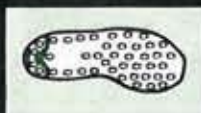


The Trailbuster.

Evolved from many gruelling years of rigorous wear testing through rough and rugged terrain, together with the technical expertise of our Research and Development team - New Balance have developed the first straight lasted athletic shoe designed specifically for off road running. THE TRAILBUSTER.

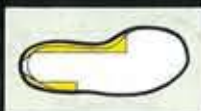
TRACTION

The hexagonal studs on the outer sole are wide at the base, whilst narrower at the top for superb traction and to prevent clogging. The V bar at the rear provides that essential extra grip when running downhill.



STABILITY

The EVA midsole incorporates the New Balance V Channel, giving a stable, comfortable ride, whilst the extended pillar on the medial side has been designed to reduce over pronation.



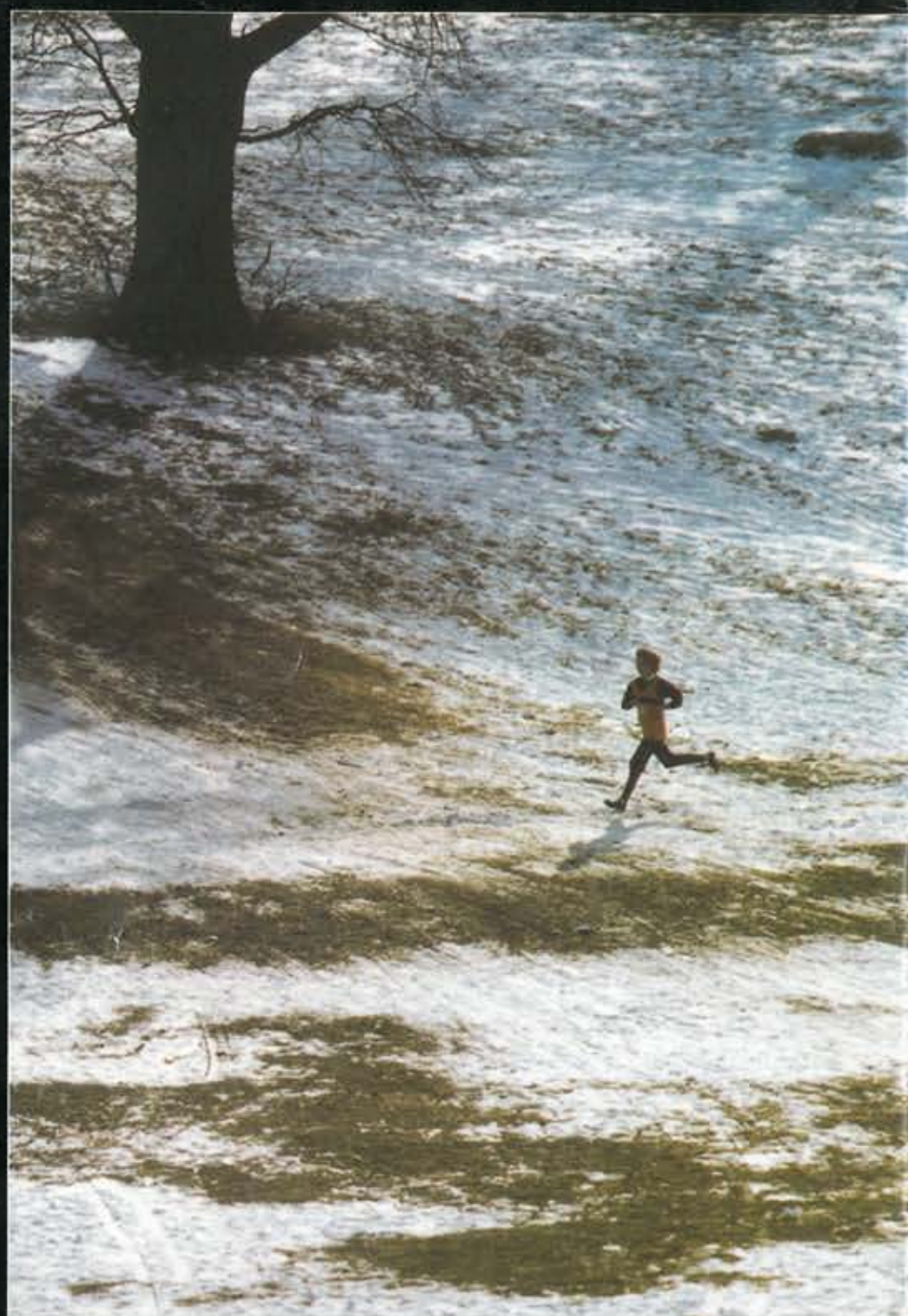
PROTECTION

The Trailbuster is constructed from extra thick leathers and includes a shank strap which offers exceptional protection over rocky and rugged terrain. The thick foam padded collar around the ankle strap gives a snug protective fit and guards against stray sticks and stones.



PRO-FIT

New Balance recognise that technical features are only effective with a proper fit. That's why the TRAILBUSTER comes in three width fittings - D, 2E and 4E.



B
new balance

New Balance Athletic Shoes - Unit 16, Chesford Grange, Woolston, Warrington WA1 4RQ. Telephone: (0925) 821182

SCOTLAND'S RUNNER

SEPTEMBER 1988

ISSUE 25 £1.00



Scottish Championships Special: Olympic Trials Report

Your last chance to win a holiday for two in Portugal!

YOU'LL FIND IT HARD TO BEAT OUR P.B.

Our new running shoe is designed to be a winner. It's called the P.B. and it's actually two shoes rolled into one. For starters, the P.B. is a racing shoe. And as you'd expect from a good racing shoe, it won't weigh you down.

For example, the P.B. has a sole that's made from an exceptionally light, flexible and hard wearing material called Goodyear Indy 500 rubber.

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It has a dual density midsole which will cushion your feet and allow you to do any number of sessions.

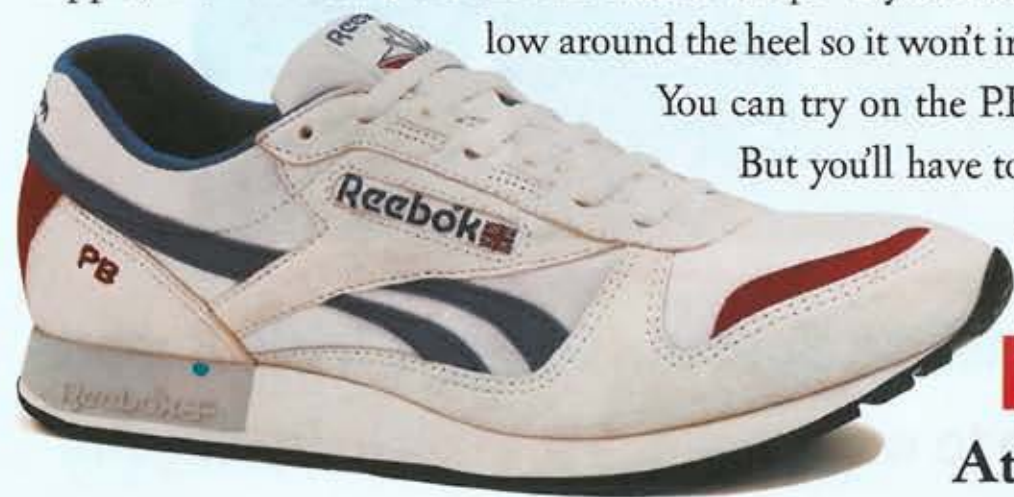
It also has a sturdy heel counter which will support your foot on every run.

But there's another reason why you should make tracks for the P.B. It's also an extremely comfortable shoe to wear.

The upper is made from nappa pigskin and polypag nylon. So it's very light and supple, and it'll mould around the natural shape of your foot. What's more, it's also cut low around the heel so it won't irritate your achilles tendon.

You can try on the P.B. at any good sports shop.

But you'll have to be quick. Because when a shoe's this good, there's bound to be a run on it.



Reebok
At the heart of sport.

SCOTLAND'S RUNNER

September, 1988

Issue 25

Editor:
Alan Campbell

Associate Editor:
Doug Gillon

Experts:
Jim Black MChS
Prof John Hawthorn
Greg McLatchie MB ChB FRCS
Lena Wighton MCSP

Contributors:
Carolyn Brown
Fraser Clyne
Graham Crawford
Fiona Macaulay
Stewart McIntosh
Bill Melville
Robin Morris
Henry Muchamore
Graeme Smith
Linda Trotter
David Watt
David Webster

Events and Results Compiler:
Colin Shields

Sales Director:
Mike Harris

Advertising Sales:
Fiona Caldwell

Administration and Circulation:
Sandra Whittaker

Front Cover:
Tom McKean and Steve Cram, the eventual qualifiers, are towed round the 800m by Martin Steele and Tony Morrell during the Olympic trials.

Photograph by Mark Shearman.

SCOTLAND'S RUNNER



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Nike Sock Racer U.S. sizes 6, 7, 8, 12. Usual price £34.95 **£14.50**.

Saucony Dixon U.S. sizes 7½, 12½, 13. Usual price £49.95 **£18.00**.

Karhu Slick U.K. sizes 6, 6½, 7, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12. Usual price £46.50 **£24.00**.

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Etonic P.R. U.S. sizes 6, 6½, 7, 7½, 9½, 10½, 11½, 12. Usual price £34.95 **£18.00**.

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Inside LANE

THERE IS still a lot of unnecessary aggravation in athletics today, and not all of it concerns Sebastian Coe. For example, take the case of Andy Sobik, a 33 year old schoolteacher and former rugby player who took up running seriously

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Up Front

Miller Lite get it right on the night

THE MILLER Lite IAC international at Meadowbank on July 29 was voted a great success although the top-billed event proved to be something of a, um, flop. Not even the chilly Edinburgh evening could prevent Said Aouita running away from Tom McKean, David Sharpe and the rest of the field in the 1000 metres. Aouita's winning time was 2-18.32, with Sharpe second in 2-19.89 and McKean third in 2-20.30.

It was left to Liz McColgan to cheer up the 12,000 home crowd. As the Fleet Street jackals were prowling around the interview room waiting to devour McKean, out in

the stadium McColgan proved too good for the 3,000m field - although she had to summon up reserves to see off the plucky challenge of Sabine Dornhueser, who made a spirited attempt to overtake her with about 900m to go. The lack of attention paid to McColgan by the media must be galling, but the spike will surely be on the other foot some day.

The special handicap events - the 110m hurdles and the mile - had the results the promoters were hoping for. There's nothing like a few home wins to send the crowd home happy and Dave Clark and Hamish McInnes duly obliged in their respective events. While Linford Christie made his usual visual and athletic impact in the 110m, the same could not be said of Jack Buckner and Dave Moorhouse in the mile,

but nevertheless the second place of Glen Stewart stirred memories for the old-timers able to remember 1970 and all that. A sign of more modern times was that of Britain's outstanding young sprint hurdlers, Jackson, Jarrett and Ridgeon, beating three Americans in the 110.

Speyside series

RUNNERS seeking new races in an inspiring environment should look no further than Speyside, where a few events are left in the Stakis Fun Run Series - an imaginative new addition to the fixture calendar.

Explaining the rationale behind the series, organiser Audrey MacKenzie says: "The idea was to encourage local people in the Badenoch

and Strathspey area to get jogging or running in a short course event in their own village, to enjoy the exercise, make friends and meet them again at the following venue. The series was also a means to bring back a couple of races which had disappeared and to keep alive a third which was destined to go as well.

"We have seven events for seniors, seven for juniors, and seven for four groups of children."

Audrey MacKenzie adds: "In this area there are no running tracks, no sports halls, and the schoolchildren receive only half an hour of PE per school week. There is surely a need to encourage all ages to get out and enjoy the feeling of being fit!"

Well said (and done) say we at Scotland's Runner. Details of the remaining events in the Stakis series are printed in our Events Diary.

Internal poitics continue to bedevil BAF talks as the Scots wait in the wings

SCOTLAND is still adopting a stand-off approach to the proposals for a new British Athletic Federation.

Despite the intention that the new BAF should be in power by the beginning of next year, the Scottish Amateur Athletic Association decided to continue its attitude of "wait and see" at a general committee meeting last month. The British Amateur Athletic Board's council, meanwhile, met on the morning after the Olympic trials and decided (in addition to booting Sebastian Coe out of the team) that the six guiding principles put forward by

the Southern Counties area - the principles which defeated the AAA's own draft constitution at an extraordinary general meeting in Birmingham on July 3 - should be the guidelines for the new BAF constitution. A committee has now been formed to try and hammer out an acceptable constitution.

The in-fighting rumbles on with the formation of the constitution committee due to have been formed from the three English areas, and one each from the so-called Celtic countries, including SAAA president Jim McInnes. But following representations from the women's

associations, including the SWAAA, they too are now to get places on the constitution committee.

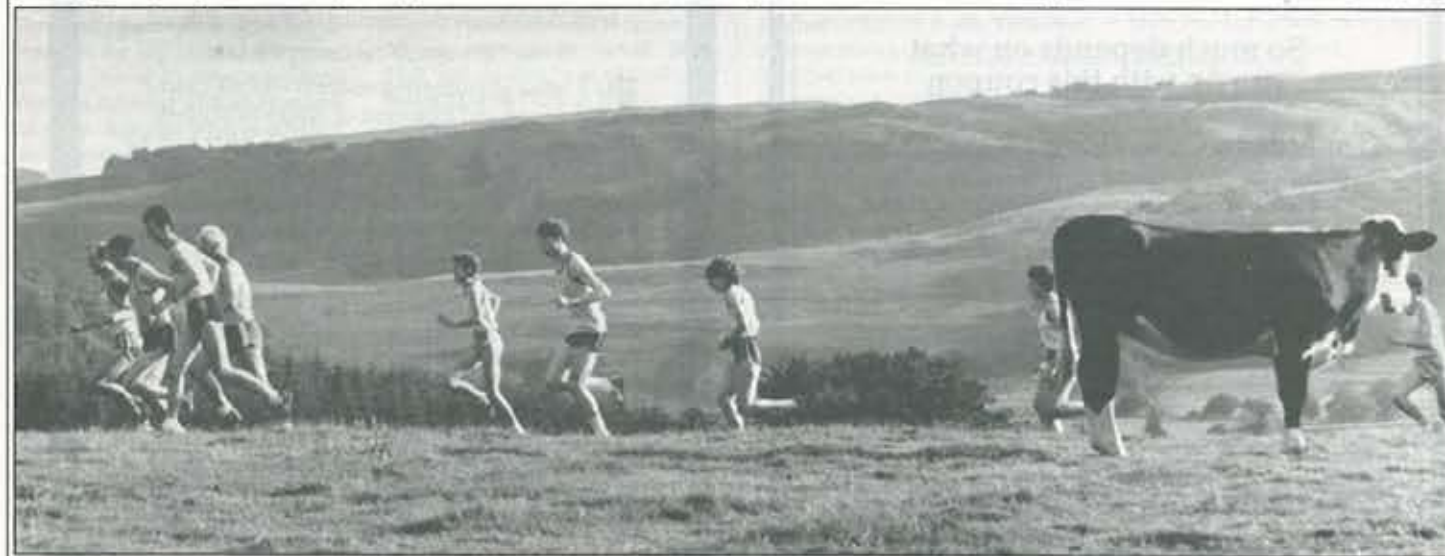
The Scottish Cross Country Union were due to discuss the developments as this magazine was going to the printers.

It is hoped that the authorities in Scotland will be giving consideration to the formation of a joint men's and women's association to cover all aspects of athletics as it has been made clear that representations would be expected from a joint association at any future BAF council meetings. This is an important part of the Southern Counties' pro-

posals, and also of the AAA McAlister proposals which were defeated on July 3, and is not likely to be diluted in the new constitution. Pressure is also growing from the Scottish Sports Council for a joint association from Scottish athletics.

It is expected that once a draft constitution has been prepared the Scottish associations will call special general meetings to decide which parts of the constitution to accept and which to oppose. All of this is proposed to take place within three months!

Colin Shields



Members of the British Amateur Athletic Board play Hunt The Constitution... the cow is chewing it over.

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Wallace wins but women show up well on the West Highland Way

THE TIME was 3am, Saturday June 18; the place, Milngavie railway station. A few flash photographs, a shout from the starter, and 20 brave souls set out on the first official running of the West Highland Way Race bound for Fort William 95 miles away.

The way was opened in Autumn 1980, and is usually walked in five days or more. It was inevitable that someone would want to run it, and in 1985 Duncan Watson (now race organiser) and Bobby Shields set the unofficial record time of 17 hours 48 minutes.

This year the race was given official status, sponsorship was sought and gained, and enquiries flooded in. Twenty-seven entries were accepted, some others reluctantly being rejected due to lack of experience (it's hardly a fun-run).

A misty dawn was breaking as the runners, from all over Britain, went through Carbeth at four miles. By Drymen, 12 miles in about 35 minutes separated first and last and the rapidly rising sun gave pointers to the glorious day ahead. Time was obviously not of the essence for everyone as one group of four runners stopped for a 20 minute breakfast of bowls of cereal and rolls.

The most piercing memory of Rowardennan (26 miles) was the clouds of muges which all but obscured the face of Bobby Shields (this year a helper), and even the 5 mph pace could not outrun them.

The first check-point was Inverarnan at the top of Loch Lomond, and the leader by now was David Wallace, running with an economical style. Runners who, as advised, had arranged their own back-up support were beginning to benefit enormously in terms of special drinks, food, change of clothes (and a hat), as the late morning sun beat down relentlessly.

At Crianlarich, 46 miles and almost half-way, the final positions of Wallace, Betty Hall (no relation) and Duncan Watson were established. As he came off Rannoch Moor at Blackrock Cottage (69 miles), Wallace's opening words were, "Well, only a marathon to do now". He looked fresh having eaten little but drunk vast quantities of coca cola (where did all the gas go?). The final check-point was Kin-



Ouch! Falling on scree is a highly painful experience as Peter Baxter of Westerlands Cross Country Club will testify. He felt the bruises and bumps for days afterwards. Picture: Peter Devlin.

lochleven (15 miles to go) but unfortunately the advance publicity had missed here, the few passers-by being totally oblivious to the heroic feat being undertaken. Mind you, some of the runners by this time were oblivious to Kinlochleven. For safety reasons, after Lundavra the race route follows the road to Fort William, along the High Street, and finishes at the Nevisbank Hotel.

The sun was setting as Wallace, from Edinburgh, appeared round the final bend in the road. The time was 7.18pm hours and 18 hours and 18 minutes since he started. Betty Hall, still smiling, was second in 19 hours 43, with Duncan Watson third and Sylvia Watson fourth in 20-14 and 21-40 respectively. Fourteen completed the race, nine beating 24 hours, and the three women starters finished in the top seven places.

The presentation of prizes took place on the Sunday afternoon. Each of the finishers received a specially produced pottery flask and an "I Ran The West Highland Way" T-shirt. Many have already shown an interest in next years event. If you are, contact Duncan Watson at 0397 5704. Remember it's not so much a race as a challenge to complete.

James Hall

Simmer Dim is summer highlight

BRITAIN'S most northerly half marathon took place on June 25 - or more precisely June 26 as it started at midnight in Lerwick in the Shetland Isles - and had the apt title of the "Simmer Dim" race, writes Henry Muchamore.

Held just two days after Midsummer's Day, the organisers, Shetland Road Runners Club, hoped that runners would see both sun set and sun rise in the one event. However, overcast skies gave that grey twilight that many of us run in back on the mainland, although it was quite humid and a light breeze meant most pleasant conditions for tackle this very undulating course with quite long climbs and steep descents.

From the start the forty stalwarts were led off by Shetland's travelling postman, veteran Bill Adams (41), and after a mile he was virtually out of sight from the main pack. The only additional hazard on the course were a few late night "boozers", who needless to say had a few comments to make about how high knees should be raised.

It was certainly a night for the older runner, with the ages of the first seven home reading 41, 40, 39, 39, 49, 53, 57. Bill Adams finished in an excellent time of 76-26, followed

by new vet Laurie Redfern 81-23. First lady was Jackie Nuttall in tenth place (also a vet) in a very creditable 99-19.

The event had an international flavour, with runners from both Holland and Sweden taking part. By the time all 40 finishers were safely over the line, and the presentations duly completed, there was a lovely morning sky - ideal for an early run but at 3am everyone was happy to retire to bed.

The inaugural event will certainly be repeated and is a very attractive holiday run to supplement the wonderful scenery and wild life that Shetland has on offer.

This year sees the British Milers Club celebrate its 25th anniversary, and the annual seminar/training weekend will be held at Jordanhill College on October 22-23.

Guest speakers will include Tommy Boyle, Harry Wilson, Malcolm Brown, David Hemery and Frank Horwill, the founder member of the British Milers Club.

More details and application forms are available from Lachie Stewart or David Nugent.

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Don gets Europa Cup consolation after John O'Groats bid fails

There was good news and bad news recently for Moray's ultra long distance world record holder Don Ritchie. He found out - accidentally - that he had won the 1987 Europa Cup, but fell in the Lincolnshire 100K and cracked a kneecap, which has put paid to his second Land's End - John O'Groats attempt, which was scheduled for July.

The Europa Cup is awarded to the runner who can put together the three best performances in nominated European events, over the ultra distance of 100K. Last year's Cup was the fourth. "It has come about eight years too late for me," saus Don, realistically but a little ruefully. Nevertheless, an eighth place in Italy (Florence to Faenza), a second in Torhout,



Don Ritchie winning the Santander 100K in 1982.

Belgium (the inaugural World Championship event) and a second in Santander, Spain, clinched the prestigious trophy for the 44-year-old Elgin lecturer.

The scoring system is a cross between the way of determining the Formula One Drivers' Championship and the method of scoring in the Decathlon. Points are

awarded for positions in a race (200 for the first, 180 for second, etc, similar to the Drivers' Championship) but there is also a weighting factor for performance (as in the decathlon). Don totalled 970 points, edging ahead of Rune Larsson of Sweden with 968.

Don, whose subject is electronics, professes not to

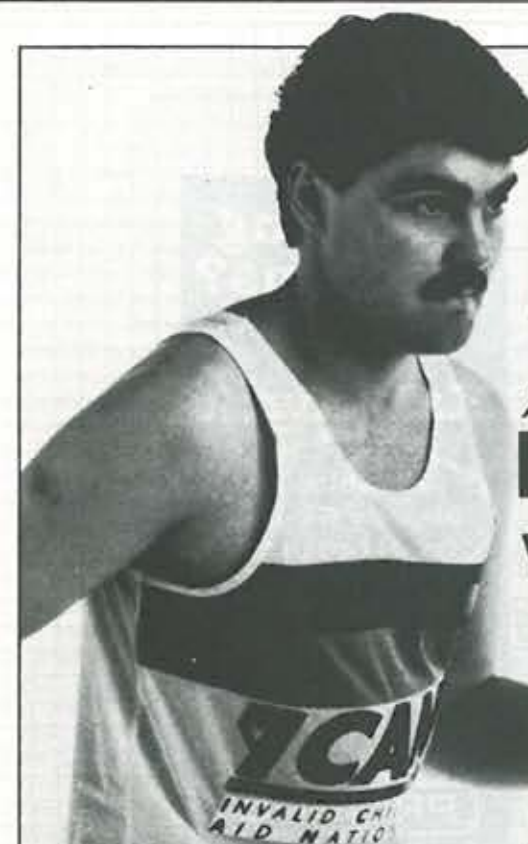
understand how the results are worked out, but this is perhaps another example of his famed modesty.

What is mystifying is why he has not yet been informed, officially, of his achievement. It was only as a result of a correspondence with a German friend who is a keen amateur statistician that Don found out that he was in fact champion. "Maybe they don't know my address," he says.

No UK event qualifies as a nominated distance, and it was ironical as well as tragic when the leaders bunched near the start of the Lincolnshire 100K on June 12 and Don collided with the man in front. Down he went on the hard paving and bust both a kneecap and his plans for the Land's End - John O'Groats.

The injury has also ruled out his chances of retaining his Europa Cup, but he still hasn't given up hope of competing in the second World Championship event, to be held in October this year, in Santander.

David Carter



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

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

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

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

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*Invalid Children's Aid Association. Reg. Charity No. 210031.
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Charity News

THE FRIGHTENING statistic that one person in every four dies from cancer is hopefully one that in the future will change. The charity **Quest For A Test For Cancer** is doing all it can to help reduce this harrowing statistic.

Quest For A Test For Cancer is a relatively new charity, set up in 1982 to fund the development of a test to detect cancer before it develops as a tumour. Cancer can be cured if it is detected early enough - the motto Quest lives by.

Like all worthwhile causes, the charity needs all the sponsorship it can find. As Karen Ward, the public relations officer for Quest, explains: "We need over £2000,000 this year to complete our current research programme and start work on new projects to reduce the terrifying number of deaths from cancer."

This year's London Marathon saw 66 people running for Quest, and as yet the total amount of sponsorship raised is still unknown. "We are still receiving funds from runs that have taken place this year, but so far they are in excess of last year's £2,000 figure," reveals Karen.

Some of the many people who raise money for Quest are a Mr Faulkner from Twickenham who ran this year's London Marathon. Other achievements for Quest, include those of Gary Green and Trevor Wood who walked the 41 miles from Harlow to Southend pier in 11 hours. Gary's dog, Ben, would gladly have done more than 15 miles but for the heat!

