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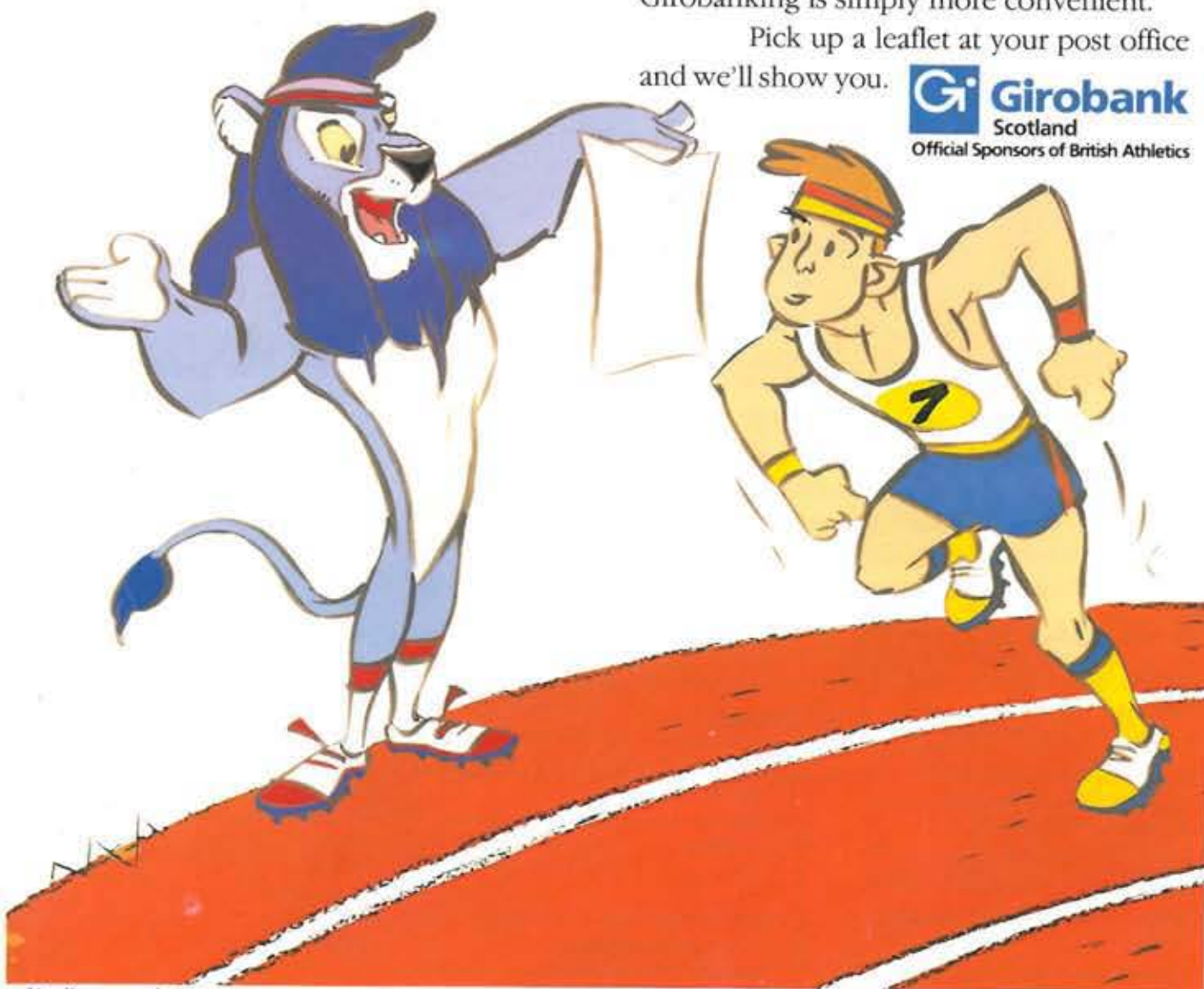
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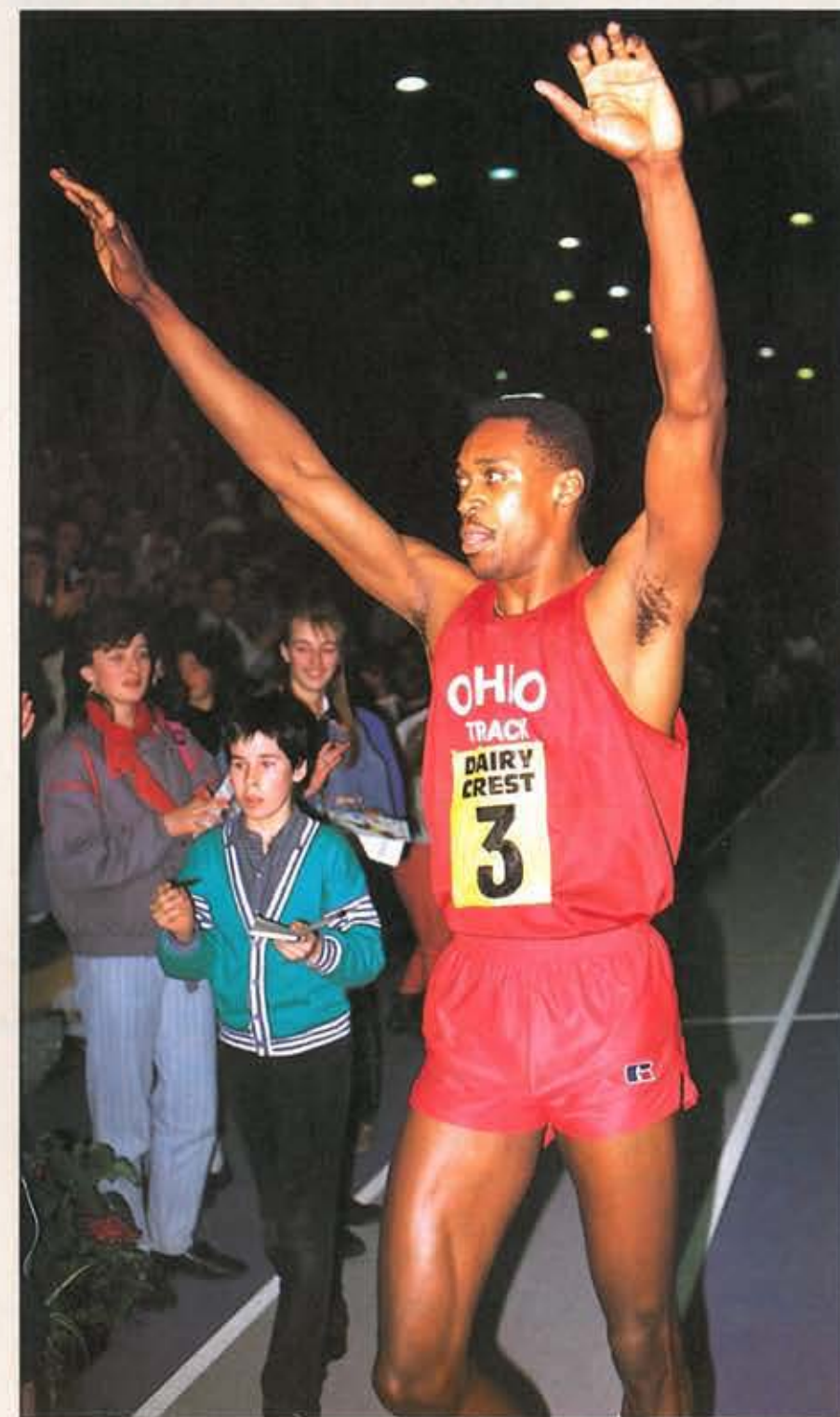
MARCH 1988

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SCOTLAND'S RUNNER

March, 1988

Issue 19

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SCOTLAND'S RUNNER

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Butch Reynolds takes
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crowd after his
brilliant 400m run
at the Kelvin Hall

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Inside LANE



Linford Christie... The European sprint champion won 5000 new fans at the Kelvin Hall with his three victories

What a tremendous atmosphere there was at the Dairy Crest international between Great Britain and France, and what a professional show was staged by all concerned with its organisation.

The electrifying performance of Butch Reynolds aside, the athlete who enhanced his reputation most was surely Linford Christie - a triple winner and by the end of the afternoon an adopted Scot.

Christie's demeanor at the Kelvin Hall was the antithesis of his reported petulant behaviour in Rome, and this magnificent athlete will have 5,000 new and enthusiastic supporters on the road to Seoul this summer.

READERS WILL presumably notice considerable typographical changes in this month's Scotland's Runner. This is due to us switching to a new system of publishing, and we hope you will bear with us during the transition period as the ultimate aim is to provide you with a more attractive and better product.

While on the subject of the magazine's content, we cannot pass without commenting on what we regard as a most intemperate letter in this month's issue from Mr James Workman of Renfrew.

It's not normal policy to single out readers for attention in the Inside Lane

column - and, anyway, a suitably intemperate reply has been appended to his letter - but Mr Workman's epistle makes it necessary for us to expound again on the magazine's philosophy. Scotland's Runner is primarily an athletics magazine. Nothing in the title or content suggests otherwise.

However, just as no man is an island, it is our belief that athletics does not stand in isolation from other sports.

The triathlon, with its component parts of running, swimming and cycling (or canoeing or whatever) is this philosophy in practice. And cross-training, whereby the runner regularly swims, weight-lifts, or cycles as part of his/her training routine, is certain to become more popular.

Even a sport such as squash, which on the face of it has no connection whatsoever with athletics, can be a useful alternative to pounding the roads or burning it up on the track as we explain on Page 37 of this issue.

Gymnastics? A tremendous sporting discipline for children who are lucky enough to be introduced to it at a suitably early stage. It might surprise our stiff-limbed old harriers that some readers are actually parents - and the

parents of children - and that these youngsters might appreciate a gymnastic column.

(This is quite apart from the intrinsic reason that gymnastics is as deserving of a page in our sporting church as any other activity).

Later this year we hope to reintroduce a more comprehensive cycling page - and if the swimmers want space they'll get it too. Why shouldn't we recognise and encourage somebody of the stature of Jean Hill, as well as promoting a fine recreational sport (and if you're wondering, "Jean who?", that only proves our point).

Please continue to write in with your views - all constructive criticism is noted and, if possible, acted on. We hope, for example, to be able to provide a service for junior athletes in the next month or so.

The next four weeks will see a great deal of schools athletics activity, organised as ever by the enthusiastic Scottish Schools Athletics Association.

Its hard to believe it's less than a year since Girobank Scotland announced their £13,000 two-year sponsorship of schools athletics, such has been the benefit both sides have already enjoyed from the deal.

The Schools Association can take a bow for showing how to give back, as well as take, from a sponsor, while Girobank Scotland must be well pleased with the publicity and goodwill they've derived - having shown an equal determination to make more of the sponsorship than the ritual handing over of a cheque with a lot of zeros at the end of it.



John Emmet Farrell (142) after winning the 1948 national cross country title, with runner-up F. Sinclair and Shettleston's G. Craig. Fifty years on Emmet is still running. See Page 40.

Alan Campbell

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Up Front Up Front Up Front Up Front Up Front

A world best for McColgan in Florida

LIZ MCCOLGAN trimmed nine seconds from her own world's fastest time for 10,000 metres on the road when she won the Red Lobster Classic in Orlando. Her time of 30:59 earned her total prize money of \$32,000.

The Commonwealth Games track champion at the distance was shocked to find conditions more akin to her native Dundee than Florida. "It was about 40 degrees, and very windy," she said. "It poured throughout and the cobbles were very slippery".

Ominously for the purse of the race organisers next year, she confessed that when she saw the time, she took it easy at the finish. The race brought Liz's prize money to \$103,000 in 53 weeks, starting with her \$33,000 road race victory over Ingrid Kristiansen in Bali a year past February.

But there was more to come. Just a week after her Red Lobster success, she was winning again, this time in Tampa. She ran the second fastest 15k on the road, one second inside Grete Waitz's course best, which when the Norwegian achieved it, was also the world record. Victory was worth \$5,000.

The Dundee woman's time, 47min 42sec, is now second best on the all time list behind Kristiansen who recorded 47:17 when winning the world 15K road race title in Monte Carlo last November.

As we went to press Mrs. McColgan was preparing for a crack at the hat-trick - the Miami Orangebowl. She then plans to spend some time in California and on the campus of her old university in Alabama.

Road Race Championship to continue

THE SCOTTISH Road Race Championship, initiated in 1987 by Colin Shields and Scotland's Runner, will in all probability be taken over this year by the Scottish Amateur Athletic Association.

A meeting was scheduled to be held in early March to confirm the status of the event as an official Scottish Championship, with medals being struck for the winners and runners-up. Another likely change is that the championship will be streamlined, with two races each to count from selected short (10K), medium (10 mile) and long (half marathon) events. Scotland's Runner, meanwhile, will stage its own Half Marathon Grand Prix series. Details of all these events will be revealed in the April issue.



KAREN MacLeod, winner of the 1987 Scottish cross-country title, is back racing again following a 16 week lay-off at the end of last year. Karen, pictured above with Alloo Brewery managing director John Mackenzie and Yvonne Murray after receiving a Skol award.

The injury was a particular setback to MacLeod, who had enjoyed a sustained spell of success over the previous 18 months, including the UK indoor 3,000 metres title, and the Scottish track 3,000 metre title. Now based in Bristol, she and coach John Davies agreed that the entire cross country season, for which the athlete hoped to be bidding for the

UK team to go to New Zealand, would have to be missed.

However, 1988 has started on a brighter note, with Karen being signed up by Brooks for shoe, kit and racing sponsorship - her first such deal.

In her comeback race, eight miles over the roads in Wales on January 31, Karen sliced three minutes off the course record with a time of 44 minutes.

John Davies says the immediate aim is to improve Karen's 10K road race best of 33:26, and then transfer to track 10,000 metres. He is also keen to dispel rumours that Karen is looking for a new coach!

See Glasgow as you've never run it before!

GLASGOW is your venue in May if you enjoy short, scenic, good quality, well organised road races!

But since there is a cloud with every silver lining, the bad news is that two of the highlights of the Scottish road race season will clash in Culture City.

To be precise, the second and third races of the Adidas Midweek Challenge Series and the Kodak Classic 10K are all going to take place within eight days from May 4-11. Either there are going to be an awful lot of sore legs, or both prestigious races are going to suffer...

First into the fray is the Adidas series, which made such a welcome inaugural appearance on the Scottish scene last year. Organised in association with Bellahouston Harriers, the series was blessed with beautiful early summer evening weather for two of its three Wednesdays and proved an instant hit with participants. This year the 5K will be on April 27; the 8K on May 4; and the 10K on May 11.

The Kodak 10K Classic is normally held in March, but for this one year

only is to be staged on May 8 to coincide with the Glasgow Garden Festival. Instead of Crownpoint Road, the race will start in the Kelvin Way and thereafter cross the Clyde by the new Bell's Bridge into the Garden Festival site.

Between Pollok Park, the base for the Adidas series, and the Garden Festival, runners will be able to soak up some of the finest scenery in the city.

Potential Adidas entrants should note; Scottish unattached runners do NOT have to pay the non-affiliated levy of 50p (i.e. entries are £2-50 per race and £7-00 the series). Also, the series is of course being staged under SAAA and SWAAA rules.

Marathon undecided

STILL no news of whether there would be a Glasgow Marathon this September as the magazine went to the printers, although it is understood that the organisers were looking at the possibility of a number of small sponsors to back the event, rather than the elusive big fish...

Robison and Murphy for New Zealand

CHRIS ROBISON was selected as the only senior Scot in the first UK team for the World Cross Country Championships when he finished fifth behind Eamonn Martin in the McVitie's trial at Gateshead. Nat Muir, who had already decided not to go to New Zealand, lost a shoe near the start, ultimately doing well to finish twelfth.

The only other Scot on the flight Down Under is Pitreavie's Clark Murphy. The AAA junior 5000 metres champion, Murphy had barely recovered from a chest virus at Gateshead, and has hopes of an even better showing in New Zealand.

Just a matter of weeks before the race, Murphy admits: "I could not even jog the three miles down to the club without stopping to walk. I really felt the lack of training in these heavy conditions and certainly hope to do much better on decent going".

In the women's race, the first Scot, Laura Wight, finished seventh. The first six past the post, including Zola Budd, were selected for New Zealand.

