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NOVEMBER 1988

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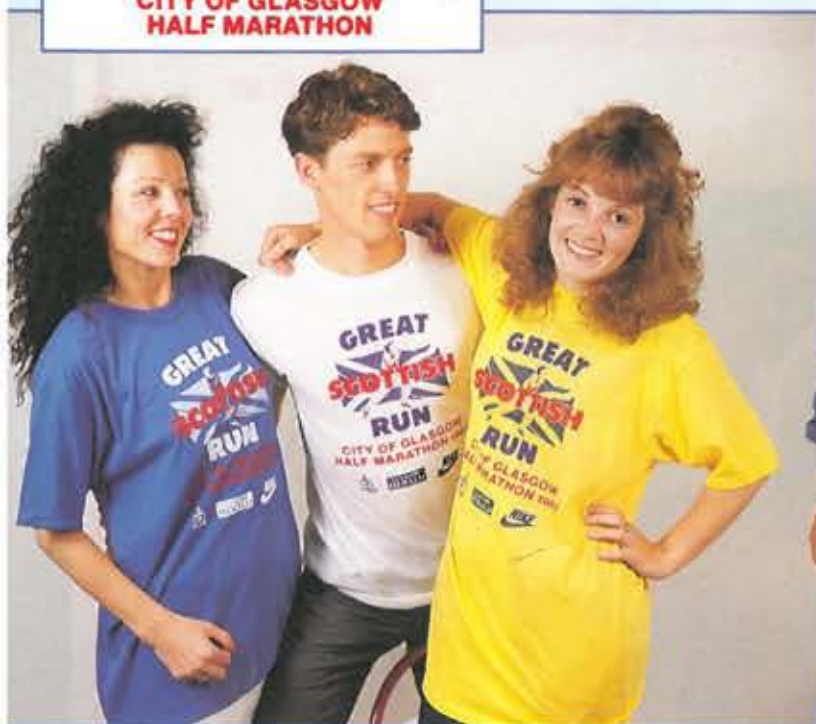


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SCOTLAND'S RUNNER

November, 1988

Issue 27

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SCOTLAND'S
RUNNER



Front Cover:
John Anderson tells Liz
McColgan that she's run
a tremendous race to win
the 10,000 metres silver
in Seoul.

Photograph by Mark
Shearman.

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Inside LANE

IT SEEMS like a long time ago now, but our bleated and heartfelt congratulations to Liz McColgan, Yvonne Murray and Elliot Bunney for bringing home the goods from Seoul. Two out of three possible medals in the individual events represents a more than acceptable strike rate, and Elliot's silver was something of a bonus. Congratulations too to Brian Whittle on achieving a personal best, and commiserations to Janice Neilson who didn't get an outing.

As our picture on the cover shows, Liz McColgan wasn't sure whether to laugh or cry after her silver medal winning race, but she was quickly reassured by her coach, John Anderson, that she had run magnificently, even if unable, on this occasion, to shake off Olga Bondarenko. While on the subject of the Soviet athlete, we should perhaps throw away our blinkers and accept that she ran the perfect race; it seems churlish to dismiss her achievement in being the only athlete who could keep pace with McColgan for six miles as somehow not deserving of the gold medal. The onus is on Liz and John Anderson to find a way of beating the fast finishers in major championships.



Meet Scotland's Florence Griffiths. "I get teased about my finger nails!" says the middle distance runner from Morrison's Academy who took part in the SSAA coaching day on October 16.

Yvonne Murray, on the other hand, was clearly ecstatic at winning the bronze - her face a picture of honest, pure, endeavour. Both Yvonne and Liz are young, and can look forward to even greater days of glory in the years ahead.

Sadly, there was nothing honest or pure about the Olympic athletics themselves. Even worse, I think we are only kidding ourselves on if we believe there is going to be any fundamental change arising from the "Ben Johnson Affair".

Johnson's being caught probably represented the last chance for athletics to grasp the iniquity of artificially-improved performances, and the Canadian Olympic team management appeared to recognise this in the immediate stench that followed his being relieved of the gold medal by indicating that the sprinter would never run for his adopted country again. That the issue is probably too big for athletics alone to handle was confirmed when the Canadian government announced an official inquiry into the effects of drug abuse on Canadian sport (why have Britain and other countries not followed suit?).

Despite these high level intimations, the Canadian athletics federation decided less than three weeks after Johnson's disgrace that they would welcome him back with open arms when his official two year suspension from athletics is lifted in 1990! The federation's director of marketing and communications, Ted Griffiths, is quoted as saying:

"We suspended him for two years because that's the sentence that the law dictates. But when that's over he's welcome back."

The plan is for Johnson to be racing in Canadian colours in the Tokyo World Championships in 1991 and the Olympic Games in Barcelona in 1992. Seasoned athletics observers are betting now that the IAAF will let the Canadians get away with it - certainly in time for Barcelona, if not Tokyo.

Incredible, is it not?

TO RETURN to our own back yard, it seems that road race organisers are getting fed up with handing over thousands of pounds to the Scottish athletic authorities and, according to them, getting nothing or next to nothing back in return.

In this issue we itemise the "People's" events which paid a total of £22,622 into the coffers of the Scottish Amateur Athletic Association alone last year. Yet according to the expenditure accounts of the association for the same year (to September 30, 1987) the vast bulk of that money is channelled out of road running and into other areas of athletics. The inescapable conclusion from the accounts is that road runners are, by and large, subsidising Scottish athletics.

The whole controversy is aired at some length in this issue - including the debate on whether unattached runners should be "encouraged" to join clubs. We have invited the SAAA to respond in next month's magazine should the association feel the points raised are unfair or taken out of context - and also to justify why so little money is going back into road running.

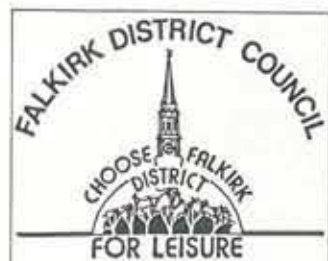
TO END on a positive note, it was encouraging when profiling people who had completed the Great Scottish Run to note that the sport is still attracting a fair proportion of new runners.

Pride of place among those featured in this issue must surely go to 53 year old grandmother of three Eleanor Draper from Welling Garden City in England.

Eleanor, a geriatric nurse, started running last year. The Great Scottish Run was a mere limber up for the South Downs 80 next June - a 24 hour event!

Road running has brought a lot of unusual, and most welcome, people into athletics. It should be supported in a more enthusiastic way by the people who run the sport.

Alan Campbell

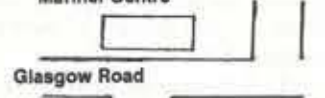


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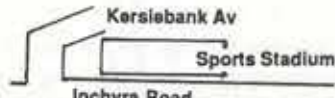
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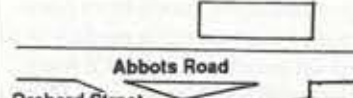
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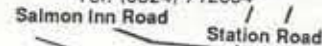
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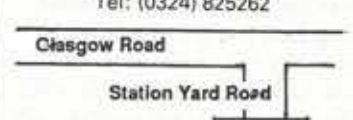
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Your local sports centre can be of use even if you feel you don't want to join a club or attend coaching classes. If you want to get together with a group of friends to play indoor football, badminton, table-tennis, squash or any other activity, then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

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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.

Up Front



Primary schoolchildren in Aberdeen met one of their heroes recently when Allan Wells opened the new Chris Anderson Stadium in the city. The stadium, named after the late and much respected director of Aberdeen Football Club, includes an eight lane tartan running track with two 100 metre straights, four long jump pits and two pole vault areas as well as all ancillary field events. It is also floodlit and the facility is an enormous boon for local athletes including members of Aberdeen Amateur Athletic Club. The club has, of course, been using Linksfield Stadium up until now, and an upsurge of interest in its activities has been reported since moving into the new luxurious facilities, another feature of which is a 1500 seater grandstand.

Scottish women win bronze

SCOTLAND won a bronze medal in the IAAF World Cup mountain racing championship held at Keswick on October 15 and 16 when the women's team finished behind joint winners Switzerland and Italy.

Good packing was the key behind this outstanding achievement, with Tricia Calder, from Duns, finishing seventh, 100 yards ahead of

Edinburgh AC clubmate Penny Rother, who finished ninth. The third counter, Joyce Salvona, was eleventh. (The fourth member of the team, Anglo Barbara Murray, is one of our Great Scottish Runner profiles elsewhere in this issue).

The men's team also acquitted themselves well, finishing sixth, while the junior team was ninth. The overall World Cup was won for the fourth successive year by Italy, ahead of Switzerland and England.

Alteration to guidelines in javelin, high jump

THE SCOTTISH Women's Amateur Athletic Association has altered the Commonwealth Games guideline figures for two events. The javelin "A" guideline is now 55m and the "B" 50m, while the high jump "A" guideline is 1.88m and the "B" 1.82m. Next month we will be taking a full look at the guidelines issued for both men and women, and asking how many Scots will be on the plane for New Zealand.

New club formed

A NEW athletics club has been formed in Renfrew, hoping to replace the now defunct but once very well known and popular Babcock Harriers.

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Up Front Up Front Up Front Up Front Up Front

Places still available on coaching day

DR GUNTER Tidow of West Germany is the main guest at the 18th International Coaches Convention which takes place in Edinburgh on November 5 and 6. Dr Tidow is in charge of the development of West German multi events, and that nation's decathlon results speak for themselves. His English is excellent, and he will be speaking on the application of strength training for women.

Other speakers at the two day convention include Dr Craig Sharp, who works for the British Olympic Association at their medical centre and who is speaking on his latest research into anaerobic endurance. Dr Jim Watkins of Jordanhill College speaks on the effect conditioning has on children - Dr Watkins is one of the country's foremost experts on the effects of physical exercise on children. Also giving papers are Maureen Burdett, Brad McStravick, and Bob Carlyle.

Scottish national coach David Lease tells us that places are still available at the convention, and those interested should contact him at 031-226-4401.

"Every club should be represented, and the Saturday evening dinner is a marvellous opportunity to exchange ideas and do your 'boasting'!" says Lease.

"Over the last five years we have tried to ensure that presentations are of an easily understandable nature and acceptable to all reasonably serious coaches. They will be motivational as well as educational."



Morag and John Simpson from Beith, pictured before leaving for the Algarve on October 27. As announced last month, John won our trip to Portugal for two, including entry to the Algarve Half Marathon. A full and happy report next month hopefully!

John's club, Beith Harriers, are hosting the Stewarton Cross Country Races on October 30, the same day as the Algarve event, and our winner says it was a real wrench having to spend a week in Portugal instead.

New league

MARYHILL HARRIERS, sponsored by the Sports Council for Glasgow, are organising a cross country league for schools in the north of the city. The three races are on December 3, January 7, and January 28.

NOT MANY people outside the circle of Springburn Harriers knew Bernie Fickling. Apart from a brief brush with glory as a member of a strong Springburn Harriers veterans team around 10 years ago, he knew little athletic success. However, quiet natured as he was, in the last five years of his life he was to become a giant in the eyes of those fortunate enough to know him.

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During the last five years of his life, Bernie Fickling underwent extensive and repeated treatment for cancer in various parts of his body. As soon as was humanly possible - often within days - he would begin his own quiet rehabilitation process. Unable to walk without great difficulty because of the cancer, Bernie took to his bike daily regardless of the weather. Eventually he was cycling up to 40 miles in a day.

Bernie's doctor was so astonished by his powers of recovery and determination that he spoke at medical conferences of this remarkable character cycling only days after major chemotherapy treatment. Such treatment is renowned for its side-effects - it can make patients irritable, moody and depressed - yet in his regular contact with Springburn Harriers (he continued as club treasurer), Bernie never wavered from his usual self. Never was there a moan or a hint of self-pity (and he would have been well entitled).

Bernie stayed the course, and then much more. There's no doubt he won himself extra years by sheer will. He died on September 24, aged 54, and is survived by his wife, Dorothy, and son, David. He was a shining example to us all. G.C.

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SR1

Very well done!

We had our biggest-ever
competition response to last month's
International Track & Field Annual
competition. The answers were: 1,
Steve Cram; 2, Wendy Sly; 3, Tessa
Sanderson; 4, Jack Buckner; 5, John
Regis.

Copies of the annual, price £10.95 and
published by Simon & Schuster, are on their
way to the following readers:

Nancy Anderson,
Park Farm,
High Blantyre,
Glasgow.

Jacqueline Gibson,
7, Old Causeway,
Kinross.

James Joyce,
15, Corran Gardens,
Broughty Ferry.

John Rice,
19, Lochearn Crescent,
Airdrie.

Daphne Paton,
11, Strathearn Place,
Edinburgh.

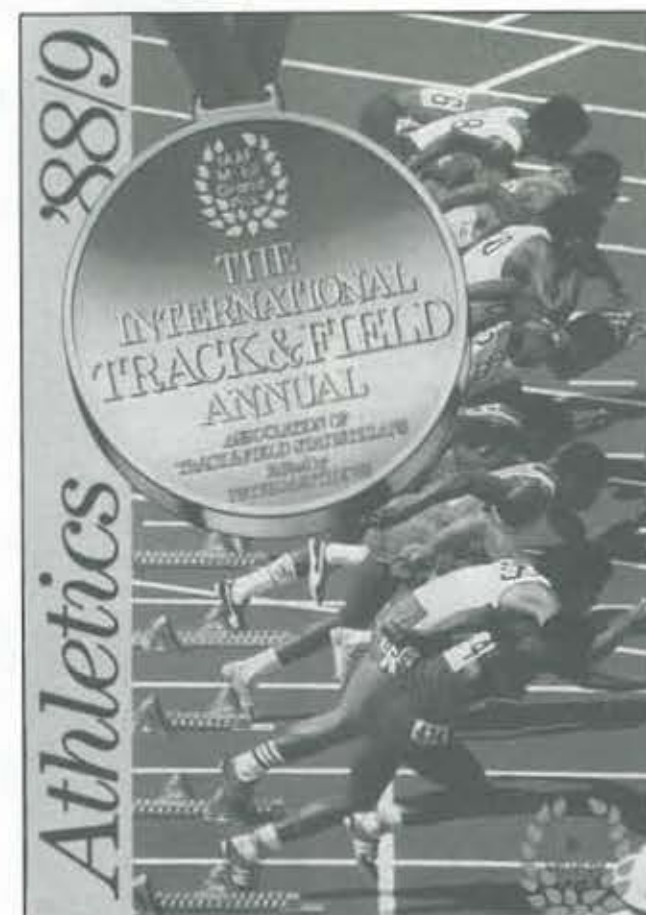
Joe Currie,
3, Langlands Terrace,
Dumbarton.

Frank McLaren,
65, Duddingston Drive,
Kirkcaldy.

Carrie Gibson,
2, Hill Road,
Inverkip,
Renfrewshire.

Euan Wilkinson,
53, Glen Shee,
St Leonards,
East Kilbride.

Joseph Duffy,
21/6, West Thomson
Street,
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See Page 57 for details of
how to win another great
book!

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James has run up 17 half marathons in 1988!



READERS may recall that in our last issue we printed this photograph from the Ayr Land O' Burns Half Marathon and offered the gentleman a year's free subscription. It didn't take James Fair of Forres more than a couple of days to take us up on the offer! And if anybody deserves a free subscription to the magazine, it's Mr Fair.

The 43 year old joiner took up road running only last year, and in 1988 decided to dedicate his efforts to Guide Dogs for the Blind after seeing an advertisement for the organisation in Scotland's Runner. When he ran in the Dundee Half Marathon on October 9 it was his 17th half marathon this year, and he was just £30 short of the £1000 required to train a guide dog.

"I thought it was getting awfully selfish just to run for myself," explains James.



The Great Scottish Run is a dawdle to Raymond Hubbard who is more used to back-to-back marathons!

Picture Special



Well done No. 97. You were in the right place (the Aberfeldy Half Marathon) at the right time (sheer chance!) to be photographed by Peter Devlin and win a year's free subscription to Scotland's Runner.



Last waltz in Dalmuir during the Victoria Park Open Cross Country meeting on October 9.

Letters...

Please send your letter, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA

Glasgow hosts enough meets as it is...

73, Woodvale Avenue,
Bearsden,
Glasgow.

SIR - As one of the "bloody-minded officials" who decided to run two 800m races at the Renfrewshire/Dunbartonshire AAA league match at Crownpoint, can I please ask that I am allowed space to advise Tony Linford the reasons for the decision and to correct some other inaccuracies in his letter.

Firstly, can I say that perhaps he hit on one of the biggest problems when he said that the athletes could do a bit more to help. I am sure that if they attended even half of the 48 track and field meetings at which I officiated during the period from April 1 to September 30 (not counting around 21 committee meetings or the many hours spent at home attending to paperwork in connection with athletics), and gave one hour of help to the officials at each, they might realise what is involved in ensuring that athletes have a fair race in all respects and appreciate that it is not always fun giving up your free time simply to have abuse hurled at you no matter what decision you make.

What happened on the night in question was that an athlete, who is a member of a club affiliated to Dunbartonshire AAA, decided that the race for these clubs would not be good enough for him and he attempted to insist that he be allowed to run as a guest in the Renfrewshire AAA race. It was this athlete who was the cause of the argument as he initially refused to accept the fact that he had to run for his club in what was a club competition, and even before the match started he was abusive to those organising the meeting over the ruling made by them.

The reason that the true guests were not allowed to run in one race was that the officials decided, in the interest of safety, to ensure that there were not too many athletes in either of them, and that the club runners took preference with

the guests being fitted in as and where they could be.

The "bloody-minded officials" (again in quotes because I would not normally use such an expression) were not part of any "empire" but were democratically elected by the clubs who are members of the organising associations. At least two are considered by the Scottish Amateur Athletic Association to be suitable persons to officiate at international level.

As far as the organising of open graded meetings is concerned, it may surprise Mr Linford to learn that it is very often necessary to write to as many as 100 officials in order to put a team of around 60 together for a match, and while it is not necessary to have a team of that size for an open graded meeting it is still the case that a great deal of time has to be spent contacting people - again to ensure that the all-important athletes get a fair race. This, of course, does not take account of the time spent arranging the programme or ensuring that the venue will be available for, and organised on, the date in question.

As far as the spread of open graded meetings held in the various parts of Scotland is concerned,



Are our club athletes getting the right competition?

Mr Linford rightly says that Edinburgh and Grangemouth have a reasonable number of events and if he feels that the DAAA/RAAA league matches (of which there are three and at which we do allow guests who are prepared to accept our rulings), Lanarkshire AAA league matches (three), Shettleston Harriers open graded meetings (four), Victoria Park's open graded meeting (one), plus the various meetings held by Glasgow Athletic Club and Monklands Shettleston Harriers are not sufficient for the Glasgow athletes, could he please volunteer to organise some others.

It could be that there is a need for such meetings to be organised in Ayrshire, but I do know that at Ayr during the summer a meeting was held as part of the UK Securicor "Sprinting for Britain" Challenge (for 13 to 15 year olds) and the grand total of one Ayrshire club was represented. Is there really a need?

Turning to the point that athletes want to plan their programme, I can only point out that each of the above meetings was included in the list of fixtures published as part of the SAAA handbook at the beginning of the

season. The fixtures list only ran to ten pages, so, yes, there maybe was a shortage of fixtures!

The question of BMC races being allowed within the open graded meetings is one I do not understand. I have certainly been at some where this was arranged, and frankly I do not see the need, as the main point of having "graded" meetings is surely that those of the same standard race against each other - so why complicate matters by having closed races inside such a meeting?

If the fear is that no-one of your own standard will appear at the "open" meeting, what guarantee have you that they will appear at it because the BMC are involved - surely the BMC members could arrange to attend whichever meetings they wanted to run at and get the competition from all those entering on the day. Who knows, the BMC may pick up some new members or even persuade athletes to run for an affiliated club rather than trying to be part of an elitist group.

The need to have the fixtures coordinated has been recognised by the SAAA and SWAAA and these bodies arrange a joint "fixtures meeting" each year at which the various dates of championships, league matches, open graded meetings - and, dare I even mention it, internationals, for the few athletes chosen to take part in these are arranged. There are, believe it or not, some considerable problems fitting all the existing fixtures into the number of days that are available during the season, and it is normally only after the fixture meeting and a considerable amount of negotiation thereafter that the full list can be drawn up.

Unfortunately do not yet have the information concerning the coming indoor season's fixtures, but I am fully aware that a great deal of discussion has already been held with the intention that as comprehensive a package as possible can be arranged.

I trust that this will serve to ensure that those athletes who think along the lines indicated in the letter from Tony do what they can to show their appreciation of the officials who turn out so regularly (in all weathers) to allow the athletes to enjoy the sport.

John A. Innes

Letters...

Knee pads are a necessity in Scottish athletics...

159, Collinton Road,
Edinburgh.

SIR - Do I detect the rumblings of discontent within the pages of your magazine? On reading your editorial Inside Lane in the September issue I was appalled to see that you criticised the mandarins of Scottish athletics. What makes you think that you have to be a "fair minded individual" to become a member of such an esteemed group of hypocrites? To demean yourself by printing a picture of our exalted national coach, Mr Lease, with two ex-professional athletes shows that you cannot be into building little empires.



Three of your contributors, Colin Shields, Fiona Macaulay, and Henry Muchamore, if they continue in the vein which they have over the last few months, could find themselves "persona non grata". For Fiona Macaulay to even think that there may be something wrong with our coaching system is sacrilege; does she not realise that we have over a thousand "coaches" in Scotland (well a thousand with that little bit of paper?).

Let us make it quite clear that it does not matter that you go down to the local club and find two "coaches" there "minding" forty youngsters - we still have "a thousand coaches" in Scotland. I think we should all be eternally grateful for our Big Brother system which allows us to proclaim our ability to coach with our little blue book (not red you notice) and our bit of paper tucked inside.

In answer to Fiona's question about coaching, the cancer starts at the top with the joint coaching committee dominated by a few individuals who are still entrenched in yesteryear - a coaching hierarchy, nominally known in coaching circles as the Coaching Mafia. To enter this one must go through a special initiation ceremony, which involves the "gift of the gab" and wearing knee pads. On this point one must be careful, as it is possible that someone may cotton on that you in fact cannot coach.

Horror of horrors, is it possible that some of our "top" coaches cannot motivate or coach? A look at recent past results will provide a clue.

In conclusion, I would be very careful in what you print. You may land up with the problem that none of our system members will talk to you. We have ways of controlling the peasants. Don't you know that athletes, coaches (except for the chosen ones), and especially media peasants should be "seen and not heard".

I'm all for returning to good Victorian values. Come to think of it, in many ways Scottish athletics hasn't left that era: Liz McColgan was banned from wearing her leotard at the Miller Lite Games in Edinburgh - maybe she should have worn a Victorian swimsuit?

P. Brydon

More detailed results needed

Castlebank House,
Anstruther Road,
Ceres,
Fife.

SIR - In your October editorial you mention the increasing number of pages due to progress on the commercial side. An analysis of the September issue shows, for instance, that five and a half pages were devoted to advertisements for a variety of charities, while four were devoted to the Results pages out of a total of 56 pages. The bigger October issue reveals that the number of advertisements for charities increased to eight and three quarter pages, while the Results section numbered just two pages.

Having only just this last month organised a run for charity, I am sympathetic to space being given to publicise charitable organisations. As a competitive athlete, however, I am concerned at the amount of space given to results in your publication, representing only a small percentage of the magazine, and in many cases listing only the first three, first veteran and first lady.

The recent postal strike could, of course, be cited as a reason for the lack of results in the October issue. I would, however, point out that I forwarded a number of results myself, in July, which have still not been printed. While seeing fit to record the results of the Cupar Highland Games Scottish AAA Heavy Event Throwing Championship, you decided not to print results of the Cupar 11 Mile Road Race, held as part of the same Games. As the position, club, category and time of every finisher was typed with double spacing there could not have been any difficulty in transposing these results. I include with this letter results of the Ceres 8 which were eventually printed last year, the second time that I submitted the results.

I would appreciate some guidance as to what results you require, and in what form, before I waste any more time forwarding results that you obviously do not need for publication. I must add that, personally, the first pages of Scotland's Runner that I turn to are the Results pages.

Now before I am accused (like

James Workman - March issue) of presuming that my tastes are those of all the other readers of Scotland's Runner, I would add that many of my club colleagues want to see more results, not less. Indeed, it would appear that you have not acknowledged the need for more results as expressed by readers Milliken, Lindsay, Deed and Workman in your April Letters column.

Graham Bennison,
Fife AC.

FIRSTLY, apologies are owed to Graham Bennison for the omission of results sent to us in the past. Procedures have been tightened up in an effort to ensure that such regrettable lapses do not occur again.

On a wider scale, the treatment of results is a very difficult one for the magazine. In the summer, for example, there is such a volume of different events that it would be quite impossible to document them all in depth. And as regards space allocation, detailed results are of very limited interest to the majority of people whose names will never appear as tenth man or tenth woman.

