

**OUR COMPETITION HAS IT MADE
WE MAKE IT OURSELVES**



W476

Made with the serious woman athlete in mind, the Women's 476 features a thermoplastic external heel counter – giving unmatched rearfoot stability and control. The REBOUND WEDGE helps spring the runner through the gait cycle – and makes this model the ideal choice for the middle-high distance runners.

WIDTHS: B,D
SIZES: 5-10, 11, 12

MADE IN THE UK



M476

Features a two density compression moulded midsole with horseshoe design and a thermoplastic external heel counter, giving unmatched rearfoot stability and control.

WIDTHS: D, 2E, 4E
SIZES: 6-13 US

MADE IN THE UK



M570

For runners looking for a light, soft and flexible daily training shoe – enter the M570. Featuring slip-lasting and New Balance's ENCAP® design to provide excellent, long-lasting cushioning and good stability.

WIDTHS: D, 2E, 4E
SIZES: 6-13

MADE IN THE UK



M575

You're running on and off the road? We recommend the M575, built to support the heaviest of runners, this rugged all-round training shoe will go on and on and take you across the miles, giving you stability and comfort.

WIDTHS: D, 2E, 4E
SIZES: 6-13, 14, 15

MADE IN THE UK



M830

The M830 features the introduction of the revolutionary REBOUND WEDGE in the midsole, designed to enhance forward momentum by returning more impact energy into the stride. An exceptionally lightweight and well cushioned training shoe.

WIDTHS: D, 2E
SIZES: 6-13

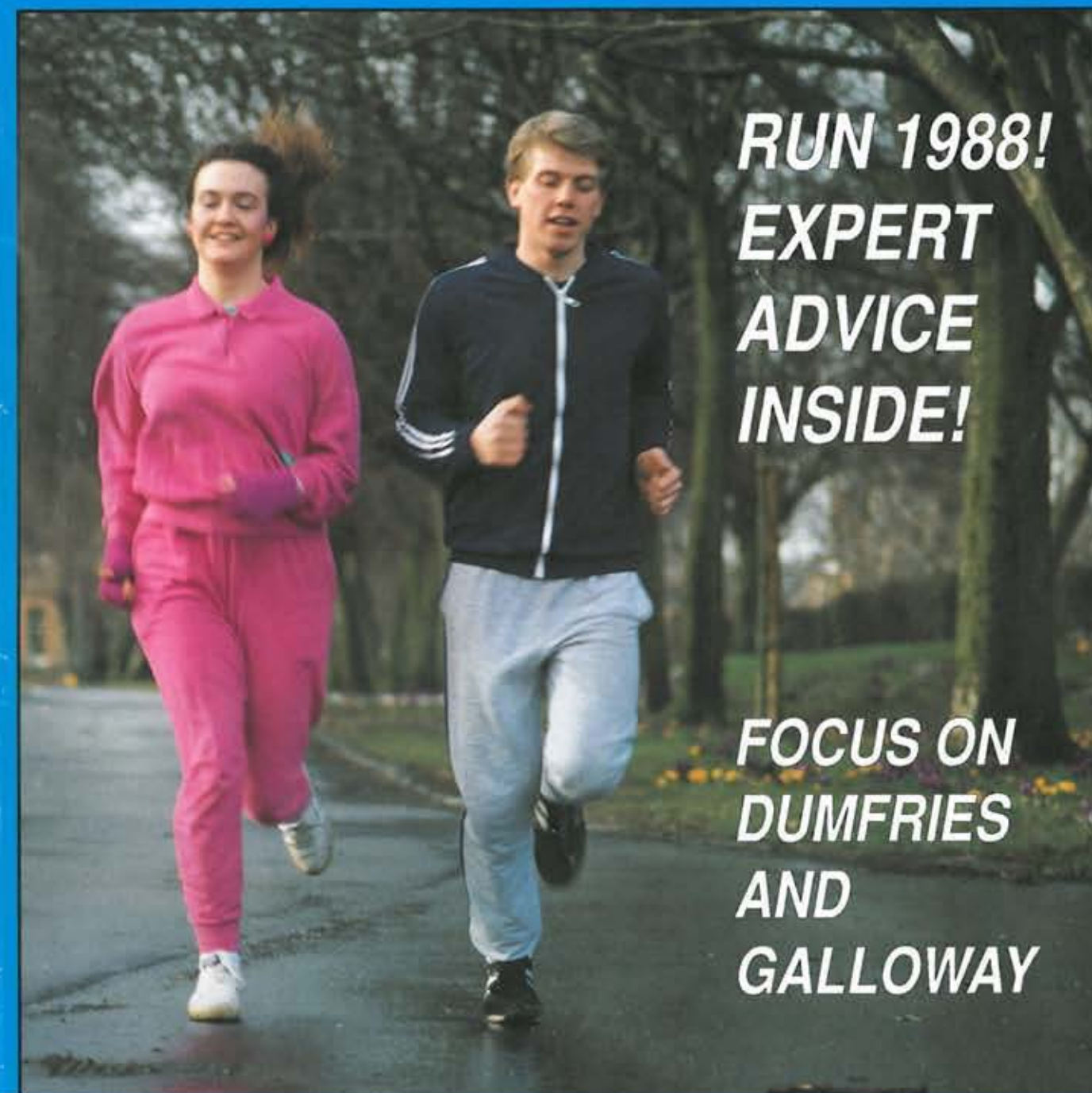
MADE IN THE UK



SCOTLAND'S RUNNER

APRIL 1988

ISSUE 20 £1.00



**RUN 1988!
EXPERT
ADVICE
INSIDE!**

**FOCUS ON
DUMFRIES
AND
GALLOWAY**

Win a Holiday in Portugal

Royal Mail Stamps



The Post Office have issued these colourful and striking stamps to commemorate the centenary of the British Amateur Gymnastics Association, the Lawn Tennis Association, the Football League as well as honouring the Ski Club of Great Britain, which has contributed so much to the worldwide development of the sport.

Why not sprint to your nearest Post Office and pick up a set of these colourful stamps today.

The Post Office are proud to provide support for Scottish Athletics, Bowling, Canoeing, Clay Pigeon Shooting, Cricket, Curling, Golf, Gymnastics, Motor Racing, Rugby and Swimming.

This is Cheryl

Cheryl can't see and she can't hear. What must our world seem like to her.

Cheryl is not alone

Please help us in our marathon task to help and support other deaf-blind children and their families.

For more information and sponsorship forms, contact:

Sense

in Scotland

(The National Deaf-Blind and Rubella Association)

168 Dumbarton Road
GLASGOW G11 6XE
041-334 9666/9675



Inside LANE

So, the Glasgow Marathon is dead; long live the Great Scottish Run. Somehow this toast is unlikely to be proposed in Livingston, Ayr, or Aberdeen far less in Glasgow (or at least those parts of it loyal to Bellahouston Harriers whose own Glasgow Half Marathon is being held on August 14). The Livingston Half Marathon, the Ayr Land O'Burns, and the Adidas Aberdeen Half Marathon now all fall on the same day - August 28 - as a consequence of the juggling which followed Glasgow District Council's move forward of the traditional Glasgow Marathon date (September 20 last year) to September 11.

All four half marathons mentioned above could, in normal circumstances, be expected to attract in excess of 2,000 runners, placing them among the top ten most popular Scottish road races. But in direct competition with each other, and also the Great Scottish Run? Doubtful, I think, unless an accommodation can be found.

Leaving aside the issue of why the Glasgow Marathon was ditched in the first place (the subject has been aired often enough in Inside Lane), it must be pointed out in favour of the Glasgow District Council organisers that they are only doing what is best for their event.

Faced with the problem of dwindling television interest, the district council approached Scottish Television and BBC Scotland to inquire what date might be best for coverage of a half

marathon in the city - i.e. did not clash with other sporting fixtures for outside broadcast units.

The most convenient "window" was September 11, and the district council successfully applied for a permit on that date from the Scottish Amateur Athletic Association (leaving their options open for a marathon should a sponsor have emerged).

Worried about the threat on the horizon, Ayr move the Land O'Burns forward a week, causing the clash with Livingston and Aberdeen. It is understood that at the pertinent permit meeting a bemused race organiser asked Glasgow District Council why they didn't apply to have the date of the Olympics changed as they'd moved everything else!

Glasgow cannot be blamed, however, for manipulating a system which is patently open to such manoeuvres. And with respect to the other races, Scotland NEEDS a flagship event - a televised spectacular with plenty of publicity which will attract the fun runners, many of whom develop into athletic club members as they get hooked on the sport. Everybody gains in the long term from a fully charged up Glasgow Marathon or Great Scottish Run, but the problem is how to resolve what is becoming a glut of half marathons and road races - and which are now beginning to clash with each other?

Can a permit system be working which allows Livingston, Ayr, and Aberdeen to be run on the same day?

When marathons in Scotland are dropping off, is it sensible to allow two on the same day (Dundee and Lochaber on April 24)? Can road running in Scotland really accommodate four half marathons on June 12 (Clydebank, Dumfries, Dunfermline and Loch Rannoch)?

Given that there is now a hard core of road runners who are prepared to travel all over Scotland (and beyond) for the races which tickle their fancy, does the geographical argument - that it's all right to have four on one day provided they're in different parts of the country - really hold water?

A glance at our events pages this month will show that we ourselves are benefitting from the many events now on offer to Scotland's runners, but, ever-mindful of the need to look ahead, is the preponderance of road races in danger of killing the golden goose for everybody?

The views of readers on this subject would be appreciated. In the meantime, to offer a constructive suggestion, is there a possibility that Glasgow, Ayr, Livingston, and Aberdeen could actually benefit from the Great Scottish Run?

Yes, hopefully. The race entry limit for the Great Scottish Run is 10,000 - a figure which seems certain to be achieved well in advance given that 20,000 entered the full marathon three years ago. It would be a fitting gesture on the part of the district council if they devised a system to syphon the overflow towards these half marathons which are most likely to be affected by the new event.

Alan Campbell

Over 2500 competitors took part in the SSAA Championships on March 12. No. 200, Stuart Barnett, the over 17 winner is already in the lead. Full report and pictures next issue.





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

Raising money for 'I CAN' (Invalid Children's Aid Nationwide) has earned a special place amongst many big-hearted runners. And with good reason.

'I CAN'
INVALID CHILDREN'S
AID NATIONWIDE

'I CAN' helps determined youngsters overcome many difficult and often hidden handicaps. Fuelling their hopes for a bright future with pride and self respect. Letting them take a responsible

Make your efforts worthwhile.

place in society.

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

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

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

Perry always says 'I CAN!'

How about you?

Write to: Ramona Brown, 'I CAN',*

Allen Graham House, 198 City Road,

London EC1V 2PH. Tel: 01-608 2462.

*Invalid Children's Aid Association. Reg. Charity No. 210031. Patron: H.M. The Queen
President: The Princess Margaret. Countess of Snowdon.



Every £ you raise will be used to help those who suffer from asthma and to find the cure for this distressing disease.

Write to Hugh Faulkner,
ASTHMA RESEARCH COUNCIL,
300 Upper Street,
London N1 2XX.
Tel: 01-226 2260.

Run to conquer ASTHMA

There are 2 million asthma sufferers
frequently fighting
for breath struggling for life itself!

Please run and be sponsored to help them



Send for **FREE T Shirt**
sponsorship forms and
information



Please send me **FREE T. shirt and sponsorship**
forms as I wish to raise funds for **Asthma**
Research

Name

Address

T. Shirt size SR

Up Front

IT IS 12 years since the International Athletics Club, for the only time in its history, took the Coca Cola meeting outside London. But this year they will do so again, writes Doug Gillon.

Meadowbank, July 29, is the time and place - just a week before the Olympic trials. And even if UK athletes are unlikely to be tackling their Seoul events, they are sure to be more motivated than in 1976 when Brendan Foster returned as Britain's only Montreal medal winner for was billed as post-Olympic spectacular.

The class of UK athletics in '88 has been beefed up a bit... and so has the drink in the intervening years - the sponsors are now Miller Lite. The meeting, part of the world-wide 16-meeting IAAF/Mobil Grand Prix circuit, will have £250,000 backing

Edinburgh lands the Lite fantastic

from the brewers, and further substantial input from Edinburgh District Council.

Last time the capital was involved in a major sponsor-backed promotion was the Dairy Crest Games in 1985, a night which provided spectacular sport and even more spectacular behind-the-scenes rows.

Zola Budd's participation led the city to complain too publicly - with a huge banner which the television

cameras could not avoid, and ITV pulled the plug.

Bedford is satisfied there will be no such repetition, and told me pointed: "There will be no restrictions on who appears."

Bedford, never the greatest diplomat during a career in which the highlight was a world 10,000 metres record, was always more likely to call a spade a bloody shovel, a reporter's dream with statements like: "Turn on the telly

and watch me win a gold medal for Britain."

He sees the event as the major stepping stone to international rehabilitation for the capital. "After the meeting, I'm sure 1985 will be buried forever," he says. "Meadowbank, after all, is the best venue in Britain for the sport."

Why then, did he think Scottish officials had taken the national championships away to Crownpoint?

It is a great thing, maturity. "I never normally duck a question," he said. "But in this case I'll make an exception. No comment."

Scotland's Runner believes it is not unconnected with a sponsorship contract involving the Meadowbank timing equipment. Watch this space for details.

Jock Semple

WHEN Scotland, for the only time in its athletics history, sent a team to the USA - to the world cross-country event in New York in 1984 - the Scottish party arrived in their hotel to be greeted by a sprightly 80-year old in the lobby.

Jock Semple had left his home in Clydebank as a teenager during the Depression more than 60 years earlier, but the former Clydesdale Harrier never forgot the land of his birth, and Scottish athletics lost a significant benefactor with Semple's death in Boston, Massachusetts, in early March.

The 84-year-old who helped build the Boston Marathon into what, at one time, was the greatest race of its kind in the world, retained his love of sport until he died in a hospice in the city he made his home.

Semple won the US Olympic marathon trial in 1932, but because his naturalisation papers had not been completed, was denied a place in the team for Los Angeles. And when he offered his services to Britain they turned him down.

But he still lavished his affection and his money on his old home. Clydesdale Harriers have several trophies which he donated, and the fastest Scot, both male and female, in the Commonwealth Games, will forever have another piece of his memorial silverware. Money which he gave is in a trust, to help Scottish youngsters with coaching.



John Emmet Farrell, and Chris Haskett-Price... 44 years between them, but they both landed British veteran titles at Irvine. Farrell, 80 in June, won the Scottish national title 50 years ago this year. Pictures: Ron Vavasour.



Scotland's veteran title bonanza

COLIN YOUNGSON took the silver medal in the over 40 category of the British Veteran's Cross Country Championships at Irvine and led Aberdeen - Graham Milne 11, Roddy McFarquhar 21, and Don Ritchie 42, to the team silver. And titles for Willie Marshall (Motherwell, 60+), Davie Morrison (Shettleston, 70+), and John Emmet Farrell (Maryhill, 75+), profiled last month, gave Scotland a more than

respectable share of the honours.

There was consolation, too, for Chris Haskett-Price, the Dundee Hawkhill Harrier who was forced at the last minute to miss the Scottish women's championships at the same venue a fortnight earlier. Chris, who turned 35 earlier this year, captured her first major veteran title with more than two minutes to spare from Janet Stevenson of Falkirk Victoria.

DAVE SMITH SPORTS

SPECIALIST RUNNING SHOP
Express Post Free Mail Order Service
3a WARDS END, HALIFAX, WEST YORKSHIRE, HX1 1DD
Tel: Hx. 56602 (Shop) Hx. 64818 (Home after 5 p.m.)

WINTER SPECIALS SHOES

BROOKS

National XC 7-13	£19.99
Temp 7-12	£26.99
Chariot 7-12	£29.99
Graphix 6, 7 1/2, 8 1/2, 10 1/2-13	£19.99
Triad KW 7-12	£31.50

Air Odyssey	£44.95
Lady Air Max	£44.95
Cram Windrunner	£24.99
Vendetta T/C	£24.99
Thincad	£22.50
Rival II Spike	£19.99

CLOTHING

Helly-Hansen

Lifa Crew Neck Top L/S	£10.79
Lifa Crew Neck Top S/S	£8.99
Lifa Polo Neck Top	£13.49
Lifa Long Johns	£10.79
Lifa Balacava	£3.50

ADN HILL SPORTS

Tracksters	£9.85
Trackster Top	£12.99
Trackster Top De-luxe	£13.99
Goretex Storm Weather Suit	£99.99
Goretex Storm Jacket	£79.99
Goretex Storm Trousers	£29.99
Thermal Gloves (red or blue)	£3.99
Reflective Safety Bib	£4.99
Training Diary	£2.85

Reebok

Bokster Training Bottoms	£9.99
Wika Tops, S.L. & XL	£7.95
Wika Tops polo with zip	£10.95
Wika Long Johns	£7.95
Racing socks (mens & womens)	£2.99

BROOKS

Rainsuit (Grey or yellow)	£19.99
Rainsuit Jacket	£12.99
Rainsuit Trousers	£7.99
KWT Training Pant	£9.99

SUB 4

Training Bottoms	£9.85
Lyra Bottoms from	£14.99



Reflective Windrunner Rainsuit, small or medium	£19.99
Reflective Windrunner Jacket	£12.99
Reflective Windrunner Bottoms	£7.99

DAVSPORT

Minimal Bounce Bra	£10.79
--------------------	--------

KENDAL SOCKS

Windrunner Winner Socks	£2.25
- best value running socks available	
VIGA - range of clothing now in stock	

ACCESSORIES

SORBOTHAINE

Insoles	£8.99
Heel-pads	£3.99
Footbeds	£8.99

ROCK & RUN

Ridge Runner Rucksack	£24.99
Hip-sac	£7.99

SHOE-BAGS

Ron Hill	£2.95
Reebok	£3.99
Nike	£3.99

Sets of Socks

5, 7, 9, 12, 15	£1.50
-----------------	-------

We also stock an extensive range of mens and womens shoes in sizes up to UK 14 by Walsh, Reebok, New Balance, Brooks, and Nike.

Shoe orders below £20 please add £1 p & P. All other orders sent postage and 1st class. Next day delivery on most credit card orders. - Subject to Post Office efficiency!

Ring or write to Dave Smith or Jack Maitland.

Any enquiries please contact Jack (0422) 56602

SPORTS INJURIES CLINIC

- UNEVEN/EXCESSIVE SHOE WEAR?
- PERSISTENT INJURIES?
- OVER PRONATING?

SEND 18p STAMP FOR
FREE BOOKLET

OR TELEPHONE FOR APPOINTMENT

20 CADHAM CENTRE
GLENROTHES, FIFE
KY7 6RU
(0592) 742804 [any time]

BIOMECHANICAL ASSESSMENTS & ORTHOTICS



Companions Of Britain's Rheumatic and Arthritic Sufferers



If you suffer from Rheumatism or Arthritis, or a relative or friend of a sufferer - please do come to our Headquarters at 482 Crow Road and participate in our various activities. We are open week-days from 9.30 am to 4.30pm. You would be made most welcome. Seven years

ago we acquired a highly sophisticated vehicle for the transportation of disabled people. We hope to acquire a second vehicle this year.

Donations and enquiries to:

The Hon. Treasurer, 482 Crow Road, Glasgow G11
Tel: 041-357 1163 or 2585



PRINTING

Just a quick call away

GLASGOW: 711 Great Western Road
041 334 9272
EDINBURGH: 13 Randolph Place
031 226 6268
2 Dundas Street
031 556 6222



Just a quick call away

10% EXTRA
PRINTING ON
PRODUCTION OF
THIS COUPON, ON
ORDERS OVER
£50.00. VALID
UNTIL APRIL 30TH.

Up Front Up Front Up Front Up Front Up Front

Whittle no longer one-shoe wonder

BRIAN WHITTLE surely laid to rest his main claim to fame to date - as the man who won a European relay gold wearing one shoe - when he captured the European Indoor Championship individual 400 metres silver medal in Budapest.

The former explosives chemist shattered the myth that long-striding tall runners don't do it indoors. The Ayr Seaforth man broke his own Scottish indoor best in both the first round (46.93 sec) and semi final (46.86), beating the world record holder, Thomas Schoenlebe, each time. The East German was injured and could not contest the final, but Jens Carlowitz proved a more than adequate deputy, taking the title in 45.63.

Whittle set his third national best in two days, 45.98, to clinch the silver, despite a stumble with some 150 metres to go.

The abortive world record attempt by Butch Reynolds at the Kelvin Hall had given him great inspiration, said Whittle - "showed me what a big man can do indoors." Certainly coach Hugh Muir has got Whittle into magnificent shape, especially when one considers that Whittle's fifth-place time in the Edinburgh Commonwealth Games was 47.10. The sponsorship from Budget of an Escort XR3i until the Olympics mean Whittle can now sell his old car. He plans to use the money for warm weather training, and on staking a claim to an individual place for Seoul.

Big day on May 8 for Glasgow

GLASGOW'S Kodak 10K has changed both time and place. Formerly staged in the city's East End as a feeder race to the UK-wide series final at Hemel Hempstead, it will go ahead this year on May 8, a week after the British final.

The race will retain the status of Scottish championship, but moves to a circuit near the Kelvin Hall, over a course which takes in Kelvingrove Park and the garden festival site.

A professional cycling spectacular on the same route - the Michelin City Centre Cycling Championship - will follow, and Scottish Television are expected to screen both events, covering around the last six minutes of what, in the past two years, has been an outstanding competitive 10K.

There is also a full programme of races for youngsters, and entry forms can be had by sending a s.a.e. to Glasgow District Council.



SCOTTISH Sports Photographer of the Year, Craig Halkett, was presented with an unusual trophy at the awards ceremony in Glasgow's City Chambers last month.

Artist Carole Madison, who was commissioned by the Scottish Sports Council, bases her design on a technique called "Gesso". It is a white absorbent surface made up from ground chalk to which a gluey solution is added. The result - a very effective and unusual piece of design.

For sports organisers who are looking for the trophy with a difference, Carole makes them in various sizes, with 12 inch square the most appropriate for sports presentations.

Anniversary celebrations

TO MARK their 40th anniversary, Perth Strathay Harriers are holding an open night in Perth City Hall on March 31 (see Letters pages).

Club president Norman Watson says: "We don't envisage it being a grand affair, but if we can drag people away from Eastenders for an hour or two, we'll be doing well."

Perhaps Norman is being modest because the programme reveals a varied menu, including videos, mobile and static displays, and, "something quite stunning from the distance daffies."

The club, including its 200 athletes and 17 BAAB coaches, extends a warm invitation to readers of Scotland's Runner to attend the night.

Grangemouth soars ahead

AN IMPRESSIVE athletics programme, including an open graded meeting on the first Wednesday of every month through September, has been put together by Falkirk District Council at Grangemouth Stadium.

Now managed by former Scottish

athletics administrator, John Fairgrieve, Grangemouth Stadium will also be the venue for regular young athletes meetings and parlauf nights (continuous 200 metre relays), as well as playing host to individual events such as a Mini Minor Highland Games in September, the Women's Own Run in June, the Falkirk People's Half Marathon in October.

A "Round the Houses" fixture on February 14, John Fairgrieve's first promotion, attracted a record entry, with innovations such as video recordings of the races being screened in the afternoon proving very popular with competitors.

Another feature at Grangemouth this season will be a pole vault competition on May 21 - but unless athletes have competed before they must attend an initial education session in the morning with national coach David Lease.

Mapping out Scotland

A NETWORK of specialist orienteering courses for national and regional competition and training is being established throughout Scotland. Specially commissioned maps will be produced of each area with Scottish Sports Council grant-aid.

Glasgow to be given the cream?

DAIRY CREST, backers of the hugely successful inaugural indoor international between Britain and France at the Kelvin Hall, has decided to increase its sponsorship of the sport in Britain.

The company has announced that it is to put £280,000 per year into both junior and senior athletics over the next four years. Support costs and backing for other projects will bring total outlay in that time to around £2m.

Dairy Crest will continue to stage two televised meetings annually, and the indications are that one of these will be at the Kelvin Hall. Jenny Bradley of Dairy Crest says the company's managing director was an excited spectator at the Glasgow meeting. "We'd be delighted to return to Glasgow."

Royal opening for Flying Scot

PRINCESS Anne was due to open the Flying Scot Club at Edinburgh's Royal Scots Club on Wednesday March 23.

The Flying Scot is named after its consultant advisor, George McNeill, winner of the Powderhall Sprint in 1970 and the World Professional Sprint Championship in 1972.

The club manager is Willie Fraser, the Scottish indoor 200 metre champion and record holder, and the assistant manageress will be Janis Neilson, Scottish 60 metre indoor record holder.

Facilities will include a mixed exercise room, a speedball gym, separate ladies' and gentlemen's saunas and steam rooms, two solariums and a mixed spa bath.

Entries sought

ATHLETIC club team entries are being sought for the Hughes Glenrothes Half Marathon.

For the first time in the race's history, team trophies will be awarded. There will be two sections - one for athletics clubs and one for others (factories offices etc). To mark its 40th anniversary, Glenrothes Development Corporation is supplying the trophies.

**RUN YOUR RACE TO HELP SOMEONE
IN NEED!**



Some of the best amateurs run for money.

Many people – young and old – are stopped in their tracks by arthritis. It can strike suddenly, restrict mobility, cause dreadful pain and even lead to total disability.

Of the 8 million arthritis sufferers in this country, over 12,000 are children.

But Arthritis Care does everything in its power to help sufferers live their lives as normally as possible – and retain their independence. It is the *only* charity devoted solely to the welfare and rehabilitation of arthritis sufferers. And it relies entirely on voluntary contributions.

Through *sponsorship* your gift for running could be a godsend to those who cannot run. If the idea of running for Arthritis Care appeals to you, use the coupon below to send for Sponsorship Forms, T-Shirt, etc. It's a cause worthy of your efforts.

So much depends on what you do with this coupon

To: Arthritis Care, Thurlow Road, Nairn

- ☐ Please send me Sponsorship Material and details of the work by ARTHRITIS CARE
☐ I'd rather help by sending the enclosed donation

Name _____
Address _____

Postcode _____

ARTHRITIS CARE
We need pounds more than pity!

**GLASGOW ATHLETICS
DEVELOPMENT SCHEME**

To develop Athletics through coaching by 3 main categories:
Children, Disabled and Unemployed, using the new facilities
at the Kelvin Hall International Athletics Arena.

CITYWIDE PROJECT, initially based in the KELVIN HALL:

1 SENIOR SUPERVISOR	35 hours/week
4 SUPERVISORS	35 hours/week
40 COACHES	21 hours/week
2 CLERICAL	21-35 hours/week

(NDC: General Programme conditions apply)

CONTACT YOUR LOCAL JOB CENTRE

PARKS AND RECREATION DEPARTMENT

IT'S THE GREATEST SPORTS CALENDAR

A truly global calendar of sports events and stars has been launched by Sport Aid '88.

At a glance, this full-size colour poster shows hundreds of events covering almost all sports – including every World Championship, the summer and winter Olympics, 1988 Grand Prix events, plus the Superbowl and Stanley Cup, and of course the important dates of Sport Aid '88.

The Sport Aid '88 Global Calendar of Sports Events features 180 colour pictures, including a host of stars, such as Ian Botham, Geoff Greig, Garry Thompson, Diego Maradona, Boris Becker, Seb Coe, Mark Spivey, Jack Nicklaus, Jesse Owens, Vic Richards, Mike Tyson, Mary Decker, Brian Robinson, and many more – captured on film by the top photographers of Allsport, the world's leading sports picture agency.

This 33" x 22" calendar costs just £2, and all profits go to support Sport Aid '88, which is a year of sports, music and carnival leading up to the next RACE AGAINST TIME on Sunday 11th September 1988.

Sport Aid '88 is raising money and attention to help children in need worldwide by fighting hunger, poverty and disease – and it hopes to inspire people throughout the world of sport, from stars to spectators, to join in this effort.

The calendar is a great way to become a part of Sport Aid '88 and enjoy a fantastic year of sport – and it's the perfect gift for any sports fan.

ORDER YOUR CALENDAR TODAY: Cheques/P.O.s for £2.00 + 70p P&P per calendar payable to Sport Aid '88 Calendar, PO Box 461, London NW1 2ND. Allow 10 days for delivery.



Up Front Up Front Up F

End of the 26.2 mile line for Glasgow

THE GLASGOW Marathon was finally laid to rest at a press conference in Glasgow City Chambers on March 10, when it was officially announced that it was to be replaced by a half marathon to be called the Great Scottish Run.

According to the organisers, the struggle to find a sponsor and get adequate television coverage, coupled with the decline in popularity to the marathon as an event, was responsible for switch to the half distance.

The Great Scottish Run will be held on September 11, and is expected to be fully covered by either Scottish Television or BBC Scotland. As with sponsors, negotiations with the television companies were not expected to be concluded until mid-April.

Race organiser Bob Dalgleish said the date had been moved forward from the traditional Glasgow Marathon permit date to ensure television coverage. Dalgleish hinted strongly that appearance money would be paid to ensure, "a high quality field, including a number of international athletes."

Although the Glasgow Marathon attracted 20,000 runners at its peak, and "only" 8,000 last year, the entry limit for the Great Scottish Run is to be 10,000, because of the later start (noon) and the counter-demand on the roads of the Glasgow Garden Festival.

The change of date and distance has caused consternation among some other major half marathons being held at the end of August (Glasgow, Ayr, Livingston and Aberdeen).

Dunfermline event growing

DUNFERMLINE District Council's decision to treble the town's half marathon sponsorship looks to be paying off with over 250 entries received by the very early date of March 4 – a healthy proportion of them Scotland's Runner readers were modestly allowed to reveal by race organiser David Arnott.

