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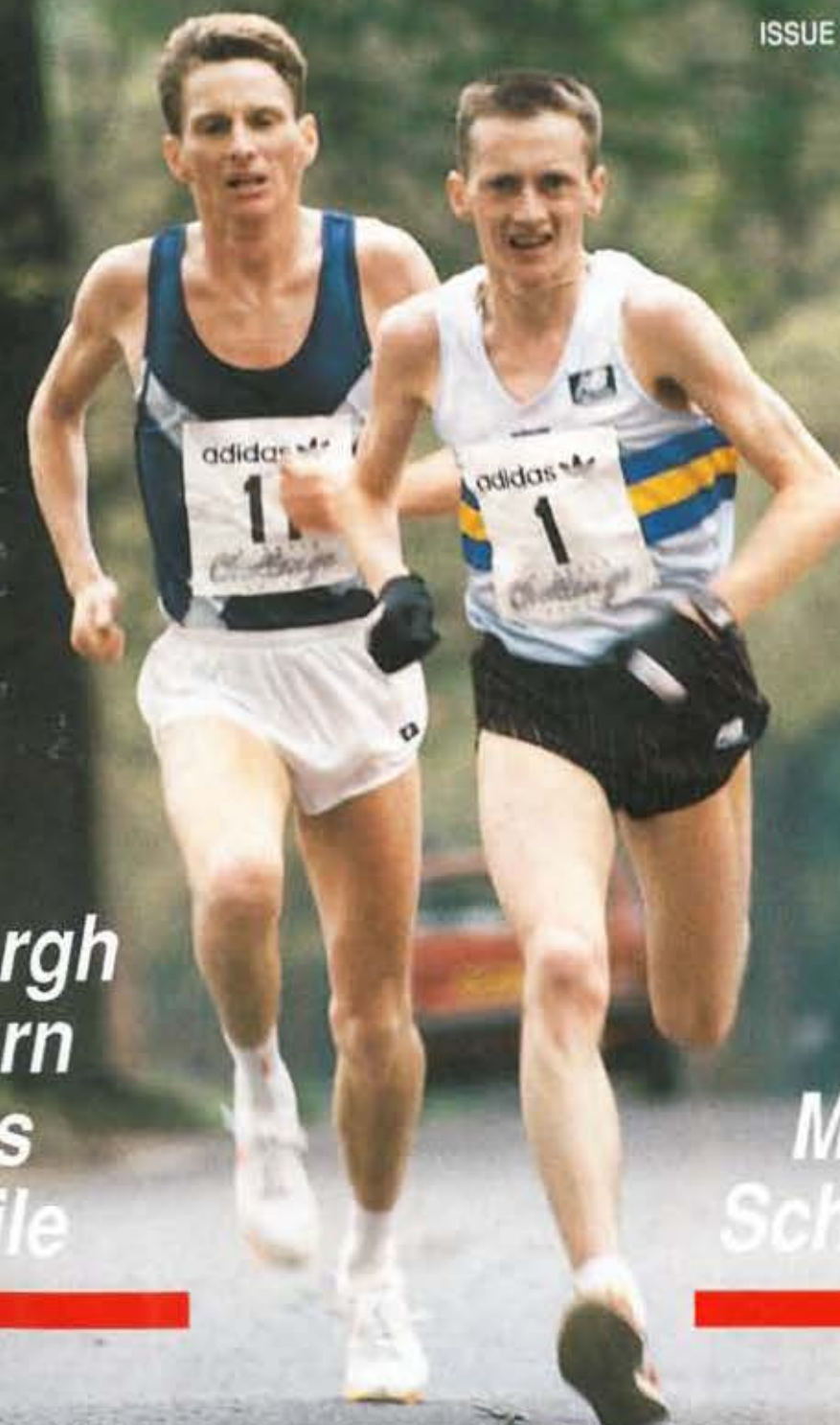
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JUNE 1988

ISSUE 22 £1.00



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SCOTLAND'S RUNNER

June, 1988

Issue 22

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Park in the Adidas 10K
on May 11.

Inside front cover:
More Adidas 10K
action.

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Inside LANE

IT WOULD appear to be a rather unjust situation that, having announced that the number of subvention meetings is being cut from seven to five, the British athletic authorities have debarred Scottish, Welsh and Irish internationalists from one of the remaining fixtures, a match involving England versus America (men) and West Germany (women).

Leaving aside the issue of whether it is right to pay an athlete for just turning up as opposed to actually winning a race (golf, in particular, is bedevilled by the same dilemma), this is precisely the type of bias which reinforces nationalistic prejudices and can only be constructed as an act of contempt towards the Scottish, Welsh and Irish elements which make up part of the British Amateur Athletic Board (which seems to exist one day but not the next, and vice versa).

Perhaps, of course, it all doesn't matter now, as in future British athletics is to be run officially at the

whim and discretion of the (English) Amateur Athletic Association.

GLASGOW got an unlucky break on May 8, when the weather didn't smile kindly on the Kodak Glasgow Garden Festival 10K and the following professional cycle race.

Having for once got off their butts and covered an athletics event, Scottish Television's camera in the helicopter was effectively negated by the wet and overcast conditions.

We hope, however, that the experience won't have discouraged them, as a number of road races throughout Scotland would lend themselves to coverage because of their scenic routes. A case here for an independent sports film making company perhaps?

SO, ZOLA Budd has gone home, amid rumours of an impending nervous breakdown and even talk of suicide - although the latter reports would appear to have been somewhat exaggerated, to say the least.

Nevertheless, the entire Budd Affair shows just about everybody connected with it in a bad light. From everybody's point of view - not least the woman's own peace of mind and personal happiness - the forthcoming summer in South Africa should be used for some mature reflection on exactly what she wants out of athletics - and life itself.

If she comes back, sheds her Afrikaaner "friends", and makes a real commitment to her adopted country, then she should be left alone to resume her career having served her mental "sentence".

Alan Campbell

Exciting action as one runner falls during the senior boys' 3000m at the Kodak Glasgow Garden Festival event on May 8.



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Up Front

Sym and Fleming lead road race championship after five events from their club mates

AUDREY SYM of Glasgow Athletic Club and Bellahouston's Peter Fleming led the official 1988 Scottish Road Race Championship after a possible five counting races up to the Luddon Half Marathon on May 15.

Sym had taken 29 points from two races, placing her five points ahead of clubmate Jane Donnelly, who had also scored in two races. In third place, with 20 points from two races was Carolyn Brown of Nith Valley AC, while fourth was Jacqueline Byng of Irvine.

Sharing fourth place were four runners who all achieved the maximum 16 points from the one race they entered and won - Sharon Sinclair, Sue Denham, Liz

McColgan, and Heather McDuff.

For the men, Fleming's 35 points from three races put him just four points ahead of his clubmate, Andy Daly (who had also scored in three races out of five). In third place, with 18 points from two races, was Shettleson's Nat Muir, and then in joint fourth were four men all with one win from one race entered (16 points each) - Alec Gilmour, John Pentecost, Mark Rowland, and Tommy Murray.

For the record, the possible counting races were: Adidas and Kodak 10K's; Tom Scott and Haddington 10 Miles; and the Luddon Half Marathon.

New payment system for top athletes

ANY BRITISH athlete who breaks a world record within the UK will receive £25,000 under a new system of subventions announced on May 5. Similarly, a British record will qualify for £5,000, provided it is of a higher quality than twelfth in last year's world rankings.

The very top athletes, such as Steve Cram who received £60,000 for four British appearances last year, will now have to negotiate their fees for the subvention meetings. British athletics spokesman Tony Ward says that a limit has been set to keep the figures within those of last year.

Other athletes are being paid on a fixed scale from Category B (£3,000 per event) down to Category G (£100).

The top Scots, Tom McKean, Liz McColgan, and Yvonne Murray, were on £4,000, £1,000, and £1,500 respectively from subvention meetings they raced in last year. Jamie Henderson moved up from zero to £500 per race after winning the European Junior 100 metres title, but starts off this season as a Category E athlete, entitled to £300 per race.

The overall budget for competing in the five nominated UK subvention races has been reduced from £852,000 last year (when there were seven meetings) to £450,000 in 1988. Even then the Scots are only eligible for four, as one is the McVities Challenge involving England against the USA (men) and West Germany (women).

Liz considers a Seoul double

LIZ McColgan is considering running both the 10,000 metres and 3,000 metres at Seoul if selected. Speaking from her home near Dundee as we went to press, Liz said the strategy for the summer was due to be finalised with coach John Anderson the following weekend, but a double attempt was on the cards.

McColgan was ranked fifth in the world at 10,000 metres last year, but third in the 3,000 metres. However, it is generally acknowledged that her medal chances are better at the longer distance.

The Commonwealth Games 10,000 metres champion is likely to appear most often on the Mobil Grand Prix circuit this summer, and certainly at the Miller Lite meeting at Meadowbank in July. Having been informed that she ranks only as a Category D subvention athlete (£1,000 per meeting), she is unlikely to be breaking a gut to travel to England for these events.

Moray set for running festival

ARRANGEMENTS are well underway for the seventh Macallan Moray People's events which took place on Sunday August 7 at 11.00 am in Elgin.

The organisers, Moray District Council's recreation department, have decided to repeat last year's success of a three in one running festival - a marathon, half marathon and a 10K road race.

The sponsors, the Macallan Distillery, are ensuring another display of glittering prizes, medals to all finishers, prizes and trophies for vets, as well as a prize for the last finisher in the marathon.

With the backdrop of Elgin Cathedral and the beautiful grounds of Gordonstoun School, the Moray Marathon promises to be scenic and picturesque. The organisers are confident of a thousand entries.

There is plenty to do for the not-so-energetic and the runners' family and friends, from tennis to a stroll around the nearby aviary. A three-way link up between the lead cars in each event will ensure that spectators are kept fully informed of the results. Entry forms are available for the three events from Moray District Council.



Happy fellows... the well known Singh brothers from Glasgow after the Adidas 10K.

Happy Hammy families!

HAMMY Cox of Greenock Glenpark Harriers won the Edinburgh People's Half Marathon on May 1, recording a time of 66:14, forty seconds ahead of Edinburgh Southern's Alan Robson. It was a highly successful weekend for the Cox family, as 12 year old son Graeme took the 200m and 400m boys titles at the Renfrewshire Championships on the Saturday, while 10 year old daughter Jill won the 200m and 800m at the Inverclyde youth athletics festival on the Sunday.

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Up Front Up Front Up Front Up Front Up Front

Ambitious Kelvin Hall project is unearthing new athletics talent

AN AMBITIOUS and exciting coaching programme for schools athletics was unveiled at the Kelvin Hall on May 16. The Glasgow Athletics Development Scheme has already created 47 jobs under the Manpower Service Commission - five qualified coaches, 40 trainee coaches who were previously unemployed, and two administrators.

Former 1500 metres internationalist and Olympian Frank Clement, who works for the Glasgow Sports Promotion Council, said: "Hopefully this project will give the potential stars of the future a better start." At the moment, 600 Glasgow schoolchildren a week are passing through the scheme, some of whom are already showing outstanding talent which otherwise might not have been discovered.

The MSC trainees are being groomed for a formal coaching qualification under the direction of national coach David Lease, and among the experienced staff on hand are well known veterans Davie Morrison and Willie McBrinn.

Personalised medals for top Inverness finishers

THE FIRST 150 runners past the post at the Inverness 10K People's race will receive a personalised medal with their name and finishing place engraved on it.

The road race and fun run are taking place on Sunday July 17, and race director Brian Turnbull of Turnbull Sports expects the entry limit of 1,000 to be reached fairly soon. There is no limit on the number of entries for the fun run, and Turnbull is confident that about 1600 people will turn up on the day.

The 10K is over an accurate, ratified course, and forms part of the official Scottish Road Race Championship, one of the five 10K's that have been selected for the championship.

Both the road race and the fun run start at 2.30pm and a post race disco has been organised for competitors and guests.



Two veterans stride out through Pollock Park in the Adidas 10K.

Edinburgh sports grants

THE FOLLOWING organisations were among those which received grants from Edinburgh District Council's recreation committee in April: Edinburgh Athletic Club (£400 for the City of Edinburgh 10 Mile Road Race on August 7; £142 for the organisation of the Octavian relays); Edinburgh Athletic Club's ladies section (£1,000 for operating expenses); Edinburgh Southern Harriers (£1,000 for operating expenses); Harmer Athletic Club (£294 to send volunteer coaches on training courses); Jack Kane Gymnastics Club (£88.50 towards attendance at coaching course by gymnastics coach to qualify for full coaching capability in his club); Lothian & Borders Orienteering Association (£180 for the production and printing of leaflets); Meadowbank Olympic Ladies Gymnastic Club (£300 for Annual Club Championships held at Meadowbank); Scottish Amateur Athletic Association (East District) (£500 towards the East of Scotland Championships at Meadowbank).

Snowdon, Scafell Pike, and Ben Nevis - all in one go!

THE TWELFTH, gruelling Fjallraven Three Peaks Yacht Race starts in Barmouth, Wales, on Saturday June 25, and finishes in Fort William.

Entries this year vary from an all women to a Royal Artillery crew, each of which must possess sailing skills and the stamina to climb Snowdon, Scafell Pike and Ben Nevis.

The fastest time to complete the race was three days, three hours and 57 minutes, recorded in 1985 by the Metropolitan Police team. During this time they sailed more than 350 miles in some of Britain's most unpredictable coastal waters, and ran to the summit of the three peaks, a total height of 11,176 feet.

Zola flies home to Bloemfontein and mother

THE controversy surrounding Zola Budd took another dramatic twist earlier this month when the runner returned to South Africa with her mother.

Speaking at the family home in Bloemfontein, Budd said she was very angry and bitter at having been made the focus of anti-apartheid protests. She added: "I claimed all along, and still claim, that I am innocent. I have not done anything wrong."

Her action appears to have taken the heat out of the British Amateur Athletic Board inquiry, ordered by the IAAF, into allegations that she "participated" in South African athletics meetings by getting involved in presentation ceremonies.

Bobby back for a third operation on broken leg

KILBARCHAN'S Robert Quinn is back in plaster following a third operation on the leg which was broken in two places by a motor bike in 1986. Despite the set-back, coach Derek Parker is convinced that if anyone can overcome the physical and psychological damage it is Quinn, who has already shown great grit and determination during his previous come-back attempts.

Clyde Runner establishes base

FOR MORE than 18 months their yellow van has been a fixture at athletic events in the West of Scotland and now Bobby and Jan Shields have taken the next logical step of opening a sports retail outlet of their own in Clydebank.

As Clyde Runner - which will also be the name of the shop - Bobby and Jan have set up stall from the back of the van most weekends. They will continue that service at races and training nights, but now have the advantage of their new fixed base.

The shop, at 37, Dumbarton Road in Clydebank, opened in the middle of May and will be a specialist runners' shop which also stocks lightweight climbing and orienteering clothes. Fittingly, as Bobby is a former winner of the Ben Nevis race (1966), and Scottish veteran hill running champion for the past two years, the shop will specialise in fell running shoes.

Both Bobby and Jan are closely associated with Clydesdale Harriers, and Bobby also has ties with Lochaber AC. He promises that his 30-plus years of running experience will be put to good effect

when customers come in looking for advice on manufacturers' products.

The shop can be reached by rail from Clydebank Central Station (two minutes), and also Clydebank Singer (ten minutes walk).

MEANWHILE, the sports shop at the Kelvin Hall has now opened, and although specialising in racquet sports will increasingly meet the demands of runners.

Betty Clapperton Memorial Fund

EDINBURGH Woollen Mill Southern Harriers wish to thank all those who contributed to the Betty Clapperton Memorial Fund.

The sum of £1,550 was raised, and a trophy is to be purchased which will be presented each year to the first Scot in the long jump competition at the Scottish Intermediate Championships.

The winner of the trophy will retain it for one year and be given a plaque to keep. A grant will also be paid into the athlete's SWAAA subvention fund.

EPILEPSY sufferers in the UK total 300,000, with an estimated 25,000 people having the condition in Scotland. Epilepsy is a disturbance of the normal electrical activity in the brain, very likely a short circuit. This prevents normal communication between the brain cells and in turn causes fits.

Because of the stigma the age-old condition carries, many people do not admit to being epileptic for the fear of being shunned by their family and friends. The Epilepsy Association of Scotland was set up to help sufferers and their families, as John Stuart, the appeals publicity officers explains: "Epilepsy disrupts and disturbs, not only the individual but the family and the community. The association has many services to offer - information, counselling and advice to people who need help," he says.

The charity also gives advice on employment and training. The sad truth is that employers sometimes refuse people who suffer from epilepsy regular jobs. For example, a 17 year old girl was refused a job as a nanny because it was feared she would drop the baby during a fit.

Education is therefore a major part of the association's activities and it produces literature to try and turn this ignorance to knowledge.

THE Scottish Spina Bifida Association was founded 23 years ago by a few parents faced with the difficulties of bringing up their severely disabled children at a time of limited knowledge of the needs of, and the opportunities for, their children.

The SSBA is now a Scottish national organisation with the head office in Edinburgh and nine branches throughout Scotland - from Inverness to Dumfries.

Spina bifida is a condition caused by the abnormal development of the spine and spinal cord. The abnormalities develop in the early stages of pregnancy, and in the West of Scotland approximately three babies in every thousand have spina bifida. Through recent advances it is now possible to diagnose the condition before birth.

The registered charity is able to help parents of children with spina bifida. Instead of feeling isolated, they can meet other parents in a similar situation and share their experiences and problems.

Runners are encouraged by the charity to raise money for vital research into finding the cause of the spina bifida and hydrocephalus conditions. Funds are also required to continue the offer of recreational and sports activities to sufferers of spina bifida. Over the years the charity has organised outings and made it possible for handicapped children and adults to participate in

sports such as swimming and riding.

Audrey Smith, executive officer of the SSBA, added, "Our members are spread throughout the country, but with the higher density of population in the central belt, and the fact that there is a higher rate of spina bifida in the West of Scotland, numbers are high in these areas and lower in towns like Inverness and Dumfries.

IN 1986 the Chest, Heart and Stroke Association launched a national stroke campaign to raise £500,000 in Scotland for urgently-needed research.

Nichola Combe, public relations assistant with the charity, explains: "Thousands of people in Scotland suffer from chest, heart and stroke illness. We aim to prevent these illnesses and to give practical help and advice to patients and their families."

The association is a national one, but all the funds that are raised in Scotland from running sponsorship and other events, are exclusively used in Scotland.

The charity has to do battle with the statistic that one in six deaths are due to a stroke or its consequences - in Scotland alone there are 10,000 new cases of strokes each year. For further information on the work of the charity, contact their office in Edinburgh.

SATURDAY May 14 saw a thousand people on the top of the Munros - mountains over 3,000 feet - raising money for the charity Intermediate Technology.

It is not the first time that the mountain range has been visited by friends of the charity. In 1984, Martin Moran, a Scottish accountant, traversed all 277 mountains in just 83 days, a record which still stands.

This time around, Martin was not alone. He was part of HIGHROAD, a nationwide event which aimed to put people at the top of every Munro by 2pm. Hundreds of schoolchildren, teachers, mountaineers, university groups, and novices to the great outdoors climbed to the highest place they could find on the day to raise money for the charity.

HIGHROAD was organised by the Edinburgh University Shumacher Society, which was set up to spread the gospel of Dr Fritz Schumacher, the man who formed Intermediate Technology 23 years ago.

The group that produces the most impressive photograph of their ascent will win some appropriate mountaineering equipment.

Fiona Caldwell

Letters...

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It's the bureaucrats who are at fault, not the officials

36, Hareburn Avenue,
Deans,
Livingston.

SIR - Thank you for your rather flattering article on the Hyman family in the May issue of Scotland's Runner. Taken as a whole, I think that Henry Muchamore's article report very fairly conveyed our feelings about running as a source of enjoyment.

However, I am embarrassed that Henry twice stated that I have been "very critical of officials who get things wrong". It is true that Henry discussed with me, over a pint, the occasion when we were both at a run where the laps were miscounted, but I did not criticise the officials in either case. Henry said also that I was very scathing about official bureaucracy and this is quite true. I'd like to give a couple of examples of this.

For many years, the programme of the Scottish Cross-Country Championships contained a warning that any runner who was in the start area more than five minutes before time (or it might have been less than five minutes - I forget which) would render his team liable to disqualification. Surely it would have been enough to write, "Please do not hang about the start area", or, "Please arrive in good time".

A few years ago Frank Smith, the brewer of my favourite Greenmantle Ale, and a lover of running in the hills, decided to organise a race over the Border Hills from the Trequair Brewery to his brewery at Broughton. The idea was spread by word of mouth, but because Frank had no experience of these things he did not know that he must apply for a permit. The SAAA got to hear about it. What did they do? Phone him and explain how to apply for a permit? No, they wrote a letter to every club, warning that any runner taking part in the Two Breweries Race was liable to be banned from athletics.

Yes, I am highly critical of such premeditated bureaucratic nonsense, but this is quite different from criticising a hard pressed race official who makes a human error. Henry Muchamore referred to a veterans 10K track championship at Livingston, when everyone but me ran a lap short, and a cross-country race in Edinburgh, when everyone

else ran a lap too many. I ran the correct number of laps in both of these races because of my calculating analytical approach to racing. I am always aware of how fast I am running, and how far I have to go, and it is inconceivable that I should not know how many laps remain. However when a handful of judges are trying to keep track of more than 20 runners in a 25 laps race, and with runners being lapped, three or four times, it is a near miracle if no-one makes a mistake. And if they do, I'd be the last to criticise.