With the advent of the cross country season, however, and the subsequent reduction in the number of events, we are as an experiment inviting race and meet organisers to phone in more detailed results to us on the Monday following the event. Somebody will be available to take your call from 9am-8pm. We will also accept short (max 200 word) reports on races from organisers or competitors provided they are sent to us by post immediately after the event has taken place.

Finally, Graham is only confusing the issue by comparing paid-for advertising pages with Results pages. Without advertisements there would be no magazine, never mind results, and we hope that all readers will acknowledge the support of our advertisers by backing them wherever possible.

Too fast for us

43, Burnside,
Mintlaw,
Peterhead.

SIR - Now that I am a much faster athlete I would like to cancel my order for Scotland's Runner.

Ian Forbes

The "Admiral" is using the wrong eye!

7, McNeil Avenue,
Prestwick.

SIR - Having just arrived home from a holiday during which I enjoyed a surfeit of Octoberfest hospitality, I found a pile of mail behind the front door. I quickly put it to the side (well, it was mainly bills) and sat down to read Scotland's Runner.

Reading the Letters pages, the name of James Workman rang a bell (sorry I can't support you this time, James, I was elsewhere running the South Carrick Half, but anyway I wouldn't want to tangle with Paul Coyle who seems to have been at a different run!).

Having supported the past criticisms of our magazine, it now seems only fair to update my views. For me, and this is a very positive aspect, you apparently listened to all the criticism and constructive comments from readers. You soon retired super-vet Alf Tupper (who, I am informed, came second to Spiridon Louis in a recent marathon!) and shelved other, less than exciting or relevant, articles. The format has improved immensely and you are to be congratulated (do you agree James?).

I would now appreciate the courtesy of your allowing me to comment further on several pieces in the October issue.

You will undoubtedly be featuring Scottish Olympic athletes in the next issue. All I can say is that a lump still rises in my throat when I recollect watching on German television the magnificent achievements of Liz McColgan and Yvonne Murray. I don't know much German, but I did understand "McColgan", "Murray", and "Wunderbar".

Up Front asks the question: "Livingston to go under?". I hope not. I haven't run in it yet but I am told how well organised it is. The fault unequivocally lies with those responsible for issuing race permits. Glasgow running their first half marathon should not have been allowed to put at risk established runs such as the Land O' Burns and Livingston. The Glasgow Marathon died, and, for whatever reasons - television

Letters...

coverage, Olympics, availability of quality runners et al - the SAAA should have agreed the permit only for the old marathon date.

May I dispute your statement that Bob Dalgleish makes, "the valid point that as organiser of the flagship Scottish road race he has to make whatever decision is best for his event." I contend that it isn't a valid point. His event is not considered by me, and I'm sure I'm not alone, the flagship Scottish race, but of course he may be subscribing to the Shorter Oxford definition of a flagship being, "a ship bearing an admiral's flag", and by extension his reported attitude reminds me of Admiral Nelson who eventually only had one eye. Has Bob Dalgleish only one eye, and that on the main chance for his event and to hell with everyone else? If he is looking for a flag word I suggest he examine flagitious.

The Andy Sobik issue, and I don't pretend to know anything more than was reported in the magazine, is one which I feel, being persuaded by your eloquence, you could have given more tangible support than simply paying lip service to a man apparently wronged by an obviously cavalier approach by the SAAA. Did the magazine write a supporting letter? Did you consider enlisting the support of your readers?

I enjoy reading Women in Sport and am a constant advocate of equality for women in all aspects of running, and particularly in the prizes area. I accept that fewer women run than men, but that should not allow race organisers to discriminate against women in prize giving. I forget what make of car the first lady home in the "flagship" event got! If anyone feels like replying and saying that the car was donated for the winner is valid comment, let me say now that is not an acceptable argument and the race organisers should have said: "one for each or none at all".

Having had the pleasure of running in several events and meeting Jane Robertson, I was delighted to see her picture in the magazine as the ladies' winner of the Land O' Burns. She has run and won several other events, and as well as being a very pleasant girl she is worth featuring in Women in Sport as she is a very fine runner, fast, dedicated, and modest about her own ability. She is undoubtedly going to get better and faster. Get the scoop now!



Jane Robertson

I got about the country a bit having completed (with Dundee) twenty half marathons this year from as far north as Elgin (Bob Ellis is right, this was a well organised and enjoyable run), to as far south as Carlisle (the Great Cumbrian Run, which was great and fun).

Some runs have been, in terms of organisation, superb, others adequate, and a minority poor.

WE ARE delighted that George Deed now finds the magazine better value. Having invited readers to air their views on contents it would have been churlish not to have noted them and acted accordingly.

While not in any way disputing the points put forward by George about the fixtures clashes, it is only fair to "Admiral" Dalgleish to point out that the adjective "flagship" was inserted by us, and not him. It was used in the context that the Glasgow Marathon was, due to brilliant marketing in its formative years, the premier road race event in Scotland - both in terms of public perception and participants. Even with the reduction to 7,100 entries, its successor, the Great Scottish Run, remains the number one event.

In deference to Bob Dalgleish, and we think this is the point he was trying to make, had he and the Glasgow Sports Promotion Council not put so much effort into making the Glasgow Marathon the success it was, it is doubtful whether many of the present Scottish road races would be in existence at all - as any scrutiny of participants will reveal that it was the London and Glasgow marathons which inspired most of them to take up road running in the first place. Scotland's Runner firmly endorses the idea of a huge event being held in Scotland at least once a year, and with respect to other events, only Glasgow seems to have the combination of population and expertise to achieve this.

On the Andy Sobik point, his first application was submitted and rejected long before we knew about it. We could have backed his second application, but I don't think in the circumstances it would have helped Andy much! If readers do feel strongly about the way he has been treated, why not write direct to the SAAA at 18, Ainslie Place, Edinburgh EH3, or send us a letter on the subject. As no denial of the circumstances of his case, as outlined by us, has been issued by the SAAA, we must assume the facts to stand as presented.

We hope George and all road running stalwarts will answer the road running questionnaire elsewhere in this magazine which will determine your favourite event for 1988. In the meantime, seeing as how "Galloway" appears to be such a fine chap - and assuming he isn't the author of the letter! - we will send him a year's free subscription, and write a short profile, if he cares to get in touch with us.

The purpose of this paragraph is not an analysis of races, although I would like to start such a feature next season, but to point out that time after time I meet the same runners accompanied by a large unsung band of support. Wives, like my own wife Anne, children, relatives, and sometimes the family dog who willingly (what's that dear, you hate getting up at 5.30am to go where - I didn't realise!) follow us around the country in pouring rain, wild winds, to towns with closed shops and then stand for two hours waiting for their hero's return to a warm tracksuit, sandwiches, tea, and a kiss (better than an old medal anyway!). To this band of loyal families I raise my hat!

Finally, it would be nice to see features on lesser runners who will never hit the headlines or the front, but who are the mainstay of road running events.

One chap I have in mind runs for Galloway Runners, is heavily built, and has a luxurious beard. He runs all over the country and is the epitome of this class of runner. He is cheery, friendly and determined. I don't know his name, and with my usual flair for language I call him "Galloway".

George Deed

Letters...

Volunteers wanted for study

12, Clouston Street,
Glasgow.

SIR - Many of your readers will have heard a lot about osteoporosis (thinning of bones) recently, and may be aware of the increased incidence of this among distance athletes, leading to the increased chance of getting stress fractures etc.

Dr Smith, a bone specialist at Glasgow's Western Infirmary, is conducting a study of osteoporosis in female athletes. He hopes to establish what factors contribute to the development of the condition - which would therefore indicate ways in which athletes could avoid it.

To be successful, the study requires the participation of a fairly large number of women who train regularly, and preferably sprinters as well as middle/long distance athletes. What is involved is:

1. A Computer Tomography (CT) scan of the forearm;
2. A small blood sample;
3. Some training questions.

It takes about half an hour and is quite painless, honestly. Any readers who would like to take part in this study, please make an appointment with the radiographer at the Bone Metabolism Unit, Western Infirmary, Dumbarton Road, Glasgow, by telephoning Mrs Miller on 041-339-8822.

Thanking you for your help.

Audrey Sym

Derek is right

29, Braehead,
Beith,
Ayrshire.

SIR - Coach Derek Parker is correct. You cannot compare your times in cross country races in the same fashion as in road races, due to the difference in terrain and imprecision in distances.

I also agree that if more road runners ran in cross country races they would suffer less from injury. So why not contact your local running club - don't be shy, take part in cross country events.

Have a go now!

James A. Swindale

Organisers should organise results

Helensdale,
Kirkton of Skene,
Aberdeenshire.

SIR - Having competed in numerous half marathons over the past few years (my personal best time is 84:38), I have noticed a gradual decline in the number of race results being mailed to me after these events. I find this disappointing as it is nice to know how my fellow runners fared as well as myself!

I do appreciate that this is an added financial burden on the already hard-pressed race organiser, but I believe the organisers of the Loch Rannoch marathon and half marathon have the best solution. That is quite simply to provide a facility at the start of the race for the runner to leave his or her stamped addressed envelope so that the results can be forwarded to them if they so wish. I would also add that this facility should be fully stated on the race entry forms.

Lastly, I would like to say a big thank you to all race organisers on their otherwise very well run races.

Bill Ogg

Shorten that stride!

192, West Princes Street,
Glasgow.

SIR - I read your account of Liz McColgan's chances for an Olympic gold in your October issue (Page 9), and then watched her towing these Russian poachers round for 25 laps only to be wiped out in the last lap. What I cannot understand is how she can do the same thing in the Olympics that she did a year before.

Harold Abrahams learned to shorten his stride, to go faster in the Paris Games. Is it out of the question for Liz McColgan to learn to shorten her stride, up on the toes, and step up a gear in the last lap?

Farquhar Mackintosh Fraser

P.S. Don't ask me if I run. I am president of the "Ban all Fish Suppers" organisation.

Give Highland Games a chance!

14, Caledonia Crescent,
Gourock,
Renfrewshire.

SIR - I am writing after another enjoyable day at a Highland Games in the hope that I can entice more athletes to take part in this often neglected aspect of Scottish athletics.

What advantages do the Highland Games have over the numerous half marathons/ten mile races etc.?

1. As nearly all events are handicapped it means that all entrants have a chance of winning. Even the half marathons held in conjunction with these Games are by and large handicapped, so you do not have to be a track runner to have a chance of picking up a prize.

2. Entry generally costs about 50p compared with £3-£4 for large road races. You can therefore enter a couple of events at not too much expense and decide on the day which one to do.

3. It is far more enjoyable for wives, girlfriends, husbands, etc. than hanging around at the finish for 90 minutes waiting for a brief glimpse of your sprint to the line. There are generally funfairs and stalls plus the usual heavy events, dancing, bagpipes, tug-of-war etc. Therefore everyone can enjoy themselves.

4. The courses are usually more scenic than those used for large races which have to be held on main routes for obvious safety reasons. Even some of the tracks can be fairly scenic!

As an example, I competed in the Bridge of Allan Games on August 7 in the handicap 3,000 metres. It cost 50p to enter and only five ran; of these only three finished. The value of the prizes at stake? £90!

How many fellow runners go round the half marathon circuit with little chance of winning anything, not realising that it is not just the "elite" that win Highland Games races?

On a final note I would be interested to know whether the star runners of the early 1970's, when Scotland was a force to be reckoned with in middle distance running, competed in Highland Games as a regular part of their training?

Alan Puckrin,
Greenock Glenpark Harriers.

A REALLY selfless letter by Alan Puckrin if we might say so. By sharing this information he has probably cost himself a tidy little sum next year! Since his letter arrived the editor has flung himself into intensive training hoping to revive his (only) glory days when he held the Skye Highland Games one mile title for two consecutive years.

James Soutter omitted from list

14, Burnieboozle Place,
Aberdeen.

SIR - In the October issue of Scotland's Runner, Alan Campbell named several Scots who have won Olympic medals. To his list should be added James Soutter, an Aberdeen University divinity student, who won a bronze medal in the 4 x 400m relay at the 1912 Olympics.

Like Eric Liddell a decade later, James had strong views about Sunday observance. As a result, he declined to compete in the second round of the 800m at the Stockholm Olympics since the race was to be held on a Sunday.

Hunter Watson

He had earlier won his first round heat ahead of Mike Shepherd, the 1908 800m champion and 1912 silver medalist.

It would be fanciful though to suppose that James Soutter might have won another medal had he not pulled out of the 800m. To do so he would have had to have bettered 1:52, a time some 4.4 seconds faster than his lifetime's best.

Letters...



Great Scottish displeasure

97, Kilmacoll Road,
Greenock.

SIR - I would like to air my displeasure towards the organisers of the Great Scottish Run.

At no expense spared, Mr Bob Dalgleish and Co. flew athletes in from Spain, Kenya, Denmark, Eire, etc., put them up in expensive hotels, and probably paid them over the odds on their expenses. So why couldn't he, for the price of a few stamps, invite the numerous Scottish international-standard athletes to his race? It's bad enough when English promoters ignore us, but to have it done to us on our own doorstep is downright deplorable. I myself managed to obtain a free entry by phoning Mr Dalgleish and begging one, but I felt so outraged that no other Scottish athlete had been invited I decided not to accept it.

One of Mr Dalgleish's side-kicks, Frank Clements, made a comment on Scotsport to Sally MacNair about having to look

outside Scotland to obtain the best possible field, a statement that is utter rubbish - a statement that was made a mockery of by the fine runs produced by Allister Hutton, Peter Fleming, Bruce Chinnick etc. And while on the subject of television, may I say that the visual coverage was as exciting as watching paint dry.

In the future I would hope Mr Dalgleish does not let this situation arise again. But if it should, I suggest he change the title to, "The Everyone Except The Great Scottish Runners Run".

Thomas Murray

36, St Giles Square,
Camelon,
Falkirk.

SIR - Glasgow may claim to be "miles better", but not in road racing it isn't. Mr Bob Dalgleish says that as organiser of the flagship Scottish road race (whose evaluation?) he makes the decision which is best for his event; he doesn't want to be nasty or underhand but it is important to do

everything he can to make sure his event is feasible and viable. Can we read from that that his attitude is: if other events go under, so what?

This from the race director of a marathon once ranked third in the world in participation figures, and which folded despite having 8,000 entries giving approximately £60,000 in entry fees, e.g. the highest entry fee of any event. This was the flagship Scottish People's Marathon, the establishment of which may well have assisted the demise of the Inverclyde Marathon, the first Scottish People's Marathon. Inverclyde, incidentally, gave better value for money at approximately half the entry fee.

Glasgow attracted elite runners, not top elite, but at what cost? Aberdeen and Dundee can organise marathons, so can Loch Rannoch, and until last year Bonnie Galloway also. From experience, the runners get better value and recognition at Dundee in all categories. Whaur's your Glaswegian?

Unfortunately, the demise of the much-lauded Glasgow will rebound on Scotland. Outwith the country the view will be: Scotland

cannot even organise a marathon.

Half marathons are the province of the smaller organisations and communities. They can be fun runs with local interest, generating enthusiasm for running locally. The British Airways Glasgow event filled the bill for the city. How many Bellahouston Harriers ran the flagship event? If Glasgow cannot swim in the big marathon pool, then it should leave the half marathon to the minnows.

Glasgow may not have acted underhandedly, but their procrastinations on what, why where, when, how, if, cost Scotland credibility. The selection of the date close to Ayr, causing Ayr to shift, is puzzling. Is not Mr Dalgleish involved in the organisation of the Ayr event? The SAAA have questions to answer here. Who allowed the confusion?

As to the integration of an international event into a half marathon, okay, but keep it a separate category and don't have elite runners scooping all the prizes as they did at Livingston one year.

Yes, Glasgow has a place which is the big league of the marathon - not the half marathon.

Hugh McGinlay

Great Scottish Runners



Name: Uai Herring
Town: Dunbar
Age: 36
Status: Married with two children
Job: Geriatric nurse
Club: Dunbar Running Club
Time in race: 2-04
PB: 2-04 (Great Scottish Run)
Shoes worn: Reebok
When did you start running: January 1988
- I needed some exercise!
Favourite distance: 9-10 miles
Average weekly mileage: 24 miles
Plans for 1989: Enter other half marathons. I know I could go faster.
Comments on race: Thought drinks could have been better organised; there weren't any cups at one of the stations.



Name: Barbara Murray
Town: Macclesfield
Age: 31
Status: Married with two children
Job: Housewife
Club: Macclesfield Harriers (formerly Glasgow AC)
Time in race: 87-00
PB: 82-30
Shoes worn: Reebok
When did you start running: Aged 12

Favourite distance: Cross country
Average weekly mileage: 30
Plans for 1989: To do well in World Cross Country trial
Comments on race: Enjoyed it but found it very hard not having done the proper training for it! Met a lot of people I know.



Name: Eric Williamson
Town: Stranraer
Age: 37
Status: Married, two children
Job: Foreman, TV and radio firm
Club: Unattached
Time in race: 1-28
PB: 1-28
Shoes worn: Reebok
When did you start running: End of 1987, after squash partner encouraged me to try
Favourite distance: Half marathon
Average weekly mileage: 35-50
Plans for 1989: To improve times. Have entered for London Marathon
Comments on race: Organisation excellent before and after race

The drug-crazed ramblings of our Woman in Sport

I WAS lying awake in hospital with suspected meningitis the other week. On reason for my insomnia was a thumping headache and an aching back due to an extremely difficult lumbar puncture which had three doctors stabbing away for two hours like contestants on the Golden Shot before finally hitting oil. The other reason was a very flatulent geriatric in the opposite bed playing Trumpet Voluntary throughout the wee small hours.

Anyway, I fuelled my insomnia by thinking about the nearby frail people dependent on steroids for their recovery and continued health. It made me feel how ironic it is that on one hand there are those who use drugs for their own sporting and monetary gain, often resulting in self-inflicted ill health, while the people I was in hospital with would have given their eye teeth and more to have these athletes' initial health and fitness - especially the lady in the next bed who had been told she had a tumour.

I MUST admit to having had a shock when I saw Donna Hartley on television last month. I know she had gone into body building in a big way, but I wasn't quite prepared for the change. Of course, beauty is in the eye of the beholder, but to me she looked hideous. The blonde hair was still there, but she had a thick neck, and the slim athletic body of her hey-

day has been replaced by a masculinely muscular body and her voice seems to have deepened considerably.

Muscle-bound men do absolutely nothing for me whatsoever (a sigh of relief from my hubby over his ironing). I get far greater pleasure from watching Carl Lewis run than Ben Johnson, and did long before his exposure in Seoul as one of the drug taking cheats in athletics.

Donna Hartley talked on television of how her weight lifting and high protein, low fat, diet is used to develop her amazingly defined figure. No mention was made of use of drugs, but it is well known that drugs are, or even have to be, used in body building to win championship events. Body building, probably more than any other sport, must help to send contestants down the road to that great sporting arena in the sky.

Perhaps "sport" is the wrong term to use here. I get the feeling that the competitors in body building are not so much regarded by the audience as sporting feats, but sporting freaks, something that the Victorians might have paid Phineas Barnum tuppence ha'penny for a look at, the women body builders being far more of a wonderment than the men. You could almost imagine a female body builder in a booth next door to the amazing bearded lady. Having said all that, the amount of hard work and time that goes into body building is absolutely awesome, and you possibly will not find a more dedicated bunch of sportspeople anywhere else.

Seeing Donna Hartley, once the golden girl of British 400 metre running, as a body builder coincided with an article in a Scottish paper about another female body builder who was paying the price for

pumping steroids as well as iron - the loss of breasts, beginnings of male sex organs, squarish jaw, deep manly voice. She pleaded ignorance at the time of taking steroids to the possible side effects.

I think there must be so many sportswomen going about saying: "It'll never happen to me, the drugs are so sophisticated now." We hear so much in athletics about the effects steroids may have if misused, but I feel we should see far more of the side effects of these drugs. The death of Birgit Dressel earlier this year is probably too far removed from Britain to have strong effect, but more exposes like the girl mentioned above might help to prevent drug taking in this country.

READING Bob Inglis' letter in reply to my article on the state of Scottish women's athletics, my immediate reaction was that his comment that ambitious/interfering parents account significantly for the drop out of talented athletes must surely be an over-statement. Then I thought back to my own early athletic days.

As a sprint hurdler who did cross country for fitness and a somewhat masochistic enjoyment (the enjoyment came in completing the course without stopping), I can remember finishing the Musselburgh Racecourse run in third place (not many entered!) and passing a middle distance runner near the end.

Someone told me later that her father had slapped her on the face saying: "Fancy letting Fiona Macaulay beat you."

Another girl I used to train with at Meadowbank around the same time - when we were 15 - used to quite regularly look up to the cafeteria and say: "Oh my God, my Dad's there - go and let me beat you

on this run!"

Perhaps there should be training sessions for parents on how they can best help the coaches get the most out of their daughters.

I WAS amazed at the number of gold medals God was being given credit for during the Olympics. Hardly an interview with an American went by without the athlete thanking God for the medal, including the magnificent Florence Joyner. Surely every believer at the Games was not going to win a medal - and if God is bestowing only a few of his followers with medals what is his selection policy?

I see Flo-Jo dispensed with her one-legged leotards for the Olympics. Was she fearful of hirpling down the track with one leg more warmed up than the other? And while we're always harping on about femininity in women's sports, isn't Florence overdoing it just a wee bit? Sometimes she looks as if she could get a part on Miami Vice as an undercover hooker. Sour grapes? You bet!

IT IS amazing what a bit of an infection round the old grey matter does for helping to solve the drug problem in athletics. It came to me about the same time as a very cute male nurse brought me a 2.30am cup of tea and a couple of paracetamol.

What we do is we make drug taking in athletics totally legal, except those women who do choose to take drugs have d.a. after their names in rankings, on television line-ups and so on, denoting "drug-assisted". Before anyone writes in, please remember that I am not quite myself at the time of writing, and that this is a drug-assisted column.

Fiona Macaulay

Great Scottish Runners



Name: Eleanor Draper
Town: Welling Garden City
Age: 53
Status: Married, grandmother (six children, three grandchildren)
Job: Geriatric nurse
Club: Garden City Joggers
Time in race: 2-05
PB: 2-03
Shoes worn: Hi-Tec Silver Shadow
When did you start running: April, 1987
Favourite distance: Prefer longer distances
Average weekly mileage: 50 miles a week
Plans for 1989: To run South Downs 80 (a 24 hour non-stop 80 mile event!)
Comments on race: Very good.



Name: Geraldine Dees
Town: East Kilbride
Age: 25
Status: Married, one child
Job: Clerkess, Coca Cola Schweppes
Club: Caldenglen Harriers
Time in race: 1-32-03
PB: 1-33-00
Shoes worn: Nike Air
When did you start running: 1984, in the Wrens.

Favourite distance: 10K (used to enjoy marathons)
Plans for 1989: To get under 1-30 for the half marathon and 40 minutes for 10K (present pb 41-30)
Comments on race: Too many sharp corners, but the course was relatively flat. Did the last two Glasgow Marathons and enjoyed them better.



Name: Thomas Murray
Town: Bearsden
Age: 42
Status: Married with one grown up son
Club: Garscube Harriers
Time in race: 1-15
PB: 1-14-47 (Ayr, 1987)
Shoes worn: Nike Vendetta
When did you start running: 1982
Favourite distance: Now the half marathon
Average weekly mileage: 50-60
Plans for 1989: Cross-country until March, then pick out six half marathons
Comments on race: Very well organised. A pity that the crowds were so sparse and I would prefer the full marathon had been retained.

Open Forum

Tony Linford, middle distance runner and Blackheath Harrier who now lives and works in Scotland, suggests that Scottish athletics must broaden its horizons if standards of performance are to improve. The comments of readers are invited.

THERE IS a general consensus of opinion that Scottish athletics is lagging behind the rest of the United Kingdom. This does not merely apply to the upper echelons of the sport (where Scotland's international success stories have developed largely outside the established framework), but also to the base of club athletes whose level of performance seems to have declined, or at best has not progressed at the same rate as elsewhere. Looking at Scottish athletics there is without doubt the basis for an explosion forwards in standard and achievement - providing that athletes are prepared to grasp the thistle.

THE MOST obvious area would be technical events. An analysis of the top 50 in the UK and Germany reveals an amazing gulf in standards in throwing and jumping events. Surely not unrelated to the discrepancy is the magnificent provision of indoor facilities in the Federal Republic. Long hours of technical training can be achieved in the relative comfort of an indoor arena.

The Kelvin Hall, the greatest thing to happen to Scottish athletics since 1970, rivals any of West Germany's stadia. Athletes and coaches should make full use of this facility to get to grips with their techniques, most especially younger athletes. Last winter there seemed to be more fun runners jogging around the track than pole vaulters and high jumpers learning and improving their skills.