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Up Front Up Front Up Front Up Front Up Front

Revenge for Lynne but Scotland lose in Glasgow

LYNNE MCINTYRE, disappointed to lose out in the tightest of photo-finishes at the Dairy Crest international at the Kelvin Hall had only to wait a week before gaining revenge. The Glasgow AC women had been given second place but the same time, 4-18-27, as England's Bev Nicholson against France.

But eight days later, competing against Belgium and Holland in Ghent she had six seconds to spare over Nicholson as she clocked a seasons best of 4-16-39 to finish second.

John Robson however, was upstaged for the second successive week by Mike Hawkins. Having won against France Hawkins then held off Robson by one hundredth of a second in the fast time of 7-58-36.

Back at the Kelvin Hall however, Scotland were in action in their own right against Midland Counties AAA. Tom Hanlon, who was fourth in the world junior championship steeplechase, ran an impressive solo 3-44-2, coincidentally more than a second faster than the time which gave Rob Druppers victory over the British runners in Ghent.

Brian Whittle, who turned down the trip to Belgium, comfortably won the 400m in 47-5 but did not get the chance to show his paces in the relay, the baton having been dropped at the second change over. That and the failure of the two pole vaulters to record any height meant that Scotland lost the match by the narrow margin of seven points overall. The women however, won by 34 points to 28.



Chris Robison has had an outstanding season. The IBM Spango Valley man finished fifth in the McVitie's trial at Gateshead (above) booking his passport to New Zealand. But he also won the Southern Counties' title and the Inter-Services championship.

Peter McColgan (356) does not let his wife Liz do all the winning. Left - he leads in the Eastern District championships with Dave Cavers (29), John Pentecost (191) and Andrew Walker (60).

Pictures:
Above - Ian Weightman. Left - A. Hill.



New start

MR Gregor Nicholson has been employed as Scottish athletics administrator in succession to John Fairgrieve. Mr. Nicholson, a former Scottish Universities 400 metres champion, now aged 27, takes up his new duties on March 1, having spent the previous seven years as a housing officer.

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We hope to offer packages to these and other races during the year.

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Will you run for him?



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"They've given more than they could—please give as much as you can."

To protect those concerned, this is an amalgam of several such case histories of Patients in our care.

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Name (BLOCK LETTERS)

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Up Front Up Front Up Front Up Front Up Front

Road running in Grampian copped by the police?

RUNNING clubs and race organisers in the Aberdeen area were alarmed to receive a letter at the end of January from Assistant Chief Constable Donald Cameron, which appeared to infer that Grampian Police would not give their approval for any new running events on public roads.

"Serious concern has been expressed by the traffic standing committee of the Association of Chief Police Officers for Scotland. A number of serious accidents involving participants have occurred throughout the country," ACC Cameron wrote.

Suggesting that, "most athletic and charitable bodies should find little difficulty in holding events off the public roads," Mr Cameron suggested using parks, sports grounds, forest walks, and disused railway tracks as likely alternatives.

"In the case of large and well established events, for example the Aberdeen Marathon and some half marathons," wrote Mr Cameron, "I am prepared to sanction their being held on the public roads subject to conditions regarding safety of participants and other road users."

He continued: "I shall not give my permission for the use of public roads, for other than those large and well established events referred to above, since public roads were not intended and are not suitable for such events."

"Should an accident subsequently occur involving competitors or participants, I should be obliged to make known my opposition at any resultant court trial or public inquiry. Organisers should, I suggest, be mindful of the possibility of claims for injury or loss of life as a result of accidents."

Strong stuff, indeed. However, Assistant Chief Constable Cameron assured Scotland's Runner that the stern warning was aimed more at sponsored activities, such as bed pushes — strange things these Aberdeenians get up to — rather than well-organised running events.

He stressed that police permission was not needed to stage road races, and indeed many events have been held for years without any reference to the police.

When challenged about the reference to, "a number of serious accidents...throughout the country", Assistant Chief Constable Cameron could not name any specific cases.

However, in an effort to reconcile differences, Mr Cameron was suggesting a meeting with interested parties. We'll keep you informed.



HOPING to have the largest office team in the Bank of Scotland People's Half Marathon on March 20 are appropriately...the High Street branch of the Bank of Scotland in Inverness, pictured here before a training run.

Teviotdale resign from League in travel protest

AS mentioned briefly last month, Teviotdale Harriers will not be competing in the Scottish and North West Athletics League (Div. 4) this summer, writes John Colman.

This follows the announcement that all four fixtures will be in the West of Scotland — Ayr, Wishaw, and two at Crownpoint, Glasgow despite the fact that there are almost a dozen East clubs taking part.

Because of the cost involved and the travelling distances, the Hawick club registered their protest with the League, at the same time tendering their resignation.

Teviotdale's letter stated: "On checking the various venues, we feel that the starting time of 11.15 am, and 5.20 pm closing, is far too long a day for a club such as ours to travel from the Borders."

We have, in fact, estimated that the four events in the West would cost the club approximately £600 to £700 in bus fares alone, and the time involved would mean that we would have to leave Hawick between 7 am and 8 am on a Sunday morning, not returning until 10 pm.

"It is with regret that we have to make this decision, being one of the main clubs in previous years in this division, and we would dearly have loved to see just one match being held in the Borders, where an equally suitable track to all those chosen is readily available."

The Borders track at Tweedbank Stadium was opened in 1984 at a cost of £225,000. There is also a track at Carlisle, and another being built at Dumfries.

A letter from the League regrets the Hawick club's decision to pull out, saying that Teviotdale had been a valuable member in the past and it would be difficult for them to find comparable competition elsewhere.

But what has really angered Teviotdale officials is the League secretary's explanation: "It is not possible to use the Borders as a venue because of the difficulty it would cause other Divisions in travelling". The League also disputes the travelling times and costs involved which have been estimated by the Hawick club.

In a message to club members, Teviotdale Harriers president Ronnie Pringle acknowledges their disappointment at the loss of this valuable competition, but assures them that the committee will endeavour to find alternative fixtures this season, with a view to entering another league next year.

Mr Pringle has expressed the hope that the other East clubs in the League will at least give verbal support to the claim of unfair treatment should they feel reluctant to join Teviotdale in boycotting the 1988 fixtures.

MARYHILL Harriers opened their centenary year in style with a team victory in the Nigel Barge Memorial Road Race — the first time in 41 years Maryhill have won their own race. Morale is high within the club, with membership continuing to increase and record turnouts in internal club events.

The road and the (26) miles to Dundee is looking good...

DUNDEE is making great strides in 1988 to promote and market its annual marathon, being held on April 24, beyond the confines of Tayside.

The Dundee People's Health Marathon, to give it its full title, has always had an excellent reputation for efficient organisation, and has attracted marathon afficionados from all over Britain. A big push has been made to popularise it this year, however, with the event attracting radio and newspaper publicity from January onwards.

Dundee hit its peak in 1985 with some 4,000 runners, but entries had dropped to 1350 by last year. Dundee District Council's leisure and recreation department and the City of Dundee Sports Council are hoping to double that this year.

Among the attractions this April are a sportswear exhibition, a pasta party and a seminar a week before marathon day with the promised presence of top athletes and coaches.

Just as encouragingly, the organisers are holding two training sessions a week for participants, and a series of fun runs will be held in the city throughout March and April, with the qualifiers (aged 9-17) taking part in further fun runs on marathon day. The marathon is sponsored by the Scottish Health Education Group.

CHARITY News

In an attempt to bring runners and charities closer together, Scotland's Runner goes behind the scenes to look at those charities whose appeals for runners you see in our columns. This month we talk to five more, and invite readers to tell us of their experiences running for charity - and why they choose the ones they do.

It's a fact that the Celtic countries, and Scotland and Ireland in particular, have the highest incidences of Spina Bifida in the world.

This unhappy information comes from Audrey Smith, executive officer of the Scottish Spina Bifida Association, based in Edinburgh, which is appealing for runners in the Dundee Marathon, Luddon Half Marathon, Adidas Series and Kodak 10K to "run for those who cannot".

Spina Bifida is a malfunction of the spinal cord which occurs before birth, causing varying degrees of disability. The association offers training, counselling, group and family holidays, sports training courses, and leisure activities to members - and with nine branches in Scotland depends on the generosity of the public for assistance in cash and kind.

A charity closely associated with running is the Cancer Research Campaign, headed in Glasgow by Major John Harman, and in Edinburgh by Bill McKinlay.

The charity is perhaps ahead of some of its rivals in acknowledging the potential of runners as fund-raisers, and in 1986, Glasgow Marathoners alone raised £40,000 for CRC.

The CRC gives grants to the cancer research departments of all the Scottish universities, and a staggering £2m a year to the Beatson Institute of Cancer Research at Glasgow University.

Despite these huge totals, Major Harman says: "Because of the importance of the work carried out in Scotland, more money gets spent here than we can raise."

The Chest, Heart, and

Stroke Campaign, another Edinburgh-based charity, organises its own very successful annual health run through Holyrood Park. Sponsored by Kwik-Fit, the 1987 event (which includes a fun run) attracted a very encouraging 1700 participants.

Elizabeth Richards, the CH&SC organiser, stressed: "All the money raised in Scotland is used in Scotland. If runners want, they can specify a geographical area for their money to be spent in."

The Campaign is currently trying to raise £500,000 for stroke research and rehabilitation.

"Eyes with a cold wet nose", is the slogan adopted by the Guide Dogs for the Blind Association appeal.

The Scottish blind dog training centre is at Forfar, where about 100 dogs are trained a year. Runners who raise £1,000 of sponsorship will pay for one dog's entire training requirements, from the food bowl upwards! The sponsor may also choose a name for "their" dog.

Last, but not least, is the Ex-Services Mental Welfare Society whose chief executive for the Northern Region (Scotland, Northern Ireland, and the North of England) is Captain Owen Light.

Based at Hollybush House, near Ayr, which is a short-term convalescent home for servicemen and women suffering from mental illness - Captain Light is himself a runner, and a pretty handy 56 year old one at that, hoping to go under three and a half hours in this year's London Marathon.

Although under the wing of the local health board, the Society subsidises Hollybush House to the tune of £100,000 a year: "Quite an effort in Scotland," says Captain Light.

Who is Scotland's champion charity runner?

Write to Scotland's Runner at 62, Kelvingrove Street, Glasgow G3 7SA, and we'll publish your nominations on this page.

Triathlons

The first event of the 1988 Winter Triathlon Series was held on January 31 at Ranchory Academy. The series consists of three events held throughout the winter months in the Kincardine and Deeside district, each event being held over the same distance of 4 mile run: 8 mile bike: 400m swim.

The weather was ideal with no wind and a temperature of 3 Centigrade; the event was again oversubscribed with all available places (90) being taken up well before the closing date. This year's field consisted of some of the very best in Britain, with Mike Harris, the overall British champion, travelling from Tyneside to compete.

However, it was Alan Davison, also from the Tyne Triathlon Club, who led at the start of the four mile run, closely followed by Stonehaven's John O'Donovan. This pair went through the 2 mile mark in 9 mins 45 secs.

Towards the end of the run they were joined by another group of four, including the favourite Harris, last year's winner Mike McCulloch from Aberdeen, and Duncan Gillies, the Scottish fell running champion from Keith. This leading group of six finished the four mile run in just over 20 minutes, coming into the transition area together.

A quick changeover saw Gillies shoot into the lead, followed closely by McCulloch, with Harris stopping to change into his cycling shoes.

O'Donovan soon caught McCulloch and Gillies on the bike and took the lead, which he held for the first half of the course. Harris then caught him on the uphill section on the way back to Ranchory, when his chain came off. Gillies was caught by McCulloch, and they battled neck and neck for third and fourth places. Meanwhile, Scott Riach (FFT) was showing his prowess on the bike and powering through the field with Andrew Johnston (Banchory) hot on his heels.

Stonehaven's Ginny Pollard was once again confirming her position as one of Britain's top triathletes, finishing the four mile run in 22-20, well ahead of her nearest rival, fellow British squad member Sally Iken from Huddersfield and, indeed, well ahead of most of the men. She held her lead on the bike section and was first lady into the pool.

Meanwhile, at the front of the field O'Donovan had sorted out his mechanical problems and gaining on Harris towards the end of the bike, managed to overtake him on the bike/swim transition and was first in the water for the swim.

McCulloch and Gillies entered the swim together, about a minute down on the leaders, and then an-

other minute back came Alastair Watt, current Scottish champion, closely followed by Riach and Johnston.

Riach pulled out all the stops in the swim, his best event, and was soon overtaking all those in front of him. Harris justified his position as favourite finishing in 50 minutes 23 seconds.

O'Donovan then finished and got out of the pool, to discover he had another length to go. Riach, from St. Cyrus, an action sport leader with the Sports Council, finished very strongly to take a brilliant second place, ahead of the Scottish champion, Alastair Watt, with O'Donovan eventually finishing in fourth place, eleven seconds behind Watt. Last year's winner, Mike McCulloch, was fifth.

Ginny Pollard won the ladies section having led all the way with Sally Iken second, one and a half minutes behind. Stonehaven's Sarah Phillips took third place.

The veterans' section was won by Aboyne's David Martin, defending the title he won last year. The junior event was won by Bruce Triathlon Club member Iain Lassetter from Dunfermline, with D. Nicoll, Fairport TC Arbroath, second, and Chris Johnston (Banchory) third.

Stonehaven veterinary surgeon, Max Williamson, took the (O/50) supervets title from Michael Hood, (Edinburgh) with Andrew Manwell, (Highland Triathlon Club, Aberdeen) in third place.

A SCOTTISH national triathlonsquad has been formed and will hold its first training weekend on March 12-14 at the Rosyth naval base in Fife. International teams will be selected from this squad.

A PROVISIONAL fixture list has been published for the first Scottish Triathlon Association Grand Prix Series (all 1K swim, 40K bike, and 10K run).

The first event is pencilled in for Edinburgh on May 22, but most of the ten races in the series are being held in July and August. Highlight of the grand prix is the Scottish Championship event at Arbroath, provisionally scheduled for July 24 and featuring a massed start open water swim.

Another nine triathlon/biathlon events are also on the 1988 calendar, with an impressive geographical spread across Scotland for the two categories of event.

See Letters Pages for details of how to join the Scottish Triathlon Association.



Olympian behaviour

22, Applecross Road,
Langmuir Estate,
Kirkintilloch.

SIR - May I, through the columns of Scotland's Runner, and on behalf of the management, coaches, and athletes of Kirkintilloch Olympians, repeat our thanks to Sandra Whittaker for her attendance as principal guest on the occasion of our presentation evening at Kirkintilloch Town Hall.

Having made the selection of celebrity, the evening was arranged with the nervousness associated with such occasions - hopeful that everything would be "alright on the night". We need not have worried unnecessarily, for Sandra took all in her high calibre stride and impressed the packed audience with her attention to awestruck youngsters, and in personal presentation she drew many an admiring glance. The theme of the evening was threefold; to honour our Thistle Award winners; to reward our Young Athletes Championship winning team; and to make the presentations to the trophy winners in our Club Championships - the roll call was long for 98 members shared an Olympians record haul of 199 Thistle Awards. Over 30 young lads picked up league winners medals; the Club Championships accounted for nine champions receiving trophies, and for good measure there were nine silver and nine bronze medallists too.

Sandra had a kind word of encouragement and congratulation as she made each and every individual presentation, and despite being at the end of such a multitude of hand-

shakes she recovered sufficiently to sign autographs by the score for the delighted members, impressed by her record of distinction over World, Olympic, European and Commonwealth Games.

This charming young lady may be fleet of foot in competition, but this was no fleeting appearance and we are truly grateful that she lent highlight to our evening and afforded us such time as made this club members feel important.

Sandra, take a bow. You proved your star quality extends beyond the track, and future guests at our presentation evening have a hard act to follow, such was the standard set by you. You are a credit to your coach, your sport and most importantly to yourself. In conversation you came across as a great advertisement and sincere ambassador for our small nation of athletes.

Our thanks also to our other renowned guests for their part in making the evening such an enjoyable occasion; to Sandra's coach Iain Robertson for his kind words and advice; to Mr & Mrs Bob Peel, long-time friends and advisors, and to Mr & Mrs Tom Bolan of Colzium AC, treasured friends.

Henry Docherty,
Secretary,
Kirkintilloch
Olympians.

All welcome at East Kilbride

EK Sports Club,
Calderglen,
East Kilbride.

SIR - I was very pleased to read your article in last month's issue about East Kilbride, and was especially pleased with the kind words you said about the Jimmy Moore Trophy. But I must point out that it is over 15K not 10K, just in case anyone is misled!