Formerly the C.R. Smith Half Marathon, the 1988 Dunfermline Half Marathon hopes to attract in excess of 2,000 entries on June 12, boosted by £9,000 of district council

backing and a new, flatter, course which has been awarded British Association of Road Runners Grade 1 status.

The prize list has been extended to include veterans this year, and according to Arnott the spot prizes also been doubled.

Glasgow looking for coaches

GLASGOW District Council is currently trying to recruit 40 coaches for a Manpower Services Commission-funded scheme aimed at providing athletics coaching in Glasgow for schoolchildren, unemployed people, and handicapped people.

Sports promotion officer Frank Clements reports a "tremendous" response already from schools.

The recruitment drive is aimed at people with a coaching qualification already (and unemployed), but the district council has made provision for a special course to be run under the guidance of national coach David Lease. The payment is around £60 for a 21 hour week.

Sprint challenge chance for Scots

A "SPRINTING for Britain" Challenge to find the fastest boy and girl in the UK gets underway in May with a series of qualifying events throughout the country.

The challenge, sponsored by Securicor Express, is open to anybody born between September 1, 1973, and August 31, 1975, provided they have run 13.5 seconds (boys), and 14.5 seconds (girls), for 100 metres.

The Scottish qualifying events take place at Pitreavie (May 3), Glasgow (May 4), Ayr (May 18) and Inverness (May 24). Sixteen boys and 16 girls will qualify from each of these venues for and area final to be held at Crownpoint Road on June 19, and the winner of each race proceeds to the semi-final at Meadowbank on July 2.

The final will be held at Crystal Palace on August 28, during the McVities Challenge meet, and a prize pool of £4,600 is on offer.

Sorry, James

APOLOGIES to young James Wright of Woodfarm High School whose name was inadvertently omitted from the SSAA road relay results in our February issue. James had the tenth equal fastest lap time at Grangemouth (9-47).

How to run the perfect marathon in 26 minutes

No matter how hard you train you will never run a marathon in 26 minutes! But with some expert coaching from Joan Benoit-Samuels, Olympic Gold Medalist you certainly can improve. Now, thanks to TRACK & FIELD TECHNIQUE you can be coached by Joan and in your own home.



In this unique and exciting video tape Joan Benoit-Samuels teaches a group of young runners the technique and disciplines that has helped her set 5 US Marathon records and win the Olympic Gold Medal for the event in 1984. TRACK & FIELD is no ordinary film, it will give you valuable and unique insights, tips and coaching to the highest level.

Road running and marathon running has grown in popularity more than any other athletic event and so of course has the competition. Joan Benoit-Samuels will take you through a step by step guide to better running from how to warm up correctly to specific training and competition tactics.

With TRACK AND FIELD TECHNIQUE you can learn and train even in wet weather and at home at your leisure. Everything you learn on this programme can be put into practice as part of your normal training. All for a special price of £14.95.

Road Running is one of 13 titles in the comprehensive TRACK AND FIELD TECHNIQUE series backed by the International Amateur Athletic's Federation and Rediffusion Films. Send in the coupon below now and take advantage of our half-price marathon offer.

Special
Marathon Offer
Just
£14.95
+ £1.50 P&P



**TO Rediffusion Films,
FREEPOST, London SW10 0BR**

Please send me _____ copies of Road Running
at £14.95 each plus £1.50 postage and packing per tape.

Total price £ _____

Name _____

Position _____

Club/School _____

Address _____

Post code _____ Telephone _____

Format: VHS ☐ BETA ☐

Payment – Please Tick Cheque/Postal Order ☐

Credit Card: Access ☐ VISA ☐ Barclaycard ☐

Card No. _____ Expiry Date _____

Signature _____

Cheques and postal orders should be made payable to: Rediffusion Films Ltd.
Please allow 28 days for delivery.

REDIFFUSION
SARA

AN ASTONISHING one in 30 children born in Britain will be weighed down by the burden of a mental or physical handicap. That is the sad statistic highlighted by the national charity I CAN (Invalid Children's Aid Nationwide).

The charity helps young disabled and handicapped people and their families, offering extensive practical and emotional support.

It has established four special schools around the country, catering for the needs of children with severe handicaps, asthma and cystic fibrosis. For young people of after school-age, the charity has set up and maintains special projects, training the young people in skills which will help them - and hopefully get them jobs in the community.

Janet Skeen of I CAN says: "As trustees of a further education college, and through our special projects, we hope to help as many children as possible. All our efforts help the child gain independence, which is so important."

Many people have run for I CAN, and Janet Skeen expresses her gratitude saying, "All the runners are extremely generous, and we are very grateful. They help raise funds that make I CAN's work possible."

ONE OF Scotland's best-known charity runners is balloon-bedecked 36 year old Glasgow hairdresser, Crawford Gilliland.

Crawford has run for numerous charities in the past seven years, raising in excess of £3,000. The charities to benefit include Scottish Spina Bifida, the Western Infirmary renal unit, Craighead School, Yorkhill Hospital for Sick Children, and the Queen Mother Hospital.

This year he has finally succeeded in getting entry to the London Marathon. The Royal Hospital for Sick Children will be the charity that benefits. Already he has been promised £1000 by an anonymous donor.

For someone who likes to don fancy dress, Crawford is planning to go completely O.T.T. (over the top) in this, his probable last year running marathons.

He says: "I am going to the London Marathon in my usual fancy dress, but this time there will be even more balloons!"

Crawford also intends to participate in The Great North Run and other half marathons throughout the year. Trying to raise even more money for charity through sponsorship.

The Companions of Britain's Rheumatic and Arthritic Sufferers



A helping hand from Jimmy Saville for balloon man Crawford Gilliland who is preparing for London.

(COBRA) is the charity which helps people suffering from the painful conditions of arthritis and rheumatism, and offers information, advice and practical aid.

Arthritis and rheumatism present unique transportation problems, due to the pain produced by the movement of joints, especially in the way of involuntary sudden movement.

Mrs Elizabeth Leslie, joint president of COBRA, explains: "Ask any arthritic sufferer what they consider to be the most important factors in travel, and the reply will be 'suspension' and 'access'. In the UK, all the vehicles used for carrying disabled people are conversions of ordinary goods vehicles, but these leave the original heavy load-carrying suspension unmodified."

However, COBRA achieved a tremendous step forward by acquiring a unique German vehicle which, with its special suspension of advanced design, is of great benefit to arthritic sufferers. The vehicle is used to carry disabled members to the COBRA day centre in Jordanhill, and to various functions, including specially arranged shopping and sightseeing trips for otherwise housebound, lonely

people. Over the past three to four years, runners in the Glasgow Marathon have raised in excess of £1,200 for COBRA through sponsorship. "We don't know if there will be a Glasgow Marathon, but we hope that people will still run for us in other events" said Mrs Mary Frame, the charity's honorary secretary.

Like most charities, COBRA faces the problem of meeting the running costs of the special vehicle, and finding money for replacement parts is a tremendous effort on everyone's part. But they are determined that disabled arthritic sufferers will have at least one vehicle in the UK which meets all their requirements.

ABOUT 95 per cent of the information we need for learning, understanding and communication with the outside world comes through our eyes and ears. Imagine what it would be like to have neither sight nor hearing - or even how confusing it would be just to have a bit of both.

This disability is what SENSE in Scotland (the National Deaf-Blind and Rubella Association) aims to highlight. This small charity began life as a parents group in 1977 and now has an office and charity shop at Partick Cross in

Glasgow. As Ben Spencer, a development worker for Sense, says, "The organisation is particularly concerned to increase awareness and understanding of deaf-blindness and to promote the development of service for deaf-blind people of all ages."

It is not just during the school years that deaf-blind children need so much help in learning to communicate - they often need this help for life. With this in mind, SENSE in 1987, along with Quarrier's Homes, opened the first residential education/training centre in Scotland for deaf-blind young adults. Overbridge House in Glasgow is now nearly one year old and SENSE say that its eleven students are progressing at a rapid rate.

This charity does many other things for deaf-blind people and their families, organising holidays and well earned breaks, arranging parent group meetings and other activities. To raise funds, SENSE relies heavily on donations from members of the public, and they say, "A significant part of the funds are made up of money raised by runners in the Glasgow Marathon and other events. We are very grateful to such people."

SENSE in Scotland is still young and fairly small, but the aim is to raise much more money in the future, to ensure that deaf-blind people and their families get the attention and the services they deserve.

THE staggering statistic that 49 people in 50 will suffer from arthritis or rheumatism at one time or another backs-up the fact that arthritis is the most common cause of disability in Britain.

Mrs Prudence Turner, appeals manager for Arthritis Care, explain why the charity needs money from Scottish runners: "We are looking for a suitable property on the west coast which we can convert into a holiday centre for people with arthritis. We already have one in Nairn which has proved very successful."

As the charity states: "Arthritis has no conscience - it can strike at any age and is no respecter of occupation or race."

The holiday homes give people the chance to get away to places where their needs are especially catered for. "We have sufficient money, we think, for the actual purchase of the holiday home, but it will cost a great deal to install handrails, lifts, ramps and special toilet facilities."

"For this reason we welcome the help of people running in forthcoming events, be they marathons, half marathons or fun runs", says Mrs Turner.

Maryhill short changed

4, Clarence Street, Clydebank.

SIR - I refer to Henry Muchamore's article on John Emmet Farrell in the March issue and congratulate him on a tribute to a fine athlete. Unfortunately, Henry's facts are not strictly correct and I would remind you that Maryhill Harriers won the Scottish National Cross-Country Championships for six years in a row between 1927 and 1932 inclusive, a record which has never been broken.

The new handbook issue by the Scottish Cross-Country Union does not carry the full history of the previous winners of the championships, and this could explain Henry's lapse. Perhaps the cross-country union might wish to consider reintroducing complete records of all events and office bearers. I would be interested to learn your readers' views on this.

R.A. Macdonald

Unequaled achievements by Fife AC

Logie Farm, Newburgh, Cupar.

SIR - After seeing that there was a "Focus on Fife" in your March issue, I eagerly opened the magazine, hoping to see something about that first class athletic club called Fife AC, but all I read was that because: "There is no running track in North East Fife the kids must travel to Pitreavie."

This statement, other than being wrong (our youngsters find it easier to travel to Caird Park, Grangemouth or Meadowbank, rather than Pitreavie) does not indicate that we are hopeful, and working towards getting, some sort of running track provided in the near future.

Unfortunately your Focus did not mention the vigour of this club, which thrives despite being based in a rural area. While most of our success has been notched up on the road (Terry Mitchell leading the way now that Don McGregor is taking things a little

easier), it is significant that the men's track team are now back in Division One of the Scottish Athletics League, that the women's track team are in Division Two and that our young athletes took some notable scalps on the track last year (eg Edinburgh WM).

In addition to hosting the famous Cupar road race, the Lita Allen Cross Country, and the Largo Law hill race, the club also hosts more than its fair share of district and national cross country events.

All told, these achievements I am sure are unequalled by any other club drawing from such a small population as we do. The credit for this lies with the dedication of the coaches in the four training centres organized by the club.

Andrew D Arbuckle, Chairman, Fife AC

Dwarf throwing requested by anxious reader

97, Kilmacoll Road, Greenock.

SIR - Over the last three months your magazine contents have deteriorated so much that I feel obliged to write and complain.

Your results service has been little or non-existent, missing out Scotland's blue riband event (the Edinburgh to Glasgow relay). The West and East district championships were side lined in place of the National Indoor Championships. Please do not get me wrong, I'm not trying to knock the indoor circuit, but isn't cross country where it all started and is the backbone to many a good track runner.

You have also started to include other sports such as Cycling, Gymnastics, Orienteering etc. Do runners really want this? It won't be long before you start to include Dwarf Throwing to fill space up.

Why don't you ask runners what they would like to see and read? I for one would prefer more results, athlete profiles (club runners and international runners alike), shoe surveys and market place type spots (where you highlight any new items that have been developed to aid

athletes). Your Highland Games section should include more about running.



Tommy Murray, dreaming of throwing dwarves in the West relay championships. Picture: Peter Mackie.

Get rid of Alf Tupper. If I want cartoons I'll buy the Beano. If there is no improvement within the next two months I for one will not be re-newing my subscription.

Thomas Murray

Lowering the standard

Mingulay, Pulpit Rock, Oban.

SIR - James Workman's letter in the March issue did not merit all the abuse heaped on it. A lot of what he said I fully agree with and not just because I am a native of Renfrew. As an avid reader of Scotland's Runner I have no wish to see it degenerate into a comic strip, nor have I any wish to read about gymnastics or Highland Games.

Four pages of your March issue for Alf Tupper is merely lowering the standard of an otherwise excellent magazine which I have enjoyed from the first issue.

John Milliken

Track and field results required

10, Kilbank Crescent, Holmston, Ayr.

SIR - I was disappointed that your March issue did not include a Results section, although the reason is appreciated.

However, I hope that your next issue will give the names and performances of the first three at the Scottish, Western District, and Eastern District Indoor Championships held recently at the Kelvin Hall. These deserve coverage as well as cross-country and road relay races, and are not given in sufficient detail in national newspapers. An otherwise excellent magazine should give details of track and field championships.

A.A. Lindsay

Shift the coupon away from editorial

12, Kirk Brae, Liberton, Edinburgh.

SIR - I enclose my subscription for Scotland's Runner. The act of cutting out the coupon has reminded me to complain to you about the way in which you always seem to have these coupons on the reverse side of articles.

Why can you not manage to ensure that they are on the reverse side of advertising pages? Other magazines seem to be capable of this - I have cut many a coupon or entry form out of a wide range of magazines over the years, and never have I needed to sacrifice an article, except in your magazine. The triathlon bike competition was the same: so I now have gaps in vital spots of more than one issue of Scotland's Runner.

Richard Bingham

PS Get rid of Alf Tupper - what a waste of four pages of the magazine...

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.

Cumbernauld offers friendly facilities

21b, Woodburn Way,
Balloch,
Cumbernauld.

SIR - Scotland's Runner magazine is looked upon by many as the leading source of useful information on the state of athletics in Scotland. Indeed, if it were not for the magazine, the public profile of the sport would be even lower than it already is. I quote from the editorial in the February issue, "...it is depressing that the Scottish athletics authorities do not appear to have woken up to the necessity to promote and popularise the sport".

It is with this thought in mind that I suggest David Inglis's "Focus on Cumbernauld" has scored an own goal for the sport. The article featuring Cumbernauld and Kilsyth district makes only a passing one-line mention of Colzium AC and no mention at all of Cumbernauld AAC.

For information on coaching facilities in Kilsyth, I suggest your correspondent makes contact with Tom Bolan, secretary of the Colzium club, who have teams in the Scottish Women's League, the Scottish Young Athletes League and the Scottish and North West League.

Cumbernauld AAC has teams in Division 4 of both the Scottish Men's League and the Scottish and North West League. Despite its limited coaching staff, the club offers an opportunity for all local runners to work towards personal improvement.

Local athletes who want direction in their running, competition without embarrassment, or advice on training could do a lot worse than go along to their nearest club. Cumbernauld AAC meet at Cumbernauld High School on Mondays at 6-45pm, and at Abrohill High School on Thursdays at 6-45pm. During school holidays the club meets at the YMCA.

Steve Taylor,
Club Coach,
Cumbernauld AAC.

Leave runners a free choice?

65 Auld Kirk Road
Cambuslang,
Glasgow

SIR - regarding the letters in Issues 17 and 18 concerning unattached runners, I must support Fergus McLean. Being a former club runner, I can wholeheartedly endorse his view that unless you're good enough to win races, club captains and coaches show little interest in you.

James Swindale says his club's training nights are non-compulsory. fair But, unless you're going to

Letters...

attend these sessions on a regular basis, why join a club?

Surely the idea behind joining is to improve performance, and therefore enjoyment of running? I feel it is over-idealistic to say, "all runners will realise they're on the same side". Running clubs tend to have cliques and "pecking-orders" - just like life!

Also, Mr. Swindale believes, "some unattached runners take most benefits while contributing nothing in return". Well, maybe he didn't realise many race entry fees are 50p to £1 higher for unattached entrants. (Note "Luddon" entry form in Issue 18)

The fact that most athletic clubs, (geared to racers) do little to encourage or attract the mediocre runner, isn't going to tempt this standard of runner into clubs. As Mr McLean points out, brandishing rule books and banning unattached runners from SAAA open events isn't the answer. It will only lead to reduce entries and eventual loss of the event. Entries in many events have already dropped alarmingly (for example, the late of the Glasgow Marathon!) without the SAAA strangling others in their particular brand of "red-tape".

Leave runners free to choose.

David Byron

Come along to PHS open night

The Cottage,
Corsiell,
Perth.

SIR - On Thursday March 31 at 7pm, Perth Strathay Harriers will throw open the great doors of Perth City Hall to allow the public to see their athletes in action at close quarters.

The open night is part of Perth Strathay's 40th anniversary celebrations, and will involve many of their officials, 200 athletes and 17 BAAB coaches in a wide range of demonstrations.

Static displays will also feature strongly, with the emphasis on help and advice for adults - but fun for the kids. Many dignitaries are expected to join in, and for once, local conciliors really will be for the high jump!

The 40th anniversary celebrations will continue the following Sunday (April 3) when the North Inch Relay Race takes place at 2pm.

This flat, fast race in the centre of Perth is open to teams of four (men, women, or mixed), who will each run twice around the North Inch park - a distance of three miles for each runner. Entries will be accepted on the day at Bell's Sports Centre.

A warm welcome is extended to any Scotland's Runner readers wishing to come along to the open night - and of course, the distance section of PSH will provide their own "warm welcome" for any teams wishing to participate in the relay race!

Norman Watson,
President,
Perth Strathay Harriers.

Taking the middle line on articles

7, McNeil Avenue,
Prestwick,
Ayrshire.

SIR - I have supported Scotland's Runner from day one and will continue to support this excellent magazine.

This year will see me in the super vet category so Alf Tupper is no stranger to me. The Tough of the Track was a childhood hero to me, and thus my sons, both runners, know about Alf and his exploits ad nauseam.

That said I must support, although not totally, James Workman, and criticise you, although not totally, in respect of his letter "Get rid of Alf Tupper" in the last issue. Mr Workman expressed only a personal opinion by the use of the words; I, me, this runner; and only lapsed into a generalisation in his last paragraph.

I support him in his plea to get rid of Alf. It seems to me to be foolish to use four pages of such an informative magazine to promulgate a comic strip which is anachronistic, childish, and in today's highly technical world of competition and all its concomitant requirements of physical excellence, a poor advertisement for the sport.

Although I do no more than glance at your articles on Triathlons, Orienteering, Highland Games, Gymnastics etc., I support your reasoning in giving them space in our publication despite the strong possibility that they may well have specialist magazines which from a cursory examination rarely seem, to me, to give athletics a complimentary corner.

My major criticism is of the decidedly intemperate reply appended to Mr. Workman's letter and the comments in Inside Lane. It is nasty to the point of scurrility.

I think it is you who is being presumptuous and intemperate in thinking that your denigration of his letter has merit. For me, it hasn't, and I, at least, feel you owe Mr Workman an apology for pointing up, adversely, what after all is what the magazine solicits, reader's interest and

comments on how to improve input and therefore greater readership.

To digress now; may I offer what I consider a constructive request. In the Events Diary is it possible, for the major events at least, to give addresses for entry forms? Is it also possible at as early a time as possible to print an advance list of the year's marathons and half marathons to allow an "old stiff-limbed harrier" to plan his season, training schedule, and recuperation centre visits in advance?

George Deed

Expensive Lulu

32, Nethy Way,
Dean Park,
Renfrew.

SIR - I did not intend to respond to your replies and observations to my letter published in the March edition as I felt with our seemingly different opinions there was no further ground to be gained in this matter.

Firstly, I would like to see the magazine flourish, as we in Scotland need such a publication where the sports of running and allied athletic events can be given a proper platform and I had felt that the direction the magazine was taking was way off that objective.

I took the opportunity over the weekend of checking out almost twenty sporting publications, from Golf Monthly to Karate, and without exception none of them had articles about other sports, none had fictional stories, and most certainly none of them had four pages of a 30 year old comic series in them, to the exclusion of local results.

I looked back to the first issue and in it is promised a regular column on Highland Games as this was part of our heritage etc, so on that score I should have no complaint if you have previously stated your intent.

You say the article on gymnastics was there because it might be of interest to some of the readers' children, does that mean readers can look forward to articles on football, horse riding and disco dancing?

It couldn't have escaped anyone's notice that in your tirade you did not attempt to justify the inclusion of Alf Tupper. Probably by now even you are beginning to realise what an expensive Lulu of an idea it really was.

James Workman

From their bunker in Kelvingrove Strasse, the editors would like to reiterate that results were omitted last month because of a technology problem - and not to make way for other features. Otherwise, keep the kind remarks flowing!

Women in SPORT

Jazz dance: good fun and great exercise!



Members of the jazz dance class at the Carlton Sports Club.

WHEN I went into the Carlton Highland Hotel on Edinburgh's North Bridge and asked for the Carlton Sports Club, I was shown a lift that took me to the bowels of the earth and floor "minus three", where I stepped out into a plush bar and reception area. Besides offering aerobics, yoga, body-conditioning, water work-outs, squash, football, snooker, weights and multi-gym, a five mile jogging route, sauna, jacuzzi, table tennis, and a creche, the Carlton Club also has a class in jazzercise, or jazz dance, which is taken by Denise Woodburn.

Denise is a trained ballet dancer and professional stage dancer holding an Equity card, and she also teaches dance at the Edinburgh Acting School. She told me that jazzercise has been around far longer than aerobics in that it does not differ greatly from the dance seen in musicals like "West Side Story", or more recently "Fame" and films like "Flash Dance" and "A Chorus Line". Jazzercise is basically stage dance. Is it valuable as a fitness routine? Denise says that her students certainly leave the studio sweating.

The class, which usually has equal numbers of males and females, starts with a stretch warm-up to music followed by "jazz runs" which is faster stuff across the diagonal of the room. The last half-hour of the hour long class is made up of learning a number of movements, maybe at least 30 in all, incorporating high kicks, bends and stretches, and then the whole thing is put together to music and the routine repeated again and again.

While aerobics tends to concentrate on certain groups of muscles at a time, for example 40 sit-ups, or 30 leg raises, jazz dance uses the whole body at once, not singling out any specific muscle group. One major difference that immediately becomes obvious is the tremendous amount of concentration that is needed in the jazz dance in order to remember every step and movement. Because you are

concentrating so much on memorising the routine, you do not realise how hard you are actually working your body - that is until the next day!

Clothes worn are usually leotards and tights, shorts and t-shirts or track suits, although bare feet are not recommended because of all the sudden turns that are made during a routine. There are jazz shoes on the market, but Denise's class usually make do with slipperettes, light training shoes or even socks.

As far as Denise knows, there are no records like Jane Fonda's aerobics records for jazz dance, and it is not something that people are very much aware of, especially as a fitness programme. As jazz dance picks up momentum and gains more publicity, gradually people will begin to realise that dance can be for anyone, young, old, male, female, two left feet, or six months pregnant like Denise herself. It is not something that is confined to the slim and elegant and the box-office screen.

Another thing that became evident as I watched Denise take her class through its paces, was the tremendous good fun involved and the hilarity that ensued when someone went the wrong way, performed the wrong movement, or indeed totally forgot the routine that Denise made so simple looking.

Manageress Helen Flannigan, who takes aerobics (which has included a men-only class) told me she thought the jazz dance was tremendous as sport AND recreation, and Denise can have as many as sixteen or eighteen all champing at the bit waiting for their turn to do their stuff across the diagonal, male and female alike. The bigger the class, the more energy there seems to be exerted in

performing the dance routines.

Denise will about now be leaving the Carlton to go off on a well-deserved maternity leave to have her second child. She plans to be back in September, however, coaching people to fitness and suppleness through jazz dance. There cannot be many ways of shedding a few extra pounds while totally enjoying yourself and having a good laugh into the bargain. Jazzercise certainly had me tapping my feet and wishing I was wearing something more appropriate so I could have joined in. So, if you've ever sat at the pictures or in front of the television watching some dancers jazzing it up on screen and thought that it was something you would like to have a go at, well you can. It may, however, be quite hard to find a jazz class in your area, because it is not a sport that is as yet widespread, but if you can find one, then I would highly recommend it.

EACH PERSON has to be looked at individually to find out why they take part in sport. If a girl enjoys positive reinforcement for her sporting behaviour from family and other quarters, then she is far more likely to continue participating in sport right into womanhood.

If, however, double games is looked upon as a compulsory horror at school, and there is no encouragement to take up a sport out of school (a Saturday morning job being far more attractive than a hockey game) then a girl is hardly likely to participate in sport after she leaves school. My father played football for Queens Park, Dunfermline and East Fife, and my mother carried on playing hockey

after school, so it was hardly likely that they would discourage their daughter when she showed an interest in athletics - "as long as it doesn't interfere with schoolwork."

There are now, however, women taking up sport a long time after leaving school, perhaps because of the medical evidence linking good health and keeping fit, or perhaps because they now have more time on their hands. Until relatively recently women spent most of their "athletic years" having numerous children and rearing them, whereas the trend now is for smaller families, and with all the labour saving devices they are freed from the kitchen sink routine.

As recently as the late 1950's, early 1960's, my mother can remember standing at a double sink each day hand washing nappies, my father coming in for his dinner and having to ca' the mangle as they were fed through. With so many women now working as well as having family, the man of the house has to take a greater responsibility in the child rearing - which has probably gone a long way to demonstrating that women need recreation time as much as men.

With the League of Health and Beauty and its more modern counterparts like aerobics and jazzercise, keeping fit no longer necessarily means having to jog round the park at 6.30am in your husband's old sweats, or standing in a gym in a pair of long navy knickers swinging a couple of Indian clubs about your head.

Keeping fit can be glamorous and great fun without having to spend your life savings on designer ski wear and a trip to St Moritz. There will always be those of us who get great enjoyment from sweating it out on the track or in the circuit room, but the sporting world for women has increased so much that it caters for all diversities, and there is something for everyone in the world of keep-fit, or indeed get-fit.



Fiona Macaulay

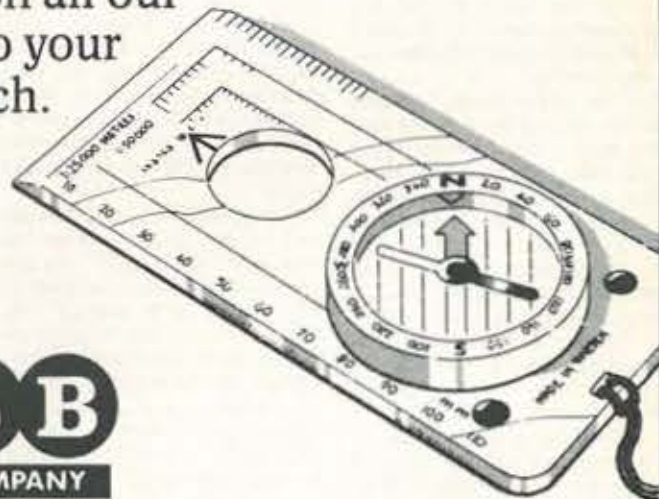


TSB TRUST COMPANY IS DELIGHTED TO BE ASSOCIATED WITH THE BRITISH ORIENTEERING FEDERATION

You know your way around the countryside. We know our way around personal investment and insurance services.

TSB Trust Company an insurance and unit trust arm of the TSB Group, offers a wide range of financial products such as home and motor insurances, life and pensions plans and a wide range of unit trust and offshore funds.

For more information on all our services find your way to your nearest TSB branch.



TSB Trust Company Limited.
Registered office: Charlton Place, Andover, SP10 1RE.
Telephone (0264) 56789.
Registered in England and Wales: Number 1628564.

Orienteering

Plotting a route to the Burial Pot

Abent, barefooted, weather-beaten Chinese peasant stumbles off the path as I thunder past, map in hand. Who is more surprised? Over the paddy fields, round the edge of the impenetrable jungle, pick up the break of slope; now where's the control?

I glance at the list of control descriptions. Number three; code NQ: Burial Pot. What on earth is a burial pot? The control flag hung from the corner of a low, rough-brick tomb. Inside were a couple of earthenware pots, each containing the skeletal remains of long dead Chinese folk from past dynasties.

This time yesterday I was enjoying fish and chips and Glaswegian drizzle. Here in Hong Kong it's 30 degrees Centigrade and very humid; sweat is pouring off me. Thank heavens for Ron Hill micromesh. I'm desperately trying to familiarise myself with the Hong Kong culture, the bizarre terrain, and the new style of mapping before my first World Cup race in two days time.

Race day arrives with light rain and cool temperatures. Sod's law! A long warm-up, several trips to the world's most disgusting loo, then a steady jog to the start. The terrain is mountainous, and the weather is changing. The race will be hot and hard.

I start steadily with a safe route to the first control. No problems. Subconsciously I increase the speed a little, and flow through the early controls. Nine to 10 is a long three kilometre route-choice leg. I go to the right - no jungle to get caught in, but my route is very hilly (I later learn that it's about three minutes slower).

Tiredness sets in and keeping up the concentration is more difficult. In the distance I can hear the loudspeakers at the finish. The last control is easy, but I stray left and get caught in some savage undergrowth, losing half a minute or so. Shit! I sprint down the run-in; it's over. A good run, but there are a lot of Scandinavians ahead of me. Sweden's Kent Olsson, the recently crowned world

Scottish orienteer **Richard Jones** made a fine start to the World Orienteering Cup, finishing 20th and 19th in the first two events in Hong Kong and Tasmania. Here is Richard's account of these two events.



champion, is two places behind me. He won't be overjoyed with his performance!

I pack up, dash to the airport, and I'm off to the land of Fosters, Wallabies, and some of the world's finest forests.