THE CYSTIC Fibrosis Research Trust was formed in 1964 when only 12% of those with the life threatening disease survived to young adulthood. Today, the trust is happy to announce that the figure has now risen to 75%.

Despite this great improvement, two lives are still lost because of the condition each week. One in twenty of the UK population are symptomless carriers of the disorder. This in turn means that when two carriers marry and produce children they have one in four chance at every pregnancy of producing a child with cystic fibrosis.

Many people run for the charity raising funds for research into the cause of the condition and hence a possible cure. In the last London Marathon a total of 96 runners raised in excess of £20,900 through sponsorship. The fastest CF runner was John Miller from Doncaster who

completed the course in two hours, forty-four minutes, just under one hour faster than the first CF lady Karen Mallett, who did it in three hours eighteen minutes.

The charity organised a special reception for the runners after the gruelling 26 miles plus in the London Marathon. Each runner received a special award certificate and all the food they could muster.

Sandra Kennedy, public relations officer for the trust, says, "We really are so very grateful to all those runners who did it for CF, and we can't wait for twice, even three times, as many runners next year. Everyone who runs for us receives a pack with a t-shirt or vest as well as full details of where to find us, and where to send the money. Everyone also receives a very warm welcome."

It is not only runners south of the Border who run in aid of Cystic Fibrosis. Famous 76 years-old marathon veteran, Jenny Wood Allen, ran in the New York Marathon raising £1,000 for the charity. Thanks from the trust must also go to runners and British Telecom who raised money in the Perth fun run, as well as the Dumfries and Galloway Fire Brigade, who walked the West Highland Way for CF.

ACTION FOR Research into Multiple Sclerosis, better known as **ARMS**, was established 14 years ago, aware of the traumas experienced by those who already had multiple sclerosis. The charity is involved in research to develop ways by which those with MS can fight back against its progress and its impact on their independence and their families.

During this year the charity funds and directly manages a two million pound research portfolio. The results from this research are carried out in all of the 57 therapy centres throughout the UK. In Scotland there are therapy centres and support groups in Glasgow, Aberdeen, Greenock, Edinburgh, Wick, Orkney, Shetland, Stornoway and Dundee. The centres and groups help sufferers with a personal physiotherapy assessment and an exercise programme designed to maintain their mobility, as well as emotional counselling.

Over the years the charity has received a number of sponsorship request. This year in the London Marathon, Reg Newman from Welwyn managed to raise over £1,152 and Bonita Baker from Rains

Park £1,178 for ARMS.

A more unusual sponsorship came from Martin Thomlinson of Preston who raised £4,183 by stopping drinking for a year. Bromley Clarke, head of appeals for ARMS, explains, "We had no communication with this man - no sponsorship forms or t-shirts. Nobody knew anything about Mr. Thomlinson or his sponsored dead until the cheque arrived through the post with a very short note asking for a receipt!"

THE EDINBURGH Cripple Aid Society, OR ECAS for short, is an entirely independent and voluntary body providing a unique dial-a-cab scheme for all physically disabled in Edinburgh and the Lothians.

By providing this service over the years, people of all ages and disabilities, especially wheelchair cases, have been able to get out and about without too much commotion. The society has also encouraged the homebound and the

physically disabled to pursue leisure activities like yoga, swimming and, art and craft groups.

As company secretary, Morag McLafferty, explains, "Just because a person is either disabled or housebound doesn't mean that they cannot take part in sport. We are very involved in sport and even sponsor a leading basketball team, the Thistle Wheelchairs. We have not lost any games yet!"

Since the charity moved into its present headquarters (ECAS House) there has been extensive renovation and refurbishment, incorporating the Bluebird Club - a club run by members for members. All in addition to a comfortable lounge, licensed restaurant and bar, a jacuzzi, a full-size snooker table, multi-gym, and table-tennis - in fact all the facilities of any good health club or leisure centre.

Without any financial assistance from the state or local authorities, ECAS makes a meaningful contribution to the quality of life of the physically disabled.

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Letters...

I know, because I was there!

30, Hailes Place,
Dunfermline,
Fife.

SIR - After completing the Dunfermline Half Marathon on June 12, I passed out on the line and was unable to record my finishing time. Of course I had an idea of my time but looked forward to the results which were printed the next week in the local paper.

Alas, my name did not appear among the finishers. Never mind though, on viewing a friend's video cassette of all the finishers in the race I discovered my time, a personal best of 89:35. Hurray, fourth lady. Now I was happy but.....

I then bought July's Scotland's Runner and discovered my name

Margaret Healy,
Pitreavie AAC.



was not included in the top ten women finishers. It is now obvious that my time and position were not recorded, which in an event as excellently organised as the Dunfermline one is surprising. I will just have to content myself with the fact that (as Max Boyce would say), I know, cos I was there.

Poor results

Heriot-Watt University,
Riccarton,
Edinburgh.

SIR - I refer to the results for BUSF/UAU Championships which appeared in your July issue and the omission of my club Heriot-Watt University (note the spelling) from the results. We sent down an extremely successful team which finished twelfth equal on fifteen points.

Although this is the club of a small university, we are still a Scottish one, not English, Irish or Welsh. It is disheartening for the members who trained hard for the competition to have their team achievement go unrecognised, whilst other clubs received due coverage. Some members were extremely disappointed at the incomplete coverage of the results, which they thought was attributable to the club not submitting our results to your magazine.

Also, why were no women's results published? Several Scottish university athletes reached the finals and won medals.

Whilst I am sure that the omissions were accidental, I trust that such oversights will not occur in the future.

N. Bruce,
Secretary,
Heriot-Watt University AAC.

Well done Schools

7, Balgeddie Way,
Glenrothes,
Fife.

SIR - Through the columns of your magazine I feel it should be made known to all people in athletics a superb deed of compassion shown by the Scottish Schools Athletic Association.

Mark Avis, an excellent sprinter from Balwearie High School, was chosen to compete in the 100m and 4 x 100m for the Scottish Schools in the recent Schools Home International. However, the week before the event Mark, while competing in the Scottish age group 100m final, tore some fibres in his leg and was forced to withdraw from the schools' team.

Naturally this was a great disappointment to Mark. Nevertheless, the Schools Association still invited him to travel to Swindon as an official member of their party, and gave him the Schools International vest he richly deserved.

I personally applaud this action which is not only a tremendous boost to the athlete himself, but also to Brian Ford, his coach, who worked hard to get Mark into this position.

I think there is a lesson to be learned for us all.

Stuart Hogg

No lack of talent in Scotland, but athletes are being held back by lack of infrastructure

57, Lothian Court,
Lethington Place,
Shawlands,
Glasgow.

SIR - Imagine the scene. A typically blustery evening at Crownpoint Road for a Renfrewshire League match. Unexpectedly, two Scottish internationals, along with three of the fastest Scots so far that year, turn up to run as guests in the 800m. Tremendous. There is a definite possibility for one of the best races in Scotland this year.

There were no worries about pace, as all the athletes were prepared to give it a go, and the onlookers waited in anticipation. Unbeknown, the officials in their infinite wisdom contrived to run two races, splitting this potentially high calibre field.

What purpose does this serve? The better athletes are denied the chance to run fast and compete against each other, whilst lesser runners get caught up in a pace that is above them.

Having now lived in Glasgow for a year, I have come to realise that good races are few and far between. The decision, which was consciously made, to divide a quality field only serves to exacerbate the problem. The only person to benefit from this is the bloody-minded official who feels he has secured his power base in his tiny empire.

Although I am convinced that the athletes could do much more to help themselves (if only they spent as much time organising races as they do bemoaning the weather and the lack of competition), the onus surely lies with the officials. Perhaps the most ludicrous situation is the organisation of open graded meetings.

There is clearly a demand for this type of competition, as witnessed by the numbers taking part in the few available meetings. Both Grangemouth and Edinburgh are to be commended on their programme of meetings, regularly once a month, although an element of co-ordination in event selection would be useful. It is, however, entirely incomprehensible that there were no open meetings in Glasgow during June and July.

Would it really be that difficult for the relevant organisations to get together to provide a co-ordinated programme for the whole summer? Could it not be as follows on a monthly cycle:

Week 1 Grangemouth
Week 2 Crownpoint
Week 3 Edinburgh
Week 4 Ayr

This surely would not present too many problems. It would provide athletes with the opportunity to plan their racing more methodically, and consequently achieve their potential.

It is also desirable that at least one of these meetings allows BMC races. Open meetings throughout England encourage these races since they add an element of prestige to the proceedings. The athletes are also secure in the knowledge that a fast time is possible and that the opposition will be good. It is impossible to achieve qualifying times for the AAA or UK Championships by turning up at Grangemouth in the hope that somebody else will also appear.

There is no lack of talent in Scotland. There are also many keen and able officials who do an excellent job. There is, however, a complete lack of a competitive infrastructure designed at aiding athletes to better performances. The means exist to improve this - it merely requires a modicum of forethought and planning. How about starting with a comprehensive package for the coming indoor season?

Tony Linford

Tony Linford has made several valid and constructive points. The views of athletes, officials and meet organisers are now requested as it would appear that the level of performance is being hindered by what Mr Linford describes as, "a complete lack of competitive infrastructure".

Orienteering

Guy heads Galloper, but the big guns are holding their fire

FORTH VALLEY'S Douglas Guy heads the rankings as the Scottish Orienteering League, or Galloper, gets under way on September 4 after the summer recess. Guy, who has never quite made it to the upper levels of the Scottish game, would be the first to admit that even with 3399 points from four events he is neither home and dry nor in charge of a major breakthrough. With four runs from seven to count over the league championship as a whole, the big guns of the Scottish game have still chance enough to make up the deficit and steal a win.

Chasing Guy, Donald Petrie (Clydeside, 3242pts) and Graham Guy (Grampian 2477pts) in the top three positions of the men's league are Dick Jones (Glasgow Uni) in tenth place with 2000pts from two wins, and Steve Hale (Perth) 14th with 1859pts. Both may be too preoccupied with their World Cup Final chances on September 10 in Sweden, however, to care overmuch about the Stirling event on the fourth.

That goes too for Galloper organiser Jonathon Musgrave (Grampian), who with 41 pts is well placed to challenge both Hale and Jones. Musgrave was first Scot to finish Event One at Doonhill, when he was second to Martin Bagness. He then picked up 800-odd points at Cawdor Castle with fourth position. That, however, came the day after his win in the 50 mile Highland Cross biathlon.

Going one better than Musgrave that weekend was British internationalist of last year, Hazel Dean. First woman to cross the line in the Highland Cross, she then went on to win the women's race at Cawdor, finishing 11 minutes clear of Lorna Boyd with a time of 77-15 for eight kilometres. That gave the Forth Valley number one her second win of the series. Presently she rests in fifth place overall in the W21 rankings. Topping the league is Scottish orienteering's "first lady" Fiona Hendrie (LINOC) who with four events behind her has amassed 3038 points.

Ready to make a tilt for the top, however, are Dean, Yvette Hague, Moira Cumming and, best placed of all, Kirsty Bryan-Jones. In third position, the 18 year old from Stirling has again shown the style which in the past year has brought her to the fore at senior level.

All of these will be out to make September 4 their day for "le crunch". Aithy Castle and Sheriffmuir may not be the best orienteering terrain, but as organiser Jim McGroarty puts it: "It's fairly steep and has few line features, so competition will be physically and mentally demanding."

No doubt young Kevin Quinn of St. Andrews, Glasgow, will be in top form once again. With four wins behind him at M10, Kevin is in that enviable "can't be beat" position. He will now be out to make it seven in a row.

Those less fortunate may like to hone their expertise competing along with the sport's newcomers on national Come and Try It day. Keep in mind September 11 at the venues listed below.

The Aberdeen University touring team will be among those returning from a summer of continental competition expecting to benefit from their multi-day event experience. In late July the Beastie Beer Suppers set out to celebrate the club's 18th birthday with a 5000 mile and seven week "trek" around Europe. A 14-strong hard core were set to take in multi-day events in Sweden, Denmark, Czechoslovakia, Hungary, Austria and the Netherlands, and enjoy the razzamataz of three world cup events on the way.

GET TO KNOW ORIENTEERING

Come And Try It on September 11 at:

Grampian Open Event, South Kirkhill, Aberdeen (start times from 11am to 1pm. tel-0224-868846)

Lothian O-League, Pentlands, Edinburgh (10.30 to 12.30, tel 0968-74514)

Perth CATI, St. Magdalenes Wood, (tel 0738-813183)

Inverness CATI, Ord Hill, North Kessock (11 to 12.30 tel 0463-222635)

Glasgow Galloper, Gleniffer Braes, Paisley, (11am - noon)

Bill Melville

Triathlons

O' Donovan and Pollard are the new Scottish Champions

SUNSHINE and very heavy showers greeted the 110 competitors who turned up at the Monikie Country Park course near Dundee to do battle for the first ever official Scottish Triathlon Championships.

Last year's British champion, Mike Harris, made the long journey north in an attempt to maintain his unbeaten record in Scottish events. Alan Collingburn, Mansfield Tri Club, also made the journey, and although neither of these top competitors were eligible for the Scottish Championship (being English), another top class triathlete, Nick Ballard, travelled from Cambridge with his eye on the title, claiming Scottish parents.

Last year's unofficial title holder, Alastair Watt (Clyde), was looking to make it official and with all the top contenders for the Grand Prix Series including Bud Johnston, Scott Riach, Andrew Johnston, Geoff Buchan, Alan Davidson, and John O'Donovan (just back from winning the prestigious Dublin Millennium Triathlon in Ireland) a cracking event was in prospect.

The women's event looked like a straight battle between Ginny Pollard and Sylvia Cranston, with the veterans title between Mike Joiner, Phil Templeton, and Lionel Wylie.

The rectangular loch at Monikie proved ideal for an open water massed start. The field made the usual mad dash into the water, churning it up into white foam. The early leader was O'Donovan (FFT) but the stronger swimmers, Collingburn and Riach, overtook him at about 250 metres. These two extended their lead and came out of the "longer than" 1K swim well ahead of Mike Harris and Ginny Pollard. The other contenders were two to three minutes down.

The 40K bike section consisted of two 20K laps, and Collingburn was soon out of sight. Riach, on his new Colnago bike, was hot in pursuit, with Harris trying to catch Riach, with everybody else hanging in there except O'Donovan (who the week broke the Scottish National



Ginny Pollard

25 mile cycling record with a time of 53-13). At the end of the first lap O'Donovan caught and passed everybody except Collingburn, who he caught with four miles to go and finished the bike in first place.

A fast changeover, and O'Donovan was running with half minute to spare over Collingburn and a full two minutes over Harris and Riach, who finished together.

Harris then put his running prowess to great use, leaving Riach, passing Collingburn and getting O'Donovan in his sights. But that was as far as he got, as O'Donovan held on to win comfortably by 30 seconds.

In the ladies race Pollard was out of the water in front of Cranston, and they were neck in neck all the way on the bike with Pollard gaining the upper hand at the end and taking nearly six minutes out of Cranston on the run.

Mike Joiner (Bruce) just won the veteran section from Templeton, with Wylie plagued by two punctures.

Mary Walsh (EK) took the ladies veteran title and Max Williamson took the supervets (O.50) in great style.

THIS YEAR Scotland has produced only two women athletes who have achieved Olympic qualifying times - Yvonne Murray and Liz McColgan. This is disappointing to say the least when you consider that the Olympic standard is far softer than the British Olympic qualifying standard, which these two girls have also met.

But, you do not shoot the messenger because she brings bad news, and it is pointless and cruel to criticise the girls who are competing at the moment and striving to better their personal bests. It is hardly an athlete's fault that the standard of athletics in Scotland is not too hot.

It has been a long time since Helen Hogarth (nee Golden) gave up athletics, but her 100 metres time of 11.40 (11.2 hand) run in 1974 still stands - and her 200 metres time of 23.0 (also in 1974), takes second place behind Sandra Whittaker (injured for some time now) who set a Scottish record of 22.98 when competing in the Los Angeles Olympics.

With people like Margot Wells, Liz Sutherland, Faye Bunning (Nixon), Linsey Macdonald and Kaye Scott (Jeffrey) having either retired, moved up events or had long standing injury problems, the only person in recent years to emerge as a real threat to the Scottish record is perhaps Janis Neilson (who is to be congratulated on Olympic relay selection).

At least in the short sprints there is the prospect of great improvement through the emergence of girls like Melanie Neef, Kathleen Lithgow, and Alison Edmonds, the same is not apparent in the 400 metres. Linsey Macdonald's 51.16 looks very safe, as indeed do long-time performances of Linda Forsyth, Karen Ford, Angela Bridgeman and even fifth placed Rosemary Wright (Stirling), who ran her 53.24 in 1971.

Rosemary Stirling is still top ranked Scot in the 800 metres with 2-00.2, a time she set in 1972. With Anne Purvis now away from the athletics scene and expecting twins in October, Yvonne Murray is the only athlete to have threatened that time this year, although the 800 metres is very much her third event.

Perhaps the most telling indictment of the event, however, is that only four Scots made the starting line for this year's Scottish Championship. The 1500 and 3,000 metres are of course dominated by Yvonne Murray and Liz McColgan, and 1500m third ranked Lynne MacIntyre, an Olympic finalist in Los Angeles, might well be surprised to

Women in SPORT



Alison Edmonds and Kathleen Lithgow...some hope on the horizon

find herself in that position after being out injured for some time.

McColgan is out on her own as far as the 10,000 metres is concerned. Perhaps we should be trying to persuade all these hundreds of women "fun runners" to compete in the 10,000 metres on the track.

With names like Liz Sutherland, Elaine McMaster, Myra McAskill (Nimmo), Margot Wells, Ann Girvan and of course Pat Rollo now disappeared from Scottish 100 metre hurdling, there seems to have been a very long gap since we saw a Scottish girl run under 14 seconds - which is very disappointing when to run in the low 13 seconds would be mediocre by British, never mind world, standards.

When the 400 metres hurdles was introduced for women in the mid-seventies, the national record improved in leaps and bounds up until 1978 but Liz Sutherland's 57.43 has now stood for ten years, although Margaret Southerden came close in 1983. Scotland has in the past produced three women who would have qualified for this year's Olympics (58.04) including a host of girls well under the minute, but it seems 400 metre hurdling probably more than any other event has taken a tremendous step backwards with this year's first Scot, Alison Hodgson, ranked at 61.60.

Moira Maguire (Walls) dominated the high jump for a long time, even coming back to the sport after giving birth, but at the age of 17 Jayne Barnetson eclipsed it with 1.88m, this year's Olympic qualifying standard, but injury has prevented the Inverness Harrier from improving in the intervening three years and indeed she has now had to retire from the event. It cannot be too healthy for the high jump when again only four competed at the



Scottish Championships, but then it is a highly specialised event.

Jayne had now spread her talents to 400 metre hurdling - fourth at the Scottish Championships, and to the heptathlon at which she recently won the SWAAA Championship and has a bright future. Heptathlon, very much a minority event in Scotland, has surprisingly come to the fore, with Shona Urquhart taking second place in the recent WAAA heptathlon, giving her automatic selection for the Olympics should she achieve the qualifying score by September 7.

Lorraine Campbell took her seventh Scottish long jump title this year, but she must be looking desperately for some new blood to be injected into the event otherwise she will never achieve Myra McAskill's 1976 jump of 6.54w (6.43).

In the discus and shot, Meg Ritchie's records look to be untouchable as do the distances thrown by second ranked Rosemary Payne. Javelin, though, does seem to have pretenders to Diane Royle's national record if Nicola Emblem, Shona Urquhart and Mary Anderson keep up their healthy rivalry.

SO, HAVING outlined the position in the various events, what can be done to get better performances from women's athletics?

We could do with a better medical back-up for our athletes for a start.

Also, it is well known that the drop out rate in women's athletics round about the age of puberty is tremendous. Could it be that less women are coming through to the senior ranks because girls are maturing at an earlier age, finding the dreaded "boyfriends" earlier, so that

girls are dropping out of the sport at an earlier age before athletics has had time to establish as an important part of their lives?

Athletics is portrayed on television as being glamorous and television coverage of athletic events has certainly increased tremendously over the last few years. Liz McColgan seemingly skips effortlessly 25 times round the track; girls are seen finishing the 400 metres in under 50 seconds and walk off the track smiling and waving to the crowd.

What is not seen is the hard mileage, lactic building running sessions, sweaty circuits and weight lifting. There is far more to athletics than appearing on the track in a one-legged leotard and 12 inch finger nails. It must be very off-putting for a youngster to go down to a track with aspirations to be the next Grace Jackson, only to find she has to work her butt off even to break 60 seconds for the 400 metres.

A girl in the 1980s is bound to have different ideals and goals than a girl of the '70s. If we are talking about nurturing talent, then of course we are talking about the coaching system in Scotland. Could this be where the problem lies in that Scottish women athletes are not generally moving with the times?

It crosses the mind that the Scottish club system could concentrate too much on the "academic" coach, with coaches keen to enter exams and receive some sort of accolade for their work. It is understandable a coach wanting to increase her athletic knowledge, but surely the most important thing of all is being able to motivate.

Charlie Affleck, who coached Allan Wells at the time of his Olympic gold, never sat a coaching exam in his life, nor Steve Cram's coach Jimmy Hedley. It is all very well having your head full of the theory of track and field, but it is absolutely useless if it is not being transferred to the athlete in the form of motivation and belief in herself.

We could go on expounding theories all day and no doubt there are tremendous differences of opinion in Scotland as to why women's athletics are experiencing a bit of a slump. The important thing of course is to do something about it rather than harping back to the good old days and ghosts from Scottish Championships past. How do we go about raising the standard?

Fiona Macaulay

A Run Across

LAST SEASON was the tenth anniversary of Westerlands Cross Country Club, and the general opinion of the club members was that this particular anniversary should be celebrated in some fashion. The club had been started by a small group of Glasgow University graduates and, although not boasting a large membership, has grown in number over the years to represent a wide spectrum of running interests and abilities. In recent years a small but thriving ladies section has been established.

A considerable hill running influence has also developed within the club so, not surprisingly, the suggestion of an attempted coast to coast relay across the Scottish Highlands this May was enthusiastically received. Starting at Oban railway station on the west coast, and finishing at Montrose railway station on the east, the proposed route of approximately 180 miles would mainly follow minor roads and rough tracks, but would pass through some remote exposed regions where navigational skills would be required in bad weather. The added challenge of completing the relay within 24 hours appeared attractive, but rather improbable considering the potential difficulties likely to be encountered.

By dividing the route into 20 stages of differing terrain and distance, every club member had an opportunity to participate and eventually 32 took up the challenge. In the initial period of planning during the winter months, the weekend of May 21-22 was selected as the most suitable. A starting time 10.30pm on the Friday evening would allow maximum advantage



Westerlands Cross Country Club in Glasgow's West End recently celebrated their tenth anniversary with a run across Scotland, from Oban to Montrose. It seems a long way to go for a pint, but even worse when you arrive and miss closing time by eight minutes! Club member Ian Struthers relays the story of the 24 hour marathon for Scotland's Runner.

of the weekend, while ensuring that the stages over higher, featureless, ground were likely to be completed in daylight.

To assist organisation, an estimated time schedule was prepared for completion of the route in 24 hours, giving the expected starting and finishing times of each stage. In addition the twenty stages were grouped into five sections, each with a supervising coordinator.

In the final weeks of preparation, some stages likely to cause difficulties with navigation were reconnoitred. Perhaps appropriately, a wooden spoon was selected as the relay baton, allowing a small plastic digital clock to be attached for accurate time keeping of the individual stages. Joanna Calder and Sally Struthers, the wives of two club members, were recruited as overall coordinators. Based in Glasgow, they would monitor the progress of the relay and maintain regular contact by telephone with the section co-ordinators.

As expected, in the final week there were a few late withdrawals, but fortunately no major reorganisation of runners was required. So, after work on a fine Friday evening, the first group of runners left Glasgow by car bound for Oban.

In the falling light and overlooked by MacCaig's Folly on Battery Hill, Colin Aldridge, John Wellings and Bob Cant started on schedule at 10.30pm. Leaving brightly lit streets behind, they climbed the steep winding road out of Oban past Glencruitten to the first changeover at the isolated road junction leading to Glen Lonan. They completed this initial three mile road stage in 22 minutes, three



minutes ahead of the prepared time schedule, handing over to Quinton Blane for a 10 mile road stage through Glen Lonan. By now darkness had fallen, but in moonlight Quinton followed the lonely undulating road past scattered farms and their rough pasture, finally descending towards the lights of Taynuilt village.

The changeover for Stage Three was a short distance along the main A85 road near suspension footbridge over the River Awe. Here Dave Calder and Dave Thom were preparing for their 21.5 miles through mostly uninhabited country. Quinton arrived at 11.58pm, twelve minutes ahead of schedule, and the two Daves set off along the side of Loch Etive past the solitary houses at Glenoe and Inverliever to the entrance of Glen Kinglass.

The track now turned inland through the wooded lower reaches of the glen, before gently rising past unoccupied Glen Kinglass Lodge into a more barren landscape. In the clear night sky the temperature had fallen and a ground frost was developing. The two Daves were becoming tired as they climbed the now rocky path which led onto a desolate moorland watershed where a suspension footbridge crossed the River Kinglass. However, once across the watershed the track improved and they made better progress past Loch Dochard and the isolated house at Clashgour, heading towards Victoria Bridge and a welcome changeover.

