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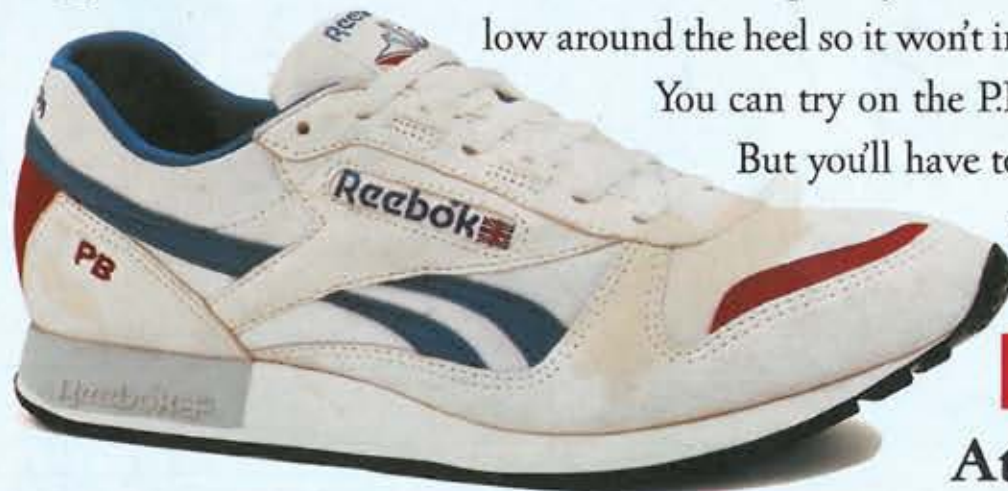
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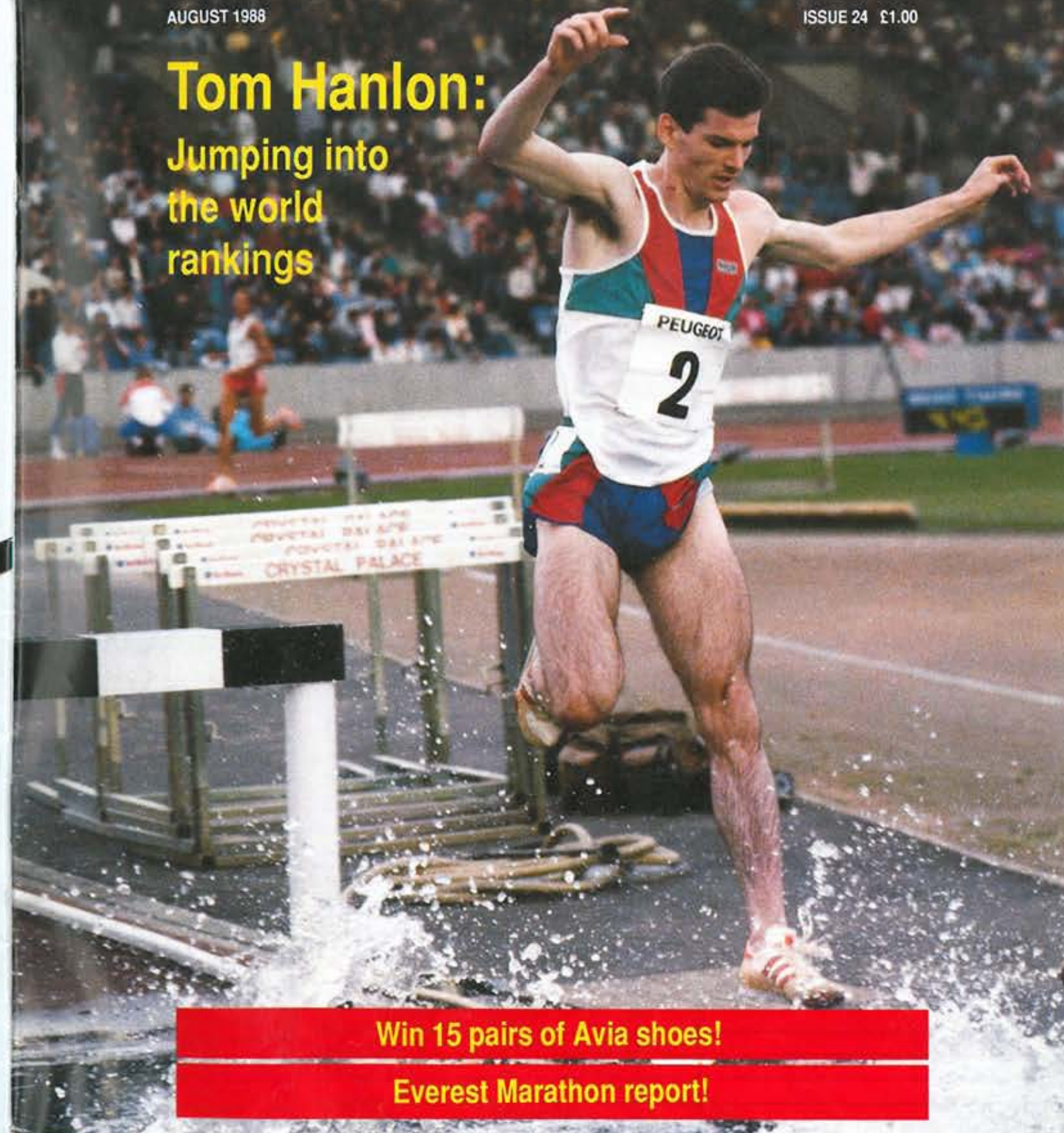
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Inside LANE

FOR MOST PEOPLE, politics is not a subject of much interest. Those involved in sport, in particular, tend to want to get on with the activity and leave the administration to others.

However, I believe an exception should be made in the case of the current developments affecting British athletics. Make no mistake about it, the power struggle taking place will determine who controls athletics in Britain well into the next century.

To date, Scotland's input into this drama has been negligible. Most people I've spoken to, all of whom have a much longer background in athletics than myself, only have the vaguest idea of the details and implications of the proposals being put forward.

We've already lost our status as a cross-country nation: do we really want to be reduced to the state whereby even the most innocuous track and field international, such as the recent one against Ireland and Iceland, requires approval from an English-controlled British Athletics Federation before the finances to hold it can be sanctioned?

I was struck the other week by a newspaper report in which it was reported that a Scottish rowing team had been debarred by the British rowing authorities from competing in an event on the continent, despite having been sent an invitation by the hosts. Is this what we want for athletics?

Colin Shields has painstakingly gone over the ground for Scotland's Runner readers on Pages 7 and 9. It is important that everybody is aware of the issues, as even at this late stage it is not too late to get an informed debate started.

It is far easier to wring concessions from whoever gets control of the British Athletics Federation constitution before that constitution has been formally adopted - rather than whingeing when it is a foregone conclusion.

All correspondence on the subject will be welcomed, and Colin will report in further detail next month.

Alan Campbell



Myra McShannon (top) and Dawn Simpson (above), two of the athletes who excelled at the Dairy Crest SWAAA Junior Championships.

Tam and Wullie

Tam: "How's the family gettin' oan Wullie? Is that laddie o yours showin' any interest in sport at all?"

Wullie: "Ye may well ask Tam. Ye'll never believe this but it looks as if he's gaun tae be a bit of a runner."

Tam: "Away. Is that right? He must take it of his mither. Still, ye'll be pleased about that are ye no?"

Wullie: "Oh aye Tam. It's a great sport and ye never ken what might happen in the course of time."

Tam: "As long as ye dinnae get carried away Wullie. Ye dinnae want tae pit ony pressure oan the young fella."

Wullie: "A ken what ye mean Tam but dinnae worry - I'll encourage him as long as he enjoys it but I'll no force him intae onythin'. Mind you, it has its problems."

Tam: "How dae ye mean, Wullie?"

Wullie: "Well, it can be gie expensive Tam. It's no long since I bought him a Goretex wetsuit and a new tracksuit, and it's his birthday next week. A wis tae get him a perr o' new trainers but a cannae make up ma mind which yins would be best."

Tam: "See whit a mean Wullie. That's jist typical o' you. Ye've went right overboard already."

Wullie: "A dinnae ken how ye can sy that Tam. Ye ken as well as me that ye need the right equipment. Ye jist get injured if ye've no got the right gear."

Tam: "But ye're spoilin' him Wullie. There's nae need tae gaun sae far."

Wullie: "How can ye say that Tam. C'mon, it's the laddie's birthday. A have tae get him somethin' decent oan his birthday."

Tam: "A ken that Wullie. But for heavens sake screw the heid oan - he's only three year auld efter a'."

Rob Hall

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Up Front Special

By Colin Shields

WHEN THE extraordinary general meeting of the Amateur Athletic Association was held in the grandly named Shakespeare Memorial room of the Josiah Mason Lecture Theatre in Paradise Circle, Birmingham, on July 3, momentous decisions were taken which will take the future of British athletics well into the next century. And though Scots knew little about the meeting (and could do nothing to contribute to the debate or decision) these decisions will also decide the shape and future of Scottish athletics.

The meeting was the latest chapter in a dispute between the AAA and the Southern Counties AA, with each body putting forward differing concepts for the formation of a new British Athletics Federation to replace the British Amateur Athletic Board as the governing body of British athletics - and the manner in which each of the four Home Countries would be represented on the new Federation.

The original concept of a British Federation was the incorporation of the four Home Countries, with each country representing an integrated men's and women's association covering track and field athletics, cross-country, road running, and hill running. The amalgamated associations would constitute a Council to control British interests in domestic and international competition and the finances of the sport, especially in terms of distributing and spending the large sums originating from income from television coverage, advertising and sponsorship.

In the autumn of 1987 the inept BAAB suddenly found itself on the verge of bankruptcy facing, through financial mismanagement of a grand scale, a massive deficit of well over £300 000. The sport as a whole needed substantial refinancing to survive.

The AAA was the only body with enough funds to save the day and provide the massive sum neces-

sary to save the Board. But, in so doing, the AAA had no charitable intentions in mind and exacted a heavy price for their contribution. They took control of British athletics, effectively transferring voting control from the BAAB Council to the AAA, which had a majority over the combined votes of all the other constituent bodies on the Council.

In line with big business philosophy of: "If you can get your teeth into your opponent's jugular, bite hard and kill him off," the AAA had no intention of acting as good neighbours and lending money to the BAAB till they could attain financial recovery and repay the loan.

Nothing so charitable was in view! Financial contributions bought control and the first step towards absorbing the rest of Britain into English AAA control.

That financial transaction must rank in the list of history's most profitable takeovers, as within a matter of months the deficit was down to £60 000 and could disappear altogether by September 1988.

The AAA authorised former president, Arthur McAllister, to draw up a new constitution for the BAF which would more accurately represent the 1400 clubs in England, as against the combined total of 350 clubs in Scotland, North Ireland and Wales.

McAllister embarked on his momentous task promising to solicit the views of the other constituent countries and the important branches of our sport such as cross-country, road and hill running, and race walking before producing his draft constitution. But consultation outside AAA members was minimal, and the various constitutional bodies in Scotland were still awaiting formal talks with McAllister when the draft constitution was published.

The stated intention was for the new BAF to be established and operating by December 31, 1988. Despite the draft constitution leaving more problems unsolved than



The men's 1500m during the triangular international between Scotland, Ireland, and Iceland on July 9. Will Scotland be allowed to hold matches like this under British Athletic Federation auspices? Just one of the many questions posed by the present debate. Picture: Peter Devlin

solved, McAllister proposed that an interim period of three years be established for the problems to be ironed out by the new BAF.

Note that the problems, which included contentious issues relating to finance and control of television broadcasting rights, would be settled by the BAF council which had an inbuilt permanent majority for the AAA over all other bodies represented on the BAF.

(How much consideration do you think the views of the so-called Celtic countries of Scotland, Northern Ireland and Wales would count if they conflicted - as they were bound to do - with the wishes of England to firmly establish and maintain its hold over the rest of Britain?)

The pertinent points of McAllister's proposals were as follows:
1. The new BAF Council would comprise of representatives from the four constituent Home Countries representing unitary, integrated

associations controlling all aspects of the sport for both men and women. All representatives would be directly elected by clubs at the AGM of each association, and the numbers would be: England (nine representatives controlling 15 votes); N. Ireland (three with three votes); Scotland (four with five votes); Wales (three with three votes); International Athletes Club (two with two votes).

Thus England would have a 15-13 majority on the Council and this was to be maintained by the automatic allocation of proportional votes to England for every vote allocated to new associate members.

2. Clubs in each country would have the right to attend and vote at the AGM of the BAF, in addition to rights of attendance at the AGM of their national association. Club voting would be based on registered first claim membership with clubs of 1-100 members having one vote and following a sliding scale through

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Up Front Up Front Up Front Up Front Up Front

to a maximum of ten votes for clubs
with membership of 900 and over.

3. The BAF would delegate author-
ity on appropriate issues to the
constituent associations. This would
effectively remove the present de-
gree of autonomy that Scotland
enjoys in relation to the BAAB.

4. The financial proposals, revealed
only at the last minute, included
powers to incorporate and consoli-
date the profit and loss accounts of
the constituent associations inside
the BAF accounts thus removing
financial independence from Scot-
land.

5. Control of the marketing, promo-
tion and sponsorship of UK athletics
would pass to the BAF.

Under these provisions, every
unwanted promotion could be ve-
toed or subject to unacceptable,
objectionable provisions that nulli-
fied the interests of any major ath-
letic promoter in Scotland if the BAF
objected for any reason at all.

6. Where organisations existed of
specialist interests such as cross-
country, road and hill running and
race walking, representing the UK
as a whole, then such organisa-
tions would be offered associate
memberships of the BAF Council,
with one representative from each
having one vote. These organisa-
tions would have no delegated au-
thority to control the
sport in the UK as a whole.

7. Each association would deter-
mine what directions should be given
to its representatives as to the way
in which they should vote on any
issue before the BAF Council.

This means that the AAA com-
mittee could have operated its con-
trolling bloc vote to determine and
decide an issue, ordering all its rep-
resentatives to vote for the AAA
line.

SUCH A future was too much
even for the Southern Counties AA
of England to contemplate, and they
brought forward their own opposing
proposals and called the AAA EGM
in July for the clubs to decide on the
issues. The Southern Counties were
effectively proposing the disband-
ment of the AAA, the world's oldest
athletics association, with English
interests on the BAF Council to con-
sist of representatives from the three
area associations - Southern, Mid-
lands and Northern Counties.

Membership would consist
of the clubs affiliated to the consti-
tuent associations, the three amalga-
mated (men and women) area as-

sociations of England, the three
amalgamated Celtic associations,
the amalgamated English associa-
tion, the special commissions rep-
resenting particular categories such
as cross-country, road and hill run-
ning and race walking and athletic
leagues. Separate men's and
women's associations would be
jointly represented on the Council
only until they are replaced by fully
amalgamated, integrated associa-
tions.

The BAF Council, manag-
ing the affairs of the Federation
would consist of Southern Counties
(seven representatives); Northern
Counties (5) Midland (4) Scotland
(5); Wales (3); N. Ireland (3); Eng-
land (1).

Special Commissions would
be represented by cross-country (2);
road running (2); track and field
leagues (2); race walking (1) hill
running (1); IAC (1); regional devel-
opment fund (1).

All representatives would
have one vote each, with individual
powers to determine the casting of
their vote at Council meetings.
These representatives would be
elected directly by determination of
each association at their AGM's.

* An Ombudsman would be
appointed with the prime responsi-
bility of protecting the rights and
interests of minorities within the
Federation.

* A regional development
fund would be established to help
less privileged athletic areas. The
BAF and all constituent members
receiving broadcasting fees would
pay not less than 5% into the Fund.

THE SOUTHERN Counties
guiding principals were approved at
Birmingham by a vote of 783 (with
a high proxy content) to 583 - a total
of 1366 votes cast out of a possible
3952. This effectively meant the
end of the AAA - being replaced by
the three English regions who will
control the sport in England.

The Southern Counties now
await representations from the other
associations as to their views and
requirements for an agreed consti-
tution to be based on the above six
principles. This consultation period
will last for three months from July
till October, when the new draft con-
stitution will be considered at spe-
cial general meetings of constituent
associations - all requiring to be
held before the end of 1988.

It is recommended that the AAA
continue to manage the current TV
contract funds until the present
contract expires in March 1990,
meaning that there will be no disrup-
tion of staff and liaison whilst the
new organisation is being set up.

WHERE DOES Scottish athlet-
ics stand in relation to the proposed
BAF organisational set up? How
much consideration has been given
to the Southern Counties and other
alternative proposals? What dis-
cussion has there been for setting
up an integrated Scottish AA with
men and women sitting on a com-
mon committee? What action has
there been to amalgamate track and
field athletics and cross country and
road running under a common as-
sociation? What proposals exist to

safeguard and enhance Scottish
interests in the new BAF set up?

Those question should be in the
mind of every Scot interested in the
future of athletics under the control
of the BAF. But are there any an-
swers forthcoming from the four
governing bodies presently control-
ling men's and women's athletics
and cross country in Scotland?

Time is running out to hold all
the necessarily consultations, con-
vene special general meetings with
the clubs, and to prepare a compre-
hensive case for Scotland before
October. What work has been done
to agree the terms and conditions
for an amalgamated Scottish asso-
ciation controlling men's and
women's athletics, road, cross coun-
try and hill running for the future?

Even the choice of a name could
be a time-consuming stumbling
block. Maybe the new body should
be called the Scottish Amateur
Athletic Board - the resulting acro-
nym SAAB might ensure an excel-
lent future sponsorship which would
provide a sound financial basis for
the future!

These questions will be an-
swered and suggestions made as to
Scotland's possible attitude to the
new BAF Constitution in next
month's issue, together with a re-
port on progress in Scotland and
throughout the UK.



Bellehouson's Peter Fleming finds unusual company in Pollok Park as he trains for the British Airways Glasgow Half Marathon on August 14.

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Up Front Up Front Up Front Up Front Up Front

On the hills...

THE FIRST ever Scottish Mountain
Trial has happened, writes **Susan
Bailey**. Organised "nebulously" by
Dick Wall, Bobby Shields, Ann and
Andy Curtis, it took place in the hills
west of Bridge of Orchy on June 4.
Two courses were on offer, a short
of 15 miles, 5,000 feet of climb and
four controls, and a long of 25 miles,
8,000 feet of climb and five controls,
surveyed by Bobby and Andy. The
controls were planned to be "easy to
find but hard to reach" which left a lot
to the imagination! Despite having to
change location at short notice, due to
land access problems, all went well,
largely due to the friendly spirit of the
event, common to organisers and participants.

Of 32 starts, approximately half on each course (though it was possible to switch at the third control), 25 pairs finished. Two pairs dropped out due to injury/illness, the others had problems with orienteering. A delightful variety of people turned up, hillwalkers, orienteers, even a few hill runners, and four dogs (not emergency rations as someone unkindly suggested!). The lack of a marked path caught out one or two serious hill runners who had wrongly assumed it would be possible to glean enough clues by getting Dick drunk the previous evening (either he had an alternative plan in case of such an eventuality or else still hadn't decided).

Overnight facilities ranged from the Bridge of Orchy Hotel, to camping with use of the hotel's facilities, to the village hall. The weather, in an area which enjoys over 100 feet of rain annually, was on the whole kind. Warm sunshine, mixed with more comfortable cloud allowed time to dry out between showers, (though the rain turned snowy at checkpoint two) and even those who did not finish enjoyed their day out.

Of 15 short finishers, seven were seniors, three were mixed, four vets and one mixed supervet. The winning time was 4-12-55 by Ian MacIntyre and Shug Ilgunas of Livingston and District Green Bogie Bing Bashers, 17 minutes ahead of Sonia and Dave Armitage. The long course was won in an excellent time of 6-37-05 by supervets Bob Richardson and Ross McInroy. Of the nine other finishing pairs, two were mixed vets and six were seniors. It is to be hoped that next year's event can continue to attract racers, runners and hillwalkers.

Anything next year's entrants can learn from the winners of the short course? Well, Shug's

secret technique was to complete the course partly in a pair of Reebok racers, and partly on his backside - though he swears he'd stick nails in his feet rather than do that again. At least one of you should be a good orienteer and emergency rations should consist of dextral and cola bottles (a variety of 1p sweet similar to jelly babies in the number of E-additives they contain).

Suggestions for next year's prize list, if the sponsorship is forthcoming, include first dog, first divorce (one couple were at it on the starting line, arguing over who had the pencil), and a wooden spoon award to anyone extending Coon and Harrison's feat of four and a half hours and 18 miles to find the first control (winners took one and a half hours and seven miles).

Two of the women competitors, Betty Hall and Kay Dodson used the Scottish Mountain trials as a warm-up for the West Highland Way race which they have since completed.

1988 TISO SCOTTISH HILL RUNNING CHAMPIONSHIP

Points to date after six of nine possible counting events - five scoring races maximum at present:

Senior Men (104 points max)
1, Alan Farningham (Gala H) 94; 2, Denis Bell (Haddington) 89; 3, Dermot McGonigle (DHH) 78; 4, Ian Davidson (Carnethy) 75; 5, Peter Marshall (Haddington) 68; John Wilkinson (Gala H) 68; 7, David Rodgers (Lochaber AC) 65; 8, Brian Potts (Clydesdale H) 58; 9, Jack Maitland (Pud and Bram) 57; 10, Andy Spenceley (Carnethy HRC) 53.

Veteran Men (55 max)
1, Jimmy Shields (Clydesdale H) 47; 2, Peter Marshall (Haddington) 42; 3, Bobby Shields (Clydesdale) 34; 4, Peter Low (Fife AC) 27; 5, Ian Jackson (Livingston) 26.

Senior Women (55 max)
1, Tricia Calder (EAC) 51; Penny Rother (EAC) 51; 3, Janet Derby (Carnethy HRC) 37.5; 4, Susanne Niedrum (Clydesdale H) 33; 5, Joyce Salvona (Livingston) 24.

Junior Men (24 max)
1, Billy Rodgers (Lochaber AC) 18; 2, Hayden Lorimer (Duns AAC) 16; 3, Trevor Hughes (Fife AC) 11.

The SAAA senior and Junior Scottish Hill Race Championship is at Craag Dubh, Newtonmore, on August 8.

Robin Morris



EUROPEAN Junior 100m gold medallist Jamie Henderson, one of four Scots selected for the World Junior Championships in Sudbury, Casnada (the others being Nicola Emblem, Peter Campbell, and Kathleen Lithgow), has been sponsored by construction group Stanley Miller Scotland. Our picture shows the company's marketing director, Tony Kelly, handing the keys of an Escort XR1 to the Edinburgh sprinter. We congratulate all four Scots on their world championship selections.



LORRAINE Higgins from Hamilton receives her SAAA coaching certificate from coaching secretary Janet Leyland, watched by national coach David Leese and Glasgow District recreation convenor Danny Crawford. Lorraine, 21, was the 1000th recipient of the award, and one

Appeal born from tragic death

THIS YEAR there will be 5,000 children born in Britain with either leukaemia, aplastic anaemia or related bone marrow diseases. For many, their only chance of life is a bone marrow transplant.

In this respect, the charity **The Anthony Nolan Bone Marrow Appeal** exists to help. Shirley Nolan, one of the founders, explains, "The appeal began in 1974, after I found out that my son was born with a rare bone marrow disease and diagnosed incurable." One of the disturbing facts is that only one in four patients are fortunate enough to have a family member matching as a donor. Consequently, three-quarters of patients must look for a donor outside of the family. Before the foundation of the charity in the seventies no such donor testing or donor register existed.

Now Britain has the largest register in the world, with over 170,000 potential donors. "The expansion over the past couple of years is thanks to a recent donor appeal when Round Tables nationwide held clinics," says Shirley Nolan.

Without the valuable research and work that the appeal does, many children would be forced to lead a life of unutterable misery. As Shirley Nolan expresses: "Unable to play with other children, starved of human contact, these little ones become retarded, mentally, physically and emotionally. They are often incarcerated at home, in hospital cubicles or sterile bubbles."

Shirley Nolan lost her son Anthony in 1979, but the work goes on in his name. This year approximately 66 people will be transplanted using donors from the appeal. As Valerie Clarke, appeals organiser for the charity, proudly states: "A vast improvement when you remember that the world's first bone marrow transplant took place in 1973."

The Anthony Nolan Bone Marrow Appeal is a national charity, and recently sent one donor from Scotland to Israel for a patient out there. Another donor was what is termed "harvested". This means they take the bone marrow, freeze it and send it to the patient.

