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SCOTLAND'S RUNNER

July, 1988

Issue 23

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Liz McColgan, on her way to the UK 5,000 metres title at Derby. Will this be her Olympic year?

Photograph by Mark Shearman.



Scotland's Runner is published by ScotRun Publications Ltd., 62, Kelvingrove Street, Glasgow G3 7SA. Tel: 041-332-5738.
Printed by McCorquodale (Scotland) Ltd.

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Inside LANE

JULY PROMISES to be a momentous month for athletics in Britain with the English clubs voting between the McAllister proposals and a Southern Counties amendment for the future constitution of British athletics. The two camps have been engaged in a propaganda battle in England, and it may well be that legal procedures will prevent a decisive vote at the extraordinary general meeting on July 3.

The lack of debate on the subject in Scotland (even although the future is to be decided without Scottish clubs being represented) is baffling. But rather than pre-empt the outcome of the egm on July 3, we shall look at the subject in depth next issue.

HAVING GOT around a wide number of events in the past month - track meetings, road races, hill races, even a triathlon - I was struck by how fortunate we are in Scotland to have such variety in invariably superb surroundings. Stopping only to make the point that this would not be possible without organisers and officials, I will let pictures, rather than words, tell the story in Inside Lane this month.



Top left (then clockwise), Jack Maitland, winner of the Glengoyne Gallop; East District steeplechase; Hughes Glenrothes winner George Reynolds; and the start of the Bruichladdich Islands Peak Race.

Alan Campbell

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Up Front

SAAA rapped for absence at People's Championship

BORDER HARRIER Leslie McVittie won the Scottish People's half marathon championship at Dumfries on June 12 when he beat 518 other runners and the intense heat to record a time of 69-46.

Understandably, with the race being held in mid-afternoon, times were down on previous years. It says much for the organisers, who provided extra water stations, and the maturity of today's road runner, that there were no casualties as temperatures soared into the high 70's.

In second place was Teviotdale's Bob Hall, last year's winner, who finished 150 yards behind McVittie. Third in 70-18, was Andy Heathcote of Staffs Moorlands AC, followed by Chris McDougall (Calderglens Harriers, 73-13), and Stuart Gibson (Hunters Bog Trotters, 74-12).

The first women was Carolyn Brown of the host club, Dumfries, in 87-22, with Giffnock North's Renee Murray second in

91-00, and Liz MacRae of Galloway Harriers third in 97-00.

"It was a wonderful day, a very good race, and the event was well supported," said organiser Sheila Howat afterwards. But she had words of reproach for the governing body.

"The SAAA sent us a letter and medals for the first three home in the people's championship, but I felt they should have been able to find an official of some description to come to Dumfries and represent the association," Sheila said.

"I am angry at the SAAA. They are quick to take revenue from road running but not, apparently, to give support. We are proud of the event we put on, and somebody should have come down to Dumfries on behalf of the association."

Instead, the medals were presented by Mr Jack Somerville, representing one of the race sponsors, Citreon SMT. As well as the half marathon, over 300 children took part in a 2.5K fun run.



THE ABERDEEN Marathon is bucking the trend and getting bigger, and refinements to make it an even better event next year are already being planned, writes **Graeme Smith.**

While not quite in the London league, Aberdeen had 328 finishers this year, 13 per cent up on 1987, and the numbers were also up in the 10K fun run staged at the same time.

In a bid to make it a family occasion, a fun run for the under-12's was also laid on and attracted hundreds of youngsters. Teenagers were the only group left out, but that will almost certainly be rectified in 1989.

Next year might also see the running activities extended to make it an "athletics weekend". The organisers hope that it might be possible to have some sort of

competition at Linksfield Stadium on the Saturday. Thought is also being given to improving the finish of the marathon to give entrants a straight run down the Beach Boulevard.

Scotland dominated this year's event which carried the Scottish People's race tag and was also named as the Scottish women's championship race.

Hammy Cox of Greenock Glenpark Harriers was first across the line in 2-21-15, to become the first Scottish winner since Graham Laing in the 1980 inaugural marathon.

Second was Frank Harper of Pitreavie AC, followed by Edinburgh Southern Harrier Alan Robson who caused an upset by beating all the 10 other internationalists.

Buckie's Doug Cowie, an RAF electrician, came home in fifth to complete the Scotland counting trio and give them the international team win. Eileen Masson of Kilbarchan took the women's title in 2-47-23, which made her 26th over all in the race.

Welsh housewife Sue Graham, who dropped out of the 1987 event near the end while in the lead, finished in second place with Aberdeen mother-of-two Margaret Stafford setting a personal best of 3-10-01 for third place.



Colin Donnelly of Cambuslang knocked a huge 9-50 off the Jura Fell Race record on May 28, winning the 16 mile, seven summit race in a time of 3-07-05. Second was Keswick's Billy Bland.

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Up Front Up Front Up Front Up Front Up Front



TWO SCOTTISH clubs were recent recipients of McVitie's Gold Challenge development awards.

Kirkintilloch Olympian's ambitious scheme to get schoolchildren running cross country rather than playing football or netball resulted in the club winning a grant of £150.

Olympians' secretary Henry Docherty explains: "Team games offer opportunities to very few children, and usually only the athletically gifted. Team athletics knows no bounds, and our rule is that any number of any ability can run."

In December the Olympians staged a pilot race for local schools which was a big success, and they now intend to extend the scheme to a series of races, the Strathkelvin Primary Schools' Cross-Country League, with the help of the award.

Arbroath and District Harriers received a £300 cheque to help pay towards a special promotions day held on June 4 and also to extend their number of coaches from three to eight by sending five volunteers on special courses.

Until three years ago, Arbroath catered only for children aged between eight and 16, but aspirations to eventually make a national league competition forced them to broaden their horizons.

"This year the club was first in both the men's and women's sections of the Thistle Award Scheme," says Mrs Ritchie, the Arbroath club secretary. "Hopefully, we can look forward to athletes staying with the club, helping it to develop as a senior club."

Our pictures show Iain Clifton and Jim McInnes presenting the awards to Arbroath and Kirkintilloch.

Congratulations, Cosford vets...

Belated congratulations to four Scottish women who went to the British Veterans Indoor Championships at Cosford earlier this year and came away with a variety of titles and best performances.

World Indoor 400m record holder Christine McLennan (56), added the 60m times 200m titles to the successful defence of her British 400m title.

Christine Brown (36) of Ayr Seaforth AC found Wilma Thompson in world record breaking form and had to settle for second place in the pentathlon, but gained a Scottish best performance of 1978 points. Pam Spence and Sylvia Wood (both Linlithgow AC) shared third place in the 40-44 years 60m.

... and GAC

For the twelve women from Glasgow Athletic Club who travelled to the Liverpool Women's 10K race in May, it was all made worthwhile when Janet McColl, who has been in serious training for the last year after the birth of her son Liam, took fifth place in a time of 37 minutes, writes Pat Heppell.

For the Glasgow women this was a second visit to Liverpool. Sporting garden festival t-shirts, they achieved PB's all round on this flat (at least by Scottish standards) course.

It certainly proved an excellent warm up for the Hospice 10K the following Sunday. Janet's time of 36-45 gave her seventh place in the race, and with teammate Audrey Sym fourth (35-40) and third first team member Carol Ann Bartley thirteenth, GAC took the team prize.



On the hills...

AFTER FIVE of the nine possible scoring races (but significantly none of the three long category counters) the 1988 Tiso Scottish Hill Running Championship is hotting up. All the races this year have been blessed with good weather and the most recent race on June 12, the Lomonds of Fife Hill Race at Gateside, was no exception.

Temperatures were up in the 80's with a record entry, almost 100, for the sweltering nine miles and 2,200 ft of climbing, and only four seconds separated the first three men in the senior race.

At his first attempt, in only his second year on the hills, Brian Potts (Clydesdale Harriers) just held on to win, having been well clear at one point before the last ascent. Combined with his recent good performances, he should now achieve his great ambition to represent his country with the first international of the season at Snowdon on July 16.

Alan Farningham (Gala Harriers) just pipped Denis Bell (HELP) for second place, and, combined with his victory at Dollar the day before, is now well on his way to his first overall Scottish title. The man of many clubs has twice been runner-up and was third last year in the race for the top award. Bell is his nearest challenger, followed by former winner Dermot McGonigle (Dundee Hawkhill) and Jack Maitland (Pudsey), who is unlikely to run any more counting races.

Unfortunately defending champion and three times previous winner Andy Curtis (Livingston) has had his chances ruined by injury and will be lucky to race seriously again before the end of the season. Christine Whalley (Livingston), the women's champion, has been no-

table by her absence on the hills this season. What looked like a foregone conclusion for Penny Rother (Edinburgh AC) will now all depend on the crucial long races to come.

Clubmate Tricia Calder looks set to do battle right to the end now. Borders farm girl Tricia won Kaim and Lomond in ominous fashion in the most competitive championship to date. The minor places are very keenly contested also between Janet Darby (Comethy) and Susanne Niedrum (Clydesdale), recent but hopefully permanent arrivals here. There is a distant lack of depth south of the Border among women, and a Scottish international team could do very well, and especially with the World Cup so nearby in Keswick this October.

The veteran find of the year, Peter Marshall (HELP), looks like the only possible winner in that category if he continues with his present form. Only turned 40 in early May, he missed the first two races, but has won all three championship races since (plus a few others). Jimmy Shields (Clydesdale) who at least seemed to be getting the better of twin Bobby, the defending champion, is still in the lead but can be overhauled by Marshall sooner rather than later for the title.

The junior championship (under 19 years on January 1) is as good as over. Billy Rodgers (Lochaber) has won all three races out of the six possible with four to count and is in a class of his own. A local schoolboy at the Dollar Hill Race came closest to him, but Trevor Hughes (Fife) and Hayden Lorimer (Duns) are second equal overall.

Robin Morris

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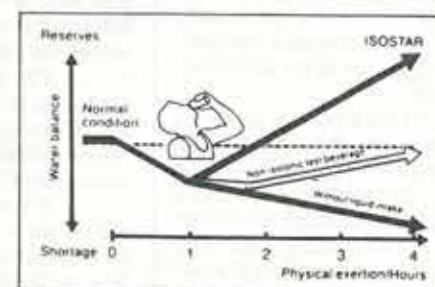
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Letters...

Orienteering is very much a running sport!

10, Neuk Crescent,
Houston,
Johnstone,
Renfrewshire.

SIR - After reading Tommy Murray's letter in your April issue, and James White's letter in your May issue, I felt I must write and put the record straight.

While I tend to agree with them about articles on cycling, gymnastics and Highland Games, I am at a loss to understand why they have included orienteering as a non-running sport! I strongly suspect this is because they have never attended an orienteering race.

I can assure them that orienteering is very much a running sport with exactly the same physical demands on athletes as cross country, road, and hill running. Indeed, many athletes are now to be seen at all these different running disciplines to provide variety to their sport.

Donald Petrie,
Kilbarchan AAC,
Clydeside Orienteers.

Thanks to those involved in Loudon Mile, especially Lachie...

6, Staffa,
St Leonards,
East Kilbride.

SIR - I am writing to thank the organisers, stewards and traffic police in the recent Loudon Road Mile. A special thanks must go to the kind ladies who supplied refreshments afterwards, and to Lachie Stewart for all his hard work. My family and myself had a very enjoyable day out, and hope that this race will be repeated every year, and that we might be invited to run again.

Eileen Reid

Budd case is "victimisation"

30, Brisbane Street,
Greenock,
Renfrewshire.

SIR - It was with some regret that I read Ian Campbell's letter "Banning Budd is Correct Course". Mr Campbell is happy that Zola Budd will not be running in the Olympics.

As a runner it saddens me that a gifted athlete will not be competing in the Olympics because of political pressure. I would hope that most genuine sportsmen and sportswomen would share this opinion.

Mr Campbell uses the columns of a sports magazine to make certain points of a political nature; I will refrain from indulging in any political dialogue other than to state that I am opposed to apartheid as a political system. However, we are all to some extent products of our background and it seems rather churlish, to me, to criticise Zola Budd because of hers. No amount of privilege enables an individual to become world cross country champion.

Zola is also criticised because she has a British passport but still retains Afrikaans as her native language. I have a clubmate who is English and runs for Scotland and another who is Scottish and runs for N. Ireland; they still retain their original accents.

As a matter of principle I am opposed to political interference in sport, and I am concerned over the Zola Budd episode as I see this issue as a case of victimisation of a fellow runner; perhaps like Hugh Jones I am naive.

Les McMahan

"Obsessional"

55, Silvertonhill Avenue,
Hamilton.

SIR - Apartheid has no place in a civilised society, but the attack on Zola Budd by Ian Campbell (June issue, Scotland's Runner) was unhealthy in its venom and verging on the obsessional.

Exactly what was this witchhunt against Zola Budd by the IAAF and others expected to achieve? We have South African golfers, tennis players, snooker players etc playing in this country without disruption. Furthermore, for years we have participated in sport against regimes whose actions we have strongly disapproved of.

The fact of having been born in South Africa does not mean an individual is somehow congenitally evil and is deemed to endorse all policies of the regime. Let the bigots leave Zola Budd in peace. Allow sport to transcend such bitterness.

Ken Morrison

An excellent Cowal race

83, Allanvale Road,
Bridge of Allan.

SIR - May I take the opportunity of using the columns of your excellent publication (good, eh) to express my gratitude and the gratitude of everyone else who took part (I didn't hear any complaints) to the organisers of the Cowal Police Half Marathon on Sunday May 29.

A good route, with the steep uphill and downhill to the promenade, then down the coast to Innelan Pier, sometimes venturing a glance across the Clyde towards the Clocklighthouse, but mainly concentrating on pace and how to catch that vest in front (57 for most of the race, but I caught him eventually).

Well done to the winner, J Duffy, in a great time. I didn't recognise the name until I looked back a few issues. Congratulations also to the winner of the ladies' race, C Farrell, who won in a personal best time.

The barbecue and beers courtesy of the US Navy were much appreciated by all, and a special mention should be made to Les Wilson, the organising secretary, who presented the prizes just in time for us to catch the 4.15pm ferry.

Archie Johnstone



All smiles at the start of the Strathclyde Women's 10K on June 5. More pictures on Page 15.

THE PRINCESS Louise Scottish, or, as it is most commonly known, the **Erskine Hospital**, has for more than six decades given help and peace of mind to over 40,000 men who have been looked after there - men from every branch of the armed services and the Merchant Navy who have been wounded or have become ill after serving their country.

Erskine is a voluntary hospital outside the National Health Service, and everything that is done for the men of Erskine is done through the generosity of the people of Scotland.

Colonel Shepherd, the hospital commandant, explains: "One of the important things we do is to help a man build his life again, no matter how badly he has been hurt, so that he can make a contribution of some kind to the welfare, knowledge, or even the entertainment of his fellow man."

Most of the men in the 290 bed hospital will spend the rest of their lives there. To this end, Erskine is not only a hospital, but a home to these men. A number of the patients are paraplegics and Erskine is constantly up-dating the aids these men need to lead as normal a life as possible. These range from electrically-operated wheel chairs to a mouth-operated computerised typewriter.

"Disabled men confined to a hospital must have interests other than eating and sleeping. Here at Erskine the MacRobert trustees have provided a recreation centre with facilities for archery, air-rifle shooting, darts, table tennis and many more," says Colonel Shepherd.

A number of people and groups have done a variety of stunts to raise money for Erskine. One of the more unusual efforts was that of 70-year-old Jack Hodgson (ex RAF) who made his first parachute descent in 1987 and raised more than £2,500.

Last year, runners who ran in aid of Erskine Hospital raised around £12,953.89 in sponsorship. The Strathclyde Police "K" Division took part in a fun run and raised in excess of £3,000, and David Eagle from Houston collected £2,035 for his "efforts for Erskine".

It is not only runners who have helped raise funds. Last year, the 16th Air Defence Regiment Artillery cycled 450 miles raising over £1,000 for Erskine in the Royal Artillery Cycle Marathon.

THE CHARITY Intermediate Technology thank a number of fund rais-

ers in their latest newsletter. One of the outstanding achievements is by record-breaking athlete Helen Diamantides, a schoolteacher from Leicestershire, and Alison Wright, an engineering student from Durham University.

Both made the news all over the world in October 1987 by running from Everest base camp to Kathmandu in a amazing three days, ten hours and eight minutes, knocking 27 hours off the existing record.

Before tackling the 164 mile route, which climbs 30,000 feet and descends 44,000, the girls trained in the Tibetan Highlands for three months. The appropriately named "Superwomen of Kathmandu" had only 12 hours sleep between the base camp and Nepal's capital and were joined along their route by Nepalese women athletes.

They raised over £5,000 for the charity's work, but answered one journalist's question in a modest fashion: "I do not think this record will last. We are pretty ordinary runners," they said.

THIS YEAR sees the centenary of the charity "ICAN", which exists to improve the life for disabled children and their families. The charity was set up by Allen and Helen Graham, who called a meeting of doctors and their wives on June 22, 1988 - thus the invalid Children's Aid Association was born.

The organisation has come on in leaps and bounds since that day all those years ago. It has also progressed out of London and the south-east into a truly national organisation in recent years as the demand for ICAN'S services increase.

Since last year, the charity can provide education for disabled youngsters at their premises, Dawn House, from the age of eight right through to 16.

"ICAN" aims to provide and up-date their services in the years to come. Hopefully people like Perry Hinton, who is the runner in their advertisement and who suffered from chronic asthma as a child, will continue to support and raise funds for the charity.

DURING 1988 the Cancer Research Campaign will be spending £4 million on research in Glasgow, divided between the Beatson Institute, Glasgow University, Strathclyde University, the Western and Royal Infirmarys.

Appeals organiser, Major John Harman says: "£22,209.88 was raised from the 1987 Glasgow

Marathon and another £8,207.28 from other sponsored runs in 1987. The expenditure in 1989 will be no less, so we are hoping that the income from sponsorship of runners in the Great Scottish Run and other events will continue to provide substantial sums towards this vital research."

Cancer is a condition that might not concern every single person at the moment - but think of the future. The main aim of the Cancer Research Campaign is in the long run to provide a safe, cancer-free tomorrow. The charity is very hopeful that in the distant future the causes of cancer will be known - and how to prevent it and how to cure it also.

"We are most grateful for those who have supported us in the past, and we will be delighted to supply sponsorship forms and free running vests to those who intend to support us in the future," concluded Major Harman.

VETERAN fund-runner John Seiwright pounds the roads of two marathons a year in aid of the charity **Leukaemia Research**. He has raised the magnificent sum of £41,330 in only six years.

When his three and a half year old died of leukaemia in 1974, John vowed that he would do all that he could to raise money for the fund - this is the main driving force behind his running. He took up sport again in 1982, after a break of 30 years. In April this year he finished the Rotterdam Marathon in 4-38-20, with sponsorship money totalling around £3,000.

As well as raising money, John Seiwright adds, "I enjoy running, and benefit from it by staying fit both physically and mentally. I also regard the marathons as social occasions - you always meet a number of interesting people."

His interest in running was rekindled when he watched veteran runner Madge Sharples on television in 1981. "I thought if she can do it, then what is to stop me," explains John. The following year he travelled to London and ran the last five miles of the marathon chatting to Madge, getting tips off her for the future.

The people who sponsor John range from his friends and neighbours to companies and central government. He said, "I get in touch with anybody who is willing to give money for the charity, everybody is always so generous."

At the age of 68 years, John Seiwright has no intentions of stopping running in marathons.

However he does reveal: "At the moment I'm aiming at the bigger marathons in London and Europe. They give me a certain 'degree of status'. I think when I get older I will do the local ones - I won't have to travel so far!"

John is a member of the Scottish Veteran Harriers Club and firmly believes that for someone starting running a club is definitely the best solution. "If you are lagging behind all the others the coach will always try and make sure that you improve. Unfortunately, due to distance I can't get to events as often as I would like," he said.

MULTIPLE SCLEROSIS is the most common, not to say the most frightening, disease of the nervous system; it affects up to 10,000 people in the United Kingdom, people from all walks of life. It affects them with a devastating suddenness.

The motto of A.R.M.S. (Action for Research into Multiple Sclerosis) is "Self Help is our Way of Action". Self help means that victims and the families decide to do something to help themselves - a positive approach to any problem.

The intention of the approximately 53 therapy centres (all set up and run by sufferers and their families) is to show patients how to improve their quality of life through mutual support, and to promote the free exchange of information. All ARMS centres offer nutritional advice and provide hyperbaric oxygen therapy. Many also offer physiotherapy and counselling services which ARMS is hoping to extend to all centres.

In each case the patient is put first, and the services are arranged around their needs. Obviously money is pooled by centres towards the funding for research into a cure, but many cannot afford to wait any longer and ARMS refuse to forget the quality of life of those whose conditions continue to deteriorate.

ARMS and its local therapy centres need help desperately. With a number of major marathons being run in August and September, readers of Scotland's Runner are asked to help those in need by running for charity. ARMS seeks to provide help. With help comes hope. With hope comes improved quality of life.

Fiona Caldwell

Triathlons

Grand Prix series now well underway

THE SECOND event in the Scottish Triathlon Grand Prix series took place on May 23 at the Royal Naval base in Rosyth. The distances were 1045m swim; 4.4K bike; 11K run. Mike Harris (Freewheel/Tyne TC) made the journey north to test the best of the Scottish triathletes.

Local swimmer Ian Laseter was first out of the pool, closely followed by Scott Riach (FFT). The rest, including Harris, were over a minute behind.

Riach soon overtook Laseter, with Harris working his way through the field to finish the bike section in second place, with Bud Johnston close behind in third place.

The out and back cycling section was on a superb dual carriageway, but the strong easterly wind on the return leg made life difficult for those without Scott DH Handlebars.

Harris scorched the run and finished nearly three minutes ahead of Johnston, with Alistair Watt third, a further two minutes back. Then came five athletes neck and neck for the minor places all within 30 seconds of each other. Johnston, Black, and Buchan had been together throughout the event and just managed to pip a fading Riach, who did hold off O'Donovan.

Ginny Pollard had some competition from Sylvia Cranston (Fairport TC) but managed to maintain her unbeaten record in triathlons by the very close margin of 42 seconds.

THE THIRD event in the series was held on June 11 at the Magnum Leisure Centre, Irvine, in very warm dry conditions. The distances were 1K swim; 28 mile bike; 5.5 mile run. Bud Johnston (East Kilbride), started the event as firm favourite.

However, it was Fleet Feet Triathlon Club's Scott Riach who was first out of the pool in just over thirteen minutes, and was away on the bike a clear minute ahead of Johnston and his clubmate Alec Simpson, with Stuart Black (EK) a further minute down.

Then at four miles, disaster for Scott Riach as he punctured, allowing Johnston the lead, with Black still a minute ahead. John O'Donovan, though, overtook Black at eight miles and Johnston at 12 and held this during the run to finish two minutes clear of Johnston, with Black third. Ginny Pollard, meantime, finished 13th overall.

