine Ac (J Geddes 4-38, C Findlay 4-45, S Brennan 4-58) 14-21; 4, Kirkcubrecht Olympians 14-35; 5, Colzium Ac 14-40; 6, Spango Valley Ac 24-45; **Fastest** 1, A Bonnar (Cen Region) 4-24; 2, A Russell 4-29; 3, S Scott 4-31.

10

Renfrewshire County Cross Country Relay Championships, Bellahouston Park

Senior 4 x 2 1/2 miles: 1, Bellahouston H (A Daly 12-39, A McAnus 12-25, A Thomson 13-20, W Robertson 12-28) 50-52; 2, IBM Spango Valley Ac (C Spence 12-30, E McKee 12-55, S Conaghan 13-09, P Conaghan 12-27) 51-06; 3, Kilbarchan Ac (R Quinn 12-28, M McInley 13-04, T Anderson 13-11, T Hearle 12-29) 51-09; 4, Greenock Glenpark 51-55; 5, Bellahouston "B" 53-37; 6, Greenock Glenpark "B" 54-06; **Fastest** 1, R Quinn & A McAnus 12-25; 3, P Conaghan 12-27; VI, R Hodelet (OGH) 13-36.

Youths: 1, Greenock Glenpark H (D Shaw 12-28, D Shaw 12-47, M McKendrick 10-56) 38-11; 2, Kilbarchan Ac 38-37; 3, Bellahouston H 40-06; **Fastest** 1, M McKendrick 10-56; 2, J Timmons (Kilb) 11-37; 3, D Houston (Bella) 12-19.

Senior Boys: 1, Bellahouston H (D McFadden 12-08, M Middleton 12-37, 2, Rooney 11-58) 36-43; 2, Greenock Glenpark H 37-49; 3, Kilbarchan Ac 38-25; **Fastest** 1, J McFadyen (OGH) 11-29.

Junior Boys: 1, Kilbarchan Ac (T Gillfillan 13-29, F Campbell 11-07, D Hayer 14-07) 38-43; 2, Kilbarchan "B" 39-05; 3, Spango Valley Ac 41-32; **Fastest** 1, D Kerr (Spango Valley Ac) 12-18.

Dumbartonshire County Cross Country Relay Championships, Dumbarton

Senior 4 x 2 1/2 miles: 1, Clydesdale H (D Halpin 13-55, J Austin 13-55, M McDonald 14-30, P Dolan 14-11) 56-31; 2, Glasgow Uni (A Donachie 14-29, T Gillespie 14-55, R

Weich 14-17, G McCann 13-56) 57-37; 3, Clydesdale "B" (P Doran 14-08, S Potts 14-22, C McIntosh 14-44, J Hanratty 14-39) 57-52; 4, Dumbarton AAC 58-04; 5, Westerlands CCC 58-39; 6, Maryhill H 59-38; **Fastest** 1, P O'Kane (West) 13-47; 2, D Halpin and J Austin 13-55; VI, A Adams (Dumb) 14-03; **Junior** G McCann 13-56; **Youths:** 1, Victoria Park AAC (R Blair 9-39, F McGowan 9-14, S Barnett 9-37) 26-30; 2, Clydebank Ac 29-16; 3, Kirkcubrecht Olymp 30-41; **Fastest** 1, F McGowan 9-14; 2, A Russell (Clybank) 9-30; 3, S Barnett 9-37.

Senior Boys: 1, Clydebank Ac (D Hill 7-13, G Waeman 7-34, A Thain 7-14) 22-01; 2, Victoria Park AAC 22-23; 3, Clydesdale H 22-51; **Fastest** 1, D Hill 7-13; 2, A Thain 7-14; 3, D McAuland (Clyd) 7-16.

Junior Boys: 1, Clydebank Ac (C Young 6-01, D Forthingham 7-48, A Bruce 6-19) 24-08; 2, Kirkcubrecht Olymp 25-34; 3, Clydesdale H 26-11; **Fastest** 1, D Forthingham 7-48; 2, C Young 6-01; 3, M Smith (Clybank "B") 6-16.

Ayrshire County Cross Country Relay Championships, Cumnock

Senior 4 x 2 1/2 miles: 1, Ayr Seaforth Ac (R Hill 12-26, J Caird 11-53, S Kennedy 12-00, O Wright 11-54) 48-13; 2, Irvine Ac 48-39; 3, Kilmarnock H 48-43; **Fastest** 1, J Thompson (Irvine) 11-47.

Youths: 1, Kilmarnock H (M Porter 8-49, H Cameron 9-01, B Scott 8-52) 26-42; 2, Irvine Ac 26-46; 3, Ayr Seaforth Ac 28-16; **Fastest** 1, C Catena (Irvine) 8-43.

Senior Boys: 1, Kilmarnock H (O Reid 8-44, C McKenna 9-27, P McIntyre 9-43) 27-54; 2, Ayr Seaforth Ac 28-21; 3, Irvine Ac 28-32; **Fastest** 1, G Reid 8-44.

Junior Boys: 1, Ayr Seaforth Ac (R Dupuy 10-27, K Walton 10-29, J Ferguson 10-05) 31-01; 2, Kilmarnock H 1-21; 3, Troon Torridons 32-58; **Fastest** 1, Ferguson 10-05.

Colts: 1, Irvine Ac (A McDonald 6-20, A McDougall 6-18, N McGowan 5-21) 18-51; 2, Ayr Seaforth Ac 19-22; 3, Irvine "B" 19-51; **Fastest** 1, H Kerr (Ayr Sea) 6-13.

Ladies: 1, Irvine Ac (L McGarry 15-25, G McKinney 15-41, H Morton 15-33) 46-39; 2,

Ayr Seaforth Ac 47-33; 3, Irvine "B" 54-00; **Fastest** 1, L McGarry 15-25.

Intermediates: 1, Irvine Ac 34-02; **Fastest** 1, S Hamblin (Irvine) 11-00.

Juniors: 1, Irvine Ac (S McDonald 10-05, J Rockaboo 10-22, W Donaldson 11-15) 31-42; 2, Ayr Seaforth Ac 32-02; 3, Loudon Runners 34-34; **Fastest** 1, S McDonald 10-05.

Girls: 1, Irvine Ac (P Rapsion 10-43, T Rapsion 11-20, A McManus 11-23) 33-15; 2, Ayr Seaforth Ac 34-23; 3, Kilmarnock H 35-16; **Fastest** 1, P Rapsion 10-43.

Minors: 1, Ayr Seaforth Ac (S Scott 6-24, C Carruthers 7-06, H Brooks 6-21); 2, Irvine Ac 20-25; 3, Cumnock Ac 20-52; **Fastest** 1, H Brooks 6-21.

Lanarkshire County Cross Country Relay Championships, Drumpellier Park, Coatbridge

Senior 4 x 2 1/2 miles: Races declared void due to runners going off badly stewarded trial.

Youths: 1, Motherwell YMCA (D Poulton 15-33, B Swan 15-22, F Togneri 14-20) 45-15; 2, Cambuslang 44-51; 3, Hamilton H 47-30; **Fastest** 1, F Togneri 14-20.

Senior Boys: 1, Bellshill YMCA (A Cameron 10-18, M McLintock 10-24, G Hart 10-13) 30-55; 2, Cambuslang H 31-04; 3, Motherwell YMCA 32-26; **Fastest** 1, A Smith (E Kilb) 10-08.

Junior Boys: 1, Motherwell YMCA (R Houston 11-38, A McNay 11-48, J Douglas 11-44) 35-10; 2, Cambuslang H 35-38; **Fastest** 1, G Woods (Cambus) 11-31.

1st Eastern District Cross Country League, Alloa

Seniors: 1, D Cavers (Teviot) 28-23; 2, I Steel (ESH) 28-23; 3, T Reid (J) (Dundee HH) 28-41; 4, S Hale (Perth SH) 28-58; 5, I Hamer (Henri Watt Uni) 29-06; 6, R Hall (Teviot 29-12; **Team** 1, Teviotdale H 61pts; 2, Aberdeen AAC 122pts; 3, Edinburgh Ac 143pts.

Youths: 1, I White (FVH) 16-32; 2, J Moodie (Ph) 17-35; 3, S Rankin (FVH) 17-55; **Teams**

1, FVH 14pts; 2, Edinburgh Ac 28pts; 3, Aberdeen 29pts.

Senior Boys: 1, J Hemmings (Ph) 14-30; 2, J Burch (Ph) 14-35; 3, K Forthingham (HELP) 14-42; **Teams** 1, Pitreavie 16pts; 2, HELP 25pts; 3, Central Region 27pts.