I am also very conscious that cross-country runners depend for their sport on marshalls and other officials being prepared to stand around in cold wet conditions during a whole series of races. Ironically it was Henry, not me, who in his report for Athletics Weekly, was critical of an official who misdirected runners in a cross-country race in Edinburgh. And it was I who felt moved to write to Athletics Weekly saying that, though the report was accurate, I thought that it was too critical. Incidentally, I count myself an official now, and I know the anxiety of wondering whether an event I have planned will be ruined by runners going off course. I also confess that there have been a number of occasions when, as a timekeeper, I have not been alert enough to start my watch on the gun.

One last point. Henry refers to my receiving "some limited sponsorship". It depends what you mean by sponsorship. For a number of years Puma were good enough to give me shoes made to my specifications. For my part I tested the shoes rigorously and gave feedback. At that time the British Amateur Athletic Board had negotiated a contract that all athletes would wear free Adidas shoes when competing for Great Britain, but they did not consult the athletes and I refused to be bound by the contract. This was the extent of my sponsorship.

I have never made a penny out of athletics, though I have amassed a treasury of memories and friendships in our sport. In particular our family is immensely grateful to have been warmly welcomed by the running fraternity in Scotland.

Martin Hyman.

Poor show for Pitreavie AAC

32, Moray Court,
Dalgety Bay,
Fife.

SIR - I certainly share Andrew Arbuckles disappointment with your "Focus on Fife" article. Although the objective of the Focus series appears to be more concerned with facilities, surely the local athletic clubs deserve more than a passing mention - a point also made by Steve Taylor of Cumbernauld AAC.

I have no objection to gymnastics being included in your magazine, but for an athletics publication to give more space in the Dumfermline section of the article to that sport than to a successful athletics club like Pitreavie AAC seems unfair. There was a whole page given over to the same gymnastic club in that sport's coverage in the same issue.

I would also take up a point on accuracy regarding the refurbishment of the Pitreavie track. It was not done two years ago, but started two years ago, only being finished mid 1987, when one reads such inaccuracies, it does make one ask where the author obtains his information.

However, to change to another topic, that of results, I would like much greater depth of results reported in Scotland's Runner, particularly for championship and leagues. As an example, if Athletics Weekly can publish every finisher in the England Cross-Country Championships, surely Scotland's Runner can publish more than the first ten in senior events, and three in the other age groups.

If this is due to lack of space then I can only add my comments to those of previous scribes that such results are more important than a certain comic strip.

Having made these criticisms, I must also add that Scotland's Runner has the potential to give a much needed service to the sport in Scotland.

Graham McDonald

Banning Budd is correct course

4, Westcraigs Road,
Blackridge,
West Lothian.

SIR - It was a great pity that Hugh Jones did his "I back Budd" press conference after the London Marathon before he put his brain back in. In my view Mr Jones' attitude to Zola is very naive indeed, and the IAAF should have taken the strongest possible action against Miss Budd, namely banned her for life.

Like an athlete who benefits from taking drugs, a crime judged to be far worse by the IAAF, Miss Budd has benefited from the society in which she lives.

As a white South African she: 1, was able to raise her performance to a standard where she could "buy" a different nationality.

2, was able to enjoy a comfortable lifestyle enhanced by the cruel prejudices practised by her country's government.

3, was able to take advantage of training facilities not available to other potential "British" internationalists (80 degrees in the Cape must be easier than 40 degrees and a gale at Meadowbank!).

Despite her passport stamp, in my view Miss Budd is still South African because Afrikaaner is her native language; she has never voiced any dissent against the South African government; she has spent most of the last two years there; attendance at a South African athletics meeting indicates support for South African athletes; the South African press consider her their number one sports star.

Zola Budd is no "innocent wall" but someone who has, with help, abused the system as much as any athlete who pumps her body with anabolic steroids. However, taking drugs is a crime against one's body, using South Africa as a training playground is a crime against humanity.

Ian Campbell

Due to pressure on space, a number of letters have had to be omitted this month. Apologies especially to William Skade of Darvel in Ayrshire and "Sherbet V. Git" of Luncarty.



They're in Pollok Park, but 125 and 53 seem to be elsewhere.

Bad organisation at the Kodak 10K in Glasgow

33, Rossie Place, Edinburgh.

SIR - I would like to use the good offices of your letters pages to castigate the organisers of the Kodak Glasgow Garden Festival 10K Road Race on May 8. It would appear that the disease known as, "Not being able to organise a road race properly", which has been so endemic in Edinburgh of late, has spread its wings to Scotland's second city.

My major complaint is the lack of facilities and the condescending attitude of officials on the day to my enquiries re same. Admittedly the runners' information pack, which I received during the week before the event, did state, "that due to the large number of entrants in the race, there would be no facilities for changing, and contestants are asked to make their own arrangements or come ready to run."

That's all very well if you live in the vicinity of Kelvingrove Park, but I, galled though I may be, had no intention of travelling through to Glasgow on the 8.30am train from Edinburgh Waverley in my vest and

running shorts, especially considering the weather on the morning of the race.

I did, however, have my running kit on under my normal clothes, which meant I had to change in Kelvingrove Park, and leave my bag along with several other people's bags and discarded items of clothing, against a railing in an unguarded and open area of the park - which meant that during my absence whilst running, it was open to theft and the elements.

As it happens, the heavens opened up, and by the time I got back to it, the area where I had left my bag, although it thankfully had not been stolen, was floating in a puddle of water and was saturated to the core.

As you can imagine, firstly changing from my running gear into my normal clothes was also a problem, because I am not an exhibitionist and didn't want to upset the good citizens of Glasgow by exposing certain parts of my body which should be best kept well covered, and secondly, because it is

impossible to dry one's self when the heavens are pouring out their fury from above. I was therefore left to slip my normal clothes over my wet running gear and change in the toilet of the train going home.

This, along with the somewhat mercenary attitude of the officials/stewards on the day, who seemed to care nothing about my and other people's enquiries, but rather on selling their somewhat pricey programme, or their teeshirts, or their £1.00 a time results service, left me with a sour taste about running in Glasgow again, which is a pity as I have enjoyed my running there in the past.

Surely it would not have been much of an inconvenience to put a marquee up in the park for baggage, or have some secured area where at least your mind could have been at rest, if nothing else. Running is difficult enough to concentrate on as it is, without having to worry about your belongings as well.

It would appear that the organisers pampered to the whims of a small group of professional cyclists

rather than to about 5,000 amateur runners who took part in all the various races during the day, many of them running for charitable causes. It would appear that the big money professional cycling circuit talks louder than the interests of the fun runner. Perhaps, in that case, Glasgow doesn't deserve its City of Culture status - perhaps City of Vultures would be more appropriate.

This is not some inverted snobbery attack across Scotland from Edinburgh to the city of Glasgow. As I stated at the beginning, Edinburgh itself has had some badly organised road races over the past few years, but none as bad as this one. I am surprised that the talented team behind several Glasgow Marathons, and now the Great Scottish Run under the guidance of Mr Bob Dalgleish, was not contacted to give assistance in the running of this event. Why couldn't the marvellous new facilities at the Kelvin Hall not have been used? Was the hall being used for something more important that morning? I think not.

I'm sure I won't be the only voice of complaint to your goodselves on this matter, so I'll close now having made my feelings clear. Keep up the good work.

Keith R. Gooch

Women in SPORT

Yes, but do you run a marathon!

HAVING WATCHED another London Marathon with usual great interest and absolute amazement that the leaders could possibly run so fast for so long, I remembered during my running days being extremely irritated by people who would say: "You're a runner aren't you? What's your event?" On being told I ran 400 metre hurdles, they immediately dismissed this, presumably as being totally mickey mouse, by hurriedly going on to ask in awesome voice: "Yes, but when are you going to run a MARATHON?"

Running a marathon in five and half hours dressed as a French au pair would obviously be a far more worthy athletic achievement than coming fifth at the UK Championships in the 800 metres, or whatever. Pheidippides has a lot to answer for by arriving in Athens in 490 BC saying: "Actually I didn't find the run from Marathon all that difficult..." (See *The World's Best Running Book Ever* by Sherwood Alderdice).

For many people, it seems that the ultimate challenge in life is to run for 26 miles 385 yards after which they can die happily - perhaps an unfortunate turn of phrase in view of the number of distressed participants that can be seen during these events. There must be many people, and I know of a few, who have run one marathon in a respectable time considering the lack of training background, and who have no interest in running another, in fact have no further interest in running at all. It seems almost like an obsessive desire to keep up with the Joneses, a feeling that they are missing out on something unless they jump on the marathon bandwagon. Now that marathon running for "the general public" has been around for a while, and people like these have had their curiosity satisfied, it perhaps explains the downward trend in numbers, and the subsequent demise of some marathon races.

Marathon running was certainly a great boon from a health and fitness point of view in that it encouraged masses of people to get out running, but without a doubt there are those who use marathons as a means to an end - that is in order to triumphantly say they have "done one" and then stop running altogether. No-one can deny the marvellous job that marathon running does as a charity

raiser, but I always get the feeling, especially watching the London Marathon, that those who dress up as Batman, Robin, and assorted animals are really saying: "As you can see I'm not taking this seriously, so it doesn't matter what time I do."

Personally I have no desire whatsoever to run for 26 miles although I do not doubt that I would eventually get round the course without having to stop for a chat 'n' chew at every feeding station, but I would get no pleasure at all from completing it at the snail's pace time I would inevitably be credited with. There is also the lingering horror in the back of the mind that I would get stopped by Bob Wilson for an on-the-spot TV interview, being taken for a jolly jogger rather than a serious runner.

I think I would find it far more challenging and rewarding to pole vault three metres (perhaps many Scottish male vaulters would too!) but I do not suppose I'd get much sponsorship, and my feat, if I achieved it would no doubt be heralded with: "Oh, you can vault three metres - how interesting. When are you going to run a MARATHON?"

Running in packs

IT HAS long been recognised that taking part in sport is a modified form of the hunting behaviour practised by our ancient ancestors who spent over a million years developing as co-operative hunting packs which chased, ran, jumped, aimed, threw and ultimately killed prey.

When man took to farming about 10,000 years ago, there was no longer a need for him to hunt - which did not mean that the hunting skills and urges evolved over a long time suddenly disappeared. Instead, a new outlet was found and hunting for survival was replaced with hunting for pleasure, and to test skills - in effect for sport.

For hundreds of years blood sports dominated while bloodless sporting pursuits were very much in a minority. With increasing populations, it was not practical, nor possible, for everyone to indulge in blood sports and so alternative forms were sought with only a symbolic killing at the end which nowadays is heavily disguised in the great variety of sports that are played.

The Greeks came up with athletics, which encompasses all the activities of the hunting pack - running, jumping, throwing, with the killing now being substituted by the winning of an event. At the same time, ball games were starting in other parts of the world.

What we would now call polo was

being played in Persia (Iran); the beginnings of bowls and hockey were evident in Egypt; the ancient Chinese were indulging in the now world-popular football. All these made use of a vital aspect of hunting - aiming, and there are probably more aiming sports today than any other type - golf, basketball, archery, cricket, baseball and so on.

Desmond Morris says that the reason millions take an interest in sporting events in the press, on television, by personal attendance or by taking part, is due to the greatly increased populations after the Industrial Revolution. They were subjected to boring, monotonous and repetitive labour, far removed from the activities of our ancestors who led physically demanding lives coupled with risk and excitement. The latter's lives also involved strategy, skill, daring and triumph, not unlike the activities on a football pitch. In compensation, the nineteenth century saw a great number of sports being organised or reshaped with rules and regulations - squash,

spectate under threat of death, and although during the first modern Olympics in 1896 a Greek woman apparently ran the marathon in four hours and thirty minutes, as recently as 1967 an irate official tried to pull Kathy Switzer out of the all-male Boston Marathon.

It is well-documented that the ill-fated Mary Queen of Scots enjoyed hitting a golf ball around, but then someone who seems to have a bewitching influence over the opposite sex (with perhaps the exception of John Knox) was hardly likely to be prevented from taking part in "men's activities". Even today in Japan, women are not allowed to put foot on the consecrated area of the male Sumo wrestlers, and perhaps it was male suppression of the female in the sporting world among other areas that has encouraged women to take up sport, rather than some primeval hunting instinct.

Nothing seems to daunt women in sport now, and the present day bare chested Japanese women



Women, now running in packs, as in last year's 10K - OK

rugby union, baseball, soccer, volleyball, lawn tennis, water polo, American football, ice hockey, basketball, rugby league, ten pin bowling, table tennis.

Perhaps if women had been an integral part of the primeval hunting pack then they would have been taking part in sports for as long as and to the same extent as men. Due, of course, to being the child bearing and rearing sex of the species, women did not take part in the hunt, and therefore could not have the same suppressed hunter's instincts looking for an outlet in the form of sporting activities in the modern world.

With increasing female rights to economic, political and social equality, it is not surprising that this extends naturally to physical equality, or at least the equal opportunity to participate in the "male sporting world", although it has certainly been a long haul. As far back as 776 BC the ancient Greeks prohibited women from entering the sacred ground of the Olympics or to

Sumo wrestlers make it seem impossible that it could only be 40 years since Gorgeous Gussie Moran scandalized Wimbledon with glimpses of her lace panties.



Fiona Macaulay

CONGRATULATIONS from everybody at Scotland's Runner to Fiona and husband Steve on the birth of their third child on May 5 at Stirling Royal Infirmary. We look forward to Nicola, who weighed 7lb 6oz, following her mother into a dark blue vest in about 20 years time!

THE ASDA MERSEY MARATHON



Race details: 11am Sunday, 25th September, 1988

Race Venue: Camp Hill, Liverpool.

Distance: 26 Miles 385 Yards.

Every Mile Marked. Time Clocks Every Five Miles.

Feeding/Sponge Stations Every 3 Miles.

Commemorative Medals to all Finishers.

Training Grants will be awarded to the first

Three Men and Women to finish.

Prizes to first Ten Men and Ten Women.

Awards to Veterans and Teams.

Results to appear in Liverpool Echo.

Race Details through post.

SPECIAL NOTE FOR BUSINESS HOUSE/CHARITY TEAMS-

Entries must be in groups of ten and to be c/o team leader's address.

Special entrance fee for the unwaged.

All participants receive free badge, brochure, car sticker and space wrap.

Entry Fees

AAA Registered Runners, AAA & WCCA Club Members £5.50.

Unattached Runners £6.00.

Cheques payable to Mersey Marathon

SEND ENTRIES TO:

DEREK JOHNSTON, ASDA MERSEY MARATHON

THE MANSION HOUSE, CALDERSTONES PARK,

ALLERTON, LIVERPOOL L18 3JD

TELEPHONE: 051-724 2888

Closing date for entries: July 30th 1988

PLEASE USE UNIVERSAL ENTRY FORM OR SEND SAE

MEMBER OF I.M.M.D.A. & B.A.S.M.



MILNGAVIE & BEARSDEN
AMATEUR SWIMMING CLUB



BANK OF SCOTLAND
Open Biathlon
Competition



Sunday 11 September 1988
Registration at 9.15 am
Jordanhill College Playing Fields
Southbrae Drive, Glasgow

ENTRY FORMS
and further details from:

Mr Ken Lock

6 Lovat Avenue, Bearsden

Glasgow G61 3LQ, SCOTLAND

Telephone: 041 942 7897

Adult display group go all the way to Wembley

They have made their first appearance, but their big moment has still to come. The adult display group from Scottish Gymnastics gave their first public performance at the Bell's Centre in Perth on April 30. However, their big appearance will be at the British Amateur Gymnastics Association Centenary display on July 23.

They will take the podium at Wembley Arena with gymnasts of all ages from all over the United Kingdom. Everyone will be gathered to celebrate one hundred years of British Gymnastics in this festival, which is sponsored by the National Westminster Bank.

The Scottish adult display group come from all over Scotland and from a wide range of backgrounds and experiences.

The age range may seem a little astonishing - from 18 to 53 (at least!) - to those who think of gymnastics as only for youngsters. Some of the group are still active in the sports as coaches or judges, but most have done nothing in a physically active way in recent years. A few have no previous experience at all - they just fancy the idea of doing gymnastics.

The enthusiasm of the group has been amazing. This has started from the top, with organiser Vivienne Gourlay showing great energy in

keeping the group going and looking for support for all their projects. The costs of the trip to Wembley have to be met by the group, as with all other training expenses, but Save and Prosper have come in with a substantial cheque to help the group, and this has been vital to their continued existence and development.

The commitment of the group members themselves is reflected in the many, many miles they travel to Edinburgh to train. Participants come from such distant places as Inverness, Helensburgh, Stonehaven and Barrhead, for example.

The pedigree of the participants in gymnastics is a diverse as their home towns. They range from David and Ian Robertson and James Gourlay who were members of many Scottish teams within the last ten years, to total novices who have come along to adult recreational classes at St. Augustine's in Edinburgh during the last year.

The growth of the group is yet another reflection of the growing range of gymnastics activity in Scotland. It is to be hoped that everyone in the adult display group enjoys their big day at Wembley, and that they continue to enjoy the sport for many years to come.

● **SCOTTISH** gymnasts showed their talent once again at the recent British Sports Acrobatics Championships in Chesterfield.

The event was staged very early this year, due to the change of the national development plan and the re-scheduling of the international programme. This made it even more important for the Scots to repeat last year's good showing, but they did.

The highlight was the victory for the Maryhill Mercury boys in the men's pairs, but the other medallists, Scottish Legal Avondale (twice) and Finlux, must take great credit from their efforts.

● **TWELVE** Scots gymnasts have won through to the Abbey National Gymnastic competition British final at Hinckley in Leicestershire after the Scottish qualifying tournament at Blantyre.

They are: (Group 8-9) C. Watson (Craigswood); K. Malkin (Gazelles); G. Duff (Lothian); A. Lessells (Gazelles); (Group 10-11) J. Heath (Craigswood); S. Banks (Stirling Argyle); G. Butter (Gazelles); T. Miller (Meadowbank); (Group 12-13) N. Hercus (Lothian); S. Adamson (Meadowbank); J. Sweeney (Perth); L. McKenzie (Lothian).

IT WAS with great sorrow that the gymnastics world in Scotland learned of the sudden death of Bob Blackadder in April.

Bob had been involved in gymnastics for more than a dozen years as a coach and judge. His contribution to the girls of Dumfermline Gymnastics Club was substantial, and he coached members of the club up to international level. He also served on the East of Scotland committee for a number of years and became president last year.

Bob's enthusiasm and commitment to gymnastics was illustrated by his constant appearance at all East District and Scottish women's competitions. He judged at all the major women's artistic events in Scotland over the last half dozen years.

Bob will be sadly missed as judge and coach, but more especially as a personality who passed on his enthusiasm to everyone he met.

The deepest sympathy of all in gymnastics is extended to his wife and family, who can take comfort in the fact that many throughout Scotland share their loss.

David Watt

Sally Martin of Save and Prosper hands over a cheque to adult display group organiser Vivienne Gourlay as members of the group, assembled from as far away as Stonehaven and Helensburgh, look on.



Triathlons

THE TRIATHLON is taking off in a big way in Scotland. The recently formed Scottish Triathlon Association now has over 150 individual members and it has decided to accept club affiliations as well. Individual membership cost just £5 per year, and for this members get a monthly newsletter and discount at various sporting goods stores throughout Scotland on production of membership card.

A national squad training weekend is held every month at HMS Cochrane, Rosyth, where the Royal Navy have very kindly allowed the STA use of the fabulous facilities at the base. The squad receives the very best of coaching at these weekends, with specialist coaches attending to improve technique in the various disciplines.

A typical weekend starts at 8pm on a Friday with a one hour swim session in the pool. Here, a video is used on each squad member and the session proceeds under the watchful eye of Jim Gray of Dunfermline. Jim has been coaching swimmers of all abilities for many years and his

experience is invaluable to the squad as swimming tends to be the weakest discipline of many of the squad members.

At 9pm there is a team talk over coffee and sandwiches, and then analysis of each triathlete's stroke on the video.

Saturday sees everybody back in the pool at 7am sharp with Jim setting the schedule, and the video capturing all the little faults that need ironing out. Breakfast at 8.15 am is followed at 9am by an aerobics/stretching session with a qualified aerobics instructor for an hour, then a 10 minutes break before everybody splits into two groups for the one hour run which will consist of fartlek or hills.

A shower and lunch is served at the naval base canteen where the emphasis is on good wholesome food with plenty of complex carbohydrates to replace energy used and to prepare the triathletes for what is to come.

After lunch, it's time for a bike session and again the group splits into two groups, depending on ability, and sets out from the base at 2pm for a two hour ride. The squad will cover up to 40 miles on the roads around Dunfermline

before getting back to the base for the second swim session of the day at 4pm. Great emphasis is placed on the teaching of correct technique both in the swim sessions and the bike sessions.

Finally, at 5pm everybody crawls out of the pool, showers and gets into the dining room for as much as you can eat of the very best food.

Entertainment for the evening is at one's own discretion but after such a hard day, everyone is usually in bed by 9pm and a good night's sleep is guaranteed.

At 7am Sunday, it's back in the pool again as Jim divides the squad into groups of similar ability and everyone gets individual attention. Breakfast is at 8am, followed by a talk on bikes by the bike coach, Richard Peplow. This talk usually covers the plan for the day, and then everybody mounts up and spends two to three hours improving bike handling and time trialling technique. Positions are checked and advice is given.

