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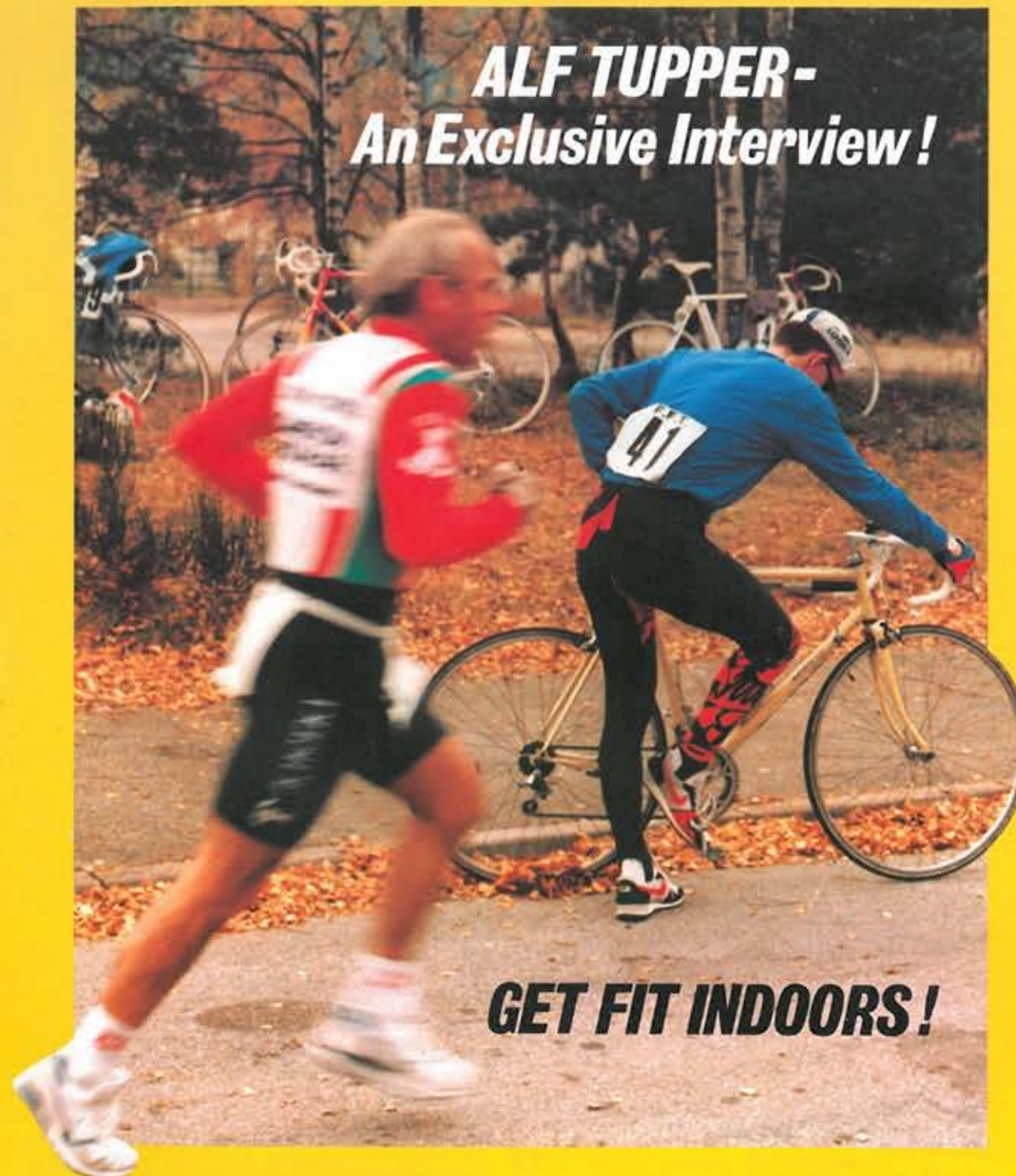
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SCOTLAND'S RUNNER

FEBRUARY 1988

ISSUE 18 £1.00

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SCOTLAND'S RUNNER

February, 1988

Issue 18

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Europe	£17.50
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A9/88

Inside LANE

Firstly, a belated Happy New Year to everybody associated with Scotland's Runner. Here's hoping 1988 provides a little more cheer than did 1987.

Thankfully, the portents are good. Firstly, 1988 is the year Scotland has come out of the athletics wilderness, courtesy of the Dairy Crest indoor international between Great Britain and France at the Kelvin Hall Sports Arena on February 6, and the Miller Lite IAC international meeting at Meadowbank on July 29. And there's also a World Cup orienteering event in the Trossachs in May.

The Kelvin Hall is probably the single most significant sports development in Scotland in the 1980's, and hopefully when our English friends have tested its potential at the Dairy Crest meeting it will supplant Cosford as the premier British indoor venue.

Although they have become devalued in the last decade because of boycotts and the advent of the athletics World Cup, the Olympics still stir the imagination of the public unlike any other sporting event. With the excellent news that the Soviets, the East Germans and the Americans – although not the Cubans – will compete against each other at the Games for the first time since 1976, the 1988 Olympics look set fair, despite the bizarre choice of venue and the continuing possibility of internal South Korean dissent.

Given that these factors will uplift sport in Scotland this year, it is depressing that the Scottish athletics authorities do not appear to have woken up to the necessity to promote and popularise the sport.

There is little indication that the sensible suggestions outlined by Bob Inglis in our November issue, for example, will be debated, never mind implemented, and the complacency at the SAAA annual general meeting on December 19 suggests that officialdom is more concerned with internal nit-picking than projecting an outwardly confident image.

Just as disturbing is the disregard for reaping maximum exposure from internal Scottish events. The indoor championships at the Kelvin Hall on January 16 and 17 – sponsored by Royal Mail Letters – were a superb occasion, but spectators were sparse.

According to reliable sources, Daley Thompson and his band of three or four multi-events competitors were available to come north of the border for £2,000. Imagine the sort of publicity that would have generated, and what the presence of the Olympic decathlon champion would have done to the crowd figure!

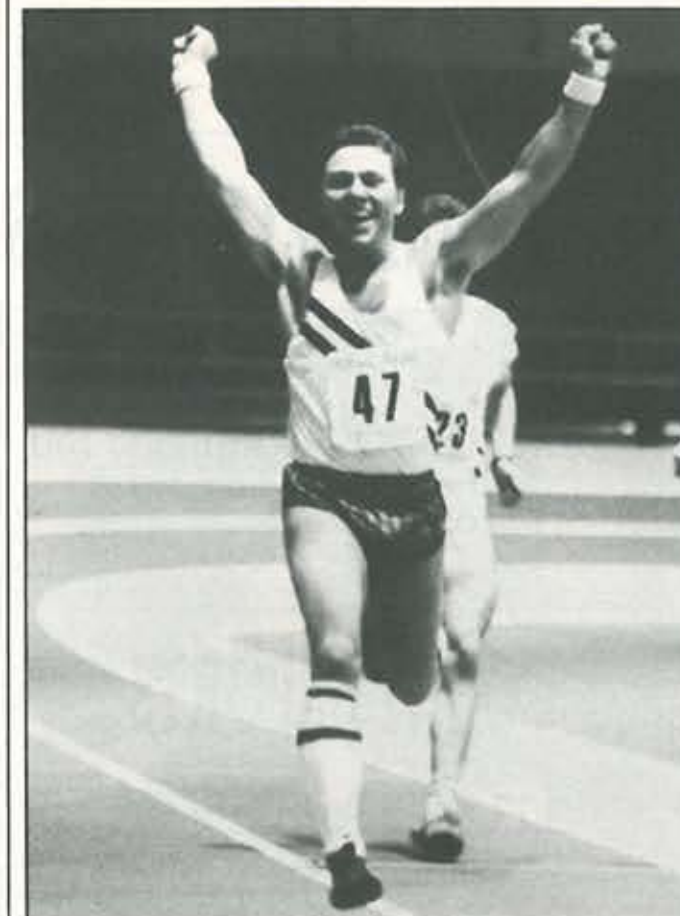
But no, the holier-than-thou brigade won the day again, and another rare opportunity to attract youngsters to athletic was lost. Did I say the portents were good?

As from next month, we are delighted to announce that the legendary runner, Alfred Tupper, will be joining us on a regular basis. We hope this will appeal to all children over 30 – like ourselves.

Also, following the success of our Barbados subscription prize draw last year, readers can enter the ballot for a holiday for two in Portugal, including entries to the Algarve Half Marathon, by subscribing to the magazine during 1988.

Have a good 1988!

Alan Campbell



The "find" of the Scottish Indoor Championships, Willie Fraser, easily wins the 200 metres at the Kelvin Hall (above), while, below, Tom Hanlon ran an astute race to win the 1500 metres – but the empty seats behind the runners speak volumes for the SAAA's incapacity to promote their meetings.



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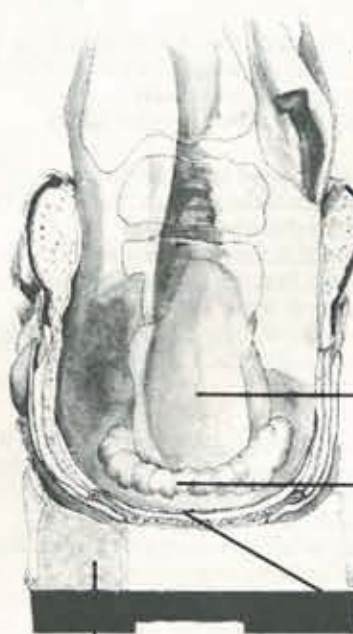
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Up Front

A warm welcome to Scotland

AS WE went to press, it was unclear who would be in the British team for the inaugural Kelvin Hall athletics indoor international against France on February 6, sponsored by Dairy Crest.

Whatever the final composition of the team, Scotland's Runner extends a warm welcome to our French guests and those from other parts of Britain, and trust they will enjoy their visit to Glasgow and the Kelvin Hall.

A full report on the international will be carried in the next issue.

SAAA AGM a damp squib

THE annual general meeting of the Scottish Amateur Athletics Association, held in Strathclyde University on December 19, was a big disappointment for observers hoping to be enlightened on the topical issues of athletics finances and abuse of drugs.

With the exception of one or two delegates, the floor of the meeting indicated little interest in either subject, and members of the general committee were equally reluctant to bring them to the attention of the meeting.

Dunfermline gets the nod

THE Dunfermline Half Marathon is to proceed in June without its sponsor of the past four years, C.R. Smith.

Race organiser David Arnott said Dunfermline District Council wanted the event to be known simply as the Dunfermline Half Marathon. The council has pledged £9,000 to the event, on June 12 which will be over a new, flat course, eliminating the notorious hills of the past years.

David Arnott again hopes for in excess of 2,000 runners, and entry forms will be available from branches of the Dunfermline Building Society.

TEVIOTDALE Harriers withdrawn from the Scottish and North West Athletics League in protest at all four Division 4 fixtures being held in the West of Scotland. Full details next month.



Bellahouston's Andy Wake, runner up to Alan Leiper in the pole vault at the Scottish Indoor Championships. A report of the championships, and more photographs, will appear in our next issue. Photographs above and on Page 5 by Sprint Photography.

Running trips for Scots

SCOTTISH runners now have the opportunity to book trips to events both in Britain and abroad through a Scottish company. Running North Promotions have decided to test the market with packages to the London Marathon and Great North Run later this year, plus flights, accommodation and race entries to the Split Marathon in Yugoslavia in October, and the Algarve Half Marathon in November.

One of the principals in the

company, Commonwealth Games marathon runner Fraser Clyne, says that Running North Promotions will get involved in further events if the 1988 schedule, which also includes provisional trips to some American events, proves successful.

So, if you fancy a running holiday and don't want to pay the "surcharge" of travelling to English airports, you know what to do...

New appointment expected soon

A NEW full time athletics administrator to replace John Fairgrieve, who is now managing the Grangemouth Sports Complex, was expected to be announced between this issue of the magazine being printed and it appearing in the newsagents. At the time of going to press, a short list of seven had been drawn up from almost 100 applications.

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Orienteering gets £30,000 boost.

BRITISH orienteering has secured a sponsorship of over £30,000 from the TSB Trust Company, the insurance and unit trust arm of the Trustee Savings Bank Group.

The sponsorship will cover the TSB British individual and relay championships, being staged this year at Coniston in Cumbria on May 7 and 8, and which are expected to entice over 5,000 competitors over the two days.

The money will also encompass the TSB Orienteering Rankings, which will be published six times a year and cover all 18 senior classes in orienteering, based on up to 90 national events.

Over 200,000 orienteers currently take part in 1000 events each year, and in an effort to boost the numbers even further the TSB sponsorship is also to be used for new recruitment publicity material.

Explaining his company's involvement in the sport, the TSB Trust's head of corporate relations, Mr Richard Rogers, said:

"There is a natural synergy between TSB and orienteering which covers the widest age range of any sport and requires intelligence and planning in order to succeed."

Light relief

THE following correspondence has been sent to member clubs by the Scottish Cross Country Union's general secretary, Iain Clifton. We publish it without comment:

"I have been asked by the general committee of the Scottish Cross Country Union to draw the attention of all clubs to complaints received following several races.

"It would appear that athletes are making the practise of urinating in gardens and areas close to the start of races instead of using the facilities provided at stripping accommodation.

"At one event the organisers have already been warned by the police that should this occur again the culprits will be charged and the event banned from the area.

"Where facilities are provided there is no excuse for this behaviour, and it is bringing the sport into disrepute.

"In the interests of our sport the contents of this letter should be drawn to the attention of all club members in order to bring a stop to this unpleasant practise. It is further emphasised that should any athlete be reported for committing such a nuisance, the Scottish Cross Country Union will take disciplinary action against that athlete."

Nice one Cyril!



CYRIL Smith, an assistant director of roads with Border Regional Council, emerged the winner of our competition to win a triathlon bike.

Cyril is pictured here with Ged Holmyard, a representative of the Edinburgh Bicycle Co-op which donated the superb £520 Dawes Equinox machine.

Although father Cyril was at the receiving end of the prize, it was son, Alan, 22, who decided to enter the competition, and younger son Ewan, 14, who has commandeered the bike now it is at the Smith's home in Roberts Avenue, Selkirk.

Alan Smith was ranked 13th in the Scottish 800 metres lists last year, running out of Edinburgh University and Edinburgh Southern Harriers (he is also a member of the local Melrose club). Having obtained a degree in physics at Edinburgh he is now on a one year sports science degree course at Loughborough, but, despite his impressive academic and athletic background, Alan had to send the competition north to Selkirk for Dad to answer the elusive last few questions.

Father Cyril took up running himself about ten years ago - "before the running boom" - primarily to get fit for climbing. He has competed in a few half marathons, but this Spring hopes to achieve a major target when he will spend a week in Skye attempting to climb the 12 remaining Munros (hills over 3,000 feet) he has still to tackle - he's already done the 264 on the Scottish mainland.

So, with Alan in Loughborough and Cyril dreaming of the Cuillins, it's Ewan, a third year pupil at Selkirk High School, who has grabbed the bike, cycling on average ten miles a day. Remember, you read about him first in Scotland's Runner!

Finally, commiserations to all of you who entered, and especially those who answered the questions correctly. And our thanks again to our co-sponsors, the Edinburgh Bicycle Co-op.

The answers were: 1, Mark Spitz; 2, Tommy Simpson; 3, Stephen Roche; 4, Joan Benoit; 5, Triathlon/triathlete; 6, Edinburgh Bike Co-op; 7, David Wilkie; 8, Bobsleigh; 9, Robert Millar; 10, Jim Alder; 11, Seb Coe; 12, Edinburgh.

Miquel emphasises the role of sport

IN HIS first New Year message since taking up his appointment as chairman of the Scottish Sports Council in November, Raymond Miquel said that sport now played a more important role in the community than ever before.

He said: "With major events such as the Olympic Games taking place, with the opening of the magnificent facility at the Kelvin Hall, and with ever-growing numbers aspiring to new standards in their sport, the scene is set for our sportsmen and women to perform and succeed at the highest levels.

"Our sporting achievements have an exhilarating effect on the

morale of our nation, and I very much hope - and indeed believe - that the coming year will bring continued successes.

"Sport has never had such an important role in society as it does today: around 50,000 Scots are now employed in the sports industry, consumer spending on sport - excluding gambling - is estimated at £320m per annum in Scotland, and central and local government income from sport - excluding betting duty - is of the order of £200m.

"Given sport's status," Miquel concluded, "in 1988 we look to those who have reached the top to inspire future generations."

Calendar Aid

A full-colour poster calendar of sports events and personalities has been published by the London-based picture agency, Allsport, and donated to Sport Aid '88.

Thousands of the calendars are expected to be sold to raise funds for Sport Aid '88, which culminates in a further global 10K Race Against Time on September 11. Copies are available (price £2 plus 70p post and package) from Sport Aid '88, PO Box 461, London NW1

Gymnastics 100

THE Scottish Amateur Gymnastics Association will be 100 years old in 1990. Our gymnastics correspondent, David Watt, has undertaken to write a history of the sport to mark the centenary.

David would be delighted to hear from anyone who can provide any information - verbal or written - or any photographs for this record. He can be contacted through the Scottish Gymnastics office at: 18, Ainslie Place, Edinburgh EH3 6AU. Tel: 031-226 4401.

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OVER 100 women, most of them novices, turned up at Saughton Sports Complex in Edinburgh on November 17 for the first of a regular Tuesday night series of female-only running sessions.

Although there was a subsequent drop-off in numbers in the approach to Christmas, an extra two coaches still had to be drafted in to assist regular mentor Ben Kellert.

"We were astounded by the initial response," reports Edinburgh District Council sports development officer Claire Smith. "Considering there had been no publicity, except in the local press, it was a very successful start."

The sessions have resumed after the New Year break, with Kellert and Gina Allen putting the newcomers through their paces, while the more experienced runners are under the guidance of Kim Fisher.

