



**THE ADIDAS TORSION RACE SERIES.
THE FASTEST WAY TO IMPROVE YOUR P.B.**



**adidas
TORSION
RACE SERIES**
SUPPORTED BY TISSOT

TISSOT
Swiss Quality Time

This Spring adidas launch a new shoe range called "Torsion," specifically designed to reduce injury, thereby increasing training time and giving you, the runner, the best chance of improving your P.B.

To celebrate the launch of "Torsion," adidas bring you Britain's most prestigious mid-week race series: 5, 8, and 10K races at the nine venues listed below – all with the superb organisation and prizes you've come to expect from adidas.

Apply now for details of the race in your area.

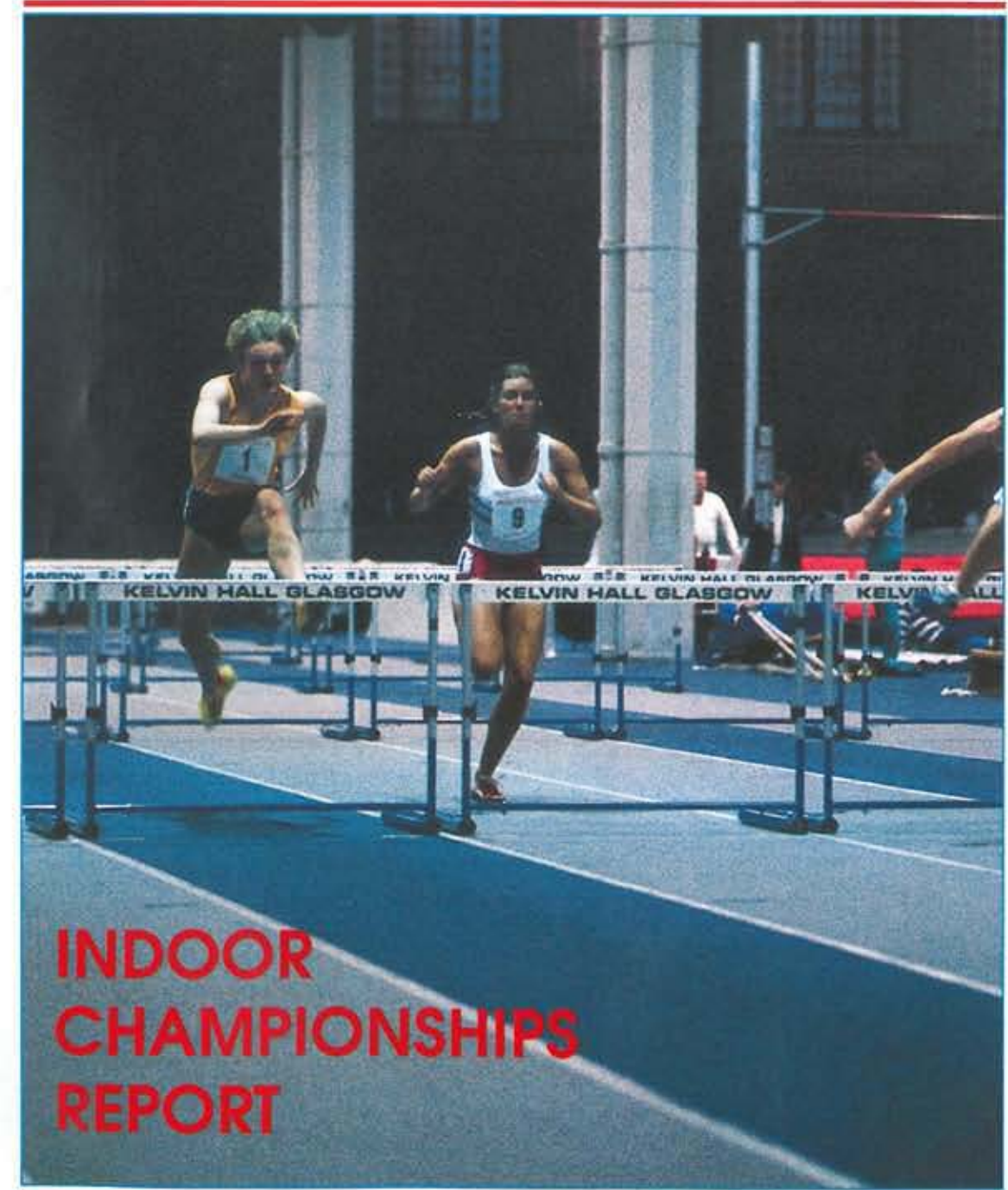
adidas

For entry applications send a 9" x 6" SAE to "THE TORSION RACE DIRECTOR," GLASGOW 26/4, 3/5, 10/5 – 53 Anchor Crescent, Paisley, Scotland, PA1 1LX. ST ALBANS 17/5, 24/5, 31/5 – 2 Barncroft Way, St Albans, Hertfordshire, AL1 5QZ. SHEFFIELD 31/5, 7/6, 14/6 – C/o Runnecare, 27 Jameson St, Hull, HU2 3HR. AVON 7/6, 14/6, 21/6 – 8 Ferndale Av, Longwell Green, Bristol, Avon. BIRMINGHAM 28/6, 5/7, 12/7 – 16 Grosvenor Close, Four Oaks, Sutton Coldfield, West Midlands, B75 6RS. MANCHESTER 12/7, 19/7, 26/7 – 20 Burnham Drive, Burnage, Manchester, M19 2JJ. NORWICH 19/7, 26/7, 2/8 – "Zeando," Swannington, Norfolk, NR9 5NW. BELFAST 16/8, 23/8, 30/8 – C/o Torsion Race Series, House of Sports, Upper Malone Rd, Belfast, BT9 5LA. GATESHEAD 16/8, 23/8, 30/8 – GMBC, Dept of Parks and Recreation, Prince Consort Rd, Gateshead, Tyne & Wear, NE8 4HJ.

SCOTLAND'S RUNNER

FEBRUARY 1989

ISSUE 30 £1.20



INDOOR CHAMPIONSHIPS REPORT

Road Race Survey:
Land O' Burns sweeps the boards



RON HILL

Running Shoes

A GOOD RUN FOR YOUR MONEY.

BACK TO THE FUTURE.

It's funny, but years ago when running shoes were simple, (and inexpensive), there didn't seem to be half the injuries around. Now running shoes are big business and companies are falling over themselves to find gimmicks to put them one up on the opposition.

Ron Hill running shoes have gone the other way. We are offering only essential design features with none of the "bells, bangles and whistles".

We have no heel tabs to rub the achilles tendon, and we have lowered heel lift in the midsole to minimise over-pronation. Firm heel counters stabilize the foot and roomy toe areas reduce the risk of blisters. Where grip is needed on the outsole, we give it. Where lightness of weight is needed for racing, we have it.

And not least, cutting out the gimmicks keeps our prices reasonable!

KEY STOCKISTS

SCOTLAND
DUNDEE RUNNER
101 LOGIE STREET
DUNDEE
Tel: 0382 69915
WALES
KEVIN SPORTS
303 HIGH STREET
BANGOR
Tel: 0248 30278
CASTLE SPORTS
33 CASTLE ARCADE
CARDIFF
Tel: 0222 30273
NORTH WEST
RUNNING WILD
148 MARKET STREET
HYDE
Tel: 061 366 9191
RUNNING WILD
89 BOLTON ROAD
KEARSLEY
FARNWORTH
Tel: 0254 72000
SPORTS FEET
BARTON SQUARE
OFF ST. ANN'S SQUARE
MANCHESTER
Tel: 061 832 6111
SPORTS FEET
17 MERSEY SQUARE
STOCKPORT
Tel: 061 429 9912
SPORTS FEET
29A MELBOURNE STREET
STALYBRIDGE
Tel: 061 336 2440
FOOTHOLD
70 LORD STREET
LIVERPOOL
Tel: 051 709 8390
WEST END SPORTS
REGENT ROAD
MORCAMBIE
Tel: 0524 423434

N.A. & J. RATHBONE
28 MAIN STREET
KEESWICK
Tel: 07687 77700
NORTH
DAVE SMITH SPORTS
3A WARDS END LANE
HALIFAX
Tel: 0422 56602
RUNNERS CARE
14 FURNIVAL GATE
SHEFFIELD
Tel: 0742 287436
RUNNERS CARE
27 JAMES STREET
HULL
Tel: 0482 27479
NORTH EAST
FOOTHOLD
29 CROW TREE ROAD
SUNDERLAND
Tel: 091 565 6641
FOOTHOLD
16 SHAKESPEARE STREET
NEWCASTLE-UPON-TYNE
Tel: 0632 614166
KINGSWAY SPORTS
129 GRIMSEY ROAD
CLEETHORPES
Tel: 0472 248863
MIDLANDS
THE RUNNER
248 LONDON ROAD
STOKE ON TRENT
Tel: 0782 45668
BIRMINGHAM RUNNERS
SHOP
1506 STRATFORD ROAD
BIRMINGHAM
Tel: 021 745 6007
BIRMINGHAM RUNNERS
SHOP
183 CHURCH ROAD
YEW TREE

YARLEY
BIRMINGHAM
Tel: 021 784 6107
GROVE SPORTS & LEISURE
244 GROVE LANE
HANDSWORTH WOOD
BIRMINGHAM
Tel: 021 554 8995
ALPHA SPORTS
16-18 HIGH STREET
BROWNHILLS
WALSALL
Tel: 0943 30054
OFF THE BEATEN TRACK
WOMEN & CHILDREN AT OFF
THE BEATEN TRACKS
EAST STREET
ROCKLEY
NOTTINGHAM
Tel: 0602 413411
THE RUNNING FOX
41 ASHLEY ROAD
LOUGHBOROUGH
Tel: 0525 381658
EAST
MIKE MCNEILS SPORTS
16 HIGH STREET
SPSWICH
Tel: 0473 56271
SOUTH EAST
RUN & BECOME
42 PALMER STREET
LONDON
Tel: 01 222 1314
KNIGHT SPORTS
75 OLD CHURCH ROAD
CHINGFORD
Tel: 01 529 2693
RUNNERS NEED
24 THE PARKWAY
LONDON NW1
Tel: 01 267 7525
SUPREME SPORTS
14 ORLOP STREET

GREENWICH SE10
Tel: 01 852 1925
THE JOG SHOP
388 GEORGE STREET
BRIGHTON
Tel: 0273 65713
MATCHPOINT SPORTS
& LEISURE
NORTH STREET
LEIGHTON BUZZARD
Tel: 0525 381658
MATCHPOINT SPORTS
& LEISURE
135 QUEENSWAY
BLECHLEY
MILTON KEYNES
Tel: 0908 125179
SWEATY FEET
144 EASTERN ESPLANADE
SOUTHEND ON SEA
Tel: 0202 460430
CSL SPORTS
NEWHAM COURT FARM
BEARSTEAD ROAD
MAIDSTONE
Tel: 0622 35520
FOUR SPORTS
30 HIGH STREET
CAMBERLEY
Tel: 0278 64978
SOUTH
FOUR SPORTS
83 LYCHFORD ROAD
FARNBOROUGH
Tel: 0251 543146
SOUTH WEST
RUNNERS EDGE
3 CENTRAL STATION
PARADE
QUEEN STREET
EXETER
Tel: 0392 25688 EX. 9
EASY RUNNER
143 ST. MICHAELS HILL
BRISTOL
Tel: 0272 721146

RON HILL SPORTS LTD, P.O. BOX 11, HYDE, CHESHIRE, SK14 1LL TEL 061 368 6894

SCOTLAND'S RUNNER

FEBRUARY, 1989

ISSUE 30

Editor:
Alan Campbell

Associate Editor:
Doug Gillon

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

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

Events and Results Compiler:
Colin Shields

Photographer:
Peter Devlin

Sales Director:
Alex Hall

Advertising Sales:
Fiona Caldwell

Administration and Circulation:
Arlene McKeeve

SCOTLAND'S RUNNER



Front Cover:
The women's 60
metre hurdles at the
Royal Mail Letters
Scottish Indoor
Championships on
January 15.

Photograph by Peter
Devlin.

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

Contents

12

Indoor Championships

Doug Gillon and Peter Devlin
record the action from the Kelvin
Hall as performances soar.

18

Coaching Clinic

Derek Parker recommends hill
training as a means to improve
stamina and speed.

21

Road Race Survey

There is a unanimous winner of
the 1988 survey, as Alan
Campbell reports.

25

Andy Forbes Profile

James Christie reviews the
inspiring career of Victoria
Park's Andy Forbes.

29

Club Profile

Henry Muchamore on a club
which began for fun but is now
a serious athletics force.

On other Pages . . .

5	Inside Lane	33	Students
7	Up Front	35	Run in London
13	Letters	37	Veterans
16	Alloa Centres	38	Youths' Lists
20	Women In Sport	42	Events
24	Flying Scot Club	48	Sports Network
32	Results	49	Orienteering

AIR MAIL SUBSCRIPTION RATES

Give a gift of a year's subscription to Scotland's Runner to a
friend or relative living abroad. The rates are:

USA and Canada.....	£19.00
Europe.....	£17.50
New Zealand and Australia.....	£21.00

THOR-LO's miles better engineered for running.

THE UNIQUE SOCK THAT'S PADDED AT HEEL AND TOE

There's nothing to equal
this revolutionary new
sock from America!

Trade enquiries to
Ardblair Sports (Importers) Ltd
James St. Blairgowrie Perthshire.
PH10 6EZ Phone 0250 3863
From most good sports shops, if
your's has not yet stocked please
show him this advertisement.

**THOR-LO
GUARANTEE**
your feet
will feel
better
or your
MONEY BACK

9.00am - 6.00pm MON-SAT
SWEATY FEET
0702 460620
144 EASTERN ESP.
SOUTHEND SS1 2YH

Brooks Chariot KW was £39.95 now only **£29.95**
2 Pairs £58.00, 3 Pairs £85.00

Brooks Nexus was £49.95 now only **£34.95**

Brooks Genesis XL was £29.95 now only **£19.95**

Same day despatch for shoes ordered by
Access/Visa before 4.00pm.
When ordering please state whether UK or
US sizes.

P/P 1 pair £1.50, P/P 2 or more pairs £2.00

YOU DO IT BETTER WITH

SWEATY FEET

RUN YOUR MARATHON

on behalf of
Intermediate Technology



Intermediate Technology is
one of the leading U.K.
charities involved in the
long-term relief of poverty
and hunger in the Third World

Debbie Smith,
Intermediate Technology,
Myson House,
Railway Terrace,
RUGBY CV21 3HT.

Run in your next marathon on
behalf of Intermediate Technology.
send this coupon to

You will receive by return a T-shirt
and sponsorship forms.

Please indicate size of T-shirt required.

Name _____
Address _____

Inside LANE

ANYBODY WHO is in any doubt about
the urgent requirement for a united
Scottish Athletics Federation should look
only at the events of the past six weeks to
realise that the sport is being left at the
post in almost every respect.

Firstly, late in December, there was the
incredible revelation that the Common-
wealth Games Council for Scotland are
proposing that only 14 Scottish athletes be
taken to the Commonwealth Games in
Auckland, which take place exactly one
year hence. Of these 14, only six are men.
(Swimming got an equally bad deal with
an allocation of just five, but that is for
them to dispute).

On the basis of these figures, you
could more or less pick the team now.
Tom McKean, Brian Whittle, and Geoff
Parsons are certainties, and on the basis of
last year's form so is Tom Hanlon (al-
though, ironically, his prospects are better
in the tougher European Championships).
Although he didn't make the individual
100m for Seoul, it's hard to see how Elliot
Bunney can be ignored. In the marathon,
three runners, Allister Hutton, John
Graham and Fraser Clyne have in the past
all run faster than the "A" qualifying
guideline of 2 minutes 13 seconds. That's
eight for a start, without even looking at
the merits of people like Jamie Henderson,
Alistair Currie, Peter Campbell et al.

The women, while securing a better
representation, will have to leave many of
our fine emerging youngsters behind.

Privately, SAAA officials are saying
that they expect the final men's team to be
in the region of 12 to 14. The SWAAA
hope for a similar figure.

Even if these figures are achieved - and
it is by no means certain - they fall far
short of the expected 17-20 places for men,
and 13-16 for women. Both Associations

have written to the Commonwealth
Games Council expressing their anger, but
while I expect the whole issue to have
received wider public debate by the time
this issue of the magazine is published,
the sad fact is that much damage has
already been done.

Athletes, already disillusioned by Scot-
land's recent expulsion from individual
nation status in the World Cross Country
Championships, are now wondering if
there is any point at all in making the
necessary sacrifices to get in shape for
possible Commonwealth selection. In
other words, instead of 1989 starting off as
a year of optimism and hope for these
fringe candidates, uncertainty and
depression have already set in.

RUNNING almost parallel with the
Commonwealth Games fiasco has been
the announcement in January of two
major sponsorships for other sports.
Firstly, the Scottish Cyclists' Union
received a £40,000 sponsorship from
McEwans LA - many congratulations to
the cyclists, who thoroughly deserve this
sort of backing, and well done to the
sponsors for choosing a sport well away
from the mainstream.

More predictably, it was revealed a
couple of days later that the Scottish
Rugby Union were being boosted by a
huge £300,000 sponsorship over three
years from Digital towards the develop-
ment of youth rugby.

BOTH OF the above, the shoddy treat-
ment of athletics by the Commonwealth
Games Council and the financial support
that is being pumped into other sports,
graphically illustrate the need for Scottish
athletics to get its act together. It's just not
good enough, as the SAAA maintains, to
sit back and wait for the British (English)
Athletics Federation to evolve, and then
adopt a role model along similar lines.

I accept that having been in existence
for 99 years, the Scottish Cross Country
Union should be allowed to celebrate its
centenary season in some style this
autumn. But, even prior to that, men and
women of goodwill in athletics should be
probing how best to achieve an amalga-
mated Federation or Association - one that
would make the sport more attractive to
private backers and the media. The
present system is a nightmare for both,
and athletics is losing thousands of
pounds and columns of newspaper
exposure because of it.

A full time promotions officer should
be appointed to the new Federation, and a
figure of weight installed as director to
run it (although accountable to the clubs).

Until that happy and probably illu-
sionary day, however, Scottish athletics
should now be telling the Commonwealth
Games Council unequivocally that it is not
prepared to send a team to New Zealand
unless a minimum of 30 athletes are taken.
Perhaps even the Scottish sporting public
might be stirred by the prospect of
unremitting Kenyan and English success
on the track without the occasional
McColgan, Murray or McKean to salvage
some pride for Scotland.

I've no doubt, though, that millions
will be glued to the shooting and judo.

Alan Campbell

The Flying Scotsman...



Cal '89



CHEQUERS RUNNING TRAVEL INTO 1989

QUALITY COACHES
AND HOTELS ALWAYS USED
SPECIAL DEALS FOR CLUBS

ROTTERDAM MARATHON

THE SENSATIONAL WORLD RECORD COURSE

16th April 1989
☆ 3 & 4 Day Tours from £80
☆ Self-drive from £52

☆ 2, 3 & 4 Star Hotels booked
☆ Executive coach departures from Scotland, North, Midlands, East, S. Wales, S.W. England, North & South London

200 ENTRIES GUARANTEED

PARIS MARATHON

30th April 1989
From £89.00

(Reduced return rail fare from Central Scotland £39.00)
2 nights, 3 days
Central Paris Hotel

AMSTERDAM MARATHON

7th May 1989 *Not a hill to be seen!*

☆ 3 Day Tours & Self-drive

ENTRY GUARANTEED

GREAT NORTH RUN

18th June 1989

1 night - 2 days
From £48.00

OVER 600
BEDS
BOOKED



LONDON MARATHON

23rd April 1989

GROUPS
PLEASE ENQUIRE
FOR RATES

Our wide range of tours include:

- ☆ New 3-star hotel in Greenwich -near start and Cutty Sark
- ☆ 3-star Central London hotels
- ☆ Nationwide departures
- ☆ Option of - Coach Tours, Rail Tours,
- ☆ Hotel Only or Coach Travel only
- ☆ Race day travel by coach to start
- ☆ Pre-race talk by Mike Gratton

Full Package Tour from only £54

SPONSORS OF "TALKING BOOKS" CHARITY

Training for the
London Marathon?



ALDEIA DAS
AÇOTEIAS
£219

SPRING TRAINING IN PORTUGAL

2nd - 9th March 1989

Shake off the winter for your
Pre-London / Pre-Season Training

Advice and coaching
from Mike Gratton

Other dates possible for groups and individuals

Also available

WORLD CROSS-COUNTRY CHAMPIONSHIPS
STAVANGER, NORWAY

SWISS TRAINING HOLIDAY
18th-24th August 1989

WORLD VETERANS CHAMPIONSHIPS
EUGENE, OREGON



Complete the coupon and post to Newbridge House, Newbridge, Dover, Kent CT16 1YS.
OR call our 24 hour answer service on (0304-204515) quoting ref. SR2

Please rush me a copy of the 1989 Chequers Running brochure

NAME

ADDRESS

Up Front

Council reduces Commonwealth Games to a farce

SEVERAL sports were left questioning the point of sending a team to the Commonwealth Games in Auckland next year when they received letters in the Christmas mail from the Scottish Commonwealth Games Council.

Only six places have been allocated to men's athletics and eight to the women. The other major sport, swimming, has been given just five places. Other proposed allocations were as follows: boxing, 5; bowling, 14; badminton, 5; cycling, 6; gymnastics, 4; judo, 11; shooting, 12; weight-lifting, 5.

While the news of a small team should come as no surprise - we warned last month that numbers could be as low as 22 - the actual numbers devastated ourselves, competitors and national coach Dave Lease, who had been looking for up to 20 men and 16 women. He sees the proposed figures as a betrayal of Scotland's young.

George Hunter, secretary of the Games council, stressed that the letters, which sought agreement for the figures, were only a basis for negotiation. "We have to meet to discuss the figures," he said. But the fact is that every governing body had already gone before the council and made a detailed presentation. In other words they had already made their pitch for seats on the plane.

Lack of finance, and the belief that no-hopers should remain at home, were the reasons advanced for the stunted team. But the size of the men's squad came as a shock to Bob Greenoak, men's team manager and secretary of the SAAA.

"I fully agreed that the team should not be overburned with people who have no medal chance, but this is incredible," said Greenoak. "It is hardly worth sending a team at all."

Both Greenoak and the women's team manager, Ruth Booth, hope the figure is a horse-trading one, which may significantly be added to if performances merit it.

Gilmour wins

ALEX GILMOUR of Cambuslang surged clear of his rivals in the closing stages to win the Springburn Cup 5.5 mile road race at Bishopbriggs on January 14.

In difficult windy conditions Gilmour clocked 25-51, edging out Aberdeen's Chris Hall by two seconds with Rob Fitzsimmons (Bellahouston) third in 26-03.

Adrian Weatherhead (EAC) was first veteran and fourth overall in 26-04. Jane Donnelly (Glasgow AC) took the women's prize.

Liz for Bali

OLYMPIC 10,000 metres silver medallist Liz McColgan is off to the sun for the prestigious Bali 10k road race on February 5.

McColgan stands to collect a cool 500,000 dollars if she breaks her world record of 30-59. After the race she plans two weeks of warm weather training in Arizona.

WE HAVE been told by a third party that the 1989 Scottish Championships dates have been changed to July 21 and 22.



Concentration at the start of the Nigel Barge Road Race.

Spartans need new members

SCOTLAND'S capital city has a new athletic club, whose founders aim to make their mark in the coming track season. Edinburgh Spartans were formed by a couple of athletes who last year helped Lothian AC win promotion to Division One of the HFC Scottish Men's Athletic League.

It's hoped that Spartans will be competing in Division Four this summer.

But club organiser Gerry Clement says he won't mind dropping down a couple of divisions.

"Basically some of us were just turning out for Lothian in order to get the club minimum points," he explained. "As an 18 minute 5,000 metres runner, I wasn't exactly relishing a move up to Division One."

Now the new club are on the look out for "sprinters, throwers and jumpers - and particularly high jumpers". Athletes moving to new club are not subject to the usual ban on those transferring from one club to another.

But Gerry firmly denies that his appeal for members is an attempt to lure disaffected away from city big brothers like Edinburgh Southern - who are usually accused of "poaching" athletes themselves!

A GRUELLING 25 mile race amid some of the most rugged Highland Countryside takes place on July 29. Proceeds from the race from Torridon to Locharron and back will go to the Highland Hospice Appeal.

Vandalism puts event in doubt

CROSS COUNTRY races are being put in jeopardy because of damage to changing facilities caused by young athletes.

The claim comes from Penicuik Harriers secretary David Cairns following complaints by the janitors at Beeslack High School where the Penicuik club held their annual races recently.

In a letter to Scotland's Runner, Mr Cairns says the event was "marred by the thoughtless acts of a few individuals who caused considerable trouble and damage within the school building".

"Shower heads were broken, and netball and archery nets damaged by youngsters swinging on them," he explained.

"The school is only five years old and the janitors had gone to a lot of trouble laying newspapers and putting down tarpaulin sheets to protect floors."

"Now it's doubtful if we shall be able to use the school next season because at the moment the janitors are unwilling to open it."

Mr Cairns said the janitors were also unhappy at the attitude of adults who appeared to be condoning the actions of the youngsters. The Penicuik secretary has written to all clubs who attended the meeting highlighting the problems, and has urged the Scottish Cross Country Union to issue a strongly-worded circular.

"Such incidents are not unique to Penicuik - I know of several similar cases - and I am worried that the image of Scottish athletics will suffer as a result," Mr Cairns added.

"Being a team manager myself I know how difficult it is to keep tabs on the children all day," he said. "I don't think there's any malice on the part of the children - it's just boredom. But it is the responsibility of all team managers and adults to ensure that such incidents do not occur."

DUE TO an extraordinary clash of dates, no fewer than three Scottish indoor teams will be competing against varied opposition on the weekend of February 11 and 12. Yet this is the only weekend of the season that a Scottish team is being fielded!

GO WITH A SOJOURN WIN A TRIP TO PARIS



Brooks Sojourn Lightweight trainer (sz 7.5 250 grms)
Ridged durable outsole for high mileage. Kinetic wedge
for comfortable and efficient flexion of the foot on push
off. Inverted heel tab with the usual excellent Brooks heel
counter. Very much a shoe for the club runner or as a
second pair for faster training or racing.

Sizes 7-13 (US) (£37.99)

£24.99 post free
2 prs £48 3 prs £72

FREE DRAW

FREE draw ticket on every pair of SOJOURNS.
STAR prize: SPORTSMANS TRAVEL Holiday
sojourn in PARIS for 20k Oct 89. Full details
and all SPORTSMANS
TRAVEL TOURS sent on request.

NIKE AIR PEGASUS



With an air bag,
only slightly
smaller than Air
Max. Moulded
EVA under
forefoot.

Szs UK 6, 7, 8, 9, 10, 11, 12, 13.

£44.99 **£29.99**
2 pairs £58

NIKE WAFFLE TRAINER



Good traditional
road shoe with the
exceptional hard
wearing 'Pegasus'
outsole.

Szs UK 6-13

£29.99 **£21.99**
2 pairs £42

POST
FREE

Orders received
by 3pm either
written or
telephoned
using credit card
will be
dispatched the
same day.



Please mention Scotland's Runner magazine when ordering.
For shoes state size and enclose foot outline. For clothing
state size and second colour choice. List on request.

RUNNERCARE

14 Farnival Gate, Sheffield (Mail) Tel: (0742) 767436
also at 27 Jameson Street, Hull. Tel: (0482) 27625 or 28503

THE CHEST, HEART AND STROKE ASSOCIATION

Scotland has the second highest incidence of chest,
heart and stroke illnesses in the world, and we ask for
your help in our work to prevent these illnesses and to
improve the quality of life for thousands of Scots who
already suffer from them. All money raised in
Scotland is spent in Scotland

PLEASE RUN FOR US AND FOR THEM

For a running vest, sponsorship forms etc.,
please contact:

Elizabeth Richards,
CHSA (SR),
65, North Castle Street,
Edinburgh EH2 3LT.
Tel: 031-225-6963

CHSA

SCOTTISH SPINA BIFIDA



NEEDS YOUR HELP

Please run for those who cannot
Whatever your event or distance,
please run for Scottish Spina Bifida
by collecting sponsors. Your efforts
will provide funds for counselling,
independence training, sports
training and holidays.

All enquiries to:

Mrs A. D. Smith, Executive Officer,
SSBA, 190 Queensferry Rd,
Edinburgh EH4 2BW.

Tel: 031-332 0743 (24 hour Ansaphone)

YES! I'd like to help

NAME.....

ADDRESS.....

POST CODE.....