One of the great complaints of Scotland's athletes is that they do not get enough competition at the right level. The Kelvin Hall represents as golden opportunity to attract leading athletes to Glasgow. To my mind the Scottish Indoor Championships could (and perhaps should) supersede the AAA's at Cosford. To this end the ideal timing for these championships must be early/mid February, i.e. one to three weeks after the AAA's. This would almost certainly attract many of the leading English athletes, particularly those needing qualifying times for the World and European Championships, as well as extending the indoor season for many others.

Similarly, Scottish athletes

would be well served by a series of graded meetings on Wednesdays running from mid-December through to March. Indoor athletics is an area in which Scotland could excel.

COMPETITIVE opportunities are important for athletes to approach their potential, whatever their standard. For better class athletes this means the chance to compete against the best in Britain as often as possible; in effect this means travelling to take part in the UK Championships and the AAA Championships.

The latter had special significance this year because of the Olympic trials. But where were all the Scots? A small core made the trip to Birmingham, whilst many who had performed excellently in the Scottish Championships remained north of the border. Is it any wonder that Scottish athletics is stagnating when its athletes do not expose themselves to the highest level of domestic competition?

Despite some claims to the contrary, the organised racing structure in Scotland is a shambles. The facts of the matter are that in the eight weeks preceding the Scottish Championships there was not one graded meeting in Glasgow. How are athletes supposed to prepare and achieve the necessary qualifying times in these circumstances? In London there is at least one grade meeting per week, and in the Midlands and the North West there is a similar pattern. Central Scotland can afford to put on a weekly graded meeting. Athletes can plan their season secure in the knowledge that they will get racing opportunities.

The situation for women is even worse, with graded meetings being few and far between. Do officials in West Central Scotland not realise that there are women who would also like to compete?

In middle distance events - and there is no reason why other events should not follow a similar pattern - the British Milers Club should be allowed to organise a race at least once per month. The one race that proceeded in Glasgow this year was a resounding success. People should be made aware that all but two or three of

that field would not have competed in that meeting unless there had been a BMC race.

Why did they come? Firstly, because of guaranteed competition - the athletes knew in advance that several leading runners would be present; secondly, guaranteed pace. They knew someone would be designated to go out fast.

Regular BMC races will produce more fast times, more Scots in the top 50, and generally pull up the standards and prestige of Scottish meetings. If organisers and athletes continue to miss this chance, Scottish running deserves to sink to even lower depths.

Having said all this, the onus lies to some extent on the athletes' shoulders themselves. There are



Jack Buckner

very many highly talented athletes in Scotland who are not coming close to their potential. This is in part due to the weak competitive structure, but also in part to a failure to put local events into perspective.

The passion with which clubs enter road and cross country events makes for stimulating competition and certainly adds spice to the winter. Athletes who, however, have serious ambitions to perform well on the track cannot afford to leave their best running on the road. The majority of English athletes treat local relays as part of their training and build-up. You only need look at the indifferent winter form of Jack Buckner and the sparing racing of the likes of Passey, Mochrie, Staines etc to realise the benefit of selective racing.

SCOTTISH ATHLETICS certainly has its heart in the right place in its attempts to secure foreign competition for its leading

athletes. The emphasis needs, however, to be shifted if Scotland's impact on the international scene is to be maximised.

The very top athletes are catered for by the European circuit and really do not require the SAAA's assistance. Aside from these three or four individuals, the demand is enormous and most definitely not satisfied. These "fringe" athletes could benefit enormously with only minimal assistance from the governing bodies. Speaking from a position of some experience in this field, having organised trips for British athletes abroad, it is possible that Scottish runners could participate in many more meetings around Europe if the SAAA's were to go about things the correct way. Have you ever wondered why so many English athletes are competing all over the place?

A fine example of bad utilisation of funds was last year's SCCU trip to the Bolzano "Silvesterlauf". It was a fine gesture and the individuals concerned benefited greatly from the trip. However, for the amount spent on getting three people a race, I estimate that at least 12 could have been accommodated around the European road circuit, multiplying the impact of Scotland abroad.

If the athletics bodies are to persist with dual national type meets, then it is absolutely essential that the correct athletes are selected. There is little that demotivates and annoys athletes more than seeing inferior competitors gaining selection. Can the selectors justify in any way the selection twice of a girl ranked outside the Scottish top ten for the 1500 metres, or the non-selection of Neil Tennant for the 5,000 metres - when he was a mere 28 seconds quicker than the selected athlete?

IN CONCLUDING, it should be stated that these comments are intended to be constructive. I have encountered so much talent and hard work in Scotland that it is seemingly slightly misguided. Above all, Scottish athletics (and I refer to athletes, coaches, officials and administrators alike) must look beyond their own boundaries and broaden their horizons if standards are to improve.

Great Scottish Runners



Name: Hugh Hogg
Town: Bathgate
Age: 49
Status: Married with children; also grandfather
Job: Postman
Club: Shettleston Harriers and SUHC
Time in race: 1-23-12
PB: 1-19-00 (Haddington)
Shoes worn: Nike
When did you start running: 1972
Favourite distance: 6-10 miles
Average weekly mileage: About 50
Plans for 1989: Try to beat 1-19 for half marathon
Comments on race: Always found the race, including when it was the Glasgow Marathon, very well organised. Would prefer a full marathon but feel more comfortable with the half.



Name: Helen Thompson
Town: Glasgow
Age: 38
Status: Married with children
Club: Unattached
Job: Part-time secretary
Time in race: 2-09
PB: 2-09 (Great Scottish Run)
Shoes worn: Reebok
When did you start running: 1986
Favourite distance:

About nine miles
Average weekly mileage: 20-25 miles a week
Plans for 1989: Want to do another half marathon
Comments on race: Enjoyed it very much. Very well organised apart from poor directions in the Bridgeton Cross/Shawfield area. Don't think I would want to do a marathon.



Name: Jim Craig
Town: East Kilbride
Age: 37
Status: Married with two children
Job: Self-employed upholstery cleaner
Club: Unattached, but may join Calderglen Harriers
Time in race: 78-41
PB: 75-30 (Galston)
Shoes worn: Nikeegasus
When did you start running: February 1986
Favourite distance: Half marathon
Average weekly mileage: 40 miles
Plans for 1989: Want to run the London Marathon or any marathon and beat personal best of 2-54
Comments on race: Wanted to beat 75 minutes so was disappointed, but no complaints about the course

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Derek Parker

AS WINTER draws near, it is now time to build upon the stamina and fitness which you acquired during the training for your first half marathon a few weeks ago.

By now you will be used to the training routine and your newly-found fitness and confidence should be inspiring you to achieve your next target. Presumably this will be one of the many road or cross country races held throughout Scotland between now and the end of March next year.

The distances of these events will vary, although on average they will be around five or six miles. So, to compete successfully and achieve the objectives which you set for yourself, plenty of heart-lung or aerobic endurance will be required.

This means the winter training programme will be similar to the one which you followed when training for the half marathon. It will include long road and cross country runs, interspersed with fartlek, interval, and recovery sessions. But because the distances of winter races are shorter than the half marathon, there will be a greater emphasis on quality work and varied pace running. This will ensure that you will be mentally, physically, and tactically prepared for these shorter races where uneven pace - especially over the country - and sudden injections of speed can very often pose problems.

One of the prime objectives of a training session is to simulate events which may occur during a race. In a full or half marathon it is economically advantageous to run at a steady, even pace irrespective of what one's opponents are doing. This is to conserve energy for the later stages of these longer races where depleted glycogen reserves can lead to complete exhaustion and bring the athlete



Practice hill running so you are prepared for the real thing in races!

Picture: Peter Devlin.

to a standstill. And because a five per cent increase in speed requires a 15 per cent increase in energy expenditure it is easy to appreciate the benefits of even-paced running.

In theory it would be advis-

able to run shorter distance races at even pace for these very same physiological reasons. In practice, however, there is invariably a considerable fluctuation of pace in five or six mile events as competitors run hard early

on to gain a good position at the head of the field, and then sprint fast at the finish. In between, they will try to step up the pace from time to time in an attempt to open up gaps on their closest rivals.

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Varied pace is even more a feature of cross country racing where uphill and downhill sections, along with alternating fast, flat stretches and deep, muddy sections of the course mean that you could be running hard one minute then just plodding along the next.

So, if you intend to run over the country or indulge in more competitive person-to person rivalry on the roads, then you should take the necessary training measures to enable you to cope with situations you are likely to encounter in a race. If you are simply running for a time, however, and are not too concerned about whom you beat (or who beats you) then steady, even paced running would still be the best method of attaining your objective in shorter distance road races. Over the country you would be looking for evenness of effort as far as possible - remembering that evenness of effort and evenness of pace are two different concepts.

Before you embark on a race-specific training programme, you must envisage the situations you are likely to encounter during a race, taking into account its topographical features such as hills, narrow streets, and wind and ground conditions.

The start of the race is likely to be quite fast as everyone tries to get into a favourable position early on, especially if they do not want to get stuck in a "bottle neck" situations where they can almost be brought to a standstill by slower competitors in front of them.

This means that the heart rate will be quite high early on - possibly in the 150 to 180 beats per minute range which is around 20 to 50 higher than the optimum range of around 130 to 150 beats per minute. Yet this is the physiological price an athlete may have to pay if he/she does not wish to be held back by myriads of slower competitors in front who will eventually have to be overtaken later at a high

energy cost.

Assuming that you have warned up adequately, however, and not prolonged the initial fast burst too far, the heart rate will quickly decrease to a more comfortable steady rate, i.e. around 130 to 150 beats per minute.

During this next phase your oxygen intake will meet the oxygen requirements of your efforts. But as you run up steep hills - or if you try to stay with an opponent who injects fast bursts into a steady pace - you will find the heart rate again rising, and it will certainly increase during the last few yards if you have to sprint to the finish when you are already fairly tired. By that stage it may well be pulsating at a rate close to maximum.

The relevance of all these physiological observations is that you are now in a position to plan a training schedule which will help you to combat effectively the situations you are likely to encounter in races.

During the winter months the bulk of your training will consist of aerobic sessions to develop heart-lung endurance and also to increase the blood flow through the capillaries to provide the working muscles with oxygen. Most athletes tend to rely solely on long steady runs to improve their cardio-vascular fitness and this form of training definitely does have an important place in a schedule. It is essential, however, to vary the distance and pace of these long steady runs, because if you continually train at the same tempo you will only be able to race at that tempo.

If, as we have already visualised in our imaginary race described earlier, there are sections which require a heart rate of around 150 to 180 beats a minute to provide the necessary oxygen for the appropriate effort, you are going to be in difficulty if you have only been training at a pace of around 120 to 130 beats per minute.

You will see from this that your programme must include sessions such as ten mile runs at a heart rate of around 120 to 150 beats per minute, along with shorter runs over distances such as four to six miles at a heart rate of around 150 to 180 beats per minute.

This blend of long steady running and fast steady running will give you the physiological armoury to cope with the oxygen uptake demands of road and cross country races during the winter. It is advisable, however, to incorporate these physiological principles into specific training for situations you can expect to encounter in races.

You can, for example, begin a six miles training run by doing the first two miles at an easy pace, then accelerating gradually for two miles before finishing off with a fast two miles. This develops your ability to maintain pace during the closing stages of a race when you are tired.

A variation of this form of workout could be two miles at half marathon pace, followed by two miles at 10K pace, then two miles at around 5K pace. The permutations are endless and should be applied with specific race situations in view. They could include fast starting and fast finishing sections with an easier middle section or steady runs with fast uphill and downhill sections or fartlek sessions with fast sections of 30 seconds to four minutes followed by appropriate recovery jogs.

Surge running is another option and its objective is to develop your ability to cope with sudden injections of pace by opponents - and to provide you with the capacity to throw in your own fast bursts during a race. A typical example of surge running would be fast striding for 60 seconds every fifth or sixth minute of a five to ten miles run.

Hill training provides opportunities for a variety of workouts. You can run up and down

"It is essential to vary the distance and pace of long steady runs, because if you continually train at the same tempo you will only be able to race at that tempo"

a slope approximately metres long for 15 minutes, counting the number of repetitions and marking the exact spot where you finished at the end of the stipulated running time. On future occasions you can try to increase the number of repetitions and marking the exact spot where you finished at the end of the stipulated running time. On future occasions you can try to increase the number of repetitions and total distance run in the 15 minutes - then increase the running time to 20 minutes and start the process all over again.

By running two or three miles to and from the hill you will also be increasing the training benefits and teaching your body and mind to cope with slopes during races.

Back on the flat you can add variety in many other ways to your workouts. You could run out from your starting point for 20 to 30 minutes then turn back round and retrace your steps. The training objective of this session is to get back to the starting point in less time than it took you to reach your turning point and it accustoms your body and mind to withstand the fatigue which builds up during the second half of a race. If you are really fit you can increase the training effect of this session by ensuring that the homeward stretch includes some uphill sections.

Varied pace running offers other opportunities. You can mark out a favourite training route at mile intervals, then vary the pace of each individual mile section. Typical examples would

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be alternate miles at 6 minutes 10 seconds and 6 minutes 30 seconds pace over a course where your average miling is 6 minutes 20 seconds. Or you could do "step ups" such as one mile in 6 minutes 30 seconds, followed by one in 6 minutes 20 seconds and another in 6 minutes 10 seconds. Two sets of runs completed in this fashion would provide you with the ability to compete in races over six miles where varied pace is likely to be a factor.

If you have difficulty marking out a course, a simple fartlek session using a stopwatch to time the distance of your fast runs would give you a good varied pace workout.

A typical session could be: 8 x 30 seconds fast (30 seconds jog recovery) plus 6 x 2 minutes fast (2 minutes jog recovery) plus 6 x 10 seconds sprinting (30 seconds jog recovery).

All these sessions can be done either on the country or on the road and there are many other variations. They do not need to be complicated. The basic principle of training is to create in your own workouts the same situations you will meet in your races. It is only by practising pace variation and hill efforts that you will respond successfully to them wherever and whenever they occur in competition. Never forget that success in any endeavour is primarily due to thoughtful and adequate preparation for specific situations.

It is equally important that you do not neglect the mental aspect of your preparation. When doing fast intervals or running uphill, do not keep looking for the finish or counting the seconds until the hard effort is all over. That is negative thinking.

Visualise yourself running in a race and see yourself pulling steadily away from an imaginary opponent. Imagine that you are running purposefully up a hill when all your rivals are



Oops! The fall comes before pride in cross country!

struggling. Envisage yourself getting off to a brisk start in a crowded race before you settle down to your steady race pace. Tell yourself that you are sprinting in at the finish of a keenly contested race to beat that rival you always wanted to finish ahead of - or to set a personal best time for a favourite course.

Visualisation of race situations fulfilled an important role in the training of the great Herb Elliott and inspired him to win Olympic and Commonwealth Games gold medals and set record times that would still be first class even today. Visualisation techniques are known scientific

as autogenics: a form of self-hypnosis where the athlete is able to achieve his or her goals by positive thinking.

Along with the correct physiological preparation, including sufficient rest and recovery, visualisation will give you the self confidence to achieve the targets you have set for yourself.

Assuming that you have been training regularly and that you have built up a good fitness base, your programme during the next few weeks for cross country and road racing should be along the following lines:

Week One

Sunday: 75 to 90 minutes cross country running.
Monday: 60 to 75 minutes fartlek, inc 8 x 30 secs fast with 30 secs jog recovery, plus 6 x 2 mins fast with 2 mins jog recovery, plus 6 x 10 secs fast with 30 secs jog recovery.
Tuesday: 20 to 30 mins recovery.
Wednesday: 3 miles steady, plus 15 mins hill running, plus 2 miles cool down.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.

Week Two

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 20 x 45 secs fast with 90 secs jog recovery, plus 1 x 20 secs fast.
Tuesday: 20 to 30 mins recovery.
Wednesday: 2 miles warm-up, plus 3 miles steady with 1 x 60 secs surge run every mile, plus 2 miles cool down.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: Road or x-country race.

Week Three

Sunday: 60 to 75 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 4 x 3 mins fast with 3 mins jog recovery, plus 1 x 60 secs fast.
Tuesday: 20 to 30 mins recovery.
Wednesday: 3 miles steady, plus 15 mins hill running, plus 2 miles cool down.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.

Week Four

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, including 15 x 1 minute fast with 1 and 2 mins jog recovery, plus 1 x 15 secs fast.
Tuesday: 20 to 30 mins recovery.
Wednesday: 20 mins out, 20 mins back.
Thursday: 20 to 30 mins recovery.
Friday: Rest, or 10 to 15 mins jog.
Saturday: Road or x-country race.

Note: If racing on Sunday, the Wednesday session may be extended to 60 minutes or 8-9 miles - and the Saturday session restricted to an easy 15-20 minutes warm-up jog.

Great Scottish Runners



Name: Ian Pollock.
Town: New Cunnock.
Age: 40.
Status: Married.
Job: Joiner.
Club: Afton Water.
Time in race: 1-19.
PB: 1-13 (Stranraer).
Shoes worn: Hi Tec.
When did you start running: 1984.
Unemployed at the time and started jogging to keep fit.
Favourite distance: Half marathon.
Average weekly mileage: 40.
Plans for 1989: To do a full marathon in the Spring.
Comments on race: Thought it was very well organised. First time in the event and enjoyed it thoroughly.



Name: Mary Turner.
Town: Glasgow.
Age: Under 35.
Status: Single.
Job: Department head, insurance company.
Club: Unattached.
Time in race: 2-11-58.
PB: 1-50-00 (Clydebank).
Shoes worn: Nike.
When did you start running: 1984.
Favourite distance: 10K.

Training: Out five or six nights a week.
Plans for 1989: To keep fit.
Comments on race: Ran Glasgow Marathon in 1984, 85 and 86. Thought organisation this year wasn't as good: no cups at the first watering station - I had to pick one up off the road! Think a half marathon is long enough nowadays.



Name: Johnny Doyle.
Town: Kilcraggan.
Age: 48.
Status: Married with two children.
Job: MOD employee.
Club: Unattached.
Time in race: 2-08.
PB: 2-08 (Great Scottish Run).
Shoes worn: Nike Air.
When did you start running: May 1987, during a six week course in England; before I couldn't have run round the block!
Favourite distance: 10K.
Average weekly mileage: 3-5 miles only because of work pressures.
Plans for 1989: To do the race again and greatly improve my time - I can run five miles in 32 minutes.
Comments on race: Thoroughly enjoyed it. A new experience.

PERHAPS THE most remarkable thing about Jayne Barnetson's Scottish heptathlon record of 5606 points set in Prague at the beginning of September is that it was achieved on only her second attempt at the event, and in the aftermath of an injury problem which has forced her out of specialist high jumping and into the market for some other means of expressing her prodigious all-round talent.

Two months in advance of the start of the 1990 Commonwealth Games qualifying period, this mark is already 106 points ahead of the SWAAA "A" standard for the Games. And in the longer term the 20 year old Inverness Harrier has already emerged as a candidate for the Barcelona Olympics in 1992, since her score is just 94 points short of the current standard for Seoul, and four years is a very long time for an absolute beginner to make further leaps ahead.

For several years now, Jayne has been tipped as a potential multi-events star, but until this season she saw no reason to depart from her first love, the high jump.

Fourth place in the 1985 European Junior Championships and the 1986 World Junior Championships, following an Olympic trial as a 16 year old, marked her out as a high flyer of the future, and her current Scottish national record of 1.88m, which she first set as a 17 year old, looked as if



There's nothing plain about Jayne as she runs, throws and jumps towards fame in Spain

The next Olympics are four years away, but already Jayne Barnetson can justifiably be looked upon as a potential British competitor in Barcelona. Since clearing 1.88 metres in the high jump as a 17 year old, Jayne has always had the potential to impress in international competition, but persistent ankle injuries took away that platform. This season, though, she has emerged as a heptathlete who, after only two competitions, has broken the Scottish record and needs to improve only marginally to have an outstanding chance of a medal in the Commonwealth Games in Auckland. Charles Bannerman, her first coach, looks back on her early career, while on Page 29 Jayne answers questions about her future plans.

it was due for rapid improvement towards the two metre mark.

Even in the 1986 Commonwealth Games Jayne was being tipped as an outside bet for a medal, and indeed it would only have needed a modest advance on her best to have achieved

that. Certainly when the competition began on that Friday afternoon at Meadowbank, Jayne appeared to be on the best of form, clearing the earlier heights with ease and confidence. But then disaster struck. On her first attempt at 1.86m something went drastically wrong and she

collapsed to the ground in agony. Bravely she made one more attempt at the height, not realising that she was doing so with a broken bone in the vital left ankle. The plan for the first attempt had been wrong, damaging a joint already weakened by an old basketball injury. Ten minutes later Jayne was carried from the arena into an obscurity which lasted until this season's dramatic change of course.

In the Autumn of 1986, still far from full fitness, Jayne set off across the Atlantic to begin a degree course and athletics scholarship at Purdue University in Indiana. Six weeks later she was back home in Dingwall, disillusioned by broken promises and a field events set up which fell well short of expectations.

The following season was to be her first as a fully fledged senior athlete, and it was important to her to follow up her place in the British junior team with a debut in the senior squad. It was even more important for her to gain confidence that the injured ankle had healed properly.

However, it soon became apparent that it had not, and six weeks into the 1987 season Jayne was forced into the sidelines again, emerging only to fight the pain of the injured joint to regain (sic) her Scottish title.

Expert medical opinion indicated that surgery was not a

There's nothing plain about Jayne...

practicable option, and that the best hope for relief was physical support of the joint to prevent two sharp bone ends rubbing together and causing pain. But during the course of last winter, Jayne and coach David Lease began to come to terms with the fact that the joint might never be fit to jump on consistently again.

"The realisation of that came as quite a blow," says Jayne now. "Last winter was meant to be all about training to make an effort to get into the team for Seoul. But after the first two competitions of the 1988 season it became quite obvious that there was going to be pain every time I jumped - the damage was definitely permanent. So the time had come to concede that a place in Seoul was not for me and I had to look for another event."

This was the kind of career crisis where family support could make all the difference, and that is something of which Jayne has never been short. From her earliest days her father, David, has been on hand to transport both herself and her younger brother David the length and breadth of the country to events and squad sessions. And for mother Sheila the feeding of two hungry athletic mouths and the washing of two sets of kits is no easy matter.

The high jump finished as a specialist event, the heptathlon



was the obvious alternative, even although heptathletes are not made overnight. By sheer luck Jayne had played about with hurdles at 400m spacings during warm weather training in Portugal in April and looked something of a natural. So coach and athlete set about preparing for this event as a stop gap.

"As mid-summer approached people at the track in Inverness were looking rather strangely at me," Jayne recalls. "I was spending a lot of time doing hard track sessions and technique work over hurdles, but no jumping. It didn't look like the kind of preparation you would expect for the Olympic trials in the high jump, which indeed it wasn't. But we really didn't want to advertise what we were doing until we were quite ready."

On the first day of the Scottish Championships the news broke that the country's high jump record holder was being forced out of the event and into the 400m hurdles with a view to taking up the heptathlon in the longer term. Jayne's 400m hurdles debut the following day was steady rather than spectacular, giving her fourth place in 62.41 seconds. But this was good enough to get her into the team for the international against Greece in August, where she shot to the top of the rankings with 60.79 seconds.

But the pace in the heptathlon was moving faster than ex-

pected. In the Scottish Heptathlon Championships at the end of July, Jayne exposed Mary Anderson's self-confessed inability to jump to take the title on her debut with 5331 points - 18 more than Shona Urquhart's second place score in the WAAA Championships at Birmingham.

One crucial factor which had emerged already was that limited high jumping in the absence of specific training was possible without prolonged pain, and that heights set in the region of 1.83 metres could be achieved in that way, getting the heptathlon off to a flying start.

At the beginning of September Jayne broke completely new ground with that Scottish record in Prague. Her 1.86m high

jump justified her earlier optimism, while her 14.86 seconds 100m hurdles was a personal best. Both shot (10.50m) and 200 metres (22.55) were near-misses, while Day Two began with a resounding improvement of 24 centimetres in the long jump to 6.07 metres - which would embarrass many a specialist in the event. The javelin at 35.18m was four metres short of her best, but that was more than made up for by a nine second advance in the 800 metres to 2-18.28.

"I've perhaps come along a bit faster than I expected, but I'm sure there's still a lot to come, particularly in the 800 metres and the throws which are very new to me," Jayne says. "The next objective is a place at the Commonwealth Games, and after that who knows?"

With Commonwealth "A" qualifying standard at 5500 points, Jayne just has to reproduce her earlier form to book a seat on the plane to New Zealand. And with the "B" standard for the long jump at 6.15m and the 400m hurdles at 59.50 seconds, the possibility of a second event at the Games emerges.

"If they ask me to double up, if I'm out there already and if it fits into the heptathlon timetable, I'd be more than happy to oblige. But after this summer's experience, I possibly wouldn't be so keen to do the individual high jump - we'll wait and see."

