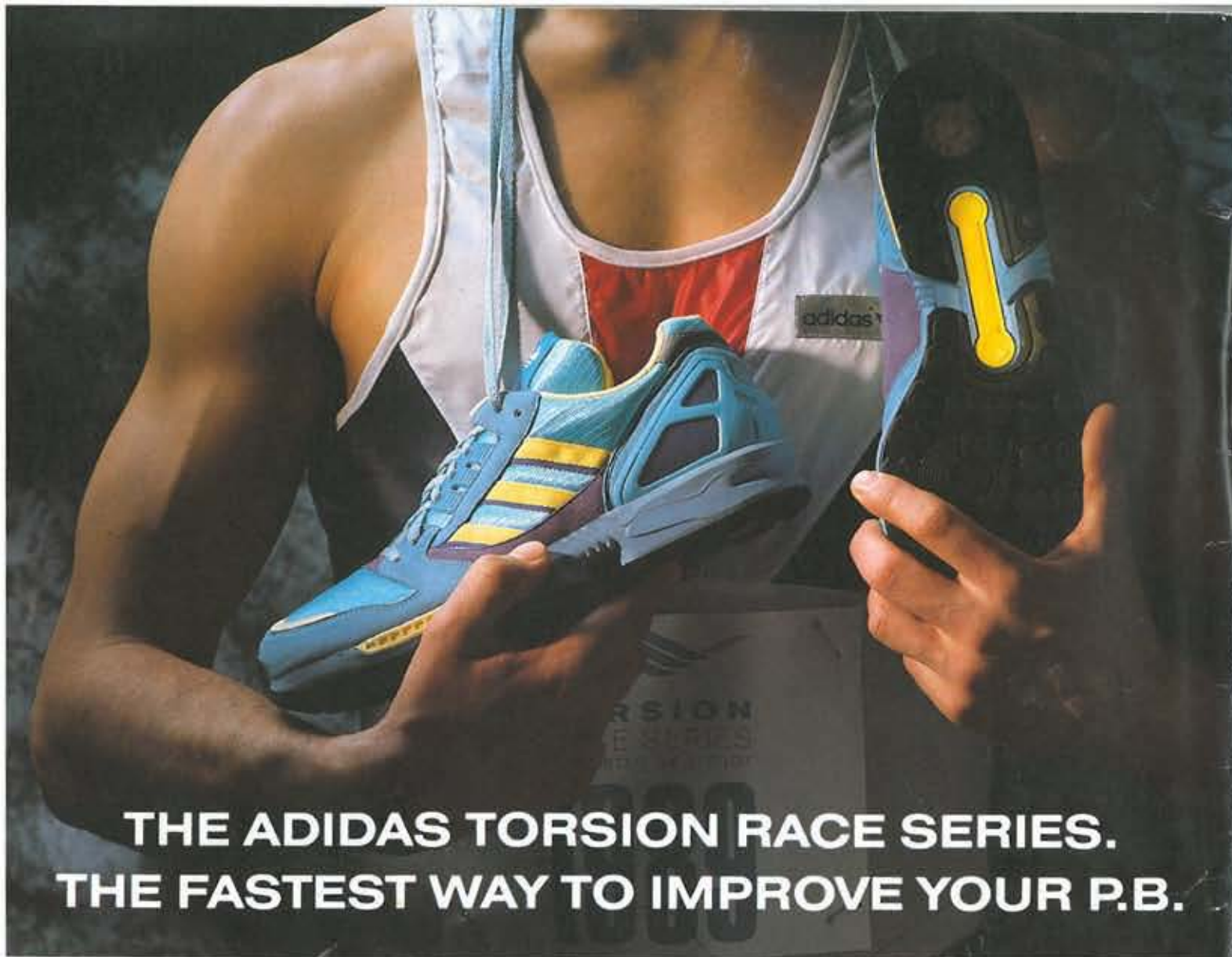




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MARCH, 1989

ISSUE 31

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a Scottish native
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record of 4-13.52 at
the Kelvin Hall against
West Germany.

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

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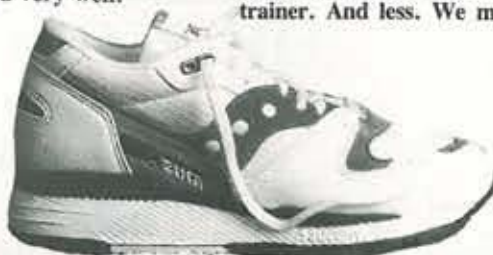
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Inside LANE

THE WEEKEND of February 11 and 12 was not at all an auspicious one for Scottish athletics. In plainer terms, it was a shambles.

Those of us who stayed in on Saturday afternoon to watch the world cross country trials at Gateshead might have expected to see the odd dark blue vest appearing among the leaders, at least in the early stages. Allowing for the fact that my eyesight is about on a par with my running ability, my sole recorded "hit", in an hour of athletics, was a probable sighting of Karen MacLeod in the women's race - but even then I wouldn't like to stake my television licence on it.

While admiring, in particular, the powerful running of Tim Hutchings, parochial interests surely demand some kind of inquiry into the way athletics is being run in Scotland. It may well be to our comparative disadvantage that we are neighbours - and political partners - of the fourth strongest athletics nation in the world at the moment, but consider the apparent waste of our limited resources.

Firstly, why was the Scottish cross country champion not running at Gateshead? He was fit, in good form (and a good bet to retain his title at Hawick on February 25, two weeks after Gateshead).

The reason given by the Scottish Cross Country Union for the non-appearance of Neil Tennant appears to hinge round a mutual lack of communication. In short, they didn't appear to know what sort of shape he was in.

With whom does the blame lie? The SCCU? Neil Tennant? Edinburgh Southern Harriers, the athlete's club? It's important to find out, so it doesn't happen again.

Then there is the case of Tommy Murray. Having got himself into possibly the best condition of his career, Tommy decides to run in his club's Renfrewshire Road Race just seven days before Gateshead. He wins of course, but picks up an injury and effectively rules himself out of contention for a place in the world team. You can't objectively blame anyone but the athlete himself for this one, but is there nobody available to lay down the law for athletes chosen to represent Scotland and prevent them

from succumbing to parish pump temptations?

Liz McColgan and Yvonne Murray would have romped away from the field in the women's race, but with Scotland no longer meriting its own team at the world championships, both found they had other priorities. Karen MacLeod (10th) and Laura Adam (11th) at least put up a show in this race, and Hayley Haining finished eighth in the junior race, but no Scottish senior or junior men came remotely close to mounting a challenge for the UK team.

On the very same weekend, Scotland finished last (men and women) in an indoor match against Bulgaria, Czechoslovakia, Belgium and Greece. A second Scottish team trailed behind the English Southern, Midland, and Northern Counties AAA's (but ahead of Wales and the Combined Services) at Cosford, while a third Scottish team was annihilated by Loughborough University at the Kelvin Hall.

Again, who is responsible for the situation whereby three Scottish indoor teams are fielded on the same weekend, while no other indoor representative matches are scheduled during the rest of the season?

Last month we emphasised the need for a Scottish Athletics Federation, and make no apologies for returning to the theme this month.

While it was the commercial advantages of a united SAF which were stressed in the previous issue, I would suggest that the weekend of February 11 and 12 should - far from being forgotten - be retained in everybody's memories as proving the case for a Federation from a purely athletics standpoint.

A full time Federation director, for example, would be charged with overhauling the whole structure of athletics development in Scotland. He or she would be in much closer contact with the athletes, advising them of future international plans, and what is expected of them in training and competitive terms.

The remit would be much wider, of course, but at least let us get to a situation whereby somebody at least speaks to the Scottish cross country champion before selecting a team, and can also plan far enough ahead to ensure that three representative teams are not sent out on the same weekend!

If the views expressed above are considered unfair or unworkable, it might do Scottish athletics a favour if the existing governing bodies could at least explain why a Scottish Athletics Federation is a non-starter - but please don't give us the old story that we're waiting, yet again, to see what the English do viz a viz the British Athletics Federation.

That view is just pathetic. At a time when there is a resurgence in Scottish identity in all walks of life, why can't Scottish Athletics take the lead for a change?

THIS MONTH we welcome Allan Wells and John Graham to the ranks of Scotland's Runner columnists. While bowing to their athletic prowess, this magazine won't necessarily share their views all the time, and Allan's condemnation of Carl Lewis in this issue is a case in point.

Without pre-empting Wells' opinions, which appear on Page 15, it is my view that an athlete of the stature of Carl Lewis is absolutely correct to voice his fears and allegations about the abuse of drugs in athletics. If his peers wish to sue him for libel, that is their prerogative.

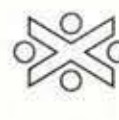
In my opinion, however, if athletes like Lewis are not brave enough to take a stand, the IAAF will conveniently overlook the problem until confronted with another scandal of Johnson proportions.

They, and not Lewis, are doing the sport no favours at all by postponing the day of compulsory random testing for all nations who compete in their championships.

Alan Campbell

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Up Front

Under-strength Scots perform poorly at Gateshead

SCOTLAND'S cross country selectors could muster only nine men for the world championship trial at Gateshead on February 11 - after asking the British Amateur Athletics Board for 15 places, writes Michael McQuaid. This has introduced fears that the number of places next year could be cut.

The SCCU were told this year they could have 12 runners in the race which decided Britain's team for the world event in Norway.

They chose 11, and when John Robson and Alistair Douglas pulled out, Adrian Callan and Davie Cavers were added. SCCU secretary Iain Clifton said Alaister Russell and Terry Mitchell then called off two days before the race, but it was thought too late to bring in replacements.

Asked whether he felt reserves should have been listed in case of emergency, Clifton said he did not see much point in this. "In my opinion we picked 13 people in all who we thought would do reasonably well - and they were outclassed," he stated.

With Nat Muir dropping out during the race because of injury, only eight Scots finished, with Tommy Murray leading them home in 22nd place.

But Iain Clifton said he did not think the Scottish allocation would be cut next year, particularly if the proposed UK Cross Country Commission is in existence by then to take control from the British Board. The world trials are being held at Glasgow's Bellahouston Park in 1990 in recognition of the SCCU's centenary celebrations.

National champion Neil Tennant was considered for selection but not chosen, as he was injured early in the season and the selectors felt they had no recent form to go on.

London winners

CONGRATULATIONS to the three winners of our ADT London Marathon competition, which was held in our last issue. First out of the hat, having got all four questions correct (Henryk Jorgensen won the 1988 event), on February 10 were:

William Hynd, of Walkerburn in Peebleshire; Marilyn Brown, of Braco in Perthshire; and John McEvoy of Girvan in Ayrshire. Our thanks to all those who participated.

ON ANOTHER matter, we're afraid it hasn't been possible to reply personally to all those of you who wrote in volunteering to road test shoes for us. Did any of you not volunteer? At one stage the postman was bringing in well over 100 applications every day.

We'll keep all your names on file, however, and on the next occasion will choose from this list before advertising for more volunteers.

For those of you still looking for a free pair of shoes, there will be regular monthly competitions throughout the next few months to give you the chance of winning your favourite models.

Bank renews WAL sponsorship

THE BANK of Scotland has renewed its sponsorship of the Scottish Women's Leagues for a further three years. In addition to the money - £1,000 each year - the bank is also providing back up sponsorships such as stationary and race numbers.

The 1988 season produced clear cut winners in each of the four leagues, with EWM (Div 1), Inverness Harriers (Div 2), and JW Kilmarnock (Div 3) winning all three of their matches. In Division 4, Montrose won two out of the three meetings.

On a typical day the league has over 800 athletes competing over the four Divisions. Last year there were 26 clubs involved, but in 1989 the figure rises to 28 with the entry of Irvine AC and Kirkintilloch Olympians. And in 1990 a fifth division and a further two clubs will be introduced, meaning six clubs in each division.

With athletes making their bids to qualify for the Commonwealth Games, the hope is that standards will rise this year.

Liz wins in Bali but saves the crock of gold for another day!

LIZ McColgan is preparing in Arizona for the Orlando Red Lobster 10K on March 11, the event in which she has set a world best time in each of her past two appearances, writes Doug Gillon.

The Dundee Hawkhill Harrier admits she will not be bursting a gut to make it a hat-trick. She is, of course, eager to win, but with \$500,000 resting on a world record next year in Bali, why make the job harder?

That was the pragmatic view of McColgan after recording her

second Bali success (32:30) on February 5, against, among others, Soviets Yelena Zhupieva and Ludmila Matieva, and New Zealand's Anne Hannam (who finished runner-up, 31 seconds down).

"When I saw how strong the field was, I opted to try and win, rather than chase my world record. There will be time for a go next year - nobody is going to beat the record except me," McColgan said confidently afterwards.

The race was her first wearing Nike shoes, having transferred allegiance from Reebok, whose footwear carried her to Olympic silver. A week earlier Nike stalwart Steve Cram had defected to Adidas in a deal worth at least £70,000.

McColgan and Olympic steeplechase medalist Mark Rowland are the two Nike replacements.



Some of the athletes who train with Liz McColgan and help her prepare for events like Bali and the Orlando Red Lobster 10K (why do Americans always think up the great race titles?). Peter Fox (far right) is profiled on Pages 29-31 of this issue by James Allan.

Change of format

LACK OF support has led to the annual inter-area cross country fixture at Cumbernauld being ditched.

"The numbers of runners taking part have gone down, and last year I had difficulty in getting area controllers for each team," says organiser Stephen Robertson of Cumbernauld and Kilsyth District Council. "We have decided to change to an open meeting."

The event will be held at Cumbernauld House on March 18.

Adidas Series returns north

THE POPULAR Adidas Midweek Series of road races returns to Glasgow in the spring. Last year almost 500 runners completed each of the three races - 5k, 8k and 10k - at Pollok Park.

Bellahouston Harriers are again organising the races, the first of which is on Wednesday April 26. Entry forms are now available, and the 50p extra for non-affiliated runners does not apply to the Glasgow series.

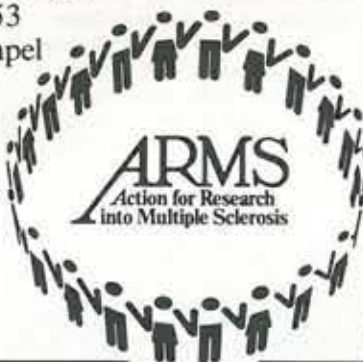
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Up Front Up Front Up Front Up Front Up Front

STAR boost for major Scottish road races

SEVEN MAJOR Scottish road races have added prestige this year. They have been included in the Amateur Athletic Association's "Hot 100" list as the battle for the title of Britain's top road runner gets underway.

Under the STAR*RANK scheme, points are being awarded for performances in 100 races at varying distances throughout the country. The counting races in Scotland are the half marathons at Glenrothes (May), Dunfermline, Dumfries (both June), Haddington, Aberdeen and Livingston (all August), and the Great Scottish Run 25K in Glasgow in September.

Fraser Clyne, Aberdeen's Scottish internationalist, got off to a flying start when he won the first counting race - the Morpeth to Newcastle on January 1.

Explaining the newscheme, John Legge, chairman of the Road Runners Club, said, "Tennis, golf motor racing and other sports have devised national and world rankings. A rankings system is the key to raise the profile of any sport - meaning more revenue, more resources, more coverage and more fun."

David Walsh, one of the organisers, said counting races were spread throughout Britain with many in northern parts of England in addition to the Scottish events.

The number of points awarded at each race will depend on a variety of factors, including size and quality of field. It is hoped to publish a rankings list each month with the final tables at the end of the year.

There will be rankings for men, women and veterans, and it is hoped also to introduce a team competition.

Mr Walsh said only courses which meet strict accuracy guidelines are in the Hot 100 and he hoped that the new scheme would have a spin-off in that other race organisers would ensure accuracy so that their events would be considered in future.

While the rankings scheme will concern only Britain's elite athletes, a new AAA STAR*RANK standards scheme will give runners at various levels a big incentive to do well.

Standards have been set for 5K, 10K, 10 miles, half marathon, 20 miles and marathon.

For example, a senior male running 67 minutes or under for the half marathon qualifies for a 7-star award, while at the other end of the scale a lesser athlete who clocks 1-37 or better earns a 1-star award.

Similarly, a female marathon runner will achieve a 7-star performance if she can clock 2-42 or faster, while a 1-star award is available for 4-02 or better. For both men and women, the qualifying times are slower in the various veteran age groups.

In addition to the standards scheme, records will be kept for best performances in various age groups.

Liverpool livelier for ladies

AROUND 4000 competitors from all over Britain and Europe are expected to compete in the Liverpool Women's 10K race on May 28. This entry makes it probably Britain's premier running event for women, writes Rhona McLeod.

The standard of the race is expected to be high as it will incorporate the WAAA 10K Road Running Championship. The race is also recognised as a national women's event for the British Sports Association for the Disabled.

Scottish runners have been popular competitors on previous years and a warm welcome is guaranteed for those venturing

south this year. The race begins at 11am and follows an attractive route through Liverpool starting at Sefton Park.

This year's sponsors are Ragu, who are currently on a big promotional drive in the UK.

INVERNESS Harriers have had a major boost from local builders Hugh MacRae and Company who are sponsoring the club's track and field meeting at Inverness on April 9. The club recently appointed Brian Turnbull as commercial manager, and the £1200 deal from MacRaes is the first fruition of a trend which other clubs may be watching with interest.



SCOTTISH cross country champion Neil Tennant (above) is aiming to retain his title in style on February 25 - in his home town of Hawick, writes Michael McQuaid.

Cambridge-based Tennant ended Nat Muir's run of five Scottish wins in a row when he triumphed in the Shettleston Harrier's absence at Irvine last year when they had six runners in the first 18. The £2000 needed to fund the trip was provided by Royal Life Insurance and Cathkin Financial Services Limited in a joint sponsorship deal.

Club member and Cathkin director David Lang was also booked for the trip but had to cancel at the last minute because of appendicitis.

In another sponsorship deal, Cambuslang-based Hoover are providing the entire club with vests and shorts.

Cambuslang travel well

CAMBUSLANG Harriers, the Scottish champions, finished a creditable eighth out of 22 teams in the European Clubs Cross Country Championships in Portugal on February 5. This fine result, the best ever by a Scottish club, was achieved despite the late withdrawal from the team of internationalist Alex Gilmour because of a family illness.

Andy Beattie led the Cambuslang contingent home in 30th place, followed by Ross Arbuckle (38th), Eddie Stewart (45th), Jim Orr (46th), Colin Donnelly (60th) and Charlie Thomson (70th).

Sporting Club of Lisbon, with their six runners in the first eight, dominated the event, which was held on a fast grassy course.

Cambuslang qualified for the event by winning the team title in the Scottish Cross Country Championships at Irvine last year when they had six runners in the first 18. The £2000 needed to fund the trip was provided by Royal Life Insurance and Cathkin Financial Services Limited in a joint sponsorship deal.

Club member and Cathkin director David Lang was also booked for the trip but had to cancel at the last minute because of appendicitis.

In another sponsorship deal, Cambuslang-based Hoover are providing the entire club with vests and shorts.

Kodak cracker

AT THE TIME of going to press there were no details available of the USA and USSR teams who will be competing at the Kodak Classic in Glasgow's Kelvin Hall on March 10. Among the American athletes who were competing in Europe in February was Carl Lewis, although there was absolutely no reason to believe that he might wish to add Glasgow to his itinerary.

A strong GB team is promised with Linford Christie, Colin Jackson and John Regis expected to compete.

Surprisingly, around 1500 tickets were still available for the match, which, according to spokesman Tony Ward, "is the best indoor fixture we've ever had."

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bravest man
I ever knew...'
and now, he
cannot bear
to turn a
corner.

Will you run
for him?



Six-foot-four Sergeant 'Tiny' G't'r'e, DCM, was perhaps the bravest man his Colonel ever knew.
But now, after seeing service in Aden, after being booby-trapped and ambushed in Northern Ireland,
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It is the bravest men and women from the Services that suffer most from mental breakdown. For they
have tried, each one of them, to give more, much more, than they could in the service of our Country.
We look after these brave men and women. We help them at home, and in hospital. We run our own
Convalescent Home at Hollybush by Ayr and, for those who are homeless and cannot look after
themselves in the community, our Hostel gives permanent accommodation. For others there is our
Veterans' Home where they can see out their days in peace.
These men and women have given their minds to their Country. If we are to help them, we must have
funds. Will you run for Ex-Services Mental Welfare Society?

"They've given more than they could - please give as much as you can."

To protect those concerned, this is an amalgam of several such case histories of Patents in our care.

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Name (BLOCK LETTERS)

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Signature

SCR

Up Front Up Front Up Front Up Front Up Front

Attempt being made to improve 10,000 metre standards

AN ATTEMPT is being made to
improve the standard of men's
10,000 metres track running in
Scotland by introducing the event
at meetings of the HFC Scottish
Athletics League, writes Michael
McQuaid.

Four years ago, officials were
embarrassed when only two
athletes turned up for the
combined East-West 10,000 metres
district championships - one from
the East and one from the West.
Each duly won his respective
district title in a time that was far
from spectacular. And only five
Scots dipped below 30 minutes
for the event in the whole of last
season.

Even Liz McColgan's exploits
over the distance in recent seasons
have failed to kindle much interest,
but now, by including the event
on the timetable at certain league
matches this season, officials hope
to raise the profile of men's 10,000
metres running.

Division One and Two clubs
will contest the event in their
meetings at Ayr on May 21, and at
Meadowbank on August 12. Division
Three and Four athletes
will have the same opportunity at
Wishaw (May 21) and Crownpoint
(August 13).

"This event was added to the
programme at the request of the
Scottish staff coach for distance
running in an attempt to improve
the standard in Scotland,"
explained HFC League secretary
George Duncan.

"If the innovation proves
successful, it may become a
standard event from 1990 at all
league meetings."

Meanwhile, the £2,350
prizemoney put up by the league
sponsors last season will again be
available this summer. Last year
Division One champions
Edinburgh AC received £650,
while Ayr Seaforth, winners of
Division Two, got £275. Travel
grants for clubs will also be
awarded again. These will be
decided at the end of the season.

There are two vacancies in the
league and any club wishing to
apply should contact George
Duncan on 0738-22526.

The annual representative
match between the league, Scottish
Universities and a Scottish Junior
select will take place at
Grangemouth on Wednesday,
May 17. As usual, the league's
team will be chosen after the first

series of matches on April 30.

Also, after the success of the
1988 East v West match it has been
decided to continue the event. It
will take place at Grangemouth
on Sunday, August 27, and
selection will be based on
performances in league matches.

New 12-hour race

THE GROWING appeal of ultra
distance running in Britain is
reflected in the launch of a new
race series. The Interprint 12-hour
Race Series begins on April 9 at
Darlington, moves on to Harrogate
on July 30, and reaches a climax at
Nottingham on September 17.

Twelve-hour races, extremely
popular in America, are held on a
track or road circuit, and the British
best is 92 miles.



STRATHAVEN Strider Irene
Wilson (above, with family) is
training hard for her biggest
running challenge. She is the only
woman and the lone Scot taking
part in a John O'Groats to Land's
End relay in aid of the Samaritans.

Irene and three colleagues will
each run 12 miles a day and they
aim to complete the 900-mile route
in under 19 days. She is currently
notching up to 60 miles a week in
training for what has somewhat
euphemistically been called the
Samaritan JOGLE '89.

"And I remember thinking the
Falkirk Half Marathon was a long
run" groaned Irene, who is 38 and
a mother of four.

She is seeking sponsorship for
the charity event which begins on
May 10 and will feature celebrity
runners at various stages.

MORE WOMEN IN SPORT



ATHLETICS is the sixth most popular sport for women in Scotland, with
56,000 women participating - according to figures produced by the
Scottish Sports Council, writes Linsey Macdonald.

Claiming that the numbers of women participating in sport had
doubled in the last eight years, the council announced its "Top 10"
women's activities. Swimming, with 321,000 participants, proved to be
the most popular sport, with keep fit and cycling (strange though the latter
may sound) coming second and third.