Up Front Up Front Up Front Up Front Up Front

LAND O' BURNS VOTED TOP ROAD RACE BY SCOTLAND'S RUNNER READERS



MEET THE people behind the road race voted the favourite of readers of Scotland's Runner - the Ayr Land O' Burns Half Marathon.

Race organiser Nick Larkin (pictured fourth from the right) said on being told the news: "I think it's tremendous. It's a vindication of all the hard work by all the members of the committee." He also praised sponsors Digital, the local sports council and media, race adviser Bob Dalgleish, and the inevitable army of volunteers who make such an event possible.

One of the secrets behind the Land O' Burns success is the relentless marketing drive which begins around this time of year when entrants to the 1988 event can expect to receive an entry form for the 1989 race in September. Advertisements are carefully placed throughout the spring and summer to entice both runners who plan their race schedules well in advance, and those who leave it to the last minute.

Interestingly, Larkin says: "We always start our marketing exercise at the finishing line." By this he means that if people are provided with a good medal, food, and hot and cold drinks they are more likely to remember the event favourably for the following year. Anybody who has seen the tables of nourishing food and drink at Ayr Esplanade can vouch for the effort put in by the organisers, Kyle and Carrick District Council.

According to Larkin, getting the sponsors and the local community closely involved in the race is another essential ingredient for success. Digital staff, for example, sit on the race committee and are much in evidence on race day with their specially printed sweat shirts.

It is also vital not to stand still, says Larkin. A creche will be introduced this year, along with a marquee and sideshows for children, while at the elite end of the race it is hoped to offer substantial prizes in cash and kind to attract the best possible field.

Missing from our picture are Bob Dalgleish, race administrator Dawn Kitchen, director of Parks and Recreation David Roy, and the district council's outdoor services manager Pat Gibbs. The survey results are on Pages 21-23.

Dickson resigns

EVEN SEASONED observers of SAAA politics were shocked at the treatment of Oliver Dickson, East District secretary for 22 years and a member of the SAAA general committee for 33.

No place was found for Dickson, director of athletics for the Commonwealth Games in 1986, on the organising committee for the two forthcoming British matches at the Kelvin Hall, or for the 1990 European Indoors.

Dickson, an honorary life vice president, resigned from the East committee.

New women's road race on calendar

FEMALE runners will get a chance to shine when Arbroath Footers stage their first-ever road race on March 12. The Smokies 10 is for women only.

"We decided on this type of event because there always seem to be men ahead of women in races, and this gives the ladies a chance to race on their own," explains Footers club secretary Bill Powell.

Footers were formed three years ago and members felt that by organising a race they would be putting something back into the sport after attending many well-organised events up and down the country.

"The men in our club are happy enough with the decision to hold a women-only race. After all, there are many other races in the area for them to compete in," says Powell. "In any case, our membership of about 70 is roughly split equally between men and women and in a 50-50 situation it's the women who rule!"

Local businesses are backing the event and there will be prizes for the first three finishers, first three veterans, first three locals, and first over 50. The 10 mile course is mainly flat with one long climb.

Inverclyde Marathon to be revived

THE GREAT marathon decline is about to be reversed in Inverclyde. The district's three athletics clubs have got together with locally-based computer giants IBM to revive the Inverclyde Marathon, which folded four years ago because of falling numbers.

Plans are well underway for the event, which will take place on Sunday, August 20.

Ironically, the decision to revive the marathon came about after Greenock Glenpark, Greenock Wellpark and IBM Spango Valley formed the Inverclyde Athletic Initiative - to campaign for an all-weather running track in the area.

"The marathon was last run in 1985 and in the following two years a quarter-marathon was held," explains Initiative secretary George Newman. "Last year there was nothing."

However, people have always asked us why we stopped the marathon, and since there are now no marathons in Central Scotland - Glasgow, Motherwell, and Edinburgh all having gone - we decided to try again."

This year's event will be sponsored by IBM and there will be a 10K race and a fun run while the marathon is in progress.

Incidentally, the area doesn't yet have its longed for all-weather track, but the Initiative feel progress has been made in the 15 months they have been campaigning, and it's hoped that proposals will soon be in the pipeline.

Tunstall shines

TOMMY MURRAY of Greenock Glenpark placed 13th at Cardiff and 11th at Mallusk, top Scot in both of the prestigious international cross country matches. But the discovery of the season, and the double winner, was Steve Tunstall.

The Preston runner, however, will not be able to run for Britain in the World Championships because he represented France last season while a member of the Foreign Legion. He will be eligible to compete for the UK one week after this year's event in Norway.

BEAT IT!

Scots don't know the meaning of the word defeat. In the fight against cancer it's the same.

As a result of pioneering research into the causes, prevention and treatment of cancer by Scottish hospitals, universities and institutions, we're making advances.

To continue that campaign in Scotland, we need to raise £4 million in 1988 to make further progress.

For we mean to beat cancer.

Send cheques, postal orders or stamps to:

Major JRL Harman, Cancer Research Campaign
15 Lynedoch Street, Glasgow G3 6EF

Telephone: 041-333 9465

or Mr Bill McKinlay, Cancer Research Campaign,
50 Buccleuch St, Edinburgh EH8 9LP. Tel: 031-668 1241.

Cancer Research Campaign

Fighting cancer on all fronts.

Up Front Up Front

Clyne, Whittle selected

ABERDEEN'S Fraser Clyne, winner of the Morpeth to Newcastle race for the first time in six attempts, and Heather McDuff of Edinburgh AC, have been selected for World Marathon Cup in Milan in April. Clyne, meanwhile, failed to make the Commonwealth Games "A" guideline when he finished ninth in the Houston Marathon in 2-16-08.

Brian Whittle, reigning silver medalist at 400m, was the only Scot selected in the first batch of competitors for the European Indoor Championships.

Status quo at SAAA

UNANIMOUS votes supported the continuation in office of Bob Greenoak and John Brown, secretary and treasurer respectively of the SAAA, at the annual general meeting in Edinburgh on December 17. Neil Donnachie (Edinburgh AC) took over as president from Jim McInnes (Dumbarton AAC), whose high profile two year tenure was warmly praised by delegates.

Transposed

APOLOGIES to readers for an error at our printers which resulted in two pictures (on Pages 55 and 58) being transposed in last month's issue. Also, the Aberfeldy Half Marathon is on September 17, and not 10 as in our race planner.

A HIGHLIGHT of the Dairy Crest international match between Great Britain and West Germany at the Kelvin Hall on January 28 was due to be the clash between Colin Jackson and Tony Jarrett - the first time the pair had met since the Seoul Olympics.

The "score" between Jackson and Jarrett stands at 9-1, although the latter proved his potential by finishing sixth in Seoul.

WE, THE LIMBLESS LOOK TO YOU FOR HELP

Please help by running on our behalf and donating your sponsorship to our Association. We promise you that not one penny of your donation will be wasted.

BLESMA looks after the limbless from all Services, providing them with residential homes and practical comfort and care.

Please write to us for a FREE BLESMA T-SHIRT and the necessary sponsorship forms.

To: General Secretary, British Limbless Ex-Servicemen's Association, Frankland-Moore House, 185-187 High Road, Chadwell Heath, Romford, Essex RM8 6NA.

☐ Please send me a FREE BLESMA T-SHIRT (Size S/M/L) and send me sponsorship forms.

Name Address

Donations to: The Chairman, BLESMA, Midland Bank Ltd., 60 West Smithfield, London EC1A 9DX.

☐ Enclosed my donation for £.....

Name Address

BLESMA
BRITISH LIMBLESS
EX-SERVICE MEN'S ASSOCIATION

ANTHONY NOLAN BONE MARROW APPEAL

St. Mary Abbots Hospital,
Marloes Road, Kensington, London W8 5LQ.
Tel: 01-938 4917 Tel: 02404 5351

Our Charity:
Founded in memory
of Anthony to
help future
sufferers of
Leukaemia and
related diseases.



You may remember
his mother Shirley,
fighting a one
woman battle to
promote bone
marrow transplants
in this country.

WITH YOUR HELP... WE NOW HAVE A REGISTER OF VOLUNTEER BONE MARROW DONORS NEARING 170,000!

WHO KNOWS WHEN SOMEONE YOU LOVE MAY BE STRICKEN BY LEUKAEMIA AND NEED A BONE MARROW TRANSPLANT. NOT EVERYONE IN THE FAMILY IS NECESSARILY A PERFECT MATCH. ONLY 1 IN 4... WHAT HAPPENS THEN...!

WE WILL CONTINUE TO PROVIDE OUR LIFE SAVING SERVICE... BUT WE NEED SUPPORT.

WHEN NEXT YOU RUN PLEASE DONATE YOUR SPONSORSHIP MONEY TO:

THE ANTHONY NOLAN BONE MARROW APPEAL
Valerie Clarke, PO Box 99SR, Chesham, Bucks, HP5 1TZ or
Telephone: 02404 5351.

Name
Address

Please send me a free T-shirt (state size S, M, L or XL) and sponsor pack.

* TROPHIES TO THOSE RAISING OVER £100 *

THE PREMIER PERSONAL PROTECTION SYSTEM

Make a start with

"FIRST LINE" THERMALS

Your FIRST LINE of defence against the rigours of winter!



In 100% polypropylene which wicks sweat off the body to keep you drier and warmer.

XS, S, M, L, XL
LONG SLEEVE CREW NECK£8.95
LONG SLEEVE POLO NECK£9.95
SHORT SLEEVE CREW NECK£7.95
BOTTOMS£7.95
GLOVES, Polypropylene, Navy, XS, S, M, L£3.95
LYCRA KNICKERS, Black, red, royal, green, purple
S/10, M/12, L/14£5.95

FASTRAX

RUNNING LINES

A comprehensive range of clothing carefully programmed to keep you drier, warmer and alive.



"SUPREMO" HOODED TOP
Very popular club garment in polyester. Green/white, black/red, navy/sky, green/gold, royal/white, maroon/white, red/white, green/red, gold/black.

XS, S, M, L, XL, XXL£17.95
PIPED "STRIDER" BOTTOMS
To match SUPREMO above. Tapered leg, stirrups, key pocket, tiecord. Green/white, green/red, green/gold.

XS, S, M, L, XL£11.95
SWEATSHIRT
For training or casual wear in 50/50 poly-cotton. Can be printed for clubs. Grey, white, royal, red, black, yellow, maroon, sky, navy, pink, orange, amber, purple, kelly green.

28", 30", 32"£8.95
S, M, L, XL, XXL£9.95
"ENDURO" HOODED TOP
Sparkling WHITE in easy care polyester with contrast chestbands. Popular night safety garment. With FASTRAX (or club print?) WHITE with red/black/red, red/royal/red, sky/navy/sky, yellow/black/yellow, red/green/red, red/sky bands.

We have TOPS to keep your upper body warm; keep your legs protected with our BOTTOMS

FROM LEFT TO RIGHT

"RUNNING LINES" T-SHIRTS
Quality U.S. made. Fine polycotton with 2-colour print. Royal, red, grey, S, M, L, XL.
Long Sleeve£7.95 Short Sleeve£5.95

"SUNRUNNER" T-SHIRTS
Quality U.S. made. Fine polycotton with 2-colour print. White, yellow, sky, S, M, L, XL.
Long Sleeve£7.95 Short Sleeve£5.95

"SUBZERO" TACTEL THERMAL LONG-SLEEVE
Be seen & safe in this superbly comfortable thermal long-sleeve in ICI Tactel. Yellow only. S, M, L, XL£9.95

"UK" LONGSLEEVE TRAINING SHIRT
Slightly heavier than the U.S. made shirts. In cotton/viscose. Maroon, yellow, emerald, amber, S, M, L, XL£7.95

"YANKEE" LONG SLEEVE SHIRT
Fine polycotton U.S. made shirt. Ideal for winter training. With small FASTRAX logo. White, royal, red, grey, yellow, sky, navy, black, S, M, L, XL£6.95



FROM LEFT TO RIGHT

"STRIDER" TRAINING BOTTOMS
Our classic bottoms. To go with ENDURO, Supremo, or alone. Tapered leg, stirrups, key pocket, tiecord. Can be printed. Black, red, navy, royal, white, maroon.
26/28, 30/32 (childs)£7.95
XS, S, M, L, XL£9.95

"SUPALITE" TRAINING BOTTOMS
Lightweight nylon bottoms with white piping. Scotchlite reflective on back of leg. With tiecord, keypocket, elasticated waist. Black, navy, royal, XS, S, M, L, XL£10.95

"LYCRA LITE" TRAINING BOTTOMS
Ultralite bottoms in nylon/lycra. Nicely snug but not "skintight". Navy/white piping only. Allow for generous sizing. XS, S, M, L, Small logo£9.50
Large FASTRAX logo£9.95

LYCRA TIGHTS
New improved plain tight with tiecord. Black, royal, navy or red.
S, M, L£12.95

JOGGING BOTTOMS
To match sweatshirt. Elasticated/tiecord waist. Grey, black, white, sky, navy, red, pink, royal.
22", 24", 26" (childs)£8.95
S, M, L, XL£9.95

ORDER FORM

DESCRIPTION	SIZE	COLOUR		QUANTITY	PRICE	TOTAL
		First choice	Second choice			

FASTRAX CLOTHING is available by MAIL ORDER (or to personal callers) From: TERRY LONERGAN SPORTS at THE COMPLETE RUNNER LEEDS ROAD, ILKLEY, W. YORKS. LS29 8EQ Tel: 0943 601581

TO ORDER. Simply write stating above details plus name and address or use this order coupon. Cheques payable to TERRY LONERGAN SPORTS or use CREDIT CARD POST FREE DELIVERY.

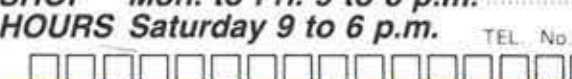
NAME

ADDRESS

POSTCODE

SHOP Mon. to Fri. 9 to 8 p.m.
HOURS Saturday 9 to 6 p.m.

TEL. No.



SR 3(a)

COPYRIGHT © 1988 RUNNING MAGAZINE

INDOOR CHAMPIONSHIPS

REPORT: DOUG GILLON

PICTURES: PETER DEVLIN

INEVITABLY, after delivering two victories in 45 minutes, the second of them a world class 3000m of 8-54.81, Liz McColgan captured the headlines in the Royal Mail Letters national indoor championships. But that must not obscure the fact that a year after the Kelvin Hall staged its first such event, the depth of quality Scottish performances has increased dramatically.

Of the 22 events contested, 11 were won with better performances than last year, most notably, McColgan apart, by Alistair Currie.

The Dumbarton man, who in 1985 looked ready to claim the mantle being shed by Graham Williamson as the country's leading 1500 metres runner, was thwarted by the pressure of studies. But his mature 3000m victory after stalking Gateshead's Colin Walker signalled his return.

His time, 7-55.85, was nearly 10 seconds faster than the dead-heat victory by John Robson and Nick O'Brien last year. Now a full time runner, he insists, however, that his future lies at 1500m.

All three men's sprints were slower. Ernie Obeng (6.77) picked up the new 60 metres trophy, one of four generously donated by the new defunct West of Scotland Harriers. Valued at £3,500, it is the most valuable in Scottish athletics, and along with the others had been lying in an attic for several years.

The unsung star of the 200 metres was Jim Watson of Harmeny. Having eliminated British internationalist Steve Eden in the semis, he gave Donovan Reid a run for his money in the final before fading. The 21 year old East champion, a PE student at Edinburgh's Telford College, does not train for 200 metres. "I might start now," he says.

Brian Whittle, in a fetching court jester's outfit in Ayr Seaforth

colours, carried his clowning onto the track, and was disqualified for barging Aberdeen's Mark Reid after crossing the line first in 47.54. "It is all part of the hurly-burly of indoor running," insisted Whittle, whose European silver medal was certainly won after a more excessive pushing match.

The disqualification by the referee came without any protest by Davidson who clearly was in fine shape, much better than his winning 49.13 suggests.

Mark Kirk (Ballymena) toppled champion Tom Hanlon in the 1500, although the Edinburgh steeplechaser was not surprised after losing some five weeks to viral problems.

Poor recall procedure, not helped by an echo effect, triggered a couple of reruns, in the women's flat 60m and 60m hurdles. But justice was done when Aileen McGillivray and Julie Mulcock won at the second attempt.

Predictable victories came from Olympians Sally Bunnell and Angela Piggford in the 200 and 400m. Less predictable were the succession of personal bests behind them by Kathleen Lithgow, Mary Anderson, Dawn Kitchen and Gillian McArthur. A further class run was the 2-06.32 victory by Anglo Karen Hutcheson, who the previous week had won the Omron Games 1500m at Cosford.

The event is really taking off and the sponsors can look for even better projection before next year's European event. A word of praise, too, to the SWAAA for accommodating McColgan's late entry and changing the programme. It was a shame that Karen MacLeod proved an innocent victim of these good intentions, and travelled 800 miles without racing.



Jim Watson (13) repeated his good showing in the East Districts to finish second to Donovan Reid (39), while Alistair Currie, displaying a welcome return to form, stalked Gateshead's Colin Walker in the 3,000m before taking the lead 350m from home.



Road race levy is "a racket"

Tigh na Fraoch,
Avoiemore.

SIR - After reading the November issue of Scotland's Runner I wanted to raise a few matters on the subject of levies on People's races. Unfortunately I did not have the time before leaving to go abroad for a few weeks. On returning I found the December and January issues waiting for me, and I see that most of my arguments have already been covered by various letters, in particular the one from Ian MacLachlan with whom I wholeheartedly agree.

One important point, though, has not been raised so far. This concerns the legality of the levies. As far as I am aware, race organisers get no benefits from the levies, nor do the runners. The SAAA issues permits to races without making any attempt to exercise control over when or where they take place, or over the standard of organisation on the day. Events are allowed to take place even when they clash with other existing events nearby. Runners arrive at races which have a permit, only to find sub-standard facilities, poor marshalling, inaccurate results, etc. The SAAA appear to be unconcerned by these things as long as they get their money.

So why do we continue to pay the levy? We pay it because the SAAA threatens organisers with excommunication, i.e. the loss of their race permit. Having no permit means a loss of entries and the revenue from them, for if we, the runners, commit the terrible sin of competing in a race without a permit, then we are disqualified from competing in future in any event covered by a SAAA permit.

The only assurances which a SAAA permit seems to offer to competitors are that they will be overcharged by fifty pence and that the event will not contain any professional runners. As we well know, this is not to say that no runners will be getting paid for their efforts, but then that's another issue altogether.

To get back to the main point,

Letters...

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



Winning isn't everything seems to be the message after the Nigel Barge Road Race...

the levy is just a racket to make money for an organisation seemingly bereft of any original ideas for raising funds. An imposition on runners and organisers alike. We are being forced, under some duress, to pay a sum of money to the SAAA for which we get absolutely nothing whatsoever in return. That surely is extortion, and extortion, as far as I am aware, is a crime in Scotland.

Looking at it in another way, if the government was to announce tomorrow a tax on roadrunning, there would surely be an outcry from all concerned, including I hope, even the SAAA. Yet this same body, which as far as anybody knows has no statutory tax raising powers, sees fit to impose such a burden on runners and then forces the poor innocent race organiser to act as tax collector.

The whole philosophy of the governing bodies, particularly towards road runners and road race organisers, seems to be based on coercion backed up by threats of retribution. They want our money and they want to make us toe the line, but they don't give anything in return.

It may appear from what I have said that I harbour some ill feeling towards the gentlemen who seek to administer our sport. This is definitely not the case. It's just some of their policies and attitudes that I dislike. The officials of our governing bodies dedicate a great deal of effort and vast amounts of their spare time to

athletics, and for this we should all be extremely grateful. I just feel it is a tragedy that so much of their time and effort is being wasted on policies which are likely to be divisive and not in the long term interests of athletics.

Strong leadership and sympathetic guidance are what race organisers need from the SAAA, not petty bureaucracy and obstructive rules. Without the many organisers and their thousands of helpers there would not be many road races, and certainly no People's events. We should all be seeking to give them every encouragement, not burdening them with extra problems and verbal abuse.

Scotland's Runner is not above criticism on this point. In January's road race survey it was suggested that the organisers of the St Andrews Half Marathon should stick to golf in future. I hope this was not intended to be taken seriously. The best thing for running would be if the St Andrews organisers learned from their mistakes, took remedial action, and then presented us with a first class event this year.

I've noticed a lot of complaints of poor race organisation being voiced in readers' letters recently. It may be a healthy thing for the sport to have these views aired, but having it done so publicly does seem rather hard on the poor organisers, who've probably worked extremely hard in their own time and suffered a few sleepless nights trying to put the whole event together.

How can we give them a break? I have a suggestion for those organisers who wish to improve their event next year, or who just want to avoid being pilloried in public for their mistakes.

It should not be too difficult at the end of a race to provide the runners with a short questionnaire. It could perhaps take the form of a simple tick list allowing them to grade the various facilities such as drinks stations, mile markers, etc as "good", "fair", or "disappointing", with space at the end for additional comments or suggestions (maybe even praise). These could then be placed in a box provided for the purpose.

This would give some feedback for the organisers, allowing improvements to be made to future events. At the same time it allows disgruntled runners to discreetly give vent to their frustrations without needing to write to Scotland's Runner.

If, after following this course of action, an organiser finds that in a couple of years time his event is still near the top of the "worst organised" list in the road race survey, then perhaps it is time to seriously consider golf as an alternative. Only joking though.

I must congratulate you on producing such a fine magazine. It gets better with every issue. Please carry on publishing plenty of readers' letters. They are far more interesting than some of the journalistic prattle served up in other magazines.

Ron Dutton

Letters . . .

Edinburgh to Glasgow was run twice in '49

14, Burnieboozle Place,
Aberdeen.

SIR - The answer to Ben Bickerton's Edinburgh to Glasgow puzzler is that he was a member of the Shettleston Harriers teams which won the Edinburgh to Glasgow Relay Race in April 1949 and again in November 1949. The winning times were 4-15-25 in April, and 3-56-57 in November. The race in April 1949 was the first of the post-war series.

While dealing with the past, I will take this opportunity to mention that 1988 was the centenary of cross country and athletics in Aberdeen, though not of Aberdeen AAC. In 1888 Aberdeenshire Harriers were founded by William Russell, a tinsmith from Edinburgh.

The club's minutes book revealed that it had some lively committee meetings. For example, it is noted that on January 21, 1930: "The chairman closed the meeting owing to rowdiness." In September of that year F.J. Glegg was elected honorary president of the Shire Harriers. His name is preserved through the F.J. Glegg Memorial Trophy, which is awarded annually to the athlete whose performance in the SAAA Junior Championship is considered by the general committee to be the most meritorious. At the moment the trophy is held by Duncan Mathieson, one of Aberdeen's promising junior athletes. (The correct spelling, incidentally, is Glegg, not Clegg as in the 1988 SAAA Handbook.)

The Shire Harriers ceased functioning in 1952, the year Aberdeen AAC was founded, but the club has not been forgotten. Several of Aberdeen AAC's trophies used to be Shire Harrier trophies and we hold an open sports meeting at the end of July each year which we call the Shire Harriers Meeting.

Looking back, it might seem odd that a second club was started in Aberdeen in 1952 when one already existed, but it should be remembered that prior to the Second World War Aberdeen, like other Scottish cities, supported

several clubs which provided each other with competition locally. The surprising and sad occurrence was the disappearance of Shire Harriers, Aberdeen's oldest club and the only one to survive the Second World War.

W. Hunter Watson,
Secretary,
Aberdeen AAC.

G to E?

42, Quentin Rise,
Livingston.

SIR - The answer to Ben Bickerton's puzzler is: two races were held in one year. One in March, the other in October in the opposite direction.

Ian Leggett

E-G x 11!

19, Gigha Terrace,
Broomlands,
Irvine.

SIR - In response to the "E-G Puzzler", the year was 1949 when the race was run in April and again in November. My coach Chick Forbes has the runner-up medals for that year, and the next five consecutive golds. He also has another gold, silver, and two bronze medals - a total of 11 for this event.

Liz McGarry

Twice over

8, Swift Bank,
Hamilton.

SIR - Regarding Ben Bickerton's letter, he would gain his two gold medals by running in the winning team twice, the race being held twice in the same year.

William Marshall

COLINSHIELDS writes: The race was held twice in 1949, on Saturday, April 23 as was the custom of all the previous nine pre-war relays from Edinburgh to Glasgow, and the first post-war

race (the 10th) was held at the same time of the year. However, a change of heart took place, with the race being decided as a part of the cross country season, and the 11th race was held in the same year on November 21 - a time of year which has remained constant for the past 30 years or so.

Shettleston Harriers defeated 13 other teams in the April race, with a winning time of 4-15-25, and Ben Bickerton ran the fourth stage, 5.75 miles from Wester Dechmont to Armadale, recording 33-20 for the third fastest lap time behind A. Forbes (Victoria Park) 32-16 and G. Anderson (Bellahouston) 33-05, handing over a lead of 67 seconds from Victoria Park.

In the November race, Ben ran the seventh lap from Airdrie War Memorial to Barrachnie as Shettleston Harriers defeated 20 other teams in 3-56-57. Bickerton took over in second place, 56 seconds behind Victoria Park, but recorded the fastest time of 29-57 (the only runner to break 31 minutes for the distance), with R. Black (Garscube Harriers) and D. MacFarlane (Victoria Park) both recording 31-19 for joint second fastest time of the day. Bickerton turned the 56 second deficit into a 26 second lead, and Eddie Bannon enlarged the lead in the final lap for a one minute, ten second margin of victory at the finish in Glasgow's Royal Exchange Square.

(A year's free subscription goes to Hunter Watson - Ed)

Happy days

16, Seil Drive,
Glasgow.

SIR - Many thanks to Peter Devlin for his action photographs in the "Tale of Three Cities" article in Issue 28. It revived many happy memories, pre-war and immediate post-war, of the Edinburgh to Glasgow Relay Race in which I was proud to take part in the colours of Vicky Park.

I won't dwell too long on the pre-war events as we were a very young club. Suffice to say I ran the fourth lap in 1936, the first lap in 1937, and the eighth lap in 1938. Come 1939 and I was off to faraway places helping Spike Milligan to win the war!

From 1949, when Vicky Park

finished second, we amassed an unbeaten run from 1950 to 1957, except for a break in 1955 when we were second.

Seven golds and a silver! Ian Binnie and my "young" brother Chick were the only two to have taken part in every race, a subject of which Chick consistently reminded me.

Incidentally, these were the footwear days of the "Sannies" - 4/11d a pair. I don't know how our feet survived!

My other reason for writing is to throw out a friendly challenge to our present young clubs to "go for gold", and aim for that grand record of Vicky Park. I have a fair collection of photographs of the interchanges in our heydays, and a few dubious stories of our VP victories.

Good luck and happy running to our present youngsters.

Andy Forbes

BY ONE of these curious coincidences, we received Andy's letter quite independently of the feature written about him on Pages 25-28. As readers will gather from James Christie's profile, Andy's achievements spread far beyond the confines of Edinburgh to Glasgow - Ed)

Disappointing

15, Bridgefauld Road,
Milnathort,
Kinross-shire.

SIR - After reading Alistair Bryce's letter, he can add me to the list of people who have missed out on a chance of getting a place in the 1989 London Marathon due to not knowing where to get the forms. The TSB in my area never even had them on the counter, and, as he says, there was practically no publicity in Scotland to advise where to get them or tell when the closing date was. It's so disappointing.

Norma Crawford

TRY YOUR luck at the competition on Page 35!

Letters . . .

Mindless acts bring athletics into disrepute

18, Crockett Gardens,
Penicuik.

SIR - Penicuik Harriers Open Cross Country Races held on December 11, 1988, at Beeslack High School were marred by the thoughtless acts of a few individuals who caused considerable trouble and damage within the school buildings. These incidents were further aggravated by the abuse directed at school janitors and stewards from adults when young athletes in their charge were checked for misbehaving.

Such incidents are becoming all too common at cross country races where young athletes generally enjoy considerable freedom and for the most part are unsupervised, it being impossible for small clubs such as ourselves with limited manpower to fully steward all areas of the course, grounds, school buildings, toilets, car parking, etc. It only takes a few mindless acts to bring our sport into disrepute and spoil our good name - all clubs and events being tarred with the same brush in the eyes of the general public. Facilities will also prove harder to come by, local authorities and schools being reluctant to risk unnecessary damage and aggravation.

It is the responsibility of all team managers and adults present at events to ensure that such incidents do not occur. Through the courtesy of your columns I would therefore ask all clubs to stress to officials their responsibilities for the athletes in their care. As a team manager myself, I can fully sympathise with the plight of others.

David R. Cairns,
Secretary,
Penicuik Harriers.