TO PUT Jayne's performances (and also what she must achieve over the next four years), into international context, the 5606 points with which she became Scottish record holder would have placed her 22nd in the Olympics. That event was of course won by Jackie Joyner-Kersey with a new world record mark of 7291 points, the American being followed by East Germans Sabine John (6897) and Anke Behmer (6858). The first Commonwealth competitor was Jane Flemming of Australia, who finished seventh on 6351 points. The second Commonwealth competitor was Britain's Kim Hagger, who finished 17th with 5975 points, and the third Joanne Mulliner, 19th with 5746. The Commonwealth champion and record holder (6623 points set at the European Championships in 1986) Judy Simpson retired injured in Seoul.

Jayne's coach, David Lease, says: "Even if she just improves a metre in the shot putt and five metres in the javelin, Jayne could be in the medals in New Zealand."

As well as Jayne, Scotland currently has a fine crop of promising young heptathletes, including Shona Urquhart, Mary Anderson, Isabelle Donaldson, Emma Lindsay and Alison Grey.



Q: You have burst onto the heptathlon scene and your Scottish record of 5606 points in Prague was only your second attempt at the event. Did the result surprise you?

A: People who don't know me might have been surprised, but the results didn't surprise me - apart from the 100 metres! I knew I was capable of the individual times and distances although I'd never studied the points tables, so the overall score was a little meaningless. Now I understand the points system I realise it's a nice place to start.

Q: You did not finish the 1987 season because of an ankle injury. This season you are quoted as having given up the hope of having an international future as a high jumper, and yet you have still jumped 1.86 metres twice. What is the full story of your injury?

A: I broke my ankle in a basketball match at school in 1984 and I've broken it twice since, the worst being at the Commonwealth Games. Apparently the muscle contraction pulled the bone apart. I've visited a surgeon in Edinburgh and he advised me to change event. The twisting of the ankle at take-off is too severe for me. However, I had to give the high jump one last go because it was Olympic year, but it didn't work out.

Q: You seemed to move very smoothly from high jump to heptathlon. Why is that?

A: Two things mainly. I've mentioned the high jump was always going to be dodgy so I had an alternative plan if my ankle became sore again. I included other events in my training and competed in the 60 metres hurdles and 60 metres sprint last winter. I also competed for the club in

events like javelin and shot in the early part of this season.

The other thing is that the strength training I've done for the high jump has helped develop power for all the other events. You can see by my long jump improvement how much my high jump should have improved if my ankle had stood up to it. It's definitely the strength training, which I think is vital to women, that has been the key.

Q: You don't look like a weight lifter. What does the strength training involve?

A: Perhaps it doesn't look it, but the training involves lots of weights as well as hops and bounds, hurdle bounds, and circuits. If you want to know the full details you should ask David Lease, my coach, but briefly the weight training involves, in the first part of winter, three sets of ten repetitions at about eight exercises to tone up. That lasts about three weeks. The it changes to eight repetitions of 3-5 sets for about 5-6 exercises, especially cleans and squats. I do one set of squats a session, but there are three sorts.

This year I think it will go down to six repetitions because my bones are a bit more mature. I do these twice a week. Just before the competition season and during the competition season it changes to sets lasting only 6-7 seconds and the weights are lighter to increase the speed. I have three types of bounding routines and I usually do the weights after bounding or after event practice. I also have two types of circuits which I do in the winter, one for my torso and one for more dynamic exercises.

Q: Doesn't that make you big?

A: I think I'm living proof that it definitely doesn't! It depends on the type of weights

you lift, but you really ought to ask David. I think you must have a lot of trust in a coach and in his case he seems to be able to sculpt my body to any shape I choose by altering the exercises and my diet.

Q: This amount of training must take up quite a time. Don't you get fed up? Are there any parts you don't like?

A: To be honest, I get frustrated but not fed up. There's lots of variation in my training, which I need, and I have good company at the club (Inverness Harriers). It's the bus rides to Edinburgh which get a bit wearing.

Q: How do you organise all this and your life?

A: I think you get to be quite selfish sometimes. I laugh at people who talk about the sacrifice. It's a labour of love. If you want something you have to go and get it! I get a lot of help from my parents, the club, my old school, and from grants I've been awarded. I work at MacLean Sports in Dingwall to top up the money. I like to be independent if I can.

Q: You are top of the Scottish rankings in three events, heptathlon, high jump, and 400 metres hurdles, second in the long jump, and third in the 100 metres hurdles; where does the future lie?

A: I think the future lies in heptathlon, although I enjoy the pain of the 400 metres hurdles. It gives me a lot of strength endurance. If I'm going to be a top heptathlete then I must be near the top in all these events, but the aim this year is to stay free of injury. This is the first winter I've started without a sore ankle, and I'm glad I've lost the "fragile" tag.



Three track medals for McColgan, Murray and Bunney represents a fine Olympic haul for Scotland

Doug Gillon and Mark Shearman report from Seoul where the British team acquitted themselves well with six silvers and two bronze medals in the toughest Olympics ever

"The common denominator for both individual medalists was a regime which carefully avoided over-racing... a policy which the Kenyans also adopted"

EVEN THE most deliriously happy Olympic medal winner has now surely transferred the gong from around their neck to a display cabinet, bedroom drawer, or bank vault.

As the dust settles on these hard-won trophies, what price the Seoul Olympics?

The advertising signs en route to Kimpo airport revealed the price for some... like the huge Nike hoarding showing Mary Slaney's figure. How are the mighty fallen. The one-time double world champion is just one of many whose market value has tumbled. And Adidas executives affirm now that many of their contracts are currently under reappraisal.

The signs on the motorway fly-overs on the road to the airport also told the story of Seoul. "You came as a visitor. You leave as a friend."

Only "friend" was spelled "firind." It typified how the hosts never got everything absolutely right, despite trying hard. The Scots, however, with the exception of

Tom McKean, mainly did get it right.

Given that in the whole of Olympic history, only five Scottish athletes had ever won individual medals, then the three medals brought home from Seoul by Liz McColgan (silver, 10,000 metres), Yvonne Murray (bronze, 3000m) and Elliot Bunney (silver, 4 x 100m relay) represents a huge achievement.

The common denominator for both individual medalists was a regime which carefully avoided over-racing - a policy incidentally which the Kenyans also adopted, calling home their Olympians and refusing to let them loose on the Grand Prix circuit after July.

Tom Boyle adopted a similar policy with both Murray and McKean, and John Anderson did likewise with McColgan. Both women are highly competitive animals, and a quiet season was alien to them. But it has paid off, and I am convinced that it would also have done so for McKean had he not had a brainstorm in the second round of the 800 metres.

Whether he can cure himself of his disturbing habit of throwing the instruction manual onto the infield at major championships remains to be seen, but he remains potentially the greatest two-lap talent in the world. He will have only himself to blame if it remains unfulfilled.

Scotland's first two female individual track Olympic medalists have a great future. Both are young and have at least two more Games ahead of them, both, next season at least, plan to step down to shorter distances, possibly competing against each other as they try to strengthen their common weakness - the inability to match the devastating Eastern Europeans in a sprint finish.

And come January 1990, we hopefully will be watching both of them strike gold for Scotland in the Commonwealth Games in New Zealand.

Another potential medal winner then is Brian Whittle, the Ayr Seaforth 400 metres runner, who advanced further than any other UK 400 metres runner in Seoul, lowering his personal best to 45.22 seconds, a time that ranked him third fastest European in Seoul (behind Jens Carlowitz and Thomas Schoenlebe), and moved him to fifth on the UK all-time list.

Although he failed in his mission of



Above, the sight we all dreaded. Ullrich, Zhupiyova and Bondarenko hitching a lift off McColgan. Already, though, Ullrich is paying the price for following Kristiansen's suicidal burst, and Zhupiyova was to fall away too. But Bondarenko held on to deny McColgan the coveted gold. Left, it's synchronized running as Murray overtakes Decker-Slaney.

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Liz McColgan

**on her magnificent achievement in
winning the silver medal at the Olympic
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**We look forward to seeing Scotland's runners at our
marathon and 10K next May**

See Scotland's Runner for further details

DUNDEE City of Discovery

Shadow of Johnson hangs over international athletics

THE BEN Johnson doping scandal was the biggest story to hit the Olympics since Black September murdered 11 Israelis in Munich 16 years ago.

And it was arguably the biggest track scandal since Scotland's first Olympic gold, in 1908. Wyndham Halswelle won the 400 metres in a walkover after his American rivals refused a rerun because one of their number had been accused of cheating.

Johnson continued to protest his innocence long after the Olympic flame was extinguished. He claimed his drink was spiked. But the fact is that the International Olympic Committee's medical commission found traces of Stanozolol, which according to IOC doctor Robert Dugal - a Canadian, incidentally - "showed undoubted use over a prolonged period."

The IOC medical commission listened to all the arguments of the Canadian delegation, including one which suggested administration by a third party. "The steroid profile however is not consistent with such a claim," they reported.

Dr Peter Radford, the former Olympic sprint medalist who is now professor of sports science at Glasgow University, discounted any tampering with the samples which Johnson had given when he said: "You don't find steroids in samples, but metabolites, which are steroids broken down by the body processes. So you know if it had been through the athlete's body and cannot have been added after the sample had been given."

Johnson of course was not the only Seoul athletics medal winner on drugs. But he was the only one caught. The IOC were doubtless under pressure to cover up the matter. Some cynics in Seoul reckon that his name was leaked

before the second test result was announced so that there could be no cover-up. Whatever the truth, the IOC showed great courage.

The laws of libel prevent naming athletes whom one suspects of using drugs. But anyone who has followed the sport closely in recent seasons will have charted the abnormal improvement, in performance, physique, facial and voice characteristics of some competitors. They do not need our opinions to form their own conclusions.

The world governing body must intensify its anti-doping

**When the Eastern
Europeans start
asking how Yvonne
Murray and Liz
McColgan have
improved so much in
a year, you know the
sport is sick.**

controls, introduce legislation which makes a life ban mean life, and which cancels all world records standing to the name of a convicted drug user.

Some might feel sorry for Johnson, who may well have been used by others around him. But his offence is one which strikes against all sportsmen and women. It makes the 100 metres record a false mark until 9.79 is achieved by a proven "clean" sprinter.

And it casts doubt even on those athletes whom one knows to be totally above suspicion. When the Eastern Europeans start asking how Yvonne Murray and Liz McColgan have improved so much in a year, you know the sport is very sick.

Congratulations to Yvonne Murray

**on her excellent performance in gaining a
bronze medal in the 3,000 metres in Seoul!**

**From East Lothian District
Council**

Olympics 1988

wiping out the drug-tainted 44.93 Scottish best set by David Jenkins, that may yet come, even though Whittle is planning to give up the 400 metres as his main event.

"I now want to start thinking about the 400m hurdles," Whittle said after assessing his future on his return. "I will be doing 400 metres hurdling training over the winter, and hope to make my future in the event if all goes well."

"Kriss Akabusi has run faster on the flat since taking up the hurdles, so I may get Jenkins's record yet."

Whittle considered switching to the 800 metres, since that was his event before taking up the 400m as a stop-gap while injured. "But I figured that I could make more of an impact quickly at the hurdles. If the switch is successful I may even consider doubling up at the hurdles and the flat 400 at the Commonwealth Games," he said.

Elliot Bunney revealed the best-kept secret of the Olympics (other than who else is cheating apart from Ben Johnson) when he confessed to having dislocated a shoulder just 10 days before the team was due to leave for Korea. Somewhat miffed that he could not throw the javelin further than Emma Lindsay, the Edinburgh Southern Harrier tried one last heave - and succeeded only in tearing his right shoulder from the socket!

It has been suggested in some quarters, not least within the team itself, that if hurdles silver medalist Colin Jackson had run the first leg, Britain might have had gold rather than silver.

Frank Dick, the UK coaching director who has affirmed his continued support for British athletics, insists however: "Bunney lost ground only to the Russian on that opening leg, and I've no complaint whatsoever with how he ran."

Geoff Parsons returned with but one thought - how to regain his No1 UK ranking from Dalton Grant who scaled new heights in the high jump. "I've lost my top ranking for the first time in since 1983," said Parsons, "and I'll be going all out now to re-establish myself."

The challenge will perhaps be the best thing that has ever happened to the Commonwealth silver medalist. Too long as king of the midden is not good for anyone, even when the midden is as small as Scotland.

A thought should be spared for Janis Neilson. The Edinburgh woman never got an outing in the relay, a frustrating Olympics by any standards. But she contributed mightily to keeping up morale with her sunny disposition. And not least by



Elliot Bunney sets off for silver.

running *billets doux* between Yvonne Murray and her fiancé, Nigel Whitefield, for whom contact had been rationed by coach Tom Boyle.

One final thought, and since they are still the most powerful athletics nation in the West, it is worth airing in some detail. The American method of taking the first three athletes in each event is flawed.

Here are the facts. Most of the American Olympic team performed better in the US trials than they did in Korea. They burst a gut to book their passport to Seoul, but could not reproduce when it mattered.

We have analysed the US performances in Indianapolis and compared them with what the same athletes did in the Olympics. Exactly twice as many competitors flopped compared with those who improved on their trial performance.

A total of 60 men went to Seoul on the strength of the trials in Indianapolis from July 15-23 (identical to the Olympic programme). Only 20 of them matched these standards in the Games, while the other 40 were worse. And of the 45 women, only 15 reached Indianapolis standard, with 30 being worse. The percentage is identical.

In the US trials, with a wind of 5.2 metres per second blowing, there were seven men, led by Carl Lewis, under 10.00 for 100 metres. Since that wind speed makes comparison with Seoul impossible, let us take the pre-Olympic legal best times of the US sprint trio. Carl Lewis had clocked 9.93, Calvin Smith 9.97, and Denis Mitchell 10.03. Only Lewis improved, and that by just one hundredth of a second, to 9.92, behind the disgraced Johnson.

Olympics 1988

Joede Loach and Lewis improved their 200m times at the Games, but in the 400m only the winner, Steve Lewis, was faster than in Indianapolis. Only one sprint hurdler (champion Roger Kingdom) and one 400m hurdler (champion Danny Harris) were faster in Seoul than in the trial. Only one high and long jumper improved. No pole vaulters or triple jumpers.

In the discus, hammer, javelin and decathlon, not one American improved in Seoul. The cynics might say that it is a commentary on US drug testing protocol that only one US thrower, shot putt silver medal winner Randy Barnes, improved on his trial performance in the Olympics.

The American women's team is less of a force than the men's, but the pattern is identical. World record breakers Florence Joyner and Jackie Kersee, plus high jumper Louise Ritter and Kim Gallagher (800m) were the the only US medal-winning women to improve between Indianapolis and Seoul.

How many more medals the US might have won using a different selection policy will forever remain a mystery. But our analysis further fuels the argument that first three past the post is a loser.

A similar analysis of the British athletes who competed in the UK trials (taking no account of those who went to the Games as discretionary choices) shows that 17 men improved on their Birmingham AAA performance while 23 did not. And 16 women improved against 14 who failed to do so.

The Russians and East Germans, demonstrably the best nations on earth at peaking for major Games, do not subject their competitors to intense burn-up trials and public pressure. Indeed, the German trials are behind closed doors... and they won more athletic medals, 27, than any other country.

Their methods, of course, would not work in a Western society, particularly one like Britain where the team is funded by public money. But based on the number of athletes in finals - and the UK had 28 who finished in the first eight - we finished fourth overall behind GDR, USA, and USSR.

One final thought. Kenya were the revelation not only of the middle distance events at the Olympics, but also at the world junior championships in Sudbury. In both meetings they won the 800, 1500, 5000 and steeplechase. It may not be unconnected with what their Federation secretary, Robert Ouko, told me: "We take the best youngsters from the primary schools and prepare them..."

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SORBOSPORT

FROM THE MAKERS OF SORBOTHANE

Staying clear of injury this winter

Colin Hall suggests other forms of training to complement running and lessen the chances of injury this winter, and on the next page looks at some of the medical aids and new products on the market.

3, Orchard Gardens,
 Strathaven,
 Lanarkshire.

DOES THE letter from Gordon Robinson (printed, right) strike a chord with road runners and indeed athletes in general? You bet it does, but quite apart from the dangers of coming back too quickly from injury, are some road runners simply asking for trouble by running up high mileages week-in, week-out on roads and pavements?

Over the past six weeks Scotland's Runner has been speaking to a lot of road runners, and a frighteningly high percentage seem to have been affected by injury in the recent past.

Now, indulge in any sport and the risk of injury exists. Stretching exercises, good quality shoes, medical support aids and other tricks can minimise the injury danger, but in the case of road runners would the best prevention of all not be to give running a rest for a couple of days a week and try some other pursuits to keep ticking over?

Perhaps because I played a great deal of sport when I was a youngster, I find that running any more than three or four days a week will inevitably bring me to a grinding halt with a nagging injury of some description. And this is despite the fact that I wouldn't go out without a five minute warm up and warm down, and that despite living in Glasgow I nearly always run on grass and pathways.

John Chapman, who runs a sports injuries clinic in Leslie, Fife, says that people who have recently taken up road running are the most likely to get injured. A member of Fife AC himself, he says: "I think very few club runners get injured through road running."

"The majority of injuries

are sustained by people who have latched on to the marathon and half marathon boom. They are doing far too much mileage, especially on the roads.

"Okay, an Olympic standard athlete has got to put in the miles, but I think 30 to 50 miles a week should be the absolute maximum for the average runner. It would be far better if they had one long run, one or two quality sessions, and two others to keep the lungs working."

Quite apart from the need to give the joints a rest, runners who "cross-train" (combining running with swimming/cycling/weight training) have actually improved their running times. One such example is Scottish women's triathlon champion Ginny Pollard, who has bettered her 10K times since taking up the new sport.

So, rather than routinely going out on the roads night after night, why not swim or weight train at one of the many excellent private and public authority sports centres now available?

And if you *do* get injured on the roads, don't follow Gordon Robinson's example! If you feel your local doctor is not being specific enough about your injury, visit a physiotherapist or one of the sports injuries clinics which specialise in running-related problems.

"I think 30 to 50 miles a week should be the absolute maximum for the average runner"

SIR - Okay, I should have known better with all of two and a half years running behind me, but let my sorry tale of frustration and grief serve as a salutary lesson/reminder to everyone who is unfortunate enough to sustain a running injury.

After a steady winter's season, I was more than happy with a personal best at my first half marathon of the year at Selkirk. A couple of blisters and a bit stiff, but nothing more apparently. Roll on the Haddington 10-Mile the following weekend!

A good club run mid-week and a couple of short runs - was that a twinge in my knee? - and then another PB at Haddington. But - definite ache in the right knee afterwards.

For two more weeks I kept going, convinced I could still run in the Jimmy Moore 15K coming up. "Run through it," or, "Keep running, you'll be all right if you do the right exercises." I shouldn't have listened.

Very soon, even walking up and down stairs caused distress, so off to the injuries clinic. "Runners knee, do the exercises, but no running for four weeks." My mind runs over all the forthcoming events that will have to be missed.

Nothing for it but dig out the bike. Knee slowly improved, so after three weeks I tried a five mile charity fun run with my son Stephen. Second mistake! Knee gone again. Should have waited. Did so for another week only and while my friend John ran his Galston Half Marathon I, tearing hair out with frustration, jogged off in the opposite direction for four miles and - you've guessed it - paid the penalty.

Four weeks gone and almost back to Square one! Back to the bike. Fifth week - stuck in a Troon hotel on business and forced to try a couple of short beach runs - knee okay.

Week six - full of confidence. Two times two miles and knee gone again!

Week seven - friend Mike enticed me on to beach at Longniddry for a three mile jaunt - gone again! So back to the clinic. "Nothing for four weeks, and forget any competitions this year."

Mind racing (sic), but sanity saved by thought of three weeks holiday coming up.

Week eight - bike only. Weeks 9-11 - holidays and "running" in water. Week 12 - here we go! One mile at a time, alternate days only, and you'll be okay.

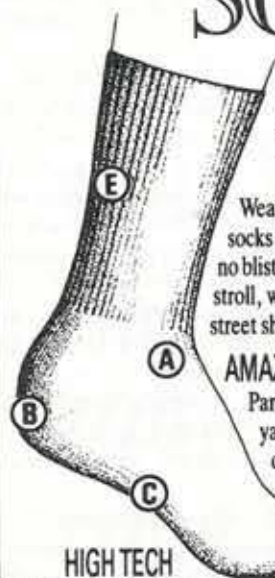
Week 13 - two miles at a time on alternate days. Week 14 - and here we are now. Three miles at a time and still going. It's good to be back!

But what a summer - gone! I should have known better, of course I should, but instead of four weeks off it turned out to be 12; 12 weeks of frustration, depression, anger at my own stupidity. But please don't be too critical of my actions as I'm sure there are a lot of readers out there who know only too well how easy it is to be led by your frustrations.

I'll remember in future, so you do as well - listen to what your medical adviser tells you, and listen to your own body. They know best!

Gordon Robinson

THE 1000 MILE SOCK



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Keeping feet warm in winter and cool in summer, Double Lay-R socks are equally ideal for a brisk walk to the shops or serious fell-walking. Other comfort features include a flat toe-seam (D); a choice of mid- or over-calf length with grip top (E); resilient softness even after repeated washing. Note: The non-chafing blister-proof properties are especially valuable to wearers with a diabetic condition.

MYRON Double Lay-R socks are available from Myron Medical through the order form below. Should the socks wear or cause blisters within 1,000 miles use, simply return with your receipt to claim the guarantee.

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Staying clear of injury this winter

Coming soon: How to beat Steve Cram in the comfort of your own home!

WHEN YOU live in the brightly-lit city it's easy to forget that running at night is a problem for many Scots during the winter. In the absence of some bright spark patenting a hat with a torch in it (like the miners have), many runners have to make do with training indoors.

Not least because of the connotations of its name, running on a treadmill has never held many attractions for me. But after speaking to Mr Hilton Lee, proprietor/designer of Taurus Electronic Treadmills, I began to see these contraptions in a different light.

Mr Lee's company claims to be the only one in the United Kingdom geared to the individual, as opposed to health club, market. And he claims that 20 minutes running on his treadmills at 10-12 mph is the equivalent of running 45 minutes outdoors because there is no wind.

Mr Lee says the treadmill is

ideal as a coaching vehicle, and particularly for bettering runners' stride patterns. "Over a period of days the runner can be coached into a longer flowing stride. For example the stride can be got down from 60 to 50/55 strides per minute with longer strides and then the speed built back up very slightly until the runner is back at the old stride rate. Using this method speed can be built up from, say, eight mph to 8.8 mph," says Mr Lee. He adds that with the treadmill the person who is monitoring the stride can stand at 90 degrees to the runner all the time - something that is not possible on the track.

According to Mr Lee his treadmills are also ideal for runners recovering from injury, "because they absorb a lot of shock".

A typical training routine on a treadmill, he says, would consist of a five minute warm up at about 5/6 mph, followed by a couple of

minutes at 3/4 mph which is virtually a walk. There would then be a 20 minute "cardiovascular routine" at 8.5 mph, followed by two minutes at 5/6 mph.

"Then as fast as you can run for as long as you can (say 12 mph for three minutes)," he says.

Having thrown in a couple of more advantages, such as the treadmills' application for hill running training, Mr Lee then delivered his *coup de grace*.

"Next March we hope to introduce to the British market a colour monitor computer which will allow the runner to select what sort of terrain he wants to run on

and who he wants to race against!" This finally persuaded me that the treadmill might not be so boring after all.

Even without the computer extra, the Taurus treadmills cost (including VAT) between £899 and £2056. The machine will be delivered to your home, and does not need to be assembled. It can even be custom-built for your particular requirements!

While the machines sound very expensive, if runners, especially in country areas, were to pool together the cost would come down considerably.

Those jarring steps can affect your body from foot to head

JARRING SHOCKS to the body from running on hard surfaces are an obvious source of injuries. The manufacturers of Sorbothane are trying to get the message across that the shock reverberates throughout the whole body - not just the feet and legs.

The Sorbothane range of footwear offers protection against heel-strike and according to the manufacturers absorbs 94.7 per cent of impact shock caused by running on hard surfaces.

Product manager Robert Barlow says: "People don't realise the tremendous punishment they subject their bodies to as they hit hard surfaces like concrete or asphalt. In running, one stride subjects the front leg to a force of 17G - the equivalent to the force of a car hitting a wall at 30mph."

He continues: "The heel-strike shock waves cause a huge reverberation throughout the body, and can cause damage to the soft tissue around every bone - and threaten injury to the hips, spine, and lower limbs."

Sorbothane insoles can be inserted into running shoes to reduce heel-strike shock waves, or built into the heels.

Mr Barlow says: "Medical science has established links between heel jarring and physical conditions like osteoarthritis, heel pain, stress fractures and tendonitis."

"Sorbothane can also protect

against secondary complaints like headaches, migraine, and inner ear disturbances, which might not automatically be attributed to heel-strike or cycling impact shocks."

One sock that won't stick when you throw it at the wall!

ONE OF the most unusual guarantees on the running market today is from the supplier of a sports sock who offers you a guarantee against blisters and wear and tear for at least 1,000 miles.