"Both donors - Joy Harris from Dunbar and Joan Pritchard from Stranraer - were admirable ladies indeed," says Valerie Clarke.

NUMEROUS children and adults in Great Britain today are handicapped by dyslexia - a tiresome handicap, but which through the right teaching need not be a major tragedy.

Dyslexia Scotwest are a group in Scotland who, since their formation 11 years ago, have acted as a support group, helping and counselling parents of children who lack progress with reading, writing and spelling.

Mrs Anna MacLeod, co-ordinator at the centre, explains, "If parents and teachers understand just what it is that a dyslexic child finds difficult, they can help enormously, not only by showing sympathy and encouragement, but also by arranging for suitable teaching."

The condition of dyslexia means that the sufferers' reading, writing and language skills are impaired. Their capacity to learn falls far short of their natural ability. In some cases there will be a delay in the child's ability in learning to talk, to catch, even kicking and skipping. The condition has often been described as a "hidden" handicap, which finds its victims in all sectors of society (although research has shown that dyslexia appears to be more common in boys).

The main aim of **Dyslexia Scotwest** and the **British Dyslexia Association** is to encourage research into the disability and to ensure that the appropriate teaching is available to dyslexics in every way possible.

Other symptoms occasionally occur in children with dyslexia. "The stress of battling against failure, criticism and disappointment sometimes leaves the victim suffering from stomach pain, headaches or disturbances in behaviour. More often though, they may rebel or passively opt out of education altogether," says Anna MacLeod of the charity.

Dyslexia Scotwest is a self-help group run by people who have an interest in dyslexia, from parents to psychologists. So far they have around 235 members and handle around 600 enquiries each year.

CANCER Relief Macmillan Fund is the country's oldest cancer charity, providing care each year for more than 60,000 cancer sufferers. Since its foundation in 1911 it has been at the forefront of advances in cancer care - not only helping nurses and doctors to make the best use of new ideas and developments but also to make them available to as many people as humanly possible.

Nowadays, with the help of grants from the charity, every mainland Health Board area in Scotland has Macmillan nurse posts. Over the last year alone the fund has helped to build in-patient and day care facilities at several centres in Scotland. Appeals organiser, Catherine Duthie, is presently working with Ardgowan Hospice in Greenock to raise £375,000 - the cost of creating an in-patient wing.

Educational opportunities is an area where the charity is fairly prominent. Grants are given by the fund to Scottish universities and colleges of nursing to enable the doctors and nurses of the future to enhance their skills and knowledge of cancer care. In addition to this development work, Cancer Relief tries to give financial assistance to patients to ease their problems. Mrs Duthie explains: "This is perhaps the area of Cancer Relief's work which is least well known, but it is a vital support for many people and something which the fund has been doing since its earliest days."

Cancer Relief has ambitious plans for the future, all aimed at enhancing care and support for those who have to live with cancer. "Every penny that is raised is committed immediately to this. To take an example, it costs approximately £50,000 to fund a Macmillan nurse post for the first three years, for this reason we need sponsored runners to take part in marathons and fun runs," says Catherine Duthie.

OVER 31,000 people are at present homeless in Scotland. The work of **Shelter in Scotland** is trying to counteract this statistic by providing free help and advice to these homeless and poorly housed people across Scotland. The charity is new to the running sponsorship field, but appeals organiser for Shelter in Scotland, Maitland Simpson, says, "Like every appeal we need money to carry on our work. We hope people will run for the homeless."

The Shelter head office is in Edinburgh, but the charity has numerous projects around the country. They presently are running eight care and repair projects - from Glasgow to the Isles of Orkney and Shetland.

One of their centres, the housing aid in Aberdeen, dealt with over 2,000 cases last year - cases where work with a client was carried out over a fairly lengthy period, as well as answering general queries and giving talks to local groups.

However, Shelter are quick to squash rumours that they are

merely in opposition to regional and district authorities. Maitland Simpson reveals: "We do have a history of fruitful co-operation with local authorities and a number of cases referrals to Shelter come from the local social work and housing departments."

Shelter also have an interest in a rural housing initiative. The work has predominantly been in the Highlands and Islands and is successful in filling vacant rural property. They are also actively involved with other caring appeals, working in association with Age Concern and the Scottish Development Department - all aiming to stamp out homelessness in Scotland.

EVERY year almost one million people attend hospital with a head injury - an accident every ten seconds. Shocking statistics, but the truth remains that a head injury can occur almost anywhere, on the road, in the home, or during a sport or leisure activity.

Headway (National Head Injuries Association) is a charity that helps, advises and supports patients who suffer the devastating effects of a head injury, and also their families, who have to come to terms with the responsibilities of care and rehabilitation. The plight of head injured sufferers was highlighted this year by the Desmond Wilcox documentary, "The Visit", featuring child victim Connie.

Stanley Brecken, newly-appointed appeals director, says: "I face an enormous but welcome challenge of raising funds for a little known but worthy cause." His challenge is helped by people like Iain Barry, who ran in the London Marathon this year, raising £2,094.

Steven Bloch, a student at the City of London University, has a close association with Headway. After suffering a head injury a few years ago in a skiing accident, Steven is helping to raise funds.

June 25 saw him cycling off into the distance on a sponsored journey from Lands End to John O'Groats, hoping to raise money for Headway along the road.

Headway has ambitious long-term goals - to expand the network of care groups throughout Britain. With 2,000 people added each year to the 70,000 living in the U.K. suffering from long term effects of serious head injuries, they certainly have their work cut out.

Fiona Caldwell

Do organisers want only their teams to have a chance of winning?

Warden's House No 1,
Hall of Residence,
Victoria Road,
Kirkcaldy,
Fife.

Sir - As a regular reader of Scotland's Runner, may I through your columns highlight the feelings of the committee and many of the roadrunners of Fife Athletic Club.

As Fife AC has become a larger club through the absorption of Fife Southern Harriers, it is very difficult for team selectors to keep in touch with club members who are spread throughout the length and breadth of the Kingdom. The problems are exacerbated when race organisers stipulate that team members must be named when entries are submitted.

For example, Glenrothes Half Marathon and C & G Dunfermline Auld Toon 10K required team entries in advance. With the help of staff from Fife Institute of Physical and Recreational Education, running colleague Mitch McCreadie and I were able to sift through all the entries a week prior to the race and drew up six Fife AC teams. Happily, our "B" team won the event.

The organisers of the C & G Dunfermline 10K asked for entries in multiples of five to be forwarded together. This we did, and on the night we had an excellent team including two known internationalists. However, prior to the race we were advised that a "mistake" had been made and there would be no team prize.

Although it was criticised from many quarters locally, the Kirkcaldy Half Marathon organisers got one thing right - the first three club members over the line qualified for the team prize.

Like the majority of runners, I like to see our club teams compete and win, especially in local events. Is it perhaps the case that organisers or sponsors request team entries in advance so that only their teams have a chance of winning? Let's see a return to the old-fashioned first three or four over the line count.

On a different point, is it really on for the SAAA to issue permits for four half marathons to

take place in the Kingdom of Fife, all within a period of four weeks?

Dunfermline at least had an increase in the number of participants, but poor Anstruther East Neuk of Fife Half Marathon, taking place after the Glenrothes and Kirkcaldy races and before Dunfermline, had only just over 200 participants.

I'm not moaning, as Fife Athletic Club athletes did well in all these events, but how do serious athletes and fun runners alike, who all look forward to local races, pace themselves and recover in time for the next one? It is, in fact, almost an impossibility. Perhaps the SAAA should have issued a permit for the newcomer Kirkcaldy to take place in August or September.

James R Close,
(on behalf of Fife AC).

An excellent race

38, Drakies Avenue,
Inverness.

Sir - I was one of the runners who took part in the Caithness Half Marathon at the end of May. I would like to take the opportunity to congratulate the Caithness Amateur Athletic Club for the excellent way they organised the race. They got it right from start to finish.

Mile markers, drinks and sponge stations were correctly positioned; split times at five and ten miles; good medical service; nice medal and a surprise Mars bar at the finish, handed out by two attractive ladies.

Changing and shower facilities were very good. A nice cuppa and a fine selection of sandwiches and cakes were provided at the end of the day.

Results with the split times at no extra cost to the runner - yes, Caithness, you can hold your heads high, you are a credit to the world of runners.

Hope to see you again next year.

Charlie Hendry,
Inverness Harriers.

Disappointed and angry at aspects of Kirkcaldy race

34, Hawthorn Terrace,
Thornton,
Fife.

SIR - Having run in the Kirkcaldy Half Marathon, I would like to say that I was most disappointed and very angry about the organisation.

My first grievance was the arrangements for belongings during the race. Usually you are given a black sack to put your gear in and hand it over to be attended during the race, and get it back on production of your number.

At Kirkcaldy, your gear was just left lying in a room. We were told (I'll give them the benefit of the doubt) that the room would be locked during the race, but the room had to be re-opened for the first runners home. There was nothing to stop a would-be thief helping herself. The start was some distance away from the actual building where changing was. Our track-suits etc, were transported back and dumped in the room. Again these could have "walked".

Toilet facilities were disgraceful. I counted 20 women at one time in the changing room, and only one toilet, and there were no toilets at the start.

On to the race itself. When I got to the first drink station there was none left, and at the finish drinks were available but no cups. I was asked if I wanted a used one rinsed out.

There were no medals, only a certificate approx 12 inches by 8 inches which according to the organiser(s) I should be proud to own. Frame it and hang it up they said. It's in the back of a drawer, and there it will stay.

For £3-50, or £4-50 for the people who had the misfortune to enter on the day, it was an absolute disgrace. We were not told there would be no medals until after we had paid our entry fee, and I feel this should have been made clear at the very start.

I've had running numbers printed on the same paper as the certificate given. If they want this event to go ahead next year, I'm afraid they are going to have to give serious thought to a few points.



Happiness is... the Glenrothes Half Marathon!

They should, for instance, get someone from Glenrothes to come down and help them out. Anyone who ran at Glenrothes and Kirkcaldy will agree there was no comparison.

Anne Melvin

Details required!

19, Lochearn Crescent,
Airdrie.

Sir - I should begin by stating that I'm an avid fan of your publication, being as it is the only magazine which focuses its attention totally on Scotland.

As I have recently started running I must express great disappointment at the content of your Events page. Each month I see many events listed in which I would love to compete, but no details of where to apply to for application forms.

I find that this lack of detail particularly applies to 10K events which are not greatly publicised and yet provide an obvious breeding ground for newcomers to the sport.

It was particularly disheartening that your magazine did not provide any information on the recent Govan Festival 10K despite your magazine being printed and published in Glasgow.

Please help as I'm sure there must be many others who are "unattached" and need your magazine to offer this service.

John Price

Getting flushed while training and racing...

I AM a male runner aged 44 years, and I have been training and running summer and winter covering about 30-35 miles weekly. In the summer I participate in half marathons, 10K's etc.

Once I have finished running or training my face looks flushed and red, and looking at me you would think I have overdone things yet I feel terrific after a half marathon or training run.

I am 5'11" and weigh 11 stone four pounds, so I'm not overweight. However, I have a fair complexion, and although I'm 44 I still have auburn hair. Do you think it's my colouring that's causing my face to look red and flushed, or is there another reason.

Gerry Harrigan,
East Kilbride.

GREG MCLATCHIE REPLIES:

I AM NOT at all surprised that you have a flushed appearance after training. This in fact is a perfectly normal physiological response and varies in degree from individual to individual.

If you feel well after training or racing then I really do not think there is any cause for concern. I would be more anxious if you had any symptoms such as a feeling of tightness in the chest, or chest pain and obviously if these symptoms were to develop you should stop running immediately.

If this facial flush is a new feature, at your age it is worthwhile having a check from your doctor, involving basic parameters such as blood pressure, etc. If these are within normal limits and your exercise tolerance is good, then I do not think you have anything to worry about.

Physical or psychological?

I WOULD be obliged if you could assist with a problem concerning my son who is a 400m runner.

Last year, at an important ATC athletic meeting in Cosford, he was feeling unwell with a stomach upset. He ran his heat, finishing first, but was subsequently sick and unable to compete in the 100 and 200m races. He was sent to the medical at camp and diagnosed as

having a virus and told to withdraw from racing that day. He later ran as he felt he had trained all year for this meeting.

Since this incident he has continued to be sick after training hard or competing, and is now giving up running altogether. I feel this is a psychological problem and he will only be able to overcome it by competing more and not giving up.

I would be grateful if you could give him advice to try and overcome this problem.

Evelyn Cavens,
Kilmarnock

GREG MCLATCHIE REPLIES:

VOMITING or nausea in association with strenuous exercise is fairly common, and may in fact have a psychological basis.

However, before a patient should be tagged with having a psychological problem it is vital to exclude any organic (i.e. physical) basis for his symptoms. My suggestion would be, therefore, to exclude the possibility of a post viral syndrome or a gastrointestinal problem and this should be possible by visiting your own doctor and getting his advice.

If it is shown that there is no physical illness leading to your son's symptoms then it may be worthwhile enlisting the help of a sports psychologist, but I stress that organic illness must be excluded in the first instance before looking at the possibility of functional problems, i.e. psychological.

Will I be able to race again?

I AM A woman 400m runner aged 24 with a personal best of 55.4 seconds. During a period of two to three weeks some 15 months ago, my right foot gradually became painful, preventing me from doing any sprinting or fast running. In the weeks that followed, the pain got worse and even made it uncomfortable for me to walk. The soreness was mainly in the sole of my right foot and in the area of the second toe.

In July 1987 I had a steroid injection and this eased the pain

Training TIPS

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

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

and made walking a little easier. A year later, however, there is still pain in the same foot, although it feels less severe when I wear training shoes. However, when I attempt to run or even walk relatively long distances there is always a lot of irritation. I have attended sports injuries clinics and private physiotherapists at my own expense, ultrasound equipment has had no effect, and shoe inserts irritate the foot. After a year of not being able to train properly, far less compete, I am beginning to despair. Is there any treatment or course of action which I can take, or must I resign myself to not being able to race again?

Name and address
supplied.

JIM BLACK REPLIES:

FOREFOOT pains of the sort described usually have some mechanical rational in their etiology. If the application of padding or insoles has not brought some form of relief, and the injection of steroid with local anaesthetic into the area does not relieve the symptoms, then the overall mechanics of the foot should be investigated. This type of pain is more common in female runners and is frequently associated with inappropriate fashion footwear in youth. However, feet which have increased motion in the midtarsal joints of the foot leading to excessive

pronation or supination during the gait cycle often produce these sort of symptoms.

If the manufacture of custom-made orthoses does not provide relief, then surgical intervention to exclude the presence of a neuroma is the only other recourse to permanent abolition of the pain. Excision of the neuroma will usually provide a cure although the patient is sometimes left with a numbness in the adjacent toes associated with the small growth on the digital nerve.

A neuroma is a small fibrous thickening of one of the nerves supplying the toes. In this case it sounds as if the problem is associated with the branch of the nerve supplying the second and third toe. I would recommend a visit to an orthopaedic surgeon for advice, regarding the possibility of a neuroma and its possible excision.

Strogging along

I KNEW I looked pretty bad when I went out for a run a few weeks after Nicola's birth and there was not a single toot or a solitary "Hello Darlin' eh?" as I passed the slow moving traffic on the M9 into Dunblane. Actually, when I say I went for a run it was more of a jog. Well, let's be brutally frank here and say it was a strog - faster than a stroll (not much) but slower than a jog.

Having always been the first to complain about car horns and saucy remarks when I'm running, I have to admit that the reciprocal effect is not much better. When you're a stone and a half overweight; when a 1:40 slope feels like something that would have tested Sherpa Tenzing, when you're purple in the face and have been experiencing an oxygen debt since closing the front gate, it would be nice to hear a "C'mon hen, you'll make it," from the cab of a passing juggernaut - even if the veracity of the statement is unlikely to be borne out. Perhaps I should pin a notice to my back: "Harassed mother of three small children, one rabbit and one dog, desperately trying to lose weight to save marriage - please toot."

The sad thing is I could fit the whole of the sentence in one line across my expansive rear end.

Mind over matter

I WAS very interested to read Graham Crawford's article in the May issue of Scotland's Runner about how stress affected his training and competitive ability. Being under stress can certainly have a detrimental effect on your sporting prowess, but sport is also used as a means to alleviate the condition. A friend of mine was told in her early teens to take up sport to calm her nerves, and ended up being one of Britain's best female middle distance athletes.

Everybody probably experiences stress at some time or another, and it is arguably a necessary thing (for example as a safeguard against danger) but stress related diseases, which would appear to be symptomatic of our modern day life styles, are increasing and need to be controlled. When a person is

constantly under stress, the symptoms manifest themselves in things like faster and harder heartbeat, tense muscles, quick and shallow breathing, flushing and sweating, high blood pressure, possibly increased stomach acid.

Such a physiological reaction was useful to primitive man who lived a life where there was a constant struggle to survive. He could sense danger and either run from it or stand ground and defend himself. Today, defending oneself usually means taking some problem and solving action, whereas running away from the stress tends to be translated into defeat, inactivity, lowered goals and a loss of self-confidence.

In order to develop physically and mentally, however, we have put ourselves into stressful situations, and to improve in sport this means regularly exercising the muscles, and increasing the workload gradually - in effect, putting more and more stress on the body. A sign of how healthy the level of stress is on a person is indicated in how quickly she relaxes when the stress situation is over. Some people are unable to return to a relaxed state at all, and they may well be in need of medical attention.

While a lot can be done to alleviate tension in the body with simple warm-up exercises that any athlete knows, done slowly and in a quiet place, the mind is a very powerful instrument and can be used very effectively to rid the body of stress through concentration, positive thinking and autosuggestion. We all know the age old cliché of "mind over matter" and though many may scoff, there is a lot to be said for it.

Since time immemorial people have been advocating exercise as preventative medicine. When a person exercises on a regular basis for this purpose, there may come a time when she feels a need to test for her ability at whatever sport she has taken up. The most popular competitive sport in all parts of the world seems to be distance running. The first New York Marathon in 1970 had 126 runners. Ten years later there were 14,012 with thousands being turned away. Shorter races and fun runs are obviously popular now and may well be taking over from marathon running for the fitness athlete.

While running in this way can alleviate the stress that crops up in everyday life, for those who follow a heavy running schedule in

order to realise certain athletic aims then the very thing adopted by some as a means of stress relief can well turn out to be a contributing factor to other people's stress. This is especially true when due to mitigating circumstances training is not going well and sporting goals are not being achieved.

If, like Graham Crawford and the other athlete mentioned in the article, George Braidwood, there are things in daily life that are causing anxiety, such as Graham's demanding job necessitating meeting constant deadlines, or George's worry over the birth of his premature baby, these anxieties do not automatically disappear when you get to the track or out on the roads if you are running in order to meet your coach's, your club's or your own expectations. Of course your athletics will suffer if you take your anxieties and tenseness from every day life down to the track and couple that with another stressful situation, perhaps running track and couple that with another stressful situation, perhaps running 10 x 400 metres in predetermined times with a definite recovery between. This in turn can only add to your list of worries. If I can use another cliché without too many groans - a real vicious circle.

When an athlete finds she is not running or competing as well as she wants to; or if performance is deteriorating, there is absolutely no point in flogging a dead horse (and perhaps I should stop flogging dead clichés). Lowering goals is not necessarily a defeatist attitude, and many people do find that they start running much better as soon as the pressure is taken off for a while.

Footnote: I can dispense with the idea of pinning a notice to my sweatsuit. A van from Cambuslang gave me a toot the other day, so I reckon I must be looking a bit better - certainly I could not look much worse. In fact, I look so hideous trying to get fit that my husband joins the kids on the couch to laugh hysterically as I grunt and groan my way through Jane Fonda's Advanced Work Out. This is obviously the comic turn of the day because as soon as I head for the stereo, record in hand a wee voice usually shouts: "Quick! Mummy's doing her exercises." And when Ms Fonda croons at the end of the record - "Now you've finished your workout, don't you feel great?", I rather think the editor would not print my reply.



IT WAS just great to see Elaine McLaughlin come so close to the British 400 metres hurdles record last month. With Sally Gunnell in the 56s as well, things would seem to auger well once more for women's 400 metres hurdling in Britain. Perhaps this will spur Scottish women to improve on Liz Sutherland's 10 year old record of 57.43, because although Elaine runs for Edinburgh Wollen Mill, she is in fact from Northern Ireland.

I could not help thinking, however, that Elaine was wrong to make so public her attempt on the British record at the Girobank games in Belfast on June 27. Of course it was understandable her wanting to give the home crowd something to shout about, and also to break the record in honour of her late coach, but by going so public on television and in the press I felt she put far too much pressure on herself.

While you certainly cannot afford to be too relaxed before a race (the adrenalin would never get flowing and you would lose the competitive edge necessary to perform well), being desperate to achieve a certain aim at a definite time puts the athlete under a lot of stress. Instead of a healthy nervousness before the race, the athlete may well experience anxiousness that in turn leads to tenseness and, therefore, inhibited athletic performance.

I do not doubt for one minute that Elaine is very capable of breaking the British record and more, but it will surely come when the pressure is off - probably at the Olympics where she will be very much the underdog, or even more probably at a wee competition when it is least expected.

Fiona Macaulay

Inverness Harriers

Our man on the Club Profile trail this month is Charles Bannerman, who writes about Inverness Harriers, a club going from strength to strength despite a shaky history.

IF ATHLETIC CLUBS - like cats - have nine lives, then Inverness Harriers have already used up two of theirs. Founded in 1947 as part of the post-war revival of the sport, the club went defunct in 1961 but was reconstituted in 1969. It was not long before it took another nose-dive, and for a year existed on a "care and maintenance" basis - until in 1976 a spectacular ascent which still continues got underway. Now, in many ways, Inverness Harriers can hold their own against all but the mightiest in the land and are a

force to be reckoned with in many national events.

Most of the activity in the earliest days went no farther than the Highland Games circuit in the North, where athletics like Ian Tasker, Marshall Notman and the late Ron Grant built up cupboardful of the household paraphernalia which in these days were handed out to successful competitors.

Ian, who is now North handicapper and who even in the wilderness years of the sixties still competed under the club's name,

was the driving force behind the second phase of activity from 1969. With the assistance of coaches Colin Baillie, Ted Roodhouse and Eddie Sharpe, the numbers swelled to 150, and some attempt was made to break into the national scene. The women's sprints were the main growth area, and here Diane Roodhouse, Anne Leith, Josephine Gunn and Ron's daughter Audrey Grant all mixed successfully with the best in Scotland. (Seventeen years later Audrey was back at the top, since in June she won Scottish veterans' titles at 100, 200 and 400m).

But still Inverness Harriers had not fully taken the plunge and remained largely a Highland Games club. And as the administrators fell away one by one, diminishing numbers of Inverness athletes retreated farther and farther into the Highland Games camp. By 1975 the club was reduced to no more than a dozen competitors doing the local circuit.

However, by the following year a new generation of talented athletes had emerged from local schools, and within the club itself a new enthusiasm was being born. Since then membership has risen to over 300 and the rise in standards has been dramatic.

The great expansion has been punctuated by a number of watershed events. One top priority was seen to be involvement in league competition, and late in the 1977 season the Inverness club was summoned to compete as guests at a North East League meeting in Aberdeen so the league could decide if they were good enough to make it worthwhile to organise seven-club events on six lane tracks. A series of first places and league records left the other North East clubs with little doubt about their potential new recruits, and Inverness Harriers now engage in a permanent two horse race with Aberdeen AAC at the top of the table. They have won the women's contest five times in the last six years, and have also taken the men's on a number of occasions.

The next league target was the Scottish Women's, and after a bit of friendly bullying by colleagues in the South in general, and Bob Stephen of Monklands Shettleston in particular, they took the plunge and comfortably qualified for Division 4 for 1981. What happened thereafter has never been given the same recognition locally as the feat of Highland Rugby Club, who a few years previously had gone from Division 4 straight up to Division 1 of their national league in three seasons. But that was exactly what Inverness Harriers did in the SWAL - and they only lost one match in the process! Since that first season in

Division 1, the Harriers have gone up and down like yo-yos, but another season back up in the top flight looks in prospect for next year.

With so many of their male athletes leaving the area for higher education, no serious attempt has been made to join the men's league, nor is one likely in the foreseeable future. On the other hand, in its debut season in the Young Athletes' League, the Inverness club fought its way through to last year's final and finished third.