To the occupants of the waiting car, the two Daves appeared to have aged when they arrived at 3.48am, considerably behind schedule. In the early dawn, with a blanket of

mist over Loch Tulla, Aldridge, Wellings and Cant were glad to be moving for warmth as they followed the West Highland Way the short distance of Auch, which was reached at 4.42am.

The carload of runners for the next three stages had arrived in Bridge of Orchy at 2.40am. Having spent nearly two hours of sleepless torment waiting in the car, Alisdair Campbell and Archie Cameron finally departed from Auch 52 minutes behind schedule on the 11.5 mile stage to Glen Lyon. Their route passed under the large railway viaduct spanning Auch glen, then travelled through the narrow glen before climbing grazing on the higher ground.

Descending to Loch Lyon, the ground became more difficult as they contoured across seemingly endless hillside towards the dam and the tarmac road leading down Glen Lyon. However, when the changeover at the dam was finally reached at 6.43am, there was no sign of the support car. As Alisdair and Archie waited with increasing agitation, a chance encounter with two fishermen informed them of a car with three occupants drinking tea parked at a reservoir four miles down the road. Eventually, when the mistake with the changeover had finally been realised, the support car continued up Glen Lyon to meet Alisdair and Archie at 7.25am.

After only five stages the relay was 95 minutes behind schedule. Emerging from the car and peeling off his tracksuit, Donald Brannan started back down the road with sunlight streaming into the glen. Enclosed by high hills he arrived in Innerwick at 8.27am, where Isabel Coombs and Anne McDonald were waiting.

As they climbed out of Glen Lyon on the hillpath above Innerwick, Isabel and Anne were glad to have escaped the relentless recriminations after the earlier misunderstanding. Crossing over to the broader Rannoch valley, they descended through Rannoch forest to Carie on the shore of Loch Rannoch, then followed the road to Kinloch Rannoch. Despite being tired from a sleepless night, they completed the 10.5 miles in 98 minutes, entering Kinloch Rannoch at 10.05am.

Having driven up on the Friday evening and camped overnight in Kinloch Rannoch, the next party of runners were fresh after a reasonable night's sleep. Taking over, Maureen O'Neill and Jane Robertson covered 10.5 miles of de-

Scotland

hydrating road which took the relay through pleasant woodland scenery dominated by the rocky pyramid of Schiehallion and past Tummel Bridge to Tressait on the north shore of Loch Tummel. Here Helen McPherson, Pat McLaughlan and Alison Graham had some initial route finding difficulties before locating the hillpath leading the seven miles over heather moorland to Blair Atholl, where they arrived at 12.39pm.

Deep in the Central Highlands, the relay was still 89 minutes behind schedule. Although his intended running partner had withdrawn a few days before because of injury, Ken White looked remarkably cheerful as he started alone on 22 miles of track through Glen Tilt to Linn of Dee. Passing hill walkers gave him the illusion of speed as he progressed up the long steep glen to reach an extensive bare moorland wilderness, which finally led to White Bridge over the River Dee, and the last few weary miles of his stage.

The weather was hot and sunny and the waiting group were enjoying some relaxed sun bathing although Pat O'Kane, who would be running the next stage, appeared curiously apprehensive. Perhaps he was remembering the previous year when the club's attempt at the Glasgow to Fort William relay had failed in confusion and disorganisation. However, after a fine run the reliable Ken arrived exactly when expected, having taken 173 minutes from Blair Atholl.

Once on his way, Pat was more relaxed as he settled into a steady five and a half minute mile pace along the seven miles of road to Braemar, where he joined the main A93 road for the final two miles to Auchallater. He arrived at 4.21pm, to be greeted with rapturous applause from a group of schoolgirls from Easterhouse who happened to be nearby. His time of 49 minutes was five minutes faster than anticipated for the stage. More was to come on the next stage.

Mark Rigby and Sandy Bennet were running Stage 14, which followed the centuries-old route up Glen Callater and over Tolmount into Glen Doll, a distance of 12.5 miles. The previous year Mark had won the Goat Fell and Angus Munros hill races, but a recent foot infection had interrupted his running. He showed no ill effects as Sandy pushed the pace up the track past Loch Callater and deep into Glen Callater before climbing the

encroaching hills to reach high ground east of Tolmount. Although the scene of several tragedies during winter storms, in the benign weather conditions prevailing they enjoyed exhilarating running across this exposed region crossing patches of lingering snow to reach Jock's Road and the gradual descent through forest into Glen Doll.

The next group of runners had just arrived at Glen Doll car park, thinking they had plenty of time, when down the track raced Mark and Sandy to hand over the baton at 6.04pm. Their time of 103 minutes was 17 minutes quicker than expected, reducing the overall time deficit to 64 minutes. Although initially taken by surprise, Andy Freer and John Tolmie were soon in full flight down the narrow road through upper Glen Clova, while a small village of Westerlands tents was appearing in the Glen Doll camp site. In bright evening sunlight they reached the peaceful hamlet of Clova at 6.26pm.

Now nearing the eastern boundary of the Highlands, the final hill stage of twelve miles climbed out of Glen Clova and over a featureless range of hills into Glen Esk at the start of the road which would eventually lead to Montrose. On the steep path above Clova Inn, Tony Ritchie and Ian Struthers were soon reduced to walking pace as they slowly gained height, finally reaching Green Hill summit cairn. However, once on the summit plateau there was some fine running across the stunted vegetation to Muckle Cairn, followed by a gradual descent through eroded moorland to Cairn Lick and the good track leading steeply down to Loch Lee. Following the track along the shore, they reached the changeover in the car park near Lock Lee Kirk at 8.12pm.

Just 27 miles from Montrose the relay was only 37 minutes behind schedule, but with some alarm it was soon realised that there was no sign of the support car with the final group of runners. While Ian waited at the car park, Tony set off along the road through Glen Esk, hoping to encounter the car further down the glen. Meanwhile, the support car was returning to Glen Esk after exploring the final stages of the route to Montrose, but had underestimated the unexpectedly good progress which the relay was making in the favourable weather conditions. Much to his relief, Tony finally met the car coming up the glen just outside Tarfside at 8.42pm.



Scrambling through the bracken, above, are club members Heather McPherson, David Calder, Ian Struthers and Sandy Bennet. On the far left is Quinton Blane.

Continuing down the road past Tarfside, Bill Sheridan, one of the club's founder members, ran a couple of sub six minute miles to help regain the momentum which had temporarily been lost. Then Alex Blakely took over and, in the fading light, covered the next seven miles through the quiet glen to Auchmull farm. Mist was gathering on the surrounding hills when he reached the changeover at 9.36pm.

Now passing through more domestic scenery, John McLellan and Tom Donohue finally left Glen Esk and the Angus hills behind and, crossing the neighbouring flat lowland countryside on a never ending straight road, they ran past Edzell airfield to North Water Bridge.

Andy Freer and Andy Brown had struggled to keep warm as they waited patiently to start the final

eight mile stage to Montrose. At 10.18pm, in the darkness, they started the gentle climb up the road out of North Water Bridge, passing through pockets of mist which had formed with the falling temperature. Eventually at the top of a slight rise in the road the lights of Montrose appeared below. Descending through Hillside and along the main A937 road, they entered Montrose unnoticed - finishing in the railway station car park at 11.08pm.

The relay had been successfully completed in 24 hours 38 minutes, only slightly behind schedule. For the small group of runners assembled at the finish, thoughts of a celebration were short-lived because the local pubs were closed. There seemed little alternative but to return to the cars and a long tiring journey back to Glasgow.

Get away from the wind and rain of Scotland this Autumn by winning our subscribers' competition of a trip for two to the Algarve Half Marathon in Portugal!

Fraser Clyne sets the scene for our 1988 subscription prize draw venue by looking back at the 1987 Algarve Half Marathon. Modesty prevents our correspondent from mentioning that he finished third in 65-49 behind Fernando Mamede.

THE ALGARVE has long been a favoured destination for sun-worshipping tourists seeking an escape from dismal, dark, and dreary British winters. But the southern Portuguese coastal playground is also becoming increasingly popular with growing numbers of British runners who are making the annual pilgrimage to the holiday village of Aldeia das Acoelas near Albufeira for the Portuguese Half Marathon Championship, which has been held there annually in late October or early November since 1980.

Last November, a party of Scottish runners made the three hour flight from Glasgow to the "Garden of Portugal" for the eighth running of the race. Six Aberdonians - Bruce Moroney, Rob Taylor, Phil Cowie, Geoff Simpson, Francis Duguid and myself - were joined by Garscube's Dave Geddes, Greenock Wellpark's Bill Stoddart and Central Region's Mike McQuaid.

Unseasonably wet weather greeted us on arrival at Faro Airport, but hopes that the conditions might give us a competitive advantage in the half marathon soon faded as race day dawned with warm sunshine burning the clouds away long before the 9.30am start.

As the 400 competitors lined up under the start banner, strains of "Here we go, Here we go", filled the air. Race favourite Fernando Mamede (Sporting Lisbon) looked puzzled as he surveyed the scene with his Portuguese colleagues.

Mamede was not put off by the war cry, however, as he sped round the undulating rural circuit in a new course record time of 64-24, finishing 76 seconds ahead of fellow countryman Rafael Marques. It was a perfect start to the day for the former world 10,000m record holder, who was celebrating his 36th birthday.

The top Scottish performance was the cool running of Bill Stoddart, who was a convincing winner of the over-50's division with a time of 76-24, good enough for 34th place overall. Bill could become a regular visitor to the Algarve as his prize was a fully paid return trip this year. Should he win again, then he will be back again in 1989... and so on. Who can stop him?

There were also awards for Taylor (third overseas competitor

in 22nd place), and Duguid (third in the veteran's division). Indeed, the prize structure was exceptionally generous with dozens of awards and trophies being distributed in all age group categories. The presentation ceremony was also impressive, with results announced in English and Portuguese, and ample food and drink freely available to

all competitors and their friends.

The simple efficiency of the event was further demonstrated by the posting of results, including everyone's time and finishing position, in the Acoteias Sports Centre immediately after completion of the awards ceremony.

This Autumn the organisers hope to attract an even larger field

of participants, especially from overseas. English runners have been turning up in force for this race over the years, and the appearance of a sizable number of Scots last time was something which pleased the locals.

The holiday and sports complex at Aldeia das Acoteias is an ideal venue for runners of all abilities. The annual Almonds in Blossom international cross country race has attracted world class competitors here for many years now, and the purpose-built soft-surface course is ideal for training runs. Extensive grounds around the complex offer further running opportunities, with miles of trail weaving endlessly through almond trees and pinewoods, and the idyllic setting has attracted the Finnish orienteering squad here on numerous occasions in the recent years.

A four lane all-weather track with field event facilities is also available, and for all those interested in other sporting activities the complex also contains tennis courts, an archery range, horse riding courses, swimming pools and a gymnasium. Magnificent golf courses are found at nearby Vilamoura.

The extensive Falesia beach is a short jog from the centre of Acoteias, and here it is possible to try wind surfing or water skiing. The golden sand extending for miles along the Atlantic shoreline is also pleasant to run on.

Acoteias is well equipped with its own restaurants, shops, bar and a discotheque, and is only a few kilometres from the whitewashed fisherman's village, turned tourist resort, of Albufeira.

In the days after the race, far more energy was expended on the floor of the local disco than on the tartan track as our group relaxed, enjoying the genuine hospitality of the local people. A trip into the mountains to the village of Alte proved particularly popular, allowing us to sample traditional Algarvian food and drink. Grilled sardines and green wine turned out to be unexpectedly palatable.

The combination of racing, training, and relaxation in the mild winter conditions proved an ideal tonic for all concerned. Definitely an experience to be repeated in 1988!

Flight and competition details

THE PRIZE draw will be made on Monday, September 5. All paid-up subscribers on that date will be eligible for the competition, and the winner will be able to take a partner of his/her nomination. The flight for Portugal now leaves from Manchester, rather than Glasgow, and the winner and partner will be expected to find their own way there. The day of departure, along with a party of more than 20 other Scots, including last year's over-50 winner Bill Stoddart and top road runner Tommy Murray who have already booked, is Thursday, October 27, with the half marathon itself on Sunday, October 30. The party arrives back in Manchester on the evening of Thursday, November 3.

According to organiser Fraser Clyne, there is a good cross section of males, females, couples, singles and age groups travelling with the party, so whatever your size, shape, age, sex, ability - don't worry, you'll be in good company!

The winner will be informed as soon after the draw as possible, and a second and subsequent draws will be made if the original lucky person cannot make it that particular week.

The prize includes flights and accommodation only, so be prepared to have to spend money on food and drink on the trip. The winner's name and address will be published in next month's issue. Good luck!



Bill Stoddart and Tommy Murray.

Club Profile Motorola Joggers

This month, Fiona Macaulay meets a growing bunch of enthusiasts from East Kilbride who, although not yet affiliated to the SWAAA, are an example of how to organise a new club - with sponsorship too!



AS I DROVE to East Kilbride the sky was black and the rain was lashing down. I began to wish I had not taken up the kind invitation to run with the Motorola Joggers.

Despite the rain, however, I met a cheery bunch of runners at Calderglen Park (although they normally run from the John Wright Sports Centre where preparations for the Whitemoss running track are well under way).

Motorola Joggers is the brainchild of Clare McGarvey, a 3-30 marathoner who has run Edinburgh, London, and New York. When she put up a notice at her work in an attempt to rally people to start a jogging club, the initial response was a bit disappointing with only three of four runners turning up. The club, however, persevered with numbers growing slowly, and a beginners' jogging week held in April attracted a lot of interest, coinciding as it did with the Motorola company introducing a health scheme for its employees to have their fitness scientifically monitored.

The majority of Motorola's 28 (and growing) members are women, and the over-35 age group outnumber the younger runners. There are even a couple of grannies, one of whom told me she gets really annoyed if she misses a training session, and at least four married couples. The husband of one of the members belongs to the local running club, but also enjoys training with Motorola Joggers.

Training nights are on Tuesday and Thursday evenings at 7.30pm and Sunday evenings at 6.30pm. Usually the club is split into groups of varying speeds, with a leader who decides on the route to take for a particular run. It is emphasised that Motorola Joggers are not exclusively interested in competing, and

if people want to go along to keep fit, the club is more than delighted to accommodate them. As Kathy Shanks told me, it does not matter whether members run or walk as long as they enjoy themselves. Also, the club is not exclusive to employees of Motorola, and new members will be made very welcome.

The Motorola company, American and specialising in microchips, donated money to the jogging club, which helped to buy tracksuits,



shorts and distinctive T-shirts with the Motorola "batwing" emblazoned on the back. Races entered by club members include the Adidas series of road races, the Kodak "10" races, the Great Scottish Run, the Land O'Burns, and the Great North Run, to which they took a minibus, going on the Saturday and returning on the Monday. Everyone finished, including the member competing for the first time, and times ranged from 2-25 to 1-56.

Altruism certainly seems to be the name of the game in this running club where the better runners are quite happy to sacrifice a training session to ensure that new or

slower members are never left at the back of themselves. Quite admirably this also extends to races, where someone competing for the first time always has a club member to run with. When new recruits gain in confidence and ability they no longer need nursed along, but any new member can be sure of tremendous support.

The joggers agree that it is so much easier to get out and run when going in a group, and in fact if it was not for the club they would not be running at all. Considering it was holiday time and the rain was teeming down, there was a good turnout on the night I was there (unannounced). Having finished her run, soaked to the skin, one runner announced she was now going off to do a night shift.

Last year the Motorola Fun Run in Strathclyde Park over 4.2 miles raised £10,000 for the Philipshill Spinal Unit, and about 1,000 competitors took part from serious runners to babies being pushed in prams. This year the event will be held on September 18, with the money raised through sponsor sheets sent out with entry forms going to the Hairmyres Hospital in East Kilbride. There is the added incentive of a spot prize of a weekend in Paris, and the medals have again been designed by the Motorola Joggers.

At the moment Motorola Joggers is not affiliated to the SWAAA, so runners enter races as "unattached", although the club is getting round to making a formal application.

Having met the members and experienced the atmosphere, it is without doubt a club where runners of any ability would feel quite at home - and no, they did not pay me to say that!

Motorola Joggers, including Clare McGarvey, far right. Pictures: Peter Devlin.

THE FOUNDER of Motorola Joggers, Clare McGarvey, took up running seven years ago. "I had been playing a lot of racket sports and felt I needed a change of scenery. It was around the time that jogging was very popular," she explains.

Taking the bull by the horns, Clare went out running on her own as she was unable to find a club she could join. Hence her involvement in setting up the Joggers.

One of the club's future concerns is to become affiliated to the SWAAA. As Clare says: "Now that we are much bigger, I'm going to delegate jobs to different club members. One of the first priorities will be to find out about applying for registration and, hopefully, it should not be too long before we become 'attached'."

Most of Clare's spare time is spent either training or travelling to events. Surprisingly enough, the running club does not rely heavily on her organisation. "Everybody has fallen into a routine and everything tends to take care of itself," reveals Clare.

She sees only one potential difficulty on the horizon - the fact that club members are becoming more adventurous, and Clare envisages some frustration this winter when there are a lot less races to take her fellow runners to.

Running: Life beyond the half marathon

Derek Parker, Kilbarchan and British senior coach, sets our runners on course for further running targets after achievement of their first half marathon.

BY NOW many readers will have completed the first half-marathon which they have been training so long for. Hopefully everything will have gone to plan, and most of our readers will have been very satisfied with their results. (Those of you who have still to make your debut should follow the advice in last month's Scotland's Runner and reduce your training during the final two weeks before the race to beat your physical and mental peak.)

The week after the race is also very important and you should resist the temptation just to sit back and do absolutely nothing. Even if you want to take some time off training, you should endeavour to jog for 15 to 20 minutes on each of the two days immediately after the half-marathon.

This will re-oxygenate tired muscles, clear away waste products such as lactic acid, and make you feel much fresher mentally and physically. Just walking for 15 to 20 minutes on these two days is better than doing nothing at all - otherwise you are going to feel stiff and sore for about a week afterwards.

Remember, too, to eat easily digestible foods such as bread, jam, honey, and pudding after the race to replenish your depleted glycogen reserves, and to drink fluids such as tomato and orange juices to replace calcium and magnesium lost through perspiring during the race.

Now, too, is the time for you to analyse your performance rationally and objectively. Did I achieve my target? Was I too ambitious? Did I underestimate my fitness?

You should also be examining

your mile "split" times if you have them, as they can tell you if you went too fast too soon, or if you had so much left in reserve at the finish that you are capable of achieving a far better result next time.

If you ran to your expectations take a genuine pride in your performance. After all, you have worked and trained so long and arduously for your success that you are entitled to feel pleased with yourself. Far too many athletes put unrealistically high demands on themselves, and then when they are unable to achieve their targets they become too self-critical and feel guilty about not having done better.

Always remember that your participation in athletics is designed to make you feel more confident and fitter and fuller person physically, mentally, and spiritually. If you use your sport to criticise yourself unfairly or unjustly, or to convince yourself just how hopeless you are, then you are totally defeating and negating its prime benefit.

I am not saying that all athletes should be satisfied with mediocrity. The logical consequence of such a statement would inevitably mean that performances would never improve or progress.

What I am saying, however, is that you have to sit down and evaluate your result with sound judgement. Write down in your training and racing diary all the plus factors and all the negative factors about your performance then draw your own conclusions - discussing them with an experienced coach or someone whose appraisal of the event you can trust, if necessary.



Your post-race analysis could also include an evaluation of the effects of the weather on your performance; How much the presence of the other competitors affected your pace judgement; how you felt at the start of the race or even before it; and, above all, how you felt during the various stages of the event.

Did you feel sluggish at the start and fresher later on? If so, perhaps you could have done with a longer warm-up earlier on just to raise the heart rate to the level it would have been functioning at during the competition.

Was the first half of the race considerably faster or slower than the second half? If so, you will have to get used to pacing yourself better throughout the entire course of your next competition, running the entire distance as close to level pace as possible.

Did you slow down on the hills? If you did, then include more hill work in your training. Did you fail to fulfil your potential because you opted to let a friend or colleague act as your pace-maker? Then develop the confidence to trust in your own judgement and run at a pace which YOU think is correct without having to rely on someone else doing your thinking for you.

And did you feel strong, confident, and purposeful on uphill or downhill sections? Is so, you now know that the slopes hold no fears or qualms for you, and that in future competitions you can exploit them to gain psychological advantages over opponents.

Always be positive, analytical, and inquiring in your assessment of

yourself after the race. Comments such as, "I ran rubbish today," or, "I was hopeless," are negative, useless, and destructive. They only give you an inferiority complex and an inadequate self-image about yourself.

Training and racing are all about getting to know yourself better and making you aware of talents which you possess but where previously unaware of. That is why it is so crucial that you find out your strong points as well as your weak points and what sort of race situations and environments you perform best in, e.g. cross-country, track, road, or mass participation events. And if something does go wrong - and that happens even to Olympic champions - identify the problem as accurately and as quickly as you can so that you do not make the same mistake again.

Always remember that experience is still the greatest teacher and if you take the time to analyse and evaluate your race performance properly you should be assured of doing even better next time.

One final point about post-race analysis. If everything has gone to plan and you believe you have run well, make certain you record details of your training, sleeping, eating, and social patterns in the period before the event. It should be emphasised that all athletes, irrespective of level, should maintain a regular training and racing diary to allow them to record their progress and remind them of how they felt, mentally as well as physically, at all stages of their preparation for races and during actual events.



DO NOT be too surprised if you experience a feeling of anti-climax soon after the completion of your first half-marathon. This is quite natural. You have been training for the event and looking forward to it for so long, then it is all over in two hours or so and suddenly you feel that something important has disappeared from your daily routine. Even Olympic champions experience this sensation of hollowness and emptiness after having prepared for such a lengthy period to win their gold medals.

As I wrote in a previous article, however, the completion and attainment of one goal leads to the creation of another. So the next step in your career, after having analysed your debut half-marathon performance and given yourself an adequate recovery period, is to set yourself fresh targets.

You should not just restrict yourself to running half-marathons, even although you may well be quite eager to tackle another one quite quickly to see if you can improve on the time you recorded in your debut.

If you do intend to run another half-marathon this year, I would suggest that the absolute minimum recovery period for a beginner would be four weeks. This would provide you with one recovery week, two fairly hard weeks of training, and then one ease down week before your next race. Although some athletes can run two good half-marathons within four weeks, these men and women are usually of international standard.

The beginner would be better



advised to take part in some of the shorter road and cross-country races which are held throughout Scotland during the winter months.

These shorter races have several advantages. Firstly, they allow you to compete much more frequently than was possible and advisable during your half-marathon programme. This is because you can tackle them favourably on a lower training mileage, and you do not need to spend so much time easing down before or recovering after them.

Secondly, they provide an invaluable form of training in themselves. The shorter, faster distances help to sharpen you up and enable you to run at a higher percentage of your maximum oxygen uptake (VO2 max) and at an increased pulse rate. They also bring into use more of the white, fast-twitch muscle fibres responsible for speed. In longer events, the red, slow-twitch muscle fibres are more active.

Thirdly, they are highly enjoyable, particularly if they take the form of relay races. They provide an opportunity to build up the team spirit and camaraderie which are such essential ingredients of athletics - and make you aware that you and your participation are very much an aspect of worldwide sport.

Fourthly, these shorter races help you set new goals for yourself and develop future training and racing objectives.

At this stage of your career you can compete quite regularly in short-distance events of up to five miles, provided you do not put yourself into a state of stress.

The late September until mid-November programme means there are races on the road or over the country virtually every week in Scotland so you should be careful not to overdo your participation in competition. Ideally it would be best to compete just every second week, but in practice you will probably find if you are a member of a club your services will frequently be required to make up teams in the many relay races that are held at this time of the year.

If you find yourself in this situation, be prepared to take some of these races less seriously than others - and if you have any doubts about your fitness, or if you are feeling unduly tired or sore, you must be prepared to curtail competitive programme and substitute more rest days or recovery runs instead.

Assuming these early-season shorter races are having no adverse effects on your health or training or racing programme, you can use them as stepping stones to the future.

For example, once you have run permanent courses such as the McAndrew at Scotstoun, or the George Cummings at Kilbarchan, you will then have time targets to aim at the following year. And as your career progresses, you will find yourself compiling a comprehensive list of personal best performances for different courses. These, too, will provide you with incentives for faster times at the same venues in future years.

This is the positive side of competition. You are exploiting the com-

petitive situation to help you to attain your potential as a person and an athlete. It is perfectly justifiable and a legitimate method of self-fulfilment, and the actualisation of the physical, mental, and spiritual talents which you never knew existed until you took up running.

