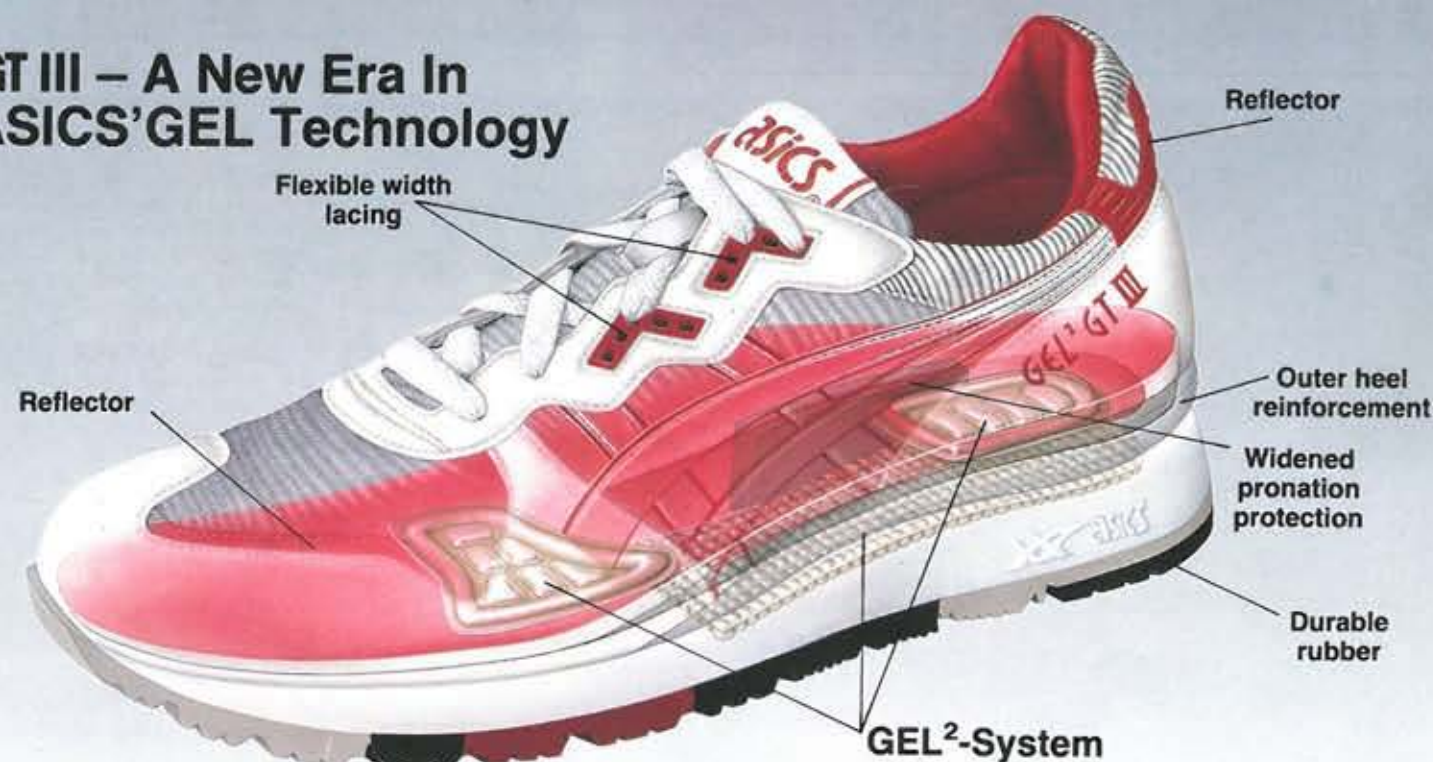


GT III – A New Era In ASICS' GEL Technology



Asics Gel protects your every move

Depending on his pace, a runner's body experiences impact forces that are 3-5 times his body-weight – every step of the way. In handball, the forefoot is exposed to the most extreme loads during the entire game. A volleyball player lands with a six-fold to eight-fold body weight on his forefoot – on average 250 times in each game.

These are examples which clearly illustrate that shock absorption has to be one of the major functions of any sports shoe.

The better the absorption and the more the shoe is designed with the specific needs of the particular sport in mind, the less the strain on the athlete's body.

That's why ASICS' researchers and designers have always pursued the goal of giving the active athlete the maximum possible degree of protection.

Thanks to the revolutionary properties of GEL technology, this sports shoe range has re-defined shock absorption standards worldwide.

'GT III with ASICS' GEL Technology'

ASICS' sports shoes ... comfort and protection every step of the way!



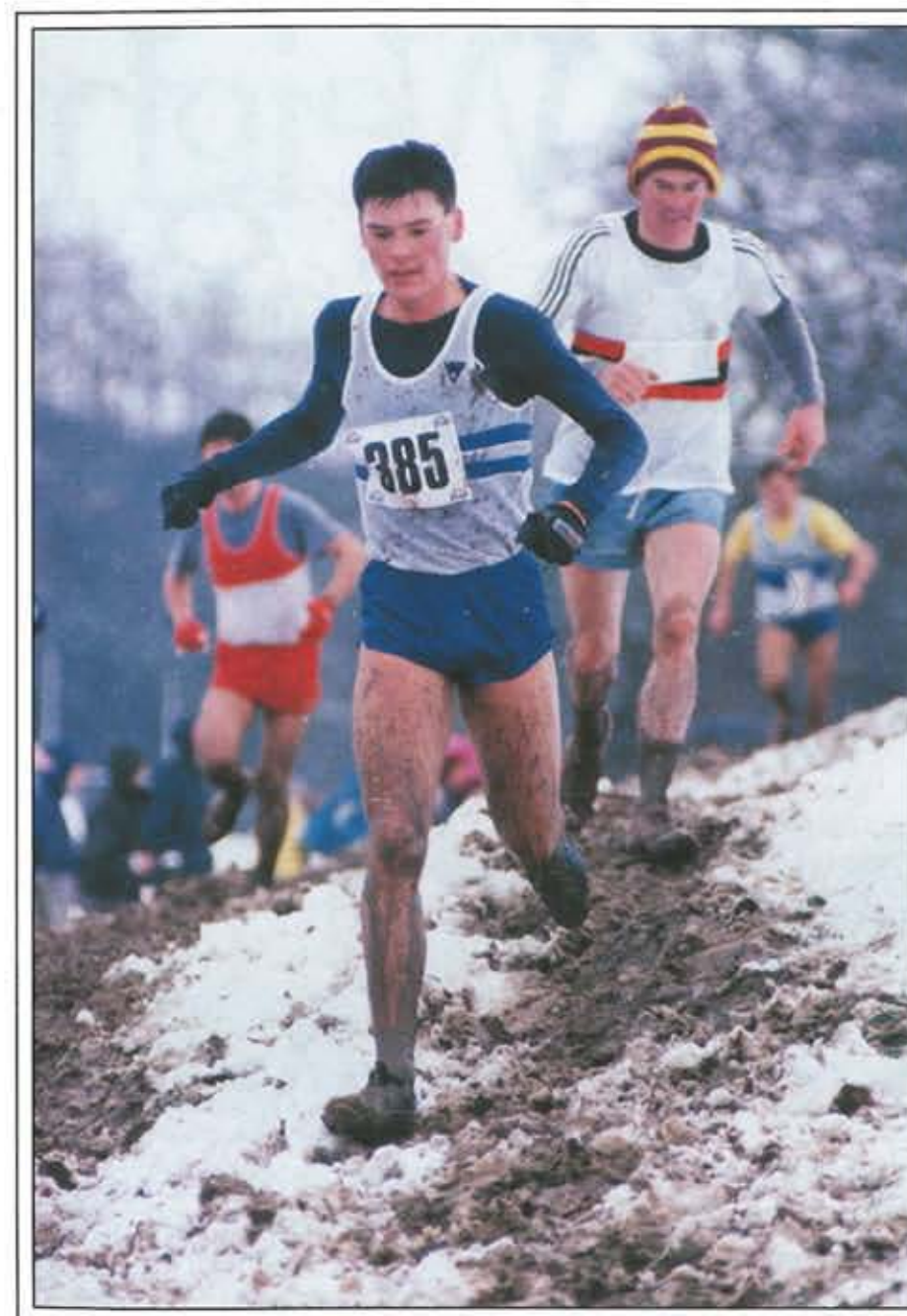
Olympian Sports U.K. Ltd.
Moorfield Industrial Estate, Moorfield Road, Yeadon, Leeds, LS19 7BN.
Tel 0532 508486 Fax 0532 506494 Telex 51311 RELAYS G.

SCOTLAND'S RUNNER

APRIL 1989

£1.20

ISSUE 32



Remember this?
National picture special inside

Win a trip for two to the Commonwealth Games!

Innovation Doesn't Carry The Weight It Once Carried.



Conventional wisdom dictates that the more innovations a shoe features, the more it weighs. But examine for a moment the rather unconventional New Balance 830.

It's full of performance features, including our C-Cap® midsole that incorporates a rebound wedge in the heel and a unique acceleration pad in the fore-foot. It has a durable 3-density outsole. *Yet it weighs a mere 264 grams.**

The New Balance 830. Proof once again that, when it comes to innovation, we don't drag our feet. Or yours.



*Size 9 1/2 D. The New Balance 830 is available in D, and 2E widths. © 1987, New Balance Athletic Shoe, Inc. All rights reserved.

Write for our new Running Systems Brochure to:—

New Balance Athletic Shoes (UK) Ltd.,
16 Chesford Grange,
Woolston, Warrington,
Cheshire WA1 4RQ.

SCOTLAND'S RUNNER

APRIL 1989

CONTENTS

ISSUE NO 32

REGULARS

- 5
INSIDE LANE
- 9
UP FRONT
- 13
GET CHARITABLE
- 15
LETTERS
- 19
KODAK CLASSIC
- 22
STADIUM FEATURE
- 27
COACHING CLINIC
- 32
OPEN FORUM
- 39
RUNNING HOLIDAYS



Maryhill Harriers: See Page 33

FEATURES

- 24
CLUB RANKINGS
John Lunn brings us his first
exclusively Scottish club rankings
- 30
TRIATHLON FEATURE
Scottish champion Ginny Pollard
eases beginners into their schedules
- 33
MARYHILL HARRIERS
Robert Stevenson reports on a club
climbing back to good times
- 40
AL HOWIE
Adrian Stott speaks to an ultra star

REGULARS

- 42
WOMAN'S RANKINGS
- 44
RESULTS
- 47
NATIONAL CHAMPS
- 53
WOMEN IN SPORT
- 55
VETERAN SCENE
- 56
JUNIOR SCENE
- 58
EVENTS
- 67
CAPTION COMP
- 68
SPORTS NETWORK

Editor:
Alan Campbell

Associate Editor:
Doug Gillon

Reporter:
Rhona McLeod

Compiler:
Colin Shields

Photographer:
Peter Devlin

Designers:
Jim Divine/Tom Hanlon

Columnists:
John Graham
Fiona Macaulay
Henry Muchamore
Allan Wells

Front Cover Photo:
Peter Devlin

Sales Director:
Alex Hall

Sales Executive:
Fiona Caldwell

Administrator:
Jan Hamilton

SCOTRUN PUBLICATIONS LTD. 62 KELVINGROVE STREET, GLASGOW G3 7SA. TEL: 041-332-5738

THE "CARDIAC KIDS" FUNPUB FUNRUN FOR KIDS' HEART RESEARCH

Lend us your Body!



and jogalong for Kids' Heart Research

Calling all (male and female) drinking and non-drinking runners and joggers. Enter your 'local' in this National Event, and maybe organise it with some friends on the Pub's behalf.

Each Pub will organise its own run which will take place on a Sunday morning of your choice during May, June, July, August 1989.

Throughout Great Britain, Public Houses, their customers, local residents, members of colleges, sports clubs, companies, etc., are invited to participate in the above event and raise money for Infants' and Childrens' Heart Research.

Your run should be approximately 3 - 4 miles long and ideally start and finish at the Pub, or somewhere close by. Participants will be required to raise sponsorship for Heart Research at so much per mile. If you schedule to start at 11.30 am, you will be back just as they open!

STRUTH will provide specially printed Sponsorship Cards and Posters together with details of the Charity. In return for raising Sponsorship monies, STRUTH will also make the following Awards:

To an individual raising:

- £12.00 - a Cardiac Kid Medal
- £27.50 - a Cardiac Kid Plaque
- £55.00 - a STRUTH Pewter Tankard
- £100.00 - Presentation Boxed Pewter Flask
- £225.00 - Presentation Boxed Set of 4 Pewter Goblets
- £500.00 - Presentation Boxed 4 Piece Pewter Coffee Set

In addition, each Pub raising a minimum of £450 will receive a Shield, and a minimum of £1000 will receive a Special Trophy.

The Pub raising the most money overall will be awarded the NATIONAL TROPHY

Hi! I'm The
"CARDIAC KID"
I'm raising money for
Kids' Heart Research
Please Join Me!



THE "CARDIAC KIDS" FUNPUB FUNRUN for KIDS' HEART RESEARCH

The Customers of (name of Public House/Club)

Address

Tel. No. PUBLICAN'S NAME

Brewery

Wish to enter this Event.

The Organiser of our Event is

Address

Tel. No.

SIGNATURE OF PUBLICAN

SIGNATURE OF ORGANISER

Where it is found that an entry has been made without the knowledge or consent of the Publican/Club Secretary the matter will be taken up with the necessary authorities.

Send to:
STRUTH HEART RESEARCH TRUST,
209A HEADSTONE LANE, HARROW HA2 6ND
(Tel: 01-428 8541)
Registered Charitable Trust No. 282280.

INSIDE LANE

WHATEVER are we to make of the sordid revelations coming out of Canada almost daily?

My own view is that however shocking it is to see the truth confirmed in black and white, the knee jerk reaction of the British (including the Scots) to get Commonwealth Games medals, or better medals, awarded retrospectively to athletes such as Sandra Whittaker and Elliot Bunney is a waste of energy.

Would it not now be better - when at last the issue is coming out into the open - to accept that international athletics has been a can of worms for many, many years now. Although what worms have ever done to merit the allusive reference I don't understand.

The truth of the matter is that everybody involved in athletics at this level - administrators, officials, journalists, athletes, etc - knew what was going on.

"Yes, but we can't prove anything," is the standard response. Would it not be more honest to say that many people don't want to be able to prove anything. Even with the taint of drugs, athletics affords a nice lifestyle at the top of the tree, so why rock the boat?

No, unfortunate though it is for Whittaker, Bunney, and all the hundreds (or even thousands) of other athletes who have been robbed of their just desserts, there is little point in focusing attention away from the main issue by trying to work out who should, or should not, have got clean medals. Take it to its logical conclusion and an athlete who got knocked out in a semi final by two confessed dopers could demand a re-run of both the semi-final and final.

All efforts now must be concentrated on cleansing the sport through compulsory random testing for all nations. The IAAF should waken up to its responsibilities, and some of those who have condoned the scandal by their silence should search their consciences.

While still on the subject, I am surprised that no reader responded to Allan Wells's comments about Carl Lewis in last month's issue. Lewis, one of the few people in athletics not frightened to expose the dope scandal, was condemned by Allan for his stance.

Does this silence mean that our readers agree that Wells is right, and Lewis is wrong?



MY THANKS to all those who responded to our first caption competition. Accepting it was a rather unusual picture, there were, to put it mildly, some very odd entries. Many were most certainly not for public consumption.

The figure in the middle is of course Simon Axon of Aberdeen AAC, and a lot of entries played on his assumed name of Alf Tupper, which he used to enter a couple of events about 18 months ago.

Of the rest, Jim Doig of Aboyne, who in January won the Bermuda Marathon, submitted six entries. The first was probably the funniest, but cannot be repeated in case Chris Hall (partly obscured, left, behind Colin Youngson) is of a litigious nature.

Doig's second effort, however, came into the frame for a year's subscription.

Race official to Axon: "I know it's cold sonny, but you'll have to go into the boys' race with that one."

Disgusting, but fairly typical of the general response!

Bob Morrell of Livingston was a good contender in this genre with his effort along similar lines:

Race official to Axon: "I won't tell you again, remove the ferret or I'll shoot it."

One I appreciated was from "Wee Jazza" McGlone - honest! - from Dunfermline, but it was a little too "in-house" to win the prize.

No, when all the Alf Tupper lines and the smut were discounted, there was only one winner - D. Wilkie of Clashrodney Avenue, Cove, Aberdeen.

Mr Wilkie's version had the race official's bib marked Iran AAC on the back. He is saying: "Would No 666, S. Rushdie, please come to the front!"

A year's subscription is on its way.

WELCOME this month to our new look magazine. Some of the design changes still require fine tuning, but what you are seeing in this issue represents the basis of the product you will be receiving in the years ahead.

Readers may be confused by the third change of identity in as many years, and indeed I admit to an initial reluctance when the new image was suggested to me by designers Jim Divine and Tom Hanlon. But Jim, whose personal best for 800 metres is 1-52, and Tom, the Scottish 3,000 metres steeplechase record holder, eventually persuaded me that the changes were necessary. I hope you agree.

Fortunately, the facelift coincides with our biggest and most colourful issue ever, for which our advertising staff must take a bow. As well as our long-standing regular advertisers John Bourne and Terry Lonergan, it is particularly pleasing to see that some of the major shoe manufacturers are beginning to realise that there is a separate buying pattern and identity in Scotland. Welcome also to the Scottish Amateur Athletic Association, who have placed their first advertisement with us after 32 months of publication!

Having promised a proper Junior coverage for many months now, I am also delighted that we have got a regular double page spread for our younger readers off the ground at last. Edited by Scottish international long jumper Rhona McLeod, we hope it fills a major gap and will be happy to listen to any suggestions for its improvement.

Lest the back-slapping gets out of hand, however, I would like to say that there remains a major problem area with the magazine - the lack of support we receive from athletic clubs. Despite incentives to get more club members buying the magazine, which would benefit both us and the clubs, the take-up remains pretty dismal (cast your eyes over the list on Page 67 to get my drift).

So please, if you are a club member, try to get your committee interested in either our subscription offer or selling the magazine monthly on commission direct to club athletes.

Alan Campbell

NATIONAL HEAD INJURIES ASSOCIATION

RUNNERS SEEKING A WORTHY CAUSE

Please wear our running vest next time out

For further details about this charity please contact:

Appeal Director
200, Mansfield Rd,
Nottingham NG1 3HX
Tel: 0602 622382

NOW!



BEAT IT!

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

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

To continue that campaign in Scotland, we need to raise £4 million in 1989 to make further progress.

For we mean to beat cancer.

Send cheques, postal orders or stamps to:

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

Telephone: 041-333 9465

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



Cancer Research Campaign

Fighting cancer on all fronts.

RUN YOUR MARATHON

on behalf of
Intermediate Technology



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

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

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

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

Please indicate size of T-shirt required.

Name _____

Address _____

up FRONT

Liz beats her own world best in Red Lobster race

HAVING declared in the previous issue that Liz McColgan would not be bursting a gut to break the 10K world best time in Orlando, the Olympic silver medalist proved us wrong by doing just that - for the third successive year.

"I didn't expect to run as fast," was Liz's explanation after the race, which she won comfortably in 30-38, 38 seconds faster than her time in the Red Lobster event last year and 61 seconds ahead of great rival Ingrid Kristiansen.

The \$34,000 win would no doubt ease the pain of McColgan's defeat in the world championship 3,000 metres in Budapest at the hands of Elly van Hulst. Although both women were inside Zola Budd's three year old indoor world record of 8-39.79, and although McColgan was running well below distance, the spectre of at least one athlete always being able to hitch a lift in important championships remains. Van Hulst's time was 8-33.82, while McColgan set British and Commonwealth records of 8-34.80.

McColgan's outdoor targets are now to break four minutes for the 1500 metres, and 8-30 for the 3,000. A world record track attempt at 5,000 or 10,000 metres is also on the cards.

Norwegian a welcome visitor

WORLD class athletes arriving in Scotland can usually expect to raise a few eyebrows, even when their expertise is of the "minority sport" variety, writes Bill Melville.

It is surprising then that former World Cup winner and Norwegian international orienteer Ellen Olsvik slipped so quietly into Glasgow earlier this year to take up a three year residency.

The 26 year old Trondheim woman won the inaugural World Cup in 1986, when current holder Brit Volden finished sixth, and Arja Hannus, who won the World Championship in 1987, finished eighth.

Olsvik won events that year in Ontario and Czechoslovakia, finished second to Bratberg in Sweden, and third behind Karin Rabe in Hungary. That gave her a 112 point total and victory by four points.

Her best World Championship performance came in 1983 in Hungary when she finished sixth. In 1987 in France, she finished eighth and then retired from the international arena.

"I didn't want to train like that anymore," she says. "After 15 years I was tired."

Now Ellen is studying for a PhD in fermentation technology at Strathclyde University. No doubt she will be much sought after by orienteering home brew

fanatics, but let us hope the sport's coaching fraternity beat even faster tracks to her door.

Ellen is now an enthusiastic recreational orienteer. After four weeks in Scotland she turned out at Luss at the beginning of March.

After an early run that was fast enough to give her the Scottish Universities' title, she settled down to helping out her new club, Clydeside OC, manage the finish lane. Her time for the 6.9K course was 76-19, pushing Kirsty Bryan-Jones and her Edinburgh team mate Yvette Hague into second and third.

This was the first event in the 1989 league, and Hazel Dean proved her early season fitness by beating the Norwegian by over three minutes. But this Scandinavian import should add welcome spice to the Scottish scene.

Richard Jones won the men's league race and the Universities Championship. With Dave Peel finishing third and Alistair Thin fifth, Glasgow were easy winners of the college team trophy.

A wrong route choice which saw British champion Steve Hale climb over the 1500 foot mid-course summit while others ran around, may have let Jones and Peel through. Hale (Perth) finished third, three seconds down on Peel and 2-16 behind Jones' winning time of 60-42 for the 8.4K.



Thistle in need of succour

AFTER 14 years of sponsoring the Thistle Awards Scheme, The Scotsman has withdrawn its sponsorship.

The scheme was devised in 1971 by Frank Dick, then the Scottish national coach. Eighteen years later it is still introducing athletes to grass roots athletics.

Working on a system of age-group targets, participants try to reach their particular goal in as few events as possible using a combination of track and field events.

The qualities of the scheme are still as obvious now as they were in 1971. It's all about achieving personal goals - even the youngster who never makes the school team can derive the elation of rising to a challenge and winning.

The scheme also encourages those taking part to try different events - a valuable aid to the teacher or coach in athletic development.

An annual sum of £4000-£5000 is now required to maintain and develop the scheme.

The new part-time administrator, Jeannette Heggie, sees her task as being two-fold for the summer. Initially she will be visiting schools and clubs to try to increase participation and bring the scheme to a wider audience. Her other priority is of course to find sponsorship to maintain Frank Dick's ideal of a scheme to give all athletes real purpose to their endeavours.

Beith demise

THE ANNUAL Beith New Year Road Races and Civic Sports are set to continue - despite the demise of Beith Harriers.

The club were formed in 1923 and in the 1960s were a force in Ayrshire cross country. But numbers have fallen over the years, with athletes attracted to bigger clubs instead.

Secretary Jim Swindales says that a joggers' group will continue to meet in the village each Wednesday night.

Also, see the Dunbar Boundary 10K advertisement for race details rather than listing.

Finally, the Scottish International Athletics Club are holding the Bank of Scotland relays and invitation events at Meadowbank Stadium on April 29.

The High Road

A RELAY race to Scotland's highest village is being organised by Larkhall YMCA Harriers on June 4. The five-stage relay from Larkhall to Wanlockhead in the Lead Hills above Lanarkshire is described as "a killer from start to finish" by the organisers.

The event has been staged for several years in conjunction with a Larkhall Academy sponsored walk. The 35-mile course is a mixture of road and cross country and there is a net climb of around 2000 feet.

"They tied his hands behind his back and ordered him to run away, while a soldier was ordered to shoot him."



RUN FOR THEIR LIVES.
AMNESTY INTERNATIONAL

You can run free

Run for Amnesty International and help prevent abuses such as tortures, executions and other cruel, inhuman, and degrading treatment of prisoners.

- ☐ I would like more information on Amnesty International
- ☐ I would like to run for Prisoners of Conscience (We'll send sponsor forms and Amnesty Running vest)
- ☐ I wish to make a donation of £ _____
- ☐ I wish to join Amnesty International (Family £15; Individual £12; Student/Claimant/OAP £5)

Name _____

Address _____

Tel: _____

AMNESTY INTERNATIONAL
99 - 119 Rosebery Avenue
London EC1R 4RE Tel: 01-278 6000

184

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

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

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

'I CAN'
INVALID CHILDREN'S
AID NATIONWIDE

Make your efforts worthwhile.

Now, thanks to his perseverance and the organisation behind 'I CAN' he has run a marathon and takes part in sponsored events whenever possible.

If you can run for us, we will gladly provide sponsorship forms and running vests.

Perry always says 'I CAN'. How about you?

Write to: Ramona Brown, 'I CAN', Allen Graham House, 198 City Road, London EC1V 2PH.
Tel: 01-608 2462.

*Invalid Children's Aid Association. Reg. Charity No. 210031.
Patron: H.M. The Queen President: The Princess Margaret, Countess of Snowdon.

I would like to run for I CAN in my next marathon. Please send me ☐ Sponsorship Forms ☐ Vests.

Name _____ Address _____

SR 6 Postcode _____

up FRONT

Warning! Alloa is an hour earlier

DESPITE the low rating the Alloa Advertiser Half Marathon received in Scotland's Runner for its scenic beauty, there is no truth in the rumour that our runners were issued with dark glasses, thus preventing them from seeing the lovely Ochil Hills whilst pounding the six mile road between Tillicoultry and Menstrie! Could it be that those runners trying to beat the course record are too busy looking at their watches, whilst fat joggers like me are searching for the next water hole, writes Jan King.

In Alloa we seem to be bucking the trend, in that our numbers have steadily increased since our first half marathon in 1983 which had 283 runners, to 1000 entries last year. As we are one of the first half marathons of the season, and with the relatively mild winter, we look on course to exceeding our expectations once again with a further increased entry.

With the recently formed Wee County Jogging Club which offers a training programme, fitness testing, company for women runners and a workshop by experienced athletes we hope for more women runners entering.

Anyone looking for an early season indication of how their winter training has gone, a friendly atmosphere, nice medal and a free swim after the race should seriously consider the half marathon on March 26 at 11am (please note the change of time).



DAVE Farrer, organiser of the Edinburgh Half Marathon, estimates that about £50,000 will be raised for charity at the event on May 7.

Promoted by Edinburgh Southern Harriers, it is hoped that 3,000 will compete in this year's run, which has been noticeable this year for its increased publicity and promotional activity. Above, Patricia Lynch displays the event's new medal.

Meanwhile, the 1989 Great Scottish Run 25K has got off to a flying start with almost 700 entries received from a mailshot to 1988 entrants early in March. With the run's first press conference due to be held on March 22 - at which Leslie Watson and John Graham were expected to be in attendance - the organisers were looking to have 1,000 entries in by the end of March.

Negotiations were continuing to find a sponsor for the run as we went to press, but a number of options are believed to be being considered. Continuing the promotional theme, Cala Homes are sponsoring a Scottish pole vault squad. The 15-member squad met with national coach Dave Lease at the Kelvin Hall on March 4 and 5.

And in the North, Martin and Frost are sponsoring the North District Championships in Inverness on May 20.

New Ayrshire series

A MIDWEEK 10K road race series will be held in Ayrshire in the early summer. The series will comprise of three races - the Troon Tortoises 10K on Wednesday, May 17; the Ayr Seaforth 10K on Wednesday, June 7; and the Kilwinning Academy Milk 10K on Wednesday, June 14 - and the times in each race will be added together to determine the overall winners.

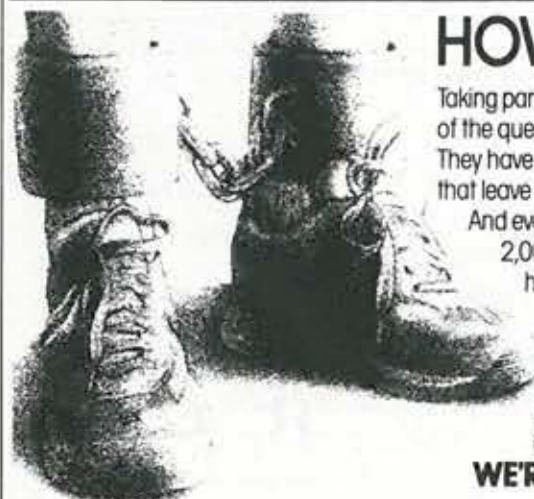
"Athletes are able to predict fairly accurately where they might finish in one event, but the prospect of a three-race series with times taken on a cumulative basis, is slightly less predictable and more exciting," says organiser Grant Young of Ayr Seaforth.

Scottish and Universal Newspapers are sponsoring the series, and there will be a range of trophies and commemorative t-shirts as prizes.

ON TUESDAY February 28, East Kilbride athlete Hugh Wilson was tragically killed while cycling on his way to work.

Hugh, aged 39, had been a member of East Kilbride AAC for nearly 20 years and competed enthusiastically for them in everything up to marathons. A 2-30 marathon man, Hugh was well known by most club runners in Central Scotland.

Hugh will be missed by all, and the condolences of East Kilbride AAC go to his wife Caroline and two daughters.



HOW DOES IT FEEL TO HAVE ASTHMA?

Taking part in a fun-run or marathon could be out of the question for many people with asthma. They have to live with the fear of sudden attacks that leave them struggling to breathe.

And every year asthma kills more than 2,000 people. That's why we need your help to raise money for urgent medical research.

ASTHMA
RESEARCH COUNCIL
WE'RE FIGHTING FOR BREATH

Send off the coupon for your free T. Shirt and sponsorship form.

And get out there and run for those who can't.

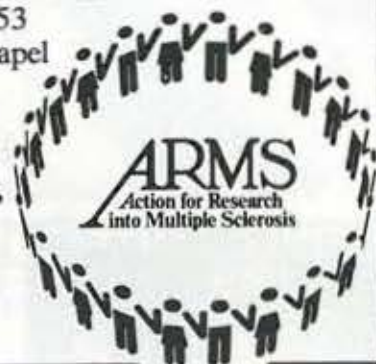
Return this coupon to Sponsorship Dept. 1/5/89
Asthma Research Council, 300 Upper Street, London N1 2XX.
Please send me an ASTHMA sponsorship form ☐
Please send me my FREE T. Shirt ☐ ☐ ☐ ☐ (tick size)
Name: _____
Address: _____
Postcode: _____
Date of Event: _____

Let your legs work for ARMS.

ARMS, a charity founded and run principally by people with multiple sclerosis and their close families, stands for Action for Research into Multiple Sclerosis.

Your action in sponsored running on our behalf will ensure the continuity of funds for our vital research projects into the significance of diet, exercise and other therapies in slowing, even stopping, the progress of this crippling disease. Many thousands of people with MS have been helped by the work of ARMS.

Ring us on 0279 815553
or write to us at 4a Chapel
Hill, Stansted, Essex
CM24 8AG, and we'll
send you your free
running vest or T-shirt,
our information pack
and the sponsorship
forms. Please. Give us
a run for our money.



Help!



Why?

Please sponsor
us when you
run. Sponsor
cards &
running vests
available.



Twenty-five years ago few
Cystic Fibrosis babies
reached their first birthday.
Today because of our work
their lives are longer and
better,
... but not long enough.
You can help us give them
the next 25 years, and the
next...

Cf
Cystic Fibrosis
RESEARCH TRUST

Dept. 241, Scottish Office,
39, Hope Street, Glasgow G2 6AE.
Telephone: 041-226 4244.

Registered Charity No 281 287

THREE PRECIOUS LIVES ARE LOST TO CYSTIC FIBROSIS EACH WEEK.

RUN LIKE ME - FOR A WINNING TEAM



JACK BUCKNER, EUROPEAN 5000M CHAMPION AND
WORLD CHAMPIONSHIP BRONZE MEDALLIST

The Imperial Cancer Research Fund is Europe's largest cancer research institute employing over 900 scientists and technicians in our own laboratories and hospital units. We are winning the fight against cancer, especially children's cancers, but it is a long hard road. Your running on long hard marathons and fun runs helps us by raising money - the charity is totally dependent upon donations and our own fund raising activities. We are a winning team. Join the winning team and run for us. Write to me, Jack Buckner, of the Imperial Cancer Research Fund now for your race sponsorship pack.

Please return this slip to Jack Buckner, c/o Imperial Cancer Research
Fund, 19, Murray Place, STIRLING.

YOUR NAME (Mr/Mrs/Miss/Ms) _____

ADDRESS _____

POSTCODE _____

Name and date of event _____

Vest ☐ T-shirt ☐

Size _____ Inches _____

**IMPERIAL
CANCER RESEARCH
FUND**

up FRONT

Margaret misses out at Irvine

HAVING MADE the lengthy
journey from Aberdeen to Irvine,
cross country runner Margaret
Stafford was appalled to discover
she had missed the start of the
senior race at the National
Championships (see letters page).

Believing the senior event to
start at 2.10pm, the Aberdeen AAC
runner waited in the start area
from 1.38pm and remained there
to continue with her preparations.
She heard a gun fire, but didn't
respond as she believed it was for
an earlier age group race.

Understandably upset at
missing the event, Margaret wrote
to Scotland's Runner looking for
some answers. The points she
raised concerned the start time of
the senior race and the adequacy
of the public address system.

In reply, SWCCU secretary

June Ward said: "No start time for
the senior race was given."

She went on to explain that
initially the meeting was due to
begin at 1.00pm, but due to bad
weather the start was delayed by
half an hour to allow teams more
travelling time. Club officials were
told on arrival that the race order
would remain as published in the
programme, the first race being
the minors at 1.30pm.

The races would then run
immediately one after the other,
the senior race being the third of
the day. If athletes were in any

doubt they were advised in the
programme to seek the advice of
officials in the start area.

June Ward said: "There hasn't
been a timetable of events for years.
Only the start time for the first
race is ever given, and the system
has always worked in the past."

On the point of the public
address system, Ward said she
believed it to be adequate.

She believes Margaret Stafford
was the only athlete who missed
her race, but accepts that even one
is too many, and has promised to
look into the situation.

Afton Water is appropriately named as repairs remain undone



IN THE midst of staging a Young Athlete's
meeting in 1987, officials of Ayrshire club Afton
Water AAC had to dig drainage trenches in their
track to allow the match to continue! Two years
later, the club are still operating under these
conditions, writes Rhona McLeod.

The track and pavilion were built 15 years ago
in New Cumnock but were unused until Afton
Water was formed seven years ago. During this
time ownership of the facility was transferred
from Strathclyde Region to Cumnock and Doon
Valley District. The transfer has meant that nei-
ther council has attended to the facility for years.

For the past three years the pavilion has had
no electricity, the roof is rotting, and the track is
flooded as it still requires new drainage.

Despite all this, according to club secretary
Janette Hume the club is thriving. "We have
about 70 members and have sent six adults for
athletic coaching courses."

One member who typifies the enthusiasm is
Douglas Sanderson, who aged 61 made his 200m
debut to help out in a league match!