Credibility in Scottish Championships was also regarded as an urgent priority in the late seventies, and the first Inverness Harrier to win a Scottish title in that era was one who has virtually "done it all" in the gold vest with maroon diagonal. Neil Fraser took the 1978 senior boys' high jump title with 1.76, but since his conversion to the hurdles three years later, a lot of water has flowed under his particular bridge, including Scottish national native records, and places in the Commonwealth Games and European Indoor Championship teams. Neil's pioneering effort of a decade ago has opened the floodgates, and up till this year Inverness athletes had won over 60 SAAA/SWAAA titles in addition to innumerable Scottish Schools championships. In addition to that, the number of national championship records the club holds is now well into double figures.

Fraser also pioneered Inverness Harriers' involvement in the Scottish senior team when, along with high jumper Tommy Leighton, he became the first club member to win a senior cap in 1981. Four Inverness athletes were selected for the team which met Ireland and Iceland on July 9, and seldom does a Scottish track and field team take the arena at any level without an Inverness contingent. That included the 1986 Commonwealth Games when, apart from Fraser, Jayne Barnetson (high jump) and George Patience (discus) also made the squad - quite an achievement for a provincial club.

It is a matter of regret to the Highland club that George has now turned professional, but another great Inverness name of the past is trying to make a comeback at the age of 30. Dianne MacKenzie (Brand), a past winner of East District sprint titles and innumerable points in league matches, is on the way back six months after the birth of a daughter.

In the throws department, Patience's standards are being maintained by Russell Devine, who now looks like a regular Scottish team member in the hammer. At the age of 17 David Barnetson was another of the four Inverness Harriers se-

CLUB PROFILE...

lected against Iceland and Ireland, and his best in the high jump at 2.06m is just two centimetres short of Ross Hepburn's Scottish age 17 best. David's sister Jayne needs no introduction as holder of the women's national record at 1.88m. She took fourth place in both the European Junior Championships and the World Junior Championships, but is still bravely fighting an ankle injury which originates from the Commonwealth final.

Following Jayne soon into the senior ranks may be sprint starlet Alison Edmonds, who has best performances of 11.9/24.9 as a first year intermediate. Alison comes from Aviemore, the Barnetsons from Dingwall and Russell from Golspie, so in some ways the "Inverness" name tag is something of a misnomer - the club draws members all over the Highlands.

In a sparsely populated area an arrangement like this needs some orchestrating, and club administration is based on a series of sub-committees. One of the key groups is the coaching sub-committee under the chairmanship of Harry Lakeland whose own personal enthusiasm has led to large numbers of coaches, and officials too, being put through the relevant exams. Team management is also an elaborate concern and is the job of John Wilson and John Sinclair on the women's side and Charlie Forbes and Alan Hards on the men's along with others.

One frequently forgotten fact is that much of the growth which has led to the club's present status took place when they had nothing better than a grass track to train on. International athletes in events as dependent on a firm surface as high jump and hurdles fought against the elements for years, and frequently underachieved as a result. However, in 1984 - after years of



Men's team manager Charlie Forbes puts some of the younger Harriers through their stretches, above, while if you turn the page upside down, below, you'll recognise prolific high jumpers David and Jayne Barnetson. Far left is Heather MacLeod, Schools Under 17 discus champion, and bottom right is javelin thrower David Ross.

pressure on Inverness District Council - an all weather track was laid at the Queens Park in the town, followed last year by a grandstand. Changing facilities and equipment storage space are still conspicuous by their absence, but the Queens Park track has proved to be an invaluable asset, both in terms of a training arena and a competitive venue.

As part of a major diversification exercise, the club set up Inverness Joggers in the autumn of 1985, and with most of the Joggers now full club members there is good representation in local road races.

On the cross country side of the operation, standards are improving fast. Having won the Scottish senior boys' team title in

1982, the club added the junior women's championship last season. However, at local level there is not quite the same outright domination as in the summer months.

On the international scene there have been several school caps in addition to Paul Kenney at senior level, Lee Lobban as an intermediate, and two years ago Jamie Bell, who flew the Inverness flag in the World Championships junior race in Switzerland. But the overall tempo of cross country running is rising in Inverness, and within a few years the club hopes to be able to match its track and field successes.

At least there is little chance of the club dying this time before that aim can be achieved.



Yellow Brick Road a Cross to bear...

Not quite a triathlon, but the next best (or worst, depending on your view) thing - the Highland Cross Biathlon. Our man GRAEME SMITH took part.

"NOW I REMEMBER why I said I would never do this again," gasped one of my fellow participants in this year's Highland Cross as we struggled along the Yellow Brick Road at the end of our 20 mile run.

There is little doubt that after finishing the 30-mile cycle which followed he was once more vowing "never again", but there is also little doubt he will be at Morvich again next June for the start of the mid-summer "madathon" from Scotland's west to east coast.

A superbly organised event through some of the country's finest scenery, the only complaint I heard on this unique biathlon through Glen Affric was that it was too hot. With few other problems to iron out perhaps organisers Gerry Grant and Graham Maclean will be able to do something about it next year!

In the five previous events competitors have been lashed by wind, rain, and even snow, but it was under an almost cloudless blue sky that this year's contingent lined up.

Instead of extra clothing it was sun tan oil they put on as they waited for the shotgun blast which marks the "off".

Within minutes the wide range of abilities became clear as the top runners disappeared into the glen at a breathtaking (at least for most of us) pace. In front of even them were the 49 competitors who had chosen to walk the first section.

It was a gentle start with the first few miles lulling us into a false feeling of fitness before we were found out on the gruelling climbs.

At the bottom of the first ascent I felt deep sympathy for the woman, in tears, hobbling down towards help having gone over her ankle on the rough path. That sympathy later evaporated in the

heat when she scuttled past me around the 18 mile mark. She turned out to be accomplished cross country runner Ann Curtis, who showed tremendous guts in completing the course in spite of a badly injured ankle.

At the summit of the first hill there was a watering station where one of the helpers, obviously a boxing enthusiast, employed an unusual technique for cooling the competitors. As I sipped my saline drink he asked - "A sponge?" and as I prepared to accept one to dab my brow he gave me a severe beating about the head with two giant sponges soaked in icy water. He later administered the same treatment to fellow team member Alastair Gracie and, after recovering consciousness, we both agreed it was quite effective.

A more gentle greeting was given by the "fire ladies" waiting at Athnamulloch watering station. In previous years the ladies had been forced to sacrifice their own picnic lunches to ravenous runners coming down the hill, so this time came prepared with loadsabread and heapasausages.

I swear it was that sausage sandwich which gave me the strength to cover the last few laborious miles along the shale track which, glinting in the sunshine, lived up to its "Yellow Brick Road" nickname.

After the long journey picking each step carefully on the mountain tracks, the road becomes a hard slog and for many cramp was setting in. As I neared the Glen Affric car park I passed a friend from Aberdeen who told me I was the 212th person to overtake him since that affliction had forced him to walk.

I managed to climb astride my bike and escape the car park before the demoralising announce-

ment was made that British orienteering international Jonathan Musgrave from Aberdeenshire had completed the course in 3-35.06, chopping 12 minutes off the record. He was six minutes ahead of runner-up Peter Dimoke of Edinburgh with Dave Armitage from Aberdeen in third place a further minute behind.

It might have been an intriguing battle for the top places had Gregor Grant, George Harper, and Mike McCulloch, all former winners, been taking part. All were in the same team this year but prior to the event all three had to pull out at different times because of injury.

Only six of the 529 starters failed to make it to the end and they included Sandy Mackenzie of Lossiemouth who, at one point, was thought to be very seriously injured. He came off his bike on a bend at Fasnakyle while on his way to a fast time and was immediately airlifted to hospital by helicopter with a doctor on board. Fortunately his injuries were less serious than feared and he is back running half marathons.

Other competitors fell off their bikes and were injured, and one man suffered dehydration and heat exhaustion but recovered quickly.

Among those who successfully finished was former Olympic 10,000m runner Martin Hyman, who was in the top 70 with a time of 4 hours and 16 minutes. There were 14 competitors over 50 with the oldest, John Harrison from Drumadrochit, crossing the line in 6 hours 27 minutes.

For many times of no importance and the last person did not cross the line until 6.45 pm, almost eight hours after the start. One of the principal aims of the Highland Cross is to raise money for Highland charities, and in its first five years has taken in £130,000 with further large sum likely this year.

It is a truly memorable event and Jonathan Musgrave may have won, but I feel I got more enjoyment out of it than him - 1-46.49 more enjoyment. Next year I hope to cut down on the enjoyment a little.



East Kilbride's Bud Johnston, pictured by Peter Devlin during the recent Irvine Triathlon.



Seven Scots, including Scotland's Runner reader Maggie Oliver, travelled to the other side of the world last month for the ultimate runners' high - the inaugural Everest Marathon! Here is Maggie's report, with photographs by Rob Howard.

WHY WOULD 47 runners huddle in the lee of a boulder at 7am in minus 15 degrees Centigrade temperatures at an elevation of 17,500 feet? Not just to escape queues for toilets! This was the start of the first Everest Marathon - nobody was rested, the food had been awful for the last few days, and we had slept in our running gear, numbers and all. We were unified by a similar thought - why am I here? Glasgow or Aberdeen has got this beat and I wish Gus would stop throwing up.

In 1985 two British trekkers organised an impromptu 13Km run from Namche Bazaar, metropolis of the Everest area, to

Tengboche Monastery and back. Twenty two started the course, 12 finished, and the race was won by a Sherpa in 3 hours 17 minutes. Its popularity encouraged staging a full marathon, organised by Cumbria-based travel company Bufo Ventures.

The press and the medical fraternity were sceptical, and they either scorned the idea or just laughed. You just can't have runners going hell for leather and trying to be competitive at 17,000 feet over rough, narrow trails - a major disaster is bound to ensue!

To me it didn't sound dissimilar to the Ben Nevis race, and would undoubtedly

be drier! The race was scheduled for November 27 last year, when the trails would be quiet and the weather still reasonable. I thought, "Hey, that's my race," as I possess unfathomable endurance, love hillwalking, and had ascended the rarer air of Mt. Blanc, Mt. Kilimanjaro, Mt. Toubkal and various 4,000m Alpine peaks. I had been successful in several of the Scottish long-distance races, including the Stornoway and Skye half marathons, and some local hill races.

My plan did not meet with univalued enthusiasm from family and friends but I pressed on. The number of participants was limited to 50, due to the medical



and technical back-up needed, selected on running and altitude experience. Interested participants came from Scotland, Ireland, England, Wales, France, Holland, America and Canada... teachers, ministers, forces personnel and many other professions. I was thrilled to be chosen and immediately started training.

A trekking holiday in Morocco provided opportunity for altitude running. While other group members were in bed, I pounded up rough, rocky trails to the amusement and cries of "Said Aouita" from the locals. Running uphill one morning, my arms and chest became numb and I realised how easily oxygen debt was reached. A 25 minute jog at 10,000 feet felt like a full marathon - what had I let myself in for?

A marathon training week in Switzerland at 6,500 feet proved helpful once I recovered from the shock of training with fast, middle-distance track athletes, all men. Returning to Britain, even if I ran continually atop Ben Nevis the altitude training effect would be minimal! So I concentrated on endurance and terrain, entering mountain marathons and hill races over bog, moor, through bracken, rain, fog. At least only sheep and cows saw my mud-covered aching body at the finish of one 20 mile, 6,500 feet elevation gain, epic.

After a few races I felt exhausted, but more positive due to good placings. Little did I know how beneficial running in the Scottish countryside would be. I trained regularly in Kirkhill Forest and other parks near Aberdeen, on rough, undulating trails generally rocky underfoot. My legs were better prepared than I knew.

Collecting charitable contributions provided an alternative goal (and closed the escape route!) to personal glory. I finished my training with the scenic and hilly Snowdonia Marathon in early October and promptly left for Nepal, where I met the other participants. Mostly British, they included a strong Scottish contingent, with Gus Campbell from Glasgow, the Reverend John Webster from Troon, Scott Mackenzie and Alistair Campbell.

In Kathmandu, we runners were treated like celebrities with sight-seeing trips and festivities. A "fun run" at 2pm in 30 degrees Centigrade heat was scarcely that, especially as the 10K became over 15, due partly to a wrong turn by one of the front runners! Training in the city was fraught with Third World problems of dust, no sidewalks, millions of people/dogs/chickens, vehicles without pollution control - plus

fog, causing severe pollution until 10am, after which time it is too hot to run. Just like the haar on an Aberdeen summer day! My memories are of cow-crowded roads and Hindi women sweeping the sidewalk into my face. Instead of acclimatising, I soon developed the "Kathmandu Kough".

A few days later we gladly left Kathmandu, even though we had to rise at 3.30am. On the second leg of our bus ride to the trail head I realised I'd left my trekking permit behind, causing embarrassment and fear (me), amusement (the other runners) and anger (the trekking agents). On top of this we had 14 hours in a hot, sticky, bumpy and cramped "bus" with crying babies, rotting vegetables, goats, chickens, smelly oil drums, and people falling asleep all over you. Darkness fell, hiding the hairpin bends but highlighting the bus's half headlight and non-existent brakes.

The trek was therapeutic and a good two-week acclimatisation and training pe-



No, it's not St Kilda at the turn of the century, but Everest Marathon winners Maggie Oliver and Stuart Duffield last November.

riod. Tea in our tents at 6am, hot washing water, all our meals cooked, and not even the washing-up to do! Rest stops for hot apple pie, lemon tea or chips, beautiful views and side trips to cheese factories, catering to the palettes of western trekkers, or monasteries with smiling, smelly monks!

As we ascended, the trail became narrower and rockier and those with hill-walking experience benefited. The colder air encouraged me to stay in my tent until sun-up, wear more each day and tunnel into my sleeping bag shortly after supper. Not unlike a summer weekend on the west coast, without the midges! Bed-time was soon after dark, as early as 6pm high up. Some non-runners also lounged around sunning during the day and at one point bed sores became a real worry! No-one wanted to admit to the folks back home that more than

twelve hours a day were spent sleeping!

Namche Bazaar (11,500 feet) is, as I said, the metropolis of the Everest area and was the finish point of the race. My first view of sunset over the garbage dump was unimpressive, but compensated for by cinnamon buns, chocolate cake and relatively warm lodges with bunk beds! From here we could see Everest, other peaks in the area, our route up to Tengboche Monastery, and the moraine beyond. I had my first doubts and bouts of Giardiasis and chest infections. Giardiasis is an intestinal parasite ubiquitous throughout the Himalayas and many other mountainous areas of the globe. It causes abdominal pain, diarrhoea, nausea, vomiting, heartburn and egg-smelling belches! Chest infections are a common result of the extreme temperature range, dry air and dust.

We ascended slowly above Namche, with considerably less energy for training runs. A video was being made of the race and we spent ages running over the same suspension bridge or along sections of the trail with particular scenic backdrops - like a 3,000 feet sheer cliff below. We fought to be in the footage and posed horribly! Gus with his kilt and bagpipes was a favourite, as was Alistair in his tartan shorts. Yaks were used here, and these ornery critters take up the entire trail and will not budge, just lower their horns. The possibility of being struck behind one (or even by one!) during the race became a major concern.

The Himalayan Rescue Post at Pherche was the locale for a sobering lecture by the resident doctor. There were still doubts about the wisdom of profound exertion under stressful (i.e. race) conditions at altitude, and the staff wanted to curb our enthusiasm. But we were tourists as well as competitors! The two days prior to the race were spent sightseeing instead of resting. We hiked up the moraine pimple known as Kala Pattar, a lung-rasping grunt to 18,500 feet with unsurpassed views of Everest and the Khumba valley.

Shares in Kodak rocketed, and Gus blew his bagpipes, setting an altitude record. The following day we walked partway to Everest Base Camp, unspectacular aesthetically but interesting historically. We also had race medicals: I scraped through, despite the recurring chest infection, on the promise I would take it easy during the race.

At Gorak Shep, breathing was a problem in the cold air although we were reasonable acclimated. Water boiled at about 87°C, so drinks and food were lukewarm. We were excited yet apprehensive. Several of us slept

(or rather tried to) in a "lodge", lying on a concrete shelf watching the smoke level slowly merge with the beaten earth floor. For a "normal" marathon one is rested, well-fed, warm, and gets a good night sleep, but we were the opposite and even slept in our race clothes, numbers and all, to speed things up for the following day.

Race Day! At 6am we frantically packed our sleeping bags and gear, not knowing when we would be reunited, where we would sleep that night, how many broken limbs there would be that day, and whether anyone would suffer altitude sickness, perhaps with permanent brain damage. There were those who claimed insanity as a prerequisite for running here!

We forced down cold porridge, cold and greasy chappatties, and lukewarm tea. Emptying my bladder was a cold and tricky experience on the icy ground.

At 6.45am the whistles were blowing for assembly at the start; in unison we ignored the banner to huddle behind a boulder in the minus 15°C chill. Sunrise would be another hour. None of our training runs had been this early or cold, and when the gun (yes, gun!) went off we waddled across the start line in a slow shuffle, clad in our many layers, giggling madly from excitement or lack of oxygen!

The first section was uphill and icy, sanded by the Sherpas at 4am, bless them! I started fast to gain a good position and quickly ran into oxygen debt. Ahead the lead runners were silhouetted against the moraine, following one another closely and bowed against the wind, resembling a multi-coloured centipede, appearing to move at its pace!

The first three miles we ran up moraine, clambered over boulders and slipped on ice. The route was indistinct and the hummocky terrain prevented sights of other runners so it was easy to lose the way - in fact there were several trails. I reached the first aid post at three miles in 50 minutes. By now the sun was shining, I was boiling hot, and, joy of joys, I could take off some clothes! I shed woolly hat, mittens, Gore-tex suit and stripped to long underwear and sun-hat. The air temperature was still cold and I retained my balaclava, partly to protect my poor rasping lungs from the dry cold air I insisted on gulping.

I ran alone, apart from brief encounters to overtake trailing or ailing runners. The vistas unfolded beautifully in the strengthening sunlight, although my eyes were riveted to the trail for the most part, sometimes just to find it! The upper section of the route was rough, rocky, had loose gravel, and was very steep in places so I had opted for my fell running shoes. The subject



It's that man again! The running piper from Glasgow, Gus Campbell.

of best race footwear had caused heated debates; some swore by high-ankled trainers, others boots, many plain running shoes and some fell running shoes. At the last minute I chose the latter, hoping for more traction, but I felt the lack of cushioning on the rocky ground. Those wearing ordinary running shoes had minor problems on the ice but were otherwise fine.

The rubber studs of my shoes caught on rocks and tussocks, tripping me several times until I learned to pick up my feet. I talked to myself each time...you silly woman! No-one will find you if you fall now! I grazed my hands badly and sprained my groin and continued movement was all that stood between me and stiffness. My Achilles were already protesting from pounding on the hard ground and my knees screaming from running downhill. For a couple of miles I slowed right down and seriously considered sacrificing myself to a yak in preference to the pain of continuing. Luckily none lumbered by and I regained my sanity (such as it is).

At each of the eight aid stations, familiar friendly faces shouted encouragement (Maggie! what are you doing here so quickly?), fought to shove food and drinks at me, and doctors asked if I was okay. I was almost glad to escape and get on with the run!

The contrast to previous marathons became pronounced. From the second aid post (six miles), trekkers were out to support and ogle. They leaped out from behind

bushes, boulders, trees or around corners, snapping pictures, shouting encouragement, giving positions or laughing incredulously. "Look! A woman!" Full marks for identification! I reached the third aid post at nine miles, looking forward to a wider trail and better conditions. Covering the upper, narrow section prior to 9am when the yaks lumbered onto the trail was crucial in my race strategy (my only strategy!). These ornery beasts create havoc and give no quarter; the only recourse is to get on their uphill side and wait or make a long detour!

Toward the halfway point at Tengboche Monastery there was a steep downhill section followed by about 2,000 feet vertical gain (grunt!). The last few hundred metres to the monastery were steep but I faked a spirited run for the onlookers and our official photographer, which sent me into oxygen debt again. I had been sustained since the night before by the knowledge that rice pudding would be here but I was scarcely able to enjoy it.

Although I was first woman, I had no idea of my rival's proximity! She, of course, had the advantage knowing how far ahead I was at each aid post. I wanted to maintain my lead but the thought of being passed at any moment was mentally draining! Still, I had overtaken several men in the last 3 mile section and I had plenty left. No worse than Aberdeen Marathon with that fierce North Sea wind or the heat of the Loch Rannoch sun-trap I told myself. Whether I believed it was academic!

I had reached Tengboche at 11.30am; the day was flying by! The temperature was about 22 degrees Centigrade, and with the dry air and dust dehydration became a serious problem. We carried packs with emergency food, water, clothes etc., but I was reluctant to stop while going strongly.

The men in shorts and (some) without shirts had the advantage. It is improper in Nepalese culture for women to expose legs (and arms, really) so I sweltered in my tracksters and Lifta top, rather than upset the locals; from experience travelling in Third World countries I found it easier to adopt local customs.

Below Tengboche there was a jarringly steep 1800 feet drop, here I saw the first casualties. Mike had a twisted ankle and Angnima Sherpa had sprinted from the start and literally run himself into the ground. He was so tired, he slipped and grazed his arms and legs. His pride was hurt most, especially at the sight of a woman overtaking him!

By now I had been running for nearly five hours and it took all my concentration to keep going. My jarred legs started to stiffen, and my body was telling me how nice it



would be to stop. I had been running for longer than ever before and was very, very tired. I kept thinking of Lewis Carroll and reciting to myself, "Will you run a little faster said the left leg to the right; there's a yak up close behind and he's going to take a bite". In situations like this, stupid ditties always get stuck in my brain!

Then the view opened up and I saw runners ahead, providing a mental pull. At this point the course contoured above Namche, flat enough for speed if legs are fresh! Mine felt very heavy and stiff and alternate names for the race ran through my head... The Gorak Shep Gander... Sagamartha Shuffle... Tengboche Trot...

Arriving at Namche I heard cheers as someone finished - totally demoralising

(later I found out this was the winner, not one of the many already finished as I had thought!) I still had to complete a soul-destroying out and back loop from Namche; the longest six miles I have ever run.

The loop included normal course components of experimenting physiologists, crowds of screaming kids, and a first aid station manned by sunbathers! - at least they had cookies, but I had no saliva to chew them! The front runners were heading toward the finish as I started the loop, quite surprised to see a woman doing so well, and everyone had words of encouragement/congratulation!

Finally the turnaround point. I expected my rival momentarily, but it was minutes before I passed anyone and I felt

secretly proud to see those fit men behind me! And heartened to see friends who had paced themselves well. The final couple of miles were a supreme effort but almost enjoyable. My last reserves surfaced in sight of the finish! Rounding a corner, Namche lay a steep mile downhill below me. I almost cried - I was going to do it!

I heard someone shouting, "There's Maggie", and knew I had to stage a run in full view of the town - groan. I dug in deep and pushed my aching limbs into a faster shuffle. The last 500 yards to the finish were extremely steep and covered with loose gravel, but the audience spurred me to a half decent bone-jarring run.

I had jogged this in training and tried to visualise winning, but couldn't. I thought I might be tired or gasping for breath, but this dead-leg drag was embarrassing! I was so tired I nearly got lost but it was a glorious jog into the town with the hordes of screaming kids who knew the way! And old women who wanted to touch my hand for good luck! And that last sprint for the finish... then the ecstasy of inactivity! The supreme challenge - won! And even someone to bring tea and cookies!

