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SCOTLAND'S RUNNER

JANUARY 1989

ISSUE 29 £1.20



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Inside LANE

MY THANKS to all those readers who took the time to complete and return the 1988 Road Race Survey. The exercise has been most worthwhile, and hopefully gives us the basis upon which to build a really authoritative market report in 1989.

Due to the response it has been necessary to publish the results in two parts. It won't be giving away any secrets, however, to report that road race organisers are providing a first class service to athletics - and furthermore are keeping most of the people happy most of the time.

Having said that, readers will note from one of the survey replies in this issue that two well-known events have come in for a bit of stick. The first is the Kodak 10K, and the second is the British Airways Glasgow Half Marathon.

While I well understand the complaints which have been levelled against both - and these must be acted on by both race directors in 1989 - I feel that people who have not been at these events, and might be deterred from doing so in future, should have the criticisms put in perspective.

Perhaps because both races have big backers behind them people expect very high standards. Nevertheless, I feel that the common link between the two was the appalling weather which both suffered in 1988; if the runner goes into an event feeling cold, soaked, and miserable, then the inevitable next step is to start looking around for other things to criticise.

It's ironic that the Kodak 10K and the BA Half Marathon should be singled out, because in terms of promoting their

events and handing out prizes down the field, both are well to the fore.

The 1980's runner, however, is clearly not willing to accept inadequate changing facilities (especially when it's wet), and poor water stations. No doubt many older club runners will consider the above sacrilege, and the new breed of runner as pampered, but race organisers (like editors of magazines!) must always remember that it is the paying customer who calls the tune.

WITHOUT having gone into the details too deeply, it appears that the worst of the 1988 road race fixtures clashes have been resolved for 1989. But even if the acrimony has, by and large, been eliminated, there remains a massive glut of half marathons and other road races in May, June and August in particular.

There must now be a case for organisers taking a closer look at moving their events away from these months altogether as this is one instance where too much competition isn't healthy. Traditionally people like to avoid the school holiday period, for obvious reasons, but I am not certain that the grounds for sidestepping this period are as valid as they once were.

However, having enjoyed good weather in early spring and late autumn for about three consecutive years now, is there not an even better justification for staging more road races in October,

November, February and March? There is next to no competition for the unattached road runner's affections during these months, and - while the risk of snow and ice is always present - the weather for running is very often more pleasant than during some of the so-called summer months.

If I was fighting to keep a road race alive against stiff opposition, I think I'd be consulting the meteorologists about the best times to stage a race during October, November and March in particular.

FINALLY, may I take the opportunity to wish all our readers a prosperous 1989. We look forward to giving you a better product over the next 12 months.

I hope readers will already have noticed some improvement in Scotland's Runner recently. I would be the first to admit that some of our issues in the first part of the year weren't up to scratch, and that in retrospect it was a mistake to try to include other sports. (I still can't understand the vitriol directed towards Alf Tupper, though.)

Our resolution for 1989 is to make the magazine attractive to younger athletes. We will also be attempting to improve our links with the clubs, and to reintroduce features on athletes below international level. And in a month or two I anticipate that a couple of very well known athletes will start to write for Scotland's Runner on a regular basis. Happy New Year!

Alan Campbell



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Up Front

Jenkins gets seven years and \$75,000 fine in San Diego

ONE OF THE greatest careers in the history of Scottish athletics ended ignominiously in a San Diego courthouse, when David Jenkins, the Scottish 400 metres record holder, was sentenced to seven years in a federal prison on steroid trafficking charges, writes Doug Gillon.

He was the originator of a plan which flooded the US market with the banned drugs from a centre across the Mexican border in Tijuana where steroid dealing is not an offence. Nor is it incidentally in Britain. The drugs also found their way into Canada and may have been used by dethroned 100m winner Ben Johnson.

Jenkins, whose wife Carol is suing for divorce, was also fined \$75,000 and put on five years probation once his prison sentence is served.

The former Edinburgh Academy pupil, now 36, was the golden boy of athletics - talented academically gifted, good looking. But greed for success on the track, and money after he left it, drove him to use the drugs himself and later to establish a network for dealing in them under the guise of a vitamin company.

Britain's youngest European champion when he took the one lap title at the age of 19, Jenkins then competed in three Olympiads, twice reaching the 400m final, and winning silver in the 4 x 400m relay in 1972. Six years later, with Allan Wells, Drew McMaster and Cameron Sharp, he won gold in the 4 x 100m relay in the Edmonton Games.

It was in 1975, some two years after having parted company with former national coach John Anderson, that Jenkins admits to having begun using steroids. That year he became the first non-American to win the AAU 200m title and his Scottish record of 44.93 seconds, which still stands, was also set in that year.

"I think it is significant that despite subsequently using these drugs, David Jenkins never again ran as fast as he had done without them," said Anderson, who professed, "a deep sense of betrayal. For years I spent several hours of every day with him. He was also a member of the family."

Gateshead Harriers, whom Jenkins joined after moving south, have already deleted Jenkins' name from the club 100, 200 and 400m records which he had held.

The British government meantime is considering the imposition of jail sentences of up to five years and unlimited fines for trafficking in steroids. Users of the drugs could be in line for sentences of up to two years, according to home Office Minister Mr Douglas Hogg.

Games places now in jeopardy

A DECISION by England not to join with the other home countries in a joint Commonwealth appeal, and the general shortage of funds in Scotland, could lead to our smallest athletics team ever at the Auckland Games just over a year from now. Scotland's share from this Appeal last time was £20,000, and, according to Commonwealth Games Council secretary George Hunter, if that money is not forthcoming, it would mean at least ten fewer places in the overall Games team.

National coach David Lease has sought up to 20 places for men and 16 for women, but as we went to press information which has

been leaked to Scotland's Runner suggests that far from getting 36 places athletics could have as few as 22 competitors on the plane to New Zealand.

The single athletics medal which Scotland won last time the Games were held there during our winter, in 1974, and that coming on the heels of the success of Edinburgh four years earlier, is one argument which has been used against granting additional places.

Harmony date

HARMONY AC's annual awards evening will be held in the Drama Studio of Balerno High School on January 20, followed by a nearly new sale.



Peter Wyman of EAC punches the air after winning the East District 800m indoor title on December 11 at the Kelvin Hall.

Harriers hold athletics seminar

MARYHILL Harriers, who this year celebrated their centenary, are holding a seminar in Maryhill Community Halls on January 6, the evening before the Nigel Barge Road Race.

The purpose of the seminar will be to examine the athletic experience of the past 100 years, including the changes in training, coaching, and sports medicine. Speakers will include Brian McAusland, Alex Naylor, Malcolm Brown, Laurie Smith, and John Graham - the latter of whom it is hoped will compete in the Nigel Barge next day. Tickets are available from Maryhill secretary Robert Stevenson (Tel: 041-637-7714).

Still with Maryhill, Donald McLean, the last surviving member of the six-in-a-row National Cross Country Championship winning team, has donated a trophy to the club which will be competed for in the Young Ath-

letes Christmas Handicap. Donald, who was also a member of the victorious 1938 team in addition to his 1926-32 triumphs, set a Scottish record of 9-31 for the two miles in 1931.

Sobik gets in

PROFESSIONAL runner Andy Sobik has been reinstated by the SAAA. The sprinter, whose case was highlighted by Scotland's Runner in the autumn, got the glad tidings in time to compete in the 60m at the East Indoor Championships at the Kelvin Hall on December 11.

"I'm relieved that my application has now been accepted," said the Moffat Academy teacher, who has rejoined Lasswade AC.

Reinstated at the same time as Sobik was Craig Collie of Glenrothes.

INDOOR

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WEST GERMANYSATURDAY 28TH JANUARY
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*TO BE CONFIRMED

KODAK CLASSIC
GREAT BRITAIN v
USA v USSRFRIDAY 10TH MARCH
OPENING CEREMONY 7.00 PM*

*TO BE CONFIRMED



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Up Front Up Front Up Front Up Front Up Front

Road race
money dries
up in 1988

THE SCOTTISH Amateur Athletic Association's golden goose is becoming more than a little constipated. Having "laid" £22,622.50 for the association from People's events and road races in 1987, income for 1988 was almost halved to £12,366.00.

Having spent hardly a penny (to continue the lavatorial metaphors) on road racing over the past five years, many will say that the SAAA is the victim of its own prejudices. However, the drop in income could have serious repercussions for the whole of Scottish athletics.

For the record, the events which contributed to the £12,366 were:

Galston 4m ('87) £23; Rutherglen Crime Prevention 10m ('87) £108; Land O' Burns ('87) £1006; Buckie Half ('87) £46.50; Cowal Half ('87) £87; Golspie Half ('87) £28; Tain 10K £33.50; Glasgow Marathon ('87) £3840; Aberfeldy Half ('87) £115.50; S Carrick Half ('87) £103.50; Nairn HG Half ('87) £75.50; CBRB 10K ('87) £68.50; Livingston Half ('87) £491; Dundee Half ('87) £514; Arbroath Half ('87) £206; Loch Leven Half ('87) £283; Cumnock Half ('87) £75

Cunninghame Canter ('87) £176.50; Glenrothes Half ('87) £400; Ross-shire 10K ('87) £43; Lochaber Half £60; Golspie 10K £25; Cunninghame Canter £119; E Ross Half £41.50; SWLT 10K £46; Dundee Half £382; Forth Bridges Half £118; Aberdeen Marathon £513.50; Caithness Half £29; Cowal Half £50; Galloway Marathon £118; Luddon Half £422.50; Lanark RR £15.50; Kirkcudbright Half £107.50; Edinburgh Half £565; Forfar 15 £177; Monklands 7m £51; Cumbernauld Half £115

Kate Kennedy Half £63.50; Dornoch Half £67; Arbroath Half £196; EWM RR £93; Roevin 10K £190.50; Stonehaven Half £365.50; East Neuk Half £112; Craig Dubh HR £28; Helensburgh Half £64.50; Dingwall-Evanton £31.50; Loch Rannoch Marathon £57; Hoy Half £14.50; Kilwinning 10K £27; Ross-shire 10K £53; Kilwinning Acad Festival £38; Peterhead Half £91; Motherwell Half £195.

Worse news would seem to be ahead for 1989 if you look at the three events which appear for both 1987 and 1988. All three are well down from 1987.



Apologies to Aberdeen's Graham Laing (above) whom we inadvertently captioned Graham Milne last month in our haste to get the magazine to press. "He's old enough to be my father," complained Laing.

Whittle for 800m

BRIAN Whittle, the Ayr Seaforth Olympian, has decided after much heart searching that his future lies at 800 metres.

"I contemplated the 400m hurdles as well," said the three-time national champion for the flat 400. "My 400 metre speed (45.22) means I will be as fast as any two lap runner in the world... and the Kenyans who won the 800 at the Olympic and world Championships were both 400m men who had stepped up."

Whittle will not abandon his old event completely. He intends to run 400 metres indoors over the winter in the hope of going one better than the silver medal which he won at the last European Indoor Championships.

League changes

THE Scottish Women's League has been reorganised. The current first division of eight teams, due to be matched by an eight-team second division next year, has been scrapped. Instead, from 1990, there will be five divisions of six clubs.

Hilda Everett has been elected president of the SWAAA for a third year while Ruth Booth, manager of the women's team for Auckland, is now honorary secretary.



There was an impressive 200m win for Harmany's Jim Watson in the East District Championships.

Strong Germans

THE 1984 Olympic, and reigning European indoor, shot putt champion Claudia Losch of West Germany is a likely starter in the Dairy Crest Games against the UK at the Kelvin Hall on January 28.

Tickets are still on sale for the match, which is also likely to feature former high jump world record holder Dietmar Mogenburg.

IF ANYBODY found a pair of Nike Zoom ultra light spikes at the Kelvin Hall on December 4, could they please return them to one of Scotland's most talented young athletes. The bright pink and yellow shoes, which were in a white bag, were lost by Emma Lindsay during the East District Championships. Emma thinks they were left near the finishing line, and anybody with information about them should contact us in the first instance.

Great Scottish
run to be 25K
next year

THE NEW company being set up by Scotland's Runner to attract sponsorship into the sport and offer a marketing and public relations service to athletics has won its first major contract.

Running Matters, the title of the new company, will handle all promotional and publicity aspects of the 1989 Great Scottish Run - apart from finding a major sponsor, which is the province of a third party.

Scotland's Runner readers will be interested to learn - the news will be broken officially in the New Year - that the Great Scottish Run is to be run as a 25K event (approximately 15.5 miles) in 1989.

Explaining the new distance, the third in three years, race director Bob Dalgleish explained: "We have to accept, whether people like it or not, that the popular demand for marathons has - for the moment at least - receded. Last year we organised a successful half marathon, but again there is a conflict of loyalties in that there are over 50 half marathons held in Scotland each year."

"With Glasgow due to become the European City of Culture in 1989, we felt the time was right to break with tradition altogether and stage an event which is new to the United Kingdom and Scotland, but is a recognised distance in Europe and further afield."

"We also feel that the 25K offers something for both marathon and half marathon runners. There appear to be a great many runners who yearn for the marathon but are only prepared - or able - to train for the half marathon," Dalgleish added.

Linsey Macdonald, the Running Matters spokeswoman, said: "The Glasgow Marathon at its peak was comparable in status to the London Marathon and the Great Scottish Run, and our energies will be concentrated on taking it back in that direction."

"Athletics in Scotland needs a road race with a high profile and over the next ten months that is what we hope to achieve." The 1989 date of September 17 has eased the fixture congestion at the end of August and beginning of September. The original Glasgow (BA) Half Marathon is also some five weeks away from the new 25K event.

Scottish A.A.A. Senior & Junior Octathlon - 25/26 February.
Scottish Womens A.A.A. Senior Pentathlon - 25 February.
Open Graded Meeting - 25 February.

Open Graded ATHLETICS MEETINGS

1988/89



14/15 January
28 January
21 January
12 February
23 January
6/20/27 February
6 March
26 February
1 March

S.A.A.A. S.W.A.A.A. National Championships
S.A.A.A. u/19 National Championships
Scottish Universities Championships
Scottish Universities Representative Fixture
Schools Athletics Leagues
Scottish Veterans Championships
British Veterans Championships
Appleton Trophy - Glasgow University v. Edinburgh University

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7.30 - 1 mile
8.00 - 300m
8.30 - 600m

Wednesday 25 January
7.00 - 60m, Shot Put, Long Jump
7.30 - 3000m
8.15 - 400m
8.45 - 60m Hurdles

Wednesday 4 January
7.00 - 60m, High Jump, Triple Jump
7.30 - 1500m
8.00 - 200m

ALL MALE AGE GROUPS
(UNDER S.A.A.A. & S.W.A.A.A. RULES)
OPEN GRADED ATHLETICS MEETINGS
1988/89

ALL FEMALE AGE GROUPS
Wednesday 11 January
7.00 - 60m, High Jump, Shot Put
7.30 - 800m
8.00 - 200m

Wednesday 1 February
7.00 - 60m High Jump, Long Jump
7.30 - 400m
8.00 - 60m Hurdles
8.30 - 1500m

Letters...

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

"The better athletes were not canvassed for selection"

57 Lothian Court,
Lethington Place
Glasgow.

SIR - In response to Bill Parker's rather personal attack on my article, I feel compelled to reply. The issue in question, the selection of a low ranking athlete for the Scottish team on two occasions last summer, is one that needs to be addressed, particularly with a view to the Commonwealth Games team selection next year. I would indeed back up Bill's assertion that the best available athlete be selected. In this instance, however, the better athletes were most certainly not canvassed as to their availability, including one who at that time was resident in Glasgow. Are you really sure, Bill, that all the faster ranked athletes were approached? I am sure the fact that the athlete's mother and her coach's girlfriend are both closely involved with the SWAAA committee has absolutely nothing to do with the non-canvassing of the faster runners. The implications of selection along these lines is deplorable and with a major Games in sight the selectors should rise above all

reproach by declaring their personal interests in advance. Suspicions have already been raised, as Doug Gillon has hinted at in his appraisal of the Commonwealth Games "guidelines". Statistical guidelines for selection are to be welcomed - the problem, however, lies in the fact that the set times are grossly inequitable.

An analysis of the 400 metres to 10,000 metres events for both sexes reveals amazing discrepancies. Scrutiny of the World Championship and Olympic Games results, along with world rankings for the past three seasons, reveals that in the women's events at the championships between three and seven Commonwealth athletes produced performances equal to or better than the "A" Guideline. This conforms, if a little too stringently, with the selectors' criteria of being potentially "well placed in the Commonwealth Games".

Yet, the same analysis of the men's events, with the one exception of the 10,000 metres, reveals a great gap. In every event a minimum of 10 Commonwealth athletes out-performed the "A" Guideline, with an amazing 21 athletes achieving this at 400m in Seoul. The fact is that 46-75 will not make the semi final, let alone be well placed in the final.

From a purely statistical viewpoint, the men's times would need to be - to correspond to the women's levels - of the order of 45.2, 1-45.0, 3-35.5, 13-25, etc. Ten

years ago three Scottish athletes were running sub 3-36. Why lower the standards simply because today's athletes are not of the same calibre?

With a limited team being sent, these standards are grossly unfair to women. Why should the men be granted an easy passage? I would also welcome an explanation as to why a 33-05 10,000 metres time, good enough for fourth on the UK list and in the top 12 in the Commonwealth, is not even up to the "B" guideline, yet a 48.0 400m or a 3-43 1500m, both of which rank in the 30's in Britain alone, fulfil the criteria.

Although only a few events have been looked at, and a certain amount of discrepancy is inevitable, surely the differences highlighted here are extreme and need to be rectified. Help must be given, as Doug Gillon rightly points out, to those athletes with genuine international potential.

Dual national meets against third rate opposition are a flagrant waste of time and financial resources. Support should be targeted at those athletes who realistically have the capability of reaching international class. Small teams of three or four athletes sent to various invitational meets around Europe would benefit Scottish athletics far more than sending a team, two thirds of which would gain more from the WAAA's or a BMC race in Manchester, on a trip to Greece.

Bill Parker calls for deeds not rhetoric. Quite right! If he had the faintest inkling of what was going

on he would be aware of my efforts to secure foreign competition for Scottish athletes. I am more than willing to offer my services and provide international competition of the highest order.

Tony Linford

E-G puzzler

72, Kirkshaws Avenue,
Coatbridge.

SIR - Regarding your December issue, glad to see that Alan Campbell enjoyed the Edinburgh to Glasgow race. It brings back memories for me as I ran in a number of the races in the post-war period. Which brings me to a question for your readers, thus:

I won two gold (winning team) medals in the same year in the Edinburgh to Glasgow. How was this accomplished? You could award a small prize to the most accurate answer.

Ben Bickerton,
(Scottish steeplechase champion, 1949,
Scottish 6-miles champion, 1950).

FAIR enough, Ben. A year's free subscription to the most accurate answer opened on January 12.

"Lasties" count!

80, Glenpatrick Road,
Elderslie,
Renfrewshire.

SIR - I recently took part in the East Kilbride 10K Road Race on Saturday, December 3. At the start of the race it was coming down from the heavens. Off we went plodding on through the rain. Fifty minutes later I finished. Was I last? Was I second last?

These questions may never be answered as when I took a look on the school wall, alas my name was not to be seen at the end of the list. I would like you to publish this letter to let the organising clubs know that us "lasties" like to see our result.

If ever I come to organise an event I will hopefully think of the lasties as well.

John Ainsworth,
A disgruntled Beith Harrier.



Internationals such as this summer's against Iceland and Ireland are, "a flagrant waste of time and financial resources," says Tony Linford. Do you agree or disagree? Write in and tell us.

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Praying for a weather break in 1989!

53, Anchor Crescent,
Abbey Court,
Paisley.

SIR - May I on behalf of Bellahouston Harriers be allowed access to the columns of Scotland's Runner and respond to the two letters (Page 13 of October issue) from James Workman, in praise of the British Airways Glasgow Half Marathon, and Mr Coyle, who wishes to bury it.

Although Mr Workman's letter steals some of my thunder, I will attempt to deal with Mr Coyle's individual points, and in addition put him right on some of the misconceptions upon which he proclaims his hanging judgements.

Point 1: Pre-race information pack. This is the first criticism we have received regarding the information pack since the first British Airways event in 1986. As we are accepting all Mr Coyle's criticisms as constructive and well intentioned, we will certainly take on board his views when preparing next year's pack.

Point Two: Assembly area. As we have no control over Mother Nature, there was not a lot we could do. In the 1987 event this area was the finishing area and seemed to hold up alright to the torrential rain which flooded our marquees. This year we changed the finish and put the marquees up in the assembly area - although they were fine Mother Nature tricked us once again and this time both the assembly area and finishing line were flooded. A lot of time and resources were used trying to clear up the finishing area, which at one point was under six inches of water. If we are to be held responsible for the weather it must be absolutely damning that we chose to have the race in August. I mean, what else can one expect in August!

Point 3: Watering points. I hope Mr Coyle will have read my apology (Page 9) to all competitors for the lack of watering points, but we did manage to salvage three out of four. Let me assure Mr Coyle a rigorous post mortem has been held and there will be no repeat of



the circumstances again. We had also planned for tea and coffee to be available, but after being let down on the day because of the weather, we had no one to dispense it.

Point 4: Prizelist. Mr Coyle has misunderstood the prizes available. £10,000 worth of prizes were given out through the entire field, and not to the front end runners as he made out. Here we come to the points raised by Mr Workman, and indeed to the innovations we are proud of.

Firstly, our generous sponsors British Airways insisted that there be complete equality in the value of prizes for men and women. Thus they provided two tickets to Europe for the first man and woman. The first ten males and females received prizes. In addition this year we introduced prizes for the first three veterans in all five age group categories - as far as I am aware this was the only half marathon to do so outside the veterans championship races. We also had numerous spot prizes, including a trip to Paris for two and every competitor received a memento of a male/female running figure

on a marble base.

A trained nursery nurse was also available in the creche, which nine couples took advantage of, all adding to the village fun run atmosphere we try to achieve and which British Airways insist we must have.

Mr Coyle also has the advantage of a crystal ball into which he peers and it tells him that we will have a greatly reduced field in future years. Well sir, we'll be genuinely sorry to lose you as a competitor but do not agree.

I would like to thank Mr Workman for his kind comments as he too must have had wet feet and suffered dehydration in the first seven waterlogged miles and yet could still see the potential that the race has to offer the leading athletes and fun runners.

As we do learn by our mistakes the British Airways Half Marathon will get better and better. All we ask is that the divine plumber turns off the water next year!

Eugene P. Donnelly,
President, Bellahouston Harriers,
and Race Director.

Letters...

London entry question is posed again...

19, Selkirk Street,
Blantyre.

SIR - I am writing with regard to the letter from Alistair Bryce in the December issue, regarding the London Marathon.

The entry procedure for the 1989 London Marathon was the same as in previous years, barring one change. The application for the entry form was available from branches of the TSB instead of the Nationwide Anglia Building Society. This was because of the London event having a new sponsor, ADT, instead of Mars, and the TSB having more branches.

I agree with Alistair regarding the national press, but I can assure him, and Scotland's Runner, that news items did appear in at least one other athletics magazine.

David Drummond

... and again

177, Inverleith Street,
Carnegie,
Glasgow.

SIR - Can you send me any information on how to get an entry form for the London Marathon?

Nicholas Kelly

DAVID Drummond is both right and wrong. While editorial information may have appeared in the athletics press, "extensive advertising" most certainly did not - and this was the point Alistair Bryce was attempting to clarify last month after he was misinformed by the woman in the London Marathon office.

As far as Nicholas Kelly's inquiry is concerned, entries are now closed.

As promised last month, however, the new sponsors, ADT, have made three extra places available to readers of Scotland's Runner, and these will be put up for grabs in a competition in next month's issue.

Superbok suits Scots

Michael McQuaid, who finished third overseas runner in the Algarve Half Marathon (71-56) behind Fraser Clyne and Tommy Murray, gives us a watered-down version of events during the Scottish trip to Portugal last month.



limbering up weren't unhappy.