FROM THE hurry of Hong Kong to the laid-back life in the outback. The luxury of a spare week to recuperate, relax, and re-acclimatize; a week of ice cream, cold tinnies, and bicentennial celebrations. I get to run in some of the forests near Hobart. Yuk! It's rocky underfoot, visibility is low, and the indigenous undergrowth is a type of thorn bush that makes gorse seem friendly. The thought of 15 kilometres in the World Cup race fills me with a certain amount of trepidation.



Part of the men's course for the World Cup in Hong Kong this year. Left, Richard Jones, after Britain had finished eighth at the World Relay Championships in the Vosges.

My fears are unfounded - the World Cup terrain is some of the fastest I've ever seen, and it's also technically difficult with very much intricate granite detail. Orienteering at its very best.

Tomorrow is the big race. I'm rather nervous of course. We're all here at the "model race" - a practice event to check technique and to familiarise oneself with the type of terrain likely to be encountered in the race itself. A week ago in Hong Kong the runners laughed and joked together in post-race relief - now they glance at each other nervously. Little is said.

I warm up and set off at a jog, looking at the terrain and the mapping style. Brilliant. I run a few controls at competition speed, then ease down to a jog again. It's easy to do too much. My concentration is awful and I make a huge mistake - that's a good sign, my mind is on tomorrow's race. Hmmm, it's pizza for tea.

Forty degrees centigrade. The air hangs heavy with the sweet, dry smell of eucalyptus. We walk to the warm-up area in subdued silence. Stretch, jog a little, and then do some sprints. I meet the next bus load of runners on their way to the warm-up and start area. The Norwegians say hello (very cool!), the others stay silent. The tell-tale signs of nervousness are evident - slight clumsiness, furtive glances, the occasional yawn.

I'm in the start pen and the nerves have gone. Total concentration, ready for all-out effort. My mind is blank. Nothing at all.

A cautious start, as always. Then

I'm into the routine so often practised. The navigation just happens; almost all decisions are in the sub-conscious. No problems with the early controls.

I sense someone to my right. A Norwegian. It's Petter Thoresen, an old friend and rival from our junior days. He's caught me up and he's hurtling along. We stay together, he misses a little, then he overtakes me again.

Something is wrong. Petter is to my left and I'm sure he's too low, but he "pulls" me down the hillside. Climbing a couple of contours, I read the detail into the control. I don't see Petter again, and learn later that he missed out the control all together. All too easy in the pressure of competition.

Almost perfect for the rest of the course, then I'm urging my aching thighs to manage a final sprint into the finish. The finish at last. I'm vaguely aware of a couple of newspaper men asking me questions and try to focus my brain on what they're saying. I'm totally knackered.

Petter and I share a beer or two and discuss the race. He had had the fastest time for a while, but was of course disqualified for missing out the control. I offer to teach him how to count! He says that he'll teach me how to run!

So, the serious racing is over for a while. We had a week of less formal races, culminating in a 75K two-day mountain marathon. Then it was back to Cumbernauld for three months solid training before World Cup 3 in the Trossachs. What a life!

Numbers double in only four years

Many sports and activities claim record development which beats all others; gymnastics, though, must have a real claim to being the top growth sport in Scotland over the last four years.

During that time, membership of the Scottish Gymnastics Association has doubled and the number of clubs affiliated has grown from 53 to over 100. A remarkable expansion rate.

The largest part of this growth has come in the area of recreational gymnastics. This section has always existed within clubs, but has not previously been fully developed

noted in all of these spheres.

A successful pre-school gymnastics symposium was held in Stirling recently, with Kate Pearson, the British national coach, giving two excellent practical lectures.

Low level coach education is another task undertaken by the panel, who have benefitted by the appointment, eighteen months ago, of Sandy Richardson as national coach for women's and recreational gymnastics. His tireless efforts have been noted, especially in the area of coach education which has seen the rapid development of areas like Perth and Kinross after a coaches' course. This has led to four new clubs in the district in as many months.

Sandy has also put a good deal of work into the expansion of the successful Britoil award scheme, to include single skill badges. This was intended to expand the awards scheme for everyone participating in the sport, but has been delayed by the sponsor's "other considerations" at present.

The widening of gymnastics to reach everyone is the thrust of recreational gymnastics, and nowhere is this better illustrated than in the area of gymnastics for

This area is being pioneered by the chairman of the recreational panel - Bill Don of Lasswade High School Centre in Midlothian. He has experience of working with a variety of handicapped groups, including visually impaired youngsters.

Bill's other great personal commitment and achievement is the Scottish "Gym-Fest". This festival of recreational gymnastics has snowballed since its inception in 1985. That year it had 161 participants; in 1988 it will have over 1,000.

This year's Scottish "Gym-Fest", which will again be sponsored by Martin and Frost (Furnishers), is to be held in Perth on April 30 and May 1. The running of the event over two days is made necessary by the large entry which could stretch to 1,500.

The sponsors have come in with a four figure sum to support the event - Britain's largest festival of recreational gymnastics. It exists to give an opportunity for gymnasts of all ages and abilities to display their talents in a totally non-competitive situation. The emphasis is on the fun of taking part; every participant receives a medal, there are no "prizes" to be won, and no judges.



Gymnastics display teams from Lasswade Gym Club and Special Olympics UK.

nationally. Two years ago, the annual general meeting appointed a panel to concentrate on recreational gymnastics, and since then the whole sector has blossomed rapidly.

The aspects of the sport covered by the term recreational gymnastics, are many - adult gymnastics, pre-school gymnastics, non-competitive gymnastics festivals, awards schemes and gymnastics for special needs groups - are some. Significant advances have been

special needs groups.

Last year a group of gymnasts from Special Olympics UK visited Scotland with coach Dave Rozelle. That was a great success, but future developments are to be less competitively orientated.

The next development will be the staging of an open forum to get the views of all those involved in work with special needs groups and specialists gymnastics coaches. Their joint discussion will determine the way forward.

SUCCESS FOR ALL is the watchword.

The 1988 event is the first to see a sizeable overseas contingent, with groups already confirmed from Portugal and Denmark, as well as England and Wales.

Also exciting is the growing involvement of schools. Originally only clubs entered, but already several schools have indicated their intention to take part this year.

Other contributors this year will come from an expansive range of

ages, abilities and interests - from pre-school to senior citizens, and from international performers to special needs groups. It will be a spectacular festival of participative gymnastics.

The most novel event of the recreational work to date must have been the "Golden Oldies" weekend last October at Inverclyde. This was an opportunity for the "over 18's", whether beginner or ex-champion, to try out the fine new facilities at the National Training Centre. Apart from a couple of minor injuries and a large number of sore limbs, the weekend was an immense success and will be repeated this year.

Recreational gymnastics covers a wide range of ages and talents - catering for everyone in a non-competitive situation. It promises to continue growing at break-neck pace.

THE SCOTTISH profile skill Gymnastics Championships were held at the Antonine Sports Centre recently. The gymnasts had to perform certain key elements and strength tests, and the full results were:

U/10 Championships

1. Eric Axford, Spartans, 54.00
2. Gordon Marshall, Falkirk, 53.40
3. Kevin McPhee, Spartans, 43.80

U/12 Championships

1. Warren Culbert, Glas.Cent., 51.75
2. Kris Robertson, Beacon, 48.60
3. Craig Alexander, Kestrel, 45.50

U/14 Championships

1. Roger Walker, Alloa, 54.30
2. Barry McGrath, Alloa, 49.95
3. Craig Robertson, Beacon, 49.60

U/16 Championships

1. Steve Frew, Alloa, 60.40
2. Steven Dickson, Alloa, 59.90
3. Neil Smith, Falkirk, 54.15

THE first ever full international in sports acrobatics will be held on Saturday April 9 at Larkhall.

The teams - Scotland and Eire - will consist of four pairs and three groups. The event will be staged in the Avondale Recreation Centre which is the Scottish Centre of Excellence for sports acrobatics.



David Watt

Running: a beginners guide



"HOW DO I BEGIN?" is, not surprisingly, the question most frequently asked by the many people of all ages who are daily becoming aware of the physical, mental and spiritual benefits of running.

The simple truth is that there is no uniform answer. Every person, as famous American veteran athlete and writer Dr George Sheehan remarks, is an experiment of one. A training and racing programme suitable for some is almost certain to be unsuitable for others.

There are, however, a few very important hints which a newcomer to running should bear in mind before embarking on a regular schedule. These, if followed, will ensure a smooth transition into the beneficial routine of regular exercise and will help to maximise the personal gains and enjoyment to be derived from our sport.

The first step is to go to the doctor and ask for a health

check to make certain there are no medical reasons why you should not take up running. Such a precaution is highly advisable if you are aged 30 or over, or if you have not been in the habit of exercising for some time.

Do not be frightened off by this piece of advice. It is a simple safety measure which categorically does not imply that there is anything potentially dangerous or risky about running. Even international athletes go for regular health checks, especially at the start of a new season.

Once given a clean bill of health, do not be in too much of

a hurry and do not become impatient. It will take some time to become reasonably fit, and this you must accept. If you attempt to do too much too soon, you are only going to get injured or put yourself into a state of physical and mental stress.

Never forget that you took up running to enhance your life and to give it a deeper and more significant meaning. There will be lots of opportunities later on to be really competitive, if that is what you eventually want, but in the early stages you must proceed at your own pace, doing just enough to show improvement and allowing yourself ample time for

recovery and rest.

Recuperation and regeneration are today considered every bit as important as what you do in training, so always remember the formula: hard work + hard work + hard work = stress, injury, and breakdown; but hard work + rest + hard work = progression and success.

The next important thing to consider is your equipment - starting with at least one good pair of running shoes. These should be comfortable, reasonably flexible, and have sufficient cushioning on the soles to absorb the impact of constant foot-strikes on roads and pavements. Purchase your shoes from a reputable dealer, and do not be afraid to test them out for comfort by walking around with them on in the shop before parting with your money.

Even in Spring you will sometimes need warm clothing

such as jerseys, tracksuits, hats, and gloves to keep out the cold and ensure the retention of body heat. But here again, Dr Sheehan's adage about every athlete being an experiment of one is very relevant. Some people warm up quickly and become so hot and sticky with a lot of clothing that they feel distinctly uncomfortable. Others never seem to feel the heat, and can run for miles in layer upon layer of clothing without getting too hot. You will just need to learn from experience what suits you best.

Two other points are highly valid from a safety point of view: wear reflective clothing or light-coloured garments when training in the dark so that motorists can see you; and always run into the wind, if any, when you set out. This means the breeze will be at your back on the homeward journey and will reduce your chances of catching a cold or becoming exhausted by struggling against the wind on the final stages of the training run.

In the summer, heat can be a major problem so it is advisable

to do your running in the shade - or, better still, in the morning or evening when it is much cooler. Wear loose-fitting garments, light in colour to reflect the rays of the sun and prevent you from absorbing too much heat and exhausting or dehydrating yourself.

Never underestimate the potentially harmful effects of the sun. It can cause heatstroke, sunstroke, and serious skin ailments, so definitely do not train and acquire a tan at the same time.

Whereabouts to train is the next question - and the answer is very much anywhere within reason. There are, however, some training places very much more beneficial than others. Most people tend to do their running on roads and pavements and quite clearly much of the work will have to be done on these surfaces, especially in winter when it is difficult, if not impossible, to get onto suitable soft ground because of the long dark nights.

But too much running on roads or pavements can have its drawbacks as many top

REGULAR stretching exercises (below) are essential in the prevention of injury and should not be neglected.

RUNNING clubs frequently use sand dune training (right) as a break to the normal routine. These youngsters are on the dunes at Gullane, made famous by Jock Wallace in his term as manager of Glasgow Rangers FC.

athletes know to their cost. The constant pounding on the firm surface can cause the leg muscles to tense up and become liable to injury. It can also, in some instances, lead to anaemia as a result of the oxygen-rich haemoglobin components of the blood being broken down by constant foot-strike against hard, unyielding surfaces.

Both of these problems can be minimised by regularly running on grassland, parks, roadside verges, or cross-country when daylight permits. The softer ground provides a natural cushion for the feet and allows more muscles in the ankle region to be used, thus reducing the chances of injury.

Regular stretching exercises are also essential in the prevention of injury. Even a few minutes each day touching your toes, or doing press-ups against the wall with your feet flat on the floor, can contribute significantly to your staying clear of troublesome aches and pains that all too often interfere with an athlete's training programme. Avoid jerky, bouncing movements when doing mobility work, and stick to the stretch-hold-relax principle (i.e. move into the required position, hold it for about 10 to 20 seconds, return to the original position, and repeat the entire process three to six times).

Incidentally, when running on the road, pay attention at all times to the traffic. It is a sad fact of life that each year many athletes are killed or injured while training on the roads. Always keep to the pavement if there is one. If not, run on the right-hand side of the road so that you can see vehicles coming towards you.

Even then you must be careful. Never assume the driver can see you, and always be prepared to take evasive

action by getting on to a grass verge. Watch out for objects such as poles or other implements sticking out of car windows or from the backs of lorries. It is sad to relate, too, that the depths of decadence to which some people sink in this day and age means it is necessary for runners to be constantly on the watch for idiot drivers deliberately forcing them off the road - or for passengers reaching out and striking them or hurling objects at them.

One other point: if you are a woman, try to find a reliable training partner or stick to well-lit streets. And always tell someone where you are going and when you expect to return home.

Should you join an athletic club? In my opinion, the answer to that question is an unequivocal "yes". Membership of a good club will provide you with access to information about races and bring you into contact with people who share your interest in running. But make certain that the club has a beginner's section.

Ideally, you want a club which caters for runners of the same level of ability as yourself, and with whom you can go on training outings. You will learn a lot about the sport from your colleagues and pick up a lot of useful tips about training, equipment, shoes, facilities, races, and good running routes.

If the club has a coach, ask him if he would be willing to give you some advice and supervise your training sessions - even if it only means that he reads through your training diary and writes in any observations or words of advice to enable you to get the best out of yourself. Provided you adhere to his instructions and apply yourself diligently to the schedule, any worthwhile

coach will be only too willing to assist.

But please do not waste a coach's valuable time. If you are one of those people who like to try a wide range of activities and never stick with any in particular, think twice about asking for a schedule. Nothing is more annoying and frustrating for a coach than to be asked for a training programme - then to be told a few weeks later by an athlete, "I have been too busy to follow that schedule you drew up for me."

How many times a week should you train and how far should you run? There are no set rules and here again every person is an experiment of one. It all depends on what age you are, how fit you are, how much exercise you have been in the habit of taking, and whether you are sedentary or active by nature, inclination, or necessity. A training programme which is suitable for one runner may well be absolutely useless for another, and that applies at international level as well as with beginners.

It is generally accepted that you will need to train for around 15 to 20 minutes at least three days a week to attain a good basic level of fitness - so right away you must decide which days you intend to train. Allow one rest day between sessions, e.g. train on Tuesdays, Thursdays, and Saturdays, in the initial stages at least.

However, you can soon consider making Sunday a training day unless you have religious objections - and many athletes do come into that category. The main advantage of a Saturday session followed by one on Sunday is that most people have more free time at the weekends and can fit in training runs at the most convenient part of the day and still have an opportunity to relax afterwards.

How far you run initially should be based on how far you can normally walk without coming to a standstill. If, for example, you know you can walk for a mile quite easily you should then attempt to jog that distance. You might find you have to walk part of the way,

but this should not discourage you.

Try jogging for a minute then walking for a minute until you have covered the mile or whatever distance you have chosen. Or you can jog one minute and walk for two minutes - or jog two minutes and walk for one minute. Eventually, you will find you can jog the entire distance non-stop.

Do not try to run the distance faster at this stage, as the next step should be to increase the distance to be run, i.e. more minutes/miles. Once you have worked your way up to three or four runs per week, lasting for about 30 minutes each and without stopping, you will have developed a good endurance base.

Under no circumstances should you become too competitive at this stage. Your task is primarily to clock up the miles at an easy steady pace for a few weeks, improving your heart-lung

fitness and getting the legs used to the effects of exercise.

Keep a training diary and record details of the weather, how far you ran, how you felt during the session, and how long it took you to recover afterwards. You can do this by checking how long it takes for your heart rate to return to normal after exercising.

It is also worthwhile taking a note of how long it takes you to complete your training runs - but only as a record of progress. You will find that the fitter you become, the easier it will be to cover set distances both in terms of time and effort.

It cannot be emphasised enough, however, that you must not treat every run as a time-trial - because if you do I can assure you that sooner, rather than later, you will get injured or run into a condition of stress. I would repeat again that your running is designed to enhance the quality of your life, not impair it.

Be satisfied with your progress during these first few vital weeks and enjoy the feelings of fitness which your running brings. Run

at an easy, comfortable pace, one which you can handle without getting too much out of breath, and take a pride in what you have achieved during every session, no matter how modest it might appear.

Do not introduce speedwork at this stage. That will come once you have developed an endurance base and the confidence and ability to keep moving non-stop for 30 minutes.

But by next month you should be well on the way to having attained a reasonable fitness level - and we shall then examine the various ways in which you can add quality to the quantity of your running by developing and improving your speed.

● Do YOU know a person or persons who always claim to want to start running, but always find an excuse to put it off? If you do, write in or telephone with their name and address(es) and we'll send them a free introductory copy of Scotland's Runner.



THE TIME IS RIGHT! RUN ON DOWN TO DUMFRIES & GALLOWAY

If you need a break from everyday pressures and training routines, then escape to Dumfries and Galloway: only a couple of hours from Glasgow and Edinburgh, it's a world apart.

ENJOY THE EXTENSIVE FACILITIES OF DUMFRIES, THE PEACEFUL COUNTRYSIDE OF SURROUNDING NITHSDALE, AND THE VARIED SCENERY AND ATTRACTIONS OF THE SOUTH-WEST.

★ Ancient Castles and Abbeys ★ Whithorn Excavations ★ Bladnoch Distillery ★ Glenluce Motor Museum ★ Creetown Gem Rock Museum ★ Drumlanrig Castle ★ Wanlockhead Lead Mining Museum ★ Forest Walks and Visitor Centres ★ Craft Workshops ★ The Glorious Gardens of Galloway – all linked by quiet touring roads, including the new Solway Coast Heritage Trail.

PLENTY OF ACTIVITIES!

★ Unlimited choice for training runs through the countryside
★ Hillwalking and the challenge of the Southern Upland Way ★ Unhurried golf, fishing, birdwatching ★ Sea angling, sailing, riding, for experts or beginners.

DUMFRIES, QUEEN OF THE SOUTH, IS THE IDEAL TOURING CENTRE

★ Riverside swimming pool, sauna and solarium ★ New Robert Burns Centre with evening Film Theatre ★ Town Museum and Camera Obscura ★ Priory Christian Heritage Museum ★ Regular folk and jazz evenings ★ Wide choice of restaurants ★ Dumfries & Galloway Arts Festival provides a superb range of music, drama and other entertainments in Dumfries and throughout the Region (27th May-5th June 1988).

MAIN ROAD RACES:

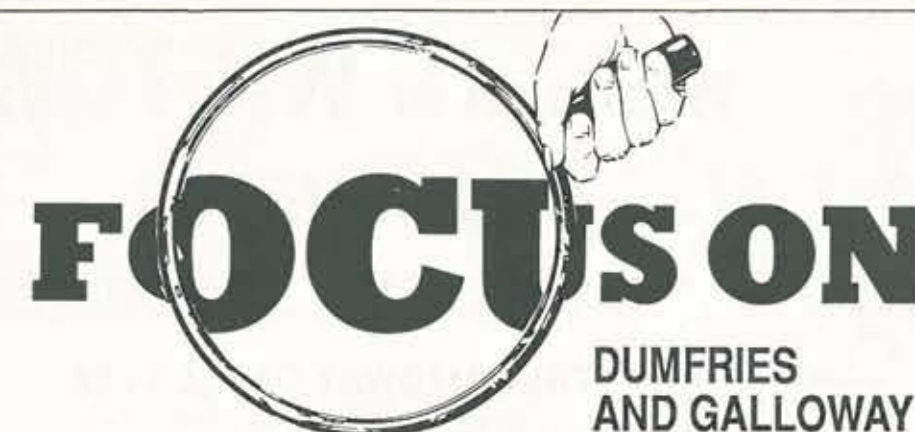
May 21
Kirkcudbright Academy
Milk Half Marathon
June 5
Galloway Sealink Marathon
Newton Stewart
June 12
Dumfries Half Marathon
(Scottish Championship Event)
Sept 18
Stranraer Half Marathon

FURTHER DETAILS FROM:

Dumfries & Galloway Tourist Board (SR), FREEPOST, Whitesands, Dumfries DG1 2SB
Tel: 0387 53862 (24 hrs)

Facilities in Dumfries.
Details from
Nithsdale District Council,
Department of
Leisure and Recreation,
36 George Street, Dumfries.
Tel: 0387 53166.

Dumfries and Galloway is, by dint of its geographical position, in many ways the forgotten corner of Scotland. But David Inglis finds it to be an area of thriving leisure and recreational activity.



Drive south on the A74, then west along the A75, and you'll see a part of Scotland rich in heritage and natural beauty. The region in which Robert Burns died and Hugh MacDiarmid was born, Dumfries and Galloway obviously holds a unique place in the Scottish Lowland poetic tradition but, as the homeland of Thomas Telford and John Paul Jones (not to mention Robert the Bruce and the Covenanters), there is also a practical side to its history. With such traditions behind them it is hard to see how the authorities can fail in their avowed intention to restore the area to a position of prominence in Scottish life.

In the field of athletics, developments are dramatic to say the very least. At the instigation of the Regional Council and with the financial support of an anonymous philanthropist, three of the district councils, Annandale and Eskdale, Nithsdale and Wigtown, each have "satellite" athletics tracks under construction (at Annan, Sanquhar and Stranraer respectively), while a floodlit, sub-national facility is taking shape in Dumfries. For climatic reasons, we are all going to have to wait until the Polymeric surfaces are laid, but everything else is at an advanced stage, so look out for a new sou' westerly force in Scottish athletics.

John Mould is Nithsdale's first Director of Leisure and Recreation and, having recently left Morayshire to take up the position, he is well-acquainted with the problems facing an essentially rural authority. "We're not as remote from centres of population, however," he says, "and, given that our normal facilities - football pitches,

bowling greens, swimming pool etc - are already well-established, we can concentrate on the tremendous potential of the area.

"For example, there is a new three-way development at Palmerston (home of Queen of the South FC) - a supermarket, leisure centre adjoining the football ground, and a sports/concert hall - and with the new running tracks, there is nothing to stop the area becoming a centre of athletics." Dumfries, of course, already boasts a quality half marathon, organised by Dumfries Running Club, and Mr Mould is also quietly confident of the district's ability to meet the challenge of privatisation: "We are a very efficient authority." He is not complacent, however,

and ever-mindful of the problems - such as poor transport - which plague rural communities.

Annandale and Eskdale, to the east of Dumfries, was the first rural district to adopt Actionsport (a government initiative) and remains go-ahead when it comes to Leisure and Recreation. Director of Environmental Health, Thomas Finlayson, and his deputy Donald Bogie, may operate from plush new offices, but are not resting in their laurels. A 25m swimming pool has been built in Annan and a £3/4m covenant has gone a long way to establishing their new running track at six instead of four lane standard. Lorna Irving of Langholm is a former district sports personality of

the year, and Messrs Finlayson and Bogie help make up an "executive" squad for local half-marathons!

Co-operation with the region is also providing a sports barn at Moffat which is intended for the use of both locals and tourists and, although the wide range of responsibility (entertainments, sport for the disabled etc) makes for a hectic life, things can be said to be looking quite rosy for the district which currently holds the prestigious Ellerslie Trophy from Ayr Flower Show (get it?)

Moving west, the scenery begins to change. The "Galloway Hills" and Solway Firth are now in focus, and it seems quite appropriate to find the Director of Dumfries & Galloway Tourist Board,



Cheers! A post-race refreshment is obviously very welcome to these Moffat youngsters after last year's gala fun run.

THE TIME IS RIGHT! RUN ON DOWN TO DUMFRIES & GALLOWAY

If you need a break from everyday pressures and training routines, then escape to Dumfries and Galloway: only a couple of hours from Glasgow and Edinburgh, it's a world apart.

ENJOY THE EXTENSIVE FACILITIES OF DUMFRIES, THE PEACEFUL COUNTRYSIDE OF SURROUNDING NITHSDALE, AND THE VARIED SCENERY AND ATTRACTIONS OF THE SOUTH-WEST.

★ Ancient Castles and Abbeys ★ Whithorn Excavations ★ Bladnoch Distillery ★ Glenluce Motor Museum ★ Creetown Gem Rock Museum ★ Drumlanrig Castle ★ Wanlockhead Lead Mining Museum ★ Forest Walks and Visitor Centres ★ Craft Workshops ★ The Glorious Gardens of Galloway – all linked by quiet touring roads, including the new Solway Coast Heritage Trail.

PLENTY OF ACTIVITIES!

★ Unlimited choice for training runs through the countryside
★ Hillwalking and the challenge of the Southern Upland Way ★ Unhurried golf, fishing, birdwatching ★ Sea angling, sailing, riding, for experts or beginners.

DUMFRIES, QUEEN OF THE SOUTH, IS THE IDEAL TOURING CENTRE

★ Riverside swimming pool, sauna and solarium ★ New Robert Burns Centre with evening Film Theatre ★ Town Museum and Camera Obscura ★ Priory Christian Heritage Museum ★ Regular folk and jazz evenings ★ Wide choice of restaurants ★ Dumfries & Galloway Arts Festival provides a superb range of music, drama and other entertainments in Dumfries and throughout the Region (27th May-5th June 1988).

MAIN ROAD RACES:

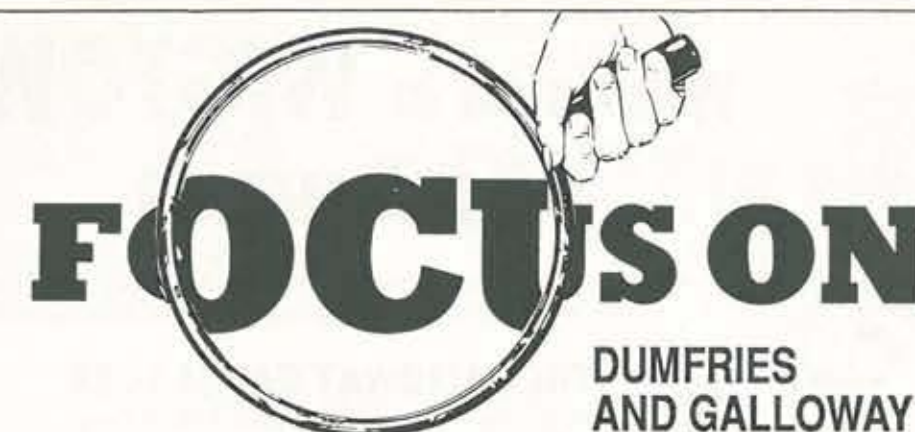
May 21
Kirkcudbright Academy
Milk Half Marathon
June 5
Galloway Sealink Marathon
Newton Stewart
June 12
Dumfries Half Marathon
(Scottish Championship Event)
Sept 18
Stranraer Half Marathon

FURTHER DETAILS FROM:

Dumfries & Galloway Tourist Board (SR), FREEPOST, Whitesands, Dumfries DG1 2SB
Tel: 0387 53862 (24 hrs)

Facilities in Dumfries.
Details from
Nithsdale District Council,
Department of
Leisure and Recreation,
36 George Street, Dumfries.
Tel: 0387 53166.

Dumfries and Galloway is, by dint of its geographical position, in many ways the forgotten corner of Scotland. But David Inglis finds it to be an area of thriving leisure and recreational activity.



Drive south on the A74, then west along the A75, and you'll see a part of Scotland rich in heritage and natural beauty. The region in which Robert Burns died and Hugh MacDiarmid was born, Dumfries and Galloway obviously holds a unique place in the Scottish Lowland poetic tradition but, as the homeland of Thomas Telford and John Paul Jones (not to mention Robert the Bruce and the Covenanters), there is also a practical side to its history. With such traditions behind them it is hard to see how the authorities can fail in their avowed intention to restore the area to a position of prominence in Scottish life.

In the field of athletics, developments are dramatic to say the very least. At the instigation of the Regional Council and with the financial support of an anonymous philanthropist, three of the district councils, Annandale and Eskdale, Nithsdale and Wigtown, each have "satellite" athletics tracks under construction (at Annan, Sanquhar and Stranraer respectively), while a floodlit, sub-national facility is taking shape in Dumfries. For climatic reasons, we are all going to have to wait until the Polymeric surfaces are laid, but everything else is at an advanced stage, so look out for a new sou' westerly force in Scottish athletics.

John Mould is Nithsdale's first Director of Leisure and Recreation and, having recently left Morayshire to take up the position, he is well-acquainted with the problems facing an essentially rural authority. "We're not as remote from centres of population, however," he says, "and, given that our normal facilities - football pitches,

bowling greens, swimming pool etc - are already well-established, we can concentrate on the tremendous potential of the area.

"For example, there is a new three-way development at Palmerston (home of Queen of the South FC) - a supermarket, leisure centre adjoining the football ground, and a sports/concert hall - and with the new running tracks, there is nothing to stop the area becoming a centre of athletics." Dumfries, of course, already boasts a quality half marathon, organised by Dumfries Running Club, and Mr Mould is also quietly confident of the district's ability to meet the challenge of privatisation: "We are a very efficient authority." He is not complacent, however,

and ever-mindful of the problems - such as poor transport - which plague rural communities.

Annandale and Eskdale, to the east of Dumfries, was the first rural district to adopt Actionsport (a government initiative) and remains go-ahead when it comes to Leisure and Recreation. Director of Environmental Health, Thomas Finlayson, and his deputy Donald Bogie, may operate from plush new offices, but are not resting in their laurels. A 25m swimming pool has been built in Annan and a £3/4m covenant has gone a long way to establishing their new running track at six instead of four lane standard. Lorna Irving of Langholm is a former district sports personality of

the year, and Messrs Finlayson and Bogie help make up an "executive" squad for local half-marathons!