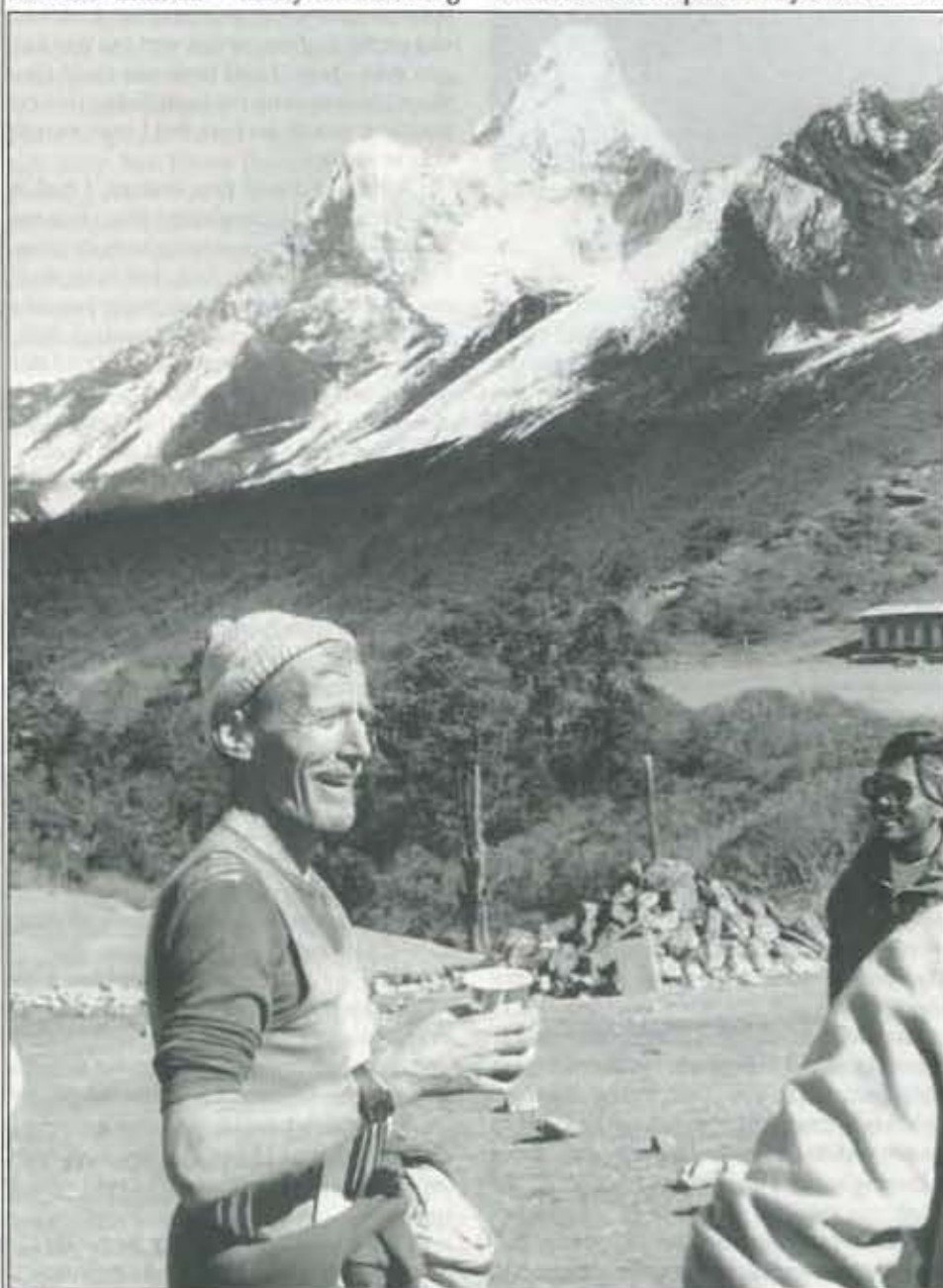
I finished in 6 hours 52 minutes, 17th out of 47 starters which included some 2-15 marathoners, tough army men, Gurkhas and Sherpas. The winner, an expatriot Scot, was Stuart Duffield, who narrowly beat the Gurkha contingent in a time of 4-53.

I waited for my remaining friends, basking indolently in the sun. The last group, 11 hours after the start, included my close companions and veteran marathoners Gus Campbell, who raised £40,000 for children in Glasgow, and the Reverend John Webster, collecting money for Dr Graham's Homes in the Eastern Himalayas. They proudly walked in as the sun set, silhouetted against the snowy mountain backdrop, flags and bagpipes flapping!

Nobody finished with the anticipated major injury, only minor twisted ankles, cuts, bruises, dented egos, aching limbs and rampaging appetites. Every one a winner!

The organisers were relieved there were no casualties and we had proved the feasibility of such an event at high altitude - a feat of equal magnitude to running the race! That evening the celebrations were low key (even at this high level) with an air of euphoric exhaustion and a sense of anti-climax. Runners were too busy consuming the calories they had burned... a monumental but enjoyable task!

That evening I swore the event would be a once-in-a-lifetime for me, but selective memory caused reconsideration of my title's defence in two years. Who can resist the challenge of the Ultimate Runner's High!



The Rev John Webster at the 14 mile point beneath Mount Ama Dablam.

Tom Hanlon: Jumping into world class

Report: Alan Campbell

SCOTLAND HAS THREE athletes - Liz McColgan, Tom McKean and Yvonne Murray - who have a genuine chance of a medal at this year's Olympic Games in Seoul (or four if Brian Whittle is included in the 4 x 400m relay team as would now seem probable). In 1992 in Barcelona, don't discount them being joined by Tom Hanlon in the 3000m steeplechase - if indeed this confident young man from Edinburgh has not already made his mark on the world stage.

Born in West Germany just over 21 years ago, Hanlon lived in Northern Ireland, Hong Kong, Malaysia, Singapore and Yorkshire as the family followed the postings of their Royal Signals Regiment father. When Tom was 12 the Hanlons finally settled in Edinburgh, which was home for the head of the household and just a trip across the M8 to Glasgow on the maternal side.

The youngest of six children, four of

them older brothers, Tom joined Edinburgh Southern Harriers shortly after his arrival in the city. He says he was the only boy at St Augustine's School who ran (although his teachers helped him enter schools' events) so it was while running for a local youth club in the Tollcross area of the city that his talent was spotted.

As intelligent off the track as he is on it, Tom gained eight "O" grades and three highs (English, History, Biology) while notching up Scottish Schoolboys titles at the 2000m steeplechase in successive years. During this period he was coached by Bob Steele at Southern.

Leaving school he took a year off from looking for work, but maintained his spectacular progress on the track, finishing

fourth in the World junior Championship 3000m steeplechase in East Germany (his first British junior vest). The same summer he came second in the Scottish seniors, breaking nine minutes in the process.

By one of these strange coincidences - or is it just a small world? - Hanlon had been attracted to the steeplechase while watching on television the 1978 European Championships. There was a big pile-up at one of the barriers, and, recalls Hanlon, "It was like one of these 'what happened next' questions." The drama inspired the youngster to set up his own steeplechase course in the back garden with clothes poles and other convenient hurdles!

A coincidence, because in that race was Dennis Coates, the steeplechaser who had set a British record of 8-18.95 in the



semi-finals of the Montreal Olympics in 1976 - a mark which remained for six years. And in the Autumn of 1985 it was to Dennis Coates' old coach, Gordon Surtees, that Hanlon turned for tutelage.

Surtees was aware of Hanlon through his involvement as national junior middle distance events coach, and was just taking up his appointment as senior steeplechase coach when he was approached by the Edinburgh athlete. Like John Anderson and his Scottish athletes, Surtees and Hanlon have a long distance relationship, communicating regularly by telephone between Cleveland (now infamous) and Edinburgh.

GORDON Surtees came into athletics following a largely undistinguished football career, which included a spell as an amateur on the books of Hartlepool United. It is greatly to the discredit of athletics if his account of his introduction to the sport is accurate (and he comes across as a man who tells things the way they are).

"I tried to come into athletics as an official, but the people in control at the time were very jealous of their jobs. People tried to push me off the ladder," he says. Instead, freely admitting that he was starting from a position of virtual ignorance, he took up coaching, again feeling some inferiority from a background of having left school at 14 and coming into contact with people of university education.

Now aged 55, he recalls: "The first athlete who ever asked me to coach him was a high hurdler. I said I'd never been over a hurdle in my life, but if he was prepared to accept that I was learning the event from scratch and would teach me what he knew, then I would coach him. He went on to become AAA youths high hurdle champion."

As well as Hanlon, Gordon Surtees has Ikem Billy and Tony Morrell among his current crop of athletes, while Coates heads a pile of top quality club steeplechasers and marathon runners who have benefited from his methods in the past. What is the secret?

"I try to lead by example," Surtees replies. "I haven't missed a day's training for six and a half years and with my work and coaching commitments that means getting up at 5.30am every morning and doing my run then. I keep myself fit and have got very strong principles."

Of the 3000m steeplechase he says: "The higher up you get, the more important technique becomes. In a time of 8-30, for example, about 30 seconds is technique, so



Mark Rowlands (No 13) takes a heavy tumble during last year's AAA 3000m steeplechase as Hanlon tries to avoid the trouble. Clear is Eddie Wedderburn. These three men dominated the UK rankings for the event at the middle of July this year. On the next page, Hanlon is seen leading last year's Scottish Championship 1500m, which he won.

the obvious thing is to work hard on the eight minutes running. But when you get to the top, even tenths of a second become important.

How does he rate Hanlon alongside his previous star steeplechaser, Dennis Coates?

"I think Tom will beat Dennis's British record out of sight," Surtees predicts. "We're working Tom a little differently because he is so much faster and technically advanced than Dennis, while in terms of

mobility he's in a class of his own."

It's this speed and technique, rather than the strength which will come with maturity, which marks out Hanlon as a steeplechaser with the ability to go all the way. His 1500m personal best of 3-38.5, set in Dijon in June, was good enough to rank him third Briton for 1988 in that event up to the beginning of July.

"If he's going to be a world class steeplechaser he's got to have a good mile or metric mile under his belt. He's got a good

bit to come yet in that direction," Surtees says.

Hanlon, indeed, represented Britain in the European Indoor Championships in Budapest over 1500m and is the current Scottish champion over the distance (and due to defend his title at Crownpoint Road in August).

SURTEES' prediction that Hanlon would beat Dennis Coates six year record "out of sight" was made before the weekend of July 8-10, when, astonishingly for a guy just turned 21 six weeks earlier, the ESH athlete

responded with two times taking him within seconds of that long standing mark.

Prior to his runs at Crystal Palace (July 8) and Nice (July 10), Hanlon had set a Scottish record of 8-27.6 in Munich last September - his first run on the European circuit. Earlier this season he recorded 8-28 at Lausanne in Switzerland.

Like most British athletes with a chance of making the Olympics, Hanlon is following a carefully planned and deliberately restricted schedule of appearances this summer. The game plan had been to run at the Bislett Games in Oslo but the 3000m steeplechase was cancelled, so the next step was two hard back-to-back races at the Peugeot Talbot Games and Nice (inside 48

hours and simulating Olympic heats and finals).

Those eager to monitor Hanlon's progress during the ITV coverage of Crystal Palace on the Friday evening (July 8) were at first alarmed that the bold boy had got lost in transit between Edinburgh and London. As television coverage started at 8pm the steeplechase was already underway as link man Nick Owen handed over to commentator Alan Parry.

"There's a fascinating domestic battle (in this race) apart from the appearance of the two world class Kenyans," we were told as the bell sounded with five laps left to race. Indeed there was, but according to the commentary the only two Britons in the race were Eddie Wedderburn and Roger Hackney. "Roger is very anxious to post a fast time," we were informed.

Two laps on there was still no mention of Hanlon (although he had visibly moved up from ninth to seventh and was still very much in spiking distance of the "fascinating domestic battle" and indeed the "world class Kenyans"). With just 1200 metres to go there was a superb irony when the commentary changed tack: "We haven't seen anything of Colin Reitz yet this season," said Parry.

Unbelievably, with the bell sounding for two laps remaining, Hackney out of contention having tripped, and Hanlon lying in a handy fifth place, the Scot still hadn't been mentioned! But at last, 600m from home, our man was picked up. He finished fourth in 8-21.7, although again the camera was conspicuous by its absence when both he and Wedderburn (third) crossed the line.

Less than two days later it was Nice, where Hanlon finished seventh but again improved the Scottish record, this time to 8-20.7.

Back in Edinburgh on Tuesday, where he is employed as a designer with the advertising agency Marr Associates, Hanlon declared himself pleased (within limits of course; no athlete of whatever standard is ever content!) with his weekend's work.

"I should have had Eddie Wedderburn on Friday, but I let my concentration slip and had a bad last waterjump and barrier. I held off the pace at the start because I was feeling dead beforehand and knew the race was going to be fast.

"At Nice I did the same sort of thing. In the end I ran out of legs because of the race on Friday otherwise a time of 8-17 was there."

Bolstered by these performances amongst the highest class of competition, Tom Hanlon now believes that he is capable of going below 8-15 this season given the right race and conditions.

As our panel in the bottom right hand corner illustrates, any time below 8-20 is sensational for a 21 year old, but even to qualify for the British Olympic team this year may require something of that order, with Rowlands and Wedderburn having already posted sub 8-20 times, and Reitz, who was third in the 1983 World Championships and has a personal best of 8-12.11, presumably due to reappear in time for the trials at Birmingham.

FOR ALL this incredible progress, Gordon Surtees insists: "We're trying not to push Tom too quickly. Rather than work on quantity (training) we're more inclined to concentrate on quality. I've seen too many youngsters destroyed by being pushed too hard too early. That gets short term results but is no use on a long term basis."

Both athlete and coach insist that the specific targets are the Commonwealth and European Games in 1990. "I won't commit myself to any question on the Olympics," Surtees responds to my inquiry on the subject. "If he qualifies from the AAA trials it's a bonus, and if he goes to Seoul I would expect him to have a go in any case - Tom is prepared to take anybody in the world on

and run from the front if he has to."

In this respect, Surtees pays tribute to the attitude of his athlete. "He has a very strong character and he was brought up very sensibly. He's very mature for his age, very self-disciplined, and has definite views on what is right and wrong. Even at this stage of his career I admire him."

I asked how Hanlon rated alongside "the fascinating domestic battle" - Wedderburn, Hackney, Reitz and, on the fringe, people like Peter McColgan.

"I'll answer that at the end of the season," he ripostes, "but potentially Tom Hanlon is the best in Britain. Having said that, I've got a lot of respect for Roger Hackney."

Of McColgan he says: "I rated Peter very highly but he didn't do a great deal last season. He's with John Anderson, though, and I'm expecting him to be back."

BACK IN Edinburgh, Hanlon and his art director at Marr Associates, Jim Devine, are working hard on a brochure which they will send to Scotland's top companies in an attempt to get sponsorship for the athlete.

Devine, a member of Edinburgh Southern and a 1-52 800m runner, accompa-

nies Hanlon on his lunchtime runs. "Running is good for creative thinking," says Devine, and who who has run will disagree.

No expense or trouble has been spared on the brochure, which is typical of Hanlon's approach to athletics. He is regarded by some within the sport as aloof or even arrogant, but says that any apparent unfriendliness is connected with his background, and in particular the childhood difficulties of forging companionships when the family was constantly on the move. He was criticised by some for not turning out for ESH in the GRE Division One match at Meadowbank on July 3, but constantly changing circumstances and his performances at London and Nice the following weekend fully vindicated that particular decision.

Given his age and the nature of the opposition, Hanlon may not quite be ready for an Olympic debut in Seoul, but watch out Barcelona. Baring injury, he'll certainly be in the Scotland team for the 1990 Commonwealth Games in Auckland - as appropriate a place as any for this far travelled young Scot to open his account in major international Games.



Ahead of the game

WHILE it must be stressed that such comparisons are meaningless because some people develop earlier than others, it is interesting to look at the personal best times at the age of 21 of the world's seven fastest steeplechasers in 1987 (the same as Hanlon is now.) The exercise at least puts the ESH athlete's recent performances into perspective:

Tom Hanlon (21, Sco) 8-20.7
 Francesco Panetta (25, Ita) 8-26.90
 Hagen Meizer (29, GDR) 8-27.7
 William Van Dijk (27, Bel) 8-36.40
 Julius Korir (26, Ken) 8-44.00
 Raymond Pannier (27, Fra) 8-28.61
 Brian Diemer (27, USA) 8-37.96
 Patrick Sang (24, Ken) 8-22.45

Britons:

Roger Hackney (30, Eng) 8-32.97
 Colin Reitz (28, Eng) 8-29.31

(Statistics: The International Track and Field Annual)

Running: A Beginners' Guide

By Derek Parker, senior BAAB and Kilbarchan coach.



The finishing line is reached, and a memorable milestone if it's your first half marathon!

It is quite clear, therefore, that if an athlete trains hard just a few days before an important competition, he/she will deplete these vital energy reserves and will have no time to replenish them before the start of the race.

The objective of peaking for long-distance races is to ensure that there is as much glycogen in the body as possible when the contest gets under way. That is why top-class marathon runners use elaborate pre-race diets to supercharge their glycogen reserves - and ease right down on their training during the last three days as these diets may have adverse health consequences or significantly impair racing performance. It is permissible, however, to include more carbohydrate-based foods such as bread, potatoes, pasta, jam, bananas etc. during the final three days before the race, though not to excess.

Assuming everything has

gone to plan so far and there have been no interruptions to your training, you will be running between 30 and 40 miles a week just now - including easier recovery sessions to safeguard against injury, stress, and boredom.

Your task now is to ascertain the date of your first half-marathon and count back four weeks, remembering that the two nearest to the event are the easiest and the two farthest away will be the period of maximum mileage.

At the end of last month's article, it was pointed out you should arrange to fit in the longest run of your programme four weeks before your half-marathon. This should be done on the same day of the week - usually a Sunday - when your big race will be taking place and at exactly the same time. This is to accustom the body and the mind to function efficiently during the race. An athlete who has done all his/her

training in the evening, and then has to compete at around 10am, is going to find matters very difficult.

Before your long run four weeks before the race, you should also eat the same sort of meal that you will be eating on the day of the main competition. Remember to avoid fatty, greasy foods which take a long time to digest, and stick to light carbohydrate-based meals such as cereals, toast, jam, marmalade, or honey.

The long run will also give you an opportunity to try on the same shoes, socks, and vest which you will be wearing in your debut half-marathon. You must ensure that there are no rough edges to any of your garments which will chafe or rub against your skin, causing extreme discomfort and possibly even blisters and cuts. You must never run in any race, particularly a full or half-marathon, in new untried equipment which you have never worn before and which you have not properly broken in.

If you find yourself vulnerable to skin irritations or blisters, rub the affected areas and that part of the equipment responsible with powder and vaseline. Blisters especially are caused by friction burns, so pin-pointing the vulnerable areas and applying suitable forms of lubrication reduces significantly your chances of being inconvenienced by them.

The slow objective of the long run four weeks before your half-marathon is to get accustomed to being on your feet for the total time you hope to complete the 13 miles 193 yards in. It cannot be emphasised that under no circumstances is this long run to be treated as a time trial - nor should you equate the distance you cover with the half-marathon. You will soon have the opportunity to prove yourself to yourself (if you feel you need to) within the next few weeks when the race you have been preparing for gets under way.

If you have been working to plan, you will by now have all the confidence and assurance you need without having to spoil your build-up by testing yourself in training. (Note: You can do the long run three weeks before your half-marathon, if necessary. But preferably it should be done four weeks before the event and at the start, rather than in the middle, of what will be the two hardest weeks of the schedule.)

The third and fourth weeks before competition should see you attaining your highest weekly mileage and you can expect to feel a bit more tired than usual. Make certain that you get adequate rest, sleep, and nourishment during this stage

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and remember to maintain a steady intake of fluid to replace water and vital minerals lost through perspiration, especially on hot or humid days. Try, too, to do some of your training on grass or soft surfaces to minimise the risk of injury and to help you to relax physically and mentally.

Do not, however, increase your weekly mileage too dramatically during these two hardest weeks. This will only lead to the dangers of stress, injury, or excessive fatigue.

Much will depend on your own ability, but in general the increase should be between five and 10 miles more than your previous highest weekly mileage. Stepping up the mileage too quickly is one of the commonest causes of athletic injuries. Steady and gradual progress is what brings results.

Apart from the increased mileage, the third and fourth weeks before your half-marathon should feature the same type of sessions you have been doing up until now. The programme continues to include faster-than-race-pace work-outs, such as repetition miles and interval running on the track. However, if you feel stiff and sore as a result of the greater mileage you must be prepared to modify your faster sessions - curtailing the number of repetitions or missing them out altogether and substituting an easier programme. It is quite clearly ludicrous to follow a schedule to the exact letter if you are only going to get injured by adhering too rigidly to its stipulations. You are not training to get injured; you are training to race and the art of responsible coaching is knowing when to apply the pressure and when to ease off. Getting to the starting line fit and uninjured is the goal which every athlete and coach must aim for - and if that means easing up and taking things a little less seriously when necessary, there must be no qualms about doing so.

By the time you reach the point where there are only two weeks to go until your half-marathon you will have been running between 35 and 50 miles weekly during the hard fortnight of the training programme. You will certainly welcome the ease-down period.

These two weeks before the race are very important. They provide you with the opportunity to build up your glycogen reserves and to consolidate all the training gains which you have accrued during the last few months. They also enable you to relax physically and mentally and to develop that feeling of anticipation and sharpness so essential for successful racing.

But here again your approach must be disciplined yet flexible. You need to do enough training to bring you to peak form at exactly the right day - but not too much to make you feel below par when your half-marathon gets under way. Again, knowing when to push yourself and when to ease off is the key. Generally speaking, however, it is a good idea for novices at least to reduce their work-load by half during the second last week before the race, then dropping it to about one-third of normal during the last week prior to competition.

In theory this should be easy; but in practice many athletes do not take too well to cutting back on their training so close to a race. They needlessly fear that they will lose form and start to make the shorter runs faster just to compensate for the reduced distances. They get nervous and edgy and think they are not doing sufficient work. They are afraid they will start to put on weight and that they will get out of the training routine.

Nothing could be further from the truth. You need only look at the training schedules of top athletes including Olympic champions to see just how vital rest days and light jogging are in the peaking process before major competitions.

The final two weeks before your half-marathon is also the time to make your travelling arrangements and to have a look around the course if possible. It helps to know in advance where hills, sharp corners, and narrow pavements are, and also to find out where you could be exposed to adverse weather such as strong wind or excessive heat. Look for ways of minimising the impact of any obstacles such as running in the shelter of high buildings or not running round tight bends too sharply and possibly spraining an ankle. In particular, pay attention to the last mile or so of the course so that if you have any energy in reserve towards the end of the race you can use it to your advantage.

It is not always possible to visit the race course but you should make every endeavour to do so. Time spent in reconnaissance is never wasted. There is no reason why you can not do some of your training runs round part of the course. That way you will be able to ascertain better where these long, steady slopes are which you never realised

existed until you encountered them during the race.

One final word about last week before the race - do not decide to use your increased free time by digging the garden or building a garage or anything else physically demanding. You will certainly pay for it in terms of severe muscular fatigue and dramatically-impaired racing performance on the day you have prepared so long for. And without going to bed too early - and lying awake tossing and turning - make sure that you get adequate sleep during the three or four days before the race. This will be particularly important on the second last night before the competition as you will be in a more relaxed frame of mind than you are likely to be on the night immediately before the event.

Also during the last three days before your half-marathon, when you are increasing the carbohydrate content of your diet, it is important for you to get plenty to drink (water, fruit juice, tea, coffee etc. but definitely not anything alcoholic as you could end up being dehydrated at the time of your race). One gram of glycogen is stored with approximately 2.5 grams of water in the body, so it is vital that you increase your fluid intake proportionately to maintain the liquid balance.

We now come to the most important part of your entire programme - the race you have been preparing for during the last two or three months.

When making your travelling arrangements you must ensure that you will have plenty of time to collect your number and declare yourself. If this can be done in advance of the competition so much the better. Find out, too, where the toilets are, as the excitement generated by the race atmosphere and your desire to do well will probably create the type of nervousness which makes you want to spend more than a few pennies. It is also worthwhile discovering the location of toilets at various parts of the course just in case you need to make an emergency stop.

Once the race gets underway you must remember to keep calm and not allow yourself to be carried away in the mad rush which usually characterises mass participation half-marathons. Whether you are a complete novice or have a few

half-marathons under your belt, you should have a fairly good idea of your time target for the event.

This means you will also know the pace you should be running at for each mile of the race if you are to achieve your goal. During your training runs throughout the last few weeks you should have developed a good idea of what it feels like to run at race pace. It is important that you keep to that pace as much as possible. You must not attempt to run too fast early on to give yourself time in hand to compensate for a possible slowing down later on. This will only lead to disaster, and you could end up walking or not finishing the course.

Even-paced running is the best way of conserving your energy for those vital last few miles. Avoid sudden increases in pace as it is estimated that a five per cent rise in pace requires an increase of 15 per cent in energy expenditure terms. This is a high cost to pay and one which could ruin all your preparations.

You will probably be amazed during the race to find yourself passing several other competitors who left you behind in the early stages of the event, only to have paid for it by slowing down later on. Pace judgement is an important aspect of distance-running and one that can only be learned effectively by practice and experience. The same lesson also applies to effort distribution which must be as even and economical as possible to minimise fatigue.

Even in matters of pace judgement and effort distribution, however, you must always maintain flexibility of approach and not start to panic if you find yourself falling behind schedule. Remember that hills and winds can make some parts of the course faster or slower than others. Make allowances for this so that when attempting to get back onto your planned pace you do so gradually and not suddenly.