This aspiring cross country runner was determined to flaunt authority at the Nigel Barge. Picture: Peter Devlin.

Slow 30 miles?

39, Russell Street,
Roath,
Cardiff.

SIR - Without wishing to take anything away from the efforts of the runners in the Sri Chinmoy 24 hour race, reported in the January issue of Scotland's Runner, I find it hard to believe that the world indoor bests for 30 miles and 50 kilometres are so (relatively) slow.

A strange comment, but let's look at the facts. A marathon is 26.2 miles and is run in two hours ten minutes or less by world class runners. Since 30 miles and 50K are no more than five miles further, it would seem that the world bests should be about one hour quicker than stated, yet (and no disrespect to Ray), the world best for 30 miles stands at 3-30-46. No doubt Don Ritchie, Ray Hubbard and quite a few other runners could take a large chunk out of this if they were given the opportunity to race over 50K.

Incidentally, Ray Hubbard's time for 50K would have seen him finish in 15th place in the Seoul

Olympic 50K walk - ten minutes behind the winner.

On another point. Does anybody know when the Scottish Senior (outdoor) Championships are to be held? This information is important to all prospective Commonwealth Games competitors.

Martin Bell,
Annan & District AC.

(July 21 and 22 - Ed)

Henry is right

55, Silvertownhill Avenue,
Hamilton.

SIR - I agree wholeheartedly with Henry Muchamore's aim to have no distinction between veterans who once were deemed to be professional athletes, and all other athletes.

These individuals should be free to compete against one another with no hinderance whatsoever. Henry is right to talk about the hypocrisies which exist, with some top amateurs able to earn much more than professionals could ever earn.

It is ridiculous that men in the autumn of their running should still be victimised from free competition with their age related peers. Yes, veteran athletics should take a lead - progressive thinking is required.

Ken Morrison

We were first!

5, Westfield Crescent,
Forfar.

SIR - I was interested to read in the January issue of Scotland's Runner that the organisers of the Great Scottish Run intend to follow the example set by Forfar Road Runners four years ago in establishing a 15 mile event in the Scottish road running calendar.

It is nice to know that a small, homely club like ours can be looked on as trend setters in Scottish road running circles!

Bob Dalgleish could argue, of course, that the Forfar event is only a 15 mile race, whereas the Great Scottish Run is a 25K (a recognised race distance on the continent). The metric version was seriously considered at the time

by the Forfar Road Runners committee, but the alliterative qualities of Forfar 15 rolled more sweetly off the tongue than Forfar 25K.

I agree with Bob Dalgleish that races of this intermediate distance offer something for both marathon and half marathon runners, and should appeal to those who are only able to prepare for half marathons but yearn to run a marathon.

I was pleased to note from the Scotland's Runner road race survey that the Forfar 15, "proved more popular than many 'bigger' events on the east coast." Here in the heart of Angus we intend to maintain and improve this reputation - indeed our prize list for 1989 is increased throughout the field and our small band of dedicated helpers are determined to make this a great day out for everyone.

So, in conclusion, for those looking forward to participating in the Great Scottish Run, why not sample the delights of the Great Angus Run on April 2?

Bill Logan,
Race Organiser,
Forfar 15.

THREE NEW SPORTS CENTRES COSTING £1M OPENED

THREE NEW sport and leisure facilities, costing £1m in total, made Friday January 13 anything but unlucky for people living in one of Scotland's smallest local authority areas, Clackmannan District Council.

Two of the facilities are in Alloa. The Speirs Centre, housed in what was formerly the old Alloa Baths, is primarily a specialist gymnastics training facility - and according to Scottish Gymnastics president (and sometime Scotland's Runner

contributor) David Watt, who was at the opening, it ranks, as a training facility, alongside anything in Europe.

A feature of the facility is 30,000 eight inch foam cubes, which apart from being great fun to play with for the younger gymnasts, ensure complete safety for elite athletes who want to try out new and potentially dangerous routines. At the opening, members of Alloa Gymnastics Club put on a memorable display - a pointed reminder that



gymnastics is one of the best sporting activities to get youngsters involved in.

The facility can be booked by schools, gym clubs and sports organisations. Off it there is a lesser hall which can be booked for other leisure activities, including dance.

Also in Alloa is the Clackmannan Road Sports Centre, which is two halls in one. A former bus garage, one feature is the elasticity of the floor, which is covered in vinyl with a sponge backing. Badminton, five a side football, and volleyball will be the chief beneficiaries, but there is also a multi gym and fitness room which can be booked by individuals.

Finally, there is the Dumyat Leisure Centre in Menstrie, which is purpose built. It is very much a community-based building, with meeting and library facilities included.

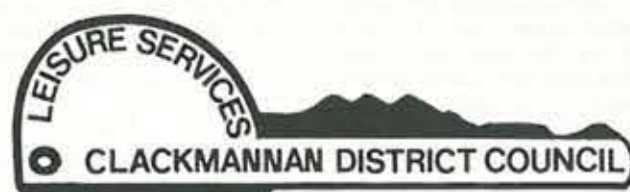
In an area where private investment in leisure and recreation is negligible, these commitments by the district council's Leisure services department are to be welcomed more than most. The department, which also organises the popular Alloa

Half Marathon in March, has done much to redress the neglect of facilities in the district, and more developments are in the pipeline. The importance of local authorities as providers in Scotland should never be underestimated, which is why the competitive tendering for facilities is such a worrying development.

The opening ceremonies were rounded off with a discussion in Alloa Town Hall chaired by the BBC's Archie MacPherson, and including Hearts player John Colquhoun and former managers Tommy Docherty and John Greig. At the risk of offending the hosts, the discussion was a depressing reminder of the ridiculous imbalance towards football in Scotland - but hopefully a new generation of youngsters in Clackmannan will grow up using and appreciating the new facilities, and be enriched and enhanced by the experience.

Alan Campbell

KICK OFF THE 90'S WITH



Three new sports facilities at:

- * Clackmannan Road, Alloa
- * Dumyat Centre, Menstrie
- * Speirs Centre, Alloa

and more to come!

Contact:
Leisure Services,
Speirs Centre,
Primrose Street,
Alloa.
Tel: 0259-213131

Coaching Clinic with Derek Parker

ONE OF the simplest and most effective methods of developing fitness is by hill training. It is progressive, easily measurable, and can be done virtually anywhere, provided there is a suitable slope.

But it is imperative that a hill training programme be tackled intelligently and responsibly. Sessions must be introduced gradually and performed with the correct technique to minimise the risk of injuries, particularly those of the Achilles tendon, shin, gastrocnemius, and soleus.

Although athletes have been using hill training since time immemorial, it sprang to prominence in the 1960s with the Olympic medal winning exploits of Herb Elliott and Peter Snell.

Elliott was coached by Percy Cerutti at Portsea in southern Australia. Towering coastal sand dunes offered ideal training opportunities. Cerutti's schedules for his protege included 30 to 50 x 60 metres up a 1-in-5 sand hill or 10 minutes of running continuously up and down an even steeper 100 metres sand hill or repetition running round an undulating 1.25 mile sand trail.

Cerutti had his critics in coaching circles at home and abroad, but his rigorous programme contributed immensely to the tremendous leg strength, heart-lung endurance, and will-power that made Herb Elliott one of the greatest athletes in history.

The hill running method of New Zealander Arthur Lydiard, coach to triple gold-medallist Peter Snell, was even more controversial. Lydiard required his athletes to run 100 miles a week for 10 weeks in winter - prior to embarking on six weeks of running up and down a steep hill six days a week, followed by a 20 mile long, steady run on the seventh day.

The hill had to measure at



The famous Gullane sands - immortalised by Jock Wallace. But Wallace was a novice at hill training on sand compared with Herb Elliott's coach, Percy Cerutti. Picture: Peter Devlin.

least 800 metres, and the athlete was required to run up it with a high knee-lift and a powerful push-off from the rear leg. On reaching the top he jogged for 400 metres away from the hill on level ground before turning round and striding 200 to 400 metres on the way back. He then ran downhill at a fairly brisk pace and on reaching the foot of the slope did a fast 200 metres on the level, followed by a 200 metres jog. Turning round, he then ran 200 metres, jogged 200 metres, and made another ascent of the hill. This continued until a total of nine miles was completed in a single session. Lydiard's hill had a 1-in-3 gradient.

Today, Lydiard's original hill running methods have fallen out of favour because of their high potential for injury and physiological stress, but they

have been modified to the extent that the New Zealander later advocated using them every alternate day instead of every day during the build-up period. Also, a 1-in-10 gradient was later recommended.

In small doses, however, Lydiard's methods are very effective. His ideas still form the basis of modern approaches to hill training. Lydiard had a profound influence on Finnish training programmes during the great revival in middle distance running in that nation during the 1970's.

Kari Sinkkonen, the chief middle distance coach in Finland, introduced the concept of bounding up a hill 200 to 800 metres long with a five to 15 degrees gradient. The bounding was performed with a forceful arm action and high powerful jumps from one foot to the other

- similar to the stepping phase in triple jumping. It developed stride length, stride rate, co-ordination, and speed. Fast runs and jog recoveries were done at the top and bottom of the hill in a fashion similar to the Lydiard method. Later, the uphill bounding programme was modified to minimise the risk of injuries, particularly to the Achilles tendons.

It is now recommended that the maximum distance for this form of training should be 100 metres and the gradient not more than 1 in 10. As athletics training became more scientific, a number of medical surveys were made on the effects of hill training - particularly by physiologists in the Soviet Union. Tests involving the use of telemeters to monitor the heart rate were performed by the physiologist, Nurmeviki, on



Striding up hills (left) or hopping (right) develops stamina and elasticity. Make sure you are fit for such demanding training.

groups of athletes participating in different training routines.

One of his main conclusions was that athletes who did 8 x 400 metres at around 80 seconds up a 1-in-6 hill three times a week for six weeks showed a significant increase in stamina and in haemoglobin and red blood corpuscles. Other findings were that athletes who did 8 x 150 metre strides uphill at 30 seconds 200 pace, with a jog back recovery, revealed a high increase in their alkaline reserves and were subsequently able to improve their resistance to the onset of lactic acid and oxygen debt.

This physiological response is of great importance to 800 metre runners. Later, a German physiologist named Keul confirmed Nurmevikivi's observations, but added that 5 x 300 metres uphill runs at a fast pace with jog back recovery produced even higher alkaline reserve levels which help to combat the effects of lactic acid in the muscles.

The Soviet physiologist, Ozolin, whose research was fundamental in the training of the great Valery Borzov, made another major contribution to

the benefits of hill training. Ozolin learned that running at full speed down a 1-in-20 gradient developed leg speed and neuro-muscular co-ordination. This, coupled with sprinting up a hill with not more than a 1-in-10 gradient, enabled athletes to significantly improve their times on the flat.

Downhill running to speed up the stride rate is today still a very important part of many athletes' training schedules, although normally in the interests of safety it is done on slightly sloping areas of grass which provide firm, dry footing.

Hills can be utilised in innumerable ways. Bill Marlowe, who once coached Olympics sprinter Peter Radford, prescribed hopping up short, steep hills and running back down for four minutes continuously on alternate legs. Frank Dick recommends four repetitions of 100 to 300 metres varied gradient hills for 400 metre athletes, e.g. 100 metres on a medium gradient onto 100 metres on the flat then onto 100 metres on a gentle gradient. This develops stamina and elasticity in stride under intensifying fatigue levels.

Sebastian Coe's hill running for power sessions were done during November, December, and January. They included 30 to 40 x 100 metres up a slope of approximately 10 degrees with a jog recovery, or up to 10 x 200 metres at about 90 per cent effort on a seven or eight degrees slope with jog back recovery, or 6 x 100 metres up a long incline with a slow run back. This form of work-out, performed with a high knee lift and a vigorous arm action, was primarily anaerobic (i.e. without oxygen) and accustomed the athlete to maintain form and correct technique when tired.

In their book, "Complete Guide to Running", Jim Alford, Bob Holmes, Ron Hill, and Harry Wilson suggest two different types of hill-training: firstly, running fairly fast up a gently sloping hill with a 10 to 15 degrees gradient for 400 to 500 metres x 6 to 8 with an easy jog back; and secondly, sprinting up a steeper hill of about 15 to 20 degrees and measuring about 100 to 150 metres x 10 to 12 with a slow walk back.

Here, as in all forms of hill training, the use of proper technique is important. The

athlete should maintain a normal stride as far as possible, and should avoid leaning too far forward. The back should be reasonably straight and there should be a good range of movement in the arm and hip joints, with the knees coming up slightly higher than normal to preserve stride length.

The head should be held in a proper alignment with the rest of the body and the eyes should be looking straight ahead. Looking skywards or down at one's feet shortens the stride length and creates muscular tension in the neck, arms, shoulders, dorsals, and abdominals. This restricts the amount of oxygen which the athlete can inhale, and is also highly wasteful in terms of energy expenditure.

It is also essential to ensure that the knees and feet are pointing forward and that the arms are working in a backwards and forwards action. Any sideways movement of the arms and legs is misdirected effort, and can prove costly in a close-run race.

Relaxation is crucial, and the athlete must constantly be rehearsing the ability to run fast



Hard work, but a welcome reminder of summer!

and relaxed when tired or under pressure from opponents. During movement patterns one group of muscles known as the antagonists are always relaxing, while the opposing group, known as the agonists, are functioning on a neuro-muscular plane.

It is quite clear that tension will inhibit and retard this process, causing the athlete to work harder to run at a certain pace and making him/her more vulnerable to injury. One of the best ways to relax physiologically is to cup the hands with the palms facing inwards and the fingers curled slightly on top of one another with the thumbs uppermost. The subsequent feeling of relaxation is beneficial to the entire upper body as well as to the mind.

One final point about technique: if you incorporate downhill running in your training you must avoid leaning backwards. This puts pressure on the back, legs, and ankles, and could result in injury. You should be aiming to keep the bodyweight directly above or slightly ahead of the legs. Concentrate on running relaxed with a slightly lower arm action.

By now it will be obvious there are many different approaches to hill-training. That is why it is important you do not attempt to copy someone else's schedule. Injury or physiologi-

cal stress could be the penalty. If you are in doubt about what you should be doing, discuss the matter with your coach or someone whose judgement and knowledge you can trust.

Personally, I prefer to plan schedules on a four-weekly cycle - complementing one specific hill session each week with one long cross-country run each week, during which the athlete encounters uphill and downhill stretches in a natural setting, and where mud, soft ground, and long grass provide added resistance.

The first and third weeks of the training cycle require the athlete to do a steady run of 30 to 60 minutes encountering several hills of varying types.

Physiologically, these runs develop heart-lung fitness and provide the athlete with the leg strength to run up hills when tired. Psychologically, they accustom the athlete to incorporate each of the hilly stretches into the total length of the run; therefore they create the specific situations the athlete is likely to meet in a race.

It is quite common to see some athletes opening up sizable gaps on uphill stretches, then throwing away their advantage by taking things easy at the top or on subsequent downhill stretches and allowing their opponents to catch up. Long, steady runs which include

several hills will go a long way towards remedying that fault and getting the athlete used to maintaining pace up slopes in varying stages of fatigue.

Hill circuits are also very useful for this purpose. My own favourite begins with a fairly steep uphill stretch of about 150 metres, then turns leftwards at the top along a flat 100 metres. It then swings left again down a shallow 250 metres stretch which brings the athlete back to the starting point. Four to six repetitions of this circuit with three or four minutes recovery every second week of the training cycle contributes significantly to the ability of the athlete to cope with demanding uphill stretches, followed closely by flat and downhill stretches.

Depending on the athlete's event, the fourth week of the training cycle can be either 8 x 150 metres uphill with jog back recovery to improve the alkaline reserve, or 8 x 200 to 400 metres to develop the stamina and haemoglobin levels. Generally speaking, athletes concentrating on 400, 800, and 1500 metres do the 150's, while those aiming at longer distances do the 200's and 400's uphill.

By adding the right amount of hill training into your schedule at the appropriate time, you will be well on the way to discovering the recipe for success as an athlete.

Schedules

Week One

Sunday: 75 to 90 minutes cross country running.

Monday: 60 to 75 minutes fartlek inc 10 x 30 secs fast (30 secs jog) + 5 mins easy + 5 x 2 mins fast (2 mins recovery jog) + 10 x 30 secs fast (30 secs jog).

Tuesday: 20 to 30 mins recovery run.

Wednesday: 45 to 60 mins steady run inc several hills (but see note below).

Thursday: 20 to 30 mins recovery run.

Friday: Rest or 10 to 15 mins jog.

Saturday: Road or cross country race.

Week Two

Sunday: 75 to 90 minutes cross country running.

Monday: 60 to 75 mins fartlek inc 20 x 45 secs fast (45 secs jog)

Tuesday: 20 to 30 mins recovery.

Wednesday: 4 x 600 to 800m hill circuit (3 mins recovery) + 2 mins warm-up/2 miles cool down.

Thursday: 20 to 30 mins recovery.

Friday: Rest or 10 to 15 mins jog.

Saturday: 8 to 12 miles steady.

Week Three

Sunday: 75 to 90 mins x-country run.

Monday: 60 to 75 mins fartlek inc 8 x 2 mins fast (1+2 mins jog recovery)

Tuesday: 20 to 30 mins recovery.

Wednesday: 45 to 60 mins steady running inc several hills.

Thursday: 20 to 30 mins recovery.

Friday: Rest or 10 to 15 minutes jog.

Saturday: Road or x-country race.

Week Four

Sunday: 75 mins x-country running

Monday: 60 to 75 mins fartlek inc 8 x 30 secs fast (30 secs jog recovery) + 6 x 1 min fast (1 min jog recovery) + 2 x 2 min fast (2 min jog recovery) + 2 x 3 mins fast (3 mins jog recovery) + 2 x 30 sec fast (30 secs jog recovery)

Tuesday: 20 to 30 mins recovery.

Wednesday: 8 to 12 x 150 metres uphill running (jog down recovery) + 2 miles warm up/cool down.

Thursday: 20 to 30 mins recovery.

Friday: Rest or 10 to 15 mins jog.

Saturday: 8 to 12 miles steady.

Note: NO hill running should be done during the week before an important race. The final hill session should take place no later than 10 days before such races.

Derek Parker is senior BAAB coach with Kilbarchan AAC.

Women in SPORT

"I'VE GIVEN up on women," confessed a male friend of mine as we attempted some semblance of the slow foxtrot round the Christmas dance floor, narrowly avoiding the table with the raffle prizes. "They're a bloody enigma."

We hear a lot about the great sex differences between men and women, aside from the obvious ones, and with regard to these perceived psychological differences, should a coach approach his female athletes differently than he would his male athletes?

George Sinclair, head coach with EWM, says he approaches many women athletes in the same way as male athletes, of which there have been many, including the young David Jenkins. On the track Sinclair makes no sexual discrimination. Men and women come under the heading of "athletes" and in drawing up schedules he makes allowances for ability, not gender.

He might, however, have to make allowances for menstrual problems, and when he has a close rapport with his athletes, he is often not surprised when an under-par performance coincides with a period.

While there are indeed many changes that take place in the female during menstrual cycle, such as temperature, heart rate, blood pressure and breast size, as well as individual variations, there is no conclusive evidence that menstruation affects physical performance (1).

Absence of, or painful, periods are more noticeable in highly strenuous sports and the latter often due to competing while menstruating. Distance runners in particular experience menstrual dysfunction, but this is more likely related to low body weight rather than the amount of mileage. George Sinclair says he has known athletes not to menstruate between May and September due to the stress and excitement of the competitive season, but this is not necessarily a problem when it comes to having children later on.

Sinclair also told me that it had been suggested that 48 hours before an athlete menstruates, jarring exercises like bounding should be avoided due to the loosening off of joints as the female body thinks it is pregnant. Nanette Mutrie, assistant director of Physical Education and Recreation at Glasgow University agrees that there is a loosening of

the joints, but doubts if it is enough to put an athlete in danger of dislocation.

Putting physiological peculiarities in women aside, what about these psychological differences that my foxtrotting friend finds make women such an enigma?

As Nanette Mutrie points out, almost all perceived sex differences can be found to have a basis in cultural influences, and it is due to the misapprehension that because there are biological differences there must necessarily be psychological differences between males and females, that society adopts different attitudes to them and assumes different levels of expectation. There are, however, four sex differences that have been well substantiated by research as follows (2):

1. Females have greater verbal ability than men.
2. Males have greater visual spatial ability than females.
3. Males have greater mathematical ability than females.
4. Males are more aggressive than females.

As regards sport, numbers 2 and 4 are the important ones, unless you want to include number 3 and say that Carl Lewis would be more adept at counting up his winnings than Florence Griffiths.

Instilling aggressiveness in his female athletes has sometimes posed a problem for George Sinclair, and to this end he uses sessions like beating the clock, or a personal best, or playing on the fact there may be someone in the race his athlete dislikes. On some occasions he has thought that perhaps only a good shot of some anabolic steroid or other would work, but added: "For God's sake, don't quote me on that!"

There is apparently no difference between male and female in responding to the provoked situation (2), but the male does tend to respond more aggressively to the unprovoked situation, and therefore it is not surprising that females appear less aggressive on the track within what is intrinsically an unprovoked situation. There is also the problem that, culturally, aggression is not acceptable in females, but quite appropriate, if not necessary, in men. So there is no reason why females should not learn to be aggressive in athletics if sporting circles come to expect and accept aggressive behaviour from sportswomen, and they in turn accept aggression as a permissible

response for their sex.

With his athletes, George Sinclair has found tears and public emotion generally not seen in the male athlete who tends to go off and nurse his frustration/disappointment in private. This does not mean, however, that females are innately more emotional than males. It has long been believed that the right hemisphere of the male brain is more developed than the female. The right hemisphere is associated among other things with visual spatial ability and emotional responses, which would seem to do away with the idea that men are less emotional than women.

Once again we come to Nanette Mutrie's cultural influences, because in our society men are not permitted to be demonstratively emotional, whereas a public show of emotion is permitted and even expected in the female. Sinclair says he finds it easier to deal with female athletes from that point of view than with a male athlete who may clamp up and keep his feelings to himself.

As mentioned above, the male appears to be better at analysing spatial information and we could, therefore, expect the female to be at a disadvantage when it comes to run-ups for field events, and what is often called the most technical of all athletic events, the 400 metres hurdles.

A major fault in male athletics, according to Sinclair, is that, "they have a confidence ahead of their ability". Generally speaking, of course. The reason he has not experienced this in female athletes could well be because, even today, sport is associated with what is culturally defined as "masculine", and women athletes are regarded as having crossed into "man's territory", especially, in my experience, when the female leaves the track to use the multi-gym, the circuit room, weights room, or speedball.

The female is expected to strive for standards set by male athletes, standards made unattainable through physiological differences. If a female does almost realise these goals, she is often then regarded and criticised as a freak and unfeminine.

In order to avoid this, many females indulge in behaviour which Nanette Mutrie identified as "apologetic". A prime example of this is Florence Griffiths, who appears on track with coiffured hair, sexy outfits, make-up and jewellery,

making a statement that although she is excelling in what has long been male territory, she still is all-woman.

In my experience, however, I have found that those girls who do appear glamorous on the track are also those girls who are glamorous off the track, and are not necessarily indulging in apologetic behaviour. Our society approves of the competent sportswoman as long as she retains those preconceived ideas of femininity.

(And in terms of competence, incidentally, it has been found that women are just as prejudiced against women, and females would generally prefer to be coached by a man. So it is not surprising, therefore, if women do not appear to demonstrate the same self-confidence in sport as their male counterparts.)

Men, then, are better at sport because of their physiological, not psychological differences. There are no innate reasons why a female athlete should not be just as aggressive, confident and competitive as men.

As an interesting finishing point, Sinclair told me he has found his female athletes increasingly inhibited and self-conscious when it comes to stripping off tracksuits, and this after well over 20 years of coaching women. He wonders if this could have something to do with the downward trend in school sport, with children being less used to changing in front of each other.

When I was at school gym uniform was navy knickers and aertex blouse, and we thought nothing of prancing about thus attired with the boys. Skirts, I recall, were permitted for country dancing: "Boys, choose a partner. Girls, don't refuse."

Could it be said that the demise of the navy knickers and aertex blouse has led to the inhibitions George Sinclair has identified on the track? Or is George unwittingly inhibiting these youngsters in his old age? Surely not!

(1) Wells, Christine L. *Women, Sport & Performance* 1985 (A Physiological Perspective).

(2) Boutilier, M.A. & San Giovanni, L. *The Sporting Women* 1983.

Fiona Macaulay

THE 1988 SCOTTISH ROAD RACE SURVEY (PART 2)

Compilation and report by Alan Campbell



Survey Letters...

Ayr and Loch Rannoch were both a pleasure to run

35/7, Caledonian Crescent,
Edinburgh.

SIR - I belatedly enclose my answers to your November survey. May I say that I doubtless share the views of many readers in stating that a survey of the road racing scene in Scotland is much welcomed and long overdue. I await other readers' comments with interest.

By way of explanation of my answers to the questionnaire, I have little hesitation in saying that the Land O' Burns Half Marathon was, all round, the best road race I ran in last year. This was the first, and certainly not the last, time I had competed in this event. I was impressed by the changing facilities, clear course directions and demarcations, and by the wide choice of refreshments available before and after the race. In addition, the race itself was made enjoyable and interesting by the many variations in the route and the combination of a coastal and urban location.

I have little hesitation in voting the Loch Rannoch Half Marathon the most scenic route I ran in last or any other year. In both the last two years the race has been blessed with blazing sunshine which sets off the idyllic surroundings. Another attractive feature of this race is that many competitors arrive the day before the event, and this gives people an opportunity to meet before and after. The small numbers make for a relaxed and informal friendly atmosphere.

As far as Glasgow is concerned, it saddens me that, after peaking in 1985, the city no longer seems able to support a marathon. I think the lack of television coverage is a significant (and very depressing) factor, but it seems to me that it has to be said that the marathon boom is over. I therefore believe that if people in general are to be encouraged to mass participation in future, a half marathon is the correct distance. Incidentally, I thought the inaugural "Great Scottish" was generally first class.

As far as events overlapping is concerned, I was greatly disappointed last year in not being able to compete in each of Livingston, Land O' Burns, and Aberdeen. There were many Sundays during mid-summer when I was either unable to find an event, or had to choose one I did not really want to run in. Surely the fixture list is not so congested that this sad state of affairs must continue?

In conclusion, however, I feel that generally speaking Scotland is well served by a healthy number of excellent events, and long may this continue.

Best wishes to all at Scotland's Runner who continue to do a great job.

David Edgar

Only one loser when the dates clash

77, Ravenswood Drive,
Glenrothes,
Fife.

One of my aims is to run in all of the half marathons in Scotland, but due to the dates clashing it makes it very difficult.

Alex Meikle

SIR - I run mainly half marathons. The one thing I would like to comment about is the dates of them.

Livingston and Ayr and Aberdeen were all on the same day in 1988. There were one or two instances of two or three half marathons all on the same day, surely there are plenty of free Saturdays or Sundays available to fit them all in? I have also heard that Aberfeldy will clash with the Great Scottish Run next year. There is only one loser through all this - and that is us, the runners.

33, Buxlestone Road,
Barrhead.

SIR - As requested, I enclose sheets detailing my answers to the survey. On the whole most of the races were well organised. Thanks must go to all the volunteers who gave up their spare time to organise races for us plodders.

James W. Auchingloss

Road running must be retained

7, McNeill Avenue,
Prestwick.

SIR - Road racing in Scotland must be kept going. I would not wish to exacerbate the already strong on-going criticism of the attempts to force non-affiliated runners to join a club or else face being debarred from some of the finest road races being held, but feel, as such a runner, that it is contrary to the letter of freedom of sporting choice, and contrary to the spirit of running camaraderie existing on the roads today. If such a motion was carried and enforced, it would herald the end of road racing as we know it.

There seems to be a faintly detectable groundswell of official opposition to the sport and it should be resisted, not militantly or stubbornly, but with a reasoned and co-operative attitude making the point that this high participation sport is healthy, vigorous, and increasingly popular, and that race organisers are only too aware of the vital support services and are willing to adjust our requirements to their requirements.

During 1988 I travelled the country from as far as Elgin to Carlisle and had a large number of enjoyable road races. I saw it get stronger, better organised, and much more popular. It isn't so long since road running was the province of the serious athlete. Not so today.

All types of people now run for the sake of running. They have no aspirations to prizes, records, national or international selection et al, but turn out week after week in all kinds of weather and all over the country to participate. Isn't that the Olympian concept of sport?