The club, meanwhile, has heard from the
district council that they might repair the pavil-
ion soon. No mention was made of the track.



Clockwise from top left: Douglas Anderson who took up the 200 metres aged 61; young club members run through the puddles on the flooded track; Afton Water AAC group picture; secretary Janette Hume examines the rotting pavilion. Pics: PETER DEVLIN

Dementia

.....The Cruellest of Diseases
It affects all ages and all races.
There is no cure and no effective treatment.
It strips away memory, reason and personality.
It causes a living bereavement.

.....Dementia could Affect your Family
1 in 10 people over the age of 65 suffer from
dementia and 1 in 5 over the age of 85.

.....We care about Dementia
We run self help groups, manage care projects
and help thousands of people every year.
We desperately need funds for services and
for research.
We do our best for them - please do your
best for us.

PLEASE RUN FOR ALZHEIMER'S SCOTLAND

for information, sponsor forms and a free T-shirt
send the coupon below to:

Alzheimer's Scotland,
40 Shandwick Place,
Edinburgh, EH2 4R
or contact us on 031 225 1453

Name.....
Address.....
Size of T-shirt.....

SCOTTISH SPINA BIFIDA



NEEDS YOUR HELP

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

All enquiries to:
Mrs A. D. Smith, Executive Officer,
SSBA, 190 Queensferry Rd,
Edinburgh EH4 2BW.
Tel: 031-332 0743 (24 hour Ansaphone)

YES! I'd like to help

NAME.....
ADDRESS.....
POST CODE.....

CHEQUERS TRAVEL RUNNING INTO 1989

QUALITY COACHES
AND HOTELS ALWAYS USED
SPECIAL DEALS FOR CLUBS

New York City MARATHON[®] SUNDAY 5th NOVEMBER

- ☆ Guaranteed entry
- ☆ Choice of 3 grades of hotel
- ☆ 4, 5 or 6 night stays
- ☆ Flight and entry only
- ☆ Extended stays possible

Prices from
£353
(Flight &
Entry only)

JOIN US IN THE BIG APPLE THIS AUTUMN

BERLIN Berlin Marathon SUNDAY 1st OCTOBER

- ☆ 4 days by air
- ☆ 3-star hotel
- ☆ Breakfast run
- ☆ Pasta party

FLAT FAST COURSE
Price £239

EUROPEAN ROAD RACES

EUROPEAN VETERAN'S Walks 10km & Marathon BRUGGE 24th June	GREAT NORTH RUN NEWCASTLE 18th June from £48	PARIS - VERSAILLES PARIS 20km Oct '89	LE TOUQUET 10 & 20km FRANCE 26th August
--	--	---	--

RETURNING FOR THE 3rd YEAR SWISS TRAINING WEEK 18th - 24th August, 1989

A superb week of sport using the fabulous facilities of the
Swiss National Training Centre in the Jura Mountains

Suitable for all standards Just £289

CHEQUERS TRAVEL Complete the coupon and post to:
Chequers Travel Ltd., Newbridge House,
Newbridge, Dover, Kent CT16 1YS.
OR call our 24 hour answer service on (0304-204515) quoting ref. SR4

Please rush me a copy of the 1989 Chequers Running brochure

NAME.....
ADDRESS.....

BE CHARITABLE

WITH Comic Relief fresh in everyone's minds and the onslaught of the 1989 marathon and half marathon season upon us, now is the time for runners to commit themselves to running for charity. Appeals such as Cash for Kids and Comic Relief have highlighted just how generous Scots are as a people.

The decision about "which charity to run for" is more often than not a personal one, as in the case of veteran fund runner John Seivwright, who over the last six years has raised £41,330 for Leukaemia Research, spurred on by the loss of his three year old son to the disease.

Whatever the reason, a runner can achieve a great deal of satisfaction from raising money for charity.

The Cystic Fibrosis Research Trust has an important year ahead, as they celebrate the Silver Jubilee of their foundation. David Arthur, Scottish regional director, explains, "In 1964 barely 10 per cent of those children diagnosed as having CF could hope to live into their teens. Today that awful statistic is reversed with 75 per cent living not just into their teens but into their twenties."

This dramatic change round is entirely due to the dedication of doctors, the major research work organised by the trust, and the enormous support of parents and families. "Together we have got somewhere," says David Arthur.

A great deal of the money raised to support their work comes from the efforts of runners. "Many are readers of your magazine," reveals Mr Arthur.

This year there will be CF runners in the Rannoch and Dundee marathons, and in the Inverness 10K. A group of nurses from Birmingham plan to climb Ben Nevis, Scaw Fell and Helvellyn in as short a time as possible.

"It only has to be added that the money raised by all this blood, toil, sweat and tears is most gratefully received," says David Arthur.

It seems that 1989 is the year

for charities celebrating key birthdays. Shelter (Scotland) celebrates its 21st anniversary this year.

Shelter's fundraising team is small in number but as Maitland Simpson, appeals organiser for Shelter (Scotland) explains: "We have to be big on ideas as it takes almost £500,000 to run all our centres, campaigns and projects in Scotland, and the overwhelming majority of that money has to be fundraised from individuals, trusts and business."

The campaign's aim is to eradicate homelessness and ensure that everyone has a decent home at a price they can afford. At the last count over 29,000 in Scotland alone were homeless. Shelter's housing aid centres in Aberdeen, Edinburgh and Glasgow are shop front centres which offer free, independent and expert advice and advocacy to anyone with any type of housing problem.

Alzheimer's Scotland, a new charity trying to recruit runners, is a Scottish cause for dementia. Alzheimer's Disease is a brain condition which causes the gradual loss of all mental powers - the powers to think, to remember, to reason, to feel emotions. It has been described as one of the cruelest of diseases, stripping away memory, reason and personality - everything that makes up identity itself.

Dementia affects all classes and all races. It can strike at any age from forty onwards, though it is most common among the very elderly.

Through a network of local branches, they organise support groups which help carers share experiences and information. As Lorna Arnott, membership and administration officer, says: "We have local groups throughout the country who would link with runners to generate local publicity and additional sponsorship. We also have several keen runners among our employees, so we expect to be able to offer personal contact and support at races."

Another charity celebrating "a decade of devoted caring" is

the National Head Injuries Association. Over the last ten years Headway have helped, advised, and supported patients who have suffered the devastating effects of a head injury.

Through a continuous and expanding programme of rehabilitation, the provision of health and advisory literature, conferences and advice and counselling services, Headway have helped numerous victims.

The Scottish Spina Bifida Association helps those of all ages in Scotland with spina bifida or hydrocephalus.

It is unique as the only voluntary organisation in Scotland with, as its sole aim, the furtherance of the well-being of individuals with spina bifida/hydrocephalus and their families.

Audrey Smith, executive officer for the charity, explains: "The association was founded



Members of Giffnock North AAC recently presented a cheque for £4,600 to the Parents and Friends of Spastics. The money will help buy a Mercedes minibus.

24 years ago by a few parents faced with the difficulties of bringing up their severely disabled children at a time of limited knowledge of the needs of, and opportunities for their children."

The association tries to fulfil its aim by providing modest direct services for the members. These include anything from a national information service to sports and leisure activities, all under the guidance of fully qualified staff. F.C.

Run for Shelter

HUNDREDS OF THOUSANDS OF PEOPLE ARE HOMELESS IN BRITAIN and many more live in unhealthy or dangerous conditions. YOU CAN HELP THEM.

When you run get sponsored for Shelter! The money you raise will give practical help - and hope - to homeless people.



I WANT TO HELP THE HOMELESS

Send me forms and free T-shirt.

Name.....

Address.....

Postcode..... Phone.....

Event..... Date.....

T-shirt size

☐ S ☐ M ☐ L ☐ XL

President: Cardinal Hume
Charity No. 263710

Shelter

SCOTTISH CAMPAIGN FOR THE HOMELESS

SHELTER, 65 Cockburn Street, Edinburgh EH1 1BU.

ON YOUR MARKS

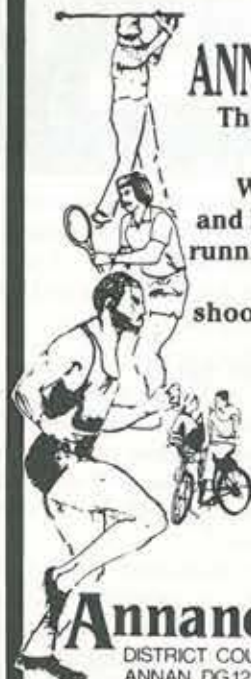
FOR ANNANDALE & ESKDALE

The premier district in leisure and recreational facilities.

We cater for all aspects of sports and leisure activities, ranging from: running tracks, to golf, tennis, water sports, equestrian, fishing and shooting, caravanning and places of historical interest.

So why not take advantage of our beautiful countryside and excellent facilities and stop in Annandale and Eskdale.

For further details call Annan (04612) 3311.



Annandale & Eskdale

DISTRICT COUNCIL CHAMBERS
ANNAN, DG 12 6AQ

It's NEW! It's EXCITING!
It's . . . **FREETIME '89**
Sport, Leisure & Recreation Exhibition

Aberdeen Exhibition & Conference Centre
14-17 April 1989

A new exhibition for businesses and organisations involved in all aspects of sport, leisure and recreation.

- ★ Expected to attract an estimated 25,000 visitors—families and people of all ages and interests—looking for something to do in their free time.
- ★ Themed Area—Sport · Great Outdoors · Health & Fitness · Kid's World · Home Entertainment & Hobbies · Speedway · Marineland · Music & Dance.
- ★ Arena—Fashion Shows, Aerobics, American Football, Martial Arts & Dance demonstrations.
- ★ Film Theatre—Continuous programme of sport & leisure films.
- ★ Special attractions & celebrities
- ★ Tournaments & Competitions . . .
. . . and much, much more.

Be a part of it! Book your showspace now
on 0224-210122

Organised by DON-MOR PRODUCTIONS LTD.
In association with

Evening Express Press and Journal

This is Cheryl

Cheryl can't see and she can't hear.
What must our world seem like to her.

Cheryl is not alone

Please help us in our marathon task to help and support other deaf-blind children and their families.

For more information and sponsorship forms, contact:

Sense in Scotland

(The National Deaf-Blind
and Rubella Association)

168 Dumbarton Road
GLASGOW G11 6XE
041-334 9666/9675



It's up to the clubs to fight for a Scottish Athletics Federation

22, Wilson Street,
Perth.

SIR - I read Alan Campbell's Inside Lane in the last issue with interest, and one or two points he raises have made me put pen to paper.

Alan castigates all the present national athletic bodies for not forming a Scottish Athletic Federation. Surely that decision must come from the clubs? To my knowledge there has not been a "grass root" revolution to change the present system. After all, the "Associations" and the "Unions" are only representatives of the clubs and their members.

Most clubs are members of the SAAA, SWAAA, SCCU, and SWCCU&RR, and are therefore either not too unhappy with the running of athletics in Scotland, or in all probability have not given this subject an airing at their committee meetings. Thus, if Alan Campbell feels so strongly that a Scottish Athletic Federation is the way forward for athletics in Scotland, then it should be to the clubs that he addresses the benefits of a federation.

I personally happen to agree that a Scottish Athletics Federation would be beneficial, but as far as I know no club, or clubs, has put forward such a suggestion to the agm of any of the national athletic bodies. Thus, if we want, or are going to have, change, then the "grass roots" must let their view be known.

On another subject which Alan raises, I disagree with him entirely. Again he chastises the SAAA for "arranging" three indoor matches on the same weekend. I am sure he will be delighted to know that the SAAA did not arrange three

indoor matches in the same weekend. An invitation was received from Greece, the organising country; from Midland Counties, the organising region; and from the Scottish universities, the organisers of the event at the Kelvin Hall. The SAAA, in their wisdom, decided to accept all the invitations, thereby giving more athletes the chance of representing Scotland at varying levels.

Okay, we took a hiding, but surely the experience gained by many athletes in indoor competition will only enhance Scottish athletics in the years to come, although, yes, from the result point of view Alan is correct.

We could have fared better by three separate weekend matches, but Alan should bear in mind that we are only "apprentices" in Scotland in indoor athletics. This is only the second season of the Kelvin Hall - and an apprentice becomes a "journeyman" by the process of learning.

In this instance I think the SAAA were being far-sighted in their approach. Perhaps the editor is of the school of opinion that we should only compete in matches in which we are going to win!

I'm not sure if the article was written "tongue in cheek", but I suggest a little homework could have been done before he let fly with the weapon which is mightier than the sword!

George Duncan,
Secretary,
Perth Strathgry Harriers.

Alan Campbell replies: I very much welcome George Duncan's letter, and hope that his example will be followed by other



prominent Scottish administrators who from time to time get - in a corporate manner - flayed by the Scotland's Runner pen.

However, that said, I think there are flaws in George's letter, and if I go through them point by point it is only to attempt to stimulate further healthy discussion rather than try to abuse my position of being able to get the last word in.

George is absolutely correct to state that the "Associations" and "Unions" are only representatives of the clubs and their members, and this is something that should be borne in mind by everybody in Scottish athletics, not least the athletes themselves - if you want changes, start getting active on your club committees.

But on an issue as major as a Scottish Athletics Federation, I think it is only right that some leadership - or at least direction - should come from the officebearers of, in particular, the Scottish Amateur Athletic Association. Having been at the last two agm's I was appalled at the lack of discussion on this subject, particularly viz a viz the British (English) developments, or lack of them. It struck me, particularly at the 1987 agm, that any - admittedly thin - attempt to raise the subject from the floor was brushed aside by the executive.

At all times SAAA officials have given the impression of wanting to sidestep the issue, rather than confront it head on with recommendations to the clubs. The reluctance of the SAAA to get involved in amalgamation discussions, despite prompting from the Scottish Sports Council,

is another indication of a probable hostility towards a Scottish Athletics Federation at the top level of the SAAA.

On the next matter, I find particularly weak the argument that the SAAA's are "apprentices" in indoor athletics. Surely the point at issue here has nothing to do with indoor athletics, but the fact that three teams were sent out on the same weekend. Regardless of whether it was indoor athletics or tiddlywinks, the SAAA - which has been a journeyman association for over 100 years - should not have put itself in a position of accepting invitations for which it did not have the depth to do justice.

(I didn't, incidentally, write in my original piece that the matches were wither arranged or accepted - merely that three teams were fielded on the same weekend.)

I fully agree with the principle of giving as many athletes as possible good representative experience, but sending out teams in a haphazard manner to be routed by the opposition does more harm than good.

No, George, the Inside Lane column last month was most definitely not written tongue in cheek. It was written in frustration at the manner in which Scottish athletics is falling behind just about every comparable sport in the country, and in the heartfelt hope that the administrators who give so much of their time to athletics will start to stand back and consider the damage being done by prevailing attitudes.

Perhaps you at least might be able to spread the gospel for a united Scottish Athletics Federation among your colleagues on the SAAA's!

LETTERS

Most boring letter of the month?!

28, Egie Avenue,
Balmedie,
Aberdeen.

SIR - Risking the likelihood that this will be the most boring letter of the month, I cannot resist entering the old-timers' medal one-upmanship competition, started in the February issue by Chick Forbes (modestly disguised as Liz McGarry, who Chick coaches!)

Like Chick, I have made it a policy to run for clubs who perform especially well in the Edinburgh to Glasgow Relay (my favourite race). After my days at Aberdeen University, I competed for Victoria Park, Edinburgh Southern Harriers and Aberdeen AAC. In fact, I first ran the race in 1966 and (apart from missing the 1973 race, when I was living in Sweden) have been ever present right up to the 1988 event. That adds up to 22 races out of 23 (and I finally got to run the seventh stage by finishing third in 1984 E to G individual 50 mile ultramarathon!)

I wonder whether Brian McAusland or someone else has run the race more often? Not surprisingly I've picked up a few medals - to be precise seven gold, one silver and four bronze.

If I add my 17 SCCU "golds" (including E to G, national cross country team, national cross country relay, national road relay, national veterans' team and individual) to my four SAAA "golds" (marathon and ten-mile track, whatever that was), I reach a total of 21. Now I know that is no record - the great Ian Binnie of

Victoria Park must have more for a start - but I wonder which Scottish distance athlete has won most? Neither Chick nor I would stake a claim to be classed with real stars, but it would be interesting to know which crafty club runner has amassed the largest numbers of Scottish "gold medals".

I would guess that great runners like Lachie Stewart or Nat Muir (and Shettleston Harriers), or Alistair Hutton (and Edinburgh Southern) might well lead the list. Perhaps Colin Shields knows the answer already?

Colin Youngson

More E to G memories

14, Burnieboozle Place,
Aberdeen.

SIR - Perhaps I could again be permitted space in your columns to look back, particularly at the Edinburgh to Glasgow Relay.

The standards attained by pre-war club teams were much higher than is generally realised today. Some winning times were: 1936, Bellahouston H, 3-51-15; 1937, Dundee Thistle H, 3-50-14; 1938, Bellahouston H, 3-49-47. These compare favourably with Aberdeen AAC's winning time of 3-49-08 in 1988.

Another interesting feature, for north east athletes at least, was the pre-war strength of the now defunct Dundee Thistle Harriers. That club won the Edinburgh to Glasgow road relay in 1934 and 1937, and was placed in 1933 and 1938. The same club had two wins and two runner-up positions in the Scottish Cross Country Championships in the thirties.

This helps to make clear why

Aberdeen never won the Carry Trophy during this period. This was presented to the winning team in the annual cross country match between Aberdeen and Dundee. Teams consisted of 18 athletes with 12 to count.

To return to the Edinburgh to Glasgow relay, Colin Shields, writing in the January issue of Scotland's Runner, implied that there were only nine pre-war races. He may be wrong.

There were seven races sponsored by the News of the World, and others sponsored by the Daily Record. Ian Ross of Edinburgh Southern, who completed in the first of the E to G races, is of the opinion that there were more than two in the first series. Perhaps some reader will be able to provide further information about this.

Another matter about which I would welcome information concerns the Scottish Olympic marathon trial held in Glasgow in 1912. Reference is made to it on Page 108 of John Keddies' "Scottish Athletics".

The north east connection is that the late Alex King of Aberdeenshire Harriers took the bronze medal. He told me that West of Scotland Harriers organised the event, and that drinks of hot bovril and hot oxo were offered to competitors. He did not tell me, however, what the status of the event was.

Was it Britain's only Olympic marathon trial that year and, if so, why did the winner not go to the Olympics? Again, perhaps some reader might be able to provide an answer.

W. Hunter Watson

While we welcome letters of all lengths, we reserve the right to edit any in order to fit the available space.

Why was the time changed?

Marcus Crescent,
Blackburn,
Aberdeen.

SIR - Having travelled from Aberdeen to compete in the Scottish nationals on February 26, you can imagine how I felt when I learned I had missed the start of the seniors race.

The race had been changed and the time I understood to be at 2.10pm. I was in the start area from 1.38pm onwards, and having already walked the course I was stretching and preparing for the race. Around 1.45pm I watched some of our minor girls finishing and chatted to our cross country secretary, then went a short distance to do some strides, all within the start area.

What surprised me is that I did not hear the five minute warning given. I certainly heard a gun, but thought it must be for another earlier race, and I did not hear the loudspeaker announce the senior race. Was there a problem with this?

If I had been within the Magnum Centre I would take all the blame myself, but during this time I was within the start area! It certainly is a lesson learned, and from now on I will consult the race officials at intervals as to time changes etc!

Is it possible that a reply could be given to the following points:

1. Why was the time of the seniors' race changed?
2. Was the public address system adequate?
3. Was the programme "bunched" closer together than it normally would have been had the original time been kept?
4. Was I the only "casualty" of the day?

One more point. Is it possible for race organisers to have a blackboard and chalk so that times and changes could be easily read and checked by competitors in the start areas? If so, runners would know exactly what they were doing.

Margaret Stafford,
Aberdeen AAC.

P.S. I competed in the nationals last year and was sent the wrong way!

Are Under 13's being pushed too hard by parents and coaches looking for reflected glory?

22, Cullaird Road,
Inverness.

SIR - I read with great interest Roger Booth's statistical analysis of female performances, and from the evidence there is little doubt that there is a worrying decline in force. Instinct tells me that a number of different factors are probably in operation, but one vital clue could be there in the statistics which Roger presents in connection with the under 13 girls' age group.

It is indeed strange that there should be evidence of fairly consistent rises in standards here in the face of big declines when these athletes become two and four years older. In consequence, the question must be asked: "Is it the methods which are being used to achieve these under 13 improvements which are causing the later decline?" In other words, are the tiny tots being exposed to far too much too early to the detriment of future performances?

I have never been in favour of national championships of any kind for the under 13 age groups. If you aspire to that giddy height at 12, it becomes a very difficult act to follow. It also strikes me as anomalous that in league competition Wee Jeannie's points in the Girls' 800 metres should have just as much influence on her club's promotion prospects as those of the seasoned international in the senior race.

It is perhaps an anecdote from a Young Athletes' League match in Inverness last summer which says the most about the folly indulged in by far too many club coaches and officials in their dealings with youngsters.

The scenario is a series of 800m races. The Youths' event goes ahead amid a deafening silence, followed by the Senior Boys' which elicits the odd call of encouragement. But when it comes to the Junior Boys' race, the natives are getting restless and there are hints of rowdiness and crowd trouble.

However, it is the response to the non-counting under 11 Girls' contest which puts crowd reaction off the end of the Richter Scale.

LETTERS

Don't adopt English customs in Western Isles

13, Clydeford Drive,
Uddingston.

SIR - The March issue of Scotland's Runner carried an item pointing out that the non-affiliated fee did not apply to the Glasgow events of the Adidas Series. Previous articles and letters in your magazine have explained and commented on the different systems used in relation to unattached runners in Scotland and England.

In view of the fact that the unattached fee is mandatory in England only, I cannot understand why some Scottish events charge this extra rate. In the same issue there was a letter inviting entrants to the Western Isles Half Marathon. The writer was complaining that the entry fee had been overstated in the BARR list, but was still charging an unattached fee.

I heartily endorse all the points he stated. I have taken part in the past two Western Isles half marathons and, like others who have written to you about it, I thoroughly enjoyed them. The run,

the hospitality, and everything about this race was beautifully organised.

Nevertheless I could not, and still cannot, understand how a community that is particularly proud of its Scottishness should adopt an English practise. To Stornoway Running Club I would say, you have a marvellous event, but it is a pity to discredit it with this cheap rip-off fee to unattached runners.

Colin Hamilton

9, Buccleuch Avenue,
Clarkston,
Glasgow.

SIR - I feel I must put pen to paper to inform so-called top class athletes at the sharp end of a race that it is very off putting to be finishing a race when a large group of runners meet you face on, obviously doing their warm down.

Why do they have to run the course in reverse? Is it to hamper the back markers, or just to gloat?

This happens at most races (never at ladies only), and is not just an isolated incident. Please spare a thought for us slow runners and warm down elsewhere.

Jean Meldrum

More research should have been put into article

10, Whitecraig Avenue,
Musselburgh,
East Lothian.

SIR - I was disgusted and disappointed at the article in issue 31 of Scotland's Runner by Roger Booth on the poor standards of middle distance running in the Girls' age group, and felt that he should have researched a lot deeper than he obviously did.

The 2-26.10 run by my daughter Lorraine was run at the end of a season plagued by illness, injury, and over-racing. At the start of 1988 Lorraine was out of athletics for three months with an ankle injury, for which she had to receive physiotherapy. She was unfit through the months of June and July through having German measles and a virus.

Although held back with all these setbacks, plus having to give away age (her birthday being at the end of August which meant she had to run practically the whole of the track season as an 11 year old), she still managed to run the 100 metres, 200m, 800m and relays - this including the UK League where she was second in a Junior 800 metres. She also won the East District 800 metres and cross country championship, and all this with less than two hours coaching a week.

In August of last year Lorraine changed her coach and is now being trained by Bill Gentleman. She is now getting faster with each race, and recently was best placed Scottish runner (fourth) in all age groups at the inter-league cross country races at Halifax, beating many English area and district champions, and must be ranked in the top ten in Scotland for the 100 metres (13.6). She is fourth in the 200 metres (27.9 and not 28.28 as stated in your tables), and first in the 800 metres (2-26.10). More recently she won a silver medal at the East District Championships in the 800 metres Junior event - her first ever indoor meeting.

I know that this letter seems we are taking this personally, but Lorraine's times in both the 200 metres and 800 metres are quoted in this article, and considering the setbacks and disadvantages she has had over the season, we are very happy and proud of her times and of her performances last season.

James Stewart

NEWSAGENT ORDER FORM

Please reserve me a copy of Scotland's Runner each month.
I will collect it
Please deliver it to my home

Name:

Address:

LETTERS

Is 25K the correct solution for the Great Scottish Run?

33, Rossie Place,
Edinburgh.

SIR - I am sure this won't be the only letter you receive this year regarding the Great Scottish Run, but nevertheless having posted off my application for the event today, I would like to add my tuppence worth to the ongoing debate.

A February communication from Robert Dalgleish, which I believe was sent to all the 1988 competitors, states the reasons for the change from half marathon to a 25K. I quote from Mr Dalgleish:

1. "From our research among runners it is obvious that most are nostalgic for the full marathon whilst only being prepared to train for the half marathon - hence the need for a distance in between."

2. "Glasgow will be the European City of Culture in 1990. The 25K is a common European road race distance and it seemed natural for Glasgow to introduce it to Scotland. Who knows, it may become as popular in the UK in future years as the half marathon is now."

I would disagree entirely with both these statements. Firstly, no one I know of, and I have discussed this topic widely for months now, would enter a full marathon without doing enough training for it. Long gone are the days of the once a year jogger taking six hours to complete a marathon. The majority of runners these days take the sport very seriously and train harder now than when they first entered the sport, so if the Great Scottish Run had been the marathon distance, most folk would train sufficiently for it.

If the Glasgow Sports Promotion Council had really wanted to fix a distance in between, they should have gone for a more realistic half way distance such as 20 miles, and not a couple of miles over the half marathon distance.

Many events in Scotland have realised that marathons alone are not self-sufficient, but haven't done away with them entirely. I applaud places such as Loch Rannoch (marathon and half marathon), Elgin (marathon, half and 10K), and Dundee (marathon and 10K), which realise the importance of having a marathon event in the community, but have ensured that it is not a financial burden on its citizens by supplementing the main race with an event which appeals to a greater number of runners, and is therefore more financially acceptable to the people left in charge of financing the event.

Some half marathons in Scotland also have a shorter fun run for the general members of its community to take part in, which can only be good for all concerned - both organisers and the sport in general.

Only Glasgow takes the cavalier attitude that they know best and people will automatically go to Glasgow because it is Glasgow.

I am sure that if they had made the Great Scottish Run a marathon, and run a 10K event under the banner of the Great Scottish Fun Run, the combined entrants for both events would be more than they will get for the 25K event.

Your own poll shows that the Great Scottish Run wasn't one of the most popular events last year, and unless it is the only event on that weekend, a lot of people I'm sure will give Glasgow the elbow this year, especially if the route is similar to the half marathon of last year.

If Glasgow wishes its event to be the flagship of the Scottish road running calendar, it must take note of its critics and its supporters, or it will lose put to (at the moment) smaller events who take their runners' interests to heart.

I stated at the outset of this letter that I would be competing in the event, mainly because of its proximity to my home, but Scotland's runners are not all situated in the Forth/Clyde valley area, and if you expect people to travel any distance to an event, you must make sure it is worth travelling for.

I look forward to hearing other people's views on this event in your letters columns over the next few months leading up to, and presumably also after, the event.

Keith R. Gooch

A raw deal for young athletes

73, Syme Place,
Rosyth,
Fife.

SIR - I wish to make a public protest at the standard of the officials at the recent Scottish Under 19 Indoor Championships. I did not attend, due to other commitments, but the report I received was alarming to say the least. I know there are very competent officials in the SWAAA and SAAA, who are very helpful towards young athletes, but there appears to be a growing number who are inconsiderate.

A young athlete I coach declared at 9.15am hours for his 60 metres and was told they were too busy to take his 200 metres declaration. He was to come back one hour before the event. At this time he was involved in the final of the 60 metres, in which he gained a medal. He was told to wait for the presentation immediately after the final, at which point he informed the official that he had to declare for the 200 metres.

The reply was: "That's all right, you stay here or you will not get your medal". He was kept waiting for 45 minutes and was told he could not run as he was not declared, despite the fact that some heats had only two competitors.

His father complained and was eventually told by a senior official "we can only apologise". He was offered a refund of entry fee. Rightly upset, his father told me that the meeting was a "shambles", a view shared by others who attended. "What if we had come from Inverness or the Shetlands?" was the point he made.

Four months of training, specifically for the 200 metres which I think he would have won, an 80 mile journey and probably a day's lost pay for his father, for nothing.

What does a coach say to youngsters who put in months of preparation, only to be thwarted by inconsiderate officials?

Rules are meant for guidance, they are not inflexible. Competitions cannot exist without officials, but for heaven's sake let's try to help, not hinder, athletes, especially young inexperienced ones.

John Wands,
Club coach.

Clubs lost agm opportunity

5, Westfield Crescent,
Forfar.

SIR - Over the past few months I have followed with interest the debate in the columns of Scotland's Runner concerning the charge levied by the Scottish Amateur Athletic Association on all competitors in "Peoples" races.

In December I attended the SAAA's agm, intending to add my club's small voice, as I thought, to a possible outcry on the subject of levies from other road running clubs represented at the meeting. Imagine my surprise when, not only did I have to raise the matter myself, but on presenting the arguments against a levy I found not a single voice of support to back my stand.

Considering the amount of column space devoted to the levy in Scotland's Runner, I would have thought that those opposed to it would have ensured that the item was raised in the proper forum.

Could it be that the writers who have flooded the magazine's letters pages are just a vociferous minority? I don't think so.

But I do feel that the road running clubs have again missed the boat in not having raised their objections in a concerted fashion at the proper time and place, namely the agm. I would be interested to know where we go from here.

Bill Logan,
Forfar Road Runners.

35, Crow Road,
Partick,
Glasgow.

SIR - Your recent profile on Clydesdale Harriers brought back memories of my own competitive days some years 30 years ago. I'm still an avid athletics fan although I no longer run myself.

Whilst the Harriers have been unable to match the recent success of neighbours Clydebank AC, the views expressed by Mr McAusland show that his club is striving to find its own success.

I believe that taking part is more important than winning, and will watch Clydesdale's progress with interest.

B. Young

COMFORTABLE!
AFFORDABLE!
COLLECTABLE!

FASTRAX
RUNNING LINES

bring you The **TRICOLOR** Collection

The FASTRAX TRICOLOR COLLECTION brings you co-ordinated athletics gear which incorporates the latest lightweight fabrics for extreme comfort and easy care at sensible prices. You can choose to buy one, several or even all items in a colourway as we continue to advertise the TRICOLOR RANGE over the months.



ORDER: YELLOW-WHITE-ROYAL

ORDER: ROYAL-WHITE-RED

ORDER: GREEN-WHITE-BLACK



QUALITY CLOTHING AT SENSIBLE PRICES!

ALL ITEMS ARE UNISEX EXCEPT FOR VESTS.

LADIES VEST. Lightweight polyester, solid/mesh. 34", 36", 38"..... £8.95
SHORTS. Lightweight polyester with briefs. S, M, L, XL..... £8.95
T-SHIRT. Polycotton; with 2-colour print. S, M, L, XL..... £5.95
KNEE SHORTS. Lycra/nylon with tiecord. S, M, L..... £12.95
TRACKSUIT. Sheen polyester; hood; 2 pockets; 12" leg zips. S, M, L, XL..... £34.95
SWEATSHIRTS. Polyester/cotton. with 2-colour print. S, M, L, XL..... £11.95
TIGHTS. Lycra/nylon with tiecord. S, M, L..... £16.95
MALE VESTS. Lightweight polyester, solid/mesh. 36", 38", 40", 42", 44"..... £8.95

IF YOU ARE SETTING UP A NEW CLUB OR CHANGING YOUR CLUB IMAGE WHY NOT CHOOSE THE TRICOLOR COLLECTION? ALL ITEMS CAN BE PRINTED ON A 'NO MINIMUM ORDER' BASIS FOR CLUBS.

ORDER FORM

DESCRIPTION	SIZE	COLOUR		QUANTITY	PRICE	TOTAL
		First choice	Second choice			

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

FOR CREDIT CARDS



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

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

NAME ADDRESS POSTCODE TEL. No.



IT'S A KODAK CLASSIC!

FAN-TAS-TIC. That was the unanimous verdict on the Kodak Classic triangular international between the British Isles, the Soviet Union, and the United States. From the 60m hurdles early in the evening, when Colin Jackson got the better of Roger Kingdom, to the last track event, when the Americans set a new world indoor 4 x 400 metres mark, the atmosphere was electric throughout - despite the strange decision of the organisers to stage a 5,000 metre walking race smack in the middle of the programme.

The winners were the 5,000-plus

Pictures: Peter Devlin



people who had forked out £7 (adults) and £4 (children) and left the Kelvin Hall well satisfied, indeed exultant. They had watched three hours of top class athletics, with the added bonus of a home win and that world record at the end of a closely contested match. Unlike the West German "event", nobody grudges paying top prices in return for such entertainment.

By any standards it was a high note on which to close the indoor season, and one which left the crowd thirsting for the return of the Americans next year, and of course the European Championships.



Spectacular action from the 60 metres and 60 metres hurdles (left and top), while Colin Jackson was anything but a clown on the night. Above, Steve Crabb brought the capacity crowd to their feet with a brilliant 1500 metres win, and the night was capped by a world indoor record in the 4 x 400 metres relay from the Americans. Judging by their expressions (right), the high level IAAF delegation were alone in not enjoying the proceedings.



City of Glasgow

CROWNPOINT SPORTS PARK



International Running Track for training and major events including 1989 Scottish Athletic Championships – but much more, including –

- Swimming Pool for casual and club use
- Sports Hall for 5-a-side football; badminton; volleyball; basketball
- Conditioning room
- Gyms for aerobics and keep fit

- Rugby Pitch
- Floodlit multi-purpose sports areas, for hockey; football; netball
- Cafeteria and bar lounge

To book, telephone
CROWNPOINT SPORTS PARK
041-554 8274
City of Glasgow: Parks and Recreation



Director of Parks and Recreation Bernard M. Connolly.

West's tracks in good shape for 1989

WITH THE West of Scotland's notoriety for having the wettest weather in the country, it seems unfortunate that its two most widely used tracks were built without stands.

When the heavens open – and they frequently do – Crownpoint Road (Glasgow) and Coatbridge tracks both lack a covered spectator facility. In fairness it has to be said that both have pavilions which can be used, but apart from being too small to house everyone, they are often barred to the public at major competitions.

The older of the tracks is Coatbridge, which was opened in 1976. After incessant use it began to look rather peculiar, with odd-shaped bubbles and blisters appearing on the surface. Latterly lane one was almost unusable and two years ago the track was closed for refurbishment.

The good news is that on April 23 the track will be officially re-opened. It has been relaid with "Rekortan", which is the same surface as at Grangemouth. James Dempsey, Director of Leisure and Recreation for Monklands District, believes that like Grangemouth the track will produce fast times.