Your training programme for the four weeks after your debut half-marathon should be along the following lines, and will help to prepare you for the road and cross-country season ahead:

Week One

Sunday: Half-marathon race
Monday: 20 minutes easy
Tuesday: 20 minutes easy
Wednesday: 30 minutes easy
Thursday: 20 minutes easy
Friday: Rest or 10 to 15 minutes jog
Saturday: 45 to 60 minutes easy

Week Two

Sunday: 60 to 90 minutes cross-country
Monday: 15 minutes warm-up + 8 x 60 secs fast (60 secs jog) + 15 minutes cool down
Tuesday: 20 to 30 minutes steady
Wednesday: 60 minutes steady including some hills
Thursday: 20 to 30 minutes easy
Friday: Rest or 10 to 15 mins jog
Saturday: 8 miles steady

Week Three

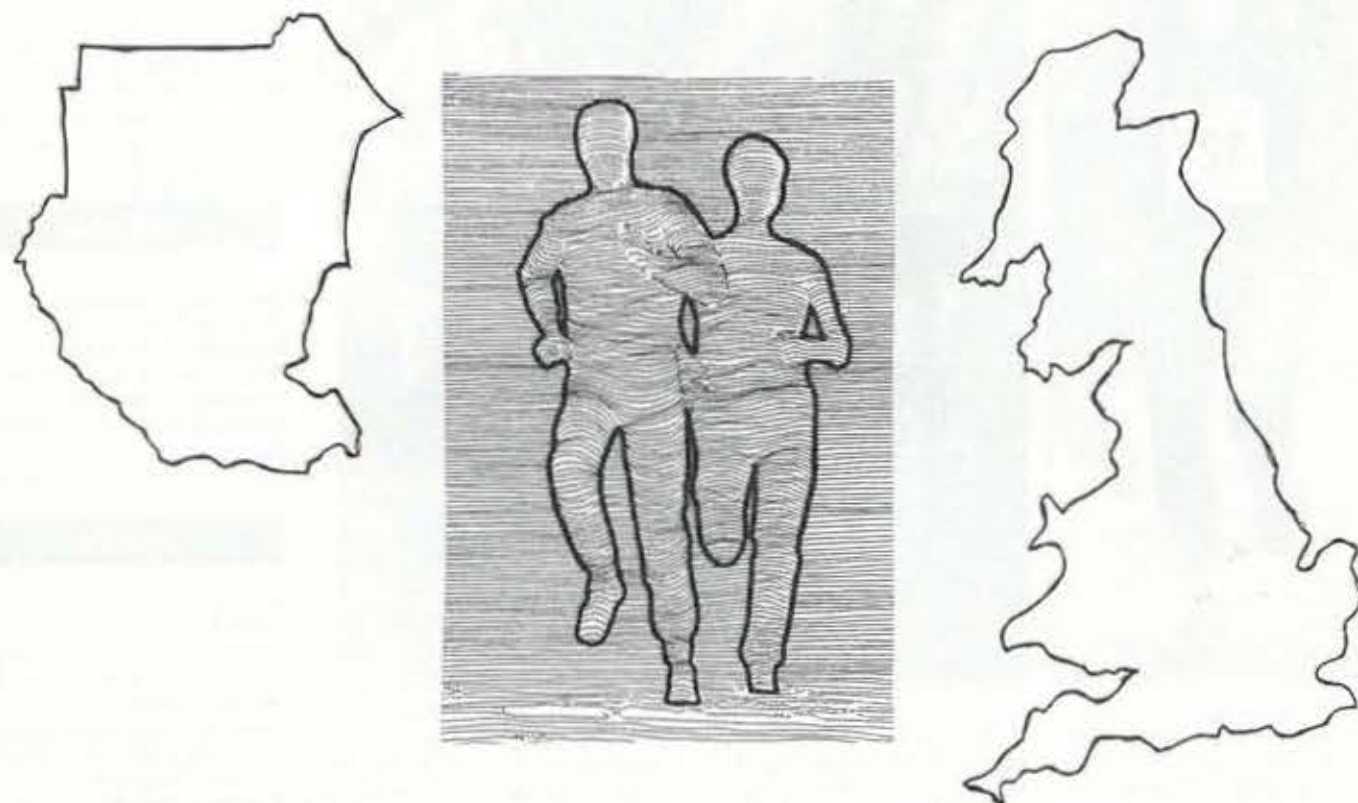
Sunday: 60 to 90 minutes cross-country
Monday: 15 minutes warm-up + 4 x 2 minute fast (2 minutes jog) + 15 minutes cool down
Tuesday: 20 to 30 minutes steady
Wednesday: 60 minutes steady including 6 x 100 metres up-and-back-down hill
Thursday: 20 to 30 minutes easy
Friday: Rest or 10 to 15 minutes jog
Saturday: 10 miles steady

Week Four

Sunday: 60 to 90 minutes cross-country
Monday: 15 minutes warm-up + 16 x 30 seconds fast (30 seconds jog) + 15 minutes cool down
Tuesday: 20 to 30 minutes steady
Wednesday: 30 minutes steady (no hills)
Thursday: 20 minutes jog
Friday: Rest or 10 to 15 minutes jog
Saturday: Race

Note: If you are racing on Sunday, you may run for 60 minutes on the Wednesday (again no hills), and jog for 15 to 20 minutes on the Saturday before the event.

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Great Scottish Run



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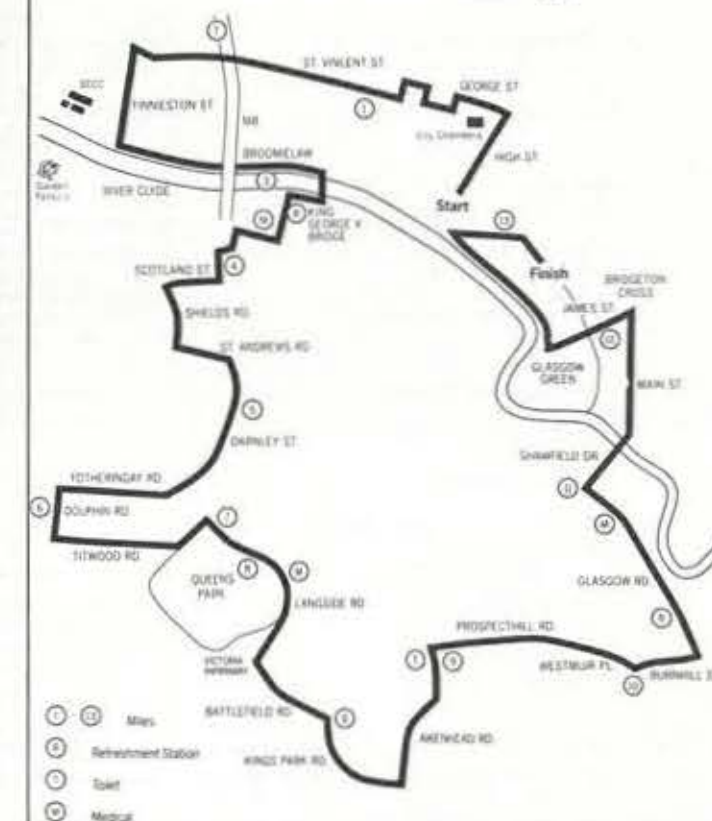
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BETWEEN 5,000 and 6,000 runners were expected to enter the Great Scottish Run in Glasgow on September 11 - but given that an entry limit of 10,000 had been set and there is usually a high drop-out rate, the organisers must once again be having a hard look at what has gone wrong since the heady days when the full marathon drew 20,000 entries.

Scottish Television is expected to cover the event in some shape or form, but it seems an indication of the general uncertainty and lack of vitality about the event that precise details of what the coverage would be were not available by mid-August.

Race organiser Bob Dalgleish has spent much of the past few months suffering from pneumonia, which must account for some of the lethargy surrounding the event, but unless a more urgent approach is adopted next year it would seem that the unthinkable could happen and this great occasion may just fade away. Already there is talk of a return to the full marathon next year. Let us hear your views.

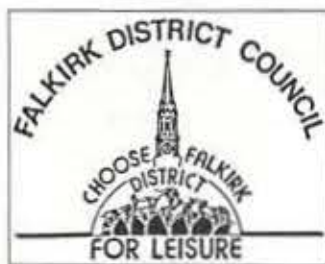
Alan Campbell

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GUIDE TO YOUR FALKIRK DISTRICT SPORTS CENTRES AND HOW TO USE THEM

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Glasgow Rd, Camelon, Falkirk
Tel: (0324) 22083

Mariner Centre
Glasgow Road
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Leisure Pool, Games Hall, 2 Squash Courts, Creche, Cafe, Bar, Sauna, Conditioning Room, Sunbeds.

Grangemouth Sports Stadium
Kersiebank Ave, Grangemouth
Tel: (0324) 483752

Grangemouth Sports Complex
Orchard Street
Ochil Street
Bookings taken from 9 a.m.
Six Lane Running Track, Cycle Track, Field facilities, Football, Gymnasium, Cafeteria.

Grangemouth Sports Complex
Abbotts Rd, Grangemouth
Tel: (0324) 486711

Grangemouth Sports Complex
Islands Crescent
Hallglen Centre
New Hallglen Road
Bookings taken from 9 a.m.
Swimming Pool, Teaching Pool, Two Games Halls, Conditioning Room, Sauna, Gymnasium, 3 Squash Courts, Sunbeds, Cafe, Creche, Coffee Lounge

Polmont Centre
Salmon Inn Rd, Polmont
Tel: (0324) 712654

Polmont Centre
Kersiebank Av
Sports Stadium
Inchyra Road
Bookings taken from 12 noon
Games Hall, Squash Court

Hallglen Centre
Islands Cres, Hallglen
Tel: (0324) 35425

Hallglen Centre
Salmon Inn Road
Station Road
Polmont Centre
Bookings taken from 9 a.m.
Games Hall, Community Hall, Committee Rooms, Sunbed, Conditioning Room

Denny Centre
Station Yard, Denny
Tel: (0324) 825262

Denny Centre
Glasgow Road
Station Yard Road
Denny Centre
Bookings taken from 12 noon
Games Hall, Squash Court

There are many Sports Centres located throughout the Falkirk District which offer everyone a wide range of sports and activities in which to participate.

Coaching and instruction are available in many activities ~ these mentioned below are just a few...

Trampolining · Squash · Badminton · Netball · Swimming · Gymnastics · Karate · Volleyball · Judo · Modern Dance · Lifesaving

Details of times, dates and locations where these activities are available can be obtained from the addresses given. So, if you fancy learning to play a new sport or become involved in a new activity, phone for further information.

Your local sports centre can be of use even if you feel you don't want to join a club or attend coaching classes. If you want to get together with a group of friends to play indoor football, badminton, table-tennis, squash or any other activity, then your local sports centre is available for this purpose.

You don't have to be a member of a club or even hold a membership of the centre ~ the facilities are available for *everyone*, no matter what activity or sport you want to play.

All facilities are open seven days a week and most are available from 9 a.m. until after 10 p.m.

If you decide to use the facilities available, you can book by telephoning the centre concerned at the time stated. Bookings can be taken up to 7 days in advance.

If you are still unsure of what your local sports centre has to offer why not pop along to have a look around. You will find the staff most helpful and willing to give you the information you require.

David J.G. Mould, The Director of Amenity & Recreation, Falkirk District Council, Kilns House, Kilns Road, Falkirk FK1 5SA. Tel: 24911.

Focus On Falkirk

IF EVIDENCE were needed - and in the present political climate it most certainly is - of the benevolent role Scottish local authorities play in providing communities with desperately needed leisure and recreation facilities, the doubters should look no further than Falkirk district.

Taking in a population of 144,000, Falkirk District Council's boundary includes the towns of Grangemouth, Bo'ness, and Falkirk itself. "Bairns" they may be dubbed, but when it comes to leisure provision you couldn't teach this council's amenity and recreation department how to suck eggs.

At the beginning of August, a £500,000 neighbourhood centre was opened at Polmont, about three miles from Falkirk, more or less bringing up to date an impressive and carefully structured local plan for recreation which was plotted at the start of the decade.



Falkirk District Council is a staunch supporter of athletics - two manifestations are the organisation of the Falkirk People's Half Marathon, above, and playing host to international athletics, right.

In fairness, the district council inherited one of the most richly endowed towns in the United Kingdom when local government reorganisation threw Grangemouth in with Falkirk in 1974. The arrival of the BP refinery over 25 years ago

brought ratepaying riches to the old Grangemouth Town Council. Their response was to build sports facilities second to none in the town - for example, at Grangemouth Stadium the first all-weather athletics track in the UK was opened on July 9, 1966, with a triangular match between Scotland, Ireland, and Iceland (how times change!). Also constructed were the Grangemouth Sports Complex, about a mile away, a golf course, and an artificial ski slope. Remember, this was in a decade when Scotland was still scraping its knuckles along the ground as far as sports facilities were concerned.

Grangemouth Stadium was re-surfaced with a tartan track in 1975, and four years ago got a third overhaul at a cost of £90,000. In charge of the stadium now is John Fairgrieve, a man needing no introduction to Scottish athletics - until the beginning of this year he was its administrator!

Athletics has other friends inside the amenity and recreation department in the shape of principal recreation officer Bob MacLean, a runner and coach of 800m runner Liz MacArthur, and the director David Mould, who is also well disposed towards the sport.

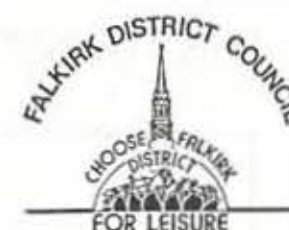
With this background it is not surprising that Falkirk district is not content with just merely providing the facilities - it takes an active part in promoting sport, including athletics.

The Falkirk Open Graded Meetings, for example, have a great success this summer - on occasion attracting in excess of 300 athletes on the first Wednesday of each month. Promoted by local club Falkirk Vic-



toria Harriers, the meets are sponsored by the district council, and needless to say Fairgrieve doesn't shrink in the shadows on these evenings. Other athletics promotions sponsored by the district this year include young athletes meetings, parlauf (continuous relays) nights, intertown sports hall athletics, road races and mini minor Highland Games. But the biggest event, in terms of participation and organisation, is the Falkirk People's Half Marathon on October 23.

Sponsored this year by the local Falkirk Herald newspaper, the event starts and finishes at Grangemouth Stadium. Already the second biggest road race in Scotland with 2,900 entries last year, the half marathon is aiming for an ambitious 3,500 entries in two months time. As, in my opinion, one of the essential ingredients for a successful event is the backing of the local paper, they could just achieve that number



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despite falling trends elsewhere. The entry form appears on Page 50 of this issue (it is the final of our half marathon championship as well).

In respect of new builds, the pride of the district council recreation fleet is the Mariner Centre in Falkirk, a £2.75m purpose built wet and dry site sports centre opened on July 4, 1985 (assisted by a £600,000 EEC grant).

Although some 1,400,000 users have taken advantage of the facility since the opening, the Mariner still looks spanking new. Its leisure pool was the first opened in Central Scotland, although it is a measure of the giant steps made over the past few years that the council is now having to look at installing flumes to beat off the opposition from other leisure pools.

Cross country runners will know Falkirk for the national championship course at Callendar Park - a fine inland course, if that doesn't sound too much like golfing phraseology.

This may appall the Thatcherites among our readers, but leisure and recreation facilities in Falkirk district are provided free to unemployed people between 10am and



4pm on weekdays (on production of UB40). This includes all indoor centres, and also the facilities such as pitch and putt courses at Callendar Park.

It is against this background of providing leisure and recreation facilities for the community at subsidised prices (or no price at all in the case illustrated above) that Falkirk District Council is now having to embark on an efficiency exercise to streamline their operations in preparation for competitive tendering for the management of their sports and leisure facilities.

The recreation director, David Mould, is frank about the implication of private operators winning such contracts:

"If there are any inefficiencies in our present system they will be soaked up in the hip pocket of some contractor," he says. I do not think it will be good for our services in the end."

"If sports and leisure centres could be profit making entities, why has nobody ever done it before?"

Certainly, it is inconceivable to imagine the private sector pumping £5m into leisure and recreation

facilities in Falkirk district over the next decade, as the district council has done in the past ten years (including the £900,000 second phase of the Grangemouth Sports Complex). It is hard to see what improvement privatisation could bring to a district where the tangible evidence of a visionary recreation policy is seen in new and expanding facilities on the ground.

David Inglis

Focus On Falkirk

If you've ever wondered why there are no rhododendron leaves in the Falkirk area in October, the reason becomes apparent at the half marathon ceremony. Graham Crawford took his home for the Spaghetti Bolognaise!

Scotland's Runners: The class of 1988



The Scottish track and field team which competed in the British Schools' international at Swindon on July 16. Already Kathleen Lithgow (seated, centre) is a full Scottish internationalist. How many will follow? From back row (left to right) are: Fiona Watt, Marie Rodgers, Alison Edmonds, Dawn Simpson, Lesley Svaasand, Graeme Atkinson, Mark Avis (see Letters Page), Gordon Reid, Peter Entwistle, Eddie McCafferty, Calum Jack, Marlene Gemmell, Sheena MacDonald, Mary McClung, Fiona Vance, Debbie Haxton. Third row: Philip Crawford, Alison Grey, Jane Ritchie, Tracey Kerr, Sebastian Whyte, David Gormley, Stuart Irvine, Alastair Thain, David Hill, David McDowall, Hazel Melvin, Heather MacLeod, Jane Fleming, Katy Rice, Grant Graham. Second row: Derek Vass, Rachel Houston, Peter Kennedy, Kathleen Lithgow, Darren Galloway, Evelyn Grant, Scott McGeech, John MacFadyen, Ian McGurk. Front row: Alex Carnie, Mark Hamill, Douglas Macrae, Chris Shields, John Stuart, Grame Smith, Caroline Black, Lynne Dobie.

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Glasgow.
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ZO² insert, effective cushioning where it does the most good: right against your heel



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natural padding where it can work best.

□ I even added special midsole contours at the front of the Road Warrior to cradle your forefoot. In effect, they extend all the benefits of my Anatomical Cradle from heel to toe.

□ So check out my new Road Warrior where you buy athletic shoes. And forget about the abuse of running. In the Road Warrior, you won't have to take it anymore.



Not a bad representation compared with recent Olympics, but the first past the post system exposes our proportional lack of depth

However, as Doug Gillon reports from the TSB/Kodak Olympic trials at Birmingham, not one Scot could complain about not being selected for Seoul as the often controversial selection process by and large ensured the strongest team would be competing in Korea. Photographs by Mark Shearman.

SEVEN Scots in the British Olympic team for Seoul from a total contingent of 95 is, on the basis of recent Games, a respectable achievement for Scottish athletics - but not in terms of proportional representation.

Wales, with less than half our population, has nine athletes in the team, while Tyne and Wear in the north east of England (population 1.14 million), has 10. Even with both Wales and Tyneside claiming Kirsty Wade (as we almost could considering she was born in Girvan), Scotland's percentage doesn't bear comparison.

Four years ago the 75-strong Los Angeles line-up included just five Scots - Allan Wells, Brad McStravick, Meg Ritchie, Sandra Whittaker and Lynne McDougall. In Moscow eight years ago there were six Scots out of a team of 68. Given that Scotland has almost a tenth of the UK's total population, we should have had nine or 10 members in the team this time round.

If the aspirations of Tom Hanlon and Jamie Henderson had been fulfilled, then a tenth of the total team is precisely what we would have had, but it has to be added that not one Scot can claim to have been unfairly left out of the team and we had painfully few - just about none - other contenders for selection as the list of Scottish finalists below demonstrates.

Wells's unique distinction in being the first Scots gold medalist in his event could possibly be matched by as many as three Scots this time - Tom McKean (800 metres), Yvonne Murray (3000m) and Liz McColgan (10,000m).

They are all capable of producing a winning performance, are strong medal candidates, and despite the myriad potentials for disaster they will inevitably be tagged as failures should they not reach their respective finals.

Yet without a boycott this is the most competitive Olympiad - more countries, more competitors, and a greater depth of



Yvonne Murray on her way to 3,000m victory over Jill Hunter and Wendy Sly.

quality than any in history. It would not do to expect too much of the trio (or of the two other individual competitors, Geoff Parsons and Brian Whittle, whose realistic target must be to establish new Scottish records; the finals appear to be beyond them).

Elliot Bunney and Janis Neilson have the most frustrating role for any athletes - doomed to watch the individual action while awaiting their bit part in the relays.

It is interesting to note that Whittaker would never have gone to Los Angeles had she not measured up by winning the trial at Gateshead. Some you win, some you lose.

For if the steeplechase trio for Seoul had been picked by debate, and on the rankings, Hanlon, who twice broke the Scottish record in a weekend earlier this season, would almost certainly have been going.

But we can have no complaints. Nor can the rest of Britain. Unlike four years ago, no competitor who has achieved the qualifying standard will be left at home. Even yet, those who make the grade can and will be added. Then, Sally Gunnell, who had made the 100 metres hurdles standard in 1984, was left at home. Now she goes in both hurdles events. How much better would her chances have been if she had been exposed to this level of competition before?

That, incidentally, is not an argument which cuts much ice with the East Germans. The qualifying standards for their women going to Seoul include performances at 100 metres, 100m hurdles, both jumps, shot putt and discus, all of which are superior to the current UK records. With the exception of the 3000 and 10,000 metres (Murray and McColgan) the standard in every event is superior to the existing Scottish national mark!

The British Amateur Athletic Board's Scottish chairman, Ewan Murray, with whom it has to be confessed we have not always seen eye to eye, vowed before the team was selected that every athlete who had achieved the qualifying standard, up to the maximum of three per event, would go to Seoul. He has delivered his promise and is to be commended.

The team which is going to Korea is the right one, with one possible exception - the absence of Seb Coe. That is a personal view based, not on sentiment, but on experience. Surely two golds and two silvers from four Olympic attempts count for something.

The fortunate circumstances which have ensured that there is no other major debate - say over the omission of Tessa Sanderson or Fatima Whitbread - is not thanks to



It looks like the end of the road for two of our greatest Olympians, Steve Ovett (above, on left) and Seb Coe, below, as they are eliminated from the 1500m final and 800m heats respectively. For Coe in particular, the stress and the strain is all too apparent as he trails round the final bend in the wake of Scot Hamish MacInnes. Steve Crabb and Peter Elliott were selected from Ovett's race, along with Steve Cram.

the selection policy. Had Julie Abel, second in the javelin, reached the 56.50 metre mark in the trial, an unpalatable decision would have to have been taken.

The first two past the post is a sound policy, but needs the rider: "except in exceptional circumstances".

What would have happened had the exceptional poor form of Coe four years ago been ignored, and Peter Elliott been sent

instead to run the 1500 metres in Los Angeles? Would he have been the gold medal winner? I doubt it, for all that the Yorkshireman is a demonstrably brave and committed athlete.

A further three weeks for Coe to prove his fitness - after all, he had run faster than either Cram or McKean before the Kodak/TSB Olympic trials - would surely not have gone amiss.

It would also have given the selectors the right to do their job. Of the 21 BAAB council members who overruled, by just one vote, Coe's inclusion, only eight (two of whom are members of the International Athletes' Club) actually have international experience. Most have never been at an Olympics, even as a spectator.

Leaving aside the seamy allegations of a political hatchet job, as claimed by Coe's father Peter, would it not be better to have the professionals do the job - namely the UK director of coaching and the chairman of the IAC?

That, of course, would give Frank Dick too much power in the eyes of his employers. But a compromise should not be impossible. Such as, in four year's time, a three-man committee consisting of the director of coaching, chairman of the IAC, and

the chairman of the British Athletics Federation. The last named would have a casting vote when the other two failed to agree.

Bet on this at least. It won't happen. Too many power hungry people would lose their influence.

Scottish performances in finals were:

Men

100m: 4, E. Bunney (ESH) 10.36 (wind +1.26mps); 400m: 4, B. Whittle (Ayr Seaforth) 45.59; 800m: 2, T. McKean (Bellshill YMCA) 1-45.10; 7, S. Paton (Belgrave) 1-47.43; 5000m: 12, I. Hamer (Edinburgh AC) 14-19.16; 10,000m: 14, P. Fleming (Bellahouston Harriers) 29-45.58; 3000m S/C: 6, T. Hanlon (ESH) 8-41.99; Triple jump: 8, C. Duncan (Shettleston) 15.90m.

Women

100m: 4, J. Neilson (EWM) 11.59 (wind +1.41); 800m: 6, C. Whittingham (Windsor, Slough and Eton) 2-04.30; 1500m: 5, L. McIntyre (GAC) 4-12.50; 8, K. Hutcheson (Berry Hill) 4-15.85; 3,000m: 1, Y. Murray (EAC) 8-47.34; 10,000m: 10, L. Vanddyck (Essex) 35-55.35; 12, E. Turner (GAC) 37-10.62; Discus: 11, C. Cameron (GAC) 43.70; Javelin: 3, S. Urquhart (EWM) 51.46.





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Scottish Championships



Report: Alan Campbell Pictures: Peter Devlin

GLASGOW made a brave attempt to stage the first Scottish Championships in the city since 195- at Hampden Park, and, despite problems with the all-weather track, the arena at Crownpoint Road was looking splendid as the first event, the 800 metre men's heats, got underway at about 6pm on July 22.

It wasn't long, however, before the inevitable happened in the wettest month in Scotland for decades. The first drops of rain came down right on cue fifteen minutes later at the start of the women's 3,000 metres, and from then on the heavens opened up intermittently, releasing torrents of rain in sharp bursts on Culture City.

The pattern continued on Satur-

day, fulfilling the worst fears of the organisers (never mind the athletes), as Crownpoint Road is - to put it kindly - not yet terribly well equipped for spectator facilities. In short, everybody got soaked.

Which was a pity, because holding the championships at Crownpoint Road created an intimate atmosphere which many of the competitors found to their liking, and it also gave West of Scotland spectators the chance to see the best of Scottish on their doorsteps.