It's not necessary to go into detail about the state ordinary socks get into to accept that if this guarantee is genuine then the 1000 Mile Sock is not of the variety which sticks to the wall if you throw it there after a good workout.

The advertisement on the opposite page sets out the sock's stall, and the suppliers are respected in the orthopaedic and medical world. "If you are prone to blisters, this is the sock to wear. You don't have to pay £100 for shoes," says Mr Ron Slee, a director of Myron Medical Products.

You learn something every day, and Mr Slee told me that people with diabetics generally develop ulcers if they get blisters. Obviously the 1,000 Mile Sock is a godsend for diabetics who are keen on sport.

And has anybody disputed the guarantee? Just one, according to Mr Slee - a soldier who used them on Mount Everest complained that he wasn't comfortable!

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Issues

Mr G.J. Nicholson,
Administrator,
Scottish Athletics,
18, Rinslie Place,
EDINBURGH
EH3 6AU

Dear Mr Nicholson,

Please find enclosed cheques payable to the SARA and SUARA for the balance of competitors' levies from the Kilwinning Academy Festival of Road Running 10K on 20 June 1988.

I must be honest and say to you on a personal level that I conformed with the requirement of your letter of 24 August only with the greatest reluctance, and purely so that my personal instincts of what is right for road racing do not interfere with or prejudice the school's ability to repeat this community event next year.

As a participating athlete and a member of a club for some 10 years, as well as being a race promoter, it is my feeling, and that of almost every runner I have spoken to, that your policy (i.e. Scottish Athletics Administration) on unattached runners is misguided, naive, and ultimately detrimental to the sport. This feeling, I may say, is also shared by many of the officials I know.

I have read the rules on unattached runners and the permit requirements again and again, and I cannot understand several points which are made by the SARA and associated bodies.

Firstly, I cannot understand what I, as a race promoter, get from your body - my permits cost me £30 and their issue was erratic to say the least (please refer to an earlier letter on this subject). My levies will amount to £75, so for my £105 "donation" what have I received other than an incredible amount of extra work?

Nowhere in your permit instructions does it say that my obligation was to collect the levy as part of the entry fee; what it does in fact say is that I should regard it as a "temporary membership fee", which clearly indicates that you seem to accept that registered runners are in fact paying twice. Your implied alternative to charge more for non-attached runners would not serve to attract new runners to the sport - it would simply serve to discourage them, and to present a "them" (outside) and "us" (inside) image, which is surely undesirable.

I cannot understand your contention that unattached athletes take from the sport without helping to sustain it. They pay their entries for events like everybody else and should a promoting club or organisation be left with a small surplus then is it not likely that that money will be used to benefit the club and its members - perhaps where it is really needed - at the grassroots?

It would not surely be the arrogant assumption of "officialdom" that if the money does not arrive at headquarters it cannot be benefiting the sport?

I would also contend that the whole principle of attempting to force somebody (for that is your aim) to join a club in an amateur sport is seriously flawed. Many people do not wish to join a club for a variety of reasons - they cannot afford the time, they prefer to run on their own, they do not live close to a club, being but three. To attempt to coerce them to join within a year or effectively be debarred from many events is contrary to the spirit of amateur sport, and quite contrary to present notions of health and fitness in general. From my



Grant Young

experience as a club runner in a club where senior membership is growing in a healthy manner, the evidence is that given time many unattached runners will "join up" anyway. While the running "boom" may not be over, there is, I believe, abundant evidence that the number of runners participating in events is beginning to fall - markedly in some places.

Each event, as I am sure you will appreciate, has a definite threshold of runners needed to take part. This of course varies according to the sponsorship which the event has managed to attract. It is likely that as events are repeated year after year they will find it hard to retain the same sponsor - and I mean the event catering for 100-200 participants every bit as much as the big ones, under such circumstances the organiser becomes extremely dependent on the number of entrants to pay off the various expenses involved.

I also believe that while there has been a proliferation of events over recent years, this trend is about to change, and in this part of the world several fixtures look unlikely to be repeated next year. Various factors are again involved - the increased selectivity of runners being one of them, but another being that organisers of many events can only stand the huge effort of setting up events for a few years. If they are able to collect a willing/able group of helpers, the event will survive, but often one willing beast of burden gets it all to do - and eventually the organiser has had enough, and the event folds - much to the relief of wife and family I suspect. The point of mentioning all this is that your present permit structure simply increases the burden on the organiser, viz my own position at the moment. By all means retain a fee for permits, by all means continue to use the permit system to protect youngsters from running too far, or to prevent events happening next door to each other at the same time, but please consider dropping these unjust and unwarranted levies.

Yours sincerely,

A. Grant Young,
Assistant Head Teacher,
Kilwinning Academy.

The golden goose is no longer laying the golden egg. But David Watt argues that there is still time for Scottish athletics to at last put something tangible back into road running

THE SAD DECLINE in the number of, and the numbers participating in, so-called "People's" events in Scotland has been forecast by those closely involved for some time. It is a sad fact that the authorities involved in permitting events have contributed very little, but taken a great deal over a number of years.

Now that the boom of the early 1980's is over for most, the goose is no longer laying the golden egg and giving large amounts to the governing bodies in Scotland.

The really sad thing is that no long term advantage for the sport appears to have come from the enormous amount of people participating.

Surely a mammoth opportunity has been missed to foster participation in athletics and see the sport advance at all levels - from grass roots up to top international. It could be argued that Scottish athletics has gone through a decline at a time when thousands of pounds were coming from events like the Glasgow Marathon.

It is easy to be clever with hindsight, but many people, including the director of the Glasgow Marathon, Bob Dalglish, have been saying for years that a positive input to road races and mass participatory events is required.

It took Scottish athletics (on the male side) five or six years to even be fair enough to reduce the participants' levy from £1 per head to 50p. While this was appreciated, it still leaves a considerable burden on race organisers. The argument is that the individual runners pay this fee, but it comes from the total income of the race and so can lessen the viability of the race; indeed, for some, it has brought its very existence into doubt.

The point of this article is not merely to question why the levy has been imposed - but is to accept the fact that it does exist and to ask that steps be taken to ensure that something of direct benefit is given back in return for the huge amounts of money the associations receive.

There was a Scottish Association of Road Races for some years, and now there is a sub-section of the British

association based in Scotland. The Scottish athletics bodies were loath to even recognise the existence of such an organisation since road racing was "their" responsibility.

It is hard to see how this responsibility is actually put into practice since they are not directly responsible for running any major People's running events in Scotland.

This is not to say that many local officials do not contribute in a very major way to the existence, or the strength, of specific local marathons or half marathons. The central administration of the national governing bodies, however, contributes very little.

Rather, they can spend all their time chasing organisers to ensure that monies are paid. There is never any suggestion as to what positive contribution they could make towards the events, which, after all, encourage people's participation and interest in the sport of athletics.

Let's be positive, though. It is not too late, there is still some money - albeit a reduced sum - coming into athletics through road races, so let's get something going. Let's see athletics benefit from thousands of active road runners supporting all athletics events and encouraging their children into the fun of active athletic participation. Show them by example that Scottish athletics wants to help everyone.

All I would ask is that athletics officials get together on a serious basis with people like Bob Dalglish and Russell Ellerby from the road running fraternity; as well as race directors at a local level to see what can be done to help their specific event and athletics in the area. Many road races function with the support of local authorities - I am sure they would be very happy to see events more closely allied to athletics development and increased participation in their district.

There is a lot that can be done. The athletics officials could be part of all organising committees at a local level. They could use the personnel resources of their clubs to play a bigger part in the road races that take place or start more.

At a national level, athletics authori-

Issues

"There is never any suggestion as to what positive contribution Scottish athletics could make towards the events, which, after all, encourage people's participation and interest in the sport of athletics"

ties should consider how they could put some of their money back into road racing - where it came from. Then people would be a little happier about paying their levy.

This positive support could take the form of an equipment store where Scottish athletics could purchase and subsequently hire out clocks for the race events. This would save such money for hire fees going south of the border all the time. I am sure Scottish race organisers could have bought more than half a dozen clocks several times over through our hire fees.

Other additional items of equipment like marshal's bibs, portable funnel stands, tape etc could be bought and brought together in said central store. The hire charge for equipment could be minimal, but would also allow income for replacement of stock in future.

It would be sensible for the Scottish athletics bodies to instigate a road race convention at least once a year to consider items of mutual concern. Such a forum would be invaluable (even if it arose from financial self-interest). The continued success of road races will increase the amount of money coming back into athletics in Scotland each year.

No one actually minds the money going into athletics - so long as that money does go into athletics and is seen as a genuine benefit to the sport and its participants in Scotland.

What would also be nice would be a reasonable percentage going back to the people who contributed it, through these "People's" events!

Results

August

13

Celtic Junior Women's International Match, Dam Park, Ayr - 1, Scotland 116pts; 2, Ulster 89; 3, Ireland BLOE 88; 4, Wales 79.
Scottish performances: Intermediates: 100/200m: 1, K. Lithgow 12.27/25.01; 400m: 1, E. Lindsay 56.62; 800m: 2, L. Svaasand 2-13.97; 1500m: 2, K. Rice 4-14.46; 80H: 3, S. Richmond 11.94; 4x100: 3, Scotland 48.89; HJ: 2, E. Lindsay 1.67m; LJ: 1, C. Black 5.56m; SP: 4, N. Embley 9.40m; DT: 2, H. McLeod 35.42m; JT: 1, N. Embley 42.70.
Juniors: 100/200m: 2, A. Edmunds 12.31/25.38; 800m: 2, D. Simpson 2-13.36; 1500m: 2, G. Slaven 4-56.49; 75H: 1, C. Murphy 11.37; 4x100m: 2, Scotland 50.04; HJ: 4, H. Melvin 1.50m; LJ: 2, D. Douglas 5.12m; SP: 1, A. Gray 14.80 (CBP); DT: 1, A. Gray 39.52; JT: 3, E. Grant 30.40m.
Minors: 100/200m: 1, M. McShannon 12.93/26.21; 800m: 4, L. Dick 2-35.92; 1500m: 3, D. McNally 5-02.69; 70H: 1, S. Gunn 11.46; 4x100: 4, Scotland 53.70; HJ: 3, J. Reid 1.50m; LJ: 1, L. Kerr 5.05m; SP: 3, K. Cassidy 8.84m; DT: 1, H. McCreadie 30.42m; JT: 1, M. Wilson 26.40m.
Invitation 100 Sprints: Inters: 3, J. Fleming 12.83; **Juniors:** 1, C. Clark 12.94; **Minors:** 2, S. Still 13.42.

26

Cowal Highland Games - 16lb shot: 1, A. Vince 15.41; 2, A. Pettigrew 36.43; 3, W. Sutherland 12.24; 16lb Scots hammer: 1, Pettigrew 36.12; 2, Sutherland 32.26; 3, Vince 31.34; 28lb ball: 1, S. Egan 22.84; 2, Sutherland 21.44; 3, I. Nisbet 31.02; 56lb for height: 1, Egan 14'6"; 2, Pettigrew 14'0"; 3, Sutherland 13'6"; Caber: 1, Weir; 2, Pettigrew; Overall: 1, Pettigrew; 2, Sutherland; 3, Nisbet.

27

Scottish Veterans v NE England Veterans Match, Grangemouth-Men 40/45: 100m: 1, J. Steede 11.7; 2, P. Webber 11.7; 4, M. Clarkson 12.3; 200m: 1, J. Steede 24.3; 2, B. Gordon 24.8; 5, F. McMahon 25.8; 400m: 1, F. McMahon 57.8; 4, M. Clarkson 60.2; 800m: 1, I. Stark 2-08.7; 2, A. Letham 2-09.6; 3, K. Hogg 2-10.4; 1500m: 1, C. Youngson 15-38.4; 2, J. Adair 15-51.1; 3, A. Adams 15-52.2; 4, W. Scally 16-02.1; 5, Z. Bankowski 16-04.8; SP: 1, J. Scott 12.61; 2, G. Taylor 10.05; 3, W. Gentleman 8.98; DT: 1, W. Gentleman 30.96; 2, G. Taylor 30.70; 3, J.

Scott 27.14; HJ: 1, E. Fitzgerald 1.65; 2, T. Black 1.60; TJ: 1, E. Fitzgerald 11.53; 2, J. Gelder 11.18; JT: 1, A. Dingwall 39.64; 2, J. Gelder 38.78.
50/55: 100m: 1, J. Ross 12.0; 2, J. Bryce 12.7; 200m: 1, J. Ross 24.7; 3, J. Bryce 26.6; 400m: 1, J. Ross 58.1; 4, F. Cowan 62.9; 800m: 1, R. Chackley 2-28.2; 2, F. Cowan 2-28.5; 3, H. Muchamore 2-33.1; 5000m: 2, D. Fraser 17-41.1; 2, W. Stoddart 17-50.0; HJ: 1, J. Ross 1.20; TJ: 1, J. Ross 10.38; 3, A. McManus 8.62; SP: 1, J. Ross 8.87; JT: 1, J. Ross 42.38.
Over 60: 100m: 1, G. Bridgeman 12.9; 3, I. Steedman 13.6; 4, J. McNally 13.9; 200m: 1, G. Bridgeman 27.1; 2, J. McNally 29.0; 6, A. Coogan 32.7; 400m: 1, G. Bridgeman 64.4; 2, I. Steedman 66.1; 3, W. Temple 71.5; 800m: 1, W. Marshall 2-32.0; 2, W. Temple 2-33.3; 5000m: 1, W. Marshall 17-41.5; SP: 1, I. Steedman 8.45; 2, A. McInnes 7.93; 3, J. Geddes 7.29; JT: 1, A. McInnes 12.94.
Women: 100m: 1, A. Munro 13.2; 2, H. Wiseley 13.9; 3, C. Brown 14.4; 200m: 1, A. Munro 28.1; 2, J. Hogg 30.1; 3, P. Spence 31.4; 400m: 1, H. Wiseley 64.4; 2, J. Hogg 67.7; 3, A. Munro 68.4; 3000m: J. Stevenson 10-29.0; 2, H. Wiseley 10-37.9; 3, M. Bonner 11-47.5; 5000m: 1, J. Ferrari 19-30.3; 2, S. Belford 20-30.5; 3, M. Moore 22-48.1; HJ: 1, C. Brown 1.25; 2, P. Spence 1.20; LJ: 1, C. Brown 4.13; 2, S. Wood 4.09; SP: 1, C. Brown 8.94; 2, A. Lindsay 7.44; DT: 1, C. Brown 27.54; 2, A. Lindsay 17.84; JT: 1, A. Lindsay 17.20.

Two Bridges 36.25 Mile Road Race, Rosyth - 1, W. Evans (Tipton) 2-35-51; 2, C. Woodward V1 (Leam) 3-39-55; 3, A. Battye (W'stock) 3-41-19; 4, C. Trayer (USA) 3-46-35; 5, M. McHale (Pit) 3-50-05; 6, A. Smith (Tipton) 3-52-27; 8, M. Francis (Forres) 3-58-57; v50+ G. Kay, 14th, (Stone) 4-09-35.
Teams: 1, Tipton H 14pts; 2, Pitreavie 44; 3, Wigan Phoenix 54.

Glenurquhart Highland Games - Inverness to Drumnadrochit 16 Mile Road Race - 1, I. Moncur (DHH) 1-28-40; 2, I. Gollan (Inver) 1-28-51; 3, D. Lancaster (DHH) 1-30-18; 4, R. Aitken (Coasters) 1-33-42; 5, G. Cummings (Peter) 1-38-07; 6, R. McDonald (Fraser) 1-38-15; V1, G. Ewing, 11th, (Tay) 1-40-40; L1, L. Ness, 45th, (Unatt) 2-20-11.
Auchmony Hill Race - 1, I. Matheson (Aber) 22-39; 2, D. O'Neill (Loch) 22-53; 3, J. Bell (Aber uni) 23-01; 4, J. Maitland (Loch) 23-28; 5, J. Farquhar (Aber) 23-35; 6, E. Butler (Aber) 23-50; 7, M. Edwards V1 (Aber) 23-55; L1, K. Butler, 30th, (Aber) 31-04.

Cowal Highland Games - 16lb shot: 1, A. Vince 15.70; 2, A. Pettigrew 36.60; 3, W. Weir 12.66; 16lb Scots hammer: 1, Pettigrew 38.76; 2, R. Meikle 33.92; 3, W. Sutherland 32.02; 28lb ball: 1, S. Egan 24.68; 2, Meikle 21.02; 3, Sutherland 20.84; 56lb for height: 1, Egan 14'6"; 2, Pettigrew 14'0"; 3, Sutherland 13'6"; Caber: 1, Weir; 2, Pettigrew; 3, Meikle.

International 3,000 metres Road Race, Zurich - 1, K. MacLeod (EAC) 8-47.0 (course record by 13 seconds)

28

International 8,000 metres Road Race, Zurich - 1, K. MacLeod (EAC) 26-23 (course record by 20 seconds)

Aberdeen Evening Express Half Marathon (712 ran) - 1, F. Clyne (Aber) 65-58; 2, C. Hall (Aber) 66-53; 3, D. Beattie (Arbroath) 68-36; 4, C. Youngson V1 (Aber) 69-32; 5, C. McIntyre (Fraser) 70-48; 6, W. Tweed (Unatt) 70-57; 7, G. Milne V2 (Peter) 71-54; 8, B. Anderson (Aber) 72-54; 9, W. Adams V3 (Shet) 73-05; 10, A. Neaves (Aber) 74-09; L1, S. Richardson 85-34; L2, H. Wiseley (Fraser) LV1 85-51; L3, U. Simpson (Aber) 86-18; L4, M. Stafford (Aber) 87-31; L5, H. Crotes 87-38; L6, M. Oliver LV2 (Aber) 89-28; L7, L. Trahon (Peter) 89-36; L8, N. McKinnon (Aber) LV3 91-00; L9, H. Brown LV4 92-02; L10, M. McDonald (Peter) 92-02.

Mid Argyll 9,000 metres Road Race, Lochgilphead - 1, D. Campbell (Oban) 29-00; 2, T. Timms (RAF) 29-01; 3, M. Buchanan (Oban) 30-15; 4, P. Cutler (RAF) V1 30-17; L1 E. Scott (Glas Uni) 35-36; L2, N. Thompson 37-54; L3, J. Crawford 38-28; LV1 N. Thompson 40-14 (all Mid Argyll AC)

Land O' Burns Half Marathon, Ayr 1, T. Murray (GCH) 66-34; 2, A. Robson (ESH) 67-28; 3, G. Croll (EK) 68-02; 4, G. Booth (Norfolk) 68-49; 5, E. Wilkinson (Bella) 69-04; 6, M. Coyne (FVH) 69-56; 7, A. Adams (Dumb) V1 70-46; 8, I. Kerr (Kilm) 70-54; 9, J. Stewart (Ayr Sea) 71-07; 10, D. Fairweather (Cambus) V2, 71-26; V3, J. Russell, 28th, 75-46; V4, J. Christie, 30th, 76-02; V5, J. Kyle, 34th, 76-19; V6, H. Watson, 35th, 76-23; L1, J. Robertson (Ayr Sea) 80-37; L2, C. Brown (Dumfries RR) 82-14; L3, J.A. Armstrong (Giff N) 84-25; L4, R. Murray (Giff N) LV1 86-45; L5, S. Owen (Ayr) LV2 89-08; L6, C. McCarvey LV3 (Motorola) 90-23; L7, L. MacRae 90-40; L8, I. Fraser (Ayr

Sea) LV4 90-52; L9, P. Kelly 91-29; L10, J. Byng (Irvine) LV5 92-29.
Finishing times: 50th, 77-34; 100th, 80-51; 150th 83-26; 200th 85-12; 250th 86-45; 300th 88-32; 350th 89-46; 364 runners under 90-00; 400th 90-52; 500th 93-12; 600th 95-35; 700th 98-15; 800th 100-23; 900th 103-01; 1000th 105-30; 1200th 110-46; 1400th 117-21; 1461 runners under two hours; 1600th 2-12-27; 1695 finishers (last 3-06-05).

Goretex Fabrics Half Marathon, Howden Park, Livingston - 1, B. Beddows (Eng) 64-07; 2, K. Stuart (Eng) 64-31; 3, P. Fleming (Scot) 65-13; 4, C. Haskett (Scot) 66-27; 5, J. McDowell (NI) 66-46; 6, J. Helme (Eng) 66-55; 7, R. Watt (NI) 66-59; 8, M. Shields (NI) 67-19; 9, P. Howarth (Wal) 67-31; 10, O. Lewis (Wal) 68-03; 11, M. McGeoch (Wal) 69-08; 13, H. Cox (Scot) 70-16; 14, R. Stone (HELP); 15, I. Seggie (Liv and Dist) V1 71-23; V2, E. Ranicker 72-48; V3, R. Wood (DRR) 73-19; V4, S. Balfour; V5, A. Stirling (FVH); V6, G. Armstrong (HELP); VO/50, 1, H. Muchamore (HELP) 79-47; 2, J. Gormley (FVH); 3, H. Morrison (EAC); VO/60, 1, L. Richardson, 2, J. Gillies, L1, J. Salvona (Liv and Dist); LVI, M. Robertson (DRR); LV2, L. Brown (Kirk Oly); LV3, K. Todd (Loudon).

International Home Countries Match: 1, England 3pts; 2, Scotland 7; 3, N. Ireland 12; 4, Wales 19.
Fire Brigade Section: 1, Great Manchester; 2, Strathclyde; 3, Lothian and Borders; Scottish Championship: 1, L. Fortune (Fife); 2, D. Buchanan (Strath); 3, R. Brown (Strath); Lothian and Borders Champs: 1, N. Purdie (vet). Team: 1, Livingston.

International Fire Brigade Contest: 1, England; 2, Scotland; 3, N. Ireland; 4, Wales.
HFC Bank Scottish Athletics League, Meadowbank - Div 1: 100/200m: M. King (Aber) 11.04/22.47; 400m: "A" G. McMillan (Bella) 49-03; "B" R. Harkins (Shett) 48-98; 800m: 1, R. Fitzsimmons (Bella) 1-54.89; 2, I. Cummings (Pit) 1-54.93; 1500m: 1, I. Archibald (EAC) 3-52.74; 2, R. Cresswell (Aber) 3-53.38; 5000m: 1, G. Harper (EAC) 14-54.09; 110H: C. Hogg (EAC) 15.38; 400H: F. Arnott (EAC) 57.53; 3000s/c: 1, D. Duguid (Aber) 9-20.09; 2, J. Evans (Shett) 9-20.18; 3, M. Ferguson (EAC) 9-25.82; 4 x 100m: 1, Shetleston 42.96; 2, Bellahouston 44.33; 4 x 400m: 1, Bellahouston 3-23.26; 2, ESH 3-26.30; HJ "A" C. Talbot (Pit) 1.90m; "B" S. Ritchie (Pit) 1.90m;

Continued on Page 44

On The Veteran Scene...

Long distance veterans grab the headlines at home and abroad this Autumn

WITH THE excitement of the Olympic Games barely over, a number of international competitions for veterans are looming, including road running championships in Beijing, China, over 5K, 10K and marathon. I am not sure if there are any Scots in the British party, but I hope to bring you news of any next month.

Talking of travelling, I must say I'm pretty excited about my own trip to the New York "Big Apple" Marathon on November 6. And that same weekend will see the international Home Countries cross country match at Wrexham, for which Henry Morrison has the unenviable job of getting together teams in the over 40's, 45's and 50's for men, and the over 35's and 40's for women.

As I write this, the teams had not been chosen, but it seemed as if Aberdeen AAC would have the distinction of having athletes in all three men's categories, with Colin Youngson, Mel Edwards and Jim Morrison all hopefully fit.

While this event has been organised by the British Veteran's Athletic Federation, it is salutary to note that it will not be an "all expenses paid" trip. There is to be some help with travel costs, but accommodation and even team vests have to be paid for by constituent bodies and individuals. For veterans that's all part of the honour of representing your country.

LEJOG is not as some may think a French fun run in Paris,

but the incredible journey from Land's end to John O' Groats - a journey that our own ultra star Don Ritchie had hoped to do earlier this year in reverse (or JOGLE). Instead, the record was taken in July by another veteran Scot, Al Howie, in 11 days 3 hours 18 minutes - but now the record has been snatched again by a third vet!

London veteran Andrew Brown (aged 41) averaged 70 miles a day when doing the journey in 10 days, 17 hours and 23 minutes. I thought my training was going well doing 70 miles a week!

BAD NEWS from Glasgow where well known veteran Ajit Singh was badly hurt when out cycling recently. He was knocked down by a car and received multiple back and leg injuries from which he is recovering in the city's Western Infirmary. I'm sure you will all join me in wishing him a speedy recovery.

Better news though about Willie McBrinn who has recovered sufficiently from his heart problems to have won the SVHC half marathon at Grangemouth off a good handicap.