Junior Boys: 1, M Kelso (Ph) 9-38; 2, A Moonie (Fife) 9-43; 3, A Tulloch (FVH) 9-59; **Teams** 1, Pitreavie 15pts; 2, ESH 56pts; 3, FVH 62pts.

Northern District Cross County League, Thurso

Seniors: 1, A Reid (Coasters) 36-15; 2, W Miller (Caith) 34-23; 3, B Chinnack (Forres) 36-53; **Team** 1, Caithness AAC.

Youths: 1, S Jarvie (Caithness HS) 13-14; 2, A Banks (Loch) 13-14; 3, G Ramsay (Black Isle) 13-14; **Ladies:** 1, M Green (Caith) 9-06; 2, J Rankin (Inver) 9-08; 3, M McBeath (Caith) 9-22; **Team** 1, Caithness AAC.

Juniors: 1, M McLeod (Caith) 13-12; 3, I Hamer (H W Univ) 13-14; 4, T Mitchell 13-16; 5, A Walker 13-20; 6, R Hall 13-21.

11 City of Dundee Half Marathon, Dundee (1400 finished)

1, C Ross (DHH) 68-26; 2, P Briscoe (DHH) 69-31; 3, J Evans (FVH) 70-10; VI, R Wood (DRR) 71-43; V2, W Adams (Shet Isles) 73-11; V3, C Love (DHH) 75-10; LI, L Irving (EWM) 77-24; L2, T Calder (Duns) 83-36; L3 V Fyall (DRR) 85-50.

Bonnybridge Heritage Trust 10,000 metres Road Race, Bonnybridge (340 ran)

1, T Thomson 32-57; 2, D Murray 33-50; 3, W Prottan 34-16; VI, M Howes 35-22; LI, L Hall 42-07; LV1, A Newbigging 43-57.

Fraserburgh FC Half Marathon, Fraserburgh (128 ran)

1, C Youngson (Aber) 69-40; 2, C McIntyre (Coastteta) 71-37; 3, S McMillan (Peterhead) & A Reid (Coasters) both 73-25; 5, G Cumming (Langside) 74-00; 6, C Noble (Fraserburgh) 74-34; VI, C Inkson (Aber) 78-32; LI, M Daisey (Fraserburgh) 83-21; LV1, H Wiseley (Fraserburgh) 90-35.

Scottish Veterans Half Marathon, Oranmore

1, P Cartwright (FVH) 75-42; 2, B McMonagle (Shet) 76-02; 3, W McCann (E Kilb) 81-18; 0:50 1, R Brown (Falkirk) 83-37; 2, A Reden (Edin) 87-34; 3, J Mahon (Cambus) 88-30; 0:60 1, G Maxwell (Maryhill) 1-37-37; 2, T Harrison (Maryhill) 1-40-13; 0:70 1, D Morrison (Shet) 1-38-09; LI, L McIntosh (Cen Region) 1-32-06; L2, M McCann (E Kilb) 1-35-01.

Victoria Park AAC Open Cross Country Meeting, Dalmuir Park

Senior Men: 1, A Douglas (Vic Park) 25-48 (record); 2, S Began (Spring) 26-38; 3, J Robertson (Cambus) 27-37; VI, A Russell (Law) 28-16; VI, G McLean (Kirk Oly) 31-14; **Teams** 1, Victoria Park 21pts; 2, Clydesdale H 25pts; 3, Dalry Thistle 35pts.

Ladies: 1, L Bain (Aberdeen) 20-42; 2, J McCol (McL GAC) 21-18; 3, E Cochrane (McL GAC) 21-21; YSL, V Clinton (Irvine) 21-41; VI, J Stevenson (FVH) 22-35; **Teams** 1, McLaren GAC 14pts; 2, Law & Dint Ac 43pts; 3, Edinburgh Ac 43pts.

17 SCCU Eastern District Cross Country Relay Championships, St Andrews

Senior 4 x 2 1/2 miles: 1, Edinburgh Southern H (G Mathieson 13-33, A Robson 13-43, I Steel 13-12, A Hutton 13-01) 53-29;

Results



The start of the young athletes race at Galashiels. All Galashiels photographs by Alastair Watson.

2, Teviotdale H (B Emmerson 13-22, D Cavers 13-34, R Hall 13-21, A Walker 13-20) 53-37; 3, Fife Ac (R Archer 14-08, N Martin 13-29, T Mitchell 13-16, H McKay 13-39) 54-32; 4, Edinburgh Ac 54-59; 5, Teviotdale H "B" 55-08; 6, Aberdeen AAC 55-23; **Fastest** 1, A Hutton 13-01; 2, I Steel 13-12; 3, I Hamer (H W Univ) 13-14; 4, T Mitchell 13-16; 5, A Walker 13-20; 6, R Hall 13-21.

Young Athletes 3 x 2 miles

1, Pitreavie AAC (M Kelso 11-29, J Hemmings 11-32, I Cumming 10-53) 33-54; 2, Pitreavie "B" (S Meldrum 11-44, S Burch 11-32, J Moodie 10-59) 34-15; 3, Fife Ac (A Moonie 11-42, G Barrie 12-19, P Hutton 11-48) 35-49; 4, Edinburgh Southern H 35-51; 5, Harmer AAC 36-25; 6, Aberdeen 36-35; **Fastest Junior Boys** 1, M Kelso 11-29; 2, A Moonie 11-42; 3, S Meldrum 11-44; **Senior Boys** 1, J Hemmings & S Burch both 11-32; 3, S Smyth (HELP) 11-44; **Youths** 1, I White (FVH) 10-47; 2, I Cumming 10-53; 3, J Moodie 10-58.

SCCU Northern District Cross Country Relay Championships, Forres

Senior 4 x 2 1/2 miles: 1, Lochaber AAC (I Smith 12-18, M Dixon 12-11, D Rodgers 12-42; 3, MacMillan 12-34) 49-45; 2, Caithness AAC (A Scollay 13-08, A McDonald 13-00, S Wright 12-26, W Miller 12-07) 50-41; 3, Elgin AAC (M Flynn 12-36, D Gunn 13-16, S Dalziel 12-57, M Wright 12-40) 51-29; 4, Inverness H 52-03; 5, Moray RR 52-05; 6, Forres H 53-15; **Fastest** 1, W Miller 12-07; 2, M Dixon 12-11; 3, I Smith 12-18; 4, S Wright 12-26; 5, S McMillan 12-34; 6, M Flynn 12-36.

Young Athletes 3 x 2 miles - 1, Inverness H "C" (A Macrae 12-16, D Hards 11-46, S Hendry 11-23) 35-25; 2, Inverness "B" (N Forbes 12-29, I Murray 11-36, G McDowall 11-41) 35-46; 3, Black Isle AAC (G Ramsay 12-26, B Fraser 11-30, R McLeod 12-14) 36-10; 4, Inverness "A" 36-20; 5, Inverness "E" 39-54; 6, Inverness "D" 40-22; **Fastest Junior Boys** 1, A Macrae 12-16; 2, G Ramsay 12-26; 3, N Forbes 12-29; **Senior Boys** 1, B Fraser 11-30; 2, I Murray 11-36; 3, D Sutherland 11-37; **Youths** 1, S Hendry 11-23; 2, S Jarvie (Inv A) 11-31; 3, D Bell (Inv D) 11-33.

Ladies Composite 1, Inverness H (L Henderson 9-11, R Davidson 8-53, S Campbell 6-11) 26-15; 2, Inverness "B" (E Bunyard 9-37, J Hosson 10-00, J Wilson 8-00) 26-58; 3, Black Isle AAC (T Johnston 9-42, A Ramsay 8-55, L McLardy 8-21) 26-58; 4, Forres H 27-16; 5, Caithness AAC 28-01; 6, Inverness "C" 29-15; **Fastest Girl** 1, L Henderson 9-11; 2, I Grant (East Suth) 9-26; 3, R Birnie (Forres) 9-35; **Juniors** 1, R Davidson 8-53; 2, A Ramsay 8-55; 3, A McLeod (Caith) 8-58; **Seniors** 1, J Wilson 8-00; 2, S Campbell 8-11; 3, A Boyd (Forres) 8-12.