Shortly after the start, the heavens opened and the surprise was that the organisers did not call a halt to the proceedings. Last year they seemed to do everything possible to help their countryman, Fernando Mamede (who was absent this time round), with cyclists alongside him throughout, giving drinks and moral support while our Scottish hero had to battle on alone. (Enough of this jingoistic nonsense - Ed!)

The conditions early on suited Clyne and fellow internationalist Tommy

Murray, but the sun decided to come out and the temperatures perked up considerably. Clyne, who had run a marathon in Minneapolis less than a month previously, finished fourth in 66-11 - just 13 seconds behind the leader - while Murray was seventh in 66-58. Each received a trophy as, respectively, first and second overseas competitors, though there was considerable confusion at the prizegiving when the name of another Scot was called out instead of Tommy.

The Greenock man's command of the Portuguese language is not all it could be, but the hiccup was eventually sorted out.

Prominent Scottish veteran Bill Stoddart showed his younger colleagues a thing or two by finishing in 1-18, and taking the over-50's prize for the second year in a row. Bill would have been even quicker but for a knee injury which curtailed his training. He also put the rest of us to shame by being bright and breezy enough every morning to take a dip in the chilly outdoor pool.

Having comprehensively outclassed the English on race day, the Scots then challenged a group from Warrington to a

game of football. However, the ashen faced Scots were rocked by the sudden withdrawal of Clyne, who claimed the insurance policy covering his legs did not extend to injuries sustained on the football field. Worse, he wouldn't let anyone borrow his headband for the occasion!

With Fraser's "minder" and clubmate Geoff Simpson declaring himself unavailable, Dave Geddes posted missing, and Bertie Cox minding the stools at the bar, the team management hadn't their problems to seek. But despite being a man short, the Scots raced into a 4-0 lead, and, brilliantly marshalled by Willie Millar lookalike Donald Whyte, held on for a 6-4 win.

However, the result was declared null and void as it was only later that we remembered the English are still banned from Europe.

Our sporting commitments completed, we then proceeded to more serious matters - such as drinking the Algarve dry. Consequently, events in those final few days are a bit of a blur.

Suffice to say that the sports complex of Acoteias is highly recommended for a break from the Scottish winter. With hundreds of apartments tastefully set out among the trees, shops, a restaurant, bar, disco, and pool, it is a village all of its own and an ideal base for runners.

Even in late autumn, the temperature is in the 60's, the sea temperature is bearable, and the beach and clifftop paths just a mile away provide excellent varied terrain for running.

Also a short jog away are an all-weather track and a cross country course, a 12 foot wide strip of carefully cultivated grass winding through the woods in an undulating 2,000 metres circuit.

Roll on next year!

Women in SPORT

Fasting and wagging your tail

WHEN I got stuck in my favourite dress the other day, my husband extracted me with a crowbar, and I had to wear a maternity frock to church. So, despite still feeding Nicola, I decided a diet was definitely needed, especially as I was liable to have a coronary trying to keep up with the boys I coach. Here I am then, writing this on the second day of a fast (I always find dieting easier if I've fasted for a couple of days first).

Fasting, like running, is supposed to heighten your intellectual and creative powers. What do you think of the intellectual and creative content of this month's column? On second thoughts, don't bother writing in - depression always makes me head for the biscuit tin.

THE MAN I share my life with - or should I say, because of the nature of his job, the man I occasionally find myself watching Saturday evening Sportscentre with - was uncharacteristically philosophical for about two minutes the other week. He looked deep into my eyes and I braced myself for a, "till a' the seas gang dry, my dear", or some other such stuff he is prone to coming out with after consuming a four-pack of Kestral. "Fiona," he said. "If you were a dog, would you be wagging your tail just now?"

As I was on my way to watch the school pipe band play, the baby was gurgling, the boys were cycling along quite happily, and the dog hadn't attacked anybody for at least half an hour, I had to admit that my tail would be wagging at that precise moment. "Why?" I added.

"Just wondered," said he whose only contribution to my philosophy degree had been: "I'm pink, therefore I'm spam."

So now I pose the same question to you. Does your tail wag at the thought of going out for a run? Does your tail only wag when you have actually got out there running, or is your tail firmly between your legs until you get



"Ouch! The high jump was never like this," Jayne Barnetson seems to be saying as she lands in the long jump pit during the East District Indoor Championships on December 4.

back to the front door, whereupon the sheer relief that you've actually got it over with for another day brings your tail to attention and a bout of frenzied activity?

You often hear people saying they will pack in athletics when they stop enjoying it. But is it possible to enjoy every single aspect of training and competing? Does your tail wag when you're out on the track in December doing 15 x 300 metres with a jog 100 metres recovery, so cold you cannot take your tracksuit off, but so wet your bottoms are weighing you down?

On the other hand, would your tail be wagging if you said: "Stuff this" and walked off halfway through? I used to absolutely loathe getting on a bus after college at 5pm, having done a lunchtime training session, and travelling for an hour on through the rush hour traffic, usually dozing off on the way, wishing I was going home for my tea, but knowing I was arriving at the track for a time-trial 600 metres.

As a whole, however, I must have enjoyed training, even if some nights my tail was only wagging after the session, when warming down with a couple of friends, knowing I had

run well, or pleased at completing a tough set of intervals - something that was so unimportant to anyone, except myself and perhaps the coach.

You can hardly turn round to someone on the bus home and say: "You know, I did 6 x 600 metres in one minute 40, with a three minute recovery tonight." (Or you invite the reply: "Oh very good deary. I managed to walk from the living room to the kitchen without my stick today.")

The self-satisfaction must be the all-important factor, that, coupled with the thought that it is a means to an end - the competition, although many people do run for self-satisfaction and fitness and never compete. The loneliness of the long distance runner could be applied right across the athletic board to every event. You do not really turn out training in all weathers for the good of your club. Athletics is a very individual sport. Perhaps the first time you wear a Scottish vest you might feel part of a team and a great sense of chauvinism, but when you get down to it, it's every woman for herself with the possible exception of the relays. It is not like football where someone can set you up for a goal, or like

tobogganing where one team member's mistake spells disaster for the whole run.

So, is the women who runs well below her best in an important competition really enjoying athletics at that moment? How easy is it for training to become obsessive, so that you're not wagging your tail when you're running, but neither are you wagging your tail if you decide not to train? And what percentage of your athletic time should have you wagging your tail to constitute a real enjoyment of the sport?

(Has she gone mad? - Ed)

DID YOU KNOW

*that you should not run late at night because the energy boost acquired from running lasts for several hours and will interfere with your sleep?

*that Tibetan monks, working themselves into a trance-like state, have been reported to run non-stop for 24 hours?

*that as recently as the 1960's, the Amateur Athletic Union in the United States generally thought it "bad luck" for women to compete and that running beyond 400 metres would make them muscle-bound and damage their health? *that distance runner Christine Mackenzie attended a meeting of the AAU (above), and when the matter of muscle-bound women athletes came up, she shrugged off her coat revealing a bikini underneath and then asked the men if they thought she was muscle-bound?

*that as a general rule in racing, you can probably run 75% farther than your training runs?

*that according to Valerie Andrews in *The Psychic Power of Running* if you are a single woman wanting desperately to meet someone, but cannot... "your running will make it easier to get through those periods when you're not being touched and caressed, or enjoying the streaming sensations of a regular sex life!"

As regards the final item above, personally, if you're looking for bodily pleasures, I don't think you can beat a Lion Bar, a can of Dr Pepper, and your feet up on the coffee table watching Fawcety Towers.

Fiona Macaulay

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Gracemount opens its doors

A NEW CONCEPT in sports centres is dawning in Edinburgh this month with the opening of the £2 million Gracemount Leisure Centre. A "first of its kind" is the boast from Edinburgh District Council.

This is a brand new vision of true community leisure - incorporating a library, audio-visual facilities, a function room and a bar, as well as the sports facilities - all together under the one roof. The popularity of such a service is bound to grow steadily over the next few years. Already, Edinburgh District has another such centre all but ready for opening. Ainslie Park is similar to Gracemount, but it offers both dry and wet facilities. However, I was assured that due to a unique built-in design, Gracemount does have the ability and ground to expand and incorporate a leisure pool as well if the need arises. Ainslie Park is scheduled to open in early Spring of 1989.

Like all sports centres in the Edinburgh area, and most Scottish district council facilities, Gracemount will operate on a non-membership policy. Entrance charges are only 10p for under 18's and 20p for adults.

Gracemount is aiming to provide facilities and activities for everyone with time for

recreation. The centre claims to provide whatever sport people are willing to try - within reason I presume! They have already the facilities to offer five-a-side football (two courts), volleyball, tennis, fencing, aerobics, judo and gymnastics to name but a handful.

The ground floor of the leisure centre accommodates the library, which boasts a superb stock of audio cassettes, compact discs, videos and the latest computer software. Unlike the leisure centre, the library will be run on a free of charge membership basis.

The ground floor of the newly designed centre also houses the sporting facilities and halls. An appropriately named "multi-purpose" hall is available to the public for anything from basketball to badminton, children's shows, exhibitions, and demonstrations. The function room, with its own bar and kitchen facilities, can be hired out for meetings and other such gatherings at very reasonable rates.

The purpose built fitness room has been especially designed to provide the ideal environment for getting the whole body fit. There is equipment available for the beginner and the experienced trainer. In fact

Gracemount offers sporting facilities for everyone, young and old alike.

As Linda Fraser, Recreation Marketing Manager for Edinburgh District Council explains, "Gracemount has been specially designed by the architects Faulkner Browns as a community use facility. Everyone is welcome, and we hope to offer activities to interest a whole wide spectrum of people."

There are no excuses for mothers with young children. The centre provides a useful creche service during the week and at certain times during the weekend. Mothers can go along to the special "Womans Mornings" and try their hand at some of the activities available, while junior is left in the capable provision of the creche staff.

After the formal opening ceremony in December, when the centre organised three "come and see days" for the local community, Gracemount was due to open to the public for normal business in the New Year.

So, whether you're a top sports person, an athletic club secretary looking for a venue to hold the annual dance, or just plain curious, why not pop along to the capital and to Gracemount and have a look for yourself!

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It is imperative that a coach gets to know as quickly as possible the strengths and weaknesses of the athletes for

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whom he is responsible, and to identify the training limit cannot be over-emphasised.

For example, two club colleagues might go out on a training run together, covering the selected distance at six minutes per mile pace. This could involve a heart rate of about 130 beats per minute for one runner, and a heart rate of about 180 beats per minute for the other. If the optimum training rate for that particular session should have been 150 beats per minute to satisfy the physiological requirements of the work-out, then it is quite clear that the pace was too slow for one athlete and too fast for the other.

THE TRAINING load should be sufficient to ensure steady progress towards the athlete's goals - but not too severe to result in injury or stress.

It should never be forgotten that adequate rest and recovery sessions are important in a training schedule as hard work-outs. Easy days should follow days of demanding sessions. You should not feel guilty about taking a day off.

Just before becoming the first man to run a mile in under four minutes, Roger Bannister felt so jaded with training that he and a few companions took a complete break from the track and went hill walking and mountaineering for a week. Rejuvenated and invigorated, he returned to the fray and a few days later achieved his historic feat at the Iffley Road track, Oxford.

Herb Elliot frequently went for 40 mile hikes in the Australian mountains and enjoyed long swimming sessions in the open seas. Top athletes have always been aware of the importance of rest and recovery periods, and they have never been afraid or ashamed to give their bodies and minds an opportunity to renew their physical and

psychological resources. Generally speaking, it is a good idea to take at least one day of complete rest from athletics activity every week, and to have an entire weekend away from the sport every four to six weeks. It is also in accordance with sound training theory to have one easier week of training every month.

You should always remember that fitness training must be done over several weeks and months to be really effective, and that your rest and recovery periods help to consolidate your training gains and prepare you for the next stages of your programme.

As well as planning an intelligent schedule, there are practical measures which athletes and coaches can take to minimise the risk of training injuries.

You should attempt, for example, to do some of your training on grass or soft ground. It is estimated that the foot strikes the ground about ninety times a minute during the course of a training run - so you can imagine that after several miles on a hard road surface or pavement the potential for injuries is considerable.

Running on grass reduces the impact of foot strike, and the soft, yielding surface allows the leg muscles to relax and develop a reasonable range of flexibility. Another good reason for running on softer ground is that it is not uncommon for habitual road-runners to suffer a form of anaemia as a result of the constant pounding on the hard surface adversely affecting the iron components of the bloodstream.

If you are running on the road you should try to spend an equal amount of time on both cambers (provided that it is safe to do so). Running on the same camber all the time is a frequent cause of knee

injuries, including chondromalacia, or runner's knee. You should always ensure, too, that your shoes provide sufficient cushioning - and that they are not too inflexible.

Any changes in training should be introduced gradually, and if you are not in the habit of running on synthetic track surfaces your first few sessions there should be restricted to easy strides and jogging until your muscles, tendons, ligaments, and joints become accustomed to the new routine. Athletes should be particularly careful when venturing onto indoor tracks as the tight bends and banked slopes and surfaces can cause problems and result in injury. Remember too, to warm-up properly with easy running and several strides if you are doing a fartlek or repetition session.

For longer, steady runs, the first 10 to 15 minutes should be taken at a fairly easy pace to enable the heart rate to progress gradually to the tempo it will function at once the session really gets under way. It is equally important to wind down physically and mentally after a training session (the commonly-used term, "cool down", is a misnomer, as most athletes equate it with a reduction in body temperature rather than as a gradual reduction in physiological and psychological activity).

If you do not include a period of easy running or jogging at the end of a training session you are almost certain to feel stiff and sore the next day - and when muscles, joints, tendons, and ligaments are stiff and sore they are highly vulnerable to injury.

The stiffness and soreness is caused by a build-up of waste products in the working muscles as a result of effort, but by winding down properly

During periods of stress you should regard your running as a relaxation and a therapy

after a session the natural blood will flush out these waste products and reoxygenate your oxygen-depleted muscles.

Mobility exercises should be a vital aspect of every athlete's training programme. Press-ups against the wall with both feet flat on the floor, reaching down towards your toes, and kneeling on the floor then leaning backwards are among innumerable exercises which maintain and increase flexibility in the gastrocnemius, quadriceps, and gluteal muscles at the front and back of the legs. The stretch position should be held for 10 to 30 seconds at a time, in sets of two or three for each exercise, then gently relaxed. You must only take the movement to the limit of its range, and under no circumstances should you perform jerky or bouncing actions to increase that range.

This will only result in pulled muscles and you will have landed yourself with the type of injury you were hoping your mobility programme would help you to avoid. It must be emphasised, however, that if you have not done mobility training previously - or if you are naturally very stiff - it will be essential for you to introduce flexibility work very gradually to your programme.

The alarming number of hamstring injuries being sustained by Scottish Premier League footballers is attributable to the fact that only recently have soccer players started to do a lot of mobility work, particularly after matches, and quite clearly several are attempting to do

Coaching Clinic

too much too soon.

It is also worthwhile remembering that sore, fatigued, muscles can be pleasantly eased by a swimming session - and since one mile of swimming is the equivalent of about four miles of running, 30 to 60 minutes in the pool has excellent aerobic endurance, as well as regenerative and recuperative, benefits.

Four miles of cycling is the equivalent of one mile of running, so this, too, can be another beneficial form of active recovery.

It should always be borne in mind that athletics is a holistic activity; that means it can never be isolated from other aspects of your life such as work, social life, financial and domestic circumstances, other interests, and general health.

So, if you are having problems in any of these spheres of your everyday life, the difficulties will almost certainly have an adverse effect on your training and racing performances.

Too much pressure from too many sources will result in stress-related ailments such as colds, influenza, sore throats, swollen glands, insomnia, loss of appetite, an inability to concentrate, and a lack of interest in things that you normally enjoy.

So, if you are suffering unduly from any of these symptoms perhaps it is time to have a good look at your lifestyle.

During periods of stress you should regard your running as a relaxation and a therapy, and you should avoid making any severe demands on your physiological and psychological faculties during your sporting activities.

It is one of modern life's ironies that many people are more likely to become exhausted by their leisure



activities than by their employment.

Too many late nights, too much drinking, too many convenience foods, and too much rushing around to avoid missing out on the so-called "good things" of life will sooner, rather than later, cause severe depletion of one's mental and physical resources.

This in turn initiates a vicious circle, because when the athlete's form suffers as a result of excessive vitality-sapping activities, he/she invariably attempts to rectify the problem by training harder, putting him/her deeper into a state of stress, chronic fatigue, and mental and physical exhaustion. The only answer is to decide what is and what is not important in your life, then plan more wisely and intelligently.

Everyone must have a certain amount of time to

himself/herself each day for recreation - and do not forget that this word literally means "to re-create", i.e. to restore, to heal, to renew yourself physically, mentally, and spiritually. The haunting words which a dying man addressed to me several years ago made a lasting impact:

**"He squandered health in search of wealth,
To gold became a slave,
Then spent his wealth in search of health,
And only found a grave"**

Your health and your well-being are the most important things in your life. By training intelligently and purposefully, with adequate recovery and rest periods (and by avoiding excesses in all the other aspects of your life), you will become a well-integrated and happier, healthier person and athlete.

Week One

Sunday: 75 to 90 minutes cross country running.
Monday: 60 to 75 mins fartlek, inc 4 x 4 x 60 secs fast (30 secs between reps/ 3 mins between sets jog recovery) + 5 mins steady + 2 x 30 secs fast (90 secs recovery).
Tuesday: 20 to 30 mins recovery.
Wednesday: 5 to 8 miles steady.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: Road or cross country race.

Week Two

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 30 x 30 secs fast striding (30 and 60 secs jog recovery alternately).
Tuesday: 20 to 30 mins recovery.
Wednesday: 5 to 8 miles steady, inc 6 to 8 hilly sections 100 to 200m long.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.

Week Three

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 6 x (2 mins fast with 30 secs recovery, plus 30 secs fast with 90 secs recovery).
Tuesday: 20 to 30 mins recovery.
Wednesday: 5 to 8 miles steady.
Thursday: 20 to 30 mins recovery.
Friday: Rest or 10 to 15 mins jog.
Saturday: Road or cross country race.

Week Four

Sunday: 75 to 90 mins cross country running.
Monday: 60 to 75 mins fartlek, inc 5 x (2 mins fast with 1 min jog, plus 1 min fast with 1 min jog) + 3 mins steady + 3 x 20 secs fast with 40 secs jog.
Tuesday: 20 to 30 mins recovery.
Wednesday: 5 to 8 miles steady inc 20 mins up/down 150 metres hill.
Thursday: 20 to 30 mins recovery.
Friday: Rest, or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady.

Note: If racing on Sunday, the Saturday session should be restricted to an easy 15 to 20 minutes jog.

DON RITCHIE, the 44 year old Forres Harrier, proved at last that he can pace himself over a full 24 hour race by winning the Sri Chinmoy 24 Hour Race at the Kelvin Hall on November 19 and 20. His final distance was 144 miles, 1009 yards.

It was Ritchie's first indoor race, and during it he also set new Scottish intermediate records at all distances from 40 miles to 200K to add to his existing outdoor records.

The shortest recognised ultra distance of 30 miles fell in sensational fashion to Glasgow PE teacher Raymond Hubbard, whose time of 3-30-46 was also a new world best performance.

For the uninitiated, an ultra distance race is any run further than the 26.2 miles marathon distance. These can be road races like the classic London to Brighton 53.5 mile race, or Scotland's own Two Bridges Race (36 miles); or they can be held on a track or other certified loop over a set distance or time, 24 hours being the most frequent time used. The idea is to see what distance you can cover within the time limit, the total number of laps being meticulously monitored at the trackside by a team of enthusiastic recorders. For this event, the loop being used was the warm-up circuit (measured at 225.6 metres) which skirts the banked track.

At 12 noon, 19 runners were set on their way, and with Ritchie starting cautiously it was the Ayrshire duo of Al Howie and Ray Hubbard who set the early pace.

Howie, from Ardrossan, has spent most of the last few years in Canada, where amongst other things he became the first Scot to cover 150 miles in a 24 hour event. He has had a very heavy schedule in his 12 months back in Scotland, including a Lands End to John O' Groats (since broken); and a run from Ardrossan to Sardinia followed by a 160 mile race around the island before returning to compete in the Blackpool 48 hour event just two weeks earlier. He was to admit later that these efforts were, "probably catching up with me", and was disappointed with his final



Having run non-stop for 24 hours, Don Ritchie is helped off the Kelvin Hall track by Forres Harrier clubmates Donald Gunn and Mick Francis. Picture by Peter Devlin.

distance of 85 miles, 898 yards. "Pathetic, it's pathetic," he kept repeating dejectedly as he sat alone at a table after the event.

Kilwinning-based Hubbard, whose exploits in running three marathons on successive days all inside 2-50 were well chronicled in April, was tackling his first run over

28 miles. His positive cheerful attitude and self-belief gave one the impression he was like a child on an adventure of self-discovery, just curious to find out what he was capable of without any real notion of what he was letting himself in for.

Experienced onlookers felt he was going too fast too early, and his inexperience would tell

later. All that was forgotten though, as the excitement mounted when it became apparent he was on schedule to break the indoor mark for 30 miles. Cheered on by the handful of spectators, who became vaguely aware something important was happening, and by his family and all the officials and lap

Ritchie triumph as he runs non-stop for 24 hours!

Adrian Stott, organiser of the Sri Chinmoy 24 Hour Race at the Kelvin Hall, salutes "immortal" Scot Don Ritchie and his fellow runners

counters, who were very aware of what was happening, Hubbard passed through the 30 mile point in 3-30-46, just five seconds faster than James Zarei's time set at Milton Keynes in 1987. But his inexperience showed, for after completing another circuit, and with the 50K mark only a few laps away, he stopped for a short break. As he was to admit later: "The world record was a bonus, but the real nature of the event is to cover as much ground as possible."

By sensibly pre-planned stages of running and rest breaks he was to cover just over 120 miles, a magnificent effort for someone who only found out he was running on the Wednesday night prior to the race due to a late withdrawal. Despite stopping, his time at 50K (3-48-32) was still a Scottish indoor record.

With Hubbard taking a well earned rest and Howie beginning to tire, Don Ritchie moved into the lead just after

the four hour point. Holding third place at this stage was supervet Bob Meadowcroft from Altrincham, who was bidding to set new times for the over-50 age category indoors. The first of these (30 miles) he had passed just before four hours (3-39-51), and he was to go on and set eight new world best marks for the over-50 age group indoors, up to and including 200K. His distance marks at 12 hours (77 miles, 35 yards) and 24 hours (132 miles, 603 yards) were also UK records, and gave him second place overall.

By six hours, Ritchie had covered 47 miles and held a four mile lead over Meadowcroft, with Harrogate runner Bob Norton in third place (42 miles), two laps ahead of Ray Hubbard.

Richard Dalby and Edinburgh's Keith Gooch had by this time been forced to retire with injury problems.

Ritchie was looking very comfortable at this stage, his

Forres clubmates Mick Francis and Donald Gunn proving excellent helpers, keeping Donald well watered with his glucose solution - not to mention a steady supply of bananas.

At around 7pm, with snow starting to fall outside and the temperature dropping drastically, we felt sure that holding the event indoors had been the right move. Most runners in Scotland know Sri Chinmoy from our Wednesday evening races in the summer at Glasgow Green and Edinburgh's Meadows. What is perhaps not known is that Sri Chinmoy worldwide has been at the forefront of the development of ultra distance running, with events being held in France, Germany, Switzerland, Japan, Australia, Canada and the USA.

The most notable of these so far has been the Sri Chinmoy 1,000 mile race held in Flushing Meadow in New York each Spring. The three previous 24 hour races the club had organised, at Coatbridge (twice) and Gateshead, had been dogged by the extremes of climate although very successful.

The timekeeping trio of Ray Hutcheson, Tom Fletcher, and Cyril Macpherson had also been on duty at Coatbridge in October 1983 when, in driving wind and rain, Ritchie had set his outdoor 200K record. They all seemed comforted by the pleasant indoor surroundings. Their dedication throughout the 24 hours was appreciated by everyone.