The idea behind the female-only night was to encourage women who were either self-conscious, or worried about running alone on dark winter evenings. It is one of a series of measures by the district council's recreation department aimed at encouraging women to take up sport.

Ben is still up in the clouds!

BEN Adam, the winner of our 1987 subscription prize draw, was still on Cloud 9 when he came in to see us in January to tell us about his week in Barbados.

The 34 year old quality control inspector with Volvo Trucks in Irvine enjoyed every minute of his trip – except perhaps the four and a half hours it took him to complete the Barbados Marathon on December 6!

Ben's marathon day started with a 3am alarm call, and then 30 minutes later the Irvine AC man and thirteen others in the British party organised by Dave Wright on behalf of the Sweat Shop (sic) left the Sandridge Hotel for the 5.30am start.

The course followed a beautiful route along the south and west coasts of Barbados – not that the view would have been particularly appreciated by most of the runners, with the humidity high and the temperature in the mid-80's by the finish.

"I just had to settle for getting round the course," Ben admitted.

Otherwise, Ben had a tremendous time, particularly enjoying the magnificent watersport facilities at his hotel. His, and our, thanks are due to David Wright for organising such a well planned trip, and also to British Airways, who provided Ben with courtesy shuttle tickets between Glasgow and Heathrow.



THIS YEAR Scotland's Runner is offering a free trip to Portugal for two, including entries to the Algarve Half Marathon, as our 1988 subscription prize. Simply fill in the form on Page 35 to become eligible (if you subscribed during January, don't worry, your name is already in the draw). Subscribing on the form on Page 35 will also automatically entitle you to TWO NIGHTS FREE ACCOMMODATION FOR TWO at any one of 200 top British hotels.

Not much change out of New Year pro programme

GOING TO watch the 118th New Year meeting at Meadowbank on January 1 and 2 means that other pleasures have had to be postponed until we are a bit more solvent after being charged £3.50 admission fee each on both days. This included a programme, priced at £1, which gave lists of competitors but no other information such as history and past winners. Not much value for money when you consider what a Premier Division football programme has to offer for about 70p. (Was it the effects of an over-jolly Hogmanay, or was my second day's programme slightly blurred?)

The weather was quite good considering previous teeth-chattering experiences – up until the climax of the meeting, that is, when black clouds rolled in to greet the 110 and 200 metres finalists, both events being run in torrential rain and a blustery wind.

The £1500 prize money for the Carlsberg 110 metres spring was not enough to draw previous winner Kipperr Bell and William Snoddy back to Meadowbank, although they, and three other Americans, were on the programme. Without them the Sprint seemed to lack the same spice and anticipation it provided last year in a thrilling finish between scratch man Snoddy and Davy Clark, now turned amateur.

The semi-finals saw Eric Smart put out the perennial Bert Oliver to go through to the final along with previous 90 metres winner, Stranraer schoolteacher Andy Sobik, Rob Wilson of Kelty, and Nicky Burrell of Jedburgh (who put out previous winner Brian Mulgrew) paying the penalty for his form of two years ago with a mark of 3¾ metres).

In the pouring rain, driving instructor Smart of Whitley Bay, off eight metres, was a clear winner, while back marker Sobik did not manage to get up although he passed Wilson for third place behind Burrell. The time, 10.83 seconds.

As usual, the 200 metres heats, semis and finals were held within about

two hours. Last year's winner, Willie Fraser, has turned amateur and now runs for Edinburgh Athletic Club.

Lochgelly's Jimmy Bryce, well known as a coach in amateur circles (Linsey Macdonald was one of his proteges), had looked good for 90 metres in the 110 heats, and it was not surprising that he won the veterans' 80 metres race on the first day. The 200 metres final was his sixth race of the two days, and, running off 34 metres, he took third place behind Colin Wrightson in second, who was penalised for false starting. Like the 110 metres trophy, the 200 metres cup and £1000 went south of the border in the hands of Alan Watt of Wallsend, who had placed third last year.

It was a fruitful two days for the North East of England, with Hedley of Bedlington winning the scratch youths 90 metres in 10.25 seconds. His father was a finalist in last year's 110 metres sprint.

Brian Falconer from Hawick, off 35 metres, won the 800 metres for the second time, picking up £300 with a time of 1.49.77. The 3200 metres saw front marker Donald lead from start to finish with Jockie Allan, back marker, running himself into the ground for third place and prize money that would not give him much change after he had got back to Pumpherton with a fish supper on the way.

Surprisingly, ex-amateur and sprinter Owen Quinn was scratch man in the 1,000 metres, and again the back markers could not make up the distance, the race being won by West Calder's Keith Redpath, pipped for second place in the 800 metres the day before.

The 1600 metres proved to be a well-handicapped race with the runners bunched until about 300 metres to go when Brian Wilkie broke away followed by Ian McKenzie of Morebattle who prevented Wilkie's third win at this event.

Fiona Macaulay

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Charity NEWS

Every week throughout the road running season, hundreds of Scottish runners raise thousands of pounds for charities. Now, in an attempt to bring runners and charities closer together - and, hopefully, increase the sums being raised for deserving causes - Scotland's Runner will each month look behind the scenes at the charities whose appeals for runners you see in our columns.

Did you know that one in every ten children in the United Kingdom suffers from asthma? Nor did we, until it was pointed out by Hugh Falconer, director of the Asthma Research Council.

Although one third grow out of the condition in their teenage years, asthma research is clearly of crucial importance to many people (especially as a small number of the lucky third re-engage the condition in later years, and asthma can strike at any age, even for the first time).

Asthma has been around for a long time (it was the Greek word for breathing), but the scientists are still searching for a cure. Although treatment has improved over the years, asthma is still responsible for 2,000 deaths a year in the UK.

Founded in 1927, the Asthma Research Council, as the name implies, funds research into

asthma - £850,000 is committed at the present time. Included in the ARC's 80 research projects are one each at Edinburgh and Glasgow universities.

Last year runners in the UK - no separate Scottish figures are available - raised £40,000 through sponsorship. The target for 1988 is an ambitious £100,000.

"Some runners raise amazing amounts," reports Hugh Falconer, "but we also get cheques for £5 and £10 from young people who run for us and that is just as much appreciated as the bigger ones. Everyone who does run for us gets a free T-shirt and a personal letter of thanks afterwards."

And the aim of the ARC? "We hope the research will lead to a cure for asthma, but at the moment we are concerned with getting better treatment," Hugh Falconer explains.

Charity benefits from Highland Half



THE BANK of Scotland has again made a handsome sponsorship of £3,500 to Inverness's Bank of Scotland People's Half Marathon and Fun Run, the biggest participatory sporting event in the Highlands which last year attracted 1600 runners.

This year the charity nominated to benefit from the effort of the runners will be Action Research for the Crippled Child. Our picture shows Helen MacIntosh receiving the Bank of Scotland's cheque from local bank manager Jim Law, with the winner of the event in 1987, Simon Axon of Aberdeen AAC, also in attendance.

Unattached A.C. would be: "biggest in the country"

29, Braehead, Beith, Ayrshire, KA15 1EF

SIR - With reference to the letter headed "Joining a club should not be compulsory" in issue 17 of your magazine, it should be noted that this refers to an SAAA rule to encourage runners to maybe put a little, if possible, back into the sport through being a member of a club. Also, it is certainly not compulsory in my club to go to training nights.

There are various standards of racers. I took over four hours to finish the 1986 Glasgow Marathon and I consider myself a racer - maybe not a very good one, but I just enjoy taking part and human nature does the rest.

I do agree that coaches tend to show little interest in me for obvious reasons. I'm just not good enough, but who cares - I don't.

However intense the competition may be, all runners will eventually realise, if they take time to think about it, that they are on the same side. Runners do not just sit at home and complain, they get up and do something. Runners are trying to get more out of life. Surely the race we are running is actually against our weaker selves?

Having the correct attitude can give you a lifetime of enjoyment so don't be excluded from any events - join a local club and join the crusade for more open gala type events for all age groups, male and female.

I believe some perpetual unattached racers are taking most of the benefits of the sport without making any contribution to it, although all competitors are on the same side if only they would realise it.

It is true that some open events would struggle to survive if restricted to club runners only. Maybe a club should be formed called "Unattached Athletic Club"? Someone once wrote on an entry form I received - unattached - but getting married next month. Yes, the "Unattached Athletic Club" would have the largest membership in the country.

James A Swindale, Beith Harriers.

Letters...

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

On the run(s) in Cairo with Scotland's Runner!



29, Belmont Road, Juniper Green, Midlothian EH14 5DZ

SIR - This summer, while travelling the length of Egypt, I wore from time to time the Scotland's Runner T-shirt. This was appropriate for many reasons, not least the fact that Cairo "Crumbles", or Luxor "lush" hits most of the travellers in that country, me included!

Imagine my delight to find the T-shirt, on every occasion, brought several strangers to ask where I came from, "was I really from Scotland," "Gee, my grandparents came from" ... you know the rest I'm sure! Yes, the journey was lightened by many casual, but very friendly, encounters with other tourists and a lot of fun was had.

So, if you're trying to think up ways of increasing sales, I think the "ice-breaker" in strange countries or company, is a "hot" idea.

Enclosed is a photo of your super T-shirt at a very familiar location. I will certainly make sure I pack it when I set off again!

Good luck and a prosperous New Year.

Douglas Wilson

Sorry, Julie!

63, Airlie Street, Hyndland, Glasgow G12 9SR.

SIR - Is it my perfume, hair style, or running form which appears to make race organisers oblivious to me? (Remember me from the Clydebank Half Marathon, moaning because I won but didn't appear in the results?)

Well I'm back again. This time it's the Lochaber Half Marathon, Fort William, which I won and broke the course record, yet I'm not mentioned.

Then I looked at the woman's ranking list results in your magazine and the marathon results show the ninth lady has a time of 3-09-00, yet I ran 3-08-56 in the Glasgow Marathon this year and am not placed.

One of the main reasons I buy your magazine is to check the results of other races in order to compare my times, but if I have been missed on three occasions, then I'm sure others have experienced this also. So come on race organisers, get organised and ensure that you send out the correct results!

Julie Harvey

A close Cheyne - sorry Alison!

Craigwood, Marjoribanks Street, Bathgate, EH48 1QH.

SIR - I regularly read your magazine and thoroughly enjoy it, except for one thing. There is not enough in the magazine to interest the younger runner. How about having a Juniors' Page? I am sure that more runners of my age would buy the magazine if they could read about their results and their clubs.

My own club is called Bathgate Amateur Athletic Club. The club colours are red, grey and white. During the summer we meet three times a week in Balbardie Park of Peace in Bathgate, but in the winter we have to train in local school halls.

Could you please spell my name properly if you decide to print this letter? In the November issue, on the results' page, under Livingston Road Race you printed "Girls. 1st - A Shave." As far as I know, I have nothing to do with barbers!

Alison Cheyne



David Watt

Scots take a tumble as they excel at sports acrobatics!

It's ironic that the one brand of gymnastics that's not yet featured in the Olympics is the one in which Scotland is currently doing best - sports acrobatics.

The record of Scottish success over recent years is astonishing by any standards, especially those of gymnastics where it's hard to be recognised and achieve at British level.

Recently the Scottish team won the British Junior Team Championship for the second year running, and missed doing the same with the Novice Team Championship by only one point.

To crown another highly successful year, the Scottish picked up more medals at the full British Championships, despite the event having its largest ever entry. The most notable of seven medal successes was the victory in the women's group of Finlux Inverlorn of Livingston in the international class.

Sports acrobatics consists of two disciplines - tumbling and floorwork (in pairs or groups, mixed or single sex). Gymnasts work to music on the floor and combine balancing and tumbling skills with grace and elegance. Precision of skill performance is important, but so too is the correct aesthetic appearance and amplitude of the whole routine.

It is a very pleasing sport to watch, both in competition and in display. At last year's Commonwealth Gymnastics Championships in Falkirk, the Scottish display team was one of the highlights of a very spectacular event. Their impact was such that they have been asked to perform at the centenary display of the British Amateur Gymnastics Association at Wembley in July.

The fantastic success of Scottish sports acrobatics is undoubtedly due to the fine

standard of coaching and organisational ability at work in this area of gymnastics in Scotland.

We are very fortunate in having Jill Livingstone, the British national coach, living in Scotland. Her hard work, technical knowledge and

coaching methods has shown the way for others to follow. Judith Delissen, from the Finlux Inverlorn club, and Pat Reith, of Maryhill Mercury, are two that have followed on and now produce British champions.

Jill's 'better' half - Jimmy

Livingstone - has provided, as well as his own technical knowledge, the administrative and organisational skill gained over years of involvement in gymnastics at Scottish and British level. As chairman of the sports acrobatics technical panel his leadership has steered Scotland to the top.

In days gone by, gymnasts came to do four piece artistic gymnastics, didn't like it, or at least the apparatus work, and went into Sports acrobatics. That's a thing of the past now. Youngsters are queuing up to do sports acrobatics in its own right, just like every other aspect of gymnastics.

In 1992 it will feature in the Olympics and this will surely bring the great boon of media attention to sports acrobatics as it has to other disciplines of gymnastics. It's quite possible there will be some Scottish members in any British team in four years' time.

Certainly developments are proceeding apace at the moment. Scotland will have a team in the Western European Friendship Tournament in May - the invitation to a solely Scottish team reflects the respect the Europeans have for our sports acrobatics.

Scottish Legal Life Assurance will again be supporting various of the sports acrobatics promotions this year. Their support has been another key factor in the development of the discipline over recent years and assisted the Scottish performers to live up to their two true potential. Jimmy Livingstone says of sports acrobatics:

"You can say that acrobatics, as seen in the circus, attempts to make simple movements seem difficult and dramatic; sports acrobatics attempts to make difficult movements seem easy and graceful."

If you get a change, go and see some sports acrobatics. You'll enjoy it - graceful and elegant but very spectacular.



Tracey Coulton and David Corbett of Avondale, British mixed pairs champions (class 3) in sports acrobatics.

Orienteering



Gareth Bryan-Jones

Two important events dominate the 1988 fixture list for Scottish orienteers. The first is the third event of the 1988 World Cup in orienteering. This event is to be held on May 21, the same day as the Scottish Championships, in the Trossachs.

The World Orienteering Cup is held in alternate years. It is an event for individuals representing their countries, with two competitions, one for men and one for women. Points are awarded to each runner depending on their position, 30 for first, 27 for second, 25 for third and so on. The cup is run as a series of events with each runner counting their best four results.

The 1988 series is: January 3 Hong Kong; January 9 Tasmania; May 21 Trossachs; May 28 Finland; August 4 Czechoslovakia; August 7 Hungary; August 11 Austria; September 10 Sweden.

The winner of the women's World Cup in 1986 was Ellen Sofie Olsvik of Norway. Yvette Hague of Great Britain, currently a student at Edinburgh University, was 17th, with one individual win to her credit in the race held in France. The men's winner was Kent Olsson of Sweden, with 14 Scandinavians and no British men in the first twenty.

This promises to be a very exciting day's sport with most of the world's best orienteers competing. The British representatives, who will undoubtedly include some Scottish orienteers, will be expecting to spring a few surprises on home territory.

The second big event is a team competition, the Continental Cup. This is an international between all the non-Scandinavian European

countries, both East and West. Great Britain has won three times consecutively.

Perhaps the other countries want more chance of winning because it has been decided that Britain should not compete, but that Scotland, England and Wales should each have a separate team. Ireland always competes as a combined Eire and Northern Ireland team in orienteering internationals.

This is a great opportunity for Scottish orienteers to represent their country against the other European nations, and is particularly welcome when other sports seem to have been moving away from allowing Scotland to compete as a separate nation.

The Continental Cup is a unique competition. Teams reflect the wide ranges of competitive orienteering. Each team has two members selected from each of the standard age classes, a total of around 50 orienteers in the full team. There are places for orienteers from the 12 year old to the over 65 year old, both men and women, all competing against their peers. Each with the same importance, it is a team competition and the points to be won are the same for each class.

Many Scottish orienteers remember the 1982 competition, held in Scotland, which generated a tremendous international atmosphere. Then many of them were officials or spectators, but next summer they will be trying to show Scottish orienteers can hold their own against the big boys.

In the Ward Junior Home Orienteering Internationals held near Dublin, the Scottish girls and English girls were equal first. However, the English boys won and so tipped the overall prize away from Scotland. Best Scottish performance was from Moira Cumming in the W17 class (1st) with the W17 relay team also winning. Julie Bryan-Jones (W15) and Dan Gooch (M15) were each only just beaten into second place in their respective classes.

Richard in World bid during 1988



RICHARD Jones, a 22-year-old Glasgow University student, has been selected as a member of the British orienteering team for this year's World Cup series.

He was competing in the first two races in Hong Kong and Tasmania in early January, and is expecting to take part in the European ones, including the Trossachs (see Gareth Bryan-Jones' article) later this year.

However, the honour does not come cheaply to the post graduate student in structural geology.

The first two races cost him around £1,500, and he reckons the bill could be as high as £4,000 by the time he's completed the series.

"I get some backing from the British orienteering squad, but I have to dig deeply into my own pocket," he says.

Richard admits he surprised a lot of people in 1987 by breaking into the GB team for the World Championships in France, but he has also got himself noticed as a cross-country runner, placing 20th in this season's quadrangular international at St Andrews. However, orienteering - which boasts a Norwegian world champion who also is a 2 hour, 14 minutes marathoner - remains his first love.

Training involves up to two hours a day running in woods and forests around his home in Ravenswood, Cumbernauld. And a favourite stamina building session is a three hour run over the Campsie Hills.

The secret of top class orienteering, says Richard, is being able to navigate and concentrate when fatigue sets in. But the great beauty of the sport, he explains, is that it can be enjoyed by people of all ages and abilities.

"It is very much a family sport, and a great way to see the countryside."

Graham Crawford

Women in SPORT

Are you an extrovert or an introvert?

Psychology lecturers used to have a habit of pouncing on you with an opening line such as "Tell me a bit about yourself - are you an extrovert or an introvert?"