Coasters Ac 10,000 metres Road Race, Buckie

1, C Hall (Aber) 30-54; 2, R Aitken (Coasters) 32-34; 3, G Milne (Peterhead) 32-43; VI, I McKenzie (Forres) 34-40; LI, M Main (Australia) (LV1) 36-40; L2, J Wilson (Inver) 36-47; L3, M Boyd (Forres) 38-13; **Teams Men** 1, Coasters 16pts; **Women** 1, Forres H; **Local Team** Buckie T.A.

Colzium Ac Women Cross Country Meeting, Drumpellier Park, Coatbridge

Senior: 1, M Wylie (McL GAC) 21-53; 2, C Thomson (McL GAC) 22-15; 3, P Hulen (L & L) 22-20; **Teams** 1, Victoria Park AAC 23pts; 2, Edinburgh Ac 38pts.

SCCU Western District Cross Country Relay Championships, Strathclyde Park

Senior 4 x 2 1/2 miles: 1, Cambuslang H (D Lang 14-09, A Gilmour 13-32, J Orr 14-01, E Stewart 13-41) 55-23; 2, Springburn H (S Began 13-50, G Crawford 13-53, A McIndoe 14-33, A Callan 13-16) 58-32; 3, Law & District Ac (H Forgie 14-41, B Nelson 13-44, D Frame 14-00) A Russell 13-11) 58-38; 4, Bellahouston H 58-16; 5, Greenock Glenpark H 56-23; 6, IBM Spango Valley Ac 56-36; **Fastest** 1, A Russell 13-11; 2, A Callan & A Douglas (Vic Park both 13-16; 4, T Murray (OGH) 13-19; 5, R Carey (Amman) 13-29; 6, W Robertson (Bella) 13-42.

Young Athletes 3 x 2 miles: 1, Clydebank Ac (D Forthingham 12-29, D Hill 12-05, G Stewart 11-15) 35-29; 2, Dumfries AAC (G McNeill 12-48, I Donowho 11-50, S White 11-15) 35-53; 3, Clydebank "B" (C Young 12-59, A Thain 11-32, A Russell 12-01) 36-32; 4, Motherwell YMCA 36-53; 5, Kilmarnock H 36-55; 6, Clydebank "D" 37-10; **Fastest Junior Boys:** 1, D Forthingham 12-29; 2, D Kerr (Spango V) 12-43; 3, G McNeill 12-48; **Senior Boys** 1, G Reid (Kilm) 11-25; 2, A Thain & J McFadyen (OGH) both 11-32; **Youths** 1, F McGowan (Vic Park) 10-58; 2, G Stewart 11-15; 3, S Barnett (Vic Park "B") 11-16.

18 Womens International 10,000 metres Road Race, Cardiff

1, S Brantley (Scott) 34-00; 2, P Fudge (Eng) 7; 5, S Sinclair (Scott) 11; C Price (Scott); **Teams** 1, England 12pts; 2, Scotland 19pts.

Lochaber Half Marathon, Fort William

1, E Nicholl (Army) 69-40; 2, M Dixon (Lochaber) 70-22; 3, J Pentecost (FVH) 70-49; 4, B Devoy (ESH) 71-03; 5, D Bow (Neirn) 74-59; 6, A Stevenson (Cen Region) 75-15; VI, R Kirton (Milburn) 76-56; V2, G Mitchell (Inver) 77-15; V3, F Benham (Arbroath) 83-31; LI, S Chuley (Forfar) (LV1) 1-42-02; L2, I Clarke (Arbroath) (LV2) 1-44-37; L3, A Lindsay (Aber) 1-51-04.

Coasters Ac 10,000 metres Road Race, Buckie

1, C Hall (Aber) 30-54; 2, R Aitken (Coasters) 32-34; 3, G Milne (Peterhead) 32-43; VI, I McKenzie (Forres) 34-40; LI, M Main (Australia) (LV1) 36-40; L2, J Wilson (Inver) 36-47; L3, M Boyd (Forres) 38-13; **Teams Men** 1, Coasters 16pts; **Women** 1, Forres H; **Local Team** Buckie T.A.

Colzium Ac Women Cross Country Meeting, Drumpellier Park, Coatbridge

Senior: 1, M Wylie (McL GAC) 21-53; 2, C Thomson (McL GAC) 22-15; 3, P Hulen (L & L) 22-20; **Teams** 1, Victoria Park AAC 23pts; 2, Edinburgh Ac 38pts.

Intermediates: 1, A Tatten (Airdrie) 17-11

2, J Ouy (McL GAC) 17-35; 3, J Calman (Kirk Oly) 17-40; **Teams** 1, McLaren GAC 19pts; 2, Edinburgh Ac 50pts; 3, Kirkcubrecht Olympians Ac 50pts; **Juniors:** 1, G Slaven (Ayr Sea) 13-50; 2, J Roxburgh (Irvine) 13-55; 3, A McCallum (McL GAC) 14-07; **Teams** 1, Ayr Seafroth Ac 39pts; 2, Monkland Shettleston 41pts; 3, Helensburgh Ac 50pts.

Girls: 1, J McDowall (Colzium) 14-24; 2, A Graham (Loudon) 14-29; 3, L Stewart (EWM) 14-30; **Teams** 1, Irvine Ac 26pts; 2, Pitreavie Ac 50pts; 3, Avonside Ac 55pts; **Minors:** 1, H Brooks (Ayr Sea) 6-39; 2, S Scott (Ayr Sea) 6-59; 3, J Brown (Harmer) 7-02; **Teams** 1, Ayr Seafroth Ac 16pts; 2, Airdrie H 43pts; 3, Avonside Ac 49pts.

Glasgow Herald 4 mile Fun Run "Round the Loch", Strathclyde Park

1, M Gemmell (Strth Ladies); 2, H McFarlane (Ayr Sea); 3, I Fraser (Ayr Sea); LV1, J Byng (7th) (Greenock); LV2, K Todd (9th) (London) LV3, S Belford (Kilb) (12th).

Adrian Callan... fastest time.

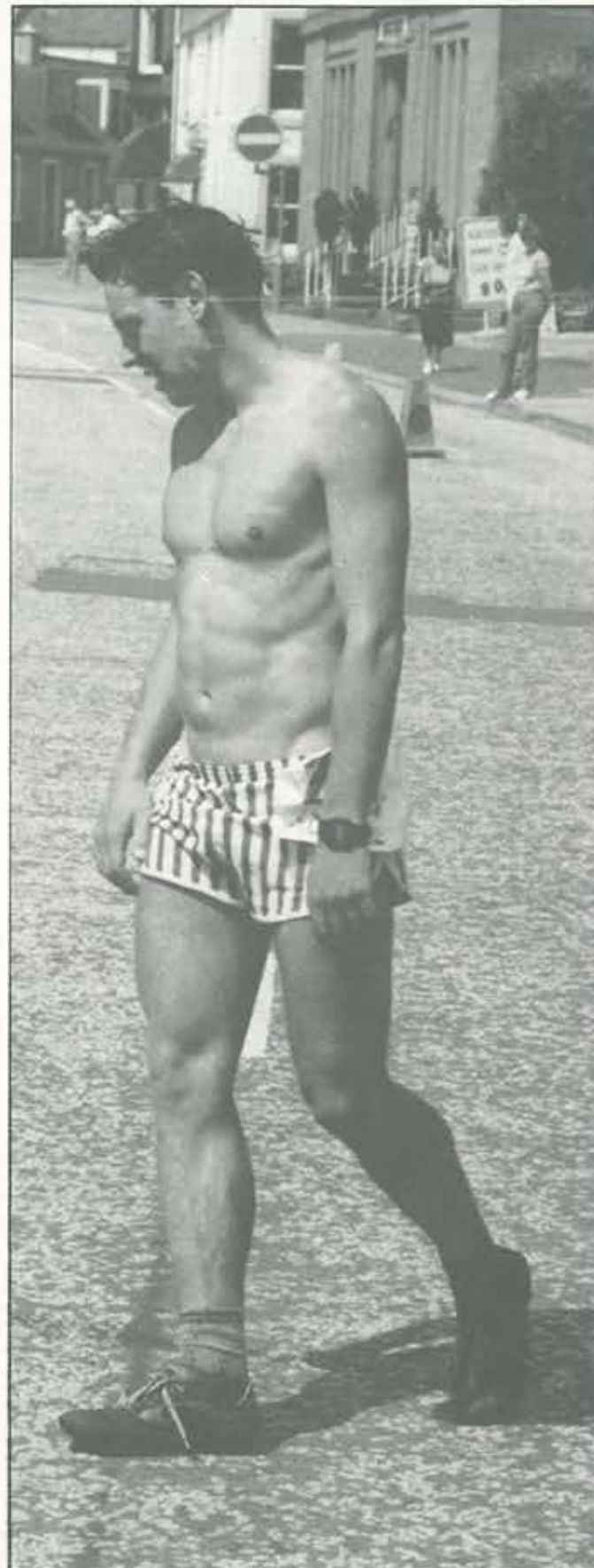
21 SCCU National Cross Country Relay Championships, Galashiels