The most obvious change is the transfer of the finishing straight to the opposite side of the track so it lies below the pavilion. The track has eight lanes all the way round, with nine on the home straight.

As yet the track does not have an electric timing facility, but does have a permanent public address system and floodlights. The discus and hammer areas have also been modified to meet with the new criteria of the SAAA, and new cages have been added.

In looks alone, the track is more attractive than before with an atmosphere of warmth being created by a horse-shoe of trees surrounding the arena facing the pavilion. Within the

pavilion, all facilities have been upgraded or replaced.

In the future James Dempsey hopes the council will be able to build a stand as he feels that without one they do not meet the criteria for staging particular events. He would also like to concrete over the grassy "steps" which surround the track, thus creating permanent terracing.

In Monklands District there is a strong ethos of caring with an effort being made to encourage locals and tourists alike to take a look at the facilities on offer.

IN JUNE 1985, Glasgow's new £2.2m facility was opened at Crownpoint Road. It is an impressive eight laned track with two sprint straights. It has a shared electric timing facility, photo-finish, floodlights and a permanent PA system. For field events athletes there is a double long and triple jump area; two throws circles (one with a cage), and a practice shot area; a high jump fan; two javelin areas and a double approach pole vault area.

Other strong features of Crownpoint Road are the warm-up facilities available at competitions. There are blaze football pitches for runners and jumpers, and a grassy area for throwers.

When competitions or training are over, athletes will find there are plenty of changing rooms and showers available for their use. Refreshments are available at the cafeteria, or, if you are in need of stronger stuff, the bar.

The only thing lacking at this otherwise perfect facility is a stand. This was most poignantly obvious at last year's Scottish Championships when the rain was absolutely torrential.

According to Chris McLean, the area recreation officer for Glasgow East, the problem is with funding. To build a stand, £1000 is needed for every linear

metre, hence a 50 metre stand requires £50,000.

However, as this year's Scottish Championships are again being held at Crownpoint it would seem imperative that better facilities are available for spectators. According to McLean a number of changes will be made.

On the home straight a temporary covered facility will be constructed with around 400 seats, although he believes these will be reserved for VIP's. At the start of the first bend another covered area will be constructed which will measure 2.5 metres by 14. It is anticipated this will provide standing room for around 100 spectators. The pavilion will again be closed to the public.

For training purposes, the

track is used by many clubs as their regular venue.

On the competition front Crownpoint will be widely used with Scottish mens' and womens' League matches, womens' West District Championships, Scottish Schoolgirls' Athletic Championships and the Scottish Championships in July.

I asked Chris McLean if he felt that Crownpoint would feel the pinch with the reopening of Coatbridge track. His response was optimistic for Scottish athletics – he feels that it is a strongly growing industry, and one track will compliment the other.

Rhona McLeod

MONKLANDS DISTRICT COUNCIL



Leisure and Recreational
Services Department

COATBRIDGE OUTDOOR SPORTS CENTRE

Visit Monklands and try out the new
"REDORTAN" track surface.
The Centre is now open for business
7 DAYS per week.

For further information, telephone
Coatbridge 31524 or 31181

THE PACK CLOSES GAP ON ESH AND EAC IN LATEST SCOTTISH MEN'S CLUB RANKINGS

THERE IS a sense in which describing the rankings as the Scottish List is palpably inaccurate. It only takes an observer with a passing knowledge of the athletic geography of Scotland to realise that the north east is conspicuous by its virtually total absence, and that essentially the List is covered by the HFC Scottish League, the Scottish & North Western League, and the Edinburgh & District League.

These rankings, therefore, represent a very incomplete picture of track and field in Scotland, and if anyone asks why the simple answer is that you can only use the information you receive. I very much hope that the publication of this article will encourage more clubs in Scotland to get in touch and send in return sheets and meeting results. The return sheets are sent annually to most clubs.

There is, as far as my rankings are concerned, one problem about the Scots: they have funny rules! When I first started doing a northern England three-deep list in 1982, I was soon faced with the athlete who moved clubs during a season, and came to the decision I've stuck with ever since - one athlete, one season, one club!

As soon as I went national, two Scottish peculiarities came up: the fact that, because the SAAA is a separate body, an athlete can have an English and a Scottish first claim club (which I still think of, after a friendly wrangle with Enfield, as the Stuart Maxwell Syndrome), and the "remote districts" rule, which allows, for example, both Edinburgh clubs to have a hatful of Inverness athletes.

I can understand the reasoning behind both of these. However, it strikes me that (like a lot of other laws which were written before transport changes and the development of national competitions) these reasons are less valid now than certain others (be that as it may, they make my life complicated!).

I've also yet to work out what exactly the position of the Borders counties is - why, for instance, David Young can compete for Black Hill in one competition and Edinburgh AC in another.

Of course, with my "blank" on the north east, some of these things haven't really mattered, but my other policy has always been to rank Scottish and Northern Irish athletes for the club with which they compete most regularly according to the information available to me.

As examples, Jim Nicol scores for Shaftesbury Barnet, not Perth Strathtay, and David Young for Black Hill, not EAC. I don't know whether I'm being absolutely fair, but I am trying to be consistent. I'm slightly more doubtful about scoring Peter McColgan for Sparta rather than Dundee Hawkhill - perhaps some Scottish statisticians might care to advise me as to my policy on all of this.

So, what is the strength of the Scottish clubs? Since 1983 there has been an underlying pattern that hasn't changed much. The two Edinburgh clubs have been dominant, well clear of the rest.

A group of three or four, from other major population centres, has been around the UK top 100. A largish group has placed about halfway down the list at about the 30,000 mark - and there has been a long tail of small "community" and suburban clubs who never get a lot better.

In some ways, this hasn't radically altered in 1988, but another underlying trend has also continued - the gap between the Edinburghs and the next group has shrunk. One interesting point is that it is the first time that ESH haven't made the Top 10; another is that EAC sent me a return for the first time this year, and it wasn't a lot different from the figures I'd got from other sources (normally I reckon that if I rank a club, rather than the club sending me details, they're between 3% and 7% lower than they should be).

Both Aberdeen and Pitreavie have been improving steadily for the last couple of seasons, and the former at least should be thinking of themselves as real contenders for the British League. It's fairly significant that the "big two" aren't romping away with the Scottish League in the manner they used to.

Shettleston Harriers show a big improvement, but tend to be a "yo-yo" club - up one year, down the next. Their return could be heavily under-ranked; I don't get as much west coast information as I'd like. I must confess it also amazes me why there has never been a BAL club from Greater Glasgow. I'd be fascinated by any observations from those who know more than I do.

It's also interesting, looking back, to see that since 1985 the overall strength of Scottish clubs appears to be rising. Even allowing for the fact that I've steadily got more information and more club returns, the number of clubs in the "third band", those around 30,000 points, has steadily climbed - until this year, when it has done a little leap. In 1985, 11 clubs made the figure; in 1986, 12; 1987, 13; and last year, 16!

There are three or four very substantial climbs in this bracket, and none more so than Dundee Hawkhill. I could never see why in the past they seemed to be struggling to raise teams in the League and were recording pathetic scores (24,500 in 1985, for example). Presumably somebody has got a grip up there - nice to see.

Ayr Seaforth (without Brian Whittle, note) seem to have benefited from a new track, and Clydebank's second season in the Scottish League has seen them get their act together. Bellahouston's slump might be attributable to a number of people moving elsewhere, but I sincerely hope that Kilmarnock's has more to do with lack of information on my part than the effects of sponsorship (sorry lads, I couldn't resist it!).

Last of the trends, and a more recent one, is for the tail below this level to have developed a "small of the back" - a group of clubs in the 24-28,000 range.

although some of these are clubs which seem to have been going through hard patches - Perth Strathtay and East Kilbride,

This month we are pleased to publish the first exclusively Scottish club ranking lists, prepared for us by statistician John Lunn of Leeds City AC. Totals are arrived at by giving points for the best three performances in each track and field event for each club, based on a decathlon points table. Lunn, an Oxford blue, is a member of the National Union of Statisticians.



for example, have been a lot higher - or have previously been on the upswing of a yo-yo (Clydesdale perhaps), others have made steady and apparently consistent improvements.

Some just happen to have got a couple of good lads who pick up a lot of points. Penicuik without the Winning boys would look a lot thinner. Several seem to represent big efforts being made in small communities, where enthusiastic organisers are doing a lot by getting bodies in every event. Kirkintilloch Olympians seem to be riding high in the lower reaches because Henry Docherty has got people going.

In some cases the size of the community served by a club would appear to put limits on its future development - there must be a lot of pressure on any outstanding member of one of the suburban Edinburgh clubs to head for the "big two" to get a higher level of competition.

It's not easy, as an outsider, to make comment on how somebody else's clubs are likely to, or ought to, develop; suffice to say that again there seems to be a rise, and now 28 clubs rather than the 20 of three years back break 24,000 points, which in itself must be a justification for these clubs' existence.

So what about the rest? The main reason for the likes of Arbroath, Helensburgh, Hamilton etc scoring "below the line" is that they don't get the opportunity, or the incentive, to cover all the range of events, and as a result there are great gaps in their lists.

This has to come down, in part, to the structure of leagues in Scotland. Again I've no real right, as an outsider, to be over-critical, and I would not wish to be seen as getting at George Duncan and his committee in a negative way, but it is a fact that only Division 1 of the Scottish League has a full programme of field events at every match, and it is also true that the Scottish League is the only one which does not operate a more or less unrestricted entry policy for clubs wishing to participate.

Other leagues in Scotland are restricted by catering for all age groups and both sexes. While this has its share of admirable positives, the big negative is that it can only do this by using a restricted programme, and it has always been the less "obvious" events - pole vault, hurdles, triple jump, hammer, steeplechase - that tend to get cut out or only done once a season. I offer these as thoughts and not criticisms; the Scottish clubs will make up their own minds as to their relevance and wisdom or otherwise.

Finally, can I thank the 16 Scottish clubs who sent me return sheets; George Duncan, who sent me the Scottish League results; Gerry Clement for the Edinburgh League results; and anybody else I've forgotten who helped me in any way.

I hope that a few more clubs, and a few more league secretaries, send material in 1989 (contact me and I'll send you sae's to return results - my address is 654, Whitehall Road, Leeds LS12 5EL. And finally, I hope that your club has a quantum leap in the percentage column next year.

	Club	Points	UK Pos	Percentage Gain/Loss
1.	ESH	43,988	(11)	-2.8
2.	EAC	43,166	(15)	1.1
3.	Aberdeen AAC	39,755	(39)	5.2
4.	Pitreavie	39,533	(43)	5.4
5.	Shettleston H	37,798	(64)	9.9
6.	Dundee HH	32,936	(147)	18.1
7.	Ayr Seaforth	32,476	(155)	7.6
8.	Victoria Park	32,239	(160)	2.2
9.	Fife AC	31,746	(170)	-0.7
10.	Bellahouston	31,701	(171)	-4.9
11.	Lothian AC	31,556	174	1.0
12.	Central Region	31,529	175	-3.2
13.	Cambuslang	30,707	189	0.8
14.	JW Kilmarnock	30,596	190	-7.1
15.	Falkirk Vic	30,375	196	1.3
16.	Clydebank	30,207	200	9.2
17.	Harmeny	28,689	227	2.6
18.	Kilbarchan	28,513	230	-0.9
19.	Penicuik	28,471	231	4.8
20.	Perth SH	28,153	237	-1.1
21.	Clydesdale	28,104	238	-5.0
22.	East Kilbride	26,478	259	-9.9
23.	Lasswade	26,399	261	0.6
24.	Kirk Oly	26,035	264	5.8
25.	Cumbernauld	25,852	268	9.3
26.	Liv & Dist	25,573	273	-12.4
27.	Nith Valley	24,895	281	N
28.	Black Hill	24,441	288	42.4
29.	Montrose	21,897	301	24.4
30.	Annan & Dist	21,855	302	50.6
31.	Helensburgh	21,079	305	23.7
32.	Maryhill	20,969	306	N
33.	Law & Dist	20,152	315	20.8
34.	Melrose	20,053	316	-15.1
35.	Garscube	19,734	320	-17.9
36.	Arbroath & D	19,461	322	N
37.	Irvine	19,231	324	25.8
38.	Hamilton	18,760	328	N
39.	Corstorphine	17,652	334	15.1
40.	Lochgelly & D	17,032	340	-10.3
41.	Vale of Leven	16,356	342	-23.9
42.	Stonehouse	15,286	346	N
43.	Colzium	14,205	349	15.5
44.	Springburn	14,468	353	N
45.	Stewartry	14,276	354	-18.5
46.	L&L TC	11,672	361	-22.9
47.	Avonside	10,400	365	N



By the end of 1989 over one million pairs of Tracksters will have been sold throughout the world. This product is often copied by our competitors, but has so far not been equalled in terms of style, quality or design. We are the only company to offer eleven colours and eight sizes, as well as, special club colours, and printing. If you want the best, ask for Tracksters by Ron Hill.

COACHING

CLINIC

"ANALYSIS breeds paralysis" is the reaction of many athletes to technique training. They claim, with some justification, that too much preoccupation with the mechanics of running can interfere with natural movement rhythms and impair speed.

It has also been pointed out that some of the world's greatest athletes had extremely poor running techniques - including Emil Zatopek with his rolling head and high arm action, and Bob Hayes, who veered from side to side as he left the starting blocks. Yet both these competitors won Olympic gold medals.

But the exceptions do not make the rule. A sound, efficient technique is of paramount importance in improving running performance. Not just because it looks good but primarily because it enables the athlete to move as economically and with as little energy expenditure as possible.

The physiology of human

movement patterns begin when the brain sends out messages via the nervous system to the muscles which are attached to the bones by tendons. The resultant activation of the arm and leg levers rotating around the shoulder and hip axes produces motion.

Obviously the more effectively these neuromuscular processes are enacted, the more easily and uninhibitedly the athlete will perform. The facilitation of these processes and their overall benefit to improved performance is the objective of technique training.

Style is the term applied to each athlete's individual interpretation of the technique appropriate to his or her event. But it should be remembered that each person's technique manifestation is dependent on physical factors such as strength, flexibility, limb strength, and bone structure.

European 400 metres champion John Wrighton had a pronounced forward lean

because of an exaggerated spinal curvature, while Frank Shorter's circular arm motion is attributed to one leg being slightly longer than the other. However, irrespective of these variations in style as a result of anatomical peculiarities, there are still various basic points which all athletes should observe when running.

First of all, the knees should point straight ahead. Any misalignment will mean a certain amount of leg drive will be directed inwards or outwards instead of in a forward direction, i.e. on a sagittal plane. This will produce an excessive amount of wasted effort, and is one major reason why foot abnormalities, such as over-pronation or over-supination, should be corrected with the assistance of a physiotherapist or podiatrist.

Secondly, the feet must be used properly to provide efficient leg drive. In distance running the athlete tends to make contact with the ground with the heels or outside of the feet before rolling forward to

push off from the front part of the foot. This is where strength and mobility in the calf muscles and ankle joints are so important - and why running shoes should have a reasonable degree of flexibility. Knee lift will be commensurate with leg drive and speed. The faster the athlete runs the higher the knee will rise - to a maximum where the top part of the leg is parallel with the ground, forming a 90 degrees angle between upper and lower leg as in flat-out sprinting. And since knee lift is the result of leg drive, the rear leg will be fully extended in sprinting (though slightly less so in steady-state running). In sprinting, the point of ground contact is with the ball of the foot.

In distance running the action of the arms merely balances the action of the legs. Flexed at approximately 80 to 90 degrees, they should swing gently backwards and forwards and slightly across the body.

They should be kept fairly low in steady-state running. Too



Good technique is not an end in itself; it is the means to getting from Point A to Point B as quickly and efficiently as possible.

COACHING

CLINIC

high an arm action results in tension in the neck, shoulders, and upper body, restricting the full flow of oxygen through the body via the bloodstream. Tension can also be minimised by cupping the palms of the hands, which should face inwards with the fingers resting lightly on top of one another, thumbs uppermost.

However, the faster the athlete runs the more vigorous an arm action he or she should employ. In full-out sprinting the hands come as high as the chin in the forward drive, forming a 90 degrees angle in the backwards drive which sees the upper arm parallel with the ground. It should be noted, however, that many top class women athletes, particularly the East Germans, use a much lower arm action in sprinting with the arms remaining virtually parallel to the ground in the forward drive and the elbows just reaching the hips in the backward drive.

It is important that all distance runners learn to utilise a proper sprinting action. Races can be won and lost in the last few metres and the athletes who can change from a steady-state running action into a full blooded sprint, driving powerfully with the arms and legs, have a tremendous tactical, physiological, and psychological advantage over their opponents.

It is an athletics truism that arm speed dictates leg speed, and nowhere is this more crucial than in the closing stages of the race. It should also be remembered that if the athlete did not use the arms properly when sprinting, there would be a tremendous twisting and turning of the upper body as a consequence of the powerful leg thrust being supplied eccentrically (ie off-centre) to the body. This would result in a huge loss of energy on account of the large body mass of the trunk.

In accordance with Sir Isaac Newton's Third Law of Motion, there is an equal and opposite reaction for every action. So, by

"At this stage the runner is close to the athletic equivalent of Nirvana - a euphoric feeling of enlightenment when he or she experiences the deep spiritual, as well as the physiological and psychological, benefits of exercise"

using a strong arm action in sprinting, the action of the leg drive is absorbed and the shoulders and upper body remain steady, thereby conserving energy.

Arm drive in sprinting is in a backwards and forwards direction, though it should be noted that many top-class women athletes have a slight cross-body arm action when sprinting. This is to absorb the twisting and turning effect of the broader pelvis which is one of the anatomical differences between men and women.

The position of the head, which constitutes approximately one-thirteenth of total body weight, is important. There should be no looking up towards the sky or down towards the ground, as these faults create tension, shorten the stride, and interfere with regular breathing patterns. The eyes should be looking straight in front, with the head held steady and in proper alignment with the body.

One final point: stride length is dependent on leg drive. This means that the faster the athlete runs, the longer the stride will be. It is vital, particularly in steady running, not to over stride, as this will result in the foot making ground contact ahead of the body and acting as a braking mechanism.

So you will see now that it is important to work on acquiring a proper technique specific to the physiological and tactical requirements of any race situation in which you find yourself. If you employ a vigorous sprinting technique with over-use of arm and leg drive when you are running at a relatively steady pace, you will soon tire yourself out because you lacked economy of effort.

Conversely, if you are unable to switch to a vigorous sprinting technique in the closing stages of a race you could lose several places during the run-in.

So, good technique is not an end in itself - it is merely a means to an end. That end is the improved athletic performance of a competitor who is able to eliminate uneconomic movement from his or her running and channel all available energy into getting from Point A to Point B as quickly and as efficiently as possible.

And by cutting out unnatural bio-mechanical movement, and by improving co-ordination and synchronisation between opposing contracting and relaxing muscle groups, a sound running technique considerably reduces the risk of injury.

Nevertheless, just as there is more to running than putting one foot down on the ground in front of the other, there is also more to the sport than bio-mechanics. The execution of good technique produces psychological benefits such as feelings of confidence, relaxation, purposefulness, determination, and a high expectancy level of one's ability to perform well once races get under way.

This is because the messages being set out by the brain via the nervous system to the muscles to work are being transferred smoothly and effectively - and because the muscular relaxation deriving from the application of sound running technique produces similar feelings of relaxation and well-being in the mind.

All athletes are aware at some time of feeling keyed-up mentally before a race and finding it difficult to coordinate

their running style once competition gets under way. Conversely, everyone knows how easy and efficient it all seems when mind and body are fully relaxed and one feels he or she could cruise along for hours on end. The acquisition of good technique will lead to more of these days when it appears that everything is going well and nothing can go wrong.

At this stage the runner is close to the athletic equivalent of Nirvana - a euphoric feeling of enlightenment when he or she experiences the deep spiritual, as well as the physiological and psychological, benefits of exercise.

Man was born to run and was equipped by Nature to live an active rather than a sedentary life-style. Our ancestors, right down to the present century, were used to travelling virtually everywhere on foot, irrespective of the distances involved.

But now as a result of increased urbanisation, industrialisation, technology, and the universal ownership of private transport (as well as labour saving devices at work and in the home) many people can get through an entire day without having to exert themselves in any physical activity. So it is not surprising that the ability to run naturally and correctly has been lost to a very large extent and must now be re-learned.

It is no coincidence that some of the world's best distance athletes have come from less industrialised nations such as Kenya and Ethiopia - or from countries such as Australia, Finland, and New Zealand where the inhabitants enjoy a more natural, outdoor-oriented, lifestyle.

And it is no coincidence that, because of their links with the land and Nature, these athletes have all extolled the spiritual dimensions of running - or that to watch them in action one is aware of the effortless manner, beauty, and grace with which they seem to cruise, float, or skim



The Kenyans have a natural efficient style

over the track, country or road.

The Kenyans attribute much of their success to the affinity they have with the red earth which they train over in their native hills and mountains. The Finns ascribed their spectacular feats to "sisu", the spirit of the great Finnish distance running tradition which manifested itself in the wonderfully - relaxed, efficient running techniques of their athletes.

In our present materialistic age some people might think these noble sentiments are too mystical and irrelevant. But as the quest for self-discovery, self-fulfilment, and one's purpose in life intensifies, there are many others who would disagree.

Running provides its devotees with the opportunity to harmonise with their environment - and to explore and experience their own innermost feelings at a time when bureaucratisation and centralisation constantly threaten to engulf the individual and take away his/her personal identity.

Running is also a form of self-expression which enables the athlete to rediscover that long-lost link with a more natural life-style which everyone, however urbanised, subconsciously yearns for.

So running is an art. It aspires for the expression of beauty in the thing created, and is an application of skill and technical perfection in the subsequent production of that beauty.

A writer expresses his or her art form in words, a musician uses notes, a painter uses colour, and a sculptor uses stone. A runner uses the grace, symmetry, and flawless beauty of human movement to express his or her creative imagination.

Therefore, in cultivating the correct, mechanically-sound technique that leads to better performance and a reduction in the risk of injury, the runner is also producing a form of art which can truly be described as poetry in motion.

Derek Parker

IN LAST month's article it was erroneously stated that slow-twitch muscle fibres function effectively in the absence of oxygen. This should have read in the presence of oxygen. Also, the 75-25 per cent aerobic-anaerobic ratio in a 60 minutes training session should have read: 45 minutes aerobic and 15 minutes anaerobic.

COACHING

CLINIC

SCHEDULES

FROM NOW on the schedules will be orientated towards the Inverclyde Marathon in late August and the Great Scottish Run 25K in September. The programmes will be divided into sections for novices and experienced athletes.

Experienced

Week One

Sunday: 75 to 120 minutes cross country.
Monday: 75 to 90 mins fartlek inc 3 x 10 x 30 secs fast (15 secs and 30 secs jog between reps/5 mins jog between sets).
Tuesday: 20 to 30 mins recovery run.
Wednesday: 70 to 75 mins steady run.
Thursday: 3 x 1 mile fast (5 mins recovery).
Friday: 20 to 30 mins recovery run.
Saturday: 12 miles steady.

Week Two

Sunday: 75 to 120 mins cross-country.
Monday: 75 to 90 minutes fartlek inc 15 x 1 min (1 and 2 mins jog recovery).
Tuesday: 20 to 30 mins recovery run.
Wednesday: 75 to 80 mins steady.
Thursday: 2 x 1.5 miles fast with 5 mins recovery.
Friday: Rest or 20 to 30 mins recovery run.
Saturday: 15 miles steady.

Week Three

Sunday: 75 to 90 mins cross-country.
Monday: 60 to 75 mins fartlek inc 8 x 2 mins fast (2 mins jog recovery).
Tuesday: 20 to 30 mins recovery run.
Wednesday: 60 mins steady.
Thursday: 30 mins easy.
Friday: 20 mins jog.
Saturday: Road race (10 to 15 miles).

Week Four

Sunday: 75 to 120 mins cross country.
Monday: 75 to 90 mins fartlek, inc 3 x (1 min fast with 1 min jog recovery + 2 mins fast with 2 mins jog recovery + 3 mins fast with 3 mins jog recovery). Total time of fast sections = 18 mins.
Tuesday: 20 to 30 mins recovery run.
Wednesday: 75 to 80 mins steady.
Thursday: 2 x 2 miles fast (5 mins recovery).
Friday: Rest or 20 to 30 mins recovery run.
Saturday: 12 to 15 miles steady.

Novices

Week One

Sunday: 30 to 60 mins cross country.
Monday: 45 to 60 mins fartlek inc 16 x 15 secs fast (45 secs jog recovery).
Tuesday: 15 to 30 mins easy run.
Wednesday: 30 to 45 mins steady.
Thursday: 3 x 800 metres fast (3 mins recovery) + 10 to 15 mins warm-up/cool down.
Friday: Rest or 10 to 15 mins jog.
Saturday: 45 to 60 mins steady.

Week Two

Sunday: 30 to 60 mins cross country.
Monday: 45 to 60 mins fartlek inc 8 x 30 secs fast (90 secs jog recovery).
Tuesday: 15 to 30 mins easy run.
Wednesday: 45 to 60 mins steady run.
Thursday: 2 x 1 mile (5 mins rest) OR 20 mins easy if racing on Saturday.
Friday: Rest or 10 to 15 mins jog.
Saturday: Race or 5 to 8 miles steady.

Week Three

Sunday: 30 to 60 mins cross-country.
Monday: 45 to 60 mins fartlek inc 6 x 1 min fast (2 mins jog recovery).
Tuesday: 15 to 30 mins easy run.
Wednesday: 45 to 60 mins steady run.
Thursday: 4 x 800m fast (3 mins recovery).
Friday: Rest or 10 to 15 mins jog.
Saturday: 5 to 8 miles steady.

Week Four

Sunday: 30 to 60 mins cross-country.
Monday: 45 to 60 mins fartlek inc 12 x 20 secs fast (40 secs jog).
Tuesday: 15 to 30 mins easy run.
Wednesday: 30 to 45 mins steady run.
Thursday: 2 x 1 mile fast (5 mins rest) OR 20 mins easy if racing on Saturday.
Friday: Rest or 10 to 15 mins jog.
Saturday: Race or 5 to 8 miles steady.

NOTE: Beginners should ensure that they are medically fit before embarking on training schedules.

TRIATHLONS

GINNY POLLARD, the Scottish women's triathlon champion (below), gives Scotland's Runner readers the benefit of her experience in this exciting sport.



WHAT IS triathlon? In the late 1970's in Hawaii, an annual 2.4 mile swim was held which attracted a few hardy souls; on this same island the local bike club promoted an annual 112 mile race - and of course there was the obligatory annual marathon.

One night in 1978, sailors from the US Navy were arguing about which event was the most arduous. A few pints later, John Collins had the brainwave of putting them back to back - and the Hawaii Ironman was born.

That first race had 15 courageous lunatics, but this has swelled to 1277 in 1989, picked from 20,000 applicants. The sport is here to stay.

A triathlon has three disciplines which vary from country to country, depending on climate and locality, but the established format is a pool or open water swim, followed by a cycle then a run. Since those initial days distances have been standardised at: short course (quarter ironman) 1.5K swim, 40K bike, 10K run; and long course (half ironman).

The Scottish Triathlon Association organise a Grand Prix Series (short course distances) as well as many other races of varying degrees. Some shorter races (4 mile run, 8 mile cycle and 400m swim)

are an ideal introduction to the sport.

Despite what you might think, it doesn't have to cost an arm and a leg to equip yourself. The Dave Scotts and Scott Tinleys of the triathlon scene may have the latest technologically advanced equipment: composite monocoque frames, disc wheels, Scott bars, colour coordinating helmet, sunglasses, swimwear, running and cycling kit, water bottle and handlebar tape! But all you need is as light a sports bike as you can afford (any reputable bike shop will give you good advice), a decent pair of running shoes, swim wear, goggles, running vest and a cycling helmet.

Training? Are you reluctant to cut out Tuesday's track session, Wednesday's six mile fartlek, Thursday's weekly race with the neighbour, Sunday's long run in the forest? Don't worry, your running will not suffer from cutting back. Far from it, you can look forward to becoming an all-round endurance athlete - fitter, faster, stronger and more injury free.

I came into triathlons as a runner. I had to cut out a lot of the distance work but opted for quality not quantity, making every session count.

Make sure you know the aim of every training session. What are you getting out of it?

During last year's season (May to October) I never ran further than 10K - that was usually run in the triathlon - but I got faster and faster as the season progressed culminating in a 10K personal best of 33:27 at the Black Isle. So don't be afraid that your running will suffer by cutting out the odd run - your cardio-vascular system will be getting a work out during your swimming and cycling training.

In the run up to your first triathlon aim to train in each discipline three times a week, but in two disciplines each day, alternating hard and easy sessions. Try and structure your training around your work so that you get sufficient rest between each activity.

Technically the most demanding of the three disciplines is swimming. The more efficient your stroke, the faster you will move through the water. Freestyle is the most favoured stroke but many triathletes swim breast stroke. Poorer swimmers would be well advised to invest in some lessons, whilst reasonable swimmers should regain their confidence by ploughing up and down the local pool. The best way to improve your

swimming is to join a club, either the local swimming club or, if you don't fancy being thrashed by next door's 11 year old, try the Masters (over 25) section. If you are lucky enough to have a nearby triathlon club, try approaching them.

During the period leading up to the race, gradually increase your distances so that you are confident in each discipline over the required race length. Gradually build up your long bike rides to a minimum of one hour, long runs to the hour, and your steady swims to 1500m. If you can cope with these you will find the shorter distances well within your scope and will then be ready to tackle the Grand Prix series races.

As race day approaches, try



the whole event back to back, getting familiar with the course and the strangeness of following one event by another; get used to knowing how your body reacts to

running after cycling (or vice versa). Think yourself through the race. A worthwhile investment for those thinking of shaving seconds off their fourth discipline, the

transition, are lace locks for your running shoes. Practise getting in and out of your shorts and clothes; on and off your bike; putting on and taking off your helmet. Never try something new in a race. Think carefully about what you are going to wear. Ladies - experiment with running in your swimming costume - does it give you enough support!

Finally, race day dawns. Go out and enjoy it. Don't try breaking any records - leave that to your next race. I guarantee there'll be a "next race". You'll be hooked. Never mind the days of running 60 miles a week - you'll be into the big time: swimming 15,000m, cycling 300 miles and running 40 miles a week before you know it!

Suggested programme to prepare for a shorter triathlon

MONDAY: Run - easy four miles; Swim - steady continuous swim, progress to 1500m

TUESDAY: Bike - fartlek, varied pace over varied terrain.

WEDNESDAY: Run - 4/5 mile fartlek; Swim - easy warm up, then intervals. Progress to 2000m total.

THURSDAY: Bike - steady ride, 10/20 miles.

FRIDAY: Run - One hour, long slow distance; Swim - warm up, concentrate on technique. Then intervals, e.g. 8 x 100m or 4 x 200m or 2 x 400m etc.

SATURDAY: Run - One hour, long slow distance.

SUNDAY: Bike - gradually increase distance and time. Minimum one hour.

The above programme will give you a good base to prepare for the longer Grand Prix events, and is more than adequate for the shorter ones.



TRI-SPORTS CORNWALL'S SPECIALIST TRIATHLON SHOP

For: Bikes, Frames, Accessories, Clothing, Running Shoes & Clothing, Swim Wear, Training Aids, Track Suits, Tri-Wear.

We sell: Specialised, Brooks, Le-Coq, Tri-Pro, MBK, Dawes, Peugeot, Mavic, Shimano, Cinelli, etc., etc.

Run by Triathletes for Triathletes

2 FAIRPARK ROAD, LISKEARD
Telephone: (0579) 47026

Mail & Telephone Orders Welcome



FORTHCOMING EVENTS

17th September, 1989 - Aberfeldy Half Marathon

22nd October, 1989 - Aberfeldy Triathlon

Also a Mountain Bike event - date to be advised

Watch out for further details in future issues, or write for entry forms (enclosing sae) to:

Race Organiser,
Aberfeldy Recreation Centre,
Crieff Road,
Aberfeldy,
Perthshire
PH15 2DU.
Tel: 0887-20922



NICHOLSON'S CYCLING CENTRE

Cycle Specialist

Partners: M & B.J. Williams

2 FORFAR ROAD, DUNDEE DD4 7AR

Telephone: (0382) 42122

Changing to (0382) 461212 in May 1989



WE CARRY ONE OF THE FINEST RANGES OF LIGHTWEIGHT CYCLES, FRAMES AND ACCESSORIES IN SCOTLAND.

SAFETY HATS		NYLON FRONT JACKETS		THERMAL TOPS	
ORION	£27.50	BOCCACCIO	£27.26	PLAIN from	£28.45
CENTURION from	£26.15	FAGOR	£28.45	BRANZOLI	£39.50
BRANCALE SPN	£28.00	Z PUGGETT	£31.00	PANASONIC	£31.50
BRANCALE XP7	£29.45	ULTIMA AZZURRO	£31.20	SPECIALIZED	£39.50
NOLAN	£39.95	SPECIALIZED	£30.95	COLNAGO	£39.50
UVEX	£46.00	BEEN BAG	£30.95	LA VIE CLARE	£34.40
ZEPPHUR	£30.50	PANASONIC	£30.20	PARANTRI	£46.88
LEATHER from	£6.82	ISOSTAR	£30.20	ULTIMA P.D.M.	£49.50
		CARRERA	£31.00		
		P.D.M.	£39.40		
		PLAIN	£16.90		
GLASSES		SHOES		RACE CAPES	
RED RUDY PROJECT	£10.27	TIME RACE	£72.45	FLUORESCENT	£16.40
PRESTIGE	£16.99	SIDI HAWAY	£59.99	BREATHABLE	
RUDY PROJECT	£22.45	SHIMANO		GAGER	£14.95
PERFORMANCE	£22.30	CARBON	£59.95		
UVEX	£21.45	QUE GI from	£35.80	CYCLE COMPUTERS	
TIME	£19.66	GAERN	£43.15	AVOCET	£29.95
VETTA LOLA	£21.55	VITTORIA from	£15.00	VETTA	£41.30
BARUFFALDI	£9.65	LOOK	£28.95	CAT EYE	£28.45
		ADIDAS	£30.00		
		BRANCALE	£55.00	KIT BAGS	
				TIME	£30.70
				SCOTT	£25.30
				SPECIALIZED	£18.00
				O.M.	£25.87
				VITTORIA	£15.00
				ULTIMA	
				BIKE BAG	£62.50

IF YOU ARE STUCK FOR ANYTHING AT ANY TIME, GIVE US A RING AND WE WILL DO OUR BEST TO HELP! YOU'VE FOUND A FRIEND!

GET OFF TO A FLYER. START YOUR SEASON IN THE RIGHT GEAR. OUR RECENTLY-REFURBISHED CYCLISTS' BOUTIQUE IS PACKED WITH BARGAIN BUYS.