Ritchie kept moving steadily setting new Scottish indoor times at 40 miles (5-00-46); 50 miles (6-22-04); and 100K (8-07-01), before reaching the 12 hour point with 87 miles, 62 yards - some nine miles ahead of second placed Meadowcroft. In third place was Norton on 76 miles; fourth Hubbard on 71 miles, while only a lap separated Central Region's Mike Briggs and Edinburgh's Dave Wallace, both locked on 69 miles.

There was still a long way to go. The third quarter of any 24 hour race is always "the crunch". Leaving aside the natural fatigue, your mind is trying to convince you that you



Raymond Hubbard (100) and Dave Wallace

really ought to be tucked up in some cosy corner by now, rather than running around in circles all night!

The long-distance runner, though, knows that his mind is often playing tricks, and he just has to dig deeper beyond his mind, to that place deep in his heart where perseverance and determination are to be found. For most athletes this is perhaps the achievement more important than any distance or time. The challenging of one's own weaknesses and limitations, going beyond what your mind told you was impossible, but what you always felt deep inside was inevitable if you dared to try.

Experienced ultra runners will tell you the challenge is to keep alert the whole 24 hours. Short breaks, to take the weight off your feet and get massaged and fed and watered, are beneficial to rejuvenate tired muscles and one's own motivation. The secret is to keep these breaks short enough not to lose mileage.

It is an exceptional athlete who can keep moving for 24 hours at a walk/run. It is an immortal athlete who can run non-stop for 24 hours. In Donald A. Ritchie, Scotland possesses one of the world's immortal runners.

Content in the past to use 24 hour events as an opportunity to set records at

Ultra Running to become an Olympic event?

John Foden, race director of the first official British 100K Championships, to be held in Nottinghamshire next summer, outlines the history of ultra running

A FEW YEARS ago ultra distance running was practically unknown in Britain. From time to time when short of current topics, editors of Sunday or athletics magazines published articles about improbable professional Victorian "pedestrians".

These stories had a circus atmosphere about them. The events lasted for up to six days in places like the Albert Hall and ice skating rinks. Entrance fees were charged to see a man torture himself for over 600 miles. Wagering on how far he would go was the major interest of most spectators. The style and the distances had nothing in common with modern amateur athletics.

Occasionally up to the 1970's, some amateurs achieved momentary acclaim for running exceptional distances, as when Bruce Tulloh ran across the USA, and the fledgling Road Runners Club instituted the 53.5 mile London to Brighton Race. But, for all practical purposes, athletics stopped at the marathon.

Then came the jogging boom, and in its footsteps the popular mass participation marathons. Clearly if almost anyone could run a marathon, a new challenge was needed by those who wanted to do something exceptional. A plethora of 24 hour and six day races were organised on short courses in parks and on athletics tracks. In France they proved very popular. In Britain few have lasted for long, primarily it is suspected because both officials and sponsors could not face again the metronome appearance of some of the runners circling a small track.

A notable exception to this was the Lincolnshire 100K Race, from Grantham to Lincoln Cathedral and back. This caught the imagination of both athletes and sponsors.

The same pattern was forming on the continent. Belgium had its 100K "Death March" which attracted hundreds of participants. In Russia over a thousand athletes are reputed to annually run the Odessa 100K. West Germany had at least three annual 100K races. Greece went one better and created the superbly organised 245K "Spartathlon" over the mountains from Athens to Sparta.

The International Association of Ultrarunners' first World 100K Championships were staged in 1987 at Torhout in Belgium. They were so successful that Dr Primo Nebiolo, the president of the IAAF, attended the second championships at Santander in Spain this year. These were extremely well managed by the organisers, who were reputed to have commercial sponsorship in the order of \$100,000.

Dr Nebiolo went on record as stating that the 100K should be given World Championship status, and the Spanish are believed to be campaigning for a 100K race to be a demonstration event at the Barcelona Olympics. Quite independently, the Greeks are campaigning to have the Spartathlon accepted as the first event of the 1996 Centenary Olympics if, as they expect, they are held in Athens.

The British delay in catching on has given us the advantage of being able to learn from the experiences of other countries. Our championship course will be set on a three mile loop of private traffic-free roads. This means the number of competitors is not restricted to 30, the maximum that can be reliably recorded as they circle an athletic track.

By joining the ultra distance movement, Britain should soon be hearing of the excellence of its athletes in another field of endeavour.

Ritchie triumph ...

intermediated distances, he had spoken before the Kelvin Hall event of records being a distraction and of wanting to run for the whole 24 hours.

At 12 hours, Yiannis Kouros's world indoor 24 hour distance of 156 miles, 7 yards seemed well within Ritchie's grasp. At 100 miles, reached in 14-16-17, and at 18 hours it was still possible, although Donald was noticeably slowing.

By 20 hours, Ritchie had fallen behind that schedule, but still had the same determined look on his face as he had at the start. He didn't seem distressed that he was slowing, and asked for music to be played as he finds it soothing. By now he had covered almost 130 miles without stopping, and was 12 miles ahead of Meadowcroft, with Dave Wallace (110 miles) now in third place having run steadily through the night. A rejuvenated Hubbard, fresh from an hour's sleep, was approaching his 100 miles in fourth place.

It was slowly becoming evident that Ritchie was determined to do what only a handful of people have probably done before, and complete the whole 24 hours running non-stop.

The last two hours of a 24 hour race carry almost an "end of term" feeling for the runners as they summon up one last effort. Thirteen runners remained circling the hall. Of those still running, perhaps the most disappointed was Howie,

who went for an hour's sleep at midnight and woke up six hours later.

Mike Briggs, in his first 24 hour event, ran very steadily, finally clocking 112 miles. English-based runners Peter Hodson and Klaus Braun achieved their goals of over 100 miles. Edinburgh AC's "Big John" Keogh, something of a veteran of these events now, logged another solid performance with 107 miles, while his clubmates Eric Scott and Colin McCuaig, and Hamilton's Dave Adams, all completed in excess of three marathons by the end.

The Scotsport cameras arrived to film the closing stages. Their pictures of Ritchie as he battles tiredness in the last few minutes do not really do justice to the "total performance" he has put in over the full 24 hours.

Contrast this with Dave Wallace, who with 20 minutes to go and some 123 miles behind him decided to "let go" for a lap and returned 38 seconds for the 225 metres, followed a few laps later by a 36 second lap.

As the 12 noon gun went to signal the end of the race, tired legs came to a halt - literally in Ritchie's case and he was helped from the track by his aides to the loudest applause. His final distance of 144 miles, 1009 yards, was the fastest by a Scot in Scotland, indoors or out, and sixth on the world indoor all-time list.

Results:

1, Donald Ritchie (Forres H)	144m, 1009 yds;
2, Bob Meadowcroft (Altrincham)	132m, 602yds;
3, David Wallace (Edinburgh)	126m, 422yds;
4, Raymond Hubbard (SMC)	120m, 1163yds;
5, Michael Briggs (Cent Region)	112m, 874yds;
6, Klaus Braun (Stonemaster)	109m, 1079yds;
7, John Keogh (EAC)	107m, 353yds;
8, Bob Norton (Harrogate)	100m, 1637yds;
9, Peter Hodson (Hunts)	100m, 404yds;
10, David Adams (Ham H)	92m, 686yds;
11, Brian Emmett (Eire)	86m, 618yds;
12, Al Howie (Ardrossan AC)	85m, 998yds;
13, Roy Lefley (Forres H/RAF)	85m;
14, Colin McCuaig (EAC)	83m, 768yds;
15, Eric Scott (EAC)	82m, 1512yds;
16, Graham Newby (Harrogate)	76m, 701yds;
17, Stuart Bennett (Teviot H)	62m, 423yds;
18, Keith Gooch (EAC)	43m, 309yds;
19, Richard Dalby (Harrogate)	30m, 1584yds.

THE 1988 SCOTTISH ROAD RACE SURVEY

Compilation and report by Alan Campbell



Survey Letters...

Levies on People's races should be scrapped

34, High Street, Dollar.



SIR - In the November issue you invited readers to comment on road racing in Scotland.

The permit systems and the monetary levies on People's races have not made any positive contribution to road racing in Scotland. The simple answer is to stop the levy and abolish the permits. The race organisers and their teams do a tremendous job and very few get any tangible reward for their work. They should not have to suffer unnecessary bureaucracy. The boom is over, sponsors are harder to find, these races now need all the help and support they can get.

If the levies were stopped and entry fees remain as they are, the race organisers would have some more money to spend on better publicity for their events and on improving the facilities for the runners. This would be a positive contribution to road racing. Decisions on dates for events are best left to the race organisers - they know their own areas and when they will get maximum participation.

However, it would benefit everyone if the race organisers could get together before dates for races are finally fixed, to try to resolve clashes of dates for major events and to aim for a better spread of races over the year.

Many who started running in People's races and fun runs have joined existing athletic clubs and new road runners clubs have been formed. These runners have been welcomed by most clubs, particularly by the long established harriers clubs, and some clubs have created new distance running sections. Attempts to coerce all runners into joining clubs have failed.

As a sport, running is unique in that anyone who is fit enough can go for a run almost anywhere at any time without having to bother about rules, regulations and decisions made by other people. This is one of the great advantages

of running as a sport and is widely appreciated. Some enjoy running on their own, some have jobs which involve working in many different places, others live in the more isolated part of Scotland and can not participate in club activities, or can do so only at considerable expense and waste of time in travelling.

These runners make a valuable contribution to the sport when they pay their entry fees and often travel long distances to run in races. It doesn't make much sense to demand that they join a club.

The original objective of People's races and fun runs was to improve the health and fitness of the community by encouraging more of them to get shoes and shorts and go running. In these events maximum participation is more important than exceptionally high standards of performance, and is the greatest justification for continuing sponsorship and support particularly by the local authorities and sports councils.

It is fitting that our dedicated elite runners should be invited to compete in the major People's races, provided they are willing to do so in return for their expenses and the prospect of reasonable prizes. Only a small proportion of the race budget needs to be devoted to this, as spending large sums for the appearance of superstars in these races, at the

expense of a less attractive event or a higher entry fee for all the other runners, cannot be justified.

The final decision on the quality and value of a product is made by the customer. Buy it or leave it. The runners will vote with their feet. The better organised races will get more runners and they will want to come back again next year. The local authorities and the police look after traffic and safety extremely well. Do we really need permits? Our Tory government thinks that deregulation is good for us; it might be good for road running.

Aberdeen and Dundee promote both a marathon and a half marathon. Rannoch, Moray and the Black Isle offer choices of distance on the same day. The Great Scottish Run was a good event (over 7000 entries isn't bad) but there is a long way to go to rival the Great North Run which is still having to reject entries after taking 27,000 runners, and which this year became the crowning event in a week long Festival of Sport on Tyneside.

Come on Glasgow, if you are really miles better, follow Tyneside and Brendan Foster's lead. Let us have a Festival of Sport with something for everyone, a triathlon, a Glasgow Marathon, a Great Scottish Run, a Junior Scottish Run, a Strathclyde Walk, a Clydeside Bike Ride, Clyde

Rowing Races, gymnastic, orienteering and swimming competitions. Glasgow now has facilities for them all.

Scotland's Runner covers the sport in Scotland to a degree that the other publications from south of the border are unable to match. It is a good magazine and the content continues to improve. There may have been some mistakes but only by introducing different features can you find out what your readers want. You may never be perfect and always satisfy everyone. Please keep on trying.

Letters which you have published confirm my own experience that it is difficult even for club members to find out about all the races which are taking place and who to contact for entries. Your Events Diary must be the most useful feature of the magazine for many of your readers. It is the most comprehensive listing available but still misses some races and does not always give a contact address. Since you often publish the results of these races, I assume that this is due to lack of space in the Events Diary.

A standard race entry form suitable for all road races, obtainable from clubs, sports shops, public libraries, etc., would save a lot of time and postage. Some road races use the SAAA entry form but this is not designed specifically for road races. The BARR entry form is more suitable. If the form included a detachable address section, and the cost of return of race numbers and information was included in the entry fee, we would not have the problem of finding the variety of envelope sizes requested.

Finally, we owe a great deal to all the non-running individuals and organisations who give their time and energy to make our races possible and more enjoyable - the Red Cross volunteers whose ministrations keep us in the race, the youth organisations who man the drinks stations, the WRVS ladies who make us tea, and all the other groups who are involved. They deserve our support. We must hope that the police gain something to enhance their public relations from the skill and tact which they demonstrate in controlling traffic for our safety and ensuring we have a clear run. I would like to thank them all.

Ian MacLachlan,
Central Region AC.

ROAD RACE SURVEY

EXACTLY 70 Scotland's Runner readers responded to the 1988 Road Race Survey - an excellent return considering the survey had over 20 questions and required a lot of thought and leafing back through training diaries.

Our 70 readers paid to enter a staggering 861 road races in 1988 (more, because road relays and hill races were excluded from the replies). These were:

Great Scottish Run	43	Sport Aid (various)	5	Campbeltown Half	2
Falkirk Half Marathon	32	Haddington Half	5	East Kilbride RR	2
Kodak 10K	30	Skye Half	5	Rutherglen 10m	2
Ayr Land O'Burns	24	Moray Marathon	5	Islay Half	2
Stirling Runsport Half	22	Grangemouth 10K	5	Bonnybridge 10K	2
Dundee Half	16	Inverness 10K	5	Cupar 5m	2
Glasgow BA Half	16	Helensburgh Half	5	Cupar 11m	2
Galston Irvine Valley Half	16	Mauchline 9m	5	Runsport Stirling 10K	2
Glenrothes Half	15	Forth Bridges Half	5	Edinburgh 10m	2
Alloa Half	15	(assuming it is also called South Queensferry Half)	4	Peebles 10m	2
Adidas 10K	14	Bellahouston H 10K	4	Nigel Barge RR	2
Edinburgh Half	13	Beith 4.5m RR	4	Ciba Geigy 5m	2
East Neuk Half	13	Largs-Ardrossan RR	4	Dundee 10K	2
Adidas 5K	12	South Carrick Half	4	Lasswade 10m	2
Adidas 8K	12	Govan 10K	4	Plus 91 events	1
Dunfermline Half	12	West Kilbride 10K	4	Total	861
Inverness Half	12	Mid Argyll Half	4		
Aberfeldy Half	11	Dundee Marathon	4		
Blairgowrie Half	10	S'clyde Runners Races	4		
Various Sri Chinmoy	10	SVHC various	4		
Stonehaven Half	10	Saltcoats 4m	3		
Livingston Half	9	Kilmarnock H 10K	3		
Loch Leven Half	9	Sorn Chase	3		
Tom Scott Memorial Race	9	Lochaber Marathon	3		
Irvine Harbour Half	9	EW 15K, Moffat	3		
Round Cumbrae 10m	9	Haddington 10m	3		
Arbroath Half	9	Yoker 6m	3		
Luddon Half	8	Motherwell Half	3		
Loch Rannoch Half	8	Stranraer Half	3		
Clydebank Half	7	Springburn Cup	3		
Forfar 15m	7	Cumbernauld Half	3		
Ferranti 10m	7	Selkirk Half	3		
Troon Tortoises 10K	7	Kirkcudbright Acad Half	3		
Burntisland Half	7	Struth 10K	3		
Montrose Half	6	Aberdeen 10K	3		
Aberdeen Half	6	Strathclyde Park Round Loch	3		
Brechin 10K	6	Kirkintilloch Olympians 7.5m	2		
Ceres 8m	6	New Cumnock 10m	2		
Dundee RR 10m	6	Dumfries Half	2		
Peterhead Half	6	Aberdeen AAC Half	2		
Roevin 10K	6	Aberdeen Marathon	2		
Lochaber Half	6	Women's Own 10K	2		
St Andrews Half	6	Cowal Police Half	2		
Cumnock Half	6	Strathallan HG Half	2		
Kilwinning Acad 10K	6	Polaroid 10K	2		
Glasgow Uni RR	6	Afton Water 10m	2		
Moray Half	6	Maybole 5.5m	2		
Monklands Half	6	Dunf Auld Toon 10K	2		
Ayr Seaforth 10K	5	Bo'ness 10K	2		
Balloch to Clydebank	5	Strathcarron Hos 10K	2		
Cunninghame Canter	5	Buckie Half	2		
Beith 3.8m	5	Black Isle Half	2		



Before drawing conclusions about the popularity of one event against another, it is important to remember that most of the population lives in the Central Belt of Scotland. It follows therefore that most of the survey respondents (although by no means all as can be seen by some of the replies to the question on club affiliation) live in the Central Belt and that events staged in the Central Belt have a disproportionately better chance of being included than those in, say, Dumfries or Inverness. Also, it appears from the addresses of our respondents that Ayrshire is considerably better represented than might be expected in a scientific survey.
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These qualifications made, both the Great Scottish Run, which attracted almost two thirds of our respondents, and the Falkirk Half Marathon, which catered for almost one in two, can obviously take

great satisfaction from the survey.

It is obviously noteworthy to compare some of the events which are run on the same day. One might have thought, for example, that the Luddon Half Marathon - which takes place within a few miles of Glasgow - would have heavily outscored Glenrothes, which shares the same date. In fact, quite the reverse has occurred, but it is also fascinating that the two events combined would have all but matched the fourth placed event, the Land O'Burns.

The Ayr event itself has decimated the same day opposition of Aberdeen and Livingston, and a number of our respondents made the point that they were not at all happy about, in particular, having to choose between Ayr and Livingston.

Another of this year's infamous clashes left Dumfries the victim, according to our respondents. Having to choose on June 14 between four half marathons, the 29 who turned out chose Dunfermline (12), Clydebank (7), Loch Rannoch (8) and Dumfries (2). Even allowing for the geographical factor, Dumfries, which hosted the Scottish Championship, must feel well aggrieved.

Perhaps the most surprising figure was that of the Anstruther East Neuk Half Marathon which, despite being squeezed in actual numbers on the day, is obviously very

Survey Letters...

The officials are the true heroes of athletics

43, Beaulieu Court,
Grangemouth.

SIR - I am pleased to enclose my replies to your 1988 Road Race Survey. As you will see, I have competed regularly over the summer in half marathon events.

Starting with Alloa in March, I competed in all the "Central Scotland" events - Glenrothes, Kirkcaldy, Stirling, Dunfermline, Livingston, Great Scottish Run, and Falkirk, in addition to the Round Cumbria and Dundee Roadrunners 10 mile races. I give top marks to the last named event for organisation, and hospitality after the race.

I am sorry to say that bottom marks must go to the Kirkcaldy Half, which was the only event not to give a medal - even the certificates were not signed! (Particularly disappointing as this is my home town.) I also mentioned part of the course as being below par - I competed regularly in my youth for Kirkcaldy YMCA Harriers (25 years ago), and at that time part of the course was used by us as a cross country trail.

Being a "born-again jogger", it has been interesting to renew acquaintance with runners I competed against in my younger days. What, I wonder, has happened to all my compatriots in the Kirkcaldy YMCA Harriers team which won the Scottish Cross Country Youths title in 1963, when the "Yellow Band" was one of the strongest teams in Scotland?

It seems, too, that the officials go on for ever - I served as club secretary and also secretary of the East of Scotland SCCU for a spell, and the officials I knew then are still in action. What would Scottish athletics and cross country have done without the likes of George Aithie, Alastair Falconer, Raymond Hutchison and Jim Mitchell, all of whom I have come across officiating at recent road race events. These stalwarts and the others like them who turn out every week in all weather are the true heroes of athletics and cross

Disregard for road runners

68E, Jute Street,
Aberdeen.

SIR - I would like to take the opportunity to add my views to the others generated by your "Issues" article in the November magazine which shows a seemingly high-handed disregard for road runners by the athletics administration. I agree with the views of A. Grant Young, and also that it is time for the SAAA to show an accounting for the large sums of money generated by road race levies.

One of the first priorities should be to exercise control over dates of major races, and also to ensure that the basic requirements are fully met so that we no longer have races with high entry fees that turn out to be a shambles.

Criticisms aside, after two years as a runner I must say that, throughout Scotland, I have been in the hands of dedicated organisers, in the company of enthusiastic and happy people, and in some of the finest scenery in the UK. I have thoroughly enjoyed myself.

Douglas Leiper

128, Croftpark Avenue,
Glasgow.

SIR - My general feeling is that road racing in Scotland is in a very healthy state. I do think that it might benefit a bit more from some mention on television.

Take for instance the Barrs Inn Bru Edinburgh to Glasgow Road Relay Race, with all the top club runners taking part. I waited patiently for mention of the outcome of the race on Scotsport which is screened live on the Sunday afternoon - not a mention!

Obviously road racing does not come far up the pecking order as far as Scottish Television, or BBC for that matter, is concerned.

John Gorrie

country events.

I enjoy your magazine, which in my opinion has improved greatly over the past year. I particularly enjoy reports and letters concerning races as I am encouraged to venture further afield for competition in 1989

How could the same people have organised this race?

21, Townend Road,
Dumbarton.

SIR - You asked for our comments; well, I have a few to make as regards the 1988 Kodak Classic Garden Festival 10K.

After taking part in the 1987 event at Crownpoint, I wouldn't have believed that the same people could have made such a complete mess of things! Here are a list of my complaints (I'd be surprised if I'm the only one making them - I noticed a few letters appearing in previous issues).

1. No changing accommodation for "non elite" athletes before the race, nor even any covered and secure area for leaving clothing and belongings. An absolute disgrace this; not everyone has a car or can bring friends and relatives to keep an eye on things. This is not sour grapes - I was one of the fortunate ones with a car, and also prior knowledge as to where I could park reasonably close to the start.

2. Starting (and pre-race instructions) were absolutely chaotic. Yes, I know there were 5,000 competitors, but it would help if stewards on duty had some idea of what was going on. An audible tannoy system would also have helped, and what happened to the boards with anticipated finishing times which were to be provided?

3. Surely the least we could expect was an accurately measured course? My brothers and I ran as a group, helping in particular one who hadn't competed in any sort of event before. Things were going superbly until we reached the 9K marker and made a burst for the finish - and couldn't find it! We ended up practically crawling over the line. Officials admitted the course was, "a little long"; we later measured the 9K mark to the finish as 1.4 kilometres! Come on - who measured the course and what did they use? A bit of approximation in these runs is to be expected, but a 40 per cent error is unbelievable.

4. Post race scenes just don't bear trying to describe. Nobody knew what was supposed to be going on, and everyone just seemed to go milling through the "funnels" and into one massive crush of humanity. People were milling around aimlessly, and a small group of enthusiastic but desperately overworked volunteers tried faithfully to hand out drinks and complimentary kit-bags. I wonder how many greedy sods got more than their fair share of each, as absolutely no attempt was made to keep the flow moving on past the tables and so help disperse the crowds.

Just to rub salt into the wound, even the results were wrong! My brothers and I finished within 2-3 seconds of each other. However, when the certificates and official results came out, the two who finished last of the group had been promoted to about one and a half minutes ahead of the other three. Not that the times meant anything with the distance being so far wrong.

All in all, an utter shambles. With people entering from all over the country, and more than a few from beyond Scotland, I wonder what sort of impression they went away with? More importantly, how many will be back? The organisers certainly can't complain if next year's event has difficulty attracting entrants.

Paul Harley

P.S. Reports in the Press next morning of Bells Bridge being due to open as the runners were about to cross it didn't improve matters much. However, I doubt if even that could have made things much worse than they were.

having read about half marathons such as Aberfeldy, Ayr, Elgin etc. which have received glowing reports. I am now looking forward to competitions in Scottish Veteran Harriers events, having recently joined that club.

Best wishes to you and your

staff at Scotland's Runner for the festive season and a prosperous 1989.

Robert Grey

Thank you Robert, and to you and all our readers also.

ROAD RACE SURVEY



popular with our readers - getting more respondents than Dunfermline, which probably had five or six times as many entries. Another event with comparatively low entries on the day but with a high survey count is the Aberfeldy Half Marathon.

Of the events which are either club-organised races or longstanding traditional road races, the Tom Scott Memorial 10 Miles came out on top in our survey. And another event which can be well pleased is the Forfar 15, which proved more popular than many "bigger" events on the east coast.