In the conditions, personal best

marks were always going to be difficult to achieve, and so it proved with title winning performances generally down on the previous year at Meadowbank, when the conditions had been windy, but dry.

While the media attention was inevitably on Tom McKean and Yvonne Murray, there was much to interest the spectators and overall the meeting was a success. The only cloud on the horizon - as opposed to the multitude overhead - was the failure of any junior men to leave their imprints on the occasion.

Quite why Alan Doris (26) is giving our photographer a dirty look isn't clear - he's just won the 100 metres from Dave Clark (19). In second, Rodger Harkins (33), sixth, and Willie Fraser (41), fourth. Just obscured is Brian Milne (23), eighth, while out of the picture were Steve Scott, third, Steve Tucker, fifth, and Brian Whittle, seventh.

Continued on next page

Scottish Championships

Men

100m

IN THE absence of our more established sprinters, Alan Doris sped away with Cameron Sharp's 100m title, heading off Dave Clark and Steve Scott to win in 10.82 (wind speed -1.24).

1. A. Doris (EAC) 10.82; 2. D. Clark (ESH) 10.86; 3. S. Scott (EAC) 11.04; 4. W. Fraser (EAC) 11.05; 5. S. Tucker (Kirk.Oly) 11.06; 6. R. Harkins (Shett. H) 11.07; 7. B. Whittle (AS) 11.25; 8. B. Milne (CVAC) 11.26.

200m

THE RECORDS will show that Brian Whittle was 1988 Scottish Champion over 200m, but there was enormous sympathy for ex-professional Dave Clark, who appeared to have taken the title in a personal best time of 21.30 on Friday evening. Whittle posted an objection about his blocks slipping, however, and when the video was studied by the jury of appeal it was clearly seen that there had been another infringement - Clark stepping out of his lane as he ran the bend. Whether either incident affected the outcome is debatable, but there was no option for the jury but to order a re-run on the Saturday, which Whittle won.

1. B. Whittle (ASAC) 21.62; 2. D. Clark (ESH) 21.69; 3. S. Thomas (BirH) 22.33; 4. W. Fraser (EAC) 22.46; 5. E. Clark (PAAC) 22.61; 6. M. King (Aber AAC) 22.74; 7. D. Stark (Kil. H) 22.76; 8. S. Shanks (LYMCA) 22.82.

400m

IN UNDOUBTEDLY the closest finish of the championships, Andrew Walker was given the nod over Mark McMahon, although both Scottish internationalists were credited with the same time, 47.75. McMahon seemed to have the title in his grasp, but an explosive finish by Walker brought him to the tape that fraction of a vest in front.

1. A. Walker (ESH) 47.45; 2. M. McMahon (ESH) 47.45; 3. D. Young (Blackhill) 48.20; 4. G. Fraser (Burgh of Sandnall) 48.21; 5. M. Armstrong (Kil. H) 48.61; 6. G. McMillan (Bella. H) 49.18; 7. G. Hodges (EUAC) 49.34; 8. I. Campbell (ESH) 50.18.

800m

THIS WAS little more than a training exercise for Tom McKean but it achieved his desire to get in three races within 24 hours. In the real race, for second place, Nick Smith of Shaftsbury edged out John Rigg and Tom Ritchie.

1. T. McKean (Bell YMCA) 1-47.09; 2. N. Smith (Shaft & B) 1-49.63; 3. J. Rigg (War AC) 1-49.83; 4. T. Ritchie (PAAC) 1-49.95; 5. A. Murray (Kil. H) 1-50.60; 6. A. Linford (Black H) 1-50.88; 7. G. Gibson (Kil AC) 1-51.95; 8. G. Stewart (Cly AC) 1-52.29.

1500m

SEEING OFF challenges by first Alistair Currie and Gateshead's Geoff Turnbull in the final straight, Tom Hanlon shaded his 1987 time by 0.15 seconds to retain his title. A slow first two laps (63.85, 64.10) ensured the field stayed together, but with 250m left Hanlon made his move and with the last lap being run in approximately 55 seconds, neither Currie nor Turnbull had the extra acceleration to get past him - and Currie paid for his bid by losing third place to Adrian Callan.

1. T. Hanlon (ESH) 3-47.43; 2. G. Turnbull (Gate AC) 3-47.79; 3. A. Callan (Spring H) 3-47.88; 4. A. Currie (DAAC) 3-47.89; 5. R. Fitzsimmons (BH) 3-49.18; 6. A. Johnston (Elswick) 3-49.48; 7. J. McKay (Cly AC) 3-49.96; 8. H. McInnes (Old Gay AC) 3-51.44.

5000m

A MOST impressive win here for Neil Tennant, who has now established himself as the successor to Nat Muir. At times he appeared to almost toy with a field including well respected north east of England runners Paul Cuskin and Gary Nagel, putting the boot in, as some of my less cultured colleagues would say, with about 200m to go. By controlling the race from the front, and changing the pace frequently, Tennant had already seen off the challenge of fast finishers like Ian Hamer and Adrian Callan - although the latter can't have helped his own chances by running the 1500 metres 50 minutes earlier!

1. N. Tennant (ESH) 13-50.50; 2. P. Cuskin (Jar Heb) 13-52.31; 3. G. Nagel (Gate H) 13-53.48; 4. B. Rushworth (Unatt) 13-56.51; 5. I. Hamer (EAC) 13-58.15; 6. A. Callan (Spring H) 13-58.93; 7. K. Lamb (Wol. & BAC) 14-17.41; 8. W. Buxton (Bris. AC) 14-18.10.



It's the tightest finish of the championship, top, between Andrew Walker (11), the winner, and Mark McMahon (3) in the 400m, but, below, it's a different story in the 800m as Tom McKean leads at the bell and eventually wins easily.



10,000m

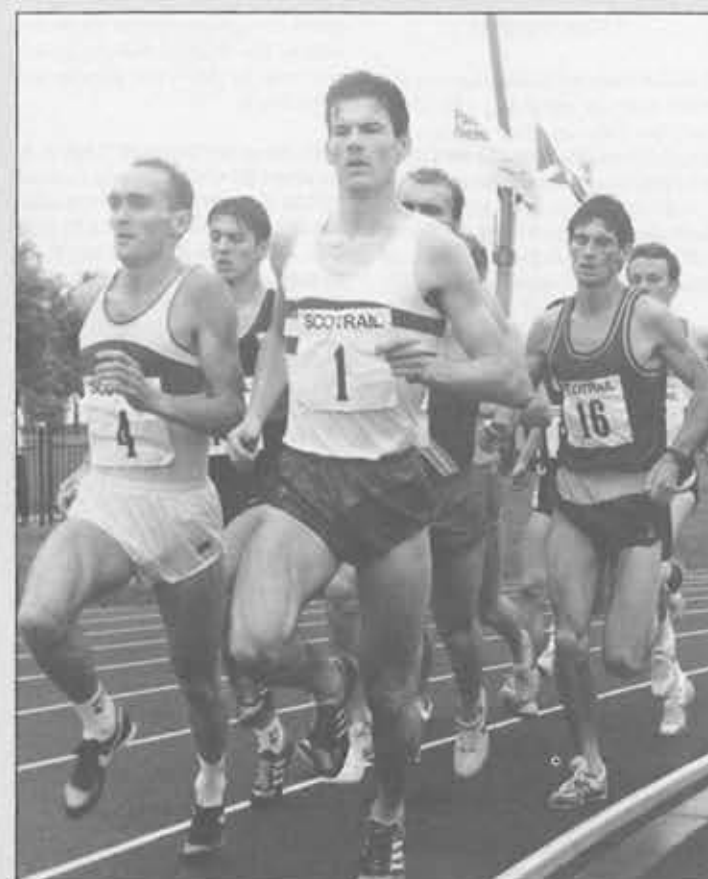
THIS RACE, the last final on Friday evening, proved to be one of the classic tussles of the championship. A group of six - Peter Fox, Tommy Murray, Billy Robertson, Alistair Douglas, Alec Gilmour and Alan Robson - broke clear of the large field at about 3,000m, this group whittling down to Murray, Douglas and Robertson 600m later. Robertson was dropped just after half way, and it then became a battle of attrition between Murray and Douglas, the little Glenpark Harrier knowing that somehow he had to burn off Douglas before the end. For the last eleven laps (70 secs, 69, 71, 71, 72, 71, 72, 71, 72, 70, 64) they clung together, before with 100m remaining the inevitable happened and Douglas eventually overtook to win in 29-29.40 - almost his exact time in winning the Inverness 10K over the roads just five days previously!

1. A. Douglas (VPAAC) 29-29.40; 2. T. Murray (GGH) 29-31.43; 3. W. Robertson (BH) 29-56.12; 4. P. Fox (M'well) 30-00.10; 5. A. Robson (ESH) 30-19.72; 6. D. Frame (Law AAC) 30-26.80; 7. P. Butler (Bor H) 30-27.51; 8. A. Gilmour (Cambus H) 30-33.79.

3000m Steeplechase

GATESHEAD'S Steve Parr made a bold early bid for the steeplechase title, building up a lead of ten metres after four laps, but Graeme Croll and John Steel started inching back the gap and had caught Parr with about 600m left. Thereafter there was a fine battle between the two Scots, with Croll eventually wrestling the title away from Steel, the holder, giving East Kilbride a welcome Scottish Championship gold medal and Croll a PB by 10 seconds.

Scottish Championships



3000m Walk

MARTIN Bell took the lead after 600 metres and literally walked away with the title, with neither Graham White nor Christopher Hobbs able to mount a serious challenge.

1. M. Bell (Annan & DAC) 12-17.33; 2. G. White (Brighton & H) 12-43.37; 3. C. Hobbs (Medway) 13-33.48; 4. K. Morrison (Larkhall) 17-25.06.



Peter Fox leads the 10,000m in the early stages, left, from Tommy Murray, Billy Robertson, and Alistair Douglas, while top left Neil Tennant stamps his authority on the 5,000m, leading Ian Hamer (14), Gary Nagel (32), and Paul Cuskin (27). Above top Tom Hanlon (1) hugs the bend with Geoff Turnbull (4) in attendance during the 1500m.

Scottish Championships

110m Hurdles

NEIL Fraser was 0.01 outside his 1987 time in retaining his 110m hurdles title at the expense of Englishmen Nick Dakin and Paul Masters - and again in unhelpful conditions his fluid technique brought him inside the previous 1984 championship best mark of 14.38. The wind speed was -1.35.

1. N. Fraser (IH) 14.32; 2. N. Dakin (New & Ess) 14.74; 3. P. Masters (Mor Hall) 14.89; 4. C. Hogg (EAC) 15.49; 5. R. Hunter (Gate AC) 15.56; 6. T. Leighton (IH) 16.14; 7. M. Bell (Blackhill H) 16.29; 8. A. Kirkhope (Shett H) 17.42.

400m Hurdles

LIKE DAVE Clark in the 200m, the athlete who I'll remember in the 400m hurdles was not the winner, fine effort though Dave McCutcheon's was in poor conditions. My memory will be of a valiant effort by Ayr Seaforth's Malcolm McPhail, who led from gun to final hurdle but was so tired that he almost ran through that last barrier, staggered forward, and then fell to the ground exhausted. It has to be said that McCutcheon was closing fast and may well have won anyway, but this was one occasion when fortune didn't favour the brave.

1. D. McCutcheon (Wol & BAC) 52.52; 2. G. Brown (Penicuik) 52.86; 3. M. Davidson (AAAC) 52.87; 4. S. Devine (ESH) 54.28; 5. P. Evans (War AC) 54.57; 6. A. Taylor (IH) 55.48; 7. S. Dempster (ESH) 56.33; M. McPhail (ASAC) DNF.

High Jump

RICKY Robinson of Ballymena and Antrim ran out of competition at 2.08 when Ben Thomson failed three times at the height. Not in the Geoff Parsons class, perhaps, but conditions were atrocious for the high jumpers.

1. R. Robinson (Ball & Ant) 2.08; 2. B. Thomson (EAC) 2.05; 3. M. Byron (Gate H) 2.02; 4. D. Barnett (Din AC) 2.02; 5. A. Scoble (Irvine) 2.02; 6. S. Ritchie (PAAC) 1.98; 7. P. Sudaske (CRAC) 1.90; N. Robbie (Mel. AC) 1.90.

Long Jump

DESPITE jumping 22 centimetres less than last year when he finished third, Craig Duncan's 7.23m was

good enough to win him his second title of the championships, closely pursued by Melville Fowler and John Scott.

1. C. Duncan (Shett H) 7.23; 2. M. Fowler (VPAAC) 7.17; 3. J. Scott (EAC) 7.14; 4. K. Wharton (GH) 7.04; 5. D. Mathieson (AAAC) 6.99; 6. I. Snowball (EAC) 6.56; 7. W. Leung (EAC) 6.41; B. Milne (CVAC) NJ.

Triple Jump

CRAIG Duncan didn't have to be anywhere near his best to retain his title, the gap between him and the rest of the field being best illustrated that the worst of his five counting jumps was 15.29 while Stuart McMillan's best in second place was 14.79.

1. C. Duncan (Shett H) 15.67; 2. S. McMillan (PSH) 14.79; 3. R. Harkins (Shett H) 14.79; 4. N. McMenemy (CRAC) 14.37; 5. R. Brown (GUAC) 13.55.

Pole Vault

THE POLE vault was just getting started on Saturday afternoon when the rain resumed from Friday night. In the circumstances, Gary Jackson did well to improve on his 1987 silver medal performance of 4.60m and there was also an encouraging result for young Andrew Wake of Bellahouston.

1. G. Jackson (Wol & BAC) 4.75; 2. A. Wake (BH) 4.50; 3. D. Scott (Shett H) 4.40; 4. J. Johnstone (ESH) 4.00; 4= I. Black (ESH) 4.00; 6. S. Ryan (Gat H) 4.00; 7. J. Elliot (EAC) 4.00; 8. P. Pentland (EAC) 3.80.

Shot Putt

HAMISH Davidson set a championship best record of 17.44m in 1978, and ten years on it wasn't remotely threatened in a competition with only four throwers won by Alan Pettigrew (14.49m).

1. A. Pettigrew (Shett H) 14.49; 2. P. Corrigan (Gate H) 14.44; 3. G. Smith (Aber AC) 14.03; 4. M. McDonald (Dun AC) 13.97.

Hammer

EACH AND every one of Lawrie Nisbet's five throws was better than the best of Russell Devine in second place, and the big ESH man retained his title for the second successive year, albeit over 18 metres down on Chris Black's national and native records of 74.98m.



Neil Fraser displays his technique on the way to winning the 110m hurdles, above, while Craig Duncan lands safely to retain his triple jump crown.

1. L. Nisbet (ESH) 56.72; 2. J. Devine (IH) 54.22; 3. R. Payne-Dwyer (Bir H) 52.62; 4. R. Melkie (ESH) 52.24; 5. A. Pettigrew (Shett H) 49.08; 6. D. Gilsbey (ESH) 46.38; 7. W. Gentleman (EAC) 41.76.

Javelin

AFTER setting a championship best of 65.76m the previous year, John Guthrie came very close again with 65.46m, a throw good enough to retain the title comfortably from Stewart Maxwell and Roddy James.

1. J. Guthrie (ESH) 65.46; 2. S. Maxwell (PAAC) 59.60; 3. R. James (ESH) 57.36; 4. A. Black (ESH) 55.34; 5. W. McLaughlin

(WARAC) 52.26; 6. A. Martine (Eye AC) 48.06; 7. T. Carlin (Clydesdale) 47.44; 8. N. Robbie (Mel AC) 38.72.

Discus

DARREN Morris could have retired after his first throw (49.94) and still won the title comfortably, and indeed he waited until his sixth attempt before sending in another counter at 50.14m. Only four men in this nation of alleged heavyweights made it to the start.

1. D. Morris (PTSA) 50.14; 2. C. Watson (VPAC) 41.30; 3. D. Glsby (ESH) 38.18; 4. A. Nisbet (PTSA) 37.14.



The pain of trying to become the first Scot to duck below two minutes in the 800 metres is graphically etched on Yvonne Murray's face after her brave solo effort at Crownpoint Road. Even with 200 metres to go, the two minute barrier looked like being breached, but the conditions eventually won. Right, Karen MacLeod leads the 3000m field en route to retaining her Scottish title. Also in the frame are Valerie Clinton (3) who finished fourth, Alison Jenkins (7) runner-up, and Eileen Masson (9) who was fifth.

Scottish Championships

Women

100m

HAVING won the 200m the previous evening, Janice Neilson made it a double with a fairly unequivocal win in the 100m, leading Aileen McGillivray from gun to tape. Another impressive performance here from Alison Edmonds, the first year intermediate taking fourth in 12.19.

1. J. Neilson (EWM) 11.74; 2. A. McGillivray (Unatt) 11.99; 3. M. Neef (GAC) 12.02; 4. A. Edmonds (IH) 12.19; 5. D. Brown (EWM) 12.24; 6. W. Thompson (PAAC) 12.39; 7. L. Dick (MSLAC) 12.47; 8. M. Baxter (MSLAC) 12.52.

200m

WITH Sandra Whittaker out of contention, there was a close battle between Janice Neilson and the fast improving Melanie Neef, with Neilson just edging out her young rival in a time of 24.09 (wind speed 0.30). In third was Wendy Addison of North Shields Polytechnic.

1. J. Neilson (EWM) 24.09; 2. M. Neef (GAC) 24.10; 3. W. Addison (NSP) 24.33; 4. A. McGillivray (Unatt) 24.35; 5. L. Dick (MSLAC) 25.30; 6. E. Lindsay (EWM) 25.48; 7. K. Hogg (EWM) 25.56; 8. M. Baxter (MSLAC) 25.84.

400m

THE strength of Mary Anderson saw her home to her second successive 400m title, and indeed there was a touch of déjà vu about this event as she was followed home, as in 1987, by Angela Pigford and Dawn Kitchen - although all three women succeeded in lowering their times.

1. M. Anderson (EAC) 53.79; 2. A. Pigford (Gate H) 54.19; 3. D. Kitchen (EWM) 54.62; 4. W. Steele (EWM) 56.27; 5. A. Hodgson (EWM) 56.41; 6. G. McArthur (MSLAC) 56.91; 7. E. Henderson (EWM) 56.91; 8. F. Meldrum (GAC) 57.68.

800m

STATISTICIANS will look back in 50 years time at Yvonne Murray's championship and Scottish native records of 2-01.98 and probably deduce that the standard of Scottish women's middle distance running was rising in the late 1980's. The supreme irony, however, is that in this race, which until the last 100 metres looked like producing the first sub-two minute 800 metres by a Scot, only FOUR women in the whole of the country were good, or able, enough to appear on the starting line. Truly the two faces of Scottish athletics, but nevertheless a superb run by Murray whose split times for 400m and 600m were 58.41 and 1-29.02.



Scottish Championships

1. Y. Murray (EAC) 2-01.98; 2. L. MacDonald (PAAC) 2-10.92; 3. C. Gray (EAC) 2-14.65; 4. L. Svendsen (PAAC) 2-17.30.

1500m

LYNNE MacIntyre, showing some welcome signs of returning to form, relieved Karen Hutcheson of her 1500m title after the duo dropped Chris Whittingham about 700m from home. In the end MacIntyre won comfortably, putting in a sub-66 second last lap to pull clear.

1. L. MacIntyre (GAC) 4-13.99; 2. K. Hutcheson (Berry Hill) 4-18.06; 3. C. Whittingham (GAC) 4-22.67; 4. K. MacLeod (EAC) 4-30.63; 5. E. Grant (GAC) 4-42.94; 6. S. Durham (EWM) 4-50.08; 7. S. Wilstorski (Longwood) 4-57.35; 8. C. Thompson (GAC) 5-10.38.

3000m

FAST finishing Alison Jenkins just failed to prevent Karen MacLeod from retaining her 3,000m title after a spirited sprint up the final straight. MacLeod dominated the race, breaking away from Jenkins, Audrey Sym, Valerie Clinton, Eileen Masson and Christine Price at about 800m and building up a lead of almost 60 metres before being hauled back in the last lap. In poor conditions, MacLeod's time was well down on her 1987 Meadowbank clocking of 9-25.61.

1. K. MacLeod (EAC) 9-36.18; 2. A. Jenkins (EWM) 9-37.78; 3. A.

Sym (GAC) 9-41.00; 4. V. Clinton (IAC) 9-41.74; 5. E. Masson (KAC) 9-57.69; 6. C. Price (DHH) 10-01.10; 7. E. Cochrane (GAC) 10-14.27; 8. S. Durham (EWM) 10-21.17.

100m Hurdles

LAST year she won as Judith Rodgers, and this year Judith Robinson returned and won in a faster time (14.02) despite the -2.64 wind speed. Robinson was always going to be the winner, despite the efforts of Jane Low and Jocelyn Kirby.

1. J. Robinson (Lisb AC) 14.02; 2. J. Low (GAC) 14.56; 3. J. Kirby (NSP) 14.70; 4. K. Gibbs (Mor AC) 14.86; 5. A. Chambers (GAC) 14.89; 6. C. Reid (EWM) 15.00; 7. D. Brown (EWM) 15.53; 8. E. Dempsey (Colz) 15.55.

400m Hurdles

AN EASY win here for Clare Sugden of Spenborough AC, rising first over the initial hurdle and maintaining her lead until the tape. First Scot was Alison Hodgson, but perhaps the most significant performance was that of Jayne Barnetson, finishing fourth in her debut over the distance now that she has had to abandon the high jump as her specialist event.

1. C. Sugden (Spen AC) 58.88; 2. A. Hodgson (EWM) 61.60; 3. A. Brown (MSLAC) 62.11; 4. J. Barnetson (IH) 62.41; 5. C. Spiers (GAC) 63.95; 6. I. Donaldson (Colz) 64.62; 7. K. Baird (KO) 67.29.



Above, Jocelyn Kirby (7), who was third, and Claire Reid (10), who was sixth, negotiate the final hurdle, but to their right Judith Robinson was already sprinting for the line to take the title.

Below, Janice Neilson (18) completes a sprint double in the 100m, ahead of Aileen McGillivray (16, second), Melanie Neef (17, third), Alison Edmonds (left, fourth), and Donna Brown (4, fifth).



Scottish Championships

High Jump

COMPETING in her last competition as a specialist high jumper, Jayne Barnetson had to concede second place to great friend and rival Caris Henderson, whose leap of 1.75m in the miserable conditions was enough to deprive Barnetson of her title on countback.

1. C. Henderson (EWM) 1.75; 2. J. Barnetson (IH) 1.75; 3. J. Gilchrist (Army AC) 1.75.

Long Jump

AFTER being beaten by Rhona McLeod earlier in the month during the triangular international match between Scotland, Ireland and Iceland, Lorraine Campbell made amends by winning the Scottish title for the seventh consecutive year, her winning jump being 6.16m.

1. L. Campbell (EWM) 6.16; 2. R. McLeod (GAC) 6.00; 3. A. Jackson (MSLAC) 5.74; 4. L. Davidson (AAAC) 5.55; 5. C. Black (EWM) 5.49; 6. C. Spiers (GAC) 5.34.

Discus

ANOTHER raid north saw Karen Pugh of Birchfield retaining her title with an improvement of 1.80m on her 1987 performance. Gwen Bird of North Shields Polytechnic took second, with Pitreavie's Ashley Morris in third place unable to match her previous season's best.

1. K. Pugh (Bir H) 50.48; 2. G. Bird (NSP) 45.38; 3. A. Morris (PAAC) 43.92; 4. H. Cowe (AAAC) 43.08; 5. K. Neary (EWM) 41.20; 6. A. Hammerton (MSLAC) 39.82; 7. A. Grey (GAC) 38.54; 8. M. Ingram (GAC) 36.52.

Mary Anderson gets off to an explosive start in the 400m, in which she retained her title, right. Top, Lynne MacIntyre overtakes Karen Hutcheson (1) on the way to relieving the Anglo of her Scottish title. Apologies to Karen, incidentally, for printing her photograph instead of Elaine McLaughlin's in our last issue.

Shot Putt

MARY Anderson retained her second championship title with a putt of 13.69m, but unlike last year had some competition from Helen Cowe, who showed a big improvement to take the silver medal with 13.38m.

1. M. Anderson (EAC) 13.69; 2. H. Cowe (AAAC) 13.38; 3. A. Grey (EAC) 12.58; 4. J. Thompson (Sale) 12.26; 5. A. Rhodie (MSLAC) 11.40; 6. A. Dutch (EWM) 10.24.

Javelin

WITH Nicola Emblem preparing for the World junior Championships in Sudbury, Caroline White deprived Mary Anderson of a third gold medal in the championships with a winning throw of 47.88m.

1. C. White (Border H) 47.88; 2. M. Anderson (EAC) 45.02; 3. J. Currie (MSLAC) 44.88; 4. K. Savill



Scottish Championships



There was a close finish in the 400 metres hurdles, above, but Dave McCutcheon (24) succeeded in holding off Penicuik's Gary Brown (with Malcolm McPhail lying disconsolately down the track out of picture). Above right, Steve Parr hits the water in the 3000m steeplechase ahead of John Steel (1) and Graeme Croll, the eventual winner. Below, left, is Mark Byron, third in the high jump, while, bottom right, Caris Henderson soars to a title win over Jayne Barnetson.



On The Veteran Scene . . .