On returning to the base, the group usually practises the transition from the bike to the run which forms a very important part of triathlon. If you've ever got off your bike and tried to run even a short distance you'll know how strange it seems, as your running muscles try to take over from your biking muscles!

Lunch follows, and then a one hour lecture on aspects of

nutrition is given by Arthur Stewart of Edinburgh University. Malcolm Brown has just agreed to offer his services as the specialist running coach, and future weekends should see track sessions under his supervision, and advice on training schedules.

At this stage the policy of the STA is to keep the squad at the manageable number of 20 top class triathletes (men and women).

Continuous assessment takes place throughout the weekend, and this coupled with results in the forthcoming triathlons, gains the triathletes selection for the national team. The STA will accept applications from interested males and females who feel they would be able to justify a place on the squad.

Write to the Scottish Triathlon Association, Bowmont House, 21 Arbutnott Place, Stonehaven, AB3 2JA, and give your best time for the following individual distances: 1K swim, 40K bike (25ml), 10K run, and if possible state where achieved.

The athlete must be a fully paid up member of the STA and be one of the following: 1, Scottish by birth; 2, one parent Scottish by birth; 3, resident in Scotland for two years before he/she will be considered for selection.

John O' Donovan

SCOTTISH GRAND PRIX EVENTS

MAY

22 Edinburgh E - Andrew Grant, Wester Hailes Education Centre, Edinburgh.

JUNE

29 Dunfermline E - Andrew Laing, Head of Business Studies, Dunfermline High School, St Leonards Place, Dunfermline, KY11 3BG.

JULY

11 Irvine E - Triathlon Organiser, Magnum Sports Centre, Irvine, Ayrshire.

AUGUST

14 Peebles E - Bill Hunter, 11 Damcroft, Peebles, EH45 8EF.

SEPTEMBER

24 Arbroath E - Deiter Loraine, 9 Millgate, Friockheim, Angus, DD11 4TN.

31

Cumbernauld E - Lesley Kelly, Tryst Sports Centre, Cumbernauld.

27

Aviemore E - Sam Crymble, Glenmore Lodge, Aviemore, PH22 1QU.

28

East Kilbride E - John Higgins, Dolan Baths, Town Centre, East Kilbride.

4

Ayr E - Lester Haining, Ayr Turtles Tri Club, Ayr Swimming Baths, Ayr.

11

Moray E - Bernadette Morgan, 30-32 High Street, Elgin, Moray District Council, Recreation Dept.



David Devlin, who finished fourth in last year's Wester Hailes Triathlon.

Edinburgh Southern Harriers

DOUG GILLON outlines the illustrious achievements of Edinburgh Southern Harriers and Edinburgh Woollen Mill - the club which has dominated Scottish athletics for the past two decades. EWM pictures by **PETER DEVLIN**.

Queen Victoria was on the throne, celebrating her Diamond Jubilee, and Joseph Chamberlain was Colonial Secretary. Cornishman Bob Fitzsimmons was heavy-weight boxing champion of the world and Edinburgh's Alf Downer was universally recognised as the world professional sprint champion.

So it was back in 1887, the year also that Edinburgh Southern Athletic Club were founded, launched by the students of a kirk bible class, before changing their title a year later to Edinburgh Southern Harriers, a name which 91 years on provokes varying emotions; admiration, envy, even dislike.

You can't monopolise anything for generations without making a few enemies, and athletics is no exception. Certainly if the club, and its female counterpart, Edinburgh Woollen Mill, were a business, there is indeed a danger that it would long ago have been referred to the Monopolies Commission.

From Sabbath teaching, the club developed down lines that will be more immediately recognisable to today's runners. Cross-country runs from the Sheep's Heid Inn at

Duddingston and Portobello Baths, or, less familiarly, races that might end with home-baked scones and oatcakes at Mother Rankine's, or trencherman helpings of ham-and-eggs at the Barnton Hotel.

It took Southern 10 years to win the East District cross-country league, but it wasn't until 1964 that they got off the mark with a team victory in the national cross-country championship, and a further five before their first Edinburgh-to-Glasgow title.

But since then they have barely felt the need to look over their shoulder, and in recent years it is difficult to find a sphere of activity in which they have not been the country's most successful club.

For Southern's ninetieth anniversary last year, statistician Duncan McKechnie literally filled a small book with their achievements. For example: cross-country relay champions seven times since the event was launched in 1974; road relay champions since that title was put for grabs in 1979; winners of the Edinburgh-Glasgow road relay eight times since 1973. And since 1960 they have won the national cross-country team crown twelve times,



filling the silver medal spot eight times.

Had Cambuslang not beaten the capital club this year at Irvine, Southern would have extended their national run to a unique seven consecutive years. Currently they share the record honours with Maryhill (1927-32).

On the track, they have also been Scotland's most consistent performers, taking the Scottish League title sixteen times since it was established in 1960, and featuring more prominently in the UK League and Pye GRE Cup than any of their rivals from north of the border. They won the cup in 1975, the only Scottish club to do so.

Individually they have the nation's only living Olympic champion in Allan Wells, who also boasts four Commonwealth gold and a mintful of minor medals. Elliot Bunney and Jamie Henderson clocked up successive European junior sprint victories in 1985 and

1987, the latter sharing in a World junior relay gold in which Britain beat the USA.

Hammer-thrower Chris Black, seventh at Montreal, defied the Scottish tradition that perceives Olympic success in the throws as an unattainable dream.

Tom Jack, a London Olympic competitor in 1908, was the first and only man to annexe a Scottish championship while serving as president of the SAAA. In 1904 he won the club's first national title (over ten miles, in a time of 57-09.8 sec) to launch a dynasty. The thirtieth title arrived courtesy of pole vaulter David Stevenson (with a record-breaking 4.37 metres in 1964), who that year went to the Olympics in Tokyo and is now chairman of women's sponsors, Edinburgh Woollen Mill.

By 1969 the total number of national titles won had risen to 56, but the dramatic impact on the fortunes of the club that the 1970



Just some of the members of Edinburgh Woollen Mill and their coaches pictured in the main stand at Meadowbank.

Commonwealth Games triggered, by bringing all-weather tartan to Meadowbank, is revealed by the fact that at the start of this year's track season the Southern vest had been carried to victory in the SAAA senior men's championship a total of 165 times, including relays.

Ken Ballantyne, still active in an official capacity, won the very first of the club's 65 national junior track titles back in 1957. And 21 athletes have won 34 Scottish youth championship golds.

The UK colours have been worn by 26 different male athletes, and when Southern finally produce a discus thrower worthy of a British vest they will have completed the set. For that is the only track or field event in which they have not so far been represented.

Kelso's John Robson is the only Harrier to have won a European indoor medal (1500m, 1978). But the advent of a permanent indoor stadium for Scottish athletics, at the Kelvin Hall, opens a whole new arena. Up to the end of 1987 the club had already produced a total of 88 Scottish international track and field competitors outdoors, plus one for Eire and two for Northern Ireland.

The longest span of representative honours - 20 years - stands to Alex Black whose international career in javelin, shot, and discus, began in 1964, lapsed from 1969 to 1977, but then continued with annual appearances until 1984. In 1968 Alex was the first Southern man to capture a Scottish throws title, in the discus. Most prolific track international is Allister

Edinburgh Woollen Mill

Hutton, whose first appearance was in 1974.

Colin Hume, in five seasons from 1981 to 1986, appeared in four different events - mile, 1500, and 3000 metres, and the steeplechase.

But it is not merely in athletics that the club can claim fame. Scotland rugby fullback Andy Irvine (51 caps) was a member. So too was another British Lion, winger Roger Baird. International long and triple jumper David Whyte also won 13 rugby caps, and another star to frequent Fernieside was an aspiring high jumper, Chris Sutherland, who became Scotland's most prolific hockey internationalist with 137 Scottish appearances and 23 for Britain. Jimmy Gilbert won four amateur caps at football as the Depression years rolled by, and later was secretary of the SAAA; Jim Campbell held the Scottish amateur light-weight boxing title as the guns began to roar over the Somme, while throwers Stewart Togher and Paul Buxton also won Scottish weight-lifting titles in the 1960s and 1970s. And Chris Black was a junior basketball player before he ever picked up a hammer.

Unsurprisingly the membership roll reads like a history of Scottish athletics. Current Scottish bests standing to club members total 14, the most recent Tom Hanlon's steeplechase clocking of 8-27.60, in Duisburg last year. They range in overall quality from Wells's then UK record performances of 10.11 and

20.21 at the Moscow Olympics, and date back almost 20 years to Dave Walker's national long jump record of 7.67m.

Remarkably though, that is not the longest standing club record. On June 29, 1957, Jim Paterson set the inaugural Scottish 800 metres best with a time of 1 min 47.5sec. Nearly 31 years on, Paterson has survived the troubled birth of the state of Zimbabwe, living at these tempestuous times with a gun at his hip behind a mortar fence on an outlying farm. His two-lap time has survived too, despite the subsequent assaults of Craig Douglas and John Robson.

Steeplechaser Hanlon eclipsed the time of Gareth Byran-Jones, a Mexico Olympian and fourth in the 1970 Commonwealth Games (and now orienteering correspondent of this magazine). Byran-Jones was a product of what many regard as the vintage years of Southern's distance running. His contemporaries included Fergus Murray, who had placed 22nd in the Tokyo Olympic 10,000 metres, and seventh in the 1970 Commonwealth marathon, and Donald Macgregor, who fought an epic duel with Ron Hill before finishing seventh on a hot day in the Munich Olympic marathon.

The women's club, launched as an off-shoot of the men's section in 1949, has established an even stronger monopoly, Scotland's leading club since 1971. But its opening years were of unspectacular

Southern Comfort found at the Mill



consolidation. Even by 1960 there were just 10 athletes and one coach. Now there are some 20 coaches catering for the needs of 200 competitors.

In 1965 the club was fiftieth in the UK club rankings, a year later they were fifteenth, and by 1974 they were top. "We have never been out of the top five in Britain since" says coach George Sinclair.

It was he who was mainly responsible for the historic name-change to Edinburgh Woollen Mill, a move which has helped revolutionise attitudes in the sport in Scotland. Sinclair had sent sponsorship requests to several companies, including Stevenson's Langholm-based UK chain of shops. It was the former pole vaulter, now a millionaire entrepreneur, who raised the club's sights. "He offered more money than we had been looking for, but suggested the name change," says Sinclair.

It has been a good deal for both club and sponsors. The Mill has paid Southern £10,000 per year, and they are currently in negotiation over extending the deal at an inflation indexed sum of around £11,000 per year.

In return, when Stevenson lent Southern financial comfort in 1985, he was effectively buying up a major slice of the best of Scottish women's athletics.

They had the country's only female Commonwealth gold medallist in discus thrower Meg Richie, as well as 800m runner-up Anne Purvis. Richie boasted a string of UK internationals dating back to 1972, while Purvis had been a UK junior international for three years in the mid seventies, and was a seasoned senior internationalist, having won the WAAA 800m titles in 1980 and 1981.

There had been 14 GB internationals on Southern's books when Stevenson stepped in, and the club was

steeped in a winning habit nurtured over the previous 20-odd years. A total of some 80 Scottish titles had been won, a convincing curriculum vitae.

Commonwealth discus champion Rosemary Payne had been a member, as had been Helen Golden, who dead-heated with Maryhill's Myra Nimmo for the honour of being Scotland's first WAAA title winner in 1973. Golden took the 200 metres and Nimmo the long jump on the same afternoon. Liz Sutherland was Commonwealth record holder



in the 400 metres hurdles at the time of the Edmonton Games - ironically the last time the event was excluded from the programme.

The UK League is an expensive arena to compete in. Fifty athletes have to be transported, fed and chaperoned, for unlike the men's league, the women compete in three age groups (four in Scotland). The trip to a London fixture costs more than £2500. "However, when it comes to track suits and wet suits, the girls get the best," says Sinclair.

Consequently the club is

likely to go on attracting the top athletes, to the irritation of their rivals. Victoria has gone, but few would bet against Southern and the Mill still ruling Scottish athletics when Britain produces its next world heavy-weight boxing champ or another Alf Downer or George McNeill.



Photographs, clockwise from Allan Wells with Olympic medals far left, are an EWM sprint session; Tom Hanlon winning the 1500m at last year's Scottish Championships; Neil Tennant after winning this year's National Cross Country Championship at Irvine; an EWM talk-in; Caroline Black in the long jump pit; and Jamie Henderson on his way to winning last year's UK 100m title at Derby.



Running: A Beginners' Guide

By Derek Parker, senior BAAB and Kilbarchan coach.

There are now only three months until your first half-marathon and your training programme should be well under way. If you have been following the schedule in previous issues of Scotland's Runner you will by this time be training five or six times a week and should have built up a good basic fitness level.

It is now time for you to enter your first race - not, I hasten to add, the full half-marathon event but one over a shorter distance such as 5K, five miles or possibly even 10K if you feel you can manage it.

These events are known as "stepping stone" races because they are all part of your build-up to the half-marathon which you are peaking for sometime during the next twelve weeks or so; they provide you with vital knowledge about your form and also practical race experience. And they are very useful for sharpening up your speed and giving you that essential mental and physical edge which is the hallmark of race fitness.

A training or racing programme which is not goal-oriented is virtually worthless, so you must set yourself a target when preparing for your first "stepping stone" race.

This target should not be to beat a club colleague or training partner. Your target should be yours and yours alone because at this early stage of your career you are only concerned with competing against yourself. There will be plenty of time later to become involved in the rough and tumble of competitive athletics, if that is what you really want.

A coaching article is not the ideal place to discuss the effects of competitive sport on the character. It is sufficient to say that the blatant commercialisation of athletics and its ruthless exploitation by politically motivated activists - not to mention the taking of drugs and blood doping - provides good reasons for athletes steering clear of the "rat race" and running purely for fun and self-fulfilment.

You have decided to enter a 5K race and reckon you can complete the distance in 20 minutes (having arrived at this conclusion as a result of a few timed runs which you have done over that distance in training). If you have read previous articles in this series, you will not, of course, have timed every single training run - and you will, of course, have run over a variety of distances in practice and at various speeds.

Your target will not be ridiculously unrealistic. It will be based on sound judgement and reflection, evaluated on previous training performances, and

possibly in consultation with your coach or someone whose advice you can trust.

Because athletes are - or should be - thinking men and women, you will know that running 5K (or 5000 metres) in 20 minutes is the equivalent of running 12 x 400 metres in 96 seconds, plus 1 x 200 metres in 48 seconds, with NO rest or recovery intervals; or 6 x 800 metres in 3 minutes 12 seconds, plus 1 x 200 metres in 48 seconds; or 5 x 1000 metres in four minutes; or 4 x 1200 metres in 4 minutes and 48 seconds, plus 1 x 200 metres in 48 seconds, all with NO rest.

Therefore, when your coach informs you that on a certain night you will be running 12 x 400 metres, plus 1 x 200 metres at 5K pace, with 20 to 30 seconds recovery between repetitions, you will not turn away in disgust.

The purpose and logic of the session will be abundantly clear. Its objective is to accustom the athlete to cover the entire distance of the race at race speed with progressively shorter recoveries - so that on the day of the race he/she will be able to run the 12 x 400 metres, plus 1 x 200 metres, at the required pace without any recovery.

That is why it is important to train and race at your own pace. The aspiring 5K-in-20 minutes athlete who runs the first half of the race at 90 seconds pace for 400 metres, instead of the requisite 96 seconds, is only going to grind to a halt long before the finish - and suffer the disappointment, loss of morale, and frustration of not having done justice to his/her ability through lack of discipline and common sense.

The same training principles involved in 400 metre repetitions apply to other distances used in practice sessions. Recoveries of 45 to 60 seconds can be taken during 800 metres repetitions; 60 to 90 seconds for 1000 metres repetitions; and 90 to 150 seconds recoveries for 1200 metres repetitions.

But always remember that you are an individual and be prepared to work at your own pace. The key to successful training is progression, known in coaching parlance as "general adaptation syndrome". A training programme is made more progressive by: 1,

increasing the distance or the number of repetitions run; 2, increasing the speed of the run or the repetitions; 3, reducing the recovery period between the number of repetitions run.

Generally speaking, the athlete training for 5K and 10K should look for progression by running at race pace, covering the entire race distance in his/her running repetitions, and gradually reducing the recovery between efforts e.g. by progressing from 5 x 1000 metres in four minutes, with 90 seconds rest, during the first week of a training cycle, then moving on to 5 x 1000 metres in four minutes, with 75 seconds recovery, two or three weeks later.

In this way, the athlete can work right down in 15 seconds reductions to 30 seconds recovery between repetitions so that in the race itself he/she can do the 5 x 1000 metres in four minutes each

with no recovery - thereby achieving his/her target of 20 minutes for the 5K distance.

Repetition running should be done twice a week and could include 1500 metres and 5000 metres pace sessions. It is important to train at different speeds because if you train solely at one pace you will only be able to race at one speed.

The remainder of the training week should be spent running long steady distances of varied lengths and speeds. This will develop and maintain a strong aerobic endurance base and provide you with the mental and physical qualities to train and race successfully.

Do not neglect your recovery sessions as these are every bit as essential as your hard efforts. They help you to consolidate training gains, allow the muscles an opportunity to regain their elasticity, and give you an opportunity to

"By training for the shorter distances, you are running at different speeds instead of just plodding along at the same pace all the time..."

replace depleted energy resources.

In this context you should try to do some of your running on grass, where the softer surface relieves the constant pressure of pounding out the miles on unyielding roads - and brings a greater degree of flexibility to muscles in the ankle area.

Unless you are competing at the weekend, the longest run of the training programme should take place on Saturday or Sunday when you have more free time. Assuming you have completed the basic fitness schedules described in previous articles in this series, you should be able to run between eight and ten miles fairly comfortably without stopping.

The "semi-long" run, which should be between half and two-thirds the length of the long run, ought to be done in the middle of the week, preferably Wednesday.

By now the picture should be quite clear. By training for 5K and 10K events, you are also laying down a firm foundation of fitness which will make the progression to half-marathon running more natural and easier. Many world-class marathon runners, such as Alberto Salazar, Frank Shorter and John Treacy, attribute their successes over the distance to the 5000 and 10,000 metres training which they



did earlier in their careers.

The benefits are obvious. By training for the shorter distances, you are running at different speeds instead of just plodding along at the same pace all the time, while the longer runs in the schedule bring you very close to the half-marathon distance.

Remember that your 5K and 10K races during the next few weeks are merely "stepping stone" events for the competition you are peaking for and the one for which you must reserve your best efforts - the half-marathon in late August or early September.

These under-distance competitions should, therefore, be used primarily as learning experiences and to let you see how you respond to race situations.

Learn as much as you can from them, especially about pace judgement and effort distribution,

and keep a diary in which you can record your thoughts about the race for future reference.

As part of your half-marathon build-up, you should now try to compete in one 5K race and one 10K race during the next six weeks, or events approximating to these distances.

The shorter of the two distances should be tackled first, and allow yourself at least two weeks between each race.

Next month, we shall continue the build-up to your autumn half-marathon with longer steady runs and repetitions, so during the next six weeks your training should be along the following lines:

WEEK ONE

Sunday: 60 to 90 minutes steady running on grass.
Monday: 5K pace session, e.g. 12 x 400 metres + 1 x 200 metres with 30 to 60 seconds recovery.
Tuesday: 20 to 30 minutes easy running.
Wednesday: 5 miles steady.
Thursday: 1500 metres pace session e.g. 5 x 300 metres x 2 sets with 30 to 60 seconds recovery between repetitions/10 to 12 minutes between sets.
Friday: Rest or 10 to 15 minutes easy jog.
Saturday: 8 miles steady.

WEEK TWO

Sunday: As Week One.
Monday: 6 x 800 metres + 1 x 200 metres at 5K pace with 45 to 75 seconds recovery.
Tuesday: As Week One.
Wednesday: 6 miles steady.
Thursday: 400 + 400 + 400 + 300 metres x 2 sets at 1500 metres pace with 30 to 60 seconds recovery between repetitions/10 to 12 minutes between sets.
Friday: As Week One.
Saturday: 10 miles steady.

WEEK THREE

Sunday: As Week One.
Monday: 16 x 300 metres + 1 x 200 metres at 5K pace with 30 to 60 seconds recovery.
Tuesday: As Week One.
Wednesday: 6 miles medium effort.
Thursday: Warm-up session only, including 8 x 100 metres easy strides.

Friday: As Week One.
Saturday: 5K or 4 miles race.

WEEK FOUR

Sunday: As Week One, but with reduced intensity (recovery run only).
Monday: 25 x 200 metres at 5K pace with 30 to 45 seconds recovery.
Tuesday: As Week One.
Wednesday: 5 miles steady.
Thursday: 3 x 500 metres x 2 sets at 1500 metre pace, with 45 to 60 seconds recovery/10 to 12 minutes between sets.
Friday: As Week One.
Saturday: 8 miles steady.

WEEK FIVE

Sunday: As week One.
Monday: 5 x 1000 metres at 5K pace with 60 to 90 seconds recovery.
Tuesday: As Week One.
Wednesday: 7 miles steady.
Thursday: 600 + 600 + 300 metres x 2 sets at 1500 metres pace with 45 to 60 seconds recovery between repetitions/10 to 12 minutes between sets.
Friday: As Week One.
Saturday: 10 miles steady.