Significantly, no marathon at all appears on the first half of the list. When you consider that many of the respondents entered athletics through the Glasgow Marathon, this is a jolting confirmation of running trends.

Finally, it is not practicable for space reasons to list the 91 events which attracted one respondent each, but if race organisers are curious about their own event(s) we will be happy to supply them with the relevant information.

Q2. Did you run any (road races) outside Scotland?

No	38
Great North Run	11
Coniston 14	3
Berlin Marathon	3
London Marathon	3
Brampton-Carlisle	2
Great Cumbrian Run	2
York Half	2
Plus 23 events	1

A DEFINITE bit of one upmanship here from the three Berlin Marathoners! (They obviously enjoyed it, too, judging by the responses to Question 3). The most exotic sounding race, though, was definitely the Paris to Versailles 18.7K.

While eleven entries for the Great North Run is no surprise, the low response to the London Marathon certainly is. More of our readers stayed in Scotland for their racing than went further afield - given the variety in scope that probably isn't surprising - but the Lake District, in particular, appeals as an alternative to a significant minority.

Q3. Which was the best organised road race you ran in this year?

Land O'Burns	9.66
Great Scottish Run	7.66
Aberfeldy Half	4.5
Dunfermline Half	2.66
Berlin Marathon	2.5
Kirkcudbright Half	2.5
Dundee Marathon	2
Great North Run	2
Loch Rannoch Half	2
Bonnybridge 10K	2
Moray Half	1.7
Dumfries Half	1.5
Moray Marathon	1.5
Inverness 10K	1.5
Irvine Valley Half	1.33
Cumnock Half	1.33
Glenrothes Half	1.03
Dundee Half	1.08
New York Marathon	1
Dundee RR 10m	1
Stonehaven Half	1
East Neuk Half	1
Eyemouth Half	1
Lochaber Marathon	1
Kirk Olympians 7.5m	1



Campbeltown Half	1
Islay Half	1
Sheffield Half	1
Haddington Series	1
Luddon Half	0.85
Inverness Half	0.85
Falkirk Half	0.7
Aberdeen Half	0.5
Peterhead Half	0.5
Stirling Half	0.5
Sorn Chase	0.5
Dumfries RR 10K	0.5
EWV Moffat 15K	0.5
Blairgowrie Half	0.5
Cowal Police Half	0.5
Western Isles Half	0.5
Benbecula Marathon	0.5
Sri Chinmoy Mara	0.5
Clydebank Half	0.33
New Cumnock Fun R	0.33
Paisley Flagship 10K	0.33
Grangemouth 10K	0.33
Burntisland Half	0.33
Loch Leven Half	0.33
Livingston Half	0.25
Skye Half	0.25
Alloa Half	0.2
Forth Bridges Half	0.2

THE GENERALLY very high standard of organisation was reflected in most respondents naming two, three, four and even five best organised races (hence all the fractions!). Congratulations to the Land O' Burns on "winning" this category, and also to Aberfeldy and Kirkcudbright for a high percentage of satisfied runners.

To judge how well each event has done it is of course necessary to compare the organisational success count against the numbers who actually entered (see Question 1). All three who went to Berlin, for example, voted it the best organised race (although in one case the nomination was shared with another event). The Bonnybridge 10K went one better, scoring two out of two!

Survey Letters . . .

BOOK WINNERS

The following ten respondents were chosen at random as winners of the survey prizes. Each will now be sent a copy of *The Self-Coached Runner 11*. Congratulations to:

- Andrew B. Edgar,
1, High Parksall,
Erskine.
- Alex Peden,
48, Damell Road,
Edinburgh.
- Douglas Brown,
12, Gillbrae Crescent,
Georgetown,
Dumfries.
- Mrs Bing Kerr,
71, Cummings Park Circle,
Northfield,
Aberdeen.
- Edgar Ramage,
18, Burnbrae Place,
West Mains,
East Kilbride.
- Dugie MacDonald,
11, North Corran,
Ardgour,
By Fort William.
- Alexander J. Cunningham,
45, Hillpark Avenue,
Paisley.
- Frank McCrossan,
74, Calderwood Road,
Rutherglen,
Glasgow.
- Alex Melkie,
77, Ravenswood Drive,
Glenrothes.
- Paul Harley,
21, Townend Road,
Dumbarton.

Many thanks to all who responded. Further letters and comments will accompany the second part of the survey results next month.

Scotland offers "a heady mix" for road runners

2, Harlaw March,
Balerno.

SIR - Having concluded my season of road running with a very enjoyable Dundee 10 (superb weather, scenic course and well organised), I thought I might indulge myself with a few thoughts on the season just passed.

There were many people around who said that road running was on the wane following the demise of one or two fairly major marathons, but my feeling is that interest is on the increase and that many events have stabilized their position and can plan each year's event with some confidence knowing they will receive a certain level of entries. They also have the organising experience and probably have a better idea of costs involved and numbers of volunteers required.

I think it is also a forward move to restrict entries by placing a time on closing the course as it doesn't seem sensible to hold open a marathon course to allow one or two finishers to cross the line after six hours, 45 minutes! It should act as an additional incentive to individuals to train harder to achieve a finishing time under the course closure time.

As far as events themselves are concerned, I find considerable differences in organising standards and facilities around the country. I understand that there is a system of grading events and would be obliged if it could be published, perhaps in your magazine, in order that we know what event organisers have to achieve in order to receive certain status, what body they apply to, etc.

I think it necessary to expect all events to offer certain basic facilities, e.g. changing accommodation suitable to cater for the maximum entry limit, issue of instructions on times, how to get there, route maps, drinks stations where appropriate on distance road events, availability of facilities at the finish, results service, first aid, route marshals.

I know that many events offer at least the basic facilities, and some considerably more, but sadly there are events which do not, and whilst experienced runners may know how to cope on the day with any lack of information or facilities, there will be many more who do not, and they ought to be "protected".

I think organisers should look more closely at "fun runs" which sometimes go hand in hand with senior events. I have to say I am very much in favour of such runs, but think that some are of a distance not suitable for very young children and their overweight parents who sometimes accompany them - e.g. this year in the Motherwell Half Marathon, runners arriving to take part were diverted away from the Wishaw Sports Centre because the fun run was in progress. Is it not possible that the events could have started at the same time, perhaps the half marathon runners at the front, fun runners at the rear?

I also think that five miles is too far for very young children. It's great to see families participating in these events, but up to half that distance is probably sufficient. While taking part in the Moffat 15K this year there was an event for children of approximately 1.5 miles. Their sense of achievement was not diminished by the distance, but it was probably a sensible introduction to road running in general and it was good to see a sizeable crowd on a poor night for spectating, giving great encouragement to the youngsters.

I didn't intend this letter to be quite so long, but I cannot conclude without saying how much I enjoy participating in these events, with or without basic facilities!

Because running for many years was open to those attached to clubs, the advent of "People's" events has allowed people like myself to enjoy the challenge of distance events, the company of other runners, and on occasion to run and enjoy some of the finest scenery in Scotland. The mix, I find, is very intoxicating.

It is also a bonus to have your magazine which brings together a lot of information about all grades of running (I particularly liked the pen pictures of Great Scottish Runners in the November issue, and hope it will be continued in future issues), and more importantly is all about Scottish running.

Jim Moore

ROAD RACE SURVEY

Question 4. Which was the worst organised road race you ran in this year?

None	26
BA Glasgow Half	10.33
Kodak 10K	8
St Andrews Half	6
Edinburgh Half	4
Edinburgh 10m	2
South Carrick Half	1.5
Great Scottish Run	1.5
Irvine Harbour Half	1.33
Banffshire 10K	1
Macduff 10K	1
(are these the same event? - Ed)	
Lanark Road Race	1
Land O' Burns	1
Adidas Series	1
Girvan Half	1
Loch Leven Half	1
Glasgow Sport Aid	0.5
S'carron Hospice 10K	0.5
Gullane Half	0.5
Helensburgh Half	0.5
Calderglen H 15K	0.33

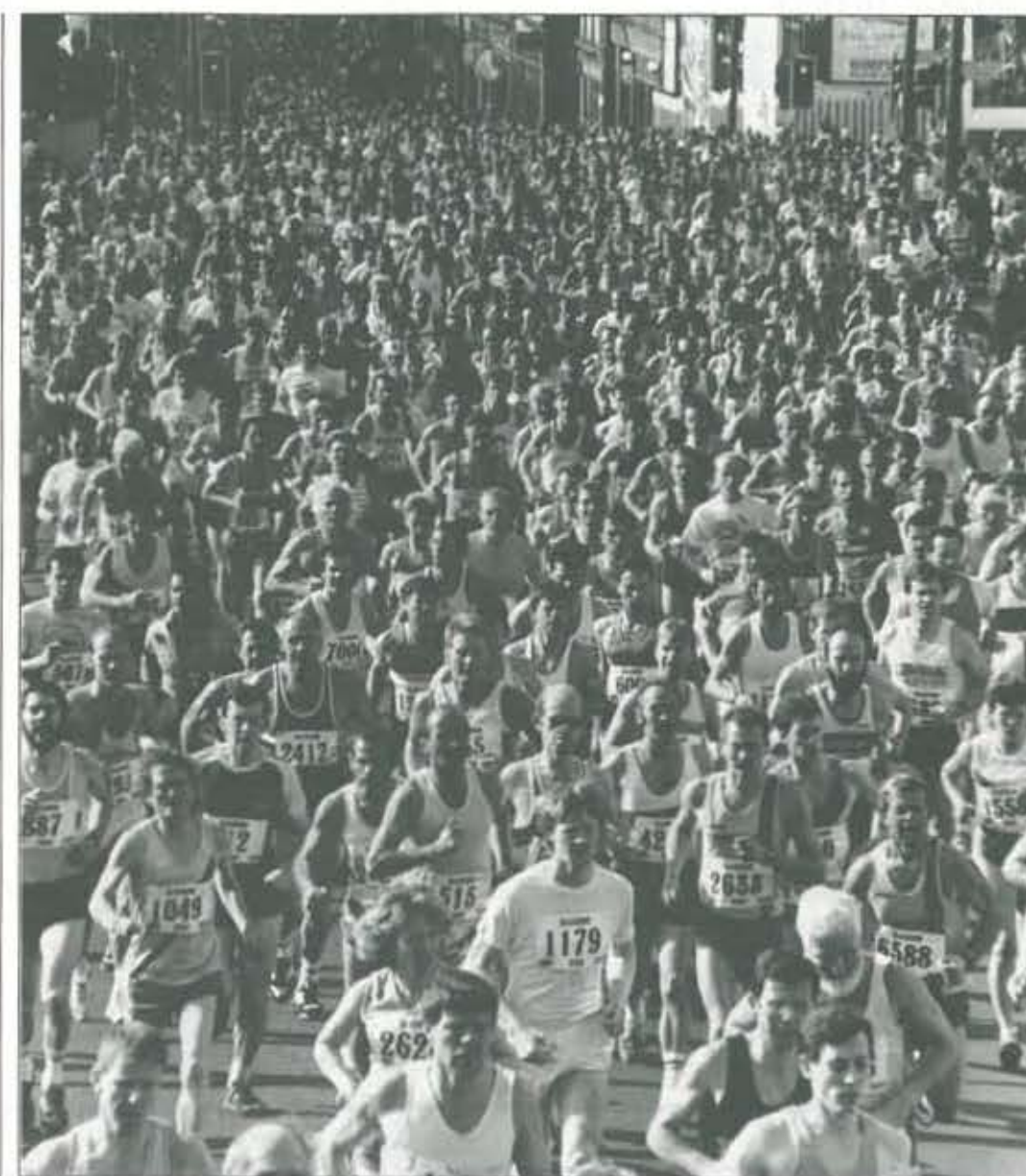
WE GAVE our respondents the option of voting "none" and almost half did, an eloquent tribute to the untiring efforts of race organisers throughout Scotland.

Nevertheless, respondents gave a big thumbs down to the British Airways Glasgow Half and the Kodak 10K, two of the biggest events on the calendar. Despite Eugene Donnelly's innovations such as creche facilities, and probably the greatest depth of prize list anywhere in Scotland, readers made it clear in their comments that they weren't impressed with the lack of changing facilities and poor water stations. The first complaint was also levelled against the Kodak 10K.

Having been present on both occasions the appalling weather would obviously have been a factor in triggering off runners' complaints, but there is obviously a moral to be drawn here for 1989.

The worst statistic of all, however, belongs to St Andrews. All six of the runners who entered this race voted it the worst organised of 1988.

Stick to golf, chaps!



Question 6. Are you a member of a club?

No	24
Scottish Veteran Harriers	6
Giffnock North	4
Ayr Seaforth	3
Aberdeen AAC	3
Central Region AC	2
Dundee Hawkhill H	2
Dundee Roadrunners	2
East Kilbride AAC	2
Fife AC	2
Linwood Pentastar	2
Hamilton Harriers	1
Peebles AAC	1
Stonehouse AAC	1
Maryhill Harriers	1
Lochaber AAC	1
Bellahouston H	1
Livingston AAC	1
Victoria Park	1
Haddington ELP	1

Dumfries RC	1
Scottish Marathon Club	1
Kirkintilloch Olympians	1
Corstorphine AAC	1
Calderglen H	1
Renfrew AC	1
Strathclyde Police AC	1
Black Isle AAC	1
Hunter's Bog Trotters	1
Bo'ness AC	1
Cumbernauld RR	1
Shettleston Harriers	1
Bolton Harriers	1

GIVEN THAT our respondents must be among the most committed road runners in Scotland, it is perhaps surprising that a third are not affiliated to any club. But then again, given that the vast majority of clubs don't

make the slightest effort to recruit from this huge reservoir of potential members, perhaps it's not!

The figures add up to more than 70 because a few runners are attached to more than one club (especially where the Scottish Veteran Harriers are concerned). Let's hope the clubs are better represented next year!

Which road race has been voted the favourite of our readers? Which is the most scenic (and the least scenic)? Find out next month!

Student Athletics

Gordon Ritchie

Busy times ahead as season goes indoors

CONTRARY to what was stated in previous articles, the 1989 Scottish Universities Indoor Championships will be held at the Kelvin Hall on Saturday, January 21. This promises to be an important date in student sport, as it marks our first serious venture into indoor competitions.

Student athletes from the eight universities will be competing for the title of Scottish champion, and for the honour of being selected for the Scottish Universities representative team.

The indoor championships are being sponsored this year by the Glasgow Sports Promotion Council, and I would like to express my personal thanks for their support in this venture. The ready availability of sponsorship is a clear sign of the revival of student sport indicated in earlier articles.

There will be a full programme of indoor track and field events starting at 11am, and the public will be admitted free of charge. If you are in the area, and at a loose end after the Christmas and New Year celebrations and the dreaded January sales, come along and watch what promises to be a great day of athletics.

Following the championships, on February 12, will be one of the highlights of the domestic season. The Royal Bank Scottish Universities International will see a Universities select playing host to a Scottish select and a strong Loughborough University team. A quality field is likely in many events, while the sprints promise to be the outstanding events on the programme. If full strength teams are selected, we could see Jamie Henderson (Universities), Alan Doris (Universities), Andy Carrott (Loughborough), Ernie Obeng (Loughborough) and Elliot Bunney (Scottish Select) in the 60m, surely a mouth-watering prospect.

Elsewhere, it has been a quiet month for university track and field. In the meantime, those with masochistic tendencies have

been enjoying the cross-country and road racing seasons. There have been some notable performances in these races, with Ian Hamer (Heriot-Watt) being narrowly beaten into second place by Adrian Callan in the Glasgow University Road Race, while former Dundee student Paul Dugdale finished third.

In the Edinburgh University Braid Hills cross-country race, Dundee girl Alison Rose finished second, and was first student home by a considerable distance.

The Scottish Universities Road Relay was held as part of the Allan Scally's, with the Edinburgh University "A" team winning comfortably from Glasgow "A", with Stirling in third. The cross-country championship is held in January, while the British Universities Championship is at St Andrews on Saturday, February 4.

While on the subject of British Universities Championships, last month's article mentioned the controversial moves by English Universities who threatened to boycott the BUSF Athletics Championships because it was too expensive to travel to Antrim.

After persistent lobbying by Scottish and Irish Universities, supported by a substantial number of our colleagues south of the border, the English have finally agreed to participate in the 1989 championships. This means that the event will continue to be hosted on a rota which brings it to Scotland once every four years, rather than being held at Crystal Palace every year as was suggested in some (English) quarters. It remains to be seen, however, whether or not the championships will be as well supported as they have been in recent years, or whether the English presence will be merely a token gesture. One can only hope.

Finally, in relation to the national rankings in last month's issue, while these made interesting reading I should point out that several of the named athletes are university members. While some of them achieved their performances for the listed clubs, others were competing in university colours at the time. This is a good example of the way the facilities at universities can help to further the careers of promising young talent, and an indication of rising universities' standards.

Runners! We need your legs and feet!

During January and February Scotland's Runner will be road testing a large range of road running shoes prior to publishing the results in Spring. At the moment we have more shoes than testers, and therefore require a larger pool of runners prepared to act as guinea pigs (and get a free pair of shoes!).

Our stipulations are that you run at least 30 miles a week for an eight week period from mid-January onwards. You must keep a log of your mileage and how the shoes perform. At the end of the testing period you must supply us with a suitable report for publication in the magazine. We are looking for runners of all sizes and shapes, and levels of ability - even if we cannot match you up with a pair of shoes this time, we will keep you on a register for future tests.

Only applications using this form will be accepted. Please return, as soon as possible, to: Shoe Testing, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Name.....	Tel No (Day)	Height
Address.....	Tel No (Night)	Present shoe.....
.....	Shoe size	I agree to fulfill the conditions above
.....	Weight	Signed

Club Profile

Arbroath & District Athletic Club



ARBROATH and District Athletic Club was formed in 1978 by a committee of interested parents, based on an idea brought back from Australia by our present BAAB senior guest coach Des Mardle. Des was approached by community education officer David Hill, and asked if he would like to start an athletics club in Arbroath similar to the one he and his son had been involved with in Australia.

Following a preliminary meeting in Arbroath Academy with PE teacher Aileen Watson, a public meeting was held at the old Ladyloan School and a committee formed to inaugurate the club. Ten years on, we are preparing to celebrate our tenth anniversary with a disco and buffet supper in the town.

The club in its infancy initially catered

This month we feature an unusual athletics club which was formed in 1978 to cater for primary school children only. But, as publicity officer **Vivian Spink**, seated second from the left (above) with the club committee, explains, as the kids grew, so did the club's horizons!

for primary school age children only, and was known as Arbroath and District Little Athletics Centre. There were over 400 members!

Problems arose when the children left primary school age and wanted to remain in athletics. The club then opened up to include children of secondary school age, so that the youngsters could progress through the age groups to senior level. The name changed to Arbroath and District Athletic Club, but to this day people in the town still call us, "The Little Athletics". Despite this tag, we do in fact welcome people of all ages.

Basic training is given in track and field events, and for those who show special talent an opportunity is given for extra coaching. In the summer season internal

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Brechin Leisure Pool
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Lochside Leisure Centre,
Forfar
Tel: (0307) 64201



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Telephone: (0307) 65101

Club Profile



The club's Thistle Award winners - Arbroath swept up in both 1986 and 1988.



Arbroath & District Athletic Club

competitions are held at Royal Marine Condor on Saturday mornings, and training is held at the same venue, which is two miles outside Arbroath and involves the expensive bussing of members there, on a Thursday night. The cost is somewhat offset by Condor charging only a nominal fee for the use of the track, plus a gymnasium and an equipment store. We also use Condor twice weekly in the winter - on Sundays and Thursdays.

Arbroath has a modern sports centre, but as only one forward booking for the gym is allowed at a regular time we are restricted to a Tuesday evening training session for secondary children.

The club competes in the Scottish Young Athletes League, the Bank of Scotland Women's League, and we were invited to compete as guests in the North East League this year. The club generally performs very well in the younger age groups, but the shortage of older members means that the overall team result is not so good.

We are also trying to encourage members to compete at cross country events, and our girls came second in the recent Hydrosun meet at Aberdeen. We plan to hold our own club cross country championships at the end of February or the beginning of March.

The only regular sponsorship the club has is a grant of £300 per year from the Arbroath Improvement Trust, although in 1987 the club received a donation from the Arbroath Round Table. Our largest expense is the cost of travel, with buses costing £2,390 this year alone. Athletes are charged £2 each when travelling, regardless of distance.

Despite the financial problems, which are no doubt common to all athletics clubs, the reward is the growing achievements of the club. Earlier this year we won a McVities

Club Profile

Gold Challenge award and a £300 cheque which we used on a Development Day when some of Scotland's top coaches were invited along. This was a super occasion which taught our athletes and coaches a lot, and also attracted some new members.

The club has also been a heavy winner of Thistle Awards, and this year we won first place in both the mens' and womens' sections - repeating a feat last achieved in 1986 and, I believe, becoming the first club in Scotland to do the "double" twice.

At present there are 115 members - 55 boys and 60 girls. Three, Jonathan Shaw, Stephen Leslie and Karen Bell, have been with the club since its second year. Karen, in fact, has come through the various age groups and earlier this year attended the first part of the BAAB assistant club coach course.

As can be seen from the item below, the club has already made a sizeable contribution to Scottish sport. "The Little Athletics" is looking forward to a big future over the next ten years and beyond!



The club's coaches: Standing (l to r) Peter Ramminger, Neil Douglas, Des Mardle (guest coach), Clark Hayward (BAAB senior coach), Doug Greenhill. Kneeling are Pat MacInroy, Moira Greenhill, and Ruth Ferguson. Cheer up Ruth!

Arbroath youngsters shine at senior level!

IT IS interesting that a number of the youngsters who were involved with Arbroath and District Athletic Club in its early days are now making their marks on Scottish sport.

In athletics, the best known is Caris Henderson, who now competes for EWM but came through the ranks at Arbroath.

Scottish football, too, is benefitting from the formation of the athletics club ten years ago. Two of these boys, Mark McWalters and Kevin Tindle, are now playing at senior level - Mark with St Mirren and Kevin with Arbroath.

Arbroath and District's most talented athlete at present is Jane Ritchie, above right, who is a 34 metre plus javelin thrower and also proficient at the shot putt. Jane has been Scottish champion in the



Jane Ritchie

girls, junior and intermediate age groups. Last summer she represented the Scottish Schools track and field team at Swindon.

Perhaps it's because Clark Hayward, the club's senior coach, is Scottish javelin staff coach, but another promising Arbroath athlete, Paul Greenhill, is also a javelin thrower.

County Sports

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NEW LEISURE PROVISION IN ANGUS

ARBROATH is of course in Angus, where the district council has in the past year taken a number of steps to improve recreational provision in the area for both locals and tourists. New leisure centres have been opened at Brechin and Carnoustie, the swimming pool at Forfar has been refurbished, and a hi-tech fitness suite installed in the Lochside Leisure Centre in the same town.

The two new leisure centres were purpose-designed on green field sites. Both the Brechin and Carnoustie centres include 30m x 20m sports halls which can double up for social functions.

The new fitness suite at Forfar boasts the most modern fitness suite in the east of Scotland, and consists of 15 free-standing stations including computer controlled life cycles and rowing machines.

The Angus area, with its range of natural assets ranging from a superb coastline to beautiful and isolated glens and hills, has always been popular for outdoor recreational holidays. Strenuous efforts are being made to cater for indoor leisure too.