You should also remember that even pace does mean even effort. You will find that towards the end of the race, and also on hills, you will have to work harder to maintain even pace. That is another reason why you cannot afford to go away too fast too soon - and why you must carefully husband and distribute your energy reserves wisely throughout the entire race.

Nor should you be too flexible in your approach to your race target. If you are too time-conscious you could well do injustice to your training and to your fitness. You should give yourself three separate targets: firstly, the time you feel you should accomplish on the basis of

previous training and racing performances; secondly, a top time which you could do if conditions and the course are just right and you produce one of the best performances of your career; and thirdly, a bottom time at which anything less would be a disappointment.

The latter would be the slowest time you want to achieve - and one which you would only expect if hampered by adverse weather or a tough course.

So, if you are aiming to beat two hours for the race time, the second target would be something like 1-58 minutes (9 minutes per mile pace); and the first target could be 1-53-37 (8 minutes 40 seconds per mile pace); and the third target time would be 2-2-22 (9 minutes 20 seconds pace). The benefit of this type of approach is that you have a definite time target in mind, but one which is neither too restrictive nor too ambitious and unrealistic.

Avail yourself of drinking water supplies where possible during the race. This will curtail the risk of dehydration and will also decrease the possibility of any undue stress being imposed on your cardio-vascular (heart-lungs) system.

Do not gulp water when drinking as this could cause stitches, sickness, and a choking sensation. You can solve any difficulties by practising drinking in short sips from cups of water during your training runs - or by pausing briefly at any refreshment stations during the race to consume your drink. Where possible, you should also try to moisten your head, neck, shoulders, and thighs as this helps to keep you cool.

After the race you should drink about eight fluid ounces of fresh orange juice to replace calcium and magnesium loss as a result of perspiration lost during your effort. Tomato juice also meets this requirement, and easily digestible foods such as bread, jam, honey, and puddings taken at least an hour after the event will help to replenish depleted glycogen reserves.

The week after the race should consist of easy recovery sessions to assist the regeneration process - reoxygenating tired muscles and dispersing lactic acid deposits. Even if you want to take the rest of the week off, you should endeavour to jog for 15 to 20 minutes on each of the two days immediately after the competition or you could feel stiff and sore for about a week, especially if this is your first half-marathon.

Everything we have discussed during the last few months about your training and racing plans has been important, but you must

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Follow Derek's advice and, who knows, one day you might be right up there with the leaders! If not, at least you can sport the natty headwear...

never forget that you yourself are the most important aspect of it all. The approaching race is your event and yours alone. The target you have given yourself belongs to you and no one else.

Throughout the entire training programme it has been constantly emphasised that the objective of athletics is to enhance your quality of life. You are running for pleasure, self-fulfilment, and the feeling of well-being and fitness that a sensible, carefully-planned training and racing programme should bring.

Look on this and all subsequent races as opportunities and definitely not as ordeals. They provide you with the chance to let you see just what you can do in an event you have prepared and planned for, and allow you to explore depths of your physiological, psychological, and spiritual potential which you

probably never knew existed until you started training.

Once the race gets under way, you should forget all about everyone else and just concentrate on being yourself, doing your "own thing", doing justice to yourself - and, most important of all, enjoying yourself. Everyone at Scotland's Runner wishes you the best of luck in your half-marathon debut, and we would like to hear how you got on. So please drop us a line and give us the benefit of your experience.

*"In the world's broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle,
Be a hero in the strife"*

H.W. Longfellow (1807-82).

FOURTH WEEK BEFORE RACE:

Sunday: Run for the time you expect to complete your half-marathon in.

Monday: 25 x 200 metres at 5K pace (30 to 60 seconds recovery) or 20 to 30 minutes steady. Both these sessions should be modified, if necessary, to allow recovery from the long run.

Tuesday: 20 to 30 minutes easy running.

Wednesday: 8 miles steady.

Thursday: 20 to 30 minutes easy running or 2 x 1 mile with 5 minutes recovery plus warm-up and cool down.

Friday: Rest or 10 to 15 minutes jogging.

Saturday: 12 miles steady.

THIRD WEEK BEFORE RACE:

Sunday: 60 to 90 minutes steady running on grass.

Monday: 12 x 400 metres + 1 x 200 metres at 5K pace (30-60 secs recovery).

Tuesday: As Week One.

Wednesday: 60 minutes steady running (i.e. 30 minutes out + 30 minutes back).

Thursday: 20 to 30 minutes steady or 2 x 5 minutes fairly fast with 5 mins recovery.

Friday: As Week One.

Saturday: Run for 75 per cent of your planned half-marathon time.

SECOND WEEK BEFORE RACE:

Sunday: As Weeks One and Two.

Monday: 16 x 300 metres + 1 x 200m at 5K pace (30 to 45 seconds recovery).

Tuesday: As Week One.

Wednesday: 8 miles.

Thursday: 20 minutes recovery run.

Friday: Rest or 10 or 15 minutes jog.

Saturday: 10 miles at an easy pace.

FINAL WEEK BEFORE RACE:

Sunday: 60 minutes easy on grass.

Monday: 15 minutes steady + 8 x 100 metres EASY striding with walk-back recovery + 15 minutes steady.

Tuesday: 20 minutes easy.

Wednesday: 45 minutes medium pace.

Thursday: 15 minutes easy.

Friday: Rest or 10 minutes jogging.

Saturday: 10 minutes jogging.

Sunday: The race.

Highland GAMES

THE SEASON started with considerable drama and interest - leading amateurs turned professional, leading professionals were seriously injured, and an all time great retired. All this and more had fans of the heavy events buzzing with excitement.

George Patience and Eric Irvine left their amateur careers behind and appeared at professional Games following the example of their hammer throwing colleague Chris Black, who made his debut last year. All three are thoroughly enjoying the experience and making a very good impression. Far from acting, or being treated as "new boys", they have fitted in admirably with the old timers and there seems to be great mutual respect.

While it seems that George may be doing better all round, Eric has had the unique distinction of beating Geoff Capes in the shot putt. Not every time by any means, but to beat Geoff at his best event is a great achievement.

Many have been surprised at how well Irvine has adopted to the stone, as opposed to the iron ball to which he is accustomed. This injection of fresh talent so soon after the Commonwealth Games can only be good for the heavy events and for maintaining our national traditions but it does pose a major question: who will represent Scotland in the throwing events at the next Commonwealth Games?

In his professional debut at Blackford in May, Irvine came third overall, but his 54'10" putt and 47'7" with the heavy stone showed promise of the things to come. He set a ground record at Strathmiglo, where Patience came first overall. At Markinch, Irvine topped the list which included Stephen Aitken, Kevin Thom and Jamie Barr. On to Forfar and both putts were taken by Irvine. At Newburgh he came second overall to skilled veteran Brian Robin.

It was at Aberdeen that Eric had his big day beating the "Big Shot", but make no mistake Capes is still number one on the circuit, having taken the British Heavy, British caber and World caber titles already this year. I am really looking forward to the clashes between Capes, Quigley of Australia, and Jim McGoldrick of America. They meet at Callander in a run up to the World Championships, and when Quigley meets McGoldrick for the European Championships at Stranraer on August 14 I expect a repeat of that tremendous battle in Sydney when the pair had a dead heat at the end of seven events.



Bill Anderson

THE JOY of seeing young stars "in good company", as the professionals say, is tinged with sorrow at the departure from the circuit of a valued champion and much respected friend, big Bill Anderson MBE. In an age when winning is not everything but the only thing, Bill has been a shining example to his peers. He has been modest in victory and, in later years when time was beginning to take its toll, he was dignified in defeat.

I always found Bill to be dependable and a steady influence on a group during the stress and strain of time changes in world wide travel. In the 32 years I have been associated with him in Highland Games there has not been one single "prima donna" outburst from this quiet and unassuming man of enormous power and skill.

There have been many highlights in the last few decades, including his magnificent throw of 151' 2" at Lochearnhead in 1960, which to this day is still recognised as the official world record with the 16lb. Scots Hammer. I saw him shame a massive Sumo wrestler in a Japanese dojo in Tokyo, and we did a seven week spell on French TV where Bill tossed increasingly longer and heavier cabers until the last one was bigger than the famous stick at Braemar.

In bidding him farewell from the competitive scene I would remind those in the heavy events that while people may not long remember the measurements of your throws, they will always remember what kind of person you were. In the years to come Bill Anderson, a gentle man of the gatherings, will still be recalled and spoken about with awe and with affection.

THE EARLIER affrays of the season were more akin to a cripples outing than a sports event! Grant Anderson was, and still is, nursing two torn biceps and troublesome elbow injuries as the effect of cumulative strain over the years. Big Geoff's neck and shoulder gives him considerable pain and I think left and right are affected as he is seen to run both sides at various times. Chris Black postponed major surgery to relieve a trapped nerve and Bill Kazmaier had major surgery to stitch up his right triceps which had been pulled of the bone. He now has a horrendous scar right down the back of his right arm and competes with it wrapped in thick bandages. How he manages to compete at all is a matter of great wonder.

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Highland GAMES

THE SEASON started with considerable drama and interest - leading amateurs turned professional, leading professionals were seriously injured, and an all time great retired. All this and more had fans of the heavy events buzzing with excitement.

George Patience and Eric Irvine left their amateur careers behind and appeared at professional Games following the example of their hammer throwing colleague Chris Black, who made his debut last year. All three are thoroughly enjoying the experience and making a very good impression. Far from acting, or being treated as "new boys", they have fitted in admirably with the old timers and there seems to be great mutual respect.

While it seems that George may be doing better all round, Eric has had the unique distinction of beating Geoff Capes in the shot putt. Not every time by any means, but to beat Geoff at his best event is a great achievement.

Many have been surprised at how well Irvine has adopted to the stone, as opposed to the iron ball to which he is accustomed. This injection of fresh talent so soon after the Commonwealth Games can only be good for the heavy events and for maintaining our national traditions but it does pose a major question: who will represent Scotland in the throwing events at the next Commonwealth Games?

In his professional debut at Blackford in May, Irvine came third overall, but his 54'10" putt and 47'7" with the heavy stone showed promise of the things to come. He set a ground record at Strathmiglo, where Patience came first overall. At Markinch, Irvine topped the list which included Stephen Aitken, Kevin Thom and Jamie Barr. On to Forfar and both putts were taken by Irvine. At Newburgh he came second overall to skilled veteran Brian Robin.

It was at Aberdeen that Eric had his big day beating the "Big Shot", but make no mistake Capes is still number one on the circuit, having taken the British Heavy, British caber and World caber titles already this year. I am really looking forward to the clashes between Capes, Quigley of Australia, and Jim McGoldrick of America. They meet at Callander in a run up to the World Championships, and when Quigley meets McGoldrick for the European Championships at Stranraer on August 14 I expect a repeat of that tremendous battle in Sydney when the pair had a dead heat at the end of seven events.



Bill Anderson

THE JOY of seeing young stars "in good company", as the professionals say, is tinged with sorrow at the departure from the circuit of a valued champion and much respected friend, big Bill Anderson MBE. In an age when winning is not everything but the only thing, Bill has been a shining example to his peers. He has been modest in victory and, in later years when time was beginning to take its toll, he was dignified in defeat.

I always found Bill to be dependable and a steady influence on a group during the stress and strain of time changes in world wide travel. In the 32 years I have been associated with him in Highland Games there has not been one single "prima donna" outburst from this quiet and unassuming man of enormous power and skill.

There have been many highlights in the last few decades, including his magnificent throw of 151' 2" at Lochearnhead in 1960, which to this day is still recognised as the official world record with the 16lb. Scots Hammer. I saw him shame a massive Sumo wrestler in a Japanese dojo in Tokyo, and we did a seven week spell on French TV where Bill tossed increasingly longer and heavier cabers until the last one was bigger than the famous stick at Braemar.

In bidding him farewell from the competitive scene I would remind those in the heavy events that while people may not long remember the measurements of your throws, they will always remember what kind of person you were. In the years to come Bill Anderson, a gentle man of the gatherings, will still be recalled and spoken about with awe and with affection.

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Results

June

4/5

Scottish AAA Multi Events and Relay Championships, Dam Park, Ayr

Senior Decathlon: 1, R. Laing (Liverpool)

H) 100m 11.5; LJ 6.68m; SP 12.37m; HJ 1.81m; 400m 51.9; 110H 15.5; DT 37.86m; PV 4.45m; JT 62.08m; 1500m 4:53.3; 6,938 pts (CBP); 2, B. Thomson (EAC) (1.7; 6.67m; 9.76m; 2.03m; 51.8; 15.7; 28.62m; 3.65m; 43.84m; 4-43.1) 6,286; 3, A. Leiper (AF+D) (11.4; 6.62m; 11.69m; 1.75m; 52.2; 15.7; 29.24m; 4.05m; 41.76m; 4-54.4) 6,212 (Scottish Native record); 4, I. Condon (Lisburn) 5,893; 5, K. Lyon (Aber) 5,315; 6, J. Malcolm (Lothian) 5,194; 7, R. Todd (ESH) 5,087; 8, D. Hunter (EAC) 4,736; 9, J. Gelder (Lothian) 4,512 (V1); 10, J. Freebairn (Colzium) 3,881 (V2/0.50).

Junior Decathlon: 1, P. Allan (Aber)

(11.8; 6.42m; 12.18m; 1.72m 51.4; 16.8; 36.50m; 3.05m; 28.66m; 4-53.7) 5,704 pts; 2, S. McMillan (Pit) (12.0; 6.29m; 12.96m; 1.78m; 57.1; 20.0; 33.28m; 3.25m; 50.86m; 4-57.9) 5,492; 3, A. Anderson (Nith V) (12.3; 5.57m; 9.46m; 1.75m; 53.4; 17.7; 31.04m; 2.85m; 44.64m; 4-52.6) 5,316; 4, R. Hamilton (Lothian) 4,774; 5, K. McDowall (E Kilb) 4,457; 6, M. Porter (Kilm) 4,327.

Youth Pentathlon: 1, N. Elliot (Hburgh)

(LJ 6.34m; JT 40.06m; 200m 24.9; DT 37.16; 1500m 4-59.9) 2,865 pts; 2, D. Bruce (Pit) 2,728 pts; 3, S. Wallace (PSH) 2,618 pt; 4, D. Baille (Lothian) 2,566; 5, W. Horton (Lothian) 2,322; 6, G. Nicol (Hburgh) 2,157.

National Relay Championships:

Senior 4 x 100: 1, Shettleston H 42.5; 2, Clydesdale H 43.9; 3, Ayr Seaforth AC 44.2; 4 x 400: 1, Kibbarchan AC 3-31.5; 2, Ayr Seaforth AC 3-33.4;

Junior 4 x 100: 1, Aberdeen AAC 44.5; 2, Ayr Seaforth AC 46.0; 3, Victoria Park AAC 47.1; 4x 400: 1, Aberdeen AAC 3-35.5; 2, Victoria Park AAC 3-43.0.

Youths 4 x 100: 1, Edinburgh AC 43.9; 2, Ayr Seaforth AC 45.1; 3, Victoria Park AAC 46.2; 4 x 400: 1, Ayr Seaforth AC 3-28.7; 2, Clydesdale AC 3-30.9; 3, Victoria Park AAC 3-33.3;

Senior Boys: 4 x 100: 1, Ayr Seaforth AC 46.8; 2, Aberdeen AAC 49.0; 3, Victoria Park AAC 52.3; 4 x 400: 1, Ayr Seaforth AC 3-40.1; 2, Irvine AC 3-50.0; 3, Aberdeen AAC 3-54.5.

Ayr Seaforth AC 10K Road Race -

1, G. Tenney (Lin Pent) 31:36; 2, R. McCulloch (Kilb) 31:45; 3, K. Penrice (Vic Park) 31:47; 4, J. Stewart (Ayr Sea) 31:52; 5, B. McEwan (Kilm) 31:55; V1, D. Crumpton (Lin Pent) 14th 33:49; L1, J. Robertson (Ayr Sea) 59th 46:24; L2, H. McFarlane (Ayr Sea); L3, I. Fraser (Ayr Sea); LV1, J. Bying (Irvine); Teams: Men 1 Ayr Seaforth AC; Women 1 Ayr Sea AC.

Bogenjoss Briengal 7 Mile Road Race, Aberdeen -

1, D. Duguid 39.21; 2, S. Cassells 41.38; 3, D. Armitage 41.40; 4, S. Willox 41.41; 5, P. Cowie 41.47; 6, M. Wilson 41.52; V1, B. Matre 42.23; V2, J. Gailon 44.27 (all

Aberdeen AAC); V3, I. Duguid (Peter) 54.53; L1, L. Bain 43.27; L2, U. Simpson 47.24 (both Aber); L3, I. von Campenhausen (W.Germany) 57.30.

11

Scottish Schools Pentathlon and Relay Championships, Grangemouth -

Boys U17: 1, D. Hathaway (GRO Watsons)

2924 pts; 2, S. Watterson (Monifieth) 2885; 3, G. Graham (Boclair AC) 2830; U15: 1, S. Allan (Dumfries) 2867; 2, C. Young (Boclair AC) 2498; 3, R. McKay (Gryffe MS) 2490;

Girls U17: 1, E. Lindsay (Kinross MS) 3234 pt; 2, R. Girvin (Dumfries HS) 2767; 3, L. McCulloch (Queen Anne HS) 2468; U17 1, F. Watt (Airdrie AC) 2709; 2, S. Fotheringham (Dingwall AC) 2626; 3, S. McLeod (Carnoustie) 2401;

U15: 1, D. Douglas (Milburn AC) 2532; 2, V. McDougall (Boclair AC) 2435; 3, A. McCraw (Lasswade) 2254.

Relays 4 x 100 metres Boys: U19: 1, Edinburgh Acad 44.1; U17: 1, Merchiston Castle 45.9;

U15: 1, Stranraer Acad 48.2; U13: 1, St Ninians, Eastwood 53.6; Girls U17: 1, St Georges 52.1; U17: 1, Hutchesons GS 51.6; U15: 1, Hutchesons GS 53.0; U13: 1, George Watsons College 54.3.

Dollar Hill Race, Dollar -

1, A. Farnham (Gala) 42.49; 2, D. McGonigle (DHH) 43.57; 3, S. Asher (Fife) 45.02; 4, D. Rodgers (Loch) 45.35; 5, B. Rodgers (J1) (Loch) 46.17; 6, R. Shields (V1) (Clyd) 46.19; V2, T. Ross (Fife) 9th 46.51; L1, C. Smith (Edin Un) 52.56; Teams: 1, Lochaber AC 17; 2, Fife AC 23.

Frank Sinclair Memorial 9 Mile Road Race, Greenock -

1, J. Duffy (GWH) 43:23; 2, C. Spence (IBM Spango v) 43:27; 3, C. Robinson (IBM Spango V) 43:28; 4, G. Gaffney (GWH) 43:33; 5, E. McKee (IBM Spango V) 44:31; V1, W. Stoddart (GWH) 50:22; V2, E. O'Brien (GGH) 58:04.

Hamilton Sports Festival 6 Mile Road Race, Bent Park, Hamilton -

1, C. Thomson 29:49; 2, D. McShane 30:01; V1, D. Fairweather 31:51 (all Cambslang H); V2, B. Campbell (HAM) 33:04; J1, K. Downie (Cambslang) 32:11; J2, S. Higgins (Cambslang) 36:01; L1, J. Blair (Bell YM) 40:03; L2, A. Totten (Airdrie) 40:07.

Traprain Law 6 Mile Race, East Linton

1, J. Ross 39:39; 2, D. Bell (V1) 39:47; 3, S. Mathieson 40:16; 4, J. Forte 40:22; 5, D. Weir 41:22; 6, J. Smith 42:08; V2, G. Armstrong 43:52; L1, J. Smith 53:23 (all HELP).

Bearsden Highland Games, Milngavie

Half Marathon: 1, A. Douglas (Vic Park) 67:23; 2, A. Daly (Bellia) 72:17; 3, R. Blair (V1) (Vic Park) 74:10; 4, P. MacGregor (Vic Park) 74:27; V2, J. Moore (Vic Park) 75:35; L1, S. Sinclair (Irvine) 13th 78:36; L2, J. Harvey (Gac) 26th 85:27.

Scottish Heavy Throwing Events: 1, A. Pettigrew SP 14.05m; 28lb Wt for Distance 19.80m; 56lb Wt for height 13'9"; Scots HT 36.30m.

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St Fergus Gala 3 Mile Road Race, Peterhead -

1, F. Clyne (Aber) 14:34.6; 2, D. McGuinness (Redding) 15:36.8; 3, R. Curtis (RAF) 15:50; L1, L. Bain (Aber) 16:29.9; L2, M. McDonald (Peter) 19:51; L3, L. Forman (Peter) 20:12; Young Athletes 1 Mile RR: 1, A. Gullestad (Norway) 6:27; 2, D. Ramsay (Peter) 6:51; 3, P. Milne (Peter) 6:52.

Loch Rannoch Half and Full Marathon

Marathon: 1, R. Stone (HELP) 2-34.10; 2, R. Bell (DHH) 2-35.54; 3, M. McHale (Pit) 2-40.19; V1, C. Love (DHH) 2-44.11; V2, S. Graves (Fife) 2-45.43; V3/50: 1, H. Mitchell (Shett) 3-09.35; O/50: 2, W. McCaskie (EAC) 3-13.35; L1, F. Gray (Belgrave) 3-02.23; L2, M. Taggart (Pit) 3-19.58; L3, N. McGaw (Tweedside) LV1 3-35.25; Local: 1, R. Collins (Rannoch) 3-10.43; U/20: 1, T. Robinson (Leeds Uni) 3-26.54; teams: 1, Dundee Hawkhill H.

Half Marathon: 1, A. Robson (ESH) 68-04; 2, G. Reynolds (DHH) 68-09; 3, S. Borland (DHH) 71-47; V1, A. McCallum (Montrose) 75-08; V2, J. Irvine (Bella) 77-05; L1, M. Muir (DRR) 84-51; L2, U. Simpson (Aber) 87-49; LV1, S. Cluley (Forfar RR) 95-44; Local: 1, F. Findlay (Rannoch) 101-25; U/20: E. Porter (Strath Sch) 92-25; Team: 1, Dundee Hawkhill H.

Schools 12.5 Mile Race: 1, R. Malone 82-04; 2, K. McGee 8-27 (both Rannoch School); L1, R. Taylor (Strathallan Sch) 98-13 (record); L2, A. Grossett (Rannoch); teams, Boys 1, Rannoch School; Girls, 1, Strathallan School.

Monklands 7 Mile Road Race, Coatbridge -

1, J. Cooper (Spring) 33:57; 2, D. Cameron (Shett) 34:11; 3, R. McCulloch (Kilb) 35:26; 4, B. McMonagle (Shett) V1 35:53; 5, F. Blackstone (Spring) 36:03; 6, D. Buchanan (Shett) 37:45; V2, A. MacFarlane (Spring) 37:48; V3, A. French (Shett) 37:58; L1, E. Graham (Airdrie) 45th 46:28; L2, M. Daly (Unatt) 92nd 57:31; L3, J. McNee (Unatt) 95th 57:59.

Forres H 8 Mile Road Race, Forres -

1, B. Chinnick (Forres) 38:07 (record); 2, C. McIntyre (Fraserburgh) 40:10; 3, K. Best (RAF/Forres) 41:24; 4, K. Yost (Forres) 41:38; 5, R. McFarquhar (Aber) V1 41:59; 6, R. Aiken (Coasters) 42:00; V2, D. Ritchie (Forres) (7th); L1, M. Duthie (Fraserburgh) 50:00; L2, M. Kay (Moray RR).

Clydebank Half Marathon, Clydebank -

1, P. Fleming (Bella) 64:52; 2, G. Fairley (Kilb) 70:26; 3, J. Hanratty (Clyd) 70:30; 4, E. Wilkinson (Bella) 70:53; 5, C. Martin (Dumb) V1 71:10; V2, R. Kinton (Milburn); L1, J. McColl (GAC) 46th 81:05; L2, M. Dunlop (Kilm); LV1, P. Knowler (Clydebank) 180th 93:56.

Strathclyde Regional Council Championships Men; E. Wilkinson 70:53; Lady: 1, P. Knowler 93:56.

Cairnstable Hill Race, Muirkirk -

1, J. Stewart (Aye Sea) 44:59; 2, D. Auchie (Dairy Th) 45:20; 3, J. Thomson (Irvine) 45:56; V1, A. Kelly (Unatt) 49:11; V2, J. Auchie (Dairy Th) 53:36; V3, W. Burns (Unatt) 54:17; L1, I. Fraser (Ayr Sea) 58:42; L2, J. Hume (Afton Water) 63:00; L3, G. Gray (Afton Water) 74:20; LV1, P. McLaughlin (West) 60:09; Teams Men: 1, Dairy histle AC; Ladies 1, Cumnock Running Club.