GRAN CRITERIUM TUBULARS £3.50

INTRODUCTORY OFFER ON VETTA CYCLE HELMETS ONLY £29.95

SPRINT WHEELS £25.00 Pair

O • P • E • N FORUM

TEN YEARS ago an idea was developed by the then Scottish national coach, Frank Dick: a dream that one day athletics in Scotland would have the finest coaching system in the world. So inspired was the original idea that when he became British national coach, his idea was accepted on a UK level. Along with Carl Johnston, he developed the "system" as we know it today.

The BAAB coaching scheme was introduced in 1980, and over the last nine years there has been little change in the structure apart from a few alterations to the club coaches' exam.

Frank Dick's idea for a coaching scheme was the theory that recruiting more and more coaches would attract more and more youngsters into athletics. His main theme was education: educate the coaches, and they will do the rest.

The scheme was set up and insisted on coaches having theoretical knowledge. Dick believed that this would in turn be developed into the practical aspects.

Instead, these ideas have spawned a coaching system which has become so diluted by quantity rather than quality that we are judging coaches by their qualifications, rather than their ability to produce results. In fact, we have a classic case of "Diploma Disease" (1). Put simply, you can't be any good unless you've got a piece of paper to prove it.

It's time to look at the original model, and see if we can make any improvements.

It is a proud boast of the joint coaching committee in Scotland that we have a thousand coaches. If that is so, what has happened to the standards? Checking through the performances, as Roger Booth did in the previous issue, we have a disturbing

ERIC SIMPSON, one of Scotland's most active coaches, follows up Roger Booth's Open Forum last month by suggesting that our coaching system needs overhauled.

picture of declining standards in both depth and quality of performance. Why?

Let's look at the myth of the thousand coaches. How many are practising? I can't find out, because nobody knows. I personally know of 15 who have dropped out of the system. It may be that in fact we have a shortage of coaches!

That may be unthinkable, but if nobody can do a check, it is quite possible that I am right.

Could I suggest that we have a coaches' register that is updated every two years, for a nominal sum of £1 to cover administration? We could keep records of coaches who are still coaching, of how many athletes are in their groups, and of what discipline is being coached. In this way we would be able to pinpoint very quickly the areas that require extra resources.

We need better coaches' back-up. Once a coach has received his club or senior award, where does he go for help, back-up, call it what you will?

The answer I have heard is: if he is keen enough he will find it for himself. That is not good enough! If you have a coaching system as such, then you have to provide an active back-up facility.

Yes, we have a few courses each year, but are they in the right area? In 12 years of coaching I have received only one item of coaching material

from any national coach. The point is, is that his fault? My fault? Or the fault of "complacency" in the system?

I believe that we have some excellent coaches, both within and outside the system. Coaches like Bill Gentleman, Davie Gibson, and Hugh Muir, who to my knowledge do not have a coaching qualification between them. Thinking coaches, who work exceptionally hard, read, listen and watch. Then do.

What of coaches like Iain Robertson, Bob Inglis, Gordon Cain and Sandy Ewan - all of whom have produced results and have coaching qualifications acceptable to the athletics hierarchy in Scotland? Both groups have one thing in common: a love of the sport.

Why are experienced coaches, whether qualified or not, not being used? I'm sure they would give of their time if this was on a limited basis, and not every week of the winter.

I have been invited recently, along with other coaches, to have the use of equipment that will help me pinpoint areas of weakness in sprint starts and acceleration. I can see this being useful for long jump coaches as well. I am not officially a sprints coach as I do not have a "qualification", but I do produce a few athletes.

How did I find out about it? Not through the coaching system as you might think, but

from a respected coach, Bill Walker, phoning me. The national coach, the person in charge of this set-up, knew about this idea, but how many others did? How often is this happening? Was it because it was not organised by the SAAA?

So, what I am saying is that we do have the resources, coaches, money and organisers, but we are not getting value for the effort being spent. Many people in the SWAAA and SAAA are putting in a lot of time - very valuable time - to do a job of work to keep a system going.

The system, however, is in need of constructive overhaul NOW. Don't keep putting it off. Listen to the experienced coaches (in the system and outside); listen to the grassroots coaches.

The joint coaching committee must be used as a place to exchange ideas and be part of the overall coaching plan. To hell with cliques! Let's get the best out of the coaches for the sake of the athletes, and for the sake of the sport in Scotland.

The next few years will see great changes in athletics. The knock on effect of in-fighting in England will produce a British Athletics Federation, of which Scotland will be an insignificant little part.

We have many dedicated people who have tried - and are still trying - to do what is best for athletics. But we as a group need some dynamic leadership.

Athletics in Scotland is like a ship without a rudder, going nowhere fast. Management within a recognisable structure, with formal and informal links - that is the rudder and direction we need.

(1) *The Diploma Disease, Education, Qualification and Development.* R. Dore (1976).

club PROFILE

MARYHILL HARRIERS



**Report: Robert Stevenson
Pictures: Archives and
Peter Devlin**

MARYHILL Harriers Athletic Club was founded on Saturday, November 2, 1888, at Canniesburn Smithy by Gilbert Thomson, John Smith, Eric Langlands and a medical student, Peter Marshall. The latter became the first club champion the following year, and thus the first to have his name engraved on a handsome cup presented to the club by Langlands.

In 1891 the club affiliated to the Scottish Cross Country Union, but it was not until eight years later that they won the Scottish Junior Cross Country title and hence the right to compete in the senior championships, where they finished second at their first attempt.

J. K. Hamilton was easily the best runner the club produced in its early years, but unfortunately he appears to have been something of a hypochondriac. When he did manage to drag himself from his sick bed he proved he could live with the best in the land, finishing second in the junior championship in 1884, and third in 1887.

James McFarlane, who began his athletic career as a cross country runner, became the first Maryhill Harrier to win a national title, taking the high jump in 1897 with a leap of five feet, seven and a half inches. The 1989 season saw him clear 5' 9" on several occasions, and he was the clear favourite to win the Scottish title, but injury ended his career as a high jumper.

George Dallas joined Maryhill Harriers in 1906 and immediately made an impression. Displaying a rare versatility, he won cross country and sprint events. His first major victory came in 1910 when he won the Western District Cross Country title, with Maryhill taking the team title. He

gained his first international honour in 1912. When he was selected to represent Scotland in the 880 yards against Ireland, he duly finished second.

After the First World War, in cohorts with club secretary Teddy Watt, he set about transforming Maryhill into a major force in Scottish athletics. The first visible sign of this endeavour was the club's victory in the



first-ever Scottish medley relay championship in 1919. For most of the next decade, Maryhill dominated the event.

The following year, 1920, Dallas won the 440 yards SAAA title in 52 seconds at Hampden Park. In 1921 he started a 40 year stint as secretary of the SCCU. From the beginning of his tenure of office he realised the importance of publicising the sport, and ensured that all newspapers received press releases.

Eventually newspapers like the Glasgow

Herald invited Dallas to act as their athletics correspondent (he acted in this capacity for the Herald until the mid 1960's). George Dallas was a man who possessed an enormous enthusiasm for athletics. Even in his later years, this fire continued to burn undiminished.

Jim Riach, the junior champion for 1922, and Willie Calderwood were selected to represent Scotland in the International Cross Country Championship. The affable Calderwood went on to gain another five Scottish singlets and SAAA titles at the mile and 880 yards.

During the 1920's, the club's performances in cross country competitions continued to improve, until in 1927 they won the first of six consecutive victories in the Scottish Cross Country Championships, with Dunky Wright taking the individual title. The reason for this supremacy lay in the calibre of runners the club could call upon - athletes like Wright, Donald Robertson, Walter Calderwood, David Muir, Tom Blakeney and Donald McLean, every one a champion or national record holder.

Dunky Wright won his first AAA title in 1930, and went on to take the Empire Games marathon championship in Canada. He lost his AAA title in 1932 to Donald Robertson - by half a second. The AAA decided to take only two marathon runners to the Olympic Games in Los Angeles, and normally one would have expected them to take the first two finishers. On this occasion, for reasons best known to themselves, they selected Robertson and Sam Ferris (who finished third).

Unfortunately, for family reasons, Donald could not take his place and Dunky

MARYHILL HARRIERS



Maryhill's West District CC junior champion Alan Currie leaps over barbed wire in the club's championship in February (left), while fellow junior Danny Shearon washes in a puddle. Tommy Harrison, meanwhile, points the way forward.

Wright travelled after all. In Los Angeles Dunky finished an excellent fourth, just 66 seconds behind the winner.

For the 1936 Olympics, three Maryhill Harriers were selected, Tom Blakeney, Robert Graham and Donald Robertson. Blakeney was the 1936 SAAA champion and record holder over three miles. As luck would have it, he injured himself shortly before the Games and was forced to withdraw.

Robert Graham in the same year set Scottish records over three quarters of a mile, one mile, and 1500 metres. He also held the national record for two miles. He finished third in the AAA Championship, but was eliminated in the heats of the Olympic 1500m.

Donald Robertson won his fourth AAA marathon championship in 1936 and finished a creditable seventh in the Olympic marathon in Berlin. By 1937 all Scottish middle and long distance records were held

by Maryhill Harriers.

The club celebrated their jubilee year by gaining another team victory in the National Cross Country Championships, with John Emmett Farrell taking the individual title. Their first-ever win in the Edinburgh to Glasgow relay heralded a series of victories during the 1940's in the McAndrew and Kingsway relays.

During the 1920's and 1930's, Maryhill Harriers promoted open meetings at Largs, Dunoon, and Firhill. The Drymen to Firhill road race attracted world class runners like Ernie Harper, an international Cross Country champion and Olympic silver medalist.

In 1942 Colonel Kenneth Barge approached the club secretary, Fred Graham and suggested the club promote a road race to commemorate his son Nigel, an RAF pilot who had been killed in action. The first Nigel Barge Trophy race took place on January 1, 1943.



MARYHILL HARRIERS



Happy Harriers! From left, John Emmett Farrell receives the Langlands Trophy in 1937 from club secretary Mrs Chrissie Bell. Also in the picture are Bob Bell (on the other side of his wife), Tommy Harrison (second right) and Dunky Wright (far right) Right? Right! Current club ace Michael Gallacher is in the middle picture, while the club's youngsters line up for the club's 1989 cross country championships. On Page 33, Farrell takes the baton from Donald Robertson in the 1939 Edinburgh to Glasgow relay. In the picture below, we see the winning Harriers team from the same year. Why is Farrell disguised as Tom McKean?!

After the war, the clubs' distance runners continued where they had left off. Farrell completed the treble in winning SAAA titles at three miles, six miles and ten miles.

The 1946 AAA marathon ended in a dead heat between Donald Robertson and Squire Yarrow. The two men had entered the stadium together but there were hurdles on the track from an earlier race. Yarrow managed to gain a considerable advantage from his countrymen's inability to compile a reasonably accurate timetable. However, Donald with his legendary finishing speed managed to make up the deficit. The AAA, wishing to maintain their proverbial reputation for fairness, gave the race to Yarrow. This decision incensed Maryhill members who had witnessed the finish, if only on the grounds that Yarrow had failed to defeat the reigning champion.

The first ever Scottish Marathon Championship saw Maryhill taking first three places with Robertson, Wright and Andy Burnside taking first, second and third respectively. For the 1947 championship Maryhill presented the SAAA with the A. H. Blair Trophy. This was won by Robertson.

John Emmett Farrell scored perhaps his most famous victory in the 1948 National Cross Country Championships at Ayr. Starting at the back of the field he gradually worked his way to the front to win by a distance. He went on to finish fourth in the AAA marathon, and was a reserve for the Olympic team.

In the same year Donald Robertson died. It was truly the end of an era. For two decades Maryhill Harriers had dominated road running in the UK through two great runners, Dunky Wright and Donald Robertson, supported by the likes of Farrell, Willie Nelson, Gordon Porteous and Andy Burnside.

During the fifties and sixties the membership dwindled from 169 in 1949 to 23 in 1969. The principal causes for this drastic decline were a lack of any type of athletic facility in the Maryhill area, and inadequate coaching. The club's main coaching effort was concentrated on the women's section - in 1951 this section could boast six coaches, whilst the men's section did not have one. Also, the depopulation of Maryhill affected all sports clubs in the area.

During this period the club still produced

fine athletes. Jimmy Brennan won the Midland District Junior Championship in 1967, and two years later took the SAAA 10 mile championship. He also gained international colours as both a junior and senior.

1970 brought to an end the 49 year tenure, with a break of one year, in which club members had held the office of Western District secretary through George Dallas, Dunky Wright and Fred Graham. Fred was appointed team manager to the 1970 Commonwealth Games team and elected SAAA president in 1972.

Bill Yate won a number of road races. His finest performance came in the 1975 West Championships at Westerlands, where he won the 10K in 30-21.

During the eighties the club profited from the running boom and the membership gradually increased. Today it stands at 120 members.

Brian Scobie, one of the country's leading marathon coaches won the national veterans title in 1986 and 1987. Then 1988 commenced with Maryhill winning the Nigel Barge Trophy, and 1989 with Alan Currie's runaway victory in the Western District Junior Championships - perhaps a fitting note on which to end this short history.

Robert Stevenson is secretary of Maryhill Harriers, and though modesty prevents him from saying it, one of those responsible for the club's resurgence.



Reebok. The Edge.

As slogans go, this one's a little different. (It's true.)

Did you really wonder where the yellow went when you brushed your teeth with Pepsodent?

What, exactly, were the 'things' that happened to you after a Badedas bath?

Hasn't that tiger in your tank drowned in 4-star yet?

The fact is, everyone takes advertising slogans with a liberal pinch of salt.

And you probably did the same when, seconds ago, you saw the new slogan, writ large above, from

Reebok. Do we seriously expect you to believe that a pair of running shoes will make you a better runner,

will improve your times and give you the edge to triumph over

another runner of identical ability?

Yes. Indeed we do. And if you

will suspend your disbelief for a few further paragraphs we can explain why.

The secret lies within the sole of our new range of sports shoes.



A fraction of a second can mean the difference between winning and losing.

But before we talk of our sole, let us examine your body.

When you run or jump, each time your foot hits the ground, an irresistible force is meeting an immovable object.

Your foot jars. Energy, your energy, is dissipated upwards and downwards.

It is, alas, energy wasted.

It is not, however, wasted if you are wearing Reeboks with the Energy Return System.

Encapsulated laterally within the sole and heel are small tubes made of a wonder-thermoplastic called Hytrel and filled full of er, well...nothing.

When your foot hits the ground, the energy that would normally be wasted is used to compress these Hytrel tubes.

Then, the moment your foot begins to rise, the compressed tubes, fighting to regain their shape, return

this energy to your foot. Thus, in simple terms,

you will receive additional lift-off with every stride.

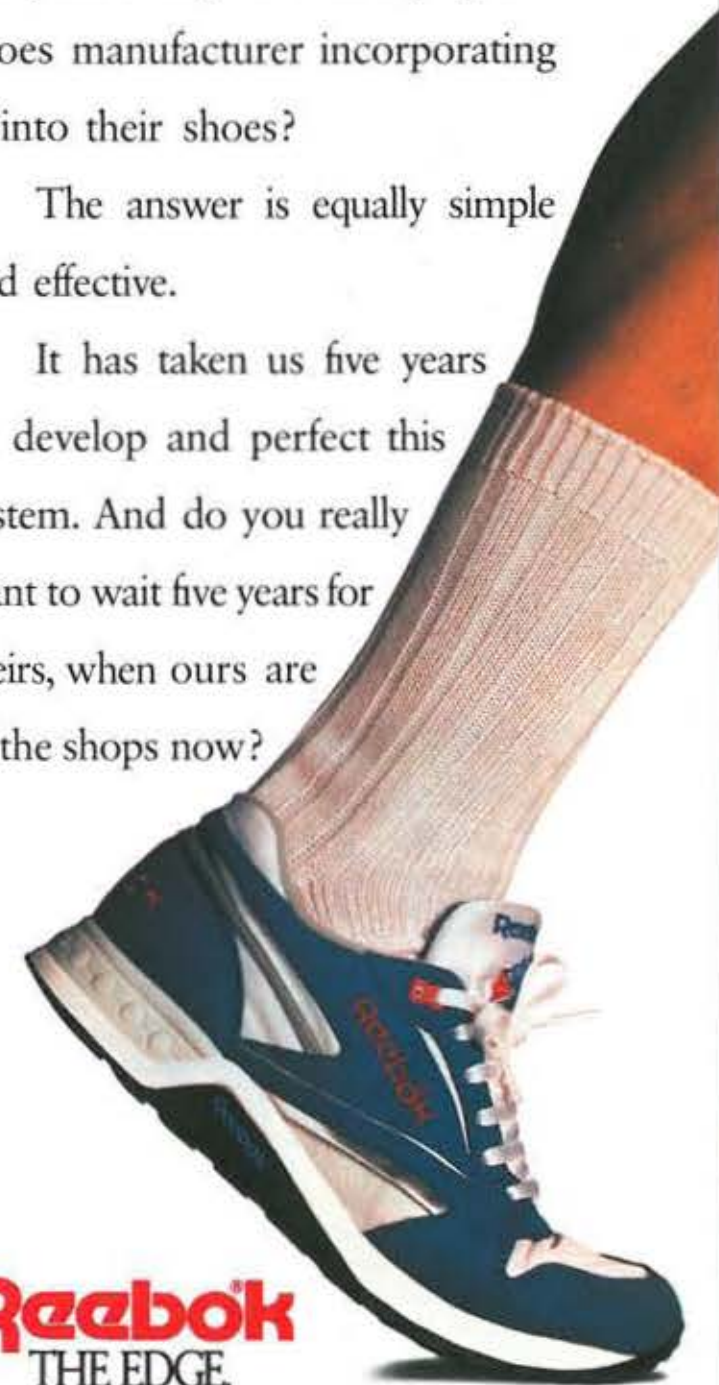
Now, be honest: doesn't that seem to make good, sound and reasonable sense?

But before you agree, another uncharitable thought may occur.

If it's such a simple and effective idea, then why isn't every sports shoes manufacturer incorporating it into their shoes?

The answer is equally simple and effective.

It has taken us five years to develop and perfect this system. And do you really want to wait five years for theirs, when ours are in the shops now?



Reebok
THE EDGE.

TOLO RIB FUL

COORDINATE

ANDRAS SALEY THOMPSON CO-ORDINATES
ATHLETIC RANGE.

Saley Thompson Sweatshirt. Zip front
jacket with two zip pockets. Contrasted
hood in small stand up collar. Contrasted
five piping inserted in panel across
chest and back. Trouser has leg zips
and pockets with elasticated waist-
band and reflective piping in the
seams. Colour: navy. Sizes: 5'6", 5'9",
5'11", 6'1" & 6'4". Usual price £44.95.
OFFER PRICE £29.95.



Scotland's Runner April 1989

AL PILES IN THE MILES

I HAD been sitting at home waiting for the phone call.

"I'll call you when I get to the outskirts of Edinburgh," had been his parting words. "It should be just getting dark then and you can give me directions to your house."

True to his words, about 4.15pm on a dark, damp, winter's day, the phone rang: "Hello Adrian, I'm at the Forth Road Bridge Services..."

"How on earth have you got there?" I joked with him.

"I wasn't sure which road to take at Linlithgow. I think I should have gone left but took the right turn instead," he replied.

My mind was frantically trying to comprehend how someone could set off from Glasgow, heading for Edinburgh, end up in Linlithgow, and then take a wrong turning to direct him to Queensferry.

I realised that if I didn't act soon Al would soon be negotiating the traffic on the busy A80 into Edinburgh, a hectic unlit dual carriageway linking the Forth Bridge with the city. Fine in the comfort of your car, but, as I found to my own horror one night a few years ago, suicidal if you're on foot.

Al had, after all, just run all the way from Glasgow.

"Stay where you are, I'll pick you up in 15 minutes," I told him.

An hour or so later, as he made jokes with my children and tucked into a huge pizza my wife had made, he started to tell me more about himself.

The journey he had just undertaken from his mother's home in Ayrshire, with an overnight stop in Glasgow, was typical of many runs he

Adrian Stott of Sri Chinmoy AC meets Al Howie, Scotland's other ultra star

has accomplished over the years. Although a dedicated Scottish patriot, Al Howie is hardly known in his native country because his major endeavours have all been completed in Canada - where he has spent most of the last 15 years.

Born at Saltcoats in Ayrshire, he attended school, "without really distinguishing myself". His parents gave him the name Arthur, but everyone at school called him Al and it has stayed with him ever since.

He travelled extensively throughout southern Europe and Turkey before travelling to Canada in 1975. Al started running to combat "negative aggressive feelings", on giving up smoking.

His workplace in the forests of British Columbia made an ideal playground for these first early running exploits. "I didn't really have any schedule to work to, I just used to love running in the mountains and forests," he recalls.

Howie ran his first marathon in early 1980 in a very respectable 2-39, and later that year attempted his first solo "journey run", a 125 mile trail which he completed in 21 hours. A few months later he tackled the 140 mile hilly journey around Courtney Island, off Vancouver, and finished in 23 hours.

Now attracting considerable publicity for his running exploits and the many hundreds of pounds he raised for charity in the process, he tackled his most ambitious run to

date in January 1981. Using the Victoria Marathon course, and with the help of the local club, he set out and succeeded in beating Max Telford's non-stop running record by covering 187.5 miles in 36 hours.

Soon after this he was contacted by the Sri Chinmoy Running Club in Victoria with an invitation to take part in the 24-hour race their club was organising in Ottawa later that year. Up until this time he had not competed in an ultra distance race, all of his long runs being "journey runs", or just "a day out in the forests", where he had no real idea of how far he was actually running.

In the Ottawa 24 hour race, held on a 400 metre track, he completed just under 150 miles to claim not only a Scottish national 24 hour record, but also a North American all-comers record.

Howie returned to win the Sri Chinmoy Ottawa race five times out of the next six years (illness forcing him to miss the race in 1986). His winning distance in 1982 of 150 miles, 352 yards, is still the only Scottish performance over 150 miles.

"I actually ran 152.9 miles in a 24-hour race once, but no official lap times were recorded so it was never authenticated," he says.

The year 1982 was one of Al's best. He was doing serious marathon training with longer runs thrown in and was rewarded with a personal best of 2-24 in the Victoria



Marathon, as well as improving his 10K time to 32 minutes, and his 10 mile time to 51-50.

Four years later, 1986, was something of a watershed. Early in the year he was told he had a mild cancer, something that would finish most people. Utterly determined to bring his fighting qualities forward to tackle the disease, both "mentally and physically", he embarked on a strict macrobiotic diet, "lots of brown rice and vegetables," which helped to effect a cure.

Since then he has slowly got back to his running and in November 1987, as part of British Columbia's publicity

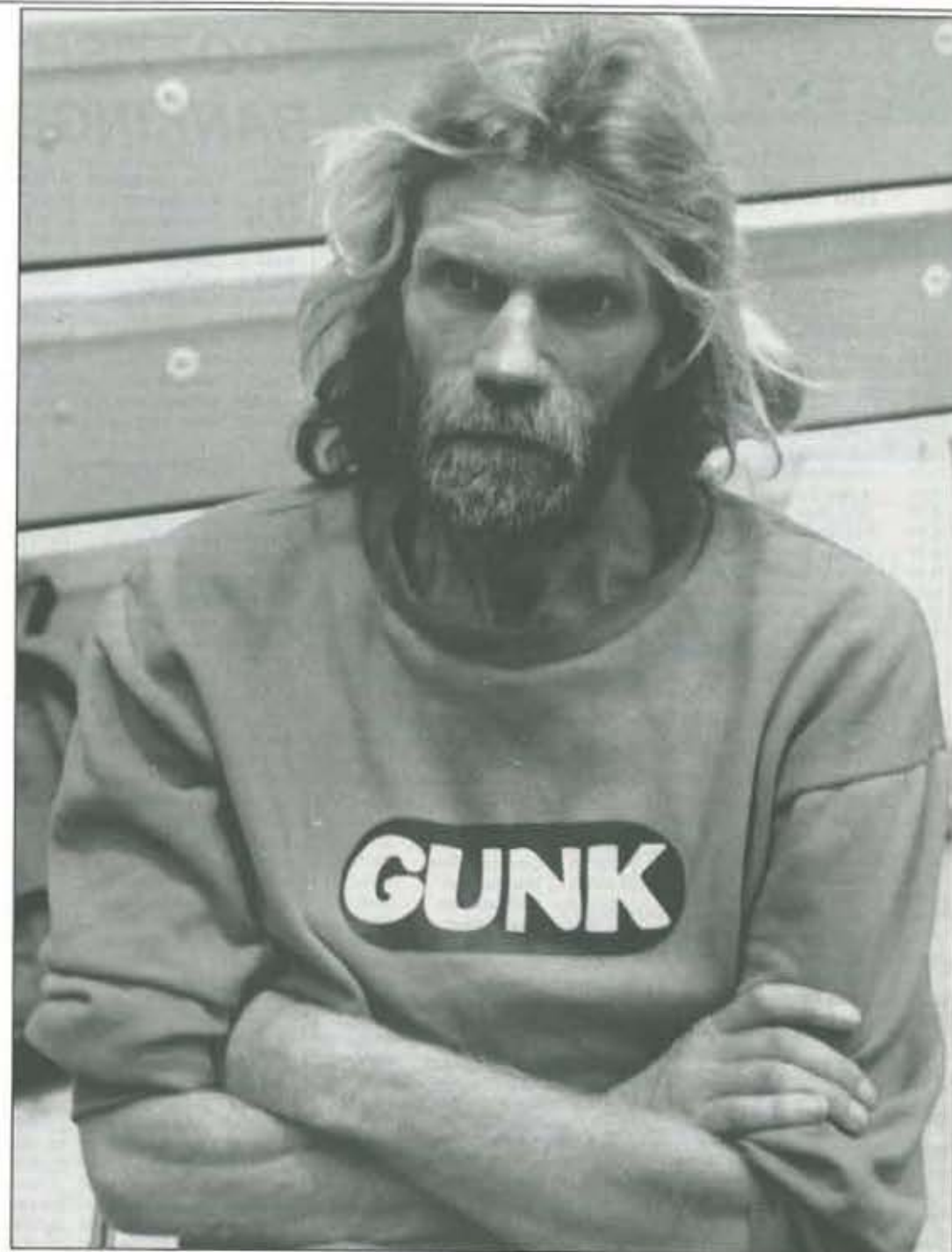
"There are aspects of the Scots character, firm resolve, determination, and dedication in the face of adversity, which are hallmarks of ultra runners"

drive to bring the Commonwealth Games to Victoria, he again tackled the world non-stop running record. Using a 400 metre track this time, and having a maximum of a five minute break every hour (as allowed in the rules), he covered a sensational 580 kilometres, 33 metres (350 miles) to set a new world best performance.

Howie returned to Scotland early in 1988. He started the year well, winning the Doncaster 24-hour race with 143 miles. On June 28 he set off on what had long been a big ambition - to run the "JOGLE" (John O' Groats to Lands End). With only his wife, a car, and a tent for back-up, he covered his 850 mile route in 11 days, 3 hours, and 18 minutes to claim a new record for the run - taking a huge chunk off the previous time.

Pleased at last he might get some acclaim in Great Britain for his achievements, his hopes were short lived when, just eight weeks later, Londoner Richard Brown (with the help of two sponsors, two campervans, and a permanent back-up team of four, including a physio and an osteopath) made the journey in just under 11 days, beating Al's time by nearly four hours. Brown's route apparently was measured at 830 miles, some 20 miles shorter than Howie's.

Further disappointment was to come. He undertook one of his longest ever "journey runs", 1500 miles in five weeks from Saltcoats to Sardinia. Averaging an easy 45 miles a day, he used it as preparation for one of the continent's premier ultra races, the "Super Marathon de Norage", 250K (160 mile) race over a hilly



course from Cagliari to Sassari. Don Ritchie, Scotland's other ultra-distance star, had placed second in 1987. Al was hoping to go one better for Scotland.

Indeed, he shared the lead up to the 50 mile point and was "feeling good." However, he and the other lead runner were then directed off course. Race officials, on discovering the error, caught up with Howie two miles later, but insisted he had to run back to join the route. Totally demoralised, Al, having covered an extra four miles, rejoined the route to find himself in 13th place. He carried on to finish sixth, in a little under 28 hours - a tremendous performance

considering the mental strain brought on by the mishap.

The incident, though, left him physically and mentally drained - a fact borne out by his subsequent poor performances in both the Blackpool 48-hour race and the 24-hour indoor race at the Kelvin Hall last November.

Although he has now put these performances behind him, you get the feeling that the quiet, likable Scot is fairly resentful that the top international ultra-runners do not achieve anything like the recognition they deserve.

Ron Hill helped Al with clothing and footwear for his Sardinia trip, but other than

that he has received nothing in the way of sponsorship.

"I know what I have achieved though," he says, "and that's the main thing".

As I drove him back to Ayrshire the next day he reflected: "More Scots should take up the challenge of ultra-running. There are aspects of the Scots character: firm resolve, determination, and dedication in the face of adversity, which are hallmarks of ultra runners..."

"It's fun too," he adds, which maybe reflects something of his own "pure love of running" which, as with all of us, no-one can take away.

ALL-TIME SCOTTISH WOMEN'S RANKINGS

100 metres

(Automatic timing only)

11.40	Helen Golden	20/7/74
11.50	Sandra Whittaker	14/6/86
11.51	Kaye Jeffrey	28/5/83
11.54	Janis Neilson	24/5/87
11.65	Linsey Macdonald	22/5/79
11.66	Liz Sutherland	07/4/76
11.68	Margot Wells	09/7/78
11.77	Angela Bridgeman	25/4/86
11.80	Dawn Flockhart	07/7/85
11.89	Jennifer Smart	19/6/80
11.92	Joan Booth	14/6/86
11.96	Alison Thomson	31/5/87
11.97	Julie More	14/6/86
11.99	Fay Nixon	14/5/76
11.99	Natalie Byer	30/5/82
11.99	Aileen McGillivray	23/7/88
12.01	Yvonne Anderson	25/4/86
12.02	Melanie Neef	23/7/88
12.06	Ann Dalton	14/5/76
12.07	Kathleen Lithgow	25/7/87

Wind Assisted

11.34	Whittaker	22/5/83
11.37	Jeffrey	22/5/83
11.50	Wells	15/7/78
11.55	Sutherland	18/7/70
11.61	Macdonald	16/6/79
11.62	Lithgow	25/6/88
11.69	Neef	25/6/88
11.69	Bridgeman	13/4/86
11.72	Smart	02/9/60
11.75	McGillivray	25/6/88
11.78	Gillian Hackney	16/8/81
11.82	Joyce Russell	22/5/83
11.84	Thomson	02/5/87
11.86	Alison Reid	22/5/83
11.86	Booth	22/6/86
11.87	Fiona Hargreaves	21/4/84
11.88	Dalton	21/6/80
11.92	Jackie Robison	23/6/84
11.93	Florence Harding	16/6/79
11.94	Lynette Boyle	05/6/77
11.94	More	22/6/86

200m

22.98	Sandra Whittaker	08/8/84
23.14	Helen Golden	07/9/73
23.33	Linsey Macdonald	09/6/82
23.47	Angela Bridgeman	10/5/86
23.55	Kaye Jeffrey	29/5/83
23.71	Dawn Flockhart	10/6/84
23.79	Janis Neilson	14/6/87
24.06	Fay Nixon	04/6/76
24.10	Melanie Neef	22/7/88
24.12	Jennifer Smart	03/9/60
24.12	Margot Wells	09/7/78
24.14	Liz Sutherland	21/7/70
24.19	Gillian Hackney	12/6/82
24.25	Alison Reid	19/6/81
24.28	Kathleen Lithgow	26/6/88
24.34	Kim Hogg	13/6/86
24.34	Aileen McGillivray	26/6/88
24.36	Alison McRitchie	27/8/73
24.38	Fiona Hargreaves	29/4/84
24.39	Joyce Russell	22/5/83
24.39	Joan Booth	16/8/86

Wind Assisted

22.97	Golden	26/7/74
23.11	Macdonald	05/7/80
23.39	Bridgeman	13/4/86
23.76	Sutherland	05/6/77
23.78	Neilson	09/5/87
23.81	Wells	08/8/78
24.21	Yvonne Anderson	20/6/80
24.27	Hargreaves	-
24.28	Alison Thomson	31/5/87

400 metres

51.16	Linsey Macdonald	15/6/80
52.98	Karen Williams	06/8/78
52.99	Angela Bridgeman	24/7/82
53.20	Rosemary Stirling	28/8/71
53.32	Alison Reid	19/6/83
53.34	Fiona Hargreaves	25/5/86
53.42	Linda Forsyth	28/6/80
53.59	Elaine Douglas	28/7/79
53.68	Mary Anderson	18/7/87
53.77	Anne Clarkson	18/9/81
53.99	Dawn Kitchen	23/7/85
54.0	Ann Robertson	20/8/77
54.0	Sandra Whittaker	15/8/82
54.12	Barbara Lyall	22/7/70
54.14	Carol Candlish	18/6/83
54.17	Marg'r't Southern	28/9/82
54.2	Liz Sutherland	30/7/77
54.3	Helen Golden	20/8/78
54.44	Yvonne Anderson	18/9/82
54.5	Anne Littlejohn	28/6/75

800 metres

2-00.15	Rosemary Stirling	03/9/72
2-00.20	Anne Clarkson	07/7/82
2-00.80	Yvonne Murray	10/7/87
2-01.11	Lynne MacDougall	18/8/84
2-01.2	Chris McMeekin	26/8/78
2-02.0	Margaret Coomber	01/7/73
2-02.6	Evelyn McMeekin	20/8/78
2-02.91	Carol Lightfoot	07/7/82
2-03.5	Mary Stewart	05/6/76
2-04.01	Liz Macarthur	30/6/86
2-04.44	Susan Parker	14/6/86
2-04.47	Karin Steer	07/9/84
2-05.19	Linsey Macdonald	20/6/87
2-05.21	Karen Hutcheson	21/8/88
2-05.5	Sandra Sutherland	17/7/71
2-05.8	Georgina Craig	29/7/70
2-05.9	Liz Lynch	14/5/87
2-06.0	Karen Williams	07/7/79
2-06.78	Alice Linton	14/7/78
2-06.8	Mary Speedman	21/7/73

1500 metres

4-01.20	Yvonne Murray	04/7/87
4-01.38	Liz Lynch	04/7/87
4-05.96	Lynne MacDougall	20/8/84
4-06.24	Chris Whittingham	05/7/86
4-06.4	Mary Stewart	22/5/76
4-13.07	Karen Hutcheson	14/6/87
4-14.47	Violet Blair	18/6/83
4-15.48	Marcella Robertson	08/9/85
4-15.55	Alison Wright	25/7/81
4-16.12	Elise Lyon	03/7/83
4-17.4	Kathryn Mearns	18/7/82
4-17.5	Anne Purvis	24/8/85
4-17.85	Christine Price	31/5/82
4-18.2	Margaret Coomber	25/6/78
4-18.74	Fiona McQueen	18-6-83
4-18.9	Carol Lightfoot	18/7/82
4-19.66	Susan Bevan	14/6/87
4-19.84	Rosemary Wright	14/9/75
4-20.21	Andrea Everett	21/5/83
4-20.8	Evelyn McMeekin	25/8/79