Having compiled the survey, and in a few instances critically, it was not my desire to denigrate the efforts of any organiser or official. I organise a small but successful charity fun run annually, and am very much aware of the various sobriquets given to race organisers. The masses of support needed to direct and support races, particularly the longer races and those in urban areas with the concomitant traffic problems, is not often seen, appreciated, or even figure in a runner's awareness.

Road racing in Scotland is a healthy growing offspring of the

athletics parents. Like a child it has to be nurtured, guided and supported to full maturity. With the continued improving organisation and a keen and enthusiastic entry I am confident in the future of road racing in Scotland.

George Deed

Small is beautiful

19, Selkirk Street,
Blantyre,
Glasgow.

SIR - With regard to your question on road running in Scotland, I find that the road race scene is quite good. You have many venues to choose from, but sometimes there are two or possibly three good half marathons on the same day which I don't like as you then have to try and pick the best one available.

I find the smaller events are much better than the big city ones. They have more time for you, some have lovely courses - like the Moray Marathon, Anstruther East Neuk of Fife Half Marathon, and Mid Argyll Half, to name a few. I have run many events in the last three years and travelled around Scotland, run on good courses, and taken on the hilly and undulating ones as well. I've met and made many new friends through "getting around" the country.

One thing I would like to see is the race organisers including a results service (some already do). I don't think many runners would mind paying, say, an extra 50p for a full listing of results. This would save time trying to find out if the local paper is going to print any results. Many runners, like myself, like to know where they finished, size of the field etc. You can also find out the times and positions of your friends.

I would like to end by saying to the newcomers and slower runners - don't be frightened to get out there. It doesn't matter whether the field is a hundred or a thousand - you will get the same enjoyment and encouragement from those all around you, and remember, when you are tired and hanging on for the finish, all those round about you are doing the same. We all suffer together; nobody does it for us.

To Scotland's Runner, keep up the good work.

David Drummond

ROAD RACE SURVEY

QUESTION 8. Which was the most scenic road race you took part in during 1988?

Land O' Burns	7.5
Round Cumbrae 10m	7.5
Aberfeldy Half	5.25
Loch Rannoch Half	4.5
Kirkcudbright Half	4
Skye Half	3
None in particular	3
Coniston 14m	2.25
Luddon Half	2
Ceres 8m	1.5
East Neuk Half	1.5
Islay Half	1.5
Polaroid 10K	1.5
Moray Marathon	1.5
Loch Leven Half	1.25
Mid Argyll Half	1.25
Scarborough Half	1
Peebles 10m	1
Campbeltown Half	1
New Cumnock 10m	1
Eyemouth Half	1
Sealy Lakes Marathon	1
Lochaber Marathon	1
Inverness Half	1
Dumfries Half	1
Gourock HG Half	1
New York Marathon	1
Berlin Marathon	1
Stirling Half	1
Strete (Devon) Challenge	1
Keswick Half	1
Arbroath Half	1
Stonehaven Half	0.75
Western Isles Half	0.5
Bonnybridge 10K	0.5
Burntisland Half	0.5
Forth Bridges Half	0.5
Blackpool Marathon	0.5
Black Isle Half	0.5
Cumnock Half	0.33
Alloa Half	0.33
Selkirk Half	0.33
Moray Half	0.25

SHAME ON our three scenic Philistines! I appreciate that after a certain distance the only sight all runners want to see is the finishing line, but most of us are slow enough to be able to admire the surroundings - where applicable - in the early stages of a race at least.

Having been voted the best organised road race in Part 1, the Land O' Burns shares the most scenic title with the Round Cumbrae 10m (although the latter, of course, had much fewer entrants among our respondents). Aberfeldy, Loch Rannoch, Kirkcudbright and Skye have all enhanced their claims as scenic races - and the one striking feature is that the further you travel from the Central Belt, the more likely you are to find superb scenery!

QUESTION 9. Which was the least scenic road race you took part in during 1988?

Falkirk Half Marathon	13.33
Great Scottish Run	11.58
None/no concern	5
Inverness 10K	3
Glasgow BA Half	3
Kodak 10K	2.33
Edinburgh Half	2.25
Tom Scott 10m	2
Monklands Half	1.25
Motherwell Half	1.25
Saltcoats 4.5m	1
Great North Run	1
Alloa Half	1
Glenrothes Half	1
Sri Chinmoy 2m	1
Rutherglen 10m	1
Aberdeen Half	1
Springburn Cup	1
Irvine Half	1
Dunf'line Auld Toon 10K	1
Maryhill RR	1
Dundee Half	1
Balloch 10K	1
Land O' Burns	1
Inverness Half	1
Melbourne (England) 10K	1
Govan 10K	1
Kilmarnock Harriers 10K	1
E Kilbride 10K	1
Kirkcaldy Half	1
Clydebank Half	1
SVHC Half	1
Lochaber Half	1
Strathcarron Hospice 10K	1
Grangemouth 10K	.33
Yoker 10K	.33
Luddon Half	.33

THE RUNAWAY "wins" of the Falkirk Half Marathon and the Great Scottish Run will come as no surprise to anybody - the Falkirk route goes through a refinery, while the 1988 Great Scottish Run course was uninspiring, to say the least.

There is often not a great deal a race organiser can do about the local environment, and in these circumstances most opt for the flattest possible course, hoping to compensate for in possible personal best times what the runner is losing in scenery.

QUESTION 10. What is your favourite distance?

Half marathon	45
10K	11.5
10 mile	7.5
Marathon	5
15-20 miles	1

NOT A LOT to enthuse about here for marathon organisers!

QUESTION 11. Will you run more, or less, road races in 1989?

More	38
The same	19
Less	13

I WOULDN'T have thought it possible for some of our respondents to run more races than they did in 1988! In most cases, though, the injury factor led to the conclusion that more events would be tackled in 1989.

QUESTION 12. Do you pre-enter a race or enter on the day?

Pre-enter	56
Both	10
On the day	4

"WHAT A bunch of fibbers," I can hear some exasperated organisers muttering as they read these figures. Unfortunately more and more people are tending to enter on the day - giving the already harassed race organiser an extra headache. Well done all those who do pre-enter where it is expected. It is a simple act of consideration which helps the smooth running of the event.

QUESTION 22. Which make of shoe did you run in most often in 1988?

Nike	25.83
Reebok	14.5
New Balance	7
Hi-Tec	7
Brooks	6
Asics	2.5
Puma	2.5
Diadora	1.5
Saucony	1
Turntec	1
Etonic	0.5
Adidas	0.33
Ron Hill	0.33

GUESS WHICH manufacturer has been a sponsor of the Glasgow Marathon / Great Scottish Run for the past five years and more!

During 1989 Scotland's Runner is going to take a closer interest in the manufacturers and their products - hopefully a consumer column will be introduced within the next month or two. If you have any comments or remarks about shoes, drop us a line.

QUESTION 23. What is your favourite Scottish road race?

Land O' Burns	16
Can't decide, etc	8
Dunfermline Half	3
Inverness Half	3
Tom Scott 10m	3
Loch Rannoch Half	3
Glasgow Marathon	2
Loch Leven Half	2
Kirkcudbright Half	2
Glasgow BA Half	2
Falkirk Half	2
Irvine Valley Half	2
Aberfeldy Half	2
Moray Half	2
Edinburgh Uni 5m	1
Stonehaven Half	1
Rutherglen CP 10m	1
Blairgowrie Half	1
Islay Half	1
Black Isle Marathon	1
Monklands Half	1
Great Scottish Run	1
Skye Half	1
Dundee Marathon	1
Round Cumbrae 10m	1
Peterhead Half	1
Strathallan HG Half	1
Haddington Half	1
Dundee RR 10m	1
Aberdeen Half	1
Cumnock Half	1
Mid Argyll Half	1

MANY CONGRATULATIONS to Ayr Land O' Burns race organiser Nick Larkins and his dedicated team. They may have everything going for them in terms of scenery (inland and coastal) and facilities, but to these natural resources are added a professional marketing strategy and impressive attention to detail.

Of our 70 survey respondents, 24 ran in the Land O' Burns in 1988. Of these 24, over a third (9.66) voted Ayr the best organised road race in Scotland, to top that section of the survey.

In this last section, however, Ayr's popularity against very stiff competition is a phenomenal achievement for Larkins and his employers, Kyle and Carrick District Council. The Land O' Burns has polled over five times more votes than any other event.

I hope the exercise has been useful for race organisers. Some will of course be disappointed that their own events have not featured more prominently, but having been to many road races in 1988, I salute them all for their untiring, and usually unsung, efforts.

Hopefully the 1989 survey will stimulate an even greater response at the end of this year. Thanks again to all who participated in the 1988 exercise.

Get off to a health flier in 1989

INDOOR TRAINING can be as valuable and necessary as outdoor, and, if you can afford it, affiliation to a health club makes a pleasant and more glamorous alternative to the old garage with the weights in it. One such club is the Flying Scot Club in Edinburgh's Abercromby Place.

When Brian Adair, a trustee of the regimental Royal Scots Club, decided to set up a health club in the basement, he approached George McNeill in 1986. It is not difficult to see where the club gets its name from when you consider that the management team is made up of McNeill as consultant, and sprinters Willie Fraser and Janis Neilson as manager and assistant manager.

Facilities offered include a main gymnasium, an aerobics and multi-purpose hall, two conditioning rooms/multi-gyms (one for ladies only, which gets over the feeling of women



George McNeill, Janis Neilson and Willie Fraser

feeling self-conscious when getting fit) a jacuzzi, ladies' and gents' sauna and steam rooms, sunbed, hair-dressing salon, cafe/TV room/lounge, and a room housing six speedballs. Membership of the Flying Scots Club also includes the benefit of associate membership of the

Royal Scots Club above, which gives access to restaurant, lounge bars, bedroom accommodation, snooker tables and library.

The prospect of using a health club run by three top class athletes might seem a bit daunting, but George McNeill and his team are eager to help people improve fitness for their own particular sport, or just to lose a few extra pounds and keep healthy. Their aim is to match each individual to a tailor-made fitness programme, and the brochure advertising the Flying Scot Club bears the legend, "Fitness By An Enjoyable Method", which might be of great relief to quite a number of people.

Last March the club was opened by Princess Anne, and there are plans to include judo, karate, self-defence, yoga, fitness testing as well as social nights and beauty salon. Health and beauty are certainly promoted

together in the Flying Scot Club, which means you can slog away in the conditioning room for an hour, leap about on the PT Bouncer, and not step out into Edinburgh's city centre looking like Wurzel Gummidge after a dip in the jacuzzi, a wallow on the sunbed, and ten minutes in the hairdresser's.

Because the club is situated in the middle of Edinburgh, it does attract a lot of business men and office workers during the day, but caters for a whole range of people. You would be well advised, however, to take the bus and leave the car at home as parking is almost impossible during the day. Facilities are open to members only, and an individual membership for one year costs £225. A couple (husband and wife) costs £340, and a family membership, including one or two children, costs £450. There are also senior citizen and group memberships available. Membership gives access to all facilities, although classes such as yoga and aerobics cost extra, as do snooker, solarium and hairdresser.

Opening hours are Monday to Friday, 7am to 10pm, and Saturday and Sunday 9am to 9pm. The staff at the Flying Scot Club are more than happy to show people around, and enquiries should be made to: The General Manager, The Flying Scot Club, 30, Abercromby Place, Edinburgh EH1 6QE. Telephone: 031-556-4270.

Fiona Macaulay

The Unique Double

Remaining copies of George McNeill's fascinating biography, *The Unique Double*, can now be purchased direct from Scotland's Runner.

The cover price of the book is £6, but our readers' offer permits you to buy it at £5, including p & p.

To obtain your copy, please send a £5 cheque or postal order to ScotRun Publications, 62, Kelvingrove Street, Glasgow G3 7SA.



The Flying Scot Club

IF SO -

Why not visit the Flying Scot Club at 30 Abercromby Place, Edinburgh. The Club is situated right in the heart of the city (approx. 300 metres from Princes Street). Each bedroom has "ensuite" facilities, coloured TV, trouser press and coffee making facilities. It is run by former World Professional Sprint Champion, George McNeill, Scottish Indoor 200 Metre Record Holder, Willie Fraser, and UK Olympic Relay Team Member and Scottish Sprint Champion, Janis Neilson. Apart from a specially equipped Speedball Training Room, other facilities available include: 2 FULLY EQUIPPED NORMAL GYMNASIUM ROOMS; HAIRDRESSING SALON; LOUNGE, BAR AND RESTAURANT; 6 FULL SIZED SNOOKER TABLES; SEPARATE LADIES AND GENTS SAUNA AND STEAM ROOMS and COMMUNAL JACUZZI AREA. There is also a multi purpose hall which is used for AEROBICS, YOGA and SELF-DEFENCE classes.

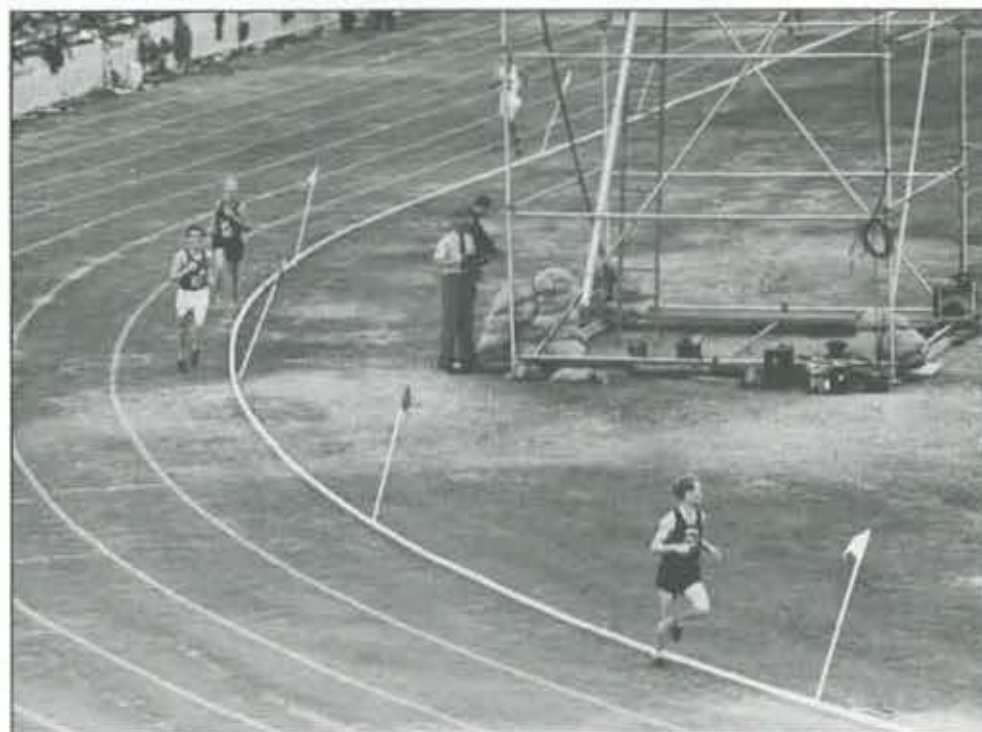
For membership and special offer details, telephone 031-556-4270, or write to us at the above address.

THE FLYING SCOT CLUB

HAVE YOU HEARD OF "SPEEDBALL TRAINING"? WOULD YOU LIKE TO LEARN ABOUT IT?

WOULD YOU LIKE TO COMBINE IT WITH A VISIT TO SCOTLAND'S CAPITAL CITY OF EDINBURGH?

Andy Forbes: A gentleman and an athlete



Exactly 12 months prior to the 1990 Commonwealth Games in Auckland, **James Christie** takes the 1950 Empire Games held in the same city as the starting point for his profile of **Andy Forbes** of Victoria Park, who is pictured above on his way to the silver medal in the three miles, sandwiched between Kiwis Harold Nelson (129) and Noel Taylor.

MENTION SCOTTISH success in distance running on the track at the Commonwealth Games and the names immediately evoked are those of Lachie Stewart and Liz (Lynch) McColgan. Both won gold medals in front of ecstatic home crowds in Edinburgh and entered athletics folklore.

However, if there was a point where Scotland began to show the way in the 10,000 metres, that moment was on Saturday February 4, 1950, at Eden Park in Auckland, New Zealand. Some 40,000 were watching the first day of the Empire Games (as they were then called) and the final of the six miles. For Andrew Forbes of Victoria Park and Scotland it was to be a historic day.

In the line-up of 13 starters comprising three New Zealanders, two Englishmen, three Canadians, three Australians, a South African and the Scot, Forbes was the only runner making his competitive debut over the distance. He had agreed to race because he felt that the expense of flying him to New Zealand made it incumbent on him to run more than his nominated distance of three miles - that race being due to take place on the following Tuesday.

The six miles was a hard race. Harold Nelson of the home country won in 30 minutes 29.6 seconds, with the fight for the silver medal a classic of courage and determination. In a photo-finish, Forbes got the decision and the silver medal in 30-31.9 from another new Zealander, Noel

Taylor. He was also inside the Scottish record of 30-34.

The trip and the financial outlay had been justified - but at a price. After the race both of the Victoria Park runner's feet were bleeding and pain killing injections were required. The three miles on the following Tuesday was a run of determination without substance; everything had been given in the six miles to grant Scotland her silver medal. In the event the race was won by the late Len Eyre for England in 14-23.6, with Nelson missing out on his aspirations of a double by finishing second. Forbes' eighth position in 14-45 was a testament to his courage.

But then courage was something one acquired to survive during the years of the

depression in Glasgow. Born on October 9, 1915, in Clydebank, by the time he was 11 years old and living in Partick he had two jobs. In the morning he was a milkboy, and after school and on Saturdays he worked in his uncle's barber shop as a lather boy. It was a time when work was more important than enjoyment, and after schooling at Rosevale Primary and Hyndland Secondary it was into the big world and various jobs involving manual work which gave him the upper body which most distance runners lacked in those days.

Encouraged by a friend, David Harvey, Andy joined Victoria Park AAC in the 1934/35 season and suddenly a whole new world was opened to him. His first success at national level was a third place team medal in the Scottish Novices Cross Country Championships held at Hamilton Racecourse, the scene of many great cross country championships in Scotland. The years until the outbreak of the Second World War were happy ones punctuated by the famous sports meetings of that time like Glasgow Police and Glasgow Rangers sports, where he was placed in handicap one mile events. The rest of the year was spent in cross country or on the roads, with the training of Tuesday and Thursday long and short runs, and a competition on Saturday or a further long run.

In October 1939 he volunteered for the army and joined the 57th (Glasgow Searchlight) regiment of the Royal Artillery and moved from there eventually to the south of England. With the invasion of Europe he followed the victory trail through France, Belgium, and Holland, before finally ending up at Krefeld in Germany. On December 9, 1945, after six years of service, Warrant Sergeant Forbes was demobbed - but before that there were to be many competitions among the athletes from the services in Europe as the austerity of the war gave way to happier times.

Before going to Europe Forbes had won cross country, 880 yards, and one mile races up to Brigade level, but now meetings were being organised by civilians as well. At the Zaandam Olympic Sports in Holland he tackled a 1500 metres in which he finished third in 4-24. The winner was Willem Slijkhuis of Holland (4-02), who will be best remembered for the battles he had with Sydney Wooderson over three miles and 5,000 metres at the AAA and European championships of 1946.

On October 6, 1945, Forbes won the BOAR 1500 metres title at Dusseldorf (4-10). An indication of the quality of this championship can be gauged by the following year's winner, Bill Nankeville, who was to represent Great Britain in the 1948 Olympic 1500 metres at Wembley where he finished sixth, and the European Championships in Brussels two years later where he won bronze in the same event.



Victory in the snow at Lanark in 1947 as Andy Forbes wins his first National Cross Country title. Is that young Gillon with the pencil?

On his return home, now aged 30, Forbes tried to install a new way of thinking into Victoria Park. Tuesdays, Thursdays and Saturdays were not enough. The knowledge he had gained over his years in the army had made him understand the value of fitness, and what could be absorbed workwise. His idea of five days training, plus a Saturday competition, was the concept which was to produce fine individual runners such as Ian Binnie - but more, a nucleus of young runners who in 1952 were to make history for Victoria Park and Scotland at the 65th English Cross Country Championships in Birmingham.

But before that memorable day there were to be many personal triumphs and disappointments for Andy Forbes. In 1947 he repeated his win of the previous year in the Midlands District Championship, and then he won his first Scottish cross country title at Lanark, a feat he was to repeat again in 1951 at Hamilton Racecourse. Hamilton also signalled his first Scottish team championship, which was followed by three more over a span of six years to the last in 1947 at the age of 41. At international level he was to represent Scotland in what is now known as the World Championships in 1947/49/50/51/52 and 53.

On the track, he won the first of his three miles titles (which he repeated in 1948, 1951 and 1952), yet he is best remembered for the Scottish title he lost in 1949 when he battled with John Joe Barry of Ireland at Hampden Park, losing narrowly but setting for its time a magnificent new Scottish record of 14-18.4. Barry also won the Irish and AAA titles that year, a unique treble which has never been repeated. Two years earlier, in 1947 at the old Meadowbank Stadium, the same thing had happened in the annual triangular match between Scotland, Ireland, and England and Wales. On this occasion the battle was with Alex Olney of England, who was to become a great rival of the Scotsman. Again it was the closest of races, with Andrew breaking the Scottish record for the first time in 14-32.2.

At the AAA Championships that year he finished fourth in the three miles, but in 1948 could only finish eighth and thus lost his best chance of competing in the Olympics at Wembley, as he was now 32.

"The winter of 1951 saw the dream of Andy Forbes and Victoria Park beginning to take substance"

As a consolation he represented Great Britain against Denmark, and so the season ended on a note of optimism. In the AAA Championships of the following year he finished fourth once more in the three miles and was rewarded with selection for the most prestigious match of that time, Great Britain versus France. His last venture to the AAA Championships was in 1951, when he placed sixth in 14-15, with old rival Olney edging him out once again in 14-14.9.

The winter of 1951 saw the dream of Andy Forbes and Victoria Park beginning to take substance. The hard training and maturing of the cross country nucleus was such that, having beaten their great rivals Shettleston Harriers in the Scottish

Championships, and with the knowledge that they had finished third in 1950 and second in 1951 in the English Cross Country Championships, the Scotstoun club were confident they might go one better and bring the title back to Scotland for the first time.

The race at Great Barr, Birmingham, on Saturday March 8, 1952, was a classic in team running for Victoria Park. The pre-race favourites were Birchfield, Bolton and Sutton, along with Manchester and Belgrave. Andrew Forbes has a special memory of a quote by the then editor of Athletics weekly, who predicted: "Victoria Park may surprise everybody." How right he was. The 36 year old Forbes led by example, finishing 11th, and then came Jimmy Ellis (32nd), Ian Binnie (41st), and what the club referred to as their secret weapon, the tail - Chic Forbes (51st), Ronnie Kane (52nd), and Johnny Stirling (54th) to total 241 points.

However, there was drama before the final count. Having never been involved in



It's 1952, and Victoria Park have become the first "foreign" team to win the English National Cross Country Championship. Andy Forbes (684) was the first Scotstoun runner home, finishing 11th, but as always it was a team victory and the others in our photograph are (back row, left to right): Bobby Calderwood, Ronnie Kane, Ian Binnie, Dunky MacFarlane, Alex Breckenridge. Front row: Johnny Stirling, Andy Forbes, Chic Forbes, Jimmy Ellis.

the disc system before, and being so exhausted that for the first time in his career he actually lay down, Forbes had forgotten to hand in his disc and the team points were being calculated on the basis of the seventh man, Dunky Macfarlane, who finished 150th. Perhaps it was a measure of the times and the outlook that people had to sport, but it was the coach of Shettleston Harriers, Alan Scally, who sought out Forbes and alerted him to the position. Fortunately the legendary Jack Crump was the chief recorder and the relevant disc was accepted.

The other members of that historic team were Alex Brackenbridge, who finished 174th, and Bobby Calderwood, who was forced to retire. Both of these young athletes were to have distinguished careers, Brackenbridge representing Scotland on both the track and country (as well as the USA in the marathon at the 1960 Olympic Games in Rome), while Calderwood represented Scotland at cross country in 1956 and 1957.

The following year Victoria Park finished third in the English National, and along with their third place in the London to Brighton National Road Relay in 1952, plus victories in the Edinburgh to Glasgow Road Relay in 1951, 52 and 53, Andy Forbes could have been expected to retire aged 38, but those six lost years during the war seemed to give him greater impetus to continue his career for as long as possible.

However, a shadow was to appear near the end of 1953 which was to tax the courage and forbearance of Andy Forbes in a way which he could never have imagined. In November of that year he gradually found himself struggling to keep up in pack runs, and generally became more

"In his seventy-third year, his interest in the young athletes of today is undiminished"

exhausted as the weeks went by. Eventually, after exhaustive tests at Glasgow's Victoria Infirmary, it was found he had heart trouble which, while not stopping him exercising completely, ruled out hard work and of course competition.

It was at this point that once again his courage sustained him, and he accepted the role for the next two years of jogging by himself or with the slow pack and younger members of Victoria Park. There were to be good days and bad, with his only highlight being what he describes as a sympathy handicap at Christmas of 1954, which he won.

He continued through 1955 in the same cautious way, and then in early 1956 he started to improve. Gradually he was able to absorb more work, and in March, 1957, he made the Victoria Park team again - finishing 36th in the Scottish Cross Country Championships as sixth counter to take another winning team medal at the age of 41! A measure of his remarkable return to form was that in the prestigious Nigel Barge Road Race in January, 1957, he ran six seconds faster than when setting a record seven years earlier.

The next ten years were to be happy ones as he took part in club and road events, even flirting briefly with the marathon through the encouragement of his old friend and successful team-mate of the English National triumph in 1952, Ronnie Kane. The latter, before his untimely and premature death in 1983, had become

one of Scotland's finest middle and long distance coaches with many champions to his credit such as Fiona McQueen in cross country and Lynn (McDougall) McIntyre, the Los Angeles 1500 metre finalist.

With the introduction of veteran athletics in the early 1970's, Andy's career blossomed once more through the various age groups on track, road, and country, with success at the highest level in all three disciplines.

The highlight of his veteran career came in 1980 when he returned to New Zealand with, after a span of 30 years, history repeating itself. This time his preferred distance was the 10,000 metres on the track at Christchurch, but earlier the week at Palmerston North (where the World Road Championships were held) he won a bronze medal in the 10 kilometres and a silver in the 25K. Perhaps the pounding on the roads brought back the recurring sciatica he suffers from, for in the 10,000 metres track race he pulled a hamstring and so once more returned to Scotland in triumph with two medals on this occasion - but again from events which were not his first choice.

However, in his usual fashion he accepts the vagaries of athletics with the same enthusiasm which attracted him to the sport over half a century ago. In his 73rd year, his interest in the young athletes of today is undiminished.

Whether they be a Steve Cram or the most ordinary club standard, to Andy Forbes there is no difference because he can bridge this gap between them, and see only the good which athletics brings by enriching people's lives.

That's what has made him a great man, as well as great athlete.



The Empire Games three miles of 1950... "a run of determination without substance," by Andy Forbes whose feet had been left bleeding from the six miles earlier in the Games. The race was won by England's Len Eyre.

Club Profile

Haddington East Lothian Pacemakers

By Henry Muchamore

HADDINGTON East Lothian Pacemakers, or HELP, was in many ways dreamt up on the way home from the 1981 London Marathon. The four stalwarts who took part, all veterans, had no ambition at that time to launch a serious athletic or running club, but they had taken part in the very first of Britain's mass marathons and as a result had not only ended up with their photographs on the front page of the Observer running over Westminster Bridge (a year before the official finish was moved there), but they also had raised nearly £1000 for disabled people in East Lothian as part of International Year for the Disabled.

The quartet's first ambition was to spread the word about "fun running" and how it can not only do good to runners but also help others. Hence the concept of HELP was born.

Over the next 18 months a number of charities benefited, including a local hospital needing equipment. The requirement of a bank account to hold the money being collected necessitated an agm being convened to keep us all correct and above board. Prior to this, all the "serious" runners were members of Edinburgh or East Lothian clubs and quite happy. At the agm, a resolution was put that we should affiliate to the Scottish Cross Country Union, and so in September 1982



Front page news. The founders of HELP, Alistair Rourke, Murray Scott, John Fyfe, and Henry Muchamore.

HELP became an athletic club that incorporated its charity activities with more serious competition.

As a new club, none of the members were required to "wait", but could start running for their new club. We wanted an easy-to-acquire strip, and so the red and white halves, now

so easily distinguishable, were established as the club colours.