Also, when talking about Calderglen Country Park, you didn't mention that we have a "Sri Chinmoy Peace Mile", the only cross-country one in Scotland, if not Europe. Anyone who wishes to run in the Country Park at any time is welcome to use the Sports Club.

James A Daly,
President,
Calderglen Harriers.

Get rid of Alf Tupper

32, Nethy Way,
Deanpark,
Renfrew.

SIR - I really must protest about some of the articles in Scotland's Runner (February) as being totally out of place in a serious (?) running magazine.

If the editors and staff of this magazine are "children over 30" then this reader certainly is not. I gave up reading comics on entering my teens and have no intentions of starting again with your proposed articles on the comic strip character Alf Tupper.

If that wasn't bad enough, another article which filled me with dismay was a short story entitled "Born Again On The Run". Whilst appreciating that it can not always be easy to fill the magazine with relevant running material, this type of story would be more appropriate in Woman's Own.

I have never been able to fathom why David Webster has been allowed his regular piece on Highland Games - I mean, what have Highland Games heavy events and running got in common? I can only assume he is the grandfather of some of the editorial staff.

David Watt's article on "Sports Acrobatics" - fine, a well written informative piece, but as much good to a runner as a 50 mph headwind.

So come on, grow up and remember the paying customers like myself want to read about our sport and not everybody else's, and most certainly not about fictitious and comic cut characters or your readers will end up ex-readers.

James Workman

TO USE a grown up word, why is James Workman so presumptuous as to believe that his tastes are those of all the other readers of Scotland's Runner? Is this a condition brought on by giving up comics at the advanced age of 13?

We would have thought that athletics devotees especially - who in Scotland are accustomed to seeing the sport ignored by television and receiving little coverage in newspapers - would not have grudged an even more neglected sport, gymnastics, from access to all of one page a month in the magazine.

His point about David Webster's column is incomprehensible to the point of ignorance given the role of Highland Games in Scottish athletics. Or is it his contention that we should not cover field events of any nature in a "serious" running magazine.

Finally, the short story was inserted not because we were lacking material - if resources permitted we could double the content every month - but on its merits. Obviously when he gave up comics James Workman must have progressed to headier literature: how else could he be so certain that "this type of story would be more appropriate in Woman's Own"?

Thank you Grangemouth

29, Braehead,
Beith,
Ayrshire.

SIR - On behalf of my club Beith Harriers I wish to thank Falkirk District Council for the promotion of the annual Round the Houses Road Races on February 14. The entry fees are very reasonable and the inclusion of all age groups male and female in this open event is particularly pleasing.

Could more of the large stadiums now available not utilise their excellent facilities in this way and maybe at some date during the year host open gala type track and field events?

Surely your magazine must have some thoughts on the numerous track and field league meetings listed in the S.A.A.A Handbook. Is this kind of selective competition really the way forward?

What do those thousands of other people who came into the sport through their local open road races think?

James A Swindale,
Beith Harriers.

P.S. We are very fortunate to host open gala type events for all age groups at Beith New Year Races and Beith Civic Sports.

Continued on Page 15

Reduce your racing programme dramatically

Could you please advise me how to reduce my half-marathon and marathon times? I usually run around 71 minutes and 2-30 respectively.

In 1986 I ran 68-49 for the Livingston Half Marathon, and 69-36 for the Crieff Half Marathon, but I have never again come close to achieving these times.

Do you think the new schedule which I started a month ago is suitable? It involves: Monday - 7 miles steady; Tuesday - 3 miles warm-up and 1 minute uphill repetitions; Wednesday - 8 miles steady; Thursday - 1 and 2 minute repetitions with 30 seconds recovery; Friday - 7 miles steady; Saturday - as Thursday; Sunday - 10 miles steady.

I usually try to race a 10K, half-marathon, or marathon every week. Do you think too many races can affect my times? I am aged 33.

Roderick Bell,
Rattray,
Blairgowrie.

DEREK PARKER REPLIES:

THE TIMES which you quote for the half-marathon and marathon are very impressive. Surprisingly, from the sample schedule which you have enclosed, your training does not include the long 18 to 24 mile runs that are so important in the preparation for a marathon at that level.

Also, you do not say how long or how far your repetition running sessions are - but it would seem from what you tell me that you may be one of those individuals who can produce good results on between 45 and 50 miles per week. However, if you want to improve and remain free from injury or stress, I would advise the following course of action.

Firstly, reduce your racing programme drastically. There is no way an athlete can compete in 10K, half-marathon, and marathon events every week and not pay the penalty of injury, mental and physical exhaustion, and a dramatic deterioration in racing performance.

For most athletes, a maximum of three marathons a year - with an absolute minimum of six weeks between each - are sufficient. We all know that some people have run two marathons in two consecutive days, but these are very much the exception and not the rule. Their example is definitely NOT to be followed.

In addition to your two or three marathons during the year, I would suggest that you run no more than one half-marathon a month, plus one race over a shorter distance, such as 3K, 5K, or 10K for speed.

This would allow at least two free weekends for training and recovery sessions, away from the pressures of competition.

My second recommendation is that you include one long run and one semi-long run per week in your training programme, along with some shorter, varied pace, and recovery sessions. If you intend competing in a marathon, the long runs would be between 18 and 24 miles, and the semi-long runs between 10 and 15 miles.

If you are more interested in half-marathons, the long and semi-long runs would be between 12 and 15 miles, and seven and 10 miles respectively.

Depending on whether you are concentrating on the marathon or half-marathon, these two key sessions could be incorporated into a weekly schedule as follows:

Monday - 75 minutes fartlek e.g. 10 x 2 minutes fast (2 minutes and 1 minute alternately jog recoveries) + warm-up/cool down; Tuesday - 30 minutes steady; Wednesday - 10 to 15 miles or 7 to 10 miles (semi-long run); Thursday - 3 x 1 mile repetition runs (5 minutes recovery) + warm-up/cool down; Friday - 20 to 30 minutes easy running; Saturday - 18 to 24 miles or 10 to 15 miles (long run); Sunday - 75 to 90 minutes cross-country or park running.

I would emphasise that this schedule is merely a guide, and should be modified or intensified depending on ability, experience, age, commitment, and opportunities available for training.

Variety, too, is important. It must never be forgotten that a well-balanced, intelligent training programme is one which gets the athlete to the race starting line in peak mental and physical condition.

Two halves in two weeks is not on

I caught the "running bug" four months ago and since then I have been jogging about 20 to 30 miles per week. I am aged 38.

After two months of training I entered my first race, a half-marathon, and completed the course in 89 minutes.

Two weeks later, in my next half-marathon, I was timed at 91 minutes. More recently, I recorded 65 minutes for a 10-miles road race.

I have not raced since and wonder if you could suggest a training schedule to help me achieve faster times. I would like to concentrate on half-marathons, rather than the full marathon distance. Considering the length of time I have been running, and taking into account my age, do my race times suggest I may be "pushing" things too hard too soon - or not "pushing" hard enough?

Ronald Marek,
Carnoustie.

Training TIPS

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

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

DEREK PARKER REPLIES:

FIRST OF ALL I would advise you to have a medical examination if you have not already had one. I would hasten to add, however, that this suggestion does not imply there is anything wrong with your racing or training performances. It is purely a matter of routine which all newcomers to athletics should undergo - particularly if they are aged above 30.

A clean bill of health means that the athlete and his coach (if he has one) can prepare a graded training and racing programme with a clear conscience, knowing that medically all is well.

Do not be in a hurry to become too competitive at this stage. Running should enrich and enhance your life, so it is better just to take part in a few fun runs or low-key 5K or 10K events before getting serious about your half-marathon times.

The important thing at the moment is to train regularly and consistently, gradually building up the quantity and quality of your mileage - and ensuring that you allow ample time for recovery and rest. Too much training and racing too soon leads to injury and stress related ailments; the older we become the more vulnerable we are to injury, and the longer we take to recover from these injuries.

Always remember that the top distance runners and high-mileage athletes have been training and racing for a long time, and have taken several years to achieve their present level of fitness. Be content initially with the feelings of well-being and fitness which running brings and develop a positive self-image of yourself, taking pride and satisfac-

tion in the attainment of your own individual goals and targets.

You do not say how many days per week you train, or how far you run on your outings. It is difficult, therefore, to prescribe a schedule on the information given. I would suggest, though, that you avoid training at the same pace all the time, otherwise you will only be able to race at that same pace.

Tentatively, I would suggest a programme along the following lines which should enable you to tackle 3K, 5K, 10K, 10 miles, and half-marathon races with confidence:

Monday - 10 minutes jog, plus 5 x 1 minute hard (1 minute recovery jog) plus 10 minutes jog; Tuesday - 20 to 30 minutes easy; Wednesday - 5 to 8 miles steady; Thursday - 20 to 30 minutes easy; Friday - rest; Saturday - 60 to 90 minutes cross-country or grass run.

The Sunday run can include fast strides over suitable stretches of even ground, as well as a few hard efforts uphill - interspersed with easy jog or walk recoveries.

Two final points. Firstly, two half-marathons in two weeks is not to be recommended. You will derive far more benefit from racing over a couple of different distances every month (5K and 10 miles, for example) with at least one race-free weekend in between.

Secondly, you will be a veteran in another two years and that will open up a whole new range of exciting possibilities and fresh challenges. Concentrate just now on building up that fitness base which will enable you to tackle with confidence and enthusiasm the opportunities which entry into that age group will bring.

A Scottish Castle Series?

54 Parkhill Avenue,
Dyce,
Aberdeen.

SIR - In January 1986, Banchory Athletic Club organised a successful cross country race meeting in the grounds of Crathes Castle, near Banchory. The event was repeated in 1987 as part of a three meeting cross country series backed by the local newspaper, the Evening Express, and called the "Round the Castles" series, the other meetings being held in the grounds of Haddo House, and Drum Castle.

Each meeting attracted in excess of 300 runners, had races for all age groups, and a full range of prizes in addition to the overall series prizes.

The 1988 "Round the Castle" Series started in January at Crathes, with the other meetings at Haddo House and Fyvie Castle.

The idea of using castles as a venue for cross country meetings seems to be a successful one - they provide the runners with challenging courses in attractive settings; they attract spectators to the castles outwith the usual tourist season, and the race sponsors obtain good publicity through the involvement of the local press.

Given the large number of castles throughout Scotland, we feel that the theme is one which could be taken up by clubs throughout Scotland with a view to establishing a nationwide series of events, perhaps culminating in a Grand Final. Such a series could well attract major sponsorship.

While recognising the considerable amount of work which goes into organising the various cross country league meetings, we feel that the potential of "castles" venues should be exploited, particularly as a means of the attracting less committed runners to sample the pleasures (and pains!) of winter cross country running. Perhaps Scotland's Runner might wish to promote the idea, via a cross country championship series of their own.

Any clubs, individuals or sponsors interested in following up the idea, or requiring further information, should contact either myself or Derek Greenwood, 4, Raemoir Road, Banchory, or Russell Smith, Aberdeen Evening Express, Lang Stracht, Aberdeen.

Alan Fulton

SHEG own goal Sponsoring the Scottish Cup?

6, Whittinghame Drive,
Glasgow G12.

SIR - I was delighted to see the Scottish Health Education Group at last spending their money sensibly by taking an advertisement in your last issue - but what an own goal they are scoring by boasting about sponsoring the Scottish Cup.

Professional footballers (with a few notable exceptions) must be about the worst advertisement for health education. Never renowned for their abstinence or lack of smoking, most retire at around 32 and what to do? Open a pub and get fat!

If footballers went on the field with SHEG on their shirts, the punters would no doubt consider it their duty to rush off and drink this latest lager. So come off it, SHEG - don't waste public money sponsoring professional football.

Jim Bogan

STA now up and running

Bowmont House,
21, Arbuthnot Place,
Stonehaven AB3.

SIR - We were very impressed with your excellent photograph on the February issue cover, which was taken during our event last year.

You are doing a great job, and from now on the Scottish Triathlon Association will be able to assist you with up-to-date reports on triathlon, biathlon and other multi-sport events in Scotland.

All STA members were being sent a newsletter in the middle of February, with a full calendar for 1988 and other triathlon news and articles. Anyone can join: details are available from the membership secretary, Mike Joiner, at 11, Scotland Drive, Dunfermline.

John O'Donovan,
President,
Scottish Triathlon
Association.

Right town, wrong race

11, Gellatly Place,
Brechin.

SIR - In the February issue of your magazine, in the Events Diary, listed was the Brechin Right of Way Road Race, Brechin, to be held on Sunday March 27. This is incorrect, as the event to be held on Sunday March 27 is the "White Caterthun Race - Brechin" an 11.5 mile race from Brechin High School by road to Tigerton, where it goes off the road and follows an old track up 700 feet to the "Pictish Fort" on the top of White Caterthun Hill and by road to the school.

This race first held last year was an outstanding success with 42 runners taking part and it is hoped that more will be attracted this year. It is organised by the Brechin Road Runners with financial assistance from the Bank of Scotland.

The "Brechin Right of Way Races" are usually held September. These races started in 1946 and continued till 1962, but lapsed until a local PE teacher, Bill Edger, started them in 1979 and they have continued successfully since.

Brechin Road Runners have just affiliated to the SAAA.

A. Young,
Secretary,
Brechin Road Runners.

Alf's OK, but Jock's a Jock!

29, Standing Stone Walk,
Dunfermline.

SIR - I am enclosing a poem in a form of complaint as to what happened to our comic runner Jock Strapp. I did write last year to ask, but no answer to his whereabouts was given.

In February's issue, I notice you have given a full two page coverage to Alf Tupper, and although Alf's OK, I still think Jock had an edge.

As a lad of 10 or 11, Alf used to be my hero. I started running because the Alf Tupper stories used to inspire me. Those were the days of the Rover comic, when the stories were in print as opposed to comic pictures. I don't know what Alf's trade is in the Victor series, but he was a welder when in the Rover!

Before I close, could I change the subject and ask if it is possible to have a name and address section made available below Menodromos crossword? It would come in handy for those people who like to try it.

Still enjoying your magazine immensely.

Jim Hall.

Dear Editors baith, tae write this I'm laith,
But I feel I must really complain,
Twa full pages tae Tupper wha likes a Fish Supper,
Yet Jock Strapp is left oot yet again.

I wrote ye last year, when I needed some cheer,
Tae ask whaur oor Hero had gane,
Though ye printed ma letter, I still ken nae better,
In speirin fur him, wis I wrang?

Auld Scotia's son made me smile oan the Run,
As his antics flashed through ma mind,
Aye Jock Strapp wisna' bad, sic a comical lad,
And I'm shair there's juist wan o' his kind.

So I'm askin' again, why ye Editor men,
Have ta'en oor brave hero away,
Though Alf Tupper's a winner,
he's no Scotland's Runner,
Fur me only Jock strapp will dae!

DEAR, oh dear. Sorry about that. We're afraid Jock Strapp was forced into early retirement for a combination of reasons - now added to which is the fact that he inspired poems like the one above!



Highland GAMES

The World Invitational Bicentennial Championships in Sydney, Australia were as grand as their name implies, with competitors who were a fine blend of old favourites and new sensations. The result was closer than any major competition in the past with a mind-boggling prospect for the future.

Jim McGoldrick of California started as favourite, with Alistair Gunn, representing Scotland and Britain, being seen by connoisseurs as the possible runner-up in view of his recent fine performances. But the experts were dumbfounded.

A new star, in his very first season, took the lead in the first event, the 28lb standing putt, and held the lead until the very last throw when, in a real cliff-hanging finish, Jim McGoldrick won the weight for height and drew level in the overall score.

The man of the meet was undoubtedly Joe Quigley of Melbourne, winner of the silver medal in shot putting at the Commonwealth Games in Edinburgh. Although many may consider him a hammer throwing specialist, this athletic whizz-kid is a versatile athlete who has taken to the heavy events like a duck to water.

When he masters the caber, Quigley will be a formidable opponent for Geoff Capes in the World Championships, and I am happy to say that efforts are already being made to see if it is possible to get Joe to Scotland in 1988. Capes, incidentally, was unable to go to Sydney because of his pantomime commitments in Britain, but the delay in a clash between these two stalwarts simply heightens the interest; such a meeting would be worth going a long way to see.

Around ten thousand people watched the Games get under way in beautiful sunny conditions, with a light wind cooling the air. However, all the competitors finished the day very sunburned, for as the hours moved on it turned into a real scorcher.