REACHING the "Big Five O" or "Half C" or becoming a "Golden Oldie" was certainly enjoyable and nostalgic, inspiring friends and colleagues to amplify home truths about senility being like entering a marathon race - it gets you in the long run. One aspect certainly has got to me, and that is a failure to satisfy the ladies! No I'm not talking about the problems of long distance running on one's sex life, although that might be an interesting comment for the veteran scene in some future edition, rather it is that I have not given sufficient credit to some of our very talented ladies who have performed well in recent championships and this has duly been pointed out to me in letters and telephone calls.

Whilst I did mention Rosemary Chrimes in Verona, she went on to set new records in the W55 class in the British Championships in the shot and discus as well as winning the 100 metres, high jump and hurdles events. At the same meeting in Cwmbran, Pam Spence (W40) performed well the sprints and Joyce Hogg (not Janice) followed up her success in the Scottish veteran Championships with gold medals in the triple and long jumps. Joyce, from Aberdeen, was second in the shot and fifth in the 400 metres.

Another lady I seem to have overlooked was Janette Stevenson from Falkirk Victoria Harriers who set W35 records in the Scottish Championships 1500 metres and 3000 metres. For a column to get so much response from ladies I can not only apologise for any oversight, whatever the reason, but also say that I hope this does indicate a really big uptake from the ladies in veteran athletics. I'm sure you will wish to know that the editor of the SVHC Newsletter is Kay Dodson and I feel certain she would want to help correct any short-comings from me by highlighting women vets performance - but is anyone prepared to help her by writing a few lines?

To continue the "humble



Linford Christie... a magnificent spectacle at Meadowbank, but how would he have fared against George McNeill in his heyday?

pie" that my birthday cake seems to have been made of, can I also apologise to Henry Morrison, or H1 as he signs himself to me. The editor obviously could not decipher my poor typing and gave the credit of Henry's excellent performance in Verona to me. Henry in fact ran in the 10K, the 5K and the 1500 metres in the M50 category, while at the time I was watching the wildlife of Shetland and running in the midnight sun. Sorry H1.

The BVA has decided to back a proposed international cross country match between teams from England, Scotland and Wales to be held at Wrexham on November 5 this year. The composition of teams will be six to run and four to score for M40; M45; and M50-plus groups for women. Plans have to be finalised but if you think you should be considered and can make the time commitment then why not let Alex Muir, the SVHC general secretary, know.

I'M GOING to return to an old theme, professional athletics. As a spectator at the Miller Lite Grand Prix meeting in Edinburgh in July I could not help but reflect on the fact that the event that gave the crowd most enjoyment was not the 1000 metres duel between Aquita and McKean, but was the 110 metres handicap where Linford Christie was out to beat George McNeill's old world record of 11 seconds. Running off scratch he was an awesome sight - a red streak cutting through the field - and although he did not win, his wind assisted times of 10.92 and 10.86 gave a clear demonstration of what the amateur athletic world missed in not seeing George McNeill at his best.

I just couldn't help wondering what Linford's appearance money was that night, and how it compared with what George has received over his whole athletic career. If George had been fit, and if the rules had

allowed, I wonder just how big a start he would have had on Christie? We will never know, but is it not time that we brought some real honesty to British athletics and used the occasion of the major review to do what tennis and golf and indeed cycling (which gave another big thrill that chilly July evening), have all done - GO OPEN.

I can almost feel the knives being sharpened by the purists, but I feel it has to be said. Veteran athletics has taken the first tentative steps to breaking down some of the barriers, and this could be the lead that others need. However, if the response to the key issues raised by the BAF proposals is anything to go by we will continue to get nowhere. It's total apathy.

Not that I believe athletes are apathetic, but because they just want to get on with training and running it may, therefore, have to be up to the veterans in the clubs to give the lead. Not only will we have a more honest sport, but with the introduction of some of the more novel ideas like handicap races we could make it once again more attractive for spectators. Let's hope the administrators of Scottish athletics are soon able to let us the ordinary club members have sight of the proposals for the BAF constitution so we can use the discussion period most productively.

FINALLY to return to the ladies, let's all keep our fingers crossed for Priscilla Welsh, now 43, who runs in the Olympic Games in Seoul at the marathon. She ran a superb sixth in Los Angeles along with Joyce Smith who finished 11th at the age of 46. Seeing them again in the series "Sixteen Days of Glory" helped remind all of us that whatever our age and ability that it's the taking part that counts, and for most of us our achievements go unrecognised, but it's nice when we do get recognised.

Henry Muchamore

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Results

July

3

Stonehaven Half Marathon -

1, F. Clyne (Aber) 69:11 (record); 2, E. Arrowsmith (Aber) 76:05; 3, G. Hanlon (Dundee) 76:28; 4, R. Kirton (Mil) V1, 76:57; 5, G. Milne (Pet) V2, 77:09; 6, B. Anderson (Dundee) 77:33; V3, W. Adams (Shet) 78:12; L1, V. Simpson (Aber) 88:12; L2, M. Stafford (Aber) 92:28; L3, V. Allan (Aber) 93:50; LV1, A. Richards (Giff N) 101:15.

Inverness Harriers Open Graded Meeting, Queens Park -

100: 1, M. Davidson 10.8; 2, S. Walker 10.9; 3, M. King 10.9; 200: 1, Davidson 21.9; 2, King 22.3; 800: 1, R. Creswell 1:56.3; 3000: 1, S. Axon 8:41.7; L1, K. Lyon 6:32; SP, G. Smith 13.48; DT/HT, B. Shepherd (Elgin) 36.44/45.60; Youths 100/200 A. Carrie 11.2/22.7; 3000 S. Wright 9:11.2; W1500, J. Fraser 5:01.0 (all Aberdeen AAC)

Black Hill Race, Earliston -

1, D. Weir (Help) 28:57; 2, P. Blessington (Aber) 29:57; 3, H. Corimer (Duns) J1 29:59; 4, A. Lorimer (Duns) V1 30:29; L1, S. McGraw (Gala) 15th 35:51.

Scottish Young Athletes League (West), Crownpoint -

Div 1: 1, Clydebank AC 658 pt; 2, Ayr Seaforth AC 648; 3, Victoria Park AAC 564; 4, Cambuslang H 563; 5, Kirkintilloch Olympians AC 463; 6, Kilmarnock H 297; 7, Bellahouston H 287; 8, Kilbarchan AC 231. Overall Positions: 1, Clydebank AC 32 pts; 2, Ayr Seaforth AC 28; 3, Cambuslang H 22; 4, Victoria Park AAC 22; 5, Kirkintilloch Olympians 15; 6, Kilmarnock H 12.5; 7, Bellahouston H 8.5; 8, Kilbarchan AC 4.

Moffat Weavers Chase 16 mile Hill Race, Moffat -

1, A. Farnham (Gala) 2:51.59; 2, D. Rodgers (Loch) 2:54.11; 3, D. Bell (HELP) 2:54.53; 4, D. McGonigle (DHF) 2:55.04; 5, B. Potts (Clyd) 2:55.40; 6, J. Blair-Fish (Cornethy) 2:57.56; V1, J. Shields (Clyd) 8th 2:57.23; V2, P. Marshall (HELP) 2:57.29; L1, V. Brindley (Cald) 3:19.52; L2, P. Calder (EAC) 3:20.33; L3, P. Rother (EAC) 3:28.02. Teams: 1, Haddington ELP; 2, Carnethy Hill Runners.

Cupar Highland Games (Inc Scottish AAA Heavy Event Throwing Championship) -

28lb Wt for Distance: 1, A. Pettigrew (Shett); 2, W. Robertson (EAC); 3, A. Vince (W&B); 56lb Wt for Height: 1, Pettigrew; 2, McDonald; 3, HT; 1, Pettigrew; 2, Robertson; 3, Vince; 16lb SP; 1, Vince 15.95m (ground record); 2, Pettigrew; 3, McDonald; 3, Caber, 1, Pettigrew; 2, W. Weir (Cen Region); 3, A. Anderson (Ayr Sea).

Championship: 1, A. Pettigrew (Shett) 23pt; 2, A. Vince (Wolves & Bilston) 12pt; 3, W. Robertson (EAC) 10pt.

Brimmond Hill Race, Aberdeen -

1, D. Duguid 20:46; 2, F. Clyne 20:53; 3, J. Doig 21:18; 4, J. Musgrave 21:46; 5, R. Taylor 22:09; 6, J. Farquhar 22:31; V1, B.

Maher 7th 23:14; V2, B. Preece 23:40; V3, J. Gallon 23:44; L1, L. Bain 24:11 (record); L2, U. Simpson 26:13; L3, N. McKinnon LV1, 28:36.

Forres Highland Games, Forres -

3000, B. Chinnick (Forres) 8:28.3; 28lb Wt for Distance, G. Cameron (Badenoch); 11.5 mile RR, 1, C. McIntyre (Fraser) 59:13; 2, C. Yoist (Forres) 60:35; 3, A. Neaves (Aber) 61:45.

Stakis 5 mile Road Run, Durnain Bridge

1, A. Brown (Granton) 27:48; 2, S. Reave (Royal Marines) 28:01; 3, G. Brown (C'Bridge) 29:01; V1, R. O'Donnell (Glenmore) 29:33; L1, L. McKenzie (Aviemore) 34:14; L2, F. Wilde (Loch) 34:29; L3, G. Liddell (N'Bridge) 34:37.

Scotland v Iceland v Ireland International Match (Men & Women) Grangemouth (Scots placings) -

Men 100: 1, E. Bunney 10.69; 3, A. Davis 11.05 (wind -1.94 m/s); 200: 2, D. Clark 21.87; 3, W. Fraser 22.54 (-1.24 m/s); 400: 1, A. Walker 47.29; 2, M. McMahon 47.34; 800: 1, S. Paton 1:49.03; 2, T. Ritchie 1:49.53; 1500: 1, H. McInnes 3:53.73; 3, A. Currie 3:54.24; 5000: 1, A. Callan 14:20.43; 2, A. Wilson 14:36.14; 110H: 3, D. McCutcheon 15.45; 4, I. Moore 15.60 (+1.65 m/s); 400H: 1, P. Campbell 52.42; 3, C. McCutcheon 53.71; 3000 S/C: 2, I. Steel 8:58.0; 3, G. Croll 9:01.4; 4 x 100 Relay: 1, Scotland (Fraser, Doris, Clark, Bunney) 41.03; 4 x 400 Relay Scotland (Campbell 48.83; McCutcheon 49.48; McMahon 48.10; Walker 47.61); 3:13.96; HJ: 2, D. Barretson 2.03m; 3, S. Ritchie 2.03m; PV: 3, I. Elliot 4.20m; 5, D. Scott 4.00m; LJ: 1, C. Duncan 7.08m; 3, J. Scott 7.04m; TJ: 1, C. Duncan 15.65m; 2, R. Harkins 14.89; SP: 5, A. Pettigrew 13.98m; 6, M. McDonald 13.29m; DT: 3, D. Morris 52.94m; 4, M. Jerni-Alade 48.96m; JT: 5, S. Maxwell 64.22m; 6, R. James 60.34m; HT 4, R. Devine 53.62m; 5, R. Meikle 52.10m; 3000 Walk: 3, M. Bell 12:24.9; 4, G. White 12:33.6.

Women 100: 1, J. Neilson 11.67; 2, K. Lithgow 12.09 (-1.14 m/s); 200: 1, M. Neef 24.73; 2, A. McGilivray 24.95 (-0.88 m/s); 400: 1, D. Kitchen 54.27; 3, M. Anderson 55.03; 800: 2, S. Veban 2:12.63; 4, C. A. Gray 2:16.52; 1500: 2, S. Bevan 4:27.75; 3, E. Grant 4:34.54; 3000: 3, V. Clinton 9:45.16; 4, E. Turner 9:54.75; 100H: 3, J. Cow 14.37; 5, J. Kirby 14.45 (+1.34 m/s); 400H: 4, C. Speirs 62:77; 5, A. Brown 62:87; 4 x 100 Relay: 1, Scotland (McGilivray, Neilson, Lithgow, Neef) 45.50; 4 x 400 Relay: 1, Scotland (McArthur 57.19; Steele 56.36; Kitchen 45.82; Anderson 55.93) 3:44.31; HJ: 1, J. Barretson 1.83m; 3, C. Henderson 13.38m; 4, H. Cowe 12.93m; DT: 2, A. Morris 44.42m; 3, C. Cameron 44.06m; JT: 2, M. Anderson 46.40m; 3, J. Currie 44.42m.

Match Results Men: 1, Scotland 171pt; 2, Ireland 135; 3, Iceland 113. Women: 1, Scotland 129pt; 2, Ireland 104; 3, Iceland 79. Overall Result: 1, Scotland 300pt; 2, Ireland 239; 3, Iceland 192.

10

Scottish AAA Dairy Crest Under 19 years National Championships, Meadowbank -

Juniors 100: 1, B. Milne (C'bank) 10.84;

2, B. Connell (Cen Reg) 10.87; 3, S. Shanks (Lark) 10.91 (wind 3.38 m/s); 200: 1, E. Clark (Pit) 22.03; 2, S. Shanks (Lark) 22.04; 3, B. Connell (Cen Reg) 22.08; (+2.15 m/s); 400: 1, G. McMillan (Bella) 49.92; 2, S. Wilson (EAC) 51.47; 3, D. Cathie (E Kilb) 51.65; 800: 1, I. Cumming (Pit) 1:54.61; 2, G. Stewart (C'bank) 1:55.64; 3, K. Idessane (ESH) 1:56.85; 1500: 1, C. Murphy (Pit) 4:03.12; 2, I. Gillespie (C'bank) 4:04.18; 3, F. McGowan (Vic Park) 4:04.83; 5000: 1, Murphy 15:23.2; 2, D. Shearon (Mary) 16:34.3 (only 2 ran); 110 H: 1, D. Mathieson (Aber) 14.93; 2, B. Watson (Inver) 15.24; 3, M. Bell (Black) 15.93 (+2.07 m/s); 400 H: 1, D. Trevaskis (Border) 58.57; 2, S. McKissock (Law) 60.70; 3, D. Stewart (Aber) 61.04; 2000 S/C: 1, J. Moodie (Pit) 6:07.80; 2, D. Tume (hull) 6:08.49; 3, S. Rankin (FUH) 6:20.70; HJ: 1, J. Stoddart (Bella) 1.95m; 2, C. Talbot (Pit) 1.95m; 3, D. Mathieson (Aber) 1.95m; PV: 1, J. Black (ESH) 4.30m; 2, J. Elliot (eac) 4.00m; 3, P. Pentland (EAC) 4.00m; LJ: 1, D. Mathieson 6.90m; 2m B. Milne 6.71m; 3, D. Forrest (Law) 6.11m; TJ: 1, I. Beatie (C'bank) 13.50m; 2, P. Allan (Aber) 13.38m; 2, R. Brown (Glas Uni) 12.85m; SP: 1, S. McMillan (Pit) 13.34m; 2, R. Kirkum (File) 13.39m; 3, P. Allan (Aber) 12.47m; DT: 1, R. Kirkum (File) 41.60m; 2, A. Nisbet 37.08m; 3, S. McMillan 35.94m; JT: 1, R. James (ESH) 61.88m; 2, S. McMillan 56.22m; 3, A. Anderson (Nith V) 46.72m; HT: 1, D. Allan (Inver) 50.10m; 2, D. Kerr (Bed) 47.16m; 3, A. Nisbet 36.34m.



Youths 100: 1, S. Shaw (EAC) 10.84; 2, D. Galloway (Ayr Sea) 10.90; 3, C. Conway (Britoll) 11.08 (+1.48 m/s); 200: 1, D. Galloway 22.03; 2, V. Banks (Law) 23.13; 3, S. Mather (Aber) 23.16; 400: 1, G. Simpson (Cambus) 49.65; 2, S. Shaw (EAC) 50.08; 3, P. Kennedy (EAC) 50.15; 800: 1, J. McFadyen (GGH) 1:56.01; 2, J. Divers (C'bank) 1:57.56; 3, P. Graines (Border) 1:58.29; 1500: 1, A. McBeth (E Kilb) 4:10.24; 2, A. Kinghorn (EAC) 4:10.68; 3, M. McCartney (C'bank) 4:11.22; 3000: 1, S. Barnett (Vic Park) 9:05.96; 2, M. McCartney (EAC) 9:08.63; 3, T. Petrie (Cambus) 9:18.50; 100 H: 1, G. Smith (EAC) 13.74; 2, G. McNair (C'bank) 13.87; 3, A. Paisley (Pit) 14.30 (+2.74 m/s); 400:



1, N. Taylor (Vic Park) 55.45; 2, A. Bruce (Pit) 56.87; 3, B. Gallacher (Nith V) 63.21; 200 S/C: 1, A. Russell (C'bank) 4:22.33; 2, A. Thain (C'bank) 6:22.55; 3, S. Wright (Aber) 6:26.35; HJ: 1, D. Barretson (Inv) 2.00m; 2, S. Ritchie (Pit) 1.95m; 3, S. Hill (EAC) 1.90m; PV: 1, M. Hunter (Crates) 3.40m; 2, R. Davidson (Aber) 2.60m; 3, R. Murray (C'bank) 2.50m; LJ: 1, M. Hamill (Colzium) 6.56m; 2, E. Scott (H'burgh) 6.25m; 3, G. McNair (C'bank) 6.27m; TJ: 1, K. Wood (HH) 12.98m; 2, S. Whyte (ESH) 12.84m; 3, R. Murray (C'bank) 12.35m; SP: 1, N. Mason (File) 15.91m; 2, B. Wilkie (File) 12.76m; 3, P. Beaton (pit) 12.59m; DT: 1, P. Crawford (PSH) 42.56m; 2, B. Wilkie (File) 41.70m; 3, D. Fraser (Inv) 39.84; JT: 1, P. Nicholson (EAC) 54.92m; 2, P. Crawford (PSH) 48.84m; 3, A. Jenkin (Derwent) 48.38m; HT: 1, D. Fraser (Inv) 46.68m; 2, A. Mack (Vic Park) 45.00m; 3, S. Irvine (March Castle School) 41.40m; Senior Boys 100: 1, C. Allan (Inver) 11.51; 2, S. McAllister (Bel) 11.52; 3, S. Cumming (ESH) 11.67 (+1.16 m/s); 200: 1, C. Joiner (Pit) 23.27; 2, S. Cumming (ESH) 23.42; 3, R. Brown (Cen Reg) 23.53 (+4.15 m/s); 400: 1, G. Purves (Bel Hill) 51.63; 2, I. Murray (Inver) 54.24; 3, D. Sutherland (Inver) 54.69; 800: 1, E. McCafferty (Cambus) 2:03.88; 2, P. Cosson (Derwent) 2:04.75; 3, B. McMillan (Cen Reg) 2:07.30; 1500: 1, C. Greenhaugh (Vic Park) 4:16.53; 2, F. McNeil (Leeds) 4:17.22; 3, C. Nicholson (A & FD) 4:17.22; 5000 S/C: 1, D. Hands (Inver) 4:51.69; 2, M. Kelso (Pit) 4:53.57; 3, E. McCafferty (Cambus) 4:56.94; HJ: 1, G. Smart (Vic Park) 1.72m; 2, B. Forsyth (Aber) 1.60m; 3, D. Sabnis (Ban) 1.55m; LJ: 1, S. Allan (Pit) 5.67m; 2, R. Dale (Ayr Sea) 5.67m; 3, M. Lorrain-Smith (Inver) 5.64m; DT: 1, K. McCann (Merch Cent Sch) 35.00m; 2, P. McCreadie (H'burgh) 29.20m; 3, D. Minty (Peter) 28.86; SP: 1, J. Bimson (Cen Reg) 13.40m; 2, I. McArthur (BI Hill) 12.04m; 3, I. Cove (Penicuik) 11.66m.

Inter Counties Championships, Corby 100 + 200 (heats): M. King (E) 11.2/22.3 and S. Tucker (W) 11.2/21.9; 400 (heats): D. Mulherron (W) 48.6 and J. Nicoll

Results

(E) 49.0; 800(heats): K. Cameron (E) 1-54.7; mile heat S. Wallace (W) 4-16.3; mile(final) : 3, I. Hammer (E) 4-17.8 (4-12.5 ht); 5000: 1, N. Tennant (Cambus) 13-59.5; 8, P. Fleming (W) 14-15.6; 10,000: 8, T. Murray (W) 30-28.5; 3000 s/c 12, J. Orr (W) 9-17.7; 3000 W: 3, G. White (W) 12-26.1; 10,000 W: 4, M. Bell (W) 46-05.4; 110H: 1, J. Wallace (Surrey) 14.5; 4, G. McDonald (Lawes) 14.8; C. Hogg (E) 15.7 (L); 400H: 5, M. Davidson (EO) 53.6 (53.4 ht); HJ: 7, P. Sudiskas (E) 1.95m; JT: 7, A. Macintosh (WO) 49.32m; TJ: 11, S. McMillan (E) 14.39m.

12
EWB 15K Road Race, Moffat - 1, J. Connolly (Gala) 49-45; 2, A. Farningham (Gala) 50-54; 3, J. Wilkinson (Gala) 50-59; 4, S. Henderson (Gala) 51-11; 5, R. Wood (DDR) V1 51-49; 6, B. Law (Teviot) 52-35; V2, J. Knox (Gala) (7th) 52-50; V 0/50, D. Philbey 63-04; L1, C. Brown (Dumfries) 58-49; L2, N. McGraw (Tweed) 63-35; L3, M. Gemmell (forth) 66-35; L4, J. Yeats (Border) 68-33; Team 1, Gala H 6 pts.

16
International Marathon, Nuremberg - 1, H. Cox (GGH) 2-22.25; 2, J. Duffy (GWH) 2-24.40; 8, C. Martin (Dumb) V1 2-30.28; Team 1, Glasgow District 7-17.33.

Arsaig to Mallaig 10 miles Road Race - 1, J. McRae (Loch) 54-38; 2, J. Maitland (Loch) V1; 3, R. Anderson (Cambus); L1, H. Fyffe (HELP).

Quarter Marathon, Bonar Bridge - 1, A. Reid (Coasters) 33-48 (record); 2, K. Reid (Coasters) 36-09; 3, C. Noble (Fraser) 37-15.

GRE British Athletic League Cup 2nd Round Match, Crownpoint - Men's Gold Cup.

100/200: D. Clark (ESH) 11.0/21.6; 400: D. Mulherson (Shet) 48.5; 800: 1, T. Ritchie (Pit) 1-51.2; 2, B. Murray (ESH) 1-53.1; 3, K. Cameron (EAC) 1-53.6; 4, B. Coyle (Shet) 1-54.8; 1500: K. Mortimer (EAC) 3-57.2; 5000: A. Hutton (ESH) 14-13.7; 10,000: R. Lippert (Pit) 31-49.2; 110 H: A. Taylor (EAC) 16.8; 400 H: S. Dempster (ESH) 55.3; 3000 s/c: 1, J. Evans (Shet) 9-22.8; 2, J. Moody (Pit) 9-27.3; 3, D. Duguid (Aber) 9-29.1; 4 x 100 Relay: ESH 44.3; 4 x 400 relay: 1, EAC 3-21.1; 2, ESH 3-22.6; HJ: B. Thomson (EAC) 1.90m; PV: J. Black (ESH) 4.10m; LJ: J. Scott (EAC) 7.10m; TJ: R. Harkins (Shet) 14.87m; SP/D: A. Pettigrew (Shet) 14.02m/39.18m; JT: J. Guthrie (ESH) 63.14m; HT: R. Meekie (ESH) 54.18m.

Result: ESH 141pt; 2, EAC 128; 3, Pitreavie AAC 120; 4, Shettleston H 119; 5, Aberdeen AAC 91; 6, Victoria Park AAC 62;

Women's Jubilee Cup 100: M. Neel (GAC) 12.2; 200: M. Baxter (Monk Shet) 25.4; 400: M. Anderson (EAC) 56.0; 800: C. A. Gray (EAC) 2-14.1; 1500: E. Grant (GAC) 4-42.5; 300: A. Sym (GAC) 9-59.3; 100H: C. Boyle (Monk Shet) 15.3; 400H: 1, A. Brown (Monk Shet) 62-32; C. Spiers (GAC) 63-1; 4 x 100 Relay: 1, Glasgow AC 48.6; 2, Monkland Shettleston Ladies

48.8; HJ: R. Pinkerton (GAC) 1.60m; LJ: C. Spiers (GAC) 5.37m; SP: M. Anderson (EAC) 13.08m; DT: 1, M. Anderson (EAC) 35.60m; 2, A. Hammerston (Monk Shet) 35.48m; JT: J. Currie (Monk Shet) 38.36m.

Result: 1, Glasgow AC 112pt; 2, Monkland Shettleston Ladies AC 110; 3, Edinburgh AC 99; 4, Fife AC 71; 5, Central Region AC 69.

British Milers Club One mile invitation, Swindon - 1, I. Hammer (EAC) 3-59.9; 3, A. Currie (Dumb) 4-00.5.

Inverness Highland Games, Bught Park HT: R. Devine (Inver) 54.34m (rec).

Snowdon International Mountain Race, Wales - 1, C. Donnelly (Cambus) 64-38; 2, J. Maitland (Pudsey) 65-21; 11, B. Potts (Clyd) 71-12; 27, A. Farningham (Gala) 74-04.

International Team Contest: 1, Scotland 14pt; 2, England 18; 3, Wales 42.