Lomonds of Fife 11 Mile Hill Race, Gateside, Fife -

1, B. Potts (Clyd) 66:33; 2, A. Farringham (Gala) 66:35; 3, D. Bell (HELP) 66:37; 4, J. Wilkinson (Gala) 67:01; 5, D. McCormie (DHH) 67:56; 6, D. Rodgers (Loch) 68:42; V1, P. Marshall (HELP) 69:26; V2, J. Shields (Clyd) 71:39; V3, M. Edwards (Aber) 73:28; L1, P. Calder (EAC) 33rd 79:08; L2, J. Darby (Carnethy) 83:28; L3, S. Neidham (Clyd) 85:06; Team: 1, Carnethy Hill Runners.

Forth Road Runners 10,000 metres Road Race, Lanark -

1, R. Arbuckle (Keith) 31:39 (record); 2, P. Russell (Law) 33:10; 3, I. Donnelly (Law) V1 33:31; 4, A. Latham (Forth) V2 33:46; 5, J. Joyce (DHH) 34:47; 6, I. Battison (Shett) 34:53; Local: 1, R. Martin (Forth) 37:51; L1, A. Dickson (Law) 19th 40:41; L2, M. Gemmell (Forth) 21st 41:11; L3, P. Arbuckle (Forres) 25th 43:32; LV1, B. Sloss (Calderglen) 52:51.

1.5 miles Fun Run: 1, R. Turner 7-23 (record); 2, A. Howden 8-08; 3, B. McCavitt 8-24 (all Forth RR); L1, A. Smith 10:26; L2, A. McConville 10:56; L3, A. Sloan 11:45 (all Forth RR).

High Island Hoy Half Marathon and Orkney Islands -

1, A. Cook 78:44; 2, A. Askew 83:04; 3, R. Roberts V1 87:46; 4, I. Curphey V2 89:05 (all Kirkwall); L1, D. Leonard (Orkney Isles AC) 100:34; L2, L. Leslie 1-46:28; L3, L. Moor 1-47:26; LV1, M. Eggeling 1-50:55; Young Athletes 1/4 Marathon Boy: 1, G. Rosie 44:21; Girl 1, P. Lambert 53:56.

Largs to Ardrossan 13 Mile Road Race

1, G. Tierney (Lin Pent) 70:28; 2, A. Stewart (Ayr Sea) 70:33; 3, R. Hubbard (Unatt) 71:08; 4, R. Brown (IBT) 72:10; 5, J. Wight (Irvine) 72:32; 6, D. Gumpston (Lin Pent) V1 72:59; V2/50, J. Conaghan (IBM Spango V) 77:07; L1, M. Robertson (Troon) 105:34 (LV1).

AAA v Loughborough Univ -

1500 1, C. McGeorge (Lough) 3-41.90; 4, Alistair Currie 3-44.31; 5, H. McInnes 3-44.76; DT, D. Morris 52-34m (p best).

Womens Inter Club Meeting, Wishaw -

1, Lochgelly v District AC 406 pt; 2, Bathgate AC 339 pts; 3, Kirkintilloch Olympians AC 331 pts; 4, Helensburgh AAC 283 pts; 5, East Kilbride 175 pts.

Scottish Womens Athletic League -

Div 2, Grangemouth 1, Inverness H 340 pts; 2, Victoria Park AAC 312; 3, Dundee Hawkhill H 300; 4, Fife AC 243; 5, Central Region AC 213; 6, Perth Starhtay H 207; 400/800, L. McColgan (DHH) 58.9/2-08.8(rec); 100m/JT/SP J. Barretson (Inver) 15.3/39.26m/10.53m;

Div 3, Crownpoint: 1, Kilmarnock H 328 pt; 2, Lasswade AC 305.5; 3, Falkirk Victoria H 251; 4, Colzium AC 237; 5, Livingston & Dist AC 184.5; 6, L & L Track Club 184;

Div 4, Pitreavie: 1, Montrose AC 349 pt; 2, Balgownie AC 319; 3, Nith Valley AC 288; 4, Equal Tayside Acad & Arbroath AC both 215; 6, Law & Dist AC 130.

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Results



By Linda Trotter

JUNE, AS ALWAYS, was the busiest month in the Scottish Schools' calendar. The first event, and by far the coldest, was the Pentathlon/Relay Championships at Grangemouth on June 11. The outstanding performance was that of Emma Lindsay (Kinross High) in winning the Group A Lady Morton Quail with 3234 points (795 coming from her 1.65 high jump - a height which would have won her the gold medal at the Track and Field Championships).

Contrary to previous years, where pentathlon champions have tended to come through in their specialist event to compete in the British Schools' International, only Airdrie Academy's Fiona Watt did well enough the following week to warrant selection, and then in the 400m hurdles.

The u/17 Boys' champion, David Hathaway of George Watson's College, was unfortunately injured after the pentathlon and unable to compete in the Track and Field Championships. However, with 15.31 for 100m hurdles, 11.40 for shot, 25.41 for 200m, 5.58 for long jump and 5.08.8 for 1500m, he is obviously an all-round athletic talent for the future.

The outstanding team in the relay championships was Hutchesons' Grammar with three girls' trophies, but the highlight of the day was the presentation of the Athenian Trophy to Edinburgh Academy's Senior Boy's relay team by FP Jamie Henderson, whose incredible speed on the second leg last year ironically disqualified a potentially record breaking team.

A week later, the Girls' Track and Field Championships were held at Crownpoint Road, where it was interesting to see how track events dominated. Four records were set, all of them excellent and worthy of consideration for the Frances Barker Shield for the most meritorious performance.

Least acclaimed, because it was the last event of the day, but to me the most important in that a Senior Girl pushed the record to a new level, was Dumfries High's Ruth Girvin's 200m run of 25.0 (topping

one of the oldest records, Sheila Pringle, Galashiels Academy, 25.2 set in 1970).

Kathleen Lithgow, also Dumfries High, broke two long standing records, running 11.9 for 100m (unfortunately with plus 2.30 wind speed) and a legal 24.4 for the 200m, but the decision for the most meritorious performance finally went to Myra McShannon of Park Mains High. In the 100m (under 14) the wind luckily dropped to plus 0.77 for Myra to lower Lyndsey Macdonald's record from 12.8 to 12.7 and then, in the 200m, she set a British age group best, shattering the 26.4 previous best performance by running 25.5.

A member of Glasgow Athletic Club, 12 year old Myra is coached by Ian Robertson. Apart from athletics, her hobby is "going out". Her favourite athlete is Paula Dunn, "because she's doing better than most folk in Britain". She likes watching TV, dislikes sprouts, and



Myra McShannon

her favourite school subject is English. Although hoping to compete in the Olympics in the future, Myra's life is not totally governed by athletics as her real ambition is to be a vet, perhaps influenced by her pet Yorkshire Terrier, Toby.

Unassuming and modest, it took a lot to wrinkle out the information that Myra's proudest moments were coming first in the "Celtic" last year and, of course, winning the Frances Barker Shield.

Wednesday June 22 saw the resurrection of the inter-area match. Thanks to the generous donation from an anonymous benefactor, the SSAA "revamped" the event, with nine areas competing, and any athletes from areas not able to take part being given a chance by representing an SSAA team.

To any follower of schools' athletics, it was inevitable that the North Schools would win, but what was really gratifying was the partici-

pation of Angus, NE Grampian and Central - regions looking to the future. This event can only go from strength to strength and already three other regions have expressed interest for 1989.

With a wind gusting up to plus 7.85, the most impressive results were from Debbie Douglas (Milburn Academy), who leapt 5.44 in the u/15 girls' long jump, and Alison Edmonds (Kingussie High), who ran a pb of 11.9 in the u/17 100m.

The Scottish School's Athletic Association would like to thank all teachers, SAAA/SWAAA officials and friends who gave up their time to judge and help at the very busy events in June.

A report of the British Schools Track and Field International at Swindon on July 16 will be carried in the next issue.

Jumpers take the plaudits

THE 83rd Scottish Schools' Athletic Association Boys Track and Field Championships took place in a warm and sunny Grangemouth Stadium, writes David Nugent. About 950 athletes participated from 178 schools.

Ian Black (Edinburgh Academy) broke the Group A (over 17) pole vault record which had previously belonged to N. Foster (Uddingston Grammar) since 1962. Black, who is coached by David Lease, added 20cm to the previous record, giving him a championship best performance of 4.01m.

Although vaulting below his own personal best (4.10m) he spoke highly of David England (Glenalmond College) who applied extra pressure by vaulting above his own best performance in this competition. Black's performance was deservedly rewarded by the presentation of the Eric Liddel Memorial Trophy, which dates back to 1949.

In the Group B 800m (15-17) John MacFadyen (Dunoon Grammar) improved on last year's position of third to win convincingly. After a barging start he wasted no time in showing his competitors a clean pair of heels and led from gun to tape winning with a time of 1-57.7. This gave him a comfortable winning margin over G. Hart (Taylor High), second in 2-04.5, and A. Cameron (Taylor High), third in 2-05.2, and underlined MacFadyen's athletic ability.

Another notable performance in the middle distance events was by A. Russell (Douglas Academy) who won the 2000m steeplechase for Group A (over 17) in 6-17.8, with P. Fettes (George Watson's) second in 6-33.9, and T. McCauley (St Columba's High) third in 6-35.8.

The short sprints were dominated by Darren Galloway (Auchinleck Academy). He completed a sprint double in the Group B 100m and 200m winning in 11.0 and 22.4 seconds respectively. In the 100m event second place went to M. Avis (Balwearie High) in 11.0, with third place going to A. Cairnie (Mackie Academy) in 11.3. In the 200m event the minor positions were reversed. All three athletes displayed fine sprinting performances in the six races - (heats, semi-finals and finals). Craig Joiner (Dunfermline High) completed a sprint double in Group C (13-15), winning



Ian Black

the 100m in 11.7 and the 200m in 23.7.

Championship best performances were recorded by the following athletes: D. Barnetson (Dingwall Academy) Group A high jump (1.99m). G. Lockett (Glenalmond College) Group C high jump (1.73m). S. McKinlay (Woodmill High School) Group D high jump (1.61m).

Other notable performances were by P. Nicolson (Balwearie High) for his javelin throwing in Group A which resulted in a distance of 53.8m. This performance was awarded the A.H. Dalrymple Challenge Cup for the outstanding throwing. Nicholas Taylor (Bearsden Academy) recorded a hurdles double in Group A, winning the 110m in 15.3 and 400m hurdles

Results

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Hunters Bog Trot 4 Mile Road Race, Queens Park, Edinburgh -

1, P. Hyman (Liv & Dist) 21:57; 2, D. McGonigle (DHT) 22:07; 3, P. Dymoke (Edin Univ) 22:12; 4, Z. Bankowski (EAC) V1 23:15; 5, J. Blair-Fish (Carnethy) 23:40; 6, J. Hampshire (Carnethy) 23:48; J1, R. Stewart (Edin Univ) 29:10; L1, J. Salvona (Liv & Dist) 27:27; L2, A. Bankowski (Liv & Dist) 28:49; L3, K. Harper (HBT) 29:55; Teams 1, Carnethy Hill Runners 29 pts; 2, Westerlands 35; 3, Hunters Bog Trotters 53; 4, Ferranti AC 54.

15

Belth Civic 4 Mile Road Race, Orr Trust Park, Belth -

1, T. Hearle (Kib) 19:07; 2, G. Fairley (Kib) 19:17; 3, G. Gaffney (GWH) 19:20; 4, S. Conaghan (IBM Spargo V) 19:30; 5, B. Craig (Irvine) 19:48; 6, G. Tierney (Lin Pent) 19:59; V1, D. Gumpston (Lin Pent) 22:21; V2, J. Miller (Irvine) 23:21; V3, I. McKenna (Irvine) 28:23; L1, J. Robertson (Ayr Sea) 23:21; L2, J. Bying (Irvine) 24:58; L3, B. Hall (West) 25:06; L4, I. Fraser (Ayr Sea) 25:08; Teams: 1, Kilbarchan AC 19pt; 2, Irvine AC 26; Ladies 1, Ayr Seaforth AC 167.

Ayr Sea AC Open Graded Meeting -

100m 1, D. Reid (Shett) 11.6; 2, C. Martin (Kilm) 11:6; 800m, A. Murray (Kilm) 1:55.8; 1500m 1, W. Robertson (Bella) 4:10.2; 3000m D. Lang (Cambus) 9:10.1; MJ, A. Scobie (Irvine) 1.90m; Women Jun 100 E. Julean (Ayr Sea) 13.5; Euro Junior 400 F. Calder (Irvine) 59.0.

Aberdeen AAC Field Events Champ, Balgowrie -

LJ 1, D. Mathieson 7.21m; 2, M. King 6.83m (Jun) P. Allan 6.23m; JT 1, D. Mathieson 42.28m; 2, K. Lyon 42.08m; Women LJ 1, L. Davidson 5.04m; JT, L. Peddie 33.68m.

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Scottish Schools AA Track & Field Championships, Grangemouth

Group A (over 17): HJ, D. Barnetson (Dingwall Acad) 1.99; LJ, B. Whyte (Golspie High) 6.64; TJ, C. Stewart (Stewart's Mel) 13.12; PV, I. Black (Edinburgh Acad) 4.01; Shot, N. Mason (Bell Baxter) 13.59; DT, A. Allan (Merchiston) 40.02; JT, P. Nicholson (Balwearie High) 55.38; Hammer, D. Allan (Merchiston) 45.82.
Group B (15-17): 100, D. Galloway (Auchinleck Acad) 11.0; 200, D. Galloway (Auchinleck Acad) 22.4; 400, P. Kennedy (Musselburgh Gram) 50.8; 100H, G. Smith (Royal High School) 13.9; 400H, D. Macrae (Merchiston) 58.8; 800, J. McFadyen (Dunoon Gram) 1:57.7; 1500, G. Reid (Kilmarnock Acad) 4:06.9; 3000, C. Jack (Plockton) 9:13.2; HJ, P. Entwistle (West Calder High) 1.87; LJ, M. Hamill (Columba High) 6.54; TJ, S. McGeoch (Castlehead High) 12.65; PV, C. Cook (Edinburgh Acad) 3.00; Shot, A. Bryce (Glenalmond) 12.73; Discus, P. Crawford (Morrison's Acad) 42.98; Javelin, P. Crawford (Morrison's Acad) 50.38; Hammer, S. Irvine (Merchiston) 40.98.
Group C (13-15): 100, C. Joiner (Dunfermline High) 11.7; 200, C. Joiner (Dun-

fermline High) 23.7; 400, R. Dale (Kyle Acad) 53.9; 800, G. Lockett (Glenalmond) 12.2; 1500, N. Johnstone (Currie High) 4:24.2; HJ, G. Lockett (Glenalmond) 1.73; LJ, J. Gilbert (Abbotsgrange Middle) 5.60; TJ, S. Allan (Dunfermline High) 11.68; PV, N. Hanna (Edinburgh Acad) 2.91; Shot, N. Martin (Glasgow High) 12.30; Discus, K. McCann (Merchiston) 35.44; Javelin, S. McLanachan (Cumbernauld High) 41.78; Hammer, R. MacKinnin (Queen Vic) 28.28.
Group D (Under 13): 100, J. Bragg (Douglas Acad) 12.8; 800, A. Smith (Marr College) 2:14.2; HJ, S. McGinlay (Woodmill High) 1.61; Shot, R. Hyslop (Galashiels Acad) 11.85.

A.H. Dalrymple Challenge Cup for outstanding throwing Peter Nicholson (Balwearie High);
Eric Liddell Memorial Trophy (most meritorious performance) Iain Black (Edin Acad).

Scottish Schools Girls Championships

Group A (over 17): 100/200 R. Girvin (Dumfries HS) 12.4/25.0; 400, F. Calder (Kilwinning Acad) 59.4; 800, D. Kelly (St Aloysius MS) 2:22.1; 1500, L. Allison (St Aloysius MS) 4:52.3; 3000, A. Follan (St Aldred's HS) 10:46.3; 100H, McCulloch (Queen Anne HS) 15.7; 400H, E. Edgar (Dumfries HS) 65.6; HJ/LJ, N. Barr (McLaren HS) 1.62/5.35m; SP/DT, A. Rhodie (Stonelaw HS) 11.18/29.82m; JT, L. Low (Kirkwall GS) 36.48m.

Group B (15-17): 100/200, K. Lithgow (Dumfries HS) 11.9w/24.4 CBP; 400, M. McLung (St Josephs Acad) 58.9; 800, L. Svassand (Inverkeithing HS) 2:15.7; 1500, K. Rice (Westhill Acad) 4:45.0; 3000, S. McDonald (Greenwood Acad) 10:21.0; 80H, S. Richmond (Woodmill HS) 11.8; 400H, F. Watt (Airdrie Acad) 67.3; HJ, K. Houston (Hutch GS) 1.58m; LJ, C. Black (Currie HS) 5.68m; SP, A. Grey (West Calder HS) 12.21m; DT, H. McLeod (Fortrose Acad) 35.54m; JT, E. Grant (Inverkeithing HS) 33.10m.

Group C (13-15): 100, D. Douglas (Milburn Acad) 12.9; 200, M. Young (Auchtermuckty HS) 25.6; 800, D. Simpson (Aberdeen GS) 2:18.0; 1500, G. Slavin (Belmont Acad) 4:59.6; 75H, C. Murphy (St Ninians HS) 11.8; HJ, H. Melvin (Marr College) 1.65 (=CBP); LJ, D. Douglas (Milburn Acad) 5.10m; SP, L. Barnett (Perth Acad) 10.54m; DT, A. Cross (Kirkwall GS) 28.24m; JT, J. Ablett (James Gillespie) 31.24m;

Group D (Under 14): 100/200, M. McShannon (Park Mains HS) 12.7 (CBP)/25.5 (CBP); 800, A. Cheyne (Bathgate Acad) 2:19.3; 75H, E. McLaughlin (Forrester HS) 12.3; HJ, K. Dyer (Bemont Acad) 1.57m; LJ, L. Kerr (Kilsyth Acad) 4.89m; SP, H. McGeadie (Dumbarton Acad) 8.36m.

Frances Barker Shield for most meritorious performance; M. McShannon (Park Mains HS) for 100/200 metres victories in championship best performances of 12.7 and 25.5.

Westbourne Trophy for best Hurdles performance; S. Richmond (Woodmill HS) High Jump Trophy H. Melvin (Marr College) 1.65m = Championship Best performance.

Paisley's Shield awarded to Dumfries HS for highest points score in the championship.

Dunbar Civic Week 10.5 Mile Doon Hill Race, Dunbar -

1, S. Wallace (HELP) 70:00; 2, M. Simmants (Dunbar) 73:41; 3, A. Mackie (Dunbar) V1 75:37; L1, D. Mackie (Dunbar) 97:59.

Skye Week Half Marathon, Portree -

1, J. Connolly (Gala) 73:39; 2, S. Gibson (HBT) 75:51; 3, A. Costigane (Kilb) 76:30; 4, R. Thomas (HBT) 77:53; 5, S. Asher (Fife) 78:27; 6, I. Donnelly (Law) V1 79:20; V2, T. Ross (Fife) 80:13; V3, D. Noble (Portree) 85:51; L1, J. Robertson (Ayr Sea) 86:43; L2, M. Robertson (DRR) 95:46; L3, M. McPherson (West) 97:28; L4, D. Leonard (Kirkwall) 98:48; Local 1, M. Chambers 84:00; 2, D. Noble 85:51; L1, S. Clark 100:00 (all Portree).

Leamnahagow Highland Games -

13 Mile Road race: 1, R. Ronald (EKilb); 2, H. Wilson (EKilb); 3, D. Frame (Law).
Scottish Heavy Throwing Event Competition: 1, A. Pettigrew (Shett) 9pt; 2, A. Anderson (Ayr Sea) 9; 3, W. Robertson (EAC) 6.

18/19

GB v Spain v Italy v Ireland Multi Events

International Match, Alicante, Spain - D. Mathieson (100m 11.14; LJ 6.99m; SP 12.46m; HJ 1.90m; 400 50:01; 110H 15:77; DT 30:38m; PV 3.50m; JT 47:08m; 1500 4:53.83) 6,658 points (new Scottish National Senior and Junior records; 7 new personal bests in competition)

West Highland Way 95 Mile Fell Race -

1, D. Wallace (Edin) 18 hr 18 min; 2, B. Hall (West) L1 19:43; 3, D. Watson (Loch) 20:14; 4, S. Watson (Leeds) L2 21:40; 5, J. Dennison (Law & Dist) 22:20; 6, T. Deall (Kendal) 22:40; 7, K. Dodson (Law) L3 23:09.

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Securicor Sprinting for Britian Young Athletes Challenge, Crownpoint -

Boys: 1, C. Joiner (Pit) 12:2; 2, D. Archer (Pit) 12:2; 3, B. Myles (ESH) 12:4; Girls: 1, W. Young (Fife) 13:4; 2, J. Gray (Bathgate) 13:4; 3, P. Forrester (Bathgate) 13:4; 8 Fastest Boys and Girls qualify for UK Final at Meadowbank on July 2nd.

Bo'ness 10,000 metres Road Race -

1, A. Russell (Law) 30:25; 2, K. Rankine (FVH) 31:56; 3, M. Coyne (FVH) 32:25; L1, R. McAleese (Monk/Shett) 38:00; L2, E. Tinney (Bathgate) 43:09; LV1, I. Gibson (DRR) 43:13; Team: 1, Edinburgh AC 39 pts.

Scottish Young Athletes League, West

Div 1: 1, Clydebank AC 655 pts; 2, Ayr Seaforth AC 619; 3, Victoria Park AAC 578; 4, Cambuslang H 503.5; 5, Kilmarnock H 399; 6, Kirkintilloch Olympians AC 383.5; 7, Bellahouston H 379.5; 8, Kilbarchan AC 327.5.

Div 2: 1, Irvine AC 564.5 pts; 2, Dumfries AC 527; 3, Shettleston H 527; 4, Nith Valley AC 494.5; 5, East Kilbride AC 482; 5, Clydesdale H 392; 7, Colzium AC 367; 8, Hamilton H 262.

Afton Water 10 Miles Road Race, New Cumnock -

1, T. Murray (GCHT) 53:33; 2, G. Tenney

(Lin Pent) 56:18; 3, J. Stewart (Ayr Sea) 56:40; 4, D. Fairweather (Cambus) V1 56:51; V2, I. Pollock (Afton Water) V0/ 50 D. Park (Ayr Sea); L1, C. Brown (Dumfries RC) 20th 64:36; L2, I. Fraser (Ayr Sea); L3, J. Strawhorn (Loudon); LV1, J. Byng (Irvine); LV2, K. Melville (Irvine); LV O/SO M. Cullen (C'bank).

SVHC Championships, Grangemouth

O/40: 100/200 P. Webber (NE Vets) 11.6/ 24.6; 400, A. Latham (Forth) 56.7; 800, I. Stark (Spring) 2:03.8; 1500/5000, C. Youngson (Aber) 4:19.2/15:41.8; 110H/ 400H J. Gelder (Lothian) 17.0 (rec)/51.8; HJ, E. Fitzgerald (NE Vets) 1.80m (rec); PV/DT/SP, R. Masson (Aber) 3.30m/ 28.60m/8.53m; LJ/TJ, J. Gelder 5.69m/ 11.22m; HT, W. Gentleman (EAC) 40.96m; JT, J. Ross (EAC) 42.48m (rec); O/50: SP, 1, J. Scott (Shett) 12.82m; 2, J. Freebairn (Colz) 12.83m; DT, J. Freebairn 37:74m.

HFC Bank Scottish Athletic League

Div 1: 1, Edinburgh AC 394 pts; 2, Pitreavie AC 351; 3, Shettleston H 292; 4, Aberdeen AAC 288; 5, Edinburgh Southern H 287; 6, Bellahouston H 246; 7, Fife AC 187; 8, Kilbarchan AC 165; 100/200 D. Clark (ESH) 11.0/21.9; 400, A. Walker (ESH) 48.3; 800, T. Ritchie (Pit) 1:51.7; 1500, I. Hamer (EAC) 3:52.6; 110H, N. Fraser (EAC) 14.6; 400H, S. Dempster (ESH) 54.8; HJ, S. Ritchie (Pit) (Youth) 2:05m;

Div 2: 1, Ayr Seaforth AC 299 pt; 2, Kilmarnock H 259; 3, Clydesdale H 251; 5, 4, Lothian AC 242; 5, Falkirk Victoria H 237; 6, Victoria Park AAC 223; 7, Central Region AC 213; 8, East Kilbride AC 198.5.