The heavy events championships was the main item, but

there was a very excellent and varied programme with all the usual piping bands and dancing - aye, and competitive log-chopping thrown in for good measure!

First was the 28lb stone, sculpted in Scotland especially for the bicentennial. Joe Quigley showed the shape of things to come with a remarkable 40'1", which had to be done standing style. This is surely the best performance in recent years, bearing in mind it was his very first try with this weight of stone and his first standing putt in competition. Jim McGoldrick, predictably, was in second position, and muscular Craig Watson, the other new Australian thrower, was third. The latter pulled up a further place with the 16lb ball.



Joe Quigley, the revelation of the Bicentennial Championships, pictured here with Scotland's rising star Alistair Gunn and two other Australians, Craig Watson and Colin Mathieson.

Alistair Gunn, currently Scotland's best hammer thrower, did two personal bests with the 15 and 22lb hammers, increasing from 108'9" to 112'1" with the 22lb and adding one inch to his previous best with the 16lb hammer, doing a fine 137'10".

Quigley, who is a contender for the Olympic hammer event, was second to Gunn and increased his overall lead. He did 127 feet without wearing hammer boots.

We expected Jim McGoldrick to regain points in the 28lb for distance, but it was not to be. The dynamic Australian confounded everybody, particularly his rivals, when he exploded to produce his first 80 feet plus throw - 80'7" to be precise.

Quigley now looked set for victory, but again there was a change of fortune and in the caber there was a great difference in placings and the overall position. McGoldrick came first, with the smallest competitor, Gunn, delighting the crowd by coming second. Dan

can a fighting chance to win the coveted Bicentennial title as he is one of the world's best in throwing the 56lb for height, and almost a certainty to win this final event. If only one other person could beat Quigley, McGoldrick would win the title. On the other hand, if he dropped even a point he would lose it.

It was a most thrilling event. Markovic was a real crowd pleaser encouraging and earning applause, indulging in acrobatics when he succeeded. Big Dan, however, could not beat Quigley and went into third place. The bar now went up to 16 feet, and McGoldrick was still behind in the overall score. Quigley had now only to equal Jim to take first prize but if McGoldrick won it would be a draw.

The Californian did win the 56lb for height, and so the Bicentennial title is shared between these two great athletes. Teachers Whiskey announced they would gladly supply a second gallon of whisky rather than have the winners share the giant sized bottle.

RESULTS

28lb Standing Putt: 1, Quigley 40'1"; 2, McGoldrick 36'3"; 3, Watson 32'10".

16lb Putt: 1, Quigley 55'9"; 2, Watson 51'2"; 3, McGoldrick 50'2".

22lb Hammer: 1, Gunn 112'1"; 2, Quigley 102'; 3, Anderson 100'5".

16lb Hammer: 1, Gunn 137'10"; 2, Quigley 127'; 3, McGoldrick 123'9".

28lb Weight for Distance: 1, Quigley 80'7"; 2, McGoldrick 99'9"; 3, Markovic 74'.

Caber: 1, McGoldrick; 2, Gunn; 3, Markovic.

56lb for Height: 1, McGoldrick 16'; 2, Quigley 15'6"; 3, Markovic 14'6".



David Webster

Markovic, always strong with the stick, came third, followed by Australian Alex Gusbeth and ex-world champion caber tosser, Colin Mathieson. Bill Anderson was surprisingly lowly placed at sixth followed by Quigley and Watson.

This result gave the Ameri-

Gymnastics

Oriole: a club only for champs

There can't be many clubs in Scotland, all of whose members are Scottish champions. In fact, there's probably only one.

Oriole Gymnastics Club in Dunfermline consists of just two gymnasts - both female, both Scottish Champions, both Scottish internationalists and both members of the British North Zone squad.

Coach Val Robson is a Scottish "A" squad coach, who was previously in charge of the British Zone squad and has guided many Scottish teams in recent years. Both gymnasts - Susan Martin and Faith Arnott - obviously recognised Val's ability, as both have arrived from other clubs and seen rapid progress under her wing.

Susan Martin, the current Scottish senior champion, came from the Fife Institute club four years ago and since her move has grown considerably in maturity and composure. Her performances have shown a consistent improvement and the scores have risen accordingly.

Susan was a reserve for the 1986 Scottish Commonwealth team, but, if her championship winning performance at Meadowbank last year is anything to go by, she must be a strong tip for the team for Auckland next time round.

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The club is occasionally visited by one of its former (and founder) members, Lorna Morrison - a previous Scottish senior champion and British internationalist. Lorna not only helps the current gymnasts with a word or two, but also still participates a little. In fact, last September she joined Faith and Susan to form a team which lifted the team trophy at a one gymnast per piece (and all three vaulting) competition sponsored by C. R. Smith.

This continued a strong link - the Oriole club is sponsored by C.R. Smith, the double glazing firm, who are based in the Dunfermline district. With only two gymnasts, especially such talented ones, the costs are enormous and as Val comments: "Without this support, we would struggle to continue training".

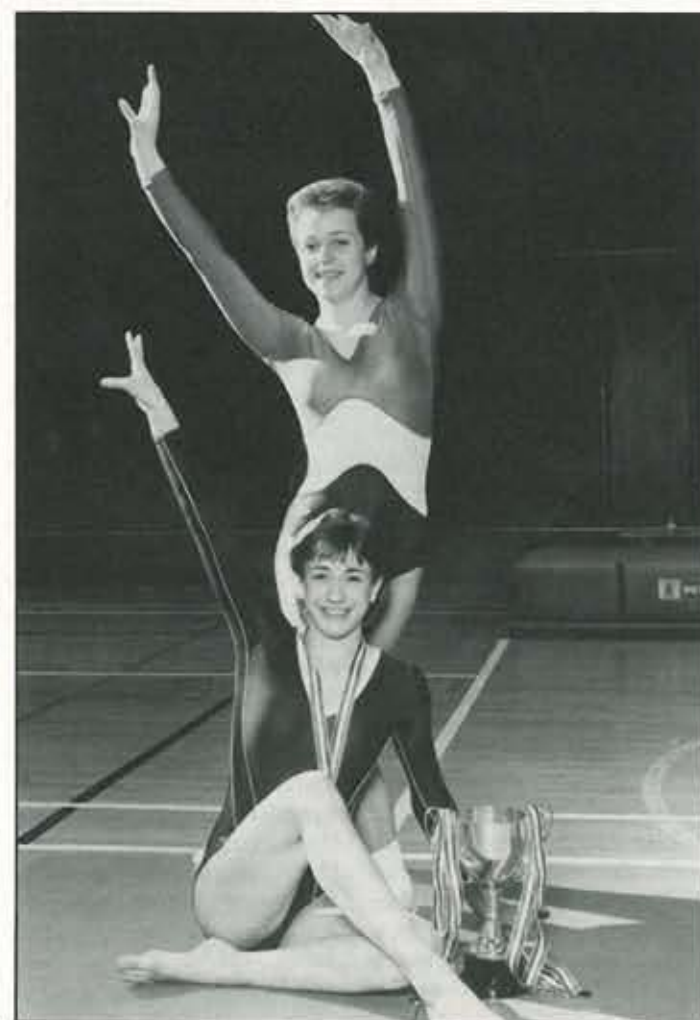
The second gymnast in the club - Faith Arnott - is younger, but has a long gymnastic pedigree. She started with Jim Thomson at East Kilbride, but came to Oriole when her

father's work brought the family to Dunfermline. Val Robson's feminine touch has put the final touches on Jim's hard work in the early years, and at present Faith is Scotland's top scoring female gymnast.

Faith started in the sport eleven years ago at the age of four, but soon rose to become her club champion, runner up in the West District Championship, and by December 1982 was the Scottish under-10 champion.

Within the next four years she became the Scottish under-12 champion and, in 1986, lifted the first of two Scottish junior titles. During this period she represented Scotland on a number of occasions at both home and abroad, and the undoubted highlight was her selection for the Great Britain under-12 team for the match

Oriole's champion duo... Faith Arnott (standing), 1987 winner, and Susan Martin, last years senior champion.



against Belgium. Faith was top placed gymnast from either team, winning the individual first place overall - a quite exceptional achievement. She was also a member of the Scottish women's team for the Commonwealth Championship in 1986.

In 1987, Faith, in retaining her junior title, took a clean sweep of all four individual apparatus titles; was top scorer in the Junior International against Denmark; and was given a special award by the Sports Aid Foundation as one of the most promising sports personalities in Scotland.

The success of 1987 will be a hard act to follow for the Oriole club, but they'll try. Faith has now joined Susan in the senior age group so they'll be teammates for the forthcoming Royal Mail Letters international against Wales and Iceland. The first of these is at the revamped Kelvin Hall on March 12.

After a number of years as the British North Zone squad coach, Val Robson has resigned this season to concentrate on, her considerable involvement with club and country.

Susan, Faith and Val will be seen at Scottish, British and international events all over Great Britain.

Let's hope their success continues.

LAST MONTH'S Scotland's Runner featured the growing sport of sports, acrobatics, and the achievement of the Scottish gymnasts in this area was recognised at the recent Skol Awards dinner sponsored by Alcoa Brewery.

The British Championship win of Karen Delissen, Lynne Campbell and Michelle Keenan, all from the Finlux Inverlorn club in Livingston, were rewarded with a Skol award.



David Watt

Meg weighs in at a different ball game

Meg Ritchie was Scotland's greatest ever female thrower, Commonwealth discus champion and world and Olympic finalist, but gave it all up to coach American football. **Fiona Macaulay** spoke with Meg on a recent return to her Fife home.



IT TOOK ME several minutes to realise that the slim, tanned, blonde was Meg Ritchie, veteran of three Commonwealth Games, two olympics, numerous European competitions, and 39 British internationals. Since I last met the British discus record holder she has shed 80lbs.

Meg is now head coach for strength and conditioning for 17 inter-collegiate sports at the University of Arizona at Tucson. She takes charge of football (American), baseball, and basketball, and delegates other sports between her two assistant coaches. The football alone has 90 players on scholarship and 30 "walk-ons", and she designs their weight training and running schedules 1-1 especially during the off-season when the coaches are away recruiting. Although the football team has not done so well this year, due partly to a transition period between head coaches, the University of Arizona were national champions at baseball and second in basketball.

At first she found it difficult to be accepted in such a post, and she is, as far as she knows, the only woman to hold such a job in the states. "But", she says "not to blow my own trumpet, but blowing it anyway, I think I have gained a lot of respect not just from coaches at Arizona". Indeed, she holds clinics and seminars and has gone back to Tucson to prepare for a clinic in February.

Meg went out to Arizona on scholarship in 1980 with a personal best of 65-90 metres and a name as Britain's best discus thrower for a number of years. She said she was sick of being in a rut in Britain, and as far as Meg Ritchie is concerned, a woman discus thrower in Scotland is "the lowest form of athletic life possible". When she decided she would like to train full-time, no sponsorship made itself available, and a scholarship to Arizona proved to be the answer. In 1981 in California, she improved her personal best to 67-48 metres, a British record that has never been challenged and looks like

being safe for a considerable time. And in May 1983 she increased her shot putt to 18-99 metres, which puts her second on the all-time list in Britain, just behind Judy Oakes. Meg strongly feels that in Britain discus is very much neglected. There does not seem to be anyone coming through to take her place and as she says: "What's the incentive?"

In Arizona she feels she has a much higher standard of living - she has an apartment in the hills overlooking Tucson - and money for training and equipment presents no problems. It is not a matter of, "if the money is available", but rather, "if you want it you've got it". Meg would like to come back to Scotland if she could contribute as much to sport as she is doing in Arizona, but at the moment that is not possible, the equivalent job not being available here (she is a qualified P.E. teacher). In Arizona she has made quite a bit of money in a job she adores, and says it is like being paid for doing a hobby.

After the 1984 Los Angeles

Olympics, Meg retired from throwing. While she was pleased to be there, she realised she lacked the knife edge she used to have and was more interested in getting back to Tucson and her job. She feels she gave up the sport at the right time, while she still enjoyed it, and before she got fed up with it.

Retiring from competition coincided with pressure to take up coaching. If she wanted to stay in the States she had to have a job, and it all came together at the right time, Meg taking up the position of assistant track coach before being approached by the football coach, which then led on to her present post. As well as her commitments to strength and conditioning, Meg also coaches three throwers at the university, including Carol Garrett, who holds the American junior shot putt record with 17-80 metres.

Since packing up the throwing, Meg has lost over five stones and says she feels great for it. She dropped about 30lbs

when she stopped training through lack of intense strength and weight training, and then she was so busy enjoying her new job she did not have much time to think about food. In order to throw as far as she did, Meg felt she had to bulk up, although looking back she thinks she might have been a bit too heavy and that may have slowed her in the circle somewhat. For the last year and a half she has made a conscious effort to cut down on fats and sugar, and the result certainly shows.

My only claim to fame is that I was sort of pioneer of Scottish women on track and field scholarships to American universities. I went out to the University of Oklahoma in 1978, followed a couple of months later by Christine and Evelyn McMeekin who went to the University of Iowa, and we used to meet more often than when they were in Glasgow and I was in Edinburgh!

Meg told me it is more difficult to go out on scholarship than it used to be. Anyone over 24 is ineligible. Meg herself went out when she was 28, which would not be possible now, although she does feel that it is better to be a bit older, and not to go over on scholarship straight from school. She thinks that youngsters going out need to take good advice from someone who really knows about the situation, and would be only too pleased to advise anyone who got in touch with her.

Without a doubt different universities specialise in different events, and she feels it important, for example, that a high jumper does not end up at a predominantly middle/long distance university in order to make the most of a scholarship. She also feels that it is important that athletes do not think of going to an American university as a means of turning into a superstar, which very rarely happens, but rather to treat it as a tremendous experience and a chance to sample another culture.



Meg Ritchie is happy with what she achieved in athletics - a Commonwealth gold medal and record in 1982, ninth place and first Western at the 1980 Olympics, and fifth place at the 1984 Olympics are among a long list of honours, and she loved every minute of it, having no hesitation in encouraging youngsters to take up athletics.

The widespread drug-taking did not really bother her. She was never intimidated by the thought that fellow com-

petitors may have been using artificial aids. What was important was a personal best and to keep striving to improve. She knows she was criticised quite a lot for being a bad competitor, not pulling out the distances in competitions where it really mattered, but is content in the knowledge that at the time she did the best she could. And if she was that bad, all she can say is: "Where's the next Meg Ritchie?"

Where indeed?

Meg Ritchie in the throwing circle at Meadowbank's Edinburgh Games shortly before her retirement in 1984.

Women in SPORT

He jogged beside me in his dungarees



Christine Cardwell

In last month's Scotland's Runner a "Sports Network" item appeared encouraging women in the Croftfoot and Castlemilk areas of Glasgow to join together for running/jogging sessions, perhaps with a view to forming an athletic club. The notice was placed by Christine Cardwell, who is in her 30's and jogs about two or three times a week.

With a population in the district of about 65-70,000, and only

moderate sports facilities, Christine feels there must be women who would like to run, but find it difficult to get motivated. Others might be a bit scared to go running round the streets at night, or just feel plain conspicuous and unconfident when out running. She also hopes to attract single and married mothers by including a creche within the group, with mothers taking it in turns to look after the children. Besides keeping fit, and the social aspect of such a club, Christine feels that the ability to run is also an important aspect of self-defence which she teaches.

So come on, women of all ages in the Croftfoot and Castlemilk areas, get in touch with Christine on 041-634-0734. In a few months, Scotland's Runner will be back in touch to see how things are progressing.

pool you do not have the problem of finding yourself a couple of miles away from base, absolutely knackered and wishing you had put your bus fare in your tracksuit pocket.

From my own experience of running on the roads, I cannot ever remember having had insults shouted at me from a female. It always seemed to come from the opposite sex, from the mild, "Hip, one, two, three", to something that, to spare the editor's red pencil and blushes, can only be translated as: "What grand mammary glands".

Have you, like me, ever had to endure the embarrassment of the company of a chatty workman who left a hole in the road to jog beside me in his dungarees, finally giving me a parting pat on the behind before going back to his spade saying: "Tidy wee bum". (Yes, obviously a good few years ago!). Quite a harmless episode as it turned out, although it did happen on a lonely stretch of road, but incidents of women runners being assaulted and even raped are not uncommon.

In this so-called age equality, do men still feel threatened or intimidated by fit women, or are jogger and runner abusers indiscriminate when it comes to handing out the verbal punishment, perhaps in a fit of jealousy? Am I wrong in assuming that women come in for more abuse than male runners? Please write.