GRAND PRIX SERIES PLACINGS

MEN

1. B. Johnston (3) (EK) 2800 pts; 2. J. O'Donovan (3) (FFT) 2000 pts; 3. A. Watt (2) (Clyde) 1700 pts; 4. S. Black (2) (EK) 1400 pts; 5. J. Dowell (3) (EK) 1100 pts; 6. M. Harris (1) (Tyne) 1000 pts; 7. S. Riach (2) (FFT) 1000 pts; 8. A. Davison (1) (Tyne) 800 pts; 9. D. Devlin (3) (EK) 790 pts; 10. A. Johnston (1) (FFT) 700 pts.

WOMEN

1. G. Pollard (3) 3000 pts; 2. T. McCaulay (2) 1500 pts; E. Brown (2) 1500 pts; 4. R. Hare (2) 1300 pts; C. Rowland (2) 1300 pts.

Lesley Nevin (EK), below, and winner John O' Donovan, right, at different stages of the Irvine Triathlon on June 11.



Women in SPORT

More status for women athletes?

FOLLOWING a recent Women Willing to Win conference, quite an amount of correspondence was received which the organisers have issued in a paper entitled *Women Willing to Win - Extracts from Correspondence*. The many points and suggestions proffered by various people make very interesting reading.

It was, for example, suggested that the medical back-up for athletics in Britain leaves a lot to be desired, and this might well be responsible for the large number of women athletes who are forced to lay-off for long periods. While men also need medical attention, it was postulated that women would reap more benefit, especially in the area of weight control, and presumably also - to be said in a stage whisper after a surreptitious glance right and left - "women's problems" in relation to athletics.

Such back-up is rapidly available to Eastern bloc athletes, and while it is not recommended or even desirable that we should have a similar sporting regime in this country, much more could be done to produce a sporting environment that encourages the athlete to work hard to gain results and be "women willing to win" rather than being, as one correspondent put it, "in the comfort zone of taking part." This could be because women find it difficult psychologically to cope with competition pressure.

If it was more widely recognised that while men and women are of the same species, they are very different, not only physically but also from a psychological point of view, then women might well be spurred on to even better athletic performances if such a diversity was catered for.

Another correspondent said that she always thought East Germany enjoyed such a level of athletic success, not just because of facilities, scientific and medical back-up and so on, but because these female athletes could see that what they achieved was not only important to themselves and their coaches, but also to the state - money and time spent being a measure of the country's interest in and aspirations for its female athletes. In my day, and I am not sure if things have changed at all, we were given a Scottish vest on our first international and given another when it eventually fell to bits. If you wanted a tracksuit you had to buy it yourself, and also pay a certain amount of money towards the trip if it was abroad.

As mentioned in a previous article in this magazine, and brought up at the Women Willing to Win conference, is the notion that the British public does not appreciate female athletes who do not toe the line when it comes to the stereotype for what constitutes "feminine" in this country, even if the athlete is world class. A prime example is the attitude generally displayed towards Kratochvilova, with comments such as: "That's not a woman." And that not only from men. It is probably true to say that parents would rather their little sugar 'n spice took up the 800 metres rather than the shot. Often being pretty is favourable to being better in a particular event, and may well have a bearing on how many invitations an athlete receives to various competitions.

There are without doubt far more full-time male than female athletes in Britain, and it was put forward that even if a women athlete can afford to go full-time, the chances are she does not have the confidence she will get the desired results - which would seem to suggest we could be doing a lot more to instil confidence in our women athletes, something that, due to

psychological differences, is far more a male trait than a female one. Confidence might be more readily tapped in the British female athlete if she was better conditioned for her event. It was suggested that in many cases example schedules are regarded as being for men, and, therefore, women should be doing less, when in fact women are very much capable of handling heavy training schedules. It seems also that many women shy away from weight training thinking they will put on more beef and become less attractive. This only results if the wrong weight training is done, and more information and literature in these two areas are called for.

There are far less women than men who carry on in athletics after the age of 15, which subsequently means fewer women at the top of athletics. The social aspect of a club can be very important to women, far more so than for the male athlete, and especially the older female athlete who needs a lot of encouragement to join a club and take part in athletics.

It was put forward that female athletes who show international potential should be taken under the wing of the national coach for the athlete's particular event. This would require a great degree of unselfishness on the part of the personal coach, and while it might be a great incentive for the female athlete, she might miss the closeness and rapport that can build up between athlete and coach over a period of time. In any case we do have Scottish event squads where the athlete, if good enough, can go and meet and be coached by the national coach for their event every so often.

While Eastern bloc countries take children showing great potential and put them in sports schools and produce athletic and gymnastic machines, Britain produces a whole host of world class male athletes without this set-up, so why does the same not ring true for the

female athlete in this country?

It was suggested that a lot of athletic resources in this country are channelled into young athletes to the detriment of senior women's athletics, and that more status should be accorded to the female athlete. International matches are essential to promote the development of senior athletes, but there also have to be far more inter-area matches to give club athletes more incentive to keep on training.

The British woman who does win an Olympic medal, or becomes a world champion, has had a far greater struggle to reach that standard than her male counterpart for reasons mentioned above among others (and not forgetting women's drug abuse, which would appear to be more prevalent outside this country). Male hormone drugs have far more effect in raising the female sporting performance than the male. But as one correspondent put it, women's sport is still seen in this country as second class because men can run faster, throw further and jump higher.

While it is all very well talking about ways of improving the standard of female competitor in this country, it is as well to remember that there are a great number of women who compete because they enjoy just being part of the athletic scene, and have no great aspirations to be anything but club runners. No doubt we would all like to see Britain producing a plethora of world class females, but let us not forget the old cliché of running for running's sake. Nothing wrong with that, is there?



Fiona Macaulay



A goldfish bowl look at the Strathclyde Women's 10K by photographer Peter Devlin, above. The event was again a huge success and a tribute to the organisers. Alison Jenkins, above left, led Scotland home in the Home Countries International match, with a winning time of 34:40, slightly down on previous years. Above, centre, Miss Toner makes a point, while on the right another entrant stretches one. The first veteran home was Janette Stevenson of Falkirk Victoria Harriers.

Orienteering

Scandinavia shows the rest home...

THE TROSSACHS, the clamoring heights between Loch Katrine and Loch Achray, pulled in orienteers from all over the world on May 21 and 22. They came from as far as Australia for the third stage of the 1988 World Cup and from the depths of darkest England to see the big boys and girls in action, and to run the same forest in the Scottish Open Championships.

Oyvind Thon of Norway and his girlfriend Brit Volden made Norway's day by topping the leader boards at the end of the competition, but with Sweden running second and third in both fields the old Scandinavian enemies left for home raring to go in Finland a week later.

Thon tanked the opposition by over four minutes with a time of 83-44 for the 12.3K route. Perth's Steve Hale finished best of the British, breaking into the top ten when he finished in 93-25 for ninth position.

Volden "took it steady" to complete the women's 7.3K in 68-36. Top Swedish road runner Malin Westlund dropped back into second place overall in the World Cup placings when she finished 13th on the day in 80-08. All of which helps put orienteering speeds into some perspective.

Perspective was what the elite fields in the Scottish were after as they ran WC courses in the afternoon.

Veteran Carol McNeill (Lakeland), a constructive force during her many years north of the border, surprised no one up with current form when she took her 12th Scottish elite title since 1969. Behind her finished Anne Salisbury (Solway; 2nd), Chris Whalley (Edin Interlopers; 3rd), and Hazel Dean (Forth Valley; 6th), one of the better Britons in last year's world championships in France.

Carol's time of 84-51 would have placed her as fourth Briton in 23rd position in the morning's international field. It says much for the 44 year old's fitness, and bodes well for her defence of her world vets title in Sweden in July.

The men's title went south of the border with SE Lancashire's Robert Lee, who turned in a time of 109-01 for the 12.3K course. Pakit Hyman of Edinburgh University was best of the Scots in the field, finishing fifth in 114-08.

That left 48 other trophies to be decided and with Scottish clubs holding onto 23 of them, they went to adorn homes far and wide across the country. Inverness, however, might put in a dubious claim to top the Scottish club rankings with two A class wins going to Euan Naismith at M11, and to Patrick Walder at M17, while Joyce Brunton won at W35B. Walder gave his British junior hopes a boost by taking the scalp of British champion Neil Marston into the bargain.

Sunday's relays brought out the international brigade once again. Not surprisingly the Scandinavians were well to the fore, with Sweden wreaking ample revenge for Norwegian temerity the previous day. The blue and yellow strips finished one second clear of the Norwegians in the men's event, and took the first two places in the women's race.

The relays are a club competition, however, so when Jonathan Musgrave brought Grampian through from 12th to sixth, with only Scandinavian's ahead of him, he felt sure the cup was on its way to Aberdeen. The Norwegian lineup, however, all turned out to be men from Trondheim University. They claimed first place and left the second placed Aberdeen trio of Dave Armitage, Graeme Guy and Musgrave to content themselves with their victory over the formidable Lancashire side.

Results

Men

(12.3K, 555m climb)

1, O. Thon (Nor) 83-44; 2, M. Wehlin (Swe) 88-15; 3, K. Olsson (Swe) 90-26; 4, S. Hale (GBR) 93-25; 5, R. Bloor (GBR) 96-18; 6, C. McIntyre (GBR) 99-30; 7, P. Hague (GBR) 100-28; 8, J. Musgrave (GBR) 101-15; 9, D. Jones (GBR) 103-28; 10, D. Ruddock (GBR) 103-28.

Women

(7.3K, 385m climb)

1, B. Volden (Nor) 68-36; 2, M. Skogum (Swe) 69-10; 3, A. Hannus (Swe) 71-54; 4, Y. Hague (GBR) 80-41; 5, K. Parker (GBR) 80-46; 6, J. Ramsden (GBR) 84-27; 7, S. Lewisley (GBR) 86-43; 8, G. Hale (GBR) 89-20; 9, W. Lightfoot (GBR) 95-55; 10, L. Dunn (GBR) 96-20; 11, J. Robson (GBR) 102-56.

Scottish Championships

Men's Elite

(12.3K, 555m Cl)

1, R. Lee (SELOG) 109-01; 2, M. Chapman (LOK) 110-08; 3, D. Parker (Manchester) 114-08.

Women's Elite

(7.3K, 385m Cl)

1, G. McNeill (Lakeland) 84-51; 2, A. Salisbury (SOL) 90-31; 3, C. Whalley (Edin Int) 91-29.

Other Class Winners

W10A 1.8K, H. Balfour (SYO) 15-01; W10B 1.8K, A. Melvin (MOR) 25-28; W11A 2.4K, C. Wallace (MOROC) 21-17; W11B 1.8K, H. Dodson (ROMPS) 28-07; W13A 3.1K, R. Noot (EPOC) 25-29; W13B 2.4K, J. Field (CLYDE) 22-31; W15A 3.9K, M. Todd (ECKO) 35-32; W15B 3.1K, F. Yarrow (Border) 40-52; W17A 4.7K, G. Bolland (MOROC) 47-30; W17B 3.9K, K. Forrest (ROX) 75-19; W19A 5.5K, L. Allen (AIRE) 101-41; W21A 6.2K, N. McIntyre (BOK) 84-33; W21B 4.2K, Z. Arden (Aber U) 69-53; W35A 5.6K, C. Roberts (EBOR) 68-53; W35B 4.2K, J. Brunton (INV) 73-19; W40A 5.3K, P. Carmichael (TINTO) 80-40; W40B 3.7K, M. Foreman (TINTO) 59-28; W45A 7.2K, J. Graham (MAR) 57-40; W45B 3.7K, C. Evans (DEE) 86-



Bill Melville



Helo everybody! Our photographer, Peter Devlin, armed with compass and camera was rewarded with these action shots of Paul Hague (GBR) 22; Heidrun Finke (FRG) 128 (also on preceding page); Malin Westlund (SWE) 130; and Daniel Hanselmann (SWI) 17.

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AT AN AGE when distance runners are coming into their prime and marriage should be but a distant furrow in a young man's brow, Councillor Paulo Vestri of Edinburgh District Council is in the enviable position of politically overseeing a massive £17m recreation budget for Scotland's capital city.

Aged just 29 and to all extents and purposes a full time councillor, Vestri took over the chair of the recreation committee in March. Quietly spoken and casually dressed, he inherits a department split into six divisions - parks, sport, baths, libraries, arts, and museums. In almost every division, Edinburgh towers over the rest of the country for physical provision.

While Edinburgh is certainly one of the great arts capitals of Western Europe, its role as host city of the 1970 Commonwealth Games gave it a head start over Glasgow and the other Scottish cities in sports facilities.

In the Royal Commonwealth Pool, Edinburgh boasts the finest indoor water facility in the country. And for all the indoor splendour of the Kelvin Hall and the Magnum Centre in Irvine, can anybody dispute that Meadowbank is the number one sports centre in Scotland?

Each division in Edinburgh's recreation department is headed by an assistant director. Robert Hulbert has responsibility for baths, but since the departure of Doug Stewart to England four months ago the sport assistant directorship has been vacant. It should be filled in the next month or two.

Reporting to the assistant director in charge of sport when he's there are the managers of the city's three major sports centres - Meadowbank, Craiglockhart, and the Jack Kane. Under this trio are assistant managers - of whom Bill Walker, at Meadowbank, is one.

Within the next four months, Edinburgh will open two new sports centres costing over £5m between them. A sports hall at Gracemount, scheduled to open at the beginning of August, will be followed by a wet and dry facility at Ainslie Park in November. A wet facility can be added to Gracemount when finances permit, thanks to the built-in design.

To get round the borrowing constraints imposed on local authorities, Edinburgh financed the sports centres through a covenant scheme (whereby intermediaries borrow from the bank on the district

FOCUS ON Edinburgh

DAVID INGLIS travels this month to the capital city of Edinburgh, host to the Miller Lite IAC Meeting on July 29, and possessor of probably the finest recreation facilities in Scotland.

council's behalf and the money is repaid over five years). As if these major capital projects were not impressive enough, the council is also behind the construction of a major flume development at the Royal Commonwealth Pool, and in partnership with a private company, White Water, is reshaping the derelict Leith Central Station into a leisure water complex.

You can gauge from all the preceding that Edinburgh is Mile's Wetter, and again swimming leads the way when it comes to a thought-out integrated approach to sports development.

Most of the city's clubs, for example, have joined the district council's swimming development scheme - although probably the best

ics might expect a similar development scheme - there was, after all, much talk of the city taking a lead in this department after the 1986 Commonwealth Games. "A policy plan for recreation will get underway in the next month or two and will involve outside consultants. When we get these results we'll be able to make more detailed statements about sports development," he replies.

While an athletics development scheme would be a tremendous boon to sport, again you have to ask how Edinburgh Southern Harriers and Edinburgh Athletics Club would react to it.

Saughton, which is run as a satellite of Craiglockhart, has a running track and an AstroTurf foot-

sensible objections to the proposals, and there was almost universal opposition. Generally speaking, sports facility management is pretty efficient. It would be pointless for local authorities to invest money in new facilities if they were just going to be handed over to private concerns."

Despite all this, Vestri believes that the Government will return with modified proposals in about 18 months.

The district council was widely criticised three years ago over the infamous Dairy Crest meeting at Meadowbank when ITV refused to cover the show because an Edinburgh anti-apartheid sign. But Vestri has a different view.

"I think the SAAA were largely to blame for what happened and for television's over-reaction," he says. Not to televise the meeting because of a sign saying Edinburgh was against apartheid was crazy. The Government is against apartheid.

"We had an agreement with the SAAA in that we had permission to put a sign up and they had an agreement with television. There was nothing in either contract to say what kind of sign went up."

"The SAAA knew some time before what the content of the sign was going to be. As usual it was all last minute stuff, and the issue blew out of all proportion."

Having made a grant of £11,000 towards the IAC Miller Lite meeting later this month, Vestri says the organisers are aware of the district council's attitude towards any athlete on the United Nations sporting blacklist. There is unlikely to be another misunderstanding.

On other fronts, the council is proud of its appointment of two women in sport development officers. Recent football coaching sessions for women went down well.

Vestri concedes that there have been, and will continue to be, conflicts between various sporting and recreation interests over provision, but there is a plan to decentralise services into 12 local offices within the city. A marketing unit works in close liaison with the recreation department to ensure maximisation of publicity and sponsorship - and in contrast to its political image Edinburgh is happy to develop recreation in partnership with the right kind of private company.



Meadowbank Stadium, Scotland's outdoor athletics showpiece.

known, the Warrander Baths Club, has remained aloof. "It works on a pyramid basis," explains Paulo Vestri, "with a substantial amount of people at the very lowest level, and working up to national squad members."

"Sessions at the Royal Commonwealth Pool and other baths are taken by our swimming coaches, and the scheme works in association with club coaches."

Eventually this allows Scotland's capital to have its own composite swimming club - the City of Edinburgh - and brings prestige to Auld Reekie. Such a scheme is of enormous benefit to the smaller clubs and individual swimmer, but naturally large clubs like Warrander which have built up a reputation over many years might not view it in the same light.

I asked Vestri when athlet-

ball surface - the latter, like fitness rooms, proving the boom area in the sport division.

Politics can never be far removed from the mechanics of local government in Edinburgh, and - in common with just about everybody in Scotland - Paulo Vestri is relieved that the government appears to have shelved, for the moment at least, legislation to put the management of sports centre out to tender.

"We were never sure exactly what they were proposing, but obviously there were going to be implications for concession prices, disadvantaged groups, and minority sports," he says. "Somebody who is going to make a profit is going to concentrate on the most popular aspects."

"The Scottish Sports Council and other bodies put in

CUMBERNAULD AMATEUR ATHLETIC CLUB

Having already featured two of the most successful athletics clubs in Scotland, this month we turn our attention to one of the newest and smallest, Cumbernauld AAC. JOHN WHITE reports, with pictures by PETER DEVLIN.

Cumbernauld AAC is a small club. Membership numbers around

fifty in a good year and the turn-over runs at about a dozen a year. Numbers have never exceeded 70 or so athletes, probably because the resources are so limited that a consistently high level of service is impossible to provide. The bare statistics are that Cumbernauld has no permanent athletics facilities and only three willing and capable adults to supervise club training sessions.

The Cumbernauld club grew, or perhaps one should say evolved, out of a running club organised by Bob Thomson in the Abonhill district of the new town in 1981. Bob organised running sessions for his own

kids and those of the local neighbourhood, and from it was born Cumbernauld AAC.

While Bob Thomson is no longer actively involved with the club's affairs, his daughters are doing him proud. Fifteen year old Claire, for example, was a recent bronze medalist at the West District Championships 800 metres and has a personal best of 2:32.

The administrative side of the club is handled by the executive committee, who meet monthly to keep the ship afloat and hopefully going in the right general direction. Committee meetings often last two or even three hours, discussing subjects as diverse as how to attract and retain new coaches, and how to respond to three pairs of spikes



Members of Cumbernauld AAC after training, above, and going through their paces, below left and right.

being stolen from the club's athletes at a recent league match.

The current committee is typical of all small clubs. The chairman, Stewart McCrae, is the secretary of the local YMCA/YWCA and a successfully active veteran in cross country and road races. Secretary Ellen Brogan is involved because four of her family are involved.

Ron Duffy is a relative new comer to the group because his son only joined the club in the 1987/88 cross country season. The club coach is Steve Taylor, who despite the title is still actively involved in competition and whose philosophy to coaching is that while you can take a horse to water, you cannot force it to drink. John Bremner has three children with the club and is a Grade 3 official, a role which often conflicts with his role as team manager at league meetings.

The team captains typify the youthful spirit of the club. Paul Boggan, at 20, and Shawna

Eadie, at 19, are responsible for taking the message to the athletes and bringing ideas from the membership to the committee room.

The focus of club activities is, of course, the club training night. Unlike clubs which operate from a fixed base serving as a focus for information, Cumbernauld AAC is permanently on the move.

On Monday nights, the club meets at Cumbernauld High School primarily because the playing fields are grass and the perimeter path boasts two discus circles and a javelin runway. In addition, one of the gravel hockey pitches accommodates a 200m track during the summer. On Thursdays, the club moves two miles up the road to Abonhill High School where the gymnasium is the hive of activity for circuit training during the winter months. The Abonhill football pitch is often used by local youngsters so running is usually done away from the school.

With no technically qualified field event coaches and the majority of the coaching staff actively involved in competition, the club's philosophy is to coach within its means. That means running. All the older athletes are encouraged to build running into their lifestyles (whether they do it is very much up to themselves).

The club began an enterprising venture earlier this year by printing training pad diaries and selling them to the athletes to raise club funds. Not for the first time, the club was able to draw on its members' professional expertise because the artwork was done by Robin Kerr - sprinter, coach, and design draughtsman.

With emphasis so heavily on running, it is natural that the club should be extremely active during the cross country season. The club championship is organised around a series of races throughout the winter, culminating in the national championships. This format has the double benefit of encouraging athletes to turn out

for the club, while at the same time allowing them the opportunity to sample a variety of courses over different terrains.

The committee has been actively involved with the Cumbernauld cross country event for a number of years, and single-handedly organised the last international fixture in 1985. It is a sad reflection on trends in modern day athletics that the likes of Steve Jones and Paul Davies-Hale, past winners of the event, could not be tempted back by local sponsorship.

Individual successes have been relatively few and far between. The most noticeable achievement has been Stephen Wallace's 50.4 seconds when winning the Scottish Schools' 400m title in 1987. Unfortunately for Cumbernauld, Stephen has chosen to further his career with Clydebank this season. The club also possesses an 800m prospect in John Morrison, but since placing third as a youth at the Bell's Junior meeting two years ago, John has not lived up to his undoubted potential.

Steve Taylor says, "With instances like these in mind, the coaches share a common frustration in effectively supervising an adolescent hobby rather than sharing in a fruitful, long-term relationship with successful athletes. It is perhaps significant that three of our coaches compete in the Scottish and North West league team while the other officiates. The athletes look after themselves. But then we are a small amateur club and perhaps we have no right to expect it to be any other way."

Cumbernauld is also the home club of Douglas Rimmer, currently staff coach for sprints on the joint coaching committee. Douglas served his time with the kids of Cumbernauld in the early 1980s, and was largely responsible for the local success enjoyed by Jackie Bone during that period.

Cumbernauld gained entry to the Scottish and North West League in 1984, and won the Division 4 championship at the first attempt. Realists would suggest that little progress has been made since that day. The club performed comfortably in Division 3, winning the opening fixture last season, before capitulating to relegation on the last day by leaving too many events unfilled.

Last year was a bad one for the club. The boys' team won promotion to Division 1 of the Scottish Young Athletes League in 1986 but lost the nucleus of that side to the junior men's age group, and to "social" athletics during the winter. Relegation from Division 1 was assured from the very first meeting of the 1987 season. Morale amongst the athletes was low because of poor results.