Co-operation with the region is also providing a sports barn at Moffat which is intended for the use of both locals and tourists and, although the wide range of responsibility (entertainments, sport for the disabled etc) makes for a hectic life, things can be said to be looking quite rosy for the district which currently holds the prestigious Ellerslie Trophy from Ayr Flower Show (get it?)

Moving west, the scenery begins to change. The "Galloway Hills" and Solway Firth are now in focus, and it seems quite appropriate to find the Director of Dumfries & Galloway Tourist Board,



Cheers! A post-race refreshment is obviously very welcome to these Moffat youngsters after last year's gala fun run.



What's on in WIGTOWN!

SUMMER 88



Full programme of boardsailing and dinghy courses May to September.
For details and application forms contact The Leisure Office.



THE GALLOWAY GAMES 1988

(Featuring the European Heavy Events Open Championships)

London Road Playing Fields, Stranraer,
Sunday, 14th August.



GLASGOW CENTRE 1st JUNIOR TOUR

3-day stage cycling event
throughout Wigtown
District,

Saturday, 30th April,
to Monday, 2nd May.

Send SAE for entry form to:
Race Organiser, Mr J. Ryder,
50 Thorndyke, Calderwood,
East Kilbride G74 3QXZ.



A series of guided walks aimed at fitness and enjoyment
for all the family. Routes vary in length and difficulty;
shorewalks, forest trails, hill rambles. Free transport
provided. For details contact the Leisure Office.

GALLOWAY SEALINK MARATHON

Sunday, 5th June, 1988.

Send SAE for entry form to:
The Race Secretary, Mrs M. Walker,
Clydesdale Bank House,
Newton Stewart.
Phone 0671 2265.



STRANRAER HALF MARATHON

Sunday, 18th September, 1988.

Send SAE for entry form to:
Leisure Office,
Technical Services Department,
Wigtown District Council,
Church Street, Stranraer.
Phone 0776 2151 Ext. 244.

For further information on these
events or our wide range of other
leisure activities, together with a free
brochure on our 1988 Leisure & Recreation
Programme, contact the Leisure
Office, Technical Services Department,
Wigtown District Council, Council
Offices, Church Street, Stranraer DG9
7JQ. (Phone 0776 - 2151 Ext. 244).

GALLOWAY SEALINK MARATHON

SUNDAY, 5th JUNE, 1988



ENTRY FORM

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

SURNAME FORENAME

ADDRESS

POSTCODE

PHONE NO TEAM TITLE (if applicable)

CLUB

AGE ON 5th JUNE, 1988 DATE OF BIRTH

(Age limit for entries 18)

MARATHON PERSONAL BEST MALE/FEMALE

ANTICIPATED TIME FOR GALLOWAY MARATHON

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

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

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

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

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

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

As I expected, the French couple were over-whelmed by the warmth of
the people, the beauty of the area and the fun which surrounded both the
event and the Saturday afternoon.

It was a pleasure to be able to share its enthusiasm and cheerfulness
with you, and I must say with London for me. Ron
Hodgson, 1988.

After 25 Marathons completed to date, the 'Galloway' still remains the
best one. Kenneth Evans, Walsley.

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



Andrew Llanwarne in Newton
Stewart. Llanwarne is, himself,
a keen runner and he wants
others to know What they are
missing. "We already attract a
large number of sporting
visitors," he says, "golfers,
fishermen, birdwatchers, and
so forth, and there is no reason
why athletes should not also
come - for training, or
competition. The Sealink
Galloway marathon, for
example, (race adviser
Brendan Foster) is one of the
most scenic in the British Isles,
and at most times during the
summer we can offer some
kind of competitive run. Or
you can take it easy with a
training run along our
beautiful, quiet, country roads,
and mix this activity with more
leisure sight-seeing along the
coast or on the hills."

There is a 15m x 6m
swimming pool at Castle
Douglas (home of the
mysterious Threave Rovers)
and outdoor watersports are
becoming increasingly
popular with centres at Loch
Ken and Carlingwark. The
local half marathon, which is
staged by Kirkcudbright
Academy, receives
sponsorship from the Scottish
Milk Marketing Board.

Whereas the Stewartry
officials administer leisure and
recreation through the district
Environmental Health
departments, Stewart
Atkinson and his energetic
assistant Mairi Jones run the
Wigtown operation via
Technical Services.

"Wigtown has taken a
conscious decision to support
leisure and recreation,
however," says Atkinson.
"Management consultants
Arthur Young have been asked
to prepare a Leisure,
Recreation and Tourism plan
for the area and our MSC
Community Programme was
two years ahead of Actionsport
in its ideas. We now have a

could then be spent on grants to
local organisations.

splendid new sports centre on
the drawing board and, when
this is combined with our rural
sports programme and the
satellite track, things will begin
to get really interesting."

Atkinson also hopes for closer
links with Northern Ireland



FOCUS ON

DUMFRIES AND GALLOWAY

which is only 30 miles distant,
and it is possibly in this area
that the overall athletics
investment will prove its
worth.

Wigtown district, like Stirling,
owns the park at which its local
senior football team plays, and
there are plans afoot for this
ground - Stair Park, Stranraer -
along the lines of new dressing
rooms, greater public access
etc. The popular Galloway
Games are staged at the
London Road playing fields.

Mairi Jones believes that the
natural advantages which the
area enjoys - good sailing and
countryside facilities - should
also be exploited to the full, and
Capricorn '87, a major British
orienteeering event, was
brought to the south west last
year.

"We try hard to get people to
bring their events to Wigtown
District," she says with some
conviction, and backs the
policy up with a wide-ranging
local sports and entertainment
programme.

I found my visit to Dumfries
and Galloway most
invigorating, and can think of
no better recommendation to
others.

Grit and determination
exemplified by No. 95 at
Moffat last year in this
battle of the sexes.

Small and intimate but still the full marathon distance!

Starting at Newton Stewart,
25 miles from Stranraer, the
Sealink Galloway Marathon
covers some of the most
beautiful scenery in Scotland.
With 226 entrants in 1987, the
event is fairly small and this
helps to make it particularly
friendly. Runners can also
expect a warm welcome from
the locals of Newton Stewart
- named as the "politest town
in Britain" last year!

In a recent poll held by the
British Association of Road
Runners, the Sealink
Galloway Marathon was
voted 14th most popular race

out of over a hundred road
races held in Britain.

Both the first man and the
first lady home in the 1988
marathon will win a return
journey to France with Sealink
for two adults and a car. Other
prizes are sports goods and
local Galloway gifts.

Runners and their families or
friends can enjoy a weekend in
Newton Stewart based around
the marathon, with special
rates at guest houses and
hotels - from £7.00 a night for
bed and breakfast.

On the VETERAN scene...

APRIL IS when what remains of marathon mania blossoms in Britain, and the percentage of veterans competing and excelling in such events is a tribute to the commitment and dedication of mature athletes, male and female.

They have committed themselves through the long winter months not just to the road and the miles of the Dundee event but to London, Lochaber and many others as well. Indeed the Lochaber marathon this year is not only the Scottish Championship event but also the national veteran championships which, for the past two years, has been won by one of Scotland's most dedicated "new" veterans, Brian Carty. Brian seems to have had an indifferent cross-country season, preferring the firmer footing of the roads.

Allan Adams however, who had a excellent run in the SCCU national at Irvine, finishing 58th, and first vet, could be the man to watch this year. But Colin Youngson, the new veteran cross-country champion will have his sights on completing a double by capturing the marathon title.

Following Lochaber a Scottish veteran select team will be chosen to compete in an international match that will be incorporated with the Potteries Marathon at Stoke-on-Trent in June. The formula for choosing a team is changed this year from the four fastest vets from each country to selecting a veteran from each age category; 0/40, 0/45, 0/50, 0/55, and 0/60.

The first four to finish will constitute a team. It is a complicated system, but Don Shelley, the organiser, thinks it will be fairer for the vets and will provide a stimulus and incentive for the older age groups to gain selection and a Scottish vest.

I have always believed that the seeds sown in a good winter's training and cross-country running can be ripened and harvested the following spring and summer. When I cast my mind back a year I can see the benefits of what now adds up to between 200 and 250 miles per month.

So take heart, any of you who feel down and out, and want to throw away those trainers. Throw away those pills and potions and get back to STEADY miles.

I have had a motto for the past year - no race will spoil the enjoyment of my weekly long steady run, and I must admit that in the main it has worked.

Even when a race has clashed, I have tried to treat it as my "enjoyable Sunday run". That has resulted in my best national run for six years, so I will stick with it for a while.

Next month I will be telling you of an athletic family with two active vets who epitomise much of the happiness, frustrations and benefits to be found in running both as a sport and recreation - the Hymans of Livingston you may presume.

Henry Muchamore

New territory broken by SSAA

THE SCOTTISH SCHOOLS Athletic Association broke new territory on March 6, holding an invitation indoor event at the Kelvin Hall, sponsored by Girobank, Scotland.

In a class of her own was Dumfries High's Kathleen Lithgow, who equalled her 60m personal best of 7.7 seconds and went on to a new PB in the 200m of 25.4 seconds. In the absence of Alison Edmonds of Kingussie High, Valerie Friel (St Maurice's High) ran well, recording 8.1 in the 60m and 26.8 in the 200m. In the Boys' sprints, Darren Galloway of Auchinleck Academy was outstanding (7.2, 60m and 23.2, 200m) but the future of Scottish Schools' sprinting looks good, with Mark Avis (Balwearie High), Chris Shields (Carnoustie High), Alan Ball (Knox Academy), Alex Carnie (Mackie Academy) and Gavin McPherson (Marr College) all recording good times.

With several potential cross-country internationalists invited, the 1000m was obviously not long enough to test their talent, but Gordon Reid (Kilmarnock Academy) and Laura Thumire (Firrhill High) were really impressive over this distance. The unusual distance of 600m threw up the two best races of the day, with Mary McClung (St Joseph's Academy) holding off Inverkeithing High's Lesley Svaasand to record 1-41.6 to Lesley's 1-42.7 (although Laura Thumire went faster in her heat in 1-41.4).

The standard of field events is worrying for the future. Obviously in the shot putt, Alison Grey of West Calder High is outstanding, with Jane Ritchie of Arbroath High promising, as are Eddie Nicoll of Arbroath Academy and Philip Crawford (Morrison's Academy). The high jump was disappointing with only Sebastian Whyte (Golspie High) doing himself justice.

Outstanding in the long jump was internationalist Caroline Black (Currie High) with 5.22m.

Linda Trotter

DUMFRIES HALF MARATHON ROAD RACE

incorporating
THE SCOTTISH PEOPLES
HALF MARATHON CHAMPIONSHIP

SUNDAY JUNE 12th, 1988

2.15pm Start from Dock Park, Dumfries

Organised by Dumfries Running Club

"The biggest event in S.W. Scotland"

(Under SAAA & SWAAA Rules)

Grade II - BARR

Measured to IAAF Standards

Medals and Certificates to all finishers

Sponsored by S.M.T. Garage Ltd.,

Nithsdale District Council, Dumfries Standard, Gates Ltd.,

Northern Rock Building Society.

Individual, Tea

Entry Fee - £4-00

Men, Vet Men 40-50, Vet Men 50-60, Vet Men 60+

Ladies 18-35 yrs, Vet Ladies

Entry forms from Race Organiser, Ms Shiela M Howat,

4, St. Michael's Terrace, Henry Street, Dumfries DG1 2LJ

Closing date - 31st May, 1988

2.5 mile Primary & Secondary Fun Run, Certificates
to all finishers. No entry form, No entry fee -
Come along ready to run.

ON YOUR MARKS... FOR

ANNANDALE & ESKDALE

The premier district in leisure and recreational facilities.

We cater for all aspects of sports and leisure activities, ranging from: running tracks, to golf, tennis, water sports, equestrian, fishing and shooting, caravanning and places of historical interest.

So why not take advantage of our beautiful countryside and excellent facilities and stop in Annandale and Eskdale.

For further details call Annan (04612) 3311.



Annandale & Eskdale

DISTRICT COUNCIL CHAMBERS
ANNAN, DG12 6AQ

FOCUS ON

DUMFRIES
AND GALLOWAY

Many runners have praised certain races for a variety of features, including organisation, friendliness, and scenic beauty. It is quite difficult to find all three factors in one race, but exceedingly difficult to find a whole series of races with such a formula, all held within a thirty miles radius of one major town.

Virtually every town in the Dumfries area holds a gala of some sort, and as a part of that gala a road race is organised thereby helping to create an atmosphere of festivity and community involvement. Numbers of entrants vary from 17 to 700, but competition is of high standard and a large number of athletes from outside Dumfries and Galloway are attracted to participate in the races.

If I were to mention all the races individually, I would take up the rest of Scotland's Runner! I have, therefore, selected in a somewhat arbitrary fashion five of the region's top races held during the months of June and July. Each town mentioned is less than thirty miles from Dumfries.

Lockerbie Gala 10K Road Race

THE race heralds the start of Lockerbie's Gala Week; the main festivities being left until the Saturday when the entire town takes to the streets to watch, among other things, a variety of parades, the Riding of the Marches, and, generally, many other merry-making activities.

The race itself is a more serious affair. Although only 130 runners were attracted to the starting line last year, quality performances were in evidence as course records were broken in both the men's and women's races.

It has to be said that most competitors recorded quite magnificent personal bests

which, regretfully, leads one to regard the course as being what might be called "10 K-ish!"

Dumfries Half Marathon

UNDOUBTEDLY the "jewel in the crown" of Dumfries and Galloway's summer road races, the half marathon attracted 700 athletes from all over the country last year despite a course which has picked up a reputation of being relatively tough.

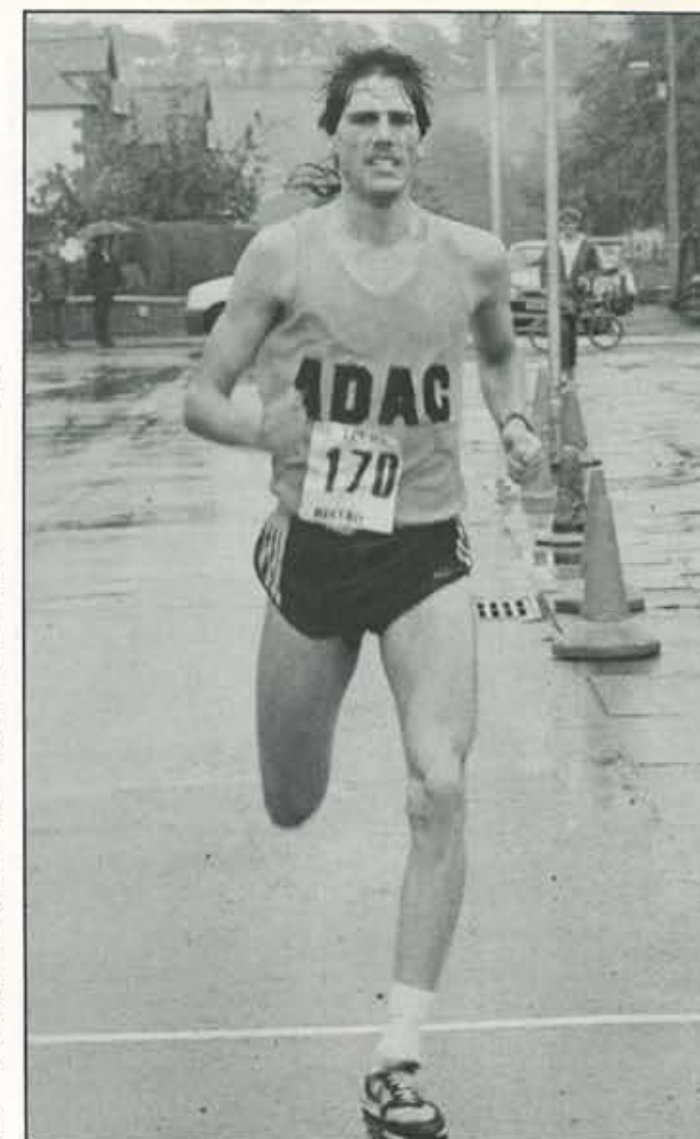
The race is one of the first events in Dumfries's "Guid Nychburris" Festival (to pronounce this as "Good Neighbours" would be a gross faux pas!) and it enjoys a huge level of support from the townsfolk. In 1985 Mike Carroll set the men's course record in a time of 65-36, while Lorna Irving recorded an excellent time of 74-47.

Perhaps one of the most memorable aspects of the race for many runners is the long, tree-lined finishing straight, packed with cheering crowds. As you near the end there is a crescendo of roars, and for one brief moment delusions of grandeur set in and you are transported to the finishing line of some far off Olympic stadium!

The Guid Nychburris Festival reaches its climax on the Saturday following the half marathon.

Annan 6 Mile Road Race

THE annual Riding of the Marshes event keeps alive the tradition of riding the boundaries of the borough. In years gone by, this activity was carried out to ward off reivers and other unwanted characters. Three days before these final celebrations, the town witnesses a friendly invasion of about 100 runners from the South-West, Cumbria, the Borders even further afield. Annan's Robert Carey pleased the local



contingency by winning in 29-25 last year.

Annan's Rob Carey... the local man to beat in Dumfries and Galloway's road races.

Moffat 15K Road Race

SINCE sheep farming is an important source of income to the area, this is upheld in the gala's traditional ceremonies with the installation each year of a Shepherd and his Lass. (Other towns install a Coronet and a Coronet's Lass.) The Moffat Road Race presents the runner with an interesting route, the most notable feature being the one mile, 550 foot climb up the Devil's Beefub!

Despite the uninspiring weather last year, the High Street was packed with locals who provided Terry Mitchell (Fife AC) with a warm reception as he romped home to win in 48-51.

Gatehouse "Roon the Watter" 10K Road Race

SITUATED on the Water of Fleet, the Gatehouse race is

aply named. Once a prosperous cotton spinning and weaving town, Gatehouse today is devoid of large industries and is simply a quiet, picturesque little place. The town does, however, become a lively centre during its Gala Week. And of course, in among the crowning of the Gatehouse Queen, raft races down the river, parades, concerts, and a positive cornucopia of activities, is the 10K Road Race.

The South-West remains in many peoples' minds a forgotten part of Scotland. From the road racing angle, however, those athletes who allow Dumfries and Galloway's summer road races to pass them by don't know what they're missing.

Carolyn Brown

End of an era as Tennant and Branney take the titles

REPORT: Doug Gillon

PICTURES: Peter Devlin

Since 1974, only three names have appeared on the W. H. Dunlop trophy for the senior winner of the Scottish national cross-country title. Andy McKean won thrice and Allister Hutton twice, while Nat Muir, with eight victories, was in danger of being referred to the Monopolies Commission.

But Neil Tennant ended that era when he beat Chris Robison at Irvine on a keen, clear February day. The Edinburgh Southern Harrier, a native of Hawick whose father manages a slaughterhouse in Cambridge, fairly poleaxed Robison who had a series of hard and successful races behind him.

With his sights on the World Cross Country Championship, and a marathon debut in London, Robison had kept his mileage up. So 25 year old Tennant figured on making the former England international question his confidence - "make him feel tired early" as Tennant put it.

After little over a mile he had escaped. Muir was absent with a virus and Hutton, though advancing through the field, was soon to drop out. The old guard was gone. Robison clung grimly, close in Tennant's slipstream, until the first brutal rise from Irvine beach.

A huge stone dragon glares balefully down as the runners dig into the climb, but the brute breathed fire into Tennant's limbs, and he scorched ahead, opening an ever-widening gap before completing the 12,170 metres course in 31-14, with IBM Spango Valley's Robison 33 seconds behind.

Tommy Murray, despite having lost half a stone through a stomach upset after racing in Spain the previous week, took third and Greenock Glenpark a first medal in the event for nearly 70 years.

Peter Fox powered through from the teens to fourth in the final mile and a half, but another doctor, Alistair Douglas, who could justifiably have expected a place in



SANDRA BRANNEY ... led Glasgow to team victory.

the top half dozen, was a distant 46th. He still was suffering from a tooth abscess which has plagued him since the McVitie's Gateshead trial. He could not have been helped, either, by the 168 hours of work he had put in over 12 successive days without a break.

Cambuslang achieved one of the most spectacular team victories with the low total of 63 points. In recent years the only better show one can only recall was when Edinburgh AC won with six men in the first 11. Jim Dingwall, thirteenth, did not count in the team.

Cambuslang's was a purely home-grown success. Led by Alex Gilmour in fifth, and with the remarkably consistent and underrated Colin Donnelly just behind, the red vests poured in like the tide - Ed Stewart (7), Ross Arbuckle (13), Jim Orr (14) and Charlie Thomson (18) - their last man home even before Edinburgh Southern's fourth.

The capital side, seeking to capture a 55-year old record outright, had to go to 89th place before their team was home.

Clydebank could not match their historic title treble of last year but with two individual titles and two team victories, plus a third they were still top club. But improving



NEIL TENNANT ... ended Muir's run of successes.

Victoria Park and Motherwell YMCA took the senior boys and youth team honours.

The following day, just as there had been frustration for Muir, it was the turn of Chris Haskett. The Dundee woman, a winner of the senior title back in 1971, and chasing a record-extending sixth crown, suffered a stomach upset and could not compete.

She would, however, have been given a run for her money by Sandra Branney, who led Glasgow AC to a team victory, despite the hazards of a poorly-stewarded course. The Strathclyde University librarian damaged a hip last autumn and had had only one track race - the Scottish indoor 3000 metres which she won - since October. She sorted herself out largely thanks to running in a special jacket in the university's swimming pool, and looks in good shape for the World 15K Road Race Championship in Adelaide, where she will represent Britain.

For the second day it was a western eclipse for the capital. Edinburgh Woollen Mill could not even get a team to the start line. Sonia Grainger took the intermediate crown and Black Isle and Inverness made their long journeys pay off with the minor girls and intermediate team titles.



Left: Ed Stewart, Alex Gilmour and Colin Donnelly who helped Cambuslang to a team win. Right: John Duffy leads Ian Steel, Peter Wilson, Simon Axon and Alastair Douglas off the beach. Below: One of the Irvine hills takes its toll of the women's race. Top and far left: The junior boys 2 mile event.





Ritchie - winner in long run

SEVERAL athletic clubs have had experience of running the length of Britain, few can have made as many attempts as Aberdeen AAC. Three times over the last 15 years a team of Aberdeen's best have pounded the roads between John O'Groats and Lands End, culminating in 1982 with a "record" time of 77hrs 26min 18 sec.

One of the main things people not of the running fraternity wanted to know was: who is Donald Ritchie? Those who achieve fame by virtue of their efforts are little recognised in the society in which they live, but when you held almost every ultra distance record from 50K upwards in your career, and currently held no less than six world best times, it did seem a little surprising that so many people were unaware of the existence and achievements of this modest man in their midst. This problem does not exist abroad, and the multitude of invitations Donald receives yearly are testimony to that. However, one fact became resplendently clear as arrangements progressed - there was no better respected or admired person on the British athletics scene.

Other than the wish to run, Donald had two other reasons for the attempt. The fastest time accepted by the Guinness Book of Records is held by Ken Craig in 12 days, 1 hour, and 59 minutes although a time of 10 days 3 hours 30 minutes set in 1977 by Fred Hicks was recognised by the Road Runners Club. This was accepted by Donald as the one to beat, and he set his schedule accordingly.

He also wanted to raise money for charity, and having lost both parents and a close friend to cancer and leukaemia in the preceding two years, the choice of charity was obvious. It says mountains for the people who supported the attempt,

Donald Ritchie, ultra distance world record holder is to try the Land's End to John O' Groats run again, backed by his experienced Aberdeen support team. **Graham Milne**, co-ordinator of the attempt, reports.

and John Diffey who took on the role of charity convenor, that we were able to hand over almost £4000 in July of last year.

So it was with a schedule aimed at 10 days that Donald set off from Lands End at 6-30am on April 5. This meant running approximately 80 miles per day for 10 consecutive days, schedule that was to prove over-ambitious.

The decision to run from south to north was made for a variety of reasons, mostly because the prevailing wind was from the south. We had four vehicles, all with short wave radios, and the only mishap on the southerly journey was the rather keen interest a local constabulary car took in one of our cars, the result of which was our expenses went up by £45 as payment for a speeding conviction!

Day one saw Donald cover 83 miles, reaching some 14 miles short of Oakhampton. Even at this early stage several problems were becoming evident. The traffic on the relatively narrow A30 was horrific, and such was the problem that on more than one occasion the safety of Donald and the accompanying runner was seriously in danger. Further, Donald did not finish his first day until 8.30pm, and with the benefit of hindsight this was far too long, especially on day one.

At 6-55am the following morning, after seven hours sleep and some precautionary physiotherapy, Donald was on the road again, dicing with the seemingly never-ending stream of

juggernauts.

Through Oakhampton and on to the Devon/Somerset border by 5pm, Donald made Bridgewater by 9pm to complete another 80 mile day.

The hills experienced on Day 1 proved quite tough and Day 3 saw the Mendip Range looming. Even the van I was driving had some trouble with these, but after 30 miles Donald was traversing Bristol, running under the Clifton Bridge. At 3-30pm he moved into South Wales with 207 miles covered, and we then progressed to Tintern, running down the beautiful Wye Valley.

One of the duties of the support crew was to obtain authentication from passers by. This was one of the few things Donald was verbally worried about - understandably really. It would have been unthinkable to arrive at John O'Groats only to find the record was not to be accepted because of a lack of witnesses. Signatures and photographs of Donald with road signs in the background were meticulously obtained en route.

A much more serious problem was lurking just ahead. Through the Wye Valley, some 20 miles short of Hereford, Donald was running the last stint of the day. The weather was perfect and spirits high, and Donald was becoming used to the regime.

But a slight pain on the lower left leg became so bad within five minutes that running was impossible. This effectively was the end to a brave attempt, although

much greater bravery was displayed in the following 24 hours.

The problem was "shin stress fracture" and with the fatigue of 260-odd miles there was little resistance to the rapid deterioration of the condition. Malcolm Morgan tried everything possible that night, and it was hoped that with a day of walking with the leg strapped, the run could continue.

Day four saw the most incredible display of courage as Donald limped his way up the busy A38, the thought of any record long since gone, but the charity funds uppermost in his mind. Finally, though, after much heart-searching the attempt was officially stopped, and an X-Ray sought at the local hospital in Shrewsbury.

Despite all the desperation and frustration, Donald recovered within five or six weeks and the substantial sum already mentioned was handed over to the charities. What remained, however, was the desire by all concerned to put the experience learned to good use in a further attempt. This attempt is to take place from July 9. The main change is that this time Donald will run mostly at night, with a protecting and illuminating car.

At this time, we are urgently seeking help, advice, money, and provisions, not to mention the odd vehicle or two! Possible sponsors who wish to find out if this is a suitable project to become involved in are urged to contact us. The charity to benefit again is to be the Cancer Research Campaign.

FURTHER INFORMATION can be readily obtained from: **Graham Milne**, Vidabank, Church Lane, Longside, Aberdeenshire AB4 7XJ. Tel. (077982) 382. or **Donald Ritchie**, The Lodge, Stotfield Rd, Lossie-mouth, Moray Tel. (034381) 3398.

Clark on course for world junior events

CLARK MURPHY, the only home Scot to feature in Britain's World Cross Country team (Chris Robison was born in Derby), is perhaps the most exciting talent to emerge north of the Border since Robert Quinn.

He scraped into the UK team for New Zealand by finishing sixth in the mud of the McVitie's trial at Gatehead. "I just don't like mud," said the 18 year old Fife athlete. But perhaps of more significant impact on his final place was the fact that just six weeks before the race he could not jog the three miles from his home to the Pitreavie club where he trains. "I had to stop and walk," he said.

A chest infection, not for the first time, had struck him down, but the difference a few weeks could make was dramatically demonstrated when he scored a runaway success in the national junior cross country championships at Irvine, winning by 44

seconds from Terry Reid of Dundee Hawkhill.

A year earlier he had finished glazed and almost blacking out, runner up behind Reid. "I had collapsed with a chest infection at the East district event, and probably should not have run at all," he said.

But what was a heroic silver medal was of no interest to Clark. "It's on the mantelpiece at home - my mother dusts it, but I've not even looked at it. I lost after all."

Coached by John Wands of Rosyth, the teenager had dramatic success when he captured the AAA junior 5000

metres title in only his third attempt at the distance. "It was a tactical race - the time was 14 min 39 sec - and I certainly can run a lot faster than that," insisted Clark. That claim is borne out by his 3000 metres personal best of 8-17, and his shorter distance bests reveal that he has nothing to fear in a sprint finish.

He clocked 50-2 for 400 metres in the GRE Plate, and has run 1-53-3 for 800 metres and 3-53-9 for 1500 metres.

His principal target this year is the world junior championships in Sudbury, but before making it to Canada he hopes to defend that AAA title.

He is also eager to pursue some form of sponsorship. He has recently finished a one-year YTS electronics course with Marconi. "Now I would like to get full time employment, hopefully something sympathetic to my running," he says.



Clark Murphy winning the national youth title

Juniors to watch

Dave Nugent, in the first of a regular series, profiles **Clare Mackintosh**, the talented young Glasgow AC hurdler.

Full Name: Clare Mackintosh
Born in Glasgow: 2.4.1971.
Height: 1.65m (5'5")
Height: 54kg (120lbs).