What can you really say to that, except that it depends on the situation. I have a sister who, even without alcoholic encouragement, has been known to grab the microphone in the Lobster Pot and "Sing-a-long-a-Len" on a Friday night. Len playing keyboards with two index fingers, and herself belting it out a tone and a half lower.

When Len would look round for his next victim, I would be unavoidably detained under the table looking for a "lost" house key. I would not, however, describe myself as being introverted.

There would appear to be a definite link between introversion and extroversion, and the sports that people choose to participate in. At one point sport was regarded as being character building, but this has been superseded by the suggestion that the reverse may be true, that people choose to take part in sport *because* they have the necessary qualities, being active, co-operative, determined, sociable, and so on.

The extrovert is described as being sociable, gregarious, compulsive, aggressive, and with a need for excitement - while the introvert is quiet, retiring, avoids excitement, likes a well-ordered life, and is not aggressive or quick to lose her temper, although extreme extro/introversion is, in the main, avoided.

What this means is that the extrovert demands more stimulation from daily life than the introvert, and because sport produces stimulation, then it would seem to logically follow that sport would be more attractive to the extrovert. John Dickinson tells us: "The lay opinion of sportsmen is that they are generally an extroverted bunch, and this is also the finding from personality surveys."

We all fit into the extro/introversion scale somewhere, and we may to a great extent choose our sport according to our personal degree of extroversion. It is



Fiona Macaulay

probably an accurate assumption that women who play football, for instance, are very different from distance runners, and that team participants differ from the individual sportswoman.

"... a greater degree of aggression..."

You would expect, therefore, that introverts would shy away from football, rugby, hockey, boxing, and so on because of the intense stimulation that can result in physical injury. It might also be expected that the introvert would not make it to the top in speed endurance running, cross-country skiing, speed skating, sprinting and so on where the training necessitates intense pain or where a great degree of aggression is required.

Because there are different levels of extroversion, then there must be different levels of participation in a particular sport. Within the same sport, the personality at the top may differ from those who have lower level performances, but still enjoy some sort of reward from participating.

Cattell and Eysenck, famous personality testers, both found male sportsmen to have extrovert tendencies - dominance, social aggression, and emotion control - and sportswomen were also described in the same way, except that they showed a lower level of emotional control.

There must, however, be a great number of people who take up punishing sports, not necessarily because they are extroverts, but purely because they want to keep fit. And surely the child who is picked out at a very early age for a particular sport is conditioned over the years to accept punishing training and to be aggressive regardless of personality.

That brings us back to the beginning - does sport shape your character, or does your character choose your sport?

Gap between men and women will never be totally bridged

The gap has closed rapidly between women and men in sport, but probably because women only took up sport seriously fairly recently. Women's athletics, for example, was only introduced to the Olympics in 1928, while men have been showing off their athletic prowess since time immemorial. Only 49 years ago, after the Berlin Olympics, Avery Brundage was credited with remarking: "I am fed up to the ears with women as track and field competitors. Their claim to be less than zero, they are ineffective and unpleasant on the track."

Women have certainly come a long way since then, but it would appear that the gap will never be totally bridged due to the differences in physical make-up. Because men have bigger hearts (literally, not figuratively speaking) in relation to body size, blood carrying oxygen to the muscles is pumped out at a greater rate than women, so the female is at a disadvantage when it comes to stamina and endurance, having to

work harder in order to achieve the same effect.

Also, the quality of female blood is such that it carries less oxygen to the muscles. It might be comforting to know that because women naturally have more body fat than men, they tend generally to be better at sports like long distance swimming, and presumably would come out trumps if the sport was nude aerobics at the North Pole, but this extra padding is a distinct disadvantage when it comes to events like long distance running.

While men can afford to have a very low body fat percentage, if a woman's body fat drops lower than about 15%, menstruation is likely to stop which can lead to risk of stress fractures due to thinning of bones. Men tend to have more muscle than women and this strength is enhanced by the anabolic steroid they have naturally in the male sex hormone testosterone.

So, I'm challenging my man to six times round Loch Ness at midnight, and leaving the goose grease at home - what about you?

Don't feel a heel!

So seldom am I ever out of broeks and trainers that when I do don a skirt and heels, my eldest automatically asks if I'm going to church. But for women who do wear high heeled shoes every day, and then go on to take part in sport, it is important to stretch the calf muscles before participating.

The continuous wearing of high heels tends to shorten these muscles, and there are also certain times in the menstrual cycle when the calves apparently tighten. Women, and especially women in sport, can be vulnerable to back pain during the pre-menstrual

period when there can be a slight loosening of joints.

Those of us who have experienced pregnancy and persistent back pain due to loosening joints in preparation for the birth (as well as the extra weight out front) will remember the physiotherapist's advice about the need for proper posture when sitting and standing, and bending the knees when picking things up, and so on. It is worth keeping this advice in mind, as well as finding out about suitable back and leg exercises to minimise the possibility of injury in these areas.

If YOU have any questions about the role of women in sport, or a particular subject you want aired, write to Fiona Macaulay, c/o Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA.

Highland GAMES

North American heavy mob to cross Atlantic

Two leading North American heavies have intimated their interest in competing in Scotland this summer.

Big Jim Sears, the Nova Scotia champion, will fulfill a life-time ambition in coming to Scotland with his wife, and son who is a piper.

Any organisers with events during the last two weeks in August, and who would like to have this genial giant on their programme, should drop me a line.

Even bigger than Jim is Paul Ferency of Pennsylvania. At nearly 23 stones, this 6'5½" athlete was three times All American shot putt champion. He turned to the Highland Games in 1983 and quickly made his mark, last season doing 17'6" at the Central New York Scottish Highland Games at Syracuse to put himself right



David Webster

at the top of this event along with Capes, Sigmarsson, and McGoldrick.

Being tremendously strong, Paul has his eye on the Scottish international circuit where he can utilise his power in some strength events as well as getting tougher competition in throwing. Spectators just love watching this man in action, as he is apt to handspring or somersault when things are going really well, and it's not every day you can see an acrobatic 23 stoner.

The problems of Colin Mathieson and his Australian colleagues in finding sponsorship reminds us just how lucky we are in Scotland in having such good support. Mind you the harder work the luckier we become!

Finding sponsors is far from easy, but I sincerely believe that sponsorship of Highland Games and advertising in Scotland's Runner is rewarding for the supporters as well as those being supported.

One excellent example of this is the Barrett Multi-ownership sponsoring of the 1987 World Series, have felt positively unfashionable in not being able to speak of visits to Dalaber or Forrest Hills as many of my friends have been or go there - and Ann Scobie is definitely the envy of all with her new place in Spain. I never would have believed that ordinary working folks like us would be in this market, a whole new world has been opened to many people through this co-operation at Highland Games.

Masonic handshake gets top marks for artistic accomplishment at Crieff!



Highland Games wrestler Brian McNally is a regular ball of fire, and always engaged in some new project. He does a great deal of charity work, raising funds for handicapped children and other worthy causes. His sporting charity efforts have raised more than £2,000 and now he is becoming increasingly active on stage.

Naturally he is engaged in roles where his wrestling and martial art skills are utilised. After a successful debut some six months ago he has more recently been seen in "Gryme Eagle", a two act play about the Celtic people before and after the Romans. Brian's wrestling is shown to good effect and he looks forward to further similar parts.

Over the years McNally has clocked up half a dozen Scottish professional championships, usually around the middleweight limit, and last year at Crieff Games we saw him in action against his young son who is also keen to become a regular on the Games circuit. Our photograph shows the two coming to grips, and were

quite relaxed as they saw a camera being focused. A few seconds later the fur was flying and they looked anything but a loving father and son!

Wrestling is one of the popular events at the Games, and links forged with the Icelanders during the Games of 1987 have borne fruit this month at the international wrestling championships in Glasgow.

Cumberland or Scottish Backhold wrestling is very attractive at this level, and we hope to see many of these internationalists in action at the Games of '88.

AT THIS time of year organisers are already thinking of their 1988 presentations, so please let me hear of plans, news and views. The same applies to amateur and professional heavies. Scotland's Runner will play its part in publicising your efforts. Contact me at 43 West Road, Irvine KA12 8RE (Tel. 0294 72257).

BORN AGAIN ON THE RUN

A Short Story
By
Colin Youngson

Once more, Gordon Bruce checked his digital watch. Still five minutes to go. Surrounded by restless, lightly perspiring bodies, he felt cramped and weak-kneed. Nervily he tried to stretch his hamstrings, touch his toes and test his shoelaces, all in one motion.

As the crowd shuffled forward slightly, he unbent rapidly and had to wait for a sudden giddiness to pass. Surely those were merely "butterflies" in his belly - he just couldn't need to go to the loo again! Four minutes left. Relax, he told himself. Try the deep breathing, jog on the spot, think of something else - anything.

How had he got involved in this public display of masochism? His parents certainly wouldn't approve! He could just imagine his mother's critical tone: "Grown men - and women too! Prancing about in their underclothes, and on the Sabbath! Just a waste of time and effort!"

They believed in hard work all right, he mused sourly, but only for money. Behave yourself, he'd been told, pass your exams, wear a tie, cut your hair, polish your shoes, go to church, find employment, settle down.

Even his father, a silent morose man at home after another long day selling expensive suits to ungracious but opulent businessmen, had nodded approvingly when Gordon had landed his first job, with 'Texaco Oil. After all, Mr Bruce had expected his boy (a prefect at a fee-paying school, no less) to have no difficulty clearing the hurdle of youth unemployment.

A loud bang jerked Gordon back to the present, and the mass of folk around him steadily gained forward momentum. The Aberdeen City Marathon was on its way at last. Mildly startled, he gathered some concentration as everyone wheeled right into the Beach Boulevard and ground smoothly and confidently, like eager lemmings, up the incline to Union Street.

Already the leaders were stretching away, fast, but Gordon had positioned himself near the back of the field (it was his first marathon and he had been warned to start slowly), and more than a thousand "athletes" were in front of him. Glancing round as he found space to run and settled into a rhythm, he smiled wryly at the wide variety of body types participating in the race - ranging from the frankly obese (such effort for so little pace!) to the near-emaciated greyhounds of the leading pack (were they that shape because they ran fast and far, or vice-versa?)

By now Union Street (so quiet at 9am on a Sunday) had been traversed by the tailenders and most competitors had swept downhill along Holburn Road. As he turned left onto Riverside Drive and passed the Duthie Park, Gordon felt relaxed, calm and free. Already (he knew he had been

over-cautious), he was moving gradually through the field, leaving behind the Kamikaze starters, the publicity seekers, and the unreasonably optimistic.

There were two theories about how to cope psychologically with the strain of marathon running - one adopted by self-centred masochists (the leaders), and the other by less obsessed individuals like himself. The former concentrated hard on their running style, monitoring every muscular complaint, implementing race tactics, and ensuring that maximum performance would be achieved (although the plans of mice and (marathon) men...).

Gordon, on the other hand, preferred to opt out, to disassociate his mind from the discomfort of the body and make progress while thinking of something else. During training he frequently "woke up" several miles further on, his feet keeping to the route (however tortuous), while his thoughts contemplated romantic possibilities, dreams of the future, or more prosaically what he would like for his evening meal, and how good a cool beer was going to taste after he had "earned" it by completing his run. On this occasion, however, he continued explaining to himself exactly how he had come to be taking part in the Aberdeen Marathon at all.

Young Executive in an Oil Firm sounded glamorous enough. As he discovered in the next few years, the work was repetitive and very tedious - an endless stream of office jobs, performed hastily to a tight schedule in a claustrophobic air-conditioned hell. His workmates seemed to have a vocation for such tasks; certainly they



arrived bright and early and didn't seem to mind being kept behind after office hours if there was yet another petty crisis to solve.

Over a series of fattening, boozy, expense account lunches, Gordon came to realise how keen these people really were - desperately ambitious workaholics, who saw themselves as a new breed of dedicated heroes. They talked about their work, their possessions and social adventures, compared holidays and hi-fi systems, cars and cocktails, salaries and sex lives, waistcoats and wigs. Gordon was the odd one out.

When he met Jean, he believed he saw a chance for happiness at last.

A jolt at his feet stumbled over quayside cobbles forced him to keep his mind on running for a change. A slight drizzle had made the uneven surface greasy and treacherous, but after slithering about for a moment he found that shortening his stride length, leaning forward a degree or two, and maintaining a faster tempo enabled him to deal with the stones quite efficiently. He was continuing to pick off stragglers, and revelling in the competitive situation.

Gordon was cruising along - the engine seemed in tune, the fuel supply plentiful and the driver well motivated.

At six miles he passed the Beach Ballroom again and received his share of the cheers of the crowd, who yelled out mixed encouragement and mild insults, unsure whether the runners were to be admired or derided - torn between disbelief, guilt, and envy. The route wound round the Broad Hill and up a narrow,

tenement-lined avenue to King Street, before plunging down Market Street and back onto Riverside Drive. Then came the most testing hill - up Holburn Road, left onto Great Western Road, and then onto the North Deeside to Cults.

Halfway in one hour, thirty-one minutes, Gordon noted as he strode out into a slight cooling breeze. A heaviness in the legs was noticeable - but the effort wasn't too intense, and his movements remained rhythmical and almost automatic.

Jean. An image of her face, animated and smiling under that unruly mass of flaming red hair, passed briefly through his mind. That was the girl he had fallen for - the lively non-conformist who had seemed so happy to move into his flat at the first tentative suggestion. She had been even more dissatisfied with her secretarial post (also at Texaco) than he was with his executive one.

Gordon mused sourly that, caught up in those first few weeks of novelty and passion, he had never guessed that Jean's wildness was superficial, and that, subconsciously at least, she had always yearned to escape into the conventional role of wife and, more especially, mother. Soon she announced that she was going to have his child (strange, he'd thought the Pill was fairly accident-proof). Trustingly, he'd arranged a quick Registry Office wedding - and then the trouble really started.

During the rest of her pregnancy, Jean had been busy preparing for the birth. The flat was redecorated, a boxroom transformed into a tiny nursery. She attended ante-natal classes (and insisted he accompany her) with a quasi-religious fervour; her diet was planned in scrupulous detail (he was left to exist on junk food); and her nightly exercise route would have exhausted Jane Fonda.

All quite normal, he'd supposed, quashing his doubts. But after the birth (natural, straightforward, without drugs - he'd found it a very emotional occasion), Gordon had begun to realise his true predicament.

Jean was transformed utterly from the fun-loving extrovert of only a year before. Getting on with her was very difficult for Gordon by then. She was remote from him, obsessed by her baby girl (Tamsin - her idea), and spent her days fussing over the child, and chattering endlessly on the phone or over countless cups of decaffeinated coffee to other "young mums", before collapsing grumpily into bed, claiming to have a tension headache and to be totally exhausted because she'd been looking after HIS daughter.

Gordon had been rejected and excluded. He had tried to share domestic chores and help with the baby, and give his wife some time of her own, but his efforts were

criticised as clumsy and inadequate.

Eventually, he had given up. Once again he felt trapped, having to withstand the strain of an unsatisfactory marriage as well as that of an enervating job. Self-pity engulfed him. He began to suffer from every clichéd mid-life symptom (at the age of 25!) - nervous stress, constant tiredness, depression, and either insomnia or the sleep of the dead.

Sometimes things seemed so bad he had to laugh. Was he a character in a soap opera?

It was when a colleague also laughed, ridiculing Gordon's expanding waistline, that he started trying to reverse the process of deterioration. At school he had been reasonably adept at rugby, so it seemed a good idea to take part, one Friday evening, in the casual game of football organised by a few of his sportier workmates, before they headed for the pub to celebrate the weekend.

It was hardly a success. After several moments of competence, (his co-ordination was still there, at least), he found himself leaden-legged, blowing hard, and eventually went over an ankle, straining his achilles' tendon. He limped miserably off the pitch, but got a measure of enjoyment from the hot shower and some good-natured banter in the bar afterwards.

Once the injury healed, he decided to achieve fitness cautiously, in gradual stages. Some of the Texaco employees were in the habit of jogging two or three miles at lunchtime. He made up his mind to join them after a few tentative solo trials.

It was tough at first. He could hardly run more than 400 metres without gasping helplessly and having to stop. His limbs ached for days.

But gradually the muscular pains eased, and some breath control returned. Yet his ego suffered when, trying to participate in a group run at work, he discovered that much older men could converse fluently while sailing effortlessly away over the horizon, leaving him speechless in their wake, floundering like a novice in a coracle.

A strange determination made him keep trying, however. He realised the benefit of gentle, yoga-based stretching exercises, and found physical tiredness much easier to withstand than the nervous exhaustion he had been enduring for so long. He slept much better, his appetite was keener, and yet his weight started returning to normal, pound by pound, as his metabolic rate increased.

Steady jogging seemed to be therapeutic. His other worries were absent while he concentrated on simple forward movement, or let his mind wander as his body settled into rhythmical progress. Once he was able to talk during training, he discovered the common bond between all runners - a mutual understanding and

sympathy engendered by a shared pleasure (and sometimes a shared discomfort).

A discussion with a training partner could take on a confessional nature. It was as if the run took place in a time capsule, quite apart from the pressures of normal life, and it seemed natural to impart confidences and mention personal problems, secure in the knowledge that the listener would refrain from malicious gossip afterwards.

Gordon had to muster his concentration during the grind up to Milltimber Brae. He was puffing by the top, but seemed in better condition than most in the straggling crocodile of runners stretching in front of him. Gaining speed on the twisting lefthand bend, he flashed past several other competitors whose legs couldn't absorb the extra strain of downhill racing.

It had been near the end of the Duthie Park "fun run", only six months previously, when he had come upon an ability to push himself more fiercely than the average jogger. Half a mile before the end of the six mile trail, which undulated over grassy hills, round tarmac paths, past beds of brilliantly coloured flowers, he had noticed a workmate (one of those who had obviously relished running away from him in the early days), plodding along only five yards in front.