The result was a trimming of expectations and numbers. The club withdrew from the Young Athletes League, thereby reducing the administrative burden, and switched its attention to open graded meetings.

A handful of athletes train through at Grangemouth and the club was fortunate when Falkirk Victoria invited Cumbernauld to participate in their championship. For athletes and officials alike, it

has now become a splendid meeting with a great atmosphere.

Looking to the future, a youthful venture into the Scottish Athletics League in 1987 provided a highly satisfactory first year in senior competition and the club is well placed to improve on last year's performance in the current season.

Readers will have gathered that the club has been quite strongly orientated towards track athletics, and indeed that emphasis led to a mini walk-out by road race members just over a year ago.

Chairman Stewart McCrae explains frankly: "The club didn't respond properly to their particular needs, and not having our own training base meant communications were exceedingly difficult."

However, following a recent committee meeting, Cumbernauld are now actively trying to recruit road runners into the club again, and this time will recognise their separate needs and requirements.

Road runners in the area who are interested in joining this lively club should contact McCrae at Cumbernauld 21382.



Coaching by computer!

Steve Taylor, Cumbernauld's BAAB club coach in middle distances, is also a senior consultant with the computer software company 4GL Systems. Here he outlines how the use of new technology can greatly benefit the busy coach.

Necessity is the mother of invention, and has been since the days of the industrial revolution. The corollary to that in 1988 is that technology is the tool of invention.

I first became aware of the potential for computers in athletics in 1984 at the Dollar Hill Race. Within minutes of crossing the line, each competitor received a listing showing all of the times and positions going up, coming down, and of course overall. It had been done with speed and precision, and it had flair.

I often thought about that, and whether I could do something to be more effective in athletics. I'd been in programming for fifteen years and I reckoned that all it needed was a bit of effort and the right idea.... the problem was I could never find the time. Show me a coach who has time to spare!

The second time I became aware of the potential was in the autumn of 1985 at Largs. I did the coaching theory for my middle distance club coach award at Inverclyde, and during one of the lectures Ian Robertson handed out copies of training sheets which his athletes used in recording their work. This was the start. I was even more convinced when I read Frank Dick's excellent book on training theory. Here, I thought, was all the information I needed to formalise a training programme from the start of work to the peak of competition.

I set out initially to develop Ian's sheets to suit my own needs, using a computer to

lay out the format. I got feedback from my own athletes and arrived at a Mark II version in the winter of 1986.

Then I bought an IBM compatible personal computer. At £1000, business computing has become within the reach of the man in the street. With an applications development package I believed I could automate the planning and monitoring side of my coach work ... at least

I took six months off from training and racing to sit in front of a terminal. My athletes probably don't realise it, but they have been willing guinea pigs for the past twelve months. Next season the plan might be different, but only slightly.

The package stores a blueprint of each athlete. Their age and personal best performances across distances ranging from 60m to 1500m are recorded. This is the key information which makes sure that the workload fits the athlete in every case. The package also has a skeleton of the training year with its five phases. In the sixth phase we all take a holiday.

The one page summary of all this work sits at the front of the athlete's workbook. It gives the coach and the athlete an instant overview of the work that has (and more importantly hasn't) been done. The rest of the book includes the plan for the current phase, which may of course change from week to week, a copy of the athlete's own sheets which describe the work done, and a summary of all competition in the season to date. It is a document which should leave neither the coach



Steve Taylor, Cumbernauld's middle distance coach, at work on the computerised coaching system he has devised.

nor the athlete in any doubt about the programme. Disciplined, yes. Formalised, yes. But then how many club athletes suffer from a lack of direction?

Inside each phase is a schedule of weekly mileage and interval work. This is the heart of the package where the real planning is done. All work is based on the athlete's age and experience.

The mileage sub-system is designed on a three month cycle. Every week looks back at the last six weeks and replans six weeks ahead; this is essential to overcome the unexpected. The system calculates the work done as a percentage against the original plan. It then uses this percentage as a scaling factor to bring you back to plan in six weeks time.

Easy week, hard week, is the principle. During a comeback after a layoff the package constantly looks six weeks ahead. We have proved that it takes the worry of lost work out of a comeback. Every coach worth his salt can write down a programme, but when the athlete gets a cold or strains a muscle, the plan goes out of the window. This system insists on being up to date as long as the information is available.

Our interval programme works on a principle of progressive improvement. This means that you have to successfully complete a unit of work before you can move on to the next. The plain truth is that as the work becomes more demanding you

can't move on until you're ready. The interval schedules themselves and the recoveries are totally within the coach's control. A parameter file which sits alongside the main package dictates the distances run and the recovery factors for each distance. The file is tuned by a menu programme.

The competition report hides one of the "touches" of the package. Against each track or field performance an automatic entry is made of the number of Thistle Award points. (I haven't yet written the code to analyse the season's best performances for the optimum set of awards). In my short experience, nothing interests an athlete than more seeing their whole season's results before their eyes, Thistle Awards and all, on a couple of sheets of nicely printed paper. We report everything from position, time, and points, to weather conditions and venue.

What the package does is to take the drudgery out of the planning, re-planning, re-planning and re-planning of effective training programmes for athletes who want to race over anything from 800m on the track to 10K on the road.

What it doesn't do, and I know because my own athletes have told me so, is to teach them how to run, how to be motivated, and how to enjoy athletics.

Thankfully therefore, the true art of coaching is still alive and well down at trackside on a cold, wet night. Computers haven't quite taken over. Yet!

The long distance dreams of Liz McColgan

Report by Alan Campbell

Pictures by David Martin



"I let a lot of things get to me. We were out in Rome for two weeks before the race doing nothing, it was a terrible place to train, and I didn't like the food or the hotel. Instead of making the best of it, I let things annoy me. It then told!"

Thus speaks Liz McColgan, Dundee Hawkhill Harrier and Olympic hopeful, of her World Championship 10,000 metres race last summer, the race in which the legendary Ingrid Kristiansen convinced the rest of the field she was unfit and unprepared - then stole half a lap lead and an ultimate utterly deserved gold medal.

An athlete with less belief and pride in herself than Liz McColgan, or Liz Lynch as she then was, might have sought refuge in setting a new personal best time in the race, and new British and Commonwealth records

into the bargain. But both McColgan and her coach, John Anderson, know that she blew it. Her candid explanation for not covering the break, chasing Kristiansen, or getting away from the opposition, is that she entered the race with the wrong mental attitude because of her antipathy to the conditions in Rome.

It is this realism and honesty, allied to grit and natural talent, which separates McColgan from her peers. We Scots are more guilty than most of hyperbole (or in plain man's language, bullshit) when it comes to discussing our few sporting heroes, but I humbly submit that John Anderson has got it right when he states:

"I'm not going to say that Liz is going to win an Olympic gold medal in Seoul, although clearly that's the hope at the back

of the mind, but she's in better form than she has ever been and I'm convinced she will prove to be the greatest female distance runner of all time."

Heady stuff, indeed. Anderson, who is director of leisure and recreation for the London borough of Southwark, continues: "To achieve that status, at some stage Liz will have to beat the world's best. I would be happy to see her win a medal at the Olympic Games - it would be a long way towards the ultimate objective."

Liz McColgan has already come a long way. Born and brought up in Whitfield, a working class area of Dundee which housed one of the now infamous city Labour Clubs, Liz attended St Saviours High School before being employed as a "general dogsbody" for a year in a Dundee jute factory (under the

euphemistically-titled Youth Opportunities Programme - Liz says it was an opportunity to run for the tea and buns. She then joined Dundee's biggest recruiter of labour - the DHSS.

And that might have been that, had the 11 year old Elizabeth Lynch not been persuaded to join a similar acronym, DHH, by her physical education teacher at St Saviours, Phil Cairns. Both Liz and Scotland owe a debt to Cairns, wherever he may be now, as she and we do to coach Harry Bennett, who took the young Lynch and a friend under his wing at the "Hawk".

After dabbling at the sprints and the high jump, Liz began to realise that her stamina was better than that of the other girls. Turning to the 800 metres and cross country, she was to represent the Scottish Schools at the latter and the East of Scotland in the former. At the age of 18 her talent was

spotted by an unlikely source - the University of Alabama in America - and she was offered an athletics scholarship. Neither Liz nor her parents, Martin and Betty, were keen on the idea, but Harry Bennett persuaded his athlete to grasp the opportunity. An uncle forwarded the air fare, and Liz was away.

McColgan has mixed feelings about her three years at Alabama. She met future husband Peter there - he arrived six months after her - but got embroiled in a nasty incident over road race prize money near the end when a rival tried to brand her a professional. She eventually left Alabama in 1986 with two years of the scholarship remaining, and now says: "When I first went it was beneficial, but towards the end my athletics wasn't getting any better."

Tragically, Harry Bennett had died about six months after his protege left for America. He suffered from angina, and suffered a heart attack following a run.

Minus the wisdom of the man who had nurtured her as a colt, McColgan coached herself to that memorable Commonwealth 10,000 metres title. "I knew I would be first or second," she says with the utter confidence of an athlete who knows she trained and worked harder than any of her rivals.

Three weeks later in Stuttgart, venue of the 1986 European Championships, McColgan was in a black mood over her 10,000 metres performance (she had been unable to live with the pace of the leaders early on but even so, her time of 31:49 was faster than at Meadowbank) when John Anderson approached her outside the athletes' cafeteria.

"I'd never even heard of him before," Liz says, "but John is the kind of guy who will come over and speak to you if he sees you're down in the dumps."

Anderson takes up the story: "We arranged to meet for breakfast the next morning, talked for several hours, and agreed to give it a shot. Since then it has been a case of almost unremitting success, with that one notable exception in Rome. Everything else has gone brilliantly, and her victories on the road have been outstanding. Working on a two year target for the Olympic Games, the aim was to get fast last season. Her progress has exceeded my wildest dreams."

That progress, of course, includes successive wins over Kristiansen in Bali last February and at the World Cross Country Championships in Warsaw the following month (where, under-prepared through not having the race on her original schedule, McColgan finished second to Annette Sergent of France); and, also in February 1987, the world best time for 10K on the roads, 31:07 set at Orlando, Florida.

Now, with the experience of Rome behind her and a good winter's preparation building up strength, McColgan is convinced that she will beat Kristiansen in Seoul.

"I'm running very well, and am going to run better. I wouldn't say that Kristiansen is over the hill, but I can't see her running faster times from now on. There's always the East Germans and the Russians, but I don't worry about other athletes and what they're doing. All I care about are my own performances."

According to John Anderson, the game plan is to have the option of competing in both the 3,000 and the 10,000 metres in Seoul. This will certainly mean running the 3,000 at the WAAA Championships in Birmingham (the Olympic trials), but both coach and athlete hope that Liz's pre-eminent position in British 10,000 metres running will spare her the necessity of having to run over the distance in August.

Between now and September she will run in about a dozen top track meetings around Europe, mainly over 3,000 and 5,000 metres. Not having concentrated on speed-work over the winter, she doesn't see much prospect of lowering her 1500 metre pb of 4:01 set last summer.

Although she helped Dundee Hawkhill out of a spot by competing in the 400 and 800 metres at a Scottish Women's League meeting on June 12, Scottish fans are only likely to see McColgan in action once this summer - at the Miller Lite IAC meeting on July 29. Certainly she won't be taking part in the Scottish Championships after last year's fiasco when the SWAAA refused to accept her entry because it was a day late.

That incident is still viewed with disbelief by husband Peter, the Northern Irish steeplechaser who himself has an outside chance of making the Olympic s.

Anderson and Liz McColgan will have to discuss in detail whether a double attempt in Seoul is on. The final decision will be left to the athlete, whose competitive instinct will probably be to go for both, but Anderson's counsel may well be that it is advisable - this time at least - to concentrate on the 10,000.

One factor unlikely to bother McColgan in Seoul is the heat; she experienced such conditions during her three year stay in Alabama, and some of her best performances on the roads - at Bali and Orlando - have also been run in high temperatures.

Nor will lack of strength be likely to tell against the Hawkhill Harrier. She has been clocking up an incredible 90 miles a week in training over the winter - indeed, I had the temerity to ask Anderson if this was not too much for a female athlete she is, after

all, only 24 years old.

Anderson, who includes Linsey Macdonald, Lynn McIntyre, David Moorcroft, and Peter McColgan among the inner core of athletes he coaches, resisted - but only just I think - the temptation to bite my ear off for the implied criticism of her training methods.

"For evidence that this routine suits this particular athlete, I suggest you look at her performances over the past twelve months," he said patiently. "Was she too tired to set a world best time for 10K on the roads, rank first in the world over 5,000 metres, third over 3,000 metres and fifth over 10,000 metres?"

Having made his point, Anderson then conceded: "Of course it is an extraordinary mileage, but then Liz McColgan is an extraordinary athlete. Her training workload would not be suitable for probably any other woman in the world."

Anderson made the point that McColgan's mileage would be reduced slowly as Seoul approached, possibly to around 60 miles a week. But, as he pointed out, "She will probably be champing at the bit if she comes down to 60." Although it is something of a cliché, McColgan in many ways fits the description of a "running machine".

Although the great prizes in athletics have yet to be won, Liz McColgan is starting - although with no great thanks to the country of her birth it has to be said - to

It's hard for the boys to keep up when they're training with the Commonwealth Games 10,000 metre champion and Olympic hopeful. Worse when she's your wife!



achieve the status and rewards that her phenomenal talent deserves.

Her exploits on the roads of America and Bali have put many thousands of dollars into her trust fund (Liz will not say how many), while Dundee District Council has recognised her potential influence on young schoolchildren by appointing her as an athletics development officer with a salary of £10,000 and full time off to train and race. A Perth garage has supplied her with a white Ford Escort for twelve months, and Liz and Peter now live in a modern bungalow about five miles north-east of Dundee.

Grateful though she is for these material benefits, Liz makes the valid point

that nobody was interested in supporting her on the way up. "I couldn't get any sponsorship, so I ran road races and now I don't have to ask anybody for anything," she says.

"It's okay once you make the top, but when you're on the borderline, when you really need help, there's nobody there."

Having a brother, Martin, who is unemployed, and another brother, Kevin, who recently gave up the captaincy of Arbroath FC to get job security with the police, Liz is unlikely to forget her own time on the economic scrapheap.

She has every reason to be hungry for success, and it is that hunger, her phenomenal appetite for work, her single-mindedness, which will one day, hopefully sooner rather than later, confirm the bold prediction of John Anderson.



How to run up 90 miles a week!

DURING the winter, Liz put in around 90 miles a week in training. She goes out every morning at 7.30 am and runs between three and five miles, but her main sessions are in the afternoon or evening.

A typical weekly schedule would be:

Sunday: Ten mile run (2pm)
Monday: Six mile stepping stones (3pm)
Tuesday: 4 x 600m; 4 x 600m jog (6pm)
Wednesday: Eight mile run (3pm)
Thursday: 8 x 300m (6pm)
Friday: Ten miles out and back (3pm)
Saturday: Steady 6-8 miles (2pm).

The Tuesday and Thursday evening track sessions are run at Dundee's Caird Park in the Company of husband Peter and five or six other top class male athletes, not all from the Hawkhill Harriers. In fact, there are only a score or so men in Scotland who could keep pace with McColgan in a road race - not too many can boast a pb of 70:59 for a half marathon, which is the time our Liz ran at Dundee in October 1987. Even her steady training runs are at about 6.15 pace.

On the track, McColgan reduced her 1500 metres personal best from 4:13 to 4:01 in 1987, and trimmed her 3,000m from 9:03 in 1985 to 8:39 last summer. In the 5,000m, she has gone from 17:01 to 15:01 (at Oslo) in two years.

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THERE ARE now only about two months until your first half-marathon and you should be starting to look forward to the challenge. If you have been following the schedules in previous issues of Scotland's Runner you should by now be training five or six times a week and averaging around 30 miles weekly.

In my opinion, anything less than 30 miles a week means you will be unlikely to do justice to yourself when the big day arrives and you could well be in for a hard time once the event gets under way. You will be doing yourself and your health no favours by competing in a race which you are inadequately prepared for and you could well bring discredit on our sport.

The sorry spectacle of competitors staggering and sometimes even crawling the last few yards of a race which they have obviously not properly trained for is a bad advertisement for athletics and it can do untold damage to the sport, as well as to the individual involved.

It should not be forgotten that for nearly 50 years women were not allowed to take part in track races longer than two laps - all because several female competitors in the 1928 Olympic Games 800 metres event at Amsterdam finished in a state of collapse and in considerable distress. You are an ambassador for your sport and you have an obligation to present it worthily and honourably, treating your fellow competitors with courtesy and respect. There may only be one winner in a race, but no man or woman who competes need be a loser, irrespective of whereabouts they finish in the event. Athletics is all about self-fulfilment, doing your best, and getting the most out of yourself - but to achieve these goals and ideals you must be properly trained and prepared for competition.

During the next few weeks your objective will be to train more specifically for the half-marathon. If you have been coping with the schedules so far, you should now be feeling fit and ready to move on to the next stage with confidence.

You started your programme several weeks ago with easy running and jogging at a comfortable pace to build up your basic fitness level. You then competed in some 5K and 10K races which you used as "stepping stone" events to give variety to your workouts, and to provide you with experience of competition.

These sessions, which involved 1500 metres and 5000

Running: A Beginners' Guide

By Derek Parker, senior BAAB and Kilbarchan coach.



If you train properly for the half marathon, you will be able to sprint for the line at the finish - just like these young lads in the Dunfermline Half Marathon!

metres pace work as well as longer, steadier runs over distances ranging from three to ten miles, were useful for sharpening up your speed and giving you that mental and physical edge which is the hallmark of race fitness.

Recovery sessions consisting of easy jogging, along with complete rest days, were also essential in helping you to achieve your present level of increased fitness. These recovery sessions and rest days will be just as important in the next part of the programme you are about to embark on, so do not neglect them.

By now you should have some idea of the time you hope to run your first half-marathon in. It is

important to remember that all training and racing programmes must have a definite goal - otherwise your schedules become haphazard and meaningless.

However, these goals must be realistic and properly evaluated. If, for example, you cannot run 10 miles in 90 minutes (i.e. 10 x 1 mile in nine minutes with no recovery) then you are quite clearly not going to manage a half-marathon in under two hours as this involves running 13 x 1 mile at fractionally more than nine-minute mile pace with no recovery.

But, if you are capable of completing your 10-miles training runs in a round 85 minutes (i.e. at 8 minutes 30 seconds mile pace) then

you can realistically think about cracking the two-hours barrier for the half-marathon.

Always remember that your goals and objectives are yours alone. There will be plenty of time later to indulge in the rough and tumble of competitive athletics, if that is what you really want.

Content yourself with running to potential and doing justice to your training on your half-marathon debut. The time you achieve will enable you to set the standard for your next race - and it will also yield valuable information upon which to base future training programmes.

In the same way that your 5K and 10K races were "stepping stones" to your first half-marathon, so your first half-marathon will be a "stepping stone" to the next, and others after that. Specific training for the half-marathon is basically an extension to specific training for the 5K and 10K events. The main modifications are that the mid-week and weekend long runs increase in distance and the 1500 metres pace sessions on Thursdays give way to longer repetitions.

The target is to build up the weekly mileage to a minimum of 30 miles and to a maximum of between 45 and 50 miles. This gives you the cardio-vascular-respiratory (i.e. heart-lung) endurance and the mental perseverance and "stickability" to tackle with confidence the race you have so assiduously prepared for.

Assuming your training week begins on a Sunday, your session for that day should be a 60 to 90 minutes easy or steady run on grass, or over the country if the ground is not too hard. The soft, luxuriant turf underfoot eases tired muscles and gives them a chance to recover after the rigours of pounding out the miles on the road or track during the previous days.

It also utilises other muscle groups, particularly in the ankle area where so many leg and knee ailments originate - thereby assisting flexibility and reducing the risk of frustrating injuries.

Running on grass or soft ground is also psychologically relaxing, especially if there are trees, woods, and fields nearby. The green vegetation, even in the midst of an urban park in the heart of a large city, has a soothing and calming effect that makes the miles and minutes just fly past. It is not surprising that chromotherapy, the science of healing by the visualisation of colour, uses green shades and hues in the treatment of people suffering from stress or mental exhaustion.

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ERSKINE

The distance you run on your Sunday outing is not too important, but as a rough guide someone hoping to complete the half-marathon in just under two hours should expect to cover between five and eight miles. The objective of the Sunday run is to use the session to recover from the long run on the previous Saturday, to prepare yourself for the rest of the week's training - and to add a few more miles to your weekly total in pleasant surroundings.

The session for Monday should be, if possible, track repetitions at 5000 metres race pace. This will help you to improve your performance in any under-distance event you compete in during your build-up to the half-marathon.

But the main importance of 5K training is that it gives you an opportunity to incorporate faster running into your schedule instead of just plodding along at the same pace all the time and creating speed barriers. You must avoid training at the same pace, otherwise you will only be able to race at the same pace and never get any faster.

In the last issue of Scotland's Runner I described in detail specific training sessions for 5K races, so if you have not read that article I would advise you to do so. An example of 5K training would be 12 x 400 metres at race pace + 1 x 200 metres full effort - all with recoveries of between 30 and 60 seconds. This work-out plus warm-up and cool-down jogs of between one and two miles would give you a total distance of five to seven miles for the entire session, much of it at a pace faster than you would be running the half-marathon.

The Tuesday session would be an easy 20 to 30 minutes recovery run, preferably on grass or some other soft surface. The training objective here would simply be to allow mind and body to recover from the fairly hard session of the previous evening, and to re-oxygenate tired muscles with the increased blood flow that also flushes out any residual lactic acid still remaining as a result of oxygen debt incurred on the Monday.

By Wednesdays you should then be quite fresh for the semi-long run which is normally done over a distance between half and two-thirds the length of your long run the following Saturday. Assuming the Saturday run is between eight and twelve miles, your mid-week session should see you cover anything from four to eight miles.

The Wednesday run should be done at a steady, comfortable pace which you can man-

age without getting into oxygen debt, i.e. at a heart rate of around 130 to 150 beats per minute. The semi-long run develops heart-lung endurance, improves the circulation of the blood, and accustoms you to the rhythm of prolonged running on the road. It also assists capillarisation, a process in which tiny, hair-like blood vessels are opened up, thereby increasing the supply of oxygen to the working muscles and draining away more efficiently waste products such as lactic acid.

The Thursday session can just be an easy recovery jog/run of between 15 and 30 minutes if you are still feeling tired after the exertions of the previous day. But if you are not too jaded it is worthwhile running one to three longer repetitions of about one mile.

These would be done at faster than race pace for your half-marathon and you would take about five minutes' recovery between each repetition. A typical session for the athlete endeavouring to break two hours for the half-marathon would be 2 x 1 mile in seven to eight minutes approximately, with three to five minutes recovery. Repetition running is preceded and followed by warm-up and cool-down jogs of around 10 to 15 minutes - and its objective, like the Monday work-out, is to give variety to your training pace.