SHE attends Westbourne School and is a member of Glasgow A. C. Coached by Bob Sommerville. Interest outside athletics include "socialising and tennis". Got started in athletics through sister Nikki who was a hurdler. In 1986 ranked thirteenth and fifth for the 80m hurdles (11-7 sec) and 200m H (28-9 sec) respectively for intermediates in the United Kingdom. Has competed in the Scottish Schools Championships, winning the 80m hurdles in 1987 and going on to place third in the British Schools.

Achievements in other major competitions: 1986 - 1st U.K. Indoor 60m H. 1987 - 1st Scottish National Intermediate 80m H and 200m H, 2nd W.A.A.A. Intermediate 200m H. 7th W.A.A.A. Intermediate 80m H. Last year she was unbeaten in Scotland, winning the national schools title, and taking the Scottish intermediate titles at 80 and 200 metres hurdles. She also finished second in the UK 200m hurdles and second in Britain for that event. Training:

Winter

Monday - Endurance and Circuits; Wednesday - Hurdle drills and longer hurdle runs, e.g. 4 x 10-12 hurdles; Friday - technique runs; Hopping and bounding; Sunday - Multi-gym/circuits or hill runs.

Summer

Monday - Speed endurance runs. Hopping and bounding; Wednesday - Hurdle drills and differential runs x 60m, (fast-coast-fast); Friday - technique work, starts to various hurdles (fast); Sunday - Competition or multi-gym. In addition to the above, mobility sessions are carried out at home. Training sessions enjoyed are "technique work and short speed runs".

Performance which has given the greatest pleasure was winning the U.K. Indoor 60m H title in 1986 with a time of 9.19 secs and her greatest disappointment was summer 86 in both major and inter-club competitions, continually being the same time as the first placed athlete.

She considers "everybody on the starting line" as her main rivals. Her short-term aim is "to make the transition from 80m H to 100m H successfully and to work toward being as successful as possible in U.K. hurdling".

Member of Scottish School Squad and Scottish Junior Development Squad 1986/87 and has now graduated to the senior national event squad. On diet she says "I try to eat sensibly".

Results

November

Ayrshire County Cross Country Championships, Troon - Seniors: 1. G. Grant (Kilmarnock) 9th win in a row; 2. C. Miller (Irvine); 3. I. Kerr (Kilmarnock); J1. S. Murray (Kilmarnock); V1. M. Cheyne (Irvine). Teams: 1. Kilmarnock H 28pts; 2. Ayr Seaforth AC 33pts; 3. Irvine 35pts. Youths: 1. B. Richardson (Ardrossan); 2. M. Cameron (Kilmarnock); 3. B. Scott (Kilmarnock); Teams: 1. Kilmarnock 10pts; 2. Ayr Seaforth AC 21pts; Senior Boys: 1. G. Reid (Kilmarnock); 2. I. Craig (Ayr Sea); 3. M. Valley (Loudons); Teams: 1. Ayr Seaforth AC 13pts; 2. Irvine AC 21pts. Junior Boys: 1. J. Ferguson (Ayr Sea); 2. A. Smith (Ayr Sea); 3. L. Richardson (Ayr Sea); Teams: 1. Ayr Seaforth AC 10pts; 2. Kilmarnock H 28pts; 3. Troon Toritoises 32pts. Colts: 1. I. Leitch (Troon); 2. H. Kerr (Ayr Sea); 3. L. McNaughton (Ayr Sea); Teams: 1. Ayr Seaforth AC 10pts; 2. Irvine AC 21pts; 3. Troon Toritoises 23pts; Senior Women: 1. V. Clinton (Irvine); 2. M. Dunlop (Kilmarnock); 3. L. McGarry (Irvine); LV1. M. McGill (Irvine); Teams: 1. Irvine AC 9pts; 2. Ayr Seaforth AC 17pts. Intermediates: 1. V. McPherson (Troon); 2. S. Hamblin (Troon); 3. S. Loach (Irvine); Teams: 1. Irvine AC 10pts. Juniors: 1. G. Slaven (Ayr Sea); 2. J. Roxburgh (Irvine); 3. R. Pollock (Loudon); Teams: 1. Ayr Seaforth AC 12pts; 2. Loudon Runners 21pts; 3. Irvine AC 23pts; Girls: 1. P. Rasplison (Irvine); 2. A. McManus (Irvine); 3. D. Church (Ayr Sea); Teams: 1. Irvine AC 7pts; 2. Ayr Seaforth AC 18pts. Minors: 1. H. Brooks (Ayr Sea); 2. S. Scott (Ayr Sea); 3. K. Stewart (Kilmarnock); Teams: 1. Ayr Seaforth AC 8pts; 2. Kilmarnock H 17pts; 3. Irvine AC 23pts.

Dunbartonshire County CC Championships, Levensgrove Park, Dumbarton - Seniors: 1. G. Brown (Stirling Uni) 29-48; 2. J. McKay (Clydebank) 30-02; 3. J. Austin (Clydesdale) 30-07; 4. R. Jones (Glas Uni) 30-18; 5. P. Wilson (Vic Park) 30-20; 6. C. Little (Vic Park) 30-38; V1. A. Adams (Dumbarton); 8th 30-48; V2. C. Martin (Dumbarton); Teams: 1. Glasgow Univ. 39pts; 2. Clydesdale H 45pts; 3. Dumbarton AAC 50pts. Youths: 1. G. Stewart (Clydebank) 16-12; 2. S. Barnett (Vic Park) 16-32; 3. S. McKendrick (Dumbarton) 16-43; Teams: 1. Clydebank AAC 10pts; 2. Victoria Park AAC 20pts; 3. Clydebank AC 'B' 32pts. Senior Boys: 1. D. Hill 11-41; 2. A. Thain 11-58; 3. G. Harvey 12-01; (all Clydebank); Teams: 1. Clydebank AC 6pts; 2. Victoria Park AAC; 3. Clydebank 'B'. Junior Boys: 1. C. Young 10-19; 2. D. Fotheringham 10-35; 3. A. Bruce 10-37; (all Clydebank); Teams: 1. Clydebank AC 6pts; 2. Kirkintilloch Olympians AC 29pts; 3. Colzium AC 29pts.

Lanarkshire County CC Championships, Drumpeller Park, Coatbridge - Seniors: 1. E. Stewart (Cambuslang) 29-04; 2. D. Donnet (J1) (Springburn); 29-15; 3. C. Thomson (Cambuslang) 29-34; 4. J. Cooper (Springburn) 30-05; 5. J. McAllister (E. Kilbride) 30-10; 6. A. McIndoe (Springburn) 30-15; V1. E. McIvor (Cambuslang) 12th 31-13; Teams: 1. Cambuslang H 21pts; 2. Springburn H 33pts; 3. Shettleston H 75pts. Youths: 1. A. McBeth (E. Kilbride) 13-16; 2. M. Gallacher (Cambuslang) 13-54; 3. G. Fegan (E. Kilbride) 13-56; Teams: 1. East Kilbride AC 11pts; 2. Cambuslang H 20pts; Senior Boys: 1. G. Hart (Bellshill)

10-17; 2. A. Smith (E. Kilbride) 10-34; 3. E. McCafferty (Cambuslang) 10-38; Teams: 1. Cambuslang H 17pts; 2. Bellshill YMCA 29pts; 3. Springburn H 34pts. Junior Boys: 1. I. Forbes (Stonehouse) 9-52; 2. M. McCormack (Shettleston) 10-00; 3. P. Looze (Shettleston) 10-02; Teams: 1. Shettleston H 9pts; 2. Stonehouse AC 12pts; 3. Aldrie H 36pts.

Renfrewshire County CC Championships, Greenock - Seniors: 1. T. Murray (GGH) 32-37; 2. P. Conaghan (Spango V) 33-53; 3. W. Robertson (Bella) 34-25; 4. A. Coyne (Bella) 34-59; 5. G. Goffrey (GGH) 35-10; 6. S. Conaghan (Spango V) 35-20; V1. J. McMillan (Kilbarchan) 15th 36-45; V2. R. Hodelet (GGH) 20th 37-31; J1. P. McDevitt (Bella) 24th 37-54; Teams: 1. IBM Spango Valley AC 46pts; 2. Bellahouston H 79pts; 3. Greenock Glenpark H 88pts; Youths: 1. M. McKendrick (GGH) 17-40; 2. D. Shaw (GGH) 18-09; 3. G. Hill (Bella) 18-30; Team: 1. Greenock Glenpark H 8pts. Senior Boys: 1. J. McFadyen (GGH) 11-42; 2. D. McFadden (Bella) 12-31; 3. S. Rooney (Bella) 12-32; Teams: 1. Bellahouston H 10pts; 2. Greenock Glenpark H 15pts; 3. Kilbarchan AC 24pts; Junior Boys: 1. D. Kerr (Spango V) 9-18; 2. T. Wright (Bella) 9-49; 3. T. Gilliland (Kilbarchan) 9-52; Teams: 1. Kilbarchan AC 14pts; 2. Bellahouston H 16pts.

Northern District CC Championships, Muir of Ord - Seniors: 1. R. Arbuckle (Keith) 47-14; 2. J. Bourman (Inverness) 48-10; 3. W. Miller (Caithness) 48-52; 4. B. Chinnick (Forres) 49-32; 5. A. Reid (Coasters) 50-35; 6. I. Smith (Lochaber) 50-42; V1. G. Milne (Peterhead) 10th 51-51; Teams: 1. Caithness AAC 104pts; 2. Lochaber AC 143pts; 3. Forres H. Juniors: 1. S. Garland (Inverness); Youths: 1. S. Jarvie (Inverness) 26-09; 2. F. Everitt (Inverness) 26-13; 3. D. Bell (Inverness) 26-30; Teams: 1. Inverness 6pts; 2. Lochaber AC 37pts. Senior Boys: 1. B. Fraser (Black Isle) 17-14; 2. T. Nixon (Lochaber) 17-20; 3. D. Hards (Inverness) 17-26; Teams: 1. Lochaber AC 17pts; 2. Inverness H 17pts; 3. Orkney Isles AAA. Junior Boys: 1. A. McRae (Inverness) 11-56; 2. G. Ramsay (Black Isle) 12-04; 3. N. Forbes (Inverness) 12-30; Teams: 1. Inverness H 10pts; 2. Black Isle AC 11pts; 3. Orkney Isles AAA. Senior Women: 1. J. Wilson (Inverness) 18-14; 2. S. Campbell (Inverness) 18-41; 3. M. Duthie (Fraserburgh) 19-06; Teams: 1. Inverness H 12pts; 2. Caithness AAC. Juniors: 1. A. Ramsay (Black Isle) 13-17; 2. M. Baird (Peterhead) 13-24; 3. A. McLeod (Caithness) 13-26; Teams: 1. Inverness H 21pts; 2. Black Isle AC 21pts; 3. Caithness AAC. Girls: 1. R. Burnie (Forres) 9-55; 2. L. Foreman (Peterhead) 10-13; 3. L. Henderson (Inverness) 10-16; Teams: 1. Black Isle AC 18pts; 2. Inverness H 28pts; 3. Orkney Isles AAC.

Eastern District Cross Country League Meeting, West Calder - Seniors: 1. D. Cavers (Teviot) 26-15; 2. I. Steel (ESH) 26-35; 3. A. Walker (Teviot) 26-39; 4. R. Cresswell (Aberdeen) 26-45; 5. J. Ross (Haddington) 26-53; 6. B. Emmerson (Teviot) 27-06; Teams: 1. Edinburgh AC 109pts; 2. Teviotdale H 114pts; 3. Aberdeen AAC 135pts; O'val Teams: 1. Teviotdale H 175pts; 2. Edinburgh AC 252pts; 3. Aberdeen AAC 257pts.

Scottish Veteran Harriers 4 Mile CC Race, Auchinairn Park, Bishopton - Seniors: 1. A. Callan (Springburn) 29-25; 2. J. Robson (ESH) 29-27; 3. A. Douglas (Vic Park) 29-40; 4. A. Hutton (ESH) 29-59; 5. A. Gilmore (Cambus) 30-12; 6. A. McAngus (Bella) 30-18; 7. E. Stewart (Cambuslang) 30-23; 8. G. Croll (E.K.) 30-35; 9. T. Conlan (England) 30-43; 10. H. Cox (GGH) 30-57; V1. E. McIvor (Cambus) 23rd 32-36; V2. D. Fairweather (Cambus) 30th 33-00;



South Highland Schools CC Championships, Fort William - Boys (O'15): 1. S. Jarvie (Culloden AC) 17-43; 2. D. Bell (Milburn AC) 17-51; 3. T. Nixon (Lochaber HS) 18-05; Teams: 1. Inverness RA 29pts; 2. Lochaber HS 31pts; 3. Culloden Academy 43pts; Boys (U'15): 1. I. Murray (Northern Acad) 11-32; 2. D. Hards (Milburn AC) 11-34; 3. C. Britton (Lochaber HS) 11-44; Teams: 1. Lochaber HS 39pts; 2. Inverness RA 39pts; 3. Milburn Acad. 46pts. Girls (Open): 1. G. Warburton (Culloden Acad) 14-36; 2. H. Honnar (Culloden Acad.) 14-38; 3. J. Marshall (Milburn Acad); Teams: 1. Lochaber HS 39pts; 2. Milburn Acad 43pts; 3. Glenurquhart Secondary 48pts. Schools under 300 roll for Mallaig cup: 1. Glenurquhart Sec. 135pts; 2. Fort Augustus School 217pts.

Greenock Glenpark H Crescent Cup 5 mile CC Race, Greenock - Juniors: 1. A. Puckrin 26-19; 2. P. Russell 27-30; 3. R. Johns 27-44; 4. R. Hodelet (V1) and W. Hamill both 28-02; L1. S. Curran 35-31; L2. E. O'Brien 35-51. Greenock Wellpark H Fergusson Memorial Cup 5 Mile RR, Greenock. 1. J. Duffy 25-41; 2. G. Goffrey 25-48; 3. H. Mooney 27-49; 4. J. Muir (V1) 28-58; J1. F. Lennox 6th 28-51.

Teviotdale H Burns Club CC Races, Hawick - 1. K. Logan 11-25; 2. A. Walker 11-31; 3. N. Dalgetty 11-33; Youth Athletes: 1. S. Rao; 2. C. Murphy.

Sorn Chase Road Races, Sorn, Ayrshire - Seniors: 1. A. McLellan (Calderglen) 23-42; 2. J. Stewart 24-17; 3. A. Stewart 24-25; (both Kilmarnock); V1. J. Kyle (Ayr Sea) 25-54; V2. J. Templeton 26-28; V3. W. Wilson 27-14; L1. I. Fraser (Ayr Sea) 29-52; L2. E. Dunlop (Kilmarnock) 31-19; L3. J. Strawhorn (Ayr Sea) 33-17; LV1. A. Newbigging (Bo'ness) 31-37; LV2. J. Hume 34-23; LV3. D. Moore 34-45; Youths: 1. G. Reid (K'nock) 25-57; 2. R. Turner (Forth) 27-37; 3. D. Gibson (Unatt) 28-54; Girls: 1. M. Morton 34-03; 2. A. Farrow 35-00; 3. B. Watson 39-14.

Henderson 4 Miles Road Race, Peterhead - 1. M. Murray (Aberdeen) 19-59 (record); 2. C. Youngson (V1) (Aberdeen) 20-03; 3. A. Reid (Coasters) 20-35; 4. G. Zeuner (Aber) 20-48; 5. R. Cresswell (Aber) 21-33; L1. S. Lamb (Aber) 25-14; L2. C. Sheehan (Aber) 25-59; H'cap winners: Men: 1. I. Davidson (Keith); Ladies: 1. C. Morrison (Unatt); 2 miles Fun Run: Boys: 1. J. Oddie (Elian) 10-07; Girls: 1. M. Baird (Peterhead) 11-05.

Dumbarton AAC 6 Mile CC Race, Dumbarton - 1. Alistair Currie 30-51; 2. A. Adams (V1) 31-12; 3. B. Pitt 32-07; V2. C. Martin 4th 32-46; Handicapped winner: I. Halliday; Young Athletes: 1. S.

Results

Dragon Hill . . . the stiff climb from Irvine beach is heavy going for these runners in the national senior cross-country championships.



Dragon Hill 18th; Team: 1. F.V.H. 35pts; 2. File AC; Ladies: 1. K. Fisher (EAC) 23-12; 2. S. Durham (EWM) 23-20; 3. L. Purdie (EAC) 23-28; Team: 1. E.A.C. AC 12pts; 2. Dundee Roadrunners 22pts.

South Highland Schools CC Championships, Fort William - Boys (O'15): 1. S. Jarvie (Culloden AC) 17-43; 2. D. Bell (Milburn AC) 17-51; 3. T. Nixon (Lochaber HS) 18-05; Teams: 1. Inverness RA 29pts; 2. Lochaber HS 31pts; 3. Culloden Academy 43pts; Boys (U'15): 1. I. Murray (Northern Acad) 11-32; 2. D. Hards (Milburn AC) 11-34; 3. C. Britton (Lochaber HS) 11-44; Teams: 1. Lochaber HS 39pts; 2. Inverness RA 39pts; 3. Milburn Acad. 46pts. Girls (Open): 1. G. Warburton (Culloden Acad) 14-36; 2. H. Honnar (Culloden Acad.) 14-38; 3. J. Marshall (Milburn Acad); Teams: 1. Lochaber HS 39pts; 2. Milburn Acad 43pts; 3. Glenurquhart Secondary 48pts. Schools under 300 roll for Mallaig cup: 1. Glenurquhart Sec. 135pts; 2. Fort Augustus School 217pts.

Greenock Glenpark H Crescent Cup 5 mile CC Race, Greenock - Juniors: 1. A. Puckrin 26-19; 2. P. Russell 27-30; 3. R. Johns 27-44; 4. R. Hodelet (V1) and W. Hamill both 28-02; L1. S. Curran 35-31; L2. E. O'Brien 35-51. Greenock Wellpark H Fergusson Memorial Cup 5 Mile RR, Greenock. 1. J. Duffy 25-41; 2. G. Goffrey 25-48; 3. H. Mooney 27-49; 4. J. Muir (V1) 28-58; J1. F. Lennox 6th 28-51.

Teviotdale H Burns Club CC Races, Hawick - 1. K. Logan 11-25; 2. A. Walker 11-31; 3. N. Dalgetty 11-33; Youth Athletes: 1. S. Rao; 2. C. Murphy.

Sorn Chase Road Races, Sorn, Ayrshire - Seniors: 1. A. McLellan (Calderglen) 23-42; 2. J. Stewart 24-17; 3. A. Stewart 24-25; (both Kilmarnock); V1. J. Kyle (Ayr Sea) 25-54; V2. J. Templeton 26-28; V3. W. Wilson 27-14; L1. I. Fraser (Ayr Sea) 29-52; L2. E. Dunlop (Kilmarnock) 31-19; L3. J. Strawhorn (Ayr Sea) 33-17; LV1. A. Newbigging (Bo'ness) 31-37; LV2. J. Hume 34-23; LV3. D. Moore 34-45; Youths: 1. G. Reid (K'nock) 25-57; 2. R. Turner (Forth) 27-37; 3. D. Gibson (Unatt) 28-54; Girls: 1. M. Morton 34-03; 2. A. Farrow 35-00; 3. B. Watson 39-14.

Henderson 4 Miles Road Race, Peterhead - 1. M. Murray (Aberdeen) 19-59 (record); 2. C. Youngson (V1) (Aberdeen) 20-03; 3. A. Reid (Coasters) 20-35; 4. G. Zeuner (Aber) 20-48; 5. R. Cresswell (Aber) 21-33; L1. S. Lamb (Aber) 25-14; L2. C. Sheehan (Aber) 25-59; H'cap winners: Men: 1. I. Davidson (Keith); Ladies: 1. C. Morrison (Unatt); 2 miles Fun Run: Boys: 1. J. Oddie (Elian) 10-07; Girls: 1. M. Baird (Peterhead) 11-05.

Dumbarton AAC 6 Mile CC Race, Dumbarton - 1. Alistair Currie 30-51; 2. A. Adams (V1) 31-12; 3. B. Pitt 32-07; V2. C. Martin 4th 32-46; Handicapped winner: I. Halliday; Young Athletes: 1. S.

Womens Open Graded Indoor Athletic Meeting, Kelvin Hall - 60m: 1. M. Baxter (Monk Shett) 8-0; 2. T. Black (Ayr Sea) 8-1; 3. S. Coyle (Monk Shett) 8-1; 200m: 1. K. Hinshelwood (McLaren GAC) 26-5; 2. S. Coyle 26-6; 3. M. Boyle (MSH) 26-9; 400m: 1. A. Hodgson (EWM) 57-7; 2. A. Brown (MSH) 61-0; 3. D. Rubertazzi (Ayr Sea) 61-0; 800m: 1. A. Hodgson 2-26; 2. N. Allison (McL. GAC) 2-26; 3. E. Riley (McL. GAC) 2-28; 60H: 1. A. Brown 9-5; 2. G. Murchie (Aber) 9-5; HJ. K. Houston (Monk Shett) 1-55m; 2. D. Gardner (McL. GAC) 1-55m; LJ: L. Davidson (Aber) 4-98; 2. L. Drysdale (McLaren GAC) 4-81m.

Galloway H Open Cross Country Meeting, Blairmont Park, Newton Stewart - Seniors: 1. R. Carey (Annan) 23-50; 2. K. Penrice (Galloway) 24-59; 3. J. Boardman (Dumf) 25-33; V1. D. Milligan (Sol Stroll) 27-36; V2. D. Chadderton (Dumf) 27-56; V3. J. Keenan (Galloway) 30-25; J1. A. Anderson (Nith V) 27-27; J2. L. Crossan (Girvan) 29-20; Youths: 1. S. White 15-57; 2. J. Howat 17-13 (both Dumfries); 3. C. Oliphant (Girvan) 17-30; Senior Boys: 1. D. McDowall 11-50; 2. N. White 12-05; 3. G. Scott 12-33 (all Dumfries); Junior Boys: 1. D. Whiffen 8-22; 2. G. McNeill 8-41 (both Dumfries); 3. I. McPhail (Galloway) 8-47; Colts: 1. M. Sloan 5-05; 2. A. Menne 5-08; 3. A. Murphy 5-15; (all Dumfries); Ladies: 1. L. McCrae 16-14; 2. M. McPhail 17-52 (both Galloway); 3. L. Carroll (Dumfries) 18-52; VL1. K. Sherman 18-44; VL2. C. McMillan 21-34; VL3. M. Marr 26-40 (all Dumfries); Intermediates: 1. J. Trotter 14-56; 2. S. McGregor 15-00 (both Annan); 3. L. Carroll (Dumfries) 18-52; Juniors: 1. L. Watson (Stewart) 9-43; 2. L. Corbett (Nith V) 10-04; 3. L. White (Stew) 10-20; Girls: 1. G. Harvey (Nith V) 8-27; 2. R. McQuistan (Stewart) 8-37; 3. L. Bradbury (Dumfries) 8-49; Minors: 1. K. Halliday (Nith V) 6-03; 2. M. Muirhead (Dumfries) 6-14; 3. B. Kirkpatrick (Nith V) 6-28.

SWCCU East v West Districts v Northern Ireland, Beach Park, Irvine - Seniors: 1. C. Price (East) 21-05; 2. A. Sym (W) 21-13; 3. P. Rother (E) 21-18; 4. L. Bain (E) 21-33; 5. J. McColi (W) 22-00; 6. T. Calder (East) 22-16. Teams: 1. East 29pts; 2. West 51pts; 3. N. Ireland 118pts; Intermediates: 1. D. Hargan (N.I.) 13-28; 2. H. Haining (W) 13-41; 3. S. Grainger (East) 14-31; Teams: 1. West 32; 2. East 78; 3. N. Ireland 108pts; Juniors: 1. S. McDonald (West) 11-54; 2. G. Slaven (W) 12-02; 3. J. Anderson (East) 12-03; Teams: 1. West 34pts; 2. East 62pts; 3. N. Ireland 89pts; Girls: 1. A. Cheyne (East) 12-23; 2. D. McNally (West) 12-24; 3. J. McDowall (W) 12-31; Teams: 1. West 32; 2. East 48; 3. N. Ireland 131pts; Minors: 1. H. Brooks (West) 8-20; 2. S. Scott (W) 8-25; 3. V. Clark (East) 8-33; Teams: 1. West 35pts; 2. East 44pts; West District won the Inter District Team Trophy by 4 matches to 1.

International 6 Mile Cross Country Match at St. Andrews - 1. C. Robinson (SCCU) 30-09; 2. T. Mitchell (SCCU) 30-10; 3. A. Russell (SCCU) 30-38; 7. W. Robertson

Results

(SCCU) 30-44; 8. G. Grindlay (SCCU) 30-49; 9. A. McAngus (SCCU) 30-53; 10. G. Moore (N.Ireland) 30-54; Teams: 1. SCUU 28pts; 2. N.Ireland 164pts; 3. Scottish Universities Select 182pts; 4. Scottish Banks 346pts; (Civil Service Select did not finish a team).
Women: 1. T. Calder (SWCCU) 24-25; 2. V. Clinton (SWCCU) 24-32; 3. J. McColl (SWCCU) 24-36; 4. J. Wilson (SWCCU) 24-44; 5. A. Rose (Scot Univ) 25-25; 6. C. Bartley (SWCCU); Teams: 1. SWCCU 10pts; 2. Scottish University Select 33pts.

SCCU Inter District Cross Country Match, St. Andrews -
Senior 8 miles: 1. R. Quinn (W) 30-25; 2. D. Donnett (W) 30-40; 3. D. Cavers (East) 30-41; 4. I. Steel (East) 30-50; 5. R. Arbuckle (North) 31-00; 6. A. Walker (East) 31-05; Teams: 1. West 48pts; 3. North 78pts; Youths: 1. I. White (East) 20-57; 2. S. Barnett (West) 21-18; 3. F. McGowan (West) 21-35; 4. J. Moodie (East) 21-50; 5. I. Falconer (East) 21-53; 6. S. McKendrick (W) 21-56; Teams: 1. West 40pts; 2. East 46pts; 3. North 122pts; Senior Boys: 1. J. McFadden (West) 12-27; 2. P. McArthur (E) 12-28; 3. N. White (W) 12-31; 4. D. McDowall (W) 12-34; 5. G. Hart (West) 12-37; 6. G. Reid (West) 12-41; Teams: 1. West 26pts; 2. East 52pts; 3. North 126pts; Junior Boys: 1. A. Tulloch (East) 11-04; 2. M. Kelso (East) 11-09; 3. A. Moonie (East) 11-12; 4. I. Forbes (West) 11-23; 5. A. Casey (East) 11-25; 6. D. Whiffen (West) 11-31; Teams: 1. East 29pts; 2. West 49pts; 3. North 130pts.

Spango Valley AC "Colin Moon" 3.1/2 Mile CC Race, Greenock -
1 = E. McKee and S. Conaghan; 3. C. Spence; L1. J. Hendry; L2. J. Newman; L3. Muir.

Clydesdale Harriers Sinclair Trophy 6 Mile CC Race, Clydebank -
1. J. Austin 28-03; 2. J. Hanratty 29-01; 3. B. Potts 29-23; V1. R. Young 4th 29-41; Hicap winner: J. Gallacher.

Forres Harriers Xmas CC Race, Cluny Hill, Forres -
1. D. Bow (Nairn) 33-02; 2. I. McKenzie (Forres) V1. 33-57; 3. I. Johnston (Forres) 34-31; L1. P. Arbuckle (Keith) 43-08; L2. M. Kay (Moray RR) 43-20.

13

Sri Chinmoy 10,000 Metres Road Race, Strathclyde Park (100 ran) -
1. P. Russell (GGH) 31-46; 2. E. McIvor (Cambuslang) 32-35; 3. J. Hendry (BHH) 32-41; V1. 32-41; 1. J. Haldane (Maryhill) 38-32; 2. I. Riddell (GGH) 40-55; 3. W. Gillespie (FVH) 42-09; L1. E. Thornton (Unatt) 41-51; L2. M. Sinclair (McLaren GAC) 42-04; L3. A. Cunningham (McLaren GAC) 42-29; LV1. M. Muir (Kilbarchan) 48-38.

Seaton Park Open Cross Country Meeting, Aberdeen -
Seniors: 1. C. Youngson (V1) 23-15; 2. I. Matheson 23-19; 3. D. Duguid 23-27 (all Aberdeen); 4. S. McMillan (RAF Buchan) 23-40; 5. E. Arrowsmith 23-50; 6. D. Massie 23-52 (both Aberdeen); L1. S. Lamb (Aberdeen) 29-29; L2. H. Wisely (FRC) LV1 30-06; L2. M. Stafford (Aberdeen) 30-30; LV3. M. Gormison (Fleet Feet) 30-39; Young Athletes Boys: 1. M. Simpson (Aber) 13-52; 2. S. Reid (Unatt) 14-26; 3. G. Main (Aber) 14-33; Girls: 1. C. Clarkson 15-26; 2. M. Clarkson 16-28 (both Aber); 3. L. Cairns (Banchory) 16-57.



Melissa Wylie of McLaren Glasgow AC (841) sprints on the run-in at the women's national senior championship at Irvine.

Penicuik Harriers Open Cross Country Races, Penicuik -
Seniors: 1. M. McQuaid (Central Region) 23-01; 2. J. Wilkinson (Gala) 23-06; 3. J. Connolly (J1) (Gala) 23-14; 4. S. Mathieson (Haddington) 23-25; 5. J. Elphinstone (EAC) 23-28; 6. S. Allan (J2) (L&L Club) 23-32; V1. A. Letham 9th (L&L Club) 23-48; Teams: 1. Gala H; 2. L&L Club; 3. Haddington; Youths: 1. G. Gibson (Kirk Oly) 14-42; 2. T. Mendrum (Corstorphine) 14-47; 3. P. Ruddick (ESH) 15-03; Teams: 1. Kirkintilloch Olympians; 2. Corstorphine; Senior Boys: 1. D. McDowell (Dumfries) 8-51; 2. A. Short (Pitreevie) 8-57; 3. S. Burch (Pitreevie) 9-04; Teams: 1. Pitreevie AAC; 2. Dumfries AAC; 3. ESH.