A rush of competitive energy had given his weary legs new life, and feeling like a fresh thoroughbred racehorse flying past a ponderous, broken-winded Clydesdale, he had accelerated hard to the finish, more than thirty seconds in front of his astonished rival. It had been a minor breakthrough, and Gordon's confidence had grown considerably.

Shortly after the fun-run he joined the local athletic club, and after listening to advice offered by more experienced members and the distance coach, mapped out a two month training programme, aimed at a half-marathon in June.

The first Wednesday he took part in the pack run, which started down King Street and up the promenade, he got quite a shock. With an effort he hung on until the Bridge of Don, without managing to chat freely like his clubmates.

However the route swung right, then left up the long drag to Balgownie, the talking stopped, the pace increased dramatically, and they seemed to vanish with the casual rapidity of deer escaping over the skyline, leaving him a disconsolate straggler. Not knowing the trail he lost all contact with the others, and found it awkward to trudge back to Linksfield Stadium, very tired indeed.

Perserverance paid off after a few weeks, though. A longish run at a slow speed on Sunday (15 miles through Hazlehead and Countesswells); a track session on Tuesday; six repetitions up a steep hill on Thursdays;



some steady recovery jogging on the "easy" days, and he found himself keeping up with the herd during the Wednesday night "race".

Self-respect was his main reward, and the esteem of others. His clubmates seemed to admire natural talent, speed, and stamina, but most of all, wholehearted effort. Gordon enjoyed their friendship and the harmless mickey-taking in the pub after the Wednesday run.

His general morale was much higher now. He felt stronger and more relaxed, physically and mentally. Not only had he found an escape from the stresses of work and home, but he had also gained resilience, and was better able to deal with such pressures. Alienation was no longer a problem now he had some companionship and shared common goals with others.

And yet, more significantly, he began to develop an independence, a self-reliance, he had not achieved before... and thought of running as a purposeful activity with very real benefits.

Now these qualities were really being tested. Finishing the half-marathon had been straightforward enough, but he knew he faced a greater challenge in the 26 miles 385 yards of the full marathon.

Passing other runners was harder now (the gaps were greater), and at 23 miles, on Riverside Drive once more, he began to experience the symptoms of "The Wall". Scaremongering veterans had done their best to ensure that he knew exactly what could happen if he "hit it", although he had assumed their horror stories were exaggerated.

Yet it worried him, now that the sun had broken through, that he had begun to shiver with cold. His feet and legs were jarred, sore, and stiff because of repeated contact with the hard tarmac.

There was a dryness in his throat, a pounding in his head, and his whole body felt weak and leaden, as if the air he was parting was becoming as resistant as water.

Briefly, Gordon lost control. He doubted if he could keep going. Several acquaintances had been sceptical about his ability to complete the distance. Maybe they'd been accurate in their judgement. He faltered, lost momentum and had to walk for a few yards. But this slight respite was enough - he wasn't going to quit without a struggle. Grimly he broke into a slow trot and regained rhythm and purpose.

Progress was possible, after all, and he was glad that he had eaten properly in the days before the race (potatoes, pasta and white bread, mainly, with only toast and jam four hours before the gun). Drinking a couple of pints of some electrolyte preparation that morning, and topping up with water and a cup of strong black coffee in the last hour had ensured a good start. Despite heavy perspiration he had managed to remain well-hydrated, taking frequent sips at the drink stations, and enjoying a refreshing sponge when available. His preparation had been sensible and thorough, now it was paying off.

Over the cobbles for the last time, keeping well away from the harbour's edge, and he was past the 25 mile point. Up a nasty little hill, round an army cadet (acting as marker), he ignored the final chance to take in some liquid because by now he could hear the applause of the crowd at the finish.

Wiping sweat from his face and, with an automatic gesture, passing a hand through his hair, Gordon took a few deep breaths and, turning right onto the Beach Boulevard, tried to run powerfully to the banner and the waiting time-clock. He overtook a fellow sufferer and crossed the line, the announcer's hoarse voice bawling congratulations through the loudspeaker. Two hours fifty-five minutes exactly. Not bad for a first attempt.

Although his legs were stiff and awkward, he felt as if he were floating, a permanent grin on his face. They were right: just being able to stop WAS great! He demolished three cartons of orange squash, and was chatting eagerly to a clubmate (each attempting, simultaneously, to tell the story of HIS race), when a pram came to a halt beside him and he was surprised by a warm embrace.

It was Jean, more vibrant than he'd seen her for ages, saying well done with what sounded like sincerity! She hadn't expected him so soon, and seemed glad to have a successful (and still healthy) husband. Together, they wheeled Tamsin's chariot across to the changing rooms.

Gordon was tired but content. He recognised that the sensation of strength and control, of achievement and self respect, was mainly an illusion. This glow would pass, he knew, like all joys (and sorrows), but seemed all the more precious for its transience.

Getting on would always be a struggle, but now he knew that perhaps struggling well was what was important - and he had proved to himself that he was capable of that.

"I'll show them," he thought, with a surge of defiance. But first, the beer, the bath, the bed and the sleep - of the truly alive.

DRINK: Friend or foe?

Alan Campbell and Rob Hall take a not too serious look at the relationship between alcohol and athletics.

Liz McColgan has a fairly unequivocal attitude towards beer. "I think it's disgusting," says the Commonwealth Games 10,000 metres gold medallist, who later this year will attempt to put the disappointment of her World fifth place in Rome behind her and bring an Olympic medal (preferably gold) home to the new house she shares with husband Peter outside Dundee.

The Hawkhill Harrier makes only one concession to alcohol. "Maybe on the odd special occasion I will have a Martini and lemonade," she admits.

Another prominent figure in Scottish athletics who frowns on alcohol is Tommy Boyle, coach to Tom McKean and of late Yvonne Murray, as well as about eight other "serious" athletes.

"Tom McKean can drink as well as anybody else at the end of the season when he's on holiday," says Boyle, "but he doesn't touch it when he's training."

Warming to the theme, Boyle says: "There's nothing wrong with having a pint of beer if that's the way you feel. But if a serious athlete starts drinking regularly, his logic has to be questioned. Somebody giving up a lot of their time isn't going to take any risks."

Although some of our best known athletes have been known to enjoy a glass of beer or 15 when celebrating, it has to be accepted that a top class runner cannot afford to weave the wayward path - unlike some of his or her contemporaries in football, rugby, cricket and other sports. Whatever the special talents of George Best and Ian Botham, they were not designed for athletics.

But back on the less demanding treadmills of the average club runner, or the individual who runs for pleasure and a healthier lifestyle, is there a place for alcohol?

Agreeably, there are in fact some studies which conclude that alcohol in moderation may be better for you than no alcohol at all.

Research by the Canadian Department of National Health and Welfare, for example, showed that individuals who drank moderate amounts of beer regularly (two drinks or less per day) reported 13.1 per cent less illness than the Canadian average. And the old Scots tale - often recounted by gnarled centenarians - that the secret of longevity is a glass of whisky every day may not be such a myth after all, as there is a school of thought that it might provide protection against heart attacks and high blood pressure.

(It's when the old codgers then reveal that they've smoked 40 Capstan a day since they were 11 that the whisky theory loses its lustre.)

According to our correspondent, Diana Caborn, who works for the Scottish Health Education Group in Edinburgh, triathletes in America are believers in the value of beer for carbohydrate loading, and also devoted drinkers because of the dehydration caused by the event.

However, the American triathletes tend to stay with light beer, which has a much lower alcohol content than the majority of beers sold in this country.

Diana, who is partial to the odd gin and tonic when she isn't training, was amazed at the number of people drinking alcohol-free lager at a



Liz McColgan... the occasional Martini and lemonade.

Continued on Page 23

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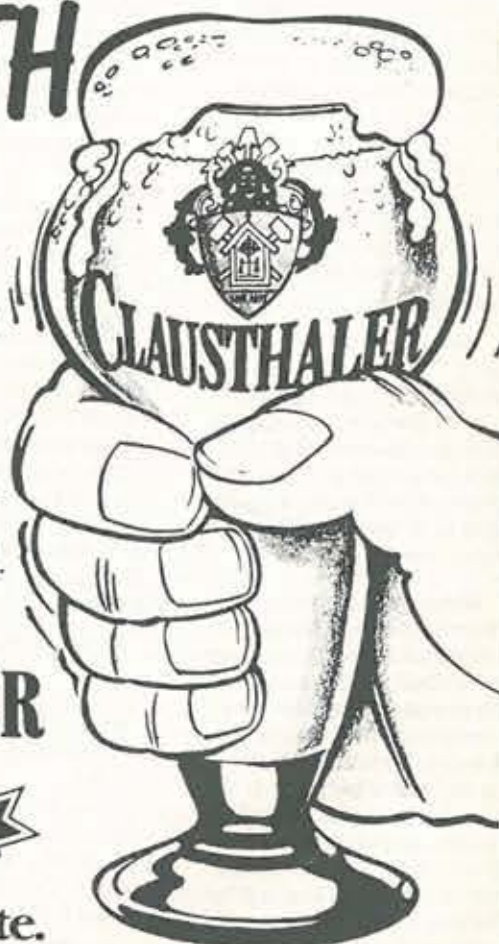
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DRINK: Friend or foe?

party she attended in
Edinburgh just before
Christmas.

"The person who went with
me wasn't drinking alcohol
because he was driving,"
reports Diana, "yet after six or
seven alcohol free lagers he
felt intoxicated and was
actually worried about driving.

Her employers have issued
guidelines about alcohol, in

which they state that up to 20
"standard" drinks for men a
week is acceptable, and up to
13 standard drinks a week for
women (alcohol is distributed
throughout the body fluids, so
in men, who have a higher
water content - 60 per cent -
than women - 50 per cent - the
alcohol is more diluted).

A "standard" drink in SHEG
terms is a half pint of ordinary

beer or lager; a single measure
of spirits; a glass of wine, a
small glass of sherry, or an
aperitif.

According to their
calculations, 21-36 standard
drinks for men a week is still
within bounds (14-24 for
women) provided they are
spread out over the seven
days. The danger point comes
at 37-50 for men and 25-35 for
women, where not only health
but social and legal factors
come into play (you're likely to
be drinking and driving, for
example).

At 51-95 (men) and 36-63
(women), the old liver and
stomach could well be playing
up, and concentration and
memory playing down.

The health education group
would doubtless be appalled
by the behaviour of certain
Edinburgh University students,
who once upon a time used to
travel to Arran for pre-season
athletics training.

The challenge for these
harriers was to run 100 miles
and drink 100 pints in the week.
It is claimed that one legendary
character smashed even that

revolting feat by drinking 100
pints and running 100 miles in
100 hours. Given that 100 pints
is 200 standard drinks, and that
the weekly red light level is 96,
the stomach boggles at the
state of this gentleman after
four days and four hours. One
thing is certain: there wasn't a
drought in Arran that year.

Although such challenges
are no longer so common, one
group of reprobates at least still
mix alcohol and running in
what is known, for obvious
reasons, as the Chunter Mile.

This ritual takes place on the
evening of the Glasgow
University road race at
Westerlands in November and
involves each participant
drinking a pint of beer, running
400 metres; drinking another
pint, running another 400
metres; drinking another pint,
running 400 metres; drinking a
fourth pint and then completing
the final 400 metres. Needless
to say, both activities are done
at maximum possible speed,
the record is about six minutes,
and the consequences are
predictably horrible.

Liz, you're not so far wrong.

Tam and Wullie

WULLIE: How are ye feeling Tam?"

TAM: No bad the now, Wullie. A wee bit tired frae last night but I
suppose it's jist tae be expected."

WULLIE: How? Where wir ye last night like?"

TAM: Ach it wis jist ma usual 5 miles but it wis a hilly course and
ye ken how much I like runnin' up hills."

WULLIE: Aye, me tae Tam. Never mind. This is mair like the
thing the night is it no?"

TAM: I suppose sae Wullie. How long have we been oot
anyway? I'm beginning tae feel it a bit."

WULLIE: Ach, we've only been oot for half an oor. We'll keep it
gaun fur a while yet shairly? The first 20 minutes is aye
the worst - ye ken that Tam."

TAM: Aye all right then. But slow the pace down will ye. I cannae
keep this up for much longer."

WULLIE: All right Tam. I'm sorry but I cannae help it. I get
carried away at the start but I usually end up a richt
mess."

TAM: Ye can say that again. I've seen you a richt basket case
some nights."

WULLIE: Maybe so Tam, but ye must agree that ye need tae be
adaptable. I'll bet Steve Cram disnae stick tae the same
thing every night."

TAM: Maybe no Wullie, but he disnae have tae stert work at half
past seven every day, dis he?"

WULLIE: A ken no Tam, but ye've still goat tae have variety -
that's all I'm sayin'. A mean tae say, ye dinnae even dae
ony speed work, div ye?"

TAM: All right Wullie. A take yir point. How long have we been
oot now?"

WULLIE: Help ma goad Tam, it's no long since ye asked me that.
Are ye oan a promise the night or somethin'?"

TAM: I'm aye ower knackered fur that sort o' thing Wullie. Jist
tell me the time will ye no?"

WULLIE: It's forty-five minutes since we left yir hoose. We'll at
least keep gaun till we reach double figures Tam.
What dae ye think?"

TAM: A dinnae ken Wullie. If I gaun at it for ower long I'm
useless in the mornin'. I wake up feelin' as though I'm
nailed tae the bed."

WULLIE: How about we give it another half an oor and then play
it by ear?"

TAM: Alright Wullie. A must admit I'm beginning tae feel a bit
better. I dinnae seem tae be strugglin' as much as I was
before."

WULLIE: See whit I mean. Yir fine now ye've goat yir second
wind. It's like hearin' the bell for the last lap."

TAM: A suppose it is Wullie, richt enough. As long as ye dinnae
start forcin' the pace again."

WULLIE: Nae problem Tam. But - speakin' about bells - let's get
oan wi' the business. Same again?"

TAM: Aye. Pint of lager fur me. See if they've ony cheese and
onion crisps tae while yir at it."

Rob Hall



Tom McKean: no alcohol at all when in training.

SPORTS NETWORK

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

BEITH HARRIERS
Senior members, male and female, required. Contact J Swindale, 29, Braehead, Beith.

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor, Glenferriate, Enochdhu, By Blairgowrie, Perthshire PH10 7PL. Tel: 025081-206.

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

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

DUNDEE ROADRUNNERS ATHLETIC CLUB
Secretary - Mrs Gill Hanlon, 9 Lochinver Crescent.

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, Nurses' 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.

FAIRPORT TRIATHLON CLUB
Sec - Dieter Loraine, 9, Millgate, Frickheim, Arbroath. Angus DD11 4TW.

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

ARE there any women/girls in the Croftfoot/Castlemilk area of Glasgow who wish to join me in setting up a jogging, running and/or athletic club in this area? Also any coaches or experienced women willing to help? Tel: 041-634 0734

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from

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WORLD EXCLUSIVE

Determined as always to bring you the best in sporting action, Scotland's Runner has pulled out all the stops this month to track down one of Britain's greatest-ever runners.

His name is, of course, Alf Tupper and he proved an affable sort of guy when our reporter went along to meet him.

Before you could say "Bloomin' Ada", Alf whisked our reporter off to Sid's caff in Greystone to chew over the state of British athletics, while the pair of them tucked into Sid's famous black puddings.

"No, I don't always eat fish suppers," grinned Alf as they sat down. "For me, it's chips with everything!"



Scotland's Runner: First things first, Alf. You've been a top runner for a long time now – but when did you first start running?

Alf: Bloomin' Ada, now you're asking. To be honest, mate, I can't remember a time when I wasn't running. Me mum used to say that I ran a six minute mile before I had my first fish supper!

SR: Can you tell our readers something about your early days?

Alf: Well, not a lot of people know this, but I was born on the little island of Tristan Da Cunha. That's why they asked me to run for 'em in the 1970 Commonwealth Games. I was a one man team, so I did pretty well by coming home with a marathon medal.

SR: I read that you were brought up by your Aunt Meg...

Alf: Yes, Aunt Meg and me never really got on, but I had to go and stay with her when me dad died of a heart attack and me mum died in a fire. I was twelve at the time.

SR: So that was when you threw yourself into running?

After six savage minutes, Alf finished Welling off with a spectacular uppercut!



Alf: Too true, mate. I had to learn to move fast to avoid getting clips round the ear from Aunt Meg, so when I wasn't having bother with the Greystone Gang at Mudd Lane School, I spent a lot of time on the road.

SR: Even the most talented kids need good training, Alf. Did you join an athletics club?

Alf: The Greystone Harriers they were called – a real snooty lot. Some of them reckoned I was too tough for the club – but I run 'em – and that's what counts. Maybe that's why I've been running and beating Toffs ever since. Smashin'!

SR: You've had a great career since these early days, Alf, winning championships at almost every distance. Have you a favourite distance?

Alf: Well, the mile or 1500 metres is top with me, but I've had a go at them all and it don't really matter to me what length of race I'm running, as long as I'm RUNNING!

SR: And how do you feel about the fame that goes with that kind of success?

Alf: I can handle it, mate. I'm not too fond of doing TV interviews, though. Garn,

people spend too much time watching the goggle box. What I've really enjoyed is seeing the Alf Tupper stories in the boys' paper "Victor". I just hope that it inspires lots of youngsters to have a go at running themselves.

SR: We've all enjoyed reading your exploits in Victor, Alf. When did they first appear?

Alf: Well, the "Tough" stories originally appeared in a boys' paper called "Rover", but since that was back in the forties, maybe that

gives my age away! But yours truly first saw the light of day in Victor in June 1962 and I've been there on and off ever since. In fact, I'm co-editor of Victor's readers' page nowadays and I really enjoy reading the kids' letters. Lots of 'em are keen on running and that can't be bad.

SR: Why do you think kids – of all ages – enjoy reading about you, Alf?