HAVING MENTIONED Colin Youngson earlier, the Aberdonian finished second behind 43 year old Eddie Lee in the BVAF marathon championships at Stone in Staffordshire. Lee took 38 seconds off the course record when winning in 2-23-15, while Youngson, who dropped off the pace at 16 miles, finished six minutes adrift in 2-29-15.

Lochaber's John Maitland, who took the Scottish over-50 marathon title in 1987, was second in that category at Stone, finishing five minutes behind the winner in 2-43-58.

I CAN'T BELIEVE that a year has gone by as president of the

Scottish veterans.

Our hope was that by now we would have had some clear ideas as to where veteran organisations were going to be placed in the new British Athletic Federation. I have only had sight of the proposals for the new constitution in the last month and I can tell you that veterans are not given a mention at all. I have had direct contact with both Mike Farrell, general secretary of the AAA, and the chairman of the BVAF,

Bill Taylor, but both indicate that there is a lack of clarity about the future.

I am pleased to report that Taylor talks about the way ahead being through, "dialogue and co-operation, and not confrontation". I can only endorse his hopes that the veteran movement throughout Britain can make a valuable contribution to the future of athletics in the new structure.

Henry Muchamore

SVHC MEMBERS!

A major area of concern at the beginning of my year of office as president - and one which is still a long way from being resolved - is our communication system to our 1,000 members. I know personally that our new editor, Kay Dodson, has felt very frustrated at events which are totally outwith her control, but she is as keen as ever to provide a good service to SVHC members.

Scotland's Runner has indicated that a monthly information insertion could be made available within the magazine, giving up to date details about events and an initial summary of key events for veterans. This would mean that the SVHC could produce its own magazine containing more detailed news items, profiles, in-depth results and other features twice or thrice yearly without it always having to be the vehicle for key information.

Before making this commitment, the editor of Scotland's Runner has requested that the SVHC furnishes some evidence that there is a desire for such a monthly service among members. I would be grateful, therefore, if all members who do wish to see a regular monthly information service in Scotland's Runner would please fill in the coupon below.

Henry Muchamore, President, SVHC.

Yes, I wish to see a monthly SVHC Information insertion in Scotland's Runner.

Name.....

Address.....

Please Return to Scotland's Runner, 82, Kelvingrove Street, Glasgow G3 7SA.

Results

PV: 1= D. Scott (Shett), P. Pentland (EAC) 4.00m; 3, J. Johnstone (ESH) 4.00m; LJ: 1. Snowball (EAC) 6.30m; TJ: R. Harkins (Shett) 13.26m; SP: G. Smith (Aber) 13.34m; DT/JT A. Whyte (EAC) 37.86m/54.40m; HT: B. Kelly (ESH) 53.02m.

Match Score: EAC 388 pts; 2, Shettleston 352; 3, Aberdeen 331.5; 4, Pitreavie 310; 5, Bellahouston 251.5; 6, Fife AC 221; 7, ESH 173; 8, Kilbarchan AC 71.

Final League Positions: 1, EAC 31 pt (1485 match points); 2, Pitreavie (1319); 3, Shettleston 22 (1207); 4, Aberdeen 21 (1209.5); 5, ESH 16 (1004); 6, Bellahouston 12 (960); 7, Fife AC 11 (848); 8, Kilbarchan AC 4 (472).

Kilbarchan AC and Fife AC relegated to Div. 2.

Division 2: 100/200m: B. Connell (Cen Reg) 11.21/22.69; 400m: A. Murray (Kilm) 48.41; 2, M. McPhail (Ayr Sea) 49.04; 3, A. Bryce (FVH) 49.89; 800m: 1, A. Murray 1-52.37; 2, A. Bryce 1-54.59; 1500m: S. Murray (Kilm) 4-05.34; 5000m: A. Douglas (VP) 14-56.54; 3000m: S. Rankine (FVH) 9-55.2; 100mH: T. Caldwell (FVH) 16.19; 400H: M. McPhail 56.44; HJ: N. Bell (Loth) 1.80m; PV: C. Lyle (Cen Reg) 3.40m; TJ: 1, M. Fowler (VP) 14.34m; 2, N. McMenemy (Cen Reg) 13.65m; DT/HT: A. Anderson (Ayr Sea) 33.06m/36.88m; 4 x 100m: Ayr Seaforth 44.37; 4 x 400m: Kilmarnock H 3-25.75.

Match Score: 1, Ayr Seaforth 332pt; 2, Falkirk Victoria 281; 3, Victoria Park 280; 4, Lothian AC 267; 5, Clydesdale 251; 6, Central Region 222; 7, J. W. Kilmarnock 208; 8, East Kilbride AC 14.

Final League Positions: 1, Ayr Seaforth 26.5 (1101 match points); 2, Lothian AC 23 (1024); 3, Central Region 19 (975); 4, Falkirk Victoria 18 (965); 5, Victoria Park 18 (964); 6, Clydesdale 18 (936.5); 7, J. W. Kilmarnock 17.5 (916); 8, East Kilbride 4 (443.5).

Ayr Seaforth and Lothian AC Promoted to Div 1
J. W. Kilmarnock and East Kilbride relegated to Div 3.

HFC Bank Scottish Athletics League, Crownpoint Stadium, Glasgow -
Div 3: 100/200m: B. Milne (Clyd) 11.0/22.3; 2, J. Watson (Henney) 11.1/22.3; 400m: A. Barrie (DHH) 50.9; 800m: S. Wallace (Cambus) 1-56.2; 1500m: R. Arbuckle (Cambus) 3-56.6; 5000m: B. Chinnick (Cambus) 14-37.1; 110H: J. Murdoch (Cambus) 16.9; 400H: D. Thom (DHH) 59.0; 3000m: S. C. 1, P. McColgan (DHH) 9-16.2; 2, J. Orr (Cambus) 9-22.0; HJ: D. McVoy (Clyd) 1.80m; PV: D. Darroch (DHH) 3.10; TJ: S.

McMillan (PSH) 14.60m SP: Connelly (Clyd) 10.46m; DT: C. Scott (DHH) 27.58m; HT: J. McGoldrick (DHH) 24.44m; 4 x 100m: Dundee HH 44.9; 4 x 400m: Dundee HH 3-30.4.

Match Score 1, Dundee Hawkhill H 392 pts; 2, Clydebank AC 315; 3, Cambuslang 302; 4, Harmerly 255; 5, Liv & Dist 194; 6, Perth Strathay 186; 7, Garscube 148; 8, Lasswade 70.

Final League Result: 1, Dundee Hawkhill 30pt (1384 match points); 2, Clydebank 27 (1225); 3, Cambuslang 26 (1130); 4, Harmerly 19 (926.5); 5, Perth Strathay 16 (837); 6, Liv & Dist 11 (629); 7, Garscube 8 (554); 8, Lasswade 7 (555).

Dundee Hawkhill and Clydebank promoted to Div 2.

Garscube and Lasswade relegated to Div 4.

Div 4: 100/200m: S. Tucker (KO) 10.9/22.2; Match Score: 1, Kirkintilloch Olympians 340 pt; 2, Penicuik 320; 3, Maryhill 299; 4, Cumbernauld 279; 5, Montrose 225; 6, Lochgelly & Dis 109.

Final League Result: 1, Kirk Oly 31pt (1266 match points); 2, Pitreavie 29 (1218); 3, Cumbernauld 22 (1070); 4, Maryhill 22 (1046); 5, Montrose 16 (890); 6, Lochgelly & Dist 12 (535); 7, Vale of Leven 2 (137).

Kirk Oly and Penicuik promoted to Div 3.

Vale of Leven to compete in qualifying match for admission to Div 4.

Rutherglen Crime Prevention Panel 10 mile Road Race -

1, J. Robertson 53-42; 2, M. Mitchell 53-58; 3, A. Bain V1 54-08; 4, F. Hurley 54-10; 5, J. McKenna 55-27 (all Cambuslang); 6, W. Brown (Preston) 56-31; V2, P. Bradley (Cambus), 13th, 58-51; V3, R. Wood, 16th, 59-46; V4, H. Barrow 17th 59-55 (both Vic Park) L1, C. Farrell (Clyd), 42nd, 67-12; L2, B. Quinn, 84th, 79-45.

Access Uk Womens Athletic League, Division 2, Grangemouth Scots Performances -

Seniors: 100m: "A" M. Neef 12.1; 3, L. Dick (MS) 12.5; "B" 1, M. Baxter (MS) 12.4; 200m: 1, M. Neef 25.0; 2, M. Baxter 25.6; "B" 1, L. Dick 26.0; 2, A. Currie (GAC) 26.0; 400m: 3, F. Meldrum (GAC) 58.0; 1500m: 1, C. Whittinghame (GAC) 4-28.7; 2, E. McKay (MS) 4-55.3; "B" 1, M. Wylie (GAC) 4-41.6; 2, R. McAleese (MS) 4-55.5; 3000m: 1, L. McIntyre 9-35.1; 2, E. McKay 10-24.3; "B" 1, S. Branney (GAC) 9-53.6; 3, R. McAleese 10-31.8; 100H: 2, J. Low (GAC) 14.0; 3, A. Brown (MS) 15.4; 400H: A. Brown 64.2; HJ: 1, R. Pinkerton

(GAC) 1.65m; 3, M. Sommerville 1.55m; "B" 1, K. Houston (MS) 1.50; 2, S. McGee (GAC) 1.50m; LJ: 2, R. McLeod (GAC) 5.75m; 3, A. Jackson (MS) 5.27m; "B" M. Sommerville 5.04m; SP: 3, A. Rhodie (MS) 11.33m; 5, C. Cameron (GAC) 10.58m; DT: 1, C. Cameron 41.92; 3, A. Hammer-ton (MS) 38.06m; "B" 1, D. Gaffney (MS) 33.86m; JT: 1, J. Currie (MS) 44.30m; "B" 1, L. Burt (MS) 33.56m; 4 x 100: 1, GAC 49.3; 3, MS 50.6; 4 x 400: 1, GAC 3-52.4; 3, MS 4-01.3.

Intermediates: 100m: J. Fleming 12.7; 200m: J. Fleming 26.0; 300H F. Watt (MS) 12.6; LJ: 3, F. Watt (MS) 5.06; 5, S. Stirling (GAC) 4.90m; SP: 4, J. Reid (MS) 7.81m; JT: 3, A. Fleming (GAC) 21.30; 4 x 100: 4, MS 53.5. Girls 100/200m: 2, M. McShannon (GAC) 12.9/26.4; 800m: 3, K. McNeill (MS) 2-25.0; 1500m: 3, M. Rooney (MS) 5-05.3; 4, S. Kennedy (GAC) 5-10.7; 75H: 1, C. Murphy (GAC) 11.4; 3, N. McColl (MS) 11.8. 4 x 100: 1, GAC 50.7; 4, MS 53.6; HJ: 3, L. Gordon (GAC) 1.40m; LJ: 1, M. Sommerville (MS) 4.87m; 2, C. Murphy 4.82m.

Match Score: 1, Glasgow AC 304 pt; 2, Monklands Shettleston 253; 3, Shaftesbury Barret 245; 4, Notts AC 229; 5, Wolverhampton & Bilston 225; 6, Rodley 192.

Final League Result: 1, Glasgow AC 17 pt (846.5 match points); 2, Notts AC 14 (804.5); 3, Shaftesbury Barret AC 12 (728.5); 4, Monklands Shettleston 10 (698.5); 5, Wolverhampton & Bilston 7 (665.5); 6, Rodley LAC 3 (583.5).

Glasgow AC promoted to Div 1. Wolverhampton & Bilston and Rodley LAC relegated to Div 3.

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Ceres "8" Road Race -

1, P. Fox (M'well) 39-50; 2, T. Mitchell (Fife) 40-24; 3, D. Beattie (DHH) 41-16; 4, J. Sinnige (Fife) 41-53; 5, T. Thomson (Cen Reg) 42-11; 6, S. Graves (Fife) V1 43-10; 7, R. Bell (DHH) 43-15; 8, S. Asher (Fife) 43-43; 9, D. McNicol (Fife) 43-59; 10, D. Hamilton (DHH) 44-02; V2, T. Ross (Fife), 11th, 44-05; V3, D. Macgregor (Fife), 15th, 44-41; V4, P. Mason (Fife), 27th, 46-52; V5, G. Bennison (Fife), 30th, 47-09; L1, M. Muir (DRR), 36th, 47-56; L2, Margaret Robertson (DRR) LVI, 54th, 51-03; L3, J. Robertson (Blair RR) 51-50; L4, V. Fyall (DRR), 82nd, 53-16; 186 finished.

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Aberdeen AAC Club Championships, Linksfield -
400 metres: 1, M. King 50.1; 2, P. Allan 50.5; Youths: 1, S. Mathers 53.8; Women: 1, J. Edon 60.0.

September

3

Tain People's 10K Road Race -
1, S. McKenzie (Inver) 33-08; 2, D. Bow (Nairn) 33-34; 3, K. Reid (Coasters) 33-46; 4, D. Young (Forres) 33-47; 5, R. McDonald (Inver) 34-29; 6, D. Watson (HIFB) 34-43; V1, J. McMillan (B> Isle), 10th, 35-37; L1, M. McBeth (Caith), 27th 40-10; L2, F. Farquhar (Wick), 31st, 41-58; L3, C. Scott (E. Suth), 54th, 45-45; Team: 1, Forres H; LTeam 1, Wick Ladies Joggers.

Loch Leven Half Marathon, Kinross (545 finishers) -

1, T. Mitchell (Fife) 68-35; 2, H. McKay (DHH) 69-18; 3, D. Henderson (N'berland) 71-01; V1, I. Seggie, 5th, (Liv & Dist) 71-30; L1, J. Ferrari (Pit), LV1, 85-44; L2, V. Fyall (DRR) 88-30; L3, T. Respingar (Dundee), LV2, 92-30; LV3, I. Gibson (DRR) 95-04. Teams: 1, Fife AC 55pts; 2, ESH 67.

Ben Nevis 10 Mile Mountain Race, Fort William -

1, G. Devine (Pudsey) 90-10; 2, C. Donnelly (Cambus); 3, R. Pilbeam (Keswick)

Aberdeen AAC Veteran Championships, Linksfield Stadium -

1, R. Masson 3691pts; 2, D. Grubb 2989; 3, J. Addison 2846; 100m: 1, B. Gordon 12.0; 2, T. Madison 12.1; 1500m: M. Edwards 4-38.6; LJ/DT: R. Masson 5.54m/38.44m. Women: 1, H. Wiseley 3380pts; 2, N. McKinnon 3091; 3, H. Brown 2866. 100/1500/LJ Wiseley 14.3/5-04.8/3.85m; DT D. Davidson 18.72m.

Scottish Veterans 10,000 metre Track Championships and Pentathlon, Grangemouth -

O/40 years: 1, S. Graves (Fife) 33-01.5; 2, D. Fairweather (Cambus) 33-43.6; 3, B. McMonagle (Shett) 33-56.4; 4, G. Milne (Peterhead) 34-17.6; O/50 years: 1, D. Fraser (Bella) 34-57.0; 2, W. Stoddart (GWH) 35-48.3; 3, W. Marshall (Moth) (1st 0/60) 36-14.0; 4, W. Temple (S Vets) (2nd 0.60) 38-15.5; H. McGinley (FVH) (3rd 0/60) 44-56.7.

Ladies Pentathlon: 1, K. Daives (Banchory) 1931pts; 2, J. Hogg (Aber) 1910; 3, C. Brown 1633; 4, J. Wood 1201; 5, P. Spence 1153.

Mens Pentathlon: 1, J. Ross (Lothian) (LJ) 4.87m; JT 43.98m; 200 25.6; DT 27.30m; 1500 5-04.8; 3,540 pts; 2, J. Gelder (Lothian) 2831; 3, A. Leatham (Forth) 2385; 4, J. Scott (Shett) 2303; 5, J. Pelley 1804; 6, J. Large 1034.

Student Athletics

Indoor season may be the stimulus to trigger off revival of universities athletics

YOUNGER READERS may find it hard to believe, but there was a time when athletics in Scotland was dominated by university clubs. Year after year, Edinburgh University was the most successful team at the Scottish Championships. In recent times, however, university clubs have suffered a decline in strength at national level. But while this has been the trend for a number of years, there are promising signs to suggest that university athletics may be entering a new boom period.

The reasons for the recession in student track and field are many, including government cuts and increased academic pressure, but such arguments have no place in a sports magazine (why not - Ed!). One unique problem that must be mentioned, however, is the brevity of the university season. This lasts for four weeks, sandwiched between the Easter vacation and the summer diet of examinations. In this space there are six fixtures, including both Scottish and British Universities Championships in early May, and a closely contested match between a Scottish Universities select and teams from the Scottish League, Scottish Juniors, Edinburgh Woollen Mill, and Central Region AC. However, the fact remains that the university season is finished before the regular one is in full swing.

While university athletics as a whole has suffered a decline in standards over the years, the students can still boast of many top athletes among their number. In recent years athletes of the calibre of Linsey Macdonald, Fiona Hargreaves, Elaine McLaughlin, Catriona Boyle, Rhona MacLeod, Lynn MacIntyre, Martin Johnston and Mike Jemi-Alade have graced the university scene, while at present Jamie Henderson and Alan Doris can be seen competing for Edinburgh University.

As can be seen from this list,



Menzies Campbell, one of the giants to universities athletics, wins the Scottish 440 yards title in 1964.

there has been no lack of talent, and yet the sport has been going through a bad spell. If one inspects this list again, however, one of the reasons for the decline can be seen. All of the athletes named competed for other clubs in major championships rather than supporting their university. They can hardly be blamed for this as these championships were held, as has been said, during the summer vacation. Now that the season extends into the winter months, there is surely a better chance of persuading these athletes to run, jump, and throw for their universities. Only time will tell!

The importance of persuading these "name" athletes to support university sport lies in raising the profile of the fixtures. One of the reasons cited above for the

decline in varsity sport over the years was the lack of funding caused by government cuts. With less money available within the sport, money has to be found from outside.

With this in mind, Dundee University were one of the first clubs in Scotland to take advantage of the loosening of restrictions on vest advertising. They finalised a deal with the local Nautilus Fitness Centre, and the extra cash and facilities available have benefited the club by both improving performances and doubling club membership.

On a national level, the cost of holding fixtures at the Kelvin Hall has been offset by an arrangement with the Royal Bank of Scotland. This extra financial help has ensured that Scottish Universities is

able to plan an ambitious series of meetings throughout the winter.

The series started on October 19 with a Freshers Championship. University clubs are in the unique position of being able to persuade the "school sports" runners to continue their athletics careers, when perhaps they would be unwilling to join another, non-university, club. By holding a Freshers Championship so early in the winter, it was hoped to attract many such people to maintain an interest in sport.

This fixture is followed on January 28 by the Scottish Universities Indoor Championships. The most ambitious fixture of the season is on February 12, when a representative fixture is planned - it hasn't yet been finalised, but it is hoped that it will be a quadrangular match between Scottish Universities, the East District, West District, and a team from Loughborough University. This fixture is being sponsored by the Royal Bank of Scotland, and is called the Royal Bank Scottish Universities International Athletics Match. A full programme of track and field is planned, and the public will be admitted free of charge.

Following the winter season, the traditional outdoor fixtures will be held, as usual, in April and early May. This year, for the first time, the outdoor championships are to be sponsored by the Bank of Scotland. The enthusiasm shown by the sponsors, and their willingness to part with much-needed money, is a sign of the resurgence of university athletics.

It is hoped that the new indoor prospects for Scottish athletics will be of benefit to all track and field athletes, but it seems that the eight universities are planning to utilise the facility as well as, if not better than, many other clubs. The increase in fixtures during the university term will, it is hoped, be of benefit to the clubs and to the athletes, while everything possible is being done to encourage more people to take up the sport within the confines of the universities.

If the first season is successful, it may lead to an increase in the number of potential sponsors of the sport, which would in turn lead to an increase in the number of fixtures on the calendar. The message seems to be clear: the universities are beginning to stir, and may soon be back to their old strength.

Gordon Ritchie

Results

4

Strathclyde Runners/ British Telecom 10K Road Race, Pollok Park, Glasgow

1, G. Croll (Guest) 30:38; 2, E. Wilkinson (SR) 31:18; 3, J. Evans (BT) 31:34; 4, M. Gormley (BT) 31:51; 5, D. Lang (G) 32:00; 6, H. Forgie (SR) 32:13; 7, L. J. Donnelly (SR) 37:47; 8, R. Murray (G) 38:29; 9, L. J. Armstrong (G) 39:04; 10, L. Brown (SR) 32:04.

Round Cumbrae 10 Mile Road Race, Millport

1, C. Spence (SpV) 52:42; 2, C. Thompson (Cambus) 52:55; 3, J. Brown (SpV) 54:26; 4, C. Miller (Irvine); 5, J. Stewart (Ayr Sea) 55:14; 6, R. Hubbard (Unat) 56:20; 7, A. Casey (SVHC); 8, B. King (Kilb); 9, V. W. Stoddart, o/50, (GWH); o/502, D. Kerr (Irvine); 10, J. Robertson (Ayr Sea) 62:37; 11, K. Hill (Tipton) 62:51; 12, M. Robertson (DRR) 64:44; 13, L. V. J. Byng (Irvine); 14, V. S. Belfort (Kilb). Teams: 1, Irvine AC 22pts; 2, Cambus H 33.

Peebles Highland Games

16lb shot: 1, A. Pettigrew 13.24; 2, W. Weir 12.85; 3, B. Shepherd 12.18; 16lb Scots hammer: 1, B. Shepherd 19.44; 2, G. Cameron 19.32; 3, A. Pettigrew 19.04; 28lb ball: 1, A. Pettigrew 37.6; 2, B. Shepherd 32.74; 3, G. Cameron 32.32; 56lb for height: 1, A. Pettigrew 12'2"; 2, W. Weir 11'8"; 3, A. Monro 11'8"; 4, Caber: 1, Weir; 2, Pettigrew; 3, Cameron; Overall: 1, Pettigrew; 2, Weir; 3, Shepherd.

Womens Inter Club Meeting, Pitreavie

1, Bathgate AC 244pt; 2, Kirk Oly 233; 3, Lochgelly & Dist 142; 4, Cumbernauld 134; 5, Strathkelvin Ladies 111.

Bank of Scotland Womens Athletic League Div 1, Meadowbank

Match Score: 1, EWM 495 pt; 2, GAC 436; 3, Pitreavie 362; 4, Monk Shett 341.5; 5, EAC 317.5; 6, Ayr Sea 310; 7, Aberdeen 301; 8, Kilbarchan 127.

Final league Result: 1, EWM 24pt; 2, GAC 21; 3, Monk Shett 17; 4, Pitreavie 16; 5, EAC 11; 6, Aberdeen 8 (868 match points); 7, Ayr Seaforth 8 (809.5 match points); 8, Kilbarchan 3.

Ayr Sea and Kilbarchan relegated to Div 2.

Div 2 match, Queens Park, Inverness - Match Score: 1, Inverness H 360pts; 2, DHH 325; 3, Cent Reg 269; 4, Vic Park 259; 5, Fife 231; 6, Perth Strath 136.

Final League Result: 1, Inverness

18pts; 2, DHH 13 (931 points); 3, Vic Park 13 (889); 4, Cent Reg 8; 5, Fife 8; 6, Perth Strath 3.

Inverness Hand Dundee Hawkhill promoted to Div 1.

Perth Strathay relegated to Div 3.

Division 3 match, Craigswood, Livingston

Match score: 1, J.W Kilmarnock 339pt; 2, Falk Vic H 319; 3, Lasswade 282; 4, Liv & Dist 276; 5, L & L Club 129; 6, Colzium AC 117.

Final League Result: 1, J.W Kilmarnock 18pt; 2, Lasswade 14; 3, FVH 12; 4, Colzium 8; 5, Livingston 7; 6, L & L 4.

J.W Kilmarnock, Falkirk Vic and Lasswade promoted to Div 2.

Colzium relegated to Div 4.

Division 4 match, Grangemouth

Match Score: 1, Montrose 302pt; 2, Law & Dist 275; 3, Black Isle AC 256; 4, Nith Valley 238; 5, Arbroath & Dist 235; 6, Tayside 213.

Final League Position: 1, Montrose 17pt; 2, Nith Valley 13; 3, Black Isle 13; 4, Arbroath 8; 5, Law 8; 6, Tayside 4.

Montrose, Nith Valley and Black Isle promoted to Div 3.

Tayside to apply for re-entry to Div 4 next season.

6

Dumfries 10K Road Race (150 ran)

1, A. Shepherd (USA) 31:01; 2, K. Connolly (Annan) 31:24; 3, K. Price (Vic Park) 31:40; 4, V. J. Knox (Gala) 34:03; 5, J. Connolly (Gala), 4th, 31:47; 6, L. McCrae (Galloway) 40:49; 7, L. S. McPherson (Dumfries RC) 45:12; 8, L. M. McFall (Dumfries RC) 45:17; 9, J. L. Corbett (Nith V) 45:56; 10, D. Turner (Dumfries) 45:17; 11, D. Simpson (J) 45:11; 12, S. Armitage 45:58; 13, J. Fraser 50:22.