Junior Boys: 1. A. Casey (QUS) 7-50; 2. M. Davidson (Penicuik) 7-52; 3. I. Murray (ESH) 7-56; Teams: 1. Bathgate AAC; 2. Pitreevie AAC; 3. Queen Victoria School; Colts: 1. M. McNaughton (Haddington) 4-45; 2. S. Boyne (QUS) 4-50; 3. D. McDonald (Perth Strathray H) 4-54; Teams: 1. Te AC; 3. Avonside AC; Ladies: 1. S. Grainger (EWM) (Int 1) 17-07; 2. G. Stonebanks (L&L) 17-10; 3. K. Fisher (EAC) 17-12; 4. K. Baird (Kirk Oly) (Int 2) 17-15; 5. C. Coray (EAC) 17-29; 6. Y. Ewing (Avonside) (Int 3) 17-30; LV1. A. Newbigging (Bo'ness) 18-33; Teams: 1. L&L 2. Kirkintilloch Olympians AC; 3. Edinburgh AC; Juniors: 1. C. Roy (Bathgate) 10-19; 2. J. Anderson (Teviot) 10-25; 3. A. Ramsay (EAC) 10-39; Teams: 1. Lasswade AC; 2. Perth Strathray H; 3. Bathgate AAC; Girls: 1. A. Cheyne (Bathgate) 8-31; 2. L. Stewart (EWM) 8-

41; 3. W. Kennedy (Avonside) 8-46; Teams: 1. Bath AAC; 2. Avonside AC; 3. Pit AAC; Minors: 1. J. Brown (Harmony) 5-14; 2. J. Scott (Teviot) 5-15; 3. E. Richardson (Avonside) 5-20; Teams: 1. Teviotdale H; 2. Kirkintilloch Olympians AC; 3. Avonside AC.

19
Queens Drive Road Races, Edinburgh -
Seniors: 1. A. Hutton (ESH) 15-33 (rec); 2. C. Henderson (ESH) 15-41; 3. J. Pentecost (FVH) 15-55; 4. C. Haskett (DHH) 16-02; 5. G. Harker (EAC) 16-04; 6. H. McKay (Fife) 16-05; L1. H. Duff (EAC) 18-54; L2. J. Salvona (W & Dist) V1. Z. Bankowski (EAC) 17-19; V2. M. Craven (ESH); Teams: 1. ESH 10pts; 2. EAC 22pts; Youths: 1. A. Kinghorn (EAC) 17-12; 2. I. Falconer (Harmony) 17-26; 3. S. Rankine (ESH) 18-24; Team: 1. Falkirk Victoria H 18pts; Senior Boys: 1. S. Burch (Pitreevie) 15-06; 2. L. Culbertson (ESH) 15-21; 3. D. Slyth (Haddington) 15-25; Team: 1. ESH 14pts; Junior Boys: 1. A. Tulloch (FVH) 10-17; Murray (ESH) 10-40; 3. S. Meldrum (Pitreevie) 10-43; Team: 1. Falkirk Victoria H 17pts.

IAC International Cross Country Races, Cardiff -
Men: 1. P. Kipochech (Kenya) 24-43; 2. D. Clark (England) 25-02; 3. T. Hutchison (England) 25-10; Scots: 19. C. Robinson.

Women's 5 Nations CC International Match -

Springburn Harriers, Auchinairn Park, Bishopbriggs -
1. R. Chalmers; 2. D. Wilmoth; 3. T. McGowan; Fastest: 1. D. Donnett 23-45; 2. J. Cooper 24-16; 3. A. McIndoe 24-51; Young Athletes: 1. S. Jamieson 14-35; 2. A. McPhail 14-48; 3. A. Ross 14-54.

20

Victoria Park AAC, Scotstoun -
1. D. Low; Fastest: 1. P. Wilson 16-03; 2. Little 16-23; 3. S. Barnett 16-41; V1. J. Moore 17-59; Young Athletes: 1. A. Young; Fastest: 1. S. Low 9-32; 2. C. Greenhaigh 9-32.

Aberdeen AAC Xmas Relays, Balgowrie, Aberdeen -
1. Tinkerbell (H. Pirie, M. Simpson, S. Still, M. Murray) 29-32; 2. Dick Whittington (C. Clarkson, S. Bruce, L. Walker, D. Duiguid) 29-58; 3. Peter Pan (L. Carroll, G. Main, A. Gallon, I. Morice) 30-30; Fastest: 1. I. Matheson 8-54; 2 = D. Duguid and M. Murray both 9-03; 17 teams competed.

Irvine AC Harriers v Cyclists Cross Country Races, Irvine Moor, Irvine -
Seniors: 1. M. Coll (Johnston Wheelers) 24-20; 2. A. Gilmour (Cambuslang) 25-10; 3. H. Cox (GGH) 25-24; 4. C. Miller (Irv) 28-33; 5. K. Penrice (Galloway) V1. D. Crompton (Linw); L1. H. McFarlane (Ayr Sea) L2. H. Deans (Ayr Sea); L3. I. Fraser (AS); Intermediates: 1. S. Hamblin (Irvine); 2. M. McClung (Kilmarnock); 3. K. Brennan (Irvine);

Seniors: 1. A. Tooby (Wales) 16-45; 2. J. Hunter (England) 16-57; 3. S. Tooby (Wales) 17-01; Scots placings 18. C. Price 17-51; 19. P. Rother 17-58; 21. L. Bain 18-08; 22. A. Jenkins 18-29; Teams: 1. Wales 18pts; 2. England 22pts; 3. Eire 74pts; 4. Scotland 80pts. Intermediates: 1. A. Whitecombe (England) 13-35; 2. H. Haining (Scotland) 13-46; Scots placings 10. S. Grainger 14-36; 17. R. de Jager 15-11; 18. D. Kelly 15-14; Teams: 1. England 15pts; 2. Eire 47pts 3. Scotland 47pts.

Spango Valley AC "Bob Grant" 7.1/2 Mile CC Race, Greenock -
1 = Peter and Steven Conaghan 39-47; 3. C. Spence 42-04; V1. R. Hyett 43-58; V2. J. Conaghan; V3. D. Martin; L1. J. Hendry 53-56 (record) L2. S. Muir 58-53

Club Xmas Handicap Races -

Ayr Seaforth AC, Dam Park, Ayr -
1. R. Page; 2. B. Stewart; Fastest Times 1. J. Caird 19-08; 2. W. Boyd 19-24 3. A. Stewart 19-32; Young Athletes: 1. J. Ferguson 9-01 (record); 2. A. Smith 9-20; 3. A. Murdoch 9-51; Presidents Prize - B. Stewart.

East Kilbride AC, Auldhouse, East Kilbride -
1. G. McKirdy; 2. P. Russell; 3. E. Ramager; Fastest: 1. J. McAllister 20-59; Youth 1. A. McBeth 23-01; Senior Boys: 1. K. Miller; Junior Boy: M. Hindley 10-04.

Maryhill Harriers, Summerston -
1. P. Burns; 2. L. McCue; 3. J. McGulgan; Fastest: 1. G. Robertson 21-36; 2. M. McCartney 21-40; 3. J. Biggam 21-52; V1. R. Stevenson 23-57.

Shettleston Harriers, Barrachnie -
1. J. Donnelly; Fastest: 1. A. Swann 14-24; 2. B. Curran 14-54; 3. W. Scally 15-12; Young Athletes: 1. G. Scott 7-06; 2. M. Graham 7-10.

Springburn Harriers, Auchinairn Park, Bishopbriggs -
1. R. Chalmers; 2. D. Wilmoth; 3. T. McGowan; Fastest: 1. D. Donnett 23-45; 2. J. Cooper 24-16; 3. A. McIndoe 24-51; Young Athletes: 1. S. Jamieson 14-35; 2. A. McPhail 14-48; 3. A. Ross 14-54.

Victoria Park AAC, Scotstoun -
1. D. Low; Fastest: 1. P. Wilson 16-03; 2. Little 16-23; 3. S. Barnett 16-41; V1. J. Moore 17-59; Young Athletes: 1. A. Young; Fastest: 1. S. Low 9-32; 2. C. Greenhaigh 9-32.

20

Aberdeen AAC Xmas Relays, Balgowrie, Aberdeen -
1. Tinkerbell (H. Pirie, M. Simpson, S. Still, M. Murray) 29-32; 2. Dick Whittington (C. Clarkson, S. Bruce, L. Walker, D. Duiguid) 29-58; 3. Peter Pan (L. Carroll, G. Main, A. Gallon, I. Morice) 30-30; Fastest: 1. I. Matheson 8-54; 2 = D. Duguid and M. Murray both 9-03; 17 teams competed.

Irvine AC Harriers v Cyclists Cross Country Races, Irvine Moor, Irvine -
Seniors: 1. M. Coll (Johnston Wheelers) 24-20; 2. A. Gilmour (Cambuslang) 25-10; 3. H. Cox (GGH) 25-24; 4. C. Miller (Irv) 28-33; 5. K. Penrice (Galloway) V1. D. Crompton (Linw); L1. H. McFarlane (Ayr Sea) L2. H. Deans (Ayr Sea); L3. I. Fraser (AS); Intermediates: 1. S. Hamblin (Irvine); 2. M. McClung (Kilmarnock); 3. K. Brennan (Irvine);

Results

Youths: 1. C. Caltens (Irvine); 2. A. McEwan (Ayr Sea); Senior Boys: 1. A. McBeth; 2. D. McPherson; 3. E. McCafferty (all Cambuslang); Junior Boys: 1. J. Ferguson (Ayr Sea); 2. D. Whiffen (Nith V); 3. T. McMillan (Irvine); Colts: 1. G. Cox (Spango V); 2. H. Kerr (AS); 3. A. McDonald (Irvine); Junior Women: 1. S. McDonald (Irvine); 2. G. Slaven (Ayr Sea); 3. D. Rutherford (Kilm); Girls: 1. D. Church; 2. K. Dyer (both Ayr Seaforth); 3. P. Raspison (Irvine); Minors: 1. H. Brooks; 2. L. Quinn (both Ayr Seaforth); 3. C. Findlay (Irvine).

SAAA and SWAAA Western District Indoor Athletic Championships, Kelvin Hall -
Men: 60m: 1. A. Doris (Edin Univ) 7-0; 200m: 1. D. Mulholland (Shett) 22-6; 400m: B. Whittle (Ayr Sea) 48-6; 2. M. McPhail (Ayr Sea) 49-9; 800m: 1. C. Brown (Stirling Univ) 1-58-0; 1500m: 1. J. McKay (C'bank) 3-57-7; 3000m: 1. A. Currie (Dumb) 8-30-4; 60H: 1. A. Kirkhope (Shettleston) 9-7; HJ: 1. J. Stoddart (Bella) 1-95m; PV: A. Wake (Bella) 4-30m; LJ: M. Fowler (V Park) 6-91m TJ: R. Harkins (Shett) 14-05m; SP: M. McDonald (Dumbarton) 13-30m. Ladies: 60m: 1. M. Todd (M. Shett) 7-7sec; 200m: 1. M. Todd (Monk.Shett) 25-2; 400m: 1. G. McArthur (Monk.Shett) 57-0; 800m: 1. L. McIntyre (McLaren GAC) 2-13-1; 1500m: 1. M. Wylie (McL GAC) 4-42-2; 3000m: S. Branney (McLaren GAC) 9-41-9; 60H: A. Brown (Monk.Shett) 9-2; HJ: R. Pinkerton (McLaren GAC) 1-79m; SP: C. Cameron (McLaren GAC) 11-10m.

26

Cambuslang H Boxing Day Road Race, Cambuslang -
Handicap: 1. G. McLeod; 2. C. Simpson; 3. E. McCafferty; Fastest: 1. R. Fitzsimmons (Guest) Bella 17-06; 2. E. Stewart 17-10; 3. C. Thomson 17-39; Youth 1. M. Gallacher 19-23.

Dumbarton AAC 7.1/2 Mile CC Race, Dumbarton -
1. A. Adams (V1); 2. P. Walsh; 3. C. Martin (V2).

Strathclyde University Past v Present CC Race, Stepps Playing Fields. Handicap: 1. A. Swann; 2. A. Elder; 3. G. Sinclair; Fastest: 1. G. Getty (Past) 27-02; 2. A. Swann (Present) 28-07; 3. A. Elder (Present) 28-26; 4. D. Burt (Past) 29-54; Ladies: L1. L. McIntyre (Past) 31-22; L2. S. Branney (Past) 31-37.

Kilbarchan AC 11 Mile Road Race, Kilbarchan -
1 = R. Quinn, R. Hawkins and G. Fairley all 59-22; 4. A. Costigane 59-31; H'cap winner: A. Costigane; L1. E. Masson 70-43.

January

2

Belth Harriers New Year Road Race Meeting, Belth -
Senior 4.1/2 miles: 1. G. Croll (EK) 23-33; 2. A. Puckrin (GGH) 23-47; 3. G. Gaffney (GWH) 24-01; 4. S. Connaghan (IBM SV) 24-10; 5. J. McAllister (EK) 24-18; 6. B. Scally (Shett) (V1) 24-46; V2. R. Hodelet (GGH) 25-28; V3. J. McMillan (Kilb) 25-30. Youths: 1. G. Stewart (CAC) 12-43; 2. F. McGowan (VP) 12-46; 3. M. McBride (CAC) 13-32; Team: 1. Clydebank AC 9pts. Senior Boys: 1. D. Hill (CAC) 13-39; 2. N.

Freer (CAC) 13-45; 3. G. Reid (Kilm) 14-03; Team: 1. Clydebank AC 16pts. Junior Boys: 1. D. Whiffen (Nith V) 6-06; 2. D. Fotheringham (CAC) 6-07; 3. D. Kerr (IBM SV) 4-04; Team: 1. Victoria Park AAC 14pts. Women: 1. A. Ridley (Shaft) 27-35; 2. V. Clinton (Irvine) 27-59; 3. M. Wylie (GAC) 28-32; 4. C. Brown (Nith V) 29-39; LV1. L. Brown (KO) 32-05. Intermediates: 1. A. M. Follan (Kilb) 16-23; 2. A. McIvor (Kilb) 16-37; 3. K. Baird (KO) 16-56; Team: Irvine AC 17 pts. Junior Ladies: 1. S. McDonald (Irvine) 15-45; 2. S. Telfer (A/S) 16-32; 3. D. Rutherford (Kilm) 16-46; Team: 1. Helensburgh AC 19pts. Girls: 1. L. McGarrity (IBMS.V) 7-14; 2. D. Ward (A/S) 7-22; 3. A. Woolfen (Cen Reg) 7-25. Minor Girls: 1. J. Cox (IBM SV) 4-32; 2. J. McLaughlin (KO) 4-38; 3. C. Findley (Irvine) 4-41; Team: 1. Kirkintilloch Olympians AC 16pts. Brooks International Cross Country Meeting, Mallusk Park, Belfast -
Senior 5 miles: 1. D. Lewis (Eng) 25-22; Scots placings 16. A. Russell 26-52; 28. R. Quinn 27-21; 35. D. Donnett 27-36. Teams: 1. England 10 pts; 2. Eire 26 pts; 3. N. Ireland 46 pts; 4. Eire 'B' 59 pts; 5. Scotland 79 pts; 6. Wales 83 pts. Ladies 3 miles: 1. E. McColgan (Scotland) 17-31; 2. J. Hunter (Eng) 17-49. Greenmantle Dash Hill Race, Broughton -

1. J. Maitland (P & B AC); 2. D. McGonigle (DHH); 3. R. Hope (Carnethy); 4. I. Davidson (Carnethy); 5. J. Wilkinson (Gala); 6. D. Lee (CFRA); L1. P. Rother (EAC) (19th) 19-09; L2. J. Derby (Carnethy); L3. S. Needram (CH) V2. K. Burns (Carnethy); V3. R. Shields (CH). Teams: 1. Gala H; 2. Carnethy H. R.

3

Cambuslang Harriers Kelly Shield 7 Mile Road Race, Rutherglen. 1. C. Thomson 35-51; 2. J. Robertson 36-06; 3. D. McShane 36-40; Handicap: 1. J. Kiely estimated time 40-00; actual time 40-02 (winner of Kelly Shield)

Kilbarchan AC Cross Country Championships, Milliken Estate, Kilbarchan -
1. T. Hearle 33-02; 2. R. Hawkins 33-37; 3. R. McCulloch 34-38; V1. J. McMillan 4th 35-02. Ladies 4 miles: 1. E. Masson 26-44; 2. A. M. Follan 28-38; 3. S. Belford (LV1) 31-26. Youth: 1. J. Timmins 23-41; Junior Ladies: 1. C. Follan 14-46.

9

Springburn Harriers "Jack Crawford" Memorial 5.1/2 Mile Road Race, 1. A. Callan (Spring) 25-21; 2. P. Fleming (Bella) 25-54; 3. C. Hall (Aber) 25-50; 4. R. Cresswell (Aber) 26-15; 5. G. Crawford (Spring) 26-23; 6. A. Weatherhead (EAC) (V1) 26-33; J1. G. McMaster (FVH) 17th 27-56; L1. L. McIntyre (GAC) 47th 29-20; L2. A. Jenkins (EWM) 61st 29-44; L3. S. Branney (GAC) 81st 30-38; Teams: 1. Springburn H; 2. East Kilbride AC; 3. Bellahouston H; veterans Team: 1. Shettleston H. Clydesdale Harriers Hannah Cup 6 Miles Cross Country Race, Clydebank -
1. J. Austin 34-39; 2. P. Dolan 36-41; 3. B. Potts 36-42; V1. J. Shields 38-47; V2. R. Young 39-24.

Greenock Glenpark Harriers Cup 6 Mile Cross Country Race, Greenock.

1. T. Murray 29-38; 2. A. Puckrin 31-34; 3. P. Russell 33-00; V1. R. Hodelet (4th) 33-15; L1. E. O'Brien 44-02; L2. S. Curran 44-13. North District Cross Country League, Elgin -
1. R. Arbuckle (Keith); 2. B. Chinnick (Forres); 3. G. Milne (Peter); Ladies: 1. J. Wilson (Inver); 2. S. Campbell (Inver).

10

Maryhill Harriers "Nigel Barge" Memorial 4.1/4 Miles Road Race, Glasgow -
1. A. Douglas (VP) 22-53; 2. J. McKay (CAC) 23-12; 3. A. McIndoe (Spring) 23-34; V1. P. McMahon (Shett) 25th 25-38; L1. L. McIntyre (GAC) 35th 26-08; Team: 1. Maryhill H 31 pts.

Inter League Womens Cross Country Match, Barnet -
Seniors: 1. M. Watson (Indiv) 16-38; ... Scots Placings: 2. L. Wright 16-41; 4. P. Rother 16-58; 9. L. Bain 17-15; 13. B. Murray 17-30; 15. L. Harding 17-39; 17. E. Cochran 17-47; 29. S. McDowell 18-06; 30. V. Clinton 18-09; 36. E. Masson 18-31; 38. J. McColl 18-38; 42. C. Baitley 18-56. Teams: 1. South 47 pts; 2. North 70 pts; 3. Scotland 109 pts. Intermediate: 1. S. Grainger (Scot) 12-59; ... Scots Placings 21. M. Gemmell 13-48; 30. M. McClung 14-10; 31. C. Mitchell 14-10; 32. J. Guy 14-10; 36. A. Totten 14-19; 40. S. Hamblin 14-29; 43. A. M. Follan 14-32; 48. D. Kelly 14-42; 50. Y. Ewing 14-56; 51. R. de Jager 15-00. Teams: 1. Midlands 63 pts; 2. South 73 pts; 3. North 82 pts; 4. Scotland 151 pts. Junior Ladies: 1. C. Maycock (North 11-58; ... Scots Placings 3. S. McDonald 12-02; 20. J. Anderson 12-24; 21. R. Pollock 12-25; 31. J. Roxburgh 12-37; 32. L. Farney 12-37; 38. R. Houston 12-43; 41. S. Telfer 12-49; 49. A. McCallum 12-59; 52. G. Staven 13-13; 56. A. Patterson 13-38. Teams: 1. South 51 pts; 2. North 60 pts; 3. Midlands 97 pts; 4. Scotland 143 pts. Girls: 1. M. Garnet (North) 11-11; ... Scots Placings 5. A. Cheyne 11-24; 10. D. McNally 11-33; 19. D. Campbell 11-44; 24. K. Dyer 11-54; 28. J. McDowell 11-58; 34. A. Potts 12-05; 36. A. Raspison 12-07; 41. S. Purdie 12-12; 42. G. Fowler 12-12; 43. A. McManus 12-14; 46. A. Lindsay 12-17. Teams: 1. North 51 pts; 2. Midlands 61 pts; 3. South 89 pts; 4. Scotland 120 pts.

16

SCCU Eastern District Cross Country Championship, Hawick -
Senior 7.1/2 miles: 1. McColgan (DHH) 43-20; 2. J. Mitchell (File) 43-22; 3. G. Grindlay (ESH) 43-43; 4. K. Lyall (ESH) 44-02; 5. S. Hale (PSH) 44-17; 6. C. Haskett (DHH) 44-37; V1. K. Duncan (Pit) 29th; Teams: 1. Teviotdale H 115 pts; 2. Aberdeen AAC 125 pts; 3. Dundee Hawkhill H 157 pts. Junior 4 miles: 1. C. Murphy (Pit) 36-00; 2. T. Reid (DHH) 36-03; 3. J. Connolly (Gala) 37-45; Teams: 1. Pitreevie AAC 22 pts; 2. Edinburgh Univ. 37 pts; 3. Aberdeen AAC 38 pts. Youth 4 miles: 1. I. White (FVH) 24-00; 2. J. Moodie (Pit) 24-39; 3. I. Falconer (Harmony) 24-45; Teams: 1. Falkirk Victoria H 15 pts; 2. Aberdeen AAC 25 pts; 3. Pitreevie AAC 27 pts. Senior Boys 3 miles: 1. P. McArthur (Cen Reg) 22-16; 2. S. Burch (Pit) 22-23; 3. K. Foreringham (HELP) 22-30; Teams: 1. Edinburgh Southern H 21 pts; 2. Pitreevie AAC 29pts; 3. Falkirk Victoria H 39 pts. Junior Boys: 1. A. Tulloch (Pit) 17-19; 2. S. Meldrum (Pit) 17-29; 3. A. Casey (Q.U.S.) 17-49; Teams: 1. Pitreevie AAC 21 pts; 2. Queen Victoria School 36 pts; 3. Falkirk Victoria H 50 pts.

SCCU Western District Cross Country Championships, Houston -
Senior 7.1/2 miles: 1. N. Muir (Shett) 37-24; 2. T. Murray (GGH) 37-26; 3. A. Gallon (Spring) 37-42; V1. A. Adams (Dumb) 36th; Teams: 1. Cambuslang H 82 pts; 2. Bellahouston H 201 pts; 3. Greenock Glenpark H 259 pts. Junior 6 Miles: 1. A. Russell (Law) 25-34; 2. I. Tierney (EK) 26-48; 3. J. Houston (Moth) 26-56; Teams: 1. Motherwell YMCA 16 pts; 2. Kilbarchan AC 29 pts. Youths 4 miles: 1. M. Campbell (GAC) 20-07; 2. F. McGowan (VP) 20-57; 3. S. Barnett (VP) 21-05; Teams: 1. Victoria

Results

Park AAC 15 pts; 2. Clydebank 27 pts; 3. East Kilbride AC 49 pts.
Senior Boys 2 miles: 1. N. Freer (GAC) 16-22; 2. D. Hill (GAC) 16-33; 3. G. Hart (Bell) 16-42; Teams: 1. Clydebank AC 10 pts; 2. Victoria Park AAC 33 pts 3. Bellahouston H 39 pts.
Junior Boys 2 Miles: 1. D. Whiffen (Nith V) 10-44; 2. J. Ferguson (A/S) 10-49; 3. I. Forbes (Stone) 10-56; Teams: 1. Clydebank AC 17 pts; 2. Dumfries AAC 34 pts; 3. Ayr Seaforth AC 39 pts.
Northern District Cross Country League Meeting, Peterhead -
Seniors: 1. R. Arbuckle (Kelth) 31-38; 2. J. Bowman (Inver) 31-46; 3. C. McIntyre (Coasters) 32-21; V1. G. Milne (Peter) 6th 32-52; V2. D. Ritchie (Forres); V3. I. McKenzie (Forres).
Youths: 1. S. Jarvie (Culloden Acad) 23-02; Senior Boys: 1. P. Watt (Elgin) 15-09; Junior Boys: 1. A. McCrae (Inver) 12-27; Ladies: 1. J. Wilson (Inver) 16-16; 2. A. Boyd (Forres) 16-33; 3. M. Green (Calth) 16-40; 4. M. Duthie (Fraser) 16-53.

17

SWCCU National Closed 4,000 metres Cross Country Championship, Irvine Moor -
1. Y. Murray (EAC) 14-35; 2. C. Price (V) (DHI) 14-56; 3. A. Jenkins (EWM) 15-05; 4. S. Grainger (Int) (EWM) 15-51; 5. J. McDowell (V) (Pit) 15-53;
6. V. Clinton (YS) (Irvine) 15-59.
Team: 1. Edinburgh Woolen Mill 17 pts; 2. Kilbarchan AC 28 pts.
Junior Ladies: 1. G. Slaven (A/S) 9-14; 2. J. Roxburgh (Irvine) 9-15; 3. S. Telfer (A/S) 9-20; Team: 1. Ayr Seaforth AC; 3. K. Dyer (A/S) 8-37; Teams: 1. Irvine AC; 2. Ayr Seaforth AC.
Minor Girls: 1. H. Brooks (A/S) 4-52; 2. S. Scott (A/S) 4-59; 3. K. Stewart (Kilm) 5-04; Teams: 1. Ayr Seaforth AC; 2. Kilmarnock H.

Scottish Veteran Clubs Cross Country Championships, Murray Park, East Kilbride -
1. R. Hodelot (GGH) 27-38; 2. A. Adams (Dumb) 27-50; 3. R. McFarquhar (Aber) 27-53; 4. J. Adair (Bella) 27-53; O/S: 1. J. Irvine (Bella) 30-55; 2. H. Morrison (EAC) 30-59; 3. J. Morrison (Aber) 31-31; O/S: 1. W. Stoddart (GWH) 30-16; 2. W. McBrinn (Shett) 31-37; 3. H. Gibson (Ham) 31-56; LV1. O/S: S. Belford (Kilb) 37-13; O/S: 1. K. Dodson (Law) 38-06; O/S: 1. M. Moore (Kilb) 41-56.

23

Scottish Universities Cross Country Championships, Balgownie Playing Fields, Aberdeen -
Men 6 miles: 1. R. Archer (St And) 30-08; 2. B. Scally (Strath) 30-15; 3. D. Runciman (Aber) 30-31; 4. I. Harkness (Edin) 30-33; 5. J. Quinn (Glas) 30-46; 6. B. Devoy (Edin) 30-49.
Teams: 1. Edinburgh 52 pts; 2. Glasgow 97 pts; 3. Strathclyde 104 pts; 4. Aberdeen 176 pts. Ladies 3 miles: 1. A. Rose (Dundee) 17-35; 2. C. McFadden (Edin) 18-13; 3. L. Guest (Edin) 18-46; 4. N. Williams (H-Watt) 19-31.
Teams: 1. Edinburgh 13 pts; 2. Dundee 14 pts; 3. St. Andrews 31 pts.
Pearl Assurance National AAA Indoor Athletic Championships, Colford.
Scots performances: 60m 5. J. Henderson (ESH) 6.75; 400m: 2. B. White (Ayr Sea) 47.52; 3000m: 2. J. Robson (ESH) 8-07.41; HJ: 1. G. Parsons (LAC) 2.27m; Ladies: 1500m 2. I. McIntyre (McL GAC) 4-26.5 LJ: 3. L. Campbell (EWM) 5-86m.

24

Castle Series Cross Country Races,

Crathes Castle, Banchory.
Senior 4 miles: 1. R. Cresswell (Aber) 21-04; 2. M. Murray (Aber) 22-04; 3. S. McMillan (Lochaber) 22-07; 4. G. Grant (Kelth) 22-08; 5. S. Cassells (Aber) 22-11; 6. J. Doig (Aber) 22-12; V1. M. Edwards (Aber) 22-54; V2. J. Gallon (Aber) 24-45.
Youths: 1. N. Collins (Aber) 22-52; 2. C. Samuel (PSH) 24-29; 3. C. Davidson (Aber) 25-53.
Senior Boys: 1. M. Simpson (Aber) 16-50; 2. D. Richardson (Fraser) 17-02; 3. J. Gowans (Tay) 17-44.
Junior Boys: 1. G. Ramsay 12-13; 2. S. Sutherland 12-20; 3. M. Ross 12-35 (all Black Isle).
Senior Ladies: 1. M. Duthie (Fraser) 19-35; 2. H. Wisely (Fraser) (LV1) 19-45; 3. M. Stafford (Aber) 19-51; 4. S. Lamb (Aber) 20-06; 5. C. Butler (Aber) 20-15; LV2. D. Gernison (FFT) 20-46; LV3. N. McKinnan (Aber) 21-47.
Inters: 1. S. Duncan (PSH) 21-21; 2. C. McLeod (Tay) 23-47; 3. F. Duncan (Elgin) 24-12.
Juniors: 1. D. Simpson 12-23; 2. A. Gallon 13-16; 3. L. Davidson 13-21 (all Aberdeen).
Girls: 1. N. Clark (Aber) 13-35; 2. L. Forman (Peter) 13-58; 3. H. Pirie (Aber) 14-33.