Alf: 'Cause they've nothin' better to do, I suppose! No, seriously, maybe because I'm a bit rough and a real

grafter. It don't matter to me who I'm running against, I'll give it a go – and that's what running's all about.

SR: One thing I've noticed, Alf, looking through my collection of Victor is that you've changed over the years.

Alf: We all get older, mate! But you're right, different artists have had a go at drawing me ugly mug – five in all. I reckon they all end up having nightmares about drawing me after a while!

SR: One final question, Alf. As somebody who tries to keep to a low cholesterol diet and has a go at a high carbohydrate binge before tackling a marathon, I've got to ask you if it's really true that you tuck into fish suppers before running?

Alf: Too right, mate. I eat fish suppers before races, after races and if I got the chance I'd have the odd chip during races as well. It ain't done me any harm. Any chance of another helping of chips?



Alf Tupper, the runner known as the Tough of the Track, away to yet another deserved victory.



Alf Tupper, as he has been portrayed in the Victor by five different artists. Clockwise from top right: 1988, 1970 (above), 1967, 1985 and 1984. Which one do you remember? The last illustration is of Alf punching a posh chap. From next month, old Alf Tupper strips will appear regularly in Scotland's Runner.

FOCUS ON

East Kilbride

Scotland's New Towns are perhaps in a privileged position for leisure and recreation, in that the local authority and development corporation can work together towards provision. David Inglis reports on two, East Kilbride and Cumbernauld.

East Kilbride is the oldest of Scotland's New Towns, but in 1988 celebrates another anniversary – the 21st year of East Kilbride District Sports Council.

The district sports council was created in 1967 by the former East Kilbride Town Council, and was the first of its kind in Scotland. Today, enthusiastically backed by East Kilbride District Council, it remains a buoyant organisation, with 171 member clubs representing 42 different sports.

As those who have run in the annual Jimmy Moore 10K race organised by Calderglen

Harriers will appreciate, East Kilbride is blessed with surprisingly – to the outsider at least – agricultural countryside on its doorstep. Winding along narrow lanes and farmyards, the route is anything but the expected.

The base for the Jimmy Moore race is Calderglen Country Park, one of the finest outdoor public sports and recreation centres in Central Scotland, and definitely worth a family day-out visit. On the outskirts of East Kilbride, the park has its own sports club with tennis, rugby, and other facilities. It also boasts Torrance House Golf Course, reckoned to be one of the best

municipal courses in Scotland, although it has its own private membership and clubhouse.

For the less strenuously inclined, the children's zoo and nature trails in beautiful woodland provide alternative leisure options. Designated a Countryside Park in 1979, the area has been jointly funded by the district council, development corporation, Countryside Commission for Scotland, and Manpower Services Commission. The annual country fair in the park is a popular attraction, but to be appreciated fully a quieter time for a visit is advisable.

East Kilbride is also home to the older East Kilbride Athletic Club, as well as Calderglen Harriers.

Although both clubs have

made their mark on Scottish athletics, East Kilbride has, until now, lacked an all-weather athletics facility. This should be resolved in a few months' time when work is scheduled to begin on an all-weather eight lane track at Whittemoss, following negotiations between the district council, district sports council, and the development corporation, the latter having allocated money from its amenity fund.

As there are exactly eight secondary schools in East Kilbride, the new track will fit the bill as far as schools athletic competition is concerned. It is being built alongside the town's major indoor sports facility, the John Wright Centre, which will obviously

boost its usage and provide the required standard of changing facilities.

It is from another of East Kilbride's indoor provisions, the Olympic length Dollan Baths, that the Scottish Triathlon Championships are organised. Entries from throughout the United Kingdom are accepted for the super triathlon, which is a one mile swim, 36 mile cycle, and 12 mile run. Local hero Jim Paul won the Scottish championship in 1986, but was deposed last year by Alastair Watt (although Mark Knagg from Barrow-in-Furnace was the overall winner).

Pivotal to the efforts to put East Kilbride to the forefront of sport and leisure are Tim Cruttenden, director of recreation and leisure services with East Kilbride District Council, and Scott Hill, secretary to the district council and the district council's sports development officer.

Hill is positively evangelical in his attitude towards promoting and encouraging sport in the New Town, and he attributes East Kilbride's success to a combination of the administrative flair of the district council's leisure and

recreational department, and the voluntary coaching back-up from the usual committed individuals.

The climax of these efforts is the East Kilbride Festival of Sport, a two week celebration into which 52 sporting events were crammed in 1987.

The biggest cloud on the horizon for East Kilbride, as for other towns, is the proposed privatisation of local authority sport and leisure facilities.

"It's ironic that just as the Government is getting control of local authority spending, it should take measures it doesn't really need to," says Tim Cruttenden.

"Local authorities are getting their act together, providing integrated services such as sports centres, parks, and museums – if this legislation goes through they will probably be split up again."

Cruttenden is proud that East Kilbride has established the first International Sports Trust in Scotland – an honorary group of trustees from business and sport raises funds to send East Kilbride athletes to events abroad. Also available, through the district sports council, and funded by the district council, are sports grants to clubs and individuals from the town.

Another "first" for East



Kilbride – in liaison with the regional education authority – was the use of school sports facilities for the community.

Finally, what report on sport in East Kilbride would be complete without reference to Olympic sprinter Sandra Whittaker – even if she trains and works in Glasgow, the new all weather facility will provide a home base for the youngsters following in her rapid footsteps.



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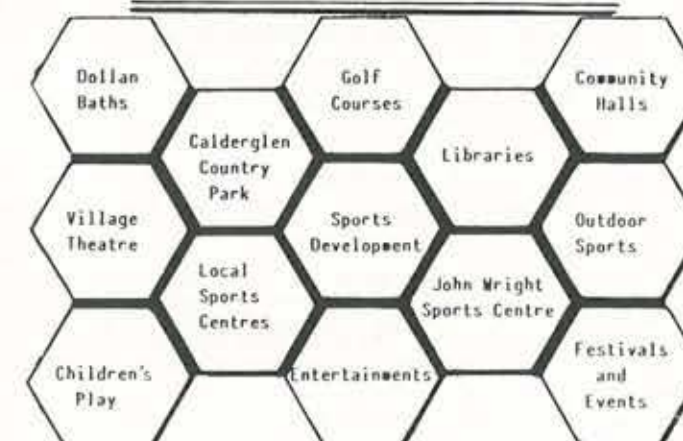
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For further information phone Maurice Daniel on 03552 20222, or write to him at Dept. SR, NEL, East Kilbride, Glasgow G75 0QU.



A happy swimmer surfaces at East Kilbride's Dollan Baths

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WHICH MAKES
EAST KILBRIDE
SUCCESSFUL!



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RECREATION AND LEISURE SERVICES

FOCUS ON Cumbernauld

"Cumbernauld", says the development corporation's 1987 annual report, "is acknowledged as a pioneering force in providing the community with exceptional leisure, recreation and educational facilities. From the very young to senior citizens - Cumbernauld cares."

It certainly cares about its image. The 1987 advertising campaign hammered out the commercial advantage of locating in the New Town, and central to the message has been the notion of a young, energetic and leisure-orientated community.

Martin MacMahon, Cumbernauld and Kilsyth District Council's deputy director of leisure and recreation, certainly does nothing to dispel such an optimistic outlook. A former internationally ranked cross-country runner, MacMahon says he had the feeling that Cumbernauld was going in the right direction from the day he arrived.

"The council had, and continue to have, a great asset in Danny MacGowan (his head of department). Danny holds a unique position in Scottish swimming and his enthusiasm and expertise has enabled him to take local kids - some of whom he taught to swim - to the highest level."

As a result, the Tryst pool now hosts major televised events like the Cumbernauld Swim Week, and is home base for a number of top-class swimmers, including Jean Hill, double silver medallist at the 1986 Commonwealth Games.

The Tryst - the town's indoor sports centre - was built by Cumbernauld Town Council and, with something in the region of 600,000 users taking advantage of its facilities per year, is a major success story, surpassed only by the Magnum in Irvine, and the Commonwealth Pool in Edinburgh.

Cumbernauld District

Council, however, is also concerned with broadening the horizons of recreation. There are rock concerts and OAP's St. Andrews' Night events, and on the halls front, the "jewel in the crown" is the Colzium House complex in Kilsyth. A former residence of the historic Lennox and Livingston families, it houses the Clock Theatre and a function room - for which there

is a two-year waiting list if you are thinking of holding a wedding reception!

Outdoors, besides the magnificent courtyard and arboratum, there is a curling pond of great antiquity, pitch and putt, and a football pitch. The "short-scale" athletics track is the venue for the Kilsyth Community Games - a successful parent and child involvement scheme - and

home to the Colzium Athletics Club which has enjoyed considerable cross-country and track success in its short history.

Martin MacMahon has also been instrumental in converting Cumbernauld's "International" cross-country meeting to a successful inter-area event and this, he says, gives everyone involved better value for money.

CUMBERNAULD & KILSYTH DISTRICT COUNCIL RECREATION & LEISURE



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D McGOWAN DIRECTOR OF RECREATION & LEISURE

COUNCIL OFFICES BRON WAY CUMBERNAULD G67 1DZ Tel: Cumbernauld (0236) 722131.

PARKS:

COLZIUM-LENNOX ESTATE: Features 68 acres of attractive woodland and lawns, containing a fine Victorian MANSION HOUSE, ARBORETUM, and WALLED GARDEN.

For further information: Telephone Kilsyth 823281
For Bookings: Telephone Kilsyth 823110

Other facilities include AUCHINSTARRY LOCH BURNGREEN PARK and RAVENSWOOD SPORTS COMPLEX

For further information on District Parks, telephone (0236) 722131.

CUMBERNAULD THEATRE:

A 300 seat theatre, and an 80 seat Studio Theatre, equipped to a professional standard and offering a wide range of presentation. The theatre also offers a Restaurant and two Bars.

For further information, telephone (0236) 737235.

MUSEUMS:

Two small museums of local history are situated in ARDENLEA HOUSE, Cumbernauld Village, and in COLZIUM HOUSE, Kilsyth.

For further information, telephone (0236) 735077.

LIBRARIES:

Recreational and educational READING MATERIAL, COMPUTER SOFTWARE, RECORDS, CASSETTES, COMPACT DISCS, and TALKING BOOKS. STUDY FACILITIES and a PHOTO-COPYING SERVICE are also available, and a HOUSEBOUND READERS' SERVICE is in operation.

For further information on all services, telephone (0236) 725664.

WESTERWOOD JUBILEE YOUTH CENTRE:

Adjacent to the Kilsyth Hills and the Forth and Clyde Canal, the centre offers CAMPING and HOSTEL accommodation.

For further information, telephone (0236) 725281.

HALLS:

The District Council offers the use of a wide selection of local halls for hire by the community for functions, dances, exhibitions, etc.

For further information and bookings, telephone (0236) 722131.

GET FIT INDOORS



The opening of new all-weather tracks, sports centres, weight-training gymnasias, and the indoor running arena at Kelvin Hall is to be welcomed. The provision of these facilities will do much to improve the standard of athletics in Scotland and to stimulate interest in the sport.

It is essential, however, that athletes without these facilities do not feel at a disadvantage - and that they make optimum use of the resources available to them. Most clubs have access to their local school gymnasium, and there the training opportunities are boundless.

The traditional indoor session is based on a circuit programme. The athlete begins by performing several designated exercises to

Report: Pictures:

Derek Parker Peter Devlin

As Derek Parker, senior British Amateur Athletic Board coach, explains, athletes without expensive indoor facilities nearby can use local resources to maximum training effect. All pictures taken by Peter Devlin at a Kilbarchan AAC training night in Johnstone High School.

maximum - or to maximum in 30, 45, or 60 seconds, depending on age, ability, and experience. At subsequent sessions, he/she works non-stop round a circuit of between six and nine exercises, doing 50 per cent of the number of repetitions achieved during testing for maximum for each exercise. After two minutes

recovery on the completion of the circuit, the process is repeated between two and five times.

Progression is achieved by increasing the number of circuits done each week, and then re-testing each exercise for maximum every fourth or fifth week.

Another form of circuit

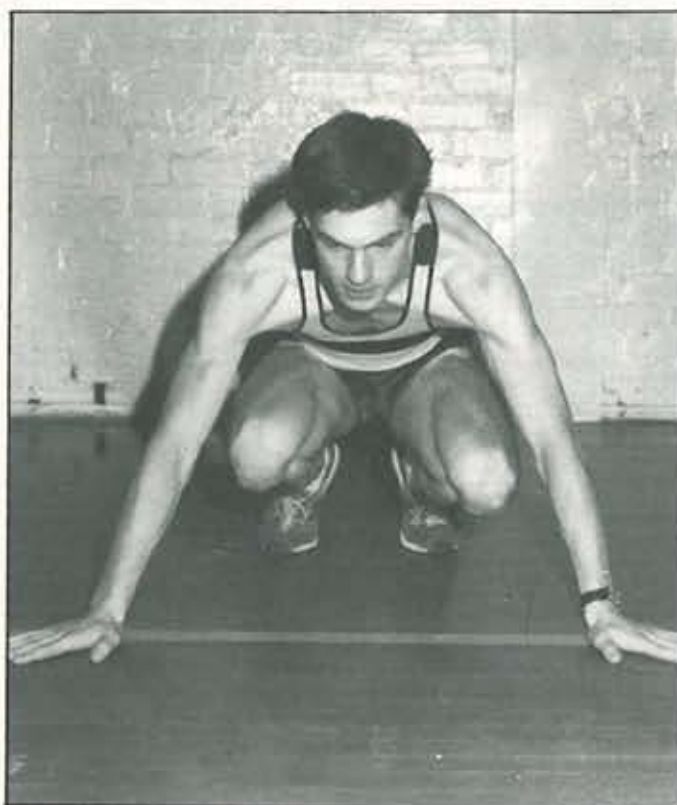
training is for the athlete to do three complete circuits without pausing. He/she is timed, and progression is made by attempting to complete the three circuits faster on the next training occasion.

The choice of exercises will depend on the equipment available, although it is important that the programme caters for the main muscle groups, i.e. arms and shoulders, legs, and abdominals and dorsals. At its most basic, the selection would include squat thrusts, sit ups, bench astride jumps, back lifts, burpees, bench vaults, and bench step-ups.

Use of the gymnasium apparatus could also see the inclusion of rope climbs and pull-ups on the beam, as well as supervised weight-training activities for athletes aged 16

GET FIT INDOORS

Stage-training exercises such as squat thrusts can improve stamina



Various sprint drills, such as high knee lifts, improve neuromuscular co-ordination



and over.

Circuit training has manifold benefits. It is progressive and easily measurable and recordable; it develops all-round muscular and cardiovascular fitness; and it enables fairly large numbers of participants to train in a relatively small area at the same time – all working at their own individual rate and level of ability.

Inevitably as the aspiring coach becomes more experienced and knowledgeable, he will want to formulate his own programme, based on sound training principles. It is frequently said that success in athletics involves work on the six "S" approach – **skill, speed, strength, suppleness, stamina, and (p)sychological** fitness. These qualities form the ideal basis of an indoor session lasting for between 60 and 90 minutes.

During the last few years, I have found that a programme similar to the following has, subject to various modifications and alterations, proved interesting and challenging to international sprinters, hurdlers, middle-distance runners, and jumpers.

After a few laps easy jogging

and striding to raise the heart rate, and loosening up exercises to increase muscle viscosity, the session starts with the first of the six "S's" – **suppleness** (sometimes described as flexibility or mobility).

About a dozen exercises are chosen, each involving the mobilisation of main joints such as the shoulders, hips, and ankles, and the gentle stretching of selected muscle groups, particularly the quadriceps, hamstrings, gastrocnemius, and soleus (calf muscles). Mobility is described as the range of movement through which a joint can be taken, and it is imperative that jerky, bouncing movements are avoided as these can cause injury.

The prime aim in suppleness training is for the athlete to stretch the muscle as far as is comfortably possible, hold the position for at least eight seconds, and then relax, i.e. the stretch-hold-relax principle. It is important to remember that it is during the holding phase that the stretch effect takes place.

A sequence of 3 x 8 seconds for each exercise is ideal for a group session, although many international athletes prefer to

hold the position for 30 seconds or longer. The list of suppleness exercises is extensive, and every coach and athlete has his/her own repertoire. Among the most popular are toe-touching, side bends, shoulder, hip, and trunk rotation; and abductor, adductor, gastrocnemius, and quadriceps stretching.

After three or four laps easy jogging, the athlete then moves on to the **skill** section. This takes the form of various sprint drills such as high knee-lift running, triple ups, foreleg reach, fast knee pick-ups, arm-driving practices, and pitter-patter in which the athlete endeavours to cover the length of the gymnasium using as few strides as possible.

The objective of these drills is to improve neuro-muscular co-ordination, and to enhance the stride rate or cadence. It is important to remember, however, that all skill training such as speed drills must be performed with the proper technique, particularly in the early stages – otherwise a faulty and less efficient running style will soon manifest itself. Only when the correct technique has been mastered should the athlete consider introducing a greater degree

of speed into the drills.

The third aspect of the six "S" curriculum is **strength**, and for the legs a series of jumping exercises (known as pliometrics in coaching parlance) can constitute the next part of the indoor training session.