WEEK SIX

Sunday: As Week One.
Monday: 4 x 1200 metres 1 x 200 metres at 5K pace with 90 to 150 seconds recovery.
Tuesday: As Week One.
Wednesday: 30 minutes easy.
Thursday: 20 minutes easy.
Friday: As Week One.
Saturday: 10K or 5 miles race.

Notes:

1. I have not included any specific 10K repetitions at this stage. These can be very demanding mentally, as much as physically, and may be introduced later, when you are more experienced. Typical sessions would include 25 x 400 metres with 30 seconds recovery, or 50 x 200 metres with 20 seconds recovery.
2. If you are racing on Sundays, your Saturday sessions should be restricted to an easy 15 to 25 minutes warm-up jog.
3. The above programme is merely a guide. It can, and should, be modified to suit your own requirements. Do not hesitate to substitute an easy session for a difficult one if you feel you need to, and do not be afraid to miss a day if you are genuinely tired or not fully recovered from an earlier session or race. Never forget the vital formula:

Work + Rest + Work = Success.



Use 10K races as stepping stones to your half marathon...

Picture by Peter Devlin

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Highland GAMES

S.U.P.P.L.E.M.E.N.T

David Webster looks forward to the Highland Games season, which offers a wide variety of entertainment from May to September.

the World Championships. Perhaps this has been because of the atrocious weather at the latter, but the extensive publicity and action packed programme at the Galloway Games has also something to do with the fine support they have achieved.

For the first time, the World Championships are scheduled to be competed for over a two day period, August 20-21; at Inverness one day, and then the second leg the following day at Rothiemurchas, Aviemore. This allows a full range of

events without undue duplication - for example, the light hammer and heavy stone one day, and the heavy stone and light hammer the other.

I should stress that there are two Games during the season at Aviemore as you can see by the advertisements, but in my view with the fast change-over of tourists there is ample room for both.

The British Heavy Events Championship at Dundee is certainly worth mentioning amongst the most important games, and I have always enjoyed the Scottish Championships at Crieff.

Sticking exclusively to the top Games, however, would eliminate much of the charm of Scottish gatherings and some of my happiest memories are of wee, out of the way, events where it may have been easier to introduce the crowd to the competitors than the other way around! I would therefore encourage attendance at some of the smaller Games, and this magazine provides the necessary information on which decisions can be based.

In recent years there has been growing activity by Rotary and Round Table Groups, who see in Highland Games opportunities not only to extend the charitable work for which they are famous, but also to give a boost to local communities.

These are but a few recommendations, not by any means listed in order of preference, and I am certain that if they are up to the standards I have witnessed in the past they will long be remembered by those who visit them, be they happy holiday makers or connoisseurs of athletic strength.



Bill Anderson, who epitomises Scottish Highland Games.

Childrens' Games at Mull are unique

THE LAST Wednesday in July sees the twelfth Isle of Mull Childrens Highland Games.

It is the biggest event that the island hosts and its popularity extends far beyond the shores of Mull, says Games convener Bill White, adding: "With about a quarter of a million people visiting this beautiful island seasonally, and the residential population being less than three thousand, you can imagine the kind of problems that arise."

Over the past two years, organisation has improved and the fixed site at Craignure is an easily accessible venue.

The idea of the annual Games originated from the Mull branch of the Save the Children Fund, and all the money raised goes to the charity.

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This years World Series with top Scots and world's strongest men will include the following Games 28th May, Roche's Garnock Games, Kilbirnie; 29th May, The Atholl Gathering, Blair Castle; 4th June World Muscle Power Championships, East Kilbride; 5th June Blantyre Highland Games, 13th August Callander Highland Games; 14th August Galloway Games, Stranraer. 20-21 August World Championships, Inverness & Rothiemurchas, Aviemore. Competitors from many parts of the world.
For further details, phone 0294 72257

The Braemar Gathering

will be held on
SATURDAY, 3rd SEPTEMBER, 1988
in

The Princess Royal & Duke of Fife Memorial Park, Braemar
HEAVYWEIGHT, FIELD AND TRACK COMPETITIONS
(including 80 metres British Championship)
SOLO PIPING AND HIGHLAND DANCING
MASSED BANDS DISPLAY
PRIZE MONEY OVER £5000
Ringside Seats £4 each
Standing Area - Adults £2. Children 50p
Secretary: W.A. MESTON, Balcriche, Ballater. 0338 55377
Handicapper: A. MITCHELL, 20 Keltyhill Road, Kelty. 0383 830245

Invergordon Highland Games and Gymkhana

on **SATURDAY, 27th AUGUST, 1988** at **THE CASTLE GROUNDS INVERGORDON, ROSS-SHIRE**
Gymkhana by the ROSS-SHIRE PONY CLUB
commences 10.30 a.m. open events 12.30 p.m.
VARIOUS COMPETITION EVENTS
(Entries on the field by 10.00 a.m.)
FULL ATHLETIC PROGRAMME
(Programme also includes Piping and Dancing Competitions - Special Event)
DON'T MISS THIS GREAT GATHERING
Secretary: A. MacDONALD, Ardnarnara Seabank Rd., Invergordon.
Tel: 0349 852635

THE GALLOWAY GAMES WITH EUROPEAN OPEN HEAVY EVENTS CHAMPIONSHIPS

Bill Kazmaier (USA), Jim McGoldrick (USA), Joe Quigley (Australia), Ab Wolders (Holland), Jon Pall Sigmarsson (Iceland), Grant Anderson & Chris Black (Scotland), plus Pipes and Drums, Highland Dancing, Sumo Glants and full supporting programme.
**London Rd. Playing Fields, Stranraer,
Sunday 14th August**
For further details, phone 0776 2151

ABERNETHY HIGHLAND GAMES & CLAN GRANT RALLY

at Nethy Bridge,
on **Saturday 20th August 1988**
Full programme of field and track events
including Road Race
Commencing at 1.30 pm.
Details from:
**M. F. George, 6 Mackenzie Cres., Nethy Bridge,
PH25 3DU. Tel. 047 982 675.**

Rosneath & Clynder (Dunbartonshire) Highland Games Clachan Park, Rosneath

SUNDAY, 17th JULY, 1988 Gates Open 10.30 a.m.
Local area now includes Argyllshire and West Dunbartonshire
HEAVYWEIGHT COMPETITION
HIGHLAND DANCING commences 11.00 a.m.
LOCAL TRACK & FIELD EVENTS
OPEN TRACK & CYCLING EVENTS 1.00 pm.
OPEN HEAVY EVENTS 2.00 pm.
LOCAL TUG-O-WAR, HILL RACES PIPE BANDS
Over £2000 in Prize Money and Trophies
Competitors in Open Track, Cycling and Heavy Events will, on payment of £1.00 Entry Money, receive Admission Ticket and Afternoon Tea Ticket. Full modern changing facilities.
Handicapper: Mr ANDREW MITCHELL, 20 Keltyhill Road, Kelty. Fife Tel: (0383) 830245
Secretary: Mrs E. BLANCH, The Clachan, Rosneath. Tel: 0436 831251
Dancing: Mrs McINNES, 53 McLoud Drive, Helensburgh. Tel: 0436 78654

EAST LOTHIAN HIGHLAND GAMES

SUNDAY 28 AUGUST 1988
at the Meadowmill Sports Complex,
Prestonpans
Further details from Brunton Hall,
Musselburgh. Tel: 031-665 3711.

WITH ANOTHER Highland Games season under way, we look ahead with eagerness and with more than a little hope in our hearts, for one has to be an optimist with the Scottish climate in an activity so reliant on the state of the weather. The law of averages should lead us to better days in 1988, for sunshine was largely lacking during the last two seasons.

Looking at the heavyweight brigade, we can anticipate a return of Geoff Capes to selected gatherings on the general Scottish circuit. I believe he will do around eight venues in addition to his usual participation in Scotland's international games. There will be great competition amongst native Scottish heavies, with speculation on whether or not Grant Anderson's torn biceps will have healed enough to allow him to retain overall supremacy.

Bill Anderson's surprise win of the Scottish title in 1987 still has Games followers in awe at his amazing tenacity and true grit. Although Bill is trying to phase out of the most highly competitive scene, he is still a force to be reckoned with at all times.

Challenging the two Andersons will be another seasoned veteran, Brian Robin from the Isle of Seil, and if his performance in Dubai recently is anything to go by, then he could be the top Scot this year. He has been doing a lot of weight training during the winter months and is very strong. Brian was never a great one for the weights but he has now found just how useful they can be in building basic power.

Alistair Gunn could be the one to watch; with youth on his side I am confident that this young man will reach the top. Just how quickly this will happen is hard to say, but, mark my words, he will get right to the top of the pile sooner or later.

The international scene is as fascinating as ever for it is geared

I AM frequently 'asked about records, best performances, and ranking lists for heavy athletes, and after considerable research now list what I believe are the best authentic throws by our leading personalities at the Games. To the best of my knowledge this has not been attempted before, so there may be some omissions or inaccuracies. If this is the case I would welcome details of suggested changes, giving information on whether the implements used were accurate, the ground level, and proper measurements taken, the place, date etc.

PUTTING THE 16LB STONE

B. Oldfield, 73'1", Meadowbank 1975.
G. Capes, 65'3", Oxtou 1982.
A. Rowe, 61'2", Tobermory 1965.
J. Quigley, 55'9", Sydney 1988.
D. Edmunds, 52'2.5", Glasgow.
G. Anderson, 51'8", Alva.
C. Watson, 51'2", Sydney 1988.
W. Anderson, 48'4", Lochearnhead 1961.
Ed. Anderson, 46'7.5", Pitlochry 1931.

International **HIGHLAND GAMES** **S.U.P.P.L.E.M.E.N.T**

towards sporting entertainment, and interesting new competitors are one of the essential ingredients in such a scenario.

The big buzz is caused by the Scottish debut of Australia's Joe Quigley, who flabbergasted the experts at the World Invitational to mark the opening of his country's Bicentennial. There he was placed first equal with Jim McGoldrick of California, the world's No.2.

Quigley is one of Australia's Olympic possibilities, being a Commonwealth Games silver medalist, but he says he will

definitely appear in Scotland this summer, and his air ticket is being booked as this is written. Now the question on many lips is: will he have improved enough to beat Jim and, dare we consider the possibility of an "outsider" taking the world title?

With Geoff Capes not defending his European title at the Galloway Games in Stranraer, we will definitely have a new champion - McGoldrick? Quigley? Or...? Who knows. It's more open than it has been for many years.

Another new face will be Ab Wolders of Holland, well known to



Grant Anderson and Chris Black... both have injury problems.

I believe Bob Dale (Manchester), Jim McGoldrick, Hamish Davidson, Okonkwo of Nigeria (best 58" but not at a Games) and Tom Johnstone, USA, should feature in this but do not have details on their best throws. Can anybody help?

22LB STONE

Hamish Davidson, 54'2.75", East Lothian 1984.
G. Capes, 53'4", Crieff 1982.
B. Oldfield, 49'0", Aboyne 1973.
A. Rowe, 48'9", Crieff 1967.
G. Anderson, 44'0", Ballater.
W. Anderson, 43'0", Aboyne.

16LB HAMMER

W. Anderson, 151'2", Lochearnhead 1960.
G. Anderson, 151'11", Skipton 1985.
K. Tice, 144'4", Enta Park 1985.
G. Capes, 141'0", Carmunock 1985.
A. Rowe, 139'9", Aberdeen 1967.
A. Gunn, 137'10", Sydney 1988.
J. McBeath, 137'0".
B. Robin, 135'0", Dubai 1988.
K. Tice, 132'9", Santa Rosa 1985.

Grant Anderson threw 151'6" at a Highland Games demonstration at the Royal Agricultural Show near Birmingham before a large crowd with important guests. Other top heavies were present, and it was on a level ground. Although properly measured, this was done by one judge only. Two days later at Skipton Highland Games he did 151'11", slightly uphill, but the hammer, one used regularly at Highland Games, was not weighed at the time, as should be with such an important world record.

I believe Gordon Forbes should also feature on this list around 143" in the early sixties, but do not have details. Jim McGoldrick should also be listed.

22LB HAMMER

G. Anderson, 123'8", Santa Rosa 1984.
W. Anderson, 123'5", Crieff 1969.
A. Rowe, 123'0", Crieff 1966.
K. Tice, 115'10", Santa Rosa 1985.
A. Gunn, 112'7", Sydney 1988.

television viewers of Strongest Man competitions, and his weight for height throw at Milton Keynes last year was the best ever seen anywhere in the world. Ab is doing a quiet reconnaissance at the beginning of the season and will return later to make his bid for championship honours. A real dark horse will be Ika Nummisto of Finland, one of his country's greatest-ever Olympic sportsmen. I don't expect Ika to excel in this first sojourn into the Highland Games, but he will most certainly provide interest and speculation.

Bill Kazmaier of Alabama was a big hit last year and is already training hard for the coming season. He will undoubtedly take many of the top prizes in spite of the fact that he will be commuting across the Atlantic!

Chris Black continues to have problems with a trapped nerve and has not yet realised his potential as a professional. He was due to have an operation before the start of the season, but this is being delayed until September, so although Chris is a wonderful heavy athlete he is unlikely to be at full throttle this year. Mind you, heavy training in Cyprus prior to the season could help a lot.

Turning to the amateurs, Alan Pettigrew is likely to be the busiest and most successful, with George Patience doing well when he turns out in the kilt. Stuart Menzies will be sadly missed but his buddy, Walter Weir, is training hard and things are going fine, so Walter will remain one of the most popular figures on the amateur circuit during 1987. I heard a rumour that Eric Irvine was contemplating turning professional, but we will just have to wait and see.

There will be some short visits by American heavies in addition to the above, so lots of great sport is assured. Our home Scots, our welcome visitors, and the amateur heavies alike will all enrich the Games scene in the season of 1988.

28LB FOR DISTANCE

G. Capes, 94'0", Kilbirnie 1987.
J. McGoldrick, 88'11", Alexandria 1985.
H. Davidson, 88'10.5" Inverkeithing 1978.
W. Anderson, 87'2", Crieff 1966.
K. Tice, 86'6", Maxville 1985.
A. Rowe, 86'0", Crieff 1967.
J. Quigley, 80'7", Sydney 1988.
G. Anderson, 81'11", Aberfeldy 1988.
F. Vaughan, 79'5".

56LB FOR HEIGHT

A. Wolders, 17'10.5", Milton Keynes 1987.
G. Capes, 17'6.5", Milton Keynes 1987.
W. Kazmaier, 17'6", Huntly 1987.
J. McGoldrick, 17'3", Fergus 1984.
J.P. Sigmarsson, 17'3", Huntly 1987.
K. Brady, 16'11".
G. Anderson, 16'7.5", Oban.
W. Oldfield, 16'7", USA.
K. Tice, 16'6", USA.
W. Anderson, 16'1", Luss.

David Webster

HELMSDALE AND DISTRICT HIGHLAND GAMES

on
SATURDAY 20th AUGUST, 1988
Commencing 12 noon

PIPING COMMENCES 11.00 a.m.

Full Programme of HEAVY, LIGHT, ATHLETIC EVENTS, HIGHLAND DANCING, PIPING, CYCLING, TUG-O-WAR, NOVELTY and CHILDREN'S EVENTS, FLY CASTING, CLAY PIGEON SHOOTING and including SCOTTISH HILL RACE CHAMPIONSHIP

PRIZE MONEY OVER £2000

North of Scotland Championship Event

Licensed Tent Catering on Field Side Shows
Representatives at the Clann Gunn association will be on field
Joint Secretaries:
Mrs E.O. FRASER, The Grove, Helmsdale. Tel 666
Mrs FIONA SUTHERLAND, Old Caithness Road, Helmsdale. Tel 272

BUTE HIGHLAND GAMES BRITISH PIPE BAND CHAMPIONSHIPS

at the PUBLIC BAR, ROTHESAY
SATURDAY 20th AUGUST 1988

Commencing at 12.00 p.m.

Open Athletics 2 p.m.

Athletics, Highland Dancing, Wrestling, Pipe Band Contests, all grades, Drum Majors' Contests, Adult and Juvenile

ADMISSION £1.50 O.A.P. & CHILDREN 75p

GRANDSTAND EXTRA

Entries close Monday 1st August.

Sec: Mr T.B. McMILLAN, ARDTALLA, GLEBELANDS, ROTHESAY PA20 9JD. Tel: 0700 2967

KINCARDINE AND DEESIDE DISTRICT COUNCIL

STONEHAVEN HIGHLAND GAMES

Sunday, 17th July, 1988 at 11.00 a.m.

Mineralwell Park, Stonehaven

Entries accepted on the field for Heavy Events, Light Events, Piping and Dancing (S.O.B.H.D.)

TAYNUILT HIGHLAND GAMES

at
Sports field, Taynuilt
on
July 30, at 1pm.

Open and local piping competitions, Highland dancing, Pipe band parade.

Track and heavy events

Prize money £1,000. Admission £1.50. Children and OAP's 50p

Free Car park

Contact secretary Mrs Thomson, Taynuilt 431

AVIEMORE INTERNATIONAL HIGHLAND GAMES

Sunday 31st July 1988

Heavy events, Track events, Highland dancing, Solo piping, Tug of war, Falconry, Haggis hurling, Hot air balloon, Bands, Dog handling.

Fairground, Craft & traders stalls, Licensed refreshments and catering marquees

S.G.A. Rules.

Secy H M Davidson, Balmore, Clunas, Nairn V12 5UT

Tel: 06677 248/0667 52656



Lonach Highland and Friendly Society
(Established 1823)

The 147th

Lonach Highland Gathering and Games

will be held in

BELLABEG PARK, STRATHDON, ABERDEENSHIRE

SATURDAY, 27th AUGUST, 1988

Commencing at 1pm

68 DIFFERENT EVENTS

including Piping (Adult and Juvenile), Dancing, Caber, Hammer, Weights and Running

GOOD PRIZE MONEY: 6 PRIZES for PIPING, HEAVY & LIGHT EVENTS

See Posters Later

SPECIAL ATTRACTION - MARCH OF THE LONACH CLANSMEN

Some 100 strong, headed by Pipe Bands

Don't miss this, the only one of its kind in Scotland

Muster at Bellabeg at 7.30am. March off 8am.

Secretary: G.C. McIntosh, Donview, Strathdon,

Aberdeenshire. Tel. 09752 302

BLANTYRE & DISTRICT ROUND TABLE



International HIGHLAND GAMES

BARDYKES FARM BLANTYRE

SUNDAY 5th JUNE 1988

Gates open 11.30am. Official opening by Games Chieftains 1.00pm.

ATTRACTIONS INCLUDE:

World Class Heavyweight Events (Caber, Sigmansson etc), Schools Races, Highland Dancing, Shinty Match, Local Hero Competition, Hercules the Bear, Fun Fair etc.

A GREAT DAY OUT FOR ALL THE FAMILY

PITLOCHRY HIGHLAND GAMES

(Founded 1852)

SATURDAY, 10th SEPTEMBER, 1988

COMMENCING 11.00 a.m.

RUNNING, CYCLING, JUMPING, SOLO PIPING, HIGHLAND DANCING, HEAVY EVENTS, TUG-OF-WAR, GRADE 1 PIPE BAND COMPETITION

Handicapper: Mr ANDREW MITCHELL,
20 Keltymill Road, Keltymill

Secretary: D. McLAUCHLAN,
Easter Auchlath, Pitlochry. Tel. 0796 2207

Race Profile

City of Dundee People's Health Marathon

By Alan Campbell

Dundee was the City of Discovery for disappointingly few people on Sunday, April 24, when 655 starters out of only 857 entrants lined up outside the Caird Hall for the sixth City of Dundee People's Health Marathon.

For the third year running, entries had fallen from the 1985 peak of 4,000 - an alarming dip. Sometimes you can point to the organisers for not marketing their event properly, but in this instance Duncan McHardy and his city hall team had promoted the event in newspaper, magazine and radio from January onwards. Locally, various back-up services, including training sessions, had been provided by the district council.

When you go to lengths to get things right, and the numbers still dwindle, you could be excused for replacing the blanks in the starting pistol with something more lethal. But a matter of days after the event, McHardy was promising that it would continue, again with Scottish Health Education Group sponsorship, in 1989.

Next year, though, the marathon will be moved forward to early or mid-May to avoid the present ludicrous clash with the Lochaber Marathon. The later date will prevent Dundee from running back-to-back with London, but will move it much closer to Aberdeen...

All of which is a preamble to the event itself - a triumph for Fife AC's Sam Graves, who had finished third in 1986 and 1987.

Sam, an industrial chemist with Ferranti in Dundee, was unconcerned that his time of 2-27-33 was over five minutes slower than the 2-22-29 which he recorded as a personal best when finishing seventh in 1984. "The time doesn't matter, winning is the thing," he said afterwards.

Graves was one of a group of eight runners who let first Andrew Graham of Haddington and East Lothian Pacemakers, and then Murray McNaught, also of Fife AC break away early and make the running for most of the race.

Graham, in fact, stamped his intentions on the race after only a mile

and a half, taking the lead along the Perth Road. He was joined by McNaught on Riverside Drive, the Fife AC man having done the work on a sharp decline. The pair quickly established a lead of about 60 metres - a gap they were to retain and increase for more than half the race.

The five mile mark was reached by Graham and McNaught, running comfortably side by side, in 27-09. They went through ten miles in 55-54, maintaining their rhythm well and enjoying the most scenic part of the route along the esplanade at Broughty Ferry. Conditions were

after the 17 mile mark that he managed to establish a gap of five metres - the first daylight between the pair since Riverside Drive.