Senior 4 x 2 1/2 miles: 1, Cambuslang H (J Orr 13-15, R Arbuckle 12-05, E Stewart 12-00, A Gilmour 12-00) 48-21; 2, Springburn H (S Began 12-02, G Crawford 12-22, D Donnat 12-30, A Callan 11-38) 48-33; 3, IBM Spango Valley Ac (C Spence 12-29, P Conaghan 12-01, C Robson 11-39, L Spence 12-42) 48-51; 4, Edinburgh Southern H (G Mathieson 12-29, C Hunter 12-30, I Steel 12-11, J Robson 11-47) 48-57; 5, Bellahouston H (A Coyne 12-33, A McAnus 11-58, R Fitzsimmons 12-21, W Robertson 12-19) 49-11; 6, Teviotdale H (B Emmerson 12-23, D Cavers 12-19, R Hall 12-25, A Walker 12-20) 49-27; 7, Law & District Ac 49-46; 8, Dundee Hawkhill H 49-58; 9, Cala H 50-06; 10, Greenock Glenpark H 50-18; **Fastest** 1, A Callan 11-38; 2, C Robson 11-39; 3, T Murray (GGH) 11-45; 4, J Robson 11-47; 5, P McColgan (DHH) 11-53; 6, A Russell (Law) 11-58; 7, A McAnus 12-58; 8, E Stewart 12-00; 9, A Gilmour & P Conaghan both 12-01.

Young Athletes 3 x 2 miles

1, Clydebank Ac (D Forthingham 11-19, A Thain 10-44, G Stewart 9-57) 32-00; 2, Pitreavie AAC "B" (S Meldrum 11-11, S Burch 10-58, J Moodie 10-32, 32-41); 3, Pitreavie "A" (M Kelso 11-46, J Hemmings 10-46, I Cumming 10-34) 33-08; 4, Falkirk Victoria H (A Tulloch 11-27, C Callaghan 11-46, I White 10-12) 33-59; 6, Clydebank "B" (A Bruce 11-59, D Hill 11-00, J Divers 11-02) 34-01; 7, Edinburgh Southern H 34-10; 8, Dumbarton AAC 34-19; 9, Motherwell YMCA 34-29; 10, Teviotdale H 34-35; **Fastest Junior Boys** 1, S Meldrum 11-11

Results



A TALE of two Scottish hill runners. Colin Donnelly looks suitably happy running down Moffat's High Street. He broke his own course record to win the Moffat Weavers Chase in a time of 2-36-06. The victory set the Eryrie Harrier up to regain his British Fell Running Championship from his great friend and rival, Jack Maitland, who dejectedly acknowledges his seventh place in the same event. See next page for report. Photographs by Brian Covell.

Results

On the hills



Christine Menhennet . . . runner up for the second year.

Final Positions

Men

1. A Curtis (Livingston)	116pts
2. G Kerr (Fife)	113pts
3. A Farningham (Aberdeen)	103pts
4. P Marshall (Haddington)	86pts
5. B Potts (Clydesdale)	80pts
6. J Maitland (Pudsey)	60pts
7. M Lindsay (Carnethy)	58pts
8. B Shields (Lochaber)	56pts
9. G Brooks (Lochaber)	55pts
10. D McGonigle (Dundee)	51pts

Women

1. C Whalley (Livingston)	28pts
2. C Menhennet (Bellahouston)	20pts
3. K Butler (Aberdeen)	16pts
4. A Curtis (Livingston)	15pts
5. A Salisbury (Stewartry)	6pts

Veterans

1. B Shields (Lochaber)	63pts
2. P Fettes (Lochaber)	56pts
3. I Jackson (Livingston)	48pts
4. J Shields (Clydesdale)	43pts
5. A McGillivray (Fife)	31pts

Andy Curtis regained the senior Scottish Hill Running Association title with determined and highly consistent performances in all nine selected races during the season. As the only contender to do nine for his best six to score, the handsome glass-cut trophy is well deserved, and a hard earned reward now won three times out of the last four years.

In what had been a two-horse race most of the summer, Gifford Kerr finally lost out, unable to run the last race, the Two Breweries in late September, because of a back injury and had to settle for second place.

Though in his first season on the Scottish hills, Gifford has now returned to England with great credit, many friends, and a Scottish international vest - "haste ye back".

Alan Farningham, the runner-up for the last two years, and now moved to the Borders, recovered his form and fitness during the season for third place, with another newcomer, Peter Marshall, a close fourth.

The holder, Dermot McGonigle, ran no short counting races and never mounted a serious defence, except at Dollar, to finish well beaten.

In the women's championship, holder Ann Curtis also had back injury problems and could not repeat the family double of 1985. Clubmate and orienteering international Christine Whalley scored good early season performances to surge ahead and win the title. Christine Menhennet tried hard to catch up, but had to settle for being runner-up the second year in a row.

Though headed until the last race, Bobby Shields, a tough experienced campaigner, retained the veteran title with five victories in the six possible. Peter Fettes nearly pulled off a surprise with a worthy second place. The Livingston club again provided a placer with Ian Jackson, third, making it a fine season for them on the hills.

Robin Morris



BACK in June . . . and Carnethy's Mike Lindsay accepts the Tiso Seven Hills of Edinburgh trophy from Stewart MacMillan, agent for Reebok in Scotland, at the top of Calton Hill. Although finishing seventh in the Scottish Hill Running Association Championship, Lindsay enjoyed a fine season on the hills. As well as his record 1-32-40 in the Edinburgh event, the Carnethy runner became only the third Scot in the last 20 years to win the Ben Nevis - the most prestigious hill race in Britain.

Donnelly wins the British

Back in 1979, Colin Donnelly, as a teenager, won the minimum of prestigious Ben Nevis race at his first attempt when a member of Cambuslang Harriers. The young student was tipped for immediate title success.

But though always in contention for honours, too often Colin went his own way, literally, into the hills on long expeditions and Munro lagging. He never enjoyed, or stuck to, the weekend schedules of racing.

Moving south and then to north Wales with the RAF three years ago along with the new love of this life, Welsh champion and Eryrie Harriers "clubmate" Angela Carson (Mrs Donnelly, September 1986) life is now more disciplined.

The 1987 British title has been gained from fellow Scot and former

Aberdeen University colleague, Jack Maitland, with the minimum of counting races, four out of six eligible (after the first two). Colin won both the local North Wales races Y Garn (short) and Moel Hebog (medium). Coupled with a record victory at the Moffat Weavers Chase (long) and a fourth place at the English classic Ennerdale (long), he won by nine points from Keswick's Rod Pilbeam.

Next season, the championship format changes again to six out of nine races. Maitland, after the disappointing defence of his title this year, is going to concentrate on triathlons. Time off from his RAF duties and loyalties with a possible new posting make a successful defence for Colin very uncertain also.

Results

The season-long tussle in the championship between Margaret Robertson and Kate Chapman was expected to be the highlight of the Falkirk District Council CIB Half Marathon at Grangemouth, but the anticipated clash which would have decided the veteran women's title was not held due to injury.

Kate Chapman, a narrow leader of last month's tables, was hit by sciatica in the leg and could not race - or even train on the roads. A determined search by the Paisley doctor for a swift cure was unsuccessful though every possible specialist in the Glasgow medical fraternity was tried. She kept her basic fitness by "running" in a swimming pool and her condition was kept a deep secret from her Dundee rival till she arrived at Grangemouth Stadium in her tracksuit only to decide at the last moment not to run.

Margaret Robertson went on to finish third lady overall in the race, and take maximum points in the veteran's classification with 291 points. Chapman finished runner up - a position she repeated in the open ladies classification behind Sandra Branney. The Glasgow athlete had a fast run of 73.41 to win by almost six minutes from Alison Jenkins (EWM) and showed she was in top form for her trip to compete in the women's international marathon in Tokyo later in the month.