At the announcement in the Kelvin Hall, athletes representing each of
the top ten sports were present. Among these were Alison Sheppard, who
was one of the youngest members of the UK Olympic team in Seoul, and
golfer Belle Robertson. Representing athletics was Lynne McIntyre (seen
above with SSC chairman Raymond Miquel).

The sports council produced the statistics for their "Top 10" by
carrying out a public survey every two months for the last two years.
According to the council over one million women of all ages are now active
in sport. In 1980 only three in every 10 women took part regularly -
compared with current estimates which put figures as high as six in 10.

Despite these impressive figures though, there are still twice as many
men participating in sport than women.

For the record, the women's "Top 10" is:

1. Swimming - 321,000 participants; 2. Keep Fit - 190,000; 3. Cycling - 79,000; 4.
Badminton - 77,000; 5. Running - 56,000; 6. Bowls - 52,000; 7. Hillwalking/
Mountaineering - 52,000; 8. Squash - 29,000; 9. Golf - 23,000; 10. Tennis - 19,000.

Double boost for inter-district fixture at Grangemouth

THE ANNUAL inter-district track
and field events match for top
Scottish male athletes has received
a double boost. With £2,500
presented by an anonymous donor
and the support of Falkirk District
Council, the event will take place
at Grangemouth Stadium for the
next three years.

The match, involving seniors,
junior men and young athletes,
took place for the first time last
summer, and this year's event will
be held on Sunday, August 27.

"Our donor wishes the money
to go to development of athletics

in Scotland," explained Scottish
Athletics League secretary George
Duncan.

"There cannot be any finer
opportunity than for the best in
each group to compete against the
top athletes in other districts."

The money will help provide
medals and electric timing and
photo finish facilities.

LOTHIAN Athletic Club are
looking for more coaches as they
prepare for a summer of tough
track and field competition. The
club's men have won promotion
to Division 1 of the Scottish
Athletics League, but have only
two coaches. They also compete
in two other leagues and interested
coaches should contact secretary
Andrew Cullen (0875-612753).

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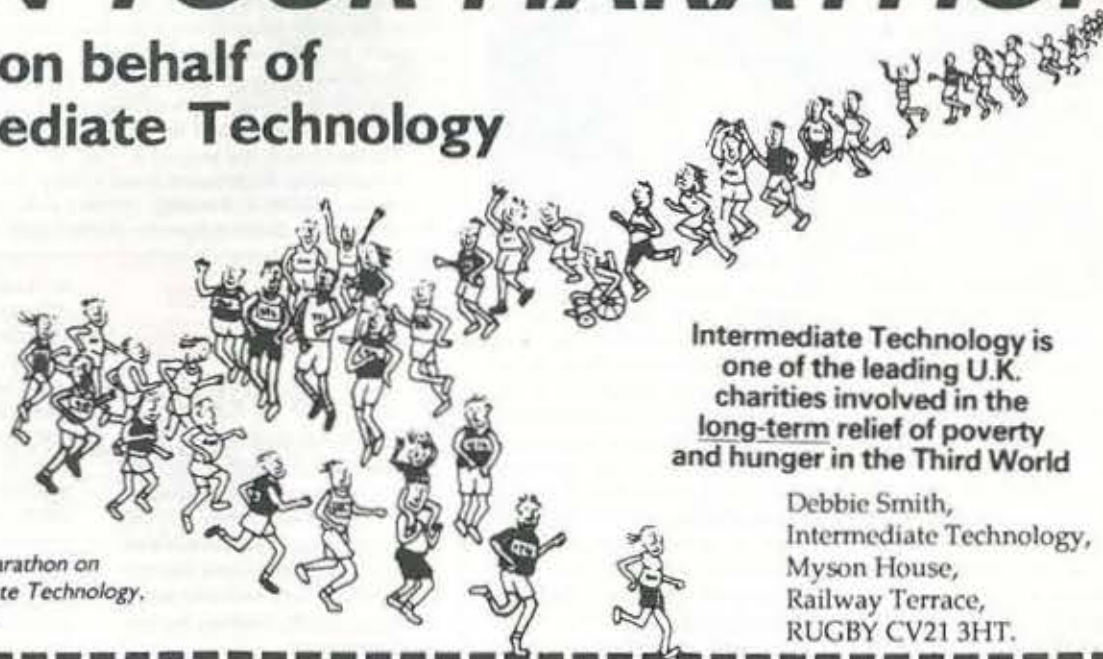
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Evening Express Press and Journal

How to win the East CC title!

*The Cottage,
Corryhill,
Perth.*

SIR - I understand there was some
astonishment at the recent East
District Cross Country Champi-
onships when Perth Strathgry's
Steve Hale pipped John Robson
and a clutch of Scottish interna-
tionalists to take the senior title.

In fairness to runners
everywhere, and to provide an
opportunity to learn the secrets of
Steve's success, I am enclosing the
highly sensitive, hush-hush 14
point plan which Perth Strathgry's
ever-enthusiastic distance section
follow in their quest for glory.

Older readers may recognise
it as some of Sir John Sinclair's
enquiries into the Mode of
Training for Athletic Exercises,
published in 1807.

1. Form and size: In regard to
running, the size of an athlete may
vary from five to six feet in height.
Beyond that is too large. Nor is
there any instance of a very big
man being a first-rate runner.

One of the most famous
runners ever known, West of
Windsor, who, at the age of 44, ran
31 miles in four hours and a quarter
(eight minute miling!!) is only five
feet four inches high. Long thighs
and short legs are desirable for
running.

2. Age: Eighteen is the earliest
age for training, and thence to
forty, but seldom older.

3. Time required: Sometime a
month will do for running, but at
other times it will require three
months when the person is fleshy.

4. Medicine: It is supposed
that one emetic (something to
induce vomiting!) and three doses
of physic will clear any man of all
the noxious matter he may have
had in his stomach. In training for
running, only one dose of salts at
the beginning is necessary. The
celebrated trainer, John Smith,
generally gave them an emetic
also, after they had been in training
with him for some time; and if
they were of a plethoric habit, he
required them to lose eight ounces
of blood from the arm.

In order to exercise the
patience of ancient athletes, and to

accustom them to bear pain
without flinching, they were
occasionally flogged with the
branches of a kind of
rhododendron till the blood
flowed plentifully.

5. Air: The necessity of pure
air is insisted upon. The morning
air being cooler is always preferred
for taking exercise. Hence, rising
early in the morning is considered
to be indispensable.

6. Liquid food: There is no
circumstance that seems to be
more essential in training up a
person to the acquisition of athletic
strength than to permit them to
take only a small quantity of liquid
food. Good old malt liquor which
has been bottled is reckoned best.
Sometimes it is taken with a toast
in it. If a person trained insists on
having wine, from being
accustomed to it, red wine is
preferred to white.

7. Solid food: The diet of
trained persons is extremely
simple, consisting only of animal
food and stale bread. Sometimes,
for a change of diet, those who are
trained to running are allowed a
fowl or a rabbit once a week, but it
must be eaten with vinegar.

8. Exercise: Trained men
always begin their exercise early
in the morning, in summer at five,
and in winter at half-past six. Those
who are trained to the footrace
take a run for three miles, twice a
day; and the sweating process,
which is intended to remove the
obesity, is increased by putting
them between feather beds.

9. Quantity of sleep: Persons
trained to athletic exercises ought
to go to bed early, about ten o'clock,
and are allowed from six to eight
hours sleep.

10. Miscellaneous articles: It
is a useful practice, to prevent cold,
for men to bathe their feet in cold
water every morning. Persons
trained never sit down after taking
exercise without changing their
clothes, for fear of rheumatism.

11. Diseases: The only bad
effect attending training in modern
times is that the body at first
becomes a little feverish.

12. Effects on the body: In
regard to the head, a man in the
best ordinary health, when he
strikes or receives a few blows,
becomes giddy. This defect is
corrected in the course of training.
During a course of training, the
skin always becomes clear,
smooth, well-coloured and elastic;
the veins are distinctly seen

through it, and when the hand of
a person in a high state of training
is held up against a lighted candle,
the light appears to shine through
it.

13. Effects on the mind: The
effects of training upon the mind
are also of the highest importance.
The mind becomes more
courageous, corporeal sufferings
are borne with patience, a
command of temper and presence
of mind are also acquired and
preserved, undisturbed, amidst
pain and danger.

14. Whether the effects are
permanent: The state of health
after training is always good. It is
also remarked that running horses,
when trained, do not wear out
sooner than other horses. Nor
does training game cocks shorten
their lives; on the contrary, they
live longer than common poultry.
So now you know!

*Norman Watson,
President,
Perth Strathgry Harriers.*

P.S. The real reason for writing is
to inform your readers that Perth
Strathgry Harriers will stage their
North Inch Relay Race in Perth on
Sunday, April 2.

As an incentive to runners, a
good individual leg on the day
may well take them into a fairly
impressive Top 20 list of
performances. One or two of the
all-time list may jog a memory:
1, Bill Ewing (Aberdeen AAC) 13-32
(1966); 2, Gareth Bryan-Jones (Edin
Uni) 13-34 (1966); 4, Don Macgregor
(ESH) 13-47 (1968); 5, Mel Edwards
(Aber AAC) 13-49 (1967); 16, Terry
Reid (Stirling Uni) 14-21 (1988); 19,
Don Ritchie (Aber AAC) 14-27 (1967);
20, Ron Urquhart (PSH) 14-28 (1956).

Thanks, ladies

*8, Mansion Court,
Cambuslang.*

SIR - I recently took part in the
SVHC cross country at East
Kilbride, and would like to thank
Drew Turnbull and the EK
Harriers Club who organised this
race - but more so I would like to
thank the ladies who gave up their
Saturday afternoon to organise the
refreshments, which were a treat
for 50p.

Thanks again ladies.

James Tierney

Record is "slow"



*48, Silverknowes Crescent,
Edinburgh.*

SIR - I would like to have the
opportunity of replying to Martin
Bell's letter regarding the "slow
30 miles" in the Sri Chinmoy 24
Hour Race held on November 19/
20 at the Kelvin Hall.

I agree entirely that the indoor
world 30 mile record (3-30-46) that
Ray Hubbard set in the race is
relatively slow. One has to bear in
mind that indoor ultra-distance
races are few and far between, and
are usually over the 24 hour
timespan. To my knowledge, there
has never been an indoor race over
the 30 mile/ 50K distance. Thus,
all recognised times indoors were
set in events where the competitor
went on to run as much as four
times again!

Scotland's Runner readers
may like to know that outdoors
things are a little different.

Several 30 mile/ 50K races
have been organised over the
years. The current world best
performances were set by former
Olympic marathon runner Jeff
Norman from Altrincham, who
ran 2-42 for 30 miles and 2-48-06
for 50K at Manchester on June 7,
1980. Current Scottish records
(which are, incidentally, the
second fastest times on record) are
held by Donald Ritchie (Forres) at
2-44-36 for 30 miles, and 2-50-30
for 50K, set at Altrincham on
March 10, 1979.

As Martin quite rightly says,
these records could well be
lowered by a further 10 minutes
should any 2-10/ 2-12 marathoner
make a serious attempt on them.

*Adrian Stott,
Race Co-ordinator,
Sri Chinmoy 24 Hour Race.*

Letters . . .

Unsung heroes

11, Pompee Road,
Sauchie,
Alloa.

SIR - No doubt there are many people in amateur athletics who work very hard for the sport and largely go unnoticed (perhaps this could be a regular column in your magazine?). I would like to draw your attention to one such fellow in our club - Hamish Fleming, our newsletter editor.

Over a year ago we lost our newsletter editor Mike McQuaid who was tempted by big bucks from a well known Bellshill newspaper (what's its name?). Information between members dried up, and only the Dirty Dozen kept the distance section together on training nights.

However, in December 1988 and seeing the distance section beginning to crumble, Hamish resurrected the newsletter and typed and posted it to members at his own expense in an effort to rekindle the fire. It is working extremely well.

What is even more remarkable is the fact that this gentleman spent most of January at the Lockerbie disaster site. To my surprise the newsletter arrived on time.

Thanks again, Hamish.

Gordon Jamieson,
Central Region AC.

Injured knees

11, Glenmoy Place,
Arbroath.

SIR - I sustained injuries to both knees in January 1988, but it was mid-February before I decided to seek professional help. Till then I had tried a lay-off of about two weeks and tried ice-packs, all to no avail.

These pains consisted of an ache all around both knee caps, with the occasional sharp jab. It was never consistent and there was a certain amount of stiffness, but not any noticeable swelling. It did ache slightly when starting to run, but settled down after a while. There was no after effect when I finished a run, or even the next day. Into the third day I would feel it begin to ache and get sore.

My treatment, when started,

consisted of physiotherapy, ultrasound and heat treatment. This carried on for 21 treatments, then it was decided this was doing no good so they referred me to an orthopaedic surgeon who took x-rays, but these showed nothing obvious.

There was no arthritis or bone debris behind the kneecap, and no closing of the knee joints. All they could say was it was a soft tissue injury and to cut down on my running, which I did drastically.

I saw the surgeon in June, 1988, and after that I started swimming and cycling. Any improvement has been slow and very slight, but there is improvement. What I am looking for now is advice on a sensible recovery plan for running. I have not been able to get this advice from any medical quarters.

William Powell

CAN any of our readers help Bill? If you have any advice, please contact him at his home address.

Warm welcome assured in Lewis

Burncrook,
Upper Bayble,
Point,
Isle of Lewis.

SIR - This year's AAA/BARR road race listing gives the cost of the Western Isles Half Marathon as £5.50. This is a mistake. The good news is that in fact we are only charging £4.50 for club members and £5 unattached for a very special event indeed.

We offer budget accommodation on the beautiful island of Lewis for the half marathon weekend, and a varied and very scenic course through Stornoway, farming villages, and the Lewis Castle grounds. A friendly welcome is guaranteed.

there are medals for all, showering and changing facilities, food after the race, and entertainment for those who wish to stay for the weekend or longer.

Last year we had competitors from all over the country, and if you are looking for a run or a holiday which is different, you will be very welcome on May 27.

Alan Cunningham

Wait for us!

10, Kelvinside Drive,
North Kelvinside,
Glasgow.

SIR - Having recently taken up running at a competitive level, I would like to add my plea to that of John Ainsworth of the Beith Harriers, who in your January issue pointed out that "lasties" count!

I am not a fast runner and as a result came in at the end of the field. However, in two events at the start of the year, the Nigel Barge Road Race and the Bellahouston Harriers 10K, lack of adequate marshalling at the finish marred otherwise enjoyable events.

In the Nigel Barge Road Race this caused me to take a turn before the finishing stretch resulting in my having to wander sheepishly through spectators to complete the race. Two weeks later, at the Bellahouston Harriers 10K, lack of adequate direction on reaching the pavilion led me to assume that I had reached the finish line. Wandering round the corner, I then found that I had yet to run around the track to complete the race!

The position of the finish may seem obvious to all experienced runners, but to newcomers and to lasties, who are not following heels, this is not the case.

Organisers please take note.

Deirdre Kelly

Paralympics omitted

16, Willow Drive,
Johnstone.

SIR - I have read many stories in your magazine on the Olympic Games in Seoul, South Korea - of the medal winners and those who failed to do so, yet not one mention of the Seoul Paralympics has been made in your magazine.

Are not these Games not just as important or maybe more important because of the effort the athletes give? I enclose a copy of the results which I hope you will print in your magazine.

Most of the athletes on this list belong to the Scottish Cerebral Palsy sports team.

James Sands,
Linwood Pentastar AC.

WE DID receive an earlier list of results, but felt they arrived far too long after the event to justify inclusion. The results sent us by James I'm afraid come into a similar category, but having taken the trouble to write to us it is only right to emphasise his own terrific achievement in winning a cross country gold medal - Ed.

Two Bridges information required

58, North Calder Drive,
Petersburn,
Airdrie.

SIR - Could any of your readers please forward to me entry information as regards the Two Bridges Road Race as I would like to have a try at it this year.

James Hamill

NEWSAGENT ORDER FORM

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Allan Wells

FOUR MONTHS have passed since the Olympic Games in Seoul, which saw the largest number of athletes gathered together since 1972. It should have been remembered as the greatest athletic spectacle ever; instead it is remembered for all the wrong reasons.

The finest sprint race in the history of the Games will be tarnished for all time by Ben Johnson's positive blood test. The result sent shock waves through the whole athletic fraternity, leaving athletic fans with a constant nagging doubt as to which of their heroes had, or had not, indulged in drug taking.

We are asked to believe that two out of three athletes who stood on the rostrum took drugs. Is it possible? If the answer is yes, then who is guilty? The athlete? The coach? The doctors? The athletic authorities? Or the testing procedure?

Ben Johnson stood alone. He was branded a cheat, and deprived of the ultimate goal in athletics, an Olympic gold medal. No-one can possibly understand how he felt.

I know the elation he felt when he won. To win Olympic gold is beyond one's wildest dreams - to have it taken away must be a nightmare.

He is guilty of having an illegal drug in his system. Was his crime taking the drug, or was it getting caught?

Johnson went to the Games with two indifferent performances (by his own high standards) behind him, and he was definitely not the pre-race favourite. Then, in Seoul, he produced a super-human performance and smashed his own phenomenal world record.

World records should never be smashed. They are normally eaten away by hundreds of seconds. This leads us to ask the question: was Johnson trying in Zurich

and Cologne? Or was he trying to beat the drug-testers instead of the athletes?

The financial incentive to run either of these races was too great to miss. What was interpreted as slowing down at the end of the race, and great disappointment at not winning, could be construed as deliberately not winning and beating the system.

If this was the case, then Johnson is not alone in the dock. It is only human for coaches and athletes to sometimes try and obtain every means possible to make the athlete the best.

Which is worse? The athlete taking drugs in a controlled environment with regular body function tests to ascertain whether or not any damage is being caused? Or the athlete going it alone and taking different combinations of drugs and hoping that he is not doing himself any damage?

If drugs are as rife as rumour leads us to believe, nearly every top athlete is supposed to be taking illegal substances. Surely, then, the answer is for the IAAF have to come up with some fool-proof system to stop everyone taking them - or allow everyone to take them.

Steroids are a training enhancing drug, not performance enhancing. They assist an athlete to train longer, recover quicker, and therefore increase power and speed faster than natural methods. This is an important fact. Natural methods do work, they just take longer.

Drugs are not miracle agents that can turn carthorses into supermen. They only speed up the process of turning very good athletes into world class athletes.

All athletes know that the first four, plus a random selection, in every final of the Olympic Games will be tested. So how did Johnson get

caught? Were there more efficient testing procedures, causing him to miscalculate the time he had to be off the drug? Or was his drink, as he claims, spiked?

Remember, Johnson won a silver medal in the 1982 Commonwealth Games, so for six years he had regularly been tested. Did he only take drugs prior to the Seoul Olympics? Or had he been taking drugs for years and constantly avoided being caught? If the latter is true, then the Canadian authorities must shoulder the blame as well.

What is the point of Britain and a few other countries having random dope testing, when the rest of the world carries on as before? It is up to the IAAF to put their own house in order first, and if this means that in order to compete in a major championship, countries must have independent random testing, then so be it. There is now a great financial incentive for athletes who perform well, and the temptation to resort to drugs is greater than ever.

Carl Lewis, not the most popular of athletes, constantly rides his snowy white chariot against drugs. The problem with Lewis is that not only is he a sore loser, but he also has a short memory.

If we cast our minds back to the 1984 Olympics, the accusations were flying thick and fast about a certain athlete who was winning his races by yards, and with incredible ease. Remember the testosterone accusations, human growth hormone and other "natural" substances? Are these drugs any worse than steroids? What of Linford Christie's ginseng? Where do you draw the line?

The list is so comprehensive that the only way an athlete can now be certain of passing the extremely sensitive drug test is to take nothing but fresh air.



Carl Lewis: the world's fastest (legal) man. Are his allegations against other athletes in order? Is Allan Wells correct in saying Lewis should either furnish proof or shut up? Write and tell us what you think.

Lewis's accusations in 1987, whether they were correct or not, were ethically wrong. What he did was to cast a shadow over the whole athletic fraternity. Everyone who had ever taken part in the athletics was under suspicion.

When a prominent athlete like Lewis comes out with his comments, he should be called upon to back up his statements with proof. The only way an athlete can accuse another athlete of taking drugs is if he categorically is told by the athlete himself.

Heresay, malicious rumours, and jealousy are not grounds for complaint. How can an athlete be allowed to constantly belittle his sport without retribution? Lewis should stick to singing God's praises and concentrate on keeping his own nose clean, because I would not be surprised if one day his halo slipped and choked him!

Women in SPORT

IN THE October issue, this column featured Janis Neilson, prior to her trip to the Seoul Olympics as a member of the 4 x 100 metres relay squad.

As things turned out, Janis did not get a run in Seoul. The team that finished sixth in the semi-final consisted of Sallyanne Short, Beverley Kinch, Simone Jacobs and Paula Dunn. Jacobs and Dunn had earlier run in the individual 100 metres along with Helen Miles, who was unfortunately injured after the heats, but which seemed to open the door for Neilson to win a place in the relay team.

Beverley Kinch had more or less secured her relay place after finishing third in the 100 metres at the Olympic trials, and Neilson must have felt that she was in with a good shout, having finished fifth. Sallyanne Short, coached by the highly successful hurdles coach Malcolm Arnold, was also in Seoul as a member of the relay pool, having finished seventh at the trials in Birmingham.

Because Neilson felt she was running exceptionally well in training in Seoul, it was extremely disappointing for her not to get a run at the Olympics, but something she could accept. Her coach, George McNeill, thought she had about a 50-50 chance of running, so it was not as if Janis had travelled to Korea fully expecting to compete, although naturally enough she remained very optimistic, especially with her training going so well.

What Janis Neilson did, and still does, find totally unacceptable was the way she discovered she was not in the relay team. No human comfort and explanation for this athlete. Neilson had gone to the information room the day before the heats to see which teams the UK had been drawn against, and then realised from a computer print-out that she was not included in the final foursome.

She still jokes that nobody

has yet told her whether she is in the team or not. But joking apart, Janis was "totally disillusioned" at the way she was treated. It is difficult to believe that such insensitivity could be shown to an athlete who has lived and trained in hope for so long, and who is obviously going to feel extremely disappointed.

Surely the policy is not to inform only those who have been finally selected, and let the rest of the pool find out from computer print-outs or colleagues in the team? And who is responsible for such inconsideration? Perhaps the coach in charge of sprints? Or does the buck stop further up the hierarchy with the Director of Coaching? Somebody must surely answer for not having the common courtesy, if not the human decency, to take an athlete in Janis' position aside before the team was finalised to explain the situation and let her down as gently as is possible under these circumstances.

All that aside, Janis told me she thoroughly enjoyed her Olympic experience and hopes that having savoured such an atmosphere will benefit her attitude to training and competition.

The main goal on the horizon is to qualify for the Commonwealth Games at the Scottish Championships this year. To secure a definite place in the 100 metres, Janis will have to break the Scottish record. Having got over injury problems aggravated by bend running, she also plans to be back competing in the 200 metres.

As Janis went off to finish warming up for her Sunday morning training session, the Peter Pan of pro-athletics stepped forward. "I'll tell you something about Janis Neilson," offered David Valentine, who trains with the McNeill squad. "She keeps mucking up our handicap system by running too fast..."

I WAS driving to the Kelvin Hall the other day in hot pursuit of "my" four lads who had not bothered to ask me what training session to do once they got there (being typically male and thinking they know it all). I looked in the rear-view mirror to see my second eldest strapped to his seat and brandishing a Hoover attachment (or should I say Ghostbusters gun). What surprised me was not so much that part of my Hoover was accompanying us to Glasgow, but the fact that I did not notice this incongruous object even as I helped the bairn into his seat. What other activities are going unobserved, I dread to think.