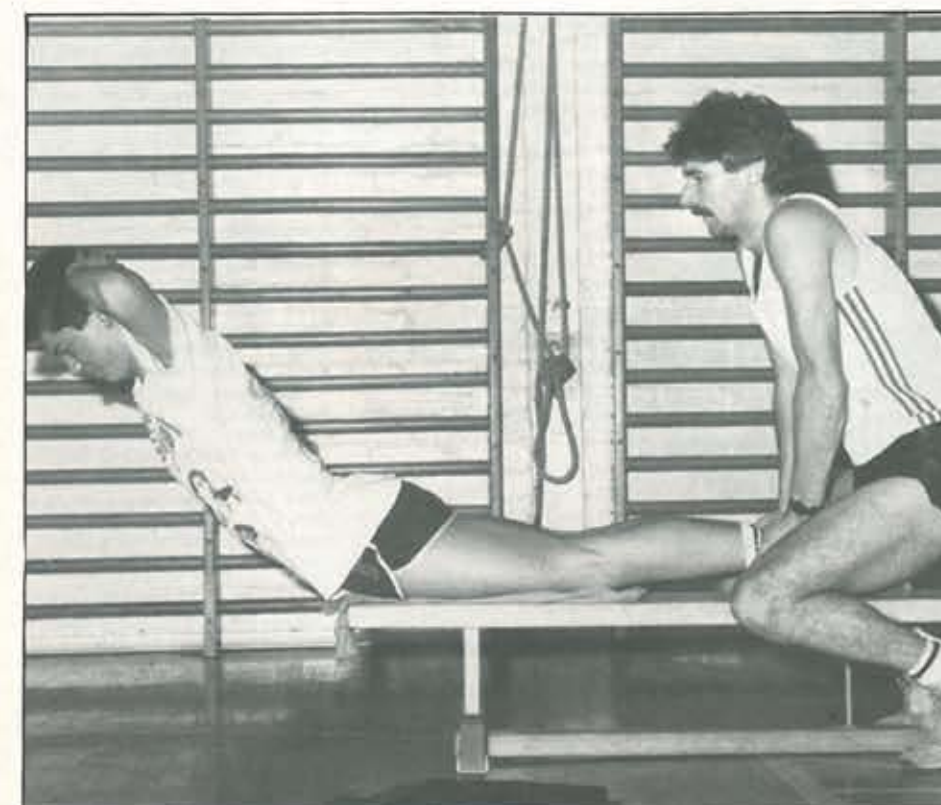
Jumps exercises should be done from a stationary position for maximum benefit to be gained. A suitable programme would include standing long jump, standing hop, and standing bound, each x 3 separate efforts – along with multiple sequences such as hopping, bounding, and bunny jumps, each x 5 continuous efforts.

Other variations may include hop, step, and jump; two hops, one step, and one jump; and two hops, two steps, and two jumps.

The range of exercises is limited only by the bounds of the coach's imagination. To avoid the risk of injury, athletes should land flat-footed with the back straight and legs bent at the knees to absorb the impact. The total number of jumps in this section of the indoor session need not be any more than sixty.

The importance of jumps training should not be under-

Suppleness training takes the form of stretching selected muscles



estimated. Horizontal speed is a combination of stride length x stride rate. This means that an athlete with a stride length of eight feet and a stride rate of 4½ per second (8 x 4½) has a horizontal speed of 36 feet per second. Jumps training contributes significantly to an improvement in stride length and stride rate and has a vital role in the training programme of any athlete, but particularly those whose events are power-based, i.e. sprinters, hurdlers, jumpers, and throwers.

The fourth of the six "S's" is **stamina** and this can be accommodated in the indoor session by stage-training. This differs from circuit training in that the athlete completes all the sets of one exercise before moving on to another. For example, he/she would do 3 x 20 seconds squat thrusts, with 10 to 20 seconds recovery, before moving on to other exercises such as press ups, back lifts, sit ups, bench vaults, and bench astride jumps. Variations can include 2 x 30 seconds of each exercise with 10 to 20 seconds recovery, or 4 x 15 seconds with five to 15 seconds recovery.

This part of the programme can be made more interesting by basing the overall number

of repetitions for each exercise on the total score achieved in monthly tests for maximum in 60 seconds. For example, if an athlete records 90 bench vaults in 60 seconds continuous efforts during tests, the training target in 3 x 20 seconds of activity with 10 to 20 seconds recovery would be around 100 repetitions – and this would be the new goal when tests are done again.

For added variety, stage-training can from time to time be substituted by a pyramid in which the athlete works non-stop from 10 squat thrusts, 10 press ups, and 10 sit ups, right down to a single repetition of each exercise. Times can be taken, if desired, or the athlete can work back up the pyramid again to 10 repetitions of the exercises.

A suitable pyramid for a non-stop bench astride jumps-bench vaults sequence would be 30-20-10 repetitions, with personal best and club record times being established for added incentive.

The fifth of the six "S's" is **speed** and this can be accommodated by team shuttle relays, or pursuit relays involving the entire training group.

Additional interest can be

created by getting the participants to hurdle or step between canes supported on benches – or doing a prescribed number of bench vaults, bench astride jumps, or bench step ups at the end of each run before handing over to the next member of the relay team.

(Note: Pure speed work, involving correct starting procedures and technique, is normally done early on in a track session before fatigue begins to affect performance. In the context of an indoor training session, however, it is a valuable aid to speed endurance, i.e. the ability to express speed under conditions of fatigue – and contributes immeasurably to the team spirit of the group. Therefore it can be done late on in the indoor session).

Following the shuttle or pursuit relays, the session can then be successfully and enjoyably concluded with a game of basketball – not too competitive – and a few laps easy jogging to disperse any lactic acid accumulation and to re-oxygenate tired muscles by increased blood flow.

The completion of the programme, with its suppleness, skill, strength,

Hop, step and jump exercises are designed to increase the strength of legs.



stamina, and speed gains, is consummated, hopefully, by the sixth "S" – **(p)sychological** benefit. This comes from a rounded and carefully planned training session which should give the athlete confidence and develop the ability to work towards and achieve selected goals and targets.

The session described is one which I have used successfully with international sprinters, hurdlers, middle distance runners, and jumpers during the past few years. Depending on circumstances and the desire for variety, it can be modified and altered as required, but always within the parameter of correct coaching principles.

It is presented with the objectives of proving that, although new and modern training facilities are always welcome, the determined and ambitious athlete and coach will maximise every training opportunity available, including the local school gymnasium.

And in doing so, he/she will be putting into practice the thoughts so lucidly expressed nearly a century ago by the poet, W.E. Henley:

*"I am the master of my fate,
I am the captain of my soul".*

Results

October

11

Linwood 5 Mile Fun Run -
1. T Anderson (Johnstone) 27-10, (new course record), 2. B Crawford (Beith) 29-01, 3. James Sands (Johnstone) 30-10, L1 E Cameron (Kilmacolm) 33-01, L2, D McNicol (Bridge of Weir) 39-51, L3, S Geddes (Houstoun) 42-50, V1, L McMahon (Greenock) 32-45, LVI, M McCrae (Glasgow) 59-25

November

7

North District Cross Country League, Fort William -
Senior 5 miles: 1. C Armstrong (Elgin) 28-48, 2. W Miller (Caithness) 28-49, 3. J Bowman (Inverness) 29-28, 4. A Reid (Coasters) 29-29, 5. B Chinnick (Forres) 30-04, 6. S Wright (Caithness) 30-30, Team 1, Caithness.
Youths: 1. S Jarvie (Culloden Acad) 20-57, 2. S Hendry (Inverness) 21-13, 3. G Mc Dowall (Inverness) 21-47, Team 1, Caithness.
Senior Boys: 1. T Nixon (Lochaber), 2. A Banks (Lochaber) 15-33, 3. B Fraser (Black Isle) 15-36, Team 1, Lochaber.
Junior Boys: 1. C Ramsay (Black Isle) 11-10, 2. A McRae (Inverness) 11-14, 3. D Shand (Inverness) 11-14, Team 1 Black Isle.
Senior Women: 1. J Wilson (Inverness) 16-36, 2. S Campbell (Inverness) 16-54, 3. M Boyd (Forres) 17-10, Team 1, Caithness.
Juniors: 1. H McLeod (Caithness) 12-03, 2. A Ramsay (Black Isle) 12-05, 3. M Sinclair (Inverness) 12-43, Team 1, Inverness.
Girls: 1. A Henderson (Inverness) 9-22, 2. R Burnie (Forres) 9-23, 3. L Foreman (Peterhead) 9-33, Team 1, Inverness.

Glasgow University 5 Mile Road Race, Westerlands -
1. A Callan (Springburn) 22-26, 2. A Douglas (Vic Park) 22-26, 3. P Dugdale (Horwich) 22-29, 4. W Nelson (Law) 23-10, 5. E Stewart (Cambuslang) 23-16, 6. R Hawkins (Kilbarchan) 23-21, 7. J Mackay (Clydebank) 23-28, 8. D Donnett (Springburn) (J1) 23-37, 9. P Conaghan (Spango V) 23-47, 10. G Brown (Stirling Un) 23-51, 12. I Harkness (Edin Un) 24-08, 13. D McGunday (Clydebank) 24-28, V1, A Adams (Dunbarton) 24-26, V2, C Martin (Dunbarton) 24-34, V3, B Carly (Shettleston) 24-38, V0/50 W McBrinn (Shettleston) 27-15, L1 S Branney (McLaren GAC) (76th) 25-18, L2, L MacDougall (McLaren GAC) (137th) 26-15, L3, A Sim (McLaren GAC) (193rd) 27-09

8

Valentines of Dundee 10 mile road race, Dundee, (900 ran) -
1. P McColgan (DHH) 50-54, 2. D Beattie (DHH) 51-50, 3. J Evans (FVH) 52-18, 4. G Reynolds (DHH) 53-17, 5. P Briscoe (DHH) 53-39, 6. B Lippett (HMS Cochrane) 53-39, V1, R Wood (DRR) 53-58, V2, A Duncan (P Reenie) 54-26, V3, T Ross (Fife) 56-40, Teams 1 Dundee HH, 2, Fife AC.
Ladies: 1. E McColgan (10th) (DHH) 54-14, 2. M Muir (Dundee RR), 2. Pitreavie LVI, 1. Gibson (DRR) 71-00, LV2, T Respringe (DRR) 71-03, LV3, A Richards (Giffnock N) 72-26.

Aberdeen AAC 6 mile Road Race Championship, Balgownie -
1. F Clyne 30-25 (record), 2. D Duguid 31-27, 3. R Taylor 31-50, 4. S Cassells 32-31, 5. K Hogg 32-58, 6. S Wright (J1) 33-18, V1 A McDonald (12th) 34-35, V2, E Marriot (15th) 34-55, V3, A Fulton, (19th) 36-07, L1, S Lamb (33rd) 38-36, L2, K Butter (38th) 39-18, L3, M Stafford (41st) 40-43, LVI O Fraser (47th) 44-00.

Garscube Harriers Young Athletes Road Race, Westerton -
Youths: S McKendrick (Dumbarton) 12-47, 2. A Russell (Clydebank) 12-50, 3. D Davidson (Giffnock N) 12-59.
Senior Boys: 1. D Hill (Clydebank) 6-58, 2. S Low (Vic Park) 7-07, 3. P McCreadie (Dumbarton) 7-12.
Junior Boys: 1. C Young (Clydebank) 7-59, 2. A O'Hare (Dumbarton) 8-07, 3. P O'Hare (Colzium) 8-09.
Teams: 1. Clydebank AC, 2. Dumbarton, 3. Victoria Park.

Ayrshire HCA Open Cross Country Meeting, Kilmarnock -
Seniors: 1. G Wright (Ayr Sea) 29-04, 2. D McShane (Cambuslang) 29-13, 3. A Daly (Bella) 29-39.
Youths: S White (Dumfries), 2. B Scott (Kilmarnock), 3. P Richardson (Ardrossan).
Senior Boys: 1. G Reid (Kilmarnock), 2. N White (Dumfries), 3. D McDowall (Dumfries).
Junior Boys: 1. S Meldrum (Dollar Acad), 2. J McNeill (Dumfries), 3. P Menlow (Dumfries).
Colts: 1. M Sloan (Dumfries), 2. M Leach (Troon).

Senior Women: 1. V Clinton (Irvine), 2. J McCol (McLaren GAC) C Barclay (McLaren GAC).
Juniors: 1. G Slaven (Ayr Sea), 2. L Farmer (Ardrossan), 3. W Kennedy (Irvine).
Minors: 1. H Brooks (Ayr Sea), 2. S Scott (Ayr Sea), 3. J Geddes (Irvine).

14

Tinto Hill Race, Lanark -
1. A Farrington (Aberdeen), 2. D McGonigle (DHH), 3. R Hope (Gala), 4. A Curtis (Liv & Dist), V1, A Latham (L & L), V2, T Ross (Fife), L1, Not known L2, A Curtis (Liv & Dist), L3, J Derby (Carnethy), LVI, E Hall (Westerlands), LV2, K Dobson (Law).

Teviotdale H Open Cross Country Meeting, Harwick (over 1,000 ran) -
Senior: 1. A Russell (Law) 15-38, 2. P Swales (Border) 15-41, 3. R Carey (Annan) 15-59, 4. I Harkness (Edin Uni) 16-15, 5. N Thin (ESH) 16-24, 6. R Hand (Border) 16-27, Teams: 1. Border H 15pts, 2. Edinburgh Uni 34, 3. Law 39.
Youths: P Gaines (Border) 12-19, 2. I Falconer (Harmony) 12-21, 3. S White (Dumfries) 12-29, Teams: 1. Teviotdale H 31pt, 2. Harmony AC 39pt.
Senior Boys: 1. G Scott (Dumfries) 10-19, 2. B Gibson (Carlisle) 10-22, 3. S Burch (Pitreavie) 10-23, Teams: 1. Pitreavie AAC 17pt, 2. Derwent AC 29, 3. Dumfries 39.
Junior Boys: 1. S Meldrum (Pitreavie) 6-01, 2. A Casey, (QVS) 6-15, 3. O Surgeon, (Carlisle) 6-16, Teams: 1. Pitreavie AAC 18pt, 2. ESH 36, 3. Bathgate AAC 38.
Colts: 1. M Sloan (Dumfries) 3-45, 2. K Daley (Corstorphine) 3-47, 3. A Miller (Eyemouth) 3-50, Teams: 1. Dumfries AAC 18pt, 2. Derwent 27, 3. Haddington 57.
Senior Women: 1. B Wood (Border) 14-53, 2. A Dickson (Law) 15-04, 3. E Guest (Edin Uni) 15-11, 4. L Scobie (Gala) 15-29.

Inters: 1. Harming (Ninth V) 13-49, 2. S Grainger (ESH) 14-37, 3. J Hewat (Teviot) 15-48, Team: 1. Border H 27pt.
Juniors: 1. S Armstrong (Border) 11-30, 2. A Armstrong (Border) 11-43, 3. N Lupton (Border) 11-46, 1. Border H 6pt, 2. Nith Valley AC 31pts, 2. Derwent AC 38.
Minors: 1. S Scott (Ayr Sea) 4-05, 2. J Brown (Harmony) 4-08, 3. J Scott (Teviot) 4-10, Teams: 1. Teviotdale H 16 pts, 2. Bo'ness H 36.

15

Ronnie Kane Memorial Womens Cross Country Races, Kings Park, Glasgow -
Seniors: 1. P Rother (EAC) 19-20, 2. L Bain (Aberdeen) 19-36, 3. A Sym (McLaren GAC) 19-45, 4. J McCol (McLaren GAC) 20-10, 5. E Cochrane (McLaren GAC) 20-13.

Teams: 1. McLaren GAC 12pts, 2. McLaren GAC "B" 29, 3. Aberdeen AAC 36.
Intermediates: 1. S Grainger (EWM) 14-27, 2. M Gemmell (Strathkelvin) 14-36, 3. A Folan (Kilbarchan) 14-45, Teams: 1. Kilbarchan AC 21pts, 2. McLaren GAC 50, 3. Avonside AC 54.
Juniors: S McDonald (Irvine) 11-35, 3. G Slaven (Ayr Sea) 11-38, 3. R Houston (Motherwell) 11-49, Teams: 1. McLaren GAC 35pts, 2. EWM 48, 3. Ayr Seaforth AC 49.
Girls: 1. D McNally (Vic Park) 12-08, 2. A Potts (Vic Park) 12-11, 3. A Cheyne (Bathgate) 12-14, Teams: 1. Victoria Park AAC 19pts, 2. Avonside AC 41, 3. Bathgate AAC 42.
Minors: 1. M Brooks (Ayr Sea) 5-29, 2. S Scott (Ayr Sea) 5-39, 3. A Russell (Airdrie) 5-43, Teams: 1. Ayr Seaforth AC 13 pts, 2. Airdrie H 30, 3. Kirk Oly AC 31.
Clydebank AC Road Race Championship, Clydebank -
Seniors: J McKay 21-42, 2. D Williams 22-53, 3. D McInlay (J1) 23-20.
Youths: 1. A Russell 14-49, 2. A McAuley 15-22, 3. J Divers, 17-21.
Senior Boys: 1. D Hall 15-27, 2. A Thiam 15-33, 3. S McCafferty 15-46.
Junior Boys: 1. D Fotheringham 7-35, 2. C Young 7-42, 3. A Bruce 8-03.

Edinburgh to Glasgow 8 stage road relay race -
1. Cambuslang H (C Thomson) 27-27, C Murray 30-10, A McCartney 25-22, A Beattie 27-16, E Stewart 27-38, A Gilmour 34-06, P McAvoy 28-12, J Orr 27-56) 3-46-07, 2. Edinburgh AC (A Weatherhead 27-50, I Harner 29-28, B Kirkwood 24-54, G Brown 27-48, G Harker 28-28, L Robertson 34-25, M Ferguson 25-54, K Mortimer 28-48) 3-47-35, 3. Aberdeen AAC (D Duguid 28-06, C Hall 29-51, R Taylor 26-44, G Zeuner 27-57, J Doig 28-35, F Clyne 34-01, M Murray 25-59, C Youngson 28-18) 3-49-32, 4. Dundee Hawkhill H 3-50-51, 5. Falkirk Victoria H 3-52-11, 6. Edinburgh Southern H 3-52-18, 7. Bellahouston H 3-52-39, 8. Teviotdale H 3-52-40, 9. Springburn H 3-54-14, 10. IBM Spango Valley AC 3-55-05, 11. Fife AC 3-55-35, 12. East Kilbride AC 3-58-20, 13. Kilbarchan AC 3-59-19, 14. Gala H 3-59-29, 15. Northern District Select 3-59-40, 16. Greenock Glenpark H 4-00-38, 17. Clydesdale H 4-02-02, 18. Haddington 4-06-02, 19. Shettleston H 4-07-26, 20. Calderglen H 4-09-03, 21. Pitreavie AAC 4-10-33, Gala H were awarded prize for most meritorious performance.