The Friday session can, as for the 5K or 10K and basic fitness schedules, be an easy 10 to 15 minutes jog or a complete rest day. Do not be afraid to take a day off and avoid becoming obsessive about your training. Always remember that participation in athletics is designed to enhance and improve your quality of life. The man or woman who gets paranoid about missing a day's training is in danger of incurring the very stresses and psychological pressures which running should be helping to alleviate.

Up until about 30 years ago it was customary for world-class athletes to prepare for major competitions such as the Olympic Games by not training for three or four days before their races, and Sir Roger Bannister, the first sub-four-minute-miler, is reported to have averaged just three days a week in training. You must never forget that rest days and easy recovery sessions allow for physiological and psychological regeneration and are every bit as important in your training schedule as hard efforts.

Saturday should be the day of your long run, if possible. I know that many athletes prefer to do their

long run on a Sunday morning but in my opinion that can very often complicate the rest of the training week.

It would mean, for example, that you would have to tackle your quality 5K session on the Monday, less than 48 hours after a long Sunday run - and if you postpone the 5K session until Tuesdays that could leave you stiff and sore for the semi-long run on the Wednesday.

Each training session must take into account all the other workouts which have preceded it and which will follow it; that is the key to schedules planned by coaches.

So, assuming that the three key sessions of your present half-marathon training programme are the 5K repetitions on Mondays, the semi-long run on Wednesdays, and the long run at the weekends, it is quite logical and in accordance with sound coaching theory and practice that you have at least one easier day between these three hard work-outs. That is why I believe it better, for beginners at least, to do the long run on Saturdays and the recovery run on Sundays.

At this stage of your training programme you should also be acquiring the habit of doing some of your long runs at the exact time you will be competing at in your first half-marathon. If you make the mistake of doing all your runs in the evenings or late afternoons, you will almost certainly be caught napping - literally and figuratively - by an early morning start to your debut race. You can also rehearse proper breakfast procedures, ascertaining what you can eat (e.g. cereal, toast, jam, honey) before the race, what you cannot eat (e.g. fried eggs, ham, potato scones), and how long before the race you should have your meal.

Running: A Beginners' Guide

Running is infinitely far more than merely travelling from point A to point B. It is a fulfilling voyage of self discovery and one which enables you to learn a lot about yourself and about the environmental milieu which permits you to make the very most of your personal qualities and to get the very best out of yourself.

During the next few weeks you should try to compete in one 5K and one 10K road race with at least two, preferably three, weeks between each. Beginners and novices competing in any longer events at this stage could end up tired and drained, and this would have a detrimental effect on future training and racing performance.

Remember that all coaching schedules must be goal-oriented, and that their objective is to have athletes at peak fitness for specific races at specific times. Your programme is intended to have you fit and at your racing best for a half-marathon in late August or early September. So stick to "stepping stone" races over 5K and 10K in the meantime, keep clocking up the miles and repetitions, and take adequate rest and recovery.

You are now well on the way to achieving YOUR target.....

Next month we shall look at the final few weeks before your first half-marathon race and how to tackle the event. Until then, you should be training along the following lines:

WEEK ONE

Sunday: 60 to 90 minutes steady running on grass.

Monday: 25 x 200 metres at 5K pace with 20 to 45 seconds recovery.

Tuesday: 20 to 30 minutes recovery running.

Wednesday: 6 miles steady.

Thursday: 15 to 30 minutes recovery run OR 2 x 1 mile with 5 minutes recovery plus 15 minutes warm-up/cool down.

Friday: Rest or 10 to 15 minutes jogging.

Saturday: 9 miles steady

WEEK TWO

Sunday: As Week One.

Monday: 10 x 500 metres at 5K pace with 30 to 60 seconds recovery.

Tuesday: As Week One.

Wednesday: 8 miles steady.

Thursday: Recovery run or 2 x 5 minutes fairly fast with 5 minutes recovery plus usual warm-up/cool down.

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 45 seconds recovery.

Tuesday: As Week One.

Wednesday: 6 miles medium effort.

Thursday: Warm-up session including 6 x 100 metres 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: 6 x 800m + 1 x 200m at 5K pace with 30 to 75 seconds recovery.

Tuesday: As Week One.

Wednesday: 8 miles steady.

Thursday: Recovery run, or 2 x 1 mile with 5 minutes recovery plus usual warm-up and cool down.

Friday: As Week One.

Saturday: 12 miles steady.

WEEK FIVE

Sunday: As Week One.

Monday: 300m + 200m x 10 sets at 5K pace with 20 to 45 seconds recovery after each repetition.

Tuesday: As Week One.

Wednesday: 8 miles steady.

Thursday: Recovery run or 2x 5 minutes fairly fast with 5 minutes recovery plus usual warm up and cool down.

Friday: As Week one.

Saturday: 12 miles steady.

WEEK SIX

Sunday: As Week One.

Monday: 300 metres + 200 metres x 10 sets at 5K pace with 20 to 45 seconds recovery after each repetition.

Tuesday: As Week One.

Wednesday: 30 minutes easy.

Thursday: 20 minutes easy.

Friday: As Week One.

Saturday: 10K or 5 miles race.

Notes

1. If you are racing on Sundays, your Saturday sessions should be restricted to an easy 15 to 25 minutes warm-up jog. You may also find it necessary to miss out the 5K track session the following Monday and substitute an easy 20 to 30 minutes recovery jog.

2. Make arrangements now to fit in a long run FOUR weeks before your half-marathon debut. This will be the longest single run of your present build-up and will involve you being on your feet for the total length of time you hope to complete your half-marathon in. It is, however, definitely NOT a time trial and under no circumstances should it be regarded as such.

3. As always, the above programme is merely a guide. It can, and should, be modified to suit your own requirements.

Remember, don't go to fast at the beginning of a half marathon - there's plenty of time to overtake!



The change of venue to Meadowbank Sports Centre for the Scottish Senior Gymnastics Championships (the Kelvin Hall was too expensive) did not affect the level of gymnastics - indeed the spacious main hall brought out some good performances.

The standard was high with Faith Arnott, last year's Scottish junior women's champion, and Susan Martin, last year's Scottish senior women's champion, both appearing. On the men's side Stuart McMahon, recently returned (with his American coach) from his studies and training at university in America, was trying to win his first Scottish title.

It was also good to see Sandra Murdoch of Fife Institute and Ruth Gibson of East Kilbride returning to competition after a year's absence since the 1986 Common-

wealth Championships in Falkirk. The championships were also the last of a number of major events sponsored by the Royal Mail Letters; hopes are high that this successful sponsorship can be continued.

The men's competition led off, and Derek Callahan from Falkirk produced a fine exercise to take the floor title with a score of 8.65. He later lifted the vault championship with a fine 9.1 for a full twisting tsukahara vault.

But otherwise it was McMahon's day. He won the other four individual apparatus titles and took overall title by more than four marks. The former Glasgow Central gymnast showed that his eighteen hours a week training (plus weekends and competitions) has sharpened his performance considerably. Stuart was very keen, however, to point

out that his Scottish mentor Chris Rankin was due the credit for his victory. "Chris is the man!" said Stuart. "He has put so much time in with me over the years. This victory is the fruits of his labour."

It was nice to see an "emigre" not forgetting his roots, and also to see Stuart's own hard work rewarded with the Scottish senior title he deserves.

The women's competition turned out to be very close. The competitors did the world set exercises in the morning and performed their voluntary routines after lunch. Some only did the voluntaries but did not qualify for the championship proper.

Early on Faith Arnott dropped out of contention when her injury gave her problem on the set vault. After a hard morning session Susan Martin of Oriole Club held a

0.3 lead over her nearest rival, Ruth Gibson of East Kilbride. The scores remained close all afternoon and the result was in doubt right up until the last piece of apparatus. After the vault Ruth brought the difference back 0.1; after bars 0.05; and only one fall on the beam let Susan (after a faultless exercise) take the lead back to 0.55. Susan had a fall on floor but managed to score enough to retain her 0.25 winning margin, and so retain the trophy she won last year.

The individual apparatus titles went to Susan for asymmetric bars and beam, while Ruth took the vault and Faith the floor. A quite remarkable competition that kept everyone engrossed throughout and was a credit to all the girls.

David Watt



sponsorship totalling around £1,000," says Martin Cummins.

Royal Mail Letters are always interested in new ideas and are constantly contacted by associations and organisers. "We were approached by the organisers of the Dundee People's Health Marathon this year, but unfortunately Royal Mail couldn't supply sponsorship. We did, however, pay for two winning medals to be gold plated," explains John Mackay. There was however a connection - the back of each medal was engraved with the head of James Chalmers, who supposedly invented the postage stamp!

The Royal Mail's financial year runs from April 1 till March 31 and John Mackay and Martin Cummins will be looking at new sport sponsorship ventures in the Spring, making their decisions early next year. They did voice the fact that interested parties should post a letter to the head office (with correct post code, of course). A word of warning - don't what ever you do mention the GPO - John Mackay is touchy on that subject!

Fiona Caldwell

OVER THE last three years, Royal Mail Letters has played a very active role in the Scottish sport sponsorship. "The physical side of our business lends itself quite naturally to association with sport, success in which always

demands trained physical prowess," says head of public relations for Royal Mail, Martin Cummins.

In 1985, the general manager of Royal Mail Letters' north territory, John Mackay,

decided to tackle a sponsorship programme. Scottish athletics and gymnastics have, among others, been the recipients of this sponsorship. Already this year Royal Mail Letters sponsored the first Scottish indoor athletics championships at the Kelvin Hall, as well as the women's and men's road relay championships, for a total of £9,000.

So, why associate with sport sponsorship? John Mackay explains, "We are all interested in a fit and healthy Scotland, and I think one of our images is that of physical activity. There is definitely a strong connection between the image we portray and sport."

The Post Office board, on the other hand, sponsors the arts heavily, and for every one pound spent by Royal Mail Letters on sports sponsorship, five pounds is spent by the Post Office on the arts. John Mackay says: "We decided it would not be beneficial to attack the five pounds, but to be sure to make good use of the one pound spent on sport."

The Royal Mail Letters sponsorship deals are wide ranging - from canoeing through cross country and cricket to curling. One of their success stories is top Scottish canoeist and UK champion Cynthia Berry, who boasts a sprint canoe in Royal Mail colours at each event she competes. "We will also be sponsoring Cynthia in her 'white water' endeavours this year, with



Canoeist Cynthia Berry. Above, John Mackay.

Results

April

17

Lapwing Lodge Fun Run -

1, M. Barclay; 2, B. McLaughlin; 3, T. Dorrington (V1); L1, J. McKinstery; L2, J. McCreery; L3, K. Nixon; V2, W. Keddie; V3, F. Jardine.

Kilbarchan AAC David Cummings 7.5 Mile Handicap Race -

1, S. Belford 58:49 (49-49); 2, R. Quinn 59:40 (35-10); 3, D. Mewse 60:19 (39-39)

24

Bank of Scotland Scottish Womens Athletic League -

Div 1, Dam Park, Ayr - 100/200m: 1, M. Neel (GAC) 12.3/24.9; 400m: 1, M. Anderson (EAC) 56.1; 800m: 1, C-A Gray (EAC) 2-14.2; 1500m: 1, M. Wylie (GAC) 4-40.6; 3000m: 1, P. Rother (EAC) 10-06.6; 100 H: 1, J. Law (GAC) 14.7; 400 H: 1, A. Hodgson (EWM) 62.2; 2, A. Brown (Monk Shett) 64.0; 4 x 100 Relay: 1, Glasgow AC 49.0; 4 x 400 Relay: 1, Monkland Shettleston AC 3-59.6; HJ: 1, C. Henderson (EWM) 1.75m; 2, N. Murray (GAC) 1.70m; LJ: 1, J. Ainslie (EWM) 5.75m; 2, A. Jackson (Monk Shett) 5.41m; SP/JT: 1, M. Anderson (EAC) 12.83m/42.16m; DT: 1, C.

Cameron (GAC) 43.54m.

Result: 1, Edinburgh Wollen Mill 519 pts; 2, Glasgow AC 455; 3, Monkland Shettleston Ladies AC 393.5; 4, Pitreavie AAC 358; 5, Edinburgh AC 281; 6, Ayr Seaforth AC 269.5; 7, Aberdeen AAC 251; 8, Kilbarchon AC 210.

Div 2, Crownpoint -

100/200m: 1, A. Edwards (Inver) 12.7/26.6; 400/800m: 1, H. McHenry (VP) 61.3/2-22.9; 1500: C. Price (DHH) 4-40.0; 4 x 100/4 x 400 Relay Inverness H 50.9/4-13.5; HJ: 1, F. Hall (VP) 1.65m; LJ: 1, N. Barr (Cen Reg) 5.36m; DT: 1, L. Adams (PSH) 41.92m.

Result: 1, Inverness H 329 pts; 2, Victoria Park AAC 328; 3, Dundee HH 305; 4, Fife AC 245; 5, Central Region AC 213; 6, Perth Strathay H 207.

Div 3, Grangemouth -

100/200: 1, H. Aird (Kilm) 13.0/26.6; 1500/3000m: 1, J. Stevenson (FVH) 5-03.7/10-41.9; 100 H/HJ: E. Dempsey (Colz) 15.3/1.60m.

Result: 1, Kilmarnock H 297 pts; 2, Lasswade AC 289; 3, Colzium AC 284; 4, Falkirk Victoria H 226; 5, Livingston & District AC 249; 6, L & L Track Club 126.

Div 4, Wishaw -

100/200: 1, K. Lithgow (Nith V) 12.7/25.4.

Result: 1, Nith Valley AC 292 pts; 2, Montrose AC 286; 3, Black Isle AC 280.5; 4, Arbroath & District AC 238; 5, Law & District AC 182.5; 6, Tayside AC 181.

27

Shettleston Harriers Graded Meeting, Crownpoint -

100m: 1, B. Milne (C'bank) 11.4; 200m: 1, D. Mulherron (Shett) 23.0; 800m: 1, B. Murray (ESH) 1-54.3; 2, P. Wyman (EAC) 1-55.8. 3000m: 1, J. McKay (C'bank) 8-24.5; 2, J. Orr (Cambus) 8-28.8; 3, M. Wallace (VP) 8-38.9; 3000m S/C: 1, T. Ulliott (Cambus) 9-41.8; LJ: 1, B. Milne 6.54m; HT: A. McIntosh (ESH) 47.66m.

Adidas Midweek Series 5K Road Race, Cortha, Glasgow -

1, N. Muir (Shett) 14.14; 2, P. Fleming (Bella) 14.16; 3, T. Murray (GGH) 14.17; 4, W. Robertson (Bella) 14.21; 5, E. Stewart (Cambus) 14.25; 6, G. Braidwood (Spring) 14.40; 7, A. Coyne (Bella) 14.45; 8, G. Crawford (Spring) 14.47; V1, A. Weatherhead (EAC); L1, E. Masson (Kilb).

Loughborough Uni v Cambridge Uni, Loughborough -

800m: 1, A. Currie 1-57.7; 5, A. Smith 1-54.3; 1500m: 2, H. McInnes 3-48.2 (All Lough Un)

30

Easter Ross Half Marathon, Tain -

1, C. McIntyre (Fraser) 70-04 (Rec); 2, R. Stone (HELP) 70-28; 3, S. Wright (Caith) 72-16; 4, M. McCulloch (Forres) 73-06; 5, D. Bow (Nairn) 74-00; 6, A. Stewart (Moray) 74-25; V1, R. Wilby (Black Isle) 78-07; L1, E. Gray (Unatt) LV1 101-47; L2, S. Dunnett (Caith) 103-58; L3, E. Clark (Arbroath) LV2 105-45; L4, L. Ness (Arbroath) 105-46; Teams 1, Fraserburgh RC 26 pts; 2, Forres H 37.

Renfrewshire AAA County Championships, Crownpoint -

100m: 1, K. O'Donnell (Bella) 11.4; 400/800: G. Gibson (Kilb) 51.3/1-58.7; 1500: 1, R. Quinn (Kilb) 4-01.9.

AAA Kodak 10K Road Race Championship, Hemel, Hempstead -

1, E. Martin (Basildon) 28-35; 2, J. Richards (Cornwall) 28-39; 3, K. Rono (Kenya) 28-41. Scots Placings: 20, P. Fleming (Bella); 26, C. Hall (Aber); 31, P. Fox (Moth).

May

1

Calderglen Harriers Jimmy Moore Trophy 15K Road Race, E. Kilbride

1, A. McClelland (Calder) 48-56; 2, C. McDougall (Calder) 49-26; 3, C. Martin (Dumb) V1 51-20; 4, A. Bain (Cambus) V2 51-31; 5, J. McKenna (Cambus) 51-34; 6, R. McCutcheon (Cambus) 52-00; V3, R. Shields (Clyd) 10th 53-57; L1, J. McColi (GAC) 39th 59-30; L2, G. Dees (Calder) 64-51; L3, C. McGarvie (Unatt) 62nd LV1 65-17; LV2, I. Wilson (Strathaven) 73rd 69-46; LV3, A. Richards (Giff N) 75th 70-41.

Edinburgh Peoples Half Marathon,

Meadowbank -

1, H. Cox (GGH) 66-14; 2, A. Robson (ESH) 66-54; 3, F. Harper (Pit) 67-07.

HFC Bank Scottish Athletics League, Crownpoint -

Div 1:

100m: 1, M. King (Aber) 11-3; 200m: 1, M. Davidson (Aber) 22-3; 2, M. Johnstone (EAC) 22-3; 400m: 1, A. Walker (ESH) 48-0; 2, G. McMillan (Bella) 49-8; 3, D. Mulherron (Shett) 49-8; 800m: 1, G. Gibson (Kilb) 1-52.3; 2, B. Murray (ESH) 1-52.8; 3, R. Fitzsimmons (Bella) 1-53.0; 1500m: 1, K. Mortimer (EAC) 3-45.5; 2, A. Coyne (Bella) 14-33.1; 2, R. Quinn (Kilb) 14-36.5; 3, C. Hall (Aber) 14-43.4; 110H: 1, C. Hogg (EAC) 16.0; 400H: 1, M. Davidson 54-2; 2, S. Dempster (EAC) 55-1; 3000 S/C "A": 1, L. Matheson (Aber) 9-30.6; 2, A. McKay (EAC) 9-36.8; 3, M. Strachan (Fife) 9-40.0; "B": 1, D. Duguid (Aber) 9-34.2; 4 x 100m Relay: 1, Shettleston H 42-6; 2, ESH 43-4; 3, Bellahouston H 43-7; 4 x 400m Relay: 1, ESH 3-23.3; 2, Pitreavie 3-25.0; 3, EAC 3-26.8; HJ: 1, P. Masterton (EAC) 1.95m; 2, C. Talbot (Pit) 1.90; PV: 1, D. Scott (Shett) 4.10; 2, P. Pentland (EAC) 3.80; 3, J. Johnston (ESH) 3.60m; LJ: 1, J. Scott (EAC) 7.16m; 2, D. Mathieson (Aber) 6.95m; 3, F. McGlynn (Shett) 6.63m; TJ: 1, R. Harkins (Shett) 14.90m; 2, J. Scott (EAC) 14.84m; SP: 1, G. Smith (Aber) 13.72m; 2, A. Pettigrew (Shett) 13.49m; DT: 1, M. Jeml-Alade (ESH) 46.58m; 2, K. Devine (EAC) 45.88m; JT: 1, R. James (ESH) 65.22m; 2, S. Maxwell (Pit) 61.88m; HT: 1, R. Devine (EAC) 51.14m; 2, A. Pettigrew 46.04m; 3, B. Shepherd (Aber) 42.52m; "B" W. Robertson (EAC) 45.04m.

Result: 1, Edinburgh AC 393 pts; 2, Pitreavie AC 314; 3, Shettleston H 301; 4, Aberdeen AAC 296; 5, ESH 274; 6, Bellahouston H 244; 7, Fife AC 177; 8, Kilbarchon AAC 126.

Div 2:

100/200m: 1, B. Connell (Cen Reg) 11.3/23.0; 400m: 1, A. Bryce (FVH) 50.1; 800m: 1, A. Murray (Kilm) 1-53.1; 2, A. Bryce 1-53.7; 1500m: 1, C. Little (VP) 3-59.1; 5000m: 1, A. Douglas (VP) 14-43.7; 400H: 1, M. McPhail (Ayr Sea) 54.9; 3000 S/C: 1, S. Rankin (FVH) 9-50.1; 2, D. McGrorie (Ayr Sea) 9-51.1; 4 x 100: 1, Clydesdale 44.9; 4 x 400: Ayr Seaforth 3-26.7; LJ: 1, M. Fowler (VP) 6.80m.

Result: 1, Lothian AC 274 pts; 2, Victoria Park AAC 262; 3, Central Region AC 252; 4, Clydesdale H 230; 5, Ayr Seaforth 213; 6, Falkirk Victoria H 212; 7, Jonny Walker Kilmarnock H 192; 8, East Kilbride 103.

Div 3:

100/200m/LJ: 1, B. Milne (C'bank) 11.1/22.9/6.27m; 400/400H: 1, D. Thom (DHH) 52.0/59.4; 800m: 1, G. Stewart (C'bank) 1-56.3; 5000m: 1, E. Stewart (Cambus) 14-48.2; 3000 S/C: 1, J. Orr (Cambus) 9-34.3; HJ: 1, D. McElroy (C'bank) 1.87m. Result: 1, Clydesdale AC 328 pts; 2, Dundee Hawkhill H 319; 3, Perth Strathay 207; 4, Cambuslang H 205; 5, Harmer AC 195; 6, Livingston & District AC 186; 7, Garscube H 162; 8, Lasswade AC 126.

Div 4:

100m: 1, S. Tucker (Kirk Oly) 11.3; 400 H: 1, G. Brown (Pen) 56.1; Result: 1, Kirkintilloch Olympians AC 282

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Results

pts; 2, Penicuik H 271; 3, Cumbernauld AC 257; 4, Maryhill H 238; 5, Montrose AC 233; 6, Lochgelly & District AC 180; 7, Vale of Leven AC 137.

Monklands Scottish Cup Semi Final Match, Grangemouth -
Seniors Group 1: 1, Glasgow AC 103 pts; 2, Edinburgh Wollen Mill 98; 3, Edinburgh AC 97; 4, Colzium AC 86; 5, Inverness H 69; Group 2: 1, Monklands Shettleston 111; 2, Aberdeen AAC 100; 3, Pitreavie AAC 97; 4, Central Region AC 81; 5, Dundee Hawthill H 59; Intermediates Group 1: 1, Inverness H 89.5 pts; 2, Monklands Shettleston 80; 3, Dundee Hawthill H 78; 4, Glasgow AC 69.5; 5, Montrose AC 50; 6, Aberdeen AAC 50; Group 2: 1, Pitreavie AAC 99 pts; 2, Edinburgh Wollen Mill 96; 3, Edinburgh AC 82; 4, Central Region AC 64; 5, Tayside AC 54; Juniors Group 1: 1, Dundee Hawthill H 76 pts; 2, Aberdeen AAC 71; 3, Inverness H 67; 4, Tayside AC 61; 5, Edinburgh AC 53; Group 2: 1, Glasgow AC 88 pts; 2, Edinburgh Wollen Mills 85; 3, Central Region AC 66; 4, Montrose AC 61; 5, Colzium AC 47; Group 3: 1, Monklands Shettleston 81 pts; 2, Ayr Seaforth AC 77; 3, Kirkintilloch Olympians 66; 4, Pitreavie AAC 58.5; 5, Falkirk Victoria H 46.5.