When we started registering for races, having a small logo saying "HELP" on our vests, we naturally expected and received humorous comments from a wide variety of sources. So much so, that at the second agm a motion was put forward to

change our name to "Haddingtonshire Harriers" or "Haddington & District AC". The result surprisingly was that we had coped with the fun poked at us, and maybe one day in the not too distant future we could show just what we were made of.

By this time we had also affiliated to the SAAA, and now that some of our women members were wanting to have a go at competition, we were soon forking out four affiliation fees for a club with less than 50 members. This still is for me a major anomaly in the structure of Scottish Athletics, and must be a disincentive for small clubs to get going. If anything Scottish Athletics, especially with the money received from road running and fun running, should be giving "start-up" grants to young clubs.

(Thankfully a sympathetic district council did help us out in those early days)

Now competitive events were starting to play a bigger part in the life of the club, which meant more regular training nights held at Haddington Rugby Club, followed by liquid refreshment in

their bar! It also meant that Sunday mornings saw a more dedicated band of runners along the sea shore between Aberlady and North Berwick.

Having such a lovely Sunday morning run has certainly been a major incentive to attracting new members to join us. However, a word of caution. All elite runners should be made to wear hob nail boots when they start, as it is so easy for the

Haddington East Lothian Pacemakers

Sunday run to turn into a "burn up" instead of the one day in the week when club members can run together whatever their ability. With so many runs on your own, I look forward to the old fashioned "pack run" on a Sunday.

On the charity and social side, HELP has now, in both the collective and individual efforts of its members, raised over £25,000 - which includes helping individuals get special help; research into viral infections such as M.E., cancer, and heart disease; transport for disabled people; and setting up funds for disabled sporting facilities. It has twice organised "Sport Aid" runs, and in conjunction with the local round table helped with Polio Plus. One club member took to his bike and cycled from the famous JOGLE (John O'Groats to Land's End) and back to Haddington, raising nearly £1000 in the process.

The club has key fixtures that

are strictly for fun, such as the annual run over the Lammermuir Hills from Gifford to Carfrae Mill which is followed by food, music and booze, as is the "Goat's Gallop", introduced by former chairman Dave Jones. Another of our chairmen, Denis Bell, introduced a family relay in the Saltoun Woods, which consisted of a male, female and child runner, all drawn out of a hat and followed by hot dogs and hamburgers cooked over a campfire. Our Boxing Day Santa Fun Run has been going since 1981, and everyone both brings and takes home a present after Santa leads them a merry dance. More recently we have linked up with another local club to have some low-key local rivalry on our make-shift grass tracks in the summer, and a handicap cross country at the New Year.

In other words, HELP doesn't just cater for the top class serious runner. It tries to engender a family atmosphere where

people come partly because they like running, but mainly to enjoy each other's company. Even our agm's keep business items to a minimum and emphasise the achievements of our young athletes through their Thistle Awards. Club dinner dances are not the old fashioned type with speeches and toasts to bygone days, but are lively and light-hearted with the odd hangover on Sunday morning runs.

You might think that with such an emphasis on the social and charitable aspects of a club, that nothing very serious could influence the athletic world in Scotland. Well, we are starting. We have an enthusiastic bunch of youngsters who come along on Mondays and Wednesdays to the local school. To begin with I had only one helper with the coaching, but now we have seven - four of who now hold BAAB awards as assistant or club coaches.

Our policy is very much to encourage, not force. Clearly young athletes like to participate in other pursuits and I personally encourage them. I want athletes to be running when they are 22, not just at 12. On Mondays we have our kindergarten 8-11 year olds, and there are always new members wanting to join in. We "play" at athletics, and above all enjoy it.

Our Wednesday group is 11-14 year olds, and these take things a little more seriously. Each week we take a particular skill and try to develop it in some way, and always end the evening with a game in which the emphasis is on sportsmanship, mixing boys and girls, and coping with losing and winning without tears or aggro. Finally we have a small group of our older youngsters, 14-16, who are coached by one of our founding members, and the results of his efforts are already beginning to show in our cross country events.

Our biggest problem is that we have no really local track. Meadowbank in Edinburgh may only be 16 miles away, but is not conducive to encouraging locals for track and field competition,

especially at club league level. Consequently we have to suffer the occasional "defector" to an Edinburgh-based club, and so far we have had no real option but to let them go if it is league competition they want.

Our women's section is still finding its feet. We were starting to do very well with our female veterans, but injury and illness have recently taken their toll. In Helen Fyfe we had a prolific winner in 1987 - Helen took 10 veterans trophies in the year.

Our veteran men are also starting to increase in number, and with Peter Marshall winning the Scottish Veteran Hill Championship in 1988 we really hope to get a good team together for the veteran's relay in March. However, it is our senior men who have really put us on the athletics map in Scotland over the last two years.

After a very near miss in 1986, when we were nominated reserves for the Edinburgh to Glasgow, we made it in 1987 and finished 18th in 4 hours 6 minutes with a far from fit team. In February 1988 we had our best turn-out for the Scottish National Cross Country Championships and surprised everyone, including ourselves, by finishing fifth overall and gaining selection for 1988 Edinburgh to Glasgow. With two legs to go were on target for the predicted 12th place and a sub-four hour run (and a strong chance of the meritorious award), but as with other clubs, fate had its way along with cramp and it was not to be.

However, with the inspired leadership of two international athletes to help us on training nights - Rod Stone, formerly Cambuslang and Northern Ireland as club captain for 1988/89, and marathon man John Graham, formerly of Motherwell YM and Birchfield - things are really looking up. We have a strong back up squad of "home grown" athletes from East Lothian and the Borders who are very keen to show their paces.

After returning on that "dreamy journey from London to Edinburgh in 1981, it was the

original hope that a marathon could have been a permanent part of the Edinburgh Festival. However, the Edinburgh Marathon, like a number of others, has come and gone mainly because everyone was preoccupied with its size and the need for commercial sponsorship, added to which poor relations with the police resulted in a dismal route being chosen which in no way highlighted the beauty of Edinburgh or the alternative East Lothian countryside. HELP started its own Festival, an event over five miles that attracted only 22 runners, but which has now grown into a summer of three important road races over ten miles, and a half marathon as well as the five miles. All three races attracted nearly 1000 entries. The ten mile race has for the last two years been part of the Scottish Road Race Championship, and this year the half marathon has been nominated for the AAA British Grand Prix.

Essentially all three races have been organised as "club" events rather than people's races, with the emphasis on quality organisation and a friendly atmosphere. Over the last two years a "Pacemaker Marathon", which includes the combined times of all three events, has been introduced. This can indicate to an athlete their expected time in a forthcoming marathon. Not only has this become highly competitive, with the introduction of gold, silver and bronze standards, but it really has been an accurate indicator for would-be marathoners.

As the majority of club members are road runners, it is understandable that the club's expertise lies in this direction. Nevertheless, HELP has also staged the National Veterans Cross Country Championships (1987) and in 1988 organised the East District Cross Country Relay Championships. Both were held at Musselburgh Racecourse, famous many years ago as the venue of the SCCU National Championships.

No review of the achievements of HELP would

Haddington East Lothian Pacemakers



Hope for the future. Young HELP athletes receive their 1988 Thistle Awards.

be complete without mention of the success over the past couple of years in hill running. Surrounded as we are by the Lammermuir Hills and the Pentlands, there is no excuse for not finding good practice areas. Denis Bell was third in the Scottish Championships in 1986 and runner-up in 1988, and was the very first member of the club to gain a Scottish international

vest. Supported as he was in 1988 by veteran champion Peter Marshall, the club has had its fair share of prizes in hill running events.

Now that the club is getting bigger it has been important to get the communication links with members right. Not everyone can get to the club nights or Sunday runs, so the club has invested a Desk Top

word processor and Christmas 1988 saw the first issue of a new style club newsletter.

The combination of the competitive incentive and the enjoyable club atmosphere makes HELP a club that people really want to join, and that is why it's a club with a difference.

Henry Muchamore is club coach with HELP.

HADDINGTON & EAST LOTHIAN PACEMEAKERS in co-operation with

EAST LOTHIAN DISTRICT COUNCIL DEPT OF
LEISURE, RECREATION & TOURISM

present the HADDINGTON ROAD RACE SERIES 1989 at Neilson Park

£2.00 Sunday 16th April, 2pm - 10 miles
£2.00 Sunday 3rd June, 3pm - 5 miles
£3.00 Sunday 13th August, 2pm - half marathon

Entry forms from: Race organiser, 65, High Street,
Haddington. Tel: 062-082-4023.

Extensive prize list and commemorative awards.
Unattached athletes additional 50p; all late entries
additional £1.00.

All events under SAAA & SWAAA rules

HELP PULL A FAST ONE!

HELP pulled off a tremendous coup last Autumn by enlisting the services of John Graham, second behind Allister Hutton in the all-time Scottish marathon lists with his 2-09-28 set in Rotterdam in 1981 (he ducked under 2-10 again on the same course four years later).

John returned to Scotland last year from Birmingham, where he was a full time athlete with Birchfield Harriers. He and his wife Alyson have bought an hotel in North Berwick, and are now offering specialised running weekends for club athletes, as well as the usual holiday accommodation with advice and running partners, if necessary, thrown in.

John was due to compete in the Marrakesh Marathon in Morocco as we were getting this issue off to the printers - his first marathon since London 1987 due to lengthy Achilles problems.

"I'll be looking for a time of about 2-20 or 2-25 to see how the Achilles stands up," he said before he left. Naturally he hopes to qualify for his third successive Commonwealth Games marathon - he finished fourth in 1982 and 1986 - and to that end will be looking for the "A" guideline time of 2-13 when he competes in the London Marathon on April 23.

John, Alyson, and two year old son Ben are delighted to have returned to Scotland. "We always wanted to come back," says John. When in North Berwick last June looking for property he met four members of HELP out for a run, and things developed from there.

"I didn't want to go to a big club, and there's a good buzz about HELP at the moment," he says. A man of many and strong views, John Graham will be writing for Scotland's Runner on a regular basis from next month.

A. C.

December

4

Sorn Chase 4.5 mile Road Race, Sorn, Ayrshire -
Senior Men: 1, B McEwan (JW Kilm) 23:35; 2, C Hepburn 23:47; 3, J Stewart (Ayr Sea) 24:16; V1, J Kyle (Irvine) 26:00; V2, J Halliday 26:41; V3, J Gorley 27:06;
Women: 1, K Todd (JW Kilm) 28:39; L2, K Stewart (Ayr Sea) 29:09; L3, I Fraser (Ayr Sea) (LVI) 29:30; L4, J Strawhorn (Loudon) 29:42; L5, A Newbigging (Irvine) (LV2) 30:44; LV3 J Hume (Afton Water) 33:21

Key Line 4 mile Road Race, Peterhead -
 1, G Laing 20:08; 2, C Youngson, V1, 21:05; 3, P Wilson 21:31 (all Aber AAC); L1, D Parker (Aber) 26:37; L2, M McDonald (P'head); H'cap: 1, R Carroll, 2, A Smith; L1, M Beveridge; (all Aber); L2, F Gerrie (Ellon)

SWAAA Combined District Indoor Championships, Kelvin Hall - East District:
Seniors: 60m: 1, A Edmonds (Inv) 7:85; 2, F Vance (EWM) 8:09; 200m: 1, M Anderson (EAC) 25:04; 2, E Lindsay (EWM) 26:00; 400m: 1, Anderson 55:10; 2, A Hodgson (EWM) 57:04; 800m: 1, C A Gray (EAC) 2:15.93; 2, K Fisher (EAC) 2:23.35; 60H: 1, Lindsay 9:97; 2, L Wakeham (EAC) 10:59; HJ: 1, Lindsay 1:65m; SP: 1, Anderson 13.44m; 2, K Neary (EAC) 10.86m; Inter: 200m: 1, Edmonds 26:22; 2, Vance 26:53; 400m: 1, E Grant (Pit) 61.94; 2, C Black (EWM) 2:20.49; LJ: 1, L Valentine (DHIH) 5:08m; 2, A

Grey (EAC) 4:99m; 60H: 1, S Richmond (Pit) 9:07; 2, J Sharp (EWM) 9:35; SP: Grey 12.865m; 2, J Ritchie (Arbroath) 9:60m.

Juniors: 60m: 1, R Eaton (Arbroath) 8:27; 2, L Smart (EWM) 8:36; 800m: 1, A Cheyne (Bathgate) 2:22.00; 2, L Silver (DHIH) 9:90; 2, E Hume (EWM) 9:98; LJ: 1, K Nicoll (Arbroath) 4.63m; 2, N Wilson (Pit) 4.38m; SP: 1, S Ritchie (Arbroath) 7.99m; 2, S Wood (Lin) 7.97m.

West District:
Seniors: 60m: 1, R Girvan (Nith V) 7:91; 2, M Baxter (Monk Shett) 7:96; 200m: 1, Girvan 25:89; 2, Baxter 26:54; 400m: 1, G McArthur (Monk Shett) 56.43; 2, G Loubrough (Kilb) 59.85; 800m: 1, C Sharp (GAC) 2:15.09; 2, C-A Bartley (GAC) 2:16.40; 3000m: 1, V McPherson (Troon) 10:57.65; 2, R Kerr (Unatt) 11:04.26; 60H: 1, J Low (GAC) 9:02; LJ: 1, L Drysdale (GAC) 4:57m; HJ: 1, L Gordon (GAC) 1.60m; 2, N Elliot (GAC) 1.50m; SP: 1, A Rhodie (Monk Shett) 11:37m; 2, C Cameron (GAC) 10:81m;

Inters: 200m: 1, N Buchan (Ayr Sea) 27:16; 2, C Thomson (CUMB) 27:90; 60H: 1, K Wallace (Helens) 10:51; 2, C Scholes (Cumnock) 12:00; LJ: 1, L Graham (Airdrie) 4:54m; 2, M Wight (Cumb) 4:22m; SP: 1, T Shorts (Kilb) 10:05; 2, K McMeeking (Helens) 8.77m; 400m: 1, K Lithgow (Nith V) 58.62; 2, P Stovell (GAC) 60.19; Juniors: 60m: 1, M McShannon (GAC) 8:03; 2, E Julian (Ayr Sea) 8:07; 800m: 1, W Kennedy (Avon-side) 2:31.38; 2, J Grundy (Helen) 2:32.90; 60H: 1, C Murphy (GAC) 9:13; 2, S Brown (Ayr Sea) 9:95; LJ: 1, C Pritchard (Monk Shett) 4.85m; 2, A Shepherd (GAC) 4.64m; SP: 1, H McCreddie (Helens) 9.14m; 2, B

Critchlow (Kirk Oly) 9.03m.

7

Glasgow District Council Men's Open Graded Meeting, Kelvin Hall
60m: "A": 1, J Watson (Harmony) 7.1; "B": 1, D Gilmour (Lark) 7.1; **200m:** "A" 1, Watson 22.9; 2, D Mulherron (Shett) 23.4; **800m:** "A" 1, P Duffy (GGH) 1:56.3; LJ: 1, B Ashburn (C'bank) 6:56m; **Youth:** 200m/LJ: S Atkinson (Vic Park) 24.8/ 5.78m.

10

SCCU v N. Ireland v Scottish Unis v Civil Service, and SWCCU v Scottish Unis v Civil Service, St Andrews -

Men: 1, J Robson (SCCU) 29:22; 2, A Russell (SCCU) 29:36; 3, E Stewart (SCCU) 29:43; 4, P Fox (SCCU) 29:51; 5, T Mitchell (SCCU) 29:55; 6, P Faulds (SCCU) 29:57; 7, R Quinn (SCCU) 29:57; 8, P McColgan (CS) 29:57; 9, D Lonnen (N Ire) 30:16; 10, J Walsh (N Ire) 30:24; **Teams:** 1, SCCU 24pts; 2, N Ireland 124; 3, Civil Service 206; 4, Scottish Unis 207.

Women: 1, T Calder (SWCCU) 23:59; 2, C Kitchen (SU) 24:17; 3, A Rose (SU) 24:28; 4, C Home (CS) 24:35; 5, H Wiseley (SWCCU) 24:44; 6, C Williams (SWCCU) 24:48; **Teams:** 1, Scottish Unis 24pts; 2, SWCCU 24; 3, Civil Service 33.

SCCU Inter District Cross Country Match, St Andrews -

Seniors 6 miles: 1, C Hall (E) 30:10; 5, G Goll (W) 30:21; 6, D Duguid (E) 30:32; **Teams:** 1, East 26 pt; 2, West 57; 3, North 117; **Youths 4 miles:** 1, A McBeth (W) 20:18; 2, S Barnett (W) 20:33; 3, A Thain (W) 20:47; 4, N Freer (W) 20:48; 5, G Reid (W) 20:49; 6, B Fraser (N) 21:17; **Teams:** 1, West 22pts; 2, East 74; 3, North 99.

Senior Boys 3 miles: 1, M McBeth (W) 14:29; 2, I Murray (W) 14:37; 3, C Grenhaugh (W) 14:49; 4, M Kelso (E) 14:58; 5, E Cairns (W) 15:04; 6, M McLaughlin (W) 15:07; **Teams:** 1, West 34 pts; 2, East 68; 3, North 89; **Junior Boys 2 miles:** 1, D Kerr (W) 10:39; 2, D Carty (E) 10:50; 3, S Allan (N) 10:55; 4, R Wilson (E) 11:00; 5, B McAllister (N) 11:07; 6, S McNeill (W) 11:09; **Teams:** 1, East 44pts; 2, West 62; 3, North 75.

SAAA West District Indoor Championships, Kelvin Hall -
60m: 1, C Bernard (Helens) 7:02; 2, R Williams (Helens) 7:13; 3, M Friel (Shett) 7:15; **200m:** 1, R Williams 22:75; 2, M Friel 22:81; 3, R Harkins (Shett) 23:05; **400m:** 1, D Mulherron (Shett) 49:55; 2, M McPhail (Ayr

Sea) 50:07; 3, A Bryce (FVH) 50:99; **800m:** 1, P Duffy (GGH) 1:59.84; 2, S Allen (L+L) 2:00.91 (1:59.48 ht); 3, P Mcdevitt (Bella) 2:00.92; **1500m:** 1, D Innes (Vic Park) 4:02.1; 2, R Welsh (JW Kilm) 4:02.7; 3, J Austin (Clyd) 4:05.7; **3000m:** 1, R Arbuckle (Cambus) 8:29.9; 3, G Stewart (C'bank) 8:37.3; **60mH:** 1, A McClure (Strath Un) 8:78; 2, S Ryan (Spango V) 9:12; 3, A Kirkhope (Shett) 9:23; **HJ:** 1, J Stoddard (Bella) 2:00m; 2, A Scobie (Irvine) 1:95m; 3, J Robbie (Sun) 1:85m; **PV:** 1, S Ryan 4:10m; 2, A Wake (Bella) 4:10m; 3, D Scott (Shett) 4:00m; **LJ:** 1, C Duncan (Shett) 6:63m; 2, A McClure 13:11m; **SP:** 1, A Pettigrew (Shett) 15:11m; 2, L Carter (C'dale) 12:76m; 3, S Ryan 12:69m

Youths: 60m: 1, D Galloway (Ayr Sea) 7:18; 2, D Cleland (Forth) 7:20; 3, E Scott (Helens) 7:38; **200m:** 1, Galloway 23:12; 2, P Shannon (Bellshill) 23:44; 3, H Kilpatrick (Irvine) 23:79; **400m:** 1, I McGurk (C'bank) 50:26; 2, N Taylor (Vic Park) 50:52; 3, J McFadyen (GGH) 52:68 (52:40 s/d); **800m:** 1, J Divers (C'bank) 2:02.63; 2, J McFadyen (GGH) 2:05.13; 3, J Aderinto (Vic Park) 2:05.39; **60mH:** 1, N Taylor 8:59; 2, P Hessett (Kilb) 9:25; 3, G Atkinson (Vic Park) 9:48; **LJ:** 1, M Hamill (Colzium) 6:54m; 2, E Scott 6:25m; 3, N Elliot (Helens) 5:97m; **SP:** 1, R Baird (FVH) 13:40m; 2, J Grundy (Helens) 12:45m; 3, N Elliot 11:57m; **HJ:** 1, R Johnston (Shett) 1:85m; 2, F Lewis (Black Isle) 1:76m; 3, J Reilly (JW Kilm) 1:65m

Senior Boys: 60m: 1, S McAllister (Bella) 7:41; 2, S McGowan (Shett) 7:54; 3, J Berry (Ayr Sea) 7:59; **200m:** 1, D Steel (Ayr Sea) 24:87; 2, I Lee (Stewartry) 24:88; 3, W Fitzsimmons (Irvine) 24:99; **400m:** 1, R Dale (Ayr Sea) 53:56; **800m:** 1, D Halliday (Shett) 2:04.63; **HJ:** 1, G Smart (Vic Park) 1:75m; **LJ:** 1, J Berry 5:90m; 2, I Dickie (Ayr Sea) 5:77m; 3, R Hanney (C'bank) 5:68;

Greenock Glenpark Harriers Crescent Cup 5 mile Cross Country Race, Greenock -
 1, H Cox 26:17; 2, M McKendrick 26:34; 3, P Russell 28:04; V1, D McNeil 29:25; L1, E O'Brien 35:04

Spango Valley AC Colin Moon 3.5 mile Road Race, Greenock -
 1, J Duffy (GWH guest) 17:54; 2, C Spence 17:55; 3, E McKee 18:24; 4, H Mooney 18:34; V1, D Campbell 19:41; V2, R Hyett 19:50; L1, A Fisher 23:29.

Continued on Page 34

Student Athletics

with Gordon Ritchie

FOLLOWING the success of the inaugural Scottish Universities Indoor Championships on January 21, (full details next month), the next event for us is the highlight of our season.

The Royal Bank Scottish Universities International takes place at Kelvin Hall on Sunday, February 12. This is divided into two separate competitions. The men's match is triangular, with the Scottish Universities team competing against a Scottish Select and Loughborough University. The women go one better, as the universities team competes against the East District, the West District, and Loughborough. The two matches were originally intended to be against the same opposition, but the SAAA decided that they would be unable to provide East and West teams due to other fixtures on the same weekend.

The Loughborough team is always very strong. In the past they have included names such as Seb Coe. The present team should include Olympians Andy Carrott and Ernie Obeng. I am sure that such a strong team will be a welcome visitor to Glasgow. In view of the

strength of the opposition, we have decided to hold a reception on the Saturday evening to welcome the English in an attempt to soften them up for the Sunday. Some good old Scottish hospitality should ensure a home victory!

There is a small admission charge for spectators of 25p. It was to be free, but the powers-that-be declared otherwise. Apparently this is the standard entry charge for all spectators to Kelvin Hall, and there is no way to avoid this, despite the fact that we are hiring the athletics arena for the day. However, with the exception of the Great Britain internationals, this fixture is sure to be one of the highlights of the indoor athletics season in this country, and so it is certainly worth the small admission charge. The first event is at noon, and there is a full track and field programme.

In the meantime, there have been some university successes in the district championships. Strathclyde University star Bruce McClure was a surprise winner of the West District 60m hurdles. I am reliably informed that nobody was more surprised than Bruce himself. It

remains to be seen what he can achieve with no hangover and some training.

In the East Districts, Dundee University club captain Stuart McMillan hopped, stepped, and jumped to the triple jump title. This was a less surprising success, as Stuart's indoor form has been excellent in the last couple of years. It will be interesting to see if he can translate good indoor form into outdoor victories this year, given that he is due for a bout of the dreaded student ailment known as final exams in June.

Looking forward to the summer (aren't we all?), there are ambitious plans for a Scottish Universities European tour. Two years ago the Glasgow team spent some time in Germany. By all accounts it was a very successful trip, although the performances on the track were not particularly memorable. If any reader knows of any good clubs in northern France or southern Germany who may be interested in competing against a universities team, please let me know.

This proposed tour will round off the usual summer

competitions, and will provide a memorable farewell to student life for several oldies who will be graduating this year. It will also bring athletes from the eight clubs together in an informal, non-competitive environment. The stories of the tour will also help to attract the new intake of first year students in October. All in all, it will be a marvellous addition to the social calendar, if not to the competitive calendar.

As I have said in previous articles, university clubs are in the difficult position of losing athletes after their four years of study. There are, therefore, no juniors, or senior members of the clubs. In a bid to rectify this position, it has been suggested that we try to keep in touch with graduates. One possible method of doing so would be to have an annual students versus graduates match, possibly followed by a social function of some description. If any readers are graduates of the universities and may be interested in such an event, please write to me via the editor, including details of your university athletics career.

Linda Trotter

Schools Athletics

THE YOUNGEST age group at the boys' track and field championships on June 17 has been changed from under-13 on April 1, 1989, to under-14 on September 1, 1989 (the same as Group D under-14 girls). The events have not yet been finalised, but will be similar to those offered to under 15 athletes.

The reason for this change is that entry for the under-13 category was very poor, and the events were limited. Moving to under-14 should give athletes an early opportunity to taste success, which could then be consolidated at under-15 level, the age group from which athletes are invited for future under-17 coaching days.

The success of the girls over recent years has proved how much they have benefited from an under-14 age group. Also, with less emphasis being placed nowadays on extra-curricular athletics in schools, it gives teachers a better chance to introduce events in first year and then, if the youngsters develop these skills in second year, they will have a better chance of success, rather than competing raw as under-13, or coming up against third year under-15 athletes as in the past.

A PENTATHLON for Group A (over 17) boys will be introduced in 1989. Also, there is no younger limit for Group C. As long as the pupil is under 15 years old on September 1, he or she will be allowed to compete.

ALTHOUGH previously scheduled for Grangemouth Stadium on June 10, the Pentathlon/Relay Championships will now be held in the Chris Anderson Stadium, Aberdeen, because an SWAAA international has been arranged for Grangemouth.

Those who remember the success of the 1980 Pentathlon Championships in Aberdeen may welcome the change of venue which is seen as a good opportunity to take a national event beyond the Central Belt into an area rapidly developing its athletic prowess.

THE FIRST event of 1989 is a new venture for the SSAA. Sunday, February 5, sees the introduction of an invitation indoor track and field event at the Kelvin Hall for selected under 16 athletes from two teams - the North and East and the South and West.

Although the South and West is made up of only two Regions, Strathclyde and Dumfries and Galloway, as opposed to the seven of the North and East, on paper the two teams look fairly evenly matched.

The teams were mostly selected from the under-15 results at the 1988 SSAA Championships, and it is hoped that this match will add an extra competitive rung for future SSAA internationalists.

A report on this match, together with information on the three Schools' cross country events, will be in the next issue.

Results

11

SAAA East District Indoor Championships, Kelvin Hall -

60m: 1, J Henderson (ESH) 6.95; 2, J Watson (Harmeny) 7.09; 3, W Fraser (EAC) 7.15; 200m: 1, J Watson 22.59; 2, A Cullen (LAC) 23.03; 3, G Cook (DHF) 23.54; 400m: 1, M Davidson (Aber) 48.43; 2, M King (Aber) 50.93; 3, I Cumming (Pit) 51.05; 800m: 1, P Wyman (EAC) 1:56.45; 1500m: 1, I Hamer (EAC) 3:52.07; 2, M Fallows (EAC) 3:56.51; 3, K Mortimer (EAC) 7:56/51; 3000m: 1, T Hanlon (ESH) 8:05.87; 2, R Cresswell (Aber) 8:34.64; 3, H McKay (Fife) 8:44.22; 60mH: 1, C Hogg (EAC) 8.45; 2, G Smith (EAC) 8.65; 3, D Mathieson (Aber) 8.87; HJ: 1, G McAslan (EAC) 1.95m; 2, P Masterton (EAC) 1.90m; 3, A Taylor (EAC) 1.90m; PV: 1, D Hamilton (ESH) 4.20m; 2, I Elliot (EAC) 4.20m; 3, P Pentland (EAC) 4.10m; 4, M Smith (ESH) 4.10m; LJ: 1, D Mathieson 6.63m; 2, I Snowball (EAC) 6.53m; 3, S McMillan (Dundee Univ) 6.45m; TJ: 1, S McMillan 14.39m; 2, N McMenemy (Cen Reg) 13.51m; 3, C Stewart (ESH) 12.96m; SP: 1, D Gisbey (ESH) 12.84m; 2, P Allan (Aber) 12.81m; 3, S McMillan (Pit) 12.66m.

