

Add stability, and you've
got the basic idea.



The New Balance 595 combines advanced midsole components in a way no running shoe has ever done before.

The shoe's unique Rebound wedge helps propel a runner through his or her gait cycle by returning energy to the runner upon impact. A feature of this sort might be



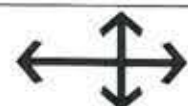
Men's 595

Women's 595

EVA within a shell of polyurethane. The result of this combination of components is extraordinary comfort and virtually compression-proof stability.

In short, the 595 is a surprisingly lean, technologically advanced performance running shoe.

We suggest you visit your local New Balance retailer, and spring for a pair.



PRO-FIT—New Balance shoes come in multiple widths.

accomplish-ment enough for most running shoe companies. But not New Balance.

Consider that the Rebound wedge is part and parcel of the 595's C-Cap® midsole—a unit that provides a superb level of cushioning and acts as a platform for our patented Encap® wedge. Encap is an exclusive New Balance process that encapsulates

SCOTLAND'S RUNNER

MAY 1989

£1.20

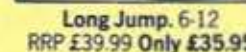
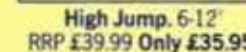
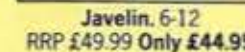
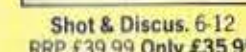
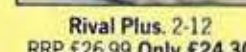
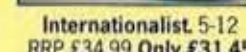
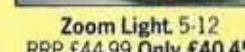
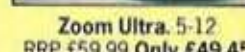
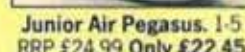
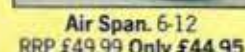
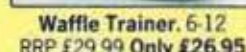
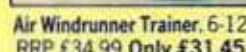
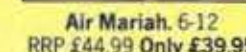
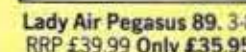
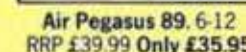
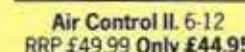
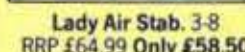
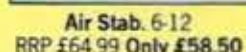
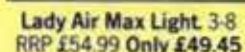
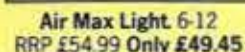
ISSUE 33



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SEEING IS A COLD WET NOSE



Guide Dogs for The Blind
have 6,000 wet noses,
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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
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To continue that campaign in Scotland, we need to
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Telephone: 041-333 9465

or Mr Bill McKinlay, Cancer Research Campaign,
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Cancer Research Campaign

Fighting cancer on all fronts.

SCHIZOPHRENIA

RUN FOR THEIR LIVES

WHY?

because it is the most common and least
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It affects one out of every hundred of the
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Most sufferers are young people full of
potential when they are struck down,
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CONTACT: Gilly Peakman
National Schizophrenia
Fellowship (Scotland)
40 Shandwick Place
Edinburgh EH2 4RT

INSIDE L A N E

THE FORMATION of a powerful and
united Scottish Athletics Federation may
not be the pipedream that most cynics
seem to believe.

Last week, for instance, in awarding
Scottish athletics a joint grant aid allocation
of £82,000, the Scottish Sports Council
continued its "softly, softly" approach to
get the four associations - SAAA, SWAAA,
SCCU and SWCCU - to amalgamate.

What the sports council effectively told
the associations about 18 months ago was
that if they didn't submit a joint application
this year, there would be no grant aid to the
individual bodies, as in previous years.
After the predictable howling and gnashing
of teeth, the four associations eventually
started to meet under the chairmanship of
Glasgow University's Dr Peter Radford
and a joint submission for grant aid was
duly made.

The result was that in real terms the
athletics grant was upped by £5,000 to
£82,000. As grant aid to other national
bodies was frozen, what the sports council
was saying to athletics was:

"Thank you for co-operating with us.
Now continue your talks towards a full
amalgamation."

It is understood that, quite apart from
the desirability of having a unified national
governing body for athletics - to fall in line
with the rest of Scottish sport - the Scottish
Sports Council believes that Scottish
athletics should present a strong and united
face to ensure the best possible deal when

the proposed British Athletics Federation
is constituted. That is this magazine's
position also.

So who then does oppose amalgamation



HEPTATHLETE Shona Urquhart was the only
person able to identify ten senior
internationalists from the picture above, taken
ten years ago and which appeared in Rhona
McLeod's Junior Scene pages last month.

Strangely, Shona didn't identify herself as
one of the ten, although she was most certainly
eligible. Her attempt to save her own blushes
won't work, however, as she is the young lady
third from the right in the fourth row!

The athletes Shona identified were: Liz
McColgan (back row, eighth from left); Yvonne
Murray (back row, fourth from right); Lynne
McIntyre (back row, seventh from left); Angela
Bridgeman (second row, fifth from right); Carol
Candlish (second row, sixth from left); Claire
Reid (back row, far left); Morag Todd (third
row, seventh from left); Rhona McLeod (third
row, sixth from left); and Lynne Marshall (sec-
ond row, fourth from right). The coaches' row is
the first row.

Shona also named Lesley Adams, but this
identification proved beyond us.

to achieve these laudable aims? Not, it
would appear, the SCCU and SWCCU.
Nor the SWAAA. That leaves the Scottish
Amateur Athletic Association. Yet within
the SAAA there is also considerable
support for an amalgamation among very
senior officials - so who, or what, is the
element within the SAAA which causes
these senior officials to withhold their
wholehearted support for amalgamation?
(Answers on the back of a postcard...)

THOSE OF you who read this column last
month must have been puzzled by my
reference to us producing "our ... most
colourful issue ever". Especially as there
wasn't a colour editorial page in sight.

If you were surprised by the reference,
you can imagine my reaction when the
magazine arrived from the printers. Instead
of printing the double page "Kodak Classic"
spread in full colour, and also all the
photographs from the men's and women's
cross country championships in full colour,
our printers inexplicably reproduced Peter
Devlin's splendid pictures in black and
white.

My apologies to readers for this lapse.
Steps (see Page 31) have been taken to
ensure it doesn't happen again.

Alan Campbell



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. 1/5R/88

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BOURNE SPORTS SUPER OFFERS



GT III. Colour: Metallic Silver/white/red. New Asics Gel System incorporates a full length Gel pad from rearfoot to the middle of the sole in addition to forefoot (3mm) and rearfoot (5mm) pads for increased shock absorption. Extended midsole extension collar for greater motion control. Sizes: 6-12, 13. Price £89.99.

asics ASICS' GEL INCREDIBLE SHOCK ABSORPTION PROPERTIES



GT II. Colour: white/royal/red. Exciting Asics 'Gel' cushioning system in forefoot and heel of midsole. Stabilizing heel pillar for anti-overpronation control. Rubber heel plug for extended wear. Sizes: 6-12. Price £79.95.



Gel 100. Colour: light grey/silver/royal blue. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for the ultimate in motion control. Reflective tape at fore and rearfoot. Sizes: 6-12. Price £49.95.



Lady Gel 100. Colour: grey/silver/red. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Moulded plastic heel counter and vertical extension midsole collar for the ultimate in motion control. Reflective tape at fore and rearfoot. Sizes: 5-11. Price £49.95.



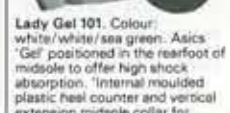
Lady Gel 101. Colour: white/white/black. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for motion control. Sizes: 5-11. Price £54.95.



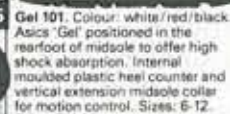
Gel 101. Colour: white/white/black. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for motion control. Sizes: 5-11. Price £54.95.



Lady Gel 101. Colour: white/white/sage green. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for motion control. Sizes: 5-11. Price £54.95.



Gel 101. Colour: white/red/black. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for motion control. Sizes: 6-12. Price £54.95.



Gel 101. Colour: light grey/white/royal red. New outsole design for better traction. Asics 'Gel' in rearfoot offers high shock absorption with less shock. Quadra-speed lacing for better fit. Reflective tape for safety at night. Sizes: 6-12. Price £44.95.



Gel Runner. Colour: light grey/white/royal red. New outsole design for better traction. Asics 'Gel' in rearfoot offers high shock absorption with less shock. Quadra-speed lacing for better fit. Reflective tape for safety at night. Sizes: 6-12. Price £44.95.



Gel 100. Colour: light grey/silver/royal blue. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Internal moulded plastic heel counter and vertical extension midsole collar for the ultimate in motion control. Reflective tape at fore and rearfoot. Sizes: 6-12. Price £49.95.



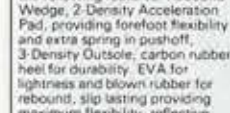
Lady Gel 100. Colour: grey/silver/red. Asics 'Gel' positioned in the rearfoot to offer high shock absorption. Moulded plastic heel counter and vertical extension midsole collar for the ultimate in motion control. Reflective tape at fore and rearfoot. Sizes: 5-11. Price £49.95.



Model M990. For the discerning runner who demands outstanding support, comfort and control. Features on this shoe include: ENCAP wedge, 2-Density C-CAP midsole. Blown rubber outsole with carbon rubber heel for exceptional durability. Polyurethane insert with heel pad which moulds to the individual's foot, cradling arch and heel, reflective trim for safer running at night, slip-resistant forefoot cushioning enhancing cushion feel of midsole. U.S. sizes: 6-13, widths D & 2E. £69.99.



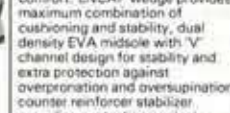
Model M830. An extremely light, responsive and cushioned performance training shoe. With the following features: Rebound Wedge, 2-Density Acceleration Pad, providing forefoot flexibility and extra spring in pushoff, 3-Density Outsole, carbon rubber heel for durability, EVA for lightweight and blown rubber for rebound, slip lasting providing maximum flexibility, reflective trim, achilles notch prevents tendon irritation, secures foot and heel area to minimum slippage. Sizes U.S. 6-13, widths D & 2E. Price £59.95.



Model M576. Recommended for dedicated runners who require exceptional durability in a training shoe. Features include: Lunarlon Pillow insert which moulds to the foot, cradling arch for added comfort, ENCAP wedge provides maximum cushioning and stability, dual density EVA midsole with 'V' channel design for stability and extra protection against overpronation and oversupination, counter-reinforced stabilizer providing protection against pronation and counter breakdown, carbon rubber outsole with houndstooth tread design delivers excellent traction and durability on all terrains. Sizes U.S. 6-13, widths D, 2E & 4E. Price £49.99.



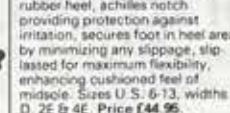
Model M570. A soft, flexible cushioned shoe for runners who pound the road. Features include: ENCAP wedge, EVA midsole, Blown outsole with carbon rubber heel, achilles notch providing protection against irritation, secures foot in heel area by minimizing any slippage, slip-resistant forefoot cushioning enhancing cushioned feel of midsole. Sizes U.S. 6-13, widths D, 2E & 4E. Price £44.95.



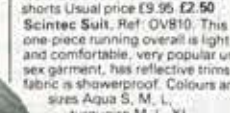
New Balance Shorts, Mens S, M, Ladies S, M, L, X/L. Usual price £9.95 £2.50 pair. Colours: grey, or Wine.



New Balance Vests, to match shorts. Usual price £9.95 £2.50. Scintec Sulk. Ref. QV810. This one piece running vest is light and comfortable, very popular unisex garment, has reflective trims, fabric is showerproof. Colours and sizes Aqua S, M, L, turquoise M, L, XL, ultra marine M, L, XL. Usual price £52.95. OFFER PRICE £39.95.



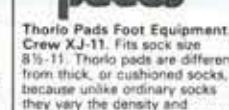
Trailbuster. Off-road shoe with superb felt running type stud, ideal for off-road training in muddy conditions, excellent traction and comfort for long runs on rough terrain. Sizes U.S. 6-12, widths 2E & 4E. Price £37.95.



New Balance SPECIAL OFFER



Slips. Lightweight cotton men's running brief. Colours: jade, blue, navy, white or striped. Price £1.60 pair.



Litsome Supporter. Sizes: 26/30", 31/35", 36/40", 41/44". Price £4.50.



ASL Ron Hill Marathon Socks. Colours: blue or white. Sizes: 3-9 or 9-11. Price £2.25 pair.



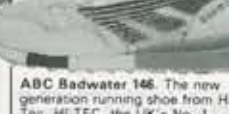
Polisoxx Runner. Sizes: 3-7 or 7 1/2-11. Price £2.55 pair.



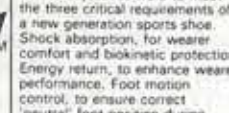
Polisoxx Racing. Sizes: 3-7 or 7 1/2-11. Price £2.50 pair.



THORLO Pads



Thorlo Pads Foot Equipment. Crew XJ-11. Fits sock size 8 1/2-11. Thorlo pads are different from thick, or cushioned socks, because unlike ordinary socks they vary the density and placement of the protective pads within each sock and there is a specially designed uniquely engineered Thorlo sock for runners. Price £6.95.



XJ-13. Fits sock size 10-13. £6.95.



MINICREW JMX-11. Fits sock size 8 1/2-11. Price £6.25.



Spenco Polysorb Replacement Insoles. U.K. shoe size 5/6, 7/8, 9/10, 11/12, 13/14. Price £11.95 pair.



Spenco Standard Insoles. Sizes: 5/6, 7/8, 9/10, 11/12, 13/14. Price £10.50 pair.



Spenco Full Length Arch Supports. Sizes: 5/6, 7/8, 9/10, 11/12, 13/14. Price £17.95 pair.



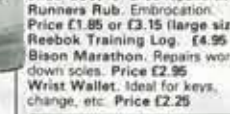
Spenco Orthotic Arch Supports. Sizes: 5/6, 7/8, 9/10, 11/12, 13/14. Price £17.95 pair.



Spenco Heel Cushions. Sizes: S, M, L. Price £3.99 pair.



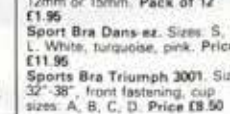
Spenco Ankle & Wrist Fitness Weights. Colours available: black, grey, rose. Weight 1 lb. PRICE £11.90 pair. Weight 1 lb. PRICE £14.95 pair.



Spenco Blister Kit. Price £2.95.



Spenco Second Skin. £2.10.



Spenco Adhesive Knit. Price £4.25.



Chariot CC Training Shoe. Comfort crafted running shoe gives total foot comfort, not just heel cushioning. Sizes: 6-13. Price £44.99.



Argent. Superior cushioning and patented support. Sizes: 6-12. Price £49.99.



Super Nova. The latest Brooks shoe, for versatile performance with multi-surface outsole. Sizes: 6-12 inc. 1/2 sizes. Price £29.95.



Brooks SPECIAL OFFER



Trilogy. Only sizes: U.S. 5, 5 1/2, 6, 6 1/2, 7, 7 1/2, 8. Usual price £59.99. OFFER PRICE £24.00.



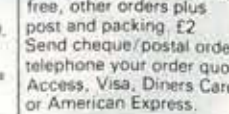
Brooks ACCESSORIES



Shoe Bags. Bourne Sports, with zip pocket. Price £2.00.



Asics with zip pocket. Price £3.95.



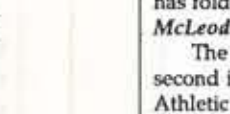
Nike. Price £3.85.



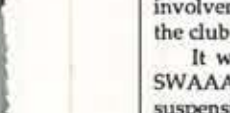
New Balance. Price £3.75.