One Mile

4-23.08	Yvonne Murray	05/9/86
4-26.11	Liz Lynch	10/7/87
4-30.08	Lynne MacDougall	07/9/84
4-38.70	Marcella Robertson	23/7/85
4-40.13	Elise Lyon	17/7/84
4-40.65	Chris McMeekin	28/8/82

4-41.4	Karen Hutcheson	16/7/88
4-41.6	Mary Stewart	29/8/75
4-41.83	Alison Wright	22/8/81
4-42.4	Rosemary Wright	29/8/75
4-42.5	Christine Haskett	29/8/75
4-43.4	Jean Lorden	15/8/82
4-45.47	Fiona McQueen	17/5/81
4-45.5	Laura Wight	20/7/88
4-42.75	indoor	09/2/85
4-45.78	Kathryn Mearns	28/8/82
4-46.7	Judith Shepherd	06/5/79
4-46.95	Andrea Everett	11/8/81
4-47.06	Violet Blair	28/8/82

3000 metres

8-29.02	Yvonne Murray	25/9/88
8-39.85	Liz Lynch	13/7/87
9-00.68	Alison Wright	23/6/81
9-05.65	Kerry Robinson	18/4/82
9-10.6	Elspeth Turner	22/5/88
9-13.38	Judith Shepherd	21/5/83
9-14.33	Christine Price	17/8/86
9-16.15	Laura Wight	01/6/85
9-16.37	Kathryn Shepherd	10/7/82
9-17.70	Andrea Everett	03/5/86
9-19.34	Marcella Robertson	25/5/86
9-19.4	Violet Blair	25/6/82
9-20.0	Chris McMeekin	29/3/80
9-22.88	Susan Crawford	17/4/87
9-22.94	Margaret Coomber	31/5/84
9-23.95	Fiona McQueen	27/7/79
9-25.2	Lorna Irving	30/8/87
9-25.21	Jean Lorden	13/6/86
9-25.50	Karen MacLeod	19/7/87
9-27.9	Karen Hutcheson	11/9/88
9-07.6	Mary Stewart	20/3/76

5000 metres

15-01.08	Liz Lynch	05/8/87
15-50.54	Yvonne Murray	28/5/84
16-02.76	Kerry Robinson	22/4/83
16-08.30	Karen MacLeod	05/8/87
16-11.09	Elspeth Turner	22/5/87
16-17.59	Andrea Paolillo	25/4/87
16-22.66	Christine Price	26/5/85
16-22.67	Judith Shepherd	27/4/85
16-40.46	Kathryn Mearns	09/7/83
16-45.5	Lorna Irving	19/7/86
16-49.68	Louise Reynolds	25/7/87
16-57.58	Celia Duncan	25/7/87
17-04.75	Laura Wight	18/5/86

10,000 metres

31-06.99	Liz McColgan	02/7/88
33-05.43	Elspeth Turner	04/6/88
33-40.6	Andrea Everett	05/4/86
33-43.80	Yvonne Murray	27/7/85
33-59.90	Christine Price	28/7/86
34-07.22	Sandra Branney	20/6/87
34-52.5	Louise Van Dyck	10/7/88
35-05.21	Karen MacLeod	03/7/86
35-50.54	Celia Duncan	27/4/85

Marathon

2-33.38	Lynda Bain	21/4/85
2-33.44	Sheila Catford	09/10/88
2-34.25	Heather MacDuff	16/10/88
2-36.34	Lorna Irving	01/8/86
2-37.29	Sandra Branney	21/9/86
2-38.17	Inez McLean	03/2/85

2-42.56	Celia Duncan	21/4/85
2-43.29	Rosemary Wright	04/10/81
2-53.50	Eileen Masson	31/10/88
2-44.18	Leslie Watson	24/10/82
2-47.59	Lynn Harding	04/9/88
2-48.00	Ann Curtis	28/4/85
2-48.22	Cath'rine Robertson	10/5/87
2-48.36	Patricia Calder	28/4/85
2-51.12	Margaret Baillie	29/4/84
2-52.16	Wanda Sosinka	24/4/88
2-52.2	Ann Bates	30/9/84
2-53.01	Penny Rother	20/4/86
2-53.29	Jill Danskin	17/4/88
2-54.24	E. Christie	21/9/86

100 metres hurdles

13.35	Patricia Rollo	30/7/83
13.12w	Natalie Byer	27/5/84
13.46	Elaine McMaster	07/10/82
13.60	13.48w	12/6/82
13.71	Margot Wells	04/8/82
13.73	Ann Girvan	07/8/82
13.56w	Myra Nimmo	15/7/84
13.81	Myra Nimmo	31/5/75
13.72w	Liz Sutherland	26/3/76
13.85	Jane Lindsay	18/6/83
13.95	13.78w	10/9/83
14.05	Gillian Rhind	14/6/86
14.06	Moirra Walls	01/9/79
14.05w	Fiona Macaulay	21/7/77
14.09	13.97w	05/5/79
14.11	Jocelyn Kirkby	14/6/86
13.97w	Moirra McBeath	15/5/84
14.16	14.04w	27/5/84
14.19	Sheila Drysdale	20/8/77
14.26	Catriona Boyle	31/5/87
14.28	Linda Carruthers	21/7/70
14.36	Lesley Scott	24/5/80
14.27w	14.27w	21/6/80
14.40	Valerie Walsh	04/5/85
14.26w	Linda Brady	26/7/86
14.46	Moirra Niccol	11/8/79
14.47	14.27w	21/7/70

Wind Assisted

14.35w	Claire Reid	09/5/87
--------	-------------	---------

400 metres hurdles

57.43	Liz Sutherland	06/6/78
57.81	Marg'r't Southern	10/7/82
58.0	Fiona Macaulay	28/8/81
59.1	Carole Zissler	11/8/82
59.5	Linda Brady	11/7/79
59.88	Carolyn Hogg	19/6/81
59.96	Moirra McBeath	08/6/86
60.3	Ashley Brown	17/5/86
60.7	Carey Spiers	14/6/87
60.79	Jayne Barnetson	1988
60.9	Irene Anderson	16/6/79
61.14	Gillian Spurgin	05/9/75
61.3	Fiona Paterson	28/5/78
61.4	Eileen Brown	16/6/79
61.69	Fiona Fyfe	20/6/81
61.7	Sandra Livingston	15/8/75
61.81	Joanna Douglas	27/7/85
62.4	Valerie Walsh	11/5/85
62.5	Shona Urquhart	28/8/88
62.69	Ann Harley	04/5/75

High Jump

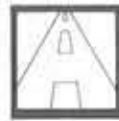
1.88	Jayne Barnetson	03/8/85
1.87	Moirra Maguire	11/5/80
1.83	Rhona Pinkerton	04/8/85

1.81	Jackie Gilchrist	24/7/82
1.81	Caris Henderson	14/6/87
1.80	Ruth Watt	10/8/74
1.80	Susan Brown	28/7/79
1.78	Anne Leitch	26/4/81
1.76	Jackie Pinkerton	21/5/78
1.76	Valerie Walsh	26/7/86
1.76	Nicola Murray	18/5/88
1.75	Denise Bird	26/8/74
1.75	Ruth Stratton	15/6/80
1.75	Michelle Morris	29/4/84
1.75	Emma Lindsay	10/7/88
1.74	Mandy Keating	09/6/79
1.74	Lorraine McQuarrie	16/8/81
1.73	Isabel Watt	24/6/79
1.73	Janice Ainslie	14/7/84
1.71	Jean Thompson	06/7/74
1.71	Sharon Murdoch	24/6/78
1.71	Norma Sweeney	16/8/81

Long Jump

6.43	Myra Nimmo	27/5/73
	6.54w	19/6/76
6.39	Moirra Walls	22/7/70
	6.48w	17/5/70
6.31	Lorraine Campbell	19/5/85
6.27	Alix Stevenson	13/6/70
	6.39w	06/6/70
6.12	Karen Glen	10/8/80
	6.15w	05/7/80
6.08	Rhona McLeod	04/8/85
6.07	Jean Jamieson	03/9/70
	6.12w	06/6/70
6.07	Susan Hay	20/6/81
	6.15w	25/6/77
6.03	Valerie White	23/5/76
	6.19w	07/8/77
6.02	Moirra McBeath	06/5/84
6.00	Fiona Macaulay	02/7/77
5.99	Anne Wilson	09/9/67
	6.17w	14/5/66
5.96	Janette Neil	28/7/62
	5.99w	11/7/64
5.94	Janice Ainslie	31/5/87
	6.02w	20/6/87
5.92	Carey Speirs	31/5/86
5.87	Caroline Black	29/5/88
5.85	Gillian Provan	16/5/84
5.85	Andrea Jackson	17/6/84
	5.92w	12/4/87
5.83	Jayne Barnetson	31/7/88
5.84	Elizabeth Toulalan	06/8/67
5.82	Valerie Walsh	18/5/86
	Wind Assisted	
6.07w	Barnetson	04/9/88
5.93w	Linda Stephen	03/5/80
5.84w	Emma Lindsay	-- 88

RESULTS



January

28

Shettleston Harriers Flockhart Memorial Cross Country Races, Drumpellier Park, Coatbridge -
Senior: 1, N. Muir (Shett) 29:54; 2, D. McShane (Cambus) 30:58; 3, M. Wallace (Vic Park) 31:01; 4, B. Coyle (Shett) 31:09; 5, D. Cameron (Shett) 31:19; 6, R. Johnston (C'glen) 31:58; V1, A. Letham (Forth), 10th, 32:36; V2, I. Burke (Bella), 13th, 33:09; V3, B. Carty (Shett), 15th, 33:20; VO/50, W. McBrinn (Shett) 37:12; Teams: 1, Shettleston 10pts; 2, Bellahouston 41; 3, Cambuslang 62.

Youths: 1, A. McBeth (E. Kilb) 19:38; 2, J. Brown (Law) 19:51; 3, J. Petrie (Cambus) 19:57; Teams: 1, Law and Dis 18pts; 2, Clydesdale 18; 3, East Kilbride 21.

Senior Boys: 1, A. Tonner (JW Kilm) 13:29; 2, A. Kings (Pit) 13:38; 3, A. Casey (Q Vic Sch) 13:47; Teams: 1, Shettleston 37pts; 2, Forth RR 48; 3, Pitreavie 54.

Junior Boys: 1, J. Tonner (JW Kilm) 10:09; 2, P. Allan (Ayr Sea) 10:26; 3, L. Hendry (Spring) 10:29; Teams: 1, Springburn 16pts; 2, Law & Dist 43; 3, Queen Vic School 143.

Colts: 1, S. Gibson (Colzium) 4:56; 2, K. Reynolds (Colzium) 5:01; 3, S. McHolm (Stonehouse) 5:05; Teams: 1, Colzium 12 pts; 2, Airdrie 31; 3, Springburn 38.

Maryhill Harriers Schools Cross Country League, Summerston, Glasgow -
Senior Boys: 1, M. Kerr 9:20; 2, S. Doyle 9:35; 3, A. McSherry 10:31.
Junior Boys: 1, A. Harper 9:32; 2, S. Doyle 10:14; 3, A. Wasson 10:40.
Youths: 1, J. McAneny 19:22; 2, S. Mowetu 19:51.

C.A.U. Inter Counties Cross Country Championships, Allestree Park, Derby -

Senior 7.5 miles: 1, C. Mochrie (Leics) 37:47; 2, P. Dugdale (Lancs) 38:00; 3, M. McLoughlin (Lancs) 38:05; Scots places 9, D. Cavers (East) 39:01; 19, R. Quinn (West) 39:18; 28, T. Mitchell (East) 39:36; 31, C. Haskett 39:42; 59, G. Grindlay (East) 40:18; 67, J. Connolly (East) 40:27; 81, C. Little (West) 40:47; 86, G. Harker (East) 40:49; 98, J. Pentecost (East) 41:09; 102, D. Halpin (West) 41:15; 112, D. Duguid (East) 41:31; 114, K. Connolly (West) 41:32; 118, D.

McFadyen (West) 41:38; 128, I. Johnston (East) 41:44; 158, C. McDougall (West) 42:14; 168, D. Williams (West) 42:23; 270, M. Gallagher (West) 44:21 (340 finishers).
Teams: 1, Lancashire 135pts; 2, Middlesex 177; 3, Yorkshire 266; 4, NE Counties 266; 5, SCCU East District 280; 13, SCCU West District 592.

Juniors 6 miles: 1, D. Mead (Norfolk) 31:58; 2, S. Brooks (Yorks) 32:06; 3, R. Denmark (Essex) 32:10; Scots places: 15, C. Murphy (East) 33:09; 46, A. Currie (West) 34:21; 47, S. Murray 34:21; 74, S. Rankine (East) 34:55; 86, R. Blair (West) 35:17; 109, J. Moodie (East) 35:50; 127, M. Currie 36:14; 149, D. Gardener (West) 37:10; 174, G. Gardiner (East) 38:28. (210 finishers)

Teams: 1, Yorkshire 28pts; 2, NE Counties 70; 3, Lancashire 100; 15, SCCU East District 325; 17, SCCU West District 328.

Youths 4.5 miles: 1, J. Gascoyne (Essex) 21:14; 2, A. Pearson (Yorks) 21:24; 3, K. Cullen (Essex) 21:40; Scots Places: 27, S. Wylie (West) 22:59; 40, S. Wright (East) 23:05; 45, R. Crook (East) 23:09; 49, G. Graham (West) 23:15; 59, G. Reid (West) 23:17; 84, M. Gallacher (West) 23:41; 87, S. Burch (East) 23:43; 114, M. McCartney (East) 24:03; 115, T. Mendum (East) 24:04 (236 finishers)

Teams: 1, NE Counties 36pts; 2, Lancashire 48; 3, Essex 64; 10, SCCU West District 217; 13, SCCU East District 284.

Scottish Universities Cross Country Championships, Camperdown Park, Dundee -

Men: 1, I. Hamer (Herriot Watt) 31:57; 2, R. Jones (Glas) 32:28; 3, P. Dymore (Edin) 32:38; 4, J. Quinn (Glas) 32:49; 5, N. Thin (Edin) 32:58; 6, T. Reid (Stirl) 33:02; Teams: 1, Edinburgh 36pts; 2, Glasgow 88; 3, Stirling 117.
Women: 1, A. Sym (Glas) 20:03; 2, S. Lanham (Aber) 20:34; 3, C. Kitchen (Edin) 20:39; 4, A. Rose (Dundee) 20:45; Teams: 1, Glasgow 16 pts; 2, Edinburgh 23; 3, Dundee 27.

29

Kirk Oly AC 7.5 mile Road Race, Kirkintilloch -

1, A. Robson (ESH) 36:46; 2, H. McKay (Fife) 37:32; 3, K. Rankin (FVH) 37:50; 4, P. Dykemore (Liv & Dist) 38:06; 5, R. Bell (DHF) 38:15;

6, M. Gormley (Cambus) 38:20; V1, I. Seggie (Liv & Dist) 38:40; V2, A. Stirling (FVH) 39:02; V3, D. Fairweather (Cambus) 40:23; L1, M. Reddan (Australia/Liv & Dist) 43:46; L2, L. Brown (Kirk Oly) 48:53; L3, C. Rowlands (Unatt) 51:47; L4, M. Upton (Cumber) 54:03; L5, A. Stewart (Kirk Oly) 54:19; L6, S. King (Clyd) 54:56; Teams: 1, Kilbarchan 58; 2, Cambuslang 60; 3, Westerlands 67.

SWCCU & RRA National Cross Country Relay Championships, Levensgrove Park, Dumbarton -
Seniors/Intermediates: 1, Kilbarchan (E. Masson, S. White, A.M. Follan) 45:36; 2, Falkirk Vic (J. Stevenson, C. Lawless, R. Kerr) 46:51; 3, JW Kilmarnock H (L. Cairns, S. McGregor, M. McClung) 47:00.
Fastest Lap: 1, E. Masson (Kilb) 14:12.

Juniors: 1, Bathgate (C. Roy; L. Pope; A. Cheyne) 26:10; 2, Irvine Cable (R. Hough; A. McManus; J. Roxburgh) 26:51; 3, Victoria Park (A. Potts; M. Wilkinson; D. McNally) 26:58; Fastest Lap: 1, S. Kenning (GAC) 8:23.
Girls: 1, Ayr Seaforth AC (D. Church; D. Ward; H. Brooks) 26:11; 2, Avonside AC (G. Leitch; E. Richardson; C. Leitch) 26:32; 3, JW Kilmarnock (G. Syme, P. Gillies; K. Stewart) 26:44. Fastest Lap: 1, G. Fowler (Vic Park) 8:24.

Minor Girls: 1, Airdrie (L. Burns, D. Mulvey; A. Russell) 23:32; 2, JW Kilmarnock H (S. Youden; N. Youden; N. Moris) 23:41; 3, Kirk Oly (A. McGoarty; S. Scott; A. Smith) 24:23; Fastest Lap: 1, S. Scott (Ayr Sea) 7:27.

Aberdeen Evening Express / Goldsmiths Castle Series Open Cross Country Races, Crathes Castle (+ 420 competed) -

Seniors: 1, R. Creswell (Aber) 21:15; 2, C. McIntyre (Fraser) 21:36; 3, M. Murray (Aber) 21:39; 4, M. McQuaid (Cen Reg) 22:24; 5, M. Taylor (Aber) 22:37; 6, A. Reid (Coasters) 22:40; 7, G. Milne, V1, (Peter) 22:56; 8, S. Cassels (Aber) 23:08; 9, J. Taylor (Unat) 23:11; 10, C. Noble (Fraser) 23:15; V2, M. Edwards (Aber) 23:55; V3, J. Gallon (Aber) 24:28.

Women: 1, M. Stafford (Aber) 18:41; L2, S. Harkins (Aber) 18:50; L3, M. Macdonald (Peter) 20:46; LVI, N. MacKinnon (Aber) 19:25; LV2, D. Gormison (Aber) 19:29; LV3, M. Robertson (DRR) 19:46.

Youths: 1, R. Sutherland (Aber) 23:00

Senior Boys: 1, S. Bruce 17:22.

Junior Boys: 1, M. Anderson (Fraser) 11:41

Juniors: 1, K. Thomson (Fraser) 12:54

Girls: 1, N. Clarkson (Aber) 13:20.

Dairy Crest SAAA Under 19 Indoor Athletic Championships, Kelvin Hall, Glasgow -

Juniors: 60m: 1, S. Shaw (EAC) 7:02; 2, R. Templeton (Coul) 7:07; 3, B. Ashburn (C'bank) 7:09; 200m: 1, M. Friel (Shett) 23:05; 2, P. Shannon (Bella) 23:06; 400m: 1, G. McMillan (Bella) 49:35; 1500m: 1, B. Treacy (Annadale) 3:56.65; 2, A. Russell (C'bank) 4:00.19; 3, A. Kinghorn (EAC) 4:03.4; 60H: 1, P. Warrilow (ESH) 8:33; 2, I. McGillivray (Elan) 8:49; 3, G. Smith (EAC) 8:53; HJ: 1, D. Barnetson (Dingwall Acad) 2:05m; 2, D. O'Neil (Lough) 2:00m; 3, S. Ritshie (Pit) 1:95m; 4, D. Parrott (Kirk Oly) 1:90m; PV: 1, I. Black (ESH) 4:00m; 2, I. Winning (Penicuik) 3:60m; LJ: 1, B. Ashburn 6.65m; SP: 1, N. Mason (Fife) 13.57m; 2, L. Carter (C'bank) 13.08m.

Youths: 60m: 1, D. Galloway (Ayr Sea) 7:10; 2, P. Kennedy (EAC) 7:19; 3, C. Shields (Tay) 7:28; 200m: 1, D. Galloway 22:78; 800m: 1, J. McFadyen (GGH) 1:59.77; 1500m: 1, N. Freer (C'bank) 4:10.0; 2, F. McNeil (Leeds) 4:10.9; 60H: 1, I. Dickie (Ayr Sea) 8:62; 2, D. Paisley (Pit) 8:70; 3, E. McColl (EAC) 8:83; HJ: 1, S. Hill (EAC) 1:93m; 2, B. Cole (Newry) 1:85m; LJ: 1, E. Scott (Helens) 6.60m; SP: 1, R. Baird (Falk) 13.33m; 2, K. Gordon (Pit) 13.29m.
Senior Boys: 60m: 1, E. Campbell (Cambus) 7:36; 2, E. McCormick (E. Kilb) 7:60; 3, D. Archer (Pit) 7:61; 400m: 1, A. O'Hare (C'bank) 54:50; 800m: 1, C. Young (C'bank) 2:04.83; 1500m: 1, M. McLoughlin (Cambus) 4:22.65; HJ: 1, G. Woods (Cambus) 1:77m; 2, S. Farr (Shett) 1:67m; SP: 1, D. Harvey (Ayr Sea) 13.58m.

February

4

Renfrewshire AAA Road Race Championships, Greenock -

Senior 5.5 miles: 1, T. Murray (GGH) 26:57; 2, R. Fitzsimmons (Bella) 27:05; 3, T. Hearle (Kilb) 27:07; 4, D. McFadyen (GWH) 27:10; 5, G. Fairley (Kilb) 27:24; 6, C. Spence (SpV) 27:

SUBSCRIBE TO THE NEW LOOK

SCOTLAND'S

RUNNER

THIS month we are proud to present a 72 page issue - almost twice as big as our first issue in 1986.

THIS would not be possible without support from you, the reader, and our advertisers.

TAKING out a subscription helps us further, and helps you by getting the magazine sent direct to your home.

AND as a further incentive, by becoming a subscriber you could win:

A TRIP FOR TWO TO NEW ZEALAND FOR THE 1990 COMMONWEALTH GAMES!

To become eligible, fill in the form below

SUBSCRIPTION ORDER FORM

Please enter my name for the Commonwealth Games prize draw and start my subscription to Scotland's Runner magazine.

Name

Address

Name of your bank

Bank Sort Code (if known)

Bank A/C No. (if known)

Bank Address

Signed

Date

Standing order (UK residents only). Please pay to the order of ScotRun Publications Account No. 00255246 at Royal Bank of Scotland, Downhill (83-21-37) the sum of £15.00 on the date shown and annually thereafter the same sum on the anniversary of that date being my subscription to Scotland's Runner magazine and debit my/our account accordingly until countermanded by me in writing.

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

RESULTS

27; 7, E McKee (SpV) 27-51; 8, A Thompson (Bella) 27-52; 9, A McIndoe (Spring) 27-58; 10, G Gaffney (GWH) 28-02; V1, I Burke (Bella) 29-28; V2, J Grumpton (Liv Pent) 29-58; V3, R Hyett (Sp V) 30-33; L1, J Donnelly (GAC) 65th 32-46; L2, R Murray (Giff N) 74th 33-30; L3, E O'Brian (GGH) 91st, 34-59.
Teams: 1, Kilbarchan 70pts; 2, Bellahouston 83; 3, GGH 128; 4, IBM Spango 131; 5, GWH 269; 6, Giffnock N 295.
Youths 2.5 miles: 1, W Richardson (SpV) 16-45; 2, J McFadyen (GWH) 17-48; 3, D Malloy (GGH) 18-52.
Senior Boys 2 miles: 1, D Tamburini (GGH) 12-37; 2, J Shields (Kilb) 12-58; 3, E Dobbin (Sp V) 12-59.
Junior Boys 1.5 miles: 1, D Kerr (SpV) 9-23; 2, R Girvan (Kilb) 10-45; 3, M Munro (Kilb) 10-52.

East District Cross Country League, Riccarton, Edinburgh -

Senior 7 mile: 1, I Steel (ESH) 41-31; 2, R Creswell (Aber) 41-35; 3, P Faulds (FVH) 42-02; 4, B Emmerson, (V1) (Teviot) 42-27; 5, I Matheson (Aber) 42-49; 6, J Pentecost (FVH) 43-03; 7, D Duguid (Aber) 43-07; 8, R Stone (HELP) 43-10; 9, A Fair (Teviot) 43-15; 10, G McMaster (FVH) 43-20.
Teams: 1, Falk Vic 86 pts; 2, Aber 129; 3, Cent Reg 154; O/all: 1, Falk Vic 272; 2, Aber 403; 3, EAC 527.

Youths 4 miles: 1, R Sutherland (Aber) 24-35; 2, J Burch (Pit) 24-43; 3, R Crook (Pit) 24-46; Team: 1, Aber 13pt; 2, EAC 23; 3, Haddington 117.

Senior Boys 3 miles: 1, A Tulloch (FVH) 17-26; 2, G Johnston (FVH) 17-27; 3, M Kelso (Pit) 17-37; Teams: 1, Falk Vic 9pts; 2, Pitreavie 15; 3, Bathgate 58; O/all: 1, Falk Vic 28pts; 2, Pitreavie 46; 3, Aberdeen 163.

Junior Boys 2 miles: 1, D Carty (Bath) 12-17; 2, C Wilson (Aber) 12-32; 3, D Hughes (Teviot) 12-32; Teams: 1, EAC 15pts; 2, Bathgate 29; 3, Aber 49; O/all: 1, Aber 77 pts; 2, EAC 89; 3, Pitreavie 125.

O/all League Championships in all 5 age group competitions: 1, Aberdeen 867 pts; 2, EAC 1073.

North District Cross Country League, Dornoch -

Senior 6 miles: 1, J Bowman (Inver) 31-23; 2, A Reid (Coast) 32-26; 3, B Chinnik (Forres) 32-47; 4, C McLean (Inver) 33-16; 5, S Wright (Caith) 33-19; 6, C Hunter (Moray) 33-26; V1 R Wilbey (B Isle), 25th, 36-30; Team: 1, Inverness 29pts; 2, Forres.
Youths: 1, G McDowall (Inver) 22-17; 2, S Jarvie (Inver); 3, C Bruce (Caith); Team: 1, Inverness 8pts.
Senior Boys: 1, I Murray (Inver) 16-20; 2, C Britton (Loch) 16-32; 3, D Hards (Inver) 16-40; Teams: 1, Inverness 16 pts; 2, Black Isle 20.
Junior Boys: 1, S Allan (B Isle) 11-

23; 2, M Morrison (B Isle) 11-35; 3, B McAllister (Fraser) 11-36; Team: 1, Fraserburgh 12 pts; 2, Black Isle 13.
Women 2.5 miles: 1, S Crollan (Inver) 18-02; 2, M Mcbeath (Caith) 18-48; 3, F Farquhar (Caith) 19-49; 4, E Ramsay (Int) (B Isle) 20-16. Team: 1, Inverness.

Juniors: 1, R Davidson (Inver) 13-05; 2, L Forman (Peter) 3, K Thomson (Fraser) Teams: 1, Inverness 20 pts; 2, Black Isle 22.

Girls: 1, L Grajda (B Isle) 9-16; 2, L Henderson (Inver) 9-24; 3, J Donald (B Isle) 9-35; Team: 1, B Isle 8pts.

Kirk Oly McVities Gold Challenge Schools CC League, Lenzie -

Boys: 1, S Martin (St Helens) 8-02; 2, M Smith (St Helens) 8-08; 3, S Grant (Mill) 8-19.

Girls: 1, L Scott (St Mathews) 8-27; 2, A Smith (St Matt) 8-49; 3, C Tierney (St Matt) 8-49.

Victoria Park CC Championships, Milngavie -

Seniors: 1, J Kennedy 33-00; 2, M Burgess (J) 33-58; V1, G Smith 38-06; V2, H Barrow 39-19; V3, D Low 41-52.

Youths: 1, S Barnett 32-53; 2, G Graham 33-12; 3, S Gilmour 34-21.

Senior Boys: 1, C Greenhough 13-14; 2, S Queen 14-20; 3, C Steele 14-31.

Junior Boys: 1, S McNellan 14-00; 2, M Smith 14-23; 3, D Gorman 15-11.

Colts: 1, A Young 16-07; 2, J Anderson 19-57; 3, S Kennedy 21-57.

5

SCCU National Veterans CC Championships, Balgownie -

1, C Youngson (Aber) 31-36; 2, C McDougall (C'glen) 31-58; 3, P Marshall (HELP) 32-29; 4, A Adams (Dumb) 32-36; 5, I Seggie (Liv & Dist) 32-38; 6, K Duncan (Pit) 32-52; 7, G Milne (Peter) 33-01; 8, R McFarquhar (Aber) 33-12; 9, R Young (Clyd) 33-18; 10, W Day (FVH) 33-24; O/45: 1, A Adams; 2, R McFarquhar; 3, R Young; O/50: 1, J Maitland (Loch) 35-42; 2, J Irvine (Bella) 35-53; 3, H Muchamore (HELP) 37-01; O/55: 1, H Gibson (Hamilton) 36-25; 2, W McBrinn (Shett) 36-42; 3, W Gauld (Carnethy) 38-10; O/60: 1, W Marshall (Moth) 37-04; 2, W Gillespie (FVH) 40-43; 3, A Hannah (Moray) 45-39; O/65: 1, T Harrison (Maryhill) 49-05; O/70: 1, D Morrison (Shett) 46-40; Teams: 1, Aber 29; 2, Cambus 70; 3, Fife 95.

Cumnock AC Open Cross Country Races, Broomfield, Cumnock -

Senior Men: 1, N Muir (Shett) 34-33; 2, S Ovet (Annan) 36-52; 3, W Robertson (Bella) 37-22; 4, J Boardman (Dumfries) 37-45; 5, C Souter

(Cumnock) 37-48; 6, R Carey (Annan) 37-58. Team: 1, Annan.

Juniors: 1, B McEwan (JW K) 38-08; 2, G Higgins (Clyd) 39-49; 3, W Morrison (Cumnock); Team: 1, Irvine Cable AC.

Veterans: 1, J McMillan (Kilb) 39-49; V2, R Cheyne (Irvine) 41-41; V3 R Johnston (Solway) 43-10.

Youths: 1, G Reid (JW K) 18-23; 2, J Brown (Law) 18-35; 3, M Hand (Law) 19-02; Team: 1, JW Kilmarnock

Senior Boys: 1, E Tonner (JW K) 19-28; 2, D Whiffen (Nith V) 20-10; 3, M Buckley (Ayr Sea) 20-35; Team: 1, Springburn.

Junior Boys: 1, J Tonner (JW K) 12-58; 2, H Gorman (Spring) 13-19; 3, P Larkins (Law); Team: 1, Law.

Women: 1, M Dunlop (JW K) 21-50; 2, V McPherson (Troon) 23-33; 3, L Dunlop (Ayr Sea) 24-10.

Intermediates: D Rutherford (JWK) 23-39; 2, Y Ewing (Avonside) 23-52; 3, N Donaldson (Irvine) 24-21.

Veterans: 1, A Richards Giff N) 25-15; LV2, M McGill (Irvine) 25-50; LV3, I Wilson (Avonside) 26-31; Team: 1, Cumnock AC.

Juniors: 1, R Hough (Irvine) 14-14; 2, L Farmard (Airdrie) 14-25; 3, J Roxburgh (Irvine); Team: 1, Irvine.

Girls: 1, C Leitch (Avonside) 14-26; 2, H Brooks (Ayr Sea) 14-33; 3, C Miller (Irv) 14-41; Team: 1, Ayr Sea.

Minor Girls: 1, S Scott (Ayr Sea) 6-48; 2, A Russell (Airdrie) 6-53; 3, C Morris (JW Kilm) 7-07; Team: 1, JWK

11

Motherwell YMCA Harriers Road Races, Strathclyde Park -

Seniors: 1, J Graham (HELP) 30-28; 2, G McMaster (FVH) 30-29; 3, M Gormley (Cambus) 31-05; 4, J Elphinstone (EAC) 31-08; 5, R Johnston (Calderglenn) 31-14; 6, A Thomson (Bella) 31-27; J1, K Downey (Cambus) 32-38; V1, J Rowley (Law) 34-26; V2, W McBrinn (Shett) 35-45; L1, M Robertson (DRR) 38-18; L2, R Houston (Moth) 38-54; L3, K Dodson (LV1) (Law) 40-31;

Youths: 1, A Cameron (Bell) 18-31; 2, A Adams (Dumb) 18-32; 3, S Wylie (Hamilton) 18-33.

Senior Boys: 1, E McCafferty (Cambus) 10-21; 2, D Matthew (C'glen) 10-39; 3, C Danskin (Moth) 10-46. Team: 1, Motherwell 15pts; 2, Calderglenn 16.

Junior Boys: 1, L Hendry (Spring) 11-34; 2, M Gorman (Spring) 11-34; 3, D Loftus (Spring) 11-36; Teams: 1, Springburn 6pts; 2, Motherwell 17;

Colts: 1, G Murray (Airdrie) 7-01; 2, D Johnston (Airdrie) 7-04; 3, K Reynolds (Colzium) 7-14; Teams: 1, Airdrie 16pts; 2, Springburn 18.

Greenock Glenpark Harriers Willow Bowl 7.5 mile Cross Country

Race, Greenock - 1, P Russell 46-28; 2, W Jukes 47-15; 3, B McGuinness 47-54; 4, J Russell 49-25; 5, D McNeill (V1) 49-35; 6, J McCreadie 50-37; L1, E O'Brian 56-55. H'cap Race: 1, G Feherty 59-05; 2, J McGeadie 59-37; 3, E Currie 60-20.

Youths: 1, J McFadyen 20-32; Senior Boys: 1, D Tamburini 27-17; Junior Boys: 1, A Duffin 15-53.

Greenock Wellpark Harriers 9 mile CC Championship, Greenock - 1= D McFadyen and G Graffney, both 55-05; 3, H Muir 62-25; 4, F Lennox 70-42; 5, P McLaughlin 73-37; 6, M Rennie 90-27.

Clydesdale Harriers Club CC Championships, Clydebank - Seniors: 1, D Halpin 38-20; 2, B Potts 38-52; 3, J Austin 40-16; 4, P Dolan 40-40; 5, J Shield (V1) 40-50; 6, C McIntosh 41-09; 7, J1, G Higgins 41-24.

Youths: 1, J Beaton 26-46; 2, J Watt 26-56; 3, B Higgins 27-46. Senior Boys: 1, J Thomson 21-19; 2, A Moore 21-20; 3, M Govan 21-27. Junior Boys: 1, G Gallacher; 2, M Kennedy; 3, A McIntyre.

Colts: 1, C Lyall; 2, P Giblin; 3, J McAteer. Women: 1, C Farrell 35-05; 2, M Small 38-14; 3, H Fallon 38-23. Intermediates/Juniors: J1, L McInnes 17-55; J2, L Martin 18-09; J3, F Kirkwood 18-10; Int1, C Kelly 18-40.

Girls: 1, M. Mooney 7-55; 2, G. Gallachan 9-12.

Minors: 1, J. Kirkwood; 2, J. Bain; 3, L. Ferguson 8-43.

Grampian Schools Cross Country Championships, Balgownie Playing Fields, Aberdeen - Senior Boys: 1, R Sutherland (Hazelhead) 19-50; 2, N Collins (Cults) 20-52; 3, D Richardson (Fraser) 21-20; Teams: 1, Cults Academy 25 pts.

3rd Year: 1, C Credle (Banff) 16-17; Team 1, Peterhead 23pts; 2nd Year: 1, B McAllister (Fraser) 16-09; Team 1, Fraserburgh 7pts; 1st Year: 1, A Ewan (Fraser) 8-24; Team 1, Fraserburgh 12pts.