Athletic clubs generally, while

doing nothing to actively discourage fitness joggers, at the same time do not encourage such affiliations through being concerned with the competitive aspect of club athletics, and the coaching of the multitude of events that have to be covered to compete in, for example, the Scottish League. Groups of women joggers are far more likely to be a product of sports centres' aerobics/keep fit classes than athletic clubs, in which case women may well not be reaping the benefits of a running coach who could improve running style and, therefore, jogging enjoyment.

Running with someone, I think, especially for women perhaps taking up running relatively late, makes it easier to ignore hecklers and to get motivated. It is also good to have somebody to talk to during a run to make sure you are not going too fast - i.e. if you cannot talk, slow up!!

HAVING ENCOURAGED pregnant women to keep fit in a previous issue, I felt a bit guilty at my relative pedestrianism (not in the professional sense) over an elongated festive season. The Kelvin Hall indoor track was the unfortunate venue chosen for the restart of my, "let's keep this pregnancy under 13 stones", campaign. Apologies to anyone who tripped over a loose

floorboard after the track was pounded by me well into my sixth month and ballooning rapidly towards the seventh.

By comparison, how much easier and more tranquil it is to swim - even Jane Fonda's Beginner's Workout is a dawdle, although I defy a lot of people to do a shoulder stand and touch the floor behind your head with your feet when fit, never mind *molto grvida*. No doubt, however, I'll manage a few more laps of the Kelvin Hall before D-Day, or before they start charging me double to get in.

THE ONE PLACE to strip a man of his sporting confidence must surely be the aerobics class, still very much a woman's sport. My brother wrote from London recently to say that when his circuit training was cancelled at a Covent Garden gym, the manager offered aerobics an alternative.

As he wrote: "Thinking there was safety in numbers, Phil and I gamely said 'yes' and bounced confidently into the class, only to find the rest of the circuit training guys had b— off to the weights room."

The intrepid duo cleverly joined the class at the very back, only to find that when the instructor bounded in she went to the back of the class - telling all the ladies to turn round, leaving my brother and his mate at the front. Thus they spent, "a torturous and sweaty hour going the wrong way from everyone else and clapping at the wrong time."

They did not go back the next week - a pity, because it is a great way of getting fit and good fun at the same time. It is also something that South American football teams have been known to include in their training.



Fiona Macaulay

FOCUS ON FIFE



The Kingdom of Fife has sporting and recreational pursuits to tempt every taste and tourist attractions of every nature. David Inglis takes a closer look.

The most striking feature of leisure and recreation in Fife is the way in which the various agencies co-operate.

Glenrothes is the administrative capital of the Kingdom and the New Town (which, incidentally, celebrates its fortieth anniversary this year) houses both Fife Regional Council and Glenrothes Development Corporation. Central to regional council thinking is that all facilities, be they academic, sporting, or arts-related, are educational and their public use is encouraged.

It is approved policy that day school classrooms are to be open to adults, and the fact that leisure centres are also open for most of the day suggests a well-integrated community. Outdoor activities, such as water

sports, fishing, golf, and nature trails are catered for in Fife Regional Park, and there are also holiday programmes for children and, in Anstruther for example, visitor facilities for tourists.

Tourism is likewise on the mind of Glenrothes Development Corporation, although its performance in the provision of sporting facilities over the years has been commendable - often bringing together the

public and private sector. It had an early involvement with Fife Institute, has co-operated in the construction of two golf courses, and the town's fortieth anniversary programme contains a large number of sporting events.

The development corporation has been the main financial sponsor of the Glenrothes Tourist Association which does most of its business, not surprisingly, through golf.

There are two 18 hole courses in the town, and more than 100 others within an hour's drive!

Fife Institute has been the base for the tourist association's sport-orientated Food, Fashion, and Fitness Festival for the past two years.

Glenrothes Ice Hockey Club hosts a tournament in April, there is a junior gymnastics tournament between Scotland and Norway on May 7, and eight days later runners from all over Scotland take to the streets for the Glenrothes Half Marathon.

The annual Highland Games is anticipating an excellent turnout on July 24, and the October festival title, "Forty, Fit, and Fabulous", just about sums things up in Glenrothes New Town.

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Carnegie's legacy to Dunfermline - and the Cupar of Fife

Dunfermline district has always had a high profile in leisure and recreation. Decried by fate as the birthplace of Andrew Carnegie, Dunfermline has had a swimming pool since 1913, and the various institutes provided by the millionaire philanthropist have served - and continue to serve - as social, educational, and sports centres.

Tom Robson and Norman Turner are the district council's men at the forefront of sports development provision, and they are continuously involved in the upgrading of facilities such as the Carnegie Centre, which will soon add a games hall to its 25 metre swimming pool, gymnasium, fitness room, dance studio and remedial suites.



EAST NEUK OF FIFE HALF MARATHON

Sunday 5th June 1988
at 2.15pm

This fully "permitted" Half Marathon takes in some of the most picturesque and beautiful coastal and countryside scenery in Scotland. The course winds its way through the harbour town of Anstruther, before turning up into the hinterland, passing through many of the small villages and hamlets that go to make up this part of the East Neuk of Fife. A warm welcome awaits you and we're sure you'll enjoy yourself throughout the day, even during the race!

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FOCUS ON FIFE

Pitreavie is synonymous with top class athletics in Fife and, two years ago, the district council refurbished the track at a cost of £100,000. Lindsay Macdonald is the local club's most famous representative to date, but sister and brother Ashley and Darren Morris are also promising athletes. In gymnastics, Faith Arnott is making a name for herself, as is another teenager, Gary Watson, in swimming.

The district council is hoping for continued success in the Dunfermline Half Marathon, and has put its money where its mouth is this year through increased sponsorship of £9,000. The half marathon now has the accolade of British Association of Road Racing Grade 1 status, and over 2,000 runners are again expected.

Turner is full of praise for the organising committee and describes the local support - of sponsors and townspeople as "phenomenal".

He explains that the event draws 5,000 people to Pittencrieff Park, a well known Dunfermline landmark which is also the start of one of Britain's most famous ultra races, the Two Bridges.

North East Fife has also, on occasion, enjoyed the patronage of millionaires, but the brewery barons of the last century tended to channel their money towards St. Andrews University and, as a result, there has been a traditional shortage of facilities in the area.

Nowadays the district stretches from the East Neuk of Fife in the south - a beautiful half marathon route - to the Tay in the north with a diverse rural community inland: all this being administered from Cupar.

The development of sport within the district is now a major consideration. Director of Leisure and Recreation, Andrew Kydd, and his deputy, Jim Hooton, are soon to be joined by a leisure development officer.

Cupar itself, although its achievements have been more horticultural than sporting, is fairly well served with a swimming pool and new sports centre adjacent to Elmwood College. The Waterstone Crook Centre in Newport has recently been successful in developing the sport of trampolining, and has recently achieved success at competition level.

Duffus Park, Cupar - home of the Howe of Fife Rugby Club - is another useful facility which enjoys a unique management structure with representatives coming from local clubs and the district council.

The new leisure pool at St Andrews will provide a much needed facility for the people of St Andrews as well as the large number of tourists.

"There are never enough facilities, though," says Kydd, casting a circumspect glance towards Scotland's oldest university. "Fife Athletic Club, for example, is a good club but one which has no running track and the kids must travel to Pitreavie."

In spite of such handicaps, the north east kids have done well in recent Fife inter-districts sports, and some of the Fife villages have also made their mark. Ceres, for example, has a half marathon and hosts Scotland's oldest Highland Games. Freuchie won the British Village Cricket Cup in 1986 - a truly remarkable achievement.

Andrew Kydd and Jim Hooton are hopeful that a Spiketop track will be provided for the district sooner rather than later, but, in the meantime, like all other local authority officers they have other things on their minds - most pressing, the proposed competitive tendering of facilities.

Continued on Page 25





Kelvin Hall best possible

Doug Gillon reports on the high flying start to the Kelvin Hall's indoor athletics lift-off

THE DAIRY CREST indoor international between Britain and France was less than 24 hours away from being the most embarrassing moment in the history of the sport in Scotland. When imported American superstar Butch Reynolds arrived in Glasgow he had his sights set on Thomas Schoenlebe's world best for 400 metres of 45.41 seconds.

But before the Ohio State student set out in a special invitation race, someone forgot to tell East German Schoenlebe. With perfect timing, in Sindelfingen the evening before, he lowered his own mark to 45.04.

Reynolds meanwhile proceeded to cover the lightning fast new Kelvin Hall circuit in 45.20 seconds, but in the process trod unwarily twice, and possibly thrice, into the adjacent nearside lane. It was his first time on a banked 200 metre track.

Reynolds' time, had he achieved it a day earlier, would have been a world best, but, since he had

transgressed, would have to have been disallowed and the headlines would have read: "Scotsbutcher Reynolds' world record".

Reynolds' winning margin - almost three seconds ahead of Max Robertson - was so great that officials could previously have ruled, in the absence of the world mark, that no material advantage had been obtained and that the outcome of the race was not affected.

But a recent amendment to IAAF rules left the track referee with no option, but that could not detract from the fact that this was a splendid meeting before a capacity 5000 crowd. A senior official of Alan Pascoe Associates, who handle all major British athletics promotions, rated it: "The best indoor meeting I've ever been at". And a spokesman for ITV considered it: "The best indoor meeting we've ever done."

The Scottish all-comers' record fell in every single event except the women's high jump, where Diana Davies failed to top the Scottish



Off and running... starter Barry Craighead triggers the first international. Below... Bev Nicholson and Lynne McIntyre deadlocked in the 1500 metres and, right, Brian Whittle leaves the blocks en route to victory in the 400 metres. Pics by Ray Smith

off to start

championship winning height of 1.88 metres achieved by Debbie McDowell.

Scottish national records were set by Neil Fraser in the 60m hurdles (7.90) and victorious Brian Whittle in the 400m (47.03) while Willie Fraser shared a Commonwealth, British, and UK all-comers' in the 4 x 200 metres relay (1.23.93).

Linford Christie set the track alight each time he stepped on the blue and gray Mondo surface. First it was victory over 60 metres in 6.67 seconds, then, despite his blocks slipping, the 200 metres in 21.11 seconds. But it was his anchor leg 200 metres that finally lifted the roof. Forced to run every metre outside world 200 metres record holder Bruno Marie-Rose, he was still able to win.

The city is now planning an international invitation meet, and with a world indoor grand prix "the next logical step" according to Frank Dick, the arena has a great future.

Getting the message at the Royal Mail Letters national championships... double winner Mary Anderson in the 400 metres, and, below, Icelandic visitor Susanna Helgadóttir who finished runner-up to Lorraine Campbell in the long jump. Pics by Sprint Photography



Fraser's delivery in double quick time

AFTER the shortest amateur apprenticeship in Scottish athletics history - just one race - Willie Fraser posted dramatic news of arrival in the Royal Mail Letters Scottish indoor championships.

By the end of the day his experience had multiplied by 400%, and after four rounds the former New Year pro sprint winner had twice improved the national 200 metres indoor best, lowering Peter Little's seven-year-old mark to 21.71 seconds in the semis and then to 21.55 in the final.

But the few hundredths he lost by raising his arms in the air some seven metres out cost him an individual place in the UK team to meet France. "I'll not make that mistake again," said the 21 year old Bonnyrigg man. Later he received a special champagne presentation from Mumm's for his new record, the seventh fastest time ever by a Briton.

Coached until then by George McNeill, the world pro record holder, and Edinburgh bookie Bert Logan, a world veteran championship medallist, it was then decided a switch would be best. So Fraser has joined former European silver medallist Cameron Sharp, because of his greater knowledge of the amateur game and of 200 metres.

Fraser and McNeill remain friends. He is taking over as manager of a new McNeill venture, a health studio in the regimental premises of the Royal Scots in Edinburgh, to be known as the Flying Scot Health Club.

There were a few flying Scots on show apart from Fraser in that first ever national championships at the Kelvin Hall. Another Fraser, namesake Neil, from Inverness, lowered his own national 60 metres hurdles record to 7.98 seconds, having been stuck at 8.12 since 1985.

Mary Anderson was the only double winner. The Edinburgh AC woman clinched the shot with 13.98 metres, clocked a semi-final time of 55.18 seconds and then 55.28 to win the 400 metres by just .02 of a second from Alison Hodgson. There's no truth in the rumour that Alison was dazzled by Mary's psychedelic cycling shorts. Among the titles to go South were the 60 metres - Ernest Obeng (6.75) beat Jamie Henderson by .08 - and the 400 metres, in which Max Robertson offered the excuse of a Scottish grandfather after nipping smartly round in 48.07.

All five men's field titles left the country, albeit some in the care of Anglos. But Lorraine Campbell (6.09m) kept the women's long jump crown at home.

Best race of the day was the 3000 metres dead heat between Nick O'Brien and John Robson, whose appetite is clearly renewed again.

Doug Gillon



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upa 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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SCOTLAND'S RUNNER

Stan Grant, lecturer in physical education and sports science at Glasgow University, gives a scientific explanation of physical fitness.

SO YOU THINK YOU'RE FIT...

The word "fitness" is widely used to describe the various elements of ability, but fitness is not a unitary measure, rather a combination of relatively independent components. Various sports place different sets of physiological demands on the body. The "fitness" requirements of the marathon runner, 400 metre runner, soccer player or shot putter vary greatly. Thus, depending on the event, different weighting will be given to the areas of fitness.

The training of each type of fitness is highly specific. Obviously, if the athlete hopes to optimise performance, it is essential that he/she identifies the various aspects of fitness which relates to his/her sport.

Genetic endowment plays a significant part in determining how proficiently an athlete can perform. However, don't despair - everyone can improve their abilities through training.

Physical fitness can be broken down into cardiorespiratory endurance (aerobic power), muscle speed, muscle strength, and body fat. Before a brief examination of the components of physical fitness is made, it may be helpful to glimpse at the various energy systems in muscle. An understanding of these can help the athlete structure appropriate training programmes.

Energy Systems

Adenosine Triphosphate, more commonly referred to as ATP, is a compound without which muscular contraction could not take place. ATP can be supplied to the muscle by: 1) the Phosphagen system. 2) Lactic acid system. 3) Aerobic system.



It's 1968 at the Mexico Olympics and Ron Clarke of Australia is given oxygen after collapsing, having finished far behind the field.

Activities that are performed at maximum rates for between 30 seconds and 3 minutes (eg 400 metres run, 100 metres swim and 800 metres run) rely heavily on the lactic acid system.

Aerobic System

Large amounts of ATP are manufactured from the energy which results from the breakdown of foodstuffs (carbohydrate and fats) in the presence of oxygen. Endurance activities place a great emphasis on the oxygen system. Thus in marathon running it is the aerobic system which predominates.

The phosphagen and lactic acid systems are anaerobic, i.e. without oxygen, while aerobic means in the presence of oxygen.

It should be stressed that one energy system does not stop when the next one starts. The longer the duration of the event, the greater the reliance on the aerobic system.

Theoretically the 100 metres sprinter can hold his/her breath for the duration of the race (the major energy source is the phosphate system), but the 10,000 metres runner requires large amounts of oxygen to combine with carbohydrate and fat to produce energy for muscular contraction.

The 400 and 800 metre runners rely mainly on anaerobic energy source while the 1500 metre and 1 mile runners are somewhere in the middle, being around 50% aerobic and 50% anaerobic.

The 10 kilometre runner cannot afford to neglect anaerobic training as anaerobic energy is required at the start of the race before the

Phosphagen

Provides a few seconds of immediate energy. Short duration, fast activities, eg 100 metres run, long jump and shot putt, which involve maximum intensity for a short period of time, (10-15 seconds) rely on this system.

Lactic Acid

When oxygen is not available, glucose can be broken down and energy is produced. During this process (sometimes known as anaerobic glycolysis), lactic acid builds up in the muscle and blood and this accumulation of lactic acid produces muscular fatigue.

cardiorespiratory system has time to catch up with the demands placed on it. Lasse Viren and Lachie Stewart demonstrated their anaerobic capabilities when they won important 10,000 metre races by out-sprinting the rest of the field in the last 200 metres. Obviously a balance is needed.

The 10 kilometre runner who stresses the anaerobic system may neglect the aerobic system to such an extent that he/she cannot sustain the pace of the pack, and the well developed "finishing kick" is of little value as the runner is too far behind with 400 metres left.