For Graham, the brave bid was over, and within a mile he had dropped back 100 metres. Ominously, another runner had appeared 100 metres behind him, and behind the third man, again at 100 metres, followed a fourth.

By the 20 mile marker, McNaught's lead had stretched still further, but the really significant move had taken place to the rear, where Sam Graves caught and

miles 22 and 23. It was fine place to overtake, because on entering the Coupar Angus Road at 23 miles, the road home was virtually all downhill.

Even so, the margin of victory came not so much through an injection of pace (mile 24-25 in 5-49) as the demoralisation and tail-off of the long-time leaders. McNaught took 39-50 for the last six miles and 385 yards.

Briscoe finished second in 2-29-25 (36-01 for the last 6.385 miles), and Asher was third in 2-29-45 (37-32). The first three were the only ones to break two hours, thirty minutes.

In fourth place was Roderick Bell of Dundee Hawkhill Harriers (2-30-26), while sixth, and first veteran, was Falkirk Victoria Harrier Andrew Stirling (2-31-11). Fife AC won the team prize with nine points, followed by Dundee HH (13).

The strong local grip on the race was also evident in the women's race despite the club affiliation of the winner, Jill Danskin of London Olympiads. Jill, whose family live in Dundee, won from Morag Taggart of Pitreavie AAC, which of course is across the water in Fife.

Danskin had run London the previous week in a personal best time of 2-53-29, so naturally wasn't raving about her Dundee clocking of 3-01-25. "I wouldn't normally run marathons back to back, but with my family being here I've no choice, have I?" she laughed.

Taggart, who recorded a personal best by almost two minutes in 3-01-54, was caught by Danskin at about 16 miles, but grittily managed to get back on terms at 24 miles before the London-based runner's better basic speed allowed her to escape again.

Danskin admitted later that she believed she had broken the Pitreavie runner at 16 miles. "I thought I was well clear when she suddenly appeared by my side about Lochess High Street. I was worried," she admitted.

"I had her in my sights all the way," said Taggart.

In third place, in 3-12-28, was unattached runner Marjory Thoms. An Edinburgh physical education teacher and a veteran of some 25 marathons since her first one on holiday in New Zealand, Thoms said she had a bad race, as indeed her time would indicate - her personal best is ten minutes faster.

The first female veteran was Nancy McGraw of Teviotdale AC, who finished in 3-15-49.

My overall impression of the race was that it was well organised and deserved far better support - both from runners and spectators (there was a low key atmosphere around the route). It could do with being jazzed up a bit (how about some entertainment for families and friends in the city centre), but above all it requires YOUR participation.



The winners: Sam Graves and Jill Danskin.



Race Profile

1, S. GRAVES (File AC) 2:27:33;
2, P. BRISCOE (DHH) 2:29:15;
3, S. ASHER (File AC) 2:29:45;
4, R. BELL (DHH) 2:30:26;
5, M. MCNAUGHT (File AC) 2:31:06;
6, A. STIRLING (FVH) 2:31:11;
7, D. HAMILTON (DHH) 2:31:19;
8, A. GRAHAM (HELP) 2:31:32;
9, M. MCMALE (PIT) 2:33:10;
10, P. MCGREGOR (Vic Park) 2:34:15;
11, R. Wood (DHH) 2:35:19;
12, M. Ryan (DHH) 2:36:43;
13, D. Lancaster (DHH) 2:37:53;
15, C. Love (Tribunes) 2:38:44;
14, M. McCreadie (File) 2:37:59;
16, J. McMorris (Mwell H) 2:39:13;
17, S. Cassells (Aber) 2:39:49;
18, I. Gaffney 2:39:51;
19, R. Davidson (DHH) 2:40:10;
20, B. Anderson 2:43:00;
21, G. Savage 2:43:59;
22, I. Proudfoot 2:44:19;
23, R. Jardine (Bo'ness) 2:44:21;
24, D. Taylor (DHH) 2:44:25;
25, P. Houston (Shett) 2:44:57;
26, A. Wilson 2:45:57;
27, F. Grier (DHH) 2:46:32;
28, J. Lumsden 2:47:13;
29, J. Holden (File) 2:47:42;
30, G. Murphy (EAC) 2:48:04;
31, N. MacGregor (Shett) 2:48:07;
32, W. Gray (Preston) 2:48:22;
33, T. McAra (Windsor) 2:48:37;
34, F. Catton (File) 2:48:45;
35, B. Edridge 2:49:07;
36, C. Smith 2:49:16;
37, R. McDonald (Fraser) 2:50:33;
38, J. Fraser (DHH) 2:50:44;
38, H. Fraser (DHH) 2:50:44;
40, A. Cassidy 2:51:18;
41, M. Morrice 2:51:20;
42, T. Craney (Kil) 2:51:32;
43, D. Francis (File) 2:51:52;
44, A. Young (BRR) 2:51:54;
45, L. Mathieson 2:52:07;
46, D. Devlin (EKTC) 2:52:22;
47, T. Kilcullen (YMCARR) 2:52:27;
48, K. Grant 2:53:03;
49, A. Stewart (COASTERS) 2:53:25;
50, N. McDonald 2:53:35;
51, C. Sturrock 2:53:38;
52, W. Bruce (AAAC) 2:53:47;
53, A. Radgick (BB) 2:53:56;
54, J. Walsh 2:53:58;
55, P. Schweikert 2:54:31;
56, P. Paterson 2:54:49;
57, H. McLean 2:55:09;
58, P. Low 2:55:40;
59, M. Foster (RH) 2:55:51;
60, M. Cumming 2:55:58;
61, G. McDonald 2:56:25;
62, T. Templeton (SVHC) 2:56:43;
63, G. Armstrong (HADP) 2:56:58;
64, F. Coyle (PIT) 2:57:10;
64, A. Neaves (AAAC) 2:57:10;
66, R. Donaldson 2:57:37;
67, M. Scobie (FIFE) 2:57:40;
68, J. Cumming (FIFE) 2:57:41;
69, D. McLean 2:57:50;
70, J. Morrison (HELP) 2:58:00;
71, S. Blyth 2:58:17;
72, J. Thomson (EA) 2:58:23;
74, D. Bowden (AJ) 2:58:28;
74, D. King (IRV) 2:58:29;
75, G. Bruce 2:58:31;
76, J. Diffey (PHEAD) 2:58:32;
77, S. Pask 2:58:45;
78, J. Evans 2:58:50;
79, A. MacCallum (MONTR) 2:58:55;
80, K. Brown 2:59:07;
81, D. Sullivan (DHH) 2:59:23;
82, A. Lamb (DTELE) 2:59:24;
83, L. Wylie (DHH) 2:59:25;
84, N. Duthie (DHH) 2:59:30;
85, I. Brown (LA) 2:59:43;
86, J. Dalrymple 3:00:04;
87, E. Scott (EA) 3:00:18;
88, S. Campbell 3:00:31;
89, M. Briggs (CENT) 3:00:32;
90, P. Love (MOTH) 3:00:35;
90, A. Simpson (CALD) 3:00:35;
92, D. Elder (SNR) 3:00:38;
93, D. Haw 3:01:06;
93, W. Hynd (PEEB) 3:01:06;
95, B. McKendrick (DHH) 3:01:12;
96, J. Valentine (LA) 3:01:15;
97, J. Danskin (LO) 3:01:25;
97, G. McNeill (DHH) 3:01:25;
99, P. McIntosh (DHH) 3:01:43;
100, M. Taggart (PIT) 3:01:56;
100, P. Shave (PIT) 3:01:56;
102, S. Mitchell (RNA) 3:02:16;
103, D. Wood (BRR) 3:02:20;
104, C. Poulton 3:02:51;
105, H. Kay (DHH) 3:03:14;
106, M. Halliday 3:03:33;
107, T. King (DHH) 3:03:55;
108, A. Fleming 3:03:58;
109, C. Chalton (STRATH) 3:04:08;
110, D. Ainsworth (V) 3:04:19;
111, G. Clark (DTELE) 3:04:39;
111, R. Taylor 3:04:39;
113, J. McAndrews (PRR) 3:04:54;
114, W. Baxter 3:05:14;
115, I. Thomas 3:05:15;
116, J. Gala 3:05:30;
117, R. Milne (FOR) 3:06:00;
118, R. Zepernick 3:06:07;
119, R. Watson 3:06:28;
120, K. Daniels (PIT) 3:06:41;
121, A. McLoughlin 3:06:51;
122, G. Woods (DRC) 3:06:57;
123, G. Duncan 3:07:02;
124, J. Vyse 3:07:52;
125, P. Gault (PJC) 3:08:01;
126, G. Christie 3:08:02;
127, D. Nolan 3:08:14;
128, D. Bowden 3:08:41;
129, T. Reid (LAAC) 3:08:43;
130, C. Barr 3:08:58;
131, W. Boyd 3:09:00;
132, UNKNOWN 3:09:15;
133, N. Bowe 3:09:17;
134, F. McCrossan (GIFF) 3:09:22;
135, R. Collins 3:09:29;
136, D. Wilson (HELEN) 3:09:38;
137, R. Coates (PIT) 3:09:48;
138, N. Ross 3:09:49;
139, J. Blake 3:09:59;
140, C. Hurrell 3:10:00;
141, S. Brown (FRASER) 3:10:08;
142, A. Grever (YMCARR) 3:10:14;
143, M. Boyle (HAM) 3:10:39;
144, I. Duguid (PHEAD) 3:10:40;
145, V. Hawkins (PSH) 3:10:44;
146, J. Wilkie 3:10:56;
147, B. Hedley 3:11:11;
148, M. Dowd 3:11:12;
149, E. McLean (SVH) 3:11:14;
150, I. Davidson 3:11:15;
151, M. Hughes 3:11:56;
152, A. Stott (SRI) 3:12:19;
153, M. Thoms 3:12:28;
153, C. Carmichael (BELL) 3:12:28;
155, G. Morton (LOU) 3:12:34;
156, A. Raffaele 3:12:39;
157, C. Ficht 3:12:55;
158, A. Robb 3:13:00;
159, J. McArthur (PIT) 3:13:01;
160, S. Irvine 3:13:14;
161, L. Donald (DYMCA) 3:13:32;
162, G. Campbell 3:13:46;
163, B. Benham (ARBR) 3:13:59;
164, I. McDonald 3:14:08;
165, B. Smith 3:14:12;
166, M. Smith (INVJ) 3:14:19;
167, K. Liddel 3:14:24;
168, P. Mallet 3:14:29;
169, J. Robertson (GIFFN) 3:14:33;
170, F. Strang (FORF) 3:14:43;
171, G. Kilcullen 3:14:51;
172, S. Martin 3:14:53;
172, J. McConnell 3:14:53;
174, J. Neave (ABEPO) 3:14:56;
175, P. Leat (AAC) 3:15:21;
176, A. Dimego 3:15:27;
177, D. McGuire 3:15:29;
178, R. McNicol 3:15:30;
179, G. Buchan (FFT) 3:15:45;
180, N. McCraw 3:15:49;
181, I. Marlinie 3:16:12;
182, W. Hamilton (HAAC) 3:16:16;
183, A. Hansen (LA) 3:16:19;
184, R. Wilkinson 3:16:23;
185, K. Tulloch 3:16:29;
186, D. Stark 3:16:31;
187, B. Campbell 3:16:32;
188, D. MacDonald 3:16:37;
189, N. Brotherston (SVH) 3:16:49;
190, W. Aitken 3:16:50;
191, D. Blythe 3:16:56;
192, J. Houston 3:17:02;
193, B. Hendry 3:17:03;
194, W. Graham 3:17:10;
195, R. Brown 3:17:29;
196, M. Faraday (V) 3:17:33;
197, B. Anderson 3:17:37;
198, R. Haddow 3:17:49;
199, W. Bishop 3:17:52;
200, M. Simpson 3:18:01;
201, B. Wilks 3:18:09;
202, D. Cairns (FIFE) 3:18:10;
203, G. McKenna 3:18:22;
204, A. Newbigging (BONESS) 3:18:29;
205, R. Wilson (LRR) 3:18:36;
206, T. Hamilton 3:18:44;
207, H. McGarry (DHH) 3:18:46;
240, G. Dyer (DYMCA) 3:22:43;
241, M. Thomas 3:22:48;
242, R. MacKintosh 3:22:59;
243, A. O'Hare 3:23:04;
244, E. McCusker (ICL) 3:23:24;
245, J. McAree 3:23:30;
246, S. Jamieson (PO) 3:23:42;
247, G. Findlay 3:23:45;
248, F. Findlater 3:23:47;
248, J. Watson (LAAC) 3:23:47;
250, C. Chambers (DHH) 3:23:52;
251, I. Merkins 3:24:07;
252, T. Gordon (SVHC) 3:24:30;
252, S. Roddie 3:24:30;
254, J. Gemmell (CUMN) 3:24:40;
255, A. Shaw 3:24:49;
256, D. Mitchell 3:24:52;
257, S. James 3:24:56;
258, A. Thomson 3:24:57;
259, J. Poldevin (LRR) 3:25:03;
260, D. Watson 3:25:20;
261, K. Stein 3:25:24;



208, G. Scott 3:19:01;
209, J. Kirkland (DHH) 3:19:07;
210, H. Thomson (DHH) 3:19:12;
211, H. Turner 3:19:13;
212, T. Aitken 3:19:17;
213, E. Greenhill 3:19:24;
214, J. Quinn (FIFE) 3:19:25;
215, K. Duncan 3:19:26;
216, C. Scott (DHH) 3:19:29;
217, B. Brodie (FALK) 3:19:32;
218, B. Davidson (DYMCA) 3:19:48;
219, G. Gray 3:19:53;
220, D. Evans 3:20:02;
221, G. Skelton (AF) 3:20:07;
222, C. Nicholl 3:20:12;
223, N. Fraser 3:20:35;
224, J. McCraw 3:20:46;
225, L. Colquhoun 3:20:47;
226, A. Wilson (DTELE) 3:20:48;
227, B. Tomlinson 3:20:50;
228, A. Vaughan 3:20:55;
228, C. Rosie (ARBR) 3:20:55;
230, C. Brown 3:21:15;
231, G. Ewing 3:21:20;
232, I. McGibbon 3:21:27;
233, A. Main 3:21:45;
234, H. Ajeda 3:21:47;
235, B. Lawrie 3:21:56;
236, R. Faulds 3:22:05;
237, S. Connelly (DHH) 3:22:20;
238, J. McCabe 3:22:27;
239, T. Danks 3:22:34;
262, R. Coles 3:25:27;
263, B. Robertson 3:25:28;
264, D. Black 3:25:37;
265, J. Mabon 3:25:57;
266, F. Cadger (SH) 3:25:59;
267, D. MacGregor 3:26:07;
268, G. Johnston 3:26:23;
269, M. Money (TRRC) 3:26:36;
270, S. Morton 3:26:42;
271, J. Carroll (DHH) 3:26:46;
272, N. McIntyre 3:26:51;
273, C. Slater (F) 3:27:03;
273, J. MacPadden 3:27:03;
275, G. Monteth (DTELE) 3:27:05;
276, T. McPake 3:27:07;
277, A. Bulcraig (PRR) 3:27:48;
278, A. Scott 3:27:49;
279, J. McGregor (HAWK) 3:27:54;
280, R. Watters (CRR) 3:28:12;
281, A. Hewitt (U/A) 3:28:21;
282, P. Rennie (PIT) 3:28:22;
283, W. Steele (TFB) 3:28:26;
284, M. Todd 3:28:35;
285, J. Hamill 3:28:38;
286, A. Breen (BRR) 3:28:40;
287, K. McGuire 3:28:57;
288, N. Johnstone 3:29:07;
289, J. William (OAK) 3:29:14;
290, R. Faulds 3:29:15;
291, R. Anderson 3:29:19;
292, M. Brown (PAAC) 3:29:21;
293, D. Allan 3:29:36;

Race Profile

294, R. Dow (PRR) 3:29:48;
295, S. Macnab 3:29:55;
296, A. Hume 3:30:00;
297, R. Paterson 3:30:07;
298, P. Webster 3:30:13;
299, A. Law 3:30:22;
300, E. Hanton 3:30:26;
301, H. Tugal 3:30:35;
302, A. Hodge 3:30:49;
303, D. Wilson (DHH) 3:31:05;
304, G. Jones 3:31:17;
305, J. Sutherland 3:31:35;
306, B. Alexander 3:32:04;
306, T. Palmer 3:32:04;
308, R. Murray (GN) 3:32:43;
309, S. Collins 3:32:58;
310, M. Taylor (BRR) 3:33:00;
311, J. George (GIFF) 3:33:06;
312, R. Carmichael 3:33:12;
313, B. Pandrich 3:33:21;
313, J. McPherson 3:33:21;
315, J. Murray (FAAC) 3:33:40;



348, A. Beattie (KILH) 3:38:42;
349, R. Young (MH) 3:38:47;
350, G. McIntosh 3:38:49;
350, F. Pagorzellec 3:38:49;
350, I. Urquhart (AF) 3:38:49;
353, A. Laing 3:38:55;
354, G. Murray 3:39:13;
355, R. McFarlane 3:39:38;
356, J. Hall 3:40:10;
357, C. Boyd (SPGH) 3:40:15;
358, R. Shailcross (CAAC) 3:40:37;
359, C. Cadger (STRATH) 3:40:50;
360, C. Hamilton 3:41:06;
361, S. Robertson (V) 3:41:35;
362, M. Wade 3:41:36;
363, D. Deady 3:42:16;
364, G. Gemmell 3:42:18;
365, R. Bolton (STRATH) 3:42:29;
366, F. Edgar (FORF) 3:42:31;
367, J. Dennis 3:43:09;
368, L. Foster 3:43:19;
369, R. Graham 3:43:27;



316, J. Bennett (DHH) 3:33:43;
317, P. Buchan (FIFE) 3:33:50;
318, W. Wiseman (FIAMB) 3:34:07;
319, T. Walls 3:34:16;
320, J. Cini 3:34:29;
321, G. Sinclair 3:34:34;
322, L. More 3:34:56;
323, R. Williams 3:34:58;
324, E. McCrae (GALL) 3:34:59;
324, R. McCrae (GALL) 3:34:59;
326, H. McCann (PJC) 3:35:09;
327, A. Nicholson 3:35:10;
328, A. Kay (DHH) 3:35:21;
329, R. Minally 3:35:58;
330, I. White (DHH) 3:35:59;
331, H. Skinner (BRR) 3:36:01;
332, K. MacDonald 3:36:07;
333, J. Mearns 3:36:13;
334, P. Connell 3:36:16;
335, M. Reid (FORF) 3:36:48;
336, J. Robertson 3:37:12;
337, F. Nicholson (FORF) 3:37:40;
337, G. Balfour (FORF) 3:37:40;
339, D. King 3:37:42;
340, A. Strachan (DHH) 3:37:43;
341, D. Milne 3:37:47;
342, D. Payne 3:37:50;
343, W. Noakes (DHH) 3:38:15;
344, N. McGilchey 3:38:26;
345, J. Sweeney 3:38:34;
346, E. Nicholson 3:38:37;
347, W. Abbot (AF) 3:38:40;

370, A. Boyack 3:43:40;
371, J. McNally (FIFE) 3:43:49;
372, F. Osborne 3:43:56;
372, J. Moran (DHH) 3:43:56;
374, W. Hume (GALL) 3:44:05;
375, H. Anderson 3:44:13;
376, D. Burke 3:44:23;
377, S. King 3:44:41;
378, E. Newlove (CENT) 3:44:43;
379, R. Campbell 3:44:44;
380, W. Coventry 3:44:49;
381, S. Sutherland 3:44:50;
381, C. Watson 3:44:50;
383, A. Kelly (DHH) 3:45:13;
384, G. McIntosh (NCR) 3:45:17;
385, D. Shanks 3:45:25;
386, J. Wilkie 3:45:33;
387, A. Fyle 3:45:41;
388, D. Jack 3:45:43;
389, R. Jenkins 3:45:53;
390, M. McKenzie 3:45:59;
391, A. Atkins 3:46:01;
392, M. McGorum 3:46:30;
393, K. Callaghan 3:46:34;
394, J. Moore (ARBR) 3:46:40;
394, G. Hamilton 3:46:40;
396, F. Stephenson 3:47:20;
397, D. Morley 3:47:46;
398, W. Robertson (V) 3:48:03;
399, D. Gibson (CLYD) 3:48:05;
400, P. Forshaw 3:48:06;
401, K. Smith 3:48:18;
402, S. Clarke 3:48:19;

403, A. Matossian 3:48:33;
404, M. Taylor 3:48:42;
405, A. Connolly (ARBR) 3:48:43;
406, S. McKay (FOR) 3:48:49;
407, C. Howat (STRATH) 3:48:51;
408, D. Clayton 3:48:59;
409, J. Farmer 3:49:01;
409, R. Gough 3:49:01;
411, J. Cunningham 3:49:04;
412, W. Nichol (CADET) 3:49:10;
412, D. Nisbet (CADET) 3:49:10;
414, A. Flockhart (HELP) 3:49:18;
415, I. Meach 3:49:31;
416, R. Reid 3:49:37;
417, R. Wallace 3:49:43;
418, W. Noble (PIT) 3:49:48;
419, S. Forman (PHEAD) 3:49:59;
420, R. Scott 3:50:28;
421, J. Waters 3:50:35;
422, E. Moore 3:50:36;
423, D. Malcolm 3:50:37;
424, D. Simpson 3:50:38;
425, V. Reele F (EA) 3:50:39;
426, J. Ure 3:50:46;
427, W. Higgins 3:50:47;
428, R. Costella 3:51:06;
429, K. Nichol 3:51:12;
430, A. Elliott (FOR) 3:51:20;
431, M. Gray 3:51:36;
432, J. Guthrie 3:51:45;
433, J. Milne (LRR) 3:51:47;
434, R. Ballantyne 3:51:53;
435, P. Cooney (ARBR) 3:51:59;
436, E. Nachman 3:52:17;
437, T. Bradley 3:52:27;
438, A. Liston 3:52:36;
438, W. Gray 3:52:36;
440, A. Masterton 3:52:49;
441, R. Figgis 3:53:02;
442, K. Wood 3:53:09;

The leaders far left, including Andrew Graham (308) and Murray McNaught (820) get underway, while (clockwise) the fun runners and club runners go round the course; the middle of the pack sets off; brothers Jimmy and Harry Fraser of Dundee Roadrunners finish together; and veteran Tom King gets a hand over the line from grand-daughter Jennifer.