SCOTLAND'S RUNNER

Road Race Championship

Compiled by:



Colin Shields

Chris Robison (IBM Spango Valley AC) lost the actual race by 65 seconds to Alastair Douglas (Victoria Park AAC) after a close tussle up to 10 mile point. There Douglas, who had a race free day on the Saturday due to medical duties while Robison had raced at Galashiels recording one of the fastest laps in the Scottish Cross Country Relay Championships, moved into a lead that stretched to over 300 yards by the end of a race which had over 2200 finishers.

Robison, who was stationed at the Royal Navy air station at Prestwick for over two years, is now back home in his home town of Derby but, having married a Greenock girl whose brother Terry Wilkie is also a member of the Spango Valley club, will return to Scotland for the big Scottish championship events.

The veteran men ran true to

form with Colin Martin finishing second behind his Dumbarton clubmate Allan Adams to total 275 points and finish well clear of Bill Adams (no relation) who finished runner up with some excellent late season performances. Considering that Bill travels from his home in the Shetland Isles to the mainland for each race he puts to shame some athletes who consider a trip with the Central Belt too far to travel for a race.

Allan Adams, with just five races completed due to a heavy marathon racing programme in the summer, took the maximum 60 points for his win in 70-10 in ninth position overall, but could only finish fifth the championship due to lack of races.

Now that the first championships season is over and the places decided in all four categories, it is time to

THE WINNERS

Men: Chris Robison

Runner-up: Frank Harper

Women: Sandra Branney

Runner-up: Kate Chapman

Veteran Men: Colin Martin

Runner-up: Bill Adams

Veteran Women:

Margaret Robertson

Runner-up: Kate Chapman

reconsider the format of the competition. It is up to you - the runners - to let me know your views on the success or otherwise of the championship.

Are nine country races (three long, three medium, and three short) too many - should it be six in total (ie two of each distance)? How many races should count for points? I feel that a pruning of events is necessary as some had too few runners in the lady veteran's category for a full 20 to count, and some events did not return detailed results for compiling the scores.

Let us have your views on the subject, constructive please, so that changes can be considered for the future. I have thoroughly enjoyed the compilers task, and especially meeting athletes at races and putting faces to names I have ranked throughout the summer.

Results

SCOTLAND'S RUNNER

Road Race Championship

Scotland's Runner would like to place on record our appreciation for the sterling efforts Colin Shields has made throughout the year to get the inaugural road race championship off the ground. The idea was his in the first instance, and without his labours the championship would never have taken place, far less been completed.

For those who don't know Colin, he holds a full time position with Strathclyde Regional Council and is also a busy athletics official. To undertake a task so arduous as organising the championship - on top of compiling our events and results - in his spare time speaks volumes for his energy and commitment to athletics.

There have been occasional criticisms about "mistakes" in the tables, with runners complaining that not all their scores had been tallied up. As Colin hints in his championship report, however, the blame for these "errors" lies with a small minority of race organisers who agreed before the championship started to provide detailed results within a reasonable time, but failed to produce the goods.

Although nothing has been formally agreed, it is probable that the championship will be granted full Scottish Championship status next year, with medals being struck by the governing bodies. For what it's worth, it is the editors' opinion that there are too many races in the championship and a more streamlined competition is desirable - but, to reiterate what Colin has said, we want YOUR suggestions and comments.



IBM Spango's Chris Robison clinches the men's championship by coming home second at Falkirk (top), behind race winner Alastair Douglas (Victoria Park), above. Top right is race and championship winner Sandra Branney, while this leading group on the right includes veteran champion Colin Martin (2041), and veteran winner at Falkirk, Allan Adams (2058).

Final 1987 Rankings

Men

1. C Robison (Spango V)(8)	221pts
2. F Harper (Pitreevie)(5)	135pts
3. A Douglas (Victoria Park)(6)	134pts
4. A Gilmour (Cambuslang)(5)	119pts
5. L Spence (Spango V)(5)	115pts
6. D Beamie (Dundee Hawkhill)(5)	114pts
7. J Duffy (Green Wellpark)(6)	112pts
8. D Watt (Calderglen)(5)	108pts
9. G Laing (Aberdeen)(5)	106pts
10. A Daly (Bellahouston)(5)	102pts
11. A Robson (ESH)(5)	96pts
12. S Axon (Aberdeen)(6)	96pts
13. C Martin (Dumbarton)(9)	94pts
14. E Wilkinson (Bellahouston)(6)	93pts
15. H Cox (Green Glenpark)(4)	84pts
16. T Murray (Green Glenpark)(3)	83pts
17. G Crawford (Springburn)(4)	83pts
18. D Fairweather (Cambuslang)(5)	82pts
19. T Mitchell (Fife)(3)	79pts
20. C Ross (Shettleston)(6)	79pts

Women

1. S Branney (McLaren GAC)(8)	263pts
2. K Chapman (Giffnock)(9)	206pts
3. M Robertson (Dundee RR)(9)	202pts
4. J Salvona (Livingston)(7)	163pts
5. M Muir (Dundee RR)(5)	116pts
6. V Fyall (Dundee RR)(5)	114pts
7. C Price (Dundee HH)(4)	108pts
8. R Gardner (McLaren GAC)(7)	106pts
9. M Dunlop (Kilmarnock)(5)	103pts
10. S Sinclair (Irvine)(4)	102pts
11. A Sym (McLaren GAC)(4)	99pts
12. H Oliver (Law & District)(7)	97pts
13. M Taggart (Pitreevie)(6)	95pts
14. J Robertson (Aberdeen)(5)	89pts
15. J Harvey (McLaren GAC)(4)	88pts
16. L Irving (EWM)(3)	83pts
17. S Cluley (Forfar)(6)	83pts
18. G Hanlon (Dundee RR)(5)	77pts
19. A Richards (Giffnock)(5)	77pts
20. S Belford (Kilbarchan)(6)	76pts

Veteran Men

1. C Martin (Dumbarton)(9)	275pts
2. W Adams (Shetland Isles)(9)	249pts
3. D Fairweather (Cambus)(9)	207pts
4. P Cartwright (Falkirk Vic)(9)	186pts
5. A Adams (Dumbarton)(5)	161pts
6. D Wyper (Bellahouston)(7)	140pts
7. D Crumpton (Linwood)(8)	138pts
8. B Carty (Shettleston)(5)	131pts
9. R Kirton (Milburn)(5)	116pts
10. R Wood (Dundee RR)(5)	115pts
11. T Ross (Fife)(5)	109pts
12. M Preece (Aberdeen)(5)	102pts
13. S McPherson (Shettleston)(7)	99pts
14. A Weatherhead (EAC)(3)	86pts
15. A Duncan (Pitreevie)(4)	86pts
16. A Stewart (EAC)(8)	81pts
17. B McFarquar (Aberdeen)(3)	79pts
18. J McMillan (Strath Police)(4)	79pts
19. S McCrae (Shettleston)(4)	69pts
20. J Prentice (Falkirk Vic)(4)	69pts

Veteran Women

1. M Robertson (Dundee RR)(9)	291pts
2. K Chapman (Giffnock)(9)	266pts
3. S Belford (Kilbarchan)(8)	173pts
4. A Richards (Giffnock)(8)	172pts
5. S Bauchop (Unat)(8)	136pts
6. J Byng (Greenock)(5)	130pts
7. E Buchanan (Haddington)(6)	129pts
8. S Cluley (Forfar)(5)	121pts
9. I Gibson (Dundee RR)(6)	120pts
10. C Slater (EAC)(4)	112pts
11. J Murray (Kilbarchan)(5)	112pts
12. A Newbigging (Bo'ness)(5)	109pts
13. J Eadie (Dundee RR)(5)	104pts
14. K Dodson (Law & District)(3)	93pts
15. L Irving (EWM)(3)	90pts
16. J Gallagher (Green Glen)(4)	76pts
17. A Lindsay (Aberdeen)(5)	71pts
18. M Sands (Giffnock)(5)	69pts
19. S Blair (Polmont)(3)	56pts
20. G Harrison (Unat)(1)	52pts

Results

October 25 (cont)

International Marathon, Nuremberg - 1, P Carlton (Glasgow) (Shett) 2:30:59; 2, R Herle (Bamberg) 2:31:03; 3, B Carty (Glasgow/Shett) 2:32:59 (V1).