17
Inverness Peoples 10K metres Road Race (+800 ran) - 1, A. Douglas (Vic Park) 29-31; 2, C. Hall (Aber) 29-32; F. Clyne (Aber) 29-32; 4, P. Fleming (Bella) 29-46; 5, G. Laing (Aber) 30-51; 6, D. McMillan (Durham) 31-02; 7, G. Fairley (Kilb) 31-03; 8, C. Youngson (Aber) V1 31-27; 9, E. Wilkinson (Bella) 31-37; 10, J. Marshall (Durham) 31-41; V2, A. Lamb (NSP) 18th 32-53; V3, R. Kirtan (Lilburn) 22nd 33-08; L1, L. Bairn (Aber) 37th 34-11; L2, V. Blair (EWM) 97th 37-02.

Balmedie 5,400 metres Beach Run, Aberdeen - 1, D. Armitage (Aber) 24-15; 2, M. McCulloch (Forres) 24-19; 3, P. Cowie (Aber) 24-19; 4, J. Gallon (Aber) V1 24-59; L1, S. Armitage (Aber) 28-40.

Youths 2,500 metres Beach Run: 1, A. Simpson (Fraser) 10-41; 2, B. McAllister (Fraser) 10-46; 3, S. Buchan (Fraser) 11-09.

HFC Bank Scottish Athletic League, Crownpoint - Div 1. 100: A. Doris (EAC) 10.9; 200: 1, M. Davidson (Aber) 21.8; 2, S. Scott (EAC) 21.9; 400: R. Moodie (Bella) 50.0; 800: T. Ritchie (Pit) 1-55.6; 1500: R. Archer (File) 3-56.9; 5000: F. Cohen (EAC) 15-16.0; 110 H: N. Fraser (EAC) 14.6; 400 H: M. Davidson (Aber) 56.3; 3000 s/c: M. Strachan (File) 9-36.3; 4 x 100 Relay: Shettleston 42.5; 4 x 400 Relay: Bellahouston 3-25.8; HJ: B. Thomson (EAC) 1.95m; PV: D. Scott (Shet) 4.20m; LJ/TJ: R. Harkins (Shet) 6.67m/13.61; SP: G. Smith (Aber) 13.24m; DT: R. Christie (ESH) 39.38m; JT: S. McMillan (Pit) 51.46m; HT: L. Lisbet (ESH) 56.84m.

Match result: 1, Pitreavie AAC 348 pt; 2, Edinburgh AC 346; 3, Aberdeen AAC 298.5; 4, ESH 270; 5, Fife AC 267; 6, Shettleston H 265; 7, Bellahouston H 221.5; 8, Kilbarchan AC 114.

League position (3 matches) 1, Edinburgh AC (1097) 23pt; 2, Pitreavie AAC (1009) 22; 3, Aberdeen AAC (878) 15; 4, Shettleston H (855) 15; 5, ESH (831) 14; 6, Bellahouston H (708.5) 8; 7, Fife AC (627) 8; 8, Kilbarchan AC (401) 3.

Div 2 100/200: D. Stork (Kilm) 11.1/22.1; 400: A. Murray (Kilm) 48.6; 800: A. Bryce (FVH) 1-55.0; 1500: G. Croll (E Kil) 4-01.6; 5000: J. Pentecost (FVH) 15-22.0; 400H: M. McPhail (ayr Sea) 54.9; 3000 s/c: S. Rankine (FVH) 9-55.6; 4 x 100 Relay: Ayr Seaforth 44.7; 4 x 400 Relay: Kilbarchan 3-27.4; HJ: P. Sudiskas (cen reg) 2.07m; PV: G. Reid (Cen Reg) 3.80m; LJ: N. McMenemy (Cen Reg) 6.47m; SP: A. Anderson (Ayr Seaforth) 12.35m; JT: T. carlin (Clyd) 45.56m.

Match Result: 1, Central Region AC 288 pts (16 match points); 2, Ayr Seaforth AC 257 pt (18.5); 3, J.W. Kilmarnock H 235 pt (15.5); 4, Lothian AC 241 (18); 5, Falkirk Victoria H 235 (11); 6, Clydesdale H 204 (14); 7, Victoria Park AAC 199 (12); 8, east Kilbride AC 128 (3).

Div 3 & 4 Match, Wishaw - Div 3 100/200: B. Milne (C'bank) 11.3/23.2; 400: A. Barrie (DHH) 50.6; 800: G. Stewart (C'bank) 1-54.1; 800 "B": J. McKay (C'bank) 1-55.1; 1500: J. McKay 3-56.9; 5000: B. Chinnick (Cambus) 14-35.1; 400 H: D. Thom (DHH) 58.5; 3000 s/c: S. Hale (PSH) 9-43.4; 4 x 100 Relay: Dundee HH 45.4; 4 x 400 Relay: Cambuslang H 3-28.7; LJ: B. Milne 6.72m; JT: P. Richardson (Cambus) 48.40m.

Match Result 1, Cambuslang H 334 pts (20 match points); 2, Dundee HH 330 (22); 3, Clydebank AC 309(20); 4, Harman AC 222 (14); 5, Perth Strathay H 195 (13); 6, Livingston & District AC 153 (7); 7, Garscube H 113 (6); 8, Lasswade AC 107 (6).

Div 4 100: S. Tucker (KO) 11.5; 200/400 A. Miller (Camb) 24.0/54.1;

Match Result 1, Penicuik H 322 pt (22 match points); 2, Kirkintilloch Olympians AC 318 (23); 3, Cumbernauld AC 284 (17); 4, Maryhill 233 pt (16); 5, montrose Ac 210 (12); 6, Lochgelly & District AC 42 (9).

18
Salcoats 4.5 miles Road Races - 1, T. Murray (GGH) 19-37; 2, J. Orr (Cambus) 19-59; 3, A. Gilmour (Cambus) 20-13; V1, D. King (Irvine) 22-42; L1, J. Robertson (Ayr Seaforth) 24-21; L2, L. McGarry (Irvine) 26-16; L3, S. O'Brien (GGH) 24-51; LV1 M. McGill (Irvine) 28-32. **Teams** 1, Cambuslang H 11 pt 2, Greenock Glenpark H 31 pt.

19
White Ash Hill Race, Fochabers - 1, A. Reid (Coasters) 28-50; 2, R. Curtis (Moray RR) 28-59; 3, R. Aiken (Coasters) 29-30; 4, A. newlands (Coasters) 29-52; 5, C. Noble (Fraser) 30-07; 6, M. Wright (Coasters) 30-29; J1 B. McAllister (Fraser) 16th 35-37; local, G. Inkson (Fochabers) 13th 34-55.

23
Stromness Half Marathon, Orkney - 1, A. Cook (Orkney) 78-27; 2, D. Armour (Cen Reg) 81-46; 3, S. Preece V1 (Aber) 84-28; 4, G. Taylor (Aber) 87-23; 5, K. Bateson (Caith) 88-04; 6, M. Wick (Orkney) 88-55; V2, R. Robert (Orkney) 93-54; L2, L. Leslie (Orkney) 1-46.22; L3 L. Moore (Orkney) 1-51.31.

Glamalg Hill Race, Isle of Skye - 1, W. Rodgers (Loch) 55-10; 2, R. Hope

(Carmethy) 55-13; 3, A. McKenzie (Inver) 55-18; 4, J. Maitland (loch) 55-18; 5, J. McRae (loch) 55-40; 6, J. Hampshire (Tain) 55-45; V1, M. Walford (Kendal) 11th 57-51; L1, H. Paddy (Skye) 1-30-00.

Ten Mile Road Race, Evanton to Dingwall - 1, C. Noble (Fraser) 58-29; 2, M. Francis (Forres) 58-39; 3, R. Wilbey (Bl Isle) V1 59-06; L1, H. Wisely (Fraser) 33th 69-03; L2, A. Ross (Unett) 61-59; L3, M. Swinton (Elgin) 84-39; Teams 1, Inverness H 16 pt; 2, Black Isle AC 28pt.

Pairs Relays Competition 10 miles: Couples 1, Sonia and David Armitage (Aber) 59-22; (Males) S. Moore and D. Middleby (Bl Isle) 60-53; (ladies) L. Cameron and T. Moore (Bl Isle) 64-13.

Elgin Highland Games, Elgin - **10 mile Road Race:** 1, G. Reynolds (DHH) 53-54; 2, C. Yoist (Forres) 55-10; 3, M. Flynn (Moray RR) 57-05; 4, M. Wright (Coasters) 57-52; V1, J. McWilliam (Moray) 61-47; L1, M. McDonald (Peter) 70-09.

Hay Trophy for Scottish Heavy Events: 1, G. Cameron (Badenoch) 9pt; 2, A. Munro (Inver) 8pt; 3, B. Shepherd (Elgin) 6pt; SP/28lb Wt Dist. G. Cameron 15.24m/19.28m; Scots HT, B. Shepherd 35.56m; Caber/56lb Wt for Height, A. Munro.

24
Helensburgh Peoples Half Marathon - 1, A. Bain (Cambus) V1 72-35; 2, R. Blair (Vic Park) V2 73-12; 3, F. Connor (Cambus) 73-15; 4, M. Mitchell (Cambus) 74-05; 5, J. Hanratty (Clyde) 74-30; 6, P. McGregor (Vic Park) 74-53; V3, S. McMaster (Hburgh) 12th 77-14; L1, M. Robertson (DRR) 42nd LV1 87-20; L2, E. Thornton (GAC) 59th 93-09; L3, C. Jones (Clyde) 66th 94-28 LV2.

Irvine Harbour Festival Half Marathon 1, T. Murray (GGH) 67-54 (rec); 2, J. Stewart (Ayr Sea) 68-51; 3, G. Tenney (Lin Rent) 68-58; 4, G. White (Ayr Sea) 69-04; 5, B. Craig (Irvine) 70-05; 6, C. Miller (Irvine) 70-20; V1, B. McMonagle (Shet) 72-25; V2, B. Hill (Camb) 73-01; V3, I. Donnelly (Lang) 73-40; V0/50 1, W. Stoddart (GWH) 23rd 74-10; 2, D. Malcolm (Unatt) 81-55; 3, D. Bauchop (S. Vets) 89-06; L1, R. Murray (Giff. N) 83-38; L2, K. Todd (Kilm) 86-40; L3, S. Bauchop (S. Vets) LV1 90-18; LV0/40 M. Robertson (Troon) 100-00.

23/24
WAAA Multi Events Championships, Stoke on Trent - **Senior Heptathlon:** 1, J. Mulliner (W&B) 5728 pts; 2, S. Urquhart (EWM) (100H 15.3; HJ 1.65m; SP 12.33m; 200 26.7; LJ 5.37; JT 49.46m; 800/2-19.48) 5313; 3, J. Simpson (Birch) 5227.

24
Falkirk District Council Young Athletes Meeting, Grangemouth - Youths: 60m/SP: S. McAulay (Whit) 7.8/9.21m; 400: T. Nimmo (FVH) 53.1; 1500: 1, B. Gorman (FVH) 4-13.8; 2, D. Hill (C'bank) 4-14.5; 3000 G. Gorman (FVH) 9-45.5.

Senior Boys 60: 1, S. Cummings (ESH)

Results

7.5; 2, R. McClory (Bath) 7.6; 400: C. Young (C'bank) 55.1; 1500: M. McBeth (Cambus) 4-25.1; 80H A. Kemlow (Liv) 14.1.

30
Aberdeen AAC Shire Harriers Open Meeting, Caird Park, Dundee - Golden Sprints 100: 1, M. Davidson (Aber) 11.0; 2, M. King (Aber) 11.0; 3, J. Nicoll (Shatt) 11.1; 200: 1, Davidson 21.8; 2, Nicoll 22.1; 3, King 22.3; Aggregate Time: 1, Davidson 32.8; 2, Nicoll 33.2; 3, King 33.3.

Golden Sprints (Women) 100: 1, K. Madigan (Aber) 12.9; 2, L. Davidson (Aber) 13.2; 3, S-A Sword (S'Kelvin) 13.4; 200: 1, Madigan 26.6; 2, Sword 26.9; 3, Davidson 27.2; Aggregate Time: 1, Madigan 39.5; 2, Sword 40.3; 3, Davidson 40.4.

800: 1, G. Mitchell (DHH) 1-55.3; 2, D. Donnett (Spring) 1-55.8; 3, B. Cook (DHH) 1-56.0; 3000: 1, P. McColgan (DHH) 8-30.9; 2, R. Creswell (Aber) 8-30.9; 3, R. Arbuckle (Keith) 8-32.5.

Youth 100/400: S. Mowler (Aber) 11.5/53.2; HJ: S. Hill (EAC) 1.85m.

S. Boy TJ: M. Patterson (Arbroath) 11.75m.

Women 800: 1, S. Branney (GAC) 2-24.0; 2, P. Ronney (Aber) 2-24.5; 3, C. Williams (DHH) 2-24.8; 3000: 1, V. Clinton (Irvine) 9-52.2; 2, Branney 9-53.7; DT: H. Cowe (Aber) 43.06m.

Meall an Suidhe Hill Race, Fort William - 1, C. Donnelly (Cambus) 29-22; 2, G. Devine (Pudsey) 30-29; 3, M. Fanning (Keswick) 30-35; 4, S. Livesey (Ross) 30-45; 5, D. Rodgers (Loch) 30-49; 6, A. Farningham (Gala) 30-53; V1 W. Bland 8th (Keswick) 31-46; V2 P. Marshall (HELP) 17th 32-59; V3 T. Ross (File) 38th 36-33; Y1, B. Rodgers (Loch) 10th 32-06; Y2, A. Banks (Loch) 31st 35-09; Y3, P. Fettes (Lass) 36th 35-50; L1, P. Calder (EAC) 48th 37-36; L2, J. Salvona (Liv) 68th 40-10; L3, S. Niedrum (Clyd) 69th 40-15; L4, J. Dorby (Carnethy) 71st 40-20; L5, P. Rother (EAC) 78th 40-54; L6, A. Crabb (CFRA) 86th 44-35; Team: 1, Pudsey & Bromley AC 33 pts; 2, Lochaber AC 38 pts.

Lochaber Highland Games, Town Park, Fort William - Scot HE Contest: SP: G. Cameron (Bod) 11.87; Scots HT : B. Shepherd (Elgin) 35.40; 28lb Wt For Dist: G. Cameron 19.66m; 56lb Wt For Height: A. Munro (Inv) 126"; Caber: R. Colquhoun (Inv); Overall result: 1, G. Cameron (Badenoch) 14pt; 2=B. Shepherd (Elgin) and A. Munro (Inverness) both 13.

31
Ferranti 10 mile Road Race, Aberdeen 1, F. Clyne (Aber) 49.34 (record); 2, C. Hall (Aber) 51.42; 3, C. McIntyre (Fraser) 52.48; 4, C. Youngson V1 53.06; 5, R. Taylor 53.17; 6, D. Duguid 53.26 (all Aber) V2 W. Adams (Shett) 12th 56.01; V3 J. Gallon (Aber) 24th 58.41; L1, M. Muir (DRR) 61.25; L2, V. Allan (Aber) 63.30; L3, V. Fyall (DRR) 65.40; L4, M. Stafford (Aber) 66.35; L5, H. Wiseley (Fraser) LV1 86.45; L6, M. McDonald (Peter) 68.16.

Half Ben Nevis Hill Race, Fort William

1, C. Donnelly (Cambus) 50.01; 2, S. Livesey (Ross) 50.23; 3, G. Devine (Pudsey) 52.11; 4, D. Rodgers (Loch) 53.27; 5, G. Schofield (B'burn) 53.38; 6, R. Pallister (Pudsey) 53.57; V1 T. Ross (File) 23rd 58.44; V2 A. McGillivray (File) 44th 64.00; V3, G. Clark (Arbroath) 50th 64.56; L1, K. Skog (Brit Ski Team) 34th 61.51 (record); L2, S. Neidrum (Clyd) 68th 68.50; L3, A. Crabb (CFRA) 82nd 75.26; V0/50 R. Parker (Red Rose) 63rd 67.54;

Young Athletes Mini Milante Hill Race 1, A. Banks (Loch) 17.52l 2, S. Burns (Loch) 17.58; 3, C. Britton (Loch) 20.03; 4, S. McCol (Loch) 20.46.

30/31
Scottish WAAA Multi Event Championships and Relays, Wishaw - **Senior Heptathlon:** 1, J. Barnetson (Inv) (100H, 15.1; HJ, 1.83m; SP 9.87m, 200 25.4; LJ 5.83m; JT 38.52m; 800 2-27.0; 5,331pts (record); 2, M. Anderson (EAC) (16.3; 1.59m; 13.85m, 25.0; 4.86m; 42.22m 2-13.1) 5174; 3, I. Donaldson (Colzium) (15.8; 1.47m; 9.46m; 26.5; 5.24m; 34.74m; 2-24.4) 4483 pts; 4, E. Lindsay (EWM) 25th Euro Junior (16.7; 1.71m; 7.67m; 25.4; 5.21m; 25.54m; 2-22.7) 4473 pts; 5, K. McGlashan (B of H) 3857pts; 6, K. Ogg (Arbroath) 2908 pts.

Intermediate Heptathlon: 1, A. Grey (EAC) (12.8; 1.50m; 12.50m; 28.1; 4.79m; 30.10; 2-44.7) 4119 pts; 2, E. Grant (Pit) 3915 pts; 3, G. Murchie (Aber) 3584 pts.

Junior Pentathlon: 1, C. Murphy (GAC) (12.8; 1.50m; 12.50m; 28.1; 4.79m; 30.10m; 2-44.7) 4119pts; 2, E. Grant (Pit) 3915 pts; 3, G. Murchie (Aber) 3584 pts.

Junior Pentathlon: 1, C. Murphy (GAC) (LJ, 4.71m; 75H 11.7; SP 6.66m; HJ 1.42; 800 2-39.6) 2616pts; 2, K. Dyer (Ayr Sea) (4.55m; 13.7; 6.72m; 1.54m; 2-39.6) 2502 pts; 3, A. Shepherd (GAC) (4.62m; 13.2; 9.75m; 1.45m; 3-17.3) 2309 pts; 4, E. Sneddon (Cen Reg) 2259 pts; 5, S. Pope (Bath) 2150 pts; 6, S. Wood (Lin) 2027 pts.

Relay Championships
Senior: 4 x 100 1, EWM 48.1; 2, Pitreavie 52.3; 4 x 400 1, EWM 3-51.4; 1600 Medley 1, EWM 4-04.3; 2, EWM "B" 4-09.7; 3, Pitreavie 4-20.5.

Euro Juniors 4 x 400 1, EWM 4-04.7; 2, EWM "B" 4-23.2;
Intermediates 4 x 100 1, Gateshead 50.3; 2, EWM 51.1; 3, Pitreavie 51.7; 4 x 200 1, EWM 1.47.1; 2, Pitreavie 1-50.3; 3, EWM "B" 1-52.6;

Juniors 4 x 100 1, Gateshead 51.4; 2, Glasgow AC 51.4; 3, EWM 52.7; 3 x 800 1, EWM 7-32.4; 2, Helensburgh 7-34.9; 3, Pitreavie 8-06.6;
Girls 4 x 100 1, Glasgow AC 54.2; 2, Fife AC 55.8; 3, EWM 55.9.

Scottish Young Athletes League East Semi Final and Consolation Plate, Pitreavie - East Semi Final: 1, Pitreavie 849 pts; 2, Aberdeen 798; 3, Inverness 766; 4, Edinburgh AC 681; 5, Perth Strathay H 657; 6, Livingston & District AC 535.

Consolation Plate: 1, Shettleston 697 pts; 2, Fife AC 615; 3, Nith Valley 605; 4, ESH 585; 5, Arbroath 567; 6, Kirkintilloch Olympians 510.

Ayrshire Track and Field Championships, Ayr - 100/400: M. McPhail (A/s) 11.3/49.5; 200:

A. Dunlop (A/S) 23.0; HJ: A. Scobie (Irvine) 1.98m (rec); SP: A. Anderson (A/S) 12.49m (rec);
Youths 100/400/LJ/JT/HJ: M. Green (A/S) 60.3/5.26m/31.90m/1.60m; Inters 1500: S. McDonald (Irvine) 4-55.4.

August

1
Cow Hill Race, Fort William - 1, R. Bergstrand (Sheff Un) 17.55; 2, W. Rodgers (Loch) 18.15; 3, G. Schofield (B'burn) 18.17; 4, M. Camplin (Unatt) 18.23; 5, K. Manning (Sheff Un) 18.38; 6, G. Webb (Calder U) 18.43; V1, G. Clark (Arbroath) 29th 21.58; V2, R. Cant (Loch) 31st 22.14; V3, C. Crystal (Loch) 37th 23.56; L1, A. Crabb (CFRA) 41st 25.33; L2, L. Hope (Lo

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On the hills...

Gurkha's record survives - but only just!

A GURKHA soldier's record set in 1899 remains intact, but only just, after the first David Shepherd Memorial Glamaig Hill Race from the Sligachan Hotel, Isle of Skye on Saturday July 23. In sunny, perfect conditions (remember the Scottish Championships the same day at Crownpoint!) Scottish Junior hill running champion (actually still a youth) Billy Rodgers of Lochaber AC won in a time of 55 minutes 10 seconds failing by just 10 seconds to beat the Gurkha's record.

In a very close finish, former Scottish international Ross Hope (Gala Harriers) was second in 55-13 with Alastair Mackenzie (Inverness Harriers) having a particularly good run, third, in 55-18. John Hampshire (Carnethy HRC) finished sixth in 55-45, but at the top had been in the lead by almost a minute and inside the record ascent time of 37 mins, only to go

off course on the final run-in to lose his lead.

The race was inaugurated this year as a memorial to a clubmate of John's, David Shepherd of Fochabers, who died tragically last year just after he had rediscovered the legend of the barefooted Gurkha's run and suggested it as a worthy addition to the calendar. His friends, clubmates, the Sligachan Hotel and Jansport of Portree Planned the race and David's parents were present to hand over a trophy to the winner.

The event (let alone the course - at 4.5 miles and 2,500 ft the shortest medium race in the calendar), is set to become a "classic". The location and local hospitality were the epitome required of good hill races and it must be a Scottish Championship contender next year. For the records, first veteran was Mike Walford (Kendal AC) in 57-51, 12th from almost 60 starters, and the only lady was Helen Parry of nearly Struan and Skye Mountain Rescue in 87-55 in 47th position. The Hotel trophy for the first local went to Neil MacDonald, who is a member of Edinburgh Southern.

WITH ONLY one race remaining to count in the Tiso Scottish Hill Running Championship already have a new worthy winner in Alan Farningham (Gala Harriers). Billy Rodgers (Lochaber AC) has scored maximum points to win the junior title and Peter Marshall (Haddington ELP) has assured the veteran category even from the limited races he was eligible for.

Only the women's championship is undecided and that is a "straight" race between Penny Rother and Tricia Calder (both Edinburgh AC) at Arrochar Alps. Full details and final points in the next issue.

The date for the Pentlands Skyline Hill Race from Hillend Ski Centre, Edinburgh, has changed again, but it is now definitely on Sunday October 9 at 11 am.

Last but not least, congratulations to the Scottish team, winners of the Reebok Snowdon International Hill Race on July 16, our first international victory ever. Colin Donnelly (first) Jack Maitland (second) and Brian Potts (eleventh) made up the team 14pts, beating England (16pts) into second place.

Robin Morris

Results

(Clyd) 73.30; 4, A. Bain (Cambus) V3 74.09; 5, F. Connor (Cambus) 74.36; 6, C. Martin (Dumb) V4 74.58; VO/50 W. Stoddart (GWH) 14th 78.50; VO/60 A. McInnes (Vic Park) 96-06; VO/70 G. Porteous (Mhill) 97.15; L1 R. McAleese (Monk Shett) 86.56 37th; L2, K. Todd (Loudon) 99.13; L3, I. Carroll (S. Vets) 1-42.40 (LV1).

Angus Munros 18 Miles Hill Race, Glen Doll -

1, C. Donnelly (Cambus) 3-10.05 (rec); 2, D. Bell (HELP) 3-16.52; 3, A. Farningham (Gala) 3-17.02; 4, J. Wilkinson (Gala) 3-19.53; 5, D. Rodgers (Loch) 3-27.07; 6, M. Hudson (Lakeland) V1 3-30.59; V2, G. Adamson (HELP) 3-40.54; V3, P. Marshall (HELP); L1, P. Rother (EAC) 4-02.56 (record); L2, P. Calder (EAC) 4-13.01; L3, J. Darby (Carnethy) 4-24.2; Team 1, Haddington ELP. VO/50 1 P. Brooks (Loch) 4-10.29; 2, D. Wood (Brechin) 4-26.57; 3, W. Gauld (Ed OC) 4-42.00 1st local D. McGonigle (DHH) 9th 3-41.11.

Burnswark Hill Race, Ecclefechan -

1, B. Grieve (Dumfries AC) 38.56; 2, C. McCann (Annan) 40.42; 3, T. Russell V1 (Annan) 41.08; 4, L. Hill; 5, D. Brown 6, D. Barratt (All Dumfries RC); V2, H. Mitchell (Cockermouth) V3, K. Paterson (Tynholm); L1, M. Brown (Aber) 63.30; Team: 1, Dumfries Running Club.