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Bellahouston Harriers Open Cross Country Meeting, Glasgow -
Seniors: 1. T Murray (GGH) 32-34, 2. W Robertson (Bella) 33-13, 3. E Stewart (Cambuslang) 33-23, 4. C Thomson (Cambuslang) 33-46, 5. G Goll (E Kilbride) 33-50, 6. T Hearle (Kilbarchan) 33-51, J1, I Tierney (E Kilbride) 34-26, Teams 1. Cambuslang 14pt, 2. East Kilbride 25, 3. Greenock Glenpark 37pt.
Youths: White (FVH) 22-38, 2. S Barnett (Vic Park) 22-56, 3. M McKendrick (GGH) 23-07, Teams: 1. Victoria Park 17pt.
Senior Boys: 1. J Greenhaigh (Vic Park) 18-18, 2. F McNellan (Vic Park) 18-37, 3. G Reid (Kilmarnock) 18-45, Teams: 1. Victoria Park 17pts, 2. Ayr Seaforth 19, 3. Bellahouston 25.
Junior Boys: 1. J Ferguson (Ayr Sea) 11-47, 2. D Kerr (Spango V) 12-02, 3. J Forbes (Stonehouse) 12-11, Teams: 1. Shettleston 23pts, 2. Stonehouse 26, 3. Colzium 28.
Colts: 1. M Smith (Vic Park) 6-40, 2. J Sandilands (Hamilton) 6-42, 3. M Kerr (Ayr Sea) 6-42, Teams: 1. Colzium 26pts, 2. Stonehouse 31, 3. Hamilton 38pt.

Gauldry Community Council Open Cross Country Races, Gauldry, Fife -
Seniors: 1. T Mitchell (Fife) 28-52, 2. P McColgan (DHH) 29-26, 3. I Matheson (Aberdeen) 30-11, 4. E Arrowsmith (Aberdeen) 31-01, 5. M Coyne (FVH) 31-06, 6. S Cassells (Aberdeen) 31-07, J1, D Arnott (Pitreavie) (8th) 31-21, V1, K Duncan (Pitreavie) (12th) 31-59.
Youths: 1. I Falconer (Harmony) 20-45, 2. I Moodie (Pitreavie) 21-17, 3. R Sutherland (Aberdeen) 21-44.
Senior Boys: 1. P McArthur (Cen Region) 11-37, 2. M Simpson (Aberdeen) 11-49, 3. A Short (Pitreavie) 11-58.
Junior Boys: 1. S Meldrum (Pitreavie) 7-31, 2. R Wilson (Cen Region) 7-50, 3. F Hemmings (Pitreavie) 7-51.
Colts: 1. M Gibson (Pitreavie) 5-54, 2. N Skinner (Tayside) 5-56, 3. S Bruce (Aberdeen) 5-57.

Greenock Wellpark 3 mile Cross Country Race, Greenock -
1. H Mooney 18-49, 2. F Lennox 20-02, 3. G King 20-15, V1, W Stoddart 21-13.

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Scottish Womens Eastern District Cross Country Championships, Aberdeen -
Seniors: 1. P Rother (EAC) 19-55, 2. V Blair (EWM) 20-18, 3. L Bain (Aberdeen) 20-39, 4. S McDowall (Pitreavie) 21-01, 5. T Calder (LVI) (EAC) 21-12, 6. J Salvona (Liv & Dist) 21-41, 1st Young Senior, M Boyd (Forres) 22-18.
Teams: 1. Edinburgh AC 17pt, 2. Aberdeen AAC 31pt, 3. Livingstone & District AC 39pt.
Intermediates: 1. S Grainger (EWM) 16-12, 2. L Sivasand (Pitreavie) 16-57, 3. J Rankine (Inverness) 17-05, Teams: 1. EWM 22pt, 2. Edinburgh AC 42, 3. Dundee Hawkhill H 58.
Juniors: 1. L Thumire (EWM) 12-12, 2. D Simpson (Aberdeen) 12-15, 3. A Ramsay (EAC) 12-24, Teams: 1. EWM 47pts, 2. Inverness H 55, 3. Aberdeen AAC 67pts.
Girls: A Chayne (Bathgate) 12-34, 2. S Purdie (Teviot) 12-40, 3. L Fornan (Peterhead) 12-43, Teams: 1. Bathgate AAC 47pts, 2. Pitreavie AAC 55, 3. Aberdeen AAC 75.
Minors: 1. M Smith (Black Isle) 6-55, 2. V Clarke (Tayside) 6-59, 3. J Brown (Harmony) 7-09, Teams: 1. Black Isle AC 41pts, 2. Aberdeen AAC 50, 3. Banchory AC 79.

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On the VETERAN scene...



Henry Muchamore

What do you give a veteran for a birthday present?

Essentially any sporting veteran, particularly if they are still active, hankers after the past – often adding just a little poetic licence to keep alive the hope that all those youthful achievements are not completely lost.

So, what you give a vet for a present is *hope* and

encouragement. Not particularly expensive commodities, but nevertheless very important ones if an individual is going to retain an interest in their own personal wellbeing. It's not easy when around the 50 mark your life-style quite naturally starts to slow down, or your work and family inevitably mean that time for physical recreation becomes very limited. It may

be that those two wise parents, Mother Nature and Father Time, are telling you that all work and no play really does take its toll.

Over the last year or so the Scottish Sports Council, under its "Sport For All" theme, have given quite a big plug to their "50 plus" and "All to Play For" leaflets, which I have used when giving talks to various groups. The emphasis is on the fact that you are never too old to take up a new interest, and sport and recreation do not have to be passive interests which are observed from the sidelines or from an armchair – they really can help bring out the best in you.

Now, just in case you think I'm going to go on and tell you all to run a marathon, I'm not. In fact, even though I love my own sport of athletics and running in particular, I would in fact say to anyone wanting to take up a new recreational interest: *don't start with running*.

Instead, think about the time you have spare you may want to have with your family or friends.

Think of the recreational things that can be done together. Scotland has some of the loveliest long distance walks in the world. You don't have to do them all at once, and equipment is reasonably simple – good stout shoes or walking boots, some waterproofs and a knap-sack and you're off.

If you really start to enjoy it, you can join a club, and if you got really into the hills you could do some hill walking and the occasional "Munro", which is a hill over 3000 feet.

A way of combining more strenuous physical exercise with more leisurely pursuits is orienteering. Nearly all orienteering competitions have graded events, and it

means you can choose a route that suits you. At least you find out that getting lost can be fun.

Swimming and water sports can be ideal recreational activities for the more "mature person". Certainly, swimming exercises nearly all the body muscles, and even if you haven't been very good in the past, most pools have special times when you can either learn to swim or improve your technique.

For those who want a new challenge, why not take a course in life saving. One of my most vivid memories of my father is as an assistant scoutmaster at 60 diving fully clothed into the River Rhine and rescuing a young lad.

If you are looking for something more leisurely, fishing and messing about in boats means a lot of fresh air and various degrees of exercise, especially if you try canoeing! Last year in Yugoslavia I tried snorkelling for the first time in my life and discovered a whole new world under the sea. I must admit it took a while to learn not to panic when taking in a mouthful of water, but the sights were very worthwhile.

Back on terra-firma, there's a lot you can enjoy down at your local sports centre. Badminton, squash, snooker, and table tennis can be enjoyed at any age, and very often you can show the youngsters a thing or two in tactics. Now that most centres are installing multi-gym equipment, weight training and circuit exercises are another form of keeping fit for the older person.

Outside or inside bowls has always been a popular form of relaxation, and is not just seen as a senior citizen activity. Golf, as I mentioned in a previous article, is a sport you improve at the more you play – that's the theory anyway – and is in some way "ageless".

Results

Road relay event grows and grows.



By Linda Trotter

No-one who was present at the first SSAA Road Relay Championships in November 1980 could have envisaged that the event would grow to accommodate over 700 runners – and that total achieved after the two lean (and almost event-cancelling) years of industrial action. From the two race event of seven years ago (each team then comprising of two u/15 and two o/15 runners) the championships now contain six races, with the introduction of Primary schools this year.

To avoid criticism of over-competitiveness, the Primary races did not involve "fastest laps" but were solely team events. Predictably, the excellently trained George Watson's College won the Girls' race, from George Heriot's and Ardgowan (Greenock), while in the boys' race, Milngavie just defeated the cross-country champions, St Matthew's of Bishopbriggs, by four seconds, with Hutchesons' Grammar third.

Although only 28 schools entered the Primary races (compared to the 120 which flooded Dunblane last April) this was still regarded as a worthwhile development in the SSAA calendar of events.

Despite the cold, but mercifully dry, conditions, the pupils seemed to enjoy themselves and for many, the actual race was just part of an exciting weekend. Banff Primary pupils, for example, took in the Motor Show in Glasgow on Friday evening, and little Mary-Ellen Stewart from Kiltarn spent her first night out of Ross-shire as the Ainess teams spent Friday night in Edinburgh.

Although the road relay championships are comparatively new, let us trace a thread of continuity. St Columba's High, Clydebank and Turnbull High, Bishopbriggs, both won their sixth trophy. Nicola Allison, St Aloysius College, set a virtually unbeatable record by winning the "fastest lap" medal in the over 15 girls race for the third time, recording 7-12 (to better her 1986 victory of 7-15 and 1985 7-44).

Talking of continuity, one of the most interesting aspects of the championships was recognising some of the Primary stars from Dunblane flourishing in their Secondary school teams.

Leigh Forman, for example, who won the Girls' race in the cross-country championships for Bucknahan Primary, ran a storming last lap for Peterhead Academy, to give them silver medals, and, even more spectacularly, Aileen McManus, second in the cross-country, and now at Kilwinning Academy, shared the "fastest lap" award of 7-34 with Jane Wolfendale of Boclair Academy – a remarkable achievement for a first year pupil. Seven years ago, when Kirkcaldy High won the first Girls' race, the third lap was run by Shona Urquhart, javelin finalist in the 1986 Commonwealth Games. Perhaps we'll be talking about Aileen and Leigh in the 1994 Games.

The awards were presented by John Fairgrieve, viewing Grangemouth Stadium as a "V.I.P." shortly before taking up the post of manager (and showing a definite bias towards Linlithgow Primary!) and Stewart Gunn, promotions officer of the sponsors, Girobank Scotland.

Places:

OVER 15 BOYS

1. St Columba's	35-34
2. St Aloysius "A"	36-09
3. George Heriot's	37-05
4. Dunoon Gram	37-18
5. Boclair Acad	37-19
6. Queen Ann High	37-28
7. Hutchesons' Gram "A"	37-50
8. Musselburgh Gram	37-51
9. Stewarts/Mel "A"	37-53
10. Bishopbriggs High	37-54
11. Balwearie High	37-54

FASTEST LAP

1. A Kinghorn (Musselburgh)	8-28
2. J Divers (St Columba's)	8-41
3. D Hill (Lenzie Acad)	8-42
4. T McAulay (St Columba's)	8-43
5. M McBride (St Columba's)	8-43
6. J McFadyen (Dunoon Gram)	8-44
7. A Russell (Douglas Acad)	8-44
8. D McFarlane (Kelvinsside)	8-51
9. A Thain (Stewarts/Mel)	8-51
10. D Spiers (Bishopbriggs)	8-53
11. T Mendum (George Heriot's)	8-53



"... one of the most interesting aspects was recognising some of the Primary stars from Dunblane flourishing in their Secondary school teams."

UNDER 15 BOYS

1. Balwearie High "A"	39-26
2. St Aloysius	40-25
3. St Columba's	40-27
4. St Joseph's	40-45
5. Queensferry High "A"	40-57
6. Ainess Acad	41-02
7. Queen Anne High	41-02
8. Kilwinning Acad	41-20
9. Forres Acad	41-26
10. Sanquhar Acad	41-28

FASTEST LAP

1. M McBeth (St Aloysius)	9-21
2. A Mooney (Balwearie High)	9-22
3. M Kelso (Queen Anne High)	9-22
4. A Tulloch (Graeme High)	9-23
5. D Whiffen (Sanquhar Acad)	9-32
6. R Sellar (Balwearie High)	9-36
7. D Ashton (St Columba's High)	9-36
8. J Dean (Kilwinning Acad)	9-38
9. C Young (Boclair Acad)	9-44
10. M McBride (St Columba's)	9-47
11. N Birnie (Forres Acad)	9-47

UNDER 15 GIRLS

1. Turnbull High	31-52
2. Peterhead Acad "A"	32-09
3. Kilwinning Acad	32-17
4. St Andrew's Acad	32-30
5. Glasgow High	32-35
6. Balwearie High	32-45
7. Ainess Acad	32-49
8. Boclair Acad "A"	32-57
9. Castlehead High	33-26
10. George Watson's	33-29

FASTEST LAP

1. J Wolfendale (Boclair Acad)	7-34
2. A McManus (Kilwinning Acad)	7-34
3. J Clark (St Andrew's Acad)	7-39
4. L Milne (Lenzie Acad)	7-40
5. C Britton (Turnbull High)	7-40
6. E Sheppard (Glasgow High)	7-42
7. J Roxburgh (Kilwinning Acad)	7-43
8. L Forman (Peterhead Acad)	7-46
9. C Collins (Balwearie High)	7-48
10. M Baird (Peterhead Acad)	7-49

OVER 15 GIRLS

1. St Leonard's "A"	31-00
2. George Watson's "A"	31-17
3. Lenzie Acad	31-36
4. Glasgow High	31-39
5. Loretto	31-49
6. Ainess Acad	32-16
7. Balwearie High	32-46
8. Bishopbriggs High	32-27
9. George Watson's "B"	33-49
10. Peterhead Acad	34-13

FASTEST LAP

1. N Allison (St Aloysius)	7-12
2. J Calman (Lenzie Acad)	7-18
3. A Normand (Glasgow High)	7-20
4. M Wilson (Balwearie High)	7-27
5. R Hunter (Loretto)	7-29
6. M Maguire (George Watson's)	7-35
7. D Haxton (St Leonard's)	7-38
8. J Fraser (St Leonard's)	7-40
9. K Baird (Bishopbriggs High)	7-40
10. J Rankine (Ainess Acad)	7-41

PRIMARY GIRLS

1. George Watson's	20-21
2. George Heriot's	21-03
3. Ardgowan	21-04
4. Linlithgow	21-17
5. St Katharine's	21-17
6. Kiltarn	21-34
7. St Matthew's	21-34
8. Banff	21-41
9. Glasgow High	21-43
10. St Flannan's	22-18

PRIMARY BOYS

1. Milngavie	18-46
2. St Matthew's	18-50
3. Hutchesons' Gram	18-58
4. Banff	19-04
5. George Watson's	19-17
6. Ardgowan	19-19
7. Kiltarn	19-23
8. Kibbarchan	19-30
9. George Heriot's	19-38
10. Glasgow Acad	19-45



STRATHKELVIN DISTRICT COUNCIL SCOTTISH MARATHON CLUB

THE LUDDON HALF MARATHON

(Under S.A.A.A., S.W.C.C.U. and S.W.A.A.A. Rules)

(incorporating 1988 Scottish Women's Championship)

SPONSORED BY LUDDON CONSTRUCTION LIMITED

SUPPORTED by Nike, Runsport, Racket Sports & Kirkintilloch Herald



SUNDAY, 15th MAY, 1988
START 9.30 am



RACE VENUE: Woodhead Park, Kirkintilloch

RACE HEADQUARTERS: Tom Johnston House, Civic Way, Kirkintilloch

CHANGING ACCOMMODATION: Male - Kirkintilloch Swimming Pool

Female - Woodhead Community Education Centre

Official Entry Form - fill in all sections in BLOCK CAPITALS PLEASE.

Send to: Road Race Secretary, Strathkelvin District Council, Leisure & Recreation Department, 14 Springfield Road, Bishopbriggs, Glasgow G64 1PQ.

Numbers will be restricted to 5,000 entries so please apply early. If your entry is not accepted you will be notified as soon as possible and your fee returned. Entries close 4th May 1988 or when race limit is reached if before that date.

Please note that Race entries will not be acknowledged, but race details will be issued to all competitors in April and only entries received prior to 31st March 1988 will be detailed in the Race Programme.

NAME

ADDRESS

NAME OF AFFILIATED ATHLETIC CLUB

DATE OF BIRTH

 Day Month Year

AGE ON DAY OF RACE

CATEGORY (please tick box)

☐ Female under 35 ☐ Female 35 and over

☐ Male under 40 ☐ Male 40 - 49 ☐ Male 50 and over

RACKET SPORTS
Kirkintilloch
Footwear and Clothing

ENTRY FEES - MEMBERS OF AFFILIATED ATHLETIC CLUBS £3.50. UNATTACHED RUNNERS £4.00.

I enclose herewith my cheque/P.O. No. being the amount of the entry fee (non-refundable). Note entries will not be accepted unless accompanied by the entrance fee. The organisers have the right to refuse any entry without being bound to assign a reason. Cheques/P.O.'s should be made payable to Strathkelvin District Council, crossed and name and address on reverse side.

Please enter me for the LUDDON HALF-MARATHON. I am medically fit to run and fully understand that I enter at my own risk and that the organisers or sponsors will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost on the course or in the changing rooms. I declare that (1) I am an amateur as defined by the S.A.A.A.; (2) I will abide by the Laws and Rules for Competitions of the respective governing bodies.

Signed Date

FOR OFFICIAL USE ONLY

Date Received	Race No.	P.O./Cheque	Initialled

Events Diary

January

30

● International Cross Country Trial for UK team for World Cross Country Championships, Riverside Bowl, Gateshead.

● SAAA/SWAA Eastern District Indoor Athletic Championships, Kelvin Hall, Glasgow.

31

Kirkintilloch Olympians Road Race.