Falkirk District Council Peoples C.I.B. Half Marathon, Grangemouth and Final of Scotland's Runner Road Race Championship -

1, A Douglas (Vic Park) 65:45; 2, C Robison (Spango V) 66:50; 3, D Beattie (DHH) 68:44; 4, J Evans (FVH) 69:11; 5, R Fleming (Cen Region) 69:14; 6, J Brown (Moth) 69:16; 7, E Wilkinson (Bella) 69:16; 8, W Wright (ESH) 69:19; 9, A Adams (V1) (Dumb) 70:10; 10, R Lippatt 70:14; 11, K Lyall (ESH) 70:35; 12, K Rankin (EAC) 70:35; 13, C Martin (V2) (Dumb) 71:00; 14, M Coyne (FVH) 71:20; 15, T Thomson (Cen Reg) 72:18; 16, M Gormley (FVH) 72:31; 17, R Bell (DHH) 72:32; 18, D Fairweather (V3) (Cambus) 72:36; 19, D Ross (ESH) 72:46; 20, D Lancaster 72:56; 21, W Adams (Shet Isles) (22) 73:16; 22, V Donnelly (Liv & Dist) (29) 74:15; 23, V6, A McArdle (FVH) (36) 74:55; 24, V50 1 W McBrinn (Shett) (63) 77:01; 25, V60 1, A McInnes (Vic Park) (412) 88:51; 26, S Brannan (McL GAC) (26) 73:41; 27, A Jenkins (EWM) (121) 79:33; 28, L3, M Robertson (Dundee RR) (LV1) (277) 85:08; 29, V Fyall (Dundee RR) (325) 86:25; 30, J Harvey (McL GAC) (372) 87:33; 31, M Dunlop (Kilm) (448) 89:25; 32, V2, J Byng (Greenock) (572) 92:05; 33, V5, M Storey (Forfar) (575) 92:10; 34, V6, C Slater (EAC) (647) 93:18; 35, Teams 1, Falkirk Victoria H 30pts; 2, Edinburgh Southern H 38pts; 3, Central Region Ac 41pts; 4, Cambuslang H 75pts; 5, Dundee RR 98pts; 6, Livingston & District 133pts; 7, Women's Teams; 1, Dundee Road Runners; 2, McLaren Glasgow Ac.

31

Allan Scally Memorial 4 x 5 mile Road Relay Race, Baillieston -

1, Edinburgh Southern H (G Grindlay 22:31; C Hunter 23:10; A Robson 23:15; J Robson 21:50) 90:46; 2, Teviotdale H (B Emmerson 22:37; D Cavers 23:19; R Hall 22:56; A Walker 22:43) 91:35; 3, Bellahouston H (A Coyne 23:04; A Daly 23:49; A McAnus 22:46; W Robertson 22:37) 92:16; 4, Cambuslang H (P McAvoy 23:40; C Thomson 23:05; E Stewart 22:46; J Orr 23:08) 92:39; 5, Springburn H (S Began 23:36; G Crawford 23:44; D Dennatt 23:18; A Callan 22:05) 92:43; 6, Fife Ac (H McKay 22:56; N Martin 23:48; T Mitchell 22:45; R Archer 23:34) 93:03; 10, Bellahouston "B" 96:47; Fastest 1, J Robson 21:50; 2, A Callan 22:05; 3, I Hamer (H W Univ) 22:21; 4, G Grindlay 22:31;

Scottish Universities Relay Championship

1, Edinburgh Univ (12th) (C McClean 23:51; H Nicolson 24:48; I Harkness 23:48; R Boyd 24:19) 96:46; 2, Glasgow Univ (15) (G McCann 24:03; R Welch 24:00; W McTaggart 24:32; A Donachie 25:07) 97:42; 3, Strathclyde Univ (25) (B Scally 23:57; A Elder 25:28; J Winterbourne 25:55; B Hawkins 25:23) 100:23; 4, Heriot Watt Univ 28th 101:03; 5, Stirling Univ 41st 102:39; 6, Glasgow "B" 42nd 103:13; Fastest 1, I Hamer 22:21; 2, B Scally 23:27; 3, I Harkness 23:48;

Greenock Glenpark H 5 1/2 miles Road Race, Inverkip to Greenock -

1, H Cox 26:36 (record); 2, A Puckrin 26:57; 3, P Russell 26:59; 4, R Johns 27:51; 5, R Hodelet (V1) 28:18; 6, R Cleary 28:19; 7, L S Curran 34:54 (record).

Black Isle Festival of Running, Fortrose - Marathon (Culbokie to Fortrose) - 1, R Bell (DHH) 2:35:18; 2, J Duffy (Shett) 2:36:07; 3, D Murray (FVH) 2:36:28; 4, D Ritchie (V1) (Forres) 2:42:31; 5, R Davidson (Dundee RR) 2:43:16; 6, N McGregor (Shett) 2:47:12; 7, L1, M Robertson (LV1) (Dundee RR) 3:08:48; Team 1, Shettleston H 15pts.

Half Marathon (Jemimaville to Fortrose) - 1, W Miller (Caith) 71:26; 2, C Martin (Inver) 73:25; 3, A Costigan (Kilb) 73:52; 4, R Gatesby (Coasters) 74:03; 5, D Bow (Nairn) 74:18; 6, A McDonald (Caith) 75:12; 7, E Gillespie (Cairn) 80:43; 8, L1, L McLardy (Black Isle) 83:43; 9, L2, L Glasgow (Giffnock) 90:50; 3, K Butler (Aber) 91:45; 10,000 metres (Gomarty to Fortrose) - 1, C Hall (Aber) 29:20; 2, B Chinnick (Forres) 29:37; 3, C Youngson (V1) (Aber) 30:02; 4, G Zeuner (Aber) 30:13; 5, G Fairley (Kilb) 30:40; 6, S Wright (Caith) 30:41; 7, I McKenzie (Forres) (9th) 33:24; Team 1, Aberdeen 8pts; L1, J Wilson (Inver) 35:50; L2, A Boyd (Forres) 37:14; L3, M McBeath (Caith) 40:10; LV1, C Wilco (Aber); Ladies Team 1, Forres H.

November

1

Aberdeen AAC Hydrasun Cross Country Meeting, Aberdeen (474 ran) -

Seniors: 1, C Armstrong 31:28; 2, R Cresswell 31:38; 3, M Turner 31:45; 4, I Matheson 32:13; 5, D Duguid 32:14 (all Aberdeen); 6, G Milne (Aber) 32:26; 7, Youngson (Aber) (4th) 31:50; 8, V2, R McFarquhar (Aber) (17) 33:48; 9, V3, W Adams (Shet Isles) (24) 34:44; 10, D Thom (Dundee Univ) 40:26; 11, M Davidson (Aber) 45:11; 12, D Mathieson (Aber) 54:08; **Teams 1,** Aberdeen A 6pts; 2, Aberdeen "B" 15pts; 3, Aberdeen "C" 31pts.

Youths: 1, P Robertson (DHH) 19:40; 2, R Sutherland (Aber) 19:43; 3, M Collins (Aber) 19:57; **Teams 1,** Aberdeen 5pts; 2, Inverness H 21pts; 3, Perth Strathay H 34pts.

Senior Boys: 1, I Murray (Inver) 15:28; 2, J Gowans (Tayside) 19:39; 3, M Simpson (Aber) 19:49; **Teams 1,** Inverness H 16pts; 2, Dundee Hawkhill H 27pts; 3, Aberdeen 41pts.

Junior Boys: 1, A Casey (QVS) 11:27; 2, A McCree (Inver) 11:32; 3, G Ramsay (Black Isle) 11:37; **Teams 1,** Inverness 18pts; 2, Black Isle AAC 26pts; 3, Queen Victoria School 28pts.

Colts: 1, D McDonald (PSH) 6:15; 2, S Bruce (Aber) 6:18; 3, G Sym (Banff) 6:23; **Teams 1,** Aberdeen 27pts; 2, Inverness H 33pts; 3, Black Isle AAC 39pts.

Senior Ladies: 1, L Bain (Aber) 18:56; 2, C Sheehan (Aber) 17:19; 3, J Fraser (Aber) 17:26.

Inters: 1, J Rankin (Inver) (5th) 17:55; 2, L Alm (PSH) (12th) 19:36; 3, H Wisely (Fraserburgh) (6th) 18:00; 4, V2, J Hogg (Abv) (11) 19:34; **Teams 1,** Aberdeen 6pts; 2, Aberdeen "B" 25pts; 3, Peterhead Ac 38pts.

Juniors: 1, E Ramsay (Black Isle) 12:08; 2, A Gallon (Aber) 12:31; 3, A Mintman (PSH) 12:41; **Teams 1,** Inverness H 15pts; 2, Black Isle AAC 17pts; 3, Dundee Hawkhill H 35pts.