Scottish Young Athletes League Final Match, Crownpoint -

Royal Bank Eric Liddell Memorial Trophy 1 = S. Ritchie (Pit) 2.04m (rec) HJ S. Shaw (EAC) 100/200 10.7/21.8 (=rec). Youth 4 x 400 Relay: Clydebank AC 3-27.9 (rec) Result: 1, Clydebank AC 766.5 pts; 2,

Inverness H 740.3; Pitreavie AAC 720; 4, Aberdeen AAC 617.5; 5, Ayr Seaforth AC 588.5 pt; 6, Cambuslang H 585; 7, Victoria Park AAC 535.5; 8, Edinburgh AC 504. Inverness H become first Scottish clubs to compete in Girobank Young Athletes Auxiliary Plate Final match in Birmingham in September.

Monklands Womens Scottish Cup Final, Wishaw -

Seniors 100: 1, D. Brown (EWM) 12.2; 2, N. Baxter (MSL) 12.2; 200: 1, E. Lindsay (EWM) 25.1; 2, Baxter 25.1; 400: 1, M. Anderson (EAC) 56.3; 2, F. Meldrum (GAC) 57.0; 800: 1, C-A Grey (EAC) 2-14.2; 2, E. Grant (GAC) 2-15.4; 3, M. Sprang (MSL) 2-16.2; 1500: 1, M. Wylie (GAC) 4-40.4; 2, S. Grainger (EWM) 4-43.3; 3000: 1, E. Cochran (GAC) 10-04.3; 2, S. Durham (EWM) 10-20.1; 100H: 1, J. Barnetson (Inv) 14.9; 2, Brown 15.1; 3, C. Boyle (MSL) 15.9; 400H: 1, A. Brown (MSL) 62.9; 2, S. Malcolm (Cen Reg) 66.1; 3, J. Hogg (Pit) 66.1; HJ: C. Henderson (EWM) 1.75m; LJ: 1, R. McLeod (GAC) 5.80m; 2, C. Davidson (Aber) 5.49m; SP: 1, M. Anderson 13.79m; 2, H. Cowe (Aber) 12.53m; DT: 1, Cowe 40.00m; 2, K. Neary (EWM) 39.26m; JT: 1, J. Currie (MSL) 39.88m; 2, J. Barnetson 34.54m; 4 x 100 Relay: 1, EWM 48.5; 2, Monklands SL 49.3; 4 x 400 Relay: 1, Monklands SL 3-56.7 2, EWM 3-59.4. Senior Result: 1, EWM 101; 2, Monklands 90; 3, Glasgow AC 84; 4, Inverness H 72; 5, Aberdeen 66; 6, Edinburgh AC 64; 7, Central Region AC 29; 8, Pitreavie AC 28. Intermediates 100: 1, J. Fleming (GAC) 12.6; 2, F. Vance (EWM) 12.6; 200: 200: 1, Vance 25.8; 2, Fleming 25.9; 400: D. Houston (Pit) 59.8; 800: 1, L. Thumire (EWM) 2-21.0; 2, E. Grant (Pit) 2-25.3; 1500: A. Steale (EAC) 5-15.4; 80H: F. Watt (MSL) 12.3; 300H: 1, F. Watt 46.6; 2,

B. Ross (DHH) 47.2; HJ: J. Thorburn (EWM) 1.50m; LJ: F. Watt 4.98m; SP: L. Aitchison (EWM) 9.45m; DT: A. Gray (EAC) 37.82m; JT: E. Grant 32.36m; 4 x 100 Relay: 1, EWM 51.1; 2, Pitreavie 51.8.

Intermediate Result 1, EWM 81 pt; 2, Pitreavie 77.5 pt; 3, Edinburgh AC 70.5 pt; 4, Glasgow AC 63.5 pt; 5, Dundee HH 63; 6, Monklands SL 56; 7, Inverness H 39; 8, Central Region AC 27.5.

Juniors 100/200: K. Leys (Aber) 12.9/26.9; 800: R. Davidson (Inver) 2-25.8; 1500: 1, D. Simpson (Aber) 4-49.9; 2, G. Slaven (A/S) 4-54.8; 75H: 1, N. McCall (MSL) 11.9; 2, D. Douglas (Inver) 11.9; 4 x 100 Relay: Ayr Seaforth 51.9; HJ: Leys 1.48; LJ: Douglas 5.12m; SP/DT: P. Brigain (EWM) 9.39m/24.30m; JT: K. Wallace (MSL) 25.34m.

Juniors Results: 1, Aberdeen 68 pts; 2, Inverness H 57; 3, Glasgow AC 55; 4, Monklands SL 53; 5 = Ayr Seaforth AC, Dundee HH and EWM all 46; 8, Central Region AC 36.

Girls 100/200: M. McShannon (GAC) 13.0/26.1; 800: L. Stewart (EWM) 2-29.0; 70H: S. Gunn (Aber) 11.5; 4 x 100 Relay: Glasgow AC 54.1; HJ: A. Mitchell (Pit) 1.31m; LJ: G. Campbell (Montrose) 4.57m; SP: K. Cassidy (EAC) 9.34; DT: L. Thomson (EWM) 23.60; JT: G. Wilson (Aber) 19.20.

Girls Result 1, Aberdeen 64 pts; 2, Glasgow 56; 3, EWM 55; 4 = Montrose and Pitreavie 45 each; 6, Edinburgh AC 38; 7, Ayr Seaforth 36; 8, Monklands Shett 35. Overall Cup Result: 1, EWM 27pts; 2, Glasgow AC 24; 3, Aberdeen 22; 4, Monklands Shett 16; 5, Inverness H 14; 6, Pitreavie 12.5 pt; 7, Edinburgh AC 12; 8, Dundee Hawkhill H 7; 9, Ayr Seaforth AC 5; 10, Montrose AC 4.5; 11, Central Region AC 4.

Schools

Jet lagged!

THE BRITISH Schools' Track and Field International took place in Swindon on July 16, the traditional third Saturday in July date for the event, but a date which fortunately militates against a good Scottish result, with some potential medalists being on holiday and not available, and other team members returning from holiday, tanned but tired.

Katy Rice, for example, had 17 hours to wait for her flight from Crete; Evelyn Grant had to cross the Channel on her own a day early, and Colin Young certainly did not do himself justice, arriving from France barely an hour before taking his mark in the 800m.

It would be brutal to suggest that no athlete is eligible for the international if a Continental holiday is planned preceding the event, but it would certainly help if the team could travel together, and not emerge, as at Swindon, from all over Europe.

The decision not to take pole vaulters was justified in that the starting height was 3.00m (the PB of the two SSA A vaulters). The event was won at 4.40, with the last placed athlete clearing 3.60m.

However, there is the possibility that had we taken a second high jumper to Hazel Melvin, we might have won second place in the Girls' match, the standard of British Schools' high jumping being just about as worrying as that of the Scottish Schools. The international was won with 1.75m, the seventh placed athlete clearing only 1.45m! The standard, generally, was not very impressive, only two BSLAB records being set, by England in the 4 x 400m Boys' relay in 3-19.4 (Scotland recording a surprisingly good 3-22.5) and by Kerri Maddox of England in the Girls' 400m hurdles, a comparatively new event, where the record has dropped regularly and now stands at 61.2.

It is always sad to say goodbye to athletes who have won their final schools' vest. The prowess of captains Darren Galloway (Auchinleck Academy/Ayr Seaforth AAC) and Kathleen Lithgow (Dumfries High/Nith Valley AAC) is well known, and doubtless a lot will be heard of them in the future, but I should like here to draw attention to the dedication and endeavour of three athletes who have served the Scottish Schools well, both at track and field and at cross-country - Alastair Thain (Stewarts Melville College/Clydebank AC), three caps, Marlene Gemmell (Turnbull High/Strathkelvin Ladies AC), five caps and Mary McClung (St Joseph's Academy/Johnny Walker Kilmarnock Harriers), seven caps. We wish them well and thank them for their contribution to Scottish Schools' athletics.

Looking to the future - plans are afoot to hold an indoor match against Edinburgh University and to break further new ground by organising an indoor event for school pupils with special needs, and, in the new year, to run an under 15 indoor area championships. Watch this column.

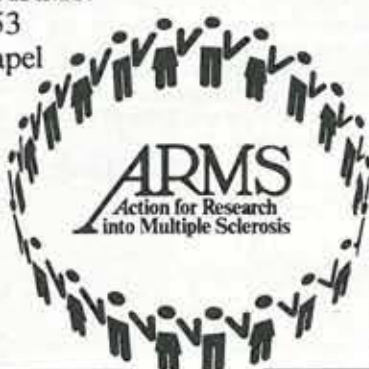
Linda Trotter

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Research

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Women's Rankings

100 metres

11.59	Janis Neilson	EWM
11.62w	Kathleen Lithgow	NV
11.69w	Melanie Neef	GAC
11.75w	Aileen McGillivray	MSL
11.90w	Alison Edmonds	INV
12.10	Lorraine Dick	MSL
12.10	Wendy Thompson	PIT
12.18	Kaye Scott	EWM

200 metres

24.09	Janis Neilson	EWM
24.10	Melanie Neef	GAC
24.34	Kathleen Lithgow	NV
24.34	Aileen McGillivray	MSL
24.90	Alison Edmonds	INV
25.00	Ruth Grivan	NV
25.00	Mary Anderson	EAC
25.00	Wendy Thomson	PIT
25.35	Dawn Kitchen	EWM

400 metres

53.79	Mary Anderson	EAC
54.27	Dawn Kitchen	EWM
55.97	Gillian McArthur	MSL
56.27	Wendy Steele	EWM
56.35	Alison Hodgson	EWM
56.66	Emma Lindsay	EWM
56.67	Fiona Meldrum	GAC
56.69	Sue Burgess	EdUn
56.91	Elaine Henderson	EWM
57.10	Denise Knox	M&C

800 metres

2-01.98	Yvonne Murray	EAC
2-04.30	Chris Whittingham	GAC
2-05.46	Lynne MacIntyre	GAC
2-06.97	Karen Hutcheson	BHM
2-07.97	Sue Bevan	ESL
2-08.8	Liz McColgan	DHH
2-10.25	Carol-Ann Gray	EAC
2-10.92	Linsey Macdonald	PIT
2-11.67	Dawn Kitchen	EWM
2-11.70	Laura Wright	SNH

1500 metres

4-06.34	Yvonne Murray	EAC
4-08.15	Liz McColgan	DHH
4-12.50	Lynne MacIntyre	GAC
4-15.85	Karen Hutcheson	BHM
4-22.20	Laura Wright	SNH
4-22.67	Chris Whittingham	GAC
4-28.1	Sue Bevan	ESL
4-28.3	Alison Jenkins	EWM
4-29.75	Valerie Clinton	Irv
4-30.63	Karen McLeod	EAC

3000 metres

8-37.22	Yvonne Murray	EAC
8-42.50	Liz McColgan	DHH
9-10.6	Elspeth Turner	GAC
9-36.18	Karen McLeod	EAC
9-37.6	Louise Vandyck	ESL
9-37.39	Alison Jenkins	EWM
9-38.58	Christine Price	DHH
9-41.00	Audrey Simm	GAC
9-41.74	Valerie Clinton	Irv
9-44.00	Celia Duncan	AFD

5000 metres

15-10.17	Liz McColgan	DHH
16-26.57	Karen McLeod	EAC
16-41.55	Elspeth Turner	GAC
16-51.21	Louise Vandyck	ESL
17-06.12	Celia Duncan	AFD

10,000 metres

31-06.99	Liz McColgan	DHH
33-05.43	Elspeth Turner	GAC
34-52.20	Louise Vandyck	ESL
36-54.10	Eileen Masson	Kilb
37-17.00	Jo-Ann Scott	Darl

Marathon

2-38.18	Shiela Catford	Leeds
2-41.02	Heather McDuff	EAC
2-47.23	Eileen Masson	Kilb
2-52.16	Wanda Sosinska	EWM
2-53.29	Jill Danskin	LO
2-56.21	Leslie Watson	LO
2-49.01	Celia Duncan	AFD

100 metres hurdles

14.33	Jocelyn Kirby	NSP
14.37	Jane Low	GAC
14.86	Andrea Chambers	GAC
14.87	Ashley Brown	MSL
14.90	Claire Reid	EWM
15.00	Elizabeth Dempsey	Colz
15.00	Donna Brown	EWM
15.10	Shona Urquhart	EWM
15.10	Jayne Barnetson	Inv
15.20	Catrina Boyle	MSL

400 metres hurdles

61.40	Alison Hodgson	EWM
62.11	Ashley Brown	MSL
62.41	Jayne Barnetson	Inv
62.77	Carey Spiers	GAC
64.62	Isobel Donaldson	Colz
64.70	Tracy Wilson	Loch
65.06	Aileen McDermid	GAC
65.20	Maureen Green	AyrS
65.70	Yvonne Liddle	EAC
65.70	Kirsty Baird	KO

High Jump

1.85	Jayne Barnetson	Inv
1.80	Caris Henderson	EWM
1.80i	Rhona Pinkerton	GAC
1.76	Nicola Murray	GAC
1.75	Jackie Gilchrist	Pit
1.75	Emma Lindsay	EWM
1.65	Shona Urquhart	EWM
1.65	Hazel Melvin	Troon
1.65	Fiona Hall	VP
1.63	Lisa Paton	GAC

Long Jump

6.16	Lorraine Campbell	EWM
6.03	Rhona McLeod	GAC
5.87	Janice Ainslie	EWM
5.87	Caroline Black	EWM
5.83	Jayne Barnetson	Inv
5.74	Andrea Jackson	MSL
5.68	Emma Lindsay	EWM
5.59	Linda Davidson	Ab
5.53	Nicola Barr	CR
5.53	Shona Urquhart	EWM

Shot Putt

13.85	Mary Anderson	EAC
13.38	Helen Cowe	Ab
12.85	Alison Grey	EAC
12.71	Marlene Murphy	GAC
12.63	Ashley Morris	Pit
12.53	Nicola Emblem	EAC
12.47	Janmarie Thompson	Sale
12.38	Shona Urquhart	EWM
12.21	Heather Yule	New

Discus

44.52	Ashley Morris	Pit
44.42	Claire Cameron	GAC
43.08	Helen Cowe	Ab
42.20	Karen Neary	EWM
41.92	Lesley Adams	PSH
40.10	Alison Hammerton	MSL
39.72*	Rosemary Chrimes	(vet)
39.04	Alison Grey	EAC
38.58	Mary Anderson	EAC
38.24	Susan Freebairn	Colz

* World best: W55 age group.

Javelin

52.46	Nicola Emblem	EAC
51.46	Shona Urquhart	EWM
46.60	Mary Anderson	EAC
44.88	Janell Currie	MSL
40.32	Karen Savill	Lass
39.26	Jayne Barnetson	Inv
38.66	Isobel Donaldson	Colz
38.62	Marlene Murphy	GAC

Heptathlon

5331	Jayne Barnetson	Inv
5313	Shona Urquhart	EWM
5174	Mary Anderson	EAC
4483	Isobel Donaldson	Colz
4473	Emma Lindsay	EWM

4 x 100 metres relay

45.50	Scotland
46.80	East District
47.21	Edinburgh Woollen Mill
47.70	Monklands Shett
48.00	West Dist

4 x 400 metres relay

3-44.31	Scotland
3-49.90	Ed. Woollen Mill
3-51.90	East Dist
3-56.20	Scottish Schools
3-58.10	Monklands Shett.

Ian Steedman

We apologise for being
unable to provide you
with senior men's
rankings.

Extraordinary as it
may seem, it appears
that there is no such
service in Scotland,
either for publications
like ourselves, or,
even more bizarrely, to
keep the Scottish
Amateur Athletic
Association up to date
with monthly perform-
ances! How are teams
chosen?

The rankings for junior
men, youths and
senior boys will re-
appear next month.
Our compiler, Jeff
Carter, has been on
holiday. We also hope
to be able to bring you
rankings for women
below senior status.



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Race Profile Glasgow Half Marathon

ALL THE drama took place between miles seven and eight in this third running of the British Airways Glasgow Half Marathon on August 14.

A group of four runners - Fraser Clyne, Eddie Stewart, Peter Fleming and Alistair Douglas (virtually a repeat of last month's inverness 10K, with the exception of Stewart for Chris Hall) had broken away after four miles from a bigger group including Hammy Cox, Andy Daly and Gerry Fairley.

For the next three miles the four had, as is the wont, steadily built up their lead, so that they were over 50 metres clear of



The race gets underway, above, the runners approach the finish below, but for race leader Fraser Clyne, bottom left, it's all over. The women's winner, Lorna Irvine, making a welcome return to the half marathon distance after months of injury, is also pictured.

Photographs: Peter Devlin.

Cox and Daly and 100 metres clear of Fairley when suddenly Douglas dropped out. Sensing the kill, Clyne, "put the boot in," in the second of two inclines, dropping Stewart. A lead of 30 metres soon developed over Fleming, who in turn was quickly caught by Stewart, again showing a lot of promise over the half marathon distance.

RESULT: 1, Clyne 65-34; 2, Stewart 65-53; 3, Fleming 66-36; 4, Cox 67-49; 5, Daly 68-02; 6, Fairley 68-44; L1, L. Irvine, L2, S. Branney; L3, E. Turner; L4, E. Masson; L5, J. Harvey; L6, R. Murray. MV1, A. Adams 71-01; 2, D. Fairweather; 3, C. Martin; LV1, C. McGarvey; 2, W. Noakes, 3, M. Small. (times not available except where stated).





THE FALKIRK HERALD

and Scottish Midlands Journal

PEOPLE'S HALF MARATHON

IN ASSOCIATION WITH FALKIRK DISTRICT COUNCIL
Incorporating the final race of the Scotland's Runner Half Marathon Championship
Sponsored by THE FALKIRK HERALD

Sunday, October 23, 1988 (start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £3.50. LIMIT 5000
PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

Surname		For Official Use	
Christian Name and other Initials		M F	
		Sex ☐	
Address			
Town or City		Post Code	
Age on day of Race		Country	
Date of Birth		Work Telephone No.	
Club or Team name (if any)		Home Telephone No.	
Anticipated time for 1/2 Marathon		Are you a disabled person? ☐ If yes, please advise of disability	

I enclose herewith my Cheque/P.O. No. Value £3.50 being the amount of entry fee made payable to Falkirk District Council.

(A stamped (24p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organisers Falkirk District Council for injuries suffered by me in the event. I attest and verify that I am physically fit and have sufficiently trained for the event and that my fitness has been verified by a doctor. I declare that I will be age 17 years (for female) 18 years (for male) or over, on or before the day of the race, and that I have not competed as a professional in any athletic, track, field, road race, cross-country or road walk race or having done so have been reinstated to an amateur status.

Entries close on October 10, 1988 or on receipt of 5000 entries.

SIGNED DATE

Please send your entry form along with entry fee to: THE RACE SECRETARY,
GRANGEMOUTH SPORTS COMPLEX, ABBOTS ROAD, GRANGEMOUTH

Events Diary

August

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.

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

INVERCLYDE Quarter Marathon, Greenock.

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

MCVITTIES Challenge, IAAF Permit, London (CP).

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

RUTHERGLEN Crime Prevention "10", Rutherglen.

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

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

30
CERES 8 Mile Road Race, Ceres.

31
INTERNATIONAL Meet - IAAF permit, 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 - Cunningham 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.
SRI Chinmoy 5K Road Race, Meadows, Edinburgh.

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

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

STAKIS Carrbridge Fun Run. Entry forms available from 0479-811431

21
SRI Chinmoy 2ML Road Race, Glasgow Green, and Meadows.

23
OLYMPIC Games, Athletics, Seoul, Korea.

24
GEORGE Cummings Road Relay Race, Kilbarchan.

OLYMPIC Games, Athletics, Seoul, Korea.

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.

STAKIS Kingussie Fun Run. Entry forms available by contacting 0479-811431

October

1
DAY 6 of athletics at Olympic Games, Seoul.

VICTORIA Park AAC McAndrew Trophy 4 x 3.1/4 miles Road Relay Race, Scotstoun, Glasgow. Details - J. Wallace Crawford, 83 Clarence Gardens, Glasgow G11 7JW. Entry on day of race.

Lanarkshire Relay at Coatbridge (NOT E. Kilbride) Details - J. Radigan, 44 Laburnum Avenue, Greenhills, East Kilbride.

2
FORRES Harriers Alves to Forres 6 miles Road Race, Forres Details M. Francis, 5 North Street, Forres.

Events Diary

Morayshire. IV36 OAD. Entry on day of race.

FINAL day of athletics at Olympic Games, Seoul.

8

EASTERN District Cross Country League (all age groups), Entry - A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

NORTH District Cross Country League (all ages Men/Women) Entry - W. Banks, 16a Ballifearey Road, Inverness IV3 5PS.

AYRSHIRE County Cross Country Relay Championships.

DUNBARTONSHIRE County Cross Country Relay Championships.

RENFREWSHIRE County Cross Country Relay Championships. Details - D. Burt, 7 Kirkhill Road, Holmrae, Uddingston, Glasgow. G71 6BW.

STAKIS 5 mile Fun Run, Laggan Bridge. For entry forms, contact 0479-811431.

9

PENTLAND Skyline 16 mile Hill Race, Edinburgh. Entry - A. Curtis, 3, Ramsay Place, Penicuik (start 11am).

VICTORIA Park AAC Open Cross Country Meeting (all age groups Men/Women) including opening meeting of Scottish Womens Cross Country League. Entry - J. Wallace, Crawford, 83 Clarence Gardens, Glasgow. G11 7JW and Mrs. J. Ward, 144 Canberra Avenue, Dalmeir West, Clydebank. G81 4EW.

FRASERBURGH F.C. Half Marathon, Fraserburgh Details - C. Noble,

43 Saltown Place, Fraserburgh, Aberdeenshire. AB4 6UW.

CITY of Dundee Peoples Half Marathon, Dundee.

15

IAAF World Mountain Racing Cup at Keswick (Day 1).

DISTRICT Cross Country Relay Championships.

East Entry - A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

North Entry - W. Banks MBE 16a Ballifearey Road, Inverness. IV3 5PS.

West Entry - J.A. Innes, 73 Woodvale Avenue, Bearsden, Glasgow. G61 2NX.

16

IAAF World Mountain Racing Cup at Keswick (Final Day).

SCOTLAND'S Unattached Runners Championship, Fort William. Entry - E. Campbell, "Kisimul", Alma Road, Fort William.

COASTERS Running Club 10,000 metres Road Race, Buckie. Entry - Derek Summers, 20 Skene Street, MacDuff. AB4 1RN.

22

SCCU National CC Relay Championships

FALKIRK District Council Peoples Half Marathon, Grangemouth Stadium. Entry - J. Fairgrieve, Race Director, Grangemouth Stadium, Grangemouth.

RUNNING North Open 5 mile Handicap race. Entry - Running North Sports, 5 South Mount Street, Aberdeen.

STAKIS 5 Mile Fun Run, Rothiemurchus, Aviemore. Entry forms from 0479-811431.

29

BLACK Isle Festival of Distance Running (Marathon, Half Marathon and 10,000 metres races, all start 10.30am) Marathon - Culbokie to Fortrose. Half Marathon - Jemimaville to Fortrose. 10,000 metres to Cromarty to Fortrose. Entry - R. Cameron, 15 Rosecroft, Muir of Ord, IV6 7RH (Closing date for entries 15 October).

SCOTTISH National YMCA Road Race Championships, Bellshill.

SHEETLESTON Harriers Allan Scally Memorial 4 x 5 miles Road Relay Race, Bannerman High School, Baillieston, Glasgow. Entry - W. Scally, 437 Duke Street, Glasgow. G31 (Entry on race day).

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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 distances catered for. Secretary - Alan Connelly, 37, Duncan Avenue, Arbroath, Angus.

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

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

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor, Glenfermate, Enochdu, by Blairgowrie, Perthshire PH10 7PL. Tel: 025081-205.

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

CLYDESDALE HARRIERS
Road, track, cross country, field events, hill running, jogging, coaching available in all aspects of athletics: social events. If you are looking for a friendly club which caters for all grades of athletes contact: Male Sec - Phil Dolan, 1, Russell Road, Duntocher. Tel: Duntocher 76950. Female Sec - Josephine 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 beginner. Males/females aged 16 and over are welcome to contact the secretary or call at Muirfield Community Centre Wednesday and Thursday at 7pm and Saturday at 10am.

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Monday and Wednesday at Broomfield Park, Cumnock, from 7pm to 9pm. All ages from 9 years upwards catered for. Very friendly and enthusiastic club. Separate adult jogging section. Secretary: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

DUNDEE HAWKHILL HARRIERS
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DUNDEE ROADRUNNERS ATHLETIC CLUB
Secretary - Mrs Gill Hanlon 9, Lochinver Crescent, Dundee.

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

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

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome, (Track, 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, Kirkintilloch. G66 3TJ Tel: 041-775-1551.

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

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

MILBURN HARRIERS
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SCOTTISH HILL RUNNERS ASSOCIATION
Sec: Alan Farningham, 13, Abbotslea, Tweedbank, Galashiels, TD1 3RZ.

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

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

BRUCE TRIATHLON CLUB
Secretary - Andrew Laing, 40 Morar Road, Crossford, Dunfermline, KY12 8XY. Training - Dunfermline Community Centre. Telephone 0383-733370 day; 731063 evening.

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

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

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

WESTER HAILES TRIATHLON CLUB
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