Results

October

30

Maryhill Harriers Mini Marathon, Glasgow (645 finishers) -
1, C Hepburn 23-54 (rec); 2, A Macdonald 26-00; 3, T Keiner (USA) 26-00; L1, W Hight 34-52; L2, D Moore 35-36; L3= M Cameron and M Wilkinson both 35-53; Wheelchair athletes 1, G Masterton 44-55; L1, K Fergus 52-12;

Dublin Marathon -
1, J Griffin (Irl) 2-16-02; 4, J Doig (Aber); 6, A Daly (Bella) 2-19-21; 12, A Beattie (Cambus) 2-22-24; L1, M O'Neill (N. Ire, formerly Clydesdale) 2-37-06; L2, S Branney (GAC) 2-38-44; L6, E Masson (Kilb) 2-43-50

Aberdeen AAC 6 mile Road Race Champs, Bridge of Don, Aberdeen
1, R Creswell 29-54; 2, S Axon 30-25; 3, M Murray 30-32; V1, K Hogg 32-55; V2, J Gallon 34-55; L1, L Bain 33-25; L2, M Stafford 38-22; LV1, N McKinnon 39-31; LV2, J Hogg 42-29;

November

5

General Portfolio Glasgow University 4.8 miles Road Race, Westerlands -
1, A Callan (Spring) 22-39; 2, I Hamer (HW Uni) 22-40; 3, P Dugdale (Harwich) 22-40; 4, A Douglas (Vic Park) 22-47; 5, I Archibald (EAC) 22-52; 6, B Scally (Shett) 22-56; 7, E Stewart (Cambus) 22-59; 8, P Fox (Scotland's Nipper) 23-22; 9, G Harker (EAC) 23-32; 10, R Fitzsimmons (Bella) 23-38; 11, T Hearle (Kilb) 23-44; 12, S Gibson (HBT) 23-45; 13, R Johnston (Calderglenn) 23-59; 14, D Frame (Law) 24-03; 15, C MacDougall (Calderglenn) (V1), 24-04; V2, I Briggs (Liv + Dist), 64th, 26-03; V3, R Guthrie (Bella), 89th, 28-24; V 0/50, D Fraser (Bella) J1, M McKendrick (GGH), 52nd, 24-58; J2, V Downey (Cambus), 73rd, 26-58; L1, L McIntyre (GAC); L2, A Sym (Glas Uni); L3, E Grant (GAC) LV1, R Murray (Giff North); Jun1, L Sowden (St Andrews Univ)
Jim Bogan Quaiach (first male Glasgow Univ finisher) T Gillespie, 28th, 24-29; **Jim Bogan Salver** (first female Glas Univ finisher) A Sym.

Teviotdale Harriers Jubilee Trophy Cross Country Races, Wilton Lodge Park Hawick -
Seniors: 1, B Emmerson; 2, A

Samuel; 3, A Carson;
Youths/Sen Boys: 1, R Wear 10-13; 2, C Pringle 10-22; 3, T Tait 10-24
Jun Boys: 1, D Hughes, 2, A Caldwell; 3, A Hogg;
Colts: 1, A Chlopas 7-45; 2, A Marsh 7-49; 3, A Murphy 11-50
Ladies: 1, J Hewat 11-28; 2, M Parker 11-43; 3, A Murphy 11-50
Girls: 1, A Stenhouse 7-34; 2, L Blocklock 7-36; 3, K Stenhouse 7-46

Edinburgh AC MacDonald Trophy 2.5 mile Road Race, Sighthills, Edinburgh -
1, A Kinghom (Y) 12-17; 2, P Cunningham 12-31; 3, M McCartney (Y) 12-35

Northern District Cross Country League, Peterhead -
Senior 6 mile: 1, R Arbuckle (Keith) 32-15; 2, J Bowman (Inver) 32-32; 3, G Milne (Peter) V1, 33-21; 4, G Sim (Moray RR) 33-53; 5, B McKay (Couth) 34-23; 6, M Flynn (Moray RR) 34-27; Teams: 1, Forres H; 2, Peterhead AC; 3, Moray RR
Women's 2.5 miles: 1, M Duthie (Fraser) 16-35; 2, S Gollan (Inver) 16-44; 3, H Wisely (Fraser), LV1, 17-06; Teams: 1, Inverness H; 2, Fraserburgh RC; 3, Caithness AAC;

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Lasswade AC Open Cross Country Races, Bonnyrigg -
Senior Men: 1, A Russell, (Law) 28-43; 2, J Connelly (Gala) 29-55; 3, J Moore (Pit) J1 30-31; 4, S Murray (Kilm) 30-35; 5, J Knot (Gala) V1; Team 1, Gala H 16 pt; 2, Lasswade AC 22
Youths: 1, E Mendum (Carstophire) 20-42; 2, A Dolan (EAC) 20-50; 3, J Brown (Law) 21-04 team: 1, Dumfries AAC 36pt
Senior Boys: 1, P Casson (Derwent) 17-10; 2, S Pringle (ESH) 17-15; 3, J Ferguson (Ayr Sea) 17-27; Team: 1, ESH
Junior Boys: D Carty (Bathgate) 10-47; 2, C Stenson (Derwent) 10-48; 3, A Smith (Ayr Sea) 10-59; Team: 1, EAC 18 pt
Colts: 1, M Wight (Teviot) 5-31; 2, B Smillie (Kilm) 5-36; 3, G Murray (Airdrie) 5-44; Team: 1, ESH 47pt
Senior Women: 1, P Rother (EAC) 20-26; 2, H Haining (Nith V) 21-17; 3, R McCaleese (Mark Shett) 21-21; 4, K Fisher (EAC); LV1, L Brown (Kirk Oly) Teams 1, EAC 31pt; 2, Penicuik H 49
Intermediates: 1, D Rutherford (Kilm) 19-42; 2, M McClung (Kilm) 19-59; 3, A Normand (Vic Park) 20-10; Team: 1, Kilmarnock 21pt
Juniors: 1, A Cheyne (Bathgate) 11-36; 2, K Stewart (Kilm) 11-43; 3, C Roy (Bathgate) 11-49; Team: 1, Bathgate AC 28pt

Girls: 1, D Church (Ayr Sea) 11-59; 2, H Brooks (Ayr Sea) 12-04; 3, C Leitch (Avonside) 12-06; Team: 1, Ayr Sea
Minors: 1, A Russell (Airdrie) 5-51; 2, C Morris (Kilm) 6-00; 3, K McDonald (L+L) 6-03; Team: 1, Airdrie 27 pts.

UNICEF Charity Beach 10K Road Race, Beach Boulevard, Aberdeen
1, S Wynn (Aber) 34-38; 2, C Martin (Unatt) V135-00; 3, M Collingbourne (Unatt); L1, D Porter (Unatt) 41-52; L2, C Blyth (Aber), LV1, 46-09; L3, I McDonald (Unatt)

Aberdeen AAC Hydrasun Open CC Races, Balgownie, Aberdeen -
Senior Men: 1, G Laing 30-35; 2, I Matheson 31-25; 3, E Arrowsmith 31-37; 4, C Youngson, V1, 32-05 (all Aberdeen); 5, G Milne (Peterhead), V2, 32-23; 6, S Cassells 32-37; 7, M Murray 32-58; 8, N Mockland 33-05 (all Aberdeen); V3, K Hogg (Aber), 17th 34-42; J1, C Davidson (Aber), 11th, 33-22; Teams: 1, Aberdeen "A" 6pt; 2, Aberdeen "B" 17; 3, Aberdeen "C" 27
Youths: 1, B Fraser (B Isle) 19-25; 2, S Wright (Aber) 19-36; 3, R Sutherland (Aber) 19-44; Teams: 1, Aberdeen 12pt; 2, Black Isle 28 3, Queen Vic School 38
Senior Boys: 1, I Murray (Inver) 15-01; 2, A Casey (QVS) 15-12; 3, J Gowans (Tayside) 15-22; Teams: 1, Inverness H 19pt; 2, Aberdeen 26; 3, Black Isle 35
Junior Boys: 1, S Allan (B Isle) 11-01; 2, B McAllister (Fraser) 11-06; 3, A MacRae (Inver) 11-11; Teams: 1, Fraserburgh RC 11pt; 2, DHH 41, 3, Black Isle 42
Colts: 1, A Love (Fraser) 6-08; 2, P Taylor (QVS) 6-18; 3, W McDonald (Black Isle AC) 6-20; Teams: 1, Aberdeen 21 pt; 2, Inverness H 24; 3, Queen Vic School 28
Women/Intermediates: 1, K Rice (Aber) (I) 15-57; 2, J McColl (GAC) 15-58; 3, S Lanham (Aber) 16-05 Inter2, S Coutts (DHH) 18-02; Inter3, A Ramsay (B Isle) 18-20; LV1, H Wiseley (Fraser) 16-55; LV2, D Germison (Aber) 17-43; Teams 1, Aberdeen 10 pts.; 2, GAC 20; 3, DHH 32
Juniors: 1, D Simpson (Aber) 12-02; 2, L Davidson (Aber) 12-02; 3, K Thomson (Forres) 12-14; Teams: 1, Aberdeen 7pts; 2, Aberdeen "B" 30; 3, DHH 37
Girls: 1, L Gajda (B Isle) 12-02; 2, V Clark (Tayside) 12-19; 3, M Smith (B Isle) 13-23; Teams: 1, Black Isle 12pt, 2, Arb + Dist 38; 3, Tayside AC 45; Minors: 1, C Clarkson (Aber) 6-34; 2, J Learmouth (DHH) 6-41; 3, J Reid (Banchory) 6-49; Teams: 1, Aberdeen 11pt; 2, DHH 14; 3, Aberdeen "B" 40.

Garscube Harriers Young Athletes Road Races, Blairdardie -
Youths: 1, I Clark (Vic Park) 13-19; 2, B Higgins (Clyd) 13-41; 3, D Ferguson (Moth) 14-11;
Senior Boys: 1, S Queen (Vic Park) 7-28; 2, P Parsons (Bellshill) 7-28; 3, E McFarlin (Moth) 7-33;
Junior Boys: 1, S McNellan (Vic Park) 7-54; 2, B Kelly (Vic Park) 7-54; 3, B Gregg (Vic Park) 8-10; Composite Team 1, Vic Park AAC

Scottish Veterans 5.5 mile Cross Country Race, Cambuslang -
1, I Briggs (Liv + Dist) 30-14; 2, D Fairweather (Cambus) 30-23; 3, J Christie (Cambus) 30-49; 4, T Dolan (Cambus) 30-57; 5, F Wright (Spring) 31-30; 6, J Miller (Irvine) 31-52; 0/50, J Irvine (Bella), 10th, 32-45; 0/60, R Donald (Gascabe), 48th, 44-19; 0/70, G Porteous (Marhill), 44th, 41-40; LV1, K Dodson (Law), 35th, 37-38; LV2, I Carroll (Maryhill), 42nd, 40-24; LV3, M Moore (Kilbarchan), 45th, 42-14;

Dundee Roadrunners 10 mile Road Race, Templeton Woods, Dundee -
1, J Evans (Shett) 52-46; 2, C McLellan (EAC) 53-17; 3, P Briscoe (DHH) 53-25; 4, R Bell 53-48; 5, D Hamilton 54-07; 6, I Moncur 54-40 (all DHH); 7, G Hanlon (DRR) 54-59; 8, B Cook (DHH) 55-21; 9, R Wood (DRR) V1, 55-36; 10, D Gunstone (Fife) 55-47; V2, J Holden (Fife) 58-22; V3 C Love (DHH) 58-32; 0/50, T King (DRR) 62-39; L1, M Muir (DRR) 60-55; L2, C Cadger (PSH) LV1 68-55; L3, H Green (DRR) 70-22; L4, L McGill (DRR) 70-43; L5, C Chambers (DRR), LV2, 71-08; L6, J Carroll (DRR), LV3, 73-02; LV0/45, I Gibson (DRR) 76-05. Teams: Men: 1, DHH 18 pts; Women: DRR 16 pts; Cairo Cup Competition: 1, Dundee Roadrunners; 2, HMS Cochrane.

Linwood Community Fun Run -
1, R Gardner 23-11; 2, N Grier 24-03; 3, J Sands 26-51; V1, F Bethel 27-14; L1, S. Todd 33-10; L2, H Craig 33-45; L3, J. Low 36-40; LV1, H McArdle 33-32; u/16boy, F Ferguson 29-23; u/16girl, S Geddes 37-50; Loc1, M McStay 29-44.

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Clydesdale Harriers Jock Semple CC Races Braidfield, Clydebank -
Seniors 6 mile: 1, G McMaster (FVH) 37-22; 2, D Cameron (Shett); 3, M McQuaid (Cen Reg) 38-02; 4, D Williams (C'bank) 38-05; 5, T Rhodes (Cambus) 38-12; 6, D Lang (Cambus) 38-30; J1 M Downey (Cambus) 11th 39-26; V1, A Adams (Dumb), 7th, 38-34; V2, H Watson (Clyd) 49-13

(Cont. on Page 44)

Schools Athletics

Linda Trotter



The Under 15 girls' race gets underway at the Road Relay Championships held at Grangemouth on November 19. The race was won by Glasgow High School, but the outstanding individual performance was that of Queen Anne's Isobel Linaker.

THE NINTH SSAA Road Relay Championships were held at Grangemouth Stadium on Saturday November 19, in cold but very clear, bright conditions. Thirty six Primary schools and 50 Secondaries entered a total of 202 teams (35 Primary girls, 34 Primary boys, 52 Secondary girls and 81 Secondary boys) with over 800 competitors.

St Matthew's, Bishopbriggs, excelled in the Primary event, following up their second place in last year's boys' race with gold medals in both the boys' and girls' races. Such is their strength in depth that their "B" teams finished eighth and thirteenth.

A very popular result was that of Conon Bridge, Dingwall, whose girls won the bronze medal with Leanne Cameron, Joanna Grant and Paula Young (second in the 1977 girls' cross country race) in outstanding form. The Conon Bridge "B" team took 15th place out of the 30 finishers in the girls' race.

For a change, the boys from George Watson's College won medals (silver), but the outstanding Suzie Wright, Laura McKenzie and Louise Kelly, who so dominated Primary girls' athletics over the past two years, joined by Ruth Waters, ran brilliantly to take second place in the under 15 girls' race - a superb result for a first year team. That race was won by Glasgow High, 11 seconds ahead of George Watson's, but by far the outstanding athlete of the day ran last for bronze medalists, Queen Anne High.

Isobel Linaker, daughter of internationalist John Linaker, ran the 2,100m in an incredible seven minutes (the fastest previously being Lesley Rankine's 7-06 in

1983). Isobel's time was 13 seconds faster than Ainsley Normand of Glasgow High, who ran first leg for her team in the over 15 girls' race, but this was not good enough to prevent St Leonard's from St Andrews retaining their trophy, with internationalist Debbie Haxton taking over in second place on the last lap and in an excellent position just to wait and overtake when necessary.

Balwearie High, Kirkcaldy, anchored by cross-country internationalist Marion Wilson, were able to claw themselves into third place, 22 seconds ahead of Hermitage Academy, for whom the Grundy twins ran especially well.

The under 15 boys' race was remarkable in that the leaders after three laps, Graeme High, had no fourth runner to pass to, to their obvious consternation. The local team was well in the lead, with Andrew Tulloch, running second, recording the fastest lap of 9-10 (one second ahead of fellow cross-country internationalist, Matthew Kelso, Queen Anne High). Steven Downie's failure to appear was gladly accepted by Marr College, for whom Alistair Smith, running last, recorded the third fastest time, with Iain Leitch, victorious for Barassie Primary in last year's cross-country championships also in excellent form. St Joseph's College from Dumfries were second team, followed by Turnbull High (who will benefit from the prowess of St Matthew's in the future).

By far the most eagerly awaited race of the day was the over 15 boys. Most knowledgeable spectators agreed that the medalists would be Boclair Academy, Queen Anne High and St Aloysius, but in what order? A

blistering second leg by Mark McBeth of St Aloysius (third fastest in the day with 8-41) made a gap too great for the others to overwhelm, although dual internationalist from Boclair, Grant Graham, tried his best on the fourth lap (recording 8-38, equal fastest on the day with Douglas Academy's Andy Russell).

Queen Anne, with Ross Crook and Scott Burch in the first 20, settled for third place, just ahead of Stewarts/Melville, for whom Alistair Thain ran really well on the fourth lap, recording 8-45. The St Aloysius team, however, well deserved the trophy, with all of their runners recording times in the "top twenty", a distinction also achieved by St Leonard's in the over 15 girls' race.

Last year's suggestion that the Secondary schools' teams be reduced to three runners could perhaps be reconsidered. The date in November and the daylight in November are incompatible. Running three athletes in each team would save a minimum of forty minutes, presentations would be made before 3:30 pm, and teams safely on their way home before darkness.

The argument against three runners per team is that the championships would cease to be school-based but would become an event for club athletes only. However, with u/15 champions Marr College all running for Ayr Seaforth, and Queen Anne High's silver medalists all Pitreavie athletes, it seems that that objection could already be levelled at teams of four.

Another reason for opting for teams of three is that it solves the problem for schools who enter four runners, one of whom is injured

or does not turn up on the day. Take Castlehead High, for example, one of whose athletes did not arrive by the time the team left Paisley. Coach, teacher and well-known cross-country runner, Susan Belford, decided to bring the three runners, let them experience the competition and have their times recorded. Neither she nor the girls ever anticipated that they would actually be in the lead after three laps.

Had three runners been the rule, then Glasgow High's trophy would be in Castlehead's cabinet - but - now for the "Devil's Advocate" - does not the achievement of Glasgow High mean that well trained and dedicated school athletes have as much right to success as those from schools whose catchment area includes good athletics clubs?

The argument can go round and round like a hamster's wheel. Whatever the outcome, the Road Relay Championship, whether school or club orientated, is in very good shape, and although a relatively low key event, is one of the most interesting in the schools' calendar - not only as a pointer to future success at cross-country and middle distance, but also as a gathering of previous "stars" - as witnessed by the plethora of international tracksuits at Grangemouth, and also for seeing young Primary "stars" blossoming in their secondary environment.

Finally, SSAA thanks go to all officials from schools, to Mr McClurg, Mr Innes and Mrs Poulton from the SAAA/SWAAA, John Fairgrieve and all his staff at Grangemouth, and most especially to Dave Lothian, the convener, for all his work insuring that 1988's event was one of the most successful ever.

Junior Rankings

THE SCOTTISH Junior rankings for 1988 (athletes born 1969-70) are encouraging. Comparison can be made with the 1987 tenth place (shown in brackets) but going further back I can say sprints, 110 hurdles, long jump and heavy throws have all recovered from a weak period.

Middle distance has dropped back, but to a normal level. High jump, pole vault and javelin are at best-ever levels, and triple jump and 400 hurdles are steady (average tenth since 1969 about 12.34 and 61.48 respectively).

Peter Campbell and Roddy James have joined Jamie Henderson as UK all-time top ten juniors. In Scottish terms the following reach the top ten: Smith (2nd, 800), Warrillow (3rd, 110H.), Campbell and Brown (1st, 2nd, 400H.), Elliot, Black and Pentland (4th, 5th, 9th, PV), Mathieson (7th, LJ), McMillan (8th, SP), Allan and Kerr (7th, 9th, HT), James (1st, JT) and Mathieson and Allan (1st and 4th decathlon). Henderson (100, 200) and Milne (JT) are already ranked with better marks.

Little really changes though; in 1960 a junior also topped the 100 and 200 senior lists - and Mike Hildrey's 9.8 seconds (100 yards) and 21.4 seconds are comparable to Jamie Henderson's marks this year!

Further age group rankings will follow over the next two issues of Scotland's Runner.

J.C.

100m (1987: 11.4)

10.44	J. Henderson	ESH
10.7	w S. Shanks	L'hall
10.8	w S. Walker	Aber
10.8	w E. Clark	PAAC
10.8	w B. Connell	CR
10.8	w B. Milne	C'bank
11.0	w N. Shute	ESH
11.0	w D. Jamieson	TAAC
11.14	w D. Mathieson	Aber
11.2	R. Drummond	Aber
11.2	w D. Gilmour	Stone
11.24	w M. Friel	Shett

200m (1987: 22.9)

21.46	J. Henderson	ESH
21.6	w S. Shanks	L'hall
22.00	P. Campbell	Stoke
22.0	w B. Connell	CR
22.0	w B. Milne	C'bank
22.0	w E. Clark	PAAC
22.34	w S. Walker	Aber
22.4	w N. Shute	ESH
22.5	G. McMillan	Bella
22.5	w M. Friel	Shett
22.6	w P. Allan	Aber
22.7	w D. Gilmour	Stone

400m (1987: 51.5)

48.6	P. Campbell	Stoke
48.8	G. McMillan	Bella
49.51	N. Smith	Sh&B
50.01	D. Mathieson	Aber
50.2	I. Cumming	PAAC
50.5	P. Allan	Aber
50.8	R. Beattie	AyrS
51.22	G. Aitken	ESH
51.36	D. Cathie	EK
51.4	C. Brown	ESH
51.47	S. Wilson	EAC
51.5	G. Brown	PenH

800m (1987: 1:56.5)

1:48.45	N. Smith	Sh&B
1:52.29	G. Stewart	C'bank
1:52.8	I. Cumming	PAAC
1:55.58	C. Murphy	PAAC
1:56.01	K. Idessane	ESH
1:57.0	I. Gillespie	C'bank
1:57.01	S. Marshall	Gars
1:58.4	G. Riddell	Aber
1:59.2	P. Allan	Aber
1:59.4	J. Barnes	GlenC

1500m (1987: 4:05.2)

3:53.2	C. Murphy	PAAC
3:56.89	F. McGowan	VP
3:57.08	N. Smith	Sh&B
4:00.0	T. Reid	DHH
4:00.76	G. Stewart	C'bank
4:04.18	I. Gillespie	C'bank
4:04.3	B. MacKay	VP
4:05.7	G. Riddell	Aber
4:07.4	S. Garland	Inv
4:07.4	I. Tierney	EK
4:07.6	I. Falconer	Harm
4:07.9	J. Moodie	PAAC

3000m (1987: 6 to 8:53.6)

8:41.2	S. Rankin	FVH
8:45.8	F. McGowan	VP

5000m (1987: 16:31.3)

15-13.29	C. Murphy	PAAC
15-20.4	T. Reid	DHH
15-32.1	G. Stewart	C'bank
15-40.8	B. McEwan	JWK
15-42.1	C. Davidson	Aber
15-59.0	S. Rankin	FVH
16-24.47	D. Shearon	MH
16-26.5	G. Riddell	Aber
16-30.8	A. Sturrock	Lor

2000m s/c (1987: 6:56.4)

6-07.80	J. Moodie	PAAC
6-08.59	D. Tune	Hull
6-17.8	A. Russell	Law
6-20.70	S. Rankin	FVH
6-33.9	P. Fettes	Lass
6-35.8	A. McCauley	C'bank
6-37.76	N. Bowie	AL&D
6-41.20	K. Downie	C'lang
6-47.9	C. Johnston	LorS
6-50.8	D. Bell	Milb
3,000m s/c		
9-27.3	J. Moodie	PAAC
9-44.0	S. Rankin	FVH
10-05.3	I. Falconer	Harm
10-06.3	G. Riddell	Aber
10-15.9	R. Blair	VP

100m H (1987: 17.0)

14.54	P. Warrillow	Plym
14.93	w D. Mathieson	Aber
15.24	w B. Watson	Inv
15.3	w N. Taylor (y)	Bear
15.7	w M. Bell	Loth
15.8	w D. Rhind	Carn
16.1	w A. Neill	AyrS
16.2	w N. Robinson	MCS
16.2	w P. Edwardson	GHS
16.2	w A. Nisbet	PAAC

Senior Hurdles

15.33	P. Warrillow	Plym
15.77	D. Mathieson	Aber
16.2	w M. Bell	Loth

400m H (1987: 61.0)

51.91	P. Campbell	Stoke
52.86	G. Brown	Pen.H
56.6	N. Taylor (y)	Bear
57.79	P. Allan	AyrS
58.3	P. Mason	InvH
59.8	B. Watson	InvH
59.9	I. Beattie	C'bank
60.5	A. Anderson	Sang
60.65	J. Moodie	PAAC
60.70	S. McKissock	Liv&D
60.9	N. Douglas	EdAc
61.04	D. Stewart	Aber

High Jump (1987: 8 to 1.80)

1.98	J. Stoddart	Bella
1.95	D. Mathieson	Aber
1.95	C. Talbot	PAAC
1.90	M. Bell	Loth
1.90	R. Templeton	AyrS
1.90	D. Parrott	K.Oly
1.90	I. Black	ESH
1.88	S. Tye	Fort
1.83	A. Rogoyski	MCS
1.83	S. Dickson	Dumf

Pole Vault (1987: 3.00)