Reebok. Price £2.50.



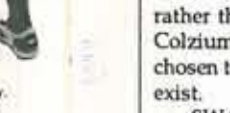
Shoe Goo, for shoe repairs. £3.99.



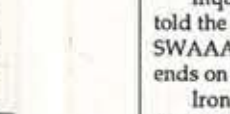
Runners Rub. Embrocation. Price £1.85 or £3.15 (large size).



Reebok Training Log. £4.95.



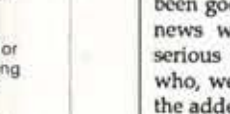
Bison Marathon. Repairs worn down soles. Price £2.95.



Wrist Wicket. Ideal for keys, change, etc. Price £2.25.



Frank Shorter Training Jersey. Royal plain with Frank Shorter badge on arm. Sizes: XS, S, M, L. SPECIAL OFFER PRICE £7.95.



Colour: purple with Frank Shorter badge on sleeve and large Frank Shorter logo on chest. Sizes: XS, S, M, L. Price £8.95.

up FRONT

Rules prevent 13 year old competing for Glasgow AC

A 13 YEAR old schoolgirl is being forced to serve a full nine month ban before she can compete for Glasgow AC, despite the fact that her old club has folded and are no longer taking part in competitions, writes Rhona McLeod.

The story began in August last year when Linzie Kerr, who is ranked second in the UK for her age in the high jump, resigned from Colzium Athletic Club to join Glasgow. She felt that Colzium were ailing somewhat and her athletic progression depended on joining a club which was able to compete in higher standards of competition.

At the time the club was facing problems due to their lack of coaches in relation to the number of athletes in the club. There was less parental involvement than there had been in the past, making it very difficult for the club to continue to run with the efficiency it once had.

It would have been possible for Linzie to avoid a ban under the SWAAA's ruling that Girls and Juniors may change club without suspension if the first club agrees to the move. However, it was felt by Colzium at the time that moves such as Linzie's were further contributing to the downfall of the club and so no letter of release was given.

In October, Linzie obtained a pink transfer-of-club form which she would have had to return to the SWAAA, along with a letter of release from Colzium, in order to avoid a statutory nine month ban under SWAAA rules. Jim Kerr, Linzie's father, telephoned the secretary of Colzium, Tom Bolan, to ask for her release from the club, but was verbally informed that the club was not prepared to accommodate the request. Thus the pink form could not be returned to the SWAAA.

Last month, on March 30, the SWAAA executive confirmed that the nine month ban could not be waived, despite the fact that Colzium had disbanded the previous month.

It is not the principle of the suspension which now angers Jim Kerr, rather the fact that he says his daughter was never formally notified of Colzium's feelings regarding her resignation - and that the SWAAA has chosen to continue the ban on behalf of a club which on March 30 did not exist.

SWAAA secretary Ruth Booth made the executive's situation clear. "We cannot force a club to release a girl or junior athlete. We can merely give them the opportunity to have the nine month suspension waived if they so wish by formally releasing the athlete."

Inquiries by Scotland's Runner indicate the despite folding, Colzium told the SWAAA they were still unwilling - as is their entitlement under SWAAA rules - to agree to release Linzie before the nine month period ends on May 18.

Ironically, if Linzie had not resigned from Colzium, but stayed until they finally disbanded, she would be free now to compete for her new club Glasgow AC. Meanshile, Colzium's Tom Bolan said he did not want to comment publicly on the affair.

Dundee boost

LIZ AND Peter McColgan have given the Dundee 10K on May 14 a huge boost by entering the event.

A delighted council spokesman said: "Up till now, the number of entries for the 10K have been good, but we hope that this news will boost the entries by serious runners and also others who, we hope, will be drawn by the added incentive of being able to run alongside Liz McColgan."

Indoor track

WEST LOTHIAN hopes to provide a national centre for athletics in a new £1.7 million sports complex in Bathgate, due to open in October this year.

The complex located in Balbardie Park of Peace, will provide Europe's first indoor 100m sprint track. The nine lane track, along with long jump and pole vault facilities, will be housed in a building donated by the Rover Group.

Tom Scott race hits trouble

ONE OF Scotland's premier road races has been called off after the withdrawal of its sponsor. The Tom Scott Memorial 10-mile road race has been held every April since 1962 and invariably attracted the big names.

Past winners include Lachie Stewart (twice), Ian McCafferty (twice), Jim Brown (three times) and Jim Dingwall (four times). Brown's record for the original fast course was 46-33.

The race was run to commemorate Motherwell YMCA Harrier Tom Scott who died in a road accident in 1960. The original course followed Tom's training route to work in Motherwell.

An attempt is being made to find a new sponsor to allow the race to take place later in the year.

Dairy Crest back juniors

FORTY young athletes attended the Scottish Junior Commission's annual get-together in Glasgow on April 8 and 9. The weekend included training at the Kelvin Hall and talks on issues ranging from injuries to training grants.

Dairy Crest have increased their sponsorship of the commission by 25 per cent.

Ayr Seaforth building up

AYR SEAFORTH have secured a sponsorship from local building contractors AC Moir.

The two year deal, with an option for a third, has been welcomed by Grant Harrower, secretary of the 400-strong club, who said, "The money will be directed towards encouraging and improving coaching at all levels, and assisting club members with potential and teams to travel further afield for track and field competition and road races."

"It will take the pressure off club officials who are always faced with fund-raising headaches."

£82,000 award for athletics

FOR THE first time ever, the Scottish Sports Council has awarded a single grant allocation to cover all the associations in Scottish athletics. The award of £82,000 was made on April 13 by Mr Raymond Miquel, the chairman of the council.

In previous years the SAAA, SWAAA, SCCU and SWCC&RRA have each submitted an application for a grant, but this year's single grant allocation has been made possible by their co-operative, joint submission for grant aid.

The award of £82,000, according to the Scottish Sports Council, is "a significant increase on previous years".

The cheque was received by representatives from each of the various athletic bodies after we went to press on this issue of the magazine, and it is thought to represent a significant boost towards preparations for the Commonwealth Games.

Ragu behind women's race

THE PRINCE and Princess of Wales Hospice has been given a major sponsorship boost for the sixth annual Strathclyde Womens' 10K Road Race which takes place on Sunday, June 18.

Ragu, the new pasta sauce, is backing the race with £15,000. The event, for which a limit of 3,500 competitors has been set, is being called The Strathclyde Ragu 10K OK, and with a committed marketing policy to encourage women in sport, Kap Varma, senior marketing manager for Ragu, commented: "We are delighted to be involved in this event, and hope that it will encourage more women to think about healthy diet and lifestyle, and to realise the benefit of taking up a sport such as running."

As a lead up to the Glasgow 1990 event next year, international teams have been invited to take part. These include Scotland, England, Ireland, Wales, Belgium, France and Italy.

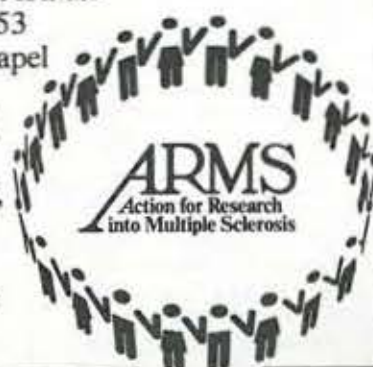
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up FRONT

Commonwealth Games standards still stringent

THE UNCERTAINTY over what Scottish athletes must do to make next year's Commonwealth Games has been removed, writes Michael McQuaid. The SAAA and the SWAAA have announced that all athletes who achieve the "A" guideline will go to Auckland, up to a maximum of three per event and subject to fitness.

The news has been welcomed by Olympic 400 metres man Brian Whittle, who says the Scottish team should now be bigger than originally feared.

Four months ago athletics officials were stunned when the Scottish Commonwealth Games Council proposed that only six male and eight female athletes should go to New Zealand.

Angry athletes soon made their feelings known and now, following talks between the SAAA, SWAAA and the executive committee of the council, it has been agreed that the previously laid down "A" guideline will in effect become a qualifying standard.

"No upper limit on team size has been set and consideration may be given to athletes who do not quite achieve the 'A' guideline," say the SAAA and the SWAAA in a joint statement.

"With the previously announced 'B' guidelines having been discarded, however, the closer an athlete gets to the 'A' guideline then the greater is his or her chance of receiving such consideration."

The minimum team sizes, regardless of guidelines, will be six men and eight women.

Bob Greenoak, SAAA general secretary, said he hoped athletes would welcome the move. "They now know that if they achieve a certain performance they will make the team, whereas previously even if they did achieve the 'A' guideline they would not be sure of selection. Now they know where they stand," he stated.

During last season only 10 Scottish athletes achieved the "A" guideline, which officials say is a time or distance they must achieve to be well-placed in a final.

However, Brian Whittle said he was "pretty pleased" with the new policy. "I don't think anyone

would dispute that if you can't make the 'A' guidelines you are not going to get very far in the Games," he said.

"Now every athlete in Scotland has something to aim for - they all know exactly what the qualifying criteria is and it is now up to them. This is a far better situation than we had before with the proposal for only six men and eight women. Nobody knew who would be going."

"I can't speak for every athlete, but from my personal point of view and going on what others have said before this sounds fine, and, hopefully, we'll have a bigger Scottish team now."

Whittle's only worry is that another poor Scottish summer will hamper athletes' attempts to make the qualifying standard, but he pointed out that there are many "B" competitions at international meets which could give them the opportunities they need.

League doubled!

THE GRAMPIAN Television Athletics League celebrates its tenth year by attracting five new clubs, thus doubling in size and introducing the need for two geographical divisions.

In the North Division the teams are Black Isle, Nairn, Forres, Caithness and Elgin will compete. The East Division comprises of Aberdeen, Banchory, Fraserburgh, Peterhead, Arbroath and Montrose.

At the end of four meetings, the top three teams from each Division, in both men's and women's competitions, will compete for the Grampian TV trophies at the final meeting at Peterhead on September 10.

NITH VALLEY'S Kathleen Lithgow is to benefit from the Alloa Brewery Trust Fund.

Kathleen, whose list of achievements includes selection for the Great Britain junior team and a 200m gold medal in the British Schools Championships, will use the money from the award to help her achieve her objective of being selected for the 1989 European Junior Championships.

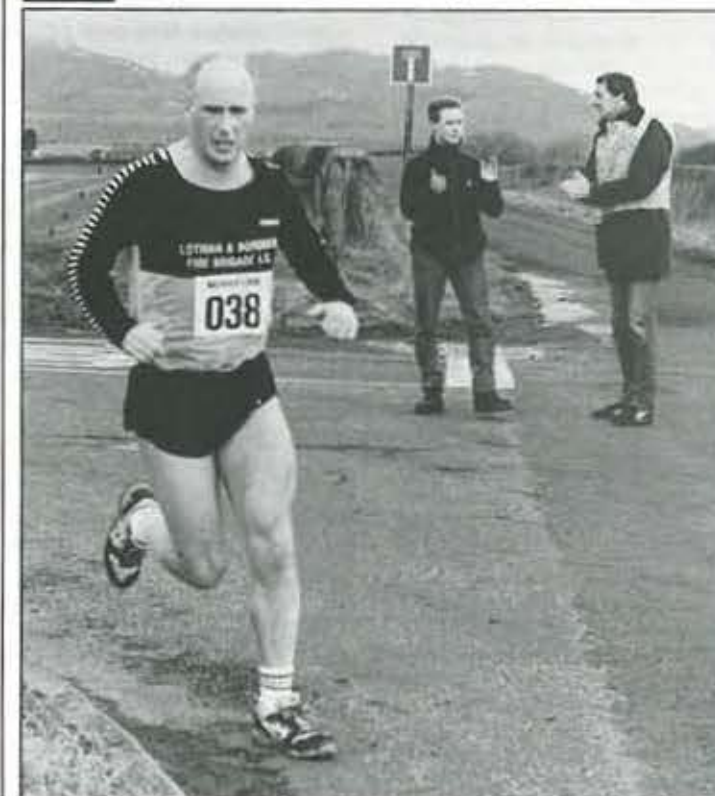
CAPTION COMPETITION



The winner, by eight lengths and a neck, of last month's Caption Competition was Alan Hunter, of 5, Crocus Bank, Ayr.

Alan has the bookie saying: "I'm moving Tommy Murray to 4-1 on. He's now claiming a 7lb allowance." (For those of you who don't know Tommy, his build is - well - slight following earlier anorexia problems.) A subscription is on its way to Alan.

This month's competition (picture by Alex Ewing) shows Andy Colquhoun, organiser of the Livingston Half Marathon, rounding a bend in the Novafone 10 Mile Road Race on March 5. Please try to resist the obvious, as entries referring to ferrets, the state of the weather, firemen's equipment etc will be immediately consigned to the bin!



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up FRONT



Charity News

Linda's target is a marathon a day for five months!

ENGLISH woman Linda Pritchard aims to be the first person ever to do a marathon a day around Britain in a fundraising run which started on April 12 at Greenwich Pier.

The Imperial Cancer Research Fund is set to benefit from the sponsored marathons, which 35 year old Linda aims to finish on September 18. This achievement would make her a record holder according to the Guinness Book of Records.

Her planned finishing date coincides with the start of the charity's ICRF Week, in which it aims to raise money and to increase public awareness of its work.

Linda's inspiration for the mammoth run was provided by Canadian cancer sufferer Terry Fox. Despite having had a leg amputated, Terry raised over 23 million dollars by running a marathon a day across Canada in 1981. Linda was in Canada at the time and saw part of Terry's "Marathon of Hope". Terry died that year, aged 23.

She described Terry's marathon as "the most incredible achievement by any human being" and she explained: "The reason for my run is the admiration I have for the many victims who fight so long and hard against cancer, and for their families and friends. We all need hope and that is why I have named my run 'Keep Hope Alive'."

Offers of sponsorship would be appreciated and Scottish runners may like to run along with Linda on June 22-26 and again on July 13-August 23 to keep her company. Would-be runners or sponsors should contact ICRF's regional centre on 01-349-4964.

£18,000 raised

SINCE setting up its Glasgow office in 1985, Sense in Scotland has received nearly £18,000 from various sponsored events. Mostly this has involved sponsored runs

and walks. Two slightly more unusual events are planned for the coming summer months.

On Friday May 5, Billy Muir and his guide-dog Wag will be crossing all the open bridges over the Clyde from Dalmarnock Bridge to the Erskine Bridge. They aim to raise money for the Overbridge Centre for deaf-blind young people.

A bit more bizarre is Cambuslang Rotaracts's sponsored snooker game. Nothing unusual in that? The team will have to carry the table to the top of Ben Nevis before they can start!

Sense in Scotland is always interested in hearing fundraising ideas and can be contacted at 168, Dumbarton Road, Glasgow G11 6XE (041 334 9666).

Pioneers

EDINBURGH Cripple Aid Society is a totally independent charity for physically disabled in Edinburgh and throughout the Lothians. Founded in 1902, the Society has successfully pioneered many ventures over the years.

ECAS was the first in this country to launch the subsidised Dial-a-Cab scheme ten years ago, which has since been copied all over the world. A new venture is being planned to interest and give pleasure to hundreds more physically disabled in the community to come along to ECAS House and enjoy, together with their able-bodied friends, a wide range of facilities and activities.