Girls: 1, L Foreman (Peter) 12:40; 2, L Henderson (Inver) 12:45; 3, A Ashman (Aber) 12:51; **Teams 1,** Aberdeen AAC 12pts; 2, Black Isle AAC 26pts; 3, Aberdeen "B" 27pts.

Minors: 1, M Smith (Black Isle) 6:47; 2, C Clarkson (Aber) 6:55; 3, S Begshaw (Peter) 7:04; **Teams 1,** Aberdeen AAC 19pts; 2, Black Isle AAC 26pts; 3, Aberdeen "B" 38pts.



The new president of the Scottish Schools' Athletic Association as from November 13 is Sandy C Robertson, principal teacher at West Calder High School, writes Linda Trotter.

Born in Wishaw in 1943, and a Dux of Overton Primary School and Captain of Wishaw High School, Sandy brings unimpeachable credentials to the top post in schools' athletics. For five years he was Lanarkshire schools' sprint champion, running 23.3 for 200m w/15. At u/19 level, he was the Scottish Schools' 200m Hurdles champion, and won his international schools' vest in Cardiff in 1962.

At Jordanhill College, apart from his diploma in PE with merit in professional subjects, Sandy also gained a full blue for athletics, for which he was captain. Many senior athletics honours followed, including Scottish 400m hurdles champion and internationalist, and Scottish Decathlon Club champion in 1971.

Sandy's athletic talent was first spotted at Wishaw High by John Bonomy, who he says, "deserves all the credit for my early training and philosophy". Bobby Craigen encouraged him to join Motherwell YMCA Harriers, where he won Scottish titles at 100m, 200m, high, long and triple jump. The 400m hurdles expertise came from Bill Dickinson at Jordanhill and, latterly, John Anderson also undertook his coaching. As a top hurdler, Sandy especially



remembers competing against John Cooper, John Sherwood and Olympic champion David Hemery.

After retiring at 28, as reigning Scottish champion, Sandy turned his athletic talent to coaching, and in fact was national coach of Malawi from 1972 to 1975, where he was responsible to the Government for the development of all sports. At the Commonwealth Games in Christchurch, eight of his Malawi athletes set 26 national records!

A BAAB senior coach in hurdles, high and long jump, Sandy was appointed to assist the Scottish Commonwealth Games teams in 1970, 1982 and 1986, and, more importantly for schools' athletes, has team-managed the track and field international athletes for the past 10 years. His brilliant relay squad sessions, in particular, have resulted in many gold medals. He has been staff coach for long jump, and at present is, for the third time, staff coach for hurdles, taking this discipline at all SSAA coaching days.

When asked for his most memorable Scottish Schools' experience, the answer was "thousands". Of the many athletes passing through his ken, the most promising he ever coached was Gus McKenzie, Britain's first seven foot high jumper, and he also particularly remembers Peter Little, "leaving his torn shoe impaled on the trigger, whilst he landed seven metres away in the sand" - to set the BSIA long jump record in 1977. As chairman of the West Lothian Schools' AA, he also remembers when "unknowns" like Elliot Bunney and Dawn Flockhart first ran.

And now, after 20 years on the SSAA general committee, Sandy Robertson becomes president. His aim is, "to give the members of committee all the support I can to develop Scottish Schools' athletics into the 1990s. In particular, I'd like to attract more support for the technical events, and to allow several international teams to compete each year at various levels to give our youngsters experience."

Events Diary

December

5 East Kilbride AC Festival of Road Running, East Kilbride

Fife AC Open "Lita Allan" Memorial Cross Country Meeting, Kirkcaldy.

6 Galloway Harriers Open Cross Country Races, Newton Stewart (All age groups, Male & Female).

Peterhead AAC Henderson 4 mile Handicap Road Race, Peterhead

Som Chase Road Races, Som, Ayrshire

Scottish AAA Squad Coaching Day, Meadowbank Stadium, Edinburgh.

Oban Area AAC Cross Country Races, Oban

Scottish Womens CC and RR Association East V West v North Ireland Cross Country Representative Match (all age groups).

McLaren Glasgow Ac/Monkland Shettleston Womens Indoor Graded Athletic Meeting Kelvin Hall Indoor Track, Glasgow.

12 Scotland v Northern Ireland v Scottish Universities Select v British Civil Service v Scottish Banks International Match and SCCU Inter District Senior and Young Athletics representative races, St Andrews University.

Spango Valley Ac "Colin Moon" 3 1/2 mile Cross Country Handicap Race, Greenock

Stevenson Womens Open Cross Country Race, Auchenhavrie.

13 Sri Chinmoy 10K Road Race, Strathclyde Park.

Penicuik H Open Cross Country Races, Penicuik

Dyce Scouts Castle Series Open Cross Country Race, Castle Fraser

Colzium Ac Open Road Race, Kilsyth.

Scottish Veteran Harriers 4 1/2 mile Handicap Xmas Cross Country Race, Bishopbriggs

19 Scottish AAA Annual General Meeting, Strathclyde University, Glasgow

Spango Valley Ac "Bob Grant" Trophy 7 1/2 mile Cross Country Race, Greenock.

Club Xmas, Handicap Races, various venues.

Irvine AC Open Cross Country Harriers v Cyclists Race and all age group races Male and Female, Irvine Sports Club, Irvine.

Edinburgh AC Queens Drive Road Races (all age groups, male only).

20 SAAA/SWAAA Joint Western District Indoor Athletic Championships, Kelvin Hall Indoor Track, Glasgow.

Irvine AC Open Cross Country Harriers v Cyclists Race and all age group races Male and Female, Irvine Sports Club, Irvine.

Five Nations Scotland v England v Wales v Northern Ireland v Eire Womens International Cross Country Match, Cardiff, Wales.

1988 January

1 "Porty" Promethon Road Races, Portobello.

2 Beith Harriers New Year Open Road Races, Orrs Trust Running Track, Beith

Broughton Brewery Greenmantle Dash 3 mile Hill Race, Broughton

Scottish team at International Cross Country Race, Mallusk Park, Belfast.

SUNDAY
20th MARCH



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Open Indoor Graded Athletics Meeting, Kelvin Hall Indoor Track, Glasgow.

North District Cross Country League Meeting, Elgin (All age groups Male and Female).

9 Springburn Harriers "Jack Crawford" Memorial 5 mile Road Race, Huntershill Running Track, Bishopbriggs.

Edinburgh Woollen Mill Indoor Championships, Meadowbank.

Open Indoor Graded Athletics Meeting, Kelvin Hall Indoor Track, Glasgow.

10 Maryhill Harriers Nigel Barge 4 mile Open Road Race, Maryhill, Glasgow.

EWM Championships, Day 2.

Scottish Womens League Team at Inter League Cross Country Match, London.

Celtic Countries Cross Country International Match and Open Meeting (all age groups Male and Female), Beach Park, Irvine.

16 SCCU Eastern District Cross Country Championships, Hawick (All age groups Male).

SCCU Western District Cross Country Championships, Houston (All age groups Male).

SAAA/SWAAA Joint National Indoor Athletics Championships, Kelvin Hall Indoor Track, Glasgow (Day 1).

Notern District Cross Country League Meeting, Peterhead (All age groups Male and Female).

17 SAAA/SWAAA Joint National Indoor Athletics Championships, Kelvin Hall Indoor Track, Glasgow (Day 2)

Scottish Womens CC and RR Association National Closed Senior/Intermediate 4000 metres Championship

SAAA National Development Coaching Day, Crownpoint Sports Park, Glasgow. Scottish Veteran Harriers Club Championships, East Kilbride

23 Scottish Universities Cross Country Championships, Aberdeen.

24 Banchory AAC Open Cross Country Races, Banchory. Scottish team at International Cross Country Race, Fermoy, Eire.

Spango Valley AC Womens Relay Race, Greenock. 30 International Cross Country Trial for United Kingdom team for World Cross Country Championships, Riverside Bowl, Gateshead.

EDINBURGH WOOLLEN MILL PRESENTS THE 4th MEADOWBANK INDOOR CHAMPIONSHIPS ON 9th and 10th JANUARY 1988

Events; 60m, 60 Hdles, LJ, TJ, HJ, Shot, Pole Vault, (All age groups catered for in most events). To obtain entry forms and further details send a S.A.E. to: Peter Black, 32, Baberton Mains Wynd, Edinburgh, EH14 3EE, Entries close Tuesday 29th December 1987 - Entry Fee £1.00 per event. Competition held under SAAA and SWAAA Laws.