4.35	J. Elliot	EAC
4.30	I. Black	ESH
4.10	P. Pentland	EAC
3.82	D. England	GlenC
3.50	D. Mathieson	Aber
3.50	I. Winning	PenH
3.40	G. Lyle	CR
3.25	S. McMillan	PAAC
3.20	A. Young	EdAc
3.20	R. Templeton	AyrS
3.20	P. Allan	Aber

Long Jump (1987: 6.24)

7.21	D. Mathieson	Aber
6.85	B. Milne	C'bank
6.77	E. Clark	PAAC
6.64	B. Whyte	Golspie
6.50	J. Milne	ESH
6.42	P. Allan	Aber
6.35	S. Harland	FVH
6.33	D. McBride	Shett
6.30	G. McIntosh	Mackie
6.29	S. McMillan	PAAC

Triple Jump (1987: 12.53)

14.15	J. Milne	ESH
13.58	S. Harland	FVH
13.55	R. Brown	GUAC
13.50	I. Beattie	C'bank
13.38	P. Allan	Aber
13.12	C. Stewart	DSMA
12.93	B. Whyte	Gols
12.65	S. Allison	Ham
12.53	D. Rhind	TAAC
12.35	D. Murdoch	MCS

Shot Putt (1987: 1.93)

14.53	S. McMillan	PAAC
13.97	N. Mason (y)	Fife
13.39	R. Kirkum	Fife
12.81	O. Fowora (y)	EdAc
12.47	P. Allan	Aber
12.35	N. MacLennan	Ulla
12.26	M. Harper	Ding
12.17	S. Gerry	Shaw
11.99	L. Carter	C'bank
11.97	A. Nisbet	PAAC

Jeff Carter

12.58	Senior Shot	Fife
12.46	R. Kirkum	Aber
12.06	D. Mathieson	Aber
12.04	P. Allan	PAAC
	S. McMillan	PAAC

Discus (1987: 30.60)

41.60	R. Kirkum	Fife
41.16	D. Allan	Inv
39.96	A. Nisbet	PAAC
39.34	P. Allan	Aber
36.16	I. Black	ESH
35.94	S. McMillan	PAAC
34.94	N. McLeod	Aln
34.56	D. Fraser (y)	Ding
34.40	B. Wilkie (y)	Fife
34.40	G. Hassall	Morr
37.78	Senior Discus	Fife
37.34	R. Kirkum	PAAC
36.22	A. Nisbet	Aber
35.52	D. Mathieson	Inv
35.22	D. Allan	Aber

Hammer (1987: 5 to 26.36)

50.10	D. Allan	Inv
47.16	D. Kerr	Bedf
44.30	A. Nisbet	PAAC
36.64	P. Allan	Aber
36.58	D. Fraser (y)	Ding
33.92	S. Irvine (y)	MCS
30.72	D. Barnett (y)	PSH
21.92	P. Quinn	West
21.58	R. Templeton	AyrS
44.06	Senior Hammer	Inv
43.34	D. Allan	PAAC
36.58	S. McKay	PAAC
	A. Nisbet	PAAC

Javelin (1987: 42.90)

65.22	R. James	ESH
56.22	S. McMillan	PAAC
55.38	P. Nicolson (y)	EAC
51.74	J. Jowett	MCS
50.16	F. Norris	VP
48.10	D. Mathieson	Aber
47.92	S. Hunter	PenH
47.70	I. Macfie	BellB
47.58	S. Whyte (y)	ESH
46.74	A. Anderson	Nith
45.10	K. Carmuff	EdAc

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5492	S. McMillan	PAAC
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Name (BLOCK LETTERS):

Results

(Cont. from Page 40)

Teams: 1, Cambuslang H 21pt; 2, Dumbarton AAC 40

Youths 3 miles: 1, S Barnett (Vic Park) 18-02; 2, S McCafferty (C'bank) 19-00; 3, D Clarke (Vic Park) 19-09.

Senior Boys 2.5 miles: 1, J Ferguson (Ayr Sea) 15-28; 2, M McLaughlin (Cambus) 15-35; 3, D McGregor (Spring) 15-38; **Teams:** 1, Springburn H 26pt; 2, Vic Park 30; 3, Clydesdale H 45

Junior boys 1.5 miles: 1, D Kerr (Spango V) 9-11; 2, S McNellan (Vic Park) 9-27; 3, C Humphrey (Vic Park) 9-40 **Teams:** 1, Vic Park 12 pts; 2, Ayr Seaforth 35; 3, Springburn 40 **Colts 1 mile:** 1, S Gibson (Colzium) 6-09; 2, G Murray (Airdrie) 6-12; 3, S Kennedy (Vic Park) 6-15; **Teams:** 1, Colzium 20pts; 2, Airdrie H 31; 3, Shettleston 33

Scottish YMCA National Road Race Champs, Cumbernauld -

Seniors: 1, J Quinn (Moth) 17-53; 2, W Weir (Moth) 18-42; 3, K Lawler (Cumb) 19-16; 4, J McMorrow (Moth) 20-05; 5, J Poutney (Moth) 20-08; 6, M McLaughlin (Lark) 20-48; **Teams:** 1, Motherwell 7pt; 2, Larkhall 24

Youths: 1, G Hart (Bell) 19-23; 2, C McKay (Cumb) 19-43; 3, S Cunningham (Lark) 20-03; **Team:** 1, Cumbernauld 15 pts

Senior Boys: 1, J McFarlane (Moth) 11-49; 2, M Welsford (Cumb) 11-52; 3, K Woods (Lark) 12-08; **Teams:** 1, Motherwell 9pt; 2, Cumbernauld 18

Junior Boys: 1, J Quinn 13-38; 2, J Douglas 13-55; 3, K Cassidy 14-11 (all Motherwell); **Team:** 1, Motherwell 6pts

Colts: 1, D Morrison 4-49; 2, C Wellsford 4-51; 3, S Hodgson 5-04 (all Cumbernauld) **Team:** 1, Cumbernauld 6 pts; 2, Bellshill 18 **Seniors/Intermediate:** 1, R Houston (I) (Moth) 23-17; 2, S Markie (I) (Bells) 24-51; 3, C Thomson (I) (Cumb) 26-17; 4, A Lytle (S) (Cumber) 26-57

Aberdeen Uni Road Relay Races. Beach Boulevard, Aberdeen -

Men (2.5 mile x 4 mile x 2.5 mile x 4 mile): 1, Aberdeen AAC (A Wood) 14-24; 2, P Wilson 20-11; 3, N Mockland 12-42; 4, M Murray 19-48; 5, 2, Aberdeen Uni 67-54; 3, Aberdeen "B" 68-37; 4, Aberdeen "C" 69-59; 5, Fraserburgh RC 70-46; 6, Aberdeen "D" 71-36 **Fastest Laps:** long: 1, M Murray (Aber) 19-48 (rec); 2, P Wilson (Aber) 20-11; 3, R Herries (Aber Univ) 20-18; short: 1, N Mockland (Aber) 12-42; 2, K Hogg (Aber) (v) 12-54; 3, K Walker (Aber) 13-01

Women (2.5 mile x 4 mile x 2.5 mile x 4 mile): 1, Fraserburgh RC (J Fraser) 14-20; 2, M Duthie 23-04; 3, H Wisely 14-56; 4, 2, Aberdeen AAC 54-32; 3, Dundee Univ 58-52. **Fastest Laps:** long: 1, M Duthie 23-04 (rec); 2, A Rose (Dundee Univ) 24-23; 3, U Simpson (Aber) 24-28. short: 1, J Fraser 14-20 (rec); 2, H Wisely 14-56; 3, M Stafford (Aber) and D Gernison (Aber) both 15-02

Scottish Hill Runners Tinto Hill Race, Symington (140 ran) -

1, J Wilkinson (Gala) 32-13; 2, I Davidson (Carnethy) 32-33; 3, G Kerr (Fife) 32-48; V1, J Shields (Clyd), 12th, 34-52; J1, W Rodgers (Loch) 35-07; L1, P Rother (EAC), 23rd, 36-39; 2, T Calder (EAC).

Teviotdale H. Royal Mail Cross Country Races, Wilton Lodge Park, Hawick (+450 ran) -

Seniors: 1, A Russell (Law) 16-07; 2, T Bell (Border) 16-19; 3, G Faulds (EAC) 16-36; 4, C Murphy (Teviot), 6th, 16-51; V1, A Samuel (Teviot), 20th, 17-38; **Teams:** EAC 12pt; 2, Teviotdale H 24; 3, Gala H 39.

Senior/Intermediate Women: 1, A Armstrong (I) (Border) 14-30; 2, B Wood (Border) 14-51; 3, A Dickson (Law) 15-10; 4, M Gray (EAC) 15-20; 5, E Ross (I) (Cocker) 15-37; 6, M Lapton (I) (Border) 15-47; **Teams:** 1, Border H 10 pt; 2, Lasswade 45pt.

Greenock Wellpark Harriers Stoddard Cup 3 mile Cross Country Race, Greenock -

1, D McFadyen (GWH) 16-27; 2, G Gaffrey 16-54; 3, H Muir (V1) 18-07; 4, G King, 18-38; 5, W Docherty 21-17; 6, F Lennox 21-17.

Barrs Irn Bru 8 Stage Road Relay Race, Edinburgh to Glasgow -

1, Aberdeen AAC (I Matheson) 27-57; 2, C Hall 30-05; 3, R Cresswell 24-57; 4, D Duguid 28-35; 5, G Laing 28-04; 6, F Clyne 34-09; 7, S Axon 26-03; 8, C Youngson 29-18; 9, 3hr 49min 08sec; 2, Edinburgh Southern H (T Hanlon) 26-56; 3, G Grindley 30-48; 4, I Steel 25-22; 5, D Ross 29-21; 6, A Moore 29-28; 7, Robson 33-15; 8, Hunter 26-13; 9, A Robson 28-06; 10, 3-49-29; 3, Cambuslang H (C Thomson) 28-10; 4, Orr 31-07; 5, D McShane 25-25; 6, A Gilmour 28-25; 7, C Donnelly 27-48; 8, E Stewart 35-07; 9, M Gormley 27-02; 10, A Beattie 27-43; 11, 3-50-47; 4, Edinburgh AC (A Weatherhead) 27-40; 5, I Hamer 32-08; 6, B Kirkwood 24-58; 7, B Brown 28-23; 8, I Archibald 27-27; 9, M Ferguson 34-56; 10, G Harker 25-50; 11, Ward 29-50; 12, 3-51-12; 5, Central Mass Striders (L Sayers) 27-02; 6, R Doiron 30-04; 7, K McGovern 26-13; 8, S Bogley 29-58; 9, R Ellsworth 29-01; 10, R Stirrat 35-40; 11, R Dvian 26-52; 12, D Levy 28-59; 13-53-49; 6, Falkirk Victoria H (I

Johnstone 28-21; J Pentecost 30-53; K Dawson 25-46; P Faulds 28-06; G Grieve 29-06; M Coyne 36-29; K Rankine 26-33; G McMaster 29-43; 3-54-57; 7, Dundee Hawkhill H 3-55-32; 8, Teviotdale H 3-55-45; 9, Fife AC 3-57-27; 10, North District Select 3-59-08; 11, Greenock Glenpark H 3-59-11; 12, Kilbarchan AC 3-59-19; 13, Bellahouston H 4-01-06; 14, Ayr Seaforth AC 4-02-32; 15, Haddington ELP 4-03-14; 16, East Kilbride AC 4-03-24; 17, Edinburgh Uni H+H 4-03-39; 18, Clydesdale H 4-06-12; 19, Victoria Park AAC 4-07-46; 20, Springburn H 4-08-15; 21, Pitreavie AC 4-13-10; 22, IBM Spango Valley AC 4-15-33; **Fastest stages:** 1, T Hanlon (ESH) 26-56; 2, C Hall (Aber) 30-05; 3, R Cresswell (Aber) 24-57; 4, A Walker (Teviot) 27-48; 5, I Archibald (EAC) 27-27; 6, J Robson (ESH) 33-15; 7, G Harker (EAC) 25-50; 8, A Beattie (Cambus) 27-43. **Most Meritorious Team:** Ayr Seaforth.

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Bellahouston Harriers Open Cross Country Meeting, Bellahouston Park, Glasgow -

Seniors 6 miles: 1, T Murray (GGH) 31-27; 2, E Stewart (Cambus) 32-11; 3, A Douglas (Vic Park) 32-51; 4, D McShane (Cambus) 32-59; 5, D Murray (JW Kilm) 33-01; 6, T Coyne (Bella) 33-07; 7, C Thomson (Cambus) 33-07; 8, A Costigane (Kilb) 33-20; 9, G Croll (E Kilb) 33-22; 10, A Gilmour (Cambus) 33-50 V1, P Russell (E Kilb) 35th, 35-44; J1, R Blair Jnr (Vic Park), 20th, 34-50 **Team:** 1, Cambuslang 13 pts.

Youths 4 miles: 1, S Barnett (Vic Park) 22-48; 2, T Petrie (Cambus) 23-02; 3, S McCafferty (C'bank) 23-09; 4, M Gallacher (Cambus) 23-29; 5, R McClymont (Irvine) 24-11; 6, M Dipin (Cambus) 24-30; **Team:** 1, Cambuslang 12 pts.

Senior Boys 3 miles: 1, C Greenhalgh (Vic Park) 17-46; 2, E Cairns (Irvine) 17-54; 3, M McLaughlin (Cambus) 17-57; 4, L O'Hare (Colzium) 18-20; 5, D MacGregor (Spring) 18-21; 6, D Fotheringham (C'bank) 18-22; **Team:** 1, Vic Park 30 pts.

Junior Boys 2 miles: 1, D Kerr (Spango V) 11-47; 2, G Woods (Cambus) 12-01; 3, D Carty (Bathgate) 12-12; 4, D Loftus (Spring) 12-39; 5, J McEvoy (Colzium) 12-40; 6, M Smith (Vic Park) 12-44; **Team:** 1, Springburn H 20pt

Colts 1 mile: 1, G Gibson (Colzium) 6-45; 2, G Murray (Airdrie) 6-48; 3, K Reynolds (Colzium) **Team:** 1, Colzium AC 14 pts

Scottish Veterans Harbour 5 miles Road Race, Rothesay - 1, A Adams (Dumb) 23-28; 2, D McNeill (GGH) 24-34; 3, I McKenna (Irvine) 25-33; 4, C Martin (Dumb) 25-59; 5, T O'Reilly (Spring) 27-15; 6, N O'Hare (Liv & Dist) 27-30.

Gauldry Cross Country Meeting, Gauldry, Fife -

Seniors 8020m: 1, P Fox (DHH) 24-26; 2, S Hale (Perth SH) 24-51; 3, T Mitchell (Fife) 25-02; 4, M Strachan (Fife) 25-38; 5, C Ross (DHH) 25-42; 6, M McQuaid (Cen Reg) 25-58; J1, J Moodie (Pit) 26-15; V1, S Asher (Fife), 22nd, 27-16; V2, A Duncan (Pit), 25th, 27-24; V3, A Nicol (Cen Reg), 37th, 28-44;

Youths 5,470m: 1, R Sutherland (Aber) 17-46; 2, A Moss (Dollar) 18-43; 3, R Soutar (Perth SH) 18-51; **Senior Boys 3,210m:** 1, S Meldrum (Pit) 11-14; 2, A King (Pit) 11-21; 3, N Laimer (Harmony) 11-37; **Junior Boys 2260m:** 1, R Wilson (Cen Reg) 6-12; 2, C Wilson (Aber) 6-17; 3, I McKenzie (Pit) 6-31 **Colts 1320m:** 1, A Love (Aber) 4-13; 2, M Gibson (Pit) 4-29; 3, I Wallace (Fife) 4-30;

Edinburgh Uni Hares and Hounds Open CC Races, Braids Hill, Edinburgh -

Men 6 miles: 1, P Dymoke (Liv & Dist) 31-48; 2, J Quinn (Glas Uni) 31-57; 3, S Cohen (EAC) 32-22; 4, R Herries (Aber Un) 32-28; 5, P Marshall (V1) (HELP) 32-32; 6, J Wilkinson (Gala) 32-36; V2, I Saggie (Liv & Dist) V3, S Balfour (Liv & Dist) 28th 34-43 V0/50, B Gauld (Carnethy) 75th, 38-14; J1, S Galand (EAC) 22nd 34-25; J2, J Inman (Pud) 24th, 34-30; J3, J Winterbourne (Strath Un) 26th, 34-35; **Teams:** 1, Edinburgh Uni 107pts., 2 = EAC and Liv+ Dist both 166 pts.

Women 3 miles: 1, J Salvona (Liv +Dist) 18-20 (record); 2, A Rose (Dundee Uni) 18-35; 3, C McFadden (Edin Uni) 18-41; 4, C Kitchen (Edin Uni) 18-48; 5, J Gray (H W UN) 19-30; 6, A Curtis (Liv & Dist) 19-46; **Team:** 1, Edinburgh Uni 15 pts.

BMA Cross Country Championships, Graves Park, Sheffield -

Men (Scots Placings): 2, W McTaggart; 5, T Gillespie; 9, P Fettes; (all Glasgow Uni) **Team:** 1, Sheffield Uni 2, Glasgow Univ 16pt **Women (Scots placings):** 2, A Sym; 6, E Reilly; 10, F Machin (all Glasgow Uni) **Team:** 1, Glasgow Uni 18 pt

Brampton to Carlisle 10 mile Road Race -

1, K Stuart (Keswick) 48-35; 2, R.

(Cont. on Page 46)

On The Veteran Scene . . .

Why I had to resign as president of the SVHC

WHILST THE news of my resignation letter to members of the SVHC executive committee was "leaked" (not by me) to a Scottish sports journalist before the executive committee met, it should have come as no great surprise to anyone who has read and known my views on the participation of professionals in veteran competition.

Since it has become public, I have received a number of calls and comments of support for the stand I have made, and feel that I should attempt to outline the present position as I see and understand it. It should also be noted that the two SVHC representatives on the British Veteran Athletic Federation, Henry Morrison and Ian Steedman, have also resigned over the issue, as they do not feel they can represent the SVHC following the decision by the annual general meeting in October to make professional veterans ineligible for membership.

Ian Steedman, particularly, who at 60 holds world records for hurdles events and has competed all over the world as a veteran, was the main architect in drawing up the amendment to the SAAA constitution that now enables veteran athletes to compete in closed competition as equals, with no distinction between so-called professionals and so-called amateurs.

Following the success of that amendment, Ian further drafted an amendment to the SVHC constitution, which allowed such athletes to become members of the SVHC. It was not done secretly, nor by any manipulation of constitutional rules, and there was no distinction made in the new membership form that identified one athlete from another apart from their name and age. All veterans signed the same form.

At the 1987 annual general meeting it emerged that two years after the change in the constitution, and mainly on a technical detail, that the amended constitution had not been submitted to the SAAA for approval. A meeting was quickly set up with

SAAA officials, and as a consequence the issue of current professionals being members of a club affiliated to the SAAA was discussed in detail. It was recognised that professionals could compete in closed competition as "unattached" athletes, and, as they were not subject to SAAA rules, the "one year" club attachment did not apply.

It was further agreed that the issue would be put to the 1988 SVHC agm for discussion and possible amendment. However, a number of factors were still very unclear.

Firstly, it was certainly my interpretation and that of the originators of the SAAA amendment that the "spirit" behind the change in the constitution was to enable all veterans to compete as equals.

Secondly, it is a requirement by the international governing bodies of veteran athletics that competitors in European and World Championship events are affiliated to their respective national association for veterans. In our case the BVAf. Hence for any professional athlete to compete abroad, as did George McNeill in Melbourne in the World Veteran Championships, he had to be a member of the affiliated club in his country of origin, Scotland.

I had the personal pleasure of giving George McNeill his SVHC club vest and badge, which I openly acquired through the proper channels of the membership secretary. I also wrote a detailed article on George becoming a veteran, and what his hopes and aspirations were on reaching 40. There is no way I can say that, "I did not know the rules", and certainly there was no SVHC or SAAA official who contradicted my honest belief that George McNeill, along with all of the other professional veterans, was not a bona-fide member of the SVHC and able to take part in all championship events, wherever they were to be held.

Finally, on becoming president of the SVHC in 1987 I had written to all the executive members clarifying what I had said in my acceptance speech - that I wanted to advance the cause of "one world" veteran athletics, and have openly promoted the view that veteran athletics can lead the way against some of the hypocrisies that exist. Nowhere more highlighted for me these inconsistencies than seeing Linford Christie earn probably more in one night at Meadowbank in attempting to break George McNeill's rec-



Action from the senior/junior 60m hurdles at the East District Indoor Championships in the Kelvin Hall.

ord for the 120 yards than George had made in his whole life from "professional athletics".

At the final executive meeting prior to the 1988 annual general meeting, I was quite willing to stand down after my year of office and allow the vice-president to take office in the normal way. However, I was asked if I would continue, particularly to take up the issue of the place of veteran athletics in the new British Athletic Federation structure, as this had had such minimal attention.

I accepted that challenge after a vote by the agm, but within half an hour of being re-elected, that same agm decided to reject my guidance that until the issue had been fully and properly debated in the broader context of the BAF constitution, we should not change our constitution again.

The consequence was that the motion to re-amend the SVHC constitution was passed by 28 votes to 8 (out of nearly 1000 members) and this in effect has banned athletics such as McNeill - and more poignantly 71 year old Ernie Plimmer - from international athletics.

I did not react in haste, but took the matter away with me to New York and there had an opportunity to talk to a range of other veterans from different parts of the world, some of whom had heard of, or knew of, our stance and had admired the SVHC for their honesty.

On my return, and with a heavy heart, I felt I had no alternative but to obey my conscience and resign as president.

There are, however, a number of options open and currently I am trying, with help, to explore

these. Firstly, I would like to know how many SVHC members feel the same as Henry Morrison, Ian Steedman and myself?

Secondly, is there a way with the help of the SAAA that the original spirit of Ian Steedman's amendment could become operational?

Thirdly, if not, does a separate body, which would allow affiliation to the BVAf, need to be set up, and which would allow all veterans to join. Or is some form of direct affiliation to the BVAf required by athletes ineligible to join SVHC?

One thing is certain to me: we can no longer turn the proverbial "blind eye" to the issue as some officials have suggested. Also, suggesting that Scottish professionals join an English-based veteran club is not the answer either.