Girls Group 1: 1, Edinburgh Wollen Mills 75 pts; 2, Pitreavie AAC 66; 3, Monklands Shettleston 61; 4, Ayr Seaforth 59; 5, Tayside AC 45; Group 2: 1, Glasgow AC 72 pts; 2, Edinburgh AC 72; 3, Colzium AC 68; 4, Central Region AC 58; Group 3: 1, Aberdeen AAC 83 pts; 2, Montrose AC 68; 3, Kirkintilloch Olympians AC 58; 4, Dundee Hawthill H 51.

Magnum Motors Cunninghamhamer 10 Mile Road Race, Saltcoats -
1, G. Tierney (Lin Pent) 53-34; 2, K. Penrice (VP) 53-44; 3, A. McIndoe (Spring) 54-08; V1, J. Kyle (Cumnock) 57-53; V2, D. Crumpton (Lin Pent); V3, J. Moses (Bella); L1, S. Sinclair (Irvine) 12th 58-51; L2, J. Bying (Irvine) LV1 68-55; L3, H. McPherson (West) 69-27; LV2, L. Brown (KD) 72-15; LV3, K. Todd (London); Teams 1, Irvine AC 25 pts; 2, Greenock Glenpark H; Ladies: 1, Irvine AC 211 pts.

Gramplan Athletic League, Banchory Men 1, Aberdeen AAC 436 pts; 2, Banchory 364; 3, Black Isle AC 313; Ladies 1, Banchory 324 pts; 2, Aberdeen 299; 3, Black Isle AC 250.

Nantes International Marathon -
1, J. Al Raschid (Djibouti) 2-17-43; Scots 20, E. Wilkinson (Bella) 2-36-27; 47, G. Fairley (Kilb) 2-47-30.

BUSF/UAA Championships, Crystal Palace -
100m: 1, J. Henderson (Edinburgh) 10-87; 200m: 1, J. Henderson 21-46; 400m: 1, G. Fraser (Lough) 47-88; 2, G. Hodges (Edinburgh) 48-04; 800m: 1, P. Williams (Lough) 1-51.68; 5, G. Brown (Stirling) 1-52.92; 1500m: 1, A. Iszatt 1-58.75; 5000m: 1, I. Hamer (Heriot-Watt) 14-23.87; 10,000m: 1, C. Tulloch (Lough); 12, A. Overfield (Dundee); 100m H: 1, T. Leeson (Birm) 12-53; 400m H: 1, D. Hitchcock (Camb) 53-62; 3000m St: 1, D. Duke (Camb) 8-55.59; 3000m W: 1,

M. Bell (Card) 12-43.92; 4 x 100m relay: 1, Loughborough; 7, Dundee; 4 x 400m relay: 1, Edinburgh 3-17.50; HJ: 1, E. Deneve (Man) 2-15; LJ: d. Heard (Ox) 7-35w; TJ: 1, M. McDonald (Queens) 14-37w; 7, I. Haley (Edin); PV: 1, T. Leeson (Bir) 4-30; SP: 1, M. Fletcher (Leeds) 14-70; DT: 1, D. Morris (Lough) 48-84; JT: 1, C. Crutchley (Bir) 59-70; HT: 1, C. Howe (Lough) 59-36; BUSF Team Championship: 1, Loughborough 223 pts; 6, Edinburgh 44; 23- Stirling 7; 27- Strathclyde 6; 29- Dundee 5.

4

Adidas Midweek Series 8K Road Race, Cartha, Glasgow -
1, N. Muir (Shett) 23-25; 2, P. Fleming (Bella) 23-30; 3, T. Murray (GGH) 23-34; 4, G. Braidwood (Spring) 23-50; 5, R. Quinn (Kilb) 23-57; 6, E. Stewart (Cambus) 24-02; 7, T. Hearte (Kilb) 24-10; 8, A. Coyne (Bella) 24-19; 9, S. Gibson (HBT) 24-20; 10, S. Conaghan (IBMSN) 24-25; V1, D. Fairweather (Cambus) 20th 26-12; V2, Z. Bankowski (EAC) 23rd 26-18; V3, D. Grumpton (Lin Pent) 33rd 26-58; L1, A. Sym (GAC) 58th 28-21; L2, R. McAleese (Monk Shett) 88th 29-49; L3, J. Donnelly (GAS) 93rd 30-07; LV1, J. Bying (Irvine) 129th 31-53; LV2, B. Hall (West) 152nd 32-22; LV3, C. McGarvey (Unatt) 171st 33-20.

7

Ben Lomond Hill Race, Rowardennan -
1, G. Devine (Pudsey) 65-10; 2, J. Maitland (Pudsey) 65-35; 3, A. Farringham (Gala) 66-56; 4, J. Reade (File) 67-38; 5, D. McGonigle (DHF) 68-37; 6, J. Hampshire (Carnethy) 69-05; V1, P. Marshall (HELP) 7th 69-20; V2, J. Shields (Clyd) 15th 71-18; V3, B. Maher (Aber) 19th 72-51; L1, P. Rother (EAC) 78-07; L2, T. Calder (EAC) 78-57; L3, J. Darby (Carnethy) 84-08; Teams 1, Pudsey & Bramley AC 62 pts; 2, File AC 80; 3, Carnethy Hill Runners 90; 4, Aberdeen AAC 100.

Cooper Park 6 Mile Road Race, Elgin -
1, C. McIntyre (Fraser) 30-40; 2, A. Reid (Coasters) 32-01; 3, M. Wright (Coasters) 32-07; 4, K. Yost (Forres) 32-17; 5, R. McFarquhar (Aber) V1 32-36; 6, R. Curtis (Moray) 32-51; V2, M. Edwards (Aber) 33-29; V3, C. Longum (Keith) 40-33; L1, M. Stafford (Aber) 39-04; L2, M. McDonald (Peter) 39-37.

Edinburgh to North Berwick 22 Mile Road Race -
1, R. Stone (HELP) 2-04.07; 2, D. Fairweather (Cambus) V1 2-04.23; 3, M. Coyne (FVH) 2-07.15; 4, A. Graham (HELP) 2-08.13; 5, B. Howie (ESH) 2-13.28; 6, W. Adams (Shetland) V2 2-14.37; Teams 1, Haddington ELP 12 pts; 2, Hunters Boy Trotters 36.

Glasgow 800 Trophy Veterans 10,000 Metres Road Race, Garscadden -
1, W. Scally (Shett) 32-49; 2, C. Martin (Dumb) 33-04; 3, J.R. Blair (VP) 33-13; 4, A. Adams (Dumb) 33-51; 5, R. Guthrie (GGH) 34-00; 6, R. Young (Clyd) 34-25; 0/50 1, J. Irvine (Bella) 8th 34-34; 2, W. Farrell (Spring) 1st 37-47; 3, E. Dolan

(Clyd) 20th 38-29; 0/60 1, W. Marshall (Moth) 12th 36-35; 2, A. McInnes (VP) 26th 39-50; 3, R. Crawford (VP) 46-21; 0/70 1, D. Morrison (Shett) 33rd 42-19; 2, J.E. Farrell (Mary) 41st 47-07; 3, W. McEwans (GWH) 45th 49-41; L1, I. Carroll (Mary) 37th 44-35; L2, E. Lusk (Strkelvin) 42nd 47-18; L3, M. Gallagher (Mary) 47th 53-32.

Glasgow (St And) 55-65m: Ladies 100/100H: 1, E. Dempsey (Glas) 13.5/15.9.
Result: Men 1, Edinburgh 236 pts; 2, Glasgow 231; 3, St Andrews 207; 4, Strathclyde 176; 5, Dundee 147; 6, Heriot Watt 82; Ladies 1, Edinburgh 221 pts; 2, Glasgow 190; 3, Heriot Watt 153; 4, St Andrews 79; 5, Strathclyde 63.

Open Decathlon, Acoteias, Portugal -
1, M. Luscombe (England) 7569 pts; 5, D. Mathieson (Aber) 6423 (Bettors own Scottish Junior Record with Senior Implements)
(100m 11.3; LJ 7.10; SP 11.54m; 400m 50.6; 100H 15.9; DT 34.64m; PV 3.20m; JT 40.36m; 1500m 4-55.0)

SUSF Cup Final, Grangemouth - Men: 100m: 1, J. Henderson (Edinburgh) 11-2; 200m: Henderson 22-1; 400m: 1, G. Hodges (Edin) 49-3; 800m: 1, R. Archer (St And) 1-53.0; 1500m: 1, B. Scally (Strath) 4-01.7; 5000m: 1, Scally 15-19.1; 110H: 1, C. Glasgow (St And) 16-6; 400H: 1, B. Thom (Dund) 58-2; LJ: 1, M. Roberts (St And) 6.88m; TJ: 1, S. McMillan (Dund) 14.89m; HJ: 1, S. Whyte (Edin) 1.90m; PV: 1, J. Elliot (Edin) 3.50m; HT: M. Hansen (Glas) 24.36m; JT: C. Glasgow (St And) 55.46m; DT: J. Orr (HW) 35.26m; SP: C. Brown (Glas) 10.29m ("B" String, M. Hansen 10.85); 4 x 100m relay: 1, Edinburgh 43.2; 4 x 400m relay: 1, Edinburgh 3-23.9.

Teams: 1, Edinburgh 231 pts; 2, Glasgow 226; 3, St Andrews 207; 4, Strathclyde 173; 5, Dundee 143; 6, Heriot-Watt 82.

Women: 100m: 1, E. Dempsey (glas) 13-5; 200m: 1, S. Burgis (Edin) 26-5; 400m: 1, Burgis 59-9; 800m: 1, E. Riley (Glas) 2-24.5; 1500m: 1, C. Smith (Edin) 4-55.4; 3000m: 1, M. Dunlop (Glas) 10-57.3; 100m H: 1, C. Dempsey (Glas) 15-9; 400m H: 1, N. Dunlop (Edin) 69.3; LJ: 1, N. Murray (Strath) 5.42m; HJ: 1, Murray 1.60m; DT: 1, C. Adan (Edin) 30.00m; SP: 1, K. Savill (HW) 10.29m; JT: 1, N. Bruce (HW) 36.52m; 4 x 100m relay: 1, Edinburgh 52.9; Teams: 1, Edinburgh 221 pts; 2, Glasgow 190; 3, Heriot-Watt 153; 4, St Andrews 79; 5, Strathclyde 63.

8

Kodak Scottish AAA National 10K Championship, Glasgow -
1, M. Rowland (Phoenix) 29-34; 2, M. Chorlton (Stanford) 29-39; 3, P. Klimes (Con Irish) 29-44; 4, A. Hutton (ESH) 29-52; 5, N. Muir (Shett) 30-11; 6, P. Fleming (Bella) 30-18; 7, P. McColgan (DHF) 30-26; L1, L. McColgan (DHF) 32-54; L2, P. Fudge (Hounslow) 34-07; L3, C. Price (DHF) LV1 34-09.

UK Access Womens Athletic League Div 2, Nottingham -
100/200: 1, E. McGilvray (Monk Shett)

12.1/24.5; 800/1500: M. Wyllie (GAC) 2; 2-14.4 1/4-40.2; HJ: 1, A. Murray (GAC) 1.70m; "B" 1, R. Pinkerton (GAC) 1.70m; SP/DT: C. Cameron (GAC) 10.82/44.42m; Result: 1, Nottingham AC 317 pts; 2, Glasgow AC 266; 3, Shaftesbury Barnet AC 232; 4, Monklands Shettleston AC 231; 5, Wolverhampton & Bilston AC 206; 6, Rodley Ladies AC 190.

Scottish Young Athletics League NE Div 1, Inverness -
Boys: 1, Inverness H 586 pts; 2, Aberdeen AAC 543; 3, Arbroath & Dist AC 491; 4, Dundee Hawthill H 44; 5, Tayside AC 280; 6, Banchory AC 266; Colts 1, Aberdeen AAC 89 pts; 2, Arbroath & Dist AC 84; 3, Inverness H 81; 4, Dundee Hawthill H 77; 5, Banchory AC 51; 6, Tayside AC 12; Girls 1, Aberdeen AAC 182; 2, Arbroath & Dist AC 1; 3, Banchory AC 155; 4, Dundee Hawthill H 138; 5, Tayside AC 88; 6, Inverness 84.

Border Athletic League, Tweedbank Stadium, Galashiels -
1, Blackhill H 480 pts; 2, Melrose AC 434; 3, Teviotdale H 333.

Gourock Highland Games, Darroch Park, Gourock -
3,000m: 1, T. Murray (GGH) 8-52.0; 2, S. Conaghan (IBM SV) 9-12.0; 3, C. Spence (IBM SV) 9-13.0; Teams: 1, IBM Spango V 9pts; 2, Greenock Glenpark H 13.

Half Marathon RR: 1, H. Cox (GGH) 68-32; 2, T. Mitchell (File) 70-19; 3, P. Russell (GGH) 71-04. 161lb Shot: 1, A. Pettigrew 13.90m; 56lb for height: 1, Pettigrew 14'0"; Caber: 1, W. Weir; Overall performance: 1, Pettigrew; 2, Weir; 3, A. Anderson.

10

Renfrewshire/Dunbartonshire Track League, Westerlands -
Renfrewshire 800m: 1, P. Duffy (GGH) 1-58.0; 1500m: 1, T. Murray (GGH) 4-08.9; 3000m: 1, A. Puckrin (GGH) 8-58.2; Result 1, Greenock Glenpark H 231 pts; 2, Kilbarchan AC 111; 3, Greenock Wellpark H 109; Dunbartonshire 100/200m: 1, S. Tucker (KO) 11.5/23.5; Result 1, Maryhill H 204 pts; 2, Vale of Leven AC 195; 3, Garscube H 140.

11

Dumyat 5 Mile Race, Stirling -
1, D. McGonigle (DHF) 33-46; 2, A. Farringham (Gala) 33-53; 3, J. Pentecost (FVH) 35-03; 4, J. Reade (File) 35-21; V1, S. Campbell (Unatt) 40-27; L1, T. Calder (EAC) 38-43 (record) L2, M. McPherson (West) 46-33; L3, P. McLaughlin (West) 48-52; L4, E. Blisborough (Unatt) 50-44.

Adidas Midweek Series 10K Road Race, Glasgow -
1, T. Murray (GGH) 29-18; 2, P. Fleming (Bella) 30-43; 3, N. Muir (Shett) 29-50; 4, E. Stewart (Cambus) 30-13; 5, T. Heart (Kilb) 30-30; 6, A. Coyne (Bella) 30-37; 7, S. Conaghan (IBM SV) 30-48; 8, C. Spence (IBM SV) 31-00; 9, S. Gibson

Results

(HBT) 312-06; 10, J. Duffy (GWH) 31-12; V1, Z. Bankowski (EAC) 18th 32-36; V2, D. Fairweather (Cambus) 20th 32-47; V3, R. Young (Clyd) 37th 33-37; L1, A. Sym (GAC) 74th 35-55; L2, J. Donnelly (GAC) 86th 36-33; L3, C. Brown (Nith V) 104th 37-35; L4, R. McAleese (Monk Shett) 116th 38-04; L5, J. Armstrong (GAC) 140th 39-14; L6, J. Byng (Irvine) LV1 142nd 39-16; LV2, R. Murray (Giff N) 170th 40-22; LV3, C. McGarvie (Unatt) 178th 40-23; LV4, B. Hall (West) 195th 40-49.

14

Penicuik - Howgate - Penicuik 10,000 metres Road Race -
1, D. Cavers (Teviot) 31-05; 2, A. Russell (Law) 31-23; 3, A. Robson (ESH) 31-35; 4, J. Ross (HELP) 32-36; 5, A. Robertson (ESH) 33-40; 6, C. Scott (EAC) 33-59; V1, J. Knox (Gala) 34-39; V2, J. Stege (LAss) 36-07; V3, R. Cockburn (EAC) 36-13; L1, S. Durham (EWM) 40-34; L2, K. Hogg (Penicuik) 43-47; L3, J. Smith (Penicuik) 44-05; J1, J. Connolly (5th) (Gala) 32-53; J2, A. Meikle (Gala) 34-47; Teams: 1, ESH 19 pts; 2, Teviotdale H 25 pts; 3, Gala H 27 pts; Ladies Team: 1, Penicuik H 253 pts; 2, Lasswade AC 302 pts; 3, Saughton Park 345 pts.

Goutfell Hill Race, Ormidale Park, Brodick -
1, A. Farringham (Gala) 76-01; 2, A. Trigg (Glossop) 76-47; 3, M. Whyait (Glossop) 78-49; 4, M. Plenaghan (Keswick) 80-05; V1, R. Shields (Clyd) 84-42; L1, A. Curtis (Liv) 1-43.41.

Golspie 10,000 metres Road Race -
1, M. Flynn (Moray) 32-46; 2, M. Wright (Coasters) 33-32; 3, S. Wright (Caith) 33-39; 4, S. McKenzie (Inver) 33-45; 5, A. McDonald (Caith) 34-29; 6, I. Michell (Inver) V1 35-43; V2, N. Bremner (Caith) 38-11; V3, W. Bruce (Caith) 38-30; L1, A. Sinclair (Wick) 42-43; L2, R. Bruce (Wick) 44-34; L3, F. Farquhar (Wick) 45-28; Teams: 1, Inverness H; 2, Caithness AAC; 3, Blackisle AC.

Kilmalcolm Agricultural Show 4 Mile Hill Race, Kilmalcolm -
1, G. Tenney (Lin Pent) 23-31; 2, S. Ross (Kilb) 24-12; 3, D. McNeill (GGH) V1 25-33; L1, E. Gray (Kilb) 14-55.

GRE Cup 1st Round Match, Pitreavie -
Group A: 1, Shettleston H 169 pts; 2, Victoria Park AAC 127; 3, Perth Strathway H 123; 4, File AC 44.

Group B: 1, Aberdeen AAC 139 pts; 2, Pitreavie AAC 136; 3, Central Region AC 107; 4, Lothian AC 103; 5, Bellahouston H 83; 6, Cambuslang H 75; 100: 1, S. Walker (Aber) 10.8; 200: 1, M. King (Aber) 21.9; 1000: 1, F. Harper (Pit) 30-26.2; 400 H: M. Davidson (Aber) 54.8; 4 x 100 Relay: 1, Aberdeen 43.6; PV, K. Lyon (Aber) 3.60m; HT, B. Shepherd (Aber) 47.30m.

15

Hughes Glenrothes Half Marathon (1012 ran) -
1, G. Reynolds 68-36; 2, M. Strachan 71-12; 3, S. Cohen 71-37; 4, W. McNeil 71-53; 5, M. Coyne 72-10; 6, (V1) A.

Duncan 72-54; 7, R. Lippitt 73-00; 8, N. Martin 73-08; 9, P. Simpson 73-42; 10, (V2) R. Wood 74-47; 11, R. Doig 75-05; 12, J. Sinnige 75-12; V3, W. Moffat 77-39 (21st); V4, P. Shave 77-51; V5, M. Howes 78-55; L1, M. Muir 82-17; L2, (LV1) J. Ferrari 90-28; L3, L. Barclay 90-53; L4, M. Taggart 91-11; L5, U. Simpson 92-15; L6, (LV2) L. McIntosh 92-22; L7, (LV3) A. Newbigging 92-54.

Kairn Hill Race, Farlie -
1, B. Potts (Clyd) 27-59; 2, A. Farringham (Gala) 28-07; 3, D. McGonigle (DHF) 28-17; 4, I. Davidson (Carnethy) 28-31; 5, D. Bell (HELP) 28-39; 6, J. Wilkinson (Gala) 28-52; V1, P. Marshall (HELP) 8th 29-48; V2, J. Shields (Clyd) 16th 30-59; V3, R. Cheyne (Irvine) 22nd 32-20; L1, P. Calder (EAC) 21st 32-16; L2, P. Rother (EAC) 26th 33-05; L3, J. Darby (Carnethy) 42nd 36-10.

Mauchline 9 Miles Road Race, Mauchline -
1, D. Frame (Law) 45-55; 2, G. Tenney (Lin Park) 48-01; 3, D. Geddes (Gars) 48-34; 4, S. Conaghan (Spango V) 49-07; 5, W. Boyd (Ayr Sea) 50-45; 6, C. Brash (Irvine) 50-49; V1, J. Kyle (Cumnock) 51-49; V2/50 J. Conaghan (Spango V) 53-24; L1, A. Dickson (Law) 60-20; L2, I. Fraser (Ayr Sea) 60-31; L3, L. Dunlop (Ayr Sea) 62-35; LV1, M. McGill (Irvine) 62-57.

North East League Meeting, Queens Park Track, Inverness -
100: 1, J. Nichol (PSH) 10-8; 2, N. Fraser (Inver) 10-8 (both equal record); 3, M. King (Aber) 10-9; 400: J. Nichol 49-5; 100H: D. Mathieson (Aber) 15-9; HT, R. Devine (Inver) 53-24m (record); Juniors 100/400 D. Jamieson (Tay) 11.0/55.0. Women 100H: A. Edmunds (Inver) 12.3; HJ, L. Peddie (Aber) 1.50m; JT: J. Barnetson (Inver) 37.08m

Strathkelvin Luddon Half Marathon, Kirkintilloch -
1, P. Fleming (Bella) 64-40; 2, A. Douglas (Vic Park) 66-29; 3, C. Haskott (DHF) 66-54; 4, A. Daly (Bella) 68-50; 5, R. Ronald (EK) 70-50; 6, W. Scally (Shett) V1 71-04.

Scottish WCCU & RRA National Half Marathon Championship:
L1, H. McDuff (EAC) 76-43; L2, A. Aym (GAC) 80-29; L3, G. Robertson 82-23; L4, J. Harvey (GAC); L5, S. Rodgers (DRR) (LV1); 16, L. Brown (Kirk Oly) (LV2). Teams: 1, Glasgow AC 15 pt; 2, Dundee Road Runners 30; 3, Giffnock North AC 89.

18

Shettleston Harriers Open Graded meeting, Crownpoint -
100: 1, J. Robertson (Bell YM) 10-9; 2, S. Tusker (Kirk Oly) 10-9; 1500m: 1, W. Coyle (Shett) 3-58.1; 2, J. Orr (Cambus) 3-58.8; HJ: J. Stoddart (Bella) 1.97m; JT: M. O'Connor (Shett) 42-00m.