To achieve this, the Society is organising a new "Shuttle" taxi service at very low cost to clients and their friends to bring them to and from ECAS House - as often as they like!

Pleasurable integration is the aim of this project. The house has been provided with new furnishings; an updated heating system and new fittings. Activities will include sport, tea-dancing; arts and crafts; lectures; outings; music and theatre. New ideas are always welcome and additional staff have been appointed to expand and develop operations.

There is a comfortable lounge with a licensed restaurant, jacuzzi bathing and showers; multi-gym; full size snooker table and pool; studios for art and craft and a multi-purpose hall with staging and lighting for public performances.

GLASGOW AC's Elspeth Turner (above) has been making big strides this spring. Although still studying at the University of Alabama, she is no longer required to represent the university track team and consequently is spared the rigours of the collegiate circuit.

Her plans are now geared to the UK track season and qualifying for both the Commonwealth and World Student Games.

As part of the build-up, Elspeth recently took part in three of the top US road races, placing in the first six at each. A 33-34 10K in Plant City on February 25 was followed a week later by a 51-29 15K clocking at the River Run in Jacksonville. Notable scalps here included Priscilla Welsh, Jill Clarke, Anne Audain and a host of top Americans.

The third race, on March 18 in Mobile, Alabama, was a 10K run at 70 degrees and a murderous 97 humidity. Despite this, Elspeth ran extremely strongly to record a road PB of 33-12 placing fifth behind winner Wendy Sey, and defeating Commonwealth number 5, Carole Rouillard.

Before her return in mid-May, Elspeth will be running a couple of short track races prior to an attempt to better her 10,000m track best of 33-05 at the Mount Sac Relays in California. Having recently acquired a sponsorship deal on both sides on the Atlantic with Reebok, Elspeth is confident of making a long overdue impact on the British scene in 1989.

HFC cash boost

OUTSTANDING track and field performers in the HFC Scottish Men's Athletics League will get a cash boost this summer, writes Michael McQuaid.

The sponsors have announced Performance of the Month awards of £100 which will be paid into the winning athlete's trust fund. The team managers of each club in the league will be asked to submit a nomination from each match, and these will be considered by a panel of judges.

For each of the last three years, HFC have sponsored the league for £5,000. Welcoming the new scheme, League secretary George Duncan stressed: "It won't necessarily be the top athletes who will be chosen for these awards.

"All athletes at all levels are to be considered, and this should give additional incentive to the individual athlete, as well as the clubs vying for top positions."

Road race dates are announced

AN OFFICIAL SAAA Road Race Championship will be held throughout the summer season at three distances - 10K, 10 miles and half marathon, writes Colin Shields. There are four nominated races at each distance, with two races from each distance category to count for points and decide the medalists.

The races are:

10K: Dundee, April 23; Kodak, April 30; Roevin, June 2; Inverness, July 16.

10 miles: Haddington, April 16; Aberdeen, July 30; Edinburgh, August 6; Round Cumbrae, September 10.

Half marathon: Luddon, May 10; Dunfermline, June 11; Livingston, August 27; Land o' Burns, September 3.

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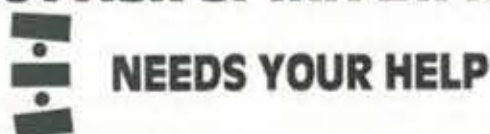
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LETTERS

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

HFC Scottish League welcomes suggestions for improvement

22, Wilson Street,
Perth.

SIR - I liked the statistical return provided by John Lunn in the April issue of Scotland's Runner.

I agree with John that accuracy depends on returns from clubs and league secretaries, and hopefully more information will be passed to him in future. Knowing John personally, I know I was being got at, although the article says otherwise, and I'm not sure it wasn't done purposely to make me reply! So here goes!

What John says is factually correct. Only Division 1 has a full programme at every match. Divisions 2, 3, 4, have a restricted programme in the field events, but a full programme in track events.

Division 1 and 2 meet at one venue, whilst Division 3 and 4 meets at a different track on the same day. To enable a full programme to be a feasible proposition for each Division, we have two alternatives:

1. Have each Division organised separately, which would double the costs and cause great difficulty in providing officials as each club would be required to find at least four each.

2. Extend the length of time a programme runs. At present it takes five and a half hours to complete a day's athletics, and allowing for travelling (as clubs compete from Aberdeen to Ayr), a club is on the go for probably eight/ten hours on each match day. To extend the programme to cover all field events would probably require another two/three hours, making the day very long for athletes and officials alike.

He also accuses the Scottish Athletic League of being restrictive. This is not the case. To prove a point, we had a qualifying match with five clubs for four places, so we could hardly start a Fifth Division with one club! If sufficient clubs were interested we would gladly start a Fifth Division!

However, John's main point is correct. The field event athletes do suffer in the set-up of league structure in Scotland. I also think this may be a reason why Scottish field event standards are away behind our compatriots from England.

John states in his article he isn't getting at at the Scottish Athletics League in a "negative" way. The League is not negative either, and I'm sure if we get a reasonable suggestion to enable us to fit all field events in at every match, the clubs will consider it at the 1989 agm. I am all for it. But how do we achieve it?

George Duncan,
Secretary,
HFC Scottish Athletics League.

P.S. One correction is necessary regarding my letter and the editor's reply in the last issue.

I did not mean to give the impression that the SAAA were "apprentices" in putting on matches - far from it, after two excellently conducted internationals at the Kelvin Hall. What I meant to convey was the opportunity for more athletes who are the "apprentices" in indoor competition to improve their standards by competing against outside competition.

From the reports I've heard from athletes who were given the unexpected opportunity, it has been a blessing in disguise. Many younger athletes who would not make the "elite" squad who were given the chance to prove themselves. But, much more important, it has given these athletes renewed commitment to improve their personal standards, and that is where the future of Scottish athletics lies. With our variable winter weather in Scotland, and the refurbishing of the Kelvin Hall to accommodate



Roddy James. Field events suffer in the HFC Scottish Leagues

indoor athletics, I foresee more and more athletes taking up indoor competition.

Further to this, I foresee more and more athletes from across the Border coming to compete in our Scottish Championships, and I reckon our international standing can be improved by the proper handling of indoor competition. Such an opportunity should not be missed, but it may take a couple of years to get our athletes primed before we hit the "high road".

What was the
point of lists?

5/3, Boat Green,
Warriston Road,
Edinburgh.

SIR - I noted with interest the statistics provided by John Lunn of Leeds City AC and the National Union of Statisticians, but in true statistical fashion the results leave the reader to ponder firstly the point, and secondly their usefulness.

Can we conclude from these results, as the article headline suggests, that ESH and EAC are the best clubs in Scotland? Personally I felt that the statistics were a bit pointless, and fall into the old media trap of misinterpreting "athletics" as "track athletics".

Although the track boasts the "stars", I'm sure the majority of us would argue that the "best" clubs adopt a more cosmopolitan approach. To the average punter, surely the roads, cross country, vets, hills and getting to the bar are as important as running round in circles. Or is this "Scotland's Track Runner"?

Albert Catfish

Not enough
depth given

3 Appin Terrace,
Edinburgh.

SIR - I noted the quick publication of the results for the Scottish Cross Country Championships at Hawick in your April 1989 publication.

I also noted that a "competitor" of yours published the results for twice as many finishers as yourselves. The publication concerned gave the first 100 finishers (not your 50 finishers), in the senior race, and the first 2000 in the English senior race, where results for the one race ran over four pages.

Surely you, "Scotland's Runner", could have given similar coverage to the Scottish senior race. I was lucky enough to finish in the first 50 (though some would say 13th was unlucky). Many of the people I train with were disappointed with the extent of your coverage of the results.

One consolation is that David Ross (who finished 72nd) has got his coupon on the front cover. Thank you.

Iain Steel

Alan Campbell writes: And George Duncan thinks he's being got at! I am grateful, though, to Messrs Catfish and Steel for demonstrating that it is impossible to please everybody in a market with such wide interests.

LETTERS

Can SR readers help NUTS?

15, Beech Hey Lane,
Willastone,
South Wirral,
Cheshire.

SIR - The National Union of Track Statisticians is planning to publish a book later this year which will list all of Britain's international athletes. This has not been attempted before, and for a number of reasons is no easy task.

I am compiling details of the male internationalists, and I wonder whether any readers of Scotland's Runner can help with information about any of the following. The details required are usual first name and/or birthdate, and for guidance I have indicated when the athletes made their GB appearances and in which events:

SS Beattie (VPAA) 1937, LJ; RH Boyd (VP) 1946, 440; F Buckley (Haddington) 1908, SC; Alister Clark (Ed Un) 1927, 110H; James Crawford (Shett) 1929, 100; Kinnaird StC Cunningham (VP) 1933, HJ; T Downing (Hadd) 1908, SC; RC Duncan (W of Scot) 1906-12, 100/200; Robert Graham (Maryhill) 1936-37, 1500; WL Hunter (Ed Un) 1920, 110H; LJ; C Herbert Johnston (EAC) 1924, 5000; GC Kerr (Glas Un) 1924, HJ; John P Laidlaw (Ed Un) 1933, 3000; John McGough (Bella) 1908, 1500; Duncan McPhee (W of Scot) 1920, 1500; Robin Murdoch (Bella/Atlanta) 1931-38, 200; AM Murray (Ed Un) 1923, HT; Andrew C Nicolson (W of Scot) 1906-20, SP/HT; R Quinn (Bella) 1908, Walks; Frederick P Reid (Atlanta) 1931-33, 100/200; Thomas M Kiddell (Shett) 1929-35, 1500; RNM Robertson (Glas Un) 1933-34, LJ; John S Smith (Dundee Thia) 1928, 10,000; Arthur P Spark (Aber Un) 1924-26, SP/DT/HT/Dec; Graham Stark (ESH) 1959, 1m; Ronald Whitelock (VP) 1937, 100; James F Wood (Heriots FP) 1929, 5000; Robert B Wyld (Atlanta) 1937, 400; David Young (Glas Pol) 1937-38, DT; GW Young (Bella) 1908, 400; Ian C Young (Atlanta) 1933, 100.

Any data which can be added will be gratefully received by me at the address given above, and will be duly acknowledged in the publication.

Bob Phillips

The streets of London are paved with sleeping bags - or, no one night stands!

3G, Cluny Avenue,
Faisley,
Clydebank.

SIR - I am an avid reader of your magazine, or should I say *our* magazine, as it appears to cater for many different classes of runner. It also gives everyone a chance to voice their opinion on various issues which affect runners young and old, male or female, slow or fast. It makes no difference which category you are in - the magazine is for everyone.

I myself have had no reason to complain over the past four years in which I have been running. For the past ten months, I have been a club runner. I can only say this has benefited me tremendously. It is hard work, but I am getting there.

Out of all this came the opportunity to run in the London Marathon. This has always been my main ambition. I applied, and was accepted. I received my registration form with all the instructions which were quite straightforward, but there was no information enclosed regarding accommodation available.

I did not think this would be a problem. But despite collating my own list of hotels and bed & breakfast places, and "running up" a massive telephone bill in the process, I did not have much success. I was looking for accommodation for one night, this being the Saturday night, as I will have to work on the Friday, travel all night on the Friday, and register on the Saturday. I was hoping to stay overnight in London and travel back to Glasgow on the Sunday evening.

I thought it was all going to be straightforward, just a matter of picking one, but no, it was not to be. The reply I got from each was that it was not worth their while taking a booking for one night when they could probably get a booking for two nights. I was duly informed that I would have great difficulty in securing accommodation for just one night.

I can already hear the moans as this letter is read by runners who could not even secure an entry for the marathon, that they would sleep in the park for a chance to run. Don't worry, I intend to do that myself if need be, but I think it would be ridiculous if I had to do that.

The point is that all my months of hard training, through wind, sleet and snow I may have to forfeit a good night's sleep in a comfortable bed just because some hotel and guest house owners want another night's money from me. One interesting point during numerous conversations over the phone to them was the ones who advised me that I would have great difficulty in securing accommodation, and did not relent to take me for one night, were in fact "Scottish".

If this letter is printed, I will reply and let you know how I fared in the accommodation stakes and in the marathon. I think it is terrible that finding accommodation should take precedence over running the marathon.

Ronnie Keith

City slickers take to Tay

27, Danes Drive,
Scotstoun,
Glasgow.

SIR - It was worth getting up at (what felt like) the crack of dawn to make the journey from Glasgow to Arbroath for the first women's ten mile road race there with its appropriate label, "The Smokie's Ten".

There's always a great atmosphere at these women-only events and as we walked the short journey from the superb Arbroath Sports Centre to the start there were plenty of friendly exchanges. The note accompanying the route map promised that the testing run up the 2.5 mile "undulation" would be rewarded by panoramic views of the silvery Tay. So it must have been the view that left us so absolutely breathless at the top.

After the halfway stage it was a downhill and flatish route back to the sports centre and hot soup, unlimited tea and coffee, and superb stories and bannocks. Plenty of hot showers comforted the exhausted, while those with the inclination for more active pursuits could go for a swim.

The four of us from Glasgow Athletic Club had the added pleasure of watching Janet McColl receive her attractive trophy and commemorative mug for her win in 60-21, a time announced as "a new course record" when she crossed the line! There were also excellent spot prizes for us "also rans". These included plenty of pairs of smokies of course!

We also took away the memory of a scenic if challenging ten mile run, and the resolution to return to the Arbroath Footers home territory for next year's Smokies Ten.

Pat Heppell,
Glasgow AC.

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

The official view 1...

24 Victoria Green,
Dunblane.

SIR - Like John Wands, I also found the Scottish Under-19 Indoor Championships lacking organisation in some respects.

Arriving at the Kelvin Hall early in the morning in order to report an hour in advance of the first events, the boys I brought found officials not ready to take declarations.

One boy, qualifying for a final three jumps in the Junior long jump, told the officials he was going to report for the 60 metres and was informed he would get a jump at the end of a round. When he did arrive back he found the competition over, and no chance of any of his final three jumps.

Two athletes went off to warm up for the 60 metres hurdles to find no hurdles in the warm-up area. They asked an official if they could warm up over the hurdles on the track, but this was not allowed. On asking where they could warm-up over hurdles, the official had no idea.

It was only after pestering officials by sending up another two boys (who were not competing in the hurdles) to ask where they could warm up for their hurdles event, that hurdles were finally put in the warm-up area. Surely at a Scottish Championship this should have happened automatically?

Fiona Laing

Official view 2

12, Crawford Gardens,
Burnside,
Glasgow.

SIR - You occasionally publish letters which are critical of officials. Maybe I have been lucky, but I have found Scottish officials most helpful and efficient.

A recent example was the British Veterans Indoor Championship at the Kelvin Hall. Faced with a last minute change in time for the various age groups in the field events, the officials reacted calmly and sensibly and tried to round up the athletes concerned. They also showed great patience with the requests we veterans made - a good example being four take-off markings for the triple jump!

Having team-managed at various venues in England, I rate our officials tops.

Alan Graham,
Cambuslang Harriers
and Inland Revenue AC.

Although we are already very proud of the wide selection of readers' letters we receive, look out from now on for our "Letter of the Month", which next issue will be sponsored by Brooks!

Athlete's view

3 Lea Rig,
Forth.

SIR - I was very disappointed when I was reading last month's issue. I was reading the results of the National Under-19 Indoor Championships, and noticed the winner of the Youths 400m was missing.