All photographs by David Martin.

Key to Clubs (where applicable)

BRR - Brechin Road Runners; EKTC - EK Triathlon Club; YMCARR - YMCA Road Runners; COASTERS - Coasters Running Club; AAAC - Aberdeen AAC; BB - Brachnell Bounders; RH - Rowheath Harriers; HADP - Haddington EL PACEM; PIT - Pitreavie AAC; FIFE - Fife Athletic Club; EA - Edinburgh Athletic; AJ - Alton Joggers; IRV - Irvine AAC; PHEAD - Peterhead AAC; DRC - Dundee Runners Club; PJC - Polmont Jogging Club; LAAC - Livingston District AAC; GIFF - Giffnock North AAC; HELEN - Helensburgh AAC; FRASER - Fraserburgh RC; HAM - Hamilton Harriers; PSH - Perth Strathay Harriers; SVH - Scottish Veteran Harriers; LRR - London Road Runners; STRATH - Strathclyde Harriers; CLYD - Clydeside Harriers; MONTR - Montrose AC; DTELE - Dundee Telecom; DRR - Dundee Road Runners; LA - Lasswade Athletic; CENT - Central Region AC; MOTH - Motherwell Harriers; CALD - Calderglen Harriers; PEEB - Peebles Harriers; LO - London Olympians; RNA - Royal Navy Athletic; STRATH - Strathclyde Harriers; V - Veteran; PRR - Perth Road Runners; FOR - Forfar Road Runners; SRI - Sri Chinmoy Athletic Club; BEL - Belahouston Harriers; LOU - Loudon Runners; DYMCA - Dundee YMCA; ARBR - Arbroath Footers; INVJ - Inverurie Jogging Club; GIFFN - Giffnock Runners AC; ABERPO - Aberdeen Post Office; FFT - Fleet Flat Triathlon; HAAC - Helensburgh AAC; DUH - Dundee University Harriers; BONESS - Boness Harriers AAC; FALK - Falkirk Victoria Harriers; BLAIR - Blairgowrie Road Runners; ICL - ICL Athletic Club; CUMN - Cumnock Athletic; GALL - Galloway Harriers;

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FOCUS ON

The Borders

David Inglis visits the Border country
for this month's look at leisure and recreational
provision in Scotland.
He finds that amateurism is now rife in the area!

"There is a great tradition of running in the Borders," said a local government officer to me, "although nowadays, amateurism seems to be catching on!"

It doesn't take much to deduce from his remark that, even in sport, the Borderer differs from his countrymen in certain respects, and the history of professional running (or pedestrianism) in Border villages doubtless merits a study of its own.

In spite of such independent traditions, however, efforts are being made to keep facilities in line with standards elsewhere. In Ettrick and Lauderdale District, the leisure and recreation department is a subsidiary of the chief executive's office, with Ian Yates, manager, and Tom Leighton, his assistant.

"There was a local awareness of a lack of focus in amateur athletics," says Mr Yates, "and Tweedbank Stadium, near Galashiels, was the first sub-national facility of its type to be developed under Scottish Sports Council policy. Since then, we've had great results. A new club from Peebles has joined the established ranks of Melrose AC, Gala Harriers, Blackhill Harriers and Teviotdale Harriers, and standards have improved through training on tartan to such an extent that last year a Border club won the Edinburgh and District League".

In a wider context, inter-regional events have been held with a view to developing a Border squad, the English national team used the stadium during the Commonwealth Games, and elsewhere local events such as the Selkirk Half Marathon, Two Breweries Race and Eildon and Blackhill Hill races are going from strength to strength. Tourists are also looked after, through weekly admission tickets to all facilities.

"In the future," says Mr Leighton, "we are hoping to construct a stand at Tweedbank and develop coaching, as well as improving our other facilities such as swimming pools, golf course and so forth".

In fact, there are excellent swimming pools in every Borders town and, generally speaking, there is a good range of sporting facilities throughout the Region. Andrew Hewat is the Outdoor Education Adviser to the Regional Council, with responsibility for water sports, skiing, hill-walking and orienteering.

"There has been a lot of local enthusiasm for such activities," he says, "and although, for example, there may not be outstanding climbing in the region, there is a good range of moderate facilities".

Border Region has developed a highly-structured physical education strategy - including a School of Sport

which ranges from pre-school to further education and wider community - and there is also an Active Health Unit.

"Beyond this," says Mr Hewat, "we are seeing tremendous developments in mid-week leisure, through early retirement, shift work and so on, and there has always been a tradition of working people coming south to fish". All in all, it's very encouraging and there are, of course, also commercial developments such as the Glentress Mountain Bike Centre.

From Newton St Boswells, the "hub of the wheel" which houses Borders Regional Council, it is a short drive to Hawick, administrative centre of Roxburgh District. I may have avoided mentioning rugby so

far but it can't go on, and besides the internationalists in this sport which the district has produced, there are many from other disciplines, such as Chay Blyth. Plus, of course, the world's top golfers invariably adorn themselves with Hawick knitwear!

Leisure and Tourism are organised through Technical Services in Roxburgh District and managed by a well-kent local official, Adie Barker. Hawick's top facility is the Teviotdale Leisure Centre, with a free-form pool, squash courts, indoor bowling, fitness room, sauna and solarium. Amongst other things, it hosts a triathlon on June 19th and the Teviotdale People's Half Marathon on July 3rd.

Jedburgh and Kelso have 25m pools, and Kelso its racecourse, but

it's a public asset of which Mr Barker is particularly proud.

"Wilton Lodge is one of the finest parks in the country," he says, "and it caters for a whole range of sports. Teviotdale Harriers are coming up for their centenary (1989) and at special events they can attract a thousand runners."

From bustling Hawick or "Hoyk" as it's pronounced locally, I journeyed east to the sleepy town of Duns, in Berwickshire. The twang here is reminiscent of the North East fishing communities, and in the "Leisure" building an exhibition room has been dedicated to the memory of world racing champion, Jim Clarke who farmed locally.

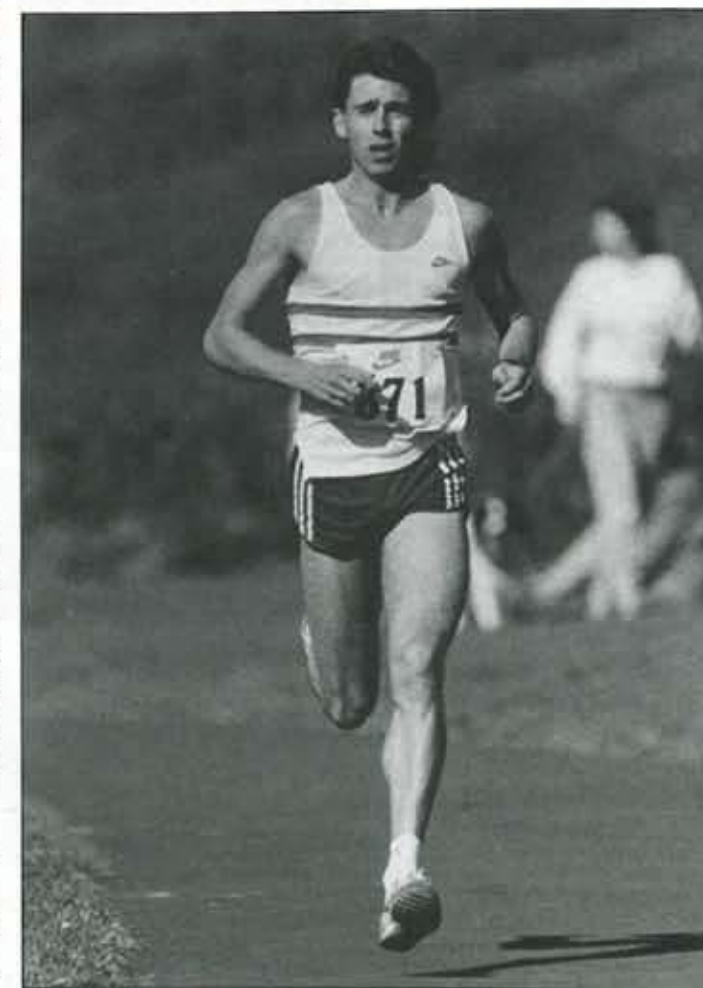
Mr Neil Rhind as director of environmental services has responsibility for leisure and recreation and his deputy, Mike McGuigan is himself a keen road runner.

"Eyemouth and Duns both have athletics clubs, there is an annual series of road races in the fishing town, plus a Duns to Eyemouth Half Marathon but, generally speaking, most local runners travel for good road running - usually to the north east of England," is Mr McGuigan's summary.

Duns Athletic Club Games provide events for all age groups and culminate in the Duns Law Race which attracts good cross-country runners from the Borders. The track athletes gravitate to Tweedbank or Edinburgh. Both towns have 25m swimming pools (in Duns' case, at Berwickshire High School, whose Games Hall is also open to the public) and the districts principal leisure amenity at Eyemouth swimming pool includes learner pool, solarium and sauna facilities. Elsewhere, the village halls are the recreational facilities.

"We also have an active sports council," says Mr McGuigan, "and you'd be surprised at how wide a range of sport is played in the district. It's good, though, because we're then able to offer this range of facilities to tourists in the summer months."

The great traditional Border events - the Selkirk Common Riding (June 17), the Braw Lads' Gathering Galashiels (July 2), the Hawick Common Riding (June 10), the Melrose Summer Festival (June 23) and the Jethart Callant's Festival (July 9) - are obviously worth a visit at any time. For runners who are always on the lookout for something different, it's my impression that they might find it in the Borders. How about the Jedburgh Roman Road Race for starters?!



John Robson - a famous Borderer.

Results

March

27

White Catherthun 11.5 Mile Hill Race, Brechin -

1, J. Farquhar (Aber) 68-17; 2, P. Cowie (Aber) 69-01; 3, R. MacNiven (Oban) 71-19; V1, B. Maher (Aber) 4th 72-43; Local Vet, D. Wood (Brechin RR) 78-37; L1, M. Grieve (SVHC) LV1 89-58; L2, F. Nicholson (Forfar RR) 91-20; L3, M. Taylor (Brechin RR) LV2 92-50.

Dyce Peoples Half Marathon, Dyce -

1, C. McIntyre (Fraser) 70-43; 2, C. Noble (Fraser) 71-55; 3, H. Hogg (Aber) V1 72-27; 4, J. Robertson (Aber) 73-01; 5, W. Adams (Shetland) V2 73-23; 6, A. Neaves (Aber) 76-46; L1, M. Duthie (Fraser) 80-46; L2, M. Stafford (Aber) 84-07; L3, S. Lamb (Aber) 84-53; LV1, J. Nuttall (Shetland) 89-53; LV2, O. Fraser (Aber) 94-45.

Lochaber AC Glen Nevis 10 Mile Road Race, Fort William -

1, B. Chinnick (Forres) 49-31; 2, K. Best (RAF/Forres) 51-41; 3, B. Devoy (ESH) 52-12; V1, A. Stewart (EAC) 62-24.

Young Athletes Indoor Sports Hall Match, Grangemouth -

Boys - 1, Dunfermline 163 pts; 2, Perth 76; 3, Arbroath 52.
Girls - 1, Dunfermline 113 pts; 2, Falkirk 94; 3, Aberdeen 55.

Glasgow AC Spring Track Meeting, Crownpoint -

100m - 1, G. McArthur (Monk Shett) 12.6; 2, A. Jackson (Monk Shett) 12.7; 200 - 1, M. Neef (GAC) 24.5; 2, G. MacArthur 25.1;
3000 - 1, R. McAleese (Monk Shett) 10-35.5; DT, C. Cameron (GAC) 42-12m.

April

2

Renfrewshire AAA 10 Mile Road Race, Greenock -

1, A. Douglas (VP) 50-39; 2, P. Conaghan (IBMSV) 50-49; 3, H. Cox (GGH) 50-54; 4, A. Daly (Bella) 51-07; 5, C. Spence (IBMSV) 51-50; 6, C. Thomson (Cambus) 51-58; V1, A. Adams (Dumb) 52-54; L1, B. Hall (West) 66-51; L2, S. Needrum (Clyd) 66-57; L3, S. Belford (Kilb) LV1 70-17; LV2, A. Fisher (IBMSV) 75-33.
Teams - 1, IBM Spango Valley 20 pts; 2, Bellahouston H 37; 3, Dumbarton AAC 46.

Scottish Veterans Easter 10,000 Metres Road Race, Inverness -

1, W. Stoddart (GWH) 36-03; 2, G. Mitchell (Inver) 36-23; 3, D. McKenzie (Inver) 37-49; O/45: 1, D. Turnbull (EKI) 7th 38-43; O/50: 1, G. Brown (Inver) 4th 38-00; O/60: 1, A. McInnes (VP) 18th 41-27; O/70: 1, G. Porteous (Maryhill) 25th 45-55; L1, K. Dodson (Law) 19th 42-12; L2, M. Gallagher (Maryhill) 31st 50-59; L3, M. Sheridan (GGH) 52-54.

3

Victoria Park AAC Open Graded Meeting, Crownpoint -

Men: 100m - 1, B. Milne (C'bank) 11.00; 200m 1, I. McGurk (Ham) 23.7; 400m 1, B. Murray (ESH) 49.9; 2, I. Campbell (ESH) 50.0; 3, P. McDewitt (Bella) 50.1; 800m 1, J. Goldie (Kilb) 1-55.0; 2, I. Campbell 1-57.0; 3000m 1, T. Hearle (Kilb) 8-39.2; 2, P. McCormack (DHH) 8-40.5; 3, A. Russell (Law) 8-44.7; HJ 1, D. Parrott (Kirk Oly) 1.85m; LJ 1, E. Scott (EAC) 6.18m; SP 1, A. Mack (UP) 13.35m; 2, J. Scott (Strath Police) Vt 12.39m; JT 1, I. McGurk 46.82m.
Ladies: 100m/200m 1, F. Calder (Irvine) 12.9/26.2; HJ 1, K. Dyer (Ayr Sea) 1.53m; 2, M. Green (Ayr Sea) 1.50m; JT1, J. Currie (Monk Shett) 38.12m.

Glen Fruin 15 Mile Road Race, Helensburgh -

1, P. Conaghan (IBMSV) 76-39; 2, A. Daly (Bella) 76-51; 3, J. Hanraity (Clyd) 81-01; 4, D. Cameron (Shett) 81-29; 5, R. Kirkton (Milburn) V1 83-38; 6, D. Thom (West) 83-40; V2, S. McPherson (Helen) 86-37; V3, S. McCrae (Cumber) 87-35; L1, J. McColli (GAC) 91-48; L2, K. Jones (Clyd) LV1 107-21; L3, I. Wilson (Strathaven) 117-30.
Teams - 1, Milburn H; 2, IBM Spango Valley AC; 3, Helensburgh AAC.

Forfar 15 Mile Road Race, Forfar -

1, W. McNeill (Pit) 79-41; 2, S. Graves (File) 80-12; 3, M. McNaught (File) 80-21; 4, G. Milne (Peter) V1 80-33; 5, D. Hamilton (DHH) 80-40; 6, C. McIntyre (Fraser) 81-00; L1, C. Price (DHH) 18th 86-15 (record); L2, G. Hanlon (DRR) 133rd 101-53; L3 V. Fyall (DRR) 136th 102-07; LV1, A. Wilson (Unatt) 106-27.
Teams - Men 1, File AC; Women 1, Dundee Road Runners.

Perth Strathay Harriers North Inch 4 x 3 Mile Road Race, Perth -

1, Falkirk Victoria H 60-02 (record); 2, Perth Strathay H 62-19; 3, Kinross 64-54; Fastest Laps: 1, T. Reid 14-21 (record); 2, G. Brown 14-24 (both Stirling Un); 3, R. Fleming (FVH) and S. Hale (PSH) both 14-35; Ladies 1, Perth Strathay H 89-45; Fastest 1, A. White (PSH) 19-52 (record).

9

Tom Scott Memorial 10 Mile Road Race Including Scottish Veterans 10 Mile Championship, Law to Strathclyde Park -

1, A. Gilmour (Cambus) 47-38; 2, P. Fox (Moth) 47-39; 3, D. Frame (Law) 48-58; 4, A. Daly (Bella) 49-36; 5, F. Harper (Pit) 49-52; 6, J. Brown (Moth) 50-55; 7, J. Robertson (Cambus) 51-00; 8, E. Wilkinson (Bella) 51-04; 9, P. Russell (GGH) 51-19; 10, J. Adair (Linlithgow) V1 51-27; V2, C. Martin (Dumb) 13th 51-37; V3, D. Fairweather (Cambus) 15th 51-46; V4, A. Stirling (FVH) 17th 52-04; V5, A. Adams (Dumb) 20th 53-01; V6, B. McMonagle (Shett) 21st 53-05; L1, S. Sinclair (Irvine) 40th 54-30; L2, E. Masson (Kilb) 74th 56-49; L3, J. Donnelly (GAC) 113th 58-30; L4, C. Brown (Nith V) 134th 59-50; L5, R. McAleese (Monk Shett) 158th 61-11; LV1, B. Hall (West) 178th 62-51; LV2, K. Dodson (Law) 201st 64-54.
Teams: 1, Cambuslang H 23 pts; 2, Motherwell YMCAH 41; 3, Ballahouston H 47; 4, Livingston & Dist AC 74; 5, Haddington 89.

Greenock Glenpark H Ian Chisholm Trophy 1 Mile Road Race, Greenock
1, H. Cox 4-21; 2, P. Duffy 4-24; 3, T. Murray 4-25; V1, R. Hodelet 4-54; Youth 1, J. McFadyen 4-34; L1, E. O'Brien 5-52; L2 S. Curran 5-55; L3, J. Gallagher (LV1) 6-06.

10

Jimmy Scott Memorial 16 Mile Road Race, Clydebank to Helensburgh -

1, A. Daly (Bella) 1-31-08; 2, E. Wilkinson (Bella) 1-32-19; 3, J. McRae (Loch) 1-32-36; 4, J. Duffie (Unatt) 1-33-35; 5, B. Howie (ESH) 1-37-02; 6, A. Hughes (Cambus) V1 1-38-30; V2, H. Kelly (Giff N) 1-37-54; V3, V. Martin (Clyd) 1-58-53; L1, C. Jones (Clyd) 1-58-53; L2, I. Carroll (SVHC) 2-06-18; L3, S. King (Clyd) 2-22-43. Team, 1, Clydesdale H 30 pts.

MacDuff 10,000 Metres Road Race, MacDuff -

1, A. Reid (Coasters) 32-14; 2, R. Taylor (Aber) 32-22; 3, M. Flynn (Moray) 32-39; 4, M. Wright (Coasters) 33-20; V1, J. Gallon (Aber) 35-53; L1, H. Wiseley (Fraser) 37-52.

Selkirk Peoples Half Marathon, Selkirk -

1, R. Hall (Teviot) 69-40; 2, J. Connolly (Gala) 70-19; 3, D. Henderson (Annick) 71-34; V1, J. Knox (Gala) 74-52; V2, J. Thomson (Leith) 77-12; V3, J. Morrison (EAC) 81-03; L1, N. McGraw (Kelso) 90-35; L2, A. Dickson (Law) 93-16; Team 1, Gala H.

Dundee Hawkhill H 10,000 Metres Road Race, Calrd Park, Dundee -

1, C. Haskett (DHH) 30-22; 2, C. Hall (Aber) 30-35; 3, H. McKay (File) 30-59; 4, C. Ross (DHH) 31-21; 5, G. Reynolds (DHH) 31-37; 6, J. Gibson (HBT) 31-57; V1, A. Weatherhead (EAC) 31-10; V2, T. Ross (File) 33-09; V3, R. Wood (DRR) 33-16; L1, C. Price (DHH) LV1 34-40; L2, M. Muir (DRR) 36-30; L3, M. Taggart (Pit) 39-05; L4, G. Hanlon (DRR) 40-57; L5, G. Robertson (Bialgowrie) 41-06; L6, J. Eadie (DRR) LV2 41-29; LV3, A. Newbigging (Bo'ness) 41-37.
Teams - Men 1, Dundee Hawkhill H 10 pts; Women 1, Dundee Road Runners 12 pts.