Senior Girls: 1, D Simpson (Aber GS) 18-47; 2, G Milne (Milnes) 18-50; 3, A Robson (Fraser) 19-30. Team: 1, Peterhead 22pts.

3rd Year: 1, K Thompson (Fraser); Team: 1, Fraserburgh 17pts; 2nd Year: 1, L Forman (P'head); Team: 1, Bridge of Don 21pts; 1st Year: 1, V Smart (Fraser); Team: 1, Fraserburgh 19pts.

Maryhill Harriers Club Cross Country Championships, Summerston, Glasgow - 1, M Gallagher 37-55 (8th successive victory); 2, G Roberts 39-43; 3, M

THAT WAS the National, that was!

Words - well words that are printable - can't begin to describe the conditions at Hawick where the local Teviotdale Harriers celebrated their 100th birthday by staging the big event.

Regulars at cross country events in the East had known for weeks that something out of the ordinary was on the cards. Sinister whispers such as "Galashiels was a dawdle - wait till you see Hawick", had sent us scurrying for 15 millimetre spikes and longer.

Little did we guess, however, that those nasty Borderers would not only devise a tortuous course - they would fix the weather as well. You wouldn't have let the dog out on a day like that. Even those hardy men of Hunters Bog Trotters had goose pimples.

By 2.05, the course having been suitably churned up by hundreds of youngsters, the senior men were ready to go. It was seven and a half miles of mega-muck with no let up whatsoever. The steep hill at the start of each lap was always going to be tough, but deep mud made it murder.

Suddenly Bruno's task against Tyson that night didn't seem quite so unpleasant.

The SCCU programme carried a warning to runners not to worry sheep. What a joke - even if some had the inclination they didn't have the energy (and the Aberdeen contingent had to leave sharpish because of the road conditions).

The downhill stretch brought some welcome respite, but all too soon the hill had to be faced again. I think Chris Bonnington passed me the second time up - or was it a BBC cameraman?

Peter Fox had an excellent run to finish third. It could have been better but he had to stop twice to help out some hypothermia cases!

Even the run in to the finish at Wilton Lodge playing fields was a slog. The gluepot surface sapped what was left of our energy reserves and most sprint finishes were seen on the way back to the changing rooms.

Talking of which, some of us who weren't required for post race television interviews made it to the showers while the water was still tepid. Did the organisers slip up here and forget that you

don't switch on the hot water for a cross country meeting?

Soon the queue for the handful of showers was stretching all the way through to the large gym used for changing. Mind you, the good old Bog Trotters weren't bothering about getting clean - they were proceeding with the serious business of downing pints of real ale from their own mini-brewery in the middle of the hall.

Most of us settled for the excellent non-alcoholic sustenance in the school canteen, while certain Dundee Hawks roamed about peddling their scandal sheet to anyone who enjoyed a good laugh at the expense of Edinburgh Southern. Then there was the presentation to a popular winner, wee Tam, who proved that you don't have to hurry a Murray - he's too fast for everyone as it is.

Finally Colin Donnelly and company showed once again that there's more to Cambuslang than Hoovers as they cleaned up in the team race. But really everyone deserved a medal on a day when cross country went back to its roots.

The Dragon Hill at Irvine will never be the same!



MICHAEL McQUAID ran the National, while **PETER DEVLIN** took the photographs at Hawick on a day when it was a challenge just to reach the Borders.

OH, WHAT A LOVELY NATIONAL!

THAT WAS the National, that was!

Words - well words that are printable - can't begin to describe the conditions at Hawick where the local Teviotdale Harriers celebrated their 100th birthday by staging the big event.

Regulars at cross country events in the East had known for weeks that something out of the ordinary was on the cards. Sinister whispers such as "Galashiels was a dawdle - wait till you see Hawick", had sent us scurrying for 15 millimetre spikes and longer.

Little did we guess, however, that those nasty Borderers would not only devise a tortuous course - they would fix the weather as well. You wouldn't have let the dog out on a day like that. Even those hardy men of Hunters Bog Trotters had goose pimples.

By 2.05, the course having been suitably churned up by hundreds of youngsters, the senior men were ready to go. It was seven and a half miles of mega-muck with no let up whatsoever. The steep hill at the start of each lap was always going to be tough, but deep mud made it murder.

Suddenly Bruno's task against Tyson that night didn't seem quite so unpleasant.

The SCCU programme carried a warning to runners not to worry sheep. What a joke - even if some had the inclination they didn't have the energy (and the Aberdeen contingent had to leave sharpish because of the road conditions).

The downhill stretch brought some welcome respite, but all too soon the hill had to be faced again. I think Chris Bonnington passed me the second time up - or was it a BBC cameraman?

Peter Fox had an excellent run to finish third. It could have been better but he had to stop twice to help out some hypothermia cases!

Even the run in to the finish at Wilton Lodge playing fields was a slog. The gluepot surface sapped what was left of our energy reserves and most sprint finishes were seen on the way back to the changing rooms.

Talking of which, some of us who weren't required for post race television interviews made it to the showers while the water was still tepid. Did the organisers slip up here and forget that you

don't switch on the hot water for a cross country meeting?

Soon the queue for the handful of showers was stretching all the way through to the large gym used for changing. Mind you, the good old Bog Trotters weren't bothering about getting clean - they were proceeding with the serious business of downing pints of real ale from their own mini-brewery in the middle of the hall.

Most of us settled for the excellent non-alcoholic sustenance in the school canteen, while certain Dundee Hawks roamed about peddling their scandal sheet to anyone who enjoyed a good laugh at the expense of Edinburgh Southern. Then there was the presentation to a popular winner, wee Tam, who proved that you don't have to hurry a Murray - he's too fast for everyone as it is.

Finally Colin Donnelly and company showed once again that there's more to Cambuslang than Hoovers as they cleaned up in the team race. But really everyone deserved a medal on a day when cross country went back to its roots.

The Dragon Hill at Irvine will never be the same!

THAT WAS the National, that was!

Words - well words that are printable - can't begin to describe the conditions at Hawick where the local Teviotdale Harriers celebrated their 100th birthday by staging the big event.

Regulars at cross country events in the East had known for weeks that something out of the ordinary was on the cards. Sinister whispers such as "Galashiels was a dawdle - wait till you see Hawick", had sent us scurrying for 15 millimetre spikes and longer.

Little did we guess, however, that those nasty Borderers would not only devise a tortuous course - they would fix the weather as well. You wouldn't have let the dog out on a day like that. Even those hardy men of Hunters Bog Trotters had goose pimples.

By 2.05, the course having been suitably churned up by hundreds of youngsters, the senior men were ready to go. It was seven and a half miles of mega-muck with no let up whatsoever. The steep hill at the start of each lap was always going to be tough, but deep mud made it murder.

Suddenly Bruno's task against Tyson that night didn't seem quite so unpleasant.

The SCCU programme carried a warning to runners not to worry sheep. What a joke - even if some had the inclination they didn't have the energy (and the Aberdeen contingent had to leave sharpish because of the road conditions).

The downhill stretch brought some welcome respite, but all too soon the hill had to be faced again. I think Chris Bonnington passed me the second time up - or was it a BBC cameraman?

don't switch on the hot water for a cross country meeting?

Soon the queue for the handful of showers was stretching all the way through to the large gym used for changing. Mind you, the good old Bog Trotters weren't bothering about getting clean - they were proceeding with the serious business of downing pints of real ale from their own mini-brewery in the middle of the hall.

Most of us settled for the excellent non-alcoholic sustenance in the school canteen, while certain Dundee Hawks roamed about peddling their scandal sheet to anyone who enjoyed a good laugh at the expense of Edinburgh Southern. Then there was the presentation to a popular winner, wee Tam, who proved that you don't have to hurry a Murray - he's too fast for everyone as it is.

Finally Colin Donnelly and company showed once again that there's more to Cambuslang than Hoovers as they cleaned up in the team race. But really everyone deserved a medal on a day when cross country went back to its roots.

The Dragon Hill at Irvine will never be the same!

THAT WAS the National, that was!

Words - well words that are printable - can't begin to describe the conditions at Hawick where the local Teviotdale Harriers celebrated their 100th birthday by staging the big event.

Regulars at cross country events in the East had known for weeks that something out of the ordinary was on the cards. Sinister whispers such as "Galashiels was a dawdle - wait till you see Hawick", had sent us scurrying for 15 millimetre spikes and longer.

Little did we guess, however, that those nasty Borderers would not only devise a tortuous course - they would fix the weather as well. You wouldn't have let the dog out on a day like that. Even those hardy men of Hunters Bog Trotters had goose pimples.

By 2.05, the course having been suitably churned up by hundreds of youngsters, the senior men were ready to go. It was seven and a half miles of mega-muck with no let up whatsoever. The steep hill at the start of each lap was always going to be tough, but deep mud made it murder.

Suddenly Bruno's task against Tyson that night didn't seem quite so unpleasant.

The SCCU programme carried a warning to runners not to worry sheep. What a joke - even if some had the inclination they didn't have the energy (and the Aberdeen contingent had to leave sharpish because of the road conditions).

The downhill stretch brought some welcome respite, but all too soon the hill had to be faced again. I think Chris Bonnington passed me the second time up - or was it a BBC cameraman?



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

WHAT'S IT IN FOR YOU?

You'll find Sorbothane in the Sorbosport range of sports products as insoles, footbeds and heels that can be added to running shoes, trainers, walking and climbing boots.

It also puts in a protective appearance in cycling gloves and as a special shock-absorbing cover for cycle saddles.

Whilst increasingly, Sorbothane in industrial footwear cushions the nation's

working feet against fatigue and damage.

Some 94.7% of impact shocks are absorbed by Sorbothane...real protection against injury risk in sport, leisure and work and an effective long-term defence for bones, joints and ligaments. All of which begs the question:

Can your body afford to be without Sorbothane?

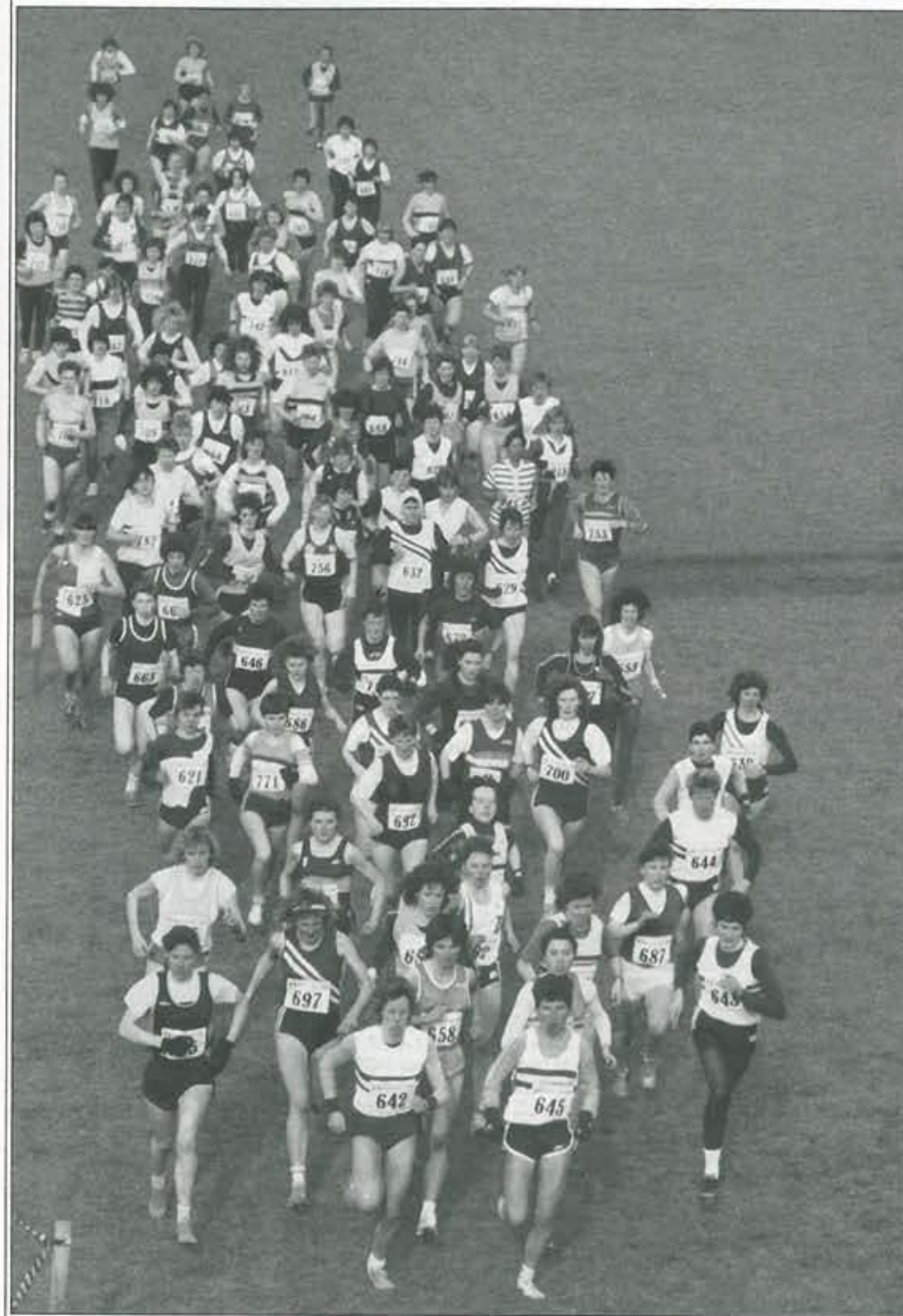


Call into your local sports and outdoor pursuits outlets...or contact: Hazel Jones, The Leyland & Birmingham Rubber Co. Limited, Golden Hill Lane, Leyland, PRESTON PR5 1UB. Tel: 0772 421434. Ext: 457.

SORBOSPORT

FROM THE MAKERS OF SORBOTHANE

SANDRA RETAINS WOMEN'S TITLE AT IRVINE



IN CONDITIONS which, save for the usual biting wind, bore no resemblance to those of Hawick the previous day, Sandra Branney of Glasgow Athletic Club (above) retained her Scottish cross-country title at Irvine's Beach Park on February 26.

The ground was perfect for the faster athletes, with not a hint of the snow which had paralysed much of Scotland on the Saturday. Once Branney had made her break, the title was never in doubt and she finished 17 seconds ahead of EWM's Alison Jenkins. Their respective teams also finished first and second.

In the age group races there was success for athletes with English clubs. Blaydon Harriers won the individual and team Intermediate race, as did Morpeth Harriers in the Girls. It was left to Bathgate's Alison Cheyne and Victoria Park (Junior Women), and Susan Scott (Ayr Seaforth) and Kirkintilloch Olympians (Minors) to salvage home pride.

RESULTS

McCartney 41-36; 4, F Evans 41-47; 5, W McGill 43-24; 6, P Kearney (V1) 43-32.

UK World Championship Team CC Trials, Gateshead -

Senior Men 7.5 miles: 1, T Hutchings 35-07; 2, E Martin 35-14; 3, G Stains 35-16; Scots placings: 17, P Evans (Spring) 36-13; 22, T Murray (GGH) 36-31; 27, C Robison (Spango V/R Navy) 36-49; 29, A Callan (Spring) 36-52; 31, P Fox (DHF) 36-53; 35, A Russell (Law) 37-07; 37, R Quinn (Kilb) 37-08; 51, H Cox (GGH) 38-05; 53, S Hale (PSH) 38-09.

Juniors 5 miles: 1, J Dennis 24-37; 2, J Maycock 24-37; 3, S Duval 24-37; Scots placings: 6, M Campbell (C'bank) 25-09; 17, I Gillespie (Pit) 25-55; 37, A Russell (C'bank) 26-49; 38, S Rankin (FVH) 26-57; 42, I Falconer (Harmeny) 27-14; 47, A Kinghorn (EAC) 27-43.

Senior women 3 miles: 1, J Hunter 17-53; 2, H Titterton 18-10; 3, A Wyeth 18-13; Scots placings: 10, K Macleod (EAC) 18-48; 11, L Adam 18-56; 16, L Van Dyke (Essex Ladies) 19-22; 18, L Harding 19-25; 25, E Cochrane (GAC) 19-35; 29, J Scott 19-54; 35, M Dunlop (JW Kilm) 20-39; 38, E Masson (Kilb) 20-58; 39, V Clinton (Irvine) 21-07.

Junior women 2 miles: 1, L York 14-07; 2, A Whitcombe 14-13; 3, K Sutton 14-24; Scots placings: 8, H Haining (Nith V) 14-35; 18, S MacDonald (Irvine) 15-00; 32, L Wiktorowski (Lang) 15-32; 33, J Artis 15-37; 35, R Pollok 15-45; 39, D Kelly (Law) 15-57.

Scotland v Wales v Southern Counties v Midland Counties v Northern Counties v Combined Services, Cosford (Scots placings) -

Men 60m: 1, E Bunney 6.76; 60 "B": 5, A Doris 7.05; 200m: 5, M Fairweather 22.88; 6, M King 23.08; 200 "B": 3, R Williams 23.24; 400m "B": 5, M McPhail 50.75; 800m: 4, K Cameron 1-57.22; 800 "B": 4, G Gibson 1-55.55; Mile: 5, I Johnston 4-13.60; Mile "B": 4, M Fallows 4-13.89; 3000m: R Arbuckle 8-16.53; 60H: 6, A Leiper 8.66; 60H "B": 4, P Warilow 8.62; HJ: 1, D Barnetson 2.10m (Scot Nat Junior record); "B" 3, A Scobie 1.90m; PV: 5, M Smith 4.10m; PV "B": 2, I Black 3.95m; LJ: 4, I Snowball 6.57m; LJ "B": 4, K Barnett 6.24m; TJ: 1, D Rooney 13.44m; SP: 6, A Leiper 11.11m; 1600m medley relay: 4, Scotland 3-33.18.

Match Result: 1, South 129pts; 2, Midlands 111; 3, North 107; 4, Scotland 68; 5, Wales 63; 6, Combined Services 50.

Women: 60m: 4, M Baxter 7.78; 60 "B": 4, A Edmonds 7.92; 200m: 5, R Girvan 25.82; 200 "B": 4, A Thompson 26.42; 400m: 2, G McArthur 56.45; 400m "B": 2, D Knox 57.65; 800m: 4, C Sharp 2-15.74; 800 "B": 3,

CA Gray 2-15.74; Mile: 3, A Jenkins 5-02.00; Mile "B": 2, C Thompson 5-06.96; 3000m: 3, A Jenkins 9-41.76; 3000m "B": 4, S Durham 10-17.92; 60H: 4, J Low 8.91; 60H "B": 1, C Reid 8.99; HJ: 4, J Gilchrist (Comb Services) 1.70m; 5, R Pinkerton 1.65m; HJ "B": 3, K Dyer 1.60m; LJ: 5, F Silver 5.32; 6, J Gilchrist 5.19m; LJ "B": 2, L Davidson 5.18m; SP: 2, A Grey 13.89m; SP "B": 1, H Cowe 12.89m; 1600m Medley Relay: 4, Scotland 4-08.70.

Match Result: 1, South 109.5pts; 2, Midlands 81; 3, Scotland 74; 4, North 71; 5, Wales 60; 6, Combined Ser 20.

Combined Result: 1, South 238.5pts; 2, Midlands 191.5; 3, North 178; 4, Scotland 142; 5, Wales 123; 6, CS 70.

International Indoor Match, Greece v Scotland v Belgium v Czechoslovakia v Bulgaria, Athens. (Scots placings) -

Men 60: 4, J Henderson 6.87; 200: 5, J Watson 22.28; 400: 2, M Davidson 47.65; 800m: 5, K Logan 1-53.70; 1500m: 4, I Archibald 3-49.23; 3000m: 3, A Puckrin 8-00.49; 60H: 5, C Hogg 8.53; LJ: 4, J Scott 6.82m; TJ: 5, C Duncan 15.15; SP: 5, A Pettigrew 13.36m.

Match Result: 1, Czechoslovakia 61pts; 2, Bulgaria 38; 3, Belgium 34; 4, Greece 32; 5, Scotland 23.

Women: 60m: 5, M Todd 7.75; 200m: 4, K Lithgow 24.87; 400m: 1, M Anderson 54.76; 800m: 3, K Hutchison 2-05.71; 1500m: 4, C-A Bartley 4-38.25; 3000m: 4, S Branney 9-51.45; 60H: 4, J Mulcock 8.72; HJ: 4, J Barnetson 1.86m; LJ: 5, K Hambrook 5.67m; SP: 5, M Anderson 14.24m.

Match Result: 1, Czechoslovakia 42pts; 2, Bulgaria 35; 3, Belgium 35; 4, Greece 23.5; 5, Scotland 22.5.

Combined Result: 1, Czech 103pts; 2, Bulgaria 73; 3, Belgium 69; 4, Greece 55.5; 5, Scotland 45.5.

12

Royal Bank Scottish Universities International Athletics Match, Kelvin Hall. (Scots placings) -

Men: 60m: 2, S Robertson (SAAA) 7.09; 3, A Mbasefo (SU) 7.23; 60 "B": 2, S Shaw (SAAA) 7.17; 3, D Jameson (SU) 7.39; 200m: 2, A Cullen (SAAA) 22.96; 3, D Wade (SU) 23.43; 200 "B": 1, M Friel (SAAA) 22.95; 3, G Cook (SU) 23.79; 400: 1, N Taylor (SU) 49.78; 3, I Campbell (SAAA) 51.56; 400 "B": 1, C Orr (Lough Un) 50-38; 2, S Shaw (SAAA) 51-31; 3, D Hitchcock (SU) 52.81; 800: 2, P Wyman (SAAA) 1-53.17; 3, G Brown (SU) 1-55.29; 800 "B": 1, T Blackie (SU) 1-54.69; 2, F Arnot (SAAA) 1-56.57; 1500: 3, C Little (SAAA) 3-58.08; 4, A Russell (SAAA) 4-01.78; 5, G McCann (SU) 4-03.92; 6, T Gillespie

(SU) 4-16.84; 3000m: 1, H McInnes (Lough Un) 8-11.23; 2, B Scally (SAAA) 8-19.66; 3, D Donnett (SU) 8-21.56; 3000 "B": 2, E Stewart (SAAA) 8-35.34; 3, T Gillespie (SU) 8-51.12; 60H: 2, J Smith (SAAA) 8.83; 3, F McGlinn (SU) 9.14; 4, M McLure (SU) 9.16; 60H "B": 4, S Dempster (SAAA) 9.37; HJ: 2, J Stoddart (SU) 2.06m; 3, S Ritchie (SAAA) 1.95m; HJ "B": 2, N Robbie (SU) 1.90m; PV: 1, J Elliot (SU) 4.00m; 3, I Winning (SAAA) 3.40m; PV "B": 1, A Anderson (SU) 3.20m; LJ: 1, C Orr (Lough Un) 6.66m; 3, W Leung (SAAA) 6.31m; 4, B Ashburn (SAAA) 6.28m; TJ: 1, S McMillan (SU) 14.75m; 2, N McMenemy (SAAA) 13.51m; TJ "B": 1, R Brown (SU) 13.18m; 4 x 200 relay: 2, SAAA 1-30.18; 3, Scot Unis 1-32.75.

Match Result: 1, Loughborough 105pts; 2, SAAA 64; 3, Scottish Unis 52.

Women: 60: 1, L Dick (West) 7.85; 3, D Brown (East) 7.93; 4, Z Buckner (SU) 8.42; 60 "B": 2, K Henshelwood (West) 8.08; 3, F Vance (East) 8.24; 4, J Fergus (SU) 8.51; 200: 1, J Burgis (SU) 26.02; 2, K Henshelwood (West) 26.25; 4, F Vance (East) 27.00; 200 "B": 1, R Stevenson (West) 26.52; 3, F Moncur (East) 27.55; 4, A Pace (SU) 27.94; 400: 1, A Hodgson (East) 58.33; 2, S Burgis (SU) 58.68; 4, D Loughborough (West) 60.13; 400 "B": 2, P Stoval (West) 60.09; 800: 2, L Svaasand (East) 2-19.85; 3, K Beard (West) 2-23.30; 4, E Scott (SU) 2-25.83; 800 "B": 1, C Thompson (West) 2-20.48; 2, L Thumire (East) 2-22.09; 4, C Smith (SU) 2-25.07; 1500: 2, S McDonald (West) 4-41.73; 4, C Smith (SU) 4-50.14; 5, C Rose (SU) 4-53.24; 6, M Sprang (West) 4-54.27; 3000m: 2, J Armstrong (West) 10-11.58; 3, A Rose (SU) 10-27.26; 3000 "B": 2, V Clinton (West) 10-28.66; 60H: 2, E Dempsey (West) 9.12; 3, D Brown (East) 9.34; 4, A Callan (SU) 9.72; 60H "B": 1, C McIntosh (West) 9.13; 3, L McCulloch (East) 9.68; LJ: 1, J Ainslie (SU) 5.71m; 3, I Donaldson (West) 5.28m; LJ "B": 2, N Murray (SU) 5.10m; HJ: 1, N Murray (SU) 1.65m; 3, R Waddle (East) 1.55m; 4, L Gordon (West) 1.55m; 5, S Fotheringham (East) 1.55m; SP: 1, K Saville (SU) 11.49; 2, A Rhodie (West) 11.49m; 4, C Cameron (West) 11.10m; 5, K Neary (East) 10.64m; 4 x 200m relay: 2, West 1-44.37; 3, East 1-46.05; 4, Scottish Unis 1-47.98.

Match Result: 1, Loughborough 106pts; 2, West 92.5; 3, Scottish Unis 65.5; 4, East 62.

M Hayman (HELP) 34-41; J3, H Morrison (Pit) 35-31; V2, 9th B Emmerson (Teviot) 30-31; V3 20th I Seggie (Liv & Dist) 31.44. VO/50 1, 132nd, H Gibson (Ham) 36.22; VO/50 2, 151st M Coyne (FVH) 37-00; VO/50, 3, 177th H Muchamore (HELP) 37-58; VO/60, 1, 220th W Gillespie (FVH) 39-24; VO/60 2, 337th H McGinley (FVH) 44.41; VO/60, 3, 362nd A Graham (SVHC) 46.41. Teams: 1, EAC 19pts; 2, Shetleston 33; 3, Falkirk Vic 38.

Youths: 1, A McBeth (EK) 16-39; 2, S Wylie (Hamilton) 17-07; 3, P Mendum (Corst) 17-13; Team: 1, Kirk Oly 29pts; 2, Ham 30; 3, Cent Reg 62; Senior Boys: 1, I Forbes (Stone) 8-41; 2, S Ellis (Law) 8-43; 3, A Kings (Pit) 8-55; Teams: 1, Pit 29pts; 2, Law 41; 3, Bathgate 47.

Junior Boys: 1, R Wilson (Cent Reg) 7-45; 2, D Carty (Bathg) 7-48; 3, J Warren (Kirk Oly) 7-50; Teams: 1, Bathg 26pts; 2, Law 29; 3, Kirk Oly 44; Colts: 1, B Davidson (Avon) 5-41; 2, C Wellsford (Cumber) 5-42; 3, S McHolm (Stone) 5-42; Teams: 1, Shett 42pts; 2, Dunbar 61; 3, Falk Vic 62.

Women: 1, M Reddan (Aust/Liv), 122nd, 36-07; LV1; 2, J McColi (GAC) 126th 36-10; 3, J Stevenson (FVH) 143rd, LV2, 36-44; 4, L Barday (Pit), 166th, 37-41; 5, E Ryan (EAC) LV3, 211th, 39-13; 6, L Brown (Kirk Oly) LV4 229th 39-36. Teams: 1, Pit 26pts; 2, Falkirk Vic 36; 3, Lasswade 66.

Intermediates: 1, J Calman (Kirk Oly) 16-03; 2, A Totten (Airdrie) 16-17; 3, L Robertson (Aird) 16-50; Teams: 1, Aird 10pts; 2, Cumbernauld 27; 3, Law & Dist 44.

Juniors: 1, A Cheyne (Bathg) 10-09; 2, S Purdie (Teviot) 10-19; 3, C Roy (Bathg) 10-26; Teams: 1, Bathg 8pts; 2, Whitburn 36; 3, Cent Region 39.

Girls: 1, C Leitch (Avon) 8-27; 2, J McDowall (Unatt) 8-35; 3, J Leitch (Avon) 8-36; Teams: 1, Avonside; 2 Airdrie 49; 3, Kirk Oly 54.

Minors: 1, A Russell (Aird) 5-58; 2, K McDonald (L&L) 6-04; 3, L Burns (Aird); Teams: 1, Aird 16pts; 2, EAC 35; 3, L&L 37.

Spango Valley AC "Pat Spence" Memorial CC Races, Glasgow -

Senior Women: 1, A Fisher (SV) 22-34; 2, J Smith (GGH) 24-09; 3, C Docherty (SV) 24-25; Team: 1, SV



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

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

ENTRY FEES:

£3 per race or £8 per series of 3 races plus 50p per race surcharge for non affiliated runners. Series entrants receive a free adidas Torsion T-Shirt and wristband.

GRAND FINAL:

The Torsion Race Series Grand Final for individual race winners will be held on 15th October incorporated into the Birchfield 10' Birmingham.

PRIZES:

Individual race and spot prizes. Prizes for the Race Series Grand Final have been kindly donated by Tissot - race support sponsors.

SEMINARS:

Each series will hold an evening Torsion Seminar with top contracted adidas athletes in attendance. Details of seminars will be advised by the Race Directors.

For entry applications send a 9" x 6" SAE to "THE TORSION RACE DIRECTOR,"

GLASGOW

26/4, 3/5, 10/5 - 53 Anchor Crescent, Paisley, Scotland, PA1 1LX

ST ALBANS

17/5, 24/5, 31/5 - 2 Barncroft Way, St Albans, Hertfordshire, AL1 5QZ

SHEFFIELD

31/5, 7/6, 14/6 - C/o Runners, 27 Jameson St, HA, HL2 3HR

AVON

7/6, 14/6, 21/6 - 8 Ferndale Ave, Longwell Green, Bristol, Avon

BIRMINGHAM

28/5, 5/7, 12/7 - 15 Grosvenor Close, Four Oaks, Sutton Coldfield, West Midlands, B75 5RS

MANCHESTER

12/7, 19/7, 26/7 - 20 Burnham Drive, Burnage, Manchester, M19 2JJ

NORWICH

19/7, 26/7, 2/8 - 'Zealot', Swannington, Norfolk, NR9 5NW

BELFAST

16/6, 23/6, 30/6 - C/o Torsion Race Series, House of Sports, Upper Malone Rd, Belfast, BT9 5LA

GATESHEAD

16/6, 23/6, 30/6 - GMB, Dept of Parks and Recreation, Prince Consort Rd, Gateshead, Tyne & Wear, NE8 4HJ

RACE SERIES GRAND FINAL

BIRMINGHAM 15/10/89. The Grand Final is incorporated into the Birchfield 10 mile race. If you wish to enter the Birchfield 10 mile apply to Race Director c/o Alexander Stadium, off Walsall Road, Perry Barr, Birmingham B4 2LR.

adidas
TORSION
RACE SERIES
SUPPORTED BY TISSOT
TISSOT
Swiss Quality Time

adidas

Under AAA, WCCA, RRC, SAAA and SWCCU rules. Series entries for all races close one week before the first race at each venue.

NATIONAL RESULTS

MEN: FEBRUARY 25

WILTON PARK, HAWICK

Senior 7.5 miles: 1, T Murray (GGH) 44-52; 2, P Evans (Spring) 45-15; 3, P Fox (DDH) 45-20; 4, S Overt (Annan) 45-30; 5, R Quinn (Kilb) 45-33; 6, N Tennant (ESH) 46-06; 7, C Haskett (DHF) 46-11; 8, D Cavers (Teviot) 46-19; 9, A Callan (Spring) 46-21; 10, S Hale (PSH) 46-32; 11, S Bradstock (Liv&Dist) 47-11; 12, C Donnelly (Cambus) 47-15; 13, I Steel (ESH) 47-19; 14, A Walker (Teviot) 47-24; 15, P Dymoke (Liv&Dist) 47-29; 16, K Lyair (ESH) 47-31; 17, A Beattie (Cambus) 47-36; 18, A McLellan (C'glen) 47-39; 19, I Mathieson (Aber) 47-41; 20, C Thomson (Cambus) 47-43; 21, S Cribson (HBT) 47-49; 22, C Little (Vic Park) 47-50; 23, B Emmerson (Teviot) 47-52; 24, M Wallace (Vic Park) 47-55; 25, D McShane (Cambus) 47-59; 26, G Getty (Cambus) 48-04; 27, R Hall (Teviot) 48-10; 28, A Gilmour (Cambus) 48-11; 29, D Frame (Law) 48-13; 30, R Stone (HELP) 48-13; 31, B Scally (Shett) 48-17; 32, I Archibald (EAC) 48-20; 33, C Runciman (Cambus) 48-25; 34, W Robertson (Bella) 48-27; 35, K Logan (Teviot) 48-27; 36, A Jenkins (EAC) 48-35; 37, M Ferguson (EAC) 48-40; 38, T Hearle (Kilb) 48-42; 39, W Coyle (Shett) 48-42; 40, C Spence (Spango V) 48-47; 41, J Wilkinson (Crola) 48-47; 42, J Bowman (Inver) 48-49; 43, D Donnett (Spring) 48-51; 44, E Stewart (Cambus) 48-55; 45, R Creswell (Aber) 48-57; 46, R Carey (Annan) 48-59; 47, P Faulds (FVH) 48-59; 48, J Musgrove (Aber) 49-05; 49, B Chinnick (Cambus) 49-09; 50, J Pentecost (FVH) 49-11.

Teams: 1, Cambuslang 128pts; 2, Teviotdale 162; 3, Shettleston 353.

Junior 6 miles: 1, C Murphy (Pit) 31-23; 2, I Tierney (E Kilb) 31-41; 3, S

Murray (JW Kilm) 31-57; 4, J Moodie (Pit) 32-08; 5, T Reid (DHF) 32-51; 6, J Houston (Moth) 33-14; 7, A Gallacher (Mary) 33-20; 8, B McEwan (JW Kilm) 33-29; 9, R Blair (Vic Park) 33-35; 10, C Vernon Parry (St And Un) 33-42; 11, M Cameron (JW Kilm) 33-49; 12, C Higgins (Clyd) 33-55; 13, C Murphy (Teviot) 34-06; 14, D Spiers (Kirk Oly) 34-41; 15, C McCann (Moth) 34-48; 16, I Falconer (Harmeny) 35-01; 17, I Connell (Loudoun) 35-11; 18, P Fettes (Glas Un) 35-14; 19, K Downie (Cambus) 35-14; 20, D Gardner (Moth) 35-14.

Teams: 1, JW Kilmarnock H 43pts; 2, Motherwell YMCA H 63. (NB Only 2 teams finished.)