What is needed is a positive lead on the issue by the British governing body in veteran athletics, and I am assured by Bill Taylor, president of BVAf, that the issue is going to be seriously discussed. In the meantime however, as the closing dates for entry to 1989 World and European Championships draw near, I would strongly urge that we find a legitimate concession to all those veterans who want to take part. - I have invited the general secretary of the SVHC, through the Editor, to comment on the SVHC's position

(Despite the invitation, the SVHC has not taken the opportunity to put its side of the case - Ed)

Henry Muchamore

Junior Boys: 1, G Woods (Cambus) 11-13; 2, D Whitters (Hamilton) 11-38; 3, D Reilly (Shett) Teams: 1, Springburn 19; 2, Law + Dist 22; 3, Forth 46

Renfrewshire County C C Championships, Linwood -

Seniors: 1, R Quinn (Kilb) 33-34; 2, H Cox (GGH) 33-52; 3, T Hearle (Kilb) 33-56; 4, D McFadyen (GWH) 34-13; 5, S Conaghan (Spango V) 34-17; 6, J Brown (Spango V) 34-23; 7, G Bell (Bella) 34-25; 8, A Costigane (Kilb) 34-32; 9, C Spence (Spango V) 34-43; 10, D McLaughlin (GGH) 34-47; 11, H Muir (GWH) 25; Teams: 1, IBM Spango 64 pts; 2, Greenock Glenpark 75 3, Kilbarchan 83;

Youths: 1, J McFadyen (GGH) 25-57; 2, D McFadden (Bella) 26-42; 3, R Devoir (Spango V) 27-23; **Senior Boys:** 1, D Tamburini (GGH) 14-17; 2, S Rooney (Bella) 14-35; 3, J Shields (Kilb) 15-03; Teams: 1, Bella 14 pts; 2, Kilbarchan 17

Junior Boys: 1, D Kerr (Spango V) 12-11; 2, B McLean (Spango V) 12-57; 3, G Rooney (Lin Rent) 13-01; Teams: 1, I B M Spango 13 pts; 2, Kilbarchan 15;

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Presto CC Races, Riverside Bowl, Gateshead -

Seniors: 1, G Turnbull (Gates) 20-07; 2, C Walker (Gates) 20-36; 3, T Murray (GGH) 20-39; 4, A Puckrin (GGH) 21-05; 5, A Russell (Law) 21-08; 8, G Harker (EAC) 21-16; **Women:** 1, A Jenkins (EWM)

December

3

East Kilbride AC Festival of Road Running, East Kilbride -

Seniors 10,000 metres: 1, G Croll (EK) 30-44; 2, J Orr (Cambus) 31-14; 3, E Stewart (Cambus) 31-23; 4, A Weatherhead, (V1), (EAC) 31-49; 5, K Rankin (FVH) 31-52; 6, R Johnston (C'glen) 31-53; 7, C Thomson (Cambus) 32-25; 8, T Linford (Spring) 32-29; 9, F Eddeb (West) 32-30; 10, A Costigane (Kilb) 32-31; V2, D Fairweather (Cambus) 23rd 34-02; V3, H Watson (Clyd) 30th 34-23; J1, K Downie (Cambus) 24th 34-04; Teams: 1, Cambuslang 138 pts; L1, L McIntyre (GAC) 46th, 35-19; L2, J Armstrong (Giff N), 89, 37-45; L3, R Murray (Giff N) (LV1), 120th, 39-26; L4, S Neidrum (Clyd), 143rd, 41-12; L5, C McGarvie (Motorola), 156th, 42-23; L6, H Fallon (Clyd) 157th, 42-25.

Youths: 1, I Clark (Vic Park) 18-37; 2, S Fleming (C'glen) 18-45; 3, S Wylie (Hamilton) 19-15; 4, A Small (E Kilb) 19-27; 5, B Higgins (Clyd) 19-43; 6, S Gilmour (Vic Park) 19-43; Team: 1, Hamilton H 22pts

Senior Boys: 1, C Greenhalgh (Vic Park) 14-44; 2, E Cairns (Irvine) 15-00; 3, P Looze, (Shett) 15-06; 4, D Halliday (Shett) 15-09; 5, D McGregor (Spring) 15-13; 4, C Steele (Vic Park) 15-14; Teams: 1, Shettleston 16 pts;

Junior Boys: 1, D Kerr (Spango V) 9-34; 2, S McNellan (Vic Park) 10-01; 3, G McHolm (Stonehouse) 10-17; 4, B McLean (Spango U) 10-20; 5, D Gorman (Vic Park) 10-35; 6, J Thomson (Avonside) 10-37; Team 1, Stonehouse AC 20 pts.

Fife AC Lita Allan Memorial Cross Country Meeting Beveridge Park, Kirkcaldy -

Senior Men: 1, P Fox (DHH) 32-46; 2, T Mitchell (Fife) 33-20; 3, P McColgan (DHH) 33-41; 4, J Pentecost (FVH) 33-45; 5, T Ritchie (Pit) 33-47; 6, G McMaster (FVH) 33-47; 7, P Dymoke (Liv + Dist) 33-49; 8, S Cohen (EAC) 34-28; 9, G Grieve (FVH) 34-37; 10, R Stone (HELP) 34-49 V1, I Seggie (Liv + Dist) 13th, 35-20; V2, W Day (FVH) 17th, 35-35; V3, A Duncan (Pit) 27th, 36-19; J1, C Vernon-Parry (St And Un) 25th 36-17;

Youths: 1, J Brown (Law) 20-06; 2, M Hand (Law) 20-12; 3, T Mendum (Cortorphine) 20-13; Team: 1, Geo Heriots School 36 pts;

Senior Boys: 1, G Johnstone (FVH) 17-27; 2, A Moonie (Pit) 17-36; 3, R Sellar (Fife) 17-45; Teams: 1, ESH 24 pts; 2, Fife AC 38; 3, Geo Heriots Sch 57.

Junior Boys: 1, D Carty (Bathgate) 14-23; 2, C Stenson (Derwent) 14-28; 3, T Winters (EAC) 14-53 Teams: 1, EAC 12 pts; 2, Bathgate AC 40 3, Springburn 46.

Colts: 1, A Donaldson (Pit) 7-27; 2, B Smillie (JW Kiln) 7-28; 3, C Thomson (JW Kiln) 7-37; Teams: 1, Pitreavie AC 26 pts; 2, JW Kilnarmock 37; 3, EAC 42;

Senior Women: 1, P Rother (EAC) 22-06; 2, H Wiseley (Fraser) (LV1) 22-44; 3, R McAleese (Monk Shett) 22-49; 4, K Fisher (EAC) 22-54; 5, C Williams (DHH) 23-10; 6, M Dunlop (JW Kiln) 23-25; Teams: 1, EAC 32 pt; 2, Liv + Dist 44; 3, Dundee RR 47;

Minors: 1, C Clarkson (Aber) 7-50; 2, A Russell (Airdrie) 7-57; 3, J Learnmonth (DHH) 8-03; Teams: 1, Kirk Oly 23 pts 2, Airdrie H 24; 3, Aberdeen 36.

Aberdeen University Hares and Hounds 3.5 mile Cross Country Race, Seaton Park, Aberdeen - Handicap: 1, A Laird; 2, C Fenton; 3, G Gould (all Aber Uni); Fastest Times: 1, J Farquhar (Aber AAC) 17-13; L1, M Campbell (Aber Uni) 20-22.

Greenock Wellpark Ferguson Trophy 5 Miles Road Race - 1, J Duffy 26-05; 2, G Goffney 26-14; 3, F Lennox 27-52; 4, H Muir (V1) 28-05; 5, G King 28-33; 6, W Docherty 30-09

Dumbarton AAC 6 Miles CC Championships, Dumbarton - 1, A Adams 31-48; 2, B Pitt 32-49; 3, P Murphy 33-35; H'cap T Kelly (4-54) 34-21.

Teviotdale Harriers Burns Club Trophy Road Races, Hawick - Senior 2.5 miles: 1, D Carruthers 15-57; 2, B Law 16-21; 3, M Bryson 16-27; L1, A Murphy; 2, L Knox; 3, A Borthwick.

Young athletes: 1, S Purdie; 2, D Hughes; 3, C Pringle

Colts: 1, A Marsh; 2, a Sellar; 3= M Renwick and A Peat.

Minor girls: 1, m Blacklock; 2, J Thomson.

Maryhill Harriers Schools CC league, Summerston - Youths: 1, J McAneny 14-31; 2, J Connor 15-34; 3, G McGoldrick 17-04

Senior Boys: 1, J Elder 9-03; 2, M Kerr 9-10; 3, D McSherry 9-58.

Junior Boys: 1, S Doyle 4-47; 2, D Donohoe 5-07; 3, A McCartney 5-12 (all St Augustines School).

Race organisers and athletes!

We are looking for more (200-250 word) reports on races and events along the lines of Graham Bennison's earlier in the Results section. Don't be shy!

(And if you're not prepared to do it, don't complain that there aren't any reports!)

Men's Rankings

Arnold Black

100 metres

10.34 w	Elliot Bunney	ESH
10.44	Jamie Henderson	ESH
10.61	Allan Wells	ESH
10.6 w	Stephen Tucker	Kirk
10.7	Stephen Shaw	EAC
10.7	Callum Orr	EAC
10.7 w	David Young	EAC
10.7 w	Stephen Shanks	Lark
10.8	Mark Davidson	Aber
10.8	Murray King	Aber
10.8	Jim Nicoll	PSH
10.8	Neil Fraser	Inver
10.8	Neil Turnbull	ESH

200 metres

21.07 w	David Clark	ESH
21.46	Jamie Henderson	ESH
21.5 w	Brian Whittle	AyrS
21.55 i	Willie Fraser	EAC
21.6 w	Stephen Tucker	Kirk
21.6 w	Stephen Shanks	Lark
21.6 w	Mark Davidson	Aber
21.6 w	Murray King	Aber
21.7	David Young	EAC
21.7 w	Mark McMahon	ESH
21.7 w	Rodger Harkins	Shett

400 metres

45.45	Brian Whittle	AyrS
47.29	Andy Walker	ESH
47.34	Mark McMahon	ESH
47.7	George Fraser	Loug
47.88	James Nicoll	Shaft
48.0	Neil Armstrong	Kilb
48.04	Grant Hodges	EAC
48.08	David Young	EAC
48.4	Mark Davidson	Aber
48.41	Andrew Murray	Kilm
48.5	David Mulheron	Shett

800 metres

1-45.05	Tom McKean	Moth
1-47.4	David Strang	Har
1-47.43	Stuart Paton	Belg
1-48.45	Nick Smith	Shaft
1-49.53	Tom Ritchie	Pit
1-50.60	Andrew Murray	Kilm
1-50.88	Tony Linford	S'brn
1-50.98	Brian Murray	ESH
1-51.8	Peter Wyman	EAC
1-51.95	George Gibson	Kilb

1500 metres

3-38.59	Tom Hanlon	EAC
3-41.12	Adrian Callan	Wolv
3-44.31	Alastair Currie	Loug
3-44.76	Hamish McInnes	Loug
3-46.1	Ian Hamer (Wal)	EAC
3-46.43	Stuart Paton	Belg
3-47.6	Allan Smith	Lgh
3-47.78	Rob Fitzsimmons	Bella
3-47.96	Tony Linford	S'brn
3-49.0	P. McColgan (NI)	DHH

5000 metres

13-49.47	Neil Tennant	ESH
13-58.0	Ian Hamer	EAC
13-58.93	Adrian Callan	Wolv
14-04.57	Allister Hutton	ESH
14-15.6	Peter Fleming	Wolv
14-19.3	Chris Hall	Aber
14-21.2	Andrew Beattie	Shaft
14-22.8	Alastair Douglas	VP
14-23.42	Bruce Chinnick	Forr
14-24.2	Willie Nelson	Law
14-24.2	Gary Grindlay	ESH

10,000 metres

29-29.39	Alastair Douglas	VP
29-31.43	Tommy Murray	GGH
29-45.58	Peter Fleming	Wolv
29-54.57	Peter Fox	Moth
29-56.12	Willie Robertson	Bella
30-19.72	Alan Robson	ESH
30-24.62	Chris Hall	Aber
30-26.2	Frank Harper	Pit
30-26.80	Douglas Frame	Law
30-33.79	Alex Gilmour	Cam

110 metres hurdles

14.1 w	Neil Fraser	EAC
14.5	Glenn McDonald	Bolt
14.5	John Wallace	New
15.2	Doug Campbell	OxU
15.2 w	Colin Hogg	EAC
15.3 w	Ian Moore	G'hd
15.33	Paul Warrilow	Fly
15.45	Dave McCutchn	Wolv
15.57	Allan Leiper	Ald
15.6	Callum Orr	EAC

400 metres hurdles

51.91	Peter Campbell	Stoke
52.4	Mark Fulton	Sale
52.52	Dave McCutcheon	Wolv
52.6	Mark Davidson	Aber
52.86	Gary Brown	Pen
53.8	Malcolm McPhail	AyrS
54.28	Stewart Dempster	ESH
54.28	Stan Devine	ESH
54.99	Alastair Taylor	EAC
56.42	Steve Ledingham	Aber

3000 metres s/c

8-20.73	Tom Hanlon	ESH
8-37.52	Peter McColgann	DHH
8-51.11	Graeme Croll	EK
8-54.86	Ian Steel	ESH
9-00.30	George Mathieson	ESH
9-03.3	Gordon Russell	N'hm
9-08.51	Jim Orr	Cam
9-12.80	Ken Stirrat	Hali
9-16.3	Neil Martin	Fife
9-17.2	Martin Ferguson	EAC

Marathon

2-11-42	Allister Hutton	ESH
2-16-04	Fraser Clyne	Aber
2-16-32	Lindsay R'bertson	EAC
2-18-25	Jim Doig	Aber
2-19-21	Andy Daly	Bella
2-21-15	Hammy Cox	GGH
2-21-48	Peter Fleming	Bella
2-21-49	Jim Dingwall	Hull
2-22-20	Frank Harper	Pit
2-22-24	Andy Beattie	Cam

High Jump

2.28	Geoff Parsons	Lon
2.07	Paul Sudiskas	CR
2.06	David Barnetson	Inver
2.06	Stephen Ritchie	Pit
2.05	Ben Thomson	EAC
2.02	Alan Scobie	Irv
2.00	Eddie Leighton	ESH
1.98	James Stoddart	Bella
1.98	Callum Orr	EAC
1.95	Six athletes	

Pole Vault

4.70	Andrew Wake	Bella
4.40	Dugald Scott	Shett
4.40 i	Allan Leiper	Ald
4.35	John Elliott	EAC
4.30	Iain Black	ESH
4.30 i	Doug Hamilton	ESH
4.20	Stuart Ryan	SV
4.20	David MacLeod	Bella
4.11	Graham Reid	CR
4.10	Paul Pentland	EAC

Long Jump

7.33 w	John Scott	EAC
7.27	Rod MacKay	EAC
7.23	Craig Duncan	Shett
7.21	Duncan Math'sn	Aber
7.17	Mel Fowler	VP
7.15 w	Callum Orr	EAC
6.88	M. Roberts	St An
6.85	Brian Milne	Cbnk
6.83	Murray King	Aber
6.79	Rodger Harkins	Shett

Triple Jump

15.90	Craig Duncan	Shett
15.01 w	Rodger Harkins	Shett
14.92 i	Stuart McMillan	DUni
14.84	John Scott	EAC
14.49	Rod MacKay	EAC
14.37	Neil McMenemy	CR
14.34	Mel Fowler	VP
14.33 i	John Brierley	N'hm
14.15	Jason Milne	ESH
13.70	John Gallacher	Pit

Shot Putt

16.69	Arngeir Syversen	ESH
14.78	Darren Morris	Pit
14.49	Alan Pettigrew	Shett
14.03	Mark McDonald	Dum
14.03	Gordon Smith	Aber
13.45	Grame Stark	Roth
13.18	John Scott	Shett
13.18 i	John Freebairn	Colz
12.85	Walter Weir	CR
12.60	Bruce Shepherd	Aber

Discus

52.94	Darren Morris	Pit
49.10	M. Jemi-Alade	ESH
46.44	Russell Devine	EAC
43.40	Russell Payne	Bir
42.58	Brad McStravick	B'ht
41.56	Keith Christie	ESH
41.30	Colin Watson	VP
41.20	Mark McDonald	Dum
40.82	Bruce Shepherd	Aber
39.18	Alan Pettigrew	Shett

Hammer

58.08	Lawrie Nisbet	ESH
55.56	Russell Devine	EAC
54.44	Russell Payne	Birch
54.18	Robert Meikle	ESH
53.02	B. Kelly	ESH
52.44	David Valentine	Hou
51.80	Andrew Hall	Hill
49.08	Alan Pettigrew	Shett
48.22	Willie Robertson	EAC
47.66	Alex McIntosh	ESH

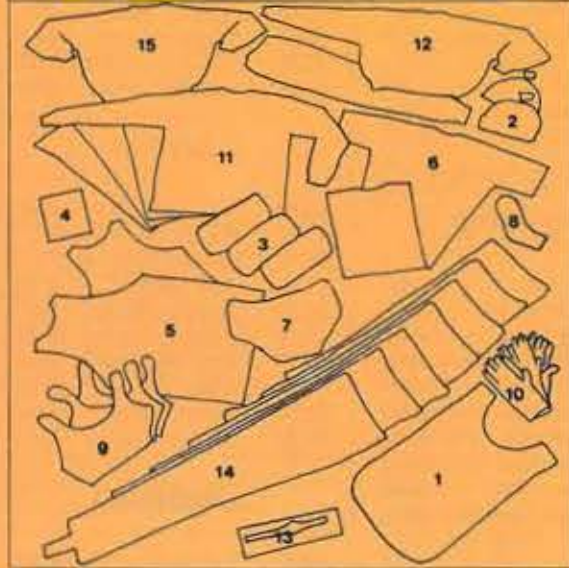
Javelin

65.98	John Guthrie	ESH
65.22	Roddy James	ESH
64.32	Stewart Maxwell	Pit
57.20	Alex Black	ESH
56.22	Stuart McMillan	Pit
55.46	Cameron Glasgow	StAn
55.38	Peter Nicholson	EAC
54.40	Adam Whyte	EAC
51.74	Jeremy Jowett	Mrch
51.66	Andrew Martin	Eye

Decathlon

6695	Callum Orr	EAC
6658	Duncan Math'son	Aber
6286	Ben Thomson	EAC
6212	Allan Leiper	Ald
5961	Paul Allan	Aber
5326	Michael Mather	Shaft
5315	Kenny Lyon	Aber
5194	James Malcolm	Loth
5087	Ronald Todd	ESH

As no other amendments have been notified to us since the last issue, we assume the above to be the final 1988 outdoor rankings.



1. **RON HILL REFLECTIVE VESTS:** Made from 100% fluorescent nylon mesh, this bib has ScotchLite reflective tape front and back. Colour Yellow/Orange. One size fits all. Price £5.50.
2. **FRANK SHORTER RUNNING HATS:** Made from 100% acrylic, these excellent hats have an extendable tassel on the top that can be short, long or taken off if not required. One size fits all. Colours Navy or Green. Price £4.99.
3. **RON HILL BUM BAGS:** Made from 100% nylon, these bum bags have a wide waist band with a safety buckle for easy attachment and adjustment. Colours Fluor Yellow, Blue or Green. Price £5.99.
4. **REEBOK TRAINING DIARY:** An excellent training diary that can be started at any time of the year, with space for your weight, pulse, mileage, pace, type of training and summary of training. Price £4.99 + £0.50p.p.p.
5. **NIKE STATES SINGLET:** Made from 100% polyester mini mesh, these vests have a 'T-Back' design. Colour Navy or Fluor Yellow (like Green). Sizes S, M, L, XL. Was £8.99 NOW ONLY £4.99.
6. **NIKE ORIGINAL REVERSIBLE SLEEVE T-SHIRT:** Made from 100% cotton, these excellent quality T-shirts have second colour on the inside of the sleeves that can be turned outward to provide a contrast. Colours Black/Green/Grey or Victoria Plums/Navy/Pink. Sizes S, M, L, XL. Was £10.99 NOW ONLY £6.50.
7. **HELLY HANSEN WINTER RUNNING BRIEFS:** Made from 100% polypropylene, these men's running briefs have a nylon covering over the front to keep out the wind and cold. Colour Navy. Sizes S, M, L, XL. Price £8.99.
8. **HIND RUNNING SOCKS:** Made from 40% rayon/30% cotton/26% nylon and 4% elastic, these excellent socks have a padded sole and a thin top for a mixture of protection and coolness. Colour White/Black. Sizes 3-7 or 7-12. Price £2.99.
9. **DANSEZ MINIMAL BOUNCE BRA:** Made from 40% cotton/45% polyester and 10% lycra this unique cupless sports bra holds your bust snugly and flatteringly against your chest. Colours White, Black, Pink, Turq. Sizes S(32A/B), M(34A/B), L(36C/38B), XL(38C/40B) (XL only in black or white) Price £11.99.
10. **RON HILL VIOLETT GLOVES:** Made from 50% polyester/50% viscose, these are the most popular running gloves on the market. Colours Navy, Royal, White and Black. Sizes S or L. Price £4.99.
11. **FRANK SHORTER LONG SLEEVED SHIRTS:** Made in Norway from 100% cotton, this excellent long sleeved shirt has a multi-coloured printed logo on the front. Sizes S, M, L, XL. Colours Fuchsia, Black, Green or Purple. Price £8.99.
12. **TIGER JOG SUITS:** Made from 65% cotton/35% polyester, this two colour jog suit has an embroidered two coloured logo and a four colour screen print on the front. The trousers have an elasticated and tie cord waist-band and two side pockets. Colour Lt Grey/Grey. Sizes S, M, L, XL. Price £34.99.
13. **CASIO FB4W SPORTS WATCH:** An excellent watch, which has the day, date, time, 1/100th sec stopwatch, an alarm, a micro light, a seven year battery and is water resistant. Normally £9.99 OUR PRICE £7.99.
14. **RON HILL TRACKSTERS:** The original lightweight training trousers and still the most popular; features include a tie-cord and elasticated waistband. Colours Navy, Royal, Black, Red, Grey, Yellow, Mint, Cornflower Blue and White. Sizes S, M, L, XL. Price £11.50.
15. **ADIDAS ANTARCTIC SWEAT SHIRT:** Made from 72% cotton/28% polyester this two colour sweat shirt has three colour print on the front and on one sleeve and a four colour print on the back. Colour Yellow/Purple. Sizes S, M, L, XL. Was £29.99 NOW ONLY £18.99.

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Events Diary

December

26

LOCHABER AC Xmas Handicap Race, Fort William

CAMBUSLANG Harriers Xmas Handicap Race, Rutherglen

31

CAMBUSLANG Harriers Kelly Shield 7 Mile RR, Rutherglen

DUMBARTON AAC New Year 9 Mile CC Race, Dumbarton

January

2

NEW Year Open Road Races, Beith. Promoted by Ayrshire Harrier Clubs' Association and sponsored by Cunninghame District Council. Races for all age groups, male and female. Enter by 1.45pm on the day at Beith Juniors FC. All enquiries to Jim Swindale on Beith 4156.

BROUGHTON Brewery 2 Mile Greenmantle Dash Hill Race

4

GLASGOW Open Graded Indoor Meeting, Kelvin Hall (all age groups, male). Contact 041-357-2525 for details.

7

MARYHILL Harriers Nigel Barge 4.25 Mile Road Race, Maryhill. Starts at 3pm on Kelvindale Road (between Maryhill Road and Clevedon Road). Entries accepted on the day. For further details, etc., contact Robert Stevenson on 041-637-7714.

SKYE Open Road Race, Broadford, Isle of Skye

TEVIOTDALE Harriers Langhaugh Trophy Races, Hawick
GREENOCK Glenpark Harriers Harris Cup 6 Mile CC Race, Greenock

8

CELTIC Countries CC International Match and Ayrshire Harriers Assoc County CC Champs, Irvine

11

GLASGOW Open Graded Indoor Meeting (all age groups, women). Contact 041-357-2525 for details.

14

SPRINGBURN Harriers Jack Crawford Open 5.5 Mile Road Race, Bishopbriggs. Starts at 3pm; entries on the day. Report to Huntershill Outdoor Sports Centre, Auchinairn, Bishopbriggs, in good time for race. For full details, contact Harry Gorman on 041-775-2672.

COVE and Kilcraggan AC Clyde Coast Road Race. Closing date for entries is January 12. Entry forms available from Kieran McAuley, 1, Braeside, Cove, near Helensburgh (Tel: 043 684 2523). Men's race (10.5 miles) starts 12.30pm; women's race (4.2 miles) starts 12.35pm; juniors' race (6 miles) starts 12.40pm.

NORTH Dist CC League Meeting, Elgin

CLYDESDALE Harriers Hannah Cup CC Race, Clydebank

14/15

SAAA/SWAAA National Indoor Athletic Championships, Kelvin Hall.

15

SVHC CC Champs, East Kilbride

DYCE Scout Group Balmedie Beach Run, Aberdeen

21

SCCU Eastern District CC Championships, Galashiels

SCCU Western District CC Championships, Dean Country Park, Kilmarnock

NORTH Dist CC League, Forres

SCOTTISH Universities Indoor Championships, Kelvin Hall

MOTHERWELL DISTRICTS RAVENS CRAIG HALF MARATHON



28th MAY, 1989 — WISHAW SPORTS CENTRE

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MEDALS TO ALL FINISHERS.

TIME 1100 am PROMPT. UNDER S.A.A. AND S.W.A.A. LAWS
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MALE/FEMALE

NAME OF CLUB/UNATTACHED

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I enclose the entry fee of £3.50 together with an 12" x 9" S.A.E. for acknowledgement and race literature. Please enclose S.A.E. approximately 12" x 9" for results if required.