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W.H. Watson, 14, Burnieboozle Place, Aberdeen AB1 8NL. Tel: 0224-310352.

BETH HARRIERS
Senior members, male and female, required. Contact J Swindale, 29, Braehead, Beth.

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor, Glenferate, 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, Kilearn S0680.
Female sec - Agnes Gibson, Duntocher 76589.

SPORTS NETWORK

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 7.00pm. All ages and abilities most welcome. Further info: Stephen Lydon, Nurse's Home, Gartnavel Royal Hospital, Glasgow G12 0XH.

VALE OF LEVEN AMATEUR ATHLETIC CLUB
Nine years to veterans: all age groups and abilities: male and female, very welcome. Track and field, road and cross-country. Further details from: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria, Dunbartonshire G83 0RX. Tel: 0389 53931.

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

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

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

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

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

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

FAIRPORT TRIATHLON CLUB
Sec - Dieter Lorraine, 9, Millgate Friockheim, Arbroath, Angus DD11 4TW.

LEADER required to start a women's running group in Edinburgh based from a sports complex. If interested, phone Clare Smith 031-557 1265, or Scott Brodie 031-443 0101/2.

£25 Christmas Prize Crossword

By Menodromos

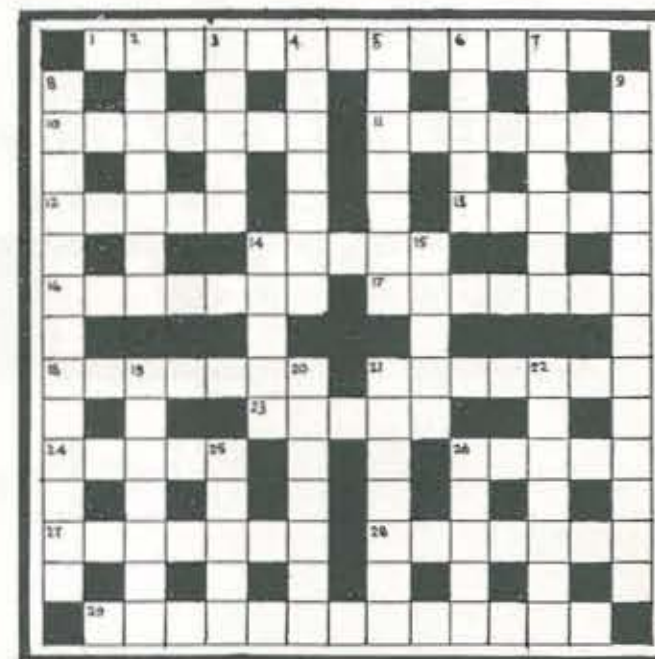
No. 9

ACROSS

- 1 Hit wee visitor
- 10 Run into it about University teaching (7)
- 11 Run from a mixed up chairman to call in question (7)
- 12 Run a business: he does to get an order (5)
- 13 Run together it is not a blemish (5)
- 14 Run if the victim shouts "Stop" (5)
- 16 Have chopper running at the House of Commons (7)
- 17 I ran wild in driving place being a beginner (7)
- 18 Mother ran holding it back for ET? (7)
- 21 Run: to do same endlessly mix condiment (7)
- 23 Run? This doesn't but did run round ring (5)
- 24 Runs on like the wife or nyaffs losin' the heid (5)
- 26 Desert - run away from the first intimations of conscription (5)
- 27 Run: start off and get fit with variations (7)
- 28 Running back I'm a paper payment - folded paper (7)
- 29 Pay? We pay. He RAN! (1,5,3,4)

DOWN

- 2 Ran item about gear (7)
- 3 Spin: it may require cheek running between the wickets (5)
- 4 Tights run; one nurse changed out of them this evening (7)
- 5 This run may be hit, true - pen appropriate adjective (7)
- 6 To one running the country I put up punishing task (5)
- 7 I ran twice ignoring King of Persia (7)
- 8 Army haunt then
- 9 I hated the tart
- 14 State surprisingly has right to runs the batsman doesn't make (5)
- 15 A fiddle run crookedly lined this up (5)
- 19 Untrained it may be I fathered runners to give life (7)
- 20 Ely on TV? Anyway, it's not run-of-the-mill (7)
- 21 Those who run after the farmer's wife carry plunder, this carries disease (7)
- 22 Mobile state if A. Lamb runs in amateur athletics (7)
- 25 Run-down area quietly and suddenly run down (5)
- 26 Ran D-I-Y ad. and lost trade for buttry (5)



Clues are not given for 1 across, 8 down and 9 down but in that order they contain an appropriate text for contributors to the magazine; the quotation has ten words (5,3,6, . . . 4,2,3,3,4,7,2) and an anagram is supplied of the letters required at each place. Solvers are invited to give the source (chapter and verse, please). And 29 across!

Scotland's Runner Grand Christmas Prize Puzzle

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

Find these hidden words in the puzzle above and alongside. The words can be horizontal, vertical, diagonal, backwards or forwards!

athletics edinburgh highland scotlandsranner steeplechase axon
coe glasgow meadowbank sock triathlon competitors

exercise gold hillrunning medalist sly sponsorship sweattop vest biathlon cram fitness hashers kitbag meeting shoe sporting track veteran bronze crosscountry funrunner headband lynch murray shorts sprinter tracksuit wells clubcolours crownpoint games health marathon race silver squad training winner

The first correct solution on January 17 wins the £25 prize. Answers, please, to Crossword Competition No. 9, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA. The solution and winner's name will appear in our March issue.



Congratulations to Mr D. McNie, 11, Castlehill Road, Ayr, winner of Prize Crossword No. 7. The £25 is on its way.

Solution to Puzzle No.8

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

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SCOTLAND'S RUNNER

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READERS, CONTRIBUTORS,
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a very

HAPPY CHRISTMAS

and a

SUCCESSFUL
NEW YEAR

Next issue (February) out in
mid-January

SUB 4

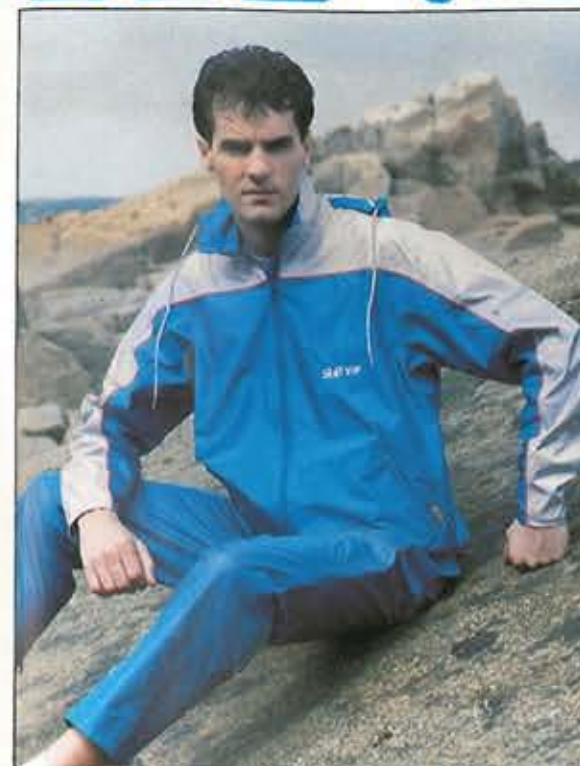
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Sizes S.M.L.XL.
Jacket £79.95 Trousers £39.95

Black Magic Fleece Top Colours
Red, Royal S.M.L.XL. £16.99 ▶

Cotton/polyester long sleeved top.
Stopwatch or 623 design
Sizes S.M.L.XL. £8.99

Nylon Roadsters Colours Red, Royal,
Black, Navy Sizes S.M.L.XL. £10.99 ▼

Voodoo Lycra Tights Colours Red or
Royal Sizes S.M.L.XL. £23.99 ▶



Other SUB 4 products available include,
Black Magic Tights Turquoise, Pink, Yellow.
Sizes S.M.L.XL. £17.99
Black Magic Fleece Top with Lycra stripe
Turquoise, Pink, Yellow. Sizes S.M.L.XL. £16.99
Thermal Crew Necked Top with built in mitts
Navy only Sizes S.M.L.XL. £10.99
Thermal Pants Navy only Sizes S.M.L.XL. £8.99
Thermal Gloves Navy only Sizes S.M.L.XL. £4.99



COLIN CAMPBELL SPORTS LTD



DESCRIPTION	SIZE	COLOUR	QUANTITY	PRICE	TOTAL

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