Youths 4 miles: 1, M Campbell (C'bank) 24-35; 2, S Barnett (Vic Park) 25-01; 3, A McBeth (E Kilb) 25-31; 4, N Freer (C'bank) 25-45; 5, G Reid (JW Kilm) 25-48; 6, M McCartney (EAC) 25-49; 7, S Kerr (Kirk Oly) 25-52; 8, S Wylie (Hamilton) 26-09; 9, A Russell (C'bank) 26-16; 10, S McCafferty (C'bank) 26-17; 11, A Kinghorn (EAC) 26-22; 12, D Johnston (Swindon) 26-23; 13, M McBride (C'bank) 26-26; 14, S Burch (Pit) 26-26; 15, R Sutherland (Aber) 26-35; 16, S Wright (Aber) 26-37; 17, G Hart (Bellshill) 26-41; 18, A Thain (C'bank) 26-43; 19, M Gallagher (Cambus) 26-51; 20, A Short (Pit) 26-59.

Teams: 1, Clydebank AC 24pts; 2, East Kilbride 124; 3, Pitreavie 127; 4, Victoria Park 140; 5, Aberdeen 141; 6, Cambuslang 141; 7, EAC 144; 8, Clydesdale 157; 9, Inverness 160; 10, HELP 179.

Senior Boys 3 miles: 1, M McBeth (Cambus) 18-48; 2, M Kelso (Pit) 19-39; 3, E Toner (JW Kilm) 19-48; 4, S Meldrum (Pit) 19-51; 5, P Mowbray (Fife) 19-54; 6, D Whiffin (Nith V) 20-00; 7, D Watt (C'bank) 20-01; 8, N Weston (Annan) 20-08; 9, M Dobbin

(Bathgate) 20-10; 10, N Moonie (Fife) 20-10; 11, D Fotheringham (C'bank) 20-17; 12, G Johnston (FVH) 20-18; 13, E McCafferty (Cambus) 20-19; 14, E Cairns (Irvine) 20-27; 15, J Black (DHF) 20-27; 16, P Hanlan (Loudoun) 20-27; 17, S Russell (FVH) 20-32; 18, A Tulloch (FVH) 20-36; 19, C Greenhalgh (Vic Park) 20-36; 20, M Dale (C'glen) 20-41.

Teams: 1, Clydebank AC 74pts; 2, Falkirk Victoria 88; 3, Cambuslang 107; 4, Pitreavie 143; 5, Fife 144; 6, Black Isle 173; 7, Motherwell YMCA 197; 8, Victoria Park 202; 9, ESH 227; 10, Dumfries AAC 238.

Junior Boys 2 miles: 1, D Kerr (Spango V) 12-46; 2, J Toner (JW Kilm) 12-53; 3, P Allen (Ayr Sea) 13-11; 4, D Carty (Bathgate) 13-24; 5, S Allan (B Isle) 13-26; 6, B McLean (Spango V) 13-27; 7, S McNellan (Vic Park) 13-33; 8, M Anderson (Fraser) 13-34; 9, M McKeever (Law&Dist) 13-42; 10, C Wilson (Aber) 13-49; 11, M Smith (Vic Park) 13-54; 12, R Hay (EAC) 13-57; 13, A McRae (Inver) 14-00; 14, G Weir (Law&Dist) 14-04; 15, I Leitch (Ayr Sea) 14-06; 16, B McAllister (Fraser) 14-07; 17, P Larkin (Law) 14-11; 18, T Winters (EAC) 14-12; 19, B Colvin (JW Kilm) 14-13; 20, A Simpson (Fraser) 14-13.

Teams: 1, Law & District 61pts; 2, Fraserburgh RC 75; 3, Victoria Park 75; 4, Inverness 95; 5, EAC 97; 6, Ayr Seaford 123; 7, Black Isle 185; 8, JW Kilmarnock 189; 9, Teviotdale 212; 10, Bathgate 230.

WOMEN: FEBRUARY 26

BEACH PARK, IRVINE

Seniors: 1, S Branney (GAC) 22-46; 2, A Jenkins (EWM) 32-03; 3, L Harding (Houghton) 23-06; 4, L Van Dyke (Essex L) 23-17; 5, S Goldsmith (EWM) 23-24; 6, P Calder

(EAC) 23-50; 7, A Cochrane (GAC) 24-00; 8, J McColl (GAC) 24-26; 9, A Sym (Glas Un) 24-36; 10, J Armstrong (Giff N) 24-39; 11, J Salvana (Liv&Dist) 24-42; 12, M Reddan (Liv&Dist) 24-46; 13, P Rother (EAC) 24-50; 14, S Durham (EWM) 25-04; 15, M Dunlop (JW Kilm) 25-06; 16, J Stevenson (FVH) 25-12; 17, D Hillen (Blaydon) 25-22; 20, A Bell (Lin W) 25-52.

Teams: 1, Glasgow AC 16pts; 2, EWM 21; 3, EAC 46; 4, Houghton H 54; 5, JW Kilmarnock 77; 6, Livingston & District 89; 7, Falkirk Victoria 112; 8, Kilbarchan 116; 9, Glasgow University 116; 10, Dundee RR 128.

Veterans Team: 1, Giffnock North 123 pts.

Intermediates: 1, C Blanden (Blaydon) 15-29; 2, S Best (Blaydon) 15-36; 3, J Artus (Telf) 15-39; 4, L Thounire (EWM) 15-54; 5, R Pollock (Loudoun) 16-08; 6, R Houston (Moth) 16-09; 7, M Gemmell (S'Kelvin L) 16-10; 8, H McCann (JW Kilm) 16-18; 9, A Normand (Vic Park) 16-20; 10, T Clarke (Telf) 16-23.

Teams: 1, Blaydon H 35pts; 2, JW Kilmarnock 66; 3, Telford H 70.

Junior Women: 1, A Cheyne (Bath) 12-54; 2, D McNally (Vic Park) 13-09; 3, N Brown (T'dale) 13-15; 4, S Purdie (Teviot) 13-18; 5, Y Reilly (DHF) 13-31; 6, M Stevenson (Blaydon) 13-32; 7, L Davidson (Aber) 13-35; 8, K Stewart (JW Kilm) 13-39; 9, A Mooney (Bell) 13-42.

Teams: 1, Victoria Park 83 pts; 2, Bathgate 91; 3, Aberdeen 124.

Girls: 1, A Foster (Morpeth) 12-43; 2, I Linaker (Pit) 13-08; 3, C Boyes (GAC) 13-16; 4, A Poxon (Morpeth) 13-30; 5, L McGarrity (Spango V) 13-33; 6, C Leitch (Avon) 13-41; 7, N Meehan (Morpeth) 13-48; 8, M Smith (Black) 13-48; 9, M King (Blaydon) 13-48; 10, G Fowler (Vic Park) 14-00.

Teams: 1, Morpeth H 27pts; 2, Blaydon H 72; 3, Minolta Black Isle 81.

Minors: 1, S Scott (Ayr Sea) 9-57; 2, C Clarkson (Aber) 10-02; 3, K McDonald (Law) 10-08; 4, L Scott (Kirk Oly) 10-10; 5, C Morris (JW Kilm) 10-11; 6, R Wilkinson (Derwent) 10-16; 7, L Wilkinson (Morpeth) 10-22; 8, H Foster (Morpeth) 10-24; 9, J Robertson (EAC) 10-25; 10, C Foulkner (EAC) 10-26.

Teams: 1, Kirkintilloch Oly 59pts; 2, Aberdeen 93; 3, Morpeth H 115.

The start of the Senior Boys' race (left).

WOMEN in SPORT

Bad case of the Dandy Dinmonts?

IT HAS been six years since I last competed, but I still find a great urge to be better than the next person at various things. Sitting at the piano the other day, playing Bach's *Solfeggietto* in C Minor, the sort of piece that finds you doing 60 mph in a 30 speed limit, I was amazed to hear the same tune coming from my neighbour's piano, much faster and more accurate. Suddenly the adrenalin started flowing, and there I was, getting stuck in with the fierce determination my track career sadly lacked, trying to surpass my babysitter next door, or at least going for a personal best!

Nothing, however, surprised me more than the nerves I experienced when they announced the mother's race at the playgroup picnic. Even though my opponents were overweight, or wearing high heels and skirts, or had not broken into a trot for ten years, or were even pregnant, my determination to win was overpowering.

I only just managed to stop myself from doing a sprint start (the tightness of my jeans was a contributing factor) and I tanked down the park for the 40 yards like the Dunblane Pre-School Playgroup Association's answer to Flo-Jo. The jelly baby and Donald Duck badge at the end were as much an accolade as any Scottish Championship medal I ever won.

So do ex-athletes ever stop being competitive? Perhaps they do in time. Meanwhile it's only about two months till the next playgroup picnic - better sharpen the spikes...

A STUDY by Dr Richard Nelson and Christine Brooks compared 42 top runners, men and women. It was found that women had longer strides in relation to height, took more strides per minute, and were in contact with the ground for less time. As a result, it was suggested that women should not try to copy male running styles because there own were just as proficient.

However, in James Fixx's *The Complete Book of Running*, (1977), it is suggested that women new to running probably do not run as well as most men without some training pointers. The most common mistakes in the female include running daintily on the toes like a sprinter, which might have something to do with wearing high heels, which can shorten the Achilles tendons and which makes the heel/toe style of running difficult. Other faults identified are shuffling along, carrying the arms too high, swivelling from the pelvis and throwing the feet out too much to the side.

Running mistakes are not, however, confined to women. I mean, let's face it, by no means all the men I see piling in the mileage on Scotland's pavements are vying with Tim Hutchings for top of the style parade.

IF YOU find yourself in an anaerobic state, you've probably just got to the top of the Whale Brae, pushing the toddler who sat down on the pavement and refused to walk, carrying the baby, dragging a reluctant dog who's just spotted a Dandie Dinmont across the road, supervising the eldest who insists on walking on every wall you come to, and under the pram you've got a forget of Golden Wonders, a turnip, 6 lbs of carrots and onions, and four pints of milk - either that or

you're out training.

The Scottish Sports Council, in its recent survey, claims that running is the fifth most popular sport for Scottish women, with 56,000 taking part. How many of these women go out and run in a purely aerobic state - that is, never getting into oxygen debt, bringing on lactic acid in the legs and so on? And should the fitness/fun runner ever train under these conditions?

Whether you induce an anaerobic state during training depends, of course, on what you are training for. The 400 metre runner only gets about 25 per cent of the necessary oxygen during a race, while the marathoner gets about 98 per cent, and because most of her running is aerobic, then that is the way most of the training is done.

During most of my athletic career I laboured under the misapprehension that if you did not sink to your knees after a training session, then you had not trained hard enough. I had a friend who was conspicuous on the track because he always trained in ancient old jerseys with the elbows through and holes all over the place. He talked about going for "caffeine infusions" while we all went for cups of coffee, and among his other ramblings he always made the important distinction between training and straining. Even today, if I reach home after going for a run and am not red in the face, gasping for air and having to hold on to the gate post for support, I think I've wasted my time.

For the fitness runner, deliberately running into oxygen debt probably does not have any advantageous effect. Jim Fixx states two reasons why long fast distance will not work. Firstly, the body might well break down, in the form of colds or chronic tiredness or injuries

and stress fractures, and secondly, long fast distance is apparently at odds with athletic improvement. As he says: "In training we tire ourselves out in order to let the body become stronger than ever during the ensuing period of rest. Without rest, scientific studies show repair is strictly limited."

Jim Fixx extols the virtues of LSD (long slow distance) saying that people who train in this way enjoy running without exhaustion or anxiety. He says that you probably only need to run fast for about 5 per cent of your training time - about one mile out of 20 - and that just because your training is LSD, it does not mean you will not run fast when it comes to racing.

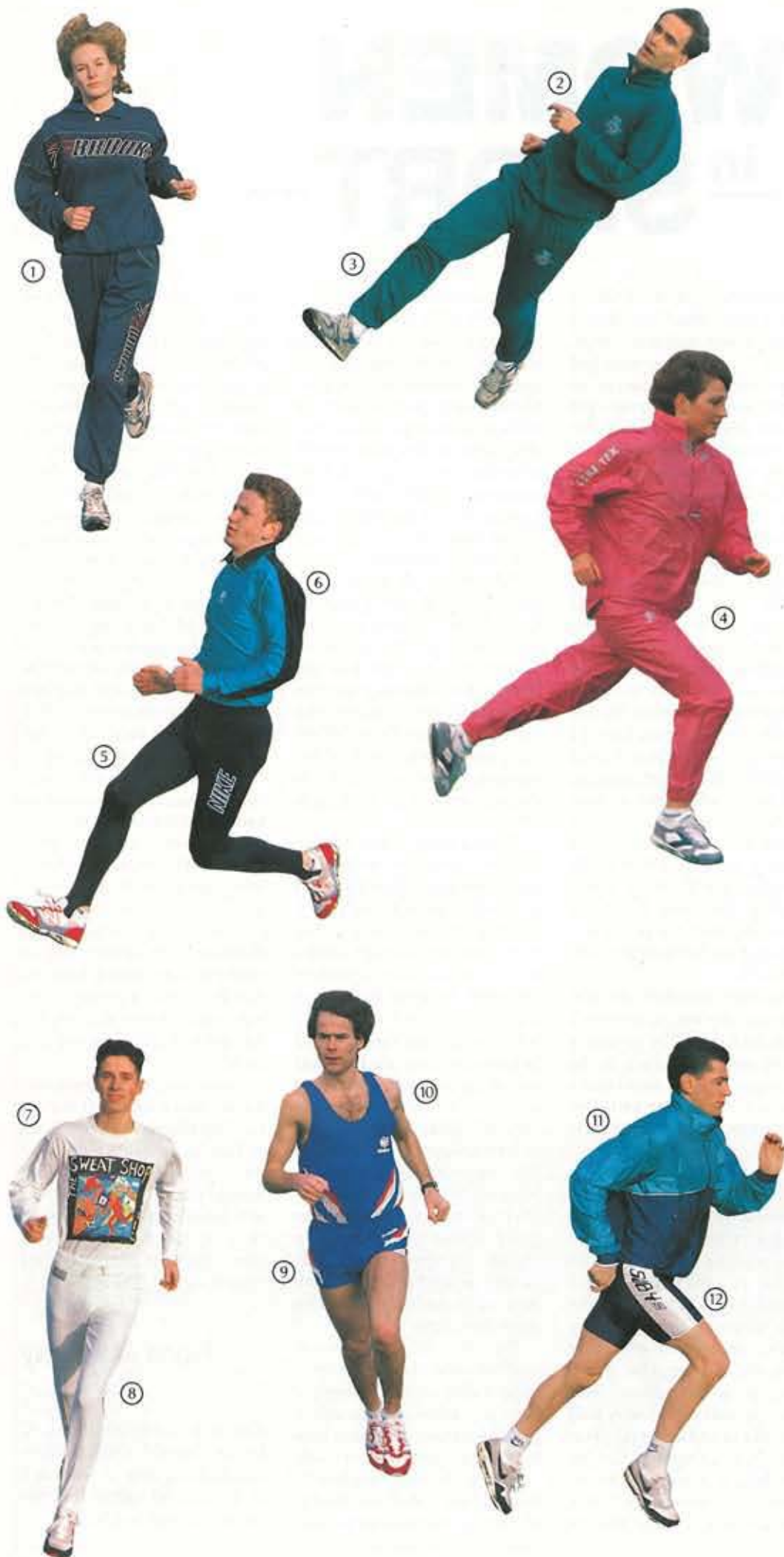
Certainly as a 400 metre runner I was always sent out on long (long for me being about six miles!) slow runs during the first half of the winter, the theory being that you increase the heart and lung capacity that way (which is surely what fitness running is all about), and to create a very broad base on which to build a pyramid, the top of which for me was running 400 metre hurdles as fast as I could.

I have to admit, however, that it does take a lot to get me out running. I do not enjoy it as much as I could, no doubt because of the obsession that unless the kids have to put me in the pushchair and wheel me into the house, then I have not done a worthwhile run. Perhaps what I need is a good Fixx of LSD.

Fiona Macaulay

BACH'S *Solfeggietto* in C Minor, Donald Duck badges, Dandie Dinmonts... we took it as a matter of course that our columnist was on LSD - Ed.





- 1 **REBOK DRY-LOCK SWEATSUIT:** Made from 65% polyester/35% cotton, these coloured sweatshirts have a buttoned front and a printed logo across the chest. The trousers have an elasticated and tie-cord waistband, two side pockets and a printed logo down the left leg. Colour: Navy. Sizes S, M, L. **WERE £27.99 NOW ONLY £20.99.**
- 2 **NIKE DAZED WINTER NECK SWEATSHIRT:** Made from 65% cotton/35% polyester these excellent quality Portuguese sweatshirts have small embroidered logos on the left side of the chest and a zippered roll neck. Colour: Pine. Sizes S, M, L, XL. **WERE £21.99 NOW ONLY £11.99.**
- 3 **NIKE DAZED JOG TROUSERS:** Made from 65% cotton/35% polyester these Portuguese jogtrousers have a tie-cord and elasticated waistband, two side pockets and a small embroidered logo on the upper left leg. Colour: Pine. Sizes S, M, L, XL. **WERE £18.99 NOW ONLY £11.99.**
- 4 **FRANK SHORTER RISTOP CORTEX SUIT:** Probably the most technically advanced Cortex suit on the market. This is the only 2 1/2 piece Cortex suit in the UK, with Cortex laminated to the lining and not the outershirt which is ristop nylon. The suit has a pull over top with a V zip down the front, an integrated hood made of ristop nylon, a tie-cord and elasticated waistband, cutted legs in the front and 17" zippered cuffs. Fully padded seams. Colour: Pine. Sizes XS, S, M, L, XL. **WERE £139.99 NOW ONLY £99.99 (Top only £69.99. Trousers only £40.00).**
- 5 **NIKE EDGE TIGHTS:** Made from 82% nylon/18% lycra, these tights have a two colour print down the side of the one leg, an elasticated and tie-cord waistband, leg straps and are excellent value. Colour: Black. Sizes S, M, L, XL. **WERE £18.99 NOW ONLY £10.99.**
- 6 **FRANK SHORTER LYCRA TRAINING TOP:** Made in Norway from 80% nylon/20% lycra, these tops are ideal for longer training, keeping you cool without being intrusive, they have a zippered roll neck with a logo down one sleeve and on the front and a zippered side pocket. Colours: Royal/Navy, Sizes XS, S, M, L, Green/Black, sizes S, M, L, XL and Black/Green, sizes S, M, L, XL. **WERE £29.99 NOW ONLY £12.99.**
- 7 **SWEAT SHOP LONG SLEEVED SHIRTS:** Made from 100% pre-shrunk cotton, these top quality American made long sleeved shirts have an eagle colour print on the front, with a small printed badge on the back and a small printed badge on the front, at the bottom of the shirt. Sizes S, M, L, XL. Colour: White, with a multi coloured print. Sizes S, M, L, XL. **WERE £9.99.**
- 8 **IRON HILL TRACKSTERS:** These original lightweight training trousers, with an elasticated and tie-cord waistband and stirrup legs, have now been discontinued in this colour. A real bargain at this price. Colour: White. Sizes S, M, L, XL. **WERE £70.99 NOW ONLY £7.99.**
- 9 **REBOK COLUMBUS RUNNING SHORTS:** These three colour running shorts have a lightweight polyester outer shell, a three needle elasticated waistband and a 100% cotton inner liner. Sizes M, L, XL. Colours: Royal/White/Red. **WERE £5.99 NOW ONLY £4.99.**
- 10 **REBOK KENTUCKY RUNNING VESTS:** These excellent value three colour running vests are made from 100% lightweight polyester. Sizes S, M, L, XL. Colours: Royal/White/Red. **WERE £8.99 NOW ONLY £4.99.**
- 11 **FRANK SHORTER TRAINING TOP:** Made from nylon and lycra, this is one of the best winter training tops on the market. The top half of the garment is made from lightweight ripstop nylon and the bottom half nylon and lycra. This top has a vented back with mesh lining and reflective piping. Colour: Green/Navy. Sizes S, M, L, XL. **WERE £79.99 NOW ONLY £29.99.**
- 12 **SUB 4 LYCRA SHORTS:** Made from 82% nylon/18% lycra, these shorts have an elasticated and tie-cord waistband and a zippered leg down both legs. Colours: Navy/White, Black/White, Royal/White or Red/White. Sizes S, M, L, XL. **PRICE £11.99.**

[illegible]

Send your cheque/postal order/credit card number to: The Sweat Shop, 33 Broad Street, Teddington, Middlesex. Please state alternate colour.

Name

Address

.....

Post Code

Daytime Tel. No. _____

CREDIT CARD NO.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	52
--	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	----

EXPIRY DATE

10. *Staphylococcus aureus*

THE SWEAT SHOP

© 2005 Blackwell Publishing Ltd, *Journal of Internal Medicine* 258: 105–112

33 Broad Street, Lebbington, Middlesex
Tel. 01-943 0239

23 High Street, Woking, Surrey

Tel. Woking (04862) 29221

the VETERAN SCENE

APRIL sees the marathon season really getting underway. Many Scottish veterans will be making the journey north again for the Lochaber Marathon, which incorporates the SVHC Championships, and all the enjoyable frivolities that surround it.

However, for some of us, myself included, it is pilgrimage time south for the London Marathon. This year I will have very mixed emotions, for in 1982, my second London, I ran with two men my own age for a large part of the way en route a sub 2-45 time.

George Brown of ESH was one of them, and the other was Davie Kerr of Garscube. As I run along the Embankment in those last gruelling miles to the finish, I shall hear again Davie's words of encouragement to me: "Keep it going". The news of his tragic and untimely death was given to me at the Scottish Veterans Indoor Championships at the Kelvin Hall.

I have a motto in my car which says, "50-plus and all to play for". It is very hard to understand why some seem to have more to play for than others, but I can only hope that

Davie's own words - "Keep it going there" - will encourage us when we feel the going gets tough.

I also heard, very briefly, of the sad news of Hugh Wilson, another Glaswegian who would have been a veteran next year and who was killed in a bizarre motor accident when riding his bike. Such incidents help us to put our sport into its true perspective, especially for veterans whose main aim is enjoyment.

At the Kelvin Hall the SVHC had a very memorable day, athletics, the highlight of which was a world record for the event convener David Morrison, the 75 years young Shettlestonian, in the 800 metres. He clocked 2-57.8 to take over 20 seconds off the old record.

It was a day of outstanding performances right across the board. The professionals and ex-pros were out in force in the sprints. George McNeill clocked an easy looking 7.6 seconds in his heat, but pulled a muscle and left his right hand man, Bert Logan, to finish the job taking the 60m final in 7.6, and the 200m in 24 seconds.

John Steed went one better, clocking 7.5 for the M45 60m.

25.3 for the 200m and 56.2 for the 400m. John Ross showed total vigour and determination in winning the M50 200 in 25.8 and the 400 in 57.8.

Audrey Munro was a triple winner in the W35 class with 8.4 for 60m, 27.9 for 200m and 400m in 66.9. Ian Steedman set a British record in the 60m hurdles of 10.5.

In the 3000 metres British records were either broken or set in no less than seven age group categories - Colin Youngson M40 (8-58.7); Bob Young M45 (9-24.4); Hugh Rankin M50 (9-53.1); Bill McBrinn M55 (10-05.4); Willie Marshall M60 (10-35.3); Jim Geddes M65 (13-13.45) and Alex McLean M75 (17-15.8).

Apologies to the field eventers, but I still do not have their details to hand. I will remedy this next month, when I will also have BVAF results.

BRIAN Emmerson was the first veteran home in the SCCU National Championships at Hawick, in 22nd place out of 762 starters, helping his club Teviotdale to the runners-up medals in their centenary year.

On the issue of professionals the BVAF discussed the matter at their committee in

Birmingham, but as they had not received all the papers I sent them could only respond by asking: "What are the pro's doing themselves?", and, "Would pro's donate a percentage of their 'winnings' to governing bodies as this is what is expected of those receiving trust funds?" They seem to feel that to bring pro's into veteran's athletics will encourage gambling!

I found myself a bit lost for words as I seemed to have heard these arguments from the more narrow minded protagonists in the so-called amateur ranks. I did have, however, a reasonably good response to a small petition to support "VOW" (Veteran's One World) which aims to campaign for non-discrimination in veteran athletics. I have also now taken legal advice on the issue with the hope of engaging a prominent member of the Bar who has a particular interest in athletics.

Henry
Muchamore



The start of the M40 800 metres (left) and the M45 1500 metres in progress (right) at the Scottish Veterans' Indoor Championships at the Kelvin Hall on February 25. Photographs by BEN BICKERTON.

RHONA McLEOD'S JUNIOR SCENE

Scots are over-run

A VERY strong Loughborough team came north of the border on February 12 for the Royal Bank International and plundered the prizes on offer, writes Gordon Ritchie.

Olympian Andy Carrot won the prize for the best male athlete of the meeting, while in the team event Loughborough won by a landslide. The final score was Loughborough 105, SAAA Select 64, Scottish Universities 62.

The Scottish women fared little better, but the best performance by a home athlete was undoubtedly that of Lorraine Dick (West) in the 60m (7.85 seconds). In the team event, Loughborough won with 106 points, followed by the West 93.5, Universities 65.5, and the East 62.

The only Scottish victories in the men's match came from Universities athletes Nick Taylor (400m in 49.78 seconds), John Elliot (pole vault 4.00m), and Stuart McMillan (triple jump 14.75m).

The day was an embarrassment for Scottish athletics, the decision to hold three representative matches on the same weekend being incredible. Not only did it result in three poor quality performances from the Scottish teams, it also deprived the universities of athletes of the calibre of Jamie Henderson and Alan Doris. This, combined with several withdrawals resulted in the universities being so understrength that they too, put up a poor performance.

All disqualified!

Each month we will be asking well known athletes to describe their most unusual experience in the sport. Here BRIAN WHITTLE tells us of the race in which the entire field were disqualified.

I WAS involved in one of the most bizarre races I have ever seen during the indoor season of 1986.

I had just flown in from Spain and my first major competition for Great Britain - the European Indoor Championships. My first round exit from the 400m had left me rather dejected and I was looking forward to redeeming myself in the forthcoming GB International against the Soviet Union at Cosford. The 400m was the first event on and I was set to race Vladymir Krylov, Victor Prossin, and my team-mate Max Robertson.

When the gun went, Krylov went haring off at a tremendous rate of knots and I gave chase. At the bell it was Krylov from myself, from Prossin and Robertson.

The problems started on the third bend when Prossin for some reason felt I should let him through on the inside. Having none of it, I gave him a sharp elbow and did not expect to see him again. Unfortunately, he was a bit more persistent than this and again chanced his arm (and my elbow) with a charge on the inside. This time he caught me in full flight and the next thing I knew I was skidding across the Cosford track with Prossin tumbling after me.

Max Robertson, who was some three metres off the back, instead of going round these two bodies on the floor decided to hurdle us (force of habit I suppose!). The problem here occurred when Prossin's foot shot straight up, caught Max, in David Coleman's immortal words, "in his full potential". Max headed for the ground with all the grace of a duck who had just received a serious amount of buckshot in the derriere. He forgot to put his hands out to protect himself because he was too busy looking after his "full potential". Prossin however very kindly broke his fall.

Meanwhile, Krylov (remember him!) was rounding the last turn, all guns blazing and hanging on for dear life. He crossed the line and just dipped everybody by about 150m! To finish the race, we all got up and I finished 2nd.

The twist in the tale was that the three fallers got disqualified for leaving the track and Krylov got disqualified for breaking early from his lane. (Do I detect a smidgen of a political decision?). The net result was that nobody actually won the race. It's the only occasion I can remember the whole field in a race being disqualified - bizarre don't you agree?

WRITE TO RHONA

We want to hear what our younger readers feel about the issues which affect them in athletics. How do you feel about the growing allegations of drug abuse? Are age group athletes well catered for in Scotland? Write to us at and we'll send a free Scotland's Runner t-shirt to the writer of the best letter printed each month.



RHONA McLEOD'S JUNIOR SCENE

Potential vaulters required

IN JANUARY, all Scottish secondary schools were asked to nominate athletes who might be interested in, and suitable for, pole vault and hammer coaching, as these two disciplines were identified as being particularly weak, writes Linda Trotter. Twenty hammer throwers and 23 pole vaulters were nominated, mostly from the East, and they will be catered for at a future coaching clinic at Meadowbank.

However, in consultation with national coach David Lease, himself a Commonwealth Games pole vaulter, the Scottish Schools Athletic Association are now specifically hunting for a pole vault squad of 14 year olds, competent at triple jump, who, with parental support, would be able to train four times a week at the Kelvin Hall. Any volunteers?

As women's triple jump will be included in the international programme in 1991, the SSAA are tackling this new event as early as possible, by giving any girls on the coaching day on March 26 the chance to participate. Initially, the run-up will be limited to five to six metres, with the board seven metres from the pit.

Apologies to Darren Galloway, who was upset after rewarding last month's report. Stuart McGowan did not in fact better Darren's indoor time for the SSAA last February, but equalled it with his 7.2 seconds.

SPOT THE ATHLETES!



At the risk of causing grave embarrassment to some of our most prominent athletes (including three Olympians), we are offering a new-style Scotland's Runner t-shirt to the first reader who can identify at least ten senior internationalists in the picture above (taken 10 years ago). Send your answers to Spot the Athletes, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Athlete Profile



NAME: Myra McShannon.
DATE OF BIRTH: 07/2/1976
HEIGHT: 5' 3".
WEIGHT: 8st 3lbs.
CLUB: Glasgow AC.
EVENT(S): 100m; 200m; LJ.
P.B.s: 12.68; 25.5; 4.56m.
ACHIEVEMENTS:
1987 - Scottish Girls Champion 100m & 200m; East v West winner, 100m & 200m; Celtic International 1st 200m.
1988 - Scottish Girls 100m & 200m Champion; E v W winner, 100m & 200m; Celtic International, 1st, 100m & 200m; Scottish Schools Group D winner, 100m & 200m, winner of Francis Barker Shield for most meritorious performance; 1st UK Girls rankings for 100m & 200m.
STRENGTHS: Competitive application.
WEAKNESSES: Repetition

over distance work; chips and curries.

AIMS IN ATHLETICS: To go to the Olympic Games/represent Great Britain. Compete for Scotland in the Commonwealth Games.

WHY DO YOU COMPETE: I enjoy the competitiveness. I also like travelling to all sorts of places and getting to meet lots of people.

OTHER HOBBIES: Listening to music - most kinds at the moment although I really like S-Express and Tone Loc. I enjoy watching Moonlighting and The Cosby Show on television. I also like travelling and shopping.

AIMS OUTSIDE ATHLETICS: To be a veterinary surgeon or a PE teacher.

EVENTS

March

25
SCCU National Six Stage Road Relay Championships, East Kilbride

26
BVAF Indoor Champs, 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 11am. Entry forms available from: Mrs J King, Dept of Leisure and Recreation, Mar Street, Alloa.

SSAA Squad Coaching Day, Grangemouth.

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

April

1
BRITISH Schools Int CC, 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 s.a.e. to Bill Logan, 5, Westfield Cres, Forfar. DYCE Half Marathon, Dyce.

VIC Park OG Meeting, Crownpoint.

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

FIFE AC OG Meeting, Glenrothes.

5
FALKIRK District Council OG Meeting, Grangemouth Stadium, Kersiebank Ave, Grangemouth. Tel: 0324-483752 for further details.

8

RENFREWSHIRE 10 Mile RR Champs and Open Race.

9

MACDUFF Road Race, Macduff.

ABERDEEN AAC Half Mara Champs.

SCOTTISH and NW League Div 1, Dam Park; Div 2, Meadowbank; Divs 3 and 4, Dumfries; Divs 5 and 6, Crownpoint.

All types of running shoe repairs. Established Glasgow business
S. McFarlane & Sons
590, Dalmarnock Road
Glasgow G40
(junction Springfield Road)
041-554 5030

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

HADDINGTON & EAST LOTHIAN PACEMAKERS

in co-operation with

EAST LOTHIAN DISTRICT COUNCIL DEPT OF LEISURE, RECREATION & TOURISM

present the HADDINGTON ROAD RACE SERIES 1989 at Neilson Park

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

£2.00
£2.00
£3.00
Entry forms from: Race organiser, 65, High Street, Haddington. Tel: 062-082-4023.

Extensive prize list and commemorative awards.
Unattached athletes additional 50p; all late entries additional £1.00.
All events under SAAA & SWAAA rules



GLASGOW 25Kilometres
17th September 1989

OCCUPATION CODE LIST (If currently unemployed, please code your last job.)

10 Accountant - Chartered	29 Design	51 Manager	73 Security/Perk Ranger
11 Accountant - Other	30 Dentist	52 Machine Operator/Setter	74 Ship/Oil Rig Construction
12 Architect	31 Doctor - Medical	53 Mining Industry	75 Social/Community Work
13 Artist/Musician	32 Driver	54 Motor Mechanic	76 Sportsman/Woman
14 Assembler/Process Worker	33 Engineer - Electrical	55 Nurse	77 Sports Attendant/Assistant
15 Bank Employee	34 Engineer - Mechanical	56 Oil Rig Worker	78 Student/Post Graduate
16 Barman/Barmaid	35 Engineer - Professional	57 Optician	79 Surveyor
17 Building Construction Worker	36 Electrician	58 Painter/Decorator	80 Teacher
18 Business Owner/Executive	37 Farming	59 Panel Beater/Sprayer	81 Technician
19 Buyer/Purchasing	38 Fireman	60 Plumber	82 Telephonist
20 Chef/Cook/Baker	39 Food/Drink Industry	61 Police	83 Textile Industry
21 Civil Servant	40 Foreman/Supervisor	62 Politician	84 University Academic Staff/Administration
22 Clergy	41 Forestry	63 Postal Employee	85 Veterinary Surgeon
23 Clothing Manufacturer	42 Glazier	64 Printing - Paper/Maps	86 Warehouseman/Porter/Storekeeper/Janitor
24 Computer Operator	43 Hairdresser	65 Prison Officer	87 Welder/Plater/Steel Worker
25 Computer Programmer/Systems Analyst	44 Hospital - Paramedical	66 Radio/TV Broadcaster	88 Writer/Journalist
26 Defence Forces	45 Hospital - Other	67 Railway Employee	89 Other
	46 Housewife	68 Sales/Shop Assistant	90 Never Employed
	47 Joiner/Woodworker	69 Scientist/Research	
	48 Labourer	70 Sales Rep/Insurance	
	49 Law	71 Seaman/Fisherman	
	50 Local Government	72 Secretary/Data Prep	

FINALLY... REMEMBER

A hard working team is doing it's very best to make this the GREATEST SPORTING DAY this country has ever seen and we are depending on you to play your part. PLEASE COMPLY with the simple instructions.

LOOK FORWARD TO SEEING YOU ON 17th SEPTEMBER.

OFFICIAL ENTRY FORM

BLOCK CAPITALS PLEASE

Surname

First Name

Sex ☐ M-Male ☐ F-Female

Ref. No. Entrant No.