Troon Tortoises 10,000 metres Road Race, Troon -
1, K. Rankin (FVH) 30-52 (record); 2, S. Conaghan (Spango V) 30-54; 3, G. Tenney (Lin Pent) 31-31; 4, K. Penrice (Vic

Park) 31-33; 5, B. McEwan (Kilm) 32-01; 6, B. Craig (Irvine) 32-08; V1, W. Adams (She Isle) 19th 33-26 (record); V2, J. Miller (Irvine) 34-50; V3, J. Conaghan (Spango V) 35-41; L1, J. Robertson (Ayr Sea) 38-06 (record); L2, H. McFarlane (Ayr Sea) 39-40; L3, J. Bying (Irvine) LV1 39-51.

Scottish Unis v Central Region AA v Edinburgh Woolien Mill, Grangemouth -
100m: K. Scott (EWM) 12.2; 200m: S. Burgis (SU) 25.8; 400m: W. Steele (SU) 56.8; 800m: E. Riley (SU) 2-21.9; 1500m: S. Grainger (EWM) 4-44.3; 3000m: A. Rose (SU) 10-16.0; 110mH: E. Dempsey (SU) 15.0; 400mH: A. Hodgson (EWM) 62.5; HJ: N. Murray (SU) 1.76m; LJ: A. Jackson (SU) 5.33m; DT: K. Neary (EWM) 40.60m; SP: K. Neary (EWM) 10.23m; JT: K. Savill (SU) 40.32m; 4 x 100m relay: EWM 49.6.

Match result: 1, SU 225 pts; EWM 196; 3, CRAA 131.

Scottish Unis v Scottish League v SAAA Juniors, Grangemouth -
100m: E. Buney (Guest) 10.9; 200 M Davidson (SL) 22.1; 400 G Hodges (SU) 48.7; 800 G> Stewart (SU) 1-52.4; 1500 B Scally (SU) 4-02.2; 3000 R Archer (SU) 8-01.5; 110H C. Hogg (SL) 15.8; 400H M. McPhail (SL) 54.0; LJ J Scott (SL) 6.98; HJ D. Barnetson (SJ) 2.06; TJ R. Harkins (SL) 14.20; HT R. Devine (SL) 52.46; SP G. Smith (SL) 13.44; DT S. Divine (SL) 46.44; JT R. James (SJ) 60.34; PV A. Wake (SJ) 4.30.

Match result: 1, SL 273; 2, SJ 222; 3, SU 204.

21

Strathclyde Fire Brigade International 5.5 Mile Road Race, Glasgow -
1, L. Ostalazaga (New York) 26-50; 2, R. Tough (Tyen & Wear) 27-00; 3, P. Dent (Gr Manch) 27-04; 1st Sert N. Purdie (Lothian) 12th 28-30; L1, L. Brown (Kirk Oly) 34-20; V1, E. Ranicar (Gr Manch) 27-13 (record); International Teams: 1, England 17 pts; 2, USA; 3, Holland; 4, Scotland.

Kirkcudbright Academy Milk Half Marathon, Kirkcudbright (242 ran) -
1, K. Moss (Chorley) 66-13; 2, S. Gibson (HBT) 67-03; 3, M. Hoey (Chorley) 68-08; V1, W. Adams (Shet Isle) 72-32; V2, W. Ewing (Pit) 74-26; L1, C. Brown (Dumfries) 81-46; L2, M. Platt (Chorley) 86-51; L3, K. Gillypace (Cambridge) 91-12; LV1, M. Platt.

21/22

AAA Junior Decathlon Championship, Gateshead -
1, D. Bigham 6690 pts; 2, D. Mathieson (Aber) (100m: 11-42; LJ: 6.96m; SP: 11.74m; HJ: 1.95m; 400m: 50-72; 110H: 16-

Results

Neidrum (Clyd) (55th) 38-47; L2, I. McErlan (GAC) 40-04; L3, E. Thorton (GAC) 41-37; Teams: 1, Dumbarton AAC 14 pts; 2, Milburn H 28.

28

Florence to Faenza 100KM Road Race, Italy -

1, C. Donnelly (Cambus) 3-07.05 (record); 2, W. Bland (Kewick) (V1) 3-09.36; 3, J. Broxop (Kewick) 3-19.41; 4, M. Jarrat (Mandale) 3-20.09; 5, M. Hoffe (AMB) 3-21.31; A. Styan (Holfirth) (V2) 3-22.24; V3, R. Toogood (Dark Peak) (16th) 3-35.20; L1, A. Carson (Eryn) (35th) 3-50.22; L2, S. Haines (Ilkley) (46th) 3-57.44; V/O50: 1, J. Naylor (Lake Dist) 3-48.43; 2, B. Richardson (CFRA) 3-59.40; Team: 1, Mandale H. Cleveland.

Western Isles Half Marathon, Stornoway -

1, S. Gibson (HBT) 67-58; 2, M. Flynn (Moray) 68-25; N. Rait (Notts Univ) 71-09; V1, W. Adams (She Isles) 78-48; H. Scott (PSH) 83-48; V3, J. Smith (Grimsby) 83-53; L1, S. Rodgers (DRR) 92-45; L2, M. Kay (Moray) 96-38; L3, F. Rae (Stornoway RC) 94-44.

Linn Moor 5 Mile Road Race, Aberdeen -

1, A. Reid (Coasters) 25-48; 2, G. Milne (Peter'd) 25-56 (V1); 3, A. Neaves (Aber) 27-10; L1, D. Fraser (Aber) (LV1) 38-43; 2 Miles Fun Run: 1, H. Boag 14-15; 2, A. Mason 14-47; 3, P. Jones 15-07; L1, S. Heald 17-14.

Cairnapple Veterans Hill Race, Bathgate -

1, A. Stirling (FVH) 35-22; 2, R. Balir (Vic Park) 35-44; 3, I. Briggs (Liv & Dist) 36-17; L1, C. Jones (Irvine) 47-14.

29

Motherwell D.C. Ravenscraig Half Marathon, Wishaw (409 ran) -

1, E. Stewart (Cambus) 66-58; 2, R. Ronald (EKilb) 70-53; 3, G. Haddow (EKilb) 71-02; 4, T. Ulliott (Cambus) 72-10; 5, D. Cameron (Cambus) 72-18; 6, R. Kirtan (Milburn) (V1) 73-31; V2, D. Fairweather (Cambus) (8th) 73-47; V3, J. McMorow (16th) 75-53; V/O45: 1, B. McMonagle (Shett) (11th) 74-56; V/O50: 1, D. Kirkwood (64th) 85-27; L1, L. Brown (Kirk Oly) (100th) 90-51; L2, C. McGarvey (Unatt) (114th) 91-20; L3, J. Robertson (Ayr Sea) (150th) 94-40.

Caitness Northern Half Marathon, Thurso -

1, S. Wright (Cait) 74-07; 2, A. Matheson (Cait) 74-56; 3, A. McDonald (Cait) 75-55; 4, C. Noble (Fraser) 77-20; 5, G. Cunningham (Unatt) 79-22; 6, R. Matheson (Thurso) 80-49; V1, W. Cameron (Thurso) 83-12; V2, N. Bremner (Cait) 86-06; V3, J. Marshall (Cait) 89-50; L1, D. Leonard (Orkney Isle AC) 90-42; L2, M. McBeath (Cait) 93-37; L3, A. Sinclair (Wick) 93-46; LV1, F. Farquhar (Wick) 98-42. Team: Men, 1 Caitness AAC Women, Wick Lady Joggers.

Cowal Police Half Marathon, Dunoon

J. Duffy (GWH) 67-50; 2, J. Bennett (Spango V) 70-05; 3, R. Johns (GGH) 70-39; 4, R. Wilson (GGH) 72-42; 5, D. Geddes (GARS) 73-22; 6, G. McGratten (GGH) 73-29; V1, W. Adams (She Isles) (7th) 74-03; V2, T. Murray (airdrie) 75-14; V3, D. Martin (Spango V) 77-40; L1, C. Farrell (Cly'bank) 90-23; L2, C. Davis (USA Navy) (LV1) 93-34; L3, H. McCorkindale (Kilb) 102-59; Teams: 1, Greenock Glenpark H 21 pts; 2, Glenpark "B" 25; 3, Spango Valley AC 39.

Irvine Valley Dextat Half Marathon, Galston -

1, A. Daly (Balla) 66-16; 2, G. Tenney (Lin Pent) 67-40; 3, I. Kerr (Kilm) 67-50; V1, C. Martin (Dumb) 69-22; V2, I. Donnelly (Kilm) 71-10; V3, B. Hall (West) 85-00; L2, M. Dunlop (Kilm) 85-00; L3, J. Bying (Irvine).

Tiso Campsie Hill Race, Lennoxtown

1, B. Potts (Clyd) 28-44; 2, J. Wilkinson (Gala) 29-35; 3, R. McNiven (Oban) 30-06; 4, A. Bennett (West) 30-35; 5, A. Dyth (Clyd) 30-41; 6, J. McRae (Loch) 30-44; V1, R. Shields (Clyd) (7th) 30-53; V2, J. Shields (Clyd) (8th) 30-58; V3, E. Gillespie (Carnethy) (14th) 34-05; L1, K. Dodson (Law) (26th) 46-19; Local: 1, J. Brongh (S. Vets); Team: 1, Clydesdale H 13 pts.

Scottish Border AAA Championships, Tweedbank Stadium, Galashiels -

100/200/400: D. Young (Blackhill) 11.0/21.7/52.3; 800: A. Smith (Melrose) 1-58.4; 1500: K. Lyall (ESH) 4-07.4; 3000 S/C D: D. cavers (Teviot) 9-31.8; 110H/H/LJ/TJ: T. Leighton (Inver) 15.9/1.94m/6.25/12.97m; SP/DT/HT/JT: A. Martin (ACE) 11.54m/29.98m/28.06m/51.66m; Sen Boys: 1, G. Purves (Blackhill) 100/200/LJ: 11.8/24.0/5.28m.

SWAAA East v West Match, Crownpoint Sports Park, Glasgow -

100m: J. Neilson (E) 11.9; 200: A. McGillevray (W) 25-2; 400: M. Anderson (E) 54-9; 800: L. McIntyre (E) 2-11.8; 1500: E. Grant (W) 4-39.4; 3000: C. Price (E) 0-42.4; 100H: C. Reid (E) 15-2; 400H: A. Hodgson (E) 62-7; HJ: J. Barnettson (E) 1-85m (BCP); LJ: J. Ainslie (E) 5-87m; SP/JT: M. Anderson (E) 13-28m/39-86m; DT: C. Cameron (W) 43-24m.

Dunfermline Auld Troon 10,000 Metres Road Race, Pittencrieff Park, (250 ran)

1, F. Harper (Pit) 30-58; 2, C. Haskett (DHH) 31-02; 3, D. McGonigle (DHH) 31-44; V1, S. Graves (File) 32-51; L1, J. Ferreri (Pit) (LV1) 38-54.

Landemar Festival 5 Mile Road Race, Rutherglen -

1, J. Orr 24-27; 2, E. Stewart 24-52; 3, C. Thomson 25-53; 4, D. McShane 25-40; 5, J. Robertson 25-48 (all Cambuslang); 6, G. Grubb (Maryhill) 26-28; V1, W. Scally (Shett) (9th) 26-54; J1, K. Downie (Cambus) (8th) 26-53; L1, C.A. Bartley (GAC) (41st) 29-58.

June

4

Summer 10,000 Metres Road Race, East Kilbride -

1, C. Thomson (Cambus) 30-05; 2, D. Watt (Calderglen) 30-17; 3, T. Hearde (Kilb) 30-32; 4, R. Ronald (EKilb); V1, C. Martin (Dumb); L1, M. McCann (EKilb); Team: 1, Calderglen H 16 pts.

Law & District AC 10 Mile Road Race, Carlisle -

1, J. Robertson (Cambus) 54-15; 2, I. Seggie (Liv & Dist) 55-06; 3, W. Dickson (Law) 56-37; 4, I. Donnelly (Law) (V1) 57-37; V2, S. Irvine (Gars) (9th) 61-28; V3, T. Ramage (Law) (12th) 62-59.

Lillas Day 5 Mile Road Race, Kilbarchan -

1, G. Fairley (Kilb) 24-44; 2, G. Tenney (Lin Pent) 25-53; 3, S. Ross (Kilb) 25-35; 4, T. Anderson (Kilb) 25-54; 5, G. Baker (Lin Pent) 26-47; V1, W. Parker (Vic Park) 28-13; L1, S. White (Kilb) 33-28.

Johnnie Walker Kilmarnock 4.5 Mile Road race, Rugby Park, Kilmarnock -

1, B. McEwan (Kilm) 23-28; 2, C. Miller 23-40; 3, J. McNamee 23-49; 4, D. King 25-14 V1; L1, L. McGarry 29-47 (all Irvine AC); Team: 1, Kilmarnock H 12 pts; 2, Irvine 24; 3, Kilmarnock "B" 27; 4, Ayr Seaford AC.

Craigie Hill Race, Barrhead -

1, T. Young (Paisley) 40-46; 2, J. Harkness V1 43-18; 3, J. Campbell 44-22 (both Bella H); L1, T. Speirs (Barrhead) 75-00.

Rosshire Peoples 10,000 Road Race, Dingwall -

1, A. Reid (Coasters) 32-06; 2, S. Wright (Cait) 32-06; 3, D. Hunter (EAC) 32-38; 4, A. McDonald (Cait) 33-24; 5, I. Cumming (GRanton) 33-24; 6, A. Newlands (Coasters) 33-35; V1, R. Wilby (Black Isle) (10th) 34-53; L1, E. McLardy (Black Isle) (32nd) 39-56; L2, M. Wallace (Nairn) (56th) 41-57; L3, F. Farquhar (Wick) 43-30 (LV1); Team: 1, Coasters AC 22 pts; 2, Black Isle AC 39.

Haddington Festival 5 Mile Road Race, Neilson Park, Haddington -

1, A. Robson (ESH) 24-17; 2, A. Walker (Teviot) 24-35; 3, S. Pentecost (FVH) 24-43; 4, S. Gibson (HBT) 24-51; 5, W. Wright (ESH) 24-55; 6, G. Faulds (EAC) 25-03; V1, P. Marshall (HELP) (16th) 25-58; L1, J. Salvona (Liv & Dist) 29-28; L2, F. Guy (Belgrave) 29-54; L3, S. Durham (EWM) 31-22; Teams: 1, Haddington ELP 33pts; 2, ESH 37.

Scottish Civil Service Championships, Pitreavie Stadium -

100m: A. Morrison 11-5; 200m: E. Clark 22-5; 400m: C. McIntosh 53-0; 800: K. Mortimer 1-58.2; 1500: W. Nelson 4-00.0; 5000: W. Robertson 14-46.5; 3000 S/C: J. Doyle 10-07.9; 400H: B. Winning 59-8; HJ: P. Fletcher 1.74m; Ladies 100/200/400 LJ: L. Dick; 12.6/25.8/4.42m.

5

Cumnock Half Marathon -

1, H. Cox (GGH) 65-06 (record); 2, A.

Wilson (Vic Park) 67-23; 3, D. Frame (law) 67-52; 4, G. Tenney (Lin Pent); V1, B. Emmerson (Teviot) (7th) 71-42; V2, R. Blair (Vic Park) (11th) 72-32; V3, J. Knox (Gala) (14th) 75-01; L1, M. Watson (Swindon) 77-21 (18th) (record); L2, J. Robertson (Ayr Sea) (22nd) 79-29; L3, C. Brown (Dumfries) (24th) 82-15; LV1, S. Law (Belth) 95-28.

Cumbernauld Half Marathon -

1, A. Daly (Bella) 68-05 (record); 2, K. Rankine (FVH) 72-07.3; 3, B. McMonagle (shett) (V1) 73-04; 4, S. Taylor (Cumb) 74-06; 5, R. McCourt (C'bank) 74-28; 6, J. Christie (Cambus) (V2) 74-35; V3, J. McCrae (Cumb) 74-48; L1, R. McAleese (Monk Shett) 83-42; L2, B. Brodie (FVH) 93-56; L3, S. Bauchop (SVHC) 95-03.

Scolty Hill Race, Banchory -

1, F. Clyne 30-28; 2, I. Matheson 31-40; 3, E. Arrowsmith 31-55; 4, D. Duguid 32-52; 5, R. Taylor 33-14 (all Aber AAC); 6, C. Noble (Fraser) 33-21; V1, M. Edwards (11th) 33-50; V2, B. Maher (12th) 34-06; V3, J. Gallon (22nd) 35-49 (all Aber AAC); L1, L. Bain (17th) 34-45 (record); L2, U. Simpson (54th) 39-43 (both Aber AAC); L3, M. McDonald (Peter) 41-45; J1, M. Mutch (Unatt) (81st) 42-56; LV1, L. Nicholson (Carnethy) (78th) 42-42 record. Team: Aberdeen AAC 6 pts.

Govan Festival 10,000 Metres Road Race, Govan -

1, P. Fleming 30-21; 2, A. Coyne 31-12; 3, G. bell 32-20 (all Bella); 4, G. Grubb (Mhill) 33-03; 5, J. Hendry (Bella) 33-04; 6, F. Blackstock (Spring) 33-09; V1, J. Irvine 43-42; V2, J. Graham 35-16 (both bella); V3, A. Blackleg (West) 34-51; L1, E. Thornton (GAC) 41-10; L2, M. Sinclair (Unatt) 45-01; L3, L. Brady (Bella) 53-02; LV1, C. Jones (Unatt) 42-34.

Scottish Wildlife Trust 10,000 Metres Road Race, Aberdeen -

1, C. Hall (Aberdeen) 30-49; 2, D. Beattie (DHH) 31-34; 3, C. Youngson (Aber) (V1) 31-50; 4, D. Hosie (Arbroath) 33-51; 5, A. McDonald (Aber) (V2) 36-02; V3, E. Marriott (FFT) 36-19; O50, A. Allan (Aber) 37-45; L1, G. Pollard (FFT) 37-31; L2, V. Simpson (Aber) 39-01; L3, A. Campbell (Unatt) 40-53; LV1, N. McKinnon (Aber) 42-02; LV2, H. Brown (Unatt) 42-34.

East Neuk of Fife Half Marathon, Anstruther -

1, J. Mudie (Fife) 69-20; 2, I. Moncur (DHH) 71-07; 3, C. McLennan (EAC) 72-23; 4, M. McCreadie (St And) 73-08; 5, R. Hanlon (DRR) 73-22; 6, J. Sinnige (Ceres) 73-57; V1, W. Moffat (Glenrothes) 74-17; L1, J. Carroll (DRR) (90th) 90-45; L2, M. Robertson (DRR) (102nd) 92-58; L3, P. Rodger (Army) (121st) 96-31.

Galloway Sealink Marathon, Newton Stewart -

1, D. Fairweather (Cambus) (V1) 2-32.06; 2, C. Kinnear (Dumfries) 2-37.01; 3, P. McDonald (Morecambe) 2-38.17; 4, W. Brothon (FVH) 2-40.44; 5, I. Kevin (RAF) 2-41.50; 6, J. Edwards (Lincoln) (V2) 2-42.17; V3, P. Kelly (Ayr Sea) 3-16.29; L1, E. McCrae (Galloway) 3-23.30; L2, V. Grevett (Tyndeside) (LV1) 3-33.02; L3,

E. Lawson (Unatt) 3-49.14; Team: 1, Dumfries Running Club 61 pts.

Glengoyne Gallop 2.5 Mile Hill Race, Banefield -

1, J. Maitland (Oudsey) 22-08 (record); 2, R. Jones (Glas Un) 22-40; 3, B. Potts (Clyd) 23-26; V1, J. Shields (Clyd) (10th) 25-16; L1, J. Darby (Carnethy) (45th) 30-34; L2, S. Neidrum (Clyd).

Glasgow Hospice Women 10,000 Road Race, Glasgow -

1, A. Jenkins (EWM/Scot) 34-40; 2, S. Leonard (Eng) 34-38; 3, S. Sinclair (Irvine/Scot) 35-17; 4, S. Bentley (Eng) 35-21; 5, A. Sym (GAC/Scot) 35-39; 6, C. Harkins (Eng) 35-56; 7, T. Duffy (N. Ire) 35-50; 8, M. Smith (Wales) 36-23; 9, P. Rother (EAC/Scot) 36-42; 10, J. McColl (GAC) 36-45; Int Team Contest: 1, Scotland 18; 2, England 23; 3, Wales 37; Club Team: 1, Glasgow AC.

9

Dumbarton Academy 10,000 Metres Road Race, Dumbarton -

1, A. Currie (Dumb) 32-27; 2, J. Hanrahy (Clyd) 32-54; 3, C. Martin (Dumb) V1; 4, B. Pitt (Dumb); Team: 1, Dumbarton AAC 8 pts.

12

Dumfries Half Marathon, including Scottish People's Championship (men) -

1, L. McVittie (Broder H) 69-46; 2, R. Hall (Teviotdale) 70-18; 3, A. Heathcote (Staffs Moorlands) 72-08; 4, C. McDougall (Calderglen) 73-13; 5, S. Gibson (HBT) 74-12; 6, W. Moffat (File) 76-38; 7, M. Pagew (Staffs) 76-54; 8, J. Connolly (Gala) 77-29; 9, A. Mulholland (Unatt) 78-15; 10, A. Whalley (Staffs) 78-39; V1, Moffat; V2, J. Knox (Gala) (15th) 80-03; V3, M. Walker (Gosforth) (17th) 80-40; L1, C. Brown (Dumfries) 87-22; L2, L. McCrae (Galloway) 97-00; L3, C. Coyle (Annan) 100-00; LV1, S. Clayton (Dumfries) 108-30; Team: 1, Staffs Moorlands

As of next month, Scotland's Runner will be carrying ranking lists for men, women, and juniors.

Please keep our compilers, Duncan McKechnie, Ian Stedman and Jeff Carter, up to date by contacting them direct or via the magazine.