Aberdeen AAC Club Championships, Linksfield Stadium

200m: 1, M. Davidson 21.6; 2, M. King 21.6; 3, P. Allan (J) 22.6; 4, S. Walker (J) 22.8; 5, R. Drummond 22.9; Youth 200m: 1, S. Mathers 23.5; Women 200m: 1, J. Eden 26.5; 1500m: 1, N. Mackland 4-02.1; 2, D. Duguid 4-002.9; Women 1500m: 1, D. Simpson (J) 4-51.1; 2, S. Armitage 4-58.8; 3, J. Fraser 5-02.2.

7

Seagull 5,000 metres Road Race, Peterhead

1, F. Clyne (Aber) 14:31; 2, C. Youngson, V1, (Aber) 14:49; 3, A. Reid (Coasters) 15:01; 4, J. Doig (Aber) 15:14; 5, S. McMillan (RAF) 15:29; 6, R. Aiken (Coates) 15:31; 7, A. McKenzie (Peter) 19:30; Lo-

cali, G. Milne (Peter) 15:42; L1, M. Duthie (Fraser) 17:42; L2, S. Lamb (Aber) 18:19; L3, S. Armitage (Aber) 18:36; L4, C. Nauman (Unatt) 22:09; L5, C. Oliphant (Peter) 22:13; L6, S. Raepier (Aber) 22:38; LV1, J. Buchan (Peter) 23:16; LV2, H. Brown (Aber) 24:16; LV3 I. Rowe (Peter) 25:53; Team: 1, Aberdeen AAC.

10

Knockfarrell 6 mile Hill Race, Strathpeffer

1, I. Matheson (Aber) 34:46; 2, D. Lang (Cambus) 35:07; 3, S. McKenzie (Inver) 36:40; 4, G. Bartlett (Forres) 37:11; 5, E. Butler (Aber) 37:38; 6, P. Garner (Inver) 37:56; 7, R. Wilby (B Isle), 7th, 38:05; 8, G. Mitchell (Inver), 14th, 41:38; 9, D. Moy (Inver), 19th, 41:47; 10, A. Walder (Inver) 47:21; 11, K. McNeil (Forres) 55:00. Teams: 1, Inverness H 19pts; 2, Forres H 29; 3, Black Isle AC 34.

Greenock Glenpark Docherty Cup 10 mile Road Race, Greenock

1, B. McGuinness 56:28; 2, W. Hamill 58:08; 3, R. Boyd 58:27; 4, G. Russell 59:00; 5, E. O'Brien 70:45; 6, S. Curran 72:00; 7, J. Gallagher 79:12 (all GGH).

Womens Inter Area Under 21 Match, Clairville Stadium, Middlesbrough

Result: 1, South of England 213pts; 2, North 203; 3, Midlands 186; 4, Scotland 120; 5, N. Ireland 105; 6, Wales 73. Scots perf: 100m: 2, A. Edmonds 12.5; 200m: A. Edmonds 25.3; 100mH: 2, M. McGuinness 15.6; 400mH: T. Wilson 62.8; JT: 2, J. Currie 43.66m; 4x100: 4, Scotland 49.2; 4x400: Scotland 3-57.1.

Grangemouth Mini Minors Highland Games

Robert Porteous Memorial Trophy for best overall performance: (Boys): R. Wilson (Cen Region) 100m/200m/SP:12.5/26.3/10.73m. (Girls): J. L. Reid (Banchory) 100m/200m/LJ: 14.3/31.1/3.84m. 1,000m s/c: J. Boys 1, A. Smith (Ayr Sea) 3-13.0; Colts: 1, S. McDonald (EAC) 3-39.1.

11

Corrarrick Pass Hill Race, Spean Bridge

1, S. Ilgunas (Livingston & Dist) 1-47:56; 2, J. McRae (Loch) 1-50:22; 3, R. Campbell (Loch) 1-51:43; 4, B. Edridge, V1 (Loch) 1-54:31 (vets record); 5, J. Bagrie (Loch) 1-58:57; 6, B. Stewart (Coasters) 2-00:53; L1, S. Neidrum (Clyd) 2-11:58 (record).

Great Scottish Run - 1, M. Musyoki (Kenya) 63-13; 2, D. Lewis (Ross) 63-13; 3, N. Rose (Bristol) 63-15; 4, K. Rono (Kenya) 63-23; 5, G. Curtis (Eire) 63-24; 6, A. Hut-ton (ESH) 63-31; 7, P. Fleming (Bella) 63-45; 8, N. Tennant (ESH) 64-28; 9, F. Clyne (Aber) 64-47; 10, B. Chin-nick (Forres) 65-39; 11, E. Stewart (Cambus) 65-14; 12, T. Green (N. Ire) 65-39; 13, T. Hughes (N. Ire) 65-42; 14, C. Hall (Aber) 66-31; 15, J. Ikou (Denmark) 66-34; L1, S. Cat-ford (Leeds) 72-49; L2, S. Branney (GAC) 73-02; L3, L. Irving (EWM) 73-26.

17

Greenock Glenpark Harriers Cameron Cup Three Mile Road Race

1, A. Puckrin 13:46 (record); 2, T. Murray 13:58; 3, H. Cox 14:30; 4, P. Duffy 14:50; 5, R. Johns 14:51; 6, A. Curran 14:55; Jun: 1, M. McKen-drick, 8th, 15:06 (all GGH).

North District 10,000m Championship, Queens Park, Inverness

1, D. Runcieman (Ab Un) 31:38.8; 2, R. Aiken (Coasters) 31:44.2; 3, A. Reid (Coasters) 31:56.4; 4, C. McIntyre (Fraser) 31:57.2; 5, C. Noble (Fraser) 34:29.1; 6, C. Skillin (Inv H) 38:35.7; 7, G. Findlay (Fraser) 39:55.4.

Two Ferries 11 mile Road Race, Ardgour

1, M. Dixon (Loch) 58:09; 2, C. Kin-near (Dumfries) 59:16; 3, D. O'Neill (Loch) 60:28; 4, V. J. Maitland (Loch) 61:26; 5, R. McLachlan (Inver) 85:28.

18

Brechin Right of Way Races - 10K

1, I. Matheson (Aber) 32:50; 2, P. Briscoe (DHH) 33:14; 3, S. Wynn (Aber) 34:52; Loc1, A. Strachan (Edzell) 36:26; V1, A. McCallum (Montrose) 35:12; LocV1, D. Wood (Brechin RR) 40:23; L1, M. Robertson (Dundee RR) 41:02; 2, T. Respingier (Dundee RR) LV1, 42:04; 3, E. Welsh (Arbroath F) 43:44; LocLV1, M. Taylor (Brechin RR) 45:04; Team: Aberdeen AAC; LTeam: Dundee RR; U/18, J. diggins (Inchbarn) 38:23; LU/18, L. Ritchie (Brechin) 110:50.

Under 153,000m: 1, G. Milne; Under 12 3,000m (girls): 1, V. Clark. Under 12 1500m: 1, A. Coull; G1, V. Clark.

Continued on Page 48

Schools Athletics

Linda Trotter

THE SCOTTISH Schools apologise for last month's non-appearance of the regular column. Our article was mailed before the postal strike took hold, got caught up in the backlog, and failed to arrive in Glasgow before the deadline.

The first coaching event of the season took place at Grangemouth Stadium on October 16, and a full report will appear in the next issue. The bigger-than-ever day was made possible by the most appreciated donation of an anonymous benefactor.

On October 30 a new event is scheduled to make its debut on the SSAA calendar. At the invitation of Edinburgh University we are to enthusiastically take part in an indoor match at the Kelvin Hall. Although many athletes are now in winter training, a team based on last season's track and field internationalists and also including several talented athletes whose holiday commitments denied them international experience - for example, Sarah Richmond and Andrew Bryce - and bringing back "veterans" such as David Barnetson and Emma Lindsay has been brought together.

THE SSAA WOULD like to add its congratulations to the thousands already received by former Schools' internationalists and now Olympic medalists - Yvonne Murray, Liz McColgan and Elliot Bunney. They are indeed an inspiration to every future SSAA competitor.

SO MUCH HAS been written about drug abuse in athletics recently that there is little for a Schools' administrator to add, save to point out that on Scottish Sports Council advice the SSAA were the first to implement drug testing - at the BSIAB track and field international (Tweedbank, 1987), the BSIAB cross country international (Irvine 1988), and at a squad coaching day (Grangemouth 1988).

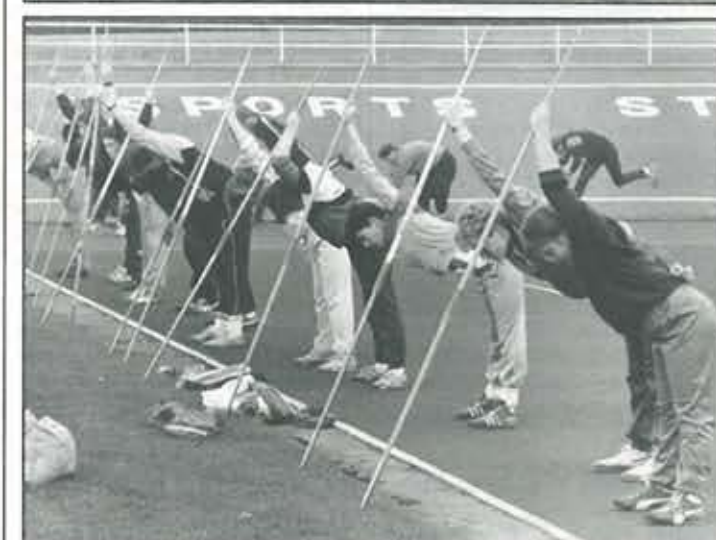
While no-one suspects that SSAA athletes are knowingly taking "performance improving pharmaceutical aids", the fear is always there that some unscrupulous coach might slip an unsuspecting youngster some "pill" to push up performance level. If it can happen in Seoul, can it happen at Crownpoint Road?

Thankfully, all Scottish Schools' athletes so far tested (in circumstances refused by our English, Irish and Welsh colleagues) were negative. By coming in at the beginning (a fact apparently unrecognised by the media), the SSAA hope to educate both by example and experience. If one good thing can be said to come from the unhappy Ben Johnson affair, then at least the danger and disaster of dabbling in drugs has been made totally public.

A FULL programme of SSAA events will be included in the next issue. The 1987/88 Result Book has now been published and copies can be obtained from Linda Trotter, 14, Heriot Court, Glenrothes, Fife KY6 1JE.

SSAA team v Edinburgh University:

60m: D. Galloway, M. Avis, K. Lithgow, A. Edmunds; 200m: D. Galloway, A. Carnie, K. Lithgow, A. Edmunds; 400m: P. Kennedy, S. Shaw, E. Lindsay, D. Haxton; 800m: J. McFadyen, G. McDowall, L. Svaasand, L. Thumire; 1500m: G. Reid, G. Graham, K. Rice, S. MacDonald; 60mH: G. Smith, D. Barnetson, S. Richmond, F. Watt; HJ: D. Barnetson, P. Entwistle, E. Lindsay, K. Guthrie; LJ: M. Hamill, D. Gormley, C. Black, E. Lindsay; Shot: N. Mason, A. Bryce, A. Grey, L. Dobie.



Happy faces, above, among the girls in the middle distance squad at the Scottish Schools Athletic Association coaching day on October 16. Over 200 of the most talented schools athletes from all over Scotland converged on the fine facilities at Grangemouth Stadium for the day.

Top, long jump coach Tony Rodgers gives a demonstration of the necessity to jump high in the long jump, while, middle, what appears to be an audition for Zulu is in fact the javelin squad limbering up.

All photographs by Peter Devlin.

George Cummings Trophy 4 x 2 miles Road Relay Race, Kilbarchan
1, Shettleston H (D. Coyle 11-28; N. Muir 11-40; D. Cameron 12-05; B. Scally 11-38) 46-51; 2, Greenock Glenpark H (P. Duffy 12-38, T. Murray 11-26; H. Cox 11-38; A. Puckrin 11-13) 46-57; 3, Springburn H (A. McIndoe 11-58; D. Donnet 11-49; A. Linford 12-15; A. Callan 11-29) 47-31; 4, Bellahouston H 48-04; 5, Kilbarchan AC 48-23; **Fastest:** 1, A. Puckrin 11-13; 2, T. Murray 11-26; 3, A. Callan 11-29. **Ladies:** 1, Giffnock North AC 62-11; 2, Ayr Seaforth AC; 3, J.W. Kilmarnock H. **Fastest:** 1, J. McColl (GAC) 13-33. **Vets Team:** 1, Bellahouston H 52-10; **Ladies Vets:** 1, Kilbarchan AC 70-37.

Two Breweries 18 mile Road Race from Traquair to Broughton - 1, J. Maitland (Pudsey) 2-37.02; 2, C. Donnelly (Cambus) 2-40.52; 3, H. Symonds (Kendal) 2-41.29; 4, J. Musgrove (Aber) 2-42.25; 5, J. Nixon, V1, (Achilles) 2-44.51; 6, A. Farringham (Gala) 2-46.37; 7, P. Marshall (HELP) 3-00.43; 8, S. Balfour (Law & Dist) 3-15.01; 9, L. R. Pickvance (Clay-le-Moors) 3-17.32; 10, T. Calder (EAC) 3-19.52; 11, J. Daryl (Camethy) 3-27.47; **Team:** 1, Kendal AC.

Scottish Dairy Farm Road Races, Livingston - **Seniors 10K:** 1, A. Russell (Law) 31.53; 2, A. Weatherhead, V1, (EAC) 32.02; 3, B. Kirkwood (EAC) 32.96; 4, I. Seaggie, V3, I. Briggs (both Law & Dist); 5, P. Morrison (Pit) 36-16; 6, P. Fettes (Lanswade); 7, J. C. Rivers (Bathgate); 8, L. V. Blair (EWM) 38-10; 9, L. R. McAleese (Monk Shett) 39-36; 10, L. C. Gray (EAC) 40-11; 11, V1, M. Dryburgh (Penicuik) 44-16; 12, V2, P. Briggs (Law

& Dist); 13, G. Steal (EWM) 47-06; **Teams:** 1, Edinburgh AC 25pt; 2, Lasswade AC 42. **Youths:** 1, A. Kinghorn (EAC) 16-20; 2, R. Cook (Pit) 16-35; 3, T. Mendum (Unatt) 16-42; **Teams:** 1, Haddington ELP 22pt; 2, Pitreavie AC 25; 3, Edinburgh AC 26. **Intermediates:** 1, C. Mitchell (Law & Dist) 13-54; 2, P. Kelly 14-12; 3, P. Bostock 14-19 (both Bathgate AC); **Teams:** 1, Bathgate AC 13pt.

25

Cockleroi 5.5 Mile Hill Race, Linlithgow - 1, I. Seggie, V1, (Liv & Dist) 29-49; 2, I. Briggs, V2, (Liv & Dist) 30-47; 3, R. Jardine (Bo'ness) 31-13; 4, I. Wilson (Linlithgow) 31-25; 5, D. Crowe (DHH) 31-29; 6, D. Murray (FVH) 32-09; 7, L. R. McAleese (Monk Shett) 35-19; 8, M. Hyman LV1, (Liv & Dist) 41-13; 9, L. C. Jackson (Linlithgow) 41-30; 10, L. M. Small (Clyd) 42-07; 11, S. King (Clyd) 43-52; 12, L. Milne (Linlithgow) 44-29; **Teams:** 1, Livingston & District AC 19pt; 2, Livingston & District "B" 38; 3, Linlithgow AC 41.

Scottish Womens Athletic League Qualifying Match for entry to Div 4, Grangemouth Stadium - 1, Irvine AC 330pt; 2, Kirkintilloch Olympians AC 322; 3, Helensburgh AAC 317; 4, Lochgelly & District AC 287; 5, Arbroath & Dist AC 198.

Loudon Runners 4 mile Road Race, Hurlford - 1, K. Pennine (Ayr Sea) 18-47; 2, D. Murray (Kilm) 19-02; 3, J. Stewart (Ayr Sea) 19-07; 4, D. Auchie (Dalry Thistle) 19-32; 5, J. Whyte (Irvine) 19-38; 6, J. McNamee (Irvine) 19-41; 7, V1, J. King (Irvine) 20-41; 8, V2, W. Robb (Loudon) 21-48; 9, L1, J. Robertson (Ayr Sea) 22-04; 10, L2, K. Todd (Kilm) 23-21; 11, L3, J. Strawthorn

(Loudon) 24-32; LV1, C. Bishop (Bella) 31-46.

Stakis 5 mile Road Run, Kingussie 1, M. McCulloch (Forres) 29-15

(record); 2, B. Rodgers (Loch) 30-02; 3, J. Beagrie (Loch) 30-49; V1, R. O'Donnell (Aviemore) 31-20; L1, D. Gernison (Westhill) 35-30; Local 1, M. Davies (Kingussie) 6th, 31-48.

Scottish runner loses out in female veteran category

MANY RUNNERS, I am sure, have taken advantage of the proliferation of road races in recent years to "make a weekend of it" and run in places they might not otherwise visit, or to use the race as an excuse to go somewhere they had always wanted to see: to pursue the social and educational side of running if you like.

Whith this in mind, my wife and I set off at the beginning of October for the Lake District and the Sealy Posturepedic road races which start and finish in the town of Cockermouth.

The first attraction to Scots is surely the accessibility of the place. We were in our hotel within two and a half hours of leaving the Central Belt, and although then forced to endure a rather nightmarish experience in a "dining room" - which would not have been out of place on the road to Wigan Pier - we concluded that things could only get better, and so it proved.

Cockermouth is a small town on the northern fringe of the lakes. Not uniformly prosperous, but nice in places and the splendid National Trust property which was the birthplace of William Wordsworth would merit a visit in its own right.

The races themselves are no larger than the average Scottish rural event - 150 in the marathon, approximately, and 350 in the half - but they are administered with enthusiasm and initiative, and many Scots organisers could learn something from them. They are preceded by a march into town behind local dignitaries and a brass band; a New Orleans-style jazz band awaits finishers in the main exhibition/changing hall; and the medals are attractively struck from what appears to be local slate.

The courses are hilly, as one would expect. There's a climb in the middle of the half marathon the likes of which I haven't seen outside of the Skye event, but, as you progress from rolling countryside into spectacular fell scenery, it doesn't seem to hurt so much!

It is pleasing to report that a Scot - Alan Robson of Edinburgh Southern Harriers - won the main event and an expenses-paid trip to the New York Marathon plus a Posturepedic bed. I myself would have done well in the female veteran category, had I been eligible.

The real bonus, of course, was that a superb couple of days lay ahead of us, and Cockermouth is a good centre for touring the less-spoiled northern lakes around Buttermere, Honister Pass, and Keswick. I am pretty sure that I'll participate in one of the Sealy Lakes races again, and at an approximate cost of £150 all-in for a weekend for two*, I would like to think that they are within the financial reach of many more Scots.

* Based on two star hotel, two night package. There are also many B&B places, some fine restaurants, and a wide range of youth hostel accommodation in the district.

Results

Marathon

1, A. Robson (ESH) 2-30-03; 2, J. Maitland (Pudsey and Bram AC) 2-33-17; 3, R. Carruthers (Barrow AC) 2-35-41; 4, L1, S.A. Pickthall (Cumberland AC) 3-18-31; V1, A. Fields (Mandale AC) 2-44-42; LV1, P. Winterbottom (Cockermouth) 3-45-05. **Team,** Cumberland AC.

Half Marathon

1, D. Beattie (Unattached) 70-18; L1, S. LeRoi (Appleby AC) 85-12; V1, D. Charlton (Tynedale H) 78-00; LV1, M. Ostle (Keyham PC) 94-30.

Jim Wilkie

Women's Rankings

100 metres

11.59	Janis Neilson	EWM
11.62w	Kathleen Lithgow	NV
11.69w	Melanie Neef	GAC
11.75	Aileen McGillivray	MSL
11.9w	Alison Edmonds	INV
12.1	Lorraine Dick	MSL
12.15w	Morag Baxter	MSL
12.17	Wendy Thompson	PIT
12.18	Kaye Scott	EWM
12.22w	Donna Brown	EWM

200 metres

24.09	Janis Neilson	EWM
24.10	Melanie Neef	GAC
24.16	Kathleen Lithgow	NV
24.34	Aileen McGillivray	MSL
24.41	Dawn Kitchen	EWM
24.90	Alison Edmonds	INV
24.91	Emma Lindsay	EWM
25.00	Ruth Girvan	NV
25.00	Mary Anderson	EAC
25.00	Wendy Thomson	PIT

400 metres

53.79	Mary Anderson	EAC
54.23	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 Burgis	EU
56.91	Elaine Henderson	EWM
57.1	Denise Knox	M&C

800 metres

2-01.98	Yvonne Murray	EAC
2-04.3	Chris Whittingham	GAC
2-05.21	Karen Hutcheson	BHM
2-05.46	Lynne MacIntyre	GAC
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
2-11.7	Laura Wright	SNH

1500 metres

4-06.34	Yvonne Murray	EAC
4-08.15	Liz McColgan	DHH
4-12.50	Lynne MacIntyre	GAC
4-15.65	Chris Whittingham	GAC
4-15.85	Karen Hutcheson	BHM
4-22.20	Laura Wright	SNH
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

8-29.02	Yvonne Murray	EAC
8-42.50	Liz McColgan	DHH
9-10.6	Elspeth Turner	GAC
9-27.9	Karen Hutcheson	BHM
9-34.5	Lesley Watson	LO
9-35.1	Lynne MacIntyre	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

5000 metres

15-03.29	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
34-52.2	Louise Vandyck	ESL
36-54.1	Eileen Masson	Kilb
37-17.0	Jo-Ann Scott	Darl

Marathon

2-33.44	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 Danksin	LO
2-56.21	Leslie Watson	LO
2-49.01	Celia Duncan	AFD

100 metres hurdles

14.0	Jane Low	GAC
14.33	Jocelyn Kirby	NSP
14.70	Shona Urquhart	EWM
14.86	Andrea Chambers	GAC
14.86	Jayne Barnetson	Inv
14.87	Ashley Brown	MSL
14.9	Claire Reid	EWM
15.0	Elizabeth Dempsey	Colz
15.0	Donna Brown	EWM
15.2	Catriona Boyle	MSL

400 metres hurdles

61.40	Alison Hodgson	EWM
62.11	Ashley Brown	MSL
62.41	Jayne Barnetson	Inv
62.5	Shona Urquhart	EWM
62.77	Carey Spiers	GAC
62.8	Tracey Wilson	Loch
64.62	Isobel Donaldson	Colz
65.06	Aileen McDermid	GAC
65.2	Maureen Green	AyrS
65.4	Beverley Ross	DHH
65.7	Yvonne Liddle	EAC
65.7	Kirsty Baird	KO

High Jump

1.86	Jayne Barnetson	Inv
1.80	Caris Henderson	EWM
1.80	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
6.07	Jayne Barnetson	Inv
6.03	Rhona McLeod	GAC
5.87	Janice Ainslie	EWM
5.87	Caroline Black	EWM
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
5.53	Donna Brown	EWM

Shot Putt

14.15	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

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

Javelin

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



Dawn Kitchen - 2nd in 400m.

Heptathlon

5606	Jayne Barnetson	Inv
5531	Shona Urquhart	EWM
5174	Mary Anderson	EAC
4763	Isobel Donaldson	Colz
4473	Emma Lindsay	EWM
4310	Alison Grey	EAC

4 x 100 metres relay

45.50	Scotland
46.8	East District
47.21	Edinburgh Woollen Mill
47.7	Monklands Shett
48.0	West District
48.3	Scottish Schools
49.0	Glasgow AC
49.2	Scotland Under 21
49.6	Ayr Seaforth AC
49.7	Inverness H

4 x 400 metres relay

3-44.31	Scotland
3-49.9	Ed. Woollen Mill
3-51.9	East Dist
3-52.4	Glasgow AC
3-56.2	Scottish Schools
3-57.1	Scotland Under 21
3-58.1	Monklands Shett

Next month Ian Steedman will produce rankings for Euro-juniors, Intermediates, Juniors and Girls.

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Tel: 041-332-5738

Triathlons

East Kilbride lose out in disputed finish

THE NATIONAL triathlon
team relay championships at
Strathclyde Park on September
18 attracted 28 teams from all
over Scotland. The event,
consisting of a 400m swim, eight
mile bike ride, and four mile run
for teams of three was organ-
ised by the STA.

The first discipline, the swim,
was held in open water (56F)
and literally took the breath of
most of the competitors away as
they churned the foam on the
way to the turning buoy and
back. A pattern soon began to
emerge with Fleet Feet Triath-
letes "A" team (John O'Dono-
van, Andrew Johnston and Scott
Riach) the clear leaders after the
swim, followed by East Kilbride.
In the women's event, Fair-
port's team was forging ahead.