Anyway, having given "my four lads" a nasty surprise by turning up at the track when they least expected it, they went

off to get blocks for themselves. For a £5 retrievable deposit they took out three sets of blocks, which were in fact even brought out to the boys on the track by the attendants. The week before, at Meadowbank, having paid their entry fee, blocks were unobtainable unless they were members of the complex or owners of a scholarship ticket - not very handy for the occasional visitor to the stadium. It wasn't as if we would have absconded with them - there's no room in my car what with four strapping laddies and various Hoover attachments.

(And if the frolicsome four are reading this, for goodness sake cough up £1-20 between you for your Scotland's Runner - don't just stand there at the station book stall reading it!)

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Coaching Clinic with Derek Parker

AS ANOTHER cross country season comes to a finish, now is the time to plan your summer racing programme. This is especially important if you intend to run in half marathon, 25K, or full marathon events in the months ahead.

It cannot be over-emphasised that you must have several months of progressive, intelligent training behind you if you hope to tackle these races responsibly and do justice to yourself. It is recommended that an athlete should have been training for at least a year before his or her first marathon - and for at least six months before attempting a half marathon.

Experienced marathon runners generally prepare specifically for the 12 to 16 weeks before a major event. For the half marathon, eight to 12 weeks of specific training is the norm. The term, "specific training", describes the preparation period when the athlete generally increases the mileage to a peak which is attained in the third and fourth weeks immediately prior to the key competition.

The preparation includes one long run, one fairly long run, at least one interval or fartlek session, and several other runs of varied length and pace each week. Specific training also takes into account easy recovery and rest days - and makes any races during the build-up period totally subservient to the main event. The final two weeks of specific training are the easiest, because during that phase the athlete is tapering down to conserve energy for the big race.

When the athlete is not training specifically for a marathon or half marathon, he or she maintains a "ticking over" mileage. During that period the athlete will be training for, and competing in, shorter distances on the track, road, and country.

The term, "ticking over", is relative. An international marathon runner covering between 80 and 120 miles weekly

during the specific training period would probably have a "ticking over" mileage of between 50 and 80 miles a week at other times of the year. During the "ticking over" phase he or she would probably be racing much more frequently - something which the need to cover high mileage with long weekend runs during specific

training invariably prohibits..

But what is one athlete's "ticking over" mileage could be another's maximum mileage during his or her specific training phase - depending on age, ability, and experience. So it can be seen that each athlete must have a training schedule which is individual to him or her, and that there must emphatically be

no attempt to slavishly copy the programme of some international competitor who has been running for years and whose own particular lifestyle might be more conducive to heavy, intensive training, e.g. full-time and/or sponsored athletes.

It can also be seen that it is absolutely essential to plan your training and racing programme



Aerobic. Tommy Murray glides through the mud on his way to the West District CC title.

well in advance of the the key races which you intend to participate in. All too often athletes just train without ever thinking about the races and time of the year they want to be at peak form for. They fondly imagine that a basic fitness level without any specific training will enable them to compete at any distance and in any race at any time of the year which appeals to them. Then they wonder why they do not have sufficient speed for shorter distance events nor the stamina for longer races.

One of the fundamental principles of coaching theory is that fitness is specific to each particular event. Therefore it is illogical to say that a marathon runner is fitter than a sprinter, or vice versa. Each is specifically fit for his or her own event. That is why a marathon runner would find flat-out speed runs over 50 metres difficult, just as a sprinter would if attempting long steady runs at a fairly slow pace.

This leads on to the importance of being able to differentiate between aerobic and anaerobic exercise, and how to allocate the correct proportion of each to a training programme.

Aerobic means "with air", and briefly stated it refers to any activity where the oxygen requirements are being met by the oxygen uptake and transportation system. Anaerobic means "without air" and refers to work which occurs in the absence of oxygen.

It is estimated that a marathon race, for example, requires around 650 litres of oxygen. But, by running at a reasonably steady pace, the well prepared athlete is able to breathe in most of these 650 litres from the air and convey it via the cardio-respiratory system to the working muscles. Therefore a properly-paced marathon is described in coaching terminology as being virtually 100 per cent aerobic - because the oxygen requirements are being met by the oxygen intake.

A flat-out 100 metres sprint, on the other hand, requires about 10 litres of oxygen. So, because the activity is performed in the absence of oxygen, the 100m event is described as being virtually 100 per cent anaerobic.

You may be asking how it is possible for muscles to function in the absence of oxygen as in the 100 metres sprint. The answer is that a substance known as lactic acid acts as an emergency system for supplying energy to the muscles when the aerobic oxidative mechanism is inefficient. But lactic acid energy is only available for about 45 seconds and soon runs out, producing extreme fatigue in the oxygen-depleted muscles and resulting in the "running in water" feeling which 400 and 800m runners all experience at some time in their careers.

There are other major differences between aerobic and anaerobic running. Aerobic involves the use of a high proportion of slow-twitch, red-coloured, muscle fibres which function effectively in the absence of oxygen. Marathon runners have a higher percentage of red muscle fibres, whereas sprinters have a higher percentage of white muscle fibres.

Aerobic running involves a work-load which raises the heart rate to a maximum of around 150 to 170 beats per minute. Anaerobic running produces a heart-rate usually in excess of 170 to 180 beats per minute.

It is important to remember that all athletic events produce a relationship between aerobic and anaerobic running. For example, the physiological demands of the 800 metres race is approximately 33 per cent aerobic and 67 per cent anaerobic. In the 1500m, the percentages are approximately 50 per cent aerobic and 50 per cent anaerobic, while in the 5000 they are roughly 75 per cent aerobic, 25 per cent anaerobic.

So, events up to and including 800 metres are mainly anaerobic in physiological content, while those above 1500 metres are primarily aerobic. But within each event the aerobic/anaerobic relationship differs.

Most athletes, and indeed many coaches, have a deep aversion to physiology. Having struggled myself on a number of occasions to make sense of so-called erudite articles in athletics coaching journals and technical reports, I have some sympathy for these athletes and coaches.

But I would urge you not to give up on physiology. There are several good publications which describe the subject in simple terms without trying to baffle the reader and impress fellow physiologists with science and technical jargon. A knowledge of physiology is essential in the compilation of a training schedule. It enables the coach or athlete to prescribe the required amount of aerobic/anaerobic exercise during the training year to maximise performances in key events.

It will be seen from the preceding paragraphs, for example, that the physiological requirements for the 5000 metres event are 75 per cent aerobic and 25 per cent anaerobic.

This percentage would be reflected in a training schedule. If an athlete was training eight times a week, 75 per cent of his or her work would be devoted to aerobic work (i.e. six sessions), while 25 per cent would concentrate on anaerobic work (i.e. two sessions).

It is also possible to create this aerobic/anaerobic balance within the context of a single training session. For example, the 75 per cent aerobic and 25 per cent anaerobic ratio in 5K running could be achieved during a 60 minutes' training session in the following manner: 15 minutes steady (aerobic) + 15 minutes steady (aerobic).

It is not necessary to be too inflexible about these ratios, but their role in providing a sound physiological base and working model for an intelligently constructed training schedule must never be ignored. It would be quite inaccurate, for example, for someone to tell a sprinter who made a habit of slowing down towards the end of a 100 or 200 metres race that he or she was lacking in stamina - and that the solution could be found in doing runs of 10 miles or more.

The sprinter who slows down dramatically at the finish of an event does so because he or she is short of anaerobic endurance - not aerobic endurance. Therefore the solution would be to do more anaerobic endurance sessions such as high-quality sprinting at, or close to, maximum speed

both under and over his or her race distance. The aerobic endurance from long, steady runs is not specific to the physiological, anaerobic demands of sprinting.

Conversely, it would be wrong for a marathon runner to try to improve speed by doing crouch starts over 30 metres on the track. Speed work for a marathon runner would be fast aerobic sessions such as 3 to 5 x 1 mile faster than race pace - but not fast enough to incur oxygen debt and take the athlete into the realms of anaerobic work. The marathon runner is looking for an aerobic response from his or her speed work.

Because there is a high percentage of both aerobic and anaerobic running in middle distance events such as 800, 1500, 3000, and 5000 metres, the need to establish the correct ratio of each form of exercise can become as much an art as a science. The coach must be aware of the athlete's capacity to handle aerobic and anaerobic work and to know just whereabouts the athlete's strength lies.

If, for example, a 5000 metres runner can mobilise significantly his or her anaerobic (i.e. ability to sprint) resources, then he or she can afford to tuck in behind an opponent for most of the distance and then try to outspurt that opponent during the final few metres. But if an athlete is lacking in anaerobic resources (i.e. he or she cannot sprint very fast), then that person will have to set a fast, steady aerobic pace to reduce the efficiency of an anaerobically-endowed opponent's finishing burst.

The situation sounds less complicated in marathon and half marathon running. There the emphasis both in training and in racing is almost entirely on the aerobic processes. This means that long steady runs in varying degrees of length and intensity - along with fartlek and interval sessions - make up the bulk of the training programme.

It is important to remember that there are different forms of aerobic and anaerobic training, and that each form has its own effect. For example, a long steady run of 10 miles could be accomplished at a heart-rate of



Anaerobic. Brian Whittle and Todd Bennett in the Dairy Crest 400m versus West Germany.

around 130 to 150 beats per minute, while a shorter run of five miles at a faster pace would raise the heart-rate to around 150 to 170 beats per minute. Both sessions are aerobic in physiological content, but each evokes a different cardiac response. There is also evidence to suggest that the longer run does more to increase capillarisation (the opening of tiny blood vessels to convey more oxygen to the working muscles), while the shorter run does more to improve the stroke volume of the heart (the amount of blood injected with each beat).

Practising race pace is essential in a specific racing programme. An athlete aiming at 14-35 for 5000 metres is basically intending to run 12 x 400 metres at 70 seconds per lap with no recovery. It would be quite incongruous, therefore, for him to do sessions of 20 x 400 metres in 80 seconds, or 4 x 400 metres in 60 seconds. The first session would be too slow and the second would be too fast with not sufficient repetitions.

Neither would be specific to his racing requirements. These would only be met by a session of something like 12 x 400 metres in 70 seconds, with 20 seconds recovery, so that with the stimulus of a race the athlete would then be aiming to run his twelve laps in 70 seconds with no recovery. Likewise, training for a marathon or half marathon involves long runs at race pace for 50 to 75 per cent of the distance during the specific preparation phase.

Several years ago, when I attended coaching courses at Inverclyde Sports Centre, one of the speakers was Alex Perrie, one of Scotland's top middle-distance coaches.

Alex always advised potential coaches to ask themselves the following question when compiling training schedules: "What would Frank Dick (then the Scottish National Coach, now BAAB Director of Coaching) say if he arrived at this particular coaching session?"

The message was clear: all

coaches should be able to justify in physiological terms why they are asking an athlete to do a particular training session. It is not enough to say that a squad does 200 metres repetitions on Tuesday evenings because they have always done so on that particular night, nor is it good enough to get athletes to train together in a group without taking into account the individual training and racing requirements of each member of the squad.

Effective training must be properly planned. It requires careful consideration of the aerobic and anaerobic demands of the event, and its function is to have the athlete specifically fit at the correct time of the year when his or her major competitions are scheduled to take place. Most importantly, training must never be haphazard and whimsical.

After all, what would Frank Dick say if he arrived at your particular training session - and how would you justify your programme?

Schedules

FROM NOW on, the schedules will be aimed primarily at events ranging from early season 10K races to half marathons. They will also develop basic fitness for specific training for the Glasgow 25K and Inverclyde Marathon events later in the year.

Week One

Sunday: 75 to 90 mins cross country
Monday: 60 to 75 minutes fartlek inc 2 x 8 x 70 secs fast (90 secs jog between reps/ 5 mins jog between sets).
Tuesday: 20 to 30 mins recovery.
Wednesday: 60 mins steady.
Thursday: 2 x 1 mile fairly fast (5 mins rest) + 15 mins warm up/cool down.
Friday: Rest or 10 to 15 mins jog.
Saturday: 10 miles steady.

Week Two

Sunday: 75 to 90 mins cross country
Monday: 60 to 75 mins fartlek inc 2 x 15 x 30 secs fast (45 secs jog between reps/ 5 min jog between sets).
Tuesday: 20 to 30 mins recovery.
Wednesday: 70 mins steady.
Thursday: 2 x 1 mile fairly fast (5 mins rest) + warm up/ cool down as above).
Friday: Rest or 10 to 15 mins jog.
Saturday: 12 miles steady.

Week Three

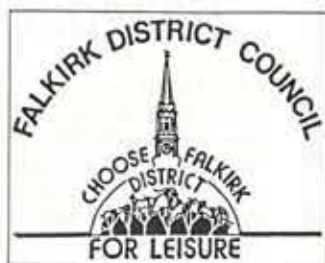
Sunday: 75 to 90 mins cross country
Monday: 60 to 75 mins fartlek inc 2 x 10 x 45 secs fast (60 secs jog between reps/ 5 min jog between sets).
Tuesday: 20 to 30 mins recovery.
Wednesday: 60 mins steady.
Thursday: 5 x 800m fairly fast (3 mins between reps) + warm up/cool down.
Friday: Rest or 10 to 15 mins jog.
Saturday: 10 miles steady.

Week Four

Sunday: 75 to 90 mins cross country
Monday: 60 to 75 mins fartlek inc 8 x 2 mins fast (60 and 90 secs recovery jog respectively)
Tuesday: 20 to 30 mins recovery.
Wednesday: 75 mins steady.
Thursday: 2 x 1 mile fairly fast (5 mins recovery) + warm up/cool down.
Friday: Rest or 10 to 15 mins jog.
Saturday: 13 to 14 miles steady.

Note: Week Three of the schedule can include a road race on the Saturday.

Derek Parker is senior BAAB coach with Kilbarchan AAC.

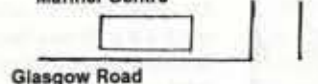


GUIDE TO YOUR FALKIRK DISTRICT SPORTS CENTRES AND HOW TO USE THEM

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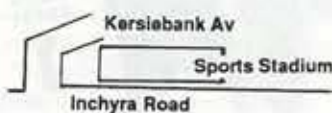
Mariner Centre



Bookings taken from 9 a.m.
Leisure Pool, Games Hall, 2 Squash Courts, Creche, Cafe, Bar, Sauna, Conditioning Room, Sunbeds.

Grangemouth Sports Stadium

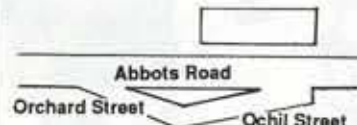
Kersiebank Ave, Grangemouth
Tel: (0324) 483752



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Six Lane Running Track, Cycle Track, Field facilities, Football, Gymnasium, Cafeteria.

Grangemouth Sports Complex

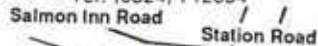
Abbots Rd, Grangemouth
Tel: (0324) 486711



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Polmont Centre

Salmon Inn Rd, Polmont
Tel: (0324) 712654



Bookings taken from 12 noon
Games Hall, Squash Court

Hallglen Centre

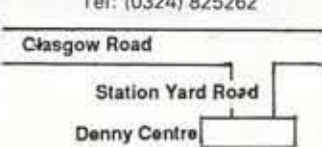
Islands Cres, Hallglen
Tel: (0324) 35425



Bookings taken from 9 a.m.
Games Hall, Community Hall, Committee Rooms, Sunbed, Conditioning Room

Denny Centre

Station Yard, Denny
Tel: (0324) 825262



Bookings taken from 12 noon
Games Hall, Squash Court

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

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

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

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

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

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

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

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

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

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

Open Forum

Roger Booth, former Scottish staff coach for heptathlon and treasurer of the Bank of Scotland Women's League, now has statistics to back up his conviction that standards in younger women's age groups have slumped over the past five years.

Whilst not disparaging the efforts of today's young athletes, he asks how - with more clubs, coaches, competitions and facilities - this has happened.

Theories/explanations from readers will be welcomed.



Yvonne Murray (left), one of the fine crop of young athletes in 1979 and 1980, and Dawn Simpson (right), one of the few athletes whose 1988 mark (2-13.36 in the 800 metres) stands Roger Booth's test of time.

MY FIRST reading of the 1988 rankings for the younger women's age groups (published in the January issue) appears to confirm my belief that standards are now appreciably lower than they were five or ten years ago. I am left with this impression whenever I see results of such meetings as the Bank of Scotland Women's Athletic League, or the various SWAAA Championships, and I know that my opinion is shared by many others in the sport.

I have sometimes suspected myself of comparing the poorer recent performances with the best of earlier years. For instance, I see that only two junior long jumpers cleared 5 metres during the whole of 1988, whereas I can recall 1980 when there were four such performances in the SWAAA West District Championship alone, and five in the Scottish Schools.

Similarly, only two Juniors broke 2-22.0 for 800m in 1988, a time bettered by no less than five athletes in the East v West match of 1978. At Intermediate level, our third ranked 100m runner of 1988 achieved a time of 12.4 seconds, which reminds me that there were five equal or better performances (with a "legal" wind) in the final of the 1984 SWAAA Championships.

Such selective and subjective approaches are obviously dubious, and I have often looked for a more satisfactory way of testing my theory that did not involve lengthy periods of research. However, Ian Steedman's rankings have now given me that opportunity.

I initially restricted my comparisons to the Intermediate and junior age-groups, though later included the Girls as well. Much more research would be required to cover the Euro-Juniors, partly because their performances have only been listed separately in the last year or two, but also because the age-group has recently been extended to include athletes up to a year older than previously.

To obtain some comparison of strength in depth, I have listed in Table 1 the performance of the fourth best athlete in 1988. I chose fourth, because the rankings in some events do not extend any deeper. I have excluded relays and also pentathlon/heptathlon, the



Open Forum

latter because changes in the scoring tables would have made it necessary to recalculate all the results.

Alongside the 1988 performances I have listed the number of athletes equalling or exceeding them in 1982, which was the last year covered by the much lamented Scottish Athletics Yearbooks. Since the hurdles specifications were different in 1982, I have made a similar comparison for 1980, which was the year preceding the temporary change.

Although I have not tabulated the figures here, 1981 produces very similar results. Furthermore, a similar approach comparing the second ranked performance with those in 1980, 1981, and 1982, shows exactly the same trend.

The figures in Table 1 therefore appear to confirm my contention that the depth of the performance in both the Intermediate and Junior age-groups has fallen appreciably compared with those five or ten years ago, though the overall standard amongst our 1988 Girls is possibly slightly higher. The comparison in middle distance events is particularly bad, and our fourth best Intermediate would not even have figured in the top 15 or 20 in the earlier years. The only Intermediate or junior events where there may have been a slight improvement are the throws, notably the discus. On the whole, our Juniors come out of this comparison slightly worse than the Intermediates.

Having satisfied myself that the quality of performance in depth has indeed fallen, I then

Table 1

Event	Fourth ranked 1988	No. better in:	
		1982	1980

Intermediates

100	12.4	9	11
200	25.4	4	6
400	59.1	6	12
800	2-21.02	9+	19+
1500	4-58.4	12+	17+
80H	12.0	-	3
HJ	1.60	5	7
LJ	5.08	10	14
SP	9.71	3	10
DT	32.12	2	4
JT	32.46	3	4

Juniors

100	12.8w	12	19
200	26.5w	12	10
800	2-22.3	13	10
1500	5-03.0	17	9
75H	12.0w	-	12
HJ	1.48	19	16
LJ	4.90	11	13
SP	10.16	3	3
DT	29.14	1	0
JT	26.10	7	6

Girls

100	13.1w	2	4
200	28.28	7	8
800	2-30.2	5	5
HJ	1.35	6	3
LJ	4.63	1	3
SP	8.56	1	1

wondered how the best Scottish performance in 1988 would compare with previous years. To investigate this I prepared Table 2, in which I have listed the best performance in each event in 1988 alongside those achieved in 1982, 1980, and 1976. The number of athletes who equalled or exceeded the 1988 best is shown in brackets.

Comparison between 1982 and 1988 shows that only one in three of last year's performances in the Intermediate and junior age groups were as good as those six years previously. The difference between 1980 and 1988 is even more marked, with reduced performances in 20 out of the 23 events, and only slight improvements in both shots and the Junior discus. There has been improvement in only just over half the events since 1976. However, once again the Girls have generally improved, except in the 800m.

Although a lot of work would be required to make an objective comparison in the pentathlon, current scoring tables generally give a reduction of between 200 and 300 points compared to those in force in 1980 when the event specification was identical. It is clear that the six Intermediates and four Juniors who had scores exceeding 3,000 points in 1980 would have been well ahead of our top scorers in 1988.

It was only after I had completed this exercise that I recalled Ian Steedman's brief analysis of the 1988 rankings, published in the December issue. On re-reading this, and whilst not wishing to deprecate the achievements

of the athletes whose performances were highlighted, I feel their performances often represent a return to the standards of their predecessors, rather than an advance upon them. Sadly, this appears to be more of a Scottish problem, though reference to British Athletics annuals suggest an overall stagnation in first and tenth performances at UK level in a similar period of eight years (1979 to 1987).

Whereas it is good to see that we now have a junior long jumper capable of 5.44m, it should be realised that our leading jumper in the three years up to 1980 always cleared at least 5.50m. Similarly, although we undoubtedly had some very good young sprinters in 1988, reference to the more detailed NUTS statistics will show that only one of them had a "legal" performance (11.99) faster than 12.0 seconds. Quickly looking back through ten years of British athletics annuals, I found at least two such performances for every year except 1984, 1985, and 1987, when there was still one, and as many as six in each of 1981 and 1982.

Interestingly, 1981 was the year in which Scotland won the Home Countries under 21 International, and may have been the climax of a vintage period for young Scottish athletes. Certainly I can identify more than 20 athletes ranked in the Junior and Intermediate lists for 1979 and 1980 who subsequently competed for Great Britain at Junior or Senior level.

In making these comparisons, I am seeking an objective assessment of my general feel-

Open Forum

Table 2

Event	Best 1988	Best 1982	Best 1980	Best 1976
-------	-----------	-----------	-----------	-----------

Intermediates

100	11.62w	11.8w	11.3w (1)	11.7w
200	24.28	24.3	23.11w (3)	23.9 (1)
400	58.1	54.85 (2)	51.16 (5)	55.7 (2)
800	2-13.97	2-08.77 (3)	2-08.8 (7)	2-12.2 (2)
1500	4-37.92	4-22.51 (3)	4-25.5 (4)	4-41.9
3000	10-21.0	9-48.0 (2)	10-11.8 (4)	10-52.0
80H	11.7w	-	11.7w (1)	11.4 (2)
400H	65.4	63.7 (1)	63.7 (1)	66.9
HJ	1.63	1.71 (2)	1.67 (3)	1.66 (1)
LJ	5.87	5.90 (1)	6.15 (1)	5.70
SP	12.85	11.05	12.77	10.28
DT	41.50	36.34	43.04 (1)	36.32
JT	33.40	49.24 (5)	43.14 (5)	47.50 (1)

Juniors

100	12.7	12.0w (5)	12.3 (12)	12.5 (5)
200	25.6w	25.4w (2)	25.29 (2)	25.8
800	2-13.36	2-14.9	2-11.4 (1)	2-17.3
1500	4-49.9	4-39.4 (6)	4-32.0 (5)	4-48.8 (1)
75H	11.09	-	10.8w (1)	11.35
HJ	1.65	1.70 (3)	1.67 (1)	1.61
LJ	5.44	5.30	5.62w (1)	5.23
SP	11.23	12.03 (1)	11.01	11.20
DT	30.82	30.14	28.24	34.20 (2)
JT	31.56	35.14 (2)	36.50 (2)	40.72 (2)

Girls

100	12.68	12.9w	13.0w	13.4w
200	25.4	27.2	26.9	27.7
800	2-26.10	2-22.2 (3)	2-20.7 (3)	2-26.4
HJ	1.54	1.45	1.49	1.48
LJ	5.17	4.74	4.83w	4.92w
SP	9.50	9.45	10.11 (1)	8.97



Kathleen Lithgow, whose 1988 Intermediate sprint marks are the equal of her predecessors.

ings over the last few years. I certainly do not wish to disparage any of our present athletes, but I do wonder why, with the number of qualified coaches and all-weather tracks having risen severalfold, as well as the increase in both clubs and competitions, there has not been a more marked improvement in measurable performances. Perhaps some of your readers have views on this?