Inverness H Open Graded Meeting, Queens Park, Inverness -

100 1, M. Davidson 10.8; 2, M. King 10.8 (both Aberdeen); 200 1, M. King 23.0; 2, M. Davidson 23.0; 5000m 1, R. Cresswell (Aber) 14-52.3; LJ, D. Mathieson (Aber) 7.19m; HJ 1, D. Barnettson (Inver) 1.95m; 2, D. Mathieson 1.90m; Women DT 1, H. Cowe (Aber) 41.44m.

Scottish and North West League, Crownpoint -

Div 1: 1, Ayr Seaforth AC 1246.5 pts; 2, ESH/EWM 1122; 3, Victoria Park AAC 1096.5; 4, Kilmarnock H 1089.5; 5, Lasswade AC 970; 6, Kirkintilloch Olympians 964.5; 7, Kilbarchan AC 870; 8, Harmeny AC 855.
Div 2: 1, Nith Valley AC 1240.5 pts; 2, Helensburgh AAC 1140; 3, Colzium AC 936.5; 4, L & L Track Club 817; 5, Vale of Leven AC 810.5; 6, Melrose AC 795.5; 7, Border H 586.5; 8, Lochgelly & Dist AC 562.5.

13

Scottish Civil Service 10 Mile Road Race Championship, Strathclyde Park -

1, W. Robertson (PO) 49-45 (record); 2, T. Ulliott (B. Tel) 53-00; 3, M. Gormley (PO) 54-36; 4, C. McInnan (PO) 54-49; 5, A. Bain (PO) V1 54-59; 6, D. McLaughlin (MOD) 55-26; V2, R. Rochford (B. Tel) 58-31; V3, T. Ramage (PO) 63-18; V 0/50, J. Gormley (B. Tel) 60-37; L1, E. Masson (NSB) 62-43; L2, R. Carthy (In Rev) 68-44.
Teams: 1, Post Office 10 pt; 2, Brit Telecom 14; 3, Brit Telecom B 33.

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Results



Kodak 10K Picture Special

By Peter Devlin

ENGLAND took honours among the men in the Kodak Glasgow Garden Festival 10K on May 8, with Mark Rowland, Mike Chorlton, and Polish emigre Pavel Klimes seeing off the challenge of Allister Hutton, Nat Muir and Peter Fleming. But Liz McColgan reversed the positions in the women's race, finishing 73 seconds ahead of Olympic marathon contender Paula Fudge, who in turn was two seconds ahead of Chris Haskett-Price on a course which was slightly long.

The race, and the following Michelin City Centre Cycling Championship, was shown later in the day on Scottish Television, but unfortunately the weather did not smile kindly on the occasion.



Results

16

Craig Dunain Hill Race, Inverness -

1. H. Symonds (Kendal) 33-51; 2. J. Reade (Fife) 34-00; 3. I. Matheson (Aber) 34-15; 4. D. McGonigle (DHH) 35-22; 5. A. Reid (Coasters) 36-01; 6. G. Crawford (Inver) 36-15; V1, M. Edwards (Aber) 8th 36-35; V2, R. Wilby (Black Isle) 13th 37-54; V3, G. Fraser (Inver) 39-06; Teams, 1. Coasters AC 23 pt; 2. Inverness H 43; 3. Aberdeen AAC 49.

17

Aberdeen AAC Club Half Marathon Championship, Aberdeen -

1. I. Williamson 69-47; 2. M. Murray 70-40; 3. W. Adams V1 74-01; 4. J. Robertson 74-10; 5. M. Thom 76-30; 6. C. Benzies 77-05; V2, R. Robertshaw 77-12; V3, J. Gallon 78-43; L1, M. Stafford 87-03; L2, S. Lamb 88-18; L3, J. Nuttall LV1 90-38.

North East Young Athletes League, Caird Park, Dundee -

1. Inverness H 561 pt; 2. Aberdeen AAC 551; 3. Arbroath & District AC 506; 4. Dundee Hawkhill H 413; 5. Tayside AAC 318; 6. Banchory AC 217; Girls - 1. Aberdeen AAC 189 pt; 2. Dundee Hawkhill H 157; 3. Banchory AC 155; 4. Arbroath 143; 5. Tayside AAC 123.

Glasgow AC Club Championships, Scotstoun -

Seniors - 1. J. Low 225 pt; 2. N. Murray 196; 3. N. Allison 183; Juniors - 1. C. Murphy 169 pt; 2. L. Reason 106; 3. J. Stewart 90; Intermediates - 1. C. Hamilton 134 pt; 2. L. Patton 128; 3. A. Borland 127; Girls - 1. M. McShannon 136 pt; 2. K. Harris 108; 3. C. Stringer 63.

Monkland Shettleston Ladies AC Club Championships, Crownpoint -

Seniors - 1. M. Sommerville 5303 pt; 2. L. Young 3395; 3. J. Currie 3267; Intermediates - 1. F. Watt 5333 pt; 2. A. Black 2818; 3. N. Reid 2470; Juniors - 1. K. McNeill 3033 pt; 2. C. Pritchard 2947; 3. M. Sommerville 2712; Girls - 1. L. Montgomery 2399 pt; 2. K. McNamee 2023; 3. D. Russo 1476.

Haddington 10 Mile Road Race, Neilson Park, Haddington -

1. J. Pentecost (FVH) 51-32; 2. A. Daly (Bella) 51-41; 3. G. Braidwood (Spring) 51-51; 4. J. Connolly (Gala) 52-27; 5. W. Wright (ESH) 52-39; 6. R. Stone (HELP) 53-04; V1, D. Fairweather (Cambus) 1st 55-31; V2, J. Knox (Gala) 56-13; V3, J. Thomson 57-14; L1, J. Durham (EWM) 66-13; L2, A. Newbigging (Bo'ness) LV1 67-41; L3, A. Dickson (Law) 68-29; L4, R. Carthy (In Rev) LV2 68-34; L5, J. Bydng (Irvine) LV3 69-53; L6, Y. Bilsell (Unatt) 70-30.

Border Athletics League, Tweedbank Stadium, Galashiels -

1. Blackhill H 454 pts; 2. Melrose AC 447; 3. Teviotdale H 350.

23

Ben Rha Hill Race, Thurso -

1. W. Miller 46-21; 2. A. MacDonald 48-29; 3. B. McKay 50-31; V1, N. Bremner 53-02; V2, J. Marshall 61-13; L1, M. McBeath 60-04; L2, M. Green 61-06 (all Caithness); L3, F. Farquhar (Wick) 65-36 LV1; LV2, A. Smith (Caith) 66-17.

Glen Nevis 5 Mile Road Race, Fort William -

1. J. Hepburn (Loch) 28-31; 2. W. Rodgers (Loch) 29-34; 3. W. Stoddart (GWH) 31-22; 4. H. Muchamore (HELP)

V2 31-44; 5. E. Orr (Loch) 31-55; L1, J. Murray (Kilb) 39-33; L2, M. Moore (Kilb) 41-11; L3, C. Shyoten (SVHC).

Dunbar Boundary 10,000 Metres Road Race, Dunbar -

1. R. Stone (HELP) 32-04 (record); 2. P. Cunningham (EAC) 32-52; 3. B. Howie (ESH) 33-41; L1, P. Calder (EAC) 6th 35-59; L2, M. Dryburgh (Dun) 42-44; L3, J. Smith (Dun) 44-02.

Dundee University Open Graded Meeting, Caird Park, Dundee -

100m 1. P. Ewing (DHH) 11.6; 200m/400m M. Davidson (Aber) 22.5/54.9; 800m 1. P. McColgan (DHH) 1:56.3; 2. P. Galloway (St Andrews) 1:56.7; 1500m 1. P. McColgan 3:49.3; 2. I. Hamer (HWM) 3:49.7.

24

Lochaber Marathon (Including Scottish National Championship, Fort William -

1. C. Martin V1 (Dumb) 2:30-09; 2. D. Ritchie V2 (Forres) 2:30-26; 3. W. McNeill (Pit) 2:36-39; 4. J. Biggam (Maryhill) 2:39-47; 5. R. Young V3 (Clyd) 2:40-20; 6. P. Paterson (Cen Reg) 2:40-38; L1, J. Harvey (GAC) 39th 3:08-13; L2, K. Dodson (Law) LV1 56th 3:19-11; L3, S. Cluley (Forfar) 81st 3:46-51. Teams 1. Central Region AC 45 pts; 2. Forres H 49; 3. Shettleston H 53; 4. Lochaber AC 61.

Victoria Park AAC St Mungo's 10,000 Metres Road Race, Bearsden -

1. N. Muir (Shett) 30-19; 2. C. Hall 30-22; 3. A. McIndoe (Spring) 31-49; 4. G. Haddow (E Kilb) 32-04; 5. G. Tenney (Linwood) 32-22; 6. M. Coyne (FVH) 32-29; J1, R. Blair (VP) 34-17; V1, R. Blair (VP) 10th 33-29; V2, J. Christie (Cambus) 17th 34-26; V3, P. McGill (VP) 30th 35-20; L1, H. Finch (E Kilb) 56th 39-19; L2, L. Brown LV1 (Kirk Oly) 72nd 41-19; L3, M. Boistelle (Unatt) 94th 45-18.

Oops... One lad gets away to a flyer at the Primary Schools' Championships at Kirkcaldy. Picture by Gerry Baird.

On the hills...

ONE OF THE FIRST priorities of the Scottish Hill Runners Association when it was formed in 1984 was a proper fixture list of events. To keep it as concise as possible for such a diverse far-flung sport has always been difficult. Every year the Tiso Calendar has continued to grow - from 25 to approximately 65 races now thanks to growing popularity of the sport, and our "great outdoor" sponsor.

The year-long list, still free to all interested (N.B. SAAA/SCCU!), always has new races and details which often cause questions and comment. No less than usual in 1988.

June 4 welcomes the first Scottish Mountain Trial courtesy of outgoing chairman Dick Wall and Clyde Runner. Initially to be a one day, teams of two, it is an orienteering Karriemor type event in a previously undisclosed area, much rumoured about, said to be "hotching with Munros". If you didn't get your entry in by the closing date don't dismay. Turn up early with your partner and an extra £1 between 8 and 10am at a certain village hall at - wait for it - Bridge of Orchy, for a long day out. Mark my words though - do the shorter course if you have any doubts about your experience or fitness!

Next day, Sunday June 5, just to recover maybe, come to the "worst two miles in Scotland with gracious permission of Westerlands CCC and Largs of Glengoyne Distillery." By popular demand, the Dumgoyne Hill Race, better known as the Great

Glengoyne Gallop, has moved from midweek to accommodate more runners and spectators. The awesome short climb from the unique and hospitable setting has to be seen or tested to be believed! The quality and quantity of the field might only be matched by the Glengoyne Malt that flows afterwards.

The Isle of Skye boasts most things for the outdoor visitor, but now on July 23 will feature a major hill race. The late David Shepherd of Carnethy HRC, just before he died so tragically after an all too brief but eventful sortie with the hill running, rediscovered the story of a Gurkha soldier's exploits on Glamaig in 1899. His family and friends, along with much local support, from Jansport and Sligachan Hotel in particular, have organised this first event in his memory. Though we don't expect them to keep in file like at the London Marathon, a contingent of Gurkhas is hoping to compete to break a reputed time of 55 minutes for a very rough unmarked route up to over 2,500 ft in the Red Cullins. Worth making a holiday out of if you are going all that way.

Lastly, just to confirm, the Pentlands Skyline Race is definitely on a Saturday - October 8 this year. Also the Strichen Gala, Aberdeenshire, has been cancelled this year and there will be no Mormond Hill Race unfortunately.

Robin Morris



Results

Primary Schools



By Linda Trotter

THE SECOND Girobank Scotland Primary Schools' Cross-Country Championships were held at Kirkcaldy High School on April 23. One thousand and 66 pupils were entered in the four races, twenty schools, with over 1000 running on the day (not quite from Hastings - but from Dumfries northwards, and all that).

The extremely heavy conditions necessitated slightly shortening the course, so that all pupils ran 1480m, rather than 1600m for which they were prepared. This decision forced Billy Williamson, in charge of the funnel when the hordes poured in, to suggest, tongue in cheek, that next year's course should be at least three miles to spread the runners out!

To the spectators, one of the most incredible sights, and one which sums up the whole spirit of the event, was the lad in the third race, who, losing his shoe at the start, raced back to retrieve it, and then ran on, clutching his trainer, to shouts of, "Go on Brian Whittle." Obviously, fear of his mum's wrath at returning with only one shoe was greater than his fear of finishing at the back of the field!

If this was not, "the picnic day in the sun" achieved by Queen Victoria School, Dunblane, last year, it was, at least, a logical follow up of the event, with a cold and cutting east wind in charge - more typically a cross-country day. "The best of events, the worst of events" to misquote Dickens; the best in endeavour, the worst in disappointment; the best for the future, the worst for those who fail in their parents' eyes.

A slight pattern was discernable from last year's results. George Watson's College (gold, silver and bronze team medals) excelled, with Laura McKenzie, Suzie Wright and Louise Kelly repeating their team road relay success and Graeme Sim of Banff, who finished 18th in 1987, rushed up to second place in 1988. Unfortunately, Barry Mclean of Ardgowan, third last year, could only finish fourth this year (only fourth out of 300 competitors!), and St Matthews, Bishopbriggs, slumped from victory to third place in the 1976 Boys' race, only to see their younger

runners win the new Girobank Scotland trophy for 1977 athletes.

In "1984", George Orwell wrote, "If there is hope for the future, it lies with the Proles." To use the phraseology but change the sentiment, the Scottish Schools could write: "If there is hope for the future, it lies with the North." Of the first twenty in the four races, twenty team and individual places were achieved by schools from Ross-shire and beyond - incredible.

And of the champions themselves? Space forbids that each runner is highlighted, so let us concentrate on one race - girls born in 1976. First was Jacqueline McDowall of St Bartholomew's in Coatbridge. In August, Jacqueline will go to St Ambrose's. She is a member of Colzium Athletic Club, doing a long run on Mondays, circuits on Tuesdays and sprints on Thursdays. Apart from running, Jacqueline likes swimming, football and drawing. Jacqueline's favourite athlete is Zola Budd, "because she is a brilliant runner and doesn't wear spikes". Her sporting ambitions are to be a good athlete and maybe one day run in the Olympic Games, and as far as her future is concerned she would like to be a PE instructor and also help coaching young children with their running.

Gaynor Syme, second is a pupil at Garglestone Primary, from where she will move to Grange Academy. A member of Johnnie Walker Kilmarnock Harriers, she is coached two nights a week. Other interests include badminton, swimming and ice skating. Her favourite athlete is Yvonne Murray, "because we met her and she's really nice". On the track, Gaynor has PBs of 29.9 for 200m and 2:39 for 800m. Her ambition is to be a successful teacher and sportswoman, perhaps competing for Great Britain one day. Third placed was Lorraine Stewart of Whitecraig Primary, a future pupil of Musselburgh Grammar. She belongs to Edinburgh Woollen Mill and does circuits on Tuesdays and repetitions on Thursdays. Steve Cram is Lorraine's favourite athlete, "because he has done a lot for British athletics".

GIRLS BORN IN 1977 : INDIVIDUAL

1 V Clark (Seaview, Monifieth) 5-45
2 P Young (Conon Bridge) 5-47
3 A Russell (Dunrobin, Airdrie) 5-49
4 S Scott (Alloway) 5-52
5 J Brown (Dean Park, Balerno) 5-53
6 E Richardson (Stonehouse) 5-54
7 B Leslie (Papdale, Orkney) 5-55
8 F Donald (Culbokie, Ross-shire) 5-57
9 F Craig (Wester Overton) 5-58
10 F Johnston (St Mary's, Melrose) 5-58
11 S. Spence (Drumlanrig, Hawick) 6-03
12 S Carson (St Serf's Airdrie) 6-04
13 A M White (George Heriot's) 6-06
14 N Horrocks (Lenzie) 6-06
15 M Smith (Tarradale, Ross-shire) 6-07
16 L Quinn (St John's, Ayr) 6-09

17 L Johnston (South Lodge) 6-09
18 A Keane (St Serf's, Airdrie) 6-12
19 K Brady (Kinloch, Carnoustie) 6-12
20 K Stenhouse (Drumlanrig) 6-14

GIRLS BORN IN 1977 : TEAMS

1 St Serf's (Airdrie) 68
2 Drumlanrig (Hawick) 73
3 Conon Bridge (Dingwall) 77
4 St Mary's Prep (Melrose) 104
5 Lochgilphead 119
6 George Watson's College 124
7 Loanhead (Kilmarnock) 139
8 St John's (Ayr) 179
9 Ardgowan (Greenock) 195
10 Lady Alice (Greenock) 197
11 Lenzie 199
12 Westerton (Bearsden) 201
13 Armadale 223
14 St Aloysius College 232
15 Hermitage 247
16 Cornbank St James (Penicuik) 248
17 Dunoon 258
18 Morrison's Academy 265
19 St Andrew's (Dumfries) 279
20 Park (Invergordon) 286

GIRLS BORN IN 1976 : INDIVIDUALS

1 J McDonald (St Bartholomew's) 5-34
2 G Syme (Garglestone) 5-38
3 L Stewart (Whitecraig) 5-39
4 L Gajda (Dingwall) 5-42
5 L Murray (Mosshead, Glasgow) 5-45
6 C Millar (Whitehirst, Kilwinning) 5-49
7 H Brooks (Forehill, Ayr) 5-50
8 C Leitch (Stonehouse) 5-50
9 C Thompson (Lochgilphead) 5-52
10 L McKenzie (George Watson's) 5-53
11 L Kelly (George Watson's) 5-56
12 G Hamilton (California, Falkirk) 5-56
13 G Leitch (Stonehouse) 5-57
14 K Stewart (Crosshouse, Kilmarnock) 5-59
15 A Douglas-Hamilton (Aberlour House) 6-02
16 S Dyer (Doofoot, Ayr) 6-04
17 M McKee (St Matthew's, Bishopbriggs) 6-05
18 V Henderson (Bridgend, Ross-shire) 6-06
19 S Wright (George Watson's) 6-07
20 R Drysdale (Glasgow High) 6-07

GIRLS BORN IN 1976 : TEAMS

1 George Watson's College 40
2 Stonehouse 42
3 Bridgend (Ainess) 75
4 St Matthew's (Bishopbriggs) 109
5 Morrison's Academy 111
6 Garglestone (Kilmarnock) 120
7 Glasgow High 176
8 Aberlour House (Banffshire) 178
9 St Aloysius College 185
10 George Heriot's 188
11 St Flannan's (Kirkintilloch) 201
12 Forehill (Ayr) 202
13 St Margaret's (Edinburgh) 242
14 Queensferry 243
15 Cornbank St James (Penicuik) 248
16 Troon 249
17 Banff 256
18 DSMC/MES Combined (Edinburgh) 263
19 St Andrew's (Dumfries) 274
20 Oakbank (Perth) 281

BOYS BORN IN 1977 : INDIVIDUALS

1 A Donaldson (North Queensferry) 5-24
2 A Love (Fraserburgh South Park) 5-30
3 A Menlove (St Andrew's, Dumfries) 5-33
4 P MacDonald (St Matthew's) 5-36
5 A Brown (George Watson's) 5-36
6 G Harris (Hutchesons' Grammar) 5-41

7 M Gibson (Crossgates, Fife) 5-42
8 A Drummond (Loanhead, Kilmarnock) 5-43
9 C Wood (Morrison's Academy) 5-45
10 A Sinclair (Garrowhill, Glasgow) 5-45
11 M Creese (Dean Park, Balerno) 5-47
12 M Rae (Gordon, Huntly) 5-47
13 W Stark (Balgownie, Aberdeen) 5-47
14 E McGee (Peterhead, Central) 5-47
15 G Hogg (Balgownie, Aberdeen) 5-51
16 G Moonie (Dunnikier, Kirkcaldy) 5-51
17 G Canning (St Matthew's) 5-51
18 C McDermott (St Matthew's) 5-52
19 C Sutherland (Bridgend, Ainess) 5-52
20 W MacDonald (South Lodge, Ross-shire) 5-53

BOYS BORN IN 1977 : TEAMS

1 St Matthew's (Bishopbriggs) 39
2 Morrison's Academy 73
3 George Watson's College 88
4 Gordon (Huntly) 102
5 Cornbank St James (Penicuik) 103
6 Dean Park (Balerno) 104
7 St Aloysius College 139
8 Garrowhill (Glasgow) 147
9 Glasgow Academy 168
10 Dingwall 171
11 St Andrew's (Dumfries) 183
12 Crawforddyke (Carlisle) 195
13 Maryburgh (Dingwall) 196
14 George Heriot's 196
15 Edinburgh Academy 201
16 St Ninian's (Dumfries) 213
17 Unilithgow 218
18 Glasgow High 226
19 Lawhead (St Andrews) 233
20 St Cadoc's (Glasgow) 277

BOYS BORN IN 1977 : INDIVIDUALS

1 I Leitch (Barassie, Troon) 5-14
2 G Sim (Banff) 5-16
3 M Wood (Hope, Orkney) 5-20
4 B MacLean (Ardgowan, Greenock) 5-21
5 V Tierney (St Matthew's) 5-24
6 J Thomson (Stonehouse) 5-26
7 A MacPherson (Hutchesons') 5-26
8 G Cox (Ravenscraig, Greenock) 5-26
9 S Gallacher (Eastertoun, Armadale) 5-27
10 G Glen (George Watson's) 5-27
11 A Dearie (Gallowhill, Glasgow) 5-29
12 M Johnstone (Dingwall) 5-30
13 D O'Sullivan (St Aloysius) 5-31
14 M MacNaughton (St Mary's, Haddington) 5-32
15 C Munro (Dunbar) 5-32
16 J Coy (Unilithgow) 5-33
17 C Fyfe (DSMC/MA4S Combined, Edin) 5-35
18 J Clark (Park, Invergordon) 5-35
19 A MacDonald (Towerlands, Irvine) 5-35
20 C Hoy (George Watson's) 5-36

BOYS BORN IN 1976 : TEAMS

1 Dingwall 60
2 George Watson's College 64
3 St Matthew's (Bishopbriggs) 98
4 George Heriot's 126
5 DSMC/MES Combined (Edin) 159
6 Glasgow Academy 166
7 Tarbert 167
8 Dunbar 168
9 St Aloysius College 172
10 Banff 182
11 Bridgend (Ainess) 182
12 Canongate (St Andrews) 200
13 Hutchesons' Grammar 201
14 Kiltteam (Ross-shire) 211
15 Eastertoun (Armadale) 215
16 Unilithgow 224
17 Morrison's Academy 227
18 Maxwellton (E Kilbride) 232
19 Braidbar (Glasgow) 238
20 Ardgowan (Greenock) 242

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On the VETERAN scene...