Youths: 60m: 1, S May (Harmeny) 7.15; 2, C Shields (Fay) 7.31; 3, G Chant (Law) 7.44; 200m: 1, C Shields 23.52; 2, P Allan (Pit) 24.12; 3, G Chant 24.89; 400m: 1, A Bruce (Pit) 52.47; 2, P Robertson (DHF) 53.93; 3, B Whitson (Law) 54.24; 800m: 1, A Bruce 2:07.79; 2, T Dunnigan (ESH) 2:08.35; 3, I Campbell (Annan) 2:10.57; 60mH: 1, A Paisley (Pit) 8.67; 2, E Nicoll (EAC) 9.23; 3, T Golden (LAC) 9.33; HJ: 1, S Ritchie (Pit) 1.85m; 2, S Hill (EAC) 1.80m; 3, G Steel (Blackhill) 1.80m; LJ: 1, P Kavanagh (Law) 5.92m; 2, I Campbell 5.59m; 3, S Ritchie 5.49m; SP: 1, C Anderson (Aber) 13.59m; 2, P Beaton (Pit) 12.78m; 3, S Irvine (Merch) 12.46m;

Senior Boys: 60m: S Cummings (ESH) 7.36; 200m: 1, S Cummings 23.86; 2, G Purves (Blackhill) 24.51; 3, S Allan (Pit) 24.98; 400m: 1, M Bailey (Teviot) 55.00; 2, N Johnstone (ESH) 55.44; 800m: 1, N Johnstone 2:09.60; 2, M Bailey 2:09.96; 3, E Calvert (Aber) 2:10.14; HJ: 1, D Sabris (BAC) 1.62m; LJ: 1, a Cowie (BAC) 5.63m; 2, S Allan 5.60m; SP: 1, D Minty (Pit) 11.91m; 2, K McCann (Merch) 11.88m;

SWCCU Representative CC Match, East v West v N Ireland, Leven-grove Park, Dumbarton - Seniors: 1, J McColl (W) 17.43; 2, S Lanham (E) 17.46; 3, J Darby (E) 17.58; 4, A Gorman (NI) 18.13; 5, J Armstrong (W) 18.14; 6, S Golden



Yes, that was a hard one. The end of the Nigel Barge Road Race on January 7.

(E) 18-24, Teams: 1, East 43pt; 3, West 49; 3, N Ireland 90; Intermediates: 1, K Rice (E) 15.57; 2, R Pollock (W) 16.10; 3, M Gemmell (W) 16.25; 4, R Houston (W) 16.31; 5, C Mitchell (E) 16.36; 6, L Thumire (E) 16.40; Teams: 1, West 34 pt; 2, East 50; 3, N Ireland 127; Juniors: 1, A Cheyne (E) 9.41; 2, C Roy (E) 9.49; 3, S Purdie (E) 9.50; 4, A McBride (W) 9.52; 5, D McNally (W) 9.54; 6, L Davidson (E) 9.55; Teams: 1, East 36 pts; 2, West 45; 3, N Ireland 118; Girls: 1, C A Boyce (W) 10.12; 2, L Stewart (E) 10.17; 3, J McDowall (W) 10.18; 4, D Church (W) 10.21; 5, C Miller (W) 10.26; 6, H Brooks (W) 10.29; Teams: 1, West 28pts; 2, East 61; 3, N Ireland 117; Minors: 1, A Russell (W) 8.21; 2, S Scott (W) 8.22; 3, C Clarkston (E) 8.25; Teams: 1, West 28pt; 2, East 52; West District won Overall Team Trophy by four team victories to two.

Scottish Veterans 5 mile Cross Country Race, Bishopbriggs - H'cap: 1, J Conaghan (Spango V) 28.12; 2, A McFarlane (Spring) 26.22; 3, A Lawson (Bella) 26.46; 4, A Muir (C'glen) 27.31; 5, P Bradley (Cambus) 27.15; 6, J Paton (Law) 29.19 (all actual times given). Fastest: 1, J Christie (Cambus) 25.58; 2, J McMillan (Kilb) 26.04; 3, A McFarlane 26.22; 4, R Young (Clyd) 26.26.5; I Donnelly (Liv + Dist) 26.31; 6, A McCall (Dumb) 26.44; Fastest women: 1, K Todd (JW Kilm) 30.34; 2, J Murray (Kilb) 31.58; 3, S Belford (Kilb) 32.08;

Castle Series Cross Country Races, Seaton Park, Aberdeen - Seniors 6,800 metres: 1, C McIntyre (Coasters) 24.15; 2, E Arrowsmith (Aber) 24.37; 3, P Wilson (Aber) 25.00; 4, S Cassells (Aber) 25.14; 5, C Noble (Coasters) 25.28; 6, M Edwards, V1, (Aber) 25.37; L1, M Stafford (Aber) 30.01; L2, N McKinnon (Aber), LV1, 30.24; L3, D Gernison (Aber) 30.35; Young Athletes: 3,400metres: Boys: 1, B McAllister (Fraser) 12.45; 2, S Reid 12.51; 3, S Bruce 13.10; Girls: 1, H Pirie 15.24; 2, C Stark 16.16; 3, C Brebner 16.20.

Cunninghame District Council Open Cross Country Races, Stevenston - Seniors 4 miles: 1, B McEwan (JW Kilm) 21.18; 2, S Conaghan (Spango U) 21.30; 3, G Tenney (Lin Pent) 21.35; 4, J McNamee (Irvine); 5, B Craig (Irvine); 6, H Fenion (Bella), V1, D Crumpton (Liv Pent) Team: 1, Irvine Cable AC. Youths 3 miles: 1, S Wylie (Hamilton) 14.00; 2, R McClymont (Irvine) 3, I Rodgers (Hamilton) Senior Boys 2 miles: 1, J Ferguson (Ayr Sea) 10.39; 2, K Stevens (Ayr Sea); 3, L Richardson (Ayr Sea) Junior boys 1.5mile: 1, D Kerr (Spango V) 7.15; 2, A Smith (Ayr Sea) 3, D Whitters (Hamilton) Colts 1 mile: 1, C Fraser (Ayr Sea) 2, B Smillie (Irvine) 3, G Murray (Airdrie) Senior Women 3 miles: 1, E Dunlop (Ayr Sea) 2, S McGregor (JW Kilm) (E) 3, A Richards (Giff N) (V1);

Intermediates 2 mile: 1, N Donaldson (Irvine) 2, A Totten (Airdrie) 3, S Loach (Irvine); Juniors 1.5 mile: 1, E McManus (Irvine) 8.26; 2, L Farmery (Airdrie) 3, L Robertson (Airdrie) Girls 1.5 mile: 1, J Cox (Spango V) 8.29; 2, A Keane (Airdrie); 3, F Page (Ayr Sea); Minors 1 mile: 1, D Mulvey (Airdrie) 2, K Kerr (Ayr Sea) 3, T Griffen (Ochiltree).

Strathclyde Runners 4 mile Cross Country Race, Bellahouston Park - 1, A McLelland; 2, R Hill; L1, L Brown; L2, A Donnelly.

Clydesdale Harriers Sinclair Trophy 5 mile CC Race, Clydebank - 1, J Austin 28.58; 2, D Halpin 29.10; 3, R Rossborough 30.22; 4, J Shields, V1, 30.39; 5, P Halpin 32.03; 6, R Shields, V2, 33.25; L1, S Neidrum 35.59; L2, C Farrell 36.43.

Sri Chinmoy 10,000 metres Road Race, Glasgow Green - 1, K Rankin (FVH) 32.06; 2, C Hepburn (Cambus) 32.06; 3, M Gormley (Cambus) 32.26; 4, W Weir (Moth YMCA) 32.46; 5, R McCulloch (Kilb) 32.49; V0/50, 1, J Gormley (Bella) 36.32; 2, W Marshall (Moth) 37.56; 3, I Riddell (GGH) 45.02; L1, J Meek (Sri Chinmoy) 40.56; L2, M Sinclair (GAC) 41.03; L3, L Glasgow (Giffnock N) 41.38; L4, K Hancock (Unatt) 42.29; L5, K Chapman (Giffnock N), LV1, 42.44.

Continued on Page 36

Win a London Marathon place!



ADT (THE LEADING INTERNATIONAL SERVICES COMPANY) GIVES YOU THE CHANCE TO RUN IN THE ADT LONDON MARATHON 1989

Those of you unlucky enough to have received a rejection slip from the ADT London Marathon need not give up hope - ADT, the leading international services company, is giving three Scotland's Runner readers the chance to run the ADT London Marathon on April 23, 1989.

ADT's main areas of business in Europe are in security services and vehicle auctions - you may already know it from its subsidiary companies, ADT Security Systems and British Car Auctions. As well as in Europe, ADT has businesses through North America and Australasia.

ADT has decided to sponsor the London Marathon for the next three years, starting with 1989, to promote the company's name and image.

ADT has nominated Community Action Trust, the charity behind the "Crimestoppers" initiative, as the principal beneficiary of its fund-raising efforts for the 1989 ADT London Marathon.

Community Action Trust is a charity which is helping people to fight back against violent crime. Its first initiative, Crimestoppers, allows the public to ring a freephone number and give information about a crime anonymously and if the information leads to an arrest they may receive a cash reward from funds provided by Community Action Trust.

If you want to a last-minute chance to run in the 1989 ADT London Marathon, all you have to do is answer the four questions below and send them to: ADT London Marathon Competition, ScotRun Publications, 62, Kelvingrove Street, Glasgow G3 7SA. The closing date for entries is February 10.

1. What kind of company is ADT? A.....
2. When is the ADT London Marathon? A.....
3. What is ADT's nominated charity? A.....
4. Who won the 1988 London Marathon? A.....

The usual Scotland's Runner competition rules apply, and the Editor's decision is final.

Results

17

Dumbarton AAC Xmas Handicap
3 mile CC Race, Dumbarton -
H'cap: 1, Alastair Currie 13-57 (rec-
ord); 2, A Adams (Snr) 15-39; 3, A
Adams (Jnr) 15-50;

**Spango Valley AC Bob Grant Tro-
phy 7.5 mile CC Race, Greenock** -
1, S Conaghan 39-44; 2, C Spence 40-
18; 3, H Mooney 40-42; 4, E McKee
40-47; 5, M Coyle 43-09; 6, C Leck
43-09; V1, Rhett 43-46; V2, J Con-
aghan 44-03; V3, D Campbell 44-41;
L1, A Fisher 51-52;
**Forbes Harriers Open Xmas Handi-
cap CC Race, Forbes** -
H'cap: 1, R Wood (Moray); 2, P
Arbuckle, L1, (Forbes); 3, A Stewart
(Moray); Fastest: 1, R Arbuckle
(Keith) 30-05;

**Teviotdale Harriers Menzies Tro-
phy Race, Wilton Lodge Park, Hawick** -
H'cap: 1, M McClure; 2, B Scott; 3,
M Bryson; Fastest: 1, D Cavers 23-
08; L1, J Murray; 2, S Purdie; 3, A
Murphy;

**Women's Five Nations Cross Coun-
try International Match, Cardiff** -
Seniors: 1, J Hunter (E) 18-51; 2, A
Pain (E) 19-12; 3, A M Wangi (Kenya)
19-17; 4, K McLeod (S) 19-24; Other
Scots: 13, L Adam 20-20; 16, L van
Dyke 20-38; 19, S Branney 20-51; 22,
J McColl 20-56; Teams: 1, England
16; 2, Scotland 52; 3, Ireland 55; 4,
Wales 67; 5, N Ireland 109 (Three to
score in team contest): 1, Eng 9 2,
Kenya 22; 3, Scotland 33; 4, Ireland
34; 5, Wales 47; 6, N Ireland 80;
Intermediates: 1, L Watson (E) 15-
43; 2, T Maycock (E) 15-51; 3, G
Stacey (E) 15-53; 4, K Rice (S) 16-10;
Other Scots: 22, M Gemmell 17-28;
25, A Normand 17-49; Teams: 1,
England 12; 2, Ireland 38; 3, Scot-
land 49; 4, Wales 68; 5, N Ireland 84;

**Miller Lite/IAC Cross Country
International Match, Cardiff** -
1, S Tunstall (E) 23-55; 2, D Lewis (E)
23-59; 3, K Bitok (Kenya) 24-05;
Scots places: 13, T Murray 24-49;
39, A Douglas 25-51; 43, A Puckrin
25-48; 46, A Russell 26-09; 48, I
Hamer (Wales) 26-18;
Teams: 1, England 10; 2, Kenya 20;
N Ireland 84; 4, Scotland 95; 5,
Ireland 97; 6, Wales 128;

Auchtermuchty 9,000m CC Race -
1, T Martin 32-30; 2, J Holden 34-15;
3, R Nicol 34-25; 4, G Bennison 34-
32; 5, J Forbes 35-02; 6, F Cation 35-
39 (all Fife AC).

**Edinburgh AC Queens Drive Road
Races, Edinburgh** -
1, B Kirkwood (EAC) 15-51; 2, G

Harker (EAC) 15-53; 3, S Gibson
(HBT) 16-02; 4, P Dymoke (Liv +
Dist) 16-06; 5, A Robson (ESH) 16-
13; 6, J Pentecost (FVH) 16-17; V1,
I Seggie (Liv + Dist) 16-46; V2, A
Stirling (FVH) 17-49; Team: 1, EAC;
L1, J Salvona (Liv) 18-58; L2, D
Everington (Harr) 21-13; L3, D
Cruickshanks (HW Univ) 21-28;

**Irvine AC Harriers v Cyclists CC
Race, Irvine Moor** -
1, A Douglas (Vic Park) 2, R Quinn
(Kilb); 3, K Penrice (Ayr Sea); 4, G
Fallon (Ayr Sea); 5, S Murray (JW
Kilm); 6, G Barr (Cyclist, Glen
Wheelers); V1, D Crumpton (Lin
Pent); V2, T Dolan (Cambus); L1, L
Cairns (JW Kilm) L2, E McGarry
(Irvine); L3, E Dunlop (Ayr Sea)
Youths: 1, G Reid (JW Kilm); 2, B
Richardson (Spango V); 3, R McCly-
mont (Irvine)
Senior Boys: 1, E Cairns (Irvine); 2,
J Ferguson (Ayr Sea); 3, E Tanner
(JW Kilm)
Junior boys: 1, G Woods (Cambus);
2, A Smith (Ayr Sea); 3, P Allan (Ayr
Sea)
Colts: 1, I Graham (Irvine); 2, A
Drummond (JW Kilm); 3, G
McBurnie (Kilb)
Intermediates: 1, S McDonald (Irv-
ine); 2, S Telfer (Ayr Sea); 3, M
McClung (JW Kilm)
Juniors: 1, K Stewart (JW Kilm); 2,
C Dyer (Ayr Sea); 3, A McManus
(Irvine)
Girls: 1, H Brooks (Ayr Sea); 2, D
Church (Ayr Sea); 3, C Miller (Irv-
ine)
Minors: 1, C Morris (Ayr Sea); 2, K
Kerr (Ayr Sea); 3, L Haugh (Irvine)

**Aberdeen AAC Xmas McCafferty
CC Relays, Balgownie** -
1, Black Beard's Team (L. Still; S
Bruce, L Davidson, K Hogg); 2,
Four Wise Men Team (K Stephen; G
Main, H Pirie, R Sutherland); 3,
Alladin's Team (N Fraser, D
Ramsay, K Rice, M Caird)
Fastest Times: Men: 1, R Suther-
land 8-02; 2, S Wright 8-04; 3, K
Hogg 8-09; Women: 1, K Rice, 6-29;
2, L Davidson 7-02; 3, H Brown 7-
23;

**Giffnock North AC 5 mile Handi-
cap Road Race, Giffnock** -
H'cap: 1, D Muir; 2, F Healy; 3, G
Dickson Fastest: 1, D Muir, 2, G
Dickson L1, L Glasgow; 2, J Len-
non.

20

**Kilbarchan AC Xmas Handicap
Race, Kilbarchan** -
H'cap: 1, S Etherson (L1); 2, J
McMillan (V); 3, I McDougall; 4, J
McMillan 21-05 (vets record); Fast-
est: 1, G Farley 19-45; 2, B Hawkins

20-07; 3, I McDougall 20-52; Fastest
woman: 1, S White 24-25; 2, J Mur-
ray (LV) 25-36 (vets record)

24

**Motherwell YMCA "Round the
Loch" 4 mile Road Race, Strath-
clyde Park, Motherwell** -
Handicap: 1, J Quinn 2, D Gordiner
3, S Marshall; Fastest: 1, J Quinn
(Moth) 19-57; L1, R Houston (Moth)
23-12;
Young Athletes (Boys): 1, G Dan-
skin 10-09; 2, A McNay 11-06; 3, K
Cassidy 12-27;
Colts 1 mile: 1, S Martin.

**Clydesdale Harriers Xmas 2 mile
Road Race, Clydebank** -
Seniors H'cap: 1, C Evans (L1); 2, D
Moore; 3, P Rudzinski; Fastest: 1, F
McGowan (Vic Park, guest) 10-40;
2, J Austin 10-59; J1, G Higgins 11-
15;
Youths H'cap: 1, D McAusland; 2,
J Watt; 3, B Higgins; Fastest: 1, B
Higgins
Senior Boys H'cap: 1, G Black; 2, D
Govan; 3, S Bailey; Fastest: 1, M
Govan;
Colts H'cap: 1, C Lyall; 2, G Lyall; 3,
G Kirkwood; Fastest: C Lyall;

**Cambuslang Harriers 3.5 mile Road
Race, Cambuslang** -
Handicap: 1, A McDermid (6-35)
28-55 (actual 22-20); 2, T Dolan (V)
(10-05) 28-57 (18-52); 3, A Harkins
(5-15) 28-58 (23-43); 6, P Preston (9-
45) 29-05 (19-20); Fastest: 1, E Ste-
wart (Cambus) 17-11; 2, A McIndoe
(Springburn guest) 17-45; 3, J Brown
(Spango V, guest) 17-52 4, C Thom-
son (Cambus) 17-55 Fastest Boys: 1,

PETER FLEMING made a dream start to 1989, winning Maryhill
Harriers' Nigel Barge Memorial Race just six days after finishing third
behind Fraser Clyne in the Morpeth-Newcastle race, writes Doug
Gillon.

There could rarely have been milder or better conditions for the 4.5
mile Nigel Barge as Fleming and Brian Scally headed the pack. But
Bellahouston's Fleming declined to pick up the gauntlet thrown down
by Scally who, lured by a bottle of whisky, was first through the mile
mark.

Fleming's waiting game paid off, and the former Glasgow Marathon
winner won comfortably in 22-35. Scally was seven seconds behind at
the finish, with Alex Gilmore clinching his place in the Cambuslang
team for the European Club Championships by finishing third in 22-
46.

Shettleston had John McKay, the former Clydebank 1500m
internationalist, in their ranks for the first time, but the team finished
second, with 16 points, to Bellahouston (also 16) in the team event.
McKay, married to Elaine Scally, owes something to his physiotherapist
wife for getting him back into action after injury. But he also owes his
change of club to the marriage. It seems the price of attachment to the
Scally family was that John should join Shettleston!

Sandra Branney (25-04) beat Elspeth Turner by 46 seconds to win
the women's race and their club, Glasgow AC, were easy winners of
the team event.

E McCafferty (10-05) 29-09 (19-04);
2, M McBeth (9-50) 28-05 (19-15); 3,
M Gallacher (10-10) 29-38 (19-28)

**Kilbarchan AC Xmas Relays, Kil-
barchan** -
1, (R Gardener, J Hagan, C Follan, D
Stein, J Geddes, A Smith); Fastest
Man: 1, R Quinn; L1, S White.

Continued on Page 40



Peter Fleming wins the
Nigel Barge Road Race.

On The Veteran Scene

with Henry Muchamore

OVER THE next two months
there will be a wide variety of
different events of interest to
all veterans. The Cross
Country Championships at
Aberdeen on February 5 will
be a warm up to the British
Championships, which are
again on our doorstep at
Sunderland on March 12.

We will also have the op-
portunity of staging the first
ever Scottish Veteran Indoor
Championships at the Kelvin
Hall - which are themselves a
test run for the organisers as
we are hosting the British Vet-
eran Indoor Championships on
March 26. Finally, road racing
returns with the veterans' Al-
loa to Bishopbriggs relay on
March 19, which this year
promises to be one of the most
exciting races we've ever seen.

Before taking a look at who
is most likely to be up among
the cross country leaders, I
would like to pay tribute to
Colin Shields' results columns
and the excellent work I know
he does to try and get as much
as possible. Despite many
battles with Colin over the
recognition of veterans, he
always includes as many
categories as he can, but
without accurate information
its impossible. Can I add my
plea to race organisers to
include accurate information
about veteran results.

Initially I could not see
much challenge to Colin
Youngson and his Aberdeen
AAC squad on their home
ground, particularly as Gra-
hame Milne has now joined
the ranks and finished fifth in
the North District Champion-
ships. However, I have had
growing admiration for Liv-
ingston and District AC, not
only because of their talent,
but because of the general en-
thusiasm they have in their
squad. Ian Seggie has shown
that he performs equally well
on country roads, and he is
backed up by three more



Pitreavie's Archie Duncan (left) and Allan Adams of
Dumbarton should be to the fore in February and March.

"lan's"

Ian Briggs has to be one of
the bravest athletes about,
following a serious accident
when he was knocked down
by the wing mirror of a passing
lorry when out on a training
run. He has since suffered from
a form of epilepsy but has
fought his way back to fitness
- an inspiration to any injured
athlete.

Ian Leggett, at 49, still
churns out very reliable
performances where ever he
goes. Ian Donnelly is yet
another asset to the ranks,
recently taking fourth place in
the veterans race at Hunters
Hill with Bill Mitchell close
behind. With plenty to choose
from, Martin Hyman tells me
that they could be fielding two
teams for the Alloa to
Bishopbriggs run.

Another team which could
do well is Falkirk Victoria.
Willie Day always gives his all
and Andy Stirling, who prefers
the roads to cross country, will
be up there. Fife AC have Sam
Graves, Stuart Asher and J
Holden as a sound base, and
Pitreavie could be dark horses
with Archie Duncan and John
Linaker.

From the West, Shettleston
have Bernie McMonagle going
well again, and Brian Carty is
reported to be getting back into
shape.

Allan Adams will certainly



be in contention for the
individual title. I am, however,
very impressed with the form
of Brian Emmerson of
Teviotdale Harriers. Since he
turned a vet last June, his runs
in road and cross country
relays seem to indicate that he
is going to be a member of
Teviotdale's first team for a
long time to come.

Diminutive Dave Fair-
weather was first veteran in
the Lanarkshire Champion-
ships, and I have to mention
my own clubmate Peter
Marshall, winner of the Scot-
tish Hill Running Champion-
ships and first Scot home in the
World Hill Racing Champion-
ships where he finished third.

On the roads, I think
Adrian Weatherhead is still the
class athlete among veterans,
and if only Edinburgh AC
could get a full squad together
to support him, they too would
figure well in the relay event.

The older categories are just
as interesting. In the over 50's
John Maitland of Lochaber was
first home in the international
event for Scotland at Wrexham,
and Ian Morrison of Aberdeen
will be looking for a good
performance on his home
ground.

Dave Fraser of Bellahous-
ton, along with clubmate John
Irvine, will give everyone a run
for their money as will Jack
Gould of Carnethy.

In the over 60's, Ben
Bickerton, if he is fit, should
show his class. Willie Gillespie
of Falkirk Vic will be out to
chase him, as will Roddie
Donald of Garscube.

In the over 70's it is
wonderful to report on Gordon
Porteous's return to form at
Hunters Hill and in the Falkirk
Half Marathon, and while
Dave Morrison and John
Emmett Farrell will give him a
good run, I think Gordon will
be the man to beat.

Making any realistic
predictions about indoor
successes is very difficult,
particularly as so many of the
"sprinters" are just starting to
emerge from their weight and
circuit training sessions.
George McNeill has not made
his mind up about competing
in 1989, but others like Ken
Turner are keen to put their
winter training to the test
against other veterans.

IF YOUR club can't raise eight
veteran members to put a team
in the Alloa to Bishopbriggs
relay, why not try to get a
composite team together. You
will not be able to win an
award, but it will give you an
opportunity to take part in the
veterans equivalent of the E to
G. The rivalry is good, organi-
sation excellent, and the enjoy-
ment is superb. Why not come
and join in?

FINALLY, just an up-date on
the "professional member-
ship" issue. I have now for-
mally written to the SAAA and
await their reply. Bill Taylor of
the BVA has also recognised
that this is a British problem,
not just a Scottish one. I am
also seeking legal guidance on
the matter, and SportsScene are
considering doing a short item
on the issues involved, so at
least the matter is getting a
public airing and that can't be
bad for veteran athletics.

Youths' Rankings

THIS MONTH the Scottish Youths rankings for 1988 (athletes born 1971-72) are presented. Also included are a few younger athletes who, because of differing age groups, compete over youths' hurdles or with youths' implements. Note that indoor marks will be treated separately later.

The 1987 tenth places (shown in brackets) indicate little change, except perhaps for the throws (excluding hammer). However, looking back over 20 years indicates that changing the Scottish age group by three months in 1986 has made a particular difference at 400m (now at its highest level) and in the throws, so true comparison is difficult. Again the AAA/NUTS youth group is September 1971 to August 1973, so I believe none of our eligible youths reach UK top ten level.

In Scottish all-time youth top tens, Shaw (5th, 100 and 200m, 6th, 400m), Galloway (8th equal, 200m), Kinghorn (8th, 1500m), Thain (7th, 1500 steeplechase), Wright and Russell (4th, 5th, 2000 steeplechase), Smith, Taylor and McNair (5th, 6th, 7th 100mH), Taylor and Bruce (1st, 6th, 400mH), Barnetson and Ritchie (second equal, high jump), Mason (fourth, shot putt), and Bruce and Nicolson (eighth, tenth, javelin) are all new marks. The improvements in the hurdles are particularly encouraging as little had changed for four years.

In future, all the technical events could benefit from the current lively schools organisation and the new indoor facilities. It must be hoped that having more youngsters in further education will help more to stay in the sport. The youths top ten finishes at about the same level as the junior in the 100, 400, 800, 2,000 steeplechase and the long and triple jumps, so the potential is clearly there.

J.C.