Do readers have an explanation for the apparent decline in standards?

Write to:
Open Forum,
Scotland's Runner,
62, Kelvingrove Street,
Glasgow G3 7SA.



Outstanding Girls' sprinter Myra McShannon, whose 100 and 200m marks easily better those of 1976, 1980 and 1982.

West Germans poor opponenets at Kelvin Hall

THE SECOND Dairy Crest indoor international at the Kelvin Hall would never have taken place if it had been a boxing contest. The encounter would have been barred as a mismatch, and the proof of that came when Britain beat the West German visitors by one of the biggest margins in the history of UK athletics: 159-86.

Promoter Andy Norman had warned of the Kelvin Hall being on trial as the future main venue for British indoor athletics. But the withdrawal of Olympic medalists such as Linford Christie and John Regis through injury (though both were fit to compete in the AAA championships six days later) meant that this was not even a UK team calculated to bring out the crowds, though stars such as Colin Jackson and Jon Ridgeon were in the programme.

The visiting Germans were scarcely household names even within the confines of their own homes. The winner of the women's 800m, Gabby Lesch, the former European indoor bronze medalist, was the only member of the visiting squad to have competed in Seoul, and only three of the Germans were ranked in the world indoor top 50.

If any further proof were needed it is the fact that the UK captured every men's event bar the 800m and in only four men's events did Britain fail to score maximum points by taking first and second place. The UK women won all but three events.

Norman in fairness, can scarcely be blamed for the quality of the German team. He confessed later that he has already had his knuckles rapped for attempting to influence the selection of visiting squads. But in an era when the sport is more and more about marketing and promotion, effectively an entertainment industry, there has to be some accountability.

Tickets priced £7 and £4 against £5 and £3 for the inaugural French match a year earlier triggered some complaints. But despite it all, the 3100 fans in the end got value for money thanks to some great competition between the British.

Olympic hurdles silver medalist Colin Jackson was just .02 short of the Commonwealth record with 7.54 sec for the 60m hurdles, and Dalton Grant eclipsed Geoff Parson's two-year-old UK high jump best when he soared 2.31m - a height he had to clear to win an enthralling contest from John Holman.

Mary Anderson improved her Scottish indoor best to 54.46 sec when runner up to Angela Piggford in the 400m, but in the men's 400m Brian Whittle was showing the effects of some 40 miles of training that week for his new event, the 800m.

In a neck and neck struggle with former world indoor record holder Todd Bennett, Ayr's Whittle was forced wide all the way round, and finished third in 47.59 sec.

Tom Hanlon, still suffering from the effects of a virus, was unable to manage any better than third (3-45.49) in the 1500m, and any hopes which the Edinburgh Southern Harrier entertained of a second European indoor championship appearance were extinguished by Mark Kirk (Ballymena) who repeated his Scottish championship success.

One of the best contests was the women's 1500m, where Karen Hutcheson, the 23-year-old former Pitreavie runner now based in Mansfield, had revenge over Nicky Morris, who had beaten her for the Omron Games title at Cosford.

Hutcheson won by just .9 of a second in 4-13.52, which when the SWAAA get round to formalising such matters, should presumably be recognised as a native record. The 5ft 4in powerhouse went on to beat Lynne McIntyre for the 1500m crown at the AAA/WAAA championships a week later, the only Scot to win a title. With it Hutcheson gained European indoor selection.

At that Cosford meeting, incidentally, the AAA shot themselves in the foot. The Health and Safety Inspectorate have no jurisdiction, it seems, on Ministry of Defence property, but were invited to the RAF hanger by the AAA.

After that visit the organisers felt constrained to upgrade the seating to such an extent that, even had every single one of the £6.50 seats been sold, the AAA would have lost £8000. But they lost even more, for the meeting was by no means a sell out, despite the importation of Caribbean Olympians Grace Jackson, Merlene Ottey and Nick Saunders.



Dairy Crest highlights. Michael Rossweiss overcomes a shaky start and ungainly style to win the 60m; Dalton Grant leaps to a British indoor record of 2.31m; and Lesley-Ann Skeete wins the 60m hurdles. All pictures by MARK SHEARMAN.

OVETT'S MOVE NORTH IS A BOOST FOR ATHLETICS IN SCOTLAND

**Pictures: Peter Devlin
Report: Doug Gillon**

STEVE OVETT, the Commonwealth 5,000 metres champion and 1980 Olympic 800m gold medallist, has revitalised Annan and District AC since moving to Kinmount House, a 17-bedroom mansion built for the Marquess of Queensberry in 1812. Ovett's arrival in Dumfriesshire has been the overture to a boom in the numbers training at the club, and has led to a new commitment, most notably by former world junior cross country internationalist Rob Carey.

The first clear evidence came in the West District Championships at Kilmarnock on January 21. Cambuslang won the team honours and Tommy Murray was the outstanding individual, with victory over the gruelling 12,000 metres of sucking mud and steep inclines in 40-21.

But Ovett, seventh and two minutes, 24 seconds behind Glenpark's Murray, led Annan to third place - their first ever medals at district or national level. And a large media presence was testimony to what Ovett, even at 33, can do for the projection of Scottish athletics.

Not, however, in a Scottish vest. Although the Brighton Phoenix man confirmed an interest in competing for Scotland in Auckland, the SAAA have subsequently reaffirmed that the rule change initiated by Kilbarchan at the annual meeting in December will apply retrospectively to Ovett, and others like him.

"I am a little surprised and saddened by that. I would have been happy to run for Scotland before retiring," said Ovett.

When he purchased the Kinmount property last October, only six months' residence was required to qualify to run for Scotland. Now a three year rule is in force.

Ovett, meanwhile, enhanced further his reputation as an athlete's athlete by dashing from a day's commentating at Cosford to turn out the following afternoon at Cumnock, finishing runner-up to Nat Muir and leading Annan to team victory. It is also his intention to compete again in the Scottish Championships at Hawick.





Ayr Land o' Burns

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Ayr and Aberdeen on the right track

By Rhona McLeod

AS THE 1989 season is rapidly
approaching, it's refreshing to
see a couple of relatively new
top-class venues appearing on
the fixture lists. In Ayr we find
the revitalised Dam Park
Stadium, and in Aberdeen, the
Chris Anderson Stadium.

Overlooking the River Ayr
is Dam Park, one of the most
scenic locations in Scottish
athletics. The original red blase,
six lane track has been replaced
with an eight lane, tartan one,
complete with a permanent PA
and international level lighting.
This combined with the fact that
the track lies in a windless,
natural amphitheatre means fast
times are usually on the cards -
eight Ayrshire Championship
records were set at the track's
inaugural meeting.

On the home straight the
track boasts not just a stadium,
but a grandstand which seats
700 spectators. Additional
spectators can view from the
terracing which surrounds the
remaining three sides of the
track. As the stand is situated

right on the edge of the track, a
tremendous atmosphere is
guaranteed as spectators are
close to the athletes and so feel
part of the action. Likewise,
athletes feel inspired onto
greater heights with support in
such close proximity.

Could Dam Park be
Scotland's answer to the Bissett
Stadium?

Nick Larkin, the Sports
Development Officer for Kyle
and Carrick certainly hopes
so. With the London train
stopping twice daily at the
nearby station he says
accessibility is not a problem for
athletes coming from the south.
With Glasgow only 30 minutes
away by car or rail, it's a viable
and realistic venue for major
competitions in Scotland. Apart
from Meadowbank, Larkin
believes Dam Park is

comparable to any other facility
in Scotland - certainly none are
more scenic.

So who is reaping the
benefits of training in such
aesthetic surroundings? Ayr
Seaforth and Troon Tortoises are
regular users, along with athletes
coming from nearby Irvine,
Cumnock and Kilmarnock.
Local school children are also
regular visitors for curriculum
athletics as well as school
competitions.

On the domestic side the
track offers excellent changing
and shower facilities, but as yet
has no permanent cafeteria or
catering area. If the facilities were
developed in the future, this is
one of the areas where Larkin
would like to see money being
spent. And to make Dam Park
absolutely perfect? A
conditioning gym which could
be used in conjunction with the
track, with windows looking out
onto the excellent view of course.

Dam Park is the home track
of Olympian Brian Whittle, who
like most of its users believes it
to produce fast times. Another
who can be seen occasionally is
Tom McKean, who trains there
while in the area visiting his
sponsor, Glen Henderson.

FROM THE south-west we
travel to the north-east to visit
Aberdeen's Chris Anderson
Stadium which opened last
October. Named after the late
vice-chairman of Aberdeen FC,
the facility cost £1.7 million.

There is seating capacity for
1800 spectators in the enormous
grandstand on the home
straight. In the future it is hoped
this will be supplemented with
a new stand built on the east
side of the track.

The sports development
officer in Aberdeen, Gordon
Naismith, is enthusiastic about
the undoubted qualities of the
stadium. He believes it has better
facilities than Meadowbank for
field events athletes. With three
pole vault areas all facing in the

same direction, the length of time
needed to stage a competition
can be greatly reduced as three
vaulters can compete
simultaneously in the same
competition (strange as it may
sound). There are two long jump
and triple jump areas with pits
at both ends to cater for changing
wind directions.

One area in which Naismith
feels improvements could be
made is in facilities for training.
Clearly a large off court area for
throws would be advantageous,
both from the safety point of
view, and for the sake of the
poor groundsman who will
eternally be filling in divots.

At the moment the track is
being regularly used by
Aberdeen AAC and the Bon
Accord Club for disabled
athletes. The schools in the area
are utilising the facility but
Naismith feels they could make
even more use of it.

On the competition scene,
the track boasts an impressive
list of forthcoming events. Major
events include the Scottish
decathlon and heptathlon
championships and a Five
Nations international decathlon
event. Naismith feels one of the
reasons the Five Nations event
is being held at Aberdeen is due
to their abundance of jumping
and vaulting areas.

At £1.7m does Naismith feel
the facility is worth the money?

"We are not in competition
with places like Crystal Palace
or Meadowbank. We would be
delighted to hold major events
but we are not out to buy them
for the sake of it."

Like Dam Park, the catering
facilities have been ignored, but
it is hoped that a cafe will be
added in future developments.

For a track that has only been
open for a matter of months,
things have taken off quickly.
Without the security of even one
competitive season under its
belt, the Chris Anderson
Stadium is facing an exciting and
rigorous season ahead. When
asked to comment on the
stadium, Naismith said: "It's the
best track in Britain, but you'll
find that out for yourselves!"

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THE TON-UP PAST OF PETER FOX



*Story: James Allan
Pictures: David Martin*

WHILE HE'D probably describe his running
career as, "up and down like a bloody yo-
yo", it would be kinder to consider Peter
Fox's talent as mercurial. He has always
been blessed with an abundance of running
talent and an enormous capacity for hard
work - but it is just this willingness to bang
out 90/100 mile weeks that has led to regular
downfalls as he overtrained frequently.

The roots of big mileage training were
buried deep in him from the very beginnings
of his running life.

Coatbridge-born Fox joined Motherwell
Harriers at the same time as he started
secondary school. Then, Motherwell were
part of the same set-up as Clyde Valley AC,
and young Peter soon found himself under
the watchful eye of his first coach, Bert
McKay, and in the company of international
athletes such as Jim Brown and John Graham

during training runs. Not that Fox felt he
was really "partnering" them.

"I used to get gubbed out of sight. It was
eyeballs out every club night," he recalls.

However, the hard training and skilful
coaching paid dividends over the next few
years as his prodigious talent came to the
fore. He won both the 1500 and 3000 metres
in the Scottish Schools Track and Field
Championships in 1978, then went on the
following year to capture the Scottish Youths
Cross Country Championship.

Various Schools titles came his way, but
a particular highlight of this era was an
international schools' race in France over
3000 metres, when Fox finished fourth
behind a promising youngster from Italy.
His name - Stefano Mei!

"We're probably the only two from that
race still running," grins Peter.

Fox's academic ambitions lay in the
direction of medicine and he moved to
Dundee to take up university studies in
October 1979.

He was 17 and doing 90 miles a week.
Fitting this massive total in around studying
and socialising made for problems. After
finishing second in the Scottish Junior CC
Championship as a first year (1980), he was
expecting big things in the World Junior
Championships in Paris. Sadly, he finished
a dismal ninth last.

"I'll never ever be so disappointed about
a race again. It was a turning point in my
running career. I'd always been going up
and up and getting better till that point. But
suddenly I plummeted down. I was
overtraining, studying too hard and not
getting enough sleep.

"In retrospect, a couple of months doing



nothing would have been a better idea than continuing to batter mileage in," he now says.

This was the beginning of a bad time for Peter Fox. His form was patchy and he developed serious throat trouble which culminated in him having his tonsils removed. He was in the wilderness for about two years, before bouncing back to the forefront with a stunning 47-23 in the 1982 Tom Scott Road Race.

"That was a big surprise to me. I'd just been doing 80 miles a week, plodding along, not overdoing it. It came right on the day - I thought I was getting back," he recalls.

However, your man couldn't be content with 80 miles a week and he bumped the mileage up again. "I wanted to run track but I never really trained for it. It was just mile mania with me. I was obsessed with hitting a big total," he says.

At this time Fox would emerge from weeks of studying furiously to get his degree to find another big race passing him by. Or alternatively, he would succumb to an injury or illness just trying to fit too much training in. But just when he was likely to be written off as a burnt-out teenage star he would pull out another stellar performance.

"I got fourth in the Glasgow University 5 in 1982 while I was doing 110 miles a week. I was as fit as I'd ever been in my life. Racing every week, getting in good speed sessions, finishing well up in races - and then I caught pneumonia."

At the time Peter was living the life of the archetypal student. In a damp, draughty garret with some other medical students. It even had rats.

"Well, one rat anyway!"

In spite of the ups and downs, his university years were great times. By some strange quirk of running fate, Fox found himself at Dundee University studying and running with Stevie Marshall, Ritchie Barrie, Hugh McKay and Paul Dugdale. Class runners all, they were half the makings of a top E to G team and as a university outfit they were unstoppable, winning everything in sight.

Peter qualified in medicine in 1984, and as well as taking on the mantle of Dr Fox, he now had 100 hour working weeks as a hospital house officer to go with his 100 mile training weeks.

Of course it proved impossible for him to keep his running going at the same high intensity. Work had to come first and sometimes running along a hospital corridor in the middle of the night was the closest he'd come to a daily run.

Even top runners put on the pounds when they stop training and Fox was no exception. "I was fat. I didn't think I was, but when I was running on the track my pals kept kidding me on because I was a fat sod."

In typical Fox style this Fat Boy (a stone and a half over his racing weight) still managed a top 25 placing at the National that year.

"These were the days when I was a junior house officer and I was always knackered from all the work. It amazes me how well Alastair Douglas has run over the last six months with the workload he's got as a junior doctor. I think it really shows just how much talent he's got."

After the by now familiar infrequent flashes of his true form, Peter popped up with one of his very best performances in January 1986. He won the West District CC Championships by over 30 seconds from Chris Robison as he simply ran away from the field.

This is a pattern that has continued throughout the past few years. Excellent victories set against long periods of work-induced hibernation or loss of form.

A working holiday in New Zealand in early 1987 as team doctor for his English club, Birchfield, was intended to set him up for a successful summer track season. As it was, he didn't wait for the summer to come, taking his personal bests down to 3-50 and 8-16 respectively at 1500m and 3000m while he was Down Under. Fox didn't improve on those times throughout the summer, but the talent was there, no question. A win in a high class 10K at Inverness (29-29) and a third and fourth in the Stirling 10K and half marathon proved that.

The winter of 1987-88 came and went with a 30th place in the English National and a cruel fourth in the Scottish. Tired of being a nearly man, Fox made the decision

to move up and make a serious attempt at the marathon.

But he won't be making his old mistake of bashing out 100 mile plus weeks until he breaks down. Now Peter works on a three week hard, one week easy, principle. He's surprisingly philosophical about his days of over-doing it.

"The problem is telling someone they're over-training and getting through to them. Almost every runner over-trains to a degree. The only way you can stop some runners doing too much would be to lock them up."

"I used to push it too hard. I've got a better idea of when to take it easy now. Actually, I even give myself occasional rests now..." he laughed.

This new mature attitude, allied to the part-time ("extremely part-time...") nature of his current medical post at a local Dundee hospital, has led to some sparkling performances on the country this winter. The high point was a well-deserved bronze medal at the recent East District Championships.

Peter now runs in the blue and white quarters of his adopted club Dundee Hawkhill Harriers, and his presence along with that of Liz and Peter McColgan has had much to do with their recent emergence to the forefront of Scottish athletics.

He is a keen and enthusiastic clubman, and is always willing to work his own training in with club track sessions. Indeed, his presence as part of what's affectionately



It's still a hectic life for Peter Fox, but the 100-hour working and 100-mile training weeks are now over. On opposite page, Peter examines an X-ray with nurses at Dundee Royal Infirmary. "He's a popular man," says our photographer enviously.



known as "Lizzie's group" ensures that the repetitions are kept at a high quality. Peter always finds time to pass on words of advice to the younger Hawks athletes, and in turn he too is grateful for the support his new clubmates give him.

Fox is enjoying a more settled lifestyle in his adopted city these days and with the constant support and encouragement of his longtime girlfriend, Vicky, he feels it's time for a new challenge.

While admitting that he will have to pick up the strings of his career at some point, for now his medicine is on hold as he embarks on a marathon campaign. The plan is for a debut marathon in the spring, with Belfast the most likely option. With one under his shoes, so to speak, he intends a completely

committed attempt in the autumn with Birmingham as his target.

"Actually, the reason I started running was because I always thought I'd be better at the longer stuff. When I started out my heroes were Ian Thompson and Dave Bedford. I always fancied having a go at a marathon but I used to think I was too young. Now I think it's about time I tried one properly."

"I'd like to think I could run 2-20 first time out, but that's just a broad target."

And a very modest one for one of the most cheerful, popular and talented athletes on the Scottish scene today. Hopefully, this will be the year when Peter Fox puts it all together, hits the target, and leaves a lasting marathon mark.

FOX FACTS...

Occupation: Doctor
Born: Coatbridge
Height: 5' 8"
Weight: 9st 3lb
PB's: 800, 1-56; 1500, 3-50; 3000, 8-09; 5000, 14-16; 10,000, 29-29 (road); 29-50 (track); 10 miles, 47-23; half marathon, 65-10

Typical winter schedule:

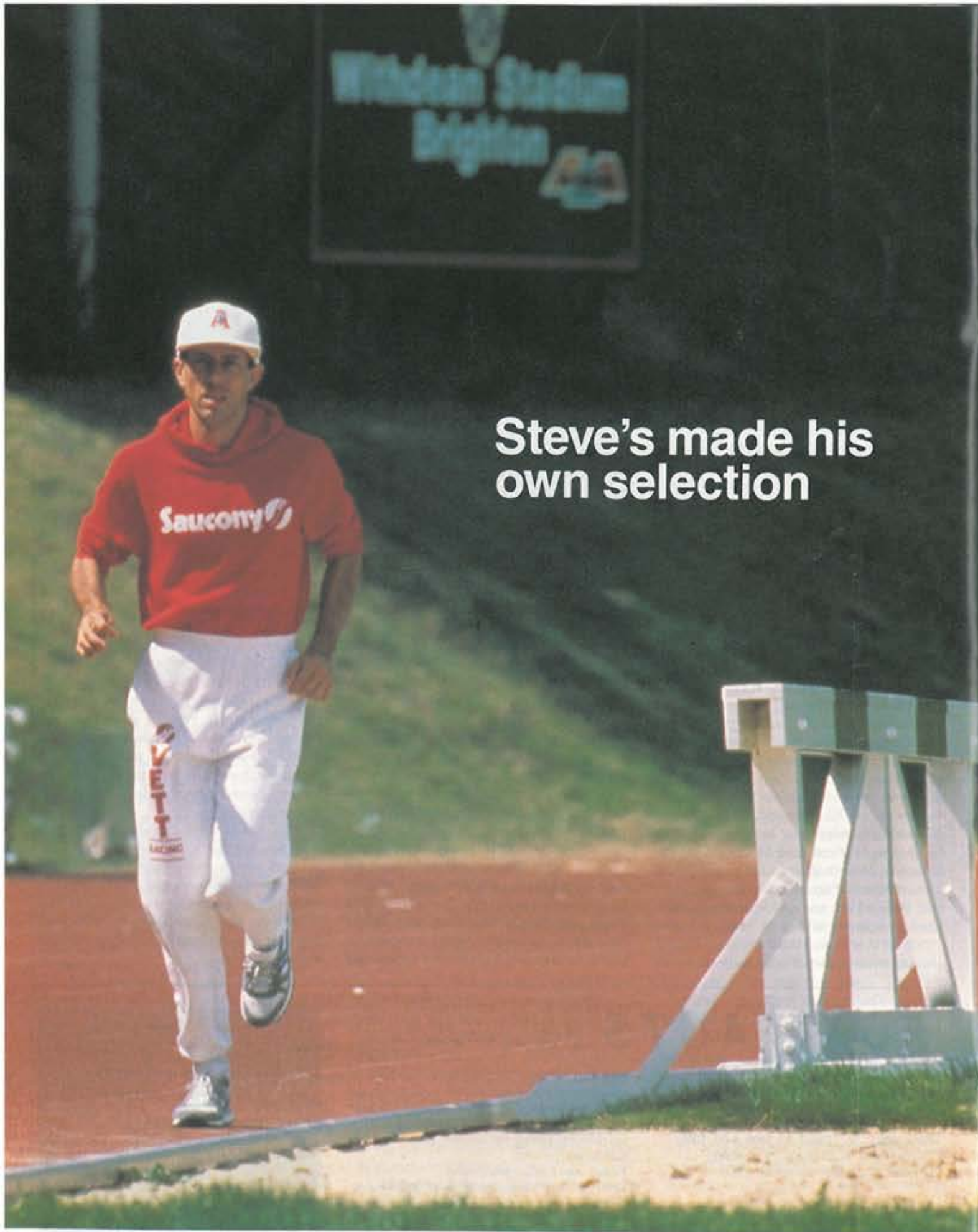
Monday: am: 5 miles; pm: 6 miles stepping stones (5 min mile/6 min mile x 3)
Tuesday: am: 5 miles; pm: club track session (something like 16 x 400 in 64 sec with 1 min recovery)
Wednesday: am: 5 miles; pm: 10-15 miles steady.

Thursday: am: 5 miles; pm: club track session (usually something faster like 8 x 300 in 41/42 secs with 3 min recovery, or, 3 x 150/300/600 with same jog recovery as rep, or, 150/200/150 fast with 90 sec recovery, moving rep distance up by 10 metres each time.)

Friday: am: 5 miles; pm: 5 miles
Saturday: am: 5 miles (or 3 if race); pm: race or fartlek
Sunday: am: 15-20 miles.

THE 5 mile runs are at a steady pace according to how Peter feels. He admits there are times when for one reason or another he can't always do the session he had planned in his schedule, but if he can't fit it in it doesn't matter. The obsession with always hitting a specific target has long gone.





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Clydesdale Harriers

CLYDESDALE Harriers, who celebrated their centenary in 1988, are in great shape to look forward to the next 100 years with confidence.

Only four years ago things didn't look at all bright for the Clydebank-based club, with just three coaches on the books and morale fairly low, except among senior middle and long distance runners.

The men's track and field team were struggling at the bottom of the Scottish Athletics League, there was a lack of competitors for field events, and little sign of young talent coming up through the ranks.

A pretty grim picture it was - and one that is probably not unfamiliar to many Scottish clubs. But the last few years have seen a remarkable transformation as the club pulled together to reverse the decline.