As I was the winner, and this was my first "big" championship, I bought your magazine expecting to see my name in print. Also the Juniors 800m and the Senior Boys 200m were missing. Is there a reason for this? Could you please tell me!

Robert Turner,
Forth Road Runners.

APOLOGIES to Robert for omitting his result, and also for the absence of the others he mentions. Given that space for results is limited, the choice of which marks to record from track and field meetings is left with our compiler, who must evaluate which to include and which to leave out.

There are a number of criteria for this, not least standard of performance, but in this instance our compiler regarded it as essential to include all the Junior results and to choose the remainder by discretion.

Carl has got it right!

55 Silvertonhill Avenue,
Hamilton.

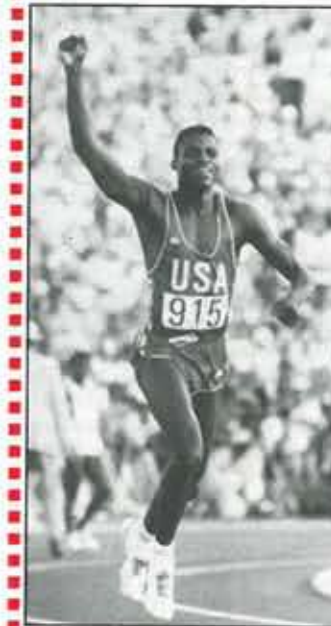
SIR - Allan Wells was way out of order for criticising Carl Lewis's exposure of the drugs menace in athletics. "Name names, provide definite evidence, or else shut up," seems to be Well's philosophy.

Fine words indeed, but Allan must realise that to provide such irrefutable evidence to the athletics world is fraught with difficulties.

In the last few months evidence and admissions have been emerging from various sources. It is acknowledged within athletics itself that drug taking to enhance performance has become a problem.

Lewis's attitude is the more admirable. As one of the greatest athletes ever, he puts his own reputation on the line. Sadly, Allan adopts the ostrich syndrome: "Pretend the problem doesn't exist and it'll go away."

Ken Morrison



"Amateurs" could learn from "pros"

44 West Muir Road,
West Calder,
West Lothian.

SIR - I had the pleasure of witnessing some sparkling performances from "professional" athletes at the Scottish veterans indoor championships at the Kelvin Hall earlier this year.

John Steede, Bert Logan, Willie Edgar, Brian Wilkie, Willie Russell and Willie Temple all won gold medals, with numerous silver and bronze medals being picked up by their "pro" colleagues.

A rather sad aspect of the championships was the non-participation of many of the pro-runners who had been led to believe that they were ineligible to compete. The question of the eligibility of pro-athletes in veteran events is still a grey area and requires classification from the authorities.

John Steede's triple gold medal feat, 60, 200 and 400, deserves special mention, not only for being a major achievement in itself, but to highlight the fact that veterans can still make a major contribution to athletics even when past their prime. (John also coaches, and trained this year's New Year Sprint winner Tommy Finkle from Jedburgh.)

So, what is it about the pro-circuit that regularly produces an array of top class veteran performances?

It is simply this. The professionals' unique handicap system motivates these veteran athletes to maintain a level of fitness, which guarantees them a chance of success against younger and fitter competitors on the professional circuit.

It's a pity that the amateur associations don't adopt similar systems with a view to directing their sport towards the athlete at grass roots level, rather than the system of elitism which currently exists.

Keith G. Redpath

NEWSAGENT ORDER FORM

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LETTERS

LETTERS

Stop this poetic injustice

36, St Giles Square,
Camelon,
Falkirk.

SIR - It is long past time Scottish sport arose from off its knees and ceased paying subservience to English bodies purporting themselves to be British bodies. The machinations removing us from the World Cross Country Championships were a damned disgrace, reflecting no credit on the Scots involved, for whatever reason.

I thought gymnastics had no place in Scotland's Runner, but now I'm not so sure. Space to other sports would give us a flagship to present and substantiate our case, with sports bonding together for the benefit of Scottish sport.

Having difficulty in competing at European level due to finance - or rather lack of it - we have now bureaucracy to deal with. We must not allow ourselves to be singularly picked off.

Try telling football, curling, rugby and bowls we can't compete at world level! Let us use those sports to promote our future and let us not be bought or sold for English gold.

"The rose of all the world is not for me

*Give me for my part
The white rose of Scotland
It is sharp and sweet
And breaks the heart"*

McDiarmid

Hugh McGinlay

Action needed

Kilmacoll Road,
Greenock.

SIR - This was the second year of a solo British team going to the World Cross Country Championships, and the first without a Scot being a member of

it - a sad reflection on the standard of Scottish athletics.

Who can we blame? Is it the athletes who don't train hard enough, are they just not good enough, or is there maybe some other underlying factor?

Perhaps some athletes do give up, thinking they don't stand a chance, but these would be a very small minority as the very nature of the sport is to be competitive both in racing and training.

No, I think what Scottish internationals could do with is more competition abroad and in England. At present Scotland get two invites a year to the IAC international (Cardiff) and the Brooks CC Races (N. Ireland) - hardly what you would call a busy calendar. Occasionally the BAAB gives us a trip abroad, usually to some remote hell hole that no English athlete would go to.

The SCCU should appoint someone to contact race promoters on the European circuit to find out about races, distance, course conditions, quality and depth of race field, hotel accommodation, transport etc. After doing this he should map out five or six races that we would stand a chance in, and not have to compete against two-thirds of the Kenyan team.

Then he should look at all the potential athletes who could be considered for selection, approach them, and ask if they are available, giving them plenty of notice. He should find out if the race promoters are willing to cover expenses, and if not use money from the SCCU funds to send a three man team with or without a team manager.

If this were done and the athlete performed well, I'm positive it would lead to a return invite in future years, and also to other races, but it will need to be implemented next season, before the new British Athletes Federation comes into effect, as they will take over control of Scottish athletics and their funds.

I think ultimately the BAF will do away with sending four teams, i.e. Scotland, Wales, N. Ireland and England, to events and make it a GB team as is sent to the World Championships. We must act now before it's too late.

Tommy Murray

Tom Scott Memorial Race grinds to a halt after 26 years

15, Dunure Drive,
Garnock,
Hamilton.

SIR - I hope you will publish my letter in your continually improving magazine.

For the last 26 years the Tom Scott Memorial 10 Mile Road Race has launched the summer season of events held under the jurisdiction of SAAA. Unfortunately, due to the withdrawal of the original sponsor, the race will certainly not be going ahead at its usual time this year and indeed may not even take place at all. However, given the history of the event it would be a shame if Scotland's premier 10 miler was allowed to disappear without trace from the sporting calendar.

The race was first run in 1962 to commemorate the untimely death of Motherwell YMCA Harrier Tom Scott, a former club champion and Scottish YMCA internationalist, who was tragically killed in a road accident while travelling to a race in England in 1960. The memorial race, which was held between 1962 and 1984 over Tom's training route from his home in Law to his work in Motherwell, consistently produced fast times over the predominately downhill course.

However, due to Satchwell-Sumvic vacating its Motherwell premises, a new tougher course was used in 1985 before the race returned to its original route, albeit that the finish was now directed into Strathclyde Park.

The stature of the event was further enhanced in recent years with the decision by the Scottish Veteran Harriers Club to hold its championships in conjunction with the race.

Yet its true stature can really only be appreciated by studying the list of previous winners and their times, which read as a Who's Who of Scottish distance running over the last two decades or more.

Hopefully it is not too late for the race to be held later in the year, providing a new sponsor can be found. If not, perhaps the SAAA could use some of the revenue which it has received in recent years from the boom in road running (for example £22,622.50 from "People's" events in 1987 as reported in your magazine of November 1988) to rescue the event for this year, and thus provide the original winner and race organiser Andy Brown with some breathing space to attract a more long term sponsor.

David Cooney

Keeping the price as low as possible

Burncrook,
Upper Bayble,
Isle of Lewis.

SIR - Stornoway Running Club do not wish to rip anyone off or disown our nationality. We had genuinely believed that it was mandatory for us to charge the non-affiliated fee. Since Colin Hamilton has been good enough to point out our mistake we will (adopting Scottish customs) refund 50p to any unattached runner in this year's half marathon and in future years we will charge a flat rate which we will try to keep as low as possible.

On a completely different matter we, together with the local canoe club, are organising a charity relay run/paddle from Barra Head at the southern extremity of the Western Isles to the Butt of Lewis in the north. This will take place on 7 and 8 July, and we would be grateful for any help your readers can give with publicity, sponsorship, and advice.

Alan Cunningham

ALLAN WELLS

SPRINTERS tend to get a raw deal when it comes to magazine space. In fact, everybody except middle distance runners gets a raw deal. There are more words written about the stars of middle distance than there are stars.

How to run a marathon. How not to run a marathon. Who wants to run a marathon? In fact, who in their right mind would run four or even two laps when they only have to run the length of the straight? And as for the 26 miles? No thank you.

So, this article is for sprinters and only sprinters. If the slower human beings of this world wish to read on and be enlightened please be my guests, but I promise you there is not a mention of repetition 600's, early morning runs, or numbers of miles per week anywhere.

Being a British sprinter is no longer the laughing matter it used to be, and in order to be included in the British sprint squad you have to be capable of running under 10.30 seconds.

Sprinting as an event brings with it certain pressures that no other event has to deal with. The psychological problems of knowing that the slightest loss of concentration could cost a yard can only be handled by the very tough.

In a world class line-up, there could be as little as a metre separating the whole field. Therefore it is essential that somewhere in the training programme the athlete is subjected to stress and taught how to handle it. If training involves the fastest sprinter winning every time, then he is being protected against the real world.

The psychological tricks are not only subtle, but downright devious. How many starters pick up the slight movement of the shoulder in the "set" position, which is enough to cause the athletes on either side to false start? Only the very best.

In order to learn to cope with the problems of sprinting, it is essential that a type of handicap system is used. This method of training not only stretches the fastest person in the squad, but also the slowest. It allows the whole squad to be utilised at the same time and benefits everyone. It is sometimes argued that the "hare" is being used, but then so is the "greyhound".



The slowest person in the squad is given the furthest start, and the rest of the group handicapped in such a way that the whole group should, in theory, finish on the line together. This would be difficult to predict in a proper race, but in a training session where the coach knows all the athletes involved it can produce very closely contested races.

The fastest person in the squad

"If you think that being beaten by a training partner does not matter, then think again"

knows that if he does not produce his best running then he will be beaten, and likewise the slowest. If you think that being beaten by a training partner does not matter, then think again. It is in training that the athlete learns how to get the best out of themselves.

How to deal with the athlete who tries to put you off by talking, shouting, keeping you waiting is learnt in handicap conditions. They will take their tracksuits off slowly, decide in the "set" position that they are not ready, try to take "fliers", and generally do their utmost to win.

If the system is used correctly then the fast athlete can be "pulled" to produce fast times. This gives the athlete

confidence and enables him to run at top speed with maximum relaxation. If he shows any sign of tension while trying to catch the people in front, then his performance will suffer and consequently he will run slower.

Similarly, if the person at the front tenses at the thought of everyone else catching him, then he will not only be caught but passed as well.

In order to stay relaxed, the athlete must concentrate on the technique of sprinting. What technique? You just move your arms and legs as fast as you can for as long as you can and the person that does it the longest wins!

Nothing can be further from the truth. If you do not have an established technique to concentrate and hold on to, under pressure you will tense. How often do we hear our informed friends commenting on the television saying, "Jimmy Bloggs is concentrating on keeping his knees high," when really in order for the knees to come up high at the front the athlete has to concentrate on driving *behind*, thus allowing the knees to come up as high as a reaction to the drive, and not just by pulling up his knees.

Or, "Jimmy Bloggs is punching his arms up high" when really the arms come up high in the front as a reaction to pulling and driving the elbow *backwards*.

I wish our learned friends would keep quiet or at least try to educate themselves about the event. It is a common assumption that 90 per cent of the viewers must be blind, which causes them to make comments like,

"They are off," and, "Bloggs has a great start," - and is two metres down at thirty!

If only they would say nothing until the athletes have run 30 metres, the race would be much more enjoyable to watch and listen to. But then everything is always easier sitting in the armchair at home.

How many times have people made the comment: "I could have won that race," except for the fact that they were not in it!

Could *you* handle the pressure, or is it easier to sit in the chair and dream?

In our previous two issues, Roger Booth chronicled falling athletics standards in Scotland, while Eric Simpson suggested that our coaching system required to be overhauled to remedy the situation. This month two more leading coaches join the fray. On this page Scottish national coach David Lease says the problem is caused by factors outwith athletics, such as the 40 per cent drop in birthrate since 1946. On the next three pages Derek Parker forgoes his usual monthly advice to readers to proffer very different reasons for Scottish athletics being in the doldrums - defeatism and lack of vision. YOUR views are also invited.

PEOPLE who were unaware that Scottish athletics is having difficulties maintaining its junior standards would be left in no doubt of the very real problem once they read Roger Booth's article in March's Scotland's Runner.

We should not be surprised at the statistics presented, nor is there any hidden menace that causes the figures to look rather sorry. As Roger states, the same trends can be identified throughout Britain as a whole. The same study, taken further, reveals similar stories in most Western European countries, especially Finland and West Germany. Anyone attending the Great Britain versus West Germany match at the Kelvin Hall will appreciate we are not alone!

The reasons for the difficulties are reported daily, in newspapers and on television. School closures, falling rolls, and the closure of Jordanhill, Scotland's famous men's physical education college, reflect a 40 per cent drop in the birth rate. Industry is failing to get the required number of graduates. Teachers' strikes, government cuts for education funding, trends in physical education leading to examinations, increased pressure in finding employment, and alternative leisure attractions have all helped to erode the traditional strength of competitive sports. Recent studies of school age children suggests that their fitness levels have dropped alarmingly!

The Thistle Award, Scotland's athletic encouragement scheme, received 9,000 claims for badges and certificates in 1988 compared with over 13,000 in 1984.

Without the spotlight of television on our sport, a strong coach education programme which has turned out over 700 new coaches in the last five years (one does not ignore their relative inexperience, but only time can cure that), and the improvement in facilities, our plight could be very much worse.

1. Fall in birth rate

The statistics show that the peak of population coincides with our junior athletics at its strongest (100,660 children born to be 15 years old in 1980). Children who are currently 15 come from a year in which only 74,392 were born, and the extent of our problem is realised when we see that those who will be 15 in 1992 come from a year in which there were only 62,342 births!

The statistics do not show that at the

1986 Commonwealth Games, all but two of Scotland's finalists (men and women) were either 21 and under or 28 and over. More, four of our five individual medalists were 21 or under. Sandra Whittaker and Kaye Jefferies were both 23 years of age. The missing age group, 22-27, were 15-21 in 1980, and 11-17 in 1976.

2. The teachers' action

For a time, school sport was totally dismantled and many children did not receive the competition opportunities of their predecessors.

3. Changes in emphasis of physical education in schools

a) The early 1960's gave birth to a more liberal approach to PE of "participation", and away from more traditional competitive sport. The result is that the practical side of PE has been under threat on the curriculum. Many schools have little sport to offer students of 16 and 17 years of age. b) Government funding of education has been cut dramatically since the late 1970's. The lack of finance means that PE specialists are a rare sight in many of our primary schools these days, and parents run school teams rather than teachers.