Peterhead Half Marathon, Peterhead -

1, C. McIntyre (Fraser) 68:31; 2, G. Milne (Peter) V1 70:22; 3, R. Curtis (Moray) 72:27; V2, R. McFarquhar (Aber) 73:44; L1, V. Simpson (Aber) 84:12; L2, M. Duthie (Fraser) 84:44; L3, M. McDonald (Peter) 88:52; LV1, O. Fraser (Aber).

Belton Week 10 Mile Road Race, Peebles -

1, W. Wright (ESH) 52:45; 2, D. Ross (ESH) 53:23; 3, B. Law (ESH) 54:30; V1, A. Lorimer (Duns) 63:21; Local 1, D. Pumphrey 57:48; L1, B. Smith (Peebles) 64:46; LV1, S. McLeod 85:33; Team: 1, Es 6 pts.

Scottish Co-op Mid Argyll Half Marathon, Lochgilphead -

1, H. Cox (GGH) 65:56 (record); 2, W. Jukes (GGH) 73:11; 3, J. McRae (Loch) 73:20; 4, D. Mewse (Kilb) 73:55; 5, M. Allan (Helen) 74:52; 6, B. Campbell (Hamilton) V1 76:47; V2, M. McMillan (Oban) 77:29; V3, N. Cook (Rotherham) 80:22; L1, L. Brown (Kirk Oly) LV1 87:56; L2, C. Farrell (Clyd) 89:40; L3, L. Clark (Mid Argyll) LV2 100:32; Team: 1, Helensburgh AAC; 2, Oban AC.

20

Kilwinning Academy 10,000 metres Road Race, Kilwinning -

1, G. Fairley (Kilb) 31:16; 2, K. Penrice (Ayr Sea); 3, G. Tenney (Lin Pent); V1, D. King (Irvine); L1, J. Robertson (Ayr Sea);

Continued on Page 36

Junior rankings as at July 10, compiled by Jeff Carter. Both he and Scotland's Runner wish to make clear that such rankings lists can necessarily only be drawn from available results and data and he and we accept no responsibility for any omissions.

JUNIOR

100m
10.59 J. Henderson (ESH)
10.8 S. Walker (AbaAC)
10.81 (w) B. Milne (C'bank)

200m
21.46 J. Henderson (ESH)
22.00 P. Campbell (Stoke)
22.0 (w) S. Shanks (Larkhall)

400m
49.92 G. McMillan (Bella)
50.6 D. Mathieson (AbaAC)
51.22 G. Aitken (ESH)

800m
1:48.45 N. Smith (Shaftsbury)
1:52.4 G. Stewart (C'bank)
1:53.02 I. Cumming (PitAAC)

1500m
4:00.76 G. Stewart (C'bank)
4:03.12 C. Murphy (PitAAC)
4:04.3 B. McKay (VPAAC)

5000m
15:13.29 C. Murphy (Pit)
15:56.6 C. Davidson (Fraser)

2000m s/c
6:07.08 J. Moodie (PitAAC)
6:08.49 D. Tunc (C. of Hull)
6:17.8 A. Russell (Douglas)

110m H
14.93(w) D. Mathieson (AbaAC)
15.3(w) N. Taylor (Y) (Bearsden)
15.8(w) D. Rhind (Carnoustie)

400H
51.91 P. Campbell (Stoke)
58.3 N. Taylor (Y) (Bearsden)
60.5 A. Anderson (Sanquhar)

High Jump
1.98 J. Stoddart (Bell H)
1.95 D. Mathieson (AbaAC)
1.95 C. Talbot (PitAAC)

Pole Vault
4.30 I. Black (Ed. Acad)
4.30 J. Elliott (EAC)
4.00 P. Pentland (EAC)

Long Jump
7.19 D. Mathieson (AbaAC)
6.71 B. Milne (C'bank)
6.64 B. Whyte (Golspie)

Triple Jump
13.88 J. Milne (ESH)
13.50 I. Beattie (C'bank)
13.38 P. Allan (AbaAC)

Shot Putt
13.59 N. Mason (Y) (Fife)
13.43 S. McMillan (PitAAC)
13.39 R. Kirkum (Fife)

Discus
41.60 R. Kirkum (Fife)
40.02 D. Allan (Merchiston)
37.08 A. Nisbet (PitAAC)

Hammer
50.10 D. Allan (Merch CS)
47.16 D. Kerr (Bedford)
36.58 D. Fraser (Y) (Dingwall)

Javelin
65.22 R. James (ESH)
56.22 S. McMillan (PitAAC)
55.38 P. Nicolson (Y) (EAC)

YOUTHS

100m
10.84 S. Shaw (EAC)
10.90(w) D. Galloway (Ayr S)
11.0 (w) M. Avis (EAC)

200m
22.03(w) D. Galloway (Ayr S)
22.7 (w) A. Carnie (AbaAC)
22.9 (w) M. Avis (EAC)

High Jump
1.98 J. Stoddart (Bell H)
1.95 D. Mathieson (AbaAC)
1.95 C. Talbot (PitAAC)

Scots acquit themselves well at Dairy Crest Championships in Stoke

The SAAA Junior Commission selected a small team of male athletes for the Dairy Crest AAA/WAAA Under-20 Championships at Norwood Stadium, Stoke, on the weekend of June 25-26, writes David Nugent. The reward was two gold, one silver, and one bronze medal, plus a lot of experience gained by competing at the highest British level.

Anglo-Scot Peter Campbell (Stoke AC) won gold in the 400m hurdles in 51.99, and then set a personal best the following day in the 200m, when finishing seventh in 22.0.

Roddy James (ESH) won gold in the javelin with a throw of 61.66 metres. A silver medal went to Nick Smith (Shaftsbury Harriers) in the 800m in a time of 1 min 52.0 seconds. Darren Galloway (Ayr Seaforth), the current

400m
49.5 S. Shaw (EAC)
49.65 G. Simpson (C'lang)
50.15 P. Kennedy (EAC)

800m
1:56.01 J. McFadyen (GGH)
1:56.09 A. Kinghorn (EAC)
1:56.80 K. Leitch (CR)

1500m
4:04.6 M. McBride (C'bank)
4:06.9 G. Reid (Kilmarnock)
4:10.24 A. McBeth (E.Kilb)

3000m
9:05.96 S. Barnett (VPAAC)
9:08.63 M. McCartney (EAC)
9:10.2 R. Crook (PitAAC)

1500 s/c
4:34.4 A. Thain (DSMC)
4:34.66 N. Freer (Winch)
4:35.7 D. Hill (Lenzie)

2000 s/c
6:22.33 A. Russell (C'bank)
6:22.55 A. Thain (C'bank)
6:26.35 S. Wright (AbaAC)

100m H
13.74 (w) G. Smith (EAC)
13.87(w) G. McNair (C'bank)
14.2 (w) R. Taylor (Cathkin)

400m H
55.45 N. Taylor (VPAAC)
56.87 A. Bruce (PitAAC)
58.8 D. Macrae (Merchiston)

High Jump
2.06 D. Barnetson (Inv H)
2.06 S. Ritchie (PitAAC)
1.91 M. McVie (Ed Acad)

Long Jump
6.66 E. Scott (Helensb)
6.61(w) M. Hammill (Colz)
6.56 D. Galloway (Ayr S)

Triple Jump
12.98 K. Wood (Hamilton)
12.84 S. Whyte (Golspie)
12.65 S. McGeoch (Castlehead)

Shot Putt
15.91 N. Masson (Fife)
13.16 A. Bryce (Glenalmond)
12.92 A. Mack (VPAAC)

Discus
42.98 P. Crawford (Morrison's)

41.70 B. Wilkie (Fife)
39.84 D. Fraser (Ding Acad)

Hammer
46.68 D. Fraser (Ding Acad)
45.00 A. Mack (VPAAC)
41.40 S. Irvine (Merch. Cas)

Javelin
55.04 P. Nicolson (EAC)
50.38 P. Crawford (Morrison's)
47.82 B. Hill (C'lang)

Pole Vault
3.00 C. Cook (Ed Acad)
3.00 E. Hunter (Ed Acad)
2.90 G. Monaghan (Q.Vic.S)

SENIOR BOYS

100m
11.2 (w) C. Allen (Inv H)
11.4 (w) C. Joiner (Pit AAC)
11.5 (w) S. McGeoch (Castlehead)

200m
23.27 (w) C. Joiner (Pit AAC)
23.42(w) S. Cumming (ESH)
23.53(w) R. Brown (CR)

400m
51.63 G. Purvis (Blackhill)
52.4 I. Murray (Inv H)
53.9 R. Dale (Ayr Sea)

800m
2:03.7 C. Young (C'bank)
2:03.88 E. McCafferty (C'lang)
2:04.25 N. Johnstone (ESH)

1500m
4:16.53 C. Greenhaigh (VPAAC)
4:17.7 E. McCafferty (C'lang)
4:24.28 N. Johnstone (ESH)

3000m
9:13.8 E. McCafferty (Cambus)

1000m s/c
4:51.69 D. Hands (Inv H)
4:53.57 M. Kelso (Pit AAC)
4:56.94 E. McCafferty

Results

L2, H. Morton (Irvine); L3, M. McGill (Ayr Sea); Young Athletes 2 Miles: Boys U14 1, G. Mulholland (Irvine) 12:38; Team 1, Kilwinning Acad; U16 1, M. Hastings (Cumnock AC) 12:12; Team: 1, Cumnock Acad; Girls U14: 1, A. McManus (Irvine) 14:23; Team: 1, Grange Acad, Kilmarnock; U16: 1, S. Telfer (Belmont Acad) 13:19; Team: 1, Kilwinning Acad.

22

Cort-ma-Law Hill Race, Clachan of Campsie -
1, M. Rigby (West) 46:08 (rec); 2, B. Potts (Clyd) 46:11; 3, J. Shields (Clyd) V1 49:49; 4, S. Bennett (West) 51:13; J1, G. Jones (Clyd Orient) 13th 54:01; L1, S. Neidrum (Clyd) 27th 57:16.

Roevin 10K Road Race, Aberdeen -
1, P. McColgan (DHH) 29:39 (record); 2, F. Clyne (Aber) 29:55; 3, I. Matheson (Aber) 30:02; 4, C. Haskett (DHH) 30:10; 5, E. Williams (Sale) 30:12; 6, G. Laing (Aber) 30:18; V1, C. Youngson 31:46; V2, R. McFarquhar 33:10; V3, B. Maher 33:34; V4, M. Edwards 33:29; (all Aberdeen); L1, L. Bain (Aber) 34:42; L2, G. Pollard (FFT) 36:06; L3, V. Simpson (Aber) 37:42.

Scottish Schools AA Inter Area Challenge Match, Grangemouth -
Boys: 1, Dumbarton 78 pts; 2, North 74; 3, Schools Select 61; 4, Glasgow 49; 5, Angus 41; 6, Fife 35;
Girls: 1, North 74pts; 2, Fife 55; 3, Glasgow and Schools Select both 52; 5, Dumbarton 49; 6, Angus 34;
Overall Scores: 1, North 148 pts; 2, Dumbarton 127; 3, Schools Select 113; 4, Glasgow 101; 5, Fife 90; 6, Angus 75;
Boys: 3000: C. Jack (North) 9:16.6; HJ, S. Whyte (North) 1.87m;
Girls: 100/200: A. Edmunds (North) 11.9w/25.4w; LJ, D. Dougal (North) 5.44m.

Lough Univ v RAF v Midland Counties 3000m: 1, D. Buzza 7:59.7; 2, A. Currie (Dumb) 8:03.9 (pb).

25

Cairngorm 10 Mile Hill Race, Glenmore Lodge, Aviemore -
1, D. McGonigle (DHH) 77:26; 2, J. McRae (Loch) 79:13; 3, R. Wilby (Black Isle) V1 80:24; 4, H. Richmond (Loudon) 80:30; 5, G. McConnachie (Loch) 84:20; 6, T. Ross (Fife) V2 84:37; V3, M. Joiner (Carnethy) 94:44; L1, A. West (Carnethy) 18th 106:52; Team: 1, Lochaber AC.

Bizzieberry Hill Race, Biggar -
1, A. Letham (Forr RR) 16:38; 2, T. Brannan; 3, D. Shiell; J1, R. Hamilton; V1, J. Webb-owen.

Greenbank Church 10,000 metres Road Race, Clarkston -
1, L. Downie 34:47; 2, G. Sweeney 34:57; V1, R. Gemmell 37:11; L1, V. Blacker 47:03; L2, D. McKinnay 48:49; LV1, S. McCann 52:47.

Ballaichulish Gala 2.5 miles Hill Race -
1, J. Hepburn (Loch) 23:30; 2, D. O'Neill (Loch) 23:35; 3, A. Banks (Loch) J1 24:50; V1, B. Clayton (Saddleworth) 27:30.

Falkirk Victoria Harriers Championships, Grangemouth -
400/800/1500: A. Bryce 50.6/1:53.4/4:01.7; 3000: 1, D. Bain 8:37.2; 2, J. Pentecost 8:49.3; 5000 s/c S. Rankin 9:32.4; LJ/TJ, S. Harland (J) 6.24m/13.12m; HJ, R. Baird (Y) 1.74m; Veterans 800/1500/5000 W. Day 2:10.0/4:22.5/15:55.5; Ladies 400/800/1500 C. Lawless 64.1/2:27.8/5:09.8

Eildon Festival 2 Hills Race, Melrose -
1, A. Farningham 27:25; 2, J. Wilkinson 27:26 (both Gala); 3, D. Bell (HELP) 28:25; 4, S. Elliot (Notts) 28:29; 5, A. Spenceley (Carnethy) 28:37; 6, B. Potts (Clyd) 28:46; V1, P. Marshall (HELP) 29:04; V2, J. Rowley (Law) 31:21; V3, I. Jackson (Liv & Dist) 31:30; J1, H. Lorimer (Duns) 32:04; J2, T. Hughes (Fife) 33:21; J3, J. Dennison (Liv & Dist) 41:31; L1, P. Calder (EAC) 32:41; Teams: 1, Gala H11 pts; 2, Teviotdale H 45; 3, Carnethy HR 62.

Benbecula Marathon and Half -
Marathon: 1, A. Hardy (Burnham) 2:36:57; 2, S. Marland (Burden) 2:38:27; 3, R. Hubbard (Glasgow) 2:41:21; 4, G. Armstrong (HELP) 2:41:21 (V1); 5, S. Jeffrey (Abergele) 2:48:19; 6, B. Edridge (Unatt) 2:49:40 (V2); V3, G. Oliver (Army) 2:57:09; L1, I. Wilson (Strathaven) 32nd 3:49:20; L2, M. Grieve (SVHC) 4:00:00 39th;
Half Marathon: 1, N. Hume (Blackpool) 74:03; 2, R. Nicholson (Lochboisdale) 76:57; 3, R. Munro (Stornoway) 79:19; L1, D. MacDonald 41st 1:41:28; L2, L. Dorrian 49th 1:44:10; L3, L. Stewart 54th 1:44:57.

Scottish and NW League, Div 5, Dam Park, Ayr -
Div 5A: 1, Dumfries AC 930 pts; 2, IBM Spango Valley AC 683; 3, Loudon Runners 619; 4, Afton Water 402; 5, Larkhall YMCA 235;
Div 5B: 1, Cumnock AC 1011 pts; 2, Livingston & District AC 957; 3, East Kilbride AC 699.

26

Womans Own/Nike Womens 10,000 metres Road Race, Grangemouth -
1, J. Stevenson (FVH) 37:29; 2, V. Blair (EWM) 37:52; 3, R. McAleese (Monk Shett) 38:05; 4, T. Knox (Liv & Dist) 39:45; 5, T. McAulay (EWM) 40:51; 6, H. Oliver (Law) 41:11; LV1, G. Harris 43:14; LV2, T. Hutton 44:59; LV3, E. Milne 45:02.

Braw Lads 7 Mile Road Race, Gala -
1, A. Walker 30:41; 2, B. Emmerson V1 30:45; 3, R. Hall 31:04 (all Teviotdale H); 4, J. Connolly 31:18; 5, A. Farnham 31:53; 6, B. Anderson 33:02 (all Gala H); V2, J. Knox (Gala) 7th 33:57; L1, N. McGraw (Tweedside) 41:54; L2, S. McGraw (Gala) 42:18.

Falkland Festival Hill Race, Falkland -
1, B. Potts (Clyd) 19:35; 2, S. Asher (Fife) 21:10; 3, D. Goach (Dollar) J1 21:23; 4, L. Fortune (Auch) 21:34; 5, H. Richmond (Galsion) 21:47; 6, J. Shields (Clyd) V1 21:50; L1, W. Chalmers (Kirk) 29:46; L2, V. Chalmers (Kirk); Local: 1, K. McGuire (Falkland) 25:40.

Arbroath Half Marathon, Arbroath -
1, D. Beattie (Arbroath) 68:37; 2, T. Briscoe (DHH) 70:26; 3, B. Anderson (Dundee) 72:22; V1, W. Stoddart (EWH) 76:12; V3, D. Riley (Dundee) 76:45; V3, G. Angus (Dundee) 77:35; L1, V. Fyall (DRR) 85:52; L2, V. Allan (Aber) 86:40; L3, C. Chambers (Auchter) 95:20; LV1, J. Carroll (DRR) 90:09; LV2, I. Gibson (DRR) 92:00; LV3, M. Taylor (Brechin) 94:20.

Sri Chinmoy Marathon, Glasgow Green -
1, B. Grasson (Sri chinmoy) 2:42:28; 2, I. Donnelly (Law) 2:42:38; 3, S. Bennett (Teviot) 2:52:51; 4, F. McCrossan (Giff N) 2:56:37; VO/50 J. Gould (SVHC) 3:39:02; L1, W. Betteridge (Sri Chinmoy) 3:48:29.

Shetland Road Runners "Simmer Dim" Half Marathon, Lerwick -
1, W. Adams V1 76:26; 2, L. redfern 81:23; 3, A. Green 86:13; 4, D. Forrest 86:29; 5, H. Muchamote (HELP) V2 86:35; 6, J. Allan 90:07; L1, J. Nuttall 93:19; L2, A. Napier 108:11; L3, J. Leask 109:01.

Polaroid 10K Road Race, Alexandria -
1, A. Douglas (Vic Park) 30:56; 2, W. Robertson (Bella) 31:01; 3, W. Wilkinson (Bella) 32:07; V1, C. Martin (Dumb) 11th 33:23; V2, A. BAin (Cambus) 16th 33:55; V3, A. Adams (Dumb) 20th 34:04; L1, J. McColl (GAC) 73rd 38:08; L2, J. Robertson (Ayr sea) 38:42; L3, J. Harvey (GAC) 39:07; Teams: 1, Bellahouston H; 2, Dumbarton AAC.

Buckie Round Table Half Marathon -
1, C. McIntyre (Fraser) 71:28; 2, G. Milne (Peter) V1 72:23; 3, R. Aitken (Coasters) 73:04; 4, M. Wright (Coasters) 75:18; 5, S. Wynn (Aber) 75:57; 6, A. McDonald (aber) V2; V3, J. Gallon (Aber); L1, M. Duthie (Fraser) 85:15; L2, M. McDonald (Peter) 88:46.

Lairig Ghrù 26 mile Fell Race from Braemar to Aviemore -
1, B. Maher (V1) and J. Farquhar (both Aberdeen AAC) 3:27:18; 3, G. White (Edin) 3:44:31; 4, S. Stewart (Coasters) 3:45:53; 5, J. Kiloh (Aber) 3:52:23; 6, M. Thomas (Aber) 3:54:29; VO/50 7th P. Brooks (Loch) 4:03:55.

NE League, Caird Park, Dundee -
Men: 1, Aberdeen AAC 439.5 pts; 2, Inverness H 384; 3, Perth Strathay H 282; 4, Dundee Hawkhill H 264.5; 5, Fife AC 213; 6, Tayside AC 107; Women: 1, Inverness H 238; 2, Aberdeen AAC 235; 3, Dundee Hawkhill H 204; 4, Fife AC 180; 5, Tayside AC 118; 6, Perth Strathay H 104; 3000 S/C P. McColgan (DHH) 8:56.6 (rec); 400H, M. Davidson (Aber) 53.5 (rec); HJ, E. Leighton (Inver) 2.00m (equals record); 4 x 400 Aberdeen 3:21.0 (rec) Youth 2000 S/C S. Wright (Aber) 6:21.5 (rec); Sen Boys 4 x 400 Inverness 3:39.6 (record); Women 3000 L. Bain (Aber) 9:51.6; DT, H. Cowie (Aber) 38.74m.

29

Annan 4.5 mile Road Race, Annan -
1, A. Russell (Law) 21:56; 2, D. Cavers (Teviot); 3, J. Connolly (Gala); 4, K. Penrice (Vic Park); 5, R. Carey (Annan); 6, K. Conley (Annan); V1, J. Knox (Gala) 9th; V2, T. Russell (Annan) 23rd; V3, D. Chadderton (Dumfries); J1, B. Grieve (Dumfries RC); J2, M. Brighton (Annan);

L1, C. Brown (Dumfries); L2, J. Yates (Border); L3, L. Armstrong (Border); V1, M. Graham (Annan); LV2, L. Hopper (Annan); Teams: 1, Annan & District AC 22 pts; 2, Teviotdale H 35; 3, Dumfries RC 36.

30

Black Rock 5 Mile Road and Beach Race, Kinghorn, Fife -
1, T. Mitchell 22:42 (record); 2, N. Martin; 3, J. Mudie; (all Fife AC); 4, T. Ritchie (Pit); V1, S. Graves (Fife) 15th 24:22; L1, K. Robinson (Pit) 68th 28:58.

July

2

West Kilbride 10K Road Race -
1, T. Murray (GGTH) 29:44; 2, G. Fairley (Kilb) 30:25; 3, T. Heale (Kilb) 30:35; 4, G. Tenney (Lin Peal) 30:59; 5, E. McKee (IBM Spango V) 31:00; 6, C. Spence (IBM Spango V) 31:08; 7, L. Spence (IBM Spango V) 31:47; V1, R. Blair (Vic park) 33:02; V2, R. Wood (Vic Park) 34:11; V3, D. Jukes (Irvine) 34:23; L1, L. McGarry (Irvine) 39:18; L2, H. Morton (Irvine) 40:02; L3, P. Kelly (GAC) 40:26; Teams: 1, Kilbarchan AC 14 pts; 2, IBM Spango Valley AC 18.

Mamores 16 Mile Race, Kinlochleven -
1, J. McRae (Loch) 1:45:16; 2, W. Ryder (Manpeth) V1 1:50:04; 3, R. Campbell (Loch) 1:52:14; 4, E. Orr (Loch) V2 1:57:00; 5, L. Volwerk (SVHC) V3 2:04:25; 6, P. Donovan (Unatt) 2:07:05; Team: 1, Lochaber AC 8 pts.

Stakis 5 Mile Road race, Boat of Garten -
1, R. O'Donnell (Glenmore) 30:29; 2, M. Forbes (BoG) 30:59; 3, J. McGuire (Avie) 31:07; 4, L. McKenzie (Avie) 33:40; 4, W. Hemmingway (Avie) 33:13; L2, F. Wilde (King) 34:20; Junior 3 Mile Race: 1, D. Freshwater 21:29; 2, A. Freshwater 22:00 (both Kincaig); 3, J. Cruikshanks (Avie) 24:04.

Dornoch Festival Road Races -
1, J. McKenzie (Inver) 32:50 (record); 2, K. Reid (Coasters) 32:57; 3, D. Watson (Unatt) 34:25; 4, B. McKay (Caith) 34:31; 5, J. McKay (aber) 35:11; V1, I. McWilliams (Inver) 35:21; L1, M. McBeath (Caith) 39:22; L2, F. Farquhar (Wick) LV1 42:43; L3, A. Cassells (Aber) 43:30; Teams: 1, Inverness H; Ladies: 1, Wick Ladies Joggers.
Half marathon: 1, A. Reid (Coasters) 72:45 (record); 2, R. Aitken (Coasters) 72:46; 3, A. Stevenson (Can reg) 74:39; 4, S. Cassells (Aber) 76:08; 5, M. Wright (Coasters) 76:42; V1, J. McMillan (Black Isle) 81:46; L1, A. Sinclair (Wick) 98:17; L2, E. Clark (Arbroath) LV1 100:10; L3, R. Bruce (Wick) LV2 102:33; Teams: 1, Coasters RC 8 pts; 2, Inverness H 46; 3, East Sutherland RC 104.