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Results

East District Championships

JUNIOR BOYS

100m, R. Wilson (CR) 12.70; 2, E. Craig (EA) 13.16; 800m, E. Craig (EA) 2-17.69; 2, S. Hemmings (PAAC) 2-17.99; L1, B. Middleton (AAAC) 4.63; 2, D. Ablett (ESH) 4.63; SP1, J. Scott (EAC) 7.33; 2, D. Mathieson (AAAC) 6.84

SENIOR BOYS

100m, C. Joiner (PAAC) 11.98; 2, S. Cumming (ESH) 12.16; 800, N. Johnstone (ESH) 2-04.25; 2, B. MacMillan (CR) 2-04.65; 1500, N. Johnstone (ESH) 4-24.78; 2, M. Kelso (PAAC) 4-25.26; 3, N. Latimer (HAAC) 4-32.20; 4x100, D.S.M.C. (Middlemist: Sweet; Reid; Foster) 48.45; 2, E.S.H. (Kinghorn; Denning; Miles; Cumming) 48.47; H1, T. Smith (EAC) 1.60; 2, J. Topps (AAAC) 1.55; L1, S. Allan (PAAC) 5.37; 2, C. Jessiman (AAAC) 5.03; DI1, D. Ridland (EA) 36.00; 2, S. Harkin (QVS) 33.14; SP1, S. Harkin (QVS) 12.62; 2, I. Love (PH) 11.18;

YOUTHS

100m, S. Shaw (EAC) 11.30; 2, P. Kennedy (EAC) 11.42; 3, M. Avis (EAC) 11.6 800, A. Kinghorn (EAC) 1-56.09; 2, K. Leitch (CR) 1-56.80; 3, J. Hemmings (PAAC) 1-58.9 1500, A. Kinghorn (EAC) 4-18.42; 2, R. Soutar (PSH) 4-25.02; 3, S. Loudon (BAC) 4-26.29 3000m, W. Fraser (EAC) 22.35; 2, M. Johnston (EAC) 22.43; 3, M. King (AAAC) 22.62 H1, S. Ritchie (PAAC) 2.05; 2, S. Hill (EAC) 1.88; 3, M. McVie (EA) 1.89 L1, M. Avis (EAC) 6.24; 2, J. Anderson (MCS) 6.20; 3, A. Welch (BAAC) 6.00 H1, S. IRVINE (MCS) 38.56; 2, D. BARNETT (PSH) 37.06; 3, C. ANDERSON (AAC) 35.92 SP1, N. Mason (FAC) 15.75; 2, O. Fowora (EA) 12.38; 3, C. Anderson (AAC) 12.24 J1, P. Nicolson (EAC) 55.04; 2, S. Petrie (DHH) 44.08; 3, A. Bruce (PAAC) 43.64

JUNIOR

1500m, G. Gardiner (PAAC) 4-21.25; 2, C. Neilson (EAC) 4-28.21; 3, W. Ratcliffe (L&D) 4-32.62 110H, D. Mathieson (AAC) 15.67; 2, G. Campbell (QVS) 16.68; 3, A. Nisbet (PAAC) 17.14 SP1, S. MC MILLAN (PAAC) 13.31; 2, A. NISBET (PAAC) 11.59; 3, G. LYLE (CR) 10.25

SENIOR

100m, N. Fraser (EAC) 11.16; 2, A. Trimby (ESH) 11.26; 3, S. Forrester (EAC) 11.37 200, W. Fraser (EAC) 22.35; 2, M. Johnston (EAC) 22.43; 3, M. King (AAC) 22.62 400, J. Nicoll (SBH) 47.88; 2, M. McMahon (ESH) 48.07; 3, I. Campbell (ESH) 49.70 800, K. Cameron (EAC) 1-53.01; 2, I. Cumming (PAAC) 1-53.02; 3, B. Murray (ESH) 1-53.49 1500, P. McColgan (DHH) 3-55.39; 2, I. Hamer (EAC) 3-55.83; 3, K. Mortimer (EAC) 3-58.56 5000, P. Fox (MH) 14-43.42; 2, G. Grindlay (ESH) 14-45.33; 3, R. Creswell (AAAC) 14-51.42 4x100, ABERDEEN (Mathieson; King; Walker; Davidson) 42.21; 2, D.H.H. (Brannan; Barrie; Ewing; Thom) 42.94; 3, PITREAVIE (Simpson; Walls; Farquhar-

son; Clark) 44.00 110H, C. Hogg (EAC) 16.09; 2, T. Leighton (ESH) 16.42; 3, A. Taylor (IH) 16.87 400H, M. Davidson (AAAC) 53.76; 2, S. Dempster (ESH) 54.28; 3, A. Taylor (IH) 56.32 3000, S. N. Martin (FAC) 9-26.08; 2, D. Duguid (AAAC) 9-27.11; 3, A. Jenkins (EAC) 9-30.87 L1, J. Scott (EAC) 7.33; 2, D. Mathieson (AAAC) 6.84; 3, I. Snowball (EAC) 6.74 H1, P. Sudiskas (CR) 1.95; 2, D. Mathieson (AAAC) 1.95; 3, P. Masterton (EAC) 1.95 L1, S. McMillan (DU) 14.48; 2, N. McMenemy (CR) 14.21; 3, J. Milne (ESH) 13.58 PV1, A. Collins (EAC) 4.00; 2, J. Johnstone (ESH) 3.80; 3, P. Pentland (EAC) 3.80 DI1, M. Jemialade (ESH) 47.18; 2, A. Whyte (EAC) 38.54; 3, R. Meikle (ESH) 38.28 J1, A. Black (ESH) 57.20; 2, S. McMillan (PAAC) 51.76; 3, A. Whyte (EAC) 50.04 SP1, G. Smith (AAAC) 13.15; 2, A. Whyte (EAC) 11.82; 3, R. Meikle (ESH) 11.22 H1, R. Meikle (ESH) 51.98; 2, W. Gentelman (EAC) 41.76; 3, A. Nisbet (PAAC) 35.6

West District Championships

JUNIOR BOYS

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Race Profile

OCCASIONALLY, very occasionally, the person who controls the weather allows Scotland a hum-dinger. June 12 was such a day, and in the Dunfermline Half Marathon the weather found an event almost its equal in perfection.

In this respect I refer to the organisation of the race, even if the course itself remains too undulating to produce a really fast time - despite the best efforts of the half marathon team to eliminate the worst of the climbs. But for sheer efficiency and attention to detail, I doubt if you'll find a better event anywhere.

Doubtless it was this reputation which attracted over 1600 entrants on a day when there were considerable counter-attractions at Dumfries (the Scottish People's Championship), Clydebank, and Loch Rannoch. It was already pleasantly warm in Pittencrieff Park an hour before the 9.30am start, and the runners arriving from all over Scotland knew they were going to be grateful for the abundant water stations (and the good people round the route who provided spray from their hoses).

From the gun seven runners - Tommy Murray, Philip Russell, Martin Coyne, Frank Harper, David Beattie, Charlie Haskett, and Robert Lippitt - surged clear of the field. Running up the High Street and back down Carnegie Drive, this leading group reached the first mile marker in 5-07 and remained together for the second mile which they covered in a pacey 9-54.

The first to go, in Elgin Street, was Russell and the leading six reached three miles in 15-01. Grange Road is a very up-and-down country lane, and here Murray and

Harper started forcing the pace, but six remained as mile four arrived in 20-05.

As the pace remained steady along Primrose Avenue, Coyne began to feel the heat... And then there were five, as mile five was reached in 25-10.

Early into mile six Lippitt looked uncomfortable with the pace and was duly dropped. Beattie and Haskett, too, seemed to be struggling as Murray continued to stretch the group, and as mile six came up in 30-08, the leaders were for the first time strung out in single file.

The halfway mark arrived in 32-48, by which time Murray had taken what turned out to be the decisive lead of ten yards over Haskett and Harper, with Beattie falling off the tail. Murray continued to consolidate his lead, and Haskett started to pull away from Harper, and the places remained unaltered until the end of the race.

Murray went through seven miles in 35-07; eight miles in 40-27; nine miles in 45-36; ten miles in 50-48; and eleven miles in 56-02. The twelve mile marker was on a part of the course inaccessible to the lead car, but the winning time of 67-00 shows that the pace remained steady.

"It was my first half marathon in two years," Murray said later (his personal best is 65-00 at Ardrossan). "I was going to sit with the other two (Haskett and Harper) till about ten miles but I managed to break earlier."

Murray, who had run in the 1500 and 3,000 metres at the Bearsden Highland Games the previous day, said he had run Dunfermline to make up the Greenock

Now for a small refreshment possibly, chaps?



Race Profile

Dunfermline Half Marathon

Glenpark numbers when one of the team dropped out. Following a "disastrous" 5,000 metres performance at the UK Championships in Derby the previous weekend, he is looking for a better effort over the same distance in next month's Scottish Championships.

Haskett said he found the course very hilly; also, he wasn't fully race fit. His immediate sights are on the Great North Run. Harper - while conceding that the best man won - said he was suffering from an injured calf muscle sustained the previous Thursday in training. He'll be having a go at the 10,000 metres in the Scottish, but remains convinced that the marathon is his distance.

The women's race was won by a West German, 36-year-old Ulla Paga from Wilhelmshaven, which is Dunfermline's twin town and is on the north coast near Bremen. It's apparently very flat in Wilhelmshaven, and Paga described the Dunfermline route as a "roller-coaster", although she, and her two male German compatriots, were more than happy with the hospitality lavished on them and the support from the crowd.

According to Paga the half marathon is rarely run in West Germany, road races between 10K and the marathon tending to be 25K (or sometimes 15K). her winning time was 83-12.

In second place, just 32 seconds behind, was Livingston AC's Joyce Salvona - yet another runner who was inspired by the London Marathon to take up the sport. She's been running for five years and her half marathon best of 79-51 was set at Livingston Last August.

Salvona all but caught up with the German at eight miles, but Paga pulled away again. The course would presumably have suited the Livingston women, as this year she has been turning her attentions increasingly to hill running.

Third, and first veteran (Paga not being counted) was Jacqui Ferrari of Pitreavie, one of many women who feel that females should become veterans at 40 and not 35.

Alan Campbell

The leaders waste no time getting away at the start.



Ulla Paga

Ken or Archie - he's the boy!

THE WINNER of the male veteran's prize, Pitreavie's Archie Duncan, is an inspiration to us all - he's getting faster as he's getting older!

Archie, or Ken as he is known to his friends, only started running three years ago at the age of 39. He joined Pitreavie AC in the wake of his wife, Susan, having done very little previously in the way of sport apart from the occasional cycling (that's what he told me, anyway).

Two weeks before Dunfermline he ran a personal best of 71-11 in the Kirkcaldy Half Marathon on a flatter course. His ambition now is to break 70 minutes, although he added: "I feel it's beyond me."

An assistant power engineer at the Longannet Power Station, Ken runs 50-70 miles a week in training, including two speedwork sessions. "I follow schedules I've picked up from other people at the club," he says.

Final Placings

MEN

- 1, Tommy Murray 67-00
- 2, Charlie Haskett 67-36
- 3, Frank Harper 68-10
- 4, David Beattie 69-40
- 5, Martin Coyne 70-12
- 6, Robert Lippitt 70-34
- 7, Phillip Russell, 72-14
- 8, William McNeil 72-19
- 9, Peter Simpson 72-29
- 10, Ken Duncan, 72-35

WOMEN

- 1, Ulla Paga 83-12
- 2, Joyce Salvona 83-42
- 3, Jacqui Ferrari 85-14
- 4, Linda Barclay 89-58
- 5, Linda Brown 90-58
- 6, Gill Hanlon 91-24
- 7, Kerry Robinson 91-44
- 8, Linda McIntosh 93-18
- 9, Catherine Farrell 93-25
- 10, Ann Newbigging 93-39

VETERAN MEN

- 1, Ken Duncan 72-35
- 2, Bill Adams 74-55
- 3, Bill Ewing 78-02
- 4, Ian Briggs 78-13
- 5, Malcolm Howes 78-40

VETERAN WOMEN

- 1, Jacqui Ferrari 85-14
- 2, Linda Brown 90-58
- 3, Linda McIntosh 93-18
- 4, Ann Newbigging 93-39
- 5, Jaqueline Byng 95-32

OVERALL

- 50, Colin Hutt 79-46
- 100, Stuart Morton 84-31
- 150, Roger Smith 87-14
- 200, George Brown 89-11
- 250, Tony Pinder 90-58
- 300, David Oliver 92-55
- 350, Timothy Tompkins 94-42
- 400, Brian Stewart 96-30
- 450, Robert Coles 97-57
- 500, John Walker 99-32
- 550, John Simpson 101-01
- 600, Ruth Devlin 102-17
- 650, Alan Skilling 103-38
- 700, William Wilson 105-12
- 750, Bruce Crawford 106-55
- 800, Allan Milne 108-32
- 850, Brian Johnstone 109-49
- 900, Alan Anderson 111-39
- 950, Michael Duthie 113-32
- 1000, Brian Will 115-53
- 1100, Graeme Moncur 121-38
- 1200, William Kane 129-35
- 1250, Hazel Richardson 137-44

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On the VETERAN scene...



Henry Muchamore

There's an adage in running that one is only one step from disaster. No matter how well the training has been going, one false step can seem to put you right back. At the moment of writing, with six months of sound mileage behind me and really starting to look forward to some speed work in the sunshine of Grangemouth and the Scottish Vets Track and Field Championships, I discovered just how easy that "one step", or in my case "one jump", can be.

During an enjoyable Sunday morning run along the East Lothian coast I started to feel frisky and jumped over a fence I normally just climb. Nothing noticed at the time, indeed we finished off the run with a few extra strides, just to show these young 'uns that we vets can still shake a leg. Next morning, though, it all came home to me as I literally hobbled round our normal early morning golf course run. Out came the ice pack, and by lunch time I was on the physio's bench keen to be back in action by the weekend.

My enthusiasm for recovery did not match the Kipling poem, "If you can force your heart and nerve and sinew..." I tried, completed the first mile of the Dunfermline Half Marathon, and that was it.

With age we are supposed to become wiser, but it is still difficult to learn that we have to give our bodies, especially our aging bodies, time to recover.

ANOTHER THIN line is between knowing and not knowing what is going on in British Athletics at the moment, especially as far as veterans are concerned. At the SCCU annual general meeting I tried to solicit what was happening about the new British Athletic Federation, but no one seems to know very much. I have written to Mike Farrell, the secretary of the AAA, about the issue of professional veterans and asked him what was in the proposed new constitution.

This reply clarified certain facts, but it said nothing about the British Athletics Federation. I have spoken to the new Scottish athletics administrator, the Scottish national coach, the former president of the

SCCU, and countless lesser mortals who are just ordinary club officials and athletes, and not one of the people I have spoken to has seen a copy of the new BAF proposals, or can tell me what it says about veteran athletics.

Out of frustration I rang Sylvester Stein, chairman of the BVA. Not only had he not seen any of the information, but none of the English-based affiliated bodies has either, and from what he could tell me there were no related agenda items for the BVAF annual general meeting on July 23.

Now I know another well known adage is that, "where ignorance is bliss 'tis folly to be wise", but I really am concerned that the English AAA are going to be debating key issues relating to the future of British athletics, and so few people seem to be aware of the facts - and how they will affect the Celtic countries, let alone veterans.

Consequent to this, any debate that I have tries to initiate about "professional vets" does understandably seem to take a low priority. Indeed some people have suggested to me that it may be better to say nothing and keep quiet.

I must say I find that hard to do, especially as I feel that the re-drafting of the BRITISH Athletics Federation constitution is a unique opportunity for some of the anomalous

lies that have been around on issues like age groups and professionals to be given a full and honest debate, and to which we as Scots should be making our voices heard.

One interesting factor which would seem to emerge from the McAllister proposals for the BAF is that clubs with 900 or more members would have 10 votes. Now I'm not certain, but I think the only Scottish club to have that kind of membership is the SVHC. I can assure you that would raise a few eyebrows if passed, and I for one would be against such powers, even though I am a promoter of veteran action. The real concern I have is that while Scottish clubs may have an opportunity after the proposals of July 3 are discussed at the AAA's special general meeting, I would like to know whether any invitations were extended to the Celtic bodies to at least contribute to the debate, even though they could not legally vote on the AAA proposals.

As for vets, it really does need someone to be at the BVAF annual general meeting on July 23 who can answer some of these important questions that so far have not been discussed.

AWAY FROM things "political", I would like to pay tribute this month to a man who must spend a fortune on air, train, and bus fares to get

himself round the country to various races. Bill Adams of the Shetland Athletic Club is a postman by trade, and he spends most of his free time and holidays competing on the mainland.

Over a recent 12 day spell, Bill picked up prizes at Kirkcudbright, Aberdeen, Ayrshire, and Dunfermline, and on June 25 I was, subject to full recovery from calf strain, due to join him in a midnight run in daylight in Lerwick's "Simmer Dim" Half Marathon. He tells me it's "quite hilly", but the refreshments afterwards go on until the early hours of the morning! After last year's exploits to the Orkney Islands, I'm really looking forward to this Shetland trip.

BY THE time you read this, the Scottish Veterans Track and Field Championships will now be over, and many of our lads will be off to Verona to compete in the European Veteran Championships. Two candidates likely to do very well in their respective classes are John Ross, who has just moved into the 0/50's and will be competing in the sprints and pentathlon, and Ian Steedman, who recently moved into the over 60's though you would never believe it to look at him. He will be competing in the hurdles and pentathlon.

Henry Morrison, who at 54 is another whose looks belie his years, will be having a go at the middle distance events. I look forward to telling you about their exploits next month.

AS A foot note, I would like it noted by those who may have read a certain magazine article that I do not consider myself as an "Englishman" trying to "take over" Scottish veteran athletics. I do admit to my London birth and my "BBC" accent as someone called it, but my mother was a Dundonian and I spent many a happy day in the early years of the war in Brechin. As a lad who lived just a few miles from Wembley Stadium, we always cheered the Scottish coaches with a well known cry, "sling out your mouldies!" I know that most Scots have no "mouldies to sling", and most vets spend theirs on running shoes!



Dunfermline runners on High Street; our Henry didn't get much further.



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Events Diary

July

2

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

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

MAMORE Hill Race, Kinlochleven

N. IRELAND Championships, Antrim

SHOTTS Highland Games, Shotts

WEST Kilbride BB Open Athletic
Meeting, West Kilbride

3

BLACK Hill Race, Earlstoun

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.

SCOTTISH Heavy Events Champion-
ships, 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.

SHISKINE Half Marathon, Arran.

12

EDINBURGH Woollen Mill Road Race,
(15K), 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, Mallaig.

BONAR Bridge Peoples Quarter
Marathon, Bonar Bridge.

BRITISH Schools International,
Swindon.

CRAIG Bheag Hill Race, Kingussie.

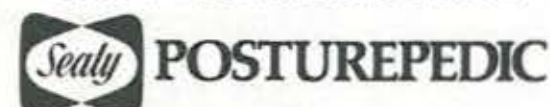
KODAK Classic International,
Gateshead.

LOCHINVER Coastguard 10 Mile Road
Race, Lochinver.

GRE BAL CUP Rd 2 Jubilee Cup,
Crownpoint.

WOOLWICH Inverness Highland
Games, Inverness.

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- MARSHALLED THROUGHOUT.
- FULL DRINKS AND MEDICAL SUPPORT.
- SHOWERS/CHANGING FACILITIES.
- PARKING NEARBY.

**ALL RUNNERS MUST BE 17 YEARS
OLD OR OVER UNDER A.A.A. RULES.
FOR FURTHER DETAILS INCLUDING
ENTRY FORMS SEND AN S.A.E. TO:**



FREEPOST SEALY MARATHON
COCKERMOUTH SPORTS CENTRE
CASTLEGATE DRIVE
COCKERMOUTH, CUMBRIA CA13 9H
OR TEL: 0900 823596.



OFFICIAL A.A.A. EVENT-PERMIT No. 1896.

"superbly organised race with a smashing medal for all finishers." - Ron Hill 1984/85/86/87. Ron is back in '88 - join him!!

6TH INTERNATIONAL MARATHON AND HALF-MARATHON

BENIDORM

Sunday November 27th 1988 9.30am

Take advantage of a great winter break that offers:-

- Over 1½ million pesetas in prize money
- Temperatures in the mid 60's F
- A flat officially certified course through town, coast and countryside
- Excellent race control and medical back up
- Electronic computerised timing and lead car
- Your moment of glory recorded and available within 2 hours of finishing

Teams 3 to score. No extra team fee
Entry fee: £5.00 (includes souvenir T-shirt)
Special 4 to 14 day package holidays available to runners plus family and friends.

For entry forms and brochure write to
THE EXCLUSIVE AGENTS:
Inspectorate Travel (Marathon)
50A Fenchurch St. large
London EC3 M3JY SAE please
Tel: 01-623 5871



THE ASDA MERSEY MARATHON

7th

ALDER HEY CHILDREN'S HOSPITAL LEAGUE OF FRIENDS (Under AAA and WAAA Rules)

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 & WAAA 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.

British Association of Road Races **AMATEUR ATHLETIC ASSOCIATION**

SPONSORED BY PRESS & JOURNAL

INVERNESS 10K

PEOPLE'S RACE & FUN RUN

SUNDAY 17th JULY 2.30 p.m. INVERNESS

Under SAAA/SWAAA/SWCCU & RRA Rules

Fast, flat town centre course through the streets of the Highland Capital, forming part of the inaugural official Scottish Road Race Championship. Course records: Men 29-29 (Peter Fox); Women 31-56 (Lisa Martin). £2000 in prizes for all categories, including individuals, vets, athletics clubs, pub and works teams, with medals to all race finishers. Strong spectator participation; post race disco for runners and guests.

Entry forms from branches of the Bank of Scotland, or with SAE to Turnbull Sports, 10 Church Street, Inverness. Entries close 11th July.

A HIGHLANDS AND ISLANDS DEVELOPMENT BOARD PROJECT

SPONSORED BY "Press & Journal"



BLAIRGOWRIE 500 20 AUGUST 1988 TSB

T.S.B. Blairgowrie 500 Half Marathon

Saturday Aug 20th Starting 2.15pm

A tough half marathon starting and finishing at the Blairgowrie Leisure Centre. Changing facilities are excellent, and runners have free use of the swimming pool after the race. Prizes given out in the main hall where a light snack is provided for competitors. Creche facilities provided for runners' young children.

In the evening, Blairgowrie Road Runners are organising a ceilidh at which a video of the afternoon's race will be shown.

Over 50 different prizes totalling more than £800. All finishers receive medals.

"The friendly half-marathon"

Further information and entry forms from:
John Wilson, Springbank, Darkfaulds,
Blairgowrie PH10 6QB

Events Diary

17	BALMEDIE Beach Bash, Aberdeen.	24	AAA & WAAA Combined Events Championship, Stoke.
	CAMPBELTOWN Festival Week Half Marathon, Campbeltown. E - Race Secretary, Kintyre Centre, Stewart Road, Campbeltown, PA28		FALKIRK Young Athletes Meeting, Grangemouth, E - Grangemouth Stadium, Tel: 0324-483752.
	INVERNESS 10K Peoples Race & Fun Run, Inverness. E - Race Director, 10 Church Street, Inverness, IV1 1EA.		GREAT North Run, Newcastle.
	KILDOON Hill Race, Maybole.		HELENSBURGH Peoples Half Marathon, Helensburgh.
	SCOTTISH Athletic League D1 & 2; Ayr; D3 & 4, Meadowbank.		IRVINE Harbour Festival Half Marathon, Irvine, E - Dept of Leisure, Rec & Tourism, Cunninghame District Council, 25 Mongomerie Crescent, Saltcoats.
20	ESH Open Graded Meeting, Meadowbank.		IRVINE New Town Highland Games, Irvine.
	SRI Chinmoy 10K Road Race, Glasgow Green.	27	SRI Chinmoy 2 ML Road Race, Meadows, Edinburgh.
	SRI Chinmoy 2 ML Road Race, Meadows, Edinburgh.		SRI Chinmoy 3M Road Race, Glasgow Green.
22	SCOTRAIL National Championships, Crownpoint.		WORLD Junior Championships, Sudbury, Canada.
	SCOTTISH 3K Track Walk Championship, Crownpoint.	28	WORLD Junior Championships.
23	AAA & WAAA Combined Events Championship, Stoke.	29	MILLER Lite, IAC, Grand Prix, Meadowbank
	DINGWALL to Evanton Road Race (10ml), Dingwall.		WORLD Junior Championships.
	ELGIN Highland Games, Elgin.	30	LOCHABER Highland Games, Fort William.
	GLAMAIG Hill Race, Sligachan, Isle of Skye.		MEALL-Suidhe Hill Race, Fort William.
	MUSSELBURGH Festival Road Race, Musselburgh.		PETERHEAD Scottish Week Games, Peterhead.
	SCOTRAIL National Championships, Crownpoint.		SHIRE Harriers Open Meeting, Aberdeen/Dundee.
	STROMNESS Half Marathon, Stromness.		WORLD Junior Championships.