IN VIEW of these problems, the natural assumption that the coaches and athletes have done badly of late may not be at all fair. Certainly it would be naive to jump to conclusions and Roger Booth, being the intelligent man he is, avoided the bait and left the trap for others!

What Can Be Done?

- * The SAAA and the SWAAA have implemented a recommendation to form "Junior Commissions" to provide a focal point for talented juniors.
- * Events Days have been introduced by the Scottish Joint Coaching Committee, staffed by Scottish event coaches to provide information to all, not just squad members.
- * As national coach, I have met with Scottish PE advisors. This has resulted in three teacher "in-service" coaching days, with more at the planning stage.
- * Frank Dick, worried by the trends, persuaded the BAAB to appoint a schools' liaison officer two years ago.

ULTIMATELY, high standards depend on

the quality of each individual athlete, which in turn depends on the combined effects of nature and nurture.

However, also fundamental to athletic achievement is the provision of opportunities to try the sport, and opportunities to practice the sport. The only people who can replace any void are the athletic clubs.

The ideal way forward is a combination of school, club and community cooperation, each supported by their relevant back up services of: education authority and PE advisors; athletic associations and coaching systems, including the national coach and local councils, plus local sports councils.

The ideal club committee should ensure that it has a sound coaching structure to support the coaches and maximise the effect of their efforts.

Each club should therefore have a schools liaison person, who is acceptable to the teachers and who can visit the local schools armed with videos and posters and successfully motivate the youngsters to visit the club. (A study done in Manchester showed that only two per cent of children questioned knew where the nearest athletic club was, and how to get there!)

An "induction coach", an expert in catering for beginners, should receive the new athletes - someone who has the ability to provide interesting sessions for a multitude of youngsters.

These are simple ideas, and most clubs already implement them in some form, but it is the detail with which they are implemented that distinguishes the effective from the ineffective.

Roger Booth should be thanked for identifying the problem so clearly. The associations and their coaching committees would welcome constructive ideas that may help, and able bodies to implement these ideas. Unfortunately, if the truth be told, the clubs could not cope if all children wanted to participate in athletics. They neither have the facilities nor enough coaches.

Eventually, the progression of standards falls on each individual's shoulders, but we are at that stage of the race where we all have to run considerably faster just to maintain our position. However, it is a team race and we are all in the same team, Scotland. It therefore requires each one of us to help one another to maximise the potential of our young people. We cannot leave it to someone else!

COACHING

CLINIC

"WHERE there is no vision the people perish" - Book of Proverbs, Chapter 29: Verse 18.

A quotation from the bible might seem at first glance to be quite irrelevant to athletics coaching and performance. But a look through the March issue of Scotland's Runner will reveal just how pertinent that remark still is.

Apart from a very few notable and obvious exceptions, Scottish athletics is in the doldrums. Editor Alan Campbell quite rightly demands an inquiry into the way the sport is being run, and laments the fact that not one Scottish athlete qualified for the UK team which competed at the world cross-country championships in Norway. Alan also catalogues a series of defeats suffered by Scottish teams at indoor track and field meetings at Athens, Cosford, and the Kelvin Hall.

Turning on a few pages we came to an article by former Scottish staff coach for heptathlon, Roger Booth. It provided carefully-researched statistics to show that standards in the younger women's age groups have deteriorated over the past five years.

"Why, with the number of qualified coaches and all-weather tracks having risen severalfold, as well as the increase in both clubs and competitions, has there not been a more marked improvement in measurable performances?" asks Roger.

However, if final confirmation was needed of the fact that the sport has stagnated, it was provided a few more pages further on in the all-time Scottish men's ranking lists.

Of the 13 running events listed, seven of the top marks are at least nine years old. Of the nine field events included, seven top marks are at least five years old. Marks which have lasted for at least a decade in first place are for the 400 metres (Jenkins 1975); 1500 metres (Robson 1979); 10,000 metres (Ian Stewart 1977); 400 metres hurdle (McCallum 1976); long jump (Walker 1968); shot putt (Buxton 1977); discus (Colin Sutherland 1978); and javelin (Birkmyre 1971).

A closer analysis of these ranking lists reveals that the long-standing top marks in these events are not just ascribable to a few exceptionally-talented geniuses far ahead of their time.

For example, three of the top four marks

in the 400 metres were recorded at least 13 years ago; three of the four top 10,000 metres marks were achieved at least 12 years ago; and all but two of the top twenty 5000 metres marks were set at least eight years ago. It is food for thought that in the 5000 metres lists, the times recorded by Ian McCafferty (1972) and Ian Stewart (1970) have been bettered only by Nat Muir (1980) and are far superior to any of their modern counterparts. It is also worth noting that Lachie Stewart's 1970



Allister Hutton leads ESH home in the SCCU Six Stage relays at East Kilbride on March 25. Hutton is the only athlete for the past 12 years to have beaten Lachie Stewart's 1970 time for the 10,000 metres of 28-11.8, and one of only three Scots who have bettered it at all. Picture: Peter Devlin.

time for the 10,000 metres has been bested by only three athletes, and two of these attained their top marks more than 12 years ago.

It is said that statistics can be made to prove anything - but one does not need to be a statistician to be able to tell that from the evidence provided by the ranking lists the top athletes of the 1970's would be more than a match for most of their present-day counterparts.

So this brings us back to Roger Booth's question as to why standards appear to be falling, given the increase in the number of coaches, all-weather tracks, and training and competition opportunities in Scotland.

It also brings us back to the quotation with which I began this article: "Where there is no vision the people perish".

According to the dictionary, vision is described as the act of seeing; a vivid concept or mental picture; and a pleasing imaginative plan for, or anticipation of, future events.

It is my belief there is generally a distinct lack of vision among the vast majority of Scottish athletes today. That is why standards are not merely stagnating - they are regressing.

Like Roger Booth, I am not disparaging the efforts of contemporary athletes. Nor am I indulging in a sentimental yearning for the "good old days".

But the facts are indisputable, and 100 per cent verifiable by an objective and unbiased comparison between the measurable performances recorded now and ten years ago.

The statistics clearly indicate that athletes such as Allan Wells, the Jenkins brothers, the Stewart brothers, Frank Clement, Jim Brown, Ian McCafferty, Lachie Stewart, and a host of others were achieving marks superior to those being recorded today in Scotland.

So what did these athletic greats of a decade or more ago have which their successors do not seem to have? What was the secret of their accomplishments which still dominate the ranking lists some ten years later?

Obviously they possessed vast resources of dedication, commitment and motivation - but most important of all they were inspired by their own visions of success.

They visualised themselves winning races, running personal best times, ascending the victor's rostrum, and wearing Scottish

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and British vests in major sporting events such as the Commonwealth and Olympic Games.

In modern scientific jargon the attitudes of these athletes would be described as creative visualisation, autogenics, self-actualisation, and hypnotherapy. But the important thing was that they were successful at the highest level because they envisaged success, and because they had an indomitable craving and desire for success.

They had an unshakeable faith in themselves and their capacities for attaining their goals - and they had an unquenchable resolve to overcome any obstacles or negative factors which threatened to impede their progress.

Before Allan Wells won Olympic and Commonwealth Games gold medals, it was generally accepted in this country that it was impossible for British sprinters to scale the heights at international level.

The savants of the day all postulated various pseudo-scientific reasons why UK sprinters could not be expected to reach the top. These ranged from environmental factors, such as inclement weather and lack of training facilities, to physiological factors such as unfavourable centres of gravity in the body, short Achilles tendons, and disproportionate ratios between the upper and lower leg lengths.

Nowadays it seems ridiculous that even in athletics circles many people believed implicitly in these erroneous theories. They might still be believing in them today if Allan Wells had not possessed the determination, courage and initiative to prove the experts wrong.

The greatness and fame of athletes such as Wells does not lie primarily in the fact that they won major medals or set records. It originates in their ability to break down irrevocably the psychological, physiological, social, environmental, and cultural barriers that retarded progress for so long.

"Younger members of the community are being brainwashed into believing that life is not worth living, that hard work and endeavour is a waste of time, and that much of the employment available is 'slave labour'"

The rest is history. In the immediate years that followed, Scottish and British sprinting attained a zenith which it had never known since the days of Eric Liddell and Harold Abrahams more than half-a-century earlier. And it was all because others such as Bunney, Henderson, Sharp, McMaster, Christie, Regis, and McFarlane were inspired by the Scotsman with a positive mental attitude, iron-willed determination, unconquerable zeal - and, most important of all, unlimited vision. The lesson taught by Allan Wells should be an example to every Scottish athlete.

There were others who shared in that same vision, and whose enthusiasm, will to win, and desire to succeed took them to the very top from seemingly obscure beginnings.

Lachie Stewart, a Dunbartonshire dental technician, and Ian McCafferty, a Lanarkshire heating engineer, seldom enjoyed the luxury of training on all-weather tracks. Both belonged to an era when handicap races on muddy, grass tracks at Highland Games were the competitive norm - and when running spikes were moulded onto running shoes which inevitably had to be thrown away when one's foot struck a stone and bent the spikes, or drove them up through the sole of the shoe.

There were no trust funds, subventions, or glittering car prizes in those days. And yet, despite the lack of facilities and the absence of cash incentives which modern athletes take for granted, Lachie Stewart and Ian McCafferty became sporting legends

by winning gold and silver medals respectively at the 1970 Commonwealth Games.

They achieved immortality by remaining true to their visions of themselves and by following what they believed to be their destinies. And in doing so, they recorded during their career times which nearly 20 years later have been bettered by only a handful of athletes.

Why, then, do so few contemporary Scottish athletes share these visions? I would suggest that the main reason for this lack of vision and optimism is that there are so many negative influences being deliberately created today in several sections of Scottish society.

Every day we are told on television or in our newspapers that Scotland is very badly off and that its people are being exploited. Younger members of the community are being brainwashed into believing that life is not worth living, that hard work and endeavour is a waste of time, and that much of the employment available is "slave labour".

Politicians are mainly to blame for this atmosphere of dissatisfaction, despair, and negativism. By deliberately arousing feelings of discontent and hopelessness just to further their own ambitions, these men and women who aspire to power over the people are responsible for building the psychological and spiritual barriers which thwart and oppose goal-directed behaviour.

The declining role of the Church is another factor which has contributed to the mood of negativism. In the days of Scottish Calvinism, every man, woman, and child was exhorted from the pulpit to serve God to the best of his or her ability, no matter how humble or exalted a station in life he or she occupied.

Everyone had a purpose in life - and they were taught that they had a divine obligation to discover their mission and use it in the

service of mankind. One of Scotland's greatest sporting heroes, Eric Liddell, was a product of that era. An ordained minister, he remained true to his principles, refusing to compete on a Sunday in an event which he was confidently expected to win at the 1924 Olympic Games in Paris.

Instead, he took part in, and won, his second-string event, the 400 metres. By doing so, Eric Liddell left a legacy far more significant than an Olympic gold medal and a time of 47.6 seconds which 65 years later is still the 17th fastest in the Scottish ranking lists. He bequeathed to us an example which should give us hope and inspiration to everyone who earnestly desires success, and who wishes to fulfil their potential, both as a person and as an athlete.

We must never forget that it is all too easy to blame someone or something else when things go wrong, or when we do not achieve the success which we think we deserve. You do not need to have an honour's degree in history to know that throughout the ages people have always looked for scapegoats.

It happened here recently, when as a result of a trial race no Scottish athletes were selected for the UK team which competed at the world cross-country event in Norway.

Instead of asking ourselves why not one of our athletes was capable of qualifying for the race, many people blamed it all on the international committee which decreed that the four home countries should compete under the same flag.

This is a negative attitude. If Scottish rugby can provide the backbone of the British Lions touring squad, there is no reason why our athletes should not be making a similar contribution to UK cross-country teams. Doubt, despair, whinging, and moaning are the hallmarks of losers, defeatists, and negativists. No self-respecting athlete should allow himself or herself to be deterred or

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"Doubt, despair, whinging, and moaning are the hallmarks of losers, defeatists, and negativists. No self-respecting athlete should allow himself or herself to be deterred or discouraged by negative attitudes."

discouraged by negative attitudes.

I was impressed by remarks attributed to English youths' cross-country champion Jon Gascoyne, who told a reporter that he wanted to be Olympic 1500 metres champion in 1996, and 5000 metres champion in 2000.

Obviously he is a young man of vision, high ideals, determination, and a desire to succeed and follow his destiny. It is that sort of positive thinking which Scottish athletes must acquire if they earnestly want to fulfil their potential.

By becoming aware of their own worth, establishing specific, realistic goals, and working conscientiously, steadily, and positively towards these targets, more Scottish athletes of the present and of the future can take the necessary steps towards making an impact on the sport at UK and world level, and providing some new names for the all-time Scottish ranking lists.

All it requires is commitment, dedication, hard work - and vision.

BEGINNERS

STARTING next month, we shall be providing schedules for absolute beginners who intend competing in the Glasgow 25K run in September. Between now and then athletes in this category should build up their basic fitness by walking/jogging for 15 to 30 mins each day. As an initial guide, you should alternate days of steady walking with jogging/walking days, e.g. jog 1 minute/walk 2 minutes, or walk 1 minute/jog 2 minutes etc. until you can run/jog 20-30 minutes without stopping.

It must be strongly emphasised, however, that you are responsible for your own health and well-being during any training programme. If you are over 30, or have any doubts about your health, you should consult your doctor before embarking on the schedules.

SCHEDULES FOR NOVICE ATHLETES

Week One	Week Two	Week Three	Week Four
Sunday: 30 to 60 mins x-country. Monday: 45 to 60 mins fartlek inc 8 x 10 secs fast (20 secs jog) + 8 x 20 secs fast (40 secs jog) + 8 x 30 secs fast (60 secs jog). Tuesday: 15 to 30 mins recovery. Wednesday: 45 to 60 mins steady. Thursday: 3 x 1 mile (5 mins recovery). Friday: Rest or 10 to 15 mins jog. Saturday: 8 to 10 miles steady.	Sunday: As Week One. Monday: 45 to 60 mins fartlek inc 45 secs jog (30 secs jog) + 15 secs fast (20 secs jog) x 8 sets. Tuesday: As Week One. Wednesday: 60 to 70 mins steady. Thursday: 4 x 800 metres (3 mins recovery). Friday: As Week One. Saturday: 10 to 12 miles steady.	Sunday: As Week One. Monday: 45 to 60 mins fartlek inc 60 secs fast (90 secs jog) x 4 then 30 secs fast (45 secs jog) x 4 then 15 secs fast (20 secs jog) x 8. Tuesday: As Week One. Wednesday: 45 mins steady. Thursday: 20 to 30 mins easy run. Friday: As Week One. Saturday: 10k or 10 miles race, or 8 miles steady.	Sunday: As Week One. Monday: 45 to 60 mins fartlek inc 3 x 10 x 15 secs fast (45 secs jog between reps/2 mins jog between sets). Tuesday: As Week One. Wednesday: 70 to 75 mins steady. Thursday: 2 x 1 mile (5 mins recovery). Friday: As Week One. Saturday: 10 to 12 miles steady.