Signature

Return entry to: RACE DIRECTOR,
WISHAW SPORTS CENTRE,
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WISHAW, ML2 0HB
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ATHLETICS

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ISLE OF MAN 1989: 27th EASTER ATHLETIC FESTIVAL

24th, 25th AND 26th MARCH

Promoted by the Manx Athletic Club
(Under AAA and WAAA Laws)

This year's events will be:

GOOD FRIDAY IN DOUGLAS (EVENING)

Senior Mens (Inc Juniors and Vets) Road Race 7.15pm.....5 miles
Youths (15-16) Road Race (6.45pm) New Course.....3 miles
Ladies (15 and over) Road Race.....5 miles
Senior Mens and Ladies Race Walk.....5 miles

EASTER SATURDAY IN PEEL (AFTERNOON)

Men's Hill Race (first race at 2.15pm).....4 miles
Ladies (15 & over) Hill Race.....3 miles
Youths (15 & 16).....3 miles
Junior Ladies (13 & 14) Hill Race.....2 miles
Boys (13 & 14) Hill Race.....2 miles
Girls (11 & 12) Hill Race.....1.5 miles
Colts (11 & 12) Hill Race.....1.5 miles

EASTER SUNDAY IN DOUGLAS (NEW COURSE, MORNING)

Mens Road Relay (first race at 10.30am).....4 x 4 miles
Ladies Road Race.....4 miles
Boys Road Race.....3 miles
Junior Ladies Road Race.....3 miles
Girls Road Race.....2 miles
Colts Road Race.....2 miles
(All ages at 1-9-88)

Prizes: 1st 20 Men; 1st 6 Ladies; 1st 3 in other classes. 1st 3 mens and ladies teams per day and overall. Other classes depending on entry. Prizes for the 1st veteran 0/40, 0/45, 0/50 and team in Senior Mens Races. 1st 3 in race walks.

Entry fees for weekend: Senior, including Junior Men, £6.00. Ladies £4.00. All others £2.00. For further information contact: Graham Davies, "Thistledome", Brookfield Terrace, Foxdale, Isle of Man.

ALL ENTRIES TO BE IN BY MARCH 1, 1989

THE SECOND EVEREST MARATHON NEPAL 1989

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After a 14 day trek to Gorak Shep, just below Everest Base Camp, and three days high altitude training, the race will be run from Gorak Shep (5184m) to Namche Bazaar (3446m), capital of the Sherpa region.

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Selection 30 April, 1989.

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Events Diary

February

22

BELLAHOUSTON Harriers Open
10,000m Road Race, Lochinch

BANCHORY CC Races, Banchory

23

SCHOOLS Athletics Leagues, Kelvin Hall

25

GLASGOW Open Graded Meeting, Kelvin Hall (All age groups, men). Contact 041-357-2525 for details.

28

SCOTTISH Universities CC Champs, Dundee

DAIRY Crest Indoor Games, GB v West Germany, Kelvin Hall.

SCOTTISH District teams (senior, junior, youth) at Inter-Counties CC Championships, Derby/Leicester

MARYHILL Harriers Schools CC League, Summerston, Glasgow

SHEETLESTON Harriers Flockhart Memorial Open CC Races, Drumpellier Park, Coatbridge

29

AYRSHIRE CC Races, Girvan

KIRKINTILLOCH Olympians Open 7.5 Mile Road Race (including veterans), Kirkintilloch. Starts at 2pm. Contact race organiser Henry Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch G66 3TJ, for further details.

1

GLASGOW Open Graded Indoor Meeting, Kelvin Hall (all age groups, women). Contact 041-357-2525 for further details.

3/4

PEARL Assurance AAA/WAAA Indoor Championships, Cosford

4

NORTH Dist CC League, Dornoch

RENFREWSHIRE County Road Race Championships, Greenock

EAST Dist CC League, Riccarton

BRITISH Students Sports Federation CC Championships, Balgownie, Aberdeen

SCOTTISH Schools Invitation Indoor Meeting, Kelvin Hall

6

SCHOOLS Athletics leagues, Kelvin Hall

11

McVITIES UK Trial Races for World CC Championships, Gateshead

MOTHERWELL YMCA Open Morning Road Races, Strathclyde Park

GREECE v Scotland (men, women) International Indoor Athletics Match, Athens

MARYHILL Harriers Club CC

Events Diary

Champs, Summerston, Glasgow

GREENOCK Wellpark 9 Mile CC Championships, Greenock

CLYDESDALE Harriers Club CC Championships, Clydebank

VICTORIA Park AAA Club CC Championships, Milngavie

GREENOCK Glenpark Willow Bowl 7.5 Miles CC Race, Greenock

12

GRANGEMOUTH Round the Houses Open Road Races, Grangemouth Stadium

SCOTTISH Universities v Scottish Select v Loughborough Indoor Representative Match, Kelvin Hall

AUTOSONIC CC Race, Balgownie, Aberdeen

AYRSHIRE CC Meeting, Loudon

18

TISO CARNETHY 5 Mile Hill Race, Penicuik. Starts 2pm. For further details, please contact B. Scott, 49, Nevis Gardens, Penicuik EH26 8JZ.

SCOTTISH YMCA National Cross Country Championships, Strathclyde Park

EDINBURGH AC Robertson Trophy 7.5 Mile Road Race, Edinburgh

18/19

EUROPEAN Indoor Championships, The Hague

19

DUNDEE Hawkhill Harriers Open Road Races, Dundee

OPEN Castle Series CC Races, Fyvie

20

SCHOOLS Athletics Leagues, Kelvin Hall

22

GLASGOW Indoor Open Graded Indoor Meeting, Kelvin Hall (all male age groups). Contact 041-357-2525 for further details.

25

SCCU National CC Championships, Hawick

26

LOCHABER AC Open Road Race, Fort William

SCOTTISH Veterans Indoor Championships, Kelvin Hall.

LOCHABER PEOPLE'S MARATHON

If London turns you down, don't give up. Come to Fort William and try your luck in the LOCHABER PEOPLE'S MARATHON on Sunday, April 23rd, 1989, at 12 noon

Entry fee only \$5 Limit 1,000

Race starts and finishes at Railway Station, where last Sunday train leaves at approx 6pm back to London. SAE with all enquiries to E. Campbell, Kilmul, Alma Road, Fort William, Inverness-shire, Scotland.

CLACKMANNAN DISTRICT SPORTS COUNCIL

Seventh annual Alloa Half Marathon, sponsored by the Alloa Advertiser, on Sunday, March 26, at 12 noon. Permits issued by the SCCU and the SWAAA.

Prizes for all categories, and a medal to all finishers.

Entry forms available from:

Mrs J. King,
Dept of Leisure and Recreation,
Mar Street,
Alloa

NEW YEAR SPRINT at MEADOWBANK SPORTS CENTRE Edinburgh

Top class professional sports people in action on

2nd, 3rd January 1989
(12 noon - 3.15pm approx)

Spectators: Admission	Adults	£3.50
	5-18 yrs	£1.00
	Under 15's	Free

* Admission price includes programme *

Doors open 10am

Refreshments will be on sale in the Concourse

For further information phone
031-661-5351

THE CITY OF EDINBURGH DISTRICT COUNCIL
EDINBURGH
SUPPORTING SPORT

EIGHTH LOCH RANNOCH MARATHON

(INCORPORATING THE THIRD LOCH RANNOCH HALF MARATHON)

Sunday, June 25th, at 11am.

(Under SAAA and SWAAA Rules)
(BARR Grade 2)

SPONSORED BY BARRATT
INTERNATIONAL RESORTS



RUN IN ONE OF BRITAIN'S MOST BEAUTIFUL MARATHONS. THERE IS ALSO THE CHANCE TO RUN IN A HALF MARATHON EVENT - WHICH WE HOPE WILL ALLOW MORE RUNNERS TO ENJOY THE WILD SCOTTISH SCENERY, BUT OVER A SHORTER COURSE. EXCELLENT FACILITIES INCLUDE DRINK/SPONGE STATIONS, MILE MARKERS, MEDALS FOR ALL FINISHERS, COURSE ACCURATELY MEASURED BY RRC, EXCELLENT PRIZE LIST INCLUDING WEEKEND HOLIDAYS, AND ABOVE ALL A FRIENDLY ATMOSPHERE.

Entry forms from:

Arthur F. Andrews, Loch Rannoch Marathon,
Rannoch School, Rannoch Station, Perthshire,
PH17 2QQ (PLEASE SEND SAE).

WHY NOT MAKE A DATE NOW FOR THE FRIENDLY RUN
IN THE HEART OF THE HIGHLANDS ON JUNE 25TH?

SUNDAY
19th
MARCH



2.00pm
INVERNESS

Accurate and fast course through the streets of the Highland capital, Inverness. Extensive prize list, over £2,000, for all categories, including individuals, veterans, athletic clubs, works teams and pub teams. Beautiful commemorative medal for all finishers in half marathon. Superb organisation and full facilities. Entry forms available from Highland branches of the Bank of Scotland or Turnbull Sports, 10, Church Street, Inverness. Tel: 0463-241625.

BANK OF SCOTLAND
A FRIEND FOR LIFE



Women's Rankings

Ian Steedman

Euro-Juniors

100 metres

11.69 w	Melanie Neef	GAC
11.75 w	Ail'n McGillivray	EWm
12.1 w	Wendy Thompson	Pit
12.15 w	Morag Baxter	MSL
12.3	Angela Brown	L&L
12.3 w	Ruth Girvan	NV

200 metres

24.10	Melanie Neef	GAC
24.34	A McGillivray	EWm
24.91	Emma Lindsay	EWm
25.0	Ruth Girvan	NV
25.0 w	Wendy Thompson	Pit
25.06	Morag Baxter	MSL

400 metres

56.62	Emma Lindsay	EWm
57.1	Denise Knox	M&C
58.59	Julie More	EWm
58.7	Kirsty Baird	KO
59.0	Fiona Calder	Irv
59.2	Shivaun Coyle	MSL
59.2	Hazel McHenry	VP

800 metres

2-16.62	Sharen Wiktorski	Long
2-17.44	Sonya Grainger	EWm
2-17.5	Kirsty Baird	KO
2-18.0	Deborah Kelly	Law

1500 metres

4-29.75	Valerie Clinton	Irv
4-43.8	Sonya Grainger	EWm
4-48.1	Nicola Allison	GAC
4-48.9	Sharen Wiktorski	Long
4-56.7	Catriona Williams	DHH
5-03.7	Karen Buchanan	Pit
5-03.8	Ria de Jager	Kilb

3000 metres

9-41.74	Valerie Clinton	Irv
10-27.7	Anne-M Follan	Kilb
10-35.5	Catriona W'ms	DHH
10-56.7	H. Fallin	St L
11-02.0	Patricia O'Kane	L&L
11-08.62	Morag Green	Caith

100m H

14.8	Julie Mulcock	Bour
15.4	Michelle McGness	Colz
15.7 w	Lorna McCulloch	Pit
15.8	Ruth Girvan	NV
16.2	Beverley Ross	DHH
16.2	Alison Kilbank	FAC
16.3	Nicola Emblem	EAC
16.3 w	C. Bingham	Well

400mH

62.8	Tracey Wilson	Loch
65.2	Maureen Green	Ayr
65.6	Hazel Edgar	NV
65.7	Kirsty Baird	KO
65.7	Yvonne Liddle	EAC

High Jump

1.75	Emma Lindsay	EWm
1.65	Maureen Green	Ayr
1.65	Fiona Hall	VP
1.62	Nicola Barr	CR
1.56	Alison Callan	Ayr
1.55	Julie McNeill	EWm
1.55	Diane Gardner	GAC
1.55	Katrina Ogg	Arb

Long Jump

5.68	Emma Lindsay	EWm
5.59	Linda Davidson	Aber
5.53	Nicola Barr	CR
5.38	Maureen Green	Ayr
5.34	Lisa Arthur	VP

Shot Putt

12.63	Ashley Morris	Pit
12.57	Jan Thompson	Sale
12.53	Nicola Emblem	EAC
12.53	Alison Ham'erton	MSL
12.47	J-M Thompson	Sale
11.64	Audrey Sinclair	MSL
11.56	Andrea Rhodie	MSL

Discus

44.52	Ashley Morris	Pit
40.10	Alison H'm'rtion	MSL
32.96	Ann Findlay	DHH
32.76	Colette Crawford	PSH
32.34	Alison Shepherd	Pit
32.02	Nicola Emblem	EAC

Javelin

52.46	Nicola Emblem	EAC
36.48	Linda Low	Ork
35.02	Lesley Burt	MSL
33.46	Sharon Morrison	Ayr
32.86	Lorraine Wak'h'm	EAC

Heptathlon

4473	Emma Lindsay	EWm
2908	Katrina Ogg	Arbr

Pentathlon

3234	Emma Lindsay	EWm
2767	Ruth Girvan	NV
2468	Lorna McCull'ch	Pit
2249	Katrina Ogg	Arbr

Intermediates

100 metres

11.62 w	Kathleen Lithgow	NV
11.9 w	Alison Edmonds	Inv
12.4	Angela Fleming	GAC
12.4	Jane Fleming	GAC
12.5 w	Fiona Vance	EWm
12.6 w	Carolyn Black	EWm
12.6 w	Carolyn Clark	Airdr

200 metres

24.28	Kathleen Lithgow	NV
24.9	Alison Edmonds	Inver
25.3	Jane Fleming	GAC
25.4	Carolyn Black	EWm
25.6	Valerie Friel	Colz
25.60	Fiona Vance	EWm
25.68	Angela Fleming	GAC

400 metres

58.1	Deborah Haxton	Pit
58.1	Kathleen Lithgow	Nith
58.9	Mary McClung	JWK
59.1	Evelyn Grant	Pit
59.2	Caroline Black	EWm
59.6	Kirsty McQueenie	EWm
59.8	Dawn Durden	Airdr

800 metres

2-13.97	Lesley Svaasand	Pit
2-17.5	Laura Thounmire	EWm
2-19.9	Ainsley Normand	VP
2-21.02	Evelyn Grant	Pit
2-21.9	Sharon Telfer	Ayr

1500 metres

4-37.92	Katy Rice	Aber
4-49.5	Rachel Houston	MYM
4-49.7	Sheena M'cdon'ld	Irv
4-58.4	Ann Gallon	Aber
4-59.8	Roslyn Pollock	LR

3000 metres

10-21.0	Sheena M'cdon'ld	Irv
10-42.6	Marlene Gemmell	SL
11-02.4	Donna Rutherford	JWK
11-14.5	Marion Wilson	Fife
11-14.9	Susan Buchanan	Colz

80mH

11.7 w	Sarah Richmond	Pit
11.8 w	Jennifer Sharp	EWm
11.9	Gail Murchie	Aber
12.0	Alison Grey	EAC
12.2 w	Marie Rodgers	Law

300mH

45.8	Fiona Watt	MSL
47.0	Beverley Ross	DHH
47.1	Sarah Richmond	Pit
48.0	Tracey Kerr	Mel
48.02	Jennifer Sharp	EWm

400mH

65.4	Beverley Ross	DHH
66.0	Mary McClung	JWK
67.3	Fiona Watt	MSL
67.7	Janet O'Neill	VP

High Jump

1.63	Lisa Paton	GAC
1.60	Katherine Guthrie	EAC
1.60	Louise McMillan	Bo'n
1.60	Karen Houston	MSL
1.58	Kelly Anderson	Mont
1.58	Susan Fithrghm	Bisle

Long Jump

5.87	Carolyn Black	EWm
5.46	Maxine Tullin	ACE
5.27	Heather Macleod	Inv
5.08	Sarah Stirling	GAC
5.06	Fiona Watt	MSL

Shot Putt

12.85	Alison Grey	EAC
10.38	Lynne Dobie	EWm
10.10	Louise Atchinson	EWm
9.71	Jane Ritchie	Arb
9.67	Tracy Shorts	Kilb

Discus

41.50	Alison Grey	EAC
36.80	Heather Macleod	Inv
33.60	Kirsty Armstrong	PSH
32.12	Anya Adam	Mont
31.70	Louise Aitchison	EWm

Javelin

33.40	Jane Ritchie	Arb
33.10	Evelyn Grant	Pit
32.66	Carolyn Shepherd	Inv
32.46	Clare Jackson	GH
31.96	Fiona Anderson	NV

Pentathlon

2709	Fiona Watt	MSL
2626	Susan Fithrghm	Bisle
2401	Sarah McLeod	Tay

Heptathlon

4119	Alison Grey	EAC
3915	Evelyn Grant	Pit
3584	Gail Murchie	Aber

4 x 100m

48.3	Scottish Schools
48.89	Scotland
49.42	Edinburgh WM
51.5	Pitreevie AAC
51.6	Hutcheson's GS
52.0	Glasgow AC

Juniors

100m

12.7	Wendy Young	Fife
12.8 w	Corrie Butler	Aber
12.8 w	Car'lyne Pritchard	MSL
12.8 w	Rose Eaton	Arb
12.8 w	Debbie Douglas	Inv
12.87	Elaine Julyan	Ayr
12.9	Katrina Leys	Aber

200m

25.6 w	Wendy Young	Fife
26.1 w	Julie Calvert	GAC
26.3	Alex Garden	Pit
26.5 w	Val McDougall	SL
26.68	Elaine Julyan	Ayr

800m

2-13.36	Dawn Simpson	Aber
2-19.3	Alison Cheyne	Bath
2-22.2	Isabel Linaker	QAS
2-22.3	Jane Wolfendale	VP
2-22.5	Nicola Brown	Tyne

1500m

4-49.9	Dawn Simpson	Aber
4-54.6	Gillian Slaven	Ayr
4-59.2	Deb McNally (G)	VP
5-01.7	Wendy Kennedy	Avn
5-03.0	Suzanne Kennedy	GAC
5-03.8	Claire Roy	Bath
5-03.9	Audrey McBride	Hel

75mH

11.09	Cath. Murphy	GAC
11.7 w	Nicola McCall	MSL
11.9	Debbie Douglas	Inv
12.0 w	Lorna Silver	DHH
12.1 w	Lauri Cadden	Fife

High Jump

1.65	Hazel Melvin	TT
1.57	Katrina Dyer	Ayr
1.57	Carol. Pritchard	MSL
1.48	Katrina Leys	Aber
1.45	Five athletes	



Outstanding Euro-Junior Emma Lindsay of EWm sails over the high jump bar during the East District Indoor Championships. Emma leads the 1988 rankings in five events!

Long Jump

5.16	Mel. Somerville	MSL
5.44 w	Debbie Douglas	Inv
4.97	Jane Wolfendale	VP
4.90	Carol. Pritchard	MSL
4.82	Alix Shepherd	GAC
4.82	Cath. Murphy	GAC

Shot Putt

11.23	Lynne Barnett	PSH
11.16	Tracey Johnstone	Bisle
10.43	Steph. MacKenzie	Inv
10.16	Lorna Jackson	Tay
10.10	Anthea Coates	Pit
9.95	Julie Aitken	Mont
9.75	Alix Shepherd	GAC

Discus

30.82	Helen McCreadie	Dum
30.04	Ellis Park	VP
29.30	Aline Cross	Ork
29.14	Tracey Johnstone	Bisle
27.42	Margaret Young	EWm
26.90	Paula Brigain	EWm

Javelin

31.56	Joanna Ablett	EWm
31.50	Lorna Jackson	Tay
30.80	Julie Aitken	Mon
26.10	Susan Ritchie	Arb
25.34	Karen Wallace	MSL

Pentathlon

2616	Cath. Murphy	GAC
2532	Debbie Douglas	Inv
2503	Katrina Dyer	Ayr
2435	Val McDougall	SL
2308	Alix Shepherd	GAC

4 x 100m

50.04	Scotland
50.07	Glasgow AC
51.6	Aberdeen AAC
51.6	Ayr Seaforth AC
51.9	Dumbarton Schools
52.06	Edinburgh WM

Girls

100m

12.68 w	Myra McShannon	GAC
13.0 w	Lee Cunningham	Fife
13.1 w	Sarah Still	Aber
13.1 w	Linzie Kerr	Colz
13.4 w	Sandra Gunn	Aber

200m

25.4	Myra McShannon	GAC
27.6 w	Lee Cunningham	Fife
27.92 w	Sarah Still	Aber
28.28	Lorraine Stewart	EWm
28.38	Karen Sutherland	EWm

800m

2-26.10	Lorraine Stewart	EWm
2-27.1	Jacq. McDowell	Colz
2-29.67	Lesley Herd	EAC
2-30.2	Lorraine Dick	Loch
2-30.4	Caroline Friel	Colz

70mH

11.21 w	Sandra Gunn	Aber
11.26 w	Catriona Burr	EWm
12.1	Donna Grant	Inv
12.2	Kerry Beveridge	EAC
12.3	Margaret Dalton	JWK
12.4	Lesley Herd	EAC

High Jump

1.54	Julie Reid	Kilb
1.51	Linzie Kerr	Colz
1.40	Emma Thorington	EWm
1.35	S-J Ramminger	Arb

Long Jump

5.17	Sarah Still	Aber
5.05	Linzie Kerr	Colz
4.69	Sam. Brown	Ayr
4.63	Diane Burn	Aber

"Eh - there's that running boy!"

DRINK. Ah, drink. A word frequently used in the vocabulary of most Scots, and a word which describes the nation's downfall or salvation, depending on your point of view.

Many Scots are prone to polarised views about drink (or alcohol to be precise about what we are discussing here). Opinion polls will tell you that Scotland has a disproportionate amount of both abstainers and alcoholics, which indicates that we don't have as many as most countries in the "moderate" camp.

Athletes would appear to be similarly divided between those who don't touch the stuff (or, like Liz McColgan, take only the very occasional light drink like Martini), and those who are complete plonkers (I am obliged to a scurrilous and humorous publication called Scotland's Tippler for the information that the expression: "Pissed as a Pentecost" is common parlance in dubious athletics circles!).

Fraser Clyne is one who probably fits into the "moderate" camp, but he tells a very funny story of one office wine tasting party which lowered (or possibly raised) his esteem in the eyes of an old wife from Aberdeen.

"I'd tried seven red wines and seven whites, after which it seemed like a good idea to go to the pub," recalls Clyne. "I had several pints of real ale and then reeled out into the street and hung on grimly to a bus stop trying to stay upright."

"It was the only time I've been recognised by the public with a drink on me, and I can still remember this woman's voice saying to her pal: 'Eh,

By Alan Campbell

there's that running boy...!"

To cap it all, he was banned from subsequent wine tasting parties!

Many athletes try to get a race and continue training over the Festive period, and our resident coach, Derek Parker, advises: "Try to do a heavy session (training, not drinking!) on the day of an evening out. I don't recommend drinking and eating to excess to anybody, but if you do, take a rest from training the next day. Remember the dehydrating effects of alcohol."

Three pints of Guinness maximum in

a day and, "a nice dram of good malt to welcome in the New Year," are as much as our Veterans correspondent Henry Muchamore permits himself.

"I've only ever had one proper hangover, and that was the first time I came to Scotland for Hogmanay in 1963," he claims. Older and wiser now, he paces himself better.

The arrival of alcohol free drinks has enabled many to escape the social pressure of consuming the hard stuff. Opinion about the quality varies from person to person ("I like alcohol free wine," - Fiona Macaulay; "I can't stand alcohol free wine," - Graham Smith) but the choice is to be welcomed.

Whatever your tipple, enjoy the Festive period.



Different legs forward in the 60m hurdles at the East District Championships

STILL TIME TO SUBSCRIBE AND RECEIVE A FREE BOOK!

Despite a brisk response to last month's offer of a free copy of either John Keddies **Scottish Athletics** or George McNeill's **The Unique Double**, we still have some copies of these superb books - the last on the market - available. This will be the final month that we are able to make this offer, and the books will be allocated on a first come, first served, basis.

To remind you, the alternatives are:

Option A: One year's subscription and **The Unique Double** - £15

Option B: One year's subscription and **Scottish Athletics** - £17.50

Option C: Eight month's subscription and **Scottish Athletics** - £15

Option D: A year's subscription without a book - £15

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