SCOTLAND'S FIRST "UNATTACHED" RUNNERS CHAMPIONSHIP

SUNDAY 16th OCTOBER 1988, at NOON

Run all year, finish off here.

Fee £4.

Details and Entry Forms from E. Campbell, Kisimul,
Alma Road, Fort William.

31	FERRANTI 10 ML Road Race, Aberdeen.
	GRE BAL Cup Semi Final, Meadowbank.
	SCOTTISH Young Athletes League S/Final, Pitreavie.
	WORLD Junior Championships.
	HALF Ben Nevis Hill Race, Fort William.
August	
1	COW Hill Race, Fort William
3	FALKIRK Open Graded Meeting, Grangemouth. Details as before.
	LANARKSHIRE AAA Track League, Coatbridge.
	NORTH Berwick Law Race, North Berwick.
	SRI Chinmoy 3 x 1 mile relay races, Glasgow Green.
5	KODAK AAA/WAAA Championships, Birmingham.
6	DUNDONNEL 3 Tops Hill Race, Gairloch.
	BRODICK Highland Games, Arran.
	CRAIG Dubh Hill Race, Newtonmore.
	KODAK AAA/WAAA Championships, Birmingham.
	LARGO Law Hill Race, Lower Largo.
	LINLITHGOW Highland Games (Heavy Events), Linlithgow.
	SCOTTISH Hill Race Championships, Newtonmore.
7	ANGUS Munros Hill Race, Glen Doll.
	BRIDGE of Allan Highland Games.

	BURNSWARK Race and Clint Race, Ecclefechan.
	CITY of Edinburgh 10 Mile Road Race, Edinburgh.
	EYEMOUTH Peoples Half Marathon, Eyemouth.
	KODAK AAA/WAAA Championships
	MONKLANDS Half Marathon, Coatbridge.
	MORAY Peoples Marathon, Half Marathon & 10K, Elgin. E - Ed McCann, Dept of Recreation, 30/32 High Street, Elgin.
	SCOTTISH Young Athletes League Final, Crownpoint.
10	SHETTLESTON Harriers Open Graded Meeting, Crownpoint.
	WIDEFORD Hill Race, Kirkwall.
13	BRITISH Athletics League, (4).
	CELTIC Junior International, Ayr
	GLASGOW Highland Gathering, Bellahouston.
	MORMOND Hill Race, Strichen.
14	DAIRY CREST Games, GB v Hungary, Gateshead.
	DALCHULLY Hill Race, Laggan Bridge.
	EDINBURGH & District Athletic League, Pitreavie.
	BRITISH Airways Glasgow Half Marathon, Bellahouston. E - Race Organiser, 53, Anchor Crescent, Paisley PA1 1LX.
	GRAMPIAN Television Athletics League, Peterhead.
	HADDINGTON Half Marathon, Haddington. E - Joe Forte Sports, 65, High Street, Haddington.
	MARYMASS Sports, Irvine.
	MONKLANDS Open Graded Meeting, Coatbridge.
	OCTOAVIANS Relays, Meadowbank.
	SAAA Medley Relay Championship, Meadowbank.
	SOUTH Carrick Half Marathon, Girvan.
17	CAERKETTON Hill Race, Hillend, Edinburgh.
	ESH Open Graded Meeting, Meadowbank.

Aberdeen AAC **SHIRE HARRIERS OPEN MEETING**

(under SAAA & SWAAA Rules)

Caird Park, Dundee, Sat 30th July, 1988

Feature Events: Gorse-lex 2000 (W), Running North 2000,
Delcapp & Natterwide Anglo Golden Sprints, First Zapper
800. Plus Sponsored & Graded Events
(all age groups).

SCOTLAND'S FIRST "UNATTACHED" RUNNERS CHAMPIONSHIP

SUNDAY 16th OCTOBER 1988, at NOON

Run all year, finish off here.

Fee £4.

Details and Entry Forms from E. Campbell, Kisimul, Alma Road, Fort William.

Aberdeen AAC

SHIRE HARRIERS OPEN MEETING

(under SAAA & SWAAA Rules)

Caird Park, Dundee; Sat 30th July, 1988

Feature Events: Gorse-lex 3000 (M), Running North 3000, Deelop & Hallowmide Anglo Golden Sprint, First Zipper 800. Plus Sponsored & Graded Events (all age groups).

ENQUIRIES: Mr. S. Peckle, Telephone: 0224 313498.

LOTHIAN AND BORDERS FIRE BRIGADE



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

Sunday 28th August 1988

at 10 a.m.

Start/finish at Howden Park, Livingston

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

ENTRY FORM

SURNAME

FIRST NAME

POSTAL ADDRESS

TOWN

COUNTY POST CODE ESSENTIAL

DAYTIME TELEPHONE (STD CODE ESSENTIAL) HOME TELEPHONE (STD CODE ESSENTIAL)

DATE OF BIRTH AGE ON DAY OF RACE WHEELCHAIR ENTRANT (PLEASE TICK) ☐

FIRST CLAIM AFFILIATED CLUB

BEST TIME WHERE ACHIEVED

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

Signed Date
Completed entry to Race Secretary, Livingston Fire Station, Livingston EH54 5DT



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

LOCH LEVEN HALF MARATHON

(Under SAAA & SWAAA Laws)

Saturday 3rd September at 1pm.



13.1 miles round scenic Loch Leven

Entries close 31st July
Medals to all finishers
Prizes in each race class.

Main Sponsor: THE SCOTTISH HEALTH EDUCATION GROUP
Entry forms from: Tourist Information Centre, Junction 6 M90, Kinross. KY13 7NQ. Tel: 0577 63680.

Badenoch & Strathspey Amateur Athletics Club presents the STAKIS FUN RUN SERIES

(Under SAAA, SCCU, SWAAA, SWCC & RRA Rules)

SENIORS 18 years & over Distance - approx. 5 miles
JUNIORS 14 years/under 18 years Distance - 3 miles

2nd July Boat of Garten - 9th July Durnain Bridge -
13th August Kinross - 18th September Carbridge -
25th September Kingussie - 8th October Laggan -
23rd October Rothiemurchus (Aviemore)

AGE AS ON DATE OF FINAL RUN - 23rd October 1988

Prize List at each venue. Trophy to Overall Winner. Medals to 1st, 2nd, 3rd, 1st Lady, 1st Veteran, 1st, 2nd, 3rd Junior Boy, 1st, 2nd, 3rd Junior Girl.

ALL FINISHERS WILL RECEIVE A SIGNED CERTIFICATE OF TIME ACHIEVED
ENTRY FEE PER RUN £2

A special certificate will be awarded to those completing the seven events.

FOR ENTRY FORMS, CONTACT 0479 811431



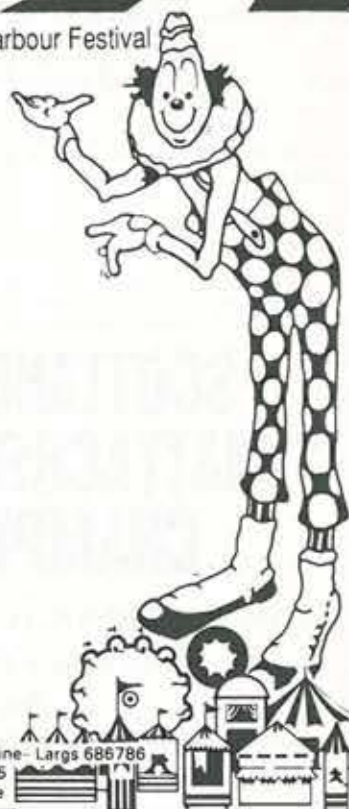
Sunday 24 July Irvine Harbour Festival Half Marathon

Sunday 7 August The Corrie Capers Round Arran Relay Race

Sunday 4 September The Round Cumbrae Road Race

For Race Information & Entry Forms Contact:
Cunninghame District Council,
Department of Leisure, Recreation & Tourism,
25 Montgomerie Crescent, Saltcoats:
Tel: 0294-602617.

For details, phone Cunninghamame Coastline - Largs 686786
or Cunninghamame Infoline - Largs 673765
or visit Largs Tourist Information Centre



Events Diary

MARYMASS "6" Mile Road Race, Irvine.

WELTKLASSE, Grand Prix, Zurich.

19

EVO Van Damme Memorial Grand Prix, Brussels.

20

ABERNETHY Highland Games, Nethy Bridge.

BUTE Highland Games, Rothesay. Sec - T> McMillan, Ardtalla, Glebelands, Rothesay PA20 9JD.

GB '89 Age Gp v Ireland (U21) v Switz. U21, Cwmbran.

GRE BAL Cup Final, Cophthall.

ORKNEY Open Champs, Kirkwall.

SCOTTISH Young Athletes Handicap Scheme, Arbroath.

SWAAA Heptathlon, Pentathlon Champs, Coatbridge.

TSB Blairgowrie 500 Half Marathon, Blairgowrie. E - John Wilson, Springbank, Darkfauld, Blairgowrie PH10 6QB.

ARROCHAR Alps Mountain Race, Arrochar.

THE Great Wilderness Challenge, Poolawe

21

ARGYLL Open Championships, Oban.

BORDER Athletics League, Tweedbank.

C.B.R.B. (Scotland) & 10K Race and Fun Run, Grangemouth.

GRAMPIAN TV Athletics League, Aberdeen.

GRE BAL Plate Final, Cophthall.

MARYMASS "10" Mile Sand Race, Irvine.

MIDLOTHIAN Peoples Half Marathon, Gorebridge.

MONTROSE Half Marathon, Montrose.

NORTH East League, Inverness.

ORKNEY Open Champs, Kirkwall.

REGINA Royal Jolly Jog, Aberdeen.

ROSEBANK 10 Mile Road Race, Wick.

SWAAA Heptathlon, Pentathlon and Relay Champs, Coatbridge.

WELTKLASSE, Grand Prix, Cologne.

TWEEDSMUIR Fair Fell Race, Tweedsmuir.

23

INT.Leichtathletik, EAA Permit, Berne, SU1.

26

IAAF Mobil Grand Prix Final, Berlin.

27

ACCESS UK Womens League (3).

ACHMONY Hill Race, Drumnadrochit.

COWAL Highland Gathering, Dunoon.

FORTH Valley, D1 & D2, Pitreavie.

GLENURQHART Highland Games, Drumnadrochit.

SCOTTISH Veterans v NE England Veterans.

TWO Bridges (Forth, Kincardine) Road Race, Dunfermline.

28

ABERDEEN Half Marathon, Aberdeen.

ACCESS UK Womens League (3) D2, Grangemouth.

ACCESS Womens League (3) D4, Pitreavie.

AYR Land O'Burns Half Marathon, Ayr. E - Race Director, Parks and Recreation Dept., 30, Miller Road, Ayr KA7 2AY.

AYRSHIRE Track & Field Champs, Ayr.

INTER Region Contest, Tweedbank.

INTERNATIONAL Meeting, EAA Permit, Maia/Porto (POR).

INVERCLYDE Quarter Marathon, Greenock.

LIVINGSTON Half Marathon, Livingston. E - Race Secretary, Livingston Fire Station, Livingston EH54 8LP.

MCVITTIES Challenge, IAAF Permit, London (CP).

MID-ARGYLL 9 Km Road Race & Fun Run, Lochgilphead.

RUTHERGLEN Crime Prevention "10", Rutherglen.

SCOTTISH Athletics League (4) D1 & D2, Meadowbank.

SCOTTISH Athletic League (4) D3 & D4, Crownpoint.

30

CERES 8 Mile Road Race, Ceres.

31

INTERNATIONAL Meet - IAAF permit.

OPEN Graded Meeting, Tweedbank.

SHETTLESTON Harriers Open Graded Meeting, Crownpoint.

September

3

BEN Nevis Race, Fort William.

LOCH Leven Half Marathon, Kinross. E - Mr A. Falconer, 1, Norwood, Newport on Tay.

OLYMPIC Meeting, EAA Permit, Athens, GRE.

TAIN Peoples 10K Road Race & Fun Run, Tain.

U-21 Home Countries Womens Match, Middlesbrough.

4

PEEBLES Highland Games, Peebles.

ROUND Cumbrae Road Race, Millport. E - Cunninghame District Council, Dept of Leisure and Tourism, 25, Montgomerie Crescent, Saltcoats.

SCOTTISH Womens Athletics League D1, Aberdeen.

SCOTTISH Womens Athletics League D2, Inverness.

SCOTTISH Womens Athletic League D3, Livingston.

SCOTTISH Womens Athletic League D4, Grangemouth.

SCOTTISH Young League - E v W, Crownpoint.

5

NIKE Playmakers, IAAF Permit, New Delhi (IND).

6

HANS Braun Sportfest EAA Permit, Munich, FRG.

NIKE Playmakers, IAAF Permit, New Delhi (IND).

RENFREWSHIRE/Dunbartonshire 10000 & YA Meet, Crownpoint.

7

FALKIRK Open Graded Meeting, Grangemouth. E details as before.

SRI Chinmoy 2 ML Road Race, Glasgow Green.

SRI Chinmoy 5K Road Race, Meadows, Edinburgh.

10

BRITISH Athletics League - Corby.

KNOCKFARREL Hill Race, Strathpeffer.

MINI-Minor Highland Games, Grangemouth. E details as before for Grangemouth Stadium.

SCOTTISH Young Athletes Handicap Scheme, Livingston.

11

ACCESS UK League Qualifier, Coventry.

GREAT Scottish Run, Glasgow. E - Race Director, Glasgow Sports Promotion Council, 20, Trongate, Glasgow G1.

CORRIEYAIRACK Pass Race, Spear Bridge.

NORTH East League, Glenrothes.

SPORT Aid '88 - "Race against Time", various venues.

14

MOTHERWELL YMCA H. Open Grade Meeting, Wishaw.

SRI Chinmoy 2 ML Road Race, Glasgow Green.

SRI Chinmoy 2 ML Road Race, Meadows, Edinburgh.

16

COMBINED Events, EAA Permit, Talence, FRA.

17

COMBINED Events, EAA Permit, Talence, FRA.

INVERNESS Harriers Invitation Graded Meet, Inverness.

NORTHERN District 10K Track Championship, Inverness.

OLYMPIC Games, Opening Ceremony, Seoul, Korea.

CAIRN William Hill Race, Monymusk.

18

SCOTTISH & N West Athletic League D1 & 2, Wishaw.

SCOTTISH & N West Athletic League D3 & 4, Ayr.

SCOTTISH & N West Athletic League D5, Crownpoint.

19

ABERFELDY Peoples Half Marathon, Aberfeldy. E - Race director, Aberfeldy Recreation Centre, Aberfeldy, Perthshire.

21

SRI Chinmoy 2ML Road Race, Glasgow Green and Meadows.

OLYMPIC Games, Athletics, Seoul, Korea.

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 dis-
tances 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,
Bellsdale Park Pavillion, Wednes-
days 7-8.30pm ladies only, St Col-
umba's Church Hall, Kilbirnie. Seri-
ous runners, novice runners and fun
runners all welcome. General sec-
retary - J. Swindale, 29, Braehead,
Beith, Ayrshire. Phone Beith 4156.

BLAIRGOWRIE ROAD RUNNERS

Sec - Mrs Maggie McGregor, Glen-
ferate, Enochdu, by Blairgowrie,
Perthshire PH10 7PL. Tel: 025081-
205.

CAMBUSLANG HARRIERS

All age groups and standards wel-

come, young or old, serious or so-
cial, we cater for everyone. Meets
every Tuesday and Thursday 7pm;
Saturday 2pm; Sunday 11.30am.
Further information: Robert An-
derson, 63, Montcastle Drive, Cam-
buslang. Tel: 041-641-1467.

CLYDESDALE HARRIERS

Road, track, cross country, field
events, hill running, jogging, coach-
ing available in all aspects of ath-
letics: social events. If you are
looking for a friendly club which
caters for all grades of athletes
contact: Male Sec - Phil Dolan, 1,
Russell Road, Duntocher. Tel: Dun-
tocher 76950. Female Sec - Jo-
sephine Giblin, 1, Lyon Road,
Linnburn, Erskine. Tel: 041-812-
2706.

CUMBERNAULD ROAD RUNNERS

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

CUMNOCK AMATEUR ATHLETIC CLUB

Meets every Monday and Wednes-
day 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 avail-
able. All age groups nine and up-
wards catered for. Contact: Gordon
K. Christie, 767 Dalmahoy Drive,
Dundee, DD3 9NP. Tel: 0382-816356.

DUNDEE ROADRUNNERS ATH- LETIC CLUB

Secretary - Mrs Gill Hanlon 9, Loch-
inver Crescent, Dundee.

HARMONY ATHLETIC CLUB

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

GARSCUBE HARRIERS

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

KIRKINTILLOCH OLYMPIANS

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

LOCHGELLY AND DISTRICT AAC

Small friendly club looking to be-
come 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 Tues-
day and Thursday 7.00pm. All ages
and abilities most welcome. Fur-
ther 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 in-
formation contact: Geoff Lamb, 7,
Golfhill Drive, Bonhill, Dunbarton-
shire Tel: Alexandria 59643.

SCOTTISH HILL RUNNERS ASSO- CIATION

Sec: Alan Farningham, 13, Ab-
botslea, Tweedbank, Galashiels, TD1
3RZ.

VALE OF LEVEN AMATEUR ATH- LETIC CLUB

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

SCOTTISH TRIATHLON ASSOCIA- TION

Membership secretary - Mike
Joiner, 11, Scotland Drive, Dun-
fermline. 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 Com-
munity Centre. Telephone 0383-
733370 day; 731063 evening..

EASTKILBRIDE TRIATHLON CLUB

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

FAIRPORT TRIATHLON CLUB

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

FLEET FEET TRIATHLON CLUB

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

WESTER HAILES TRIATHLON CLUB

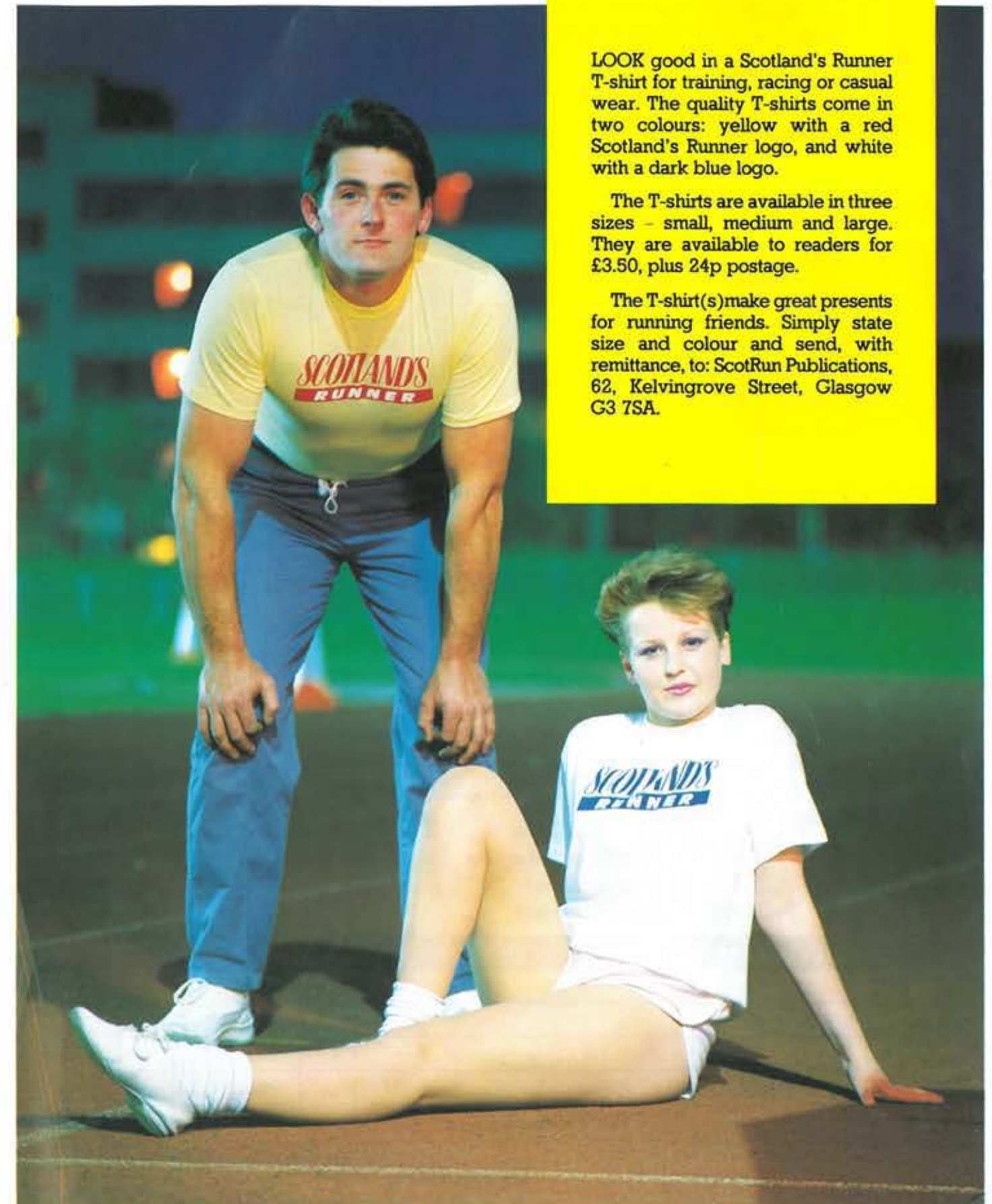
Sec - Andrew Grant, Wester Hailes
Education Centre, 5, Murrayburn
Drive, Edinburgh, EH14 2SU. Tel:
031-442-2201.

T-SHIRT OFFER!

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

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

The T-shirt(s) make great presents
for running friends. Simply state
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