100m

(1987: 11.4)

10.7	S. Shaw	EAC
10.90	D. Galloway	AyrS
11.0	w M. Avis	EAC
11.1	w A. Carnie	Aber
11.1	w C. Shields	TAAC
11.1	w P. Kennedy	EAC
11.3	D. Clelland	C'ke
11.3	D. McGeoch	Cam
11.3	S. Mathers	Aber
11.3	w S. Carswell	Stew
11.39	w V. Banks	Liv
11.4	G. Simpson	Cam
11.4	w H. Kilpatrick	Irv
11.42	w E. Scott	Hel

200m

(1987: 23.05)

21.8	S. Shaw	EAC
22.03	w D. Galloway	AyrS
22.6	G. Simpson	Cam
22.7	A. Carnie	Aber
22.8	D. Clelland	C'luk
22.8	w S. Wallace	C'bnk
22.9	w M. Avis	EAC
23.1	D. McGeoch	Cam
23.1	w V. Banks	Liv
23.16	w S. Mathers	Aber
23.2	w C. Buchanan	Inver
23.2	w I. Pritty	C'bnk

400m

(1987: 51.7)

49.5	S. Shaw	EAC
49.65	G. Simpson	Cam
50.1	P. Kennedy	EAC
50.2	D. Galloway	AyrS
50.42	P. Shannon	Bella
50.6	S. Wallace	C'bnk
51.0	I. McGurk	Ham
51.02	M. Paterson	JWK
51.3	J. Divers	C'bnk
51.68	S. Kay	ESH
51.7	G. McDowall	Inver
51.7	A. Mair	Cam

800m

(1987: 2-00.2)

1-55.05	A. McBeth	EK
1-55.14	A. Kinghorn	EAC
1-55.8	G. McDowall	Inver
1-56.0	J. McFadyen	GGH
1-56.8	K. Leitch	CR
1-57.56	J. Divers	C'bnk
1-58.6	T. Nimmo	FVH
1-58.98	J. Hemmings	Pit
1-59.2	M. McBride	C'bnk
1-59.2	G. Fegan	EK

1500m

(1987: 4-14.0)

3-57.00	A. Kinghorn	EAC
4-00.1	A. McBeth	EK
4-04.6	M. McBride	C'bnk
4-05.3	S. Wright	Aber
4-05.8	J. Divers	C'bnk
4-06.9	G. Reid	JWK
4-10.0	T. Petrie	Cam
4-11.2	G. Graham	Bocl
4-13.4	A. Russell	C'bnk
4-13.8	B. Gorman	FVH

3000m

(1987: 9-20.0)

8-43.3	A. Kinghorn	EAC
9-02.1	C. Jack	Plock
9-05.96	S. Barnett	VP
9-08.63	M. McCartney	EAC
9-10.2	R. Crook	Pit
9-11.2	S. Wright	Aber
9-14.00	P. McArthur	CR
9-16.7	C. Russell	FVH
9-17.0	T. Petrie	Cam
9-20.7	S. Burch	Pit

5000m

16-29.3	S. Wright	Aber
16-52.5	N. Collins	Aber

1500m s/c

(1987: 9 to 5-03.8)

4-25.6	A. Thain	C'bnk
4-34.66	N. Freer	Winch
4-35.7	D. Hill	C'bnk
4-30.0	S. Burch	Pit
4-48.8	B. Stewart	AyrS
5-01.5	A. Smith	EK
5-02.7	D. Hands	Inver

2000m s/c

(1987: 6-42.5)

6-10.1	S. Wright	Aber
6-10.3	A. Russell	C'bnk
6-22.55	A. Thain	C'bnk
6-23.3	B. Gorman	FVH
6-26.4	C. Russell	FVH
6-31.0	G. Graham	Bocl
6-36.0	M. Gallagher	Cam
6-38.24	A. Smith	EK
6-40.5	W. Gibson	Pit
6-41.0	S. Burch	Pit
6-41.1	N. Collins	Aber

100mH

(1987: 15.0)

13.6	G. Smith	EAC
13.6	w N. Taylor	VP

13.6	w G. McNair	C'bnk
14.1	w D. Barnetson	Inver
14.2	w R. Taylor	Cam
14.3	A. Paisley	Pit
14.4	P. Simpson	Pit
14.5	w K. Milligan	DSMC
14.6	w D. Macrae	MCS
14.89	w G. Rudd	

400mH

(1987: 61.9)

55.45	N. Taylor	VP
56.87	A. Bruce	Pit
58.4	I. Murray (B)	Inver
58.8	D. Macrae	MCS
60.0	G. Atkinson	Bocl
60.6	E. Robertson	Moni
61.2	P. Simpson	Pit
61.3	D. Wight	EdAc
62.2	I. Dickie	AyrS
62.4	M. Coulter	Aber

High Jump

(1987: 1.80)

2.06	D. Barnetson	Inver
2.06	S. Ritchie	Pit
1.91	M. McVie	EdAc
1.90	S. Hill	EAC
1.89	S. Whyte	ESH
1.87	P. Entwistle	WCal
1.84	I. Fraser	Nairn
1.78	P. Ackerman	BHH
1.77	B. Smart	Gol
1.77	G. Steele	BHH

Pole Vault

(1987: 2.50)

3.00	C. Cook	EdAc
3.00	C. Hunter	EdAc
2.90	G. Monaghan	QVS
2.60	D. Scott-Barnett	Glen
2.60	C. Berry	QVS
2.60	R. Davidson	Aber
2.60	J. Grant	Lass
2.60	D. Fitzgerald	Pit
2.60	S. Morrison	AyrS
2.50	P. McIlwraith	EdAc
2.50	R. Murray	C'bnk

Long Jump

(1987: 6.06)

6.66	E. Scott	Hel
6.61	w M. Hammill	Colz
6.60	D. Gormley	EK
6.56	D. Galloway	AyrS
6.49	G. McNair	C'bnk
6.34	N. Elliott	Hel
6.31	N. Lornie	Blisle
6.27	J. Anderson	MCS
6.25	S. Whyte	ESH
6.24	M. Avis	EAC

Triple Jump

(1987: 12.37)

13.07	K. Wood	Ham
12.84	S. Whyte	ESH
12.80	N. Lornie	Blisle
12.66	S. McGeoch	CHS
12.52	D. McGeoch	Cam
12.41	R. Murray	C'bnk
12.40	D. Baillie	Loth
12.39	G. Boath	Mont
12.37	S. Ferguson	CHS
12.36	M. Coulter	Aber

Shot Putt

(1987: 12.20)

15.91	N. Mason	Fife
13.53	C. Anderson	Aber
13.16	A. Bryce	Glen
12.92	A. Mack	VP
12.80	B. Hill	Cam
12.76	B. Wilkie	Fife
12.63	J. Stuart	Fife
12.59	P. Beaton	Pit
12.56	P. Crawford	PSH
12.45	J. Milne	P'hd
12.42	R. Baird	FVH

Discus

(1987: 34.62)

42.98	P. Crawford	PSH
41.70	B. Wilkie	Fife
40.60	S. Irvine	ESH
40.20	B. Ferguson	EAC
39.84	D. Fraser	Ding
39.82	A. Bryce	Glen
37.60	D. Baillie	Loth
37.48	R. Baird	FVH
37.22	S. Leslie	Arb
37.16	N. Elliott	Hel
37.02	G. Martin	Arb

Jeff Carter

Hammer

(1987: 32.40)

46.68	D. Fraser	Ding
45.00	A. Mack	VP
41.40	S. Irvine	ESH
38.34	S. Bunker (B)	Herm
37.06	D. Barnett	PSH
35.92	C. Anderson	Aber
33.90	B. Ferguson	EAC
33.00	C. McGrath	QVS
29.12	E. Oliver	Inver
27.98	P. Beaton	Pit

Javelin

(1987: 41.46)

56.32	A. Bruce	Pit
55.04	P. Nicolson	EAC
51.62	B. Hill	Cam
50.38	P. Crawford	PSH
47.62	A. Bryce	Glen
47.10	J. Archer	C'bnk
46.80	D. Vass	Tain
45.76	G. Dingwall	Shett
44.92	S. Petrie	DHH
43.66	P. Stephen	Mont
43.40	E. Scott	Hel

Pentathlon

(1987: 5 to 3030)

2924	D. Hathway	GWC
2885	S. Watterson	Moni
2865	N. Elliott	Hel
2830	G. Graham	Bocl
2822	N. Ogilvie-Lang	Glen
2816	W. Horton	PLod
2790	B. McKay	Bocl
2778	R. Murray	C'bnk
2767	J. Morrison	Aln
2750	S. McGeoch	CSH

CLUBS AND SCHOOLS SUPPLIED DIRECT!

NO MINIMUM ORDER
YOUR CHOICE OF COLOUR AND STYLE

- * CUSTOM MADE TRACK SUITS, RUNNING VESTS AND SHORTS
- * HOODED TOPS * TROPHIES
- * PRINTED SWEAT SHIRTS AND T-SHIRTS * PRINTED SPORTS BAGS

EXCELLENT PRICES
RELIABLE DELIVERY TIMES

DIRECT SPORTS

20 RENFREW STREET, GLASGOW
Open 9 a.m.-5 p.m. Monday-Saturday 041-332 7849



QUEST FOR A TEST FOR CANCER

Quest funds (non-animal) research to develop routine testing for early signs of cancer before a tumour develops. It is a marathon in itself to raise the money needed, because each type of cancer requires a separate research project. We have already developed one new test, but there is still a great deal to be done.

CANCER IS CURABLE BUT EARLY DETECTION IS VITAL

WILL YOU RUN FOR QUEST IN THE LONDON MARATHON OR IN ANOTHER MARATHON OR FUN RUN?

We shall greet London Marathon runners and present trophies. Later, a special engraved trophy will be given to the individual or team collecting the most sponsorship.

HELP US TO DEFEAT CANCER

Please send for sponsorship forms, leaflets, newsletter and free t-shirt or singlet now.

Name (Mr/Mrs/Miss)

Address.....

Please send T-Shirt/Singlet (S,M,L,XL)

Name of Event.....

Date of Run.....

QUEST FOR A TEST FOR CANCER

Woodbury, Harlow Road, Roydon, Essex CM19 5HF.

Tel: 027979 3678/2233.

Registered Charity No. 284526

Results

31

Dumbarton AAC New Year 7.5 mile CC Race, Dumbarton -
1, A Adams 50-37; 2, T Kelly 55-22; 3, C Martin 55-57; H'cap: 1, T Kelly; 2, A Adams; 3, C Martin.

Cambuslang H Kelly Shield 7 mile Road Race, Cambuslang -
1, J Orr 33-42 (record); 2, A Gilmour 33-49; 3, G Getty (Bella-Guest) 34-17; 4, C Thomson 34-29; 5, T Ulliot 35-50; 6, F Hurley 35-52; V1, D Fairweather, 7th, 36-32; V2, R Young, 10th, 37-32; V3, T Dolan, 11th, 37-42; J1, K Downie, 9th, 37-15; Nominated Time Kelly Shield Contest: 1, C Thomson (nominated time 34-30; actual time 34-29) 2, R Brennan (NT 38-57; AT 38-55); 3, W Marshall (Moth Guest) (NT 42-00; AT 41-57);

Kilbarchan AC 11 mile Road Race, Kilbarchan -
1, A Costigane 59-13; 2, J Harrigan 63-17; 3, D Paterson 64-38; L1, J Murray (LV1) 75-14; V1, A Smith 72-49; Ballot Team: 1, A Costigane; G.Martin; J Murray;

January

1

Morpeth to Newcastle 14 miles Road Race -
1, F Clyne (Aber) 69-17; 2, S Brace (Bridgend) 69-42; 3, P Fleming (Bella) 69-54; Scots Places: 11, R Hall (Teviot) 72-59; 19, K Lyall (ESH) 74-25; 21, J Dingwall (Hull) 74-34; 23, A Jankins (Morpeth) 74-39; 27, P Wilson (Aber) 74-52; 33, M Murray (Aber) 75-28; 35, M Gormley (Cambus) 75-37; 49, M Flynn (Moray) 77-12; L1, A Pain (Leeds) 76-33; L2, V Marot (Leeds) 76-42; L3, S Branney (GAC) 79-19; Teams: 1, Stretford AC 26 pt; 2, Aberdeen AAC 61.

Portobello Prom 4 miles Road Race, Edinburgh -
1, I Archibald (EAC) 18-27 (record); 2, B Kirkwood (EAC) 18-30; 3, A Robson (ESH) 18-38; 4, A Weatherhead, V1, (EAC) 18-44; 5, A Robertson (ESH) 19-07; 6, M Turner (Aber) 19-14; 7, A Smith (ESH) 19-28; 8, A Kinghorn (EAC) (Y) 19-41; 9, J Elphinstone (EAC) 19-46; 10, W Anderson (Gala) 20-03; L1, A Bankowski (Liv + Dist) 23-31; L2, D Crookshank (EAC) 24-47; L3, K Fisher (EAC) 24-40;

Beith Harriers New Years Road Races -
Senior 5 miles: 1, P Larkin (W+B)

23-53; 2, A Callan (Spring) 24-01; 3, B Scally (Shett) 24-24; 4, C Robison (IBM Spango) 24-29; 5, T Hearle (Kilb) 24-36; 6, H Cox (GGH) 24-58; 7, K Penrice (Ayr Sea) 24-59; 8, A Daly (Bella) 25-02; 9, R Fitzsimmons (Bella) 25-18; 10, A Elder (Ayr Sea) 25-25; V1, D Crompton (Lin Pent), 26th, 27-17; V2, J Christie (Cambus) 27th, 27-19; V3, H Rankin (V0/50) (JWK) 31st, 27-46; J1, M Gowan (Dalry Th) 38th 28-04; L1, E Turner (GAC), 34th, 27-54; L2, R McAleese (Monk Shett), 72nd, 29-56; L3, J Swanson (Monk Shett), 79th, 30-16; EJ1, V Clinton (Irv), 95th, 31-21; LV1, E McGarry (Irvine), 106th, 32-14; Youths: 1, B Richardson (IBM Spango) 13-13; 2, M McBride (Clydebank) 13-36; 3, J Timmins (C'bank) 3-46; Team: 1, E Kilbride AC 20 pt

Senior Boys: E McCafferty (Cambus) 13-37; 2, C Greenhalgh (Vic Park) 13-49; 3, D Whiffen (Nith V) 14-08; Team: 1, Clydebank AC
Junior Boys: 1, D Kerr (Spango V) 6-15; 2, G Wood (Cambus); 3, D Carty (Bathgate); Team: 1, Victoria Park 21 pts
Colts: 1, B Smillie (JW Kilm) 3-55; 2, E Cameron (Vic Park) 4-05; 3, E McDougall (EK) 4-06; Teams: 1, Victoria Park 14 pts
Intermediates: 1, C McDonald (Irvine) 15-40 (record); 2, M Donaldson (Irvine) 16-30; 3, P Bostick (Bathgate) 16-39; Team: 1, Irvine Cable AC 10pts
Junior Ladies: 1, A Cheyne (Bathgate) 15-58; 2, C Follan (Kilb) 16-26; 3, A McBride (Helens) 16-35; Team: 1, Helensburgh AAC 18 pts
Girls: 1, C Leitch (Avon) 6-43; 2, G Syme (JW Kilm) 6-51; 3, G Leitch (Avon) 6-54; Team: 1, Kirk Oly 25pt
Minor Girls: 1, K McDonald (L+L) 4-15; 2, A Smith (Kirk Oly) 4-23; 3, L Hough (Irvine) 4-27; Team 1, Kirk Olympians 17pts;

7

Nigel Barge Memorial 4.5 miles Road Race, Maryhill, Glasgow -
1, P Fleming (Bella) 22-35; 2, B Scally (Shett) 22-42; 3, A Gilmour (Cambus) 22-46; 4, G Grindlay (ESH) 22-54; 5, R Fitzsimmons (Bella) 23-00; 6, J McKay (Shett) 23-02; 7, S Cohen (EAC) 23-15; 8, B Coyle (Shett) 23-29; 9, S Doig (Fife) 23-36; 10, J Hendry (Bella) 23-39; V1, I Burke (Bella), 21st, 24-35; V2, R Young (Clyd), 32nd, 24-58; V3, A McFarlane (Spring), 36th, 25-01; V0/50 W McBrinn (Shett); L1, S Branney (GAC), 37th, 25-04; L2, E Turner (GAC) 25-50; L3, J Donnelly (GAC), 12th, 27-45; Teams: 1, Bellahouston H 16 pts; 2, Shettleston 16; 3, Cambuslang 52.

Brooks International 5 miles CC Race, Mallusk Park, Belfast -
1, S Tunstall (Eng) 25-02; 2, D Lewis (Eng) 25-04; 3, C Mochrie (Eng) 25-14; Scots Placings: 11, T Murray 26-13; 14, A Puckrin 26-16; 39, P Faulds 27-38; Teams: 1, England 6pts; 2, Rep of Ireland "A" 25; 3, Rep of Ire "B" 58; 4, N Ire 63; 5, Scotland 64;

Greenock Glenpark Harris Cup 6 mile CC Race, Greenock -
1, H Cox 31-31; 2, P Russell 32-05; 3, D McLaughlin 32-32; 4, A Curran 32-41; 5, W Jukes 33-28; 6, R Cleary 33-46; V1, D McNeill 34-21; L1, E O'Brien 41-49; H'cap 1, W Smith
Senior Boys 1.5 miles: 1, D Tamburini 8-11;

Skye "Sair Heid" 8 mile Road Race, Broadford, Isle of Skye -
1, G Crawford (EAC) 43-38; 2, D Noble (V1), (Skye + Loch) 45-51; 3, M Chambers (S+L) 46-15; 4, A Kennedy (Lochaber) 47-39; 5, I Campbell 47-52; 6, G Jeffrey, V2, 48-34; V3, J Toms 61-12; L1, S Clarke 55-02; L2, C McKinnon 65-00; L3, P Eggermont 68-53 (all S+L H)

Teviotdale Harriers Langheugh Trophy Cross Country Races, Wilton Lodge Park, Hawick -
Senior 6 mile H'cap: 1, R Rae 39-21; 2, D Cavers 40-00; 3, A Fair 41-21; **Fastest Scratch Time:** 1, D Cavers 28-00;
Senior Boys/Youths: 1, B Wear 15-18; 2, C Pringle 15-52;
Colts: 1, S Watson 10-00; 2, K Emmerston 10-04; 3, R Dean 10-11; **Junior Boys:** 1, G Yule 13-39; 2, D Hughes 14-33; 3, D Yellowlees 14-47;
Ladies: 1, S Purdie; 2, J Murray; 3, L Knox;

8

Celtic Countries Countries Cross Country International Match, Beach Park, Irvine -
Senior (U/23 years) 6 miles: 1, A Russell (Scot) 31-42; 2, A Spellman (Rep of Ireland) 31-56; 3, G Croll (Scot) 34-03; Teams: 1, Scotland 10 pts; 2, Republic of Ire 17; 3, N Ireland 24; 4, Wales 32;
Juniors 5 miles: 1, G Owen (Wales) 24-54; 2, D Donnelly (N Ire) 24-58; 3, F Hanley (Rep Of Ire) 25-06; Scots places: 4, T Reid 25-10; 9, I Tierney 25-31; 15, F McGowan 28-31; Teams: 1, Rep of Ire 15pt; 2, Wales 15; 3, N Ireland 27; 4, Scotland 28;
Youths 4 miles: 1, J Murray 20-34; 2, N Brunton 20-52 (both Rep of Ire); 3, A McBeth (Scot) 21-05; Scots places: 11, N Freer 21-42; 12, S Barnett 21-46; 14, A Thain 22-45; Teams: 1, Rep of Ire 7 pt; 2, Wales 25; 3, Scotland 26; 4, N Ireland 28;

Open Cross Country Races, Beach Park, Irvine -
Seniors 6 miles: 1, E Stewart 31-30; 2, A Beatrice 31-37; 3, R Arbuckle 31-49;
Junior Boys: 1, D Kerr (IBM Spango) 12-36;
Colts: 1, B Smillie (J W Kilm) 6-22; **Senior Women:** 1, J Armstrong (Giff N) 20-28; 2, S Grainger (EWM) 20-40; 3, V Clinton (Irvine) 21-11; **Intermediates:** 1, S McDonald (Irvine) 16-24; 2, R Pollok (Loudon) 16-26; 3, R Houston (Moth YMCA) 17-00;
Junior Ladies: 1, K Stewart (JW Kilm) 14-14;
Girls: 1, C Leitch (Avondside) 14-26;
Minors: 1, S Scott (Ayr Sea) 6-39;

EWM Indoor Championships, Meadowbank -
Seniors 60m: 1, E Bunney (ESH) 6-87 (6-85 s/f); 2, C Sharp (Shett) 6-88; 3, A Doris (Edin Univ) 7-02; 60H: 1, D Mathieson (Aber) 8-76; LJ: 1, I Snowball (EAC) 66.73m; TJ: S McMillan (Dundee Univ) 14-23m; PV: 1, D Hamilton (ESH) 4-36m; **Juniors 60m:** 1, S Shaw (EAC) 7-06; 60H: 1, G Smith (EAC) 8-95; PV: 1, I Black (ESH) 4-00m;
Youths 60m: 1, J Urron (Morpeth) 6-97; 60H: A Paisley (Pit) 8-94; PV: 1, J Grant (Lasswade) 3-00m
Senior Women 60m: 1, M Todd (Monk Shett) 7-77; 60H: C Reid (EWM) 9-04; HJ: 1, E Lindsay (EWM) 1-60m; LJ: J Ainslie (EWM) 5-59m
Intermediates 60m: 1, K Lithgow (Nith V) 7-71; 60H: J Sharp (EWM) 9-62

Wanted!

Athletes and race organisers to supply 200 to 250 word reports on races.

Reports should reach us on the week following the event.

Don't be shy, give it a try.

For further details, telephone: 041-332-5738.

YOUR  BONE PROTECTED WITH
YOUR  BONE YOUR ANKLE BONE
PROTECTED WITH YOUR  BONE
YOUR SHIN BONE PROTECTED WITH
YOUR  BONE YOUR THIGH BONE
PROTECTED WITH YOUR  BONE
YOUR HIP BONE PROTECTED WITH
YOUR  BONE YOUR BACK BONE
PROTECTED WITH YOUR  BONE
YOUR NECK BONE PROTECTED WITH
YOUR  BONE THAT'S WHAT
YOU GET FROM SORBOTHANE®

WHAT'S IN IT FOR YOU?

This catchy adaptation of a much-loved tune signals the beginning of a powerful new promotion of Sorbothane - in all its forms - throughout the specialist consumer media.

The increased awareness of all-round Sorbothane benefits will be backed up by colourful and informative literature freely available to the public.

The message is clear. Sorbothane is set to

become even bigger news for retailers everywhere. By being in demand. By being easy to sell. And by providing you with highly attractive margins.

Because as well as protecting the human frame, Sorbothane protects a vital area of business.

Your profits.

All the latest news about Sorbothane is yours on request. Simply call or write.



Contact: Hazel Jones, The Leyland & Birmingham Rubber Co. Limited, Golden Hill Lane, Leyland, PRESTON PR5 1UB. Tel: 0772 421434. Ext: 457. Telex: 67126. Fax: 0772 436401.

SORBOSPORT

FROM THE MAKERS OF SORBOTHANE

Events Diary

January

25

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

28

SCOTTISH Universities CC Championships, Dundee

DAIRY Crest Indoor Games, GB v West Germany, Kelvin Hall. Tel 041-357-2525 for ticket details

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

MARYHILL Harriers Schools CC League, Summerston, Glasgow

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

29

AYRSHIRE Open 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.

SAAA Under 19 Indoor Championships, Kelvin Hall.

February

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 District CC League, Dornoch

RENFREWSHIRE County Road Race Championships, Greenock

EASTERN District CC League, Riccarton

BRITISH Students Sports Federation CC Championships, St Andrews

SCOTTISH Multi Events Coaching Day, Kelvin Hall

KIRKINTILLOCH Olympians Schools CC League Meeting, Lenzie Moss

5

SCOTTISH Schools Under 16 Invitation Indoor Meeting, Kelvin Hall

SCCU National Veteran CC Championships, Aberdeen

SPANGO Valley AC Pat Spence Memorial trophy CC Races, Greenock

6

SCHOOLS Athletics Leagues, Kelvin Hall

11

McVITIES UK Trial Races for World CC Championships, Gateshead

MOTHERWELL YMCA Open Morning Road Races, Strathclyde Park. Entry on day, changing at Watersports Centre. Contact Mr W. Marshall on Motherwell 61848 for further details.

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

MARYHILL Harriers Club CC Championships, Summerston, Glasgow

GREENOCK Wellpark Harriers 9 Mile CC Championships, Greenock

Events Diary

CLYDESDALE Harriers Club CC Championships, Clydebank

VICTORIA Park AAA Club CC Championships, Milngavie

GREENOCK Glenpark Harriers Willow Bowl 7.5 Miles CC Race, Greenock

SCOTTISH Men and Women v Midlands Counties AAA Indoor Representative Match, Cosford Stadium

12

GRANGEMOUTH Round the Houses Open Road Races, Grangemouth Stadium. Contact Grangemouth Stadium for further details.

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

AUTOSONIC 7 Mile Open Handicapped CC Race, Balgownie, Aberdeen. Details from Running North, 5, South Mount Street, Aberdeen. Tel: 0224-636299.

AYRSHIRE Open CC Meeting, Loudon

18

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

SCOTTISH YMCA National CC Championships, Strathclyde Park

EDINBURGH AC Robertson Trophy 7.5 Mile Road Race

SPANGO Valley AC Cunningham Cup CC Race, Greenock

SCOTS at English Women's CC Championships, Birmingham

SRI Chinmoy Third Annual Peace Mile Races, The Meadows, Edinburgh. For full details, including one mile fun run for under 15's, contact Adrian Stott on 031-336-2349. Start is 12 noon.

18/19

EUROPEAN Indoor Championships, The Hague

19

DUNDEE Hawkhill Harriers Open Road Races, Dundee

EVENING Express/Goldsmiths 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

25/26

SCOTTISH National Multi Events Championships (men's senior/junior octathlon; youths' pentathlon; senior women's/intermediate/junior pentathlon), Kelvin Hall

26

SWCCU National CC Championships, Beach Park, Irvine

MARINE Harvest Open 10K Road Race, Fort William (first of Lochaber Spring Treble). Starts 2pm at Town Park. Entry on day £1.50. For further details contact Sandy Hastings, Inveroy, Roy Bridge.

SCOTTISH Veterans Indoor Championships, Kelvin Hall.

27

SCHOOLS Athletics Leagues, Kelvin Hall

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



THE "PROLIFIC" WEST HIGHLAND WAY RACE

Ramble, scramble and jog the West Highlands of Scotland!
*Glasgow to Fort William overland. 95 miles and 9,200ft ascent

* 8 miles fell * 72 miles trail * 15 miles road
Saturday June 24 (0300 hrs)

Milngavie Railway Station - Nevisbank Hotel, Fort William
Sponsored by Prolific Financial Services, part of the Prolific group of companies.

Contact: Duncan Watson, "Tarradale", Fassfern Road, Fort William, PH3.

Closing date for entries is 14-5-89. Strictly limited to 50 runners.
Organised by Lochaber AC.

Boulevard Sports Park Committee in association with Clydebank District Council



CLYDEBANK HALF MARATHON

Incorporating the
STRATHCLYDE REGIONAL COUNCIL HALF MARATHON
Run under SAAA/SWCC & RRA Rules

SUNDAY, 11th JUNE

ENTRY FEE Prizes to the Value of £1200 including £300 first Prize value £4.00

Entry Forms From
Leisure and Recreation Dept District Council Offices, Clydebank
Clydebank District Council
041-941 1331 Ex 200

MOTHERWELL DISTRICTS RAVENS CRAIG HALF MARATHON



28th MAY, 1989 — WISHAW SPORTS CENTRE
STARTS AND FINISHES AT THE SPORTS CENTRE

MEDALS TO ALL FINISHERS

TIME 11.00 am PROMPT, UNDER S.A.A.A. AND S.W.A.A.A. LAWS
OFFICIAL ENTRY FORM

SURNAME
CHRISTIAN NAME
ADDRESS

ENTRY FEE £3.50 (NON REFUNDABLE)
CHEQUE/POSTAL ORDER No.
CROSSED AND MADE PAYABLE TO
MOTHERWELL DISTRICT COUNCIL
(including your name/address on reverse side)

DATE OF BIRTH
MALE/FEMALE
NAME OF CLUB/UNATTACHED

IF DISABLED PLEASE TICK ☐

AGE ON DATE OF RACE

PREVIOUS BEST TIMES

HOW DID YOU LEARN OF
THE HALF MARATHON?

I hereby declare that I will be 15 years (male) 12 years (female) of age or over on the day of the race, and have not competed in any athletic (track and field, road, race, cross country, or road walking) event as a professional. I am medically fit to run this event and I understand that I participate actively at my own risk and cannot hold Motherwell District Council or the sponsors responsible for any injury suffered by me in this event, or for any property lost during the race or in the designated changing areas.

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,
PO BOX 10,
WISHAW, ML2 0HB
01697 355821

NUMBER	DATE RECEIVED	S.A.E.	CHEQUE/P.O.	CASH	INITIALS

FOR OFFICIAL USE ONLY



Assisted by



Events Diary

March

1

GLASGOW Uni v Edinburgh Uni
Appleton Trophy Indoor Athletics
Match, Kelvin Hall

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

3/4/5

IAAF World Indoor
Championships, Budapest

4

DUNBARTONSHIRE AAA Bal-
loch to Clydebank 12.5 Mile Road
Race

NORTH District CC League, Muir
of Ord

TEVIOTDALE Harriers CC
Championships, Wilton Lodge
Park, Hawick

FIFE AC Cupar 6 Mile Road Race.
Starts at 3pm. Registration &
changing at Cupar YMCA,
Westport, Cupar. Entries accepted
on the day, £1 (unattached £1.50).
For further details contact Graham
Bennison on 0334-82-457.

5

NAIRN District AC Open 10K
Road Race, Nairn. Starts 2pm. Entry
fees, £3.50 10K; £1 Fun Run. For
further details, contact Danny Bow,
16, Glebe Road, Nairn. Tel: 0667-
52208.

LASSWADE AC Open 10 Mile
Road Race, Bonnyrigg

ABERDEEN AAC CC Champion-
ships, Baggownie

ANNAN Open Cross Country
Races (for all ages). Entries by
12.30pm on day, starts 1pm. For
further details, contact Roddy O'
Hara, 7, Wallace Crescent, Annan,
Dumfriesshire. Tel: 04612-3057.

6

SCOTTISH Schools Athletics
League, Kelvin Hall

10

KODAK Classic GB v USA v USSR
International Indoor Athletics
Match, Kelvin Hall. Tel 041-357-
2525 for ticket details.

11

SCOTTISH Schools CC Champi-
onships, Beach Park, Irvine

GREENOCK Glenpark Harriers
Singlehurst Shield 5 Miles Road
Race, Greenock

GREENOCK Wellpark Harriers 5
Mile CC Race, Gateside, Greenock

12

"THE Smokies Ten" Road Race,
Arbroath. Ten Miles women's only
race organised by Arbroath Footers.
Starts 11am from Arbroath Sports
Centre. Further details available

from Bill Powell, 11, Glenmoy
Place, Arbroath, Angus DD11 5JL.
Tel: 0241-78744.