February

6

● Great Britain v France Indoor Athletic International Match, Kelvin Hall, Glasgow

● City of Edinburgh Open Cross Country Races Jack Kane Sports Centre, Edinburgh

● Renfrewshire AAA County Road Race Championships, Rouken Glen Park, Eastwood

7

● SCCU National Veterans Cross Country Championships, Dalmeir Park, Clydebank

● Autosonic Open Handicap Cross Country Race, Aberdeen

13

● Scotland v Midland Counties AAA Representative Indoor Athletics Match, Kelvin Hall, Glasgow

● Eastern District Cross Country League Match, Riccarton, Edinburgh

● Scottish YMCA Cross Country Championships, Motherwell

● Dundee Hawkhill Open Road Races, Dundee

● Scots at English Womens National Cross Country Championships, Leeds

● Greenock Wellpark 9 mile McLaren Trophy CC Race, Greenock

● Greenock Glenpark 7 1/2 mile Willow Bowl CC Race, Greenock

● Victoria Park AAC Club Cross Country Championships, Milngavie

14

● Grangemouth "Round the Houses" Road Races, Grangemouth Stadium

● Castle Series Cross Country Races, Haddow House, Tarves

20

● Carnethy 5 Hills Race, Penicuik

● Motherwell YMCA Open Road Races, Strathclyde Country Park

27

● SCCU National Cross Country Championships, Beach Park, Irvine

28

● SWCCA & RRA National Womens Cross Country Championships, Beach Park, Irvine

● Marine Harvest 10K Caol Road Race, Town Park, Claggan, Fort William. E on day or £1 in advance to John Banks, 50, Glenkingle Street, Caol, Fort William.

March

5

● Fife AC Open 5 mile Road Race, Cupar

● North District Cross Country League, Inverness

● Dumbartonshire AAA Balloch to Clydebank 12 mile Road Race

● Greenock Wellpark 5 mile Elliot Cup Cross Country Race, Greenock

● Greenock Glenpark Young Athletes Cross Country Championship, Battery Park Greenock

CLACKMANNAN DISTRICT SPORTS COUNCIL

Sixth annual Alloa Half Marathon, sponsored by the Alloa Advertiser, on Sunday, March 27 at 11am. Permits issued by the SCCU and SWAAA.

Prizes for all categories, and a medal to all finishers.

Entry forms available from:
Mrs J. King,
Dept of Leisure and Recreation,
Mar Street, Alloa

GALLOWAY SEALINK MARATHON SUNDAY, 5th JUNE, 1988



"I drove up from London on Saturday with a young French couple, to run your Marathon on Sunday, and drove back the same night. As you can imagine, it was pretty tiring but I would do the same again without any hesitation to take part in your fantastic event."

As I expected, the French couple were over the moon by the warmth of the people, the beauty of the area and the fun which surrounded both the cauldron on the Saturday night and the run on the Sunday afternoon."

Robin Owen, London.

"Your Marathon is well known for its enthusiasm and cheerfulness shown throughout. It must rank with London for me." Ron Munro, Hartlepool.

"After 26 Marathons completed to date, the 'Galloway' still remains the best one." Kenneth Evans, Wallasey.

ENTRY FORM

Fill in all sections in block capitals and send to: Meriel Walker, Clydesdale Bank House, Newton Stewart, Wigtownshire
Any enquiries by Telephone: (0671) 2265

SURNAME FORENAME

ADDRESS

..... POSTCODE

PHONE NO TEAM TITLE (if applicable)

CLUB

AGE ON 5th JUNE, 1988 DATE OF BIRTH

(Age limit for entries 18)

MARATHON PERSONAL BEST MALE/FEMALE

ANTICIPATED TIME FOR GALLOWAY MARATHON

Entry fee of £5 must be enclosed (no post-dated cheques).

Cheques/P.O. No. Cheques & P.O.s made payable to "Galloway Marathon". No refund of entry fees. You must also enclose stamped addressed envelope.

Please enter me for the Galloway Marathon. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost on the course or in the changing rooms.

I hereby declare that I will be 18 years of age or over on the day of the race and have not competed in any athletic (track and field, road race, cross country or road walking) event as a professional, or having done so I have been reinstated to amateur status. I hereby declare that the above particulars are COMPLETE and CORRECT in every detail.

SIGNED DATE
Under S.A.A.A. Rules

Race Advisor - Brenden Foster M.B.E. The marathon is under S.A.A.A. rules and will be over an accurately measured course

HUGHES
AIRCRAFT COMPANY

GLENROTHES HALF MARATHON

**SUNDAY
15TH MAY 1988**

SAAA, SWAAA, SWCC &
RRA Permits, Medals for
finishers, Car Parking,
Changing, Showering, On
site swimming pool and cafe.
Entry £4.00

Closing date for entries
1st May or 2000 entries

Entry Forms, send S.A.E. to:

HUGHES GLENROTHES HALF MARATHON

FIFE SPORTS INSTITUTE



VIEWFIELD ROAD
GLENROTHES
FIFE



For details call 0592 771700

Organised by Fife Institute of
Physical and Recreational Education
and Glenrothes Twin Town
Olympiad Committee



THE GREAT CUMBRIAN RUN AND FUN RUN

APRIL 24, 1988

The half-marathon will again be between Brampton and
Bitts Park, Carlisle. A 5 mile Fun Run will also be held.

ENTRY FEE

£4 for members of AAA and WAAA
£4.50 unaffiliated. Fun Run £3.50

Recommended main charities this time will be:
Anthony Nolan Bone Marrow Appeal and Carlisle
Hospice Appeal.

The Organisers, Brampton and Longtown Round Table
and Cumbrian Newspapers, stress that runners can be
sponsored for any organisation of their choice.

1987's event raised over £90,000. Help us to do as well
again this year.

Entry forms can be obtained from Mr R A MacLeod,
Shieling, Capon Tree Road, Brampton, CA8 1QL
Closing date March 17, 1988.

City of Dundee People's Health Marathon

Sponsored by:—



City of Dundee District Council

SCOTTISH HEALTH
EDUCATION GROUP

Sunday, 24th April 1988 at 10 am

Medal and certificate to all finishers
Extensive prize and trophy list
Route contained within the City of Dundee

Forms available from:
Marathon Race Organiser,
City of Dundee District Sports Council,
Leisure and Recreation Dept.,
353, Clepington Road,
Dundee DD3 8PL.
Tel: 0382 23141 Ex 4421

ENTRY FEE £5 PER ENTRANT

DUNDEE City of Discovery

Events Diary

6

● SWCCU & RRA National Women's
Cross Country Relay Championships,
Edinburgh

● Annan & District AC Open Cross
Country Meeting, Annan

● Lasswade AC Open 10 mile Road Race,
Bonnyrigg

12

● Clydesdale Harriers Dunky Wright
Memorial Trophy Open 5 mile Road
Race, Clydebank

● Greenock Glenpark Singlehurst Shield
5 mile Road Race Greenock

13

● British Veterans Cross Country
Championships, Beach Park Irvine,

● Orkney Isles AAA Cross Country
Races, Kirkwall

● Borrowfield Open Cross Country
Races, Montrose

● Castle Series Cross Country Races,
Drum Castle, Aberdeen

● Edinburgh University 5 mile Road Race,
Kings Buildings, Edinburgh

19

● Cumbernauld Inter Area and Open
Cross Country Races, Cumbernauld

● Scottish Boys Brigade Cross Country
Championships

20

● Dyce Scout Group Peoples Marathon,
Dyce, Aberdeen

● Tayside Cross Country Races,
Arbroath

● Scottish Veteran Harriers Club 6 stage
Alloa to Bishopbriggs Road Relay Race

● Scottish Tug of War Open Club Indoor
Contest, Greenock Sports Centre

● Inverness Bank of Scotland People's
Half Marathon, Inverness. E-Brian
Turnbull, 10, Church Street, Inverness

26

● XIV IAAF World Cross Country
Championships, Auckland, New
Zealand

● Royal Mail Scottish National 6 stage
Road Relay Championships, Livingston.

● Chapelgill 2 mile Hill Race, Broughton

27

● Brechin Right of Way Road Race,
Brechin

● Lochaber AC Road Race, Fort William

● Clackmanan District Sports Council
Half Marathon, Kincardine.

LOCHABER PEOPLE'S MARATHON

(under SAAA rules)

Incorporating

Scottish Marathon Championship

(courtesy of SAAA)

and

Scottish Veteran Marathon Club Championship

(courtesy of SVHC)

Sunday, April 24, at noon. Entry fee: £5
Send to E. Campbell, Race Convener, Kisimul,
Alma Road, Fort William, including SAE with any inquiries.
Closing date April 19.

HELP



HADDINGTON & EAST LOTHIAN PACEMAKERS in conjunction with

EAST LOTHIAN DISTRICT COUNCIL
LEISURE, RECREATION and TOURISM
present the

HADDINGTON ROAD RACE SERIES (1988)

Supported By

JOE FORTE SPORTS

and

EAST LOTHIAN NEWS

Sunday 17th April - 10 Mile - 2.00pm
Scottish Grand Prix Event

Saturday 4th June - "Festival" 5 Mile - 3.00pm
Festival Sports Day Atmosphere

Sunday 14th August - Open ½ Marathon - 3.00pm

All Events - Neilson Park - Haddington

EXTENSIVE PRIZE LIST AND COMMEMORATIVE SERIES AWARDS -

10 Mile - £2.50 5 Mile - £2.00 ½ Marathon - £3.50

Enter all races and save £1.00 - for £7.00

ALL EVENTS UNDER S.A.A.A., S.W.C.C., R.R.A. RULES

Orientation

January

1 Tinto Open Event

● British Squad Day

February

7

● Galloway Galoppen
- 3, Solway.

● Rox. Reivers Local Event,
Gala Hill, Galashiels.

14

● Grampian Open Event,
Crathes, Banchory.

● Bl. Open Event,
Celt Woods, Banchory.

21

● Moravian Open Event,
Lossie Forest.

● SROC Badge Event

28

● Lothian O' League - 6 (ESOC),
Peebles.

● INVOC Open Event

March

6

● Scotlands Galoppen - 1,
Doon Hill, Aberfoyle.

13

● Scotlands Galoppen - 2,
Mabie Forest, Dumfries.

20

● Scottish Schools Champs, (WFO)
Blairadam Forest, Killy.

● National Event 2,
Mulgrave Woods, Whitby.

27

● Lothian O' League - 7, (RR)
Cardrona Forest, Peebles.

● MAROC Northern Galoppen Event,
Alltcaillach, Ballater.

ISLE OF ISLAY

PEOPLE'S HALF MARATHON

Saturday 6th August.
SAE Race Secretary
Kate MacArthur,
Mill House,
Flora St,
Bowmore,
Isle of Islay

MARINE HARVEST 10K CAOL ROAD RACE

Organised by Lochaber Athletic Club, under SAAA laws

Sunday 28th February 1988, Start 2.00pm
Town Park, Glaggan, Fort William.

Enter on the day, £1.50; or £1 in advance to:-
John Banks, 50 Glenkingie Street, Caol, Fort William.



£25 Prize Crossword

By Menodromos

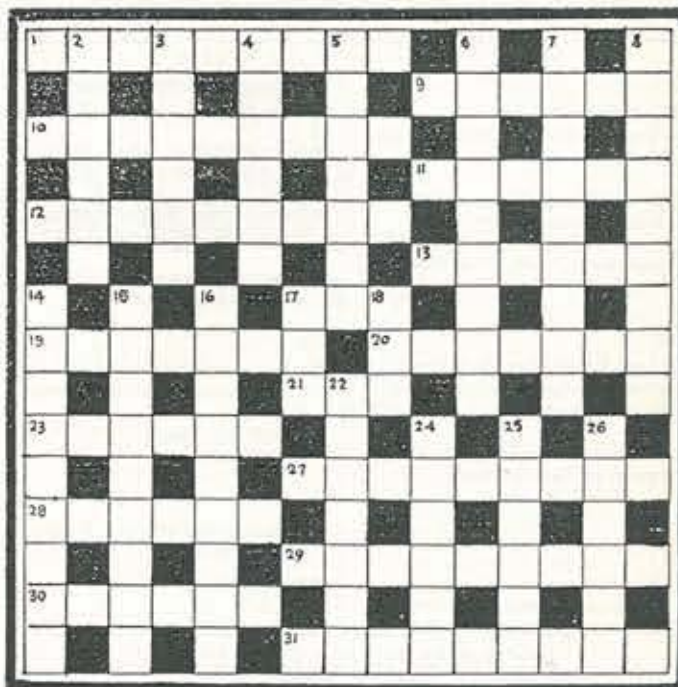
No. 10

ACROSS

- 1 Scenic view and start of something in Loch Ness (9)
- 9 Sounds like Gigli paper, worth a few bob (6)
- 10 Victory 800 for boxer Freddie; you'd expect a powerful blow in these arms (9)
- 11 Friends hugging French-born TV guessers (6)
- 12 Awe before Christian Endeavour lost nerve about Bible (9)
- 13 Entering cricket club run it with one professional reviewer (6)
- 17 Car for international organization has high-class number (3)
- 19 Wanting to know dog with debts (7)
- 20 Workman's lunch sent back in; right - mark as paid (7)
- 21 Initially Mrs Browning's sink (3)
- 23 Trip batting after being dismissed before start of game (6)
- 27 Hinders outside broadcast with Irish police in street one way and another (9)
- 28 Claim it sounds a sure thing (6)
- 29 Edging under skirts and moving impatiently (9)
- 30 Songs the man in front heard (6)
- 31 Aim: in Number Ten it's wrong (9)

DOWN

- 2 Around South-east rain storm has got up (6)
- 3 Misses tricks (6)
- 4 Tool belonging to man in prison room cut (6)
- 5 We hear Brazil soccer star has ability crossing (7)
- 6 Changes over year - clear opportunity for change-overs (5,4)
- 7 Give amusement; mix it with a 9 (9)
- 8 Language that's straight-forward and attractive to take to court (9)
- 14 Turning collar, shy and learned (9)
- 15 In favour of international cricket match before Alan Campbell objected (9)
- 16 Where they cast for nude is secret (9)
- 17 Some causes put some purpose (3)
- 18 Gold and black ball (3)
- 22 Lobby confused with an old town (7)
- 24 To get fit swallowed nut; turned in (6)
- 25 Harmonious song for two about little Liberal and little Conservative (6)
- 26 Liquor for good man in Glasgow provost's Rolls (6)



The first correct solution opened on February 17 wins the £25 prize. Answers, please, to Crossword Competition No 10, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA. The solution and

winner's name will appear in our April issue.



Well done Mrs J. Ferrari of 31, Morar Road, Crossford, by Dunfermline, Fife, whose correct solution to Prize Crossword No.8 was the first opened. The £25 is on its way.

Solution to Christmas Puzzle

Scotland's Runner Quiz No.9

- 1 Which Maryhill Harrier won six AAA marathon titles during the 1930's, the only athlete to have won six titles at the distance?
- 2 Which sisters both won Scottish AAA 800m titles between 1975 and 1978?
- 3 Which English athlete won the IAAF Golden 10,000m in 1979 and 1981?
- 4 Which American gold medalist from the 1972 Olympic Games in Munich was actually born in Munich?
- 5 Which Scottish athlete won the womens 100m hurdles UK title at Cwmbran, in 1984, with a

QUESTIONS

Compiled by Peter Cowan

- 6 Who are the only father and son to have won the New Year Sprint?
- 7 Which athlete won a bronze in the 1,500m at the 1970 Commonwealth Games, silver in the 5,000m in 1974, and gold in the 10,000m in 1978?
- 8 Who won eight USSR titles in the triple-jump, from 1968 to 1978?
- 9 Where in Scotland were the first International Cross-

Country Championships held, in 1903?
10 Who won host country Finland's only gold medal in the inaugural World Championships in Helsinki, in 1983?

The solutions will appear in the March issue.

ANSWERS TO QUIZ No.8
1, Crawford Fairbrother; 2, Jarmila Kratochvilova; 3, Craig Virgin; 4, Eamonn Coghlan, Marcus O'Sullivan, Ray Flynn, Frank O'Mara; 5, Bill Tancred; 6, Alastair Hutton; 7, Lynn Davies; 8, Bill Rodgers; 9, Anne Audain; 10, Australia.

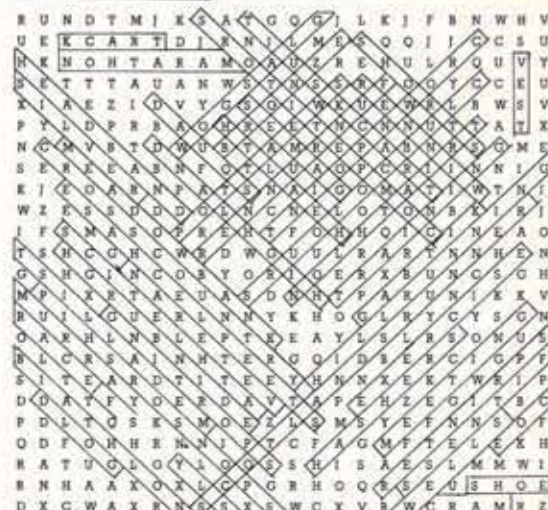
Scotland's Runner Puzzle No.10

Find these hidden words in the puzzle alongside.

1. gymnast
2. hurdles
3. pulse
4. saddle
5. seconds
6. socks
7. surges
8. swimming
9. track
10. winning

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

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



T-SHIRT OFFER!

LOOK good in a Scotland's Runner T-shirt for training, racing or casual wear. The quality T-shirts come in two colours: yellow with a red Scotland's Runner logo, and white with a dark blue logo.

The T-shirts are available in three sizes - small, medium and large. They are available to readers for £3.50, plus 24p postage.

The T-shirt(s) make great presents for running friends. Simply state size and colour and send, with remittance, to: ScotRun Publications, 62, Kelvingrove Street, Glasgow G3 7SA.