Bellahouston Harriers Pollok Park 10,000 Metres Road Race, Glasgow -
1. A. Douglas (Vic park) 31-29; 2. T. Murray (GGH) 31-33; 3. P. Fleming 32-08; 4. A. Daly 32-56; 5. R. Fitzsimmons 33-38; (all Bella); 6. W. Coyle (Shett) 33-55; V1. B. McMonagle (Shett) 15th 36-03; V2. I. Donnelly (Law) 17th 36-15; V3. T. Murray (Gara) 22nd 36-40; L1. M. Wylie (McL GAC) 47th 39-12; L2. C. Brown (Nith V) 54th 39-53; L3. J. Armstrong (Giff N) 79th 42-46; LV1. R. Murray (Giff N) 95th 44-58.
Pat Spence Memorial Road Relay Races, Spango Valley, Greenock -
Inters/Seniors: 1. Irvine AC (S. Sinclair 10-02; M. McGill 11-41; E. McGarry 11-14) 32-57; 2. Strathkelvin Ladies AC (34-03); 3. Greenock Glenpark H 34-11. Fastest: 1. S. Sinclair 10-02. Juniors: 1. Helensburgh AC 23-44; 2. IBM Spango Valley AC 24-40; 3. Cumbernauld AAC 25-07.
Girls: 1. Victoria Park AAC 23-43; 2. Kirkintilloch Olympians AC 25-35; 3. Cumbernauld AAC 26-07; Fastest: 1. D. McNally (Vic Park) 7-42.
Minors: 1. Kirkintilloch Olympians AC 25-58; 2. IBM Spango Valley AC 26-27; 3. Kirkintilloch Olympians 'B' 27-54; Fastest: 1. J. Brown (KO) 8-25.

27

Scottish Civil Service Cross Country Championships, Calderglen Country Park, Coatbridge -
1. W. Robertson (PO) 26-29; 2. A. Daly (In Rev) 26-48; 3. G. Gaffrey (MOD) 26-52; 4. W. Nelson (B Tel) 27-16; 5. J. Duffy (MOD) 27-25; 6. T. Ullot (B. Tel) 27-30; Teams: 1. Ministry of Defence 17 pts; 2. British Telecom 22 pts; 3. Post Office 26 pts; Ladies: 1. R. Carthy (In Rev); 2. A. Wilson (In Rev) 18-31; 3. F. Carney (DHSS) 18-58; Team: 1. DHSS 12 pts.

30

Shettleston Harriers Flockhart Memorial Cross Country Races, Drumpellier Park, Coatbridge -
Seniors: 1. A. Gilmour (Cambus) 33-47; 2. H. Cox (GGH) 34-00; 3. A. Daly (Bella) 34-02; 4. D. McShane (Cambus) 34-05; 5. G. Croll (E. Kil) 34-09; 6. P. Fleming (Bella) 34-15. J1. M. Wallace (Vic Park) 8th 35-06; J2. G. McMaster (FVH) 16th 36-08; J3. D.

Gardner (Moth) 18th 36-19; V1. B. Carty (Shett) 15th 36-05; V2. A. Latimer (L + L) 26th 37-03; V3. B. McMonagle (Shett) 31st 37-27; V/O/S: W. McBrinn (Shett) 66th 40-30.
Teams: 1. A. McBeth (E. Kil) 19-38; 2. F. McGowan (Vic Park) 19-44; 3. F. Tognari (Moth) 20-35; Team: 1. East Kilbride AC 15 pts.
Senior Boys: 1. A. Smith (E. Kil) 17-11; 2. M. Hand (Law) 17-12; 3. M. McBeth (Cambus) 17-31. Team: 1. Cambuslang H 12 pts.
Junior Boys: 1. J. Ferguson (Ayr Sea) 10-42; 2. E. Forbes (Shouse) 10-54; 3. D. Kerr (SV) 10-57; Team: 1. Colzium AC 28 pts.

SAAA East District Indoor Athletic Championships, Kelvin Hall, Glasgow -
Men: 60m W. Fraser (EAC) 7-0; 200m: S. Scott (EAC) 22-1; 400m: M. Davidson (Aber) 49-5; 800m: K. Cameron (EAC) 1-55.1; 1500m: K. Mortimer (EAC) 3-56.7; 3000m: G. Harker (EAC) 8-26.3; 60H: N. Fraser (Inv H) 8-1; HJ: P. Sudiskas (Cen Reg) 2-00m; PV: D. Hamilton (EAC) 4-30m; LJ: D. Mathieson (Aber) 6-69m; TJ: J. Scott (EAC) 14-61m.
Ladies: 60m: K. Scott (EWM) 7-5; 200/400m: M. Anderson (EAC) 25-7/55-5; 800m: D. Kitchen (EWM) 2-13.9; 1500m: J. Wilson (Inver) 4-50.6; 60H: C. Reid (EWM) 9-0; LJ: C. Black (EWM) 5.41m; SP: M. Anderson 13-89m.

31

Kirkintilloch Olympians 7 Mile Road Race, Kirkintilloch.
1. A. Robson (ESH) 36-55; 2. R. Quinn (Kilb) 36-57; 3. A. McLellan (C'glen) 37-33; 4. A. McIndoe (Spring) 37-53; 5. A. Donnachie (G Un) 38-12; 6. P. Doran (Clyd) 38-15; V1. A. Stirling (FVH) 8th 38-55; V2. D. Fairweather (Cambus) 16th 39-43; V3. I. Donnelly (Law) 30th 40-47; L1. J. Robertson (West) 94th 45-25; L2. R. McAleese (Monk Shett) 97th 45-49; L3. H. Oliver (Law) 128th 47-53.
Teams: 1. Glasgow University 61 pts; 2. Maryhill H 106 pts; 3. Kirkintilloch Olympians AC 111 pts.
Ayrshire Harriers Association Open Cross Country Meeting, Girvan -
Seniors: 1. C. Soutar (Cumnock) 40-30; 2. C. Miller (Irvine) 40-43; 3. D. McGrory (Ayr Sea) 41-28; J1. M. Cowan (Dairy); V1. R. Cheyne (Irvine); Team: 1. Ayr Seaforth AC.
Youths: 1. S. White (Dumf); 2. D. Reid (Ardrossan); 3. R. Connell (London).
Senior Boys: 1. G. Reid (Kilm) 2; F. Donohue (Dumf); 3. D. McDowell (Dumf) Junior Boys: 1. D. Whiffen (Nith V); 2. D. McNeill (Dumf); 3. P. Menlow (Dumf).
Colts: 1. M. Sloan; 2. A. Menlow (both Dumfries); 3. H. Kerr (Ayr Sea).
Senior Ladies: 1. S. Sinclair (Irvine); 2. F. Black (Ayr Sea); 3. C. McMillan (Dumf) LV1. K. Gear (Irvine).
Inters: 1. S. McGregor (Kilm); 2. P. Kelly (Bath); 3. A. Higgins (Cumb).
Juniors: 1. R. Pollock (Loudon); 2. J. Roxburgh (Irvine); 3. C. Roy (Bath).
Girls: 1. A. Cheyne (Bath); 2. J. Ledley (Whitburn); 3. D. Church (Ayr Sea).
Minors: 1. H. Brooks; 2. S. Scott (both Ayr Sea); 3. K. Stewart (Kilm).

February

6

Renfrewshire AAA Road Race Championship, Eastwood -
Seniors: 1. T. Murray (GGH) 24-42; 2. R. Fitzsimmons (Bella) 25-01; J1. A. Johnstone (GGH) 28-27; V1. P.

Crumpton (Lin Pent) 27-45; Teams: 1. Greenock Glenpark H; 2. IBM Spango Valley AC; 3. Bellahouston H.
Youths: 1. Mc Kendrick (GGH) 18-27; Team: 1. Greenock Glenpark H.
Senior Boys: 1. D. McFadyen (GGH) 11-26; Team: 1. Bellahouston H.
Junior Boys: 1. D. Kerr (SU) 12-02; Team: 1. Bellahouston H.
Ladies: 1. J. Armstrong (Giff N) 32-51; 2. E. O'Brien (GGH).
Team: 1. Greenock Glenpark H.
North District Cross Country League, Muir of Ord -
Seniors: 1. J. Bowman (Inver) 30-29; 2. A. Reid (Coasters) 30-36; 3. S. Wright (Calth) 32-16; V1. G. Mitchell (Inver) 13th 34-48.
Team: 1. Coasters AC.
Youths: 1. S. Jarvie (Cull AC) 22-05; 2. A. Bruce (Calth) 22-23; 3. F. Everett (Inver) 22-35.
Senior Boys: 1. P. Watt (Elgin) 18-43; 2. D. Richardson (Fraser) 19-10; 3. A. Barnes (Loch) 19-15; Team: 1. Lochaber AC.
Junior Boys: 1. A. McRae (Inver) 11-37; 2. G. Ramsay 11-40; 3. S. Sutherland 11-48 (both Black Isle); Team: 1. Black Isle AC.
Senior Ladies: 1. S. Campbell (Inver) 20-45; 2. M. McBeath (Calth) 21-10; 3. M. Green (Calth) 21-16; 4. J. Wilson (Inver) 21-26; Int 1. J. Rankin (Inver) 9th 23-07. Team: 1. Inverness H.
Juniors: 1. A. Ramsay (B.I.); 2. A. McLeod (Calth); 3. K. McIver (Nith Inst); Team: 1. Inverness H.
Girls: 1. L. Henderson (Inver) 10-43; 2. L. Forman (Peter) 10-47; 3. R. Birnie (Forres) 10-58; Team: Black Isle AC.

Clydebank AC Club Cross Country Championships, Clydebank -
Seniors: 1. J. McKay 29-14 (5th title in a row); 2. D. Williams 29-16; 3. R. McQuat 30-31; V1. J. McLaughlin 5th 34-19.
Youths: 1. A. Russell 14-25; 2. M. McBride 14-38; 3. J. Cullen 15-16; Senior Boys: 1. A. Thain 11-38; 2. D. Hill 11-49; 3. G. Harvey 12-07; Junior Boys: 1. D. Fotheringham 7-29; 2. A. Bruce 7-32; 3. C. Young 7-58; Colts: 1. S. Docherty 5-28; 2. T. Mooney 5-37; 3. A. Murray 6-05.

7

SCUU National Veterans 10,000 Metres Cross Country Championship, Dalmuir Park, Clydebank -
1. C. Youngson (Aber) 39-14; 2. K. Duncan (Pit) 39-38; 3. G. Milne (Aber) 39-53; 4. A. Adams (Dumb) 40-02; 5. J. McMillan (Kilb) 40-25; 6. C. Martin (Dumb) 40-37.
V/O/S: 1. M. Edwards (Aber) 7th 40-55; 2. R. McFarquhar (Aber) 10th 41-10; 3. R. Hodelot (GGH) 18th 41-57.
V/O/S: 1. J. Maitland (Loch) 44-01; 2. J. Morrison (Aber) 44-24; 3. J. Irvine (Bella) 45-12; V/O/S: 1. W. Stoddart (GWH) 43-36; 2. H. Gibson (Ham) 44-07; 3. A. Robertson (Troon) 47-08.
V/O/S: 1. W. Marshall (Moth) 47-55; 2. W. Gillespie (FVH) 51-51; 3. J. Gillies (Lass) 52-20.
Team: 1. Aberdeen AAC 21 pts; 2. Dumbarton AAC 95 pts; 3. Cambuslang H 109 pts; 4. Shettleston H 133 pts; 5. Victoria Park AAC 148 pts; 6. Fife AC 151 pts.

Dunbartonshire AAA County Womens Cross Country Championships, Posties Park, Dumbarton -
Seniors: 1. M. Gemmell (Strath Ladies) 15-27; 2. K. Baird (KO) 16-01; 3. A. Normand (Vic Park) 16-31; Teams: 1. Strathkelvin Ladies 14 pts; 2.



Top: Sandra Branney wins the women's title. Right: onto the beach. Above: Peter Fox (right) leads up the opening hill.

Continued from page 36

Dunbartonshire AAA Championships -
Seniors (cont) 2. Kirkintilloch Olympians 21 pts; 3. Vale of Leven AC 31 pts. Juniors: 1. A. McBride (Helen) 10-11; 2. A. Paterson (Strath Ladies) 10-18; 3. S. Buchanan (Colzium) 10-21. Teams: 1. Helensburgh AC 13 pts; 2. Victoria Park AAC 26 pts; 3. Strathkelvin Ladies 34 pts. Girls: 1. A. Potts (Vic Park) 10-04; 2. J. McDowell (Colzium) 10-06; 3. G. Fowler (Vic Park) 10-50. Teams: 1. Victoria Park 8 pts; 2. Colzium AC 20 pts; 3. Kirkintilloch Olympians AC 23 pts. Minors: 1. J. Brown (KO) 7-25; 2. J. Mickel (Helen) 7-34; 3. J. McLogan (KO) 7-45; Teams: 1. Kirkintilloch Olympians AC 9 pts. Aberdeen AAC Autosonic 4 Mile Handicap Cross Country Race, Balgownie Playing Fields, Aberdeen -
1. R. Creswell 20-41; 2. M. Murray 21-23; 3. G. Laing 21-49; 4. (J1) N. Mackland 22-25; (All Aberdeen AAC) L1. J. Fraser 27-08; L2. N. McKinnon (LV1) 28-02; L3. T. Ronney 28-57 (All Aberdeen AAC) Young Athletes 2 Miles: Boys: 1. M. Simpson 11-53; Girls: 1. C. Clarkson 13-58 (both Aberdeen AAC).

National roll of honour

Junior Boys (3170 metres) 1. D. Whiffen (Nith Valley) 12 min 29 sec; 2. A. Moonie (Fife) 12-33; 3. M. Kelso (Pitreevie) 12-40. Teams: 1. Clydebank (D. Watt; 6. D. Fotheringham; 7. A. Bruce; 14. M. Smith 20); 47 points; 2. Pitreevie 79; 3. Inverness 167. Senior Boys (4705m); 1. N. Freer (Clydbank) 18-02; 2. G. Graham (Victoria Park) 18-05; 3. S. Burch (Pitreevie) 18-06. Teams: 1. Victoria Park (G. Graham; 2. C. Greenhaugh 7. I. Clark 13. S. Low 21) 43; 2. Clydebank 55; 3. Pitreevie 81. Youths: (6340m) 1. M. Campbell (Clydebank) 22-48; 2. S. Rankin (Falkirk Victoria) 23-22; 3. I. Gillespie (Clydebank) 23-30. Teams: Clydebank (I. Gillespie; 3. G. Stewart; 7. A. Russell; 9. M. McBride 11) 30; 2. Falkirk Victoria 73; 3. Victoria Park 75. Junior Men (7870m); 1. C. Murphy (Pitreevie) 26-21; 2. T. Reid (Dundee Hawhill) 27-05; 3. M. Wallace (Victoria Park) 27-17. Teams: 1. Motherwell YMCA (J. Quinn 7. J. Houston 9. C. McCann 14. S. Quinn 15) 45; 2. Victoria Park 58; 3. Pitreevie 86. Seniors (12,170m); 1. N. Tennant (Edinburgh Southern Harriers) 38-14; 2. C. Robison (IBM Spango Valley) 38-47; 3. T. Murray (Greenock Glenpark Harriers) 38-51; 4.

P. Fox (Motherwell YMCA) 38-55; 5. A. Gilmour 39-04; 6. C. Donnelly 39-19; 7. E. Stewart (all Cambuslang) 39-23; 8. C. Haskett (Dundee Hawhill) 39-25; 9. C. Henderson 39-42; 10. G. Grindlay (both ESH) 39-48. Teams: 1. Cambuslang (A. Gilmour 5. C. Donnelly 6. E. Stewart 7. R. Arbuckle 13. J. Orr 14. C. Thomson 18) 63; 2. ESH (N. Tennant 1. C. Henderson 9. G. Grindlay 10. I. Steel 25. K. Lyall 28. D. Goldenborough 89) 162; 3. Aberdeen (C. Hall 11. R. Cresswell 20. S. Axon 22. I. Mathieson 41. G. Laing 45. E. Arrowsmith 47) 186; 4. Edinburgh A.C., 282; 5. Haddington East Lothian Pacemakers 416; 6. Edinburgh University 474; 7. Victoria Park 519; 8. Dundee Hawhill 523; 9. Teviotdale 526; 10. Greenock Glenpark 527. Minor Girls (1 mile) 1. H. Brooks (Ayr Seaforth) 9 mins 41 sec; 2. M. Smith (Black Isle) 9-51; 3. S. Scott (Ayr Seaforth) 9-55. Team: 1. Black Isle (M. Smith 2. P. Young 7. J. Donald 9. L-A. Cameron 27) 45 points; 2. Ayr Seaforth 72; 3. Airdrie Harriers 76. Girls (2 miles) 1. A. Cheyne (Bathgate) 13-21; 2. A. Foster (Morpeth) 13-23; 3. I. Linaker (Pitreevie) 13-36. Team: 1. Victoria Park (D. McNally 5. A. Potts 6. G. Fowler 23. B. Hoddart 37) 71; 2. Irvine 75;

3. Pitreevie 93. Juniors (2 miles) 1. N. Brown (Tynedale) 13-23; 2. S. MacDonald (Irvine) 13-38; 3. R. Pollock (Loudon Runners) 13-48. Team: 1. Inverness (R. Davidson 15. D. Douglas 27. M. Sinclair 39. E. Johnston 42) 123; 2. Helensburgh 125; 3. Glasgow AC 132. Intermediates (2.1/2 miles) 1. S. Grainger (Edinburgh Woolen Mill) 15-28; 2. K. Ryan (Darlington) 15-44; 3. H. Haining (Nith Valley) 15-59; Team: 1. Kilmarnock Harriers (M. McClung 5. S. McGregor 13. L. Cairns 19) 37; 2. Inverness 44; 3. Kilbarchan 46. Seniors (3.1/2 miles) 1. S. Branney (Glasgow AC) 23-46; 2. L. Harding (Houghton) 23-51; 3. L. van Dyck (Essex Ladies) 24-14; 4. L. Reilly (Morpeth) 24-16; 5. B. Murray (Macclesfield) 24-34; 6. M. Wylie (Glasgow AC) 24-43; 7. A. Sym (Glasgow AC) 24-47; 8. A. Ridley (Shaftsbury) 24-52; 9. S. Sinclair (Irvine) disqualified, appeal lodged; 10. E. Masson (Kilbarchan) 25-12. Team: 1. Glasgow AC (S. Branney 1. M. Wylie 6. A. Sym 7) 14; 2. Houghton 47; 3. Aberdeen 87. Young Seniors: 1. Reilly. Veterans: 1. H. Wisley (Fraserburgh) 26-07; nineteenth overall.

**UP TO £600
OF HOLIDAYS
TO BE WON!**

FREE!

● Treat yourself and your partner to two nights FREE accommodation at a top British hotel (including 30 in Scotland and another 15 in the Lake District).

● This splendid offer is yours by right when you subscribe to Scotland's Runner using the form below.

● In December Ben Adam went to Barbados courtesy of Scotland's Runner, and now you have the chance to emulate him by winning a week's holiday for two in Portugal this Autumn.

● Scotland's Runner is the only magazine which covers Scottish athletics in depth... PLUS offers increasing commitment to other sports such as orienteering, gymnastics, and triathlons.

● Make it a sunshine 1988 by filling in the form below TODAY!

**WORTH
UP TO
£100!**

YE.E.E.S!...
I GOT MY MAG
TODAY.



Subscribe to Scotland's Runner now, and you are automatically entitled to two nights free accommodation for two people at one of 200 top hotels in the UK.

**WORTH
£500!**

Plus... your name goes into our draw for a superb free holiday abroad – a week in Portugal for two people this Autumn, including entries to the Algarve Half Marathon!

SUBSCRIPTION ORDER FORM

Yes! I wish to take up the free accommodation offer and start my subscription to Scotland's Runner magazine. Please enter my name for the Prize Holiday for two in Portugal.

Name

Address

Name of your bank

Bank Sort Code (if known)

Bank A/C No. (if known)

Bank Address

Signed

Date

Standing order (UK residents only). Please pay to the order of ScotRun Publications Account No. 00255246 at Royal Bank of Scotland, Downhill (83-21-37) the sum of £15.00 on the date shown and annually thereafter the same sum on the anniversary of that date being my subscription to Scotland's Runner magazine and debit my/our account accordingly until countermanded by me in writing. Return to ScotRun Publications, FREEPOST, Glasgow G3 7BA. NO STAMP REQUIRED

© D.C. THOMSON & CO. LTD.

Events Diary

March

26

XIV IAAF World Cross Country Championships, Auckland, New Zealand

ROYAL Mail Scottish National 6 Stage Road Relay Championships, Livingston.

CHAPELGILL 2 mile Hill Race, Broughton

27

BRECHIN Caterthun Race, Brechin

LOCHABER AC Road Race, Fort William
CLACKMANNAN District Sports Council
Alloa Half Marathon, Details - Mrs J. King,
Dept of Leisure and Recreation, Mar St.,
Alloa.

April

2

RENFREWSHIRE AAA 10 Mile Road Race, Greenock

3

FIFE Open Graded Meeting, Glenrothes

FORFAR Filteen, Forfar. SAE W. Logan
5, Westfield Crescent, Forfar.

GLEN Frulin Road Race, Helensburgh

MONKLANDS Open Graded Meeting (W), Coatbridge

NORTH Inch Relays, Perth

VICTORIA Park AAC Open Graded Meeting (M), Crownpoint Road.

6

SRI Chinmoy 2 ML Road Race, Glasgow Green.

9

KODAK AAA 10K Championship Final, Hemel Hempstead

TOM Scott Memorial Road Race, Strathclyde Park

10

BANFF Open 7ML Road Race, Banff

DUNDEE Hawkhill Harriers 10K & Harry Bennet Mile, Dundee, 2pm. SAE Brian Davidson, 8, Pitkerro Road, Dundee.

INVERNESS Harriers Open Meeting, Inverness

JIMMY Scott Memorial, Clydebank-Helensburgh, Clydebank

SCOTTISH & N West League D1 & 2, Crownpoint; D3 & 4, Wishaw; D5, Ayr.

SELKIRK Peoples Half Marathon, Selkirk

AHCA Young Athletes Meeting, Ayr

ESH Open Graded Meeting, Meadowbank

SRI Chinmoy 2 ML Road Race, Glasgow Green

16

CRAIG Dunain Hill Race, Inverness

SCOTTISH Athletic League - Qualifying Match, Coatbridge

SCOTTISH Young Athletes Handicap Scheme, Livingston

BORDER Athletics League, Tweedbank

HADDINGTON and East Lothian Pacemakers Open 10 Mile Road Race, Neilson Park, Haddington, 2pm. E - Joe Forte Sports, High Street, Haddington

SCOTTISH Young Athletes League East 1 & 2, Grangemouth

SCOTTISH Young Athletes League North East, Dundee

19

FORTH Valley League, D2, Grangemouth

20

SRI Chinmoy 2 ML Road Race, Glasgow Green

21

FORTH Valley League, D1, Grangemouth

23

BEN Rha Hill Race, Reay, Thurso

DUNBAR Boundary Road Race, Dunbar
DUNBARTONSHIRE AAA T & F Championships, Sootstoun

DUNDEE University Open Graded Meeting, Caird Park

24

CITY of Dundee People's Health Marathon, Dundee. E - Race organiser, Leisure and Rec Dept., 353, Clepington Road, Dundee DD3.

EDINBURGH & District Athletic League, Tweedbank

motherwell leisure

MOTHERWELL DISTRICT HALF MARATHON

29th MAY 1988

WISHAW SPORTS CENTRE



STARTS AND FINISHES AT THE SPORTS CENTRE



Assisted by NIKE

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 12 1/2" x 9" S.A.E. for acknowledgement and race literature.

Please enclose S.A.E. approximately 12 1/2" x 9" for results if required.

Signature

DATE OF BIRTH

MALE/FEMALE

NAME OF CLUB/UNATTACHED

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



STRATHKELVIN DISTRICT COUNCIL SCOTTISH MARATHON CLUB

THE LUDDON HALF MARATHON

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

(incorporating 1988 Scottish Women's Championship)



SPONSORED BY LUDDON CONSTRUCTION LIMITED

SUPPORTED by Nike, Runsport, Racket Sports & Kirkintilloch Herald

SUNDAY, 15th MAY, 1988
START 9.30 am



RACE VENUE: Woodhead Park, Kirkintilloch

RACE HEADQUARTERS: Tom Johnston House, Civic Way, Kirkintilloch

CHANGING ACCOMMODATION: Male - Kirkintilloch Swimming Pool

Female - Woodhead Community Education Centre



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

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

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

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

NAME

ADDRESS

NAME OF AFFILIATED ATHLETIC CLUB

DATE OF BIRTH

 Day

 Month

 Year

AGE ON DAY OF RACE

CATEGORY (please tick box)

☐ Female under 35 ☐ Female 35 and over

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

RACKET SPORTS
Kirkintilloch
Footwear and Clothing

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

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

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

Signed Date

FOR OFFICIAL USE ONLY

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

Events Diary

LOCHABER People's Marathon, Fort William. SAE E. Campbell, Kisimul, Alma Road, Fort William.

SCOTTISH Women's League D1, Ayr: D2, Grangemouth; D3, Crownpoint Road, D4, Coatbridge.

VICTORIA Park St Mungo 10K, Bearsden

CUMBRIAN Half Marathon and Fun Run. Details - R.A. MacLeod Shielling, Capon Tree Road, Brampton CA8.

27

ADIDAS Challenge Series, Pollok Park. E - Race Director, 53, Anchor Crescent, Paisley.

SCOTTISH University Cup Semi-Final, St. Andrews

SCOTTISH University Cup Semi-Final, Meadowbank

SHETTLESTON Harriers Open Graded Meeting, Crownpoint Road

SRI Chinmoy 2 ML Road Race, Glasgow Green

30

EASTER Ross People's Half Marathon, Tain

RENFREWSHIRE AAA Championships, Crownpoint Road

May

1

BUSF/UAU Championships, London (CP)

EDINBURGH Peoples Half Marathon, Edinburgh

GRAMPIAN Television Athletic League, Banchoy

MONKLANDS Scottish Cup - Semi Final, Coatbridge

SCOTTISH Athletic League (1) D1 & 2, Crownpoint Road; D3 & 4, Wishaw

CUNNINGHAM Canter 10 Miles, Saltcoats

2

BUSF/UAU Championships, London (CP)

3

SPRINTING for Britain Challenge, Pitreavie

4

ADIDAS Challenge Series, Pollok Park. Entry details as before.

AHCA Young Athletes Meeting, New Cumnock

LANARKSHIRE AAA Track League, Coatbridge

SPRINTING for Britain Challenge, Crownpoint Road

SRI Chinmoy 2 ML Road Race, Glasgow Green

SRI Chinmoy 5K Road Race, Meadows, Edinburgh

7

ACCESS UK Womens League (1)

BEN Lomond Hill Race, Rowardennan

BENBECULA Run, Benbecula

COOPER Park Road Race, Elgin

EDINBURGH to North Berwick Road Race, Meadowbank

SCOTTISH Universities Cup Final,

Dundee Hawkhill Harriers 10K Road Race

at Caird Park, Dundee
on 10th April, 1988
at 2p.m.

Medal to all Finishers.

Team and Individual Trophies to the value of £800.

Entries to: B. Davidson, 8 Pitkerro Road, Dundee.

Tel: Dundee (0382) 454501

£2.50 plus S.A.E. or £3.00 on the day.
Under SWAAA and SAAA Rules

SEVENTH LOCH RANNOCH MARATHON

(INCORPORATING THE SECOND LOCH RANNOCH HALF-MARATHON)

Sunday June 12th 1988 at 11 a.m.

(under SAAA and SWAAA Rules)
(BARR grading applied for)

SPONSORED BY BARRATT
MULTI-OWNERSHIP AND HOTELS LTD.



RUN IN ONE OF BRITAIN'S MOST BEAUTIFUL MARATHONS. THERE IS ALSO THE CHANCE TO RUN IN A HALF MARATHON EVENT - WHICH WE HOPE WILL ALLOW MORE RUNNERS TO ENJOY THE WILD SCOTTISH SCENERY BUT OVER A SHORTER COURSE. EXCELLENT FACILITIES INCLUDE DRINK/SPONGE STATIONS, MILE MARKERS, MEDALS FOR ALL FINISHERS, COURSE ACCURATELY MEASURED BY RRC, EXCELLENT PRIZE LIST INCLUDING WEEKEND HOLIDAYS, AND ABOVE ALL A FRIENDLY ATMOSPHERE.

Entry forms from:
Arthur F. Andrews, Loch Rannoch Marathon,
Rannoch School, Rannoch Station, Perthshire, PH17 2QQ.

(PLEASE SEND S.A.E.)

WHY NOT MAKE A DATE NOW FOR THE FRIENDLY RUN IN THE HEART OF THE HIGHLANDS ON JUNE 12TH?

Looking for a weekend of sporting fun and challenge then look to Aberdeen.