Club members and parents worked hard to gain coaching qualifications in a variety of track and field events, a comprehensive weekly club training timetable was

Report: Michael McQuaid
Pictures: Peter Devlin



Clydesdale sprinters Lynn Hardware and Craig McDaid lead off Ann Murray, Allan Williamson and David Nish during an evening training session, above. Below: some club members.

established, and a recruitment drive was launched with youngsters from local schools encouraged to try athletics at Monday training sessions and special coaching days.

Their efforts have clearly borne fruit. The best indicator of the improvements that have taken place is the position of the men's team in the Scottish League. They are now an established Division Two outfit, and, with more and more young athletes becoming eligible for the team, competition for places - let alone points in the league matches - is sure to be intense this summer.

In 1985 the coaching set up consisted of Bill Hislop (sprints), Brian McAusland (middle distance) and Derek McGinlay, a long standing club coach though he had never taken any official qualification.

Now they have been joined by Bobby Shields and Josephine Giblin (both middle distance), Scott Govan (high jump), Emily Hardware (long jump), David Gibson (pole



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vault), Agnes Gibson (shot, discus and hammer) and Bobby Bell (shot, discus and hammer).

Most have official qualifications and by the end of last year javelin was the only event in which the club could not offer specialist coaching. "But we do have a likely candidate for that," said Brian McAusland, who has the viewed the developments of recent years with delight.

McAusland has been very much to the fore of things. Two years ago he gave up his post as Scottish secretary of the British Milers' Club in order to devote time to Clydesdale. "We have had a coaching committee in existence for two and a half years now with meetings at approximately six

monthly intervals," he explained.

"This committee has given the coaches a group identity, helped organise the coaching around a range of venues so that no one coach is really overburdened, helped set up long term objectives and been a means of passing information from one coach to another."

There are specialist training nights at a number of venues including Glasgow's Crownpoint track, the Kelvin Hall, and local facilities such as Whitecrook Community Education Centre.

Brian described the continuing support of the club committee as "magnificent". They have funded the education of coaches in a variety of ways.

With an eye to the future, the club maintain a high profile among schools in Clydebank. For example, a free bus has been laid on annually to a major primary schools championship, and primary schools in Clydebank have been given information on the AAA's 5-Star Awards Scheme.

"Also, Bill Hislop's Monday night sessions in Kilbowie Primary School are excellent introductory sessions for primary and younger secondary pupils," says Brian McAusland.

"Coaching within the club is going very well. We still have a long way to go to meet our target of one coach for every 15 club members, but given the current level of enthusiasm and club support, we shall get

there."

In 1985, the men's track and field team were second bottom of Division Three of the Scottish League and had to re-qualify or take a step down to the newly created Division Four in 1986. They managed to avoid the drop, and in the following summer consolidated their position in Division Three. Team members then like David Ross, Ally McLeod, Peter Halpin, James Austin, Phil Dolan and John Hanratty still provide the mainstay of the team today.

The tide had most certainly turned, and in 1987 Clydesdale finished second out of eight teams to win promotion to Division Two. The runners made a valuable contribution but the improvement in the

technical events - helped by the club's new coaching structure - was the main difference.

As the teams in many sports will testify, it's often more difficult to stay up in a higher division than to win promotion in the first place. But Clydesdale not only survived their first session in Division Two, they missed promotion by the narrowest of margins.

"Every man pulled his weight through last season, and the enthusiasm for this new challenge was evident in every match where we managed to turn out all our best men almost every time," said McAusland.

"Coach Scott Govan produced two excellent youth high jumpers, Jason Allan and Max Hepburn, who after early support from Bobby Bell junior, made a great contribution to the team's success.

"Bobby Bell's group of throws specialists really came good with new man Ian Busby teaming up with young Lachie Carter in the shot, and with Tom Milne in the hammer. Lachie also threw the discus and javelin with Tom Carlin. None of these four was ever lower than third in his respective events.

"We also produced a pole vault specialist in David Gibson - he took up the pole vault in order to help produce



Clydesdale coaches, left to right from back. Bill Hislop, Emily Hardware, Robert Bell, Agnes Gibson, Brian McAusland. Front: Bobby Shields, Derek McGinlay.

young pole vaulters for 1989 but turned out to be a natural for the event!" McAusland enthuses.

"The sprinters and middle distance runners as usual worked hard for us all season, and the fact that promotion to Division One was missed by only one point in our first season in the division is testament to the effort put in by everyone."

Clydesdale feel they are in

a position to do even better this summer, with the addition to the team of promising youngsters like middle distance runner John Watt, sprinter Craig McDaid and jumpers Donald Govan and Joe Connolly.

"Compared with 1985 we have a stronger, younger and more confident team," said McAusland. "We are in a position to coach and assist the athletes in a more positive fashion, and there are many more youngsters about to make the transition to the senior ranks. What's more, we have done it all within our resources, without having to import Anglos or run athletes who are first claim with clubs in the Highlands or Borders.

"Next season our aim must be to perform even better than last, and if promotion comes we will not turn it down."

Clydesdale Harriers have a proud history with a string of road, cross country, track and field internationalists to their credit over the years.

Probably their most famous sons are Dunky Wright and Jock Semple. The annual Dunky Wright road race organised by the club is an established fixture on the Scottish calendar, and last November saw the first Jock Semple Cross Country Races held in memory of the former club member who emigrated to the United States, but never forgot his roots, and was a great financial supporter of Scottish Athletics until his recent death.

There are now over 150 club members, and while male athletics have been to the fore, officials are encouraged by the progress made recently on the women's side and hope they will soon be making their mark.

All in all, there's a great deal of optimism down Clydebank way as one chapter in the club's history ends and another exciting one starts.



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ALL-TIME SCOTTISH

100m			400m			35-55.3			28-39.69		
(Automatic timing only)											
10.11	Allan Wells	24/7/80	44.93	David Jenkins	21/6/75	3-55.3	Peter Stewart	10/6/72	28-39.69	Nat Muir	25/5/86
10.20	Cameron Sharp	24/8/83	45.22	Brian Whittle	25/9/88	3-56.8	Ian McCafferty	11/6/69	28-42.0	Dick Wedlock	05/6/70
10.20	Elliot Bunney	14/6/86	46.49	Roger Jenkins	06/9/75	3-56.9	Ronald Spiers	30/4/77	28-45.25	Jim Dingwall	15/7/78
10.21	Jamie Henderson	06/8/87	46.76	Peter Hoffmann	12/6/76	3-57.3	Ian Stewart	11/6/69	28-48.99	Norman Morrison	16/8/73
10.34	Drew McMaster	09/7/83	46.92	Mark McMahon	08/9/85	3-57.59	Ad'n Weatherhead	31/5/75	28-50.6	Jim Alder	01/8/69
10.36	David Jenkins	24/6/72	46.95	Iain Cuthbertson	17/8/79	3-58.05	David McMeekin	30/8/76	28-51.5	Andy Robertson	28/4/83
10.46	Leslie Piggot	15/7/72	46.97	Martin Johnston	25/5/85	3-58.28	Adrian Callan	13/7/86	28-58.75	Lawrie Reilly	01/8/75
10.46	George McCallum	01/7/84	47.0 y	John McIsaac	22/7/58	3-58.7	Norman Morrison	31/5/71	29-02.35	Neil Tennant	13/6/86
10.49	Angus McCuaig	17/7/84	47.0	Andrew Walker	09/5/87	3-58.8	Lawrie Spence	12/9/77	29-03.36	Peter Fleming	13/6/87
10.52	Donald Halliday	08/9/73	47.11	Jim Nicoll	14/6/86	3-59.1	Ron McDonald	01/9/75	29-10.4	Fergus Murray	11/9/64
10.56	Sam Lee	31/8/85	47.2	Ricky Taylor	13/6/70	3-59.2	Mike Berisford	18/8/62	29-19.50	Douglas Frame	30/6/84
10.66	Steve Graham	06/7/83	47.2 y	David Walker	20/3/71	3-59.29	Alistair Currie	03/8/85	29-19.91	Ian Gilmour	24/7/82
10.68	Peter Little	20/9/80	47.2	Stuart Bell	05/7/72	3-59.58 i	Colin Hume	05/3/83	29-22.0	Fraser Clyne	06/4/83
10.69	John Wilson	13/7/79	47.4 y	Chris Lindsay	20/6/59	4-00.1	Tom Hanlon	31/8/87	29-22.0	Graham Laing	06/4/83
10.73	Angus McKenzie	07/8/81	47.5	Andrew Wood	08/8/70	4-00.9	John McGrow	21/8/66			
10.75	Mark Learmonth	29/6/80	47.53	Cameron Sharp	03/5/86	4-01.0	Hugh Barrow	28/5/68			
10.77	Bruce Livingstone	30/6/79	47.6	Eric Liddell	11/7/24	4-01.1	Ken Ballantyne	21/7/65			
10.77	Roy Herron	13/7/85	47.6 y	Menzies Campbell	12/5/65						
10.79	Brad McStravick	24/5/86	47.60	Tom McKean	14/6/86						
10.80	Stephen Shaw	20/8/88									
Wind Assisted			800m			3000m			Marathon		
10.02	Wells	04/10/82	1-44.45	Tom McKean	15/9/87	7-45.81	John Robson	13/7/84	2-09-16	Allister Hutton	21/4/85
10.07	Sharp	04/10/82	1-45.66	Paul Forbes	08/6/83	7-46.83	Ian Stewart	26/5/76	2-09-28	John Graham	23/5/81
10.11	McMaster	26/6/83	1-45.6	G'ham Williamson	12/6/83	7-49.36	Nat Muir	16/5/79	2-11-44	Jim Dingwall	17/4/83
10.26	Little	21/5/80	1-45.76	Frank Clement	10/7/76	7-52.82	Lawrie Spence	09/9/77	2-11-50	Fraser Clyne	02/12/84
10.36	Piggot	15/7/72	1-46.63	Peter Hoffman	11/6/78	7-53.06	Colin Hume	23/7/85	2-12-04	Jim Alder	23/7/70
10.38	Halliday	17/7/70	1-46.8	David McMeekin	06/6/74	7-53.61	Peter Stewart	13/3/71	2-13-30	Lindsay Robertson	25/10/87
10.40	McKenzie	25/8/81	1-47.4	David Strang	23/4/88	7-55.03	Ron McDonald	22/5/74	2-13-45	Alastair Wood	09/7/66
10.43	Graham	21/4/84	1-47.5	Stuart Paton	06/8/58	7-56.21	Ian McCafferty	25/2/67	2-13-59	Graham Laing	29/3/81
10.45	Lee	26/6/83	1-47.53	Jim Paterson	29/6/57	7-56.62	Neil Tennant	16/7/88	2-14-15	Donald Macgregor	31/1/74
10.56	Neil Turnbull	05/7/86	1-47.7	Mike McLean	13/6/70	7-56.78	Allister Hutton	22/8/81	2-14-23	Andrew Robertson	21/6/81
10.63	McStravick	25/5/84	1-47.8	John Robson	30/7/77	7-57.11	G'ham Williamson	13/7/80	2-15-27	Alex Wight	08/5/71
10.65	Ian Turnbull	17/7/70	1-47.88 y	Duncan Middleton	15/7/67	7-57.3	Ross Copestake	17/8/83	2-15-28	David Clark	09/5/82
10.66	Alan Trimby	04/7/87	1-48.19	Graeme Grant	28/5/66	7-57.6	Frank Clement	09/5/76	2-15-32	Fergus Murray	23/7/70
10.70	Johathan Stark	27/8/78	1-48.45	Nick Smith	02/7/88	7-57.8	Jim Dingwall	17/6/75	2-15-43	Jim Wight	08/5/71
10.70	Livingstone	21/6/80	1-48.6 y	John Wenk	22/5/61	7-57.8	Gordon Rimmer	18/5/83	2-16-01	Andrew Daly	21/4/85
10.71	Stephen Scott	6/7/86	1-48.90	Ken Glass	22/8/81	7-58.6	Chris Robison	15/7/86	2-16-12	Lawrie Spence	30/9/84
			1-49.0	Ray Weatherburn	08/5/76	7-58.83	George Braidwood	23/7/85	2-16-50	Colin Youngson	28/6/75
			1-49.01	Hamish McInnes	18/5/83	7-59.39	Robert Cameron	14/6/86	2-16-51	Alasdair Kean	17/4/83
			1-49.1	Ronald Spiers	21/5/76	8-00.4	Lawrie Reilly	11/7/78	2-17-04	Paul Kenney	30/9/84
200m			1500m			5000m			3000m s/chase		
20.21	Allan Wells	28/7/80	3-33.83	John Robson	04/9/79	13-17.9	Nat Muir	15/7/80	8-20.73	Tom Hanlon	10/7/88
20.47	Cameron Sharp	09/9/82	3-34.01	G'ham Williamson	28/6/83	13-19.66	Ian McCafferty	15/7/72	8-26.6	Gordon Rimmer	04/6/80
20.66	David Jenkins	27/8/73	3-35.66	Frank Clement	12/8/78	13-22.8	Ian Stewart	25/7/70	8-31.09	Ian Gilmour	16/7/78
20.77	Drew McMaster	09/7/83	3-38.2	Peter Stewart	15/7/72	13-34.02	John Robson	26/6/81	8-33.8	Gar'th Bryan-Jones	23/7/70
20.86	Angus McCuaig	28/5/84	3-38.59	Tom Hanlon	11/6/88	13-37.73	Lawrie Spence	13/5/78	8-39.30	John Graham	16/7/78
20.90 y	Menzies Campbell	23/6/67	3-39.1	Ian Stewart	01/9/69	13-40.8	Bill Mullet	01/9/69	8-40.8	Bill Mullet	01/9/69
20.93	George McCallum	30/6/84	3-39.43	Alastair Currie	19/7/85	13-41.4	Allister Hutton	23/8/80	8-41.4	Alastair Blamire	02/8/69
21.11	Jamie Henderson	08/8/87	3-40.04	Stuart Paton	17/7/84	13-46.60	Lachie Stewart	03/8/68	8-41.6	John Linaker	06/8/66
21.14	Elliot Bunney	02/8/87	3-40.9	Ronald Spiers	22/5/76	13-47.02	Norman Morrison	18/8/73	8-44.8	Lachie Stewart	09/7/66
21.23	Sam Lee	15/7/84	3-41.12	Adrian Callan	16/7/88	13-47.28	Ad'n Weatherhead	24/7/71	8-46.27	Richard Charleston	18/6/82
21.24	Peter Little	21/8/77	3-41.35	Ad'n Weatherhead	02/8/75	13-48.0	Jim Dingwall	23/8/75	8-47.02	Colin Hume	25/5/86
21.30	Angus McKenzie	22/8/81	3-41.75	Nat Muir	20/6/81	13-48.14	Gordon Rimmer	18/8/79	8-47.5	Nigel Jones	11/7/81
21.34	Brian Whittle	28/7/86	3-42.2	Iain McCafferty	22/7/70	13-49.0	Fergus Murray	22/7/64	8-47.8	William Ewing	08/6/68
21.35	Neil Turnbull	13/6/86	3-42.22	Colin Hume	24/4/82	13-49.47	Neil Tennant	18/6/88	8-50.54	Ad'n Weatherhead	12/7/74
21.40	David Clark	17/8/88	3-42.39	Ian Archibald	18/6/83	13-49.6	Paul Bannan	08/5/76	8-51.11	Graeme Croll	23/7/88
21.46	Martin Johnston	09/9/86	3-42.8	James Webster	27/8/84	13-50.85	Ian Gilmour	14/9/79	8-53.2	Ian Elliot	17/9/77
21.48	Graham Malcolm	17/6/83	3-43.0	Ron McDonald	14/7/72	13-51.20	Peter Fleming	09/5/87	8-53.5	Robert McKim	23/4/78
21.55 i	Willie Fraser	17/1/88	3-43.1	David McMeekin	17/7/74	13-52.64	Brian McSloy	18/8/79	8-54.0	Bill Sheridan	23/4/78
21.58	Paul Gilroy	17/6/83	3-43.42	Don McMillan	14/6/86	13-54.6	Lawrie Reilly	10/7/76	8-54.86	Ian Steel	23/7/88
21.60	Mark Learmonth	29/6/80				13-56.0	Gareth Bryan-Jones	16/5/69	8-55.2	David Gillanders	11/9/77
Wind Assisted			10,000m			110m hurdles			High Jump		
20.11	Wells	20/6/80	27-43.03	Ian Stewart	09/9/77	14.11	Neil Fraser	11/7/87	2.30 i	Geoff Parsons	25/1/86
20.64	McMaster	23/8/80	27-59.12	Allister Hutton	30/5/86	14.21	David Wilson	15/7/72	2.20	Brian Burgess	11/6/78
20.91	Little	21/5/80	28-00.62	Jim Brown	01/8/75	14.28	Angus McKenzie	25/5/80	2.14	Angus McKenzie	31/5/75
21.02	Turnbull	05/7/86	28-11.8	Lachie Stewart	18/7/70	14.38	Glenn MacDonald	22/8/82	2.12	Ben Thomson	28/6/86
21.07	Clark	20/8/88	28-36.6	Paul Bannan	24/4/76	14.38	John Wallace	15/7/84	2.10	Trevor Smith	31/8/80
21.08	Bunney	23/6/84	28-39.35	Chris Robison	20/6/86	14.38	John Wallace	15/7/84	2.08	Ross Hepburn	29/7/78
21.17	Lee	30/6/85							2.07	C'ford Fairbrother	19/9/64
21.28	Donald Halliday	21/7/70							2.06	Ronald Fullelove	09/8/75
21.31	Stuart Bell	21/7/70							2.06	Russell Willsmer	07/9/80
21.31	Steve Graham	13/8/83							2.06	David Barnetson	18/5/88
21.35	Stephen Scott	06/7/86							2.05	David Wilson	23/5/70
21.40	Bruce Livingstone	08/7/79							2.05	Eddie Leighton	-/7/87
y: 220 yds time - 0.12 sec			Mile			(Automatic timing only)			2.05	Stephen Ritchie	28/5/88
			3-50.64	Graham Williamson	13/7/82	14.11	Neil Fraser	11/7/87	2.05 i	Graham McAslan	15/1/89
			3-52.44	John Robson	11/7/81	14.21	David Wilson	15/7/72	2.05 i	Alan Scobie	15/1/89
			3-54.2	Frank Clement	27/6/78	14.28	Angus McKenzie	25/5/80	2.03	Douglas Hendry	03/6/78
									2.02	Alan Paterson	02/8/47
									2.02	David Kidner	29/7/72
									2.02	Callum Orr	09/7/83

MEN'S RANKING LISTS

14.74	David McCutchn	16/6/84																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
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Senior Boys' Rankings

THE SCOTTISH Senior Boys' rankings for 1988 (athletes born 1973-74) indicate a fairly average year. The only event at a best-ever level is the high jump, and tenth place performances are otherwise close to the average for the last 20 years (1987 tenth shown in brackets).

At this level, fewer competitions are recorded. Some athletes may have better marks in local school competitions, but the bigger events are included courtesy of the SSAA.

There are no UK all-time lists for boys yet, but in Scottish terms the following are new inclusions: C. Allan (8th, 100m), Purves and Murray (3rd and 10th, 400m), McCafferty (2nd, 3000m), Lorrain-Smith and Tupman (6th and 7th, 800m), Hanna (8th, PV), S. Allan and Craig (7th and 10th, TJ), Bunker and Irvine (3rd and 8th, HT), and Dickie (4th, JT). Also, Ingram Murray's 58.4 over 2'9" hurdles is superior to any recorded over the Boys' 2'6" height!

Boys are often growing rapidly at this age, and the later indoor events (to be listed separately) already show improvements. The current crop of jumpers and shot putters should benefit in particular from extra competitions. Overall, there may be few outstanding athletes, but there are good groups at clubs like Clydebank, Pitreavie, and Inverness, so the future stars may for once not lose interest too early, and come from those listed here - not usually true, unfortunately.

My thanks to those who have written with results, in particular Ms Trotter and Mrs Scott, and extra marks or corrections have been gratefully noted, even where they were too late for inclusion.

Jeff Carter

100m

(1987: 11.9)

11.2 w	C. Allan	InvH
11.4 w	C. Joiner	Pit
11.5 w	S. McGeoch	Chead
11.5 w	S. McAllister	Bella
11.5 w	S. Cumming	ESH
11.7 w	P. McLaughlin	Cbnk
11.7 w	R. Brown	CReg
11.8	G. Purves	Black
11.8 w	I. Fitzsimmons	Irv
11.8 w	S. McGowan	Shett

200m

(1987: 24.4)

23.27 w	C. Joiner	Pit
23.3 w	S. Cumming	ESH
23.53 w	R. Brown	CReg

23.80	G. Purves	Black
23.8 w	P. McLaughlin	Cbnk
23.9 w	S. McGowan	Shett
24.0 w	D. Steel	AyrS
24.0 w	M. Burns	Peter
24.2 w	R. Dale	AyrS
24.2 w	S. Tobin	Cbnk

400m

(1987: 54.9)

51.63	G. Purves	Black
52.4	I. Murray	InvH
53.8	D. Sutherland	InvH
53.9	R. Dale	AyrS
54.1	S. McGowan	Shett
54.2	A. Keelan	Aber
54.95	A. O'Hare	Dum
55.0	S. Allan	Pit
55.1	H. Butt	Hutch
55.1	C. Young	Cbnk

800m

(1987: 9 to 2-06.9)

2-03.0	E. McCafferty	Camb
2-03.13	D. Halliday	Shett
2-03.7	C. Young	Cbnk
2-04.25	N. Johnstone	ESH
2-04.65	B. McMillan	CReg
2-06.2	A. Tulloch	FVH
2-07.0	G. Danskin	Moth
2-07.0	C. Nicolson	Andov
2-07.4	I. Forbes	St'hvn
2-07.8	I. Murray	InvH
2-07.8	P. Parsons	West

1500m

(1987: 9 to 4-24.4)

4-15.8	D. Halliday	Shett
4-16.53	C. Greenhalgh	VP
4-17.7	E. McCafferty	Camb
4-21.6	I. Murray	InvH
4-23.0	C. Nicolson	Andov
4-23.5	S. Russell	FVH
4-24.10	M. Kelso	Pit
4-24.2	N. Johnstone	ESH
4-25.1	M. McBeth	Camb
4-25.3	D. Fotheringham	Cbk

3000m

(1987: 2 to 9-38.9)

9-13.8	E. McCafferty	Camb
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1500m s/c

(1987: 5-05.6)

4-44.2	E. McCafferty	Camb
4-50.2	D. Hands	InvH
4-53.57	M. Kelso	Pit
4-54.7	N. Johnstone	ESH
4-56.4	S. Pringle	East
4-57.7	S. Meldrum	Pit
4-57.9	M. McBeth	Camb
5-05.2	J. Gowans	Tay
5-10.4	A. Moonie	Fife
5-11.5	K. Cross	InvH

80mH

(1987: 6 to 13.0)

11.7	M. Lorrain-Smith	Inv
11.7 w	A. Tupman	East
11.8 w	I. Dickie	AyrS
11.9 w	C. Jessiman	Aber
12.2 w	G. Lockett	Glen
12.3	I. Lind	Aber
12.3 w	D. Brown	Inv
12.4 w	S. Tobin	Cbnk
12.80	D. Thomson	Hutch
12.8	S. Waugh	Camb
12.8 w	N. Anderson	Hutch
12.8 w	R. McGlashen	EdAc

400mH

(1987: 4 to 68.0)

63.7	D. Thomson	Hutch
66.0	M. Milne	Chead
69.8	B. Singh	Boclair
Over youths' hurdles:		
58.4	I. Murray	InvH

High Jump

(1987: 1.60)

1.75	G. Smart	VP
1.73	G. Lockett	Glen
1.70	B. Forsyth	Aber
1.70	G. Woods (JB)	Camb
1.70	M. McDowall	Stran
1.70	M. O'Rourke	West
1.67	N. Erskine	Chead
1.66	P. Williamson	InvH
1.65	T. Smith	EAC
1.65	G. McNeill	West
1.65	P. Birrell	Pit

Pole Vault

(1987: 4 to 2.10)

2.91	N. Hanna	EdAc
2.50	M. Vidler	EdAc

Long Jump

(1987: 5.55)

6.08	D. Stephen	Peter
5.97	R. Dale	AyrS
5.80	M. Lorrain-Smith	InvH
5.76	S. Allan	Pit
5.71	A. Cowie	Banch
5.66	P. Williamson	InvH
5.62	R. Hannay	Cbnk
5.60	S. Tobin	Cbnk
5.60	J. Gilbert	FVH
5.57	C. Muir	Cbnk
5.56	M. Craig	Cbnk

Triple Jump

(1987: 11.02)

12.49	S. Allan	Pit
12.31	M. Craig	Cbnk
12.08	S. Waugh	Camb
11.75	M. Patterson	Arb
11.66	M. Findlay	Doug

11.66	I. Lind	Aber
11.59	C. Allan	InvH
11.50	C. Muir	Cbnk
11.49	J. Gilbert	FVH
11.48	F. Healy	West

Shot Putt

(1987: 11.44)

13.07	L. Sandercombe	East
13.01	I. Love	Pen
12.65	D. Minty	Peter
12.62	S. Harkin	QVS
12.30	N. Martin	Glas
12.04	I. McArthur	Black
11.85	C. Allan	InvH
11.70	G. Wright	Ding
11.68	J. Stuart	NEast
11.56	J. Riley	Shett

Discus

(1987: 30.50)

36.00	D. Ridland	EdAc
35.68	D. Minty	Peter
35.62	K. McCann	ESH
35.40	L. Sandercombe	East
34.60	S. Bunker	Helens
34.54	C. Allan	InvH
33.26	D. Stephen	Peter
33.14	S. Harkin	QVS
32.34	A. Harvey	AyrS
31.72	P. Ballantyne	EdAc

Hammer

(1987: 8 to 14.82)

46.20	S. Bunker	Helens
41.76	S. Irvine	MCS
28.28	R. MacKinnon	QVS

Javelin

(1987: 6 to 30.28)

48.32	I. Dickie	AyrS
43.70	T. Smith	East
41.76	S. McLanachan	Cum
41.72	B. McLeod	Chry
41.28	W. Turner	Nith
40.34	A. Kemlo	East
40.26	S. Peter	Camb
39.02	M. Ratcliffe	Stew
38.88	W. Ogilvie	East
36.84	P. Greenhill	Arb

Pentathlon

(1987: 5 to 2348)

2867	S. Allan	Pit
2498	C. Young	Cbnk
2490	R. McKay	Gryfe
2449	A. Campbell	InvH
2358	D. Thomson	Hutch
2301	L. Ovenston	Pen
2289	M. Davidson	Pen
2246	A. Watt	Kils
2168	A. Hamby	Chead
2140	D. Whiffen	Sanq

John Graham

LITTLE DID I know when I ran with the Queens Message for the opening of the 1970 Edinburgh Commonwealth Games that eight years later I would be representing Scotland at Edmonton in the 11th Games.