Shotts Highland Games-Silver Groat 14 Mile Road Race: 1, J. Pentecost (FVH) 74:29; 2, R. Ronald (EKilb) 75:27; 3, I. Seggie (Liv&Dist) 75:29; V1, A. Stirling (FVH);
Scottish Heavy Throwing Events: 1, A. Pettigrew (Shett) 15 pts; 2, A. Anderson (Ayr Sea) 12; 3, W. Weir (Cen Reg) 7.

Senior women's rankings as at July 10, compiled by Ian Steedman. Both he and Scotland's Runner wish to make clear that such rankings lists can only be drawn from available results and data and we accept no responsibility for any omissions.

100 METRES

1, Kathleen Lithgow (NV) 11.62w; 2, Janis Neilson (EWM) 11.76w; 3, Melanie Neef (GAC) 11.69w; 4, Aileen McGillivray (MSL) 11.75w; 5, Alison Edmunds (Inv) 11.9w; 6, Wendy Thompson (Pit) 12.1w; 7, Kaye Scott (EWM) 12.18w.
(Olympic Qualifying standard: 11.3/11.54)

200 METRES

1, Melanie Neef (GAC) 24.23; 2, Kathleen Lithgow (NV) 24.28; 3, Aileen McGillivray (MSL) 24.34; 4, Alison Edmunds (Inv) 24.9; 5, Ruth Girvan (NV) 25.0; 6, Wendy Thompson (Pit) 25.0w; 7, Mary Anderson (EAC) 25.20; 8, Dawn Kitchen (EWM) 25.25; 9, Myra McShannon (GAC) 25.4; 10, Emma Lindsay (EWM) 25.4.
(OO standard 23.4/23.64)

400 METRES

1, Dawn Kitchen (EWM) 54.27; 2, Mary Anderson (EAC) 54.49; 3, Gillian McArthur (MSL) 56.3; 4, Wendy Steele (EWM) 56.30; 5, Emma Lindsay (EWM) 56.66; 6, Sue Burgis (EdUn) 56.69; 7, Alison Hodgson (EWM) 56.81; 8, Denise Knox (M&C) 57.1; 9, Fiona Meldrum (GAC) 57.8; 10, Lorraine Marshall (liv) 57.91.
(OO standard 52.6/52.74)

800 METRES

1, Karen Hutcheson (BHM) 2:06.97; 2, Sue Bevan (ESL) 2:07.97; 3, Liz McColgan (DHH) 2:08.8; 4, Dawn Kitchen (EWM) 2:11.67; 5, Laura Wright (SNH) 2:11.7; 6, Lynne MacIntyre (GAC) 2:11.8; 7, Carol Ann Gray (EAC) 2:14.2; 8, Melissa Wylie (GAC) 2:14.4; 9, Lesley Svaasand (Pit) 2:15.7.
(OO standard 2:01.5)

1500 METRES

1, Yvonne Murray (EAC) 4:06.34; 2, Liz McColgan (DHH) 4:08.15; 3, Lynne MacIntyre (GAC) 4:16.39; 4, Karen Hutcheson (BHM) 4:17.04; 5, Laura Wight (SNH) 4:22.20; 6, Sue Bevan (ESL) 4:28.60; 7, Valerie Clinton (Irv) 4:29.75; 8, Alison Jenkins (EWM) 4:31.53; 9, Evelyn Grant (GAC) 4:34.54; 10, Christine Price (DHH) 4:38.38.
(OO standard 4:09.0)

3000 METRES

1, Yvonne Murray (EAC) 8:37.22; 2, Liz McColgan (DHH) 8:42.50; 3, Melissa Watson (GAC) 9:04.85; 4, Elspeth Turner (GAC) 9:10.6; 5, Christine Price (DHH) 9:38.58; 6, Alison Jenkins (EWM) 9:46.2; 7, Celia Duncan (AFD) 9:47.3; 8, Sharon Sinclair (Irv) 9:47.8; 9, Louise Vandyck (ESL) 9:49.03.
(OO standard: 9:03.0)

5000 METRES

1, Liz McColgan (DHH) 15:10.17; 2, Karen McLeod (EAC) 16:26.57; 3, Elspeth Turner (GAC) 16:41.55; 4, Louise Vandyck (ESL) 16:55.4; 5, Celia Duncan (AFD) 17:06.12.

10,000 METRES

1, Liz McColgan (DHH) 31:06.99; 2, Elspeth Turner (GAC) 34:05.27; 3, Louise Vandyck (ESL) 34:52.2; 4, Eileen Masson (Kilb) 36:54.1; 5, Jo Ann Scott (Darf) 37:17.0.

MARATHON

1, Shiela Catford (Leeds) 2:38.18; 2, Heather McDuff (EAC) 2:41:02; 3, Eileen Masson (Kilb) 2:47:23; 4, Wanda Sosinska (EWM) 2:52:16; 5, Jill Danskin (LO) 2:53:29; 6, Leslie Watson (LO) 2:56:21; 7, Celia Duncan (AFD) 2:59.01.

100 METRES HURDLES

1, Jocelyn Kirby (NSP) 14.33; 2, Jane Low (GAC) 14.37; 3, Elizabeth Dempsey (Colz) 15.0; 4, Donna Brown (EWM) 15.0; 5, Shona Urquhart (EWM) 15.1; 6, Catriona Boyle (MSL) 15.2; 7, Claire Reid (EWM) 15.2; 8, Jayne Barnetson (Inv) 15.3; 9, Andrea Chambers (GAC) 15.3.
(OO standard 13.2/13.44)

400 METRES HURDLES

1, Alison Hodgson (EWM) 61.40; 2, Carey Spiers (GAC) 62.77; 3, Ashley Brown (MSL) 62.87; 4, Tracey Wilson (Loch) 64.7; 5, Maureen Wilson (AyrS) 65.2; 6, Isobel Donaldson (Colz) 65.7; 7, Yvonne Liddle (EAC) 65.7; 8, Kirsty Baird (KO) 65.7; 9, Mary McClung (Kil) 66.0.
(OO standard 57.9/58.04)

HIGH JUMP

1, Jayne Barnetson (Inv) 1.85; 2, Caris Henderson (EWM) 1.80; 3, Rhona Pinkerton (GAC) 1.80; 4, Nicola Murray (GAC) 1.76; 5, Emma Lindsay (EWM) 1.75; 6, Shona Urquhart (EWM) 1.65; 7, Jackie Gilchrist (pit) 1.65; 8, Hazel Melvin (Troon) 1.65; 9, Fiona Hall (VP) 1.65.
(OO standard 1.88m)

LONG JUMP

1, Lorraine Campbell (EWM) 6.13; 2, Rhona McLeod (GAC) 6.03; 3, Janice Ainslie (EWM) 5.87; 4, Emma Lindsay (EWM) 5.68; 5, Caroline Black (EWM) 5.68; 6, Linda Davidson (Ab5.59); 7, Nicola Barr (CR) 5.53.
(OO standard 6.50)

SHOT PUTT

1, Mary Anderson (EAC) 13.83; 2, Helen Cowe (Ab) 13.06; 3, Marlene Murphy (GAC) 12.71; 4, Ashley Morris (Pit) 12.63; 5,

Nicola Emblem (EAC) 12.44; 6, Alison Grey (EAC) 12.44; 7, Janmarie Thompson (Sale) 12.29; 8, Heather Yule (New) 12.21; 9, Shona Urquhart (EWM) 12.00.
(OO standard 16.90)

DISCUS

1, Ashley Morris (Pit) 44.52; 2, Claire Cameron (GAC) 44.42; 3, Karen Neary (EWM) 42.20; 4, Helen Cowe (Ab) 42.10; 5, Lesley Adams (PSH) 41.92; 6, Mary Anderson (EAC) 38.58; 7, Alison Grey (EAC) 38.26; 8, Susan Freebairn (Colz) 38.24; 9, Alison Hammerton (MSL) 38.06.
(OO standard 57.50)

JAVELIN

1, Nicola Emblem (EAC) 52.46; 2, Shona Urquhart (EWM) 49.40; 3, Mary Anderson (EAC) 46.40; 4, Janell Currie (MSL) 44.42; 5, Karen Savill (Lass) 40.32; 6, Jayne Barnetson (Inv) 39.26; 7, Isobel Donaldson (Colz) 38.66; 8, Marlene Murphy (GAC) 38.62.
(OO standard 56.50)

Scotland's Runner apologises for not having been able to publish senior men's rankings in this issue. This was due to circumstances beyond our control, and anybody able to provide us with rankings should phone 041-332-5738 (similarly with junior women).



Lorraine Campbell (EWM, top) suffered a reverse at the hands of Rhona McLeod (GAC, middle) during the triangular international at Grangemouth Stadium on July 9 between Scotland, Ireland, and Iceland, which the home team won comfortably. Above, Caris Henderson, on her way to third place in the same international, clears 1.75m.

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How to enter

On the right of this box are three questions on athletics. Simply write the answer in the space provided and send the completed entry form to: Avia Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA. The first 15 correct entries opened on the closing date, August 20, will each receive the shoe of their choice.

Rules of entry

The Editor's decision is final and binding, and no correspondence will be entered into regarding the competition. Employees of Scotland's Runner and Avia UK and their relatives are not eligible to enter. The winners will be notified by post, and their names published in Scotland's Runner.

1. Liz McColgan is the Commonwealth Games 10,000m champion. Name the athlete who came second in that race at Meadowbank in 1986.

A.....

2. Whose British 10,000m record did Eamonn Martin beat at the Bislett Games in Oslo?

A.....

3. Despite losing to Tom McKean at Nice, Steve Cram had still beaten the Scot more times over 800m than he had lost to him. Was this statement true or false on July 11?

A.....

NAME.....

ADDRESS.....

State shoe preference and size:



On the VETERAN scene...

I AM very fond of reading sporting biographies, and seldom have time for fiction when there are so many true stories to read. On my visit to Shetland in June, I took with me the story of "Aldaniti" the racehorse featured in the film *Champions*. I must say it had an uncanny ring for me, with leg injuries caused through jumping fences and an overkeenness to return to racing putting him in jeopardy of being "put down", before going on to win the Grand National. So, I continue to live in hope that not too many people want to shoot me!

Another wounded veteran at the moment is Don Ritchie, who broke his kneecap at the start of the Lincoln 100K race and had to abandon his ideas for the John O'Groat's to Lands End record attempt. Let us hope he's soon on the mend as he really is a champion.

When talking to John Disley, 60 this year, at Meadowbank recently, he told me how he is about to have his second hip replaced with an artificial socket. Although he finds running more difficult these days, he still enjoys hill walking, orienteering and cross country cycling - so take heart, it's really wonderful what modern science can do.

Talking of hearts, John told me that at a recent dinner with a rather unfit Christopher Chataway, he met up again with Emil Zatopek, who will be 70 this year. Emil had his own brush with disaster when he collapsed at home and was only just found in time by his wife Diana to be given a special form of resuscitation which involved stopping his heart and starting it again. He's reported to be looking fine again, but not so lean as he once was.

A man who also came from Zatopek era, but has only recently been recognised for the wonderful work he has quietly been doing in athletics in Scotland over the last forty years, is Andy Cougan of Carnoustie. Andy, who originates from the Gorbals, was honoured in the Queen's Birthday Honours with the MBE for services to athletics in the North East of Scotland.

Originally a Maryhill Harrier, the club he says which "nursed" him back to health after returning from a Japanese POW camp, Andy says that his career highlight was finishing second to Sydney Wooderson in a handicap mile at Hampden Park. He was credited with a 4-25 mile, and reports he had a 4-15 mile in India during the war.

Andy went to live in Dundee and was instrumental in starting up the North East League 30 years ago. He has also been a coach to Scottish champions such as Doris Tyndall, Barbara Lyall, and Sheila McLoughlin - all now veterans themselves. More recently he has helped Callum and Gus Henderson in their athletic careers. In the Scottish Commonwealth Veterans Gathering in 1986 he won a gold medal in the sprints, and is still full of energy, helping to promote veteran athletics as well as being president of the Tayside Athletic Club. It's great to know that men like Andy do get the recognition they deserve. (Incidentally, he is one of our figures in the silhouette at the head of this column.)

THE SCOTTISH Veteran Track and Field Championships held at Grangemouth on June 19 showed what a remarkable array of talent there is around. Forty-three championship best performances were either equalled or bettered during the meeting, and even Scottish national coach David Lease made a "guest" appearance in the pole vault, comfortably clearing 3.60 metres.

A number of athletes competed in a range of events, none more so than field event senior coach John Freebairn, who entered nine events, competed seven, won six, and was second in one. His field "heptathlon" read: PV 3m; LJ 4.77; DT 37.74; HJ 1.65; HT 35m; JT

10.05; JT 37.94 (second).

Only John Ross of Lothian AC dented this remarkable performance in the MT 50 class. John had an equally excellent day with wins in the 200 (25.7) and 400 (56.4), and clubmate Jack Gelder would have been a key nomination if there had been a Victor Ludorum award, scoring five wins out of five in the M40 category - short and long hurdle events, (breaking the Scottish record in the former) and javelin, triple and long jump.

On the track, 60 year old George Bridgeman and 70 year old Ernie Plimer were both getting hat-tricks in the sprint events along with John Steede (M45). P. Webber and A. Bowdler both had sprint doubles. In the longer events, Andy Letham took both the 400 and 800 M40 titles, Willie Marshall took the 800 and 1500 M60 titles - setting a new record of 4-55.3 over the longer event, - and Colin Youngson, the veterans cross country champion, won both the 1500 and 5000m titles with considerable ease.

The women's events saw a number of improvements. Christine Brown won four gold medals in the W35 class (both jumps and both throws), and was second in both sprints. Janice Hogg set records in the W40 200m, and Jackie Ferrari set a new record in the W35 5K event.

Among the participants were a number of known professionals, all of whom were legitimately taking their place alongside their fellow vets in a true spirit of sportsmanship and friendship. Convenor David Morrison and his team provided a first class afternoon of competition.

THE NEWS from Birmingham at the AAA's agm seems to indicate that there is thankfully going to be more time for the regions and the Celtic countries to debate the future of British athletics. I have tried to ensure that the veteran issue is on the agenda at the BVAf agm on July 23, and will hopefully keep you up to date on events.

Henry Muchamore

Gentlemen of Verona outshone by women!

LOTHIAN Athletic Club veterans provided Scotland with their total tally of men's European Veteran Athletic Championship medals in Verona last month. Competing in temperatures that were at times in the high nineties, John Ross (50), Ian Steedman (60) and youngster Jack Gelder (40) all gave high class performances in a variety of track and field events.

Ross ran a superb race in the final of the 400 metres (56.01) to take the silver medal, and then went on to win the bronze medal in the pentathlon, including a 43.96m javelin; 25.1s 200m and 29.50m discus. He finished up with another silver medal in the 4 x 400 metres relay.

Ian Steedman followed up his Scottish Championship runs with bronze medals in both the 100m and 300m hurdles events, timing 17.6 and 48.2, before making a hat-trick of bronze medals with the 4 x 100 metres relay.

Jack Gelder, who set a new Scottish record in the high hurdles before going to Verona, reached the final of the 110m hurdles, where he finished eighth, did as well as he expected in the pentathlon, ran the anchor leg in the 4 x 100 relay (where Britain finished fourth) and then in a non-championship event broke the world record for the rarely run 200m high hurdles event (25.7).

Your correspondent reached the final of the M55 1500 metres, finishing ninth in 4-37.5.

Scottish women, though, really left their mark with Rosemary Chrimes (who as Payne won the 1970 Commonwealth Games discus) collecting no fewer than five golds and three world records in the 55-59 age group! Rosemary won the discus in a world record 35.84m; the shot (11.72m wr); 80mH (15.0); high jump (1.36m wr); and 100m (14.85).

In the same age group, Christine McLennan destroyed the 400m field to finish 30m clear in 72.18 (3.4 seconds inside her British record). In fourth was Agnes Blom, the Belgian world record holder. Christine also finished sixth in the 100m (15.3).



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Entry Forms and further details (enclose S.A.E please) from: Race Manager, Aberfeldy Half Marathon, Aberfeldy Recreation Centre, Crieff Road, Aberfeldy, Perthshire PH15 2DU. Telephone: 1887 20922.



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

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

Race Profile

Inverness 10K

THE INVERNESS 10K on July 17 was run in perfect, cool conditions, and with the usual flat route and a rumoured £200 bonus from organiser Brian Turnbull to anybody who could beat the course record of 29-30, the incentive for a fast time was there for those who wished to take it on.

Four men did. As they say, they gave it their best shot, but Turnbull's £200 stayed in his pocket - by just one second!

The four - Chris Hall and Fraser Clyne of Aberdeen AAC, Bellahouston's Peter Fleming, and Alastair Douglas of Victoria Park - were tied together as if by string for the entire 6.2 mile route. All but Douglas took a share of the lead (such as it was) at one stage or another, but it was the crafty doctor who had the most left at the end, sprinting away from Hall and Clyne and the flagging Fleming to finish in a time of 29-31. Although our picture doesn't show him, Hall beat Clyne by the breadth of a vest in a fabulous finish - all three men finishing within one second of each other and these tantalising few paces off the record.

As usual, it was Fleming who was the most aggressive at the outset, quickly picking up the pace and taking Hall, Clyne and Douglas 80m clear of the field in quick order. By the time Mile Two was reached in 9-21, the four had stretched their lead to 150m. Mile Three was arrived at in 14-02, and Mile Four in 18-44. By this time it was clear that Fleming was not going to break the quartet, and indeed it was Hall who was looking most comfortable from the comfort of the lead car.

Remaining mile markers proved elusive, but Fleming was dropped about two minutes from the finish. A tremendous sprint along High Street by the other three climaxed a classic race.

Afterwards, Douglas conceded that he hadn't been up to taking on the lead: "I'm pleased to win, but disappointed at how hard it felt," he said. Hard? Is there anything harder than keeping pace with two Aberdonians chasing £200?

It was left to Lynda Bain to salvage club honour for Aberdeen with an easy win in the women's race, finishing in 34-11 and well ahead of EWM's Violet Blair (37-02) - the latter coming back from injury. Third was Val Allan, also of Aberdeen AAC.



Above, a brilliant finish gives Douglas the race ahead of Clyne and Hall (observed).
Pictures: Ken Macpherson
Report: Alan Campbell.



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Events Diary

July

28

WORLD Junior Championships, Sudbury, Canada

29

MILLER Lite, IAC, Grand Prix, Meadowbank

WORLD Junior Championships.

30

LOCHABER Highland Games, Fort William.

MEALL-Suidhe Hill Race, Fort William.

PETERHEAD Scottish Week Games, Peterhead.

SHIRE Harriers Open Meeting, Aberdeen/Dundee.

WORLD Junior Championships.

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.

KODAK AAA/WAAA Championships, Birmingham.

LARGO Law Hill Race, Lower Largo.

LINLITHGOW Highland Games (Heavy Events), Linlithgow.

NEWTONMORE Highland Games.

SCOTTISH Hill Race Championships, Newtonmore.

7

CORRIE Capers Round Arran Road Race, Shiskine, Arran. E - Cunningham District Council, Dept of Leisure and Recreation, 25, Montgomerie Crescent, Saltcoats. Tel 0294-602617.

ANGUS Munros Hill Race, Glen Doll.

BRIDGE of Allan Highland Games, Bridge of Allan.

BURNSWARK Race and Clint Race, Ecclefechan.

CITY of Edinburgh 10 Mile Road Race, Edinburgh.

EYEMOUTH Peoples Half Marathon, Eyemouth.

KODAK AAA/WAAA Championships, Birmingham.

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.

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.

GRAMPIAN Television Athletics League, Peterhead.

HADDINGTON Half Marathon, Haddington. E - Joe Forte Sports, 85, 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.

MARYMASS "6" Mile Road Race, Irvine.

WELTKLASSE Grand Prix, Zurich.

TARVIT Hill 5 Mile Race, Ceres.

19

EVO Van Damme Memorial Grand Prix, Brussels.

20

ABERNETHY Highland Games, Nethy Bridge.

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

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

GRE BAL Cup Final, Cophthall.

ORKNEY Open Championships, 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, Poolewe.

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.

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) Rod 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.

INVERCLYDE Quarter Marathon, Greenock.

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



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

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

Winners 1987: FRASER CLYNE 1:04:51
Winners 1987: LORNA IRVING 1:11:44

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

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

KYLE AND CARRICK SPORTS COUNCIL

CATEGORIES

For your information the running categories are:
Men: 18 to 39, Veteran Males 40 & over, **Women:** 18 to 34, Veteran Females 35 & over.

Please enter me for the Ayr Land O'Burns Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said event.

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

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

Signed

Date

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

SR4

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

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

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

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



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Events Diary

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, Rieti.

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, Middlesburgh.

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; D2 Inverness; D3 Livingston; D4 Grangemouth.

SCOTTISH Young Athletes League - E v W, Crownpoint.

6

HANS Braun Sportfest EAA Permit, Munich, FRG.

RENFREWSHIRE/Dunbartonshire 10000 & YA Meet, Crownpoint.

7

FALKIRK Open Graded Meeting, Grangemouth. E Grangemouth Stadium, Kersiebank Road, Grangemouth.

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

10

BRITISH Athletics League - Qualifier, 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, Spean 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; D3 & 4, Ayr; D5 Crownpoint Road

19

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

21

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

23

OLYMPIC Games, Athletics.

24

GEORGE Cummings Road Relay Race, Kilbarchan.

OLYMPIC Games, Athletics.

SCOTTISH Dairy Farm Livingston Roads Races, Livingston.

TWO Breweries Fell Race, Traquair to Broughton.

25

FOUR Mile Road Race, Hurlford.

BLACK Meldon Hill Race (relays also), Peebles.

COCKLEROI Hill Race, Linlithgow.



August

20-24

MAMMOTH "Weekend", Keswick, Cumbria.

21

LINOC Fun Run (Open Event), Beecraigs, Linlithgow.

INVOC Open Event, Novar Wood.

27-30

WHITE Rose Weekend, Pickering, North Yorkshire.

GRAMPIAN Open Event, South Kirkhill, Aberdeen.

LOTHIAN O'League - 1 (ESOC), Pentlands, Edinburgh.

PERTH C.A.T.I. Event, St Magdalenes Wood, Perth.

INVOC C.A.T.I. Event, Dalreoch Wood.

GLASGOW Galoppen - 6 (ECKO), Gleniffer Braes, Paisley.

BL Open Event, Faulds Brow, Carlisle.

18

SCOTLAND'S Galoppen - 6, Whiteash Forest, Fochabers.

SROC Badge Event.

25

SCOTTISH Score Championships (Maroc), Coull, Aboyne.

September

4

SCOTLAND'S Galoppen - 5, Airthry Castle, Sheriffmuir.

11

NATIONAL C.A.T.I. Day.

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For further details contact: John R. Biggar, 10 Manse Road, Linlithgow. Telephone: Linlithgow 845084.

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RUN IN BEAUTIFUL SURROUNDINGS

DATE: Sunday 21st August, 1988.
VENUE: Balvornie Car Park, Beecraigs Country Park, Linlithgow.
START: 10K Race starts 10.30am.

ENTRY ON THE DAY: £2.00 Senior, £1.00 Junior (under 16 on day).
Special 3K Race for the young or those of you who feel 10K is too much but still want to join in the atmosphere. Start 10.40am. Same finish with medal.
An accurately measured 10K on good tracks, paths and forest roads. Where else can you get a challenging run in such unique surroundings. Everyone welcome from class runner to true fun runner.

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Starts from 11.15am. Entry on the Day: 50p for all. Three courses available. Something to suit everyone.

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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,
Beltsdale 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, Enochdhu, 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
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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

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day at Broomfield Park, Cumnock,
from 7pm to 9pm. All ages from 9
years upwards catered for. Very
friendly and enthusiastic club.
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Secretary: Tom Campbell, 14, Bute
Road, Cumnock. Tel: 0290-24876.

DUNDEE HAWKHILL HARRIERS

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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

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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.
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Wednesday. Please contact Mrs
Sheena MacFarlane, Tel: 0383-
739681. (Mem Sec)

MARYHILL HARRIERS

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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,
Golffhill 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, Arbutnot Place,
Stonehaven. Tel: 0569-62845.

WESTER HAILES TRIATHLON CLUB

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