Training of Anaerobic Performance

"Quality" training is essential for the improvement of anaerobic performance. Intervals with "appropriate" rest periods allow adequate recovery and more "quality" work to stress/overload the anaerobic energy systems.

Training the Phosphagen System

Training of this system involves short maximum bursts of activity (10-15 seconds). This type of training not only enhances the metabolic capacity of the muscles involved, but allows the athlete to recruit the appropriate muscle fibres which are specific to the movement. Rest periods of around three to four minutes should be given to allow for adequate recovery.

Training the Lactic Acid System

A reasonable guide to intensity would be that the runner should operate at about 90% + of maximum. A runner with a best 400 metres time of around 60 seconds should perform 400 metre intervals no slower than 66-67 seconds. The duration of a lactic acid training interval should range between 30 seconds, to 2 minutes, and the active recovery (jogging) should be between 3 and 15 minutes.

A well conditioned athlete may try 60 seconds intervals at around maximum with 5 minute recoveries four or five times. This form of training is psychologically very demanding and should not be considered until the athlete has had adequate preparation. The number and duration of intervals will depend on the condition of the athlete and the period of training cycle. Training of the aerobic system will be covered under cardiorespiratory endurance.

Cardiorespiratory Endurance (Aerobic Power)

There are various permutations which

develop cardiorespiratory endurance. Whether continuous or interval running is performed, the runner should aim to elevate oxygen consumption and heart rate for fairly long periods of time (at least 20 minutes). The heart rate should be raised to at least 75% of maximum. For example, a 20-year-old should attain a training heart rate of at least 150 beats per minute, i.e. $220 - \text{age} (20) = 200$; $75\% \text{ of } 200 = 150 \text{ beats/minute}$.

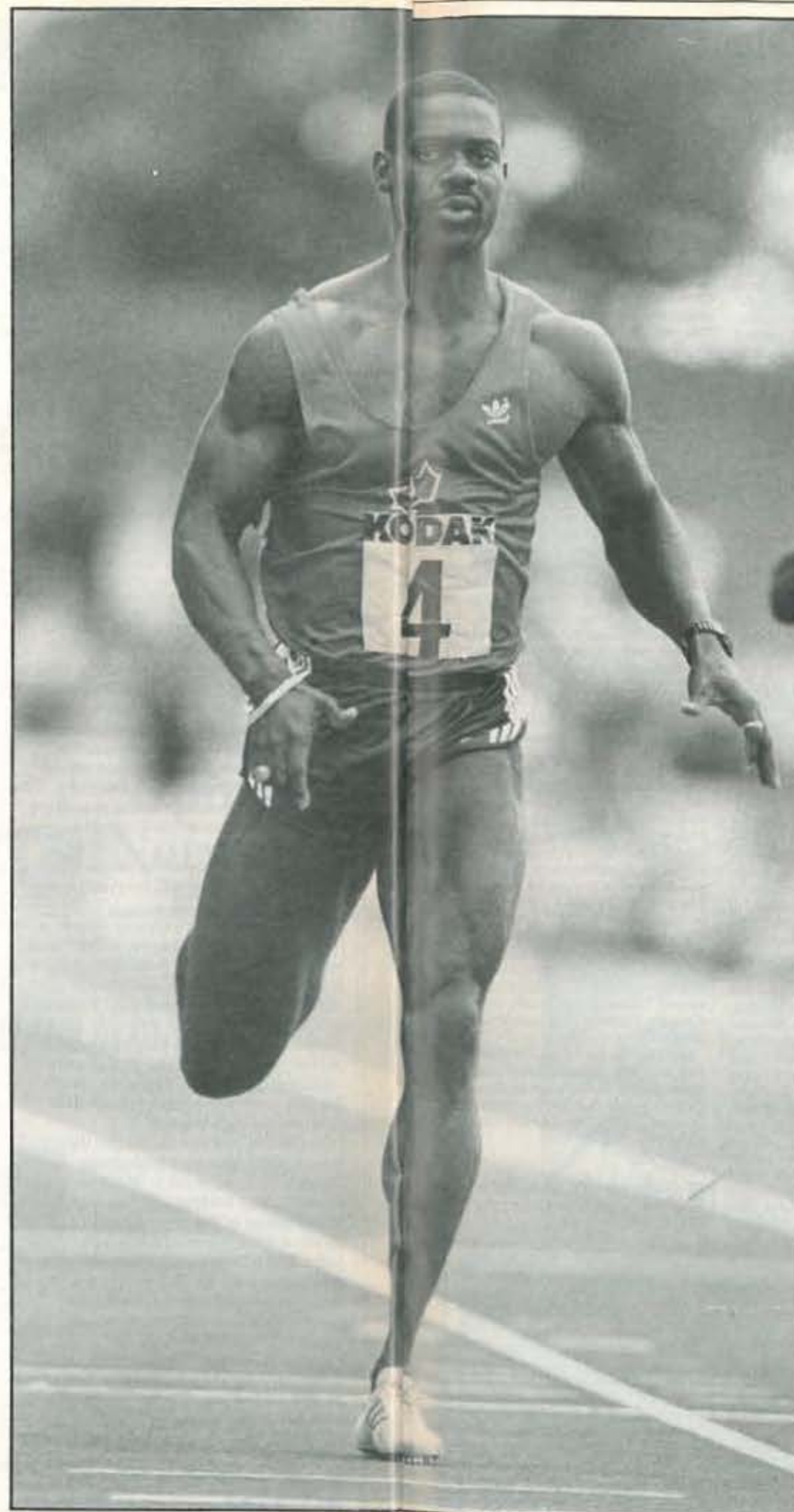
The famous U.S. running guru, David Costill, advocates that the distance runner should incorporate at least one long run per week, to maintain the muscles' efficiency. He suggests a 20-mile run for the marathon runner, a 10 mile run for the 10 kilometre runner. If the runner wishes to race fast aerobically, he/she should train fast (some of the time) aerobically. Intervals at just slightly slower than race pace followed by brief rest intervals 5-15 sec. are sometimes recommended, e.g., 8 x 800 metres; 15 sec. recovery. Another type of interval is often called 'stepping stones' - 5 min. steady, 5 min. at race pace; repeat five times.

Other activities, eg. cycling, cross-country ski-ing, can place great demands on the aerobic system and these activities may contribute to the runner's aerobic fitness. For example, the marathon runner could cycle to work or cycle when an injury will not permit running. However, research suggests that cycling and swimming are not as beneficial for running as training consisting solely of running.

Several athletes now use running in water as a part of their training. Not only do such sessions produce elevated heart rates, but these runners are able to mirror very closely the normal running action on land. These "water sessions" provide a highly specific session and are less likely to cause injury.

Muscle Speed

Canada's 100 metre world champion, Ben Johnson, weighs 170lbs and is reputed to be able to squat with 450lbs. No doubt Johnson needs a considerable amount of time to squat with this weight. Johnson's squatting strength will probably be of value in the early part of the race as he has a reasonable amount of time to exert forces as he pushes off the blocks and he accelerates in the first few strides of the race. At top speed Johnson will have little time to exert forces - probably less than 0.1 sec. It does not follow that great strength in the weights room will automatically result in



"At top speed, Ben Johnson will have little time to exert forces."

high speed on the track.

Various factors contribute to make sprinters fast. They are endowed with a large number of fast twitch fibres; they are able to utilise the stretch reflex to generate forces; they are skilful at applying forces at top speed when the ground is "going away from them"; and the central nervous system is finely tuned so that they can recruit muscle fibres in a synchronous manner.

The sprint coach should not only look at the athlete's muscle, but examine training methods which help the athlete "learn to be fast". Examples of sprint training are running fast downhill, rebound drills, and speed drills to increase the rate of striding. Some coaches tow their athletes behind cars in an attempt to "excite" the central nervous system (CNS) and thus activate the appropriate muscle fibres.

Muscle Strength

It is often the case that the larger the cross-sectional area of muscle, the greater the absolute strength that the muscle can develop. World class shot putters tend to have large muscles. Other athletes must pay attention to the strength/weight ratio. Gymnasts and pole-vaulters are two groups which cannot afford to develop too much muscle as the extra weight is disadvantageous.

It should be stressed that the CNS plays an important role in strength. Various types of overload training will develop strength.

Local Muscular Endurance (LME)

This component relates to the ability of a single muscle or muscle group to carry on working. Canoeists and rowers often require anaerobic and aerobic LME. It is well known that training is specific to the muscle groups involved. Training of specific muscle groups for strength and local muscular endurance is important, but attempts should be made to mimic the pattern of movement in training so that there is greater "carry over" to the event. If the event is short and explosive, the emphasis will be on anaerobic LME, while in long distance events the aerobic component of LME will be of greater importance.

Flexibility

Flexibility is considered to be the range of movement around a joint. The length of muscles and ligaments are the most important factors in determining flexibility. It should be noted that flexibility is specific to each joint. Thus, flexibility training should involve all relevant joints. Many coaches believe that lack of flexibility is linked to injury and highlight "tight" hamstrings as a likely cause of problems.

High levels of flexibility are essential for gymnasts and hurdlers, but excessive flexibility may be counter-productive in some areas as the stability of the joint may be compromised.

Flexibility is developed by stretching the muscle or connective tissue beyond the normal length. Jerky bouncing movements can produce a "reflex" which may limit the development of flexibility.

Body Fat

Excess weight is the enemy of the distance runner. The runner cannot change a large bone structure, but clearly he/she can influence body fat.

David Costill considers that male distance runners will perform optimally when their percentage body fat is marginally below 10% and female endurance athletes just under 15%. An individual with 20% body fat will improve his/her performance in endurance events by reducing this figure to 15%.

Caution is required when fat reduction is contemplated. Take care! Dramatic reductions in food intake can lead to reduction in energy supplies, a loss of lean tissue and the runner may even become anorexic. Rash attempts to lose body fat to improve times may lead to impairment of performance.

If you wish to improve your performance, determine which elements of fitness are pertinent to your event and map out a training programme accordingly.

Orienteering

Perth's hardy souls

The winter period is over and the events are about to start, but there never was a complete break. Some hardy souls have been orienteering every weekend.

TINTO, a new club centered on Biggar and Lanark, held their inaugural competition at Lanark Racecourse at the end of January. On the same day Perth Orienteers, another new club, held a mass start score event at Kinnoull Hill, Perth. This is like a cross country race, with everyone starting together - except everyone shoots off in different directions, thus avoiding the first half mile of elbow-to-elbow sprinting which is typical of cross country running races.

A hardy lot these Perth orienteers - having finished the morning's orienteering they went off to run in the Perth Strathgry Harriers cross country championships in the afternoon.

However, the main season for UK orienteering is from March to June, when the weather is relatively pleasant, and before brambles, nettles and bracken have reared their, if not ugly, certainly impenetrable, heads. The biggest events are the British Championships in early May, the Scottish Championships on May 21, and the JK Trophy at Easter.

The JK, held annually, is a memorial event to Jan Kjelstrom, who was instrumental in the early establishment of orienteering in the UK, and was later killed in a motor accident. Scottish orienteers have ample opportunity to warm up for these championship events with a programme of attractive competitions in March and April.

The first two weekends in March see the first two stages of the 1988 Scotland's Galoppen series, which takes in eight events through the year, with trophies awarded according to one's best four performances in the series.

The first event is organised by Clyde Orienteers at Doon Hill, Aberfoyle, on March 6. Doon Hill was the venue for last year's Scottish Relay Championships, when torrential overnight rain before the competition put a premium on competitors' swimming ability. The second event is organised by Solway Orienteers at Mabie



Gareth Bryan-Jones

Forest near Dumfries the following weekend. Mabie is one of the most attractive Scottish forests, with very little undergrowth, and speed and fitness are required for good results there.

On March 20, West Fife Orienteers host the Scottish Schools Orienteering Championships in Blairadam Forest near Dunfermline.

The SSOC can claim to be the senior orienteering championship in the UK, with longer continuous record of annual events than any other championship. It achieved this distinction by being the only championship on the orienteering fixture list to escape cancellation in 1967, the year foot and mouth disease outbreak disrupted orienteering and cross country running.

The Schools championship is always closely contested, with individual and team trophies at stake. One of the most coveted awards is the Booth Trophy for the school with the best overall results.

Always in the reckoning for this trophy are Aboyne Academy, but they have plenty of challengers, particularly Forres Academy, who were very successful at the inaugural British Schools Championships at Sutton Coldfield last November, gaining second place in the girls' section and fourth overall. They will be planning to take the Booth Trophy back to Forres.

GLASGOW University's Richard Jones scored a notable double in the opening events of the 1988 World Orienteering Cup (see last issue of Scotland's Runner).

The 22 year old from Cumbernauld finished ahead of 1987 world champion Kent Olsson (Sweden) in Hong Kong on January 3, and again in Tasmania on January 9. Jones finished 20th and 19th respectively.

With the next round in the cooler climes of the Trossachs in May, Jones has clearly set himself up for a creditable assault on the WOC. After Scotland, there are further rounds in Finland, Czechoslovakia, Hungary, Austria, and Sweden.

Next month's issue will carry Richard's own report of the events in Hong Kong and Tasmania.

March - busiest month on the schools calendar



By Linda Trotter

ALMOST 12 MONTHS after the sponsoring of Schools' athletics by Girobank Scotland, March proves to be the busiest month in the Schools' calendar, with an event every weekend. Perhaps the most interesting will be the preliminary foray into indoor athletics on March 6, when an invitation indoor event will be held at the Kelvin Hall.

The athletes attending will be the 130 in the national squad, and seven events (60m, 200m, 600m, 1000m, high jump, long jump and shot) only are included. Performance certificates will be awarded, and it is hoped to round off the day with medley relays.

The same squad will meet again on March 20, at Grangemouth Stadium, for a coaching day follow-up to their session in September, meeting again the BAAB coaches who help the Association so willingly, and whose support is so much appreciated.

March 12 is scheduled for the 11th Joint Cross-Country Championships, at the Magnum in Irvine, with over 2000 entries anticipated. From this event, the international cross-country team will be selected to compete in the British Schools' International, on March 26.

Perhaps the most keenly awaited finish will be that of the u/17 girls in which Hayley Haining of Maxwelltown High will hope that home advantage should get the better of her friend and rival, Julie Adkins of England. Hayley will hopefully be running in her fourth and final Schools' International.

Cross-country team manager Isabel MacMaster, of the Gordon Schools, has contributed an interesting article for the Scottish Schools' Year Book (due out in April), in which she points out that only one boy, David McShane (Trinity High) has run four times for Scotland, while the girls to do so are Sharon Morris, also of Trinity High, Lynn MacDougall (King's Park), Kirsty Husband (James Gillespie's High), Andrea Everett (Bannerman High) and Moira Sprang (Bishopbriggs High). No one has ever run five times, but both Dawn Simpson

(Aberdeen Grammar) and Roma Davidson (Millburn Academy) have the potential to do so. Perhaps Leigh Forman (Peterhead Academy) or Aileen McManus (Kilwinning Academy) will follow their Primary Schools' success with Secondary honours. The 1988 Primary Schools' cross-country championships have, after the undoubted success at Queen Victoria School, been transferred to the east coast, to Kirkcaldy High in Fife. Although Queen Victoria was ideal, refurbishing the school has curtailed all car parking arrangements this spring, and certainly 1000 plus vehicles could not be allowed to block the already overcrowded A9.

Recently opened as a community school, Kirkcaldy High, under the management of Finlay Urquhart, is prepared to meet the demands of 1500 possible runners. Convener John McGhie, despite the success of last year, has listened to all critics of the event and had decided to divide the competition into four races, for boys and girls born in 1977, and boys and girls born in 1976. No pupil competing on the day will, therefore, be younger than 10 years and 4 months, and the distance is just under one mile.

The course, for which the competitors are in view at all times, is fairly flat, being over the school's extensive playing fields, but is very heavy, as Kirkcaldy High's fields are not allowed. (Perhaps life belts would be more in order!) Most cars should be able to park on the campus and full cafeteria services will be available.

It's impossible to anticipate that last year's sun will re-materialise in Fife, but everyone at Kirkcaldy High is working to ensure that the second Primary Schools' Cross-Country Championships will be as successful as the first.

Entry forms, for which the closing date is Friday, March 25, and which must be returned by schools, signed by the headteacher, can be obtained from me, at 14, Heriot Court, Glenrothes, KY6 1JE.

Course organiser Bob Easson of Kirkcaldy High School tests some of his lunchtime club.