When I think back to the great Scotland stars of 1970, Lachie and Ian Stewart, and Ian McCafferty, I remember Lachie Stewart's last 200 metres against multi world record holder Ron Clark, and McCafferty and Stewart against the legendary Kip Keino - what a last 100 metres.

So, what has happened to Scottish mens' middle distance running compared with 1970?



In the 1986 Games, we won only one middle distance medal - Tom McKean in the 800m.

There can be no excuse about facilities or weather conditions. After all, we boast world class sprinters: Elliot Bunny, Jamie Henderson, and, of course, the great Allan Wells. Who can forget the television documentary on Allan bounding around Meadowbank Stadium in heavy rain and freezing cold weather, with only the occasional seagull for company!

Personally, I believe the part of the reason for our limited success in middle distance running is our lack of top class competition.

My first experience of an international event was in

Spain, a cross country race in Irun with Nat Muir. The two of us - young, naive, 16-year olds - found ourselves competing against hardened internationalists, and were subsequently pulled through to personal bests for the first mile, but then died gracefully.

Races of this standard, I believe, helped me later on, as at a very early stage in my career I had the opportunity to train and race against world class athletes.

One event that *did* offer the best of the Scottish middle distance athletes a chance to compete at the top level was the World Cross Country Championship. This door was, however, firmly closed for most athletes by the amalgamation of the four home countries as one team.



Nat Muir (left), who like John Graham benefited from early overseas competition, and, above, 1970 Commonwealth Games champion Lachie Stewart surveys the recent West District Championships with son Glen, right.

In addition, the Junior event, traditionally a race to blood future internationalists, is now not a realistic proposition for the majority of good young Scottish club runners.

When I represented Scotland in the Junior World Cross-Country Championship in 1975, members of the team included Jim Alder, Ian Stewart, and Jim Brown. Mixing with these experienced athletes gave me an insight into what was needed to compete at the highest level.

This was one of the few times in my life that I was lost for words, taking in as much information as I possibly could!

The experiences gained on that trip were invaluable as they are not readily available in athletic literature and can only be experienced first hand.

So, where do we go from here? We must ensure that our talented athletes are allowed to participate consistently against top class competition. And young athletes would benefit greatly from regular contact with experienced athletes.

Athletes like myself can pass on experiences good and bad. We are all at different stages and the learning curve, and should all take time out to listen to others.

THE LAST few weeks have been dominated by the disturbing news regarding the number of male athletes going to the 1990 Games. The implications of only six men being sent, as was the position at the time of writing, raise all sorts of questions about how the team is to be selected. But more importantly, how do young athletes gain experience of international experience?

The only saving grace for middle distance running is that a former national coach has moved on - otherwise, we would be sending just 4 x 100 and 4 x 400 relay teams!

Results

January

14/15

Royal Mail SAAA/SWAAA National Indoor Athletics Championships, Kelvin Hall -

Men: 60m: 1, E. Obeng (Lough) 6.77; 2, J. Henderson (ESH) 6.84; 3, E. Bunney (ESH) 6.85; 4, A. Doris (EAC) 6.99; 200m: 1, D. Reid (Shaft) 21.69; 2, J. Watson (Harmeny) 22.75; 3, M. King (Aber) 22.72; 400m: 1, M. Davidson (Aber) 49.13; 2, D. Mulherron (Shett) 49.57; 3, I. Campbell (ESH) 51.20; (B. Whittle (Ayr Sea) finished first but disq.); 800m: 1, J. Rigg (Warr) 1.51.49; 2, T. Brannon (NSP) 1.54.82; 3, A. James (Med) 1.55.02; 4, K. Logan (Teviot) 1.55.02; 1500m: 1, M. Kirk (Bally) 3.45.85; 2, T. Hanlon (ESH) 3.47.50; 3, I. Archibald (EAC) 3.50.37; 4, A. Linford (Spring) 3.50.80; 3000m: 1, A. Currie (Dumb) 7.55.85; 2, C. Walker (Gates) 7.58.97; 3, A. Puckrin (GGH) 8.06.90; 4, R. Arbuckle (Cambus) 8.11.21; 5, N. O'Brien (Shett) 8.11.26; 6, H. McInnes (Old Gay) 8.13.05; 7, P. Fleming (Bella) 8.18.05; 8, B. Scally (Shett) 8.25.19; 9, J. Orr (Cambus) 8.27.90; 60H: 1, K. Bunce (Black) 8.14; 2, P. Masters (MHAC) 8.19; 3, N. Dakin (N&EB) 8.22; HJ: 1, J. Holman (S. Counties) 2.20m; 2, W. Cassell (Black) 2.10m; 3, G. McAslan (EAC) 2.05m; 4, A. Scobie (Irvine) 2.05m; 5, D. Barnetson (Ding Ac) 1.95m; PV: 1, G. Jackson (W&B) 4.40m; 2, M. Smith (ESH) 4.20m; 3 equal D. Hamilton (ESH) and A. Gayle (W&B) both 4.20m; LJ: 1, J. Shepherd (Enfield) 7.21m; 2, B.

Ashburn (J) (C'bank) 6.98m; 3, S. Peglar (Sale) 6.85m; 4, J. Scott (EAC) 6.77m; TJ: 1, J. Edwards (Gate) 15.71m; 2, M. Brown (Har) 15.10m; 3, M. McDonald (Queens Un) 15.03m; 4, S. McMillan (Dundee Un) 14.63m; SP: 1, P. Reed (Morpeth) 15.10m; 2, S. Bergin (Queens Un) 14.81m; 3, J. Nicholls (Warr) 14.25m. **Women:** 60m: 1, A. McGillivray (EWM) 7.68; 2, K. Lithgow (Nith V) 7.71; 3, D. Buckmar (AFD) 7.77; 200m: 1, S. Gunnell (Essex) 24.26; 2, W. Addison (NSP) 24.76; 3, K. Lithgow (Nith V) 25.18; 400m: 1, A. Piggford (Gate) 53.66; 2, M. Anderson (EAC) 54.60; 3, D. Kitchen (EWM) 54.95; 4, G. McArthur (Monk Shett) 56.48; 800m: 1, K. Hutcheson (Berry Hill) 2.06.32; 2, A. Molloy (Puma) 2.08.63; 3, M. Anderson (EAC) 2.16.39; 1500m: 1, E. McColgan (DHF) 4.14.20; 2, J. Birkett (L'pool) 4.28.76; 3, L. Webb (L'pool) 4.32.01; 3000m: 1, E. McColgan (DHF) 8.54.81; 2, K. Carter (Shett) 9.31.44; 3, S. Branney (GAC) 9.35.54; 4, A. Jenkins (EWM) 9.38.05; 60H: 1, J. Mulcock (B'mouth) 8.88; 2, J. Low (GAC) 8.94; 3, C. Reid (EWM) 8.98; HJ: 1, J. Barnetson (Inv) 1.83m; 2, J. Bennett (E&E) 1.83m; 3, W. MacDonald (Cambridge) 1.75m; 4, E. Lindsay (EWM) 1.70m; 5, R. Pinkerton (GAC) 1.70m; 6, N. Murray (GAC) 1.65m; LJ: 1, K. Hambrook (Ashford) 5.70m; 2, E. Lindsay (EWM) 5.68m; 3, C. Black (EWM) 5.42m; 4, L. Davidson (Aber) 5.35m; SP: 1, M. Anderson 13.80m; 2, A. Grey (EAC) 13.41m; 3, J. Thompson (Sale) 12.92m; 4, H. Cowe (Aber) 12.62m.

FALKIRK Victoria Harriers survived everything the weather - and race organisers Hunters Bog Trotters - could throw at them to clinch the senior East of Scotland Cross Country League title at Riccarton on February 4, writes Michael McQuaid.

Led by Peter Faulds in second place behind Iain Steel of Edinburgh Southern, Falkirk had comfortably the lowest team score in the final league match and, added to their performances at Alloa and West Calder earlier, regained the trophy from Teviotdale Harriers.

In recent years the Riccarton course has barely merited the description cross country as it has been confined to the playing fields and paths of the Heriot Watt University campus.

But this time the Edinburgh-based Bog Trotters, famed for their mud brown vest, took over the organisation and made full use of adjacent ploughed fields, hills and mini-swamp to set a course that tested even the strongest athlete on a day when strong winds and rain made for atrocious conditions.

Steel's winning time of 41-30 suggests it was a good mile over the advertised 10K.

East athletes haven't had to look far for testing courses this season with the first league meeting at "Mount" Alloa, more mud and hills at Galashiels in the District Championships, then Riccarton.

The East League Trophy for best performances overall in the five age groups was retained by Aberdeen AAC, who are to be congratulated on sending such capable teams to the three distant venues.

14

Springburn Harriers Jack Crawford Memorial 5.5 mile Road Race, Bishopbriggs -

1, A. Gilmour (Cambus) 25.51; 2, C. Hall (Aber) 25.53; 3, R. Fitzsimmons (Bella) 26.03; 4, A. Weatherhead, VI, (EAC) 26.04; 5, J. McKay (Shett) 26.25; 6, C. Thompson (Cambus) 26.32; V2, S. Graves (Fife) 27.25; V3, I. Burke (Bella) 27.41; J1: G. Stewart (C'bank) 27.06; L1: J. Donnelly (GAC); L2, I. Reid (Monk Shett); L3, C. Farrell (Clyd). **Teams:** 1, Cambuslang 27pts; 2, Bellahouston 36; 3, Shettleston 125.

North District Cross Country League, Morriston Park, Elgin -

Men: 1, C. McIntyre (Fraser) 32.53; 2, B. Chinnick (Forres) 33.30; 3, A. Reid (Coasters) 34.37; 4, G. Milne, VI, (Peter) 34.47; 5, R. Curtis (Moray) 35.33; 6, C. Noble (Fraser) 35.45; **Teams:** 1, Forres H.; 2, Moray RR. **Women:** 1, M. Wiseley (Fraser) 17.22; 2, M. McBeath (Caith) 17.59; 3, C. Willox (Inver) 19.02; 4, E. Ramsey (Int) (B. Isle) 19.04; 5, F. Farquar (Caith) 19.06; 6, A. Walder (Inver) 19.06; **Team:** 1, Inverness H. **Youths:** 1, B. Fraser (B. Isle) 20.44. **Senior Boy:** 1, I. Murray (Inver) 15.29. **Junior Boy:** 1, F. Allen (B. Isle) 12.04. **Junior Ladies:** 1, K. Thomson (Fraser) 14.31. **Girls:** 1, L. Grajda (B. Isle) 9.06.

Clydesdale Harriers Hannah Cup 6 miles Cross Country Race, Clydebank -

1, D. Halpin 35.47; 2, J. Austin 36.15; 3, B. Potts 36.50; 4, P. Dolan 37.39; 5, C. McIntosh 39.31; 6, J. Hanratty 40.20; V1, D. Mitchell; H'cap: 1, E. Barclay; 2, D. Halpin; 3, J. Austin.

Clyde Coast Road Races, Cove -

Senior 10.5 mile: 1, J. Duffy (GWH); 2, G. Tenney (Kilb) 53.09; 3, F. McCrossan (Giff N) 60.05. **Locals:** 1, J. Taggart (Cove) 60.12; 2, D. Leckie (Cove) 1.48.14.

Womens 5 mile: 1, P. McCrossan (Giff N) 36.23; 2, A. Ferguson (Helensburgh) 41.07; **Local:** 1, J. Grimley (Helensburgh) 31.25; 2, W. McDonald (unatt) 43.16; 3, K. Grieve (unatt) 43.17.

Juniors 6 mile: 1, G. Fenton 35.26; 2, C. Wakeling 39.38; 3, S. Chapavin 40.07 (All Cove and Kilcraggan AC).

15

Scottish Veteran Harriers Club Cross Country Championships, East Kilbride -

1, C. McDougall (C'glen) 31.28; 2, A. Adams (Dumb) O/45:1 32.26; 3, D. Fairweather (Cambus) 32.54; 4, A.

Stirling (FVH) 32.58; 5, T. Dolan (Cambus) 33.15; 6, C. Martin (Dumb) 33.26; O/45:2, R. Young (Clyd) 33.14; O/45:3, P. Cartwright (FVH) 34.42; O/50: 1, J. Lonaghan (Sp V) 35.19; 2, M. Coyne (FVH) 35.50; 3, R. Kettles (E Kilb) 55.58. O/55: 1, H. Gibson (Hamilton) 35.46; 2, W. Robertson (Troon) 37.14; 3, W. McBrinn (Shett) 37.49; O/60: 1, W. Marshall (Moth); O/65: 1, T. Harrison (Maryhill). **Women:** 1, K. Chapman (Crieff N) 39.50; 2, K. Todd (Loudoun) 40.35; 3, J. Murray (Crieff N) 40.51; O/40: 1, K. Dodson (Law) 41.36; O/45: 1, M. Robertson (Troon) 51.23; O/50: 1, M. Moore (C'glen) 44.46.

Dyce Scout Group 5000 metres Dune Daunter Beach Run, Balmedie, Aberdeen -

1, C. McIntyre (Fraser) 23.58; 2, C. Youngson (V1) (Aber) 24.20; 3, S. Brown (Fraser) 24.25; 4, E. Burler (Aber) 24.59; 5, M. Edwards (V2) (Aber) 25.06; 6, C. Noble (Fraser) 25.22; 7, D. Armitage (Aber) 25.23; 8, J. Gallon (V3) (Aber) 25.30; 9, S. Willox (Aber) 26.43; 10, W. Hogg (Aber) 26.48; L1, S. Harkins (Aber) 30.02; L2, N. McKinnon (Aber) 31.11 (LV1); L3, O. Fraser (Aber) (LV2) 33.58.

SWCCU & RRA National Closed 4,000 metres Cross Country Championship, Houston -

1, L. Harding (Houghton) 15.10; 2, H. Haining (Nith V.) 15.13; 3, L. Van Dycke (Essex) 15.20; 4, J. McColl (GAC) 15.33; 5, E. Cochrane (GAC) 15.36; 6, J. Scott (Darlington) 15.51. **Teams:** 1, Kilbarchan 46pt; 2, Irvine Cable AC 46; 3, JW Kilmarnock 73.

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.

On The Veteran Scene

with Henry Muchamore

THE COMPLETE contrast of conditions experienced at the closed SVHC Championships at East Kilbride on January 15 (muddy and windy), and the SCCU Veteran Championships at Aberdeen on February 4 (fast and ideal), had to be experienced to be believed. Such is the nature - and the beauty - of cross country running.

Charlie McDougall had it all his own way at East Kilbride, with Allan Adams (M45) in pursuit. But at Aberdeen it was local Colin Youngson who showed his superior speed from the start, and held a 22 second advantage over McDougall at the finish. Adam took the M45 title again, but had to be content with overall fourth behind hill specialist Peter Marshall.

In the older age groups, John Connaghan took the M50 title at East Kilbride, but didn't run at Aberdeen, where the SVHC marathon M50 champion Jack Maitland of Lochaber had a great scrap with Jim (not John as I called him last month) Irvine.

Two athletes who performed equally well under both conditions were the M55 and M60 winners. Hugh Gibson seemed to almost relish the mud at East Kilbride, finishing an excellent 15th overall, and ran equally well on the faster surface - although it has to be said that new SVHC president Willie McBrinn, who took third spot at East Kilbride, was only 17 seconds behind Hugh on the Balgownie course.

The evergreen Willie Marshall comfortably won the M60 age group on both occasions.

Tommy Harrison and Dave Morrison, both former SVHC presidents, took the over 65 and over 75 titles respectively. For Tommy it was another double.

Just to keep the record



Veterans in action at Aberdeen. Top right, winner Colin Youngson, top left, runner-up Charlie McDougall. Below, some of the field. Photographs by BEN BICKERTON.

straight, and to prevent the wrath of any more letters from the women, the SVHC closed event had women competing and Kay Chapman was the winner of the W35 group ahead of Kay Todd and Jean Murray, whilst Kay Dodson was the W40 winner, Margaret Robertson the W45 winner, and Margaret Moore the W50

winner. The SWCCU incorporate their veteran championship within the national championship.

REFLECTING on "new" veterans, I read recently that Ian Stewart has recently joined these illustrious ranks. Having given up top class running nine years ago, Ian now specialises

in filming sports events from a motor cycle. He's reported to be running 50 miles a week "just to keep fit" so we have all better watch out.

I PROMISED to keep people up to date on the professional issue, and I have received a letter from John Steede, bronze medalist in the M45 100 metres in Melbourne.

What John's letter emphasises, and what many others have verbally endorsed to me - including the new president of the SAAA, Neil Donnachie - is the anomalous hypocrisy of having "amateurs" who are more professional than the so-called professionals.

I have to say that I was heartened by the positive response I received from Bob Greenoak, secretary of the SAAA. He says: "The (your) letter was discussed at our general purposes meeting, and your concern for this aspect of the sport is appreciated. We are, however, governed by our rules, which we have amended to allow athletes ineligible for amateur athletics to compete with amateurs at restricted veteran age group meetings. But it is felt that it is the world governing bodies for veterans that you should be approaching."

That is something that is already in hand, and I can only hope that the tone of Bob Greenoak's letter will lend support to the action I am now seeking through the BVA, WAVA, and the IAAF to get this matter quickly settled.

BEFORE Christmas, a number of veterans took the trouble to fill in a coupon intimating that they wished a monthly information service in the magazine.

Regrettably, the internal politics of the SVHC seem to have rendered this exercise null and void, and we apologise for having wasted your time - Ed.

Results

Kilbarchan AC Open Cross Country Meeting, Houston-

Junior Ladies: 1, A. Cheyne (Bath) 8.42; 2, D. McNally (Vic Park) 8.44; 3, A. Potts (Vic Park) 8.58; Teams: 1, Bathgate AC 19pt; 2, Victoria Park AAC 20; 3, Monkland Shettleston 30.

Girls: 1, J. Stewart (JWK) 9.16; 2, L. Stewart (EAC) 9.22; 3, G. Fowler (Vic Park) 9.24; Teams: 1, (JWK) 16pt; 2, Ayr Sea 22; 3, Vic Park 29. Minors: 1, C. Morris (JWK) 7.32; 2, D. Scott (Ayr Sea) 7.38; 3, A. Russell (Airdrie) 7.54; Teams: 1, Airdrie H 18pts; 2, Kirk Oly 33; 3, JWK 38.

21

North District Cross Country League, Grant Park, Forres -

Seniors: 1, J. Bowman (Inver) 30-10; 2, R. Arbuckle (Keith) 30-23; 3, K. Best (Forres) 31-52; 4, A. Reid (Coasters) 32-19; 5, C. McLean (Inver) 32-36; 6, I. Gollan (Inver) 32-40; Teams: 1, Inverness H 20pts; 2, Forres H 45; 3, Moray RR 48.

Youths: 1, B. Fraser (Black Isle) 21-40.

Senior Boys: 1, I. Murray (Inver) 14-03.

Junior Boys: 1, J. Brooks (Lochaber) 9-57.

Women: 1, S. Gollan (Inver) 15-43; 2, D. Leonard (Black Isle) 16-16; 3, M. McBeath (Caith) 16-20; Team 1, Inverness H.

Juniors: 1, K. Thomson (Fraser) 11-08.

Girls: 1, L. Grayden (Black Isle) 10-57.

THE Kirkintilloch Olympians 7.5 mile road race received a boost when almost 80 runners registered on the day (Jan 29) to take the field to nearly 200, writes *Henry Docherty*. The windy conditions were obviously not seen as a deterrent on the hilly and challenging course.

The Olympians were pleased to see a rise in the standard yet again and feel the event (inaugurated in 1985) is now "accepted", because more than 75 per cent of the entrants now are club members, whereas initially more than half were unattached.

Alan Robson of ESH - one of many making a return visit - easily beat Hugh McKay (Fife AC) and Ken Rankin of Falkirk Victoria. Robson was delighted to take possession of the Kirkintilloch Herald Shield, which was donated this year for annual award to the winner.

The first veteran was Ian Seggie of Livingston, with Andrew Stirling second, 20 seconds behind. The first KO finisher was Ally McDonald in 24th, while Colin Burns also ran well to be placed 36th.

Australian international Margaret Reddan, currently representing Livingston, was first woman by a long way, finishing 62nd overall in 43-46. The locals had success with Linda Brown, a regular prizewinner, second (110th overall).

The well known David Morrison of Shettleston Harriers had a fine showing, recording 54-08, while the team event was narrowly won by Kilbarchan with good packing (9,13,15,21).

Many thanks to the backroom team, stewards, officials, first aiders etc., for their valued help, and not least the runners for making the event such a success. We can assure them their services will be required again - and again.