● FULL PEOPLES MARATHON

● 10K FUN RUN. START 11-20 AM

● SPECIAL ACCOMMODATION TERMS

● ENTERTAINMENT INCLUDING "BLISTER BALL"

For your FREE Information Pack simply contact:
CITY OF ABERDEEN MILK MARATHON
DEPT. OF LEISURE AND RECREATION
ST. NOCHOLAS HOUSE
ABERDEEN
Tel: (0224) 642121

CITY OF ABERDEEN
MILK MARATHON
& 10K FUN RUN 88

11-20 am
SUNDAY 22nd MAY
1988



MILK - WHAT MORE COULD A BODY ASK FOR



THE DUNFERMLINE HALF MARATHON 1988

PITTENCRIEFF PARK
9.30 a.m. SUNDAY 12 JUNE

Applications to:
Race Administrator
The Carnegie Centre
Pilmuir Street, Dunfermline, Fife
Telephone (0383) 723211

OFFICIAL USE ONLY



ORGANISED BY
DUNFERMLINE
DISTRICT
COUNCIL

Entry Form

BLOCK CAPITALS PLEASE

SURNAME										CHRISTIAN NAME(S)									
ADDRESS																			
TOWN/CITY										POSTCODE					DAYTIME TELEPHONE NUMBER				
AGE		DATE OF BIRTH				SEX M/F		☐ IF DISABLED PLEASE TICK				BEST PREVIOUS TIME				ANTICIPATED RUNNING TIME			
YRS.												HRS/MINS				HRS/MINS			
TEAM ENTRY ONLY																			

Team Entries will be accepted in multiples of five only and must be submitted together. Four fastest finishers qualify.

I enclose my Cheque/P.O. for £4.00 being the Entry Fee for the Race.

I agree to the organisers right to refuse any entry without being bound to assign a reason.

I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against Dunfermline District Council and the Organisers for any loss/injury as a result of participation in the event.

I will be 18 years of age or over on the day of the race.

The Race is promoted under the jurisdiction of the Scottish Amateur Athletic Association and the Scottish Womens Cross Country Union.

Signed

Date

Cheques should be made payable to "Dunfermline Half Marathon".

All Entry Forms must be accompanied by the entry fee and a 9" X 6" stamped addressed envelope (22p stamp) with enclosed application form.

Further Application Forms are available from the Carnegie Centre or C & G Sports (Dunfermline) and all branches of Dunfermline Building Society.

Organised in association with
Dunfermline District Sports Council
Scottish Amateur Athletics Association
Scottish Womens Cross Country Union
Pitreavie Amateur Athletic Club
Fife Regional Council
Fife Constabulary
and the Clubs, Voluntary Organisations and Societies of Dunfermline District.

B.A.R.R. Grade 1 Championship — (Approved)

This year's Half Marathon is a qualifying event in the 1988 Scottish Road Racing Championship promoted by "Scotland's Runner" magazine.



C & G SPORTS
DUNFERMLINE

Dunfermline
Building Society

PROVIDING COMPUTER ADMINISTRATION



MILK! IN SPORT

Events Diary

SVHC - Glasgow '800 10K Road Race, Garscadden

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, Gourrock, E - Hon Sec., Gourrock 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, Livingston

SRI Chinmoy 2 ML Road Race, Meadows, Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow Green

KINNOULL Hill Race, Branklyn

12

FORTH Valley League D1, Grangemouth; D2, Livingston

13

SCOTTISH Island Peaks Race, Oban to Troon

14

KAIM Hill Race, Fairlie

GOATFELL Hill Race, Brodick

GOLSPIE Peoples 10K, Golspie

KILMACOLM Agricultural Show Hill Race, Kilmacolm

PENICUIK Howgate Open 10K Road Race, Penicuik

SWAAA East District Championships, Pitreavie/Meadowbank

SWAAA West District Championships, Crownpoint Road

15

EDINBURGH & District Athletic League, Saughton

FORREST of Cairn 10 Mile, Keith

GLENROTHES Half Marathon, Glenrothes. 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 Championships

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.

HELP
HADDINGTON & EAST LOTHIAN PACEMAKERS
in conjunction with

EAST LOTHIAN DISTRICT COUNCIL
LEISURE, RECREATION and TOURISM
present the

HADDINGTON ROAD RACE SERIES (1988)

Supported By

JOE FORTE SPORTS
65 High Street, Haddington, East Lothian.
and
EAST LOTHIAN NEWS

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

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

Sunday 14th August - Open 1/2 Marathon - 3.00pm

All Events - Neilson Park - Haddington

EXTENSIVE PRIZE LIST AND COMMEMORATIVE SERIES AWARDS -

10 Mile - £2.50 5 Mile - £2.00 1/2 Marathon - £3.50

Enter all races and save £1.00 - for £7.00

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



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!

Entry forms are available from:
The Race Convener,
24 Viewforth Place,
Pittenweem,
Fife. KY10 2PZ.

Sponsored by:

PAGAN OSBORNE & GRACE
SOLICITORS ESTATE AGENTS

OFFICES AT: ANSTRUTHER; CUPAR; ST. ANDREWS;
GLENROTHES; KIRKCALDY.

Ayr Land o' Burns

digital



Under S.A.A.A. and
S.W.A.A.A. laws.
Entry Forms from:
RACE DIRECTOR,
KYLE & CARRICK
District Council,
Parks & Recreation
Dept., 30 Miller
Road, Ayr, Scotland.

HALF MARATHON

**Sunday AUGUST 28th
at 10.30 a.m.**

RACE ADVISER: Robert M. Dalgleish M.B.E.
SCOTLAND'S LARGEST ENTRY FOR 1987,
Fast course (Scottish record Sept 86) past
Alloway's Auld "Haunted Kirk" and Burns
Cottage — Ample car parking adjacent to
Start/Finish on Ayr Esplanade.
Winners 1987: FRASER CLYNE 1:04:51
Winners 1987: LORNA IRVING 1:11:44

Special awards to any athlete completing
Land O' Burns and Glasgow Marathon/1/2 Marathon

Surname
Forename
Address
.....
Telephone Number
Post Code
Male Female
Date of Birth
Previous best time (Hours, mins)
Estimated running time (Hours, mins)
Are you resident within Kyle and Carrick District? YES/NO
Do you intend
to take part in the Glasgow marathon/1/2 marathon? YES/NO
Club (If applicable)

KYLE AND CARRICK SPORTS COUNCIL

CATEGORIES

For your information the running categories are:
Men: 18 to 39, Veteran Males 40 & over, **Women:** 18 to 34,
Veteran Females 35 & over.
Please enter me for the Ayr Land O' Burns Half Marathon. I am
medically fit to run and understand that I enter at my own risk,
and that the Organisers shall not be held responsible for any
injury, loss or damage as a result of my participation in the said
Event.

●Cheque or P.O. for £4.00 payable to "KYLE AND CARRICK
DISTRICT COUNCIL" ●Check your bank statement for
confirmation of entry ●Enclose SAE with entry for written
confirmation.

Please help: Check all enclosures before posting to: RACE
DIRECTOR, PARKS AND RECREATION DEPT., 30
MILLER ROAD, AYR KA7 2AY. Tel: (0292) 281511

Signed
Date

* STOP PRESS - Selected Event Race - 1988 Scottish
Road Race Championship - STOP PRESS *

SR4

HUGHES

AIRCRAFT COMPANY

GLENROTHES HALF MARATHON

**SUNDAY
15TH MAY 1988**

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

Closing date for entries
1st May or 2000 entries

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

HUGHES GLENROTHES HALF MARATHON

FIFE SPORTS INSTITUTE



VIEWFIELD ROAD

GLENROTHES

FIFE



For details call 0592 771700

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

Events Diary

21

BRITISH Athletics League (1)
Meadowbank

GLASGOW University Sports Day

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, Grownpoint 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

BENS of Jura Fell Race, Jura

BATHGATE Highland Games, Bathgate

CARINPAPPLE Hill Race, Bathgate (vets
only)

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, Galsoun,
Ayrshire.

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

KIRKCALDY College of Technology Half
Marathon, Kirkcaldy

SCOTTISH Border Championships,
Tweedbank

SWAAA East v West Match, Crown Point

TISO Campsie Hill Race, Lennoxton

June

1

AHCA Young Athletes Meeting,
Kilmarnock

FALKIRK Open Graded Meeting,
Grangemouth. E - Grangemouth
Stadium, Grangemouth, Tel: 0324-
483752

SRI Chinmoy 10K Road Race, Meadows,
Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow
Green

4

"Y" Olympiad, Meadowbank

CARLUKE 10 mile Road Race, Carluke

CRAIGIE Hill Race, Barrhead

EAST Kilbride Summer 10K Road Race,
East Kilbride

HADDINGTON Festival 5 ML Road
Race, Haddington E - Joe Forte Sports,
65, High Street, Haddington, E. Lothian

HFC UK Championships, Derby

LILIAS Day Road Race, Kilbarchan

FORFAR FIFTEEN

Organised by Forfar Road Runners
(under SAAA, SWAAA, SWCCRR rules)

Sunday April 3rd

Sponsored by Reebok

Entry details (SAE) to: W. Logan, 5, Westfield Crescent, Forfar
Accommodation available (Bed & Breakfast from £7-50)

City of Dundee People's Health Marathon

Sponsored by:—



City of Dundee District Council



SCOTTISH HEALTH
EDUCATION GROUP

Sunday, 24th April 1988 at 10 am

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

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

ENTRY FEE £5 PER ENTRANT

DUNDEE City of Discovery

Boulevard Sports Park Committee association with Clydebank District Council

THE

TOP LADIES PRIZES

SPOT PRIZES

THE RACE WHERE
ALL CASH IS RAISED
FOR THE
DEVELOPMENT
OF ATHLETICS

CLYDEBANK HALF MARATHON

Incorporating the
STRATHCLYDE REGIONAL COUNCIL HALF MARATHON
Run under SAAA/SWCC & RRA Rules

SUNDAY, 12th JUNE

ENTRY FEE	Prizes to the Value of £1200 including £300 first Prize value	£ 4.00
U.B. 40		£ 2.00.

Entry Forms From
Leisure and Recreation Dept District Council Offices Clydebank
Clydebank District Council
☎ 041-941 1331 Ex 200

LOTHIAN AND BORDERS FIRE BRIGADE



Assisted by: West Lothian District Sports Council
and
Livingston & District AAC

Sunday 28th August 1988
at 10 a.m.

Start/finish at Howden Park, Livingston

- Commemorative Medals and Certificates to all finishers.
- Trophies in all categories (incl. best fancy dress).
- Prizes include Gore-Tex fabrics suits to 1st male, 1st female, 1st male o/40 and 1st female o/35.
- Increased veterans prize list.
- Changing/parking facilities.
- Wheelchair entries welcome.
- Scotland's fastest course. Course records: Men - Bill Bedell 62:54 (Scottish best time) Women - Tricia Calder 79:05.
- Entry Fee £5.00 (£6.00 after 14/8/88)

ENTRY FORM

SURNAME		SEX
		☐ M ☐ F
FIRST NAME		
POSTAL ADDRESS		
TOWN		
COUNTY	POST CODE ESSENTIAL	
DAYTIME TELEPHONE (STD CODE ESSENTIAL)	HOME TELEPHONE (STD CODE ESSENTIAL)	
DATE OF BIRTH	AGE ON DAY OF RACE	WHEELCHAIR ENTRANT (PLEASE TICK)
Day Month Year		☐
FIRST CLAIM AFFILIATED CLUB		
BEST TIME	WHERE ACHIEVED	

Please enter me for the Gore-Tex Fabrics Livingston Half Marathon. I am medically fit and understand that I enter at my own risk, and that the organisers/sponsors shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee £5.00 cheque/P.O. to Livingston Half Marathon before 14/8/88. No acknowledgement - check bank statement for confirmation of entry.

Signed _____ Date _____
Completed entry to Race Secretary, Livingston Fire Station, Livingston EH54 8LP



GORE-TEX is a trade mark of W.L. Gore & Associates Inc

Skye Week '88 Half Marathon & Fun Run



SAT 18th JUNE 10.30 am

- £4.00 entry fee
- Half Marathon open to all over 18
- Medals to all finishers
- Closing date - 13th June 1988
- Application forms from Nigel Wilson, Portree House, Portree, Isle of Skye IV51 9LX: SAE

SPONSORED BY
Comhairle an Eilein Sgitheanaich agus Loch Aillse
CLAN DONALD CENTRE
Isle of Skye Hotel Association

THE CUMBERNAULD HALF MARATHON

Sunday 5th June

Entry Fee £3.50; Over £1000 in prizes
Commemorative medal to all finishers

Entry forms from:

Stephen Robertson
Cumbernauld and
Kilsyth District Council
Council Offices, Bron Way
Cumbernauld G67 1DZ.



Sponsored by:
Cumbernauld Development Corporation
Cumbernauld and Kilsyth District Council
Cumbernauld News and Kilsyth Chronicle

Events Diary

SCOTTISH Mountain Trials

ROSS-SHIRE People's 10 Kms Road Race, Dingwall

SAAA Decathlon & Relay Championships, Ayr

5

AIRDRIE Highland Games, Airdrie

ANSTRUTHER Half Marathon, Anstruther

BORDER Athletics League, Tweedbank

CUMBERNAULD Half Marathon, Cumbernauld, E - Stephen Robertson, Cumbernauld and Kilsyth District Council, Bron Way, Cumbernauld

EAST Neuk of Fife Half Marathon, E - Race Convener, 24, Viewforth Place, Pittenweem, Fife.

CUMNOCK Half Marathon, Cumnock

GLENGOYNE Gallop, Blandfield

GOVAN Garden Festival 10K Road Race, Govan

GRAMPIAN TV Athletics League, Elgin

HFC UK Championships, Derby

NEW Glasgow Hospice 10K (SWCCRA Champ), Glasgow.

SAAA Decathlon Championships, Ayr

SCOLTY Hill Race, Banchory

SCOTTISH Wildlife Trust 10K Road Race, Aberdeen

GALLOWAY Sealink Marathon, E - Meriel Walker, Clydesdale Bank House, Newton Stewart.

7

RENFREWSHIRE/Dunbartonshire AAA Track League, Crown Point

8

SRI Chinmoy 1 ML Road Race, Meadows, Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow

AYR Seaforth 10K Road Race and Fun Run

11

BRITISH Athletics League (2) D2, Meadowbank

DOLLAR Hill Race, Dollar

FRANK Sinclair Memorial Road Race, Greenock

HAMILTON District Sports Festival and Gala, Hamilton

MEETING International, EAA Permit,

NUM Gala Day Sports Meeting, Holyrood

SCOTTISH Schools Pentathlon & Relay Champs, Grangemouth

TRAPRAIN Law Race, East Linton

12

BRITISH Athletics League (2)

CLYDEBANK Half Marathon, Clydebank E - Leisure and Recreation Dept., Council Offices, Clydebank.

DUMFRIES Half Marathon, Dumfries E - Shiela Howat, 4, St. Michael's Terrace, Henry Street, Dumfries.

DUNFERMLINE Half Marathon, Dunfermline E - Race Administrator, Carnegie Centre, Plimuir St., Dunfermline.

FAULKLAND FESTIVAL HILL RUN

Sunday 26th June, 12.30pm
3 miles approximately
Total climb 1200 ft
Entry Fee £1

Details from Ken McGuire
Tel: Falkland 57449

Other attractions in the Festival Week, starting 22nd June, are:
Five-a-Side Football, Music
Production, Pram Race, Street
Market and Car Rally

Orienteering

March

27

LOTHIAN O'League - 7, Cardrona, Peebles.

MAROC Northern Galoppen Event Alltcaileach, Ballater.

GLASGOW Galoppen - 3, Stronchullin Farm, Dunoon.

NO Open Event Dipton Wood, Hexham.

April

10

GRAMPIAN 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

1

GALLOWAY Galoppen, Mable Forest, Dumfries.

5

ROX Relvers Local Event, Bowmont Forest, Kelso.

BUCCLEUCH ORIENTEERING

Permanent orienteering courses at:

Dalketh Park,
Edinburgh, Bowhill,
Selkirk, Drumlanrig
Castle, Dumfriesshire.

Routes through picturesque woodland in grounds of 3 of Scotland's most magnificent historic houses.

Facilities for a family day out include adventure woodlands, nature trails, picnic areas, and much more.

For opening times, maps or further details write or phone: Richard Williamson, Drumlanrig Castle, Thornhill, Dumfriesshire DG3 4A0. Tel: (0848) 31555

Organised by LOUDOUN RUNNERS
and GALSTON UNITED AFC

VENDING MACHINES
VENDING INGREDIENTS
JANITORIAL SUPPLIES

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

★ FREE EMBROIDERED RACE BADGE	★ FAST, FLAT COURSE
★ QUALITY MEDAL (NEW DESIGN)	★ SPOT PRIZES
★ FREE T-SHIRT TO FIRST 200 FINISHERS	★ 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.)

Printers, Stationers and Promoters
Thos. MacGilvray & Son Ltd.
Forth Avenue Industrial Estate (M6a Unit) Kirkcaldy Fife KY21 2YU

A COMPLETE SERVICE FOR ALL ATHLETIC OCCASIONS:

- ★ PROGRAMMES
- ★ RACE COMPETITOR NUMBERS
- ★ OFFICIALS' BADGES
- ★ LAPEL BADGES
- ★ MEMBERSHIP CARDS
- ★ CERTIFICATES
- ★ POSTERS
- ★ LEAFLETS
- ★ LABELS
- ★ DRAW TICKETS

Customer Service is our priority

Telephone (0592) 260712

AFC NISSAN OFFERS YOU MORE

NEW CARS — THE COMPLETE NISSAN RANGE
USED CARS — LARGEST SELECTION IN THE AREA
CAR HIRE — ALL NEW MODELS AT KEENEST PRICES
CONTRACT HIRE — COMPLETE SERVICE FOR THE BUSINESS USER

PARTS & SERVICE
UNBEATABLE FACILITIES
MOTABILITY SPECIALISTS



AFC NISSAN

Dunnikier Way
Mitchelston
Kirkcaldy
(0592) 55995

Make the most of your race!

Enterprising race organisers can make small resources stretch a long way. **Brian Smith reports.**

A PRIME example of how meagre resources can be stretched to the maximum is provided by the organisers of the Dexstat Irvine Valley Half Marathon - an event which embraces the entire community.

Based at Galston, five miles east of Kilmarnock on the A71, the half marathon started in 1984 with an entry of over 800. This fell to 600 the following year, and just 350 in 1986 - but jumped back to 700 last year. On May 29, the organisers are hoping to get back to the 1984 level and perhaps exceed it.

Galston itself has a population of 4,500, but the neighbouring communities of Newmilns (3,500) and Darvel (3,500) are also brought into the action. The event is jointly organised by Loudoun Runners and Galston United AFC, and profits from the occasion are directed towards "The Valley Sports Project" - a scheme to provide specialist athletics, cycling and football facilities in the Irvine Valley.

The word "occasion" is used advisably, because the half marathon seems to

involve the entire community.

A "lucky programme" is brought out before the event, which, judging by its content, is supported through advertising by virtually every local business. One thousand copies are sold round the houses, with the incentive of prizes for certain winning numbers.

Robert Murray of Loudoun Runners, one of the leading lights behind the event, says: "We receive tremendous support from sponsors, advertisers and the local community. There was a major problem with the course - a hill in Darvel - which was sorted out last year, and we are looking forward again to getting back to 1984 entry levels." Among the incentives to run at Galston this year are a free embroidered race badge to all entrants, and free t-shirts to the first 200 finishers.

Which shows that with a lot of initiative and enthusiasm, events can involve the whole community and not suffer a steady erosion in entries.

HOWEVER big or small, every race requires detailed organisation and dedication from its prime movers. If the race proves popular either in global or village terms, the chances are that everyone will be prepared to go through it all again and, as the years go by, perhaps the event will take on a character of its own.

Once again, how it grows will depend on a number of factors, not the least of which is the aforementioned dedication. Increasingly important, however, is the role of sponsorship and the extent to which additional cash and material support can ease the burden of organisation.

Crawford Mackie is a lecturer in media studies at Kirkcaldy College of Technology. A keen athlete himself, he undertook in 1984 to promote, on behalf of the college, a six-mile race and, since then, the "festival" has both changed and grown. Over the last two years, a ten-mile event and fun run were added, and this year the principal event - replacing those shorter races - will be a half marathon. The fun run stays, however.

Something else which has changed and grown over time is the list of sponsors and, although Mackie remains the central cog in the organisational wheel, he readily acknowledges the importance of his commercial allies who, themselves, make up quite an interesting list.

The principal sponsor is the new motor dealer based in Kirkcaldy's Dunnikier estate - AFC Nissan. The executive responsible for the link is Charles Corr and his personal involvement goes back a number of years.

"The event," he says, "has got bigger and better every year, and I had no hesitation in recommending that Nissan become the principal sponsor."

"It's good for the town (this year's race culminates at the piazza in front of the Town Hall) and it's good for us as a new business."

AFC's sponsorship is both in cash and kind, and the Japanese cars which are now largely made in Sunderland, will lead the runners.

Booker's Cash and Carry, the Royal Bank of Scotland, Multiprint



Bear faced cheek at the Kirkcaldy races.

and the Fife Free Press come next in the list of sponsors and local printers MacGilvray supply materials at reduced rates.

The association with MacGilvray's is particularly interesting because managing director Alex Kilgour is, himself, heavily involved in sports promotion. He jointly runs a company called the Sporting Partnership which functions at the highest levels of sports promotion in Scotland, and, as if that were not enough, he still finds time to serve as commercial manager of Raith Rovers FC.

"The most important advice I can give on sponsorship," says Kilgour, "is 'think'. You have to treat every event on its own merits and work out how you can get maximum attention for the race, or whatever, and thereby give maximum benefit of the sponsors. Also, whether it's a major international event or a community day out - if you take it on, you must give it your best shot."

Kilgour recently came out firing from the hip on the celebrated issue of rates reform and the effect it was to have on Kirkcaldy Rugby Club. The result was a nationwide campaign which forced a government re-think and saved amateur sport more than three million pounds.

The fun run in Kirkcaldy, will be supported by Forbo Nairn, the giant floor-covering firm, and anyone who wants to participate in this success story need simply apply, then turn up in Kirkcaldy, on Saturday May 29.

AFC NISSAN KIRKCALDY HALF-MARATHON
Sunday 29 May, 11 a.m.

Fast point-to-point. **£100** value first prize donated by

Booker Cash & Carry, Kirkcaldy

For application forms, send s.a.e. to:

Kirkcaldy College of Technology
St. Bryceland Avenue, Kirkcaldy K71 1EX

GENERAL PRINTING

(SMALL OFFSET : LEAFLETS, POSTERS etc)

VERY COMPETITIVE RATES

LINDSAY & MACLEOD LTD., 5 BLAIR ST.,
EDINBURGH EH1 1QR
Tel : 031-226-3580

THE TOUGH OF THE TRACK



On the Monday, Alf was back at work when he had a visit from Reg Loder, the secretary of Brassingford Harriers' Athletic Club.



Alf took every training opportunity all week. He was out every morning and evening. By the Friday night he was in great fettle as he went for his supper of fish and chips.



Continued next month.

SPORTS NETWORK

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

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

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

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

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

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

HARMENY ATHLETIC CLUB
Sec. Ken Jack, 21 Corslet
Crescent, Currie, Edinburgh.

GARSCUBE HARRIERS
Training every Tuesday and Thurs-
day evenings at Blairdardie Sports
Centre, Blairdardie Road, Glasgow
G13 starting at 7 pm. Male and fe-
male, all age groups all standards
welcome. Contact Stuart Irvine,
189, Weymouth Drive, Glasgow
G12 0FP. Tel: 041-334-5012.

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

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

MILBURN HARRIERS
All standards of runners welcome.
Friendly 18 month old club with
plenty of social functions.
For information contact:
Geoff Lamb, 7, Golfhill Drive, Bonhill,
Dunbartonshire.
Tel: Alexandria 59643.

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

AYR TURTLES TRIATHLON CLUB
Sec - Mrs McIntosh, 3 Hillfoot Road,
Ayr.
Tel: 0292-284815.

BRUCE TRIATHLON CLUB
Secretary - Andrew Laing, 40, Morar
Road, Crossford, Dumfermline,
KY12 8XY. Training - Dumfermline
Community Centre. Telephone 0383
733370 Day: 731063 Evening.

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

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

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

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

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

RUNNING WILD
CLUB SPECIALS
For the very best Club Specials
come to Running Wild.
Wets, shorts, T-shirts to
track suits all at dis-
count prices.
Printing also.
Free catalogue
on request.
write to:-
RUNNING WILD
148/150 Market St, Hyde,
Cheshire SK14 1EX
or call 061-368 8008 24 hr.
RHS TRACKSTERS WITH YOUR OWN
CLUB PRINT FROM ONLY £9.50

Sports Network

Clubs,
Groups,
Individuals:

For a free listing in
Sports Network
write with
relevant details to:

Sports Network,
Scotland's Runner,
62, Kelvingrove Street,
Glasgow
G3 7SA.

**SCOTLAND'S
RUNNER**

MEDAL DISPLAYS

Don't hide your achievements in the
drawer, send now for one of our elegant
displays.

MEDAL DISPLAY CLOCKS
Featuring quartz clock, linen effect face,
brass numerals, recessed display case
with red velvet background with gold or
hardwood frame surround.
To hold 5 medals £15.95
To hold 12 medals £19.50

MEDAL DISPLAY CASES
Recessed, glass covered and faced with
a red velvet background. The cases are
available with either a gold or hardwood
frame surround. Complete with medal
display grip pads and wall mounting
bracket. To hold 10 medals £8.75
To hold 18 medals £13.95

NEW DISPLAY CASES
Larger cases to accommodate engraved
plates below medals with date and time.
Recessed and glass covered with red
velvet background. Available with either
gold or silver frame surround. Complete
with engraving plates.
To hold 10 medals £13.95
To hold 18 medals £18.95
(Plates engraved 40p each - please
send details).

MEDAL DISPLAY PLAQUES
Green Baize face with Brown and Gold
Frame Surround. Complete with Medal
Display Grip Pads and Wall Mounting
Bracket.
To hold 5 medals £3.25
To hold 10 medals £4.60
To hold 18 medals £7.40
To hold 25 medals £9.75
To hold 36 medals £12.50

**ANY 3 (MIXED SIZES) -
LESS 10%**
Send your order with
Cheque/PO to:
Creative Crafts, 56 Steeley Lane,
Chorley, Lancs PR6 0RD.
(025 72 67341)
All prices include P&P
IDEAL GIFTS FOR A RUNNING
FRIEND

RACE ORGANISERS

Everything you need to
organise a race.

Timing, numbers, medals,
course markings, banners,
bibs, tee shirts etc

Contact: Maraquip
Tel (0753) 862527

ATHLETIC VESTS IN CLUB COLOURS

COTTON ATHLETIC VESTS

MADE TO ORDER
Minimum quantity
12 per design

	28"-36"	38"-44"
PLAIN	£4.30	£4.50
HOOPS OR CHEST CIRCLES	£4.75	£4.95
CONTRAST TRIM No extra charge		
CHEST CIRCLES and hoops are knitted in, not sewn on, so there are no seams to cause chafing		
5% DISCOUNT allowed for payment with order. VAT has to be added to sizes 34 and over		
For further details contact:		

PEVERIL MFG CO. (SPORTSWEAR) LTD.,
1 (SR) CAMPBELL STREET, DARVEL, Ayrshire, SCOTLAND
Tel: DARVEL (0560) 21965

winner



Printed T-Shirts, Singlets,
Promotional Sportswear.
Printed sample supplied for
club/committee approval of quality.

Runnerprint
SUPPLIERS of promotional
T-Shirts, singlets etc. to
clubs, schools, colleges,
societies, schools, colleges,
throughout the UK & Ireland.
Phone or write for details.

● Scottish Club Profile

A great new series featuring
Scotland's athletic clubs

● Continuing On The Run

Derek Parker guides our
novices into the second
month of their training
schedules

● Focus on the Highlands

David Inglis travels to
Inverness and the Islands

● Schools' Cross Country

Reports and pictures from
the Scottish and British
events at Irvine

Next month's issue is
published on April 29.

Order your copy now!

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**

IF YOU BUY NIKE AIR FROM THE SWEAT SHOP, YOUR RUNNING CAREER COULD TAKE OFF.



WIN A FIVE DAY TRIP TO THE NEW YORK
MARATHON IN *THE SWEAT SHOP* PRIZE DRAW



The Sweat Shop's latest prize draw could really send you flying. Purchase a pair of Nike Air shoes from our Teddington or Woking branches, our London Marathon exhibition stand or our mail order department and you will be eligible to win a five-day trip to America for the New York City Marathon. You've only got till the 17th April 1988 to make your purchase so make sure you get your Nike Air shoes soon or your running career may never get off the ground.

- ① **NIKE AIR MAX:** White/Red/Grey, 331g (US 9), 6-13, £54.99. **WOMEN'S AIR MAX:** White/Jade, 270g (US 7), 5-10, £34.99.
- ② **NIKE AIR WINDRUNNER:** Grey/ Navy/Jade, 325g (US 9), 6-13, £34.99. **WOMEN'S AIR WINDRUNNER:** White/Off White/Blue, 279g (US 7), 5-10, £34.99.
- ③ **NIKE AIR MARIAH:** White/Cobalt Blue/ Orange, 305g (US 9), 6-13, £44.99.
- ④ **NIKE AIR SUPPORT:** Grey/Slate Blue, 334g (US 9), 6-14, £59.99.
- ⑤ **NIKE AIR ODYSSEY:** Light Grey/ Burgundy, 320g (US 9), 6-13, £49.99.
- ⑥ **NIKE AIR PEGASUS:** Light Grey/Jade, 319g (US 9), 6-13, £44.99. **WOMEN'S AIR PEGASUS:** White/Blue, 272g (US 7), 5-10, £44.99.
- ⑦ **NIKE PEGASUS PLUS:** Silver/Navy/Red, 277g (US 9), 6-14, £39.99. **WOMEN'S PEGASUS PLUS:** Pale Blue/White/Grey, 230g (US 7), 5-11, £39.99.

Shoe No.	Size	Price

Send your cheque/postal order/credit card number to: The Sweat Shop, 33 Broad Street, Teddington, Middlesex. p&p FREE

Name

Address

Post Code

CREDIT CARD NO



33 Broad Street, Teddington, Middlesex
Tel: 01-943 0239

23 High Street, Woking, Surrey
Tel: (04862) 25221