THE TOUGH OF THE TRACK



Alf Tupper, known as the Tough of the Track, ran his own one-man welding business in Brassingford. Alf was one of the best milers in the world and the present European 1500 metres running champion. Business was slack and Alf had been out for a training run. When he returned, he found Clem Smith, a garage owner, waiting for him outside his workshop.





When Alf arrived at the White City he was met by Frank Ducker, the President of the Athletic Association.

HELLO, MR DUCKER!

GLAD YOU GOT HERE, ALF! WE'RE LOOKING FOR A GREAT RACE TODAY. COME AND I'LL INTRODUCE YOU TO THE OTHER RUNNERS.

I DON'T THINK YOU BOYS HAVE MET BEFORE. ALF TUPPER—GLEN MILLARD, DON MCCLUSKY AND SVEN HUNTINGER.

HELLO!

HOWDO!

HI, ALF!

PLEASUED TO MEET YOU!

YOU HAD A BOIL ON YOUR NECK, DON?

NO, I GOT STUNG BY A WASP. IT HASN'T HALF TAKEN IT OUT OF ME, TOO! I SWEATED GALLONS LAST NIGHT. I'M ALLERGIC TO WASP STINGS.

I AIN'T FEELING TOO HOT EITHER. I SPENT THE NIGHT IN A BATH WITH A DRAUGHT ON ME NECK!

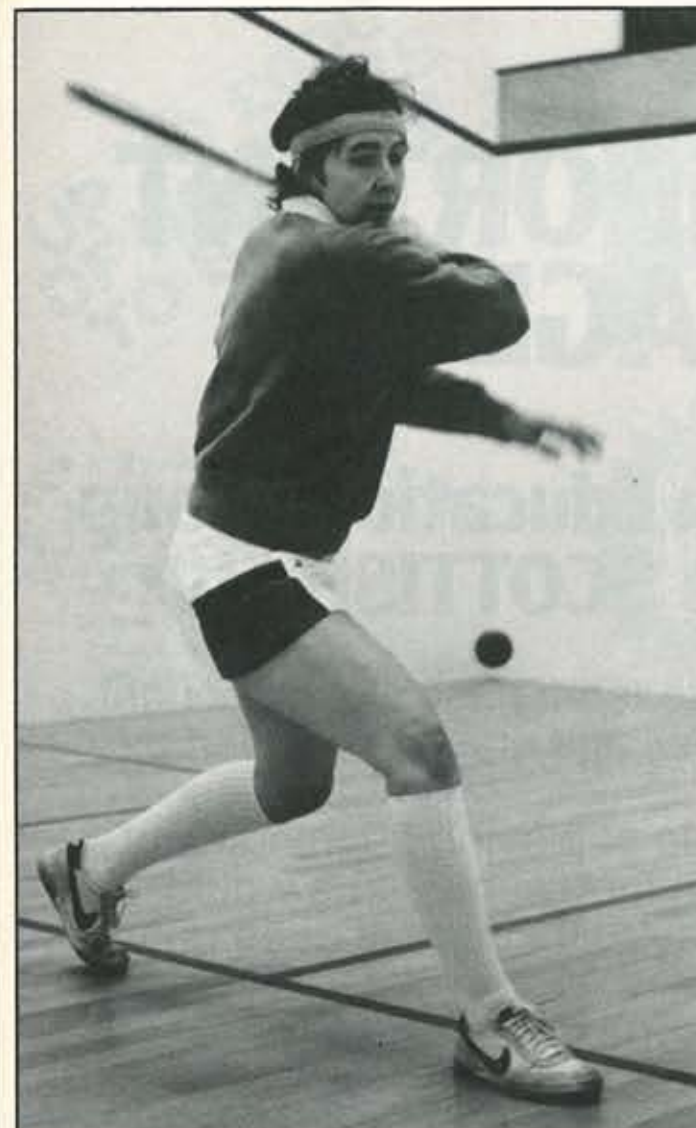
WE'D BETTER GET OUT! THE RACE WILL BE STARTING SOON.

I'LL HAVE TO WATCH WHAT I'M DOING HERE. I DON'T WANT TO TIRE MYSELF OUT EARLY ON BUT I CAN'T AFFORD TO BE LEFT OUT AT THE START.

AND I CAN NOW SEE THE FOUR RUNNERS FOR THE MILE. IT SHOULD BE A GREAT RACE—THE MILE OF THE CENTURY! ALL FOUR RUNNERS HAVE BEEN NEAR THE WORLD RECORD AND IT COULD BE SHATTERED TODAY!

THEY ARE SETTING A VERY SLOW PACE. THIS IS TACTICS GONE MAD. THEY ARE ALL SCARED TO GO TO THE FRONT AND SET THE PACE, IN CASE THEY CRACK LATER ON.

Continued next month.



Style and power from Nanette Mutrie.

World Capital

FOR READERS living in the Edinburgh area, there is an early opportunity to see the world's best young players in action from March 27 to April 10.

During that fortnight, Scotland will host the fifth World Junior Men's Squash Championships at the Edinburgh Sports Club. Teams from 22 nations, and 96 of the world's top under 19-year olds - although not, unfortunately, world number one Jansher Khan from Pakistan - will battle it out for team and individual honours.

Scotland has made an impressive gradual improvement in these championships, finishing a best-ever fifth in Brisbane, Australia, two years ago, after a sixth place in 1984, seventh in 1982, and eighth in the inaugural championships in 1980.

Unfortunately, the progression is unlikely to continue on home territory. According to Dr George Mieras, chairman of the organising committee, the Scottish team of Derek Rennie (Stirling University), Andrew McSherrrie (SSRC, Glasgow), Stewart Licudi (Edinburgh Sports Club), and Peter Nicol (Gairloch), will do well to finish in the top eight, despite their fifth seeding.

Scotland has been able to host the event thanks to a £21,000 grant from the Scottish Sports Council, and also a £25,000 sponsorship in kind from the Ladbroke Dragonara Hotel, which is providing subsidised accommodation in 80 bedrooms for the players and managers.

The squash alternative to interval training

Alan Campbell talks to Dr. Nanette Mutrie about the benefits a runner can derive from playing squash

For runners of all levels who want to improve speed but lack the discipline to tackle interval work diligently, an enjoyable alternative offers itself in the form of squash - or, to give it its full title, squash rackets.

Provided you play somebody of a similar level of talent or mediocrity, squash will throw up long and energy-sapping rallies which will push you past the aerobic threshold and into the anaerobic metabolism.

Put simply, that means that instead of relying on oxygen intake to provide energy, you will be moving so fast at times that you'll have to use energy stores within the muscles.

A warning at this early stage, however: you've probably all heard the stories about squash fatalities - DON'T play the game unless you're fairly confident about your fitness and health. It is an extremely demanding sport.

According to Dr. Nanette Mutrie, who lectures at Glasgow University's physical education department, squash also helps improve upper body strength, and improves both agility and reflexes.

"The rallies during a game of

squash are the equivalent of interval training, although of course they're not as systematic," says Dr Mutrie, who has played squash for 15 years and competes against men in the West of Scotland leagues.

She adds: "Playing squash must be to the benefit of any runner trying to increase speed, or work that bit harder. It's a fun alternative, but should be kept in perspective because of the random nature of the rallies".

Squash, like tennis, suffers from the private club image, but the game is accessible now to many people through local authority sports centres.

Although squash is more popular in winter, this could work to the advantage of a beginner starting in the near future because courts are much more accessible during the light evenings. For most people, a 30-40 minute session is more than sufficient, and squash, like all the best games is very easy to play once you master the basics.

For more information about squash, contact Brenda Carmichael at the Scottish Squash Rackets Association, 18, Ainslie Place, Edinburgh EH3 (Tel: 031-225-2502).

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from

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To 'be all you can be'—or in other words, to make the most of your life, it's better to be fit, and to develop sensible attitudes to personal health.

Think about what you eat, and how much regular exercise you take. Too much of the first and not enough of the second is an almost certain recipe for low physical fitness and poor general health.

Be moderate in your drinking habits. Remember, there is nothing wrong with having a pint. But if you like too many—too often—you're only going to do yourself harm.

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On the VETERAN scene...



The Scottish National Cross Country Championships have been for nearly a century the high point in the cross country season for most committed club runners. Although the veterans now have their own championships, the SCCU national championships are a challenge what ever you age.

On my first visit to Irvine in 1982, as a then member of Edinburgh Southern Harriers, I sat behind champion Allister Hutton on the team coach going home and held for a few moments that famous cup. I was also at that time the new SVHC secretary, and one name stood out for me as having a very special story to tell. It was the name of John Emmet Farrell, winner in 1938, and then at the age of 38 winner again in 1948.

Later that year, Emmet was to feature in a television programme made about him and Gordon Porteous, another Maryhill Harrier, taking part in the first Glasgow Marathon. Gordon finished 18th in 1938 when Emmet won over the Ayr Racecourse in a nine mile event in 52-26 - nearly half a minute clear of his rivals. It was a double celebration, because Maryhill Harriers took the team trophy in the Golden Jubilee year.

Now, fifty years later, I met Emmet at his fourth floor flat just off the Pollokshaws Road. His vigour and determination is as keen as ever, and the high point of his Saturday was to be an eight to ten mile run from the Barrhead Sports Centre with some of his partners from half a century ago - Andy Forbes, National winner in 1951, Jack McLean, Gordon Porteous, Gavin Benn and John Hanton.

On the sideline that memorable day was a lass that Emmet had met in one of Glasgow's famous "steamies". Jean was doing a favour for an old lady who had broken her leg by

doing some of her washing. Emmet, who at that time was in charge of the machines, gave Jean some help, and ever since she has been helping Emmet with his muddy shorts!

Emmet has set down some of his reminiscences on paper, for what is an absolutely fascinating read. It not only gives an insight into athletics in Scotland over the last fifty plus years, but equally importantly gives an insight into a man who can be truly called a sportsman.

Emmet Farrell was in fact born in London of Scots parents with a touch of Irish ancestry in his blood. He came to Glasgow as an infant and has

remained ever since. In 1927 he was accepted for Glasgow University to read English Philosophy, Modern Languages and Moral Philosophy, but his father's death meant he had to leave and support his non-pensioned widowed mother. Emmet talks feelingly of the great debt he owed his father for giving him the encouragement to be a sportsman in a very side sense, as a swimmer, wrestler, boxer, and soccer player before he became a runner somewhat late in life at 24 in 1933.

International honours came to Emmet through his swimming in the now defunct Tailteann



Henry Muchamore

Irish Games, said to be older in tradition than the Olympics. The major qualification was Irish ancestry, and Emmet swam in the 1928 Games in the 800m and 1500m, finishing fifth in both events.

His introduction to athletics came at a time when Dunky Wright and Donald McNab Robertson were both members of Maryhill Harriers. Just to be a member was an honour says Emmet. His rise up the club ranks was through the traditional club runs, starting with the "slows", progressing to the "mediums", and eventually to the "fast" set. He tells with a twinkle in his eye how each group had a "pace", the man who controlled the speed of the group, and a "whip", whose job it was to call "Go for home". This sudden mile burst was not rewarded with any prize other than a mention the following Monday in the columns of the Daily Record and Express.

From the outset, it seemed that Emmet ran with passion and determination, but had a reputation for being a good-runner up rather than the champion. One columnist suggested: "He is not likely to make headway at cross country running," and this only added to his determination to succeed.

In 1936 Emmet finished just outside those selected for the Scottish international team, but in 1937 he finished second behind Jimmy Flockhart, who went on to memorably win the individual World International title in Brussels, with Emmet finishing a very creditable 23rd and fourth scorer for Scotland.

Later that year at Hampden, in front of a massive crowd, Emmet beat Flockart in a three mile event but still had to be satisfied with second place, this time to Jack Gifford of Bellahouston. His consolation was being awarded the team prize which consisted of three superbly carved runners each on

an ebony pedestal - a trophy which he dearly treasures and must be priceless. The year ended with Maryhill just beaten by Shettleston in the Midland Cross Country Relay, but with Emmet getting the fastest lap.

1938 was what Emmet calls, "an unforgettable year". It was the Diamond Jubilee of the club, and Emmet started well by winning his third club championship over seven miles, while at the same time Jim Flockart was experiencing a shock defeat in his club event.

Having trained hard for the February championship at the Ayr Racecourse, Emmet contracted a cold just three days before the race, and almost dropped out. He was fortified by a small sherry in an Ayr public house beforehand - his first drink of alcohol at the age of 29!

The result is history, and no summary of mine can better Emmet's own account of the race. After a very cautious start he simply says... "I felt so full of running that I was able to step up another gear and win by about 200 yards. Naturally I was so delighted... other success can never quite capture that first fine careless rapture." The added bonus was that Maryhill won the team award for the first time in their history and the caption in the Sunday Mail read: "Farrell Leads Maryhill To Jubilee Double".

1939 was to see Emmet in second place again, before the horrors of war descended on Britain. Emmet took a brave stand on his principles, and registering as a conscientious objector was set to work in the timber industry for the duration. He lost none of his fitness and zest for living.

In 1941 he and Jean were wed. Emmet gained ten Scottish vests and came back to win the National title in 1948.

It is fitting to conclude this



tribute to a man who has given so much to athletics with a story from one of his now favourite runs through Rouken Glen Park. One admirer commented to another: "That chap has been running for over fifty years," - to which the other replied: "Can he no stop?"

As another admirer, all I can add is, keep on running Emmet.



Great days for Emmet Farrell and Maryhill Harriers! The team lifts Farrell aloft (top) after the Golden Jubilee triumphs at Ayr Racecourse in 1938. Above, Emmet and wife Jean, and left, Emmet at Ayr Racecourse again, flanked by second placed Alex Dow (Kirkcaldy YMCA) and P. Allwell (Ardeer), who was third. On the opposite page, the grand old man enjoys a workout with Nat Muir.

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1600m Medley Relay Race, Shot, Caber, and
Weight for Height

and
Half Marathon
Other activities include Highland Dancing, Tug-of-War, Pipe
Band Competitions and Wrestling

Entry forms on request from:
Hon. Secretary, Gourock Highland Games,
Municipal Buildings, Greenock PA15 1LQ.
Send a S.A.E. with your request.

Events Diary

8 Kodak Garden Festival 10K and
Young Athletes Races E - Kelvin Hall
International Sports Arena, Argyle
Street, Glasgow G3.

Access UK Womens League (1),

Border Athletics League,
Tweedbank

Gourock Highland Games and Half
Marathon, Gourock. E - Hon Sec.,
Gourock Highland Games, Municipal
Buildings, Greenock PA15.

GRE BAL Cup: Round 1, Wishaw

Scottish Young Athletes League
East 1 & 2, Livingston

Scottish Young Athletes League
North East, Glenrothes

Scottish Young Athletes League
West 1 & 2, Crownpoint Road D3,
Ayr

Jimmy Moore Trophy 15K Road
Race, East Kilbride

10 Renfrewshire/Dunbartonshire AAA
Track League, Crownpoint

11 Adidas Challenge Series, Pollok.
Details as before.

Dumyat Hill Race, Stirling

Heinz Schools Marathon Relays,
Meadowbank

Livingston Evening Meeting, Living-
ston

Sri Chinmoy 2 ML Road Race,
Meadows, Edinburgh

Sri Chinmoy 2 ML Road Race,
Glasgow Green

12 Forth Valley League D1,
Grangemouth; D2, Livingston

13 Scottish Island Peaks Race, Oban
to Troon

14 Goatfell Hill Race, Brodick

Golspie Peoples 10K, Golspie

Kilmacoll Agricultural Show Hill
Race, Kilmacoll

Penicuik Howgate Open 10K Road
Race, Penicuik

SWAAA East District Champion-
ships, Pitreavie/Meadowbank

SWAAA West District Champion-
ships, Crownpoint Road

15 Edinburgh & District Athletic
League, Saughton

Forrest of Cairnty 10 Mile, Keith

Glenrothes Half Marathon, Glen-
rothes. SAE Fife Institute, Viewfield
Road, Glenrothes, Fife.