SCCU East District Cross Country Championships, Galashiels -

Senior 7.5 miles: 1, S. Hale (Perth Strathgry) 38.29; 2, J. Robson (ESH) 38.31; 3, P. Fox (DHH) 38.50; 4, I. Steel (ESH) 39.18; 5, P. Faulds (FVH) 39.29; 6, C. Haskett (DHH) 39.40; 7, G. Grindlay (ESH) 39.42; 8, B. Emmerson, VI, (Teviot) 39.44; 9, I. Archibald (EAC) 39.49; 10, I. Matheson (Aber) 39.51; 11, J. Pentecost (FVH) 39.54; 12, C. Hall (Aber) 39.58; 13, I. Johnston (FVH) 40.10; 14, G. Harken (EAC) 40.16; 15, G. Grieve (FVH) 40.20; 16, J. Connolly (Gala) 40.28; 17, M. Ferguson (EAC) 40.30; 18, M. Strachan (Fife) 40.35; 19, B. Kirkwood (EAC) 40.41; 20, A. Jenkins (EAC) 40.47.

Teams 1, EAC 100pts; 2, Falkirk Victoria 114; 3, DHH 137; 4, ESH 150; 5, Aberdeen 186; 6, Teviotdale 204.

Juniors 7 mile: 1, T. Reid (DHH) 37.44; 2, C. Murphy (Pit) 37.55; 3, I. Falconer (Harmeny) 40.19; 4, M. Currie (Central Region) 40.55; 5, S. Rankin (FVH) 41.07; 6, C. Murphy (Teviot) 41.17; 7, M. Steel (EAC) 41.49; 8, C. Vernon-Parry (St. And. Univ.) 42.35; 9, G. Gardiner (Pit) 43.03; 10, S. Garland (EAC) 43.27. Teams 1, Pitreavie 22pts; 2, EAC 29; 3, Falkirk 35pts.

Youths 4 mile: 1, A. Kinghorn (EAC) 22.49; 2, R. Sutherland (Aber) 22.58; 3, S. Wright (Aber) 23.11; 4, T. Mendrum (Corstorphine) 23.24; 5, R. Crook (Pit) 23.32; 6, A. Short (Pit) 23.36. Teams 1, Aberdeen 14 pts; 2, EAC 16; 3, Pitreavie 21.

Senior Boys 3 miles: 1, M. Kelso (Pit) 16.14; 2, G. Johnston (FVH)

16.21; 3, A. Casey (Q. Vic. Sch) 16.24; 4, A. Tulloch (FVH) 16.26; 5, M. Dobbins (Bathgate) 16.37; 6, S. Meldrum (Pit) 16.49. Teams: 1, Falkirk Victoria 13 pts; 2, Pitreavie 27; 3, Bathgate 39.

Junior Boys 2 miles: 1, R. Wilson (Cen Reg) 11.31; 2, D. Carty (Bathgate) 11.34; 3, T. Wiotness (EAC) 11.55; 4, R. Kay (EAC) 11.58; 5, C. Wilson (Aber) 12.02; 6, N. Williamson (EAC) 12.05. Teams: 1, EAC 13 pts; 2, Bathgate 31; 3, Aberdeen AAC 53.

SCCU Western District Cross Country Championships, Dean Country Park, Kilmarnock -

Senior 7.5 miles: 1, T. Murray (GGH) 40.21; 2, A. Russell (Law) 41.14; 3, A. Puckrin (GGH) 41.16; 4, E. Stewart (Cambus) 42.04; 5, H. Cox (GGH) 42.13; 6, A. Gilmour (Cambus) 42.40; 7, S. Ovet (Annan) 42.55; 8, J. Orr (Cambus) 42.55; 9, C. Little (Vic Park) 43.23; 10, D. McShane (Cambus) 43.25; 11, C. Thomson (Cambus) 43.37; 12, C. Spence (Sp V) 43.55; 13, R. Carey (Annan) 44.03; 14, D. Halpin (Clyd) 44.08; 15, C. McDougall, VI, (C'Glen) 44.18; 16, D. McFayden (GWH) 44.29; 17, M. Gallacher (Mary) 44.34; 18, D. Williams (Clyd) 44.38; 19, K. Conley (Annan) 44.39; 20, J. Broodman (Dunfries) 44.48. Teams: 1, Cambuslang 81pts; 2, GGH 144; 3, Annan & Dist 183; 4, Clydesdale 202; 5, Bellahouston 328; 6, IBM Spango 367.

Juniors 6 miles: 1, A. Currie (Mary) 43.27; 2, I. Tierney (E. Kilb) 43.40; 3, S. Murray (J W Kilm) 43.57; 4, I. Gillespie (Clyd) 44.29; 5, J. Houston (Moth) 44.35; 6, D. McGinley (C'bank) 44.58; 7, R. Blair (Vic Park) 45.14; 8, D. Gardner (Moth) 45.15; 9, F. McGowan (Vic Park) 46.05; 10, B. McEwan (JW Kilm) 46.28. Teams: 1, JW Kilm. 25pts; 2, Maryhill 28; 3, Clydebank 29; 4, Vic Park 31pts.

Youths 4 mile: 1, M. Campbell (C'bank) 21.27; 2, A. Russell (C'bank) 21.56; 3, N. Freer (C'bank) 22.12; 4, A. McBeth (E. Kilb) 22.33; 5, S. Bartlett (Vic Park) 22.44; 6, S. Wylie (Hamilton) 22.57; 7, M. McBride (C'bank) 23.03; 8, W. Richardson (Sp V) 23.09; 9, G. Hart (Bell) 23.11; 10, G. Graham (Vic Park) 23.14. Teams: 1, Clydebank 6pts; 2, Vic Park 35; 3, Cambuslang 67; 4, Clydesdale 69.

Senior Boys 3 miles: 1, M. McBeth (Cambus) 16.42; 2, C. Greenhaugh (Vic Park) 17.10; 3, D. Whiffin (Nith V) 17.16; 4, E. Tonner (JW Kilm) 17.22; 5, D. Tamburini (GGH) 17.45; 6, S. Ellis (Law) 17.49. Teams: 1, Cambuslang 16pts; 2, Ayr Sea 37; 3, Vic Park 37.

McLean (Sp V) 12.00. Teams: 1, Vic Park 23pts; 2, Ayr Sea 33; 3, Law & Dist 36.

Scottish Universities Indoor Athletic Championships, Kelvin Hall -

Men: 60m: 1, A. Doris (Edin) 7.06; 200m: 1, A. Doris 22.86; 2, D. Wade (Strath) 23.19; 400m: 1, G. McMillan (Glas) 48.97; 2, N. Taylor (Strath) 49.76; 800m: 1, G. Brown (Stirl) 1.57.15; 2, T. Gillespie (Glas) 4.09.9; 1500m: 1, G. Brown 4.09.7; 2, T. Gillespie (Glas) 4.09.9; 3000m: 1, I. Hamer (H. Watt) 8.24.19; 2, D. Donnett (Glas) 8.26.96; 60H: 1, N. Taylor 8.86; 2, B. McClure (Strath) 9.13; HJ: 1, J. Stoddart (Glas) 1.98m; 2, N. Robbie (Strath) 1.95m; LJ: 1, S. McMillan (Dundee) 6.55m; 2, C. Stewart (Dundee) 6.26m; TJ: 1, S. McMillan (Dundee) 14.53m; PV: 1, A. Anderson (Glas) 3.00m; SP: 1, P. Allan (Aber) 13.66m; 4 x 200 Relay: 1, Dundee 1.34.7; 2, Edinburgh 1.34.9.

Women: 60m: 1, M. Neef (Glas) 8.1; 2, E. Butler (Edin) 8.5; 200m: 1, S. Burgis (Edin) 26.78; 400m: 1, S. Burgis 59.37; 800m: 1, C. Kitchen (Edin) 2.19.72; 2, E. Scott (Glas) 2.27.05; 1500m: 1, A. Rose (Dundee) 4.51.48; 2, C. Smith (Edin) 4.54.46; 60H: 1, A. Callan (St And) 9.95; 2, S. Ross (St And) 10.83; HJ: 1, N. Murray (Strath) 1.70m; 2, S. Watt (H. Watt) 1.50m; LJ: 1, J. Ainsley (Edin) 5.52m; SP: 1, K. Savill (H. Watt) 11.28m; 4 x 200 Relay 1, Edinburgh 1.55.9.

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Bellahouston Harriers Pollok Park 10,000 metres Road Race, Pollok, Glasgow -

1, N. Muir (Shett) 30.51; 2, J. Hendry (Bella) 32.59; 3, A. McIndoe (Spring) 33.33; 4, W. Jukes (GGH) 33.55; 5, D. Thom (West) 34.04; 6, J. Hornsby (EAC) 34.14. V1, M. Black (Bella), 12th, 35.59; V2, G. Reddan (Unatt), 14th, 36.41; V3, B. Betchford (Spring) 15th, 36.51; L1, M. Reddon (Australia / Law & Dist), 27th, 38.07; L2, R. Murray (Giff N), 31st, 38.31; L3, E. O'Brian (GGH), 55th, 41.06.

Womens Inter League Cross Country Match, Halifax -

Seniors: 1, A. Wyeth (S) 19.41; 2, S. Dilnot (S) 19.48; 3, S. Ellis (Mid) 19.52; Scots places: 7, L. Harding 20.13; 12, L. Adam 20.42; 19, L. Van Dyck 21.05; 28, S. Lanham 22.04; 29, J. Armstrong 22.12; 30, M. Dunlop 22.14; 31, V. Clinton 22.22; 32, J. Stevenson 22.24; 38, S. Granger 22.50; 39, R. McAleese 22.58; 42, C. Williams 23.08; 43, H. Wiseley 23.21; 45, K. Fisher 23.36. Teams: 1, South 50pts; 2, Midlands 59; 3, North 114; 4, Scotland 188.

Student Athletics with Gordon Ritchie

THE INAUGURAL Scottish Universities Indoor Championships took place at the Kelvin Hall on January 21. Despite the fact that the universities had just returned from the Christmas vacation (except for Stirling who were still enjoying their extended break), there was a reasonable turn-out of athletes. Unfortunately, some of the better known runners decided to miss the championships, but it gave others a welcome opportunity to participate and compete in some very competitive events.

Three athletes were outstanding. In the women's events, Edinburgh's Sue Burgis won the double of 200m and 400m. She was largely untroubled throughout the day, and rounded it off with a relaxed run in the victorious Edinburgh 4 x 200m relay team.

In the men's sprints, Edinburgh's Alan Doris was a clear favourite in the absence of Jamie Henderson. He was an easy winner in the 200m, easing through the tape in 22.86

seconds. The 60m was not such an easy run, however, as he was pushed all the way by Aya Mbanefo (St Andrews). His winning time was 7.06 seconds. Unfortunately, Doris decided not to wait for the presentation at the end of the meeting.

The most successful male athlete on the day was Dundee's Stuart McMillan. He won the long jump with a distance of 6.55 metres, and followed that up with a comfortable win in his main event, the triple jump (14.53 metres).

To complete a good day's work, McMillan ran a storming leg in the 4 x 200m relay to ensure victory for Dundee. It remains a mystery to myself and many others in university athletics how Dundee can always turn out excellent relay teams despite their lack of success in the individual sprints. It seems to be another case of success of the British 4 x 400m relay disease.

Closely following Stuart in the medal haul was Stirling's Gary Brown. He was victorious

in both the 800m and the 1500m (1-57 and 4-09 respectively). Gary has been a loyal supporter of university sport despite the lack of success of Stirling University in team events over the past few years.

Other notable winners included Freshers' champion Nick Taylor (Strathclyde) in the 60m hurdles, Ian Hamer (Heriot Watt) in the 3000m, Glasgow's Gregor McMillan in the 400m (a splendid time of 48.97), Melanie Neef (Glasgow) in the 60m, Janice Ainslie (Edinburgh) in the long jump, Strathclyde's Nikki Murray (high jump), and Karen Savill (Heriot Watt) in the shot.

This year's championship was supported by the Glasgow Sports Promotion Council. University athletics would be unable to maintain such a full programme of matches without outside funding. The thanks of all connected with student sport go to the members of the council for their help in ensuring that universities can have an indoor season.

ON A sadder note, the national university championships (BUSF) were intended to take place in Antrim this year. Moves by the English to block this proposal were defeated, and we were all preparing for a trip across the Irish Sea.

Alas, we underestimated the cunning of our "colleagues", and sat back thinking we had won a memorable political victory. Despite the majority vote, however, they will be held in England. No arrangements were made for the championships, the Irish hosts were not contacted, and so they were reluctantly forced to disassociate themselves from the fixture.

The championships will now behold "somewhere in the North of England". The favourites at present are Gateshead and Derby, although in my school days Derby was not in the north of England! Personally, my money is on Crystal Palace, where the English organisers wanted it to be held in the first place. So much for democracy.

Schools Athletics

Linda Trotter

THERE WERE some marvellous performances at the first under-16 indoor invitation match at the Kelvin Hall on February 5. As expected, the depth of talent in the South and West team overcame the territorial advantage of the North and East, the final score being 106-87.

Despite having been taken to task for concentrating on the track in previous reports, it is impossible not to praise the prowess of Myra McShannon (Park Mains High), Katrina Leys (Hazelhead Academy), Catherine Murphy (St Ninians, Eastwood), Stuart McGowan (Airdrie Academy), Colin Young (Boclair Academy), Mark McBeth (St Aloysius College) and, perhaps above all, Isabel Linaker (Queen Anne High). In the 1500m, Isabel ran an incredible 4-50.3 (the fastest ever outdoor SSAA 1500 by an under-15 being Andrea Everett's 4-47.9 in 1978 - Andrea, of course, representing Scotland in the 1986 Commonwealth Games).

In the 60m, Myra, Katrina and Julie Calvert (Bearsden Academy) all bettered their personal bests; Catherine looks totally unbeatable in the hurdles and was disappointed with her 9.1 (which incidentally was faster than the boys' race).

In the Boys' sprints Stuart McGowan (Airdrie Academy) was outstanding, his 7.2 for the 60m

being faster than Darren Galloway at the same venue last February. In the 800m, Colin Young was matched stride by stride by Bannerman High's Darren Halliday, until the latter dropped out on the final bend. Colin clocked an excellent 2-04.3. In the Boys 1500m, no-one could cope with Mark McBeth's gradual acceleration, the more exciting race being between Neil Johnstone (Currie High) and David Fotheringham (Clydebank High) for second place.

By far the best field event contest was the Girls' high jump. Coming in at 1.50 (both N/E athletes having finished their own duel at 1.45), Hazel Melvin (Marr College) and Katrina Dyer (Belmont Academy) took up their S/W rivalry, matching each other jump for jump, until Katrina cleared 1.64 at her first attempt (a new personal best) to Hazel's second.

Both girls opted for now PB's at 1.67, only narrowly failing. For the first time since the heady days of Jayne Barnetson, the SSAA can have confidence in the potential of the girl high jumpers, who are both very young and can certainly improve. The Kelvin Hall is indeed a happy venue for Katrina who has set a PB every time she has completed there for the SSAA.

In the Boys' high jump, Gary Woods of

Stonelaw High, only 14 years old, cleared an excellent PB of 1.81, easily winning the competition. Coached by Madge Carruthers, who has discovered and improved so many high jumpers for the SSAA, Gary has an all-round talent to look for in the future.

Long jump continues to concern SSAA team managers but young Linzi Kerr (Kilsyth Academy) leapt 5.02, just ahead of Millburn Academy's Debbie Douglas, who has a wind assisted 5.44 to her credit. Debbie competed in four events, after a 5am start from Inverness, and has still to find her true athletics strength, being not only the under-15 pentathlon champion but also a cross-country internationalist - surely the epitome of "the natural athlete".

Talking of cross-country, all entries have now been received for the Secondary Schools Cross-Country Championship at the Beach Park, Irvine, on March 11, from which the teams to compete in the BSIAB International in Barry, Wales, will be selected. The Primary Schools' Cross-Country Championships will be held again at Kirkcaldy High School on April 22. Entry forms, which must be signed by the headteacher and returned by March 24, can be received from me at 14, Heriot Court, Glenrothes, Fife KY6 4JE.

Results

Intermediates: 1, A. Rankin (N) 15.33; 2, D. Whelan (N) 15.36; 3, N. Ashe (S) 15.38; Scots places: 5, J. Artis 15.55; 10, S. Macdonald 16.08; 26, M. Gemmell 16.52; 28, R. Houston 16.55; 29, L. Thumire 16.55; 31, M. McClung 17.06; 37, A. Normand 17.15; 40, S. Telfer 17.20; 45, C. Mitchell 17.38; 49, D. Rutherford 17.55; 50, P. Bostock 18.28; 51, A. Gallon 18.36.

Teams: 1, North 31pts; 2, Midlands 72; 3, South 110; 4, Scotland 161.

Juniors: 1, C. Maycock (N) 11-24; 2, L. Kettle (S) 11-42; 3, N. Gray (Mid) 11-42; Scots places: 9, D. McNally 12-04; 17, A. Cheyne 12-12; 21, L. Davidson 12-18; 25, K. Dyer 12-22; 27, C. Roy 12-25; 34, S. Purdie 12-33; 43, L. Farneney 12-47; 45, S. Kennedy 12-51; 48, J. Roxburgh 12-55; 55, K. Fox 13-31; 57, G. Slaven 13-49; Teams: 1, South 51pts; 2, Midlands 62; 3, North 98; 4, Scotland 133.

Girls: 1, L. Edge (S) 10-38; 2, A. Foster (N) 10-42; 3, V. Russell (S) 10-45; Scots places: 4, L. Stewart 10-52; 9, G. Fowler 11-02; 10, C. Boyes 11-06; 11, H. Brooks 11-07; 20, C. Leitch 11-15; 23, G. Syme 11-18; 31, D. Church 11-35; 35, G. Leitch 11-39; 39, K. Stewart 11-48; 48, J. McDowell 11-57; 57, L. Duffy; Teams: North 61pts; 2, South 69; 3, Scotland 69; 4, Midlands 161.

Edinburgh Woollen Mills Indoor Junior Championships, Meadowbank Stadium -

Senior Boys: 60m: 1, S. Cummings (ESH) 7.40; 2, C. Allan (Inver) 7.55; 3, S. Allan (Pit) 7.56; 60H: 1, I. Dickie (Ayr Sea) 8.81 (rec); 2, C. Jessiman (Aber) 9.39; 3, D. Paisly (Pit) 9.85; HJ: 1, A. Malcolm (EAC) 1.60m; 2, M. Dobbin (Both) 1.55m; 3 equal, A. Davies (Banch) and S. Combe (Arbroath) 1.55m; LJ: 1, A. Allan (Pit) 5.96m; 2, I. Lee (Stew) 5.60m; 3, A. Cowie (Banch) 5.58m; SP: 1, D. Harvey (Ayr Sea) 13.85m; 2, I. Love (Penicuik) 13.52m; 3, D. Minty (Peter) 12.75m.

Junior Boys: 60m: 1, D. Shade (St Serfs) 7.86; 2, B. Thom (Fife) 7.92; 3, M. Smith (EAC) 8.03; 60H: 1, J. Bridges (Arbroath) 10.23; 2, S. McKinley (Pit) 10.74; 3, C. Brockie (Harmeny) 11.89; HJ: 1, S. McKinley (Pit) 1.50m; 2, C. Lewis (Black) 1.30m; LJ: 1, A. Horrell (Orkney) 4.97m; 2, A. Hogg (EAC) 4.95m; SP: 1, G. Brockie (Harmeny) 10.08m.

Junior Ladies: 60m: 1, K. Leys (Aber) 8.07; 2, C. Butler (Aber) 8.17; 3, E. Julyan (Ayr Sea) 8.22; 60H: 1, E. McLaughlin (EWM) 9.94; 2, L. Silver (DHF) 10.03; 3, E. Sume (EWM) 10.18; HJ: 1, C. Herriott (EWM) 1.45m; 2, K. Leys (Aber) 1.40m; 3, L. Pope (Bath) 1.40m; LJ: 1, S. Pope (Bath) 4.96m; 2, M. Wilson (Pit) 4.75m; 3, W. Young (Fife) 4.71m; SP: 1, L. Barnett (PSH) 11.43m; 2, T. Johnston (Blackhill) 9.56m.

Girls: 60m: 1, M. McShannon (GAC) 8.07 (rec); 2, K. Sutherland (EWM) 8.34; 3, L. Cunningham (Fife) 8.48; 60H: 1, S. Ramminger (Arbroath) 10.50; 2, L. Nicholson (DHF) 10.59; 3, A. Jones (Liv & Dist) 10.60; HJ: 1, J. Reid (Kilb) 1.58m (rec); 2, L. Kerr (GAC) 1.45m; LJ: 1, L. Kerr (GAC) 4.78m; 2, S. Ramminger (Arbroath) 4.55m; 3, L. Cunningham (Fife) 4.47m; SP: 1, K. Cassidy (EAC) 9.55m; 2, M. Wilson (Avonside) 9.52m; 3, L. Marshall (Las) 8.18m.

25

Scottish Civil Service Cross Country Championships, Calderglen Country Park, East Kilbride -

1, W. Nelson (B. Tel) 30.36; 2, A. Daly (I. Rev) 30.44; 3, G. Laing (B. Tel) 30.59; V1, P. Cartwright (B. Tel) 34.50; V2, A. McFarlane (B. Tel) 35.41; Teams: 1, British Telecom 10pt; 2, Post Office 19; L1, A. Wilson (B. Tel) 20.08; Team: 1, Inland Revenue.

RESULTS

Please accept our apologies for the results of the last weekend in January and the first weekend in February being omitted from this issue.

This is due to factors completely outwith the control of both ourselves and our compiler, Colin Shields, to whom we also apologise.

A full service, including the omitted results, will be resumed next issue.



"That was a bit muddy," Davie Fotheringham of Clydebank AC seems to be saying after the senior boys' race in the West District Cross Country Championships. Meanwhile, below, assorted ne'er do wells survey the form during the New Year Sprints at Meadowbank Stadium.

Photographs by PETER DEVLIN.



COMING NEXT MONTH! THE NEW LOOK

SCOTLAND'S RUNNER

Designed by athletes Jim Divine and Tom Hanlon, graphic artists with one of Scotland's top advertising agencies, Scotland's Runner will assume a new look next month - inside and outside. To coincide with these changes, we will be introducing a number of new features to the magazine over the next few months. Look out, in the April issue, for Rhona McLeod's regular two page section for Junior athletes, featuring profiles, competitions and news items for our younger readers.

Also in the April issue, full colour photographs from both the men's and women's National Cross Country Championships, profiles of Maryhill Harriers and top middle distance runner Chris Hall, the all-time women's Top Twenty rankings, and of course our regular columnists Allan Wells and John Graham.

Liz McColgan will be joining the Scotland's Runner team shortly too.

We are also pleased to announce our 1989 prize draw for subscribers. Following our trips to Barbados and Portugal for readers in 1987 and 1988, all 1989 subscribers will be entered for the new prize draw:

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Return to ScotRun Publications, FREEPOST, Glasgow G3 7BR. NO STAMP REQUIRED

Events Diary

February

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

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 Balloch to Clydebank 12.5 Mile Road Race. Starts 1.15pm, Balloch Railway Station. E - £2 before date, £3

on day. Details from Dr Gilmore, 7, Marchmont Terrace, Dowanhill, Glasgow.

NORTH District CC League, Muir of Ord

TEVIOTDALE Harriers CC Championships, Wilton Lodge Park, Hawick

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 Championships, Balgownie

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 Championships, Beach Park, Irvine

GREENOCK Glenpark Harriers Singlehurst Shield 5 Miles Road Race, Greenock

GREENOCK Wellpark Harriers 5 Mile CC Race, Gateside, Greenock

EDINBURGH AC Robertson Trophy 7.5 Mile Road Race, Saughton.

SCOTTISH Air Training Corps v EAC Young Athletes CC Match, Turnhouse.

12

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



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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

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Glasgow G64 1PQ.
Tel: 041-772-3210.

Boulevard Sports Park Committee in association with Clydebank District Council



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AGE ON DAY OF RACE

CATEGORY

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I agree to the organisers right to refuse any entry without being bound to assign a reason.

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The race is promoted under the jurisdiction of the SAAA and the SWCCU and R.R.A.