At the end of the bike stage
Fleet Feet held a four and a half
minute advantage, but this was
rapidly hauled back by East
Kilbride's Standlich and Watt.
In a thrilling finish, Bud Johnston
just held off O'Donovan to clinch
the title for East Kilbride by a
mere three seconds! More drama
was to follow when it was estab-
lished that Standlich had taken
the wrong route, thus incurring
a 30 second penalty and giving
Fleet Feet the championship.

Sylvia Cranston, meanwhile,
held on to the lead for Fairport
in the last leg, despite Fleet Feet's
Ginny Pollard gaining three and
a half minutes over the four
miles.

Results:

Men:

1. Fleet Feet "A" 2-14-57
2. East Kilbride 2-15-29
3. Fleet Feet "B" 2-19-14

Women:

1. Fairport 2-38-27
2. Fleet Feet "A" 2-38-56
3. Fleet Feet "B" 3-09-16

Veterans:

1. Bruce 2-37-03



Bud Johnston... appeared to have won the relay for East Kilbride, but a team-mate was penalised for going off course. The annual general meeting of the STA is on November 6 at Wester Hailes in Edinburgh.

ARE YOU IN THE RUNNING TO BE A SIGHT SAVER?

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- Every year the Society restores sight to
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blindness in 1½ million
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and the chance of having their sight
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NAME PLEASE SEND T-SHIRT

ADDRESS NAME OF EVENT

..... DATE OF EVENT

..... POST CODE

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TEL: 0738 39312

Letters...

Professionals are the victims of the SAAA's "obsolescent" laws

44, West Muir Street,
West Calder,
West Lothian.

SIR - Fiona Caldwell's recent article "Run for Charity" will hopefully encourage more people to participate in these events and thereby raise additional funds for charitable institutions.

Why these charities are still required in this day and age is a political question which I would rather not address as I have a more personal point of view to put across.

Did you realise that there is an element in our society who are barred from participating in many of these events, thus denying charities much needed extra income. If you read the small print of most mass participation events you will see the following: "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."

Once again, the "professional" athlete is the victim of the SAAA's obsolescent professional/amateur definition.

I challenge the SAAA, through the columns of this magazine, to justify the absurd hypocrisy of including the above statement on most mass participation event entry forms.

For the record, the following definitions can be found in most dictionaries:

Professional - engaged in any game or sport for money;

Amateur - one who carries on an art, game, etc for the love of it;

Amateurish - imperfect, untrained.

Keith G. Redpath

Keith Redpath's letter came too late for inclusion in our usual Letters pages, but the issue is one on which we invite readers' comments - including SAAA reaction.

THE SECOND EVEREST MARATHON NEPAL 1989

The highest marathon in the world

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Race Profile:

LAST YEAR he came, he saw, he conquered. And then this year he returned and conquered again. For the pot-hunters from Dundee and Fife particularly, the bad news is that he intends to be back next year too.

He is Ian Archbold, of Washington Athletic Club in the North East of England. Aged just 23, Ian and his wife have fallen in love with the Perthshire countryside around Aberfeldy and have timed their summer holidays to coincide with the half marathon. It's going to take an awfully good run to prevent him making it three in a row next year, because Archbold is a splendidly fluent runner whose economical stride made light of the narrow roads and hills between Aberfeldy and Kenmore. He finished in 67-12 without being stretched, two and a half minutes ahead of George Reynolds of Dundee Hawkhill Harriers.

The famous blue and white checked vests of the Harriers were well in evidence on a beautiful, if cool and slightly windy, Sunday afternoon in the Perthshire hamlet. The postal dispute had played havoc with entries, only 120 having beaten the three week chaos, but by the 2pm start a further 145 had entered on the day, much to the relief of organiser Victoria Hamilton-Fletcher and her team from the (unusually in Scotland) privately owned Aberfeldy Recreation Centre.

Calderglen's Allan McLellan took the opportunity of some early glory, giving it gun from the start, but at about three miles Archbold was leading from Reynolds. In the bright sunshine the route was quite magnificent, particularly through Kenmore, a picturesque (that's how the Dundonians pronounce it) village on the shore of Loch Tay, and the expansive grounds of Taymouth Castle. Yep, no wonder the locals look so fit, happy, rich, and contented!

Archbold, from the rougher background of Geordieland where he is a leisure centre assistant, said he was comfortable during the run but found the hills difficult. Reynolds finished in 69-43, followed by two Fife AC stalwarts, Ricky Hanlon (71-18) and Mitchell McCreadie (71-29). McLellan was fifth in 71-39.

Aberdeen AAC's Roderick MacFarquhar was first veteran, and 16th overall, in 75-03. There was a terrific scrap for the minor placings but Joe Holden (Fife AC) took second in 66-43, just three seconds ahead of Charles Love (DHH).

Dundee Roadrunners took the women's race, with a popular win for Val Fyall - although her time of 86-10 was down on the previous year's 84-51 when she finished second to clubmate Muriel Muir. A laboratory scientific officer at Ninewells Hospital in Dundee, 28 year old Fyall could have done with treatment for stomach cramp at ten miles but continued to finish 49 seconds ahead of Pitreavie's Linda Barclay (86-59), who as Linda Hodge was a successful 800 metre runner. She has returned to the sport having had three children, and at 28 is looking forward to further improvements in times, her previous best for the distance having been 89 minutes at Haddington. Third woman was Gill Hanlon of Dundee Roadrunners in 89-35.

Carol Cadger of Perth Strathay Harriers broke the Dundee-Fife shareout of the prizes when winning the female veterans' category in 94-14. Second was Irene Gibson of Dundee Roadrunners (95-54), with local woman Fiona Findlay third in 98-41.

The Aberfeldy Half Marathon, which offers excellent facilities afterwards in the recreation centre, is worthy of a wider entry than it receives, although next year it will again clash with the big event in Glasgow after avoiding it by a week this year. Although a bit off the beaten track, the area offers splendid holiday amenities for those wishing to make a week-end - or even week - of it.

Aberfeldy Half Marathon

Report: Alan Campbell
Pictures: Peter Devlin

No. 243 Linda Barclay got off to a slow start (bottom right), but had the last laugh as second woman (right).



Junior Rankings

Jeff Carter

JUNIOR

100m
10.44 J. Henderson (ESH)
10.7 (w) S. Shanks (L'hall)
10.8 (w) S. Walker (AbAAC)

200m
21.46 J. Henderson (ESH)
21.6 (w) S. Shanks (L'hall)
22.00 P. Campbell (Stoke)

400m
48.8 G. McMillan (Bella)
49.51 N. Smith (Shaftsbury)
50.01 D. Mathieson (Ab AAC)

800m
1-48.45 N. Smith (Shaftsbury)
1-52.29 G. Stewart (C'bank)
1-53.02 I. Cumming (Pit.AAC)

1500m
3-53.2 C. Murphy (Pit AAC)
3-56.89 F. McGowan (Vic.Park)
4-00.76 G. Stewart (C'Bank)

5000m
15-13.29 C. Murphy (Pit)
15-40.8 B. McEwan (JWKH)
15-56.6 C. Davidson (Fraser)

2000m s/c
6-07.08 J. Moodie (Pit.AAC)
6-08.49 D. Tune (C. of Hull)
6-17.8 A. Russell (Douglas)

110m H
14.54 P. Warrilow (Plymouth)
14.93 (w) D. Mathieson (Ab.AAC)
15.24 (w) B. Watson (Inv.H)

400H
51.91 P. Campbell (Stoke)
52.86 G. Brown (Pen.H)
56.6 N. Taylor(Y) (Bearsden)

High Jump
1.98 J. Stoddart (Bell H)
1.95 D. Mathieson (Ab.AAC)
1.95 C. Talbot (Pit.AAC)

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

Long Jump
7.21 D. Mathieson (Ab.AAC)
6.85 B. Milne (C'bank)
6.77 E. Clark (Pit.AAC)

Triple Jump
14.15 J. Milne (ESH)
13.58 S. Harland (FVH)
13.50 I. Beattie (C'bank)

Shot Putt
14.53 S. McMillan (Pit.AAC)
13.97 N. Mason (Y) (Fife)
13.39 R. Kirkum (Fife)

Discus
41.60 R. Kirkum (Fife)
41.16 D. Allan (Merchiston)
39.96 A. Nisbet (Pit.AAC)

Hammer
50.10 D. Allan (Merch CS)
47.16 D. Kerr (Bedford)
44.30 A. Nisbet (Pit. AAC)

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

YOUTHS

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

200m
21.8 S. Shaw (EAC)
22.03(w) D. Galloway (Ayr S)
22.6 G. Simpson (C'Lang H)

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

800m
1-55.14 A. Kinghorn (EAC)
1-56.0 J. McFadyen (GGH)
1-56.4 A. McBeth (EKAC)

1500m
3-57.00 A. Kinghorn (EAC)
4-00.1 A. McBeth (EKAC)
4-04.6 M. McBride (C'bank)

3000m
8-43.3 A. Kinghorn (EAC)
9-02.1 C. Jack (Plockton HS)
9-05.96 S. Barnett (VPAAC)

1500 s/c
4-25.6 A. Thain (DSMC)
4-34.66 N. Freer (Winch)
4-35.7 D. Hill (Lenzie)

2000 s/c
6-10.3 A. Russell (C'bank)
6-11.9 S. Wright (Ab.AAC)
6-22.55 A. Thain (C'bank)

100m H
13.6 (w) N. Taylor (VPAAC)
13.6 (w) G. McNair (C'bank)
13.74 (w) G. Smith (EAC)

400m H
55.45 N. Taylor (VPAAC)
56.87 A. Bruce (Pit.AAC)
58.4 I. Murray (B) Inv H

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

Long Jump
6.66 E. Scott (Helensb)
6.61(w) M. Hammill (Colz)
6.60 D. Gormley (EKAC)

Triple Jump
13.07 K. Wood (Hamilton)
12.84 S. Whyte (Golspie)
12.80 N. Lornie (Black Isle)

Shot Putt
15.91 N. Masson (Fife)
13.53 C. Anderson (Arbroath)
13.16 A. Bryce (Glenalmond)

Discus
42.98 P. Crawford (Morrison's)
41.70 B. Wilkie (Fife)
40.60 S. Irvine (Merch Cas)

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

Javelin
56.32 A. Bruce (Pit)
55.04 P. Nicolson (EAC)
51.62 B. Hill (C'lang)

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

SENIOR BOYS

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

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

400m
51.63 G. Purvis (Blackhill)
52.4 I. Murray (Inv H)
53.8 D. Sutherland (Inv H)

800m
2-03.0 E. McCafferty (C'lang)
2-03.13 D. Halliday (Shett H)
2-03.7 C. Young (C'bank)

1500m
4-15.8 D. Halliday (Shett H)
4-16.53 C. Greenhalgh (VPAAC)
4-17.7 E. McCafferty (C'lang)

3000m
9-13.8 E. McCafferty (Cambus)

1500m s/c
4-44.2 E. McCafferty (C'lang)
4-50.2 D. Hands (InvH)
4-53.57 M. Kelso (PitAAC)

80m H
11.7 (w) A. Tupman (E Dist)
11.8 (w) I. Dickie (Ayr Sea)
11.9 (w) C. Jessiman (Ab AAC)

400m H
63.7 D. Thompson (Hutch GS)
66.0 M. Milne (Castlehead)
69.8 B. Singh (Boclair)

High Jump
1.75 G. Smart (VPAAC)
1.73 G. Lockett (Glenalmond)
1.70 G. Woods (Stonelaw)(JB)
1.70 M. McDowell (Stranraer)
1.70 M. O' Rourke (W Dist)

Pole Vault
2.91 N. Hanna (Ed Acad)
2.50 M. Vidler (Ed Acad)

Long Jump
6.07 D. Stephen (Peterhead)
5.97 R. Dale (Ayr S)
5.80 M. Lorrain-Smith (MA)

Triple Jump
12.49 S. Allan (Pit AAC)
12.31 N. Craig (W Dist)
11.66 M. Findlay (Douglas)

Shot Putt
13.07 L. Sandercombe (E Dist)
13.01 I. Love (Pen H)
12.62 S. Harkin (QVS)

Discus
36.00 D. Ridland (Ed. Acad)
35.62 K. McCann (Merchiston)
35.40 L. Sandercombe (E Dist)

Hammer
46.20 S. Bunker (Helensb)
41.76 S. Irvine (Merch CS)
28.28 R. McKinnon (QVS)

Javelin
48.32 I. Dickie (Ayr Sea)
43.70 T. Smith (E Dist)
41.76 S. McLanachan (C'nauld)

JUNIOR born 1969-70
YOUTH born 1971-72
BOY born 1973-74

Over the next three months we hope to bring you each age group separately in greater depth. If an athlete or coach believes they should be in the top ten for an event, please contact either Jeff Carter or ourselves.

Events Diary

October

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 Champs, Bellshill.

SHETTLESTON 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).

GIFFNOCK North AC Ladies 5 Mile Road Race, Rouken Glen, Giffnock. Registration at St Ninians High School, Rouken Glen Road, 1pm.

November

5

GLASGOW University Road Race, Westerlands

NORTH District League, Peterhead

6

GARSCUBE Harriers Open Races, Blairdardie

ABERDEEN Amateur Athletic Club Open Races, Aberdeen

DUNDEE Roadrunners Valentines of Dundee Astral 10 Miles Road Race, Dundee

12

ABERDEEN University Hare and Hounds Open Road Relay, Aberdeen

TEVIOTDALE Harriers Open Races, Hawick.

13

BARRS Irm-Bru Edinburgh to Glasgow Road Relay Race

19

BELLAHOUSTON Harriers Cross Country Races, Bellahouston Park

EDINBURGH University Cross Country Race, Braid Hills, Edinburgh

GAULDRY Community Council Races, Gaudry, Fife

NORTH District League, Forres

20

DUMFRIES AAC Open Cross Country Races, Dumfries

26

AYRSHIRE Cross Country Championships, Glengarnock

DUNBARTONSHIRE Cross Country Championships

EAST District League, West Calder

NORTHERN District Cross Country Championships, Thurso

RENFREWSHIRE Cross Country Championships

December

3

EAST Kilbride AAC Road Races, East Kilbride

FIFE AC Open Cross Country Races, Kirkcaldy

4

GALLOWAY Harriers Open Cross Country Races, Newton Stewart

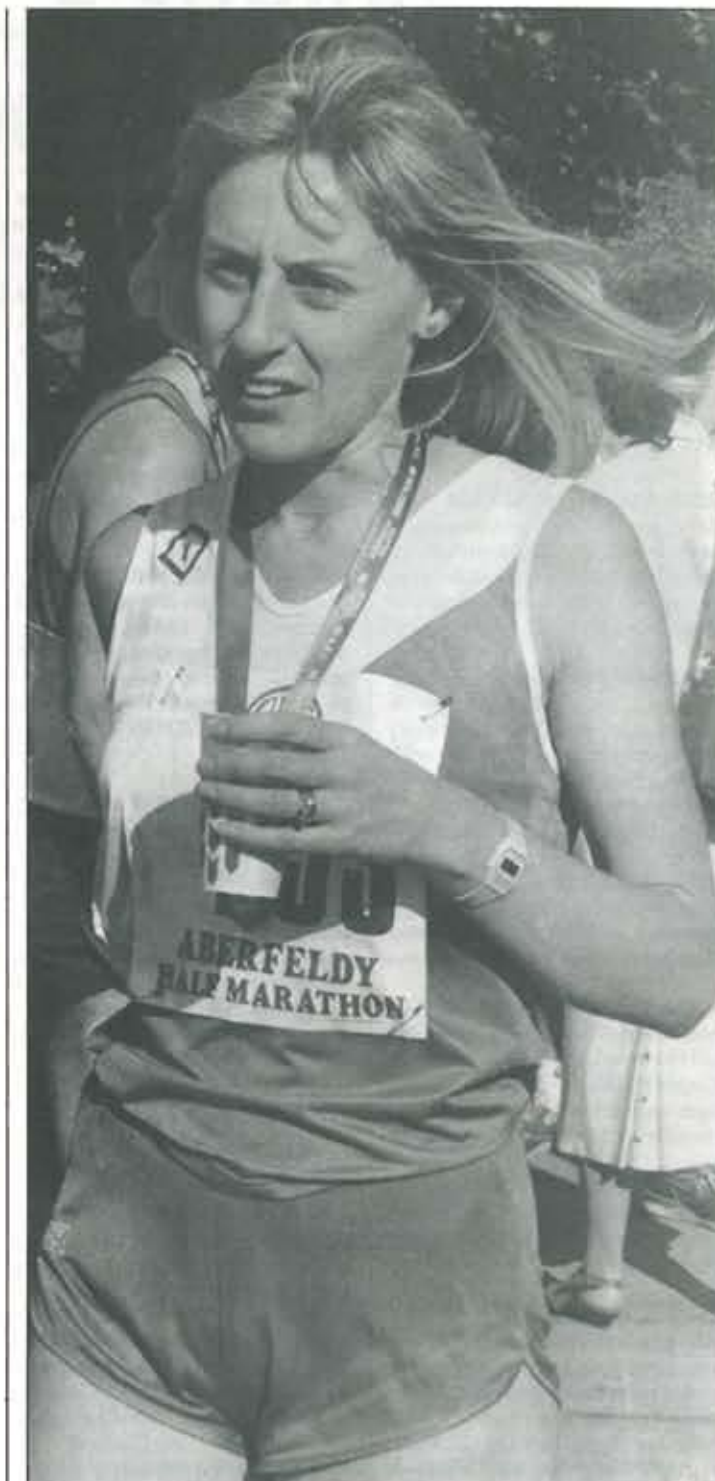
SORN Chase Road Race, Sorn

10

SCCU v Scottish Universities v Northern Ireland v Civil Service, including inter-district races for junior boys, senior boys and youths, Stirling

11

PENICUIK Harriers Open Cross Country Races, Penicuik



Val Fyall of Dundee Roadrunners, winner of the Aberfeldy Half Marathon. Picture by Peter Devlin.

Race and meet organisers!

Please send details of your events to:
Events listings,
Scotland's Runner,
62, Kelvingrove Street,
Glasgow G3 7SA.

Sports Network

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

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Small friendly club invites novices
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terest in cross country and/or road
racing. Contact Sean Warden on
Ardrossan 61970.

BEITH HARRIERS
Serious runner, fun runner or
novice. Do you fancy company
when out for a run? Do you wish
event information? Training every
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Park. All welcome. Also most
Sundays at 10.30am from Garnock
Pool, Kilbirnie. Phone Jim Swindale,
secretary, at Beith 4156 for further
details.

BELLAHOUSTON HARRIERS LADIES
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Corkerhill Road, from 7-9pm. All
ages and abilities welcome to our
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BLAIRGOWRIE ROAD RUNNERS
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ferate, Enochdhu, by Blairgowrie,
Perthshire PH10. Tel: 025081-205.

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

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Road, Duntocher. Tel: Duntocher
76950. Female Sec - Josephine Giblin,
1, Lyon Road, Linnburn, Erskine.
Tel: 041-812-2706.

CUMBERNAULD ROAD RUNNERS
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Centre Wednesday and Thursday
at 7pm and Saturday at 10am.

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Tuesday at Cumnock
Academy from 8.30pm and every
Wednesday at Netherthird Primary,
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adult jogging section. Secretary:
Tom Campbell, 14, Bute Road,
Cumnock. Tel: 0290-24876.

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

EDINBURGH SPARTANS
Brand new, extremely small athletic
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Division of the HFC Scottish Athletic
League next season. Contact: Gerry
Clement, 40, Lockerby Crescent,
Edinburgh EH16 6XP. Tel: 031-664-
7146.

FIFE AC
Covering Kirkcaldy district, North-
East Fife and beyond, catering for
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something for you. Depending on
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Lawson (Burntisland 874489);
Glenrothes - Ian Gordon (Glenrothes
755405); Cupar - John Clarke (Cupar
53257); St Andrews - Mitch
McCreddie (St Andrews 73593).

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

GARSCUBE HARRIERS
Training every Tuesday and Thurs-
day evenings at Blairdardie Sports
Centre, Blairdardie Road, Glasgow
G13 starting at 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, Kirkintil-
loch. G66 3TJ Tel: 041-775-1551.

LINWOOD PENTASTAR AC
Training every Monday and Thurs-
day nights at 7pm in Linwood Sports
Centre, Brediland Road, Linwood.
All age groups and standards wel-
come. Contact Mr P. McAtier on
041-887-4705, or Mr W. Toole on
Johnstone 25306.

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

**LOMOND HILL RUNNERS CLUB AND
AAC**
New members sought. Small,
friendly club for hill races, roads,
cross country etc. Training Tuesday
7-9pm, Sunday 8pm at Glenwood
High School, Glenrothes. Secretary
- Allan Graham, 12, School Road,
Coatstown of Balgownie. Tel: 0592-
771949.

MARYHILL HARRIERS
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at John-Paul Academy in Summer-
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abilities most welcome. Further info:
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Merrylee, Glasgow G43.

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Lamb, 7, Golfhill Drive, Bonhill,
Dunbartonshire Tel: Alexandria
59643.

MOTOROLA JOGGERS
New members welcome, including
those from outside the company.
Contact: Clare McGarvey on East
Kilbride 35844 after 9pm.

PETERHEAD AAC
Meets every Monday and Friday, 6-
7.30pm, from March to October at
Catto Park, Peterhead, and from
October to March at the Community

Centre, Peterhead. All ages
welcome. Club sec: Mrs M.
Macdonald, 13, Prunier Drive,
Peterhead.

RENFREW ATHLETIC CLUB
Small, friendly, recently formed
club. If you are a serious athlete, fun
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like to get fit, come along and join
us. We meet Tuesday/Thursday
7.30pm at Moorcroft Sports Ground,
Paisley Road, Renfrew. Contact John
Morrison on 886-5833.

SCOTTISH HILL RUNNERS ASSOC
Sec: Alan Farningham, 13, Ab-
botslea, Tweedbank, Galashiels,
TD1 3RZ.

VALE OF LEVEN AAC
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male, very welcome. Track and
field, road and cross country. Fur-
ther details from: Ben Morrison, Sec-
retary, 71, McColl Avenue, Alexan-
dria, Dunbartonshire, G83 0RX. Tel:
0389-53931.

SCOTTISH TRIATHLON ASSOCIATION
Membership secretary - Mike Joiner,
11, Scotland Drive, Dunfermline.
Club affiliation forms now avail-
able 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, Arbuthnott Place,
Stonehaven. Tel: 0569-62845.

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

THE 1988 SCOTLAND'S RUNNER ROAD RACE SURVEY

Win a book which could help you run faster in 1989!

Which road races did you enjoy most in 1988? Which had superb organi-
sation and which were, frankly, a shambles? Where was the scenery
breathtaking, and where did it feel that you were running through a
rubbish tip?

We have ten copies of *The Self Coached Runner 11*, written by Allan
Lawrence and Mark Scheid and published in Canada by *Little, Brown and
Company*, to give away to readers. We shall choose the recipients in a prize
draw from all those readers who have answered the survey in full. The
book contains 250 pages of training schedules and tips for cross country
and shorter distances, and particularly concentrates on telling the reader
how it is possible to achieve a given time for a given distance. Having not
had time to follow the schedules we cannot guarantee the book's value,
but on the surface it is a meticulous and impressive-looking publication.

Please feel free to add your comments (perhaps in the form of a letter)
about road racing in Scotland. We will publish the best of these alongside
the survey results, which will appear in our January issue.

The answers should be written on a separate piece of paper. Please
remember to include your name and address! The closing date is November
24.



1. How many road races did you run in Scotland in 1988 (please list)?
2. Did you run any outside Scotland (please list)?
3. Which was the best organised road race you ran in this year (if a tie please state)?
4. Which was the worst organised road race you ran this year (feel free to reply 'none' if that is the case)?
5. What age and gender are you?
6. Are you a member of a club (if yes, please state which)?
7. When did you take up running (we won't pass answers on to the SAAA/SWAAA!)?
8. Which was the most scenic road race you took part in during 1988?
9. Which was the least scenic?
10. What is your favourite distance?
11. Will you run more, or less, road races in 1989 (please elaborate)?

12. Do you pre-enter a race or enter on the day?
13. Are you satisfied with receiving a medal for entering, and completing, a road race?
14. What do you think is a fair entry fee for a road race?
15. Did you enter the Great Scottish Run this year?
16. Should the Glasgow Marathon/ Great Scottish Run be a marathon or half marathon event?
17. Will you enter it next year regardless of distance?
18. Do you ever enter more than one road race in a month?
19. What is your average weekly mileage?
20. Do you believe it is right that major road races such as Ayr, Livingston and Aberdeen should be run on the same day?
21. Have you had to stop training or racing this year because of injury?
22. Which make of shoe did you run in most often in 1988?
23. What is your favourite Scottish road race?

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Dundee Runner, 116, Logie Street, Dundee. Tel: 0382-65915.

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