BRITISH Veterans CC Champion-
ships

STEWARTRY AC Criffel 7 Miles
Hill Race, New Abbey
EDINBURGH University Open 5
Mile Road Race, Kings Building,
Edinburgh

CASTLE Series Open CC Races,
Haddo House

ORKNEY Isles AA CC Races,
Kirkwall

GANAVA Open CC Races, Oban

FALKIRK District Council Open
Graded Meeting, Grangemouth

18

MARYHILL Harriers Bannerman
Trophy CC Race, Summerston

Events Diary

CUMBERNAULD Open Cross
Country Races, Cumbernauld.
Declarations and changing at
Cumbernauld House Park. First
race starts 12.30pm. Unattached
runners welcome. For further
details, contact Stephen Robertson
at Cumbernauld 722131, Ext 2503.

19

BANK of Scotland People's Half
Marathon, Inverness. Starts 2pm.
Entry forms available from
Highland branches of the Bank of
Scotland, or Turnbull Sports, 10,
Church Street, Inverness. Tel: 0463-
241625

SCOTTISH Veterans Six stage Road
Relay, Alloa to Bishopbriggs

TAYSIDE AAC Open CC Races,
Arbroath

TEVIOTDALE Harriers 1894 Cup
CC Race, Hawick Moor Racecourse

24/25/26

ISLE of Man Easter Athletic
Festival. Entries close on March 1.

Full details of events from Graham
Davies, "Thistledome", Brookfield
Terrace, Foxdale, Isle of Man.

25

IAAF World Cross Country
Championships, Stavanger,
Norway

SCCU National Six Stage Road
Relay Championships, East Kilbride

LOCHABER AC 10,000m Road
Race, Fort William

26

BRITISH Veterans Athletic
Federation Indoor Championships,
Kelvin Hall

NORTHERN Rock Glen Nevis 10
Mile Road Race, Fort William
(second in Lochaber Spring
Treble). For further details contact
Sandy Hastings, Inveroy, Roy
Bridge.

CLACKMANNAN District Sports
Council People's Half Marathon,
Alloa. Starts 12 noon. Entry forms

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

SSSAA Squad Coaching Day,
Grangemouth Stadium

BANK of Scotland White Catherun
Race, Brechin. Starts (1pm) and
finishes at Brechin High School.
Total distance of 11.5 miles, inc
700ft climb. Details from Alan
Young, 11, Gellatly Place, Brechin.

THE BANK of Scotland Peoples Half Marathon, which takes place in
Inverness on Sunday, March 19, has a strict closing date for entries of March
13. The entry fee is £4, with every entrant receiving a specially struck race
medal and certificate. A fun run with no age restrictions is held over the first
four miles of the course with every finisher receiving a certificate.

Under the direction of Brian Turnbull the Inverness Half Marathon
enjoys an extremely high level of organisation.

The course follows a mainly flat, figure of eight, route entirely within
the town. There are four short sharp climbs at one, five, nine, and eleven
miles. Four refreshment stations are provided at three, seven, eleven miles
and the finish.

Most of the activities on the day, including registration, changing
accommodation, car parking and showering facilities for men and women,
are at Inverness High School, some 400 metres from the start and finish.

Over £2,000 in prizes is awarded to the winners of the various categories,
which include 20 individual and three teams in male athletic clubs, 10
individual and three teams in female athletic clubs, three individuals in each
veteran age group, team prizes for works, sports clubs, and pubs, and
numerous spot prizes. The presentation takes place at 7pm, just prior to the
post-race dance and disco which has free entry to all entrants and partners.

The race starts at 2.30pm, which allows most people in Scotland ample
time to travel to Inverness on the day.

The 1988 winners were Chris Hall of Aberdeen AAC, in a time of 66-10,
and Muriel Muir of Dundee Roadrunners in a time of 81-12. The course
record of 64-39 was set in 1984 by Graham Laing of Aberdeen AAC.

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

KINTYRE ATHLETIC CLUB

Second Campbeltown Festival Week Half Marathon
Sunday July 16 at 2pm

Medals to all finishers Entry fee £4

Organised by runners for runners

Good changing facilities Hot showers and free
swim

Over £250 in vouchers

Entry forms available from: Under SAAA, SWAAA, &
Race Secretary, SWCCU&RRA rules.

Kintyre Centre,
Stewart Road,
Campbeltown,
PA28 6AT

Assisted by:



RUN SCOTLAND'S ORIGINAL HALF MARATHON

THE LUDDON/STRATHKELVIN HALF MARATHON

(Under SAAA, SWCCU and SWAAA Rules)
(Incorporating the 1989 Scottish Women's Half
Marathon Championship)

Nominated Charity - Stobhill Hospital
Hydrotherapy Unit

SUNDAY, MAY 14

Full details and entry forms from:

Strathkelvin District Council,
Leisure and Recreation Department,
14, Springfield Road,
Bishopbriggs,
Glasgow G64 1PQ.
Tel: 041-772-3210.

GOUROCK HIGHLAND GAMES

Sunday May 14

Including Highland Dancing, Pipe Band
Competitions, Tug of War, Wrestling and Athletics

Main athletic events:

100m and 200m handicapped open; one mile handicap;
3,000m individual and team (men and women); 1600m medley
relay; putting the shot; tossing the caber; weight for height; and
incorporating the

Gourock Half Marathon

for men and women

Entry forms (please send sae) from: Hon Secretary,
Gourock Highland Games, c/o Rec dept, Inverclyde District
Council, Municipal Buildings, Greenock, PA15 1LQ. Tel:
0475-24400 Ext 384.



SUNDAY 10K START
5th MARCH and 2 PM

1989 Fun Run
SCENIC COURSE AROUND NAIRN DISTRICT. MEDAL FOR
ALL FINISHERS IN 10K. CERTIFICATES FOR ALL
FINISHERS IN FUN RUN. PRIZES FOR ALL CATEGORIES
IN 10K. ENTRY FORMS AVAILABLE FROM DANNY BOW,
16, GLEBE ROAD, NAIRN IV12 4ED. TEL: 0667 52208

Organised by Nairn Road Runners and Nairn DAAC
Sponsored by Nairn Investments, 10-16, High Street,
Nairn. Tel: 0667-52289.

CUMBERNAULD OPEN CROSS COUNTRY RACES

(Under SCCU and SWCCU&RRA Rules)

SATURDAY MARCH 18

Events staged at Cumbernauld House Park.
Declarations/changing Cumbernauld High
School. First race starts 12.30pm

Entry fees: 75p Seniors 60p Boys/Girls
Individual and team prizes

Further information from:
Stephen Robertson,
Cumbernauld and Kilsyth District Council,
Council Offices,
Bron Way,
Cumbernauld.
Tel: Cumbernauld 722131 Ext 2503

Sponsored by:
Cumbernauld and Kilsyth DC
Cumbernauld Development
Corporation

City of Dundee People's Health Marathon and 10K Road Race

Sponsored by:—



City of Dundee District Council

SCOTTISH HEALTH
EDUCATION GROUP

Sunday, 14th May, 1989 at 10am and 10.45am respectively

Medal and certificate to all finishers

Extensive prize and trophy list

Both event routes contained within the City of Dundee, through the streets

Forms available from:

**Marathon Race Organiser,
City of Dundee District Sports Council,
Leisure and Recreation Dept.,
353, Clepington Road,
Dundee DD3 8PL.**

Tel: 0382-23141 Ext 4045

ENTRY FEE £5 FOR MARATHON; £2.50 FOR 10K.

Entries close April 21 for both events

DUNDEE *City of Discovery*

Run to help those who often can't even walk.

Multiple Sclerosis is a cruel disease that affects some 50,000 people in Great Britain today. It can play havoc with muscular co-ordination. Most sufferers have difficulty getting around; some are chairbound, or even bedridden.

Every year the Multiple Sclerosis Society commits £1 million to research.

It's the only way we'll ever find the cure. And we could well use your help.

Next time you're running, please consider finding sponsors to help the Multiple Sclerosis Society.

It will cost you a little time and effort, and your friends a little money.

But it will mean so much to those who live with MS every day of their lives.

MS MULTIPLE SCLEROSIS

We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland,
27 Castle Street, Edinburgh EH2 3DN.
Tel: 031-225 3600.

HUGHES

AIRCRAFT COMPANY

GLENROTHES HALF MARATHON

SUNDAY

21st MAY 1989

(10.30am start)

SAAA, SWAAA, SWCC &
RRA Permits, Medals for
finishers, Car Parking,
Changing, Showering, On
site swimming pool and cafe.
Entry £4.00

Closing date for entries
8th May (or 2,000 entries)

Entry Forms, send S.A.E. to:

HUGHES GLENROTHES HALF MARATHON

FIFE SPORTS INSTITUTE



VIEWFIELD ROAD

GLENROTHES

FIFE

KY6 2RA

For details call 0592 771700

Organised by Fife Institute of
Physical and Recreational Education
and Glenrothes Twin Town
Olympiad Committee

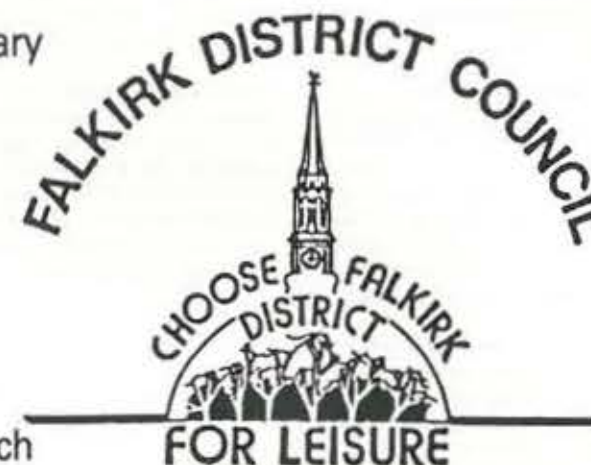
FALKIRK HERALD PEOPLES HALF MARATHON SUNDAY 22nd OCTOBER

Grangemouth
Round the Houses
Road Races
Sunday 12th February

Mini Minor
Highland Games
Saturday 9th
September

Inter Town
Sports Hall
Athletics
Saturday 18th March

Womens Own
Run
Sunday 25th June



**CENTRAL REGIONAL
CHAMPIONSHIPS**
Saturday 22nd April

Parlauf Nights
Tuesday 11th April
Tuesday 9th May
Tuesday 13th June

Young Athletes Meetings
Saturday 1st April
Saturday 13th May
Sunday 23rd July
Saturday 19th August

1989

FALKIRK OPEN GRADED MEETINGS

Sunday 12th March
Wednesday 5th April
Wednesday 3rd May
Wednesday 7th June
Wednesday 5th July
Wednesday 2nd August
Wednesday 6th September

**Under
SAAA
SWAAA
Rules**

**Under SCCU
SWCC + RRA
Rules**

(First Wednesday of the Month)

**Grangemouth Sports Stadium,
Kersiebank Avenue, Grangemouth FK3 0EE. Tel: (0324) 483752**

ENQUIRIES TO: GRANGEMOUTH SPORTS COMPLEX. Tel: (0324) 486711

Sports Network

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

ABERDEEN SISTERS NETWORK
District Organiser - E. McKay, 71,
Braeside Place, Aberdeen. Tel: 0224-
314861

ARBROATH FOOTERS
All shapes and sizes, young or old,
welcome. Meets every Thursday
7.30pm, Sundays 10.00am at
Arbroath Sports Centre. All dis-
tances catered for. Secretary - Bill
Powell, 11, Glenmoy Place,
Arbroath DD11 5JL.

ARBROATH & DISTRICT AC
Track and field events, road run-
ning and cross country. All ages
catered for from 8 years upwards.
New members in the upper age
groups especially welcome. Quali-
fied BAAB coaches available at all
training sessions. Participants in the
cross country leagues, women's
league, and young athletes league.
Secretary - Mrs Freda Ritchie, 24,
Rowan Path, Arbroath. Tel: 0241-
74680.

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

BEITH HARRIERS
Serious runner, fun runner or
novice. Do you fancy company
when out for a run? Do you wish
event information? Training every
Wednesday at Bellsdale Pavilion 7-
9pm. Adjacent to Beith Juniors FC
Park. All welcome. Also most
Sundays at 10.30am from Garmock
Pool, Kilbirnie. Phone Jim Swindale
at Beith 4156 for further details.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday
at Nethercraigs Sports Ground,
Corkerhill Road, from 7-9pm. All
ages and abilities welcome to our
friendly and enthusiastic group.

BLACK ISLE ATHLETIC CLUB
Meets every Tuesday and Thurs-
day from 7pm till 9pm. Friendly
club catering for all ages from
youngsters to veterans, and anyone
who enjoys running - serious ath-
lete or fun runner. For further infor-
mation about the club, contact: Ray
Cameron, 5, Rose Croft, Muir of
Ord, Ross-shire (Tel: 0463-870805).

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor, Glen-
ferate, Enochdhu, by Blairgowrie,
Perthshire PH10. Tel: 025081-205.

BRECHIN ROAD RUNNERS
New members always welcome.
The club caters for the serious runner
and the keep-fit jogger. Meets
Wednesdays at 6.30pm and Sundays
at 9.30am. For further information,
contact club secretary: Mr Alan
Young, 11, Gellatly Place, Brechin.
Tel: 03562-3807.

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

CARNETHY HILL RUNNING CLUB
For hill and cross country running
in the Lothians. Regular training
sessions and all standards welcome.
Secretary - Andrew Spenceley, 26,
Rankellor Street, Edinburgh EH8.
Tel: 031-667-5740.

CLYDESDALE HARRIERS
Road, track, cross country, field
events, hill running, jogging,
coaching available in all aspects of
athletics: social events. If you are
looking for a friendly club catering
for all grades of athletes contact:
Male Sec - Phil Dolan, 1, Russell
Road, Duntocher. Tel: Duntocher
76950. Female Sec - Josephine Giblin,
1, Lyon Road, Linnburn, Erskine.
Tel: 041-812-2706.

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

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Tuesday at Cumnock
Academy from 8.30pm and every
Wednesday at Netherthird Primary,
7pm. All ages from 9 years up-
wards catered for. Very friendly
and enthusiastic club. Separate
adult jogging section. Secretary:
Tom Campbell, 14, Bute Road,
Cumnock. Tel: 0290-24876.

DUNBAR AND DISTRICT RUNNING CLUB
Training nights Tuesday and Thurs-
day 7pm at Deerpark, Dunbar. All
age groups aged 9 years upwards
catered for. Contact Hugh Rooney,
0368-64064, or Fiona Hill, 0368-
64317. We cater for all ability groups!

DUNDEE HAWKHILL HARRIERS
Track, field, cross country and road
for male and female, coaching

available. All age groups nine and
upwards catered for. Contact:
Gordon K. Christie, 767 Dalmahoy
Drive, Dundee, DD3 9NP. Tel: 0382-
816356.

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

EDINBURGH SPARTANS
Brand new, extremely small athletic
club hopes to attract sufficient
members to put a team in the Fourth
Division of the HFC Scottish Athletic
League next season. Contact: Gerry
Clement, 40, Lockerby Crescent,
Edinburgh. Tel: 031-664-7146.

FIFE AC
Covering Kirkcaldy district, North-
East Fife and beyond, catering for
all ages and all disciplines including
track and field, hill running, cross
country and roads. Whether you're
a beginner or serious athlete we have
something for you. Depending on
your area, contact: Kirkcaldy - Dave
Lawson (Burntisland 874489);
Glenrothes - Ian Gordon (Glenrothes
755405); Cupar - John Clarke (Cupar
53257); St Andrews - Mitch
McCreadie (St Andrews 73593).

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

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

GLASGOW ATHLETICS CLUB
Women interested in track and field,
cross country, or road running -
why not join Glasgow AC? All
coaches are BAAB qualified. We
meet on Monday evenings at Scot-
stoun Showgrounds, Danes Drive,
Glasgow at 7.15pm, and on Wednes-
day evenings at Crownpoint Road
track from 7.15pm. Further details
from: Leslie Roy, general secretary,
29, Apsley Street, Partick, Glasgow
G11 7SP. Tel: 041-339-5860.

KILBARCHAN AAC
Youngsters and men and women of
all ages who are interested in track
and field, road and cross country, or
in coaching these disciplines, are
welcome. Training nights 7pm
Mondays at Thorn Primary, and
Wednesdays at Johnstone High
School, Johnstone. Come along or
contact secretary Jason Pender at
34, Victoria Road, Brookfield,
Renfrewshire. Tel: 0505-21217.

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

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

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

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

MARYHILL HARRIERS
Glasgow's oldest athletic club based
at John-Paul Academy in Summer-
ston. Meets every Tuesday and
Thursday 7.00pm. All ages and
abilities most welcome. Further info:
R. Stevenson, 75, Friarston Road,
Merrylee, Glasgow G43.

MILBURN HARRIERS
The club for all seasons (road, cross-
country, track and field) and the
club for the future. All standards of
runners welcome to our friendly
club. For info contact: Geoff Lamb,
7, Golfhill Drive, Bonhill, Dunbar-
tonshire. Tel: Alexandria 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities.
Friendly, enthusiastic club. Regular
social events. We meet at the Deaf
Institute, Institution Road, Elgin on
Wednesday at 7pm and Sunday at
9am. For further details, contact
Anne Sim (secretary), 10, Brumley
Brae, Elgin. Tel: 0343-41543.

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

NAIRN DISTRICT AC
Track and field meet Tuesdays 7-
9pm in Nairn Academy. Road run-
ners (18 and over) meet Thursdays
7.30-9pm at the Sea Scout Hut at the
harbour. All welcome, and further
details available from: Danny Bow,
16, Glebe Road, Nairn.

PETERHEAD AAC
Meets every Monday and Thursday,
6-7.30pm, from March to October at
Catto Park, Peterhead, and from
October to March at the Community
Centre, Peterhead. All ages welcome.
Club sec: Mrs M. Macdonald, 13,
Prunier Drive, Peterhead.

RENFREW ATHLETIC CLUB
Small, friendly, recently formed
club. If you are a serious athlete, fun
runner, jogger, or you would just
like to get fit, come along and join
us. We meet Tuesday/Thursday
7.30pm at Moorcroft Sports Ground,
Paisley Road, Renfrew. Contact John
Morrison on 886-5853.

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

SOLWAY STROLLERS
We are a small friendly club and
train every Tuesday and Thursday
evening between 7 and 8pm. We
welcome all standards of runners,
male and female. Road running,
cross country and fell races all
catered for. Our club premises are
in Castle Douglas Squash Club,
Lochside Park, Castle Douglas.

TAYSIDE ATHLETIC CLUB
Track, field, cross country and road
running for male and female, ages 9
upwards. Qualified BAAB coaches
available. Contact: Sec: Jack Ewing,
43, Hill St., Monifieth, Dundee. Tel:
0382-533945.

VALE OF LEVEN AAC
Nine years to veterans: All age
groups and abilities, male and

female, very welcome. Track and
field, road and cross country.
Further details from: Ben Morrison,
Secretary, 71, McColl Avenue,
Alexandria, Dunbartonshire, G83
0RX. Tel: 0389-53931.

SCOTTISH TRIATHLON ASSOCIATION
Membership secretary - Geoff
Buchan, 22, Lossendale Drive,
Westhill, Skene, Aberdeen.

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

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

FAIRPORT TRIATHLON CLUB
Sec - Dieter Loraine, 9, Millgate,
Frickheim, Arbroath, Angus

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

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

PERTH ORIENTEERS
Tayside's premier orienteering club!
We cater for beginners and
internationalists alike. For a copy of
our latest newsletter, contact club
sec: Yvonne Millard, 22, Ballantine
Place, Perth.

TROSSACHS HASH HOUSE HARRIERS
New members welcomed from
Trossachs and also Glasgow and
environs. We run at 12.30pm
Sundays. Further info from Ainslie
Kyd, Forest Hill House, Aberfoyle
(Tel: 08772-269).

LOCHABER SPRING TREBLE 1989

Caol 10K Feb 26 2pm Town Park E on day £1.50
Glen 10 mile March 26 2pm E on day £1.50
Marathon April 23 Noon Closing date April 18
Prizes for points winners over THREE races
Prizes for each race, male and female
Enquiries to Sandy Hastings, Inveroy, Roy Bridge
Marathon data from E. Campbell, Alma Rd, Fort William

MOTHERWELL YMCA ROAD RACES

Colts 1 mile 11am; Junior Boys 2 miles 11.10am; Senior Boys 2 miles
11.25am; Youths 3.8 miles 11.40am; Senior men and women 6 miles 11.45am.
Entry fees 60p - £1.50. Individual and team prizes. E on day
Further info from Mr W Marshall, Motherwell 61848 (H)

CUMNOCK HALF MARATHON

(1.30pm) and 4 mile Fun Run (11am) on
SUNDAY 21st MAY
First prize £200
Adjoining field day entertainments
Bring family and friends
Entry forms and info from:
Robert Lowe, 14, Glenlamont, Cumnock
Tel: 0290-21562

SELKIRK PEOPLE'S HALF MARATHON

Sunday, April 9
Entry forms (enc sse) from R. J. Wilson,
3, Ladylands Terrace, Selkirk.
Plus 4.5 mile Fun Run

THE GREAT ANGUS RUN 'FORFAR 15'

(15 miles road race)

Organised by Forfar Road Runners under SAAA & SWCC&RRA Rules
Sunday 2nd April
11am, Station Park, Forfar
Entries limited to 500. Fee £4
Entry forms, see Bill Logan, 5, Westfield Cres., Forfar DD8 1EG.
Sponsored by Reebok/Dundee Runner

ATHLETIC VESTS IN CLUB COLOURS

COTTON ATHLETIC VESTS

MADE TO ORDER
Minimum quantity
12 per design

	28"-36"	38"-44"
PLAIN HOOPS OR CHEST CIRCLES	£4.40	£4.60
CONTRAST TRIM (no extra charge)	£4.85	£5.05

CHEST CIRCLES and hoops are knitted in, not sewn on, so there are no seams to cause chafing.
5% DISCOUNT allowed for payment with order. VAT has to be added to sizes 34 and over.
For further details contact:

PEVERIL MFG CO. (SPORTSWEAR) LTD.,
1 (SR) CAMPBELL STREET, DARVEL, Ayrshire, SCOTLAND
Tel: DARVEL (0560) 21965

winner CLUB

win SPECIALS
T-Shirts & Sweatshirts
Quality garments - quality
screen printing at direct hard to
beat prices. Race T-Shirts are our
speciality - good discounts on
large orders.

In 3 materials made to your own club's specification - no
order is 12. Let us quote for your next club order.
Lightweight nylon training pants (printed with your club
name) in 4 colours: red, navy, royal, black. Men's price is 12.
Trackuits - Hooded Tops - Lycra Shorts & Tights - also
available.

RUNNERPRINT WINNER, HALSTED HOUSE,
6-8 ST JAMES ROW, BURNLEY, LANCAS BB11 1DR
Tel: 0282 412714 (3 lines)

RACE ORGANISERS

Everything you need to
organise a race.

Timing numbers, medals,
course markings, banners,
bibs, tee shirts etc

Contact Maraquip
14, Warrington Spur,
Old Windsor,
Berkshire.
Tel: 0753-862527

MEDALS DIRECT FROM THE MANUFACTURERS

from 30p including Ribbon
BADGES
TANKARDS
ROSETTES

s.m. engravers and trophies
18 BIRCHES BRIDGE
CODSALL
WOLVERHAMPTON
Tel: (09074) 6525

Open: Tuesday - Saturday

RUNNING WILD CLUB SPECIALS

For the very best Club Specials
come to Running Wild.
Vests, shorts, T-shirts to
freely off at dis-
count prices.
Printing also.
Free catalogue
on request.

write to:-
RUNNING WILD
148/150 Market St, Hyde,
Cheshire SK14 1EX
or call 061-368 8008 24 hr.

SEND NOW FOR FREE
COLOUR CLUBS CATALOGUE.

Club & Event Promotions!

T-Shirts, Sweatshirts, Singlets, Hooded
Tops, Embroidered Jumpers & Badges,
Sports Bags, Pennants, Hats, Ties and
many other items

AS PROMOTIONS
Room 27, 94 Blackhorse Lane,
London E17 6AA Tel: 01-523 3283

TRANSCENDENTAL MEDITATION

HEALTH - HAPPINESS -
FREEDOM FROM STRESS

For your FREE audio information
pack, phone:
Dundee 737779
Edinburgh 668-1649
Glasgow 946-4663

Letters...

Course was long

53, Anchor Crescent,
Abbey Court,
Paisley.

SIR - I would like to take this opportunity to clear up the situation of the long Kodak 10K.

The organisers wanted the race to go through the Garden Festival as it was a special event. It gave the police a problem as Glasgow had recently changed to a one way system and they didn't want 5,000 people racing through the city centre. They advised the organisers of the route and also gave them a not too far out measurement. I was then asked to measure an accurate course, taking into account that the start line was not negotiable due to police instructions on safety. The course was measured several times with a Jones Counter fitted to a calibrated cycle wheel.

The Garden Festival was still a building site, and I had to climb fences 8ft high with the bicycle to get onto the Bells Bridge. Once the

festival was opened I was able to get an accurate measurement. The route was also measured back to front at 3am so that I could ride against the oncoming traffic.

After putting in all this work I was more than just a bit miffed to see the finishing gantry going up 150 metres further along Kelvin Way from where I had marked the finish. As it happened the finishing line was not negotiable either, as the television cameras had to be set up at that point so that they could cover the Michelin cycle race, which had first claim on the television cameras. It would have been crazy to build two separate finishes.

Scottish athletes and fun runners always complain about lack of television coverage for road races. The Kodak 10K organisers did what they had to do to get television for their sponsors, and the price was an extra 150 metres. Although I was angry at the time, anybody in the organisers' position would have done the same. May I also add that only a few of the organising committee knew the course was long.

Eugene P. Donnelly

Orienteering

Hectic season ahead

THAT'S THE so-called "closed season" over. A heavy schedule lies ahead over the next ten months. In Scottish terms it promises to be a more hectic than average season.

Both major British events take place south of the border - well south. The Easter JK weekend is in darkest Wiltshire, and the mid-May British Championships in even darker Bagshot. This year should see a strong Scottish presence both in Austria for the European Junior Championships in July, and in Sweden in August for the senior World Championships.

Scotland, indeed it might be said Glasgow, will host two major competitions. Firstly, the best of the British Juniors are expected in October for the British Schools Championships. This year in Stockport 1200 took part. Entries were turned away. "We're budgeting for 2000," says organiser Terry O'Brien, who is presently negotiating for a new competition area close to the city.

Well before October, Glasgow should know exactly what the game is all about. Some 3000 fanatics are due in town during the first week in August for the eighth, biennial, week-long Scottish Six Day Event. Loch Lomond 1989 will provide competition from competitors from all over Europe at venues near Aberfoyle, Loch Lomond, Inverary and Taynuilt.

Clydeside Orienteers and Cunninghame OC are in the driving seat this time around, but once again all the Scottish clubs will play their part.

Multi-day events are common fare in orienteering. The object is to pace yourself. More usually it is a matter of going like the clappers from day one and hanging on to an exhausted finish. In the Scottish, each competitor runs on six days with a mid week rest. Best four results produce a points table to decide the winners.

Bill Melville

IN THE MARCH ISSUE!

New columns by top athletes

ALLAN WELLS JOHN GRAHAM

Plus

All-time Scottish ranking lists for men and women Scottish Cross Country Championships Preview

Plus

Club Profile Athlete Profile Much more news and views

The March issue of Scotland's Runner is
published on February 23

Order your copy now from your local newsagent

BRITAIN'S BIGGEST-EVER WOMEN ONLY RUNNING EVENT

£40,000 raised to date
for charity



Principal charity:
**BRITISH LUNG
FOUNDATION**

250 KINGS ROAD - LONDON SW3 5UE
Tel: 01-376 5735 Charity number 326730

SUNDAY 28th MAY, 1989

For beginners and athletes alike:
open to all women over the age of 15

11.00 am start:
SEFTON PARK, LIVERPOOL
Crèche available

Full details from:
**LIVERPOOL CITY COUNCIL
SPORT AND RECREATION DIVISION
11 DALE STREET, LIVERPOOL L2 2TE**
or ring 051-236 5411

Closing date for entries: **FRIDAY 28th APRIL, 1989**

The Liverpool Women's 10km Run is organised by the Mersey Regional Health Authority with major support from Liverpool City Council Sport and Recreation Division.

The event is held under WCC and RRA rules and is the 1989 National Women's 10km Road Running Championship.

A National Women's Event for the British Sports Association for the Disabled. Wheelchair entries welcome.

RAGU

Running with Pasta Power!