SIGNATURE

DATE:

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GLENROTHES

FIFE

KY6 2RA

For details call 0592 771700

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

Events Diary

Sports Centre. Further details available from Bill Powell, 11, Glenmoy Place, Arbroath, Angus DD11 5JL. Tel: 0241-78744.

BRITISH Veterans CC Championships

STEWARTY 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

WORLD Cross Country Championships, Stavanger, Norway.

MARYHILL Harriers Bannerman Trophy CC Race, Summerston

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. Entry fee 50p per person on day. First race starts 1.30pm. Further details from J. Ewing on 038253-3945.

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

SCCU National Six Stage Road Relay Championships, East Kilbride

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.

SCOTTISH Schools Squad Coaching Day, Grangemouth Stadium

BANK of Scotland White Catherun Race, Brechin. Starts (1pm) and finishes Brechin High School. Details from Alan Young, 11, Gelatly Place, Brechin.

April

1

BRITISH Schools International CC Meeting, Wales

FALKIRK District Council Young Athletes Meeting, Grangemouth Stadium, Kersiebank Avenue, Grangemouth. Tel 0324-483752 for further details.

2

GREAT Angus Run "Forfar 15". Starts 11am Station Park, Forfar. For entry (£4), send SAE to Bill Logan, 5, Westfield Crescent, Forfar.

DYCE Half Marathon, Dyce.

VICTORIA Park AAC Open Graded Meeting, Crownpoint Road.

PERTH Strathray Harriers North Inch Relay Race, Bells Sports Centre, Perth. Registration on day, entry fee 50p, starts 2pm. Info from Norman Watson on 0738-38000.

5

FALKIRK District Council Open

Events Diary

Graded Meeting, Grangemouth Stadium, Kersiebank Avenue, Grangemouth. Tel: 0324-483752 for further details.

8

RENFREWSHIRE 10 Mile Road Race Championships and Open Race, Spango Valley, Greenock.

9

MACDUFF Road Race, Macduff.

ABERDEEN AAC Half Marathon Championships, Aberdeen.

SCOTTISH and North Western Athletic League Divs 1 and 2, Crownpoint; Divs 3 and 4, Dam Park; Divs 5 and 6, Grangemouth.

BANK of Scotland Selkirk People's Half Marathon and Fun Run. Send SAE for entry forms to R.J. Wilson, 3, Ladylands Terrace, Selkirk.

MONKLANDS Open Graded Meeting, Coatbridge.

MOTOR Neurone Society 4 and 6 Mile Fun Runs, Strathclyde Park. Starts 11am, Entry fee £3. All proceeds to MNS - contact 552-0507 for further details.

11

FALKIRK District Council Parlauf Night. Tel 0324-483752 for details.

15

CRAIG Dunain Hill Race

IAAF World Marathon Cup (Day 1), Milan

SCOTTISH Young Athletes Handicap Meeting, Livingston.

AAA 12 Stage Road Relay Championships, Sutton Coldfield.

16

BORDER Athletics League, Tweedbank.

IAAF World Marathon Cup (Day 2).

HADDINGTON Open 10 Mile Road Race, Haddington. Entry forms from Race Organiser, 65, High Street, Haddington. Tel: 062-082-4023.

SCOTTISH Young Athletes League East, Divs 1 and 2; North East; West Divs 1 and 2, Crownpoint Road.

OBAN Road Race Championships, Oban

20

FORTH Valley League Div 1, Grangemouth; Div 2, Livingston.

22

BEN Rha Hill Race, Reay, Thurso.

SSAA Primary Schools CC Championships, Kirkcaldy.

DUNBAR Boundary 10K, Dunbar.

CENTRAL Region Championships

Only 50 accepted for Way challenge

A MAXIMUM of 50 runners will be accepted for the 1989 West Highland Way Race, which this year has a sponsor for the first time in the shape of Prolific Financial Management, writes Duncan Watson. The 95 mile, 9,200ft, race starts at Milngavie railway station at 3am on June 24, and finishes many, many hours later at the Nevisbank Hotel, Fort William.

The 1988 event, which evoked no less than 12 emotionally-charged letters to the organiser from entrants describing their personal feelings regarding the achievement, was a great success. This year there will be prizes for all finishers, with special prizes/trophies for positions one to six, and the first person to break the existing record of 17-48-30, set in 1985.

It has to be remembered that this is an extremely tough, demanding and unrelenting challenge, and all entrants must have marathon, hill, and long fell run experience. It must be stressed that each participant must provide his/her own back-up of food and clothing changes, or enter without back-up in the full knowledge that the organisers are unable to guarantee, in all cases, to provide sustenance, shelter, and clothing changes.

Any person over 18 can participate, but there are no separate age or sex categories. The closing date for entries is May 14, and late entries will not be accepted.

LOTHIAN AND BORDERS FIRE BRIGADE

Presents

the



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19 89

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Sunday 27th August 1989

at 10 a.m.

Start/finish at Howden Park, Livingston

Commemorative Medals and Certificates to all finishers.
Trophies in all categories (inc best fancy dress).
Prizes include Gore-Tex fabrics suits to 1st male, 1st female,
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Wheelchair entries welcome.
Course records: Men - Bill Bedell 62-54; Women - Tricia Calder 79-05.
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Including Fun Run over 1.25 miles - medals to all finishers - 500 -
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ENTRY FORM

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FIRST NAME		
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TOWN		
COUNTY	POST CODE ESSENTIAL	
DAYTIME TELEPHONE (STD CODE ESSENTIAL)	HOME TELEPHONE (STD CODE ESSENTIAL)	
DATE OF BIRTH	AGE ON DAY OF RACE	WHEELCHAIR ENTRANT (PLEASE TICK)
Day Month Year		☐
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Early entry competition: free Gore-Tex suit draw to entries before July 16.



Livingston Development Corporation
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Events Diary

RENFREWSHIRE AAA Track and Field Championships, Crownpoint.

23

EDINBURGH and District Athletic League, Tweedbank.

LOCHABER People's Marathon, Fort William. Starts 12 noon. Details from E. Campbell, Kisimul, Alma Road, Fort William. E - £5.

ST MUNGO'S 10K Road Race, Bearsden.

ADT London Marathon, London.

DUNDEE Hawkhill Harriers 10K Road Race, Caird Park, Dundee.

GRAMPIAN TV Athletics League, South, Peterhead; North, Inverness.

26

ADIDAS Torsion Series 5K Road Race, Glasgow. Details from Eugene Donnelly, 53, Anchor Crescent, Paisley.

GLEN 10 Mile, Fort William (part of Lochaber Spring Treble). E on day £1.50. Details from Sandy Hastings, Inveroy, Roy Bridge.

SCOTTISH University Cup Semi Finals, Westerlands and Stirling.

29

EILEAN Donan 10K Road Race, Dornie.

SCOTTISH Women's CC&RRA agm, Glasgow.

DUNBARTONSHIRE AAA T & F Championships, Scotstoun.

30

BUSF/UAU Championships.

HFC Scottish Athletic League, Divs 1 and 2, Aberdeen; Divs 3 and 4, Crownpoint.

BANK of Scotland Women's Athletic League, Div 1 Coatbridge; Div 2, Wishaw; Div 3, Grangemouth; Div 4, Pitreavie.

KODAK Scottish Championship 10K Road Race, Glasgow. Entry details from Kelvin Hall, Tel: 041-357-2525.

FORTH Bridges Half Marathon and 5 Mile Fun Run, South Queensferry. Details from: Queensferry Arms Hotel, South Queensferry.

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

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General Portfolio

City of Edinburgh

10K Road Race

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Evening News

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FIRST NAME (in full)

OTHER INITIAL, TITLE OR RANK

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TOWN

COUNTY

POSTCODE

DAYTIME TELEPHONE

HOME TELEPHONE

DATE OF BIRTH

AGE ON DATE OF RACE

SEX

CLUB/ORGANISATION

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10K ☐
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Signature

Date

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9.30 am

C & G SPORTS
DUNFERMLINE

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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



QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

Forth Bridges Half Marathon and Fun Run

Main Sponsor Digital Equipment Scotland Ltd
Butlaw, South Queensferry

digital

Sunday 30th April 1989 Start 11.00 am

Race Venue: Hawe's Pier, South Queensferry

Entry fees (non refundable)

£4 Half Marathon ☐ Please tick
as appropriate

£2 Fun Run (5 miles) ☐

"People's" Permit

I enclose my Cheque/PO for the entry fee for the race payable to the
Queensferry and District Community Council.
I agree to the organisers' right to refuse any entry without being bound to
assign a reason.

I declare that I am physically fit and waive and renounce any rights and
claims for damages I may have against the
organisers for any loss/injury as a result of participation in the event.

Signed _____
(signed by parent or guardian if entrant is under 18 years of age)

Date _____

PLEASE PRINT Return to: Forth Bridges Half Marathon
c/o Queensferry Arms Hotel, South Queensferry

Name _____

Address _____

Name of Club _____

Hrs Mins Day Mth Yr

Estimated time _____ Date of Birth _____

Age on day of race _____

Closing Date 22nd April 1989

All proceeds from the two events will be donated to recreational facilities for
children.

Further Information and running numbers will be forwarded as soon as possible.

A Commemorative Medal will be given to all runners
completing the event.

Half Marathon run under the Rules of the SAAA, SWAAA and SWCC, RRA

Run through history!

THE THIRD South Queensferry Half Marathon commences from the
historic Hawes Pier, next to the Hawes Inn where Robert Louis Stevenson
stayed and wrote Treasure Island.

So, why not have an enjoyable start to the season and blow the
cobwebs away with a refreshing and invigorating run along the River
Forth, through the beautiful Dalmeny Estate, and back to the finish line at
the Hawes Inn?

This year Digital Equipment Scotland Ltd, who are opening their new
facility in South Queensferry this summer, will be acting as major sponsor,
providing fast computer results for runners on the day. The event itself is
being run by the local South Queensferry Community Council, and it is
planned that the proceeds for this interesting run will go to increase
recreational facilities for children in the community, as well as a national
charity.

Further details can be obtained from Jim Faulds, secretary of the
community council, and application forms from the Queensferry Arms
Hotel, South Queensferry.

BLACKPOOL: FYLDE: WYRE INTERNATIONAL MARATHON



Spend a weekend (or more) at Britains Premier Seaside Resort
and take in the exciting International Marathon on:

SUNDAY 11th JUNE 1989
(under IAAF/AAA & WCCA Laws)

Open to all over the age of 18.
Start 9.00 a.m.

Fast Flat Course measured to IAAF & RRC standard
Organisers: Fred Pollard, Margaret Vickers
Specially designed medal to all finishers

PRIZES:

FIRST 25 MALE FIRST 10 FEMALE
FIRST 5 MALE VETS FIRST 3 FEMALE VETS
EACH FIVE YEAR AGE GROUP

Entry fee £6.00 AAA Club Members. £6.50 Unattached
includes Free Pre and Post Race Supplement
and Results Sheet

ALL PROCEEDS IN AID OF THE
BLACKPOOL VICTORIA HOSPITAL
REGIONAL CARDIAC CENTRE

Cheques/PO's payable to Blackpool International Marathon
Entries and applications for Entry Forms send 9" x 6" SAE
To: Marathon HQ, 7 Rectory Gardens, Cockerham, Lancaster LA2 0ED
Telephone (0524) 791624
Early Application Advised to Avoid Disappointment

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)

I hereby declare that I will be 18 years (male) 17 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 entirely at my own risk and cannot hold
Motherwell District Council or the sponsors responsible for
any injuries 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
Tel: WISHAW 355821

DATE OF BIRTH

MALE/FEMALE

NAME OF CLUB/UNATTACHED

IF DISABLED PLEASE TICK ☐

AGE ON DATE OF RACE

PREVIOUS BEST TIMES HRS MINS

HOW DID YOU LEARN OF
THE HALF MARATHON?

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

FOR OFFICIAL USE ONLY



Leisure

MAYSUD.

Assisted by
NIKE





EAST NEUK OF FIFE HALF MARATHON

Sunday 4th June 1989
at 2.15pm

This fully "permitted" Half Marathon takes in some of the most picturesque and beautiful coastal and countryside scenery in Scotland. The course winds its way through the harbour town of Anstruther, before turning up into the hinterland, passing through many of the small villages and hamlets that go to make up this part of the East Neuk of Fife. A warm welcome awaits you and we're sure you'll enjoy yourself throughout the day, even during the race!

Entry forms are available from:
The Race Convener,
24 Viewforth Place,
Pittenweem,
Fife. KY10 2PZ.

Sponsored by:

PAGAN OSBORNE & GRACE
SOLICITORS ESTATE AGENTS

OFFICES AT: ANSTRUTHER; CUPAR; ST. ANDREWS;
GLENROTHES; KIRKCALDY.

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.

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

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

WESTERN ISLES HALF MARATHON & FUN RUN

27TH MAY, 10AM START
UNDER SAAA RULES
BARR GRADE 1
(Organised by
Stornoway Running Club)

Friendly Half. In and around
Stornoway in the Outer Hebrides, the
course is varied and very scenic.
Budget accommodation and
entertainment for runners who stay for
the weekend.
Medals to all finishers, team
competition, changing and showers
available, race t-shirts, refreshments
during and after race.

£4.50 club runners (£5 unattached).

Entry forms and further info from:
Alan Cunningham, Burncrook,
Upper Bayble, Point, Isle of Lewis,
PA86 0QN.

CLOSING DATE: SAT, MAY 20.

CLYDESDALE HARRIERS DUNKY WRIGHT MEMORIAL ROAD RACE

Open 5 miles road race:
Saturday 11th March.

St Columba's High School, Clydebank.
3pm start - Enter on day
Men and women: individual and team.
Details from: Phil Dolan, 1, Russell
Road, Dunfermline, Tel: 0389-76950.
Unattached runners welcome.

SELKIRK PEOPLE'S HALF MARATHON

Sunday, April 9

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

ISLE OF ISLAY PEOPLE'S HALF MARATHON

Saturday 5th August

SAE Race Secretary,
Kate Mcatter, Meadows, Birch
Drive, Bowmore, Isle of Islay.
Tel: 049681-479
Accommodation help given

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: 0290-21582

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

KIRKCALDY DISTRICT HALF-MARATHON

SUNDAY 28TH MAY - START TIME 9.30 a.m.

Over an improved course from Dunnikier Park in the
north, to Beveridge Park in the south

Under SAAA, SWAAA and RRA laws

Promoted by Fife College of Technology as part
of its Diamond Jubilee Year Celebrations



1929-1989



With excellent prizes, and medals for all finishers
thanks to increased level of sponsorship.

Forms will be available in March. Send in an SAE

now to:

Half-Marathon Entries, Fife College of
Technology, St Brycedale Avenue,
Fife, KY11 EX.

Marathon
HULL → 26.2 → GRIMSBY
► Excellent Facilities
► Over £9000 in Training Grants
► Generous Category Prizes
► Marathon Souvenirs
► Specially Minted Medals
Sunday
10th September

RING NOW ON (0482) 212828

COUNTY LEISURE & TOURISM, PROSPECT HOUSE,
PROSPECT STREET, HULL. HU2 8PU



A Humberside County Council
Sponsored Event

THE MACALLAN MORAY PEOPLE'S MARATHON AND HALF MARATHON AND 10K RACE

Incorporating the Scottish People's Marathon Championship

Sunday 6th August 1989



Scenic rural and coastal route with
panoramic views of the Moray Firth.
Attractive medals, prizes
and trophies.

Entry forms available from
Ed McCann, Department of
Recreation, 30/32 High Street,
Elgin,
Moray,
Scotland. IV30 1BX

THE CUMBERNAULD HALF MARATHON

Sunday 4th June

Entry Fee £3.50; Over £1000 in prizes
Commemorative medal to all finishers

Entry forms from:

Stephen Robertson
Cumbernauld and
Kilsyth District Council
Council Offices, Bron Way
Cumbernauld G67 1DZ.



Sponsored by:

Cumbernauld Development Corporation
Cumbernauld and Kilsyth District Council
Cumbernauld News and Kilsyth Chronicle

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 distances catered for. Secretary - Bill Powell, 11, Glenmoy Place, Arbroath DD11 5JL.

ARBROATH & DISTRICT AC
Track and field events, road running and cross country. All ages catered for from 8 years upwards. New members in the upper age groups especially welcome. Qualified 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 interest 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 Garnock Pool, Kilmorie. 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 Thursday from 7pm till 9pm. Friendly club catering for all ages from youngsters to veterans, and anyone who enjoys running - serious athlete or fun runner. For further information about the club, contact: Ray Cameron, 5, Rose Croft, Muir of Ord, Ross-shire (Tel: 0463-870805).

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor, Glenferate, 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, Rankeillor 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 secretary 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 upwards 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 Thursday 7pm at Deepark, 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 HFCS 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).

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

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

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

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 Scotstoun Showgrounds, Danes Drive, Glasgow at 7.15pm, and on Wednesday 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.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Training Tuesdays and Thursdays, Musselburgh Grammar School. Sec: Andy Cullen, 9, Carlaverock Court, Tranent. Tel: 0875-612-753.

MARYHILL HARRIERS
Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Club meets Monday and Wednesday 7-9pm, and Sunday mornings. Coaching available for track and field, road running and cross country. Women's jogging night Tuesdays 7.30pm at our own clubhouse. For further info, contact Ian Duffy (Blantyre 829661, or Sheena Smith (Hamilton 428186).

MILBURN HARRIERS
The club for all seasons (road, cross-country, track and field) and the

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, Kirkintilloch. G66 3TJ Tel: 041-775-1551.

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

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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, Coaltown of Balgownie. Tel: 0592-771949.

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A small club offering competition at all levels. Training Tuesdays and Thursdays, Musselburgh Grammar School. Sec: Andy Cullen, 9, Carlaverock Court, Tranent. Tel: 0875-612-753.

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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, Dunbartonshire 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 runners (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, Abbotslea, 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, Lossondale 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.

ST ANDREWS ORIENTEERING CLUB
Promoting and developing orienteering in the city of Glasgow, and Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and East Kilbride districts. New members always welcome. Contact: Terry O'Brien, STAG, 159, Warriston Street, Carntyne, Glasgow. Tel: 041-770-7618 (h); 774-9718 Ext PE (w).

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).

Are your club funds benefiting from our offer?

Earlier this year we circulated the secretaries of all the clubs below with a unique offer to boost club funds. The offer is open till April 30, and details are available from your secretary.

Arbroath Footers £15 Monkland SL £10 Airdrie Harriers £5 Ayr Seaforth £5 Bathgate AAC £5 Bellahouston H £5 Blairgowrie RR £5 Brechin RR £5 Dundee RR £5 Galloway H £5 Livingston AAC £5 Stornoway RC £5 Aberdeen AAC £5 Aberdeen Uni HH £5 Afton Water AAC £5 Albion AC £5 Annan & Dist AC £5 Arbroath & Dist £5 Ardrossan AC £5 AC Eyemouth £5 Avonside TC £5 Badenoch & S AC £5 Banchory AAC £5 B & S Harriers £5 Beith Harriers £5 Bellshill TMCA £5 Blackburn AAC £5 Blackhill H £5 Black Isle AAC £5 Bo'ness H £5 Bute S&AAC £5 Caithness AAC £5 Calderglen H £5 Cambuslang H £5 Cambuslang L £5 Camethy HRC £5 Castlemilk AC £5 Central Region AC £5 Clydebank AC £5 Clydesdale H £5 Coasters RC £5	Colzium AC £0 Constraphine AAC £0 Cowal AAC £0 Cumbernauld AAC £0 Cumnock AAC £0 Dumbarton AAC £0 Dumbarton Ladies £0 Dumfries AAC £0 Dumfries RC £0 Dunbar Dist RC £0 Dunblane AAC £0 Dundee HH £0 Dundee Uni AC £0 Dundee YMCA £0 Duns AA £0 East Kilbride AAC £0 EK Inland Rev £0 E Sutherland RC £0 Edinburgh AC £0 ESH £0 Edin Uni £0 Edinburgh WH £0 EWM £0 Elderpark CRAAC £0 Elgin AAC £0 Ellon & Dist £0 Falkirk VH £0 Fauldhouse MH £0 Ferranti AC £0 Fife AC £0 Forfar RR £0 Forres H £0 Forth RR £0 Fraserburgh RC £0 Gala H £0 Garscube H £0 Giffnock N £0 Girvan AAC £0 Glasgow AC £0 Glasgow Uni £0 Greenock GH £0	Greenock WH £0 HELP £0 Hamilton H £0 Harmeny AAC £0 Helensburgh AAC £0 Heriot Watt Uni £0 Hewlett PMJC £0 Hunters BT £0 IBN Spango £0 Inverness H £0 Irvine AC £0 Isle of Jura AC £0 Keith & DAC £0 Kelvin HC £0 Kilbarchan AAC £0 JW Kilmarnock £0 Kinlochleven AAC £0 Kintyre AC £0 Kirkintilloch Oly £0 L&L Track Club £0 Ladywood JC £0 Larkhall YMCA £0 Lasswade AC £0 Law & Dist £0 Linthgow AAC £0 Linwood PAC £0 Lochaber AC £0 Lochgelly AAC £0 Lomond HR £0 Lothian AC £0 Loudon RAC £0 Maryhill H £0 Melrose AAC £0 Mid Argyll AC £0 Milburn H £0 Montrose AC £0 Moray RR £0 Motherwell YMCA £0 Muirkirk RC £0 Naim & DAC £0 Nith VAC £0	Oban AAAC £0 Paisley H £0 Peebleshire AAC £0 Pendec ASC £0 Penicuik H £0 Perth RR £0 Perth SH £0 Petehead AAC £0 Pitreevie AAC £0 Seagulls WAC £0 SVHC £0 Shetland RR £0 Shettleston H £0 Skye & LH £0 Solway Strollers £0 Spiggel HAG £0 Springburn H £0 Sri Chinmoy AC £0 St Andrews Uni £0 Stewartry AC £0 Stirling Uni £0 Stonehouse AAC £0 Stathclyde Uni £0 Strathearn H £0 Strathkelvin L £0 Tayside AAC £0 Teviotdale H £0 Troon TAC £0 Tweaside AC £0 Uddington MAAC £0 Vale of Leven AAC £0 Vic Park AAC £0 Westerlands CCC £0 Whitburn AAC £0 Yarrow RC £0
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All totals as at February 14. If your club is not listed, or if you cannot obtain forms, please contact Linsey Macdonald on: 041-332-5738.

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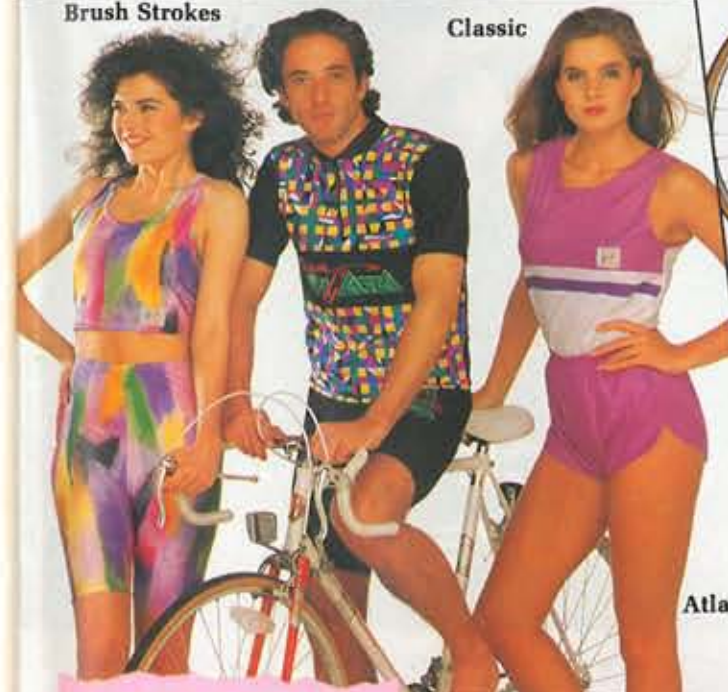
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