SCHEDULES FOR EXPERIENCED ATHLETES

Week One	Week Two	Week Three	Week Four
Sunday: 75 to 90 mins x-country. Monday: 75 to 90 mins fartlek inc 20 secs fast (40 secs jog) then 40 secs fast (80 secs jog) then 60 secs fast (2 mins jog) x 8 sets. Tuesday: 30 mins steady. Wednesday: 12 miles steady. Thursday: 8 x 800 metres (3 mins recovery). Friday: Rest or 20 to 30 mins easy run. Saturday: 15 miles steady.	Sunday: As Week One. Monday: 75 to 90 mins fartlek inc 20 secs fast (1 min jog) then 30 secs fast (2 mins jog) x 6. (Longer reps at 5K pace, shorter reps at 800/1500 metres pace.) Tuesday: As Week One. Wednesday: 12 miles steady. Thursday: 4 x 1 mile fast. Friday: As Week One. Saturday: 16 to 17 miles.	Sunday and Tues: As Week One. Monday: 75 to 90 mins fartlek inc 10 secs fast (10 secs easy) then 20 secs fast (20 secs jog) then 30 secs fast (30 secs jog) then 60 secs fast (60 secs jog) then 2 mins fast (2 mins jog) x 3 sets. Finish with 1 x 3 mins fast (3 mins jog) then 10 secs fast (30 secs jog) x 3 sets. Wednesday: 45 to 60 mins med pace. Thursday: 30 mins easy. Friday: 20 mins jog. Saturday: Race or 60 to 75 mins easy	Sunday: As Week One (but with reduced intensity). Monday: 75 to 90 mins fartlek inc 2 mins fast (45 secs jog) then 60 secs fast (45 secs jog) then 30 secs fast (45 secs jog) then 15 secs fast (45 secs jog) x 4 sets. Tuesday: As Week One. Wednesday: 12 miles steady. Thursday: 8 x 800 metres fast (3 mins recovery). Friday: As Week One. Saturday: 18 miles steady.

WOMEN in SPORT

RUTH BOOTH, the only rhyming official on the Scottish Women's Amateur Athletic Association, will be making the long trip to Auckland in New Zealand as the women's team manager for the Commonwealth Games in January. How does she perceive her role?

First and foremost, she feels the team should know she is there and available for whatever reason. She sees herself as anything from baggage carrier to nursemaid, with pastoral duties in between, and must ensure that all the athletes have to think about is training and competing.

The Scottish team will be going to a holding camp in Australia to train and compete prior to going on to Auckland. Altogether the team will be away for about four weeks, and one of the main problems the team manager foresees is that the girls will be going from a Scottish winter to the middle of an Australian summer. There is, of course, a long journey involved, and any athletes not used to being away from the familiar routine of home may experience difficulties, although at least the food should not present any problems. Boredom could be a factor, which Ruth will attempt to counteract by taking games and videos (She is looking forward to playing Trivial Pursuits for the first time).

As far as is known, the Games Village is custom built and should cater for all the athletes' needs. Ruth believes, however, that athletes going to Auckland might find a worthwhile exercise to set themselves some sort of task to complete while out there, perhaps some sort of study. (How about an article for Scotland's Runner, girls?) While keeping the body fit is important, Ruth feels it is equally necessary to keep the old grey matter occupied.

Discipline certainly concerns the team manager, but she does not expect problems in that area, nor has she had discipline difficulties during her time as Scottish manager.

If an athlete is selected for the Commonwealth Games she must keep to a regime that ensures she competes to the best of her ability, so all-night drinking parties are not recommended. Ruth sees her job as being able to anticipate problems and nip them in the bud. She made it clear to me, however, that the girls will not be kept under lock and key with their every

movement monitored, and neither, presumably, will she be patrolling the corridors of the Games Village with a German Shepherd and an automatic machine gun.

During the Edinburgh Games of 1986, Ruth was struck by the difference in organisation with an ordinary international match. She noted in particular the way the English team handled their athletes. No athlete entered the assembly room alone. There was always an official there taking care of shoes, numbers, and so on. When the athlete arrived back after competing there was always someone there to meet her.

This made a lasting impression and Ruth hopes such a service will be provided for all her athletes in Auckland. She wants to be there for each athlete without imposing. She is especially sensitive as to how an athlete might feel after a bad performance and hopes the team members will feel able to tell her to "get lost" knowing no offence will be taken, or to give her a metaphoric "sock in the mouth" if they feel that way inclined. Above all, she hopes the athletes will feel she is approachable, someone they can take into their confidence, and to that effect would prefer to be known as Ruth, rather than the formal Mrs Booth.

Another problem the athletes face is achieving selection in the summer and then peaking again in the middle of the Scottish winter. Does the athlete try to qualify early, slow down, and peak again in January, or achieve late, take a break, and peak again? It will certainly test the coaches.

Ruth Booth's own participation in competitive athletics did not, she admits, make a lasting impression, or cause the record books to be rewritten. As a Yorkshire lass she can remember winning the Bradford district 100 yards at the Park Avenue cricket ground at the age of 12 (for which she won a glass fruit bowl still in the possession of her mother).

She has lived now for 24 years in Scotland, apart from three spent in South Africa where her daughter Sarah first showed athletic promise. On returning to Scotland, and looking for a club, the Booths met the late and very sadly missed Bob Crawford. Husband Roger got involved in athletics, and because Ruth got fed up

sitting about in the cold getting wet, she started officiating.

She was then persuaded to stand as district representative on the SWAAA and went on to be championship match secretary, assistant secretary, and then secretary, a post she still holds. She finds it difficult to separate the secretary's job from the team manager's. It overlaps, for example, in keeping in touch with the athletes, letting them know that their performances are being looked at.

Are the Commonwealth Games a worthwhile exercise?

Ruth feels the Games are a necessary stepping stone for athletes on their way to a higher level of competition. Perhaps school exams prior to the university degree.

The team selection will probably take place towards the end of September. And what if her daughters Joan and Sarah are picked? Would that cause any problems?

In her capacity as SWAAA secretary, Ruth is very much aware of the cries of "nepotism" that could arise if either of her daughters are picked for various trips, and in this respect she is very backward about putting their names forward for selection. If, however, either are picked for the Commonwealth Games, Ruth does not see any problem, and the girls would call her "mum" as always.

After meeting the Scottish women's team manager, I suspect that the Commonwealth Games squad will come to regard this very friendly, humorous and sensitive woman as their "mum" for January and February 1990.

*Internationals this season for Scotland's women are:

1. Middle distance match on May 7 in Hungary against Czechoslovakia, Greece, Yugoslavia, and Austria.
2. Scotland versus Greece on June 20 at Grangemouth (Originally Belgium were included but they don't have the money to travel).
3. The West Athletic Games in Holland which has 14 countries taking part, and to which Scotland will send a small team.

Fiona Macaulay



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EWM RETAIN PLACE AT TOP OF SCOTTISH WOMEN'S RANKING LIST BUT LOSE GROUND IN THE UK AS CLUBS ON THE PERIPHERY LEAP FORWARD

THIS HAS been my fourth year as the women's club ranking list compiler for the National Union of Tracks Statisticians (NUTS), and is by far the most comprehensive. The ranking list is based on the best three athletes for each of the standard track and field events, and for the two relays. Each performance is scored on the IAAF (1971) scoring tables, and the total used to rank the club.

The performances can be made by any club athlete, irrespective of the athlete's age, provided that in the case of hurdles and throwing events the performance was made over the senior distance or with senior weights. The men's ranking list compiled by my colleague John Lunn is based on the same format.

In an endeavour to make these lists as comprehensive as possible, at the end of each season I write to each of the clubs enclosing a proforma and inviting the club to complete the form and return this to me to ensure that the club is correctly ranked. Last year, of the 70 clubs that I wrote to in Scotland, 23 replied, for which I would like to thank them. I hope that this year when I contact the clubs a lot more will respond.

In addition to helping me prepare accurate lists, replying also helps other NUTS compilers by bringing to their attention

EWM have 800 point buffer over GAC

performances that should be ranked individually. In the last four years, the return of these forms has resulted in a number of athletes being ranked who would otherwise have been missed.

Edinburgh Woollen Mills finished last season as the top women's club for the fourth year in succession, despite dropping two places from fifth to seventh on the UK ranking lists. This is a position that I anticipate they will keep for at least the coming season, as there is a buffer of about 800 points between them and the second placed club, Glasgow AC.

Glasgow improved by 3.5 per cent during the season, and moved from twelfth to ninth place on the UK ranking list. Maintaining their position in both the Scottish list and the UK list are Edinburgh AC, despite having a performance drop of

Inverness Harriers make big progress

0.92 per cent. Monklands Shettleston remained in fourth place in Scotland, but improved two places on the UK list to finish the season in 26th place.

Pitreavie AAC jumped 11 places in the UK list and ended the season 34th, but remained in fifth place in Scotland. One of the biggest improvers during the season was Inverness Harriers who, with a performance increase of 7.34 per cent, jumped 29 places in Britain to finish 54th, and overtook Aberdeen to end the season as Scotland's sixth placed club. Aberdeen dropped eight places to finish 76th.

Moving into the UK Top 100 for the first time is Dundee Hawkhill, thanks to an excellent season by Liz McColgan. Scotland's only previous club in the Top 100 was Central Region, who dropped to 151st place. After an excellent season, Ayr

Black Isle make "startling" improvement

Seaforth finished as Scotland's ninth placed club and moved from 153rd to 106th in the United Kingdom. A small step forward this coming season will see them joining the country's elite in the Top 100.

The most startling improvement of the year was by Black Isle AAC, who jumped from 286th place to 197th in the British list and ended the season as Scotland's 17th placed club, thanks to an improved performance of 43.77 per cent! In 1987, Black Isle had finished the season in 40th place. With the exception of one or two other clubs in Britain, this was one of the most remarkable improvements of the year.

Other good improving clubs last year were Nith Valley (8.32%), Arbroath (20.30%), Banchory (21.56%), Peterhead (19.36%), Nairn (11.51%), Costorphine (35.21%) and Airdrie (41%). A number of clubs show a reduction in performance, and this is possibly accounted for by the absence of a return from the clubs concerned, and the absence of complete result sheets for all

Please send back the forms

of the meetings in Scotland. If this is the case, please help yourselves by ensuring the forms are returned.

I would like to thank all of the people who helped me during the last year in Scotland, and in particular Rob and Dora Stephen (Monklands Shettleston), Miller Mathieson (Aberdeen), and the Scottish & North Western League, without whose assistance these lists and the UK lists wouldn't have been so comprehensive.

I hope that when my letter arrives at your club at the end of this season you can complete the proforma, or find someone in your club who is able to spend a little time and return it to me. One last point: it has given me great pleasure over the last few years to watch the growth of some of the smaller Scottish clubs, particularly Black Isle. These lists are intended to encompass all clubs, no matter how small or whether the club can rank three athletes for each of the events.

Should anyone want a copy of the booklet that shows the complete ranking lists, a report on the last season, and an index of all the 590 clubs in the United Kingdom, this can be obtained at a cost of 40p from myself, David Lynch, "Acorns", 140, Timberbank, Vigo Village, Near Meopham, Kent, DA13 0SW.

Last month statistician John Lunn provided us with exclusive Scottish men's club rankings, and now this is followed up by his colleague DAVID LYNCH, who lists the 1988 rankings for women's clubs. Our thanks to both John and David, who are members of the National Union of Tracks Statisticians.

POS	CLUB	TOTAL	DIFF'87	UK POS	1987 POS	REPLY
1	EWM	35,107	-0.70	7	5	Y
2	Glasgow AC	34,327	3.50	9	12	Y
3	Edinburgh AC	32,536	-0.92	17	17	Y
4	Monklands Shettleston	31,280	0.37	26	28	Y
5	Pitreavie AAC	30,509	1.93	34	45	N
6	Inverness Harriers	29,375	7.34	54	83	Y
7	Aberdeen AC	27,986	-1.14	76	68	Y
8	DHH	26,811	4.29	97	125	Y
9	Ayr Seaforth	26,268	10.20	106	153	Y
11	Nith Valley	24,729	8.32	141	174	Y
12	Central Region AC	24,283	-9.27	151	99	Y
13	Colzium AC	23,749	-5.68	159	134	N
14	Kilbarchan	23,320	-5.64	173	144	N
15	Victoria Park AAC	23,244	-6.62	174	141	N
16	JW Kilmarnock	23,229	-1.76	176	160	N
17	Black Isle AAC	22,068	43.77	197	286	Y
18	PSH	21,565	-9.71	207	152	Y
19	Fife AC	21,525	-1.55	208	193	N
20	Lasswade AC	20,768	-1.11	220	216	N
21	Law & Dist AAC	19,995	-6.71	230	202	N
22	Helensburgh AC	19,780	3.68	232	244	Y
23	Montrose AC	19,582	1.69	237	240	Y
24	Irvine AC	19,570	3.13	238	248	N
25	Arbroath & Dist AC	19,566	20.30	239	280	Y
26	Kirk Olympians AC	19,405	-7.89	240	211	N
27	Tayside AC	19,381	-6.34	241	220	Y
28	Melrose AC	18,160	0.25	255	261	Y
29	Black Hill Harriers	17,855	-8.53	259	235	N
30	Cumbernauld AC	16,740	-1.05	270	272	Y
31	Penicuik Harriers	16,478	-1.36	276	275	Y
32	Livingston & Dist AAC	16,449	-19.21	277	224	N
33	Lochgelly & Dist AAC	16,160	-21.68	280	221	N
34	FVH	16,088	-27.01	282	189	N
35	Banchory AC	16,013	21.56	283	309	Y
36	L & L Track Club	15,834	-30.27	285	176	N
37	Harmeny AC	15,710	-14.18	286	259	N
38	Vale of Leven AC	15,148	2.14	291	295	N
39	Peterhead AC	14,605	19.36	300	318	N
40	Annad & Dist AAC	14,129	-14.89	302	276	Y
41	Lothian AC	13,921	2.14	303	307	N
42	Avonside Track Club	12,745	-22.29	318	279	N
43	Strathkelvin Ladies	12,434	-0.00	321	281	N
44	Nairn & Dist AC	12,384	11.51	322	331	N
45	Stewartry AC	12,103	-26.54	325	277	N
46	Stonehouse AAC	10,445	3.21	341	345	N
47	Orkney Islands AAA	9,230	N/R	355	N/R	N
48	Corstorphine AAC	9,052	35.21	356	381	N
49	Hamilton Harriers	8,931	-36.84	358	300	N
50	Elgin AAC	8,432	N/R	355	N/R	N
51	Airdrie AC	8,126	41.00	356	381	N
52	Dumbarton Ladies AAC	7,174	-46.63	374	306	N
53	Dumfries AAC	7,136	-58.35	375	269	N
54	Bellahouston	6,343	-13.76	380	376	Y
55	Bathgate AAC	6,255	-15.81	381	374	N
56	Fraserborough RC	5,787	N/R	385	N/R	Y
57	Caithness AAC	5,675	-17.48	387	380	N
58	Mid Argyll AC	4,980	N/R	390	N/R	N
59	Whitburn AAC	4,845	N/R	394	N/R	N
60	Garscube Harriers	4,538	N/R	401	N/R	N
61	Bo'ness AAC	3,608	-57.24	407	361	N