Inter District Challenge Meeting,
Oban

Kaim Hill Race, Fairlie

Luddon Half Marathon & Street Mile,
Kirkintilloch. E - Race Secretary,
Leisure and Rec Dept., Strathkelvin
District Council, 14, Springfield
Road, Bishopbriggs.
Mauchline Nine, Mauchline

Scottish Universities Champion-
ships

Scottish Young Athletes League
West D1 & 2, Ayr; D3, Coatbridge

18 Open Graded Meeting, Tweedbank

Scot Univ v Scot League v SAAA
(Junior) (M), Grangemouth

Scot Universities v EWM v CRAC
(W), Grangemouth
Shettleston Harriers Open Graded
Meeting, Crownpoint

Sri Chinmoy 2 ML Road Race,
Glasgow Green

Sri Chinmoy 2 ML Road Race,
Meadows, Edinburgh

Troon Tortoises 10K Road Race,
Troon

21 British Athletics League (1)
Meadowbank

Glasgow University Sports Day,
Westerlands

MOTHERWELL DISTRICT HALF MARATHON

29th MAY 1988

WISHAW SPORTS CENTRE



STARTS AND FINISHES AT THE SPORTS CENTRE



MEDALS TO ALL FINISHERS

TIME 11.00 a.m. PROMPT. UNDER S.A.A.A. AND S.W.A.A.A. LAWS
OFFICIAL ENTRY FORM (NO PHOTOCOPIES ACCEPTED)

SURNAME
CHRISTIAN NAME
ADDRESS

ENTRY FEE £3.50 (NON REFUNDABLE)
CHEQUE/POSTAL ORDER No.
CROSSED AND MADE PAYABLE TO
MOTHERWELL DISTRICT COUNCIL

(including your name/address on reverse side)

I hereby declare that I will be 18 years (male) 17 years
(female) 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. I am medically fit to run this event and
I understand that I participate entirely at my own
risk and cannot hold Motherwell District Council or
the sponsors responsible for any injuries suffered by
me in this event, or for any property lost during the
race or in the designated changing areas.

I enclose the entry fee of £3.50 together with an
12½" x 9" S.A.E. for acknowledgement and race
literature.

Please enclose S.A.E. approximately 12½" x 9" for
results if required.

Signature

Return entry to: RACE DIRECTOR, (SR),
MOTHERWELL DISTRICT COUNCIL,
DEPARTMENT OF LEISURE SERVICES,
CIVIC CENTRE, MOTHERWELL, ML1 1TW.
Tel. (0698) 66166 ext. 2529

IF DISABLED PLEASE TICK ☐

AGE ON DAY OF RACE

PREVIOUS BEST TIMES Hrs Mins

NUMBER	DATE REC'D	S.A.E.	CHEQUE/PO	CASH	INITIALS

FOR OFFICIAL USE ONLY

Organised by LOUDOUN RUNNERS
and GALSTON UNITED AFC

VENDING MACHINES
VENDING INGREDIENTS
JANITORIAL SUPPLIES

EXSTAT
IRVINE VALLEY
HALF-MARATHON
Loudoun Academy, Galston
(Off A719 Galston-Glasgow Road)
Sunday, May 29, 1988, 11am

★ FREE EMBROIDERED RACE BADGE
★ QUALITY MEDAL (NEW DESIGN)
★ FREE T-SHIRT TO FIRST 200 FINISHERS

★ FAST, FLAT COURSE
★ SPOT PRIZES
★ EXTENDED PRIZE LIST
★ £4 ENTRY FEE (SAME AS LAST YEAR)

ENTRY FORMS
Available from: NEIL GIBSON
3 Maxwood Road, Galston, KA4 8JJ
(PLEASE ENCLOSE A S.A.E.)

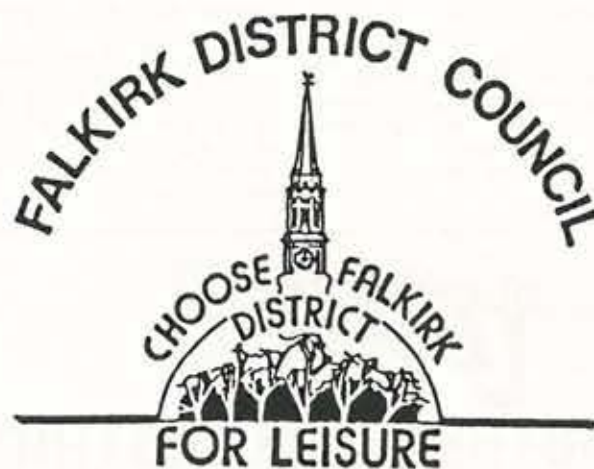
FALKIRK PEOPLES HALF MARATHON

SUNDAY 23RD OCTOBER

Grangemouth
Round the Houses
Road Races
Sunday 14th February

Mini Minor
Highland Games
Saturday 10th
September

Inter Town
Sports Hall
Athletics
Sunday 27th March



FALKIRK RELAYS
Saturday 30th April

Womens Own
Run
Sunday 26th June

Parlauf Nights
Tuesday 12th April
Tuesday 10th May
Tuesday 7th June

1988

FALKIRK
OPEN GRADED MEETINGS

Sunday 13th March
Wednesday 6th April
Wednesday 4th May
Wednesday 1st June
Wednesday 6th July
Wednesday 3rd August
Wednesday 7th September

(First Wednesday of the Month)

Under SCCU
SWCC + RRA
Rules

Under
SAAA
SWAAA
Rules

Grangemouth Sports Stadium,
Kersiebank Avenue, Grangemouth, FK3 OEE., Tel. (0324) 483752

Events Diary



Calenteeing

March

- 6 . Scotlands Galoppen - 1, Doon Hill, Aberfoyle.
- 13 . Scotlands Galoppen - 2, Mable Forest, Dumfries.
- . Moravian Open Event, Darnaway North, Forres.
- 20 . Scottish Schools Champs, Blairadam Forest, Kelty.

- 27 . Lothian O'League - 7, Cardrona, Peebles.
- . Maroc Northern Galoppen Event Alitcailleach, Ballater.
- . Glasgow Galoppen - 3, Stronchullin Farm, Dunoon.
- . NO Open Event Dipton Wood, Hexham.

April

- 10 . Gramplan Open Event, Mulloch Hill, Banchory.
- . BL Badge Event Scratchmill Scar.
- 17 . ESOC Badge Event Craig a'Barns, Dunkeld.
- . NN Badge Event Chopwell Wood, Rowlands Gill.

- 24 . ELO Local Event Woodhall, Ormiston.. INVOC Open Event
- 30 . MAROC Spring Weekend Braemar and Banchory.

May

21 . Kirkcudbright Academy Milk Half Marathon, Kirkcudbright

. SAAA North District Championships, Inverness

22 . City of Aberdeen Milk Marathon, Aberdeen. E - Dept of Leisure and Recreation, St Nicholas House, Aberdeen.

. Forth Bridges Half Marathon, South Queensferry

. Grampian Television Athletics League, Nairn

. Lanark Road Race, Lanark

. Scottish & N West League, D1 & 2, Ayr; D3 & D4, Crownpoint Road; D5 Dumfries

24 . Renfrewshire/Dunbartonshire AAA Track League, Eyemouth

25 . Sri Chinmoy 2 ML Road Race, Meadows, Edinburgh

. Sri Chinmoy 2 ML Road Race, Glasgow Green

28 . Bathgate Highland Games, Bathgate

Start of the East District championships at Hawick and Teviotdale make for the front - Walker (60), Hall, Cavers (29), Logan, Nichol (49), Marsh (47), and Knox (41).
Pic: A Hill

. Cairnpapple Hill Race, Bathgate

. SAAA East District Championships, Meadowbank

. SAAA West District Championships, Coatbridge

. Scottish Youth Athletics Handicap Scheme, Bathgate

. Western Isles Half Marathon, Stornoway, Lewis. SAE Peter MacDonald, 25a, Lewis Street, Stornoway, Isle of Lewis.

29 . Irvine Valley Half Marathon. E - Neil Gibson, 3, Maxwood Road, Galson, Ayrshire.

. Motherwell Half Marathon. E - Race Director (SR), Motherwell District Council, Civic Centre, Motherwell ML1.

ISLE OF ISLAY PEOPLE'S HALF MARATHON

Saturday 6th August

SAE Race Secretary:
Kate MacAffer, Mill House,
Flora Street, Isle of Islay
Tel: 049681-479
Accommodation Assistance
Available

CLYDESDALE HARRIERS DUNKY WRIGHT MEMORIAL TROPHY

Open 5 miles road race:
Saturday 19th March.

St Columba's High School, Clydebank
3pm start - enter on day

Men and Women: Individual and team
B. MacAusland, 1 Cedar Road,
Killearn, Glasgow G63 9RU.



seeks support from runners in:

DUNDEE MARATHON,
LUDDON HALF MARATHON,
ADIDAS SERIES & KODAK CLASSIC RACES

Please RUN for those who CANNOT

All enquiries to: Mrs. A. D. Smith, Executive Officer,
SSBA, 190 Queensferry Road, EDINBURGH EH4 2BW.
Tel: 031-332-0743 (24 Hour Answerphone Service)

CLACKMANNAN DISTRICT SPORTS COUNCIL

Sixth annual Alloa Half Marathon, sponsored by the Alloa Advertiser, on Sunday, March 27 at 11 am. 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

Coming Next Month...

● **Starting On The Run**
A great new series for beginners by Derek Parker

● **Juniors To Watch**
Dave Nugent and Doug Gillon pinpoint young Scottish athletes to look out for in 1988

● **Focus On Dumfries**
David Inglis examines leisure and recreation in Dumfries and Galloway

Next month's issue is published on March 24. Order your copy now!

SORRY!

Due to our having transferred from traditional printing methods to new technology, the inevitable teething problems have meant the omission of regular features including the results section and the competitions page.

Please accept our apologies for the inconvenience. We expect a normal service to resume next issue.

SCOTLAND'S RUNNER

NEWSAGENT ORDER FORM

To ensure a regular copy of Scotland's Runner please complete the following and hand it to your newsagent. Please reserve me a copy of Scotland's Runner monthly until further notice.

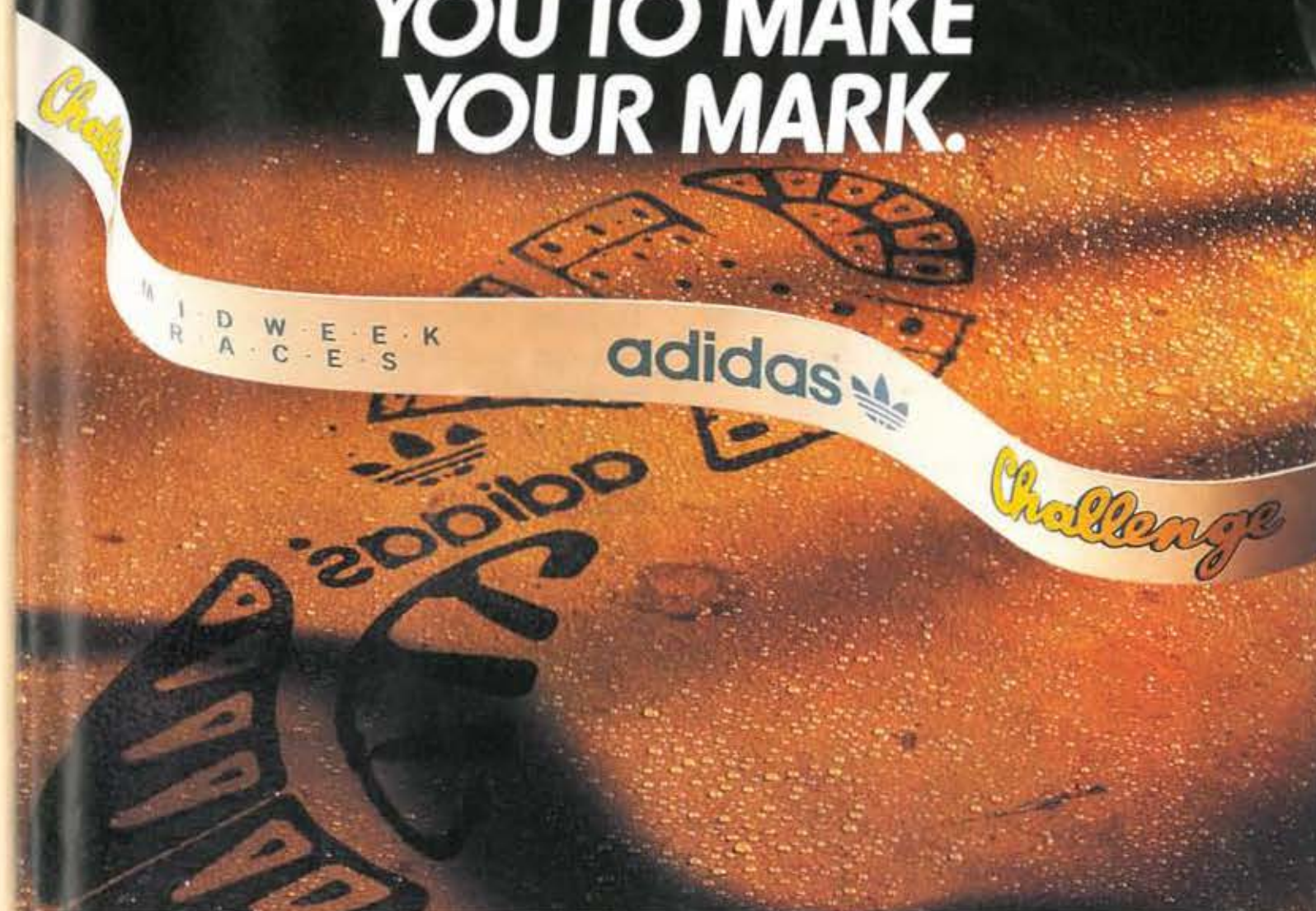
☐ I will collect it ☐ Please deliver it to my home

Name _____

Address _____

SCOTLAND'S RUNNER

ADIDAS CHALLENGE YOU TO MAKE YOUR MARK.



THE ADIDAS MIDWEEK 5, 8, & 10K RACE SERIES

- ☐ Enter either 5, 8, 10K or go for complete series of three.
- ☐ Over £5000 worth of prizes.
- ☐ Superb prizes to individual race and series winners.
- ☐ FREE souvenir T-shirt (worth £9.99) to series of three entrants.
- ☐ Superb adidas and Timex spot prizes.
- ☐ Overall series winners (1st male, 1st female, 1st male vet, 1st female vet) invited to compete in the

adidas

adidas Windsor Great Park Half Marathon (expenses paid) on October 2nd. To qualify all three races must be completed.

- ☐ Send 9" x 6" SAE to Race Director.
- ☐ No entries on Race Day. Entries close 1 week before 1st Race Day.
- ☐ Entry fees: £2.50 per race (non-affiliated £3) and £7 for series of three (non-affiliated £8.50) - includes FREE T-shirt worth £9.99.

GLASGOW

5K - 27th April 8K - 4th May 10K - 11th May. Cheques payable to 'Bellahouston Harriers'. Entries to: Race Director, 53 Anchor Crescent, Paisley, Scotland PA1 1LX.

MID HERTS (ST. ALBANS, WELWYN)

10K - 18th May 8K - 25th May 5K - 1st June. Cheques payable to Entries to: Race Director, 2 Barncroft Way, St Albans, Hertfordshire AL1 5QZ.

BIRMINGHAM

8K - 29th June 5K - 6th July 10K - 13th July. Cheques payable to 'Birmingham adidas Challenge'. Entries to: Race Director, Birmingham adidas Challenge, 16 Grosvenor Close, Four Oaks, Sutton Coldfield, West Midlands B75 6RS.

SUNDERLAND

5K - 20th July 8K - 27th July 10K - 3rd August. Cheques payable to Sunderland Harriers. Entries to: Race Director, 22 Jackson St., Sunderland SR4 7TX.

NORWICH

10K - 10th August 8K - 17th August 5K - 24th August. Cheques payable to Duke St RRC. Entries to: Race Director, Leando, Swannington, Norwich, Norfolk NR9 5AW.

SURNAME _____ FIRST NAME _____
SEX _____ AGE ON RACE DAY _____ ADDRESS _____
POSTCODE _____
DAYTIME TELEPHONE _____ HOME TELEPHONE _____
FIRST CLAIM AFFILIATED CLUB _____ RACE/SERIES ENTERED _____
SERIES OF THREE ENTRANTS FREE T-SHIRT M/L _____
DATE _____ SIGNED _____

I enclose a cheque payable to the name of the chosen event to the value of _____ and a 9" x 6" SAE. I declare I am an amateur as defined by the AAA and WCCA and will abide by those rules and that I will be 17 years of age (18 in Scotland) or over on race day. I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the race. FOR FURTHER DETAILS CONTACT THE RACE DIRECTOR.

IN ASSOCIATION WITH
TIMEX

adidas