Henry Muchamore

Veterans took nine of the first twelve places in the Lochaber Marathon on April 24, which was the official SVHC Championship and the SAAA Championship. Over 70 per cent of the entrants were veterans and over 50 per cent of the starters, and the promoters have made a request that the vets support their event again next year.

A review of the results of so many events shows that veterans, both male and female, not only make up a large proportion of the competitors but are increasingly providing some of the star performances. Indeed, you could not have witnessed a more competitive race than the Lochaber Marathon with Colin Martin, whose youthful looks mock his years, just managing to get the better of ultra distance star Don Ritchie in 2:30:06.

However, for me the performance of the day came from a man who did not decide to enter until the morning of the race having, like me, competed in what was supposed to be a light hearted event called the Glen Nevis Bash the day before. It turned out to be a beautiful scenic five mile run, but much more akin to fell or cross country running rather than roads. Bill Stoddart, now 57, could not resist the challenge of the two local young hares and finished in third place, but, like myself in fourth place, had one or two scars to show.

"It's all right for you Bill," says I, "You're not doing the marathon tomorrow." Now, that was a challenge he couldn't resist, and although he told me in the dressing room that he had only run a maximum

of eight miles in the last three months, what he didn't say was how many times a day he'd run eight miles.

I had suggested that a steady 6-50 pace might be quite enjoyable, but no, Bill took off, and at the turn I counted him 20th. By the finish he was tenth in the incredible time of 2:45, over 30 seconds per mile faster than suggested.

Why tell this tale? Not just for Bill's ego, but to demonstrate again both the high standard and friendly competitiveness that veterans have to offer. This was also clearly demonstrated in the London Marathon where the Swede Evy Palm at 46 gave a marvellous display finishing third in 2:31:35, and Ann Ford (36) set a new personal best of 2:30:38. Incidentally, 65 years old Hugh Currie of Victoria Park won the over 65 category in 2:55:41.

Another reason for mentioning these performances is to justify the recent stand that is being taken by the BVAF for a better deal for veterans of all ages in road race events. The aim will be to introduce a grading standard that promoters will have to display on their publicity information and advertising.

The suggestion is that a Grade 1 event would be where veterans awards would be given in all BVAF standard five year age groups, for both men and women - subject to numbers of entrants. Grade 2 would be to be those events that provided 10 year age group category awards for male and female. Grade 3 would be to those giving awards only to limited categories.

As a road race promoter myself I can see both sides of the issue, and as someone who tries to give the veterans a good deal at Haddington it can be a gamble to get sponsors to put up trophies and prizes only to find that you are embarrassed because some of the categories have not been supported. This has been the case among the older age groups of men and women.

Consequently, it may be more realistic to ask promoters to base their veteran awards on the promotional number of entrants, with inevitably a bias favouring the older age groups. While I am generally in favour of the BVAF concepts, I feel if this system were too rigidly imposed it could backfire, and as a consequence undermine much of the goodwill that has to be around when putting on a road race.

Against that I must say that there still are a number of larger events which charge £4 to £5 for an entry fee, and for which the veterans get a very raw deal. The example could be better set by those who are members of the British Association of Road Races (which includes the London Marathon) in offering subventions to veterans.

IT SHOULD be noted that the SAAA has asked the SVHC to review its constitution, which was altered in good faith three years ago to enable the new rules allowing professional who were over the age of 40 to compete in "Closed" veteran only meetings. The complication is that while the rule does legitimise their

participation in such events, it does not entitle them to membership of a club affiliated to the SAAA - as the SVHC is.

Now the added dilemma is that if veterans of whatever status wish to compete abroad in, for example, a European or World championship event, they have to be members of a body affiliated to the BVAF. Hence the catch 22. The SVHC is affiliated to both the SAAA and the BVAF. At present guidance is being sought as to an acceptable way out of this bureaucratic wrangle, as it somehow doesn't seem to present a problem to those bodies affiliated south of the border to the AAA. The issue will be on the veterans agenda in October.

AN APOLOGY is due to John Maitland of Lochaber, who I did not give credit to for being 1987 SVHC marathon champion. He took the over 50 title this year. Also to Martin Hyman if I made him sound more at odds with officialdom than intended (see Letters page).

Finally, I just have to mention the "apocryphal" story told me by Bert Logan about George McNeill who was said to have received a letter from the tax man about his winnings at the Stawell Gift in Melbourne in 1981. George very properly filled out his forms and listed under expenses his nine self paid trips to Australia prior to his winning race. He wryly added the comment at the bottom of the form, "I may be due a rebate!" A sense of humour is perhaps the greatest prize of all.



"Veterans... not only make up a large proportion of the competitors, but are increasingly providing some of the star performers."

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(SAAA & SWAAA Rules)

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Events Diary

May

28

BENS of Jura Fell Race, Jura

BATHGATE Highland Games, Bathgate

CAIRNAPPLE 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, Galston, Ayrshire

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

KIRKCALDY College of Technology Half Marathon, Kirkcaldy, 11 am E - Kirkcaldy College of Technology, St Bryceland Ave, Kirkcaldy, K71.

SCOTTISH Border Championships, Tweedbank

SWAAA East v West Match, Crownpoint

TISO Campsie Hill Race, Lennoxton

CAITHNESS Half Marathon, Caithness

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

SKELLY Carlisle 10 Mile Road Race, E - W. Drysdale, 6 Kintyre Wynd, Carlisle, Tel: 0555-71448

"Y" Olympiad, Meadowbank

CARLUKE 10 Mile Road Race, Carlisle

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

SCOTTISH Mountain Trials

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

SAAA Decathlon & Relay Championships, Ayr

5

AIRDRIE Highland Games, Airdrie

ANSTRUTHER Half Marathon, Anstruther

BORDER Athletics League, Tweedbank

7

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, Blansfield, E - A. Campbell, 42 Ripon Drive, Glasgow

GOVAN Garden Festival 10K Road Race, Govan

GRAMPIAN TV Athletics League, Elgin

HFC UK Championships, Derby

NEW Glasgow Hospice 10K (SWCCRA Champ), Glasgow. E - Race Director, Prince and Princess of Wales Hospice, 73 Carlton Place, Glasgow, G5.

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

8

RENFREWSHIRE/Dunbartonshire AA Track League, Crownpoint

SRI Chinmoy 1 ML Road Race, Meadows, Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow

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ADDRESS:

POST CODE: DATE OF BIRTH:

NAME OF CLUB: V. IF VETERAN:

ARE YOU DISABLED? AGE ON RACE DAY:
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ENTRY FEE £4.50

CLOSING DATE 6th AUGUST 1988
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Signature

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Events Diary

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 - Sheila Howat, 4, St. Michael's Terrace, Henry Street, Dumfries

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

EDINBURGH & District Athletic League, Tweedbank

FORRES 8 Mile Road Race, Forres

FORTH Road Runners 10K Road Race, Forth

LARGS to Ardrossan Road Race, Largs

CAIRN Table Hill Race, Muirkirk

LOCH Rannoch Marathon and Half Marathon, Loch Rannoch E - Arthur Andrews, Rannoch School, Rannoch Station, Perthshire

LOMONDS of Fife Hill Race, Gateside

MONKLANDS Open 7 Mile Road Race, Coatbridge

ADROSSAN Highland Games Largs to Ardrossan Road Race, E - Cunningham District Council, Dept of Leisure and Rec., 25 Montgomerie Crescent, Saltcoats

MUIRKIRK Cairntable Race, Muirkirk

SCOTTISH Womens Athletics League - D1, Meadowbank; D2, Crownpoint; D3, Grangemouth; D4, Pitreavie

SCOTTISH Young Athletes League North East, Dundee

SOLWAY Athletics League, Dumfries

ST FERGUS Gala 3 Miles Road Race, Peterhead

14

KINNING Park Festival Quarter Marathon, Glasgow

HUNTERS Bog Trot, Edinburgh

15

BEITH Civic Sports & Road Race, Belth

ESH Open Graded Meeting, Meadowbank

SRI Chinmoy 2 ML Road Race, Glasgow Green; 5 ML Road Race, Meadows

16

FORTH Valley League D1, Livingston; D2, Saughton

GOSFORD Park Road Race, Longniddry

18

GB (Under 20) v Czechoslovakia, Prague

BLIZZIBERRY Hill Race, Biggar

SCOTTISH Schools Championships - Boys, Grangemouth; Girls, Crownpoint

SKYE Week Half Marathon, Portree, E - Nigel Wilson, Portree House, Portree, Isle of Skye

WEST Highland Way Race, Glasgow to Fort William

19

AFTON Water 10ML Road Race, New Cumnock

BO'NESS 10K Road race, Bo'ness

GB v USSR v France (M.W) Portsmouth

SCOTTISH Co-op Mid Argyll Half Marathon, Lochgilphead E - MacArthur Sports, Lochnell St. Lochgilphead, Argyll

NORTH East League, Dundee

PETERHEAD Half Marathon, Peterhead

SCOTTISH Athletic League (2) D1 & 2, Ayr; D3 & 4, Meadowbank

SPRINTING for Britain, Crownpoint

TISO Seven Hills of Edinburgh Race, Edinburgh

20

KILWINNING Academy Festival of Road Running, Kilwinning

22

CORT-MA Law Hill Race, Clachan of Campsie

KILWINNING Academy Festival of Road Running, Kilwinning

ROEVIN 10K Road Race, Aberdeen

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Events Diary

SRI Chinmoy 2 ML Road Race, Meadows,
Glasgow Green

24

ENGLAND V USA (M)(Track V FRG (W)
(Field), Birmingham

25

BALLACHULISH Gala Day Hill Race,
Ballachulish

CAIRNGORM Hill Race, Cairngorm

DAIRY Crest AAA/WAAA Junior
Championships, Stoke

EILDON Hill Race & Festival Sports,
Melrose

26

ARBROATH Half Marathon, Arbroath

BRAW Lads Gathering, Galashiels

DAIRY Crest AAA/WAAA Junior
Championships, Stoke

FALKLAND Festival Hill Race, Falkland
E - K. MacGuire, 13 Liquorstone,
Falkland, Fife.

LAIRIG Ghru Race, Braemar

MIDSUMMER Games, EAA Permit,
Lapinlahti, FIN

BENARTY Hill Race, Ballingry

NARDONA Miadeje, IAAF permit, Sofia
(BUL)

POLAROID UK 10K and Fun Run,
Balloch Alexandria

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

SVHC Track & Field Championships,
Coatbridge

27

GIROBANK Games, Belfast

KNOCKHILL Race, Crieff

29

ANNAN 10K Road Race, Annan

LIVINGSTONE Evening Meeting,
Livingston

SRI Chinmoy 2M Road Race, Glasgow
Green; Edinburgh

BLACK Rock 5, Kinghorn, Fife.

July

2

ACCESS UK Womens League (2) (D1),
Meadowbank

DORNOCH Festival Half Marathon,
Dornock E - Judith Green, 41
Clashmugach, Clashmore, Sutherland
IV25

MAMORE Hill Race, Kinlochleven

N. IRELAND Championships, Antrim

SHOTT'S Highland Games, Shotts

WEST Kilbride BB Open Athletic Meeting,
West Kilbride

3

BLACK Hill Race, Earliston

CUPAR Highland Games, Cupar, E -
David Martin, Edenwoodend, By Cupar,
Fife. Tel: 0334-54195.

MOFFAT Chase, Moffat.

ACCESS Womens League (2)

INVERNESS Open Graded Meeting,
Inverness

SCOTTISH Heavy Events
Championships, Cupar

YOUNG Athletes League West D1 & 2
Coatbridge; D3 Crownpoint

STONEHAVEN Half Marathon,
Stonehaven E - Race Administrator,
Leisure and Recreation, Kincardine &
Deeside District Council, Viewmount,
Stonehaven.

6

FALKIRK Open Graded Meeting,

Grangemouth, E - Grangemouth
Stadium, Grangemouth, Tel: 0324-
483752.

SRI Chinmoy 2 ML Road Race, Meadows,
Edinburgh.

SRI Chinmoy 5K Road Race, Glasgow
Green.

7

BRIMMOND Hill Road Race, Aberdeen.

8

LANARKSHIRE AAA Track League,
Wishaw.

RUNSPORT 10K, Stirling.

9

DUNS Sports, Duns.

FORRES Highland Games, Forres.

SCOTLAND v Ireland v Iceland (M,W),
Grangemouth.

VETERANS 10K Track & Pentathlon,
Coatbridge.

10

DAIRY CREST SAAA Under 19
Championships, Meadowbank.

DAIRY CREST SWAAA Under 19
Championships, Grangemouth.

KEITH Gala Week Road Races, Keith.

RUNSPORT Half Marathon, Stirling.

TEVIOTDALE Half Marathon, Hawick.

12

EDINBURGH Wollen Mill Road Race,
(15Km), Moffat.

13

LIVINGSTON Evening Meeting,
Livingston.

SRI Chinmoy 1 ML Road Race, Glasgow
Green.

SRI Chinmoy 2 ML Road Race, Meadows,
Edinburgh.

16

ARISAIG to Mallaig 10 Mile Road Race

BONAR Bridge Peoples Quarter
Marathon, Bonar Bridge.

BRITISH Schools International, Swindon.

CRAIG Bheag Hill Race, Kingussie.

KODAK Classic International,
Gateshead.

LOCHINVER Coast Guard 10 Mile Road
Race, Lochinver.

GRE BAL CUP Rd 2/Jubilee Cup,
Crownpoint.

WOOLWICH Inverness Highland
Games, Inverness.

17

BALMEDIE Beach Bash, Aberdeen.

CAMPBELTOWN Festival Week Half
Marathon, Campbeltown. E - Race
Secretary, Kintyre Centre, Stewart Road,
Campbeltown, PA28

INVERNESS 10K Peoples Race & Fun
Run, Inverness. E - Race Director, 10
Church Street, Inverness, IV1 1EA.

KILDOON Hill Race, Maybole.

SCOTTISH Athletic League D1 & 2; Ayr;
D3 & 4, Meadowbank.

20

ESH Open Graded Meeting,
Meadowbank.

SRI Chinmoy 10K Road Race, Glasgow
Green.

SRI Chinmoy 2 ML Road Race, Meadows,
Edinburgh.

22

SCOTRAIL Championships, Crownpoint.

SCOTTISH 3K Track Walk
Championship, Crownpoint.

23

AAA & WAAA Combined Events
Championship, Stoke.

DINGWALL to Evanton Road Race
(10mi), Dingwall.

ELGIN Highland Games, Elgin.

GLAMAIG Hill Race, Seigachan, Isle of
Skye.

MUSSELBURGH Festival Road Race,
Musselburgh.

SCOTRAIL Championship, Crownpoint.

STROMNESS Half Marathon,
Stromness.

24

AAA & WAAA Combined Events
Championship, Stoke.

FALKIRK Young Athletes Meeting,
Grangemouth, E - Grangemouth
Stadium, Tel: 0324-483752.

GREAT North Run, Newcastle.

HELENSBURGH Peoples Half Marathon

IRVINE Half Marathon, Irvine, E - Dept of
Leisure, Rec & Tourism, Cunningham
District Council, 25 Mongomerie
Crescent, Saltcoats.

NEW CUMNOCK 10 MILE RUN AND FUN RUN

Sunday 19th June, 1987

Starts 2.15pm fun run 1pm

Entry fee £3.00

£4.00 on race day

fun run

Children £1.00

Adults £1.50

Medal plus special prize
to all finishers

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2nd prize £50

3rd prize £30

1st prize (female) £50

2nd prize £30

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prizes

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New Cumnock

Tel. NC 32811

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SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB

Sec - W. H. Watson,
14, Burnieboozle Place, Aberdeen,
Ab1 8NL. Tel: 0224-310352

ABERDEEN SISTERS NETWORK

District Organiser - E. McKay, 71,
Braeside Place, Aberdeen. Tel:
0224-314861

ARBROATH FOOTERS

All shapes and sizes, young or old,
welcome. Meets every Thursday
7.30pm, Sundays 10.30am at
Arbroath Sports Centre. All
distances catered for. Secretary -
Alan Connelly, 37, Duncan Avenue,
Arbroath, Angus.

ARDROSSAN ATHLETICS CLUB

Small friendly club invites novices or
experienced runners with an interest
in cross country and/or road racing.
Contact Sean Warden on Ardrossan
61970.

BEITH HARRIERS

Tuesdays 7-9pm, Ladies and Gents,
Bellisdale Park Pavillion.
Wednesdays 7-8.30pm ladies only,
St Columba's Church Hall, Kilbirnie.
Serious runners, novice runners and
fun runners all welcome. General
secretary - J. Swindale, 29,
Braehead, Beith, Ayrshire. Phone
Beith 4156.

BLAIRGOWRIE ROAD RUNNERS

Sec - Mrs Maggie McGregor,
Glenferate, Enochduh, by
Blairgowrie, Perthshire PH10 7PL.
Tel: 025081-205.

CAMBUSLANG HARRIERS

All age groups and standards
welcome, young or old, serious or
social, we cater for everyone. Meets
every Tuesday and Thursday 7pm;
Saturday 2pm; Sunday 11.30am.
Further information: Robert
Anderson, 63, Montcastle Drive,
Cambuslang. Tel: 041-641-1467.

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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.

CUMBERNAULD ROAD RUNNERS

Secretary - Mrs Maureen Young, 63,
Thornicroft Drive, Condorrat, G67
4JT. Tel: (0236) 733146. We cater
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beginner. Males/females aged 16
and over are welcome to contact the
secretary or call at Muirfield
Community Centre Wednesday and
Thursday at 7pm and Saturday at
10am.

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Meets every Monday and
Wednesday at Broomfield Park,
Cumnock, from 7pm to 9pm. All ages
from 9 years upwards catered for.
Very friendly and enthusiastic club.

Separate adult jogging section.
Secretary: Tom Campbell, 14, Bute
Road, Cumnock. Tel: 0290-24876.

DUNDEE HAWKHILL HARRIERS

Track, field, cross country and road
for male and female, coaching
available. All age groups nine and
upwards catered for. Contact:
Gordon K. Christie, 767 Dalmahoy
Drive, Dundee, DD3 9NP. Tel: 0382-
816356.

DUNDEE ROADRUNNERS ATHLETIC CLUB

Secretary - Mrs Gill Hanlon 9,
Lochinver Crescent, Dundee.

HARMONY ATHLETIC CLUB

Sec. Ken Jack, 21 Corslet Crescent,
Currie, Edinburgh.

GARSCUBE HARRIERS

Training every Tuesday and
Thursday evenings at Blairdardie
Sports Centre, Blairdardie Road,
Glasgow G13 starting at 7pm. Male
and female all age groups and
standards welcome. Contact Stuart
Irvine, 189, Weymouth Drive,
Glasgow G12 0FP. Tel: 014-334-
5012.

KIRKINTILLOCH OLYMPIANS

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

LOCHGELLY AND DISTRICT AAC

Small friendly club looking to become
larger and friendlier club. All age
groups required, male and female,
track and field, road and cross
country, also anyone with coaching
skills, all very welcome. Training four
nights weekly, Pitreavie Stadium,
Monday and Wednesday. Please
contact Mrs Sheena MacFarlane,
Tel: 0383-739681. (Memb Sec)

MARYHILL HARRIERS

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

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.

SCOTTISH HILL RUNNERS ASSOCIATION

Sec: Alan Farningham, 13,
Abbotslea, Tweedbank, Galashiels,
TD1 3RZ.

VALE OF LEVEN AMATEUR ATHLETIC CLUB

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

SCOTTISH TRIATHLON ASSOCIATION

Membership secretary - Mike
Joiner, 11, Scotland Drive,
Dunfermline. Club affiliation forms
now available from STA, Bowmont
House, Stonehaven (affiliation fee
£10).

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,
Friockheim, Arbroath, Angus DD11
4TW.

FLEET FEET TRIATHLON CLUB

Sec - John O'Donovan, Bowmont
House, Arbuthnott Place,
Stonehaven. Tel: 0569-62845.

WESTER HAILES TRIATHLON CLUB

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

For a free listing write to:
SPORTS NETWORK,
Scotland's Runner, 62, Kelvingrove
Street, Glasgow G3 7SA.

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