Scottish men's and women's indoor rankings for 1988-89

MEN			60 Metres hurdles			Octathlon			3000 Metres		
60 Metres			8.45	Colin Hogg	EAC	5855	Callum Orr	EAC	8-34.80	Liz McColgan	DHII
6.72	Elliot Bunney	ESH	8.58	Allan Leiper	Aber	5797	Duncan Mathieson	Aber	9-21.0	Elspeth Turner	GAC
6.88	Cameron Sharp	Shett	8.58	Paul Warrilow	ESH	5494	Allan Leiper	Alder	9-35.54	Sandra Brannay	GAC
6.97	Ken McKay	Pit	8.65	Graeme Smith	EAC				9-38.05	Allison Jenkins	EWM
6.99	Alan Doris	EAC	8.76	Duncan Mathieson	Aber				10-10.13	Sue Durham	EWM
7.00	Neil Turnbull	ESH	8.78	Bruce McClure	Str U				10-11.58	Julie Armstrong	Giff
7.02	Chris Bernard	Helen	8.86	Nicholas Taylor	Str U				10-27.26	Alison Rose	DunU
7.02	Steven Shaw	EAC	8.93	Andrew Douglas	MAC				10-28.66	Val Clinton	Irv
7.04	Jim Watson	Harm	9.10	Paul Allan	Aber				10-44.37	Janet Fraser	Aber
7.05	Stuart Robertson	Bells	9.12	Stuart Ryan	Spang				10-55.20	Karen Fisher	EAC
200 Metres			High jump			WOMEN			60 Metres hurdles		
22.25	Jim Watson	Harm	2.12	David Barnetson	Ding	7.58	Aileen McGillivray	EWM	8.72	Julie Mulcock	Bourn
22.60	Murray King	Aber	2.07	James Stoddart	GlasU	7.71	Kathleen Lithgow	Nith	8.91	Jane Low	GAC
22.75	Rupert Williams	Helen	2.05	Graham McAslan	EAC	7.75	Morag Todd	Shett	8.98	Claire Reid	EWM
22.78	Darren Galloway	Ayr	2.05	Alan Scobie	Irv	7.78	Morag Baxter	Shett	9.02	Jayne Barnetson	Inv
22.81	Matthew Friel	Shett	1.95	Neil Robbie	Str U	7.85	Alison Edmonds	Inver	9.12	Elizabeth Dempsey	Colz
22.83	Mic'm Fairweather	Sale	1.95	Stephen Ritchie	Pit	7.85	Lorraine Dick	Shett	9.13	Elizabeth Dempsey	Colz
22.86	Alan Doris	EAC	1.93	Scott Hill	EAC	7.91	Ruth Girvan	Nith	9.18	Claire Macintosh	GAC
22.94	Andrew Cullen	Loth	1.90	Paul Masterton	EAC	7.92	Alison Thomson	Pit	9.34	Sarah Richmond	Pit
23.05	Rodger Harkins	Shett	1.90	Alastair Taylor	EAC	7.93	Donna Brown	EWM	9.59	Donna Brown	EWM
	Malcolm McPhail	Ayr	1.90	Andrew Edgar	ESH	8.03	Kir'n Henshelwood	GAC	9.67	Isobel Donaldson	Colz
			1.90	Daniel Parrott	Kirk	8.03	Myra McShannon	GAC		Jackie Gilchrist	Army
400 Metres			Pole vault			200 Metres			High jump		
46.49	Brian Whittle	Ayr	4.36	Doug Hamilton	ESH	24.87	Kathleen Lithgow	Nith	1.86	Jayne Barnetson	Inv
47.65	Mark Davidson	Aber	4.20	John Elliot	EAC	25.04	Mary Anderson	EAC	1.70	Emma Lindsay	EWM
48.97	Gregor McMillan	GlasU	4.20	Mike Smith	ESH	25.59	Morag Todd	Shett	1.70	Rhona Pinkerton	GAC
49.45	George Fraser	Swell	4.20	Iain Black	ESH	25.65	Emma Lindsay	EWM	1.70	Nicola Murray	GAC
49.55	David Mulheron	Shett	4.20	Allan Leiper	Alder	25.82	Ruth Girvan	Nith	1.70	Jackie Gilchrist	Army
49.76	Nicholas Taylor	StrU	4.10	Stuart Ryan	Gates	26.02	Sue Burgess	Ed U	1.65	Janice Ainslie	EdinU
50.07	Malcolm McPhail	Ayr	4.10	Andrew Wake	Bella	26.11	Alison Thomson	Pit	1.64	Katrina Dyer	Ayr
50.09	Alex Bryce	FVH	4.10	Paul Pentland	EAC	26.22	Alison Edmonds	Inv	1.64	Hazel Melvin	Troon
50.26	Ian McGurk	Clyde	4.00	Dougal Scott	Shett	26.25	Kir'n Henshelwood	GAC	1.60	Linda Gordon	GAC
50.38	Callum Orr	EAC	4.00	Jim Johnson	ESH	26.28	Morag Baxter	Shett			
800 Metres			Long jump			400 Metres			Long jump		
1-53.17	Peter Wyman	EAC	6.98	Brian Ashburn	Clyde	54.46	Mary Anderson	EAC	5.73	Jayne Barnetson	Inv
1-53.70	Keith Logan	Teviot	6.82	John Scott	EAC	54.96	Dawn Kitchen	EWM	5.71	Janice Ainslie	EdinU
1-54.4	Tom Blackie	EdinU	6.73	Ian Snowball	EAC	55.76	Gillian McArthur	Shett	5.70	Karen Hambrook	Ashd
1-54.8	A. McBeth (Y)	GlasU	6.66	Callum Orr	EAC	57.04	Alison Hodgson	EWM	5.68	Emma Lindsay	EWM
1-55.29	Gary Brown	Str U	6.63	Craig Duncan	Shett	57.65	Denise Knox	Midd	5.48	Caroline Black	EWM
1-55.9	G. McCann	GlasU	6.63	Duncan Mathieson	Aber	58.62	Kathleen Lithgow	Nith	5.40	Alison Grey	EAC
1-55.55	George Gibson	Kilb	6.60	Eric Scott	Helen	58.68	Sue Burgess	Ed U	5.35	Lorraine Davidson	Aber
1-56.3	Pat Duffy	GGH	6.55	Stuart McMillan	DunU	58.83	Wendy Steele	EWM	5.32	Fiona Silver	DHII
1-56.43	Martin Gilfoyle	Unatt	6.54	Mark Hamill	Clyde	59.49	Alison Thomson	Pit	5.28	Isobel Donaldson	Colz
1-56.45	Keith Cameron	EAC	6.53	Colin Hogg	EAC	60.09	Pamela Stovell	GAC	5.25	Alison Hodgson	EWM
1500 Metres			Triple jump			800 Metres			Shot putt		
3-45.49	Tom Hanlon	ESH	15.15	Craig Duncan	Shett	2-05.71	Karen Hutcheson	Berry	14.24	Mary Anderson	EAC
3-49.23	Ian Archibald	EAC	14.75	Stuart McMillan	DunU	2-15.09	Carol Sharp	GAC	13.89	Alison Grey	EAC
3-50.80	Tony Linford	Spr	14.08	David Rooney	EAC	2-15.22	Lesley Svaasand	Pit	12.92	Jan Thompson	Sale
3-51.26	Alistair Currie	Dumb	13.67	Neil McMenemy	Cen R	2-15.74	Carol Ann Gray	EAC	12.89	Heleen Cowe	Aber
3-52.07	Ian Hamer	EAC	13.35	Robert Brown	GlasU	2-16.39	Mary Anderson	EAC	11.49	Karen Savill	HWU
3-52.51	Nick Smith	Shaft	13.13	Scott Harland	FVH	2-16.40	Carol Ann Bartley	GAC	11.49	Andrea Rhodie	Shett
3-55.85	Ian Johnson	FVH	13.11	Bruce McClure	Str U	2-18.75	Laura Thounmire	EWM	11.10	Claire Cameron	GAC
3-56.52	Mark Fallows	EAC	13.08	Ian Beattie	Clyde	2-18.9	Alison Cheyne	Bath	10.86	Karen Neary	EAC
3-56.51	Keith Mortimer	EAC	12.96	C Stewart	ESH	2-19.72	Cathy Kitchen	Ed U	10.19	Lynn Dobie	EWM
3-57.1	Glen Stewart	GlasU	12.90	John Gallagher	Pit	2-20.48	Celia Thompson	GAC	10.11	Colette Crawford	Ed U
3000 Metres			Shot putt			1500 Metres			Pentathlon		
7-52.56	Tom Hanlon	ESH	15.11	Alan Pettigrew	Shett	4-10.16	Liz McColgan	DHII	3915	Jayne Barnetson	Inv
7-55.85	Alastair Currie	Dumb	14.92	Darrin Morris	Lough	4-10.76	Karen Hutcheson	Berry	3146	Isobel Donaldson	Colz
8-00.49	Alan Puckrin	GGH	13.66	Paul Allan	Aber	4-13.16	Lynne McIntyre	Glas	2889	Sarah Richmond	Pit
8-11.21	Ross Arbuckle	Cam	13.18	Rob Smith	EdinU	4-32.21	Karen McLeod	EAC	2772	Evelyn Grant	Pit
8-11.23	Hamish McInnes	Old G	13.04	G. Rogers	GlasU	4-38.25	Carol Ann Bartley	GAC	2569	S Simpson	Peter
8-13.82	Ian Archibald	EAC	12.84	David Gisbey	ESH	4-41.73	Sheena McDonald	Irv			
8-18.05	Peter Fleming	Bella	12.75	I. Carter	C'dale	4-46.0	Audrey Sym	GlasU			
8-18.5	Ian Hamer	HWU	12.69	Stuart Ryan	Spang	4-48.5	Caroline Smith	EdinU			
8-19.66	Brian Scally	Shett	12.66	Stuart McMillan	Pit	4-50.3	Isobel Linaker	Pit			
8-21.56	David Donnett	GlasU	12.62	Neil Mason	Fife	4-50.88	Carol Ann Gray	EAC			
			12.21	Ian Faulds	DPR	4-51.48	Alison Rose	DunU			

Our thanks to
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Athletics meets fashion as 1989 ranges are introduced

APRIL and May are the months when runners and athletes prepare (albeit optimistically) to shed the winter togs and invest in lightweight training and racing clothes. Nowadays the option of combining fashion with practicability has become increasingly feasible for the sportsman, and this season's new arrivals in clothing and footwear promise to be more flamboyant than ever.

Nonetheless, understanding the specialist requirements of the runner and making the correct "choice" in clothing and footwear is an essential prerequisite to optimum performance - and can also prove to be a fairly exacting task.

Fortunately help is at hand in the shape of the specialist sports shops, who offer much more to their customers than just a range of products. Nowadays these shops tend to be run for sportsmen by sportsmen, and combine a high standard of specialist knowledge with first class service and advice for their customer.

Scotland's Runner recently took a look at some of the more prominent specialist running shops in Scotland.

Nevisport in Glasgow's Sauchiehall

Street (and also Fort William) has been established as a quality sports retailer for more than fifteen years. Previously better known for their lines in skiing and mountaineering, their running department, initiated four years ago, has now secured them a reputation as specialists in this field also.

According to manager Ian Smith: "Lots of shops in Glasgow sell shoes, but very few have the specialist knowledge comment on, for example, stability problems. At Nevisport we feel it is very important to sell the 'right' shoe to someone. Failure to do so can lead to problems, and in some instances problems can be aggravated."

The policy on staffing at Nevisport give credence to this. All are involved in sport, and all are runners to varying degrees. Jack Thompson, the running department manager, is a Perth Strathgry Harrier and Ian Smith himself is a half marathon man.

"We employ staff who take running seriously and know what they are talking about," says Ian. "When selling a shoe we try to narrow it down to someone's own running style. Most of

our shoes are actually tested by staff."

Reebok and Nike are their best selling lines and they stock all of the new models. "Reebok have introduced the new ERS range, and Nike as usual have improved on their air system range, with two or three new models for '89. Nike's Air Pegasus is their most popular shoe and Reebok's Phase 3 should follow Phase 2 as the most popular Reebok. We also stock Avia."

In clothing the Sub 4 range and Ron Hill's tracksters are the best sellers. This year Sub 4 have introduced their "Polypropylene range" using softer more breathable materials for vests and shorts. According to Ian, the new fluorescent look is very definitely "loud".

He says: "Running clothing is now very geared into fashion. Ron Hill and Sub 4 particularly have started to emphasise looks as well as the practical workability of clothing."

At C & G Sports in Dunfermline, Gill Morris agrees that the companies they are dealing with are becoming very colour conscious. "In the past clothing for runners has been quite dreary, but

nowadays it is possible to be a serious runner and relatively fashion conscious. We wouldn't sacrifice quality for colour, but we find that the ranges we stock combine both," she says.

Gill is the "other half" of the husband and wife team who set up as running specialists over five years ago. Both Gill and Chris are members of Pitreavie and reckon that they benefit from this in more ways than one. "One of the ways we get to know what runners require is through our circle of friends at the club. If they feel we are lacking in any particular area, they soon put us straight," says Gill.

At C & G Sports they offer the unusual facility of "test running" the shoes before purchase. Gill maintains that the principle of test driving a car is equally applicable in the purchase of shoes.

"We'd rather not sell a shoe if it doesn't fit properly," she insists. However, with a choice of 50 models, all of which come in half sizes, it seems unlikely that there could be any dissatisfied customers.

Like a number of sports shop owners,



Chris and Gill also organise a local event. The Auld Toun 10K attracted around 250 runners last year.

"We were really quite proud of it" enthused Gill. "Last year was so successful we are organising another to take place this year on May 31. We hope it will become an annual event."

In Inverness, Turnbull Sports is also widely known for superb race organisation, in this case the Inverness Half Marathon and the Inverness 10K.

Although Turnbull Sports have diversified slightly from exclusive specialisation in athletics, proprietor Brian Turnbull insists they are still 100 per cent committed to the sport.

"We still endeavour to push athletics

to the forefront of sport, and I think that our input in terms of race organisation and promotion is fairly indicative of this," he says.

All of the staff at Turnbull's Sports are involved in sports to varying degrees and are put through a training programme by both Nike and Adidas. They have 80 different models in shoes, and in clothing stock Sub 4, Reebok, Ron Hill, Adidas and a wide range of running vests, shorts etc.

Further north and west, Jansport in the Isle of Skye are equally concerned with the promotion of running in their area. Shop manager Willie MacRae trains locally with Skye and Lochalsh Harriers and has played top level Highland football and shinty. As a result, he is conversant with all of the local sporting requirements, but is particularly interested in keeping abreast of the latest techniques and developments on the running scene.

"The local district council has recently appointed a sports development officer," says Willie. "We are hoping to work closely with him in an attempt to raise and promote interest in running in

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SHOPS FEATURE

the area.

"Running in Skye is definitely developing as a sport, and consequently we are working on alterations to the shop which will enable us to bring in a much more specialised range."

Back in Glasgow at Kelvin Hall Sports, three badminton pros, originally specialists in racket sports, have found themselves in running almost by accident.

Alan McIlvain, Walter Burns and Ian Pringle moved their premises to the Kelvin Hall just over a year ago. Nowadays, thanks to the demand and feedback they receive from the runners who frequent the track, this partnership are fast establishing themselves a first class reputation as running specialists.

"We obviously want to maintain a high profile in racket sports," says Alan McIlvain, "but our situation here at the Kelvin Hall has determined a whole new market for us. We now cater for a fairly broad spectrum in running from the club runner and serious runner/athlete, right through to the weekend jogger."

"We offer a substantial range in clothing lines, for example, Viga, Sub 4,

Puma and Adidas, and we carry a large selection of shoes, which we try to supply in all sizes, including women's sizes."