Address (use abbreviations if required)

Address (Line 2)

Address (Line 3)

Country

Telephone Number

Postal Code (must complete)

Registered Athletic Club (if applicable)

Date of Birth Previous Best 25 Kilometre Performance Anticipated time in Great Scottish Run First 25K Occupation

Day Month Year Hrs Min Sec Hrs Min Sec Y-Yes N-No (See Code List)

If you are a wheelchair athlete please mark X in the box ☐

I enclose herewith my Cheque/PO No. Value

being the amount of entry fee (Note: Entries shall not be accepted unless accompanied by the entrance fee. The Organisers have also the right to refuse any entry without being bound to assign a reason). Cheques/PO's should be made payable to the GREAT SCOTTISH RUN and crossed 'G & Co.'. Please enclose a 22p stamped, self addressed envelope not less than 9" x 6" to enable us to advise your acceptance or otherwise. Do not use staples - paper clips only.

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against The City of Glasgow District Council, and any and all Sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event.

I hereby declare that I will be 18 years 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, or having done so, I have been reinstated to amateur status. Further, I hereby grant permission to use the Name and Address given on this form for the purpose of sending advertising material from relevant sports goods manufacturers, companies associated with this event or to the media for the promotion of the 25 Kilometre Race.

I hereby declare that the above particulars are COMPLETE and CORRECT in every detail. Signature Date

EVENTS

IBM
GREENOCK



10k Marathon Fun Run

MARATHON MALE 1st £500 10K MALE 1st £150 MARATHON FEMALE 1st £300 10K FEMALE 1st £70
over £3,000 worth of prizes to be won

With assistance from Inverclyde District Council
SEND TO: Mr. J. Gallagher, Mail PT 09K, IBM UK Ltd, Inverkip Road, Spangmo Valley, Greenock, Scotland PA6 0AH.

NAME _____
ADDRESS _____

NAME OF CLUB OR UNATTACHED _____

DATE OF BIRTH _____ DAY MONTH YEAR PLEASE TICK 10K MARATHON FUN RUN AGE ON DAY OF RACE

CATEGORY ☐ MALE ☐ FEMALE

Entry Fee—Marathon £4 10K £2 Fun Run £1

I enclose my cheque (P.O. for £) being the entry fee for the Race.
I agree to the organisers right to refuse my entry without being bound to assign a reason.
I warrant that I am physically fit and aware of 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.

Please enclose S.A.E. approximately 12" x 9" for results if required.

Signature _____

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

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.

MONKLANDS OG Meet, Coat'b'ge.

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

12 SCOTTISH Civil Service 10 Mile RR Champs.

15 CRAIG Dunain HR, Inverness.

IAAF World Mara Cup (Day 1)

KIRKINTILLOCH Olympians Strathkelvin Schools CC League Meeting, Lenzie Moss.

SCOTTISH YA Scheme, Liv.

16 BORDER League, Tweedbank.

IAAF World Mara Cup (Day 2).

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

SCOTTISH YAL East, Digs 1 and 2 Grangemouth; NE, Caird Park; West Digs 1 and 2, Crownpoint Road.

OBAN Road Race Champs, Oban

CALDERGLEN H Jimmy Moore 15K Road Race, East Kilbride. Registration closes 1.30pm. Entries (£2) limited to 500. For further details phone 03552-36001.

20 FORTH VL Div 1, Grange; D2, Liv.

22 BEN Rha Hill Race, Reay, Thurso.

28th MAY, 1989 — WISHAW SPORTS CENTRE

STARTS AND FINISHES AT THE SPORTS CENTRE

MEDALS TO ALL FINISHERS

TIME 11:00 AM PROMPT. UNDER S.A.A.A. AND S.W.A.A.A. LAWS
OFFICIAL ENTRY FORM

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

DATE OF BIRTH _____
MALE/FEMALE _____
NAME OF CLUB/UNATTACHED _____

IF DISABLED PLEASE TICK ☐

AGE ON DATE OF RACE _____

PREVIOUS BEST TIMES _____

HOW DID YOU LEARN OF THE HALF MARATHON? _____

Signature _____

Return entry to: RACE DIRECTOR, WISHAW SPORTS CENTRE, PO BOX 10, WISHAW, ML2 0HB, WISHAW 355821

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

FOR OFFICIAL USE ONLY



MOTHERWELL DISTRICTS RAVENS CRAIG HALF MARATHON



EVENTS

Starts 2pm, 7 miles, contact Dave Lyall on Thurso 62555 for details.

SSAA Primary CC Champs.

DUNBAR Boundary 10K, Dunbar.

CENT Reg Champs, Grangemouth.

RENF AAA T&F Champs.

JIMMY Scott Memorial 16 Mile RR, Clydebank to Helensburgh.

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 RR, Bearsden.

ADT London Marathon, London.

DHH 10K Road Race, Dundee.

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

MONKLANDS OG Mt, Coat'b'ge.

ST ANDREWS Half Marathon.

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 Unis Cup Semi Finals.

29

EILEAN Donan 10K RR, Dornie.

SWCC&RRA agm, Glasgow.

DUNBARTONSHIRE AAA T&F Championships, Scotstoun.

30

BUSF/UAU Championships.

HFC Scottish League, Digs 1 and 2, Aberdeen; Digs 3 and 4, Dam Park.

BANK of Scotland WAL, Div 1 Coatbridge; Div 2, Wishaw; Div 3, Grangemouth; Div 4, Pitreavie.

KODAK Scottish Championship 10K Road Race, Glasgow. E - Kelvin Hall, Argyle Street, Glasgow.

FORTH Bridges Half Marathon and 5 Mile Fun Run, South Queensferry. Closing date April 22. Details from: Forth Bridges Half Marathon, Queensferry Arms Hotel, South Queensferry.

May

3

ADIDAS Torsion Series 8K Road Race, Glasgow. Details from Eugene Donnelly, 53, Anchor Crescent, Paisley.

FALKIRK District Council Open Graded Meeting, Grangemouth. Tel 0324-483752 for details.

SRI Chinmoy Runners Are Smilers Road Races, Glasgow Green and the Meadows. Contact 031-336-2349 for details.

6

TAIN Half Marathon, Tain.

BEN Lomond 9 Mile Hill Race

CAMPSIE Rec Centre 10K RR.

EDINBURGH to North Berwick 22 Mile Road Race, Meadowbank.

SCOT Unis Cup Final, Dundee

7

GRE Cup First Round Matches.

EDINBURGH People's Half Marathon, Edinburgh. Entry forms available from Colin Campbell Sports, 55, Ratcliffe Terrace, Edinburgh.

EDINBURGH and District Athletic League, Pitreavie.

SCOTTISH Young Athletes League. East Digs 1 and 2, Pitreavie; West Digs 1 and 2, Dam Park.

MIDDLE Distance International (men and women), Hungary. Scotland v Hungary v Czechoslovakia v Greece v Austria.

9

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

10

ADIDAS Torsion Series 10K Road Race, Glasgow. Contact Eugene Donnelly, 53, Anchor Crescent, Paisley for details.

HUGHES
AIRCRAFT COMPANY

HOT 100

GLENROTHES HALF MARATHON

SUNDAY

21st MAY 1989
(10.30am start)

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

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

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

HUGHES GLENROTHES HALF MARATHON

FIFE SPORTS INSTITUTE

VIEWFIELD ROAD

GLENROTHES

FIFE

KY6 2RA

For details call 0592 771700

BARR GRADE 1

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



EVENTS

DUMYAT 5 Mile Hill Race.

SRI Chinmoy Road Races, Glasgow and Ed, details as before.

D and R Meeting, Crownpoint.

11

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

13

FALKIRK District Council Young Athletes Meeting, Grangemouth. Tel 0324-483752 for details.

COOPER Park Road Race, Elgin. Starts 2pm, entries on the day, changing at Borough Briggs. For details contact Mrs Cooke at 034-381-2224.

GOATFELL Hill Race, Brodick.

GOLSPIE People's 10K Road Race.

GRE BAL. Div 1, London; Div 2, Hayes.

KILMACOLM Ag Show Hill Race.

PENICUIK to Howgate 10K Road Race, Penicuik.

ACCESS WAL. Div 1, Mead'nk.

SCCU AGM, Edinburgh.

14

STRATHKELVIN Luddon Half Marathon, Kirkintilloch (inc Scottish women's half marathon championship). E - Strathkelvin District Leisure and Rec Dept., 14, Springfield Road, Bishopbriggs, Glasgow G64. Tel: 041-772-3210.

CITY of Dundee Peoples Health Marathon and 10K Road Race, Dundee. E - Race Organiser, Dundee District Sports Council, Leisure and Rec Dept., 353, Clepington Road, Dundee.

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

GOUROCK Highland Games and Half Marathon, Darroch Park, Gourock. E - Recreation Dept., Inverclyde District Council, Municipal Buildings, Greenock.

SCOTTISH Unis Champs, M'bank.

MAUCHLINE 9 Mile Road Race.

INTER Club Meeting, Oban.

POWER of Scotland Kaim Hill Race.

NORTH East League, Glenrothes.

SCOTTISH and NW League. Div 1, C'point; Div 2, Dumfries; Divs 3 and 4, Dam Park; Divs 5 and 6, Grangemouth.

ACCESS WAL, Div 2, Coatbridge.

17

TROON Tortoises 10K Road Race.

SHETT H OG Meet, Crownpoint.

ESH OG Meeting, Meadowbank.

SAL v Scottish Universities Select v SAAA Junior Select, Grangemouth.

SCOTTISH Unis v EWM v Central Region (women), Grangemouth.

SRI Chinmoy Road Races, Ed and Glasgow. Details as before.

19

BRUICHLADDICH Islands Race.

20

SWAAA District Champs. East, M'bank; West, Crownpoint Road.

SAAA Martin and Frost North Dist Champs, Queens Park, Inverness.

FALKIRK District Council Young Athletes Meeting, Grangemouth. Tel 0324-483752 for details.

BRUICHLADDICH Islands Race.

STUC A' Chroin 13 Mile Hill Race.

PENTLAND Arms 10K and Fun Run, Lybster, Caithness. Contact Sophie Dunnett on Thurso 65838.

21

HFC SAL. Divs 1 and 2, Dam Park; Divs 3 and 4, Wishaw.

HUGHES Glenrothes Half Marathon, Glenrothes. E - see to Fife Sports Institute, Viewfield Road, Glenrothes, Fife.

KINCARDINE & DEESIDE DISTRICT COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 2nd July

Main Sponsors: Kincardine & Deeside District Council

† Entries limited to 2000 runners

† Entry Fee £4.00

† Medals to all finishers

† Free swim in Scotland's only outdoor heated swimming pool

Entry forms, send S.A.E.: Race Administrator, Leisure & Recreation Section, Kincardine & Deeside District Council, Viewmount, Stonehaven.

Closing date 14-6-89



ORGANISED BY
DUNFERMLINE
DISTRICT
COUNCIL

PITTENCRIEFF PARK
SUNDAY 11 JUNE
9.30 am



C & G SPORTS
DUNFERMLINE

Applications to:
Race Administrator,
The Carnegie Centre,
Pilmuir Street,
Dunfermline,
Fife.
Tel: 0383-723211

Dunfermline
Building Society

PROVIDING COMPUTER ADMINISTRATION

Electrical Services MILK! IN SPORT

join us in
KIRKCALDY
DISTRICT



SUNDAY 28th MAY
at 9.30 a.m.

A point to point race over an improved course from
DUNNIKIER PARK in the north to
BEVERIDGE PARK in the south

MEDALS TO ALL FINISHERS

Promoted by
Fife College of Technology

Principal Sponsor
KIRKCALDY DISTRICT COUNCIL

Send a S.A.E. for application form to:-
Half-Marathon Entries,
Fife College of Technology,
St. Brycedale Avenue, Kirkcaldy,
FIFE KY1 1EX



**KIRKCALDY
DISTRICT**

HALF-MARATHON

Promoted by Fife College of Technology in
Diamond Jubilee Year 1929-1989

Sunday 28th May, start time 9.30am,
under SAAA, SWAAA & RRA Laws

Medals to all Finishers

A point to point race over an improved
course from Dunnikier Park in the north to
Beveridge Park in the south

**PRINCIPAL SPONSOR -
KIRKCALDY
DISTRICT COUNCIL**

£100 value 1st Prize,
£50 value 2nd Prize, in both
Men's and Women's Races,
donated by
BOOKER CASH AND CARRY

Leading Sponsors:

DONALD HEGGIE GROUP
(COACHBUILDERS)
(Special Donald Heggie Prizes in Veterans' Race)

ALMA CONFECTIONERY
(Special Alma Prize in Main Race)

**KIRKCALDY
CARAVAN CENTRE**
FIFE BUILDING SUPPLY

THE FIFE FREE PRESS

THE ROYAL BANK
(Kirkcaldy Branch)

Lead Car -
LIDLAW (FIFE) LTD
Main Ford Dealer

Associated Fun Run for Joggers and Children
sponsored by FORBO-NAIRN, with additional
Prizes by Alma Confectionery. Start time 10am in
Beveridge Park.

Send an S.A.E. for an Application Form to:
Half-Marathon Entries, Fife College of
Technology, St. Brycedale Avenue, Kirkcaldy,
Fife KY1 1EX.

SCOTTISH AMATEUR ATHLETIC ASSOCIATION 1989 CHAMPIONSHIPS

OPEN CHAMPIONSHIPS

30 April	SAAA 10K Road Race Championship	Glasgow
28 May	SAAA Marathon Championship	Aberdeen
1 July	'Dairy Crest' SAAA U-20 Championships	Meadowbank
8/9 July	SAAA Combined Events Championships	Aberdeen
21/22 July	'Scotrail' SAAA Senior Championships	Crownpoint
6 August	SAAA "Peoples" Marathon Championship	Elgin
26 August	SAAA Heavy Events Championship	Drumnadrochit
27 August	SAAA "Peoples" Half Marathon Championship	Livingston
Various	SAAA Road Running Championship (selected events over the season)	Various

CLOSED CHAMPIONSHIPS

20 May	'Martin and Frost' SAAA North District Championships	Inverness
27 May	SAAA East District Championships	Meadowbank
27 May	SAAA West District Championships	Ayr
8 July	SAAA Relays Championships	Aberdeen
13 August	SAAA Medley Relay Championships	Meadowbank
16 September	'DM Hall & Sons' SAAA North District 10K Championship	Inverness
Various	SAAA Hill Running Championship (Selected events over the season)	Various

Entry forms (as they become available) and / or further information can be obtained from:
SAAA, Caledonia House, South Gyle, Edinburgh EH12 9DQ
Tel. 031 317 7320/1

DUMFRIES HALF MARATHON ROAD RACE

Ninth Dumfries Half Marathon, sponsored by:
Robison and Davidson

and
Nithsdale District Council

Medals to all finishers
Results service provided by Dumfries Standard
Sunday June 25th

11.15am prompt. Start and finish at Dock Park, Dumfries

Under the usual SAAA, SWCC&RRA rules

Accurately measured course

Entry fee £4.50. £5 if results required.

Entry forms from:

Sheila Howat,
Race Secretary,
4, St Michaels Terrace,
Henry Street,
Dumfries DG1 2LJ.

Closing date June 19th

Cheques and postal orders made payable to:

Dumfries Running Club

Prizes for men aged 18-40; veteran men 40-50, 50-60, and 60 and over. Ladies
and veteran ladies prizes. Prizes for first HM Serviceman
and team prizes. Prize for first disabled athlete.

CUNNINGHAME coasts ahead...

MAJOR RACES IN CUNNINGHAME THIS YEAR

Sunday 7 May	The Cunninghame Center. (10 mile road race plus family fun run).
Saturday 20 May	The Goatfell Hill Race, Arran.
Sunday 11 June	The Ardrossan Highland Games, Large to Ardrossan Road Race.
Monday 17 July	The Saltcoats Round-The-Houses Road Race.
Sunday 30 July	The Irvine Harbour Festival Half Marathon.
Sunday 6 August	The Corrie Capers Round Arran Relay Race.
Sunday 27 August	The Irvine Marymass Festival 7 Mile Sand Race.
Sunday 7 September	The Round Cumbrae Road Race.

For Race Information & Entry Forms (Please enclose one)
Contact: Cunninghame District Council,
Dept of Leisure, Recreation and Tourism,
25, Montgomerie Crescent,
SALTCOATS KA21 5BT.
Tel: 0294-602617.

WHAT ELSE IS HAPPENING
IN CUNNINGHAME?

For details, phone Cunninghame Coastline - Large 686786
or Cunninghame Infoline - Large 673766
or Visit Large Tourist Information Centre



Boulevard Sports Park Committee in association with Clydebank District Council

THE
TOP LADIES PRIZES
SPOT PRIZES
THE RACE WHERE
ALL CASH IS RAISED
FOR THE
DEVELOPMENT
OF ATHLETICS

CLYDEBANK HALF-MARATHON

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

SUNDAY, 11th JUNE

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

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

Ben Lomond Sponsored Climb and Race

In Aid of
The Royal Commonwealth Society for the Blind

Sunday, 11th June, 1989



SIGHT SAVERS APPEAL

Trophies and lots of prizes to be won

Information and Sponsorship Forms from:

Mrs V. Mckerrow,
5, West Argyle Street, Helensburgh G84 8UU

Tel: 0436-73391

Sponsored by Hill Samuel

HILL SAMUEL
INVESTMENT SERVICES

Mersey Marathon



ALDER HEY CHILDRENS HOSPITAL LEAGUE OF FRIENDS
(Under AAA and WCCA Rules)

B.A.R.R. Mens Selection Race for the 1990 Commonwealth Games and the GRADE 1 Northern Counties Championship.

The Mersey Marathon is back again, for the 8th time. Each year we get bigger and better and this year's race is going to be the best ever. We have been selected to stage the Commonwealth Trial for Men and we are the Northern Counties Championship.

The race will be held in the autumn and will be one of the last major events of the season.

The Date: Sunday 3 September 1989 — The Time: 11am — The Place: Camp Hill, Liverpool.

Closing date for entries: JULY 28, 1989.

Race details will be sent to you by post 21 days prior to the event. Please note: No entries will be accepted after this date.

Liverpool is easily accessible by road, rail, sea and air from all parts of the country and abroad, and we hope to attract all you thousands of runners once again.

Remember — this Marathon is organised by voluntary workers for charity. The proceeds from entrance fees and sponsorship concessions will go towards the Alder Hey Children's Hospital League of Friends.

We hope that individual runners will seek personal sponsors to raise money for Alder Hey, but, if runners wish their sponsorship to go to their own favourite charity, they must contact the charity direct.

Entry Fees: AAA Registered Runners, AAA & WCCA Club Members £5.00. Unattached Runners £6.50.

Race Details: 11am Sunday 3 September 1989 — Race Venue: Camp Hill, Liverpool — Distance: 26 Miles 385 Yards

Every Mile Marked • Time Clocks Every Five Miles • Feeding/Spillage Stations Every 3 Miles • Commemorative Medals to all Finishers • Training Grants will be awarded to the first Three Men and Women to finish

• Prizes to first Ten Men and Ten Women • Awards to Veterans and Teams

Results to appear in Liverpool Echo — Race Details through post — SPECIAL NOTE FOR BUSINESS/HOUSE/CHARITY TEAMS — entries must be in groups of ten and to be ob team leaders address

Special entrance fee for the unwaged. All participants receive: free badge, brochure, car sticker and space wrap

Entrants use Universal Entrants Form or send a Stamped Addressed Envelope to be sent to: Derek Johnston, Sports and Recreation Department, 11 Dale Street, Liverpool, L2 2TE.



British Association of Road Races
AMATEUR ATHLETIC ASSOCIATION

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 SCOTTISH INTERNATIONAL ATHLETES CLUB presents THE BANK OF SCOTLAND RELAYS AND INVITATION EVENTS

At Meadowbank Sports Centre, Edinburgh, on Saturday, 29th April, 1989, starting at 12 noon. Men and women, plus age groups. 4 x 100, 400, 800m, mile. Plus other events. Entries close on Monday 24th April, 1989. Write to Sandy Sutherland, Acting Secretary, SIAC, 25, East Norton Place, Edinburgh EH7 5DR. Cheques payable to SIAC please. Please send sae for programme and tickets.

"THE ONLY 15K IN SCOTLAND" CALDERGLEN HARRIERS (EAST KILBRIDE)

present under SAAA & SWAAA rules

THE JIMMY MOORE TROPHY 15K ROAD RACE

Sunday 16th April at 2pm

Changing facilities, showers etc at: EAST KILBRIDE SPORTS CLUB,
CALDERGLEN COUNTRY PARK,
STRATHAVEN ROAD,
EAST KILBRIDE
03552-36001 (32 from Glasgow).

Registration closes 1.30pm.

Cost £2, entries limited to 500. FREE PINT TO FIRST 50 FINISHERS!
Sponsored by SCHWEPES - COCA COLA, 52, Milton Road,
East Kilbride. 03552-41144
Entry forms from G. McGadey, 8, Quarry Park, East Kilbride.

112th Nairn Highland Games

On the links, Nairn
Saturday 19th August

Invitation Tug-Of-War, Nairn Half Marathon,
Athletics, Piping, Dancing, Cycling, Nairn
Pipe Band, and, of course, the Heavies

Further information from the Secretary,
H. Allyson, Townhouse,
High Street, Nairn.

THE SCOTTISH CO-OP MID ARGYLL HALF MARATHON

SUNDAY
18th JUNE
AT 2PM



AT
LOCHGILPHEAD
ARGYLL

ENTRY FEE £4. MEDALS TO ALL FINISHERS.
AWARDS IN ALL CATEGORIES. INCENTIVE & SPOT PRIZES.
FLAT, FAST & SCENIC RUN (RECORD 65:56, H. COX, 1988).
ENTRY FORMS FROM
THE SPORTS SHOP,
31, LOCHNELL STREET,
LOCHGILPHEAD,
ARGYLL 0546-2390.



PROMOTED BY MID ARGYLL AC UNDER SAAA & SWAAA RULES

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.

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

Sponsored by:



City of Dundee District Council



SCOTTISH HEALTH
EDUCATION GROUP

Sunday, 14th April 1989, at 10am and 10.45am respectively.

Medal and certificate to all finishers.

Extensive prize and trophy list.

Both events contained within the City of Dundee, through the streets.
Forms available from: Marathon Race Organiser, City of Dundee District Sports
Council, Leisure and Recreation Dept., 353, Clepington Road, Dundee DD3 8PL.
Tel: 0382-23141, Ext 4045.

ENTRY FEE £5 FOR MARATHON, £2.50 FOR 10K RACE
ENTRIES CLOSE 21ST APRIL 1989 FOR BOTH EVENTS

IBM Spango Valley and Penicuik lead chase for SR bonus

Arbroath Footers £25	Bellshill TMCA £0	Dunbar Dist RC £5	Gala H £0	Kirkintilloch Oly £0	Peebleshire AAC £0	Troon TAC £0	All totals as at
Monkland SL £10	Blackburn AAC £0	Dunblane AAC £0	Garscube H £0	L&L Track Club £0	Pendec ASC £0	Tweaside AC £0	March 14. If your
Airdrie Harriers £15	Blackhill H £0	Dundee HH £0	Giffnock N £10	Ladywood JC £0	Penicuik H £30	Uddingston MAAC £0	club is not listed,
Ayr Seaforth £5	Black Isle AAC £10	Dundee Uni AC £0	Girvan AAC £0	Larkhall YMCA £0	Pent RR £0	Vale of Leven AAC £0	or if you cannot
Bathgate AAC £5	Bo'ness H £0	Dundee YMCA £0	Glasgow AC £0	Lasswade AC £0	Pent SH £5	Vic Park AAC £5	obtain forms,
Bellahouston H £5	Bute S&AAC £0	Duns AA £0	Glasgow Uni £0	Law & Dist £0	Peterhead AAC £10	Westerlands CCC £0	please contact
Blairgowrie RR £10	Caithness AAC £0	East Kilbride AAC £0	Greenock GH £0	Linlithgow AAC £0	Pitreavie AAC £0	Whitburn AAC £0	Linsey
Brechin RR £5	Calderglen H £0	EK Inland Rev £0	Greenock WH £0	Linwood PAC £0	Seagulls WAC £0	Yarrow RC £0	Macdonald on:
Dundee RR £5	Cambuslang H £0	E Sutherland RC £0	HELP £0	Lochaber AC £0	SVHC £0		041-332-5738.
Galloway H £5	Cambuslang L £0	Edinburgh AC £0	Hamilton H £5	Lochelly AAC £0	Shetland RR £0		(Clubs are listed
Livingston AAC £5	Camethy HRC £5	ESH £5	Harmony AAC £0	Lomond HR £0	Shettleston H £0		in the same
Stornoway RC £5	Castlemilk AC £0	Edin Uni £0	Helensburgh AAC £0	Lothian AC £10	Skye & LH £0		order as last
Aberdeen AAC £5	Central Region AC £0	Edinburgh WH £0	Heriot Watt Uni £0	Loudon RAC £5	Solway Strollers £0		month).
Aberdeen Uni HH £0	Clydebank AC £0	EWB £0	Hewlett PMJC £0	Maryhill H £0	Spiggel HAG £0		
Afton Water AAC £0	Clydesdale H £0	Elderpark CRAAC £0	Hunters BT £0	Melrose AAC £0	Springburn H £0		
Albion AC £0	Coasters RC £0	Elgin AAC £0	IBM Spango £30	Mid Argyll AC £0	Sri Chinmoy AC £0		
Annan & Dist AC £0	Colzium AC £0	Ellon & Dist £0	Inverness H £0	Milburn H £0	At Andrews Uni £0		
Arbroath & Dist £0	Corstorphine AAC £0	Falkirk VH £0	Irvine AC £0	Montrose AC £0	Stewartry AC £5		
Ardrossan AC £0	Cowal AAC £0	Fauldhouse MH £0	Ile of Jura AC £0	Moray RR £0	Stirling Uni £0		
AC Eyemouth £0	Cumbernauld AAC £0	Ferranti AC £0	Keith & DAC £0	Motherwell YMCA £0	Stonehouse AAC £0		
Avonside TC £0	Cumnock AAC £15	Fife AC £15	Kelvin HC £0	Muirkirk RC £0	Strathclyde Uni £0		
Badenoch & S AC £0	Dumbarton AAC £0	Forfar RR £0	Kilbarchan AAC £0	Naim & DAC £0	Strathearn H £0		
Banchory AAC £0	Dumbarton Ladies £0	Forres H £0	JW Kilmarnock £0	Nith VAC £0	Strathkelvin L £0		
B & S Harriers £0	Dumfries AAC £0	Forth RR £0	Kinlochleven AAC £0	Oban AAC £0	Tayside AAC £0		
Beith Harriers £0	Dumfries RC £0	Fraserburgh RC £0	Kintyre AC £0	Paisley H £0	Teviotdale H £5		

CAPTION COMPETITION



This photograph was taken at Meadowbank during the New Year Sprints, but you can adapt the circumstances as you please. Entries should reach us by April 7, and the winner will receive a year's free subscription to the magazine.

DUNBAR BOUNDARY 10K

Saturday 22nd April, 10am
Deer Park, Dunbar
Entries £2.50/ £3 on day
For details, contact Hugh
Rooney on 0368-64064

Come and enjoy the fifth CUMNOCK HALF MARATHON

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

FALKLAND FESTIVAL HILL RUN

Sunday 25th June, 12.30pm
Approx 3 miles, total climb 1200 ft
Details from Ken McGuire
Tel: Falkland 57449
Theme for Festival is 17th-18th
century. Other attractions in the
Festival week, starting 19th June, are
pram race, skittles, tug o' war, disco
and street market.

MEDALS DIRECT FROM THE MANUFACTURERS

From 39p including Ribbon

BADGES

TANKARDS

ROSETTES

J.S.M. engravers and
trophies

1B BIRCHES BRIDGE
CODSALL
WOLVERHAMPTON
Tel: (09074) 6525

Open: Tuesday — Saturday

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 JOGGERS
(and Garnock section of Irvine Cable AC)
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 ath-

lete 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 Deerpark, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064. We cater for all abilities.

DUNDEE HAWKHILL HARRIERS
Track, field, cross country and road for male and female, coaching available. All age groups nine and upwards catered for. Contact: Gordon K. Christie, 767 Dalmahoy Drive, Dundee, DD3 9NP. Tel: 0382-816356.

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

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

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

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages who are interested in track, road, or cross country. All abilities welcome. Training night Wednesday 7pm, September-March at Market Muir, Forfar (under floodlights). April-August at Forfar Academy playing fields. Contact Sec. Bill Logan on Forfar 67256 for further details.

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

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

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.

HAMILTON HARRIERS
All age groups, both male and female, welcome from 9 years to veteran. 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).

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 3JT. 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. McAtier 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).

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, Coalton of Balgowrie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Training Tuesdays and Thursdays, Musselburgh GS. 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. Meets every Tuesday and Thursday 7.00pm. All ages and abilities most welcome. Further info: R. Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

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

PEEBLES AMATEUR ATHLETIC CLUB
Enthusiastic and friendly club. All age groups very welcome from beginner to veteran, male or female. Meet at Peebles Swimming Pool 7.30pm every Monday night. Further details from Stewart Ruffell on Peebles (0721) 20626.

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, Abbot'slea, Tweedbank, Galashiels.

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

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

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

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

AYRODYNAMIC TRIATHLON CLUB
The newly formed club in Ayr for all standards and ages. Secretary - Robin Strang, 15, Seaview, Dunure, Ayrshire. Tel: 029250-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr Baths (cycle).

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

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

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

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

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

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).

EVENTS

May 21 (cont)

CUMNOCK Half Marathon and 4 mile fun Run, Cumnock. E - Robert Lowe, 14, Glenlamont, Cumnock. Tel: 0290-21562.

LANARK GS Road Race, Lanark.

CORSTORPHINE Fun Run.

OBAN Half Marathon.

BRUICHLADDICH Islands Race.

JOHNSTONE Rotary Club 10K

23

SECURICOR Sprinting, Pitreavie.

24

SRI Chinmoy Road Races, Ed and Glasgow. Details as before.

EYEMOUTH Road Races.

KINNOUL 4 Mile Hill Race.

D and R League, Crownpoint.

27

SAAA District Champs. East, Meadowbank; West, Dam Park.

BENS of Jura 16 Mile Fell Race.

CAIRNPAPPLE Vets 6 Mile HR.

BATHGATE Highland Games.

WESTERN Isles Half Marathon, Stornoway, Isle of Lewis. E - Alan Cunningham, Burncrook, Upper Bayble, Point, Isle of Lewis.

SCOTTISH Young Athletes Handicap Scheme, Bathgate.

KIRKCUDBRIGHT Half Mara.

28

MOTHERWELL Ravenscraig Half Marathon and Fun Run, Wishaw Sports Centre. E - Race Director, Wishaw Sports Centre, PO Box 10, Wishaw. Tel: Wishaw 355821.

TISO Campsie 4.5 Mile Hill Race.

CAITHNESS Northern Half Marathon, Thurso. Contact Sophie Dunnett on Thurso 65838.

COWAL Police Half Marathon.

NISSAN Kirkcaldy Half Mara. See advertisement for details.

SCOTTISH Border AAA Champs.

CITY of Aberdeen Mara and 10K.

FORRES 10K Road Race, Forres.

OMEGA SPORTS TIMING

Omega offers a comprehensive range of marathon clocks for hire for as little as £50. These clocks are totally self-contained and come in a range of sizes. The best is not expensive!

Contact Sylvia Borgerson
Marathon Co-ordinator
Tel: 0703-616600
Fax: 0703-629127

RACE ORGANISERS

Everything you need to organise a race.

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

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

ATHLETIC VESTS IN CLUB COLOURS



COTTON ATHLETIC VESTS

MADE TO ORDER
Minimum quantity
12 per design

	28" - 36"	38" - 44"
PLAIN HOOPS OR CHEST CIRCLES	£4.60	£4.80
CONTRAST TRIM	£5.05	£5.25

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

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

winner
win
ner

CLUB SPECIALS
T-Shirts & Sweatshirts
Quality garments — quality screen printing of direct hard to beat prices. Race T-Shirts are our speciality — good discounts on quantity.

In 3 materials made to your own club's specification — min order is 12. Let us quote for your next club order.

Pacers
Lightweight nylon training pants (printed with your club name) in 4 colours: red, navy, royal, black. Min order is 12. Tracksuits — Hooded Tops — Lycra Shorts & Tights — also available.

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

RUNNING WILD
CLUB SPECIALS

For the very best Club Specials come to Running Wild. Vests, shorts, T-shirts & tracksuits all at discount prices. Printing also. Free catalogue on request.

write to:
RUNNING WILD
148/150 Market St, Hyde,
Cheshire SK14 1EX
or call 061-368 8008 24 hr.
SUPPLIERS OF ORIGINAL
RON HILL SPORTS SPECIALS

Saucony

ENDORSED WORLDWIDE
BY STEVE OVETT

ABERDEEN
RUNNING NORTH

DUNDEE
DUNDEE RUNNER

EDINBURGH
COLIN CAMPBELL SPORTS

DUNFERMLINE
C&G SPORTS

KIRKCALDY
SPORT & LEISURE

PERTH
SPORT & LEISURE

STIRLING
RUNSPORT



U.K. Distributors
68 Hanbury Street, London E1 5JL
Telephone: 01-247 7401

WATCH OUT FOR RUN-A-WAY SPORTS IN NEXT MONTH'S ISSUE

GET SERIOUS.

These days, it seems like most companies selling running shoes are more concerned with fashion than fitness. Month after month, they trot out a new bell or whistle, and call it *the*



Lady Gleem

ultimate, essential, even revolutionary feature.

At Saucony, we like to think we're a bit more serious than that. We believe what's



Shadow VS

in the shoe is a lot more important than making a shoe that's "in." Millions of serious runners have agreed with our philosophy for over 20 years. And our shoes, famous for their fit and feel, have always agreed with them.

Take the new Saucony Gleem and Lady Gleem. Durable, versatile shoes that provide excellent heel stability and forefoot support.

The Shadow VS and Lady Shadow VS are even better versions of our very popular Shadow. If you need a shoe with superior cushioning, fit and motion control, the Shadow VS will fit you very well.

Our latest offering is the Azura ST and Lady Azura ST. To borrow a phrase, it's everything you've always wanted in a trainer. And less. We made it extremely light, but still included the cushioning and support features that demanding runners need. This shoe also marks the first time that Kevlar® (a very strong yet extremely lightweight material)

has been used in a support system. We put it in our T.R.B. (Torsional Rigidity Bar), where it gives a new level of performance and provides



Lady Azura ST

increased energy return. Then there's the



Azura ST

Courageous. We designed it for runners who have pronation problems, and for heavier runners who need superior support. It's packed with stability features for the best foot control possible.

Every Saucony shoe features the triangular-lug outsole first made famous on our Jazz. Each lug is placed biomechanically, to provide the best possible cushion-



Courageous

ing and shock dispersion. Like everything else on our shoes, we put them there for a scientific purpose. Not a marketing one.

Which brings us back to our first point. If you take running seriously, our shoes will never go out of fashion.

Saucony

ENDORSED WORLDWIDE BY STEVE OVETT

© 1988 Hyde Athletic Industries, Inc. Kevlar is a registered trademark of DuPont Co.

Sole U.K. Distributors Open Championship Tel: 01-247 7401