When asked to comment on the new spring/summer fashions for this season, Alan had only one thing to say: "Wild, very definitely wild."

Colin Campbell Sports, situated in Edinburgh's Causewayside, are currently expanding their retail outlets to satisfy demand in the north side of the city.

Colin, a former professional Premier League footballer (Hibs and Dundee United) is confident that the demand for specialisation in running is as strong as ever, despite perhaps, "the wavering boom in marathons".

"Our new shop in Inverleith Row will correspond with our present set-up," he says. "We concentrate on two main areas, football and running, and provide a whole range of specialist services in both. In running, for example, we offer a local race information service, a repairs facility, and have worked hard to develop a wide range in running shoes and spikes."

In clothing, Colin Campbell Sports are one of only three specialist shops in Scotland to stock an exclusive new range from Frank Shorter (the former American runner).

"Shorter is actually distributed exclusively by a Norwegian company which commands the rights for the whole of Europe. We were fortunate to be recommended as stockists along with another two Scottish shops," says Colin.

Colin Campbell's are currently carrying a whole range of Frank Shorter leisure wear and a specialist athletic range in lightweight shorts, vests, lycras, goretex suits, waterproofs and accessories. According to Colin: "The quality is exceptionally high, with value for money prices. We hope they will be a big seller this season."

An overview of specialist sports retailing in Scotland certainly suggests that for the customer, the athlete, things have never been so good. For everything from "wild" fashions, professional commitment, quality products and expert advice, a visit to the aforementioned is sure to keep even the most discerning customer satisfied.

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DUE TO an extraordinary decision by our former printers to publish six colour transparencies and six colour prints in black and white without consulting us last month, your April issue of Scotland's Runner was a lot less colourful than it should have been. All the pictures on Pages 20 and 21 should have appeared in full colour, as should all the photographs taken from the men's and women's Scottish Cross Country Championships on Pages 47, 49 and 52.

We can only apologise to readers for this very regrettable occurrence. As you will detect from the first line, the situation is unlikely to recur.

Most of all though our sympathies are with photographer Peter Devlin, who doesn't often get the opportunity of shooting colour for Scotland's Runner. In the case of the men's cross country championships, Peter had the added hazard of driving to and from Hawick in appalling weather conditions, and also of working in similar circumstances.

Please bear with us then if we reprint two of last week's photographs as they should have appeared. Above is Colin Jackson on his way to defeating Roger Kingdom in the 60 metres hurdles, while below the senior boys bear the brunt of Hawick's conditions.



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Plus, loads of laughs and gossip in the magazine's centre section, Private Punter!

If you're a bigot or a bore, this magazine's not for you!

The Punter will be published, price £1, on May 5. Two issues will be printed before the end of the season, and then publication will resume on a monthly basis from August.

A subscription for the first ten issues would normally cost £10. As a special thank you to readers of Scotland's Runner, we will send you the first ten issues for only £7.50.

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**NEXT MONTH'S ISSUE
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1989 SHOE TESTS



SCOTTISH cross-country champion Tommy Murray is sponsored by Asics and is currently training in their Gel 100 shoe.

When asked about the treatment he puts them through, he told Scotland's Runner that he runs an average of 85 miles a week in them - mostly on roads and occasionally on dirt tracks.

He finds that the shoes cope favourably in all situations with a hard wearing sole which grips well in all weather conditions.

The most striking feature of the shoe he feels is the excellent Gel cushioning which makes the shoes very comfortable and resilient on long runs. When asked if the Gel feature was just another gimmick, he replied that his back problems had cleared up since wearing the shoe. Another advantage of the Gel cushioning he feels is that the "bouncy" feeling of the shoe remains whereas in other trainers the "bounce" goes and the shoes feel dead after a while.

At 8st 12lbs Tommy feels he is probably a lighter runner than the shoes are designed for - he thinks they would be well suited to a heavier runner covering around 50 miles a week. The advantage for him wearing a heavier shoe than he needs for 85 miles a week is that he benefits from all that added cushioning for the heavier frame, thus avoiding further back problems.

The one feature of the shoes which disappoints him is the colour - they are grey with silver, and as far as he is concerned "dull". He likes to wear bright shoes.

Aye, there's just no pleasing the youngsters nowadays...



Tester: Betty Brodie
Town: Falkirk
Height: 5'4"
Weight: 8st 2lbs
Make of shoe worn before test: Reebok
Test shoe: Asics Lady Gel Runner
RRP of shoe: £44.95

THE LADY Gel Runner was comfortable from the start. The second day out I did a 10 mile run with no problems.

I found the cushioning first class, with no discomfort whatsoever on stony terrain. In the recent snow I felt secure with little slipping or skidding. Support was excellent.

I raced only once in them - 10K - and found them satisfactory.

Initially I thought I would not pay this price for running shoes, but having found them faultless, I would definitely consider buying them if I had the money.

What Asics say

Asics Lady Gel Runner
Asics have designed this shoe for mid to high mileage runners seeking excellent combination of shock absorption and stability.

They have used a breathable nylone upper for the shoe with nappa leather reinforcement. There is also a suede ankle reinforcement strap and reflective material on the heel tab and eyestay.

The midsole of the shoe is compression moulded and duo density with Asics Gel placed at the rearfoot. These, Asics claim add cushioning and shock absorption. Stabilising pillars have also been included and it is claimed these help combat overpronation. Motion control and additional flexibility have been also been achieved in the midsole.

The outsole is a durable rubber outsole with a carbon rubber heel plug which it is claimed increases durability.

On the inside of the shoe there is an internal heel counter which has been included to supply optimal rearfoot motion control and a better fit. The final detail of comfort is a removable sockliner.

The mens' shoe has a weight of 318g (size 9) and the womens' weighs 266g (size 7).

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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.

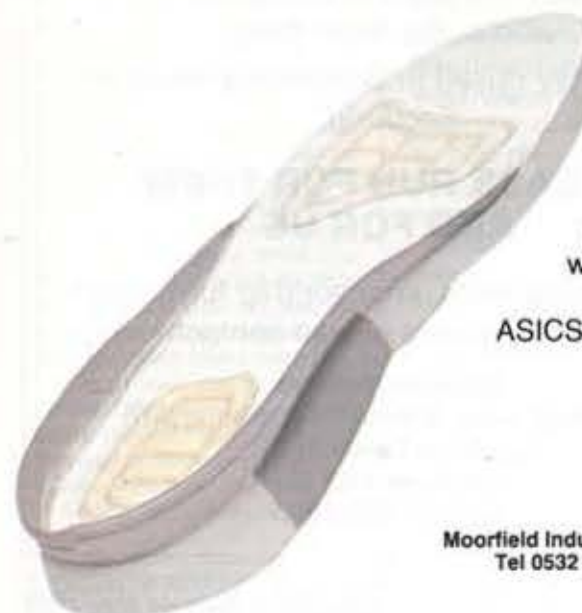
The better the absorption and the more the shoe is designed with the specific needs of the particular sport in mind, the less the strain on the athlete's body.

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.

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1989 SHOE TESTS

Tester: John Brown
Town: Bannockburn
Height: 5'10"
Weight: 10st 4lbs
Make of shoe worn before test:
Etonic Quasar, Etonic Europa
Test shoe: Reebok ERS
RRP of shoe: £39.99

ON REMOVING these trainers from the box, my first impressions were how glossy they appeared, definitely aimed at the posier market I thought. On slipping them on however, any doubts about their quality disappeared.

These are a very light trainer and are extremely soft and comfortable around the ankles. I particularly liked how low slung they were in this area and around the Achilles. This of course did not affect firmness which is facilitated by the adequate heel counter.

ERS trainers offered a very good fit to my slim, high arched feet and for such a light shoe I was amazed by the quality of support given, there are also no rough edges inside the shoe to cause chaffing of toes etc.

I would also reinforce the manufacturers claim that they give extra bounce to each stride taken, but I found this only noticeable when running at fast pace. This makes them a good shoe for racing in as the energy return does throw you forward.

I have been averaging 32 miles per week in these shoes and a total of 206 miles. The effects of this on the lightly textured outsole have been to erode the texturing so that a small amount of wear can be seen at the heel and forefoot areas.

Good suction is provided by the tread under normal and wet road conditions, this is also the case when running on fresh snow. Traction understandably deteriorated when running on soft muddy surfaces, while running downhill on icy pavements was suicidal.

On a positive safety aspect, the reflective piping around the heel counter is good for night running. I think perhaps it would be an idea if the Reebok logo on the back of the heel counter was also reflective to increase visibility.

It is essential to ensure that when wearing these shoes, the laces are tied tightly in a multiple knot. This is because the laces are made from a shiny material and tend to slip out after a few miles.

Apart from that, I found the Reebok ERS trainers an excellent shoe to race and train in, and would thoroughly recommend them to anyone. I most certainly will run in Reebok products again.



Tester: Jean Lygate
Town: Glasgow
Height: 5'1"
Weight: 8st 2lbs
Make of shoe worn before test: Nike Air Windrunner
Test shoe: Reebok ERS (ladies)
RRP of shoe: £39.99

I HAVE run in the above shoes for the past six weeks, averaging 35 miles per week. I have been out in the snow, ice, rain, and dry conditions on the road, and I would report that these shoes gave me no problems whatsoever.

From my first run they felt very comfortable and I felt them to be very flexible and light. I also felt the shoes had a very good grip when I ran in icy conditions, and had a much better grip than other shoes I have worn.

I have always bought Nike shoes in the past and I felt they were better shoes than those (Nike Air Lady Windrunner) I have been wearing recently. I felt that the Nike shoes were much more inflexible and took quite a while to "run in".

I also thought the shoes were very attractive and I liked the colours used. There is hardly any wear on the soles and I can only give these shoes my highest recommendation. In fact, I think when I wear these out I would have no hesitation in purchasing another pair!

Tester: Cameron Spence
Town: Greenock
Height: 5'8"
Weight: 9st 2lbs
Make of shoe worn before test: Reebok 1600
Test shoe: Reebok World Trainers
RRP of shoe: £49.99

WHEN ASKED by Scotland's Runner to trial run the shoes, they asked me to keep a diary of when they were used. So below is listed extracts from my diary (which I have been filling-in for 16 years). At the end I will give a summing up of what I thought about the shoes.

Jan 28
Great for posing in. Started to walk about the house, shops etc to break them in. Hope my Physio is not reading this - she is always telling me not to wear trainers as they were built for running, not for walking.

Jan 30
4.25 miles road - nice fit, bit heavy, not really bouncy.

Feb 11
The shoes gave good grip on the wet surface, but got heavy as they got saturated. This started to slow me down and allowed my brother Lawrie to leave me trailing behind, and he hasn't done that for a while!

Feb 16
8 miles road. Shoes starting to show signs of wear at the heel!

Feb 23
4 miles grass - sliding on grass, very little grip.

Mar 5
13 miles road/country - ground was very heavy, thus the shoes gave very little grip at all.

In summing up the shoes' plus points were that they were very comfortable on. Good cushioning and shock absorbency gave good grip on wet roads and reasonable good wear on the sole (I'm very heavy on shoes).

The bad points were that



when wet they became far too heavy. The shoe seemed to absorb the water more than any other shoe I have trained in. For off-the-road running they were fine on gravel but on wet grass and country absolutely useless (try the Reebok Wild Runner 11). Not recommended for fartlek or racing in. Even when dry they weighed 335 grams so therefore I wouldn't recommend for light runners unless they have strong leg muscles.

One final point. If Reebok could take between 30 and 40 grams off the weight of the shoe they would be onto a real winner. I would even consider buying myself another pair.

REEBOK have announced an extension to their promotional activities in Scotland. As well as Elspeth Turner (see news pages), the shoe company has signed up Alistair Currie and Adrian Callan. Currie and Callan were ranked two and three at the 1500m last year, and both have a great amount of unfulfilled potential, according to Reebok's marketing manager, Tony Linford.

Reebok will also be supporting various events, most notably the Shettleston series of open graded meetings and the Dunfermline Half Marathon.

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.

**ENERGY
RETURN**

Thus, in simple terms,

you will receive additional lift-off with every stride.

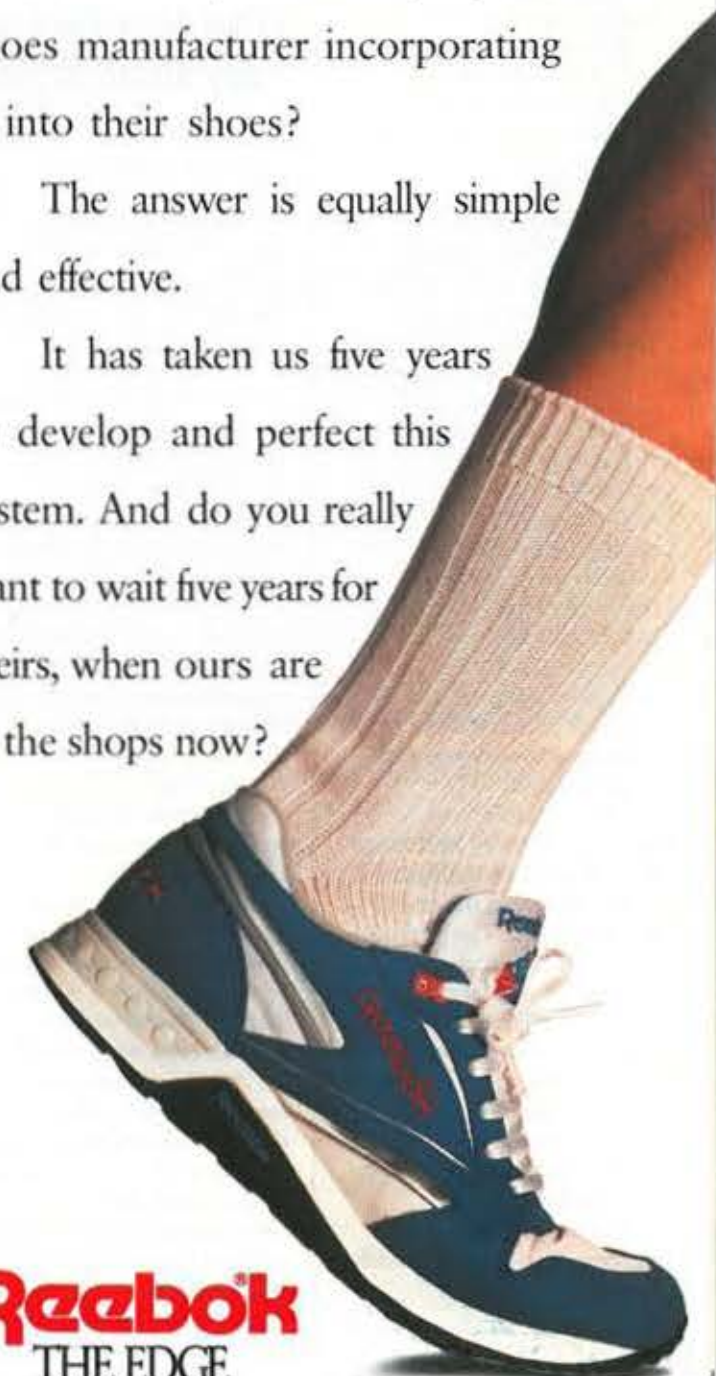
Now, be honest: doesn't that seem to make good, sound and reasonable sense?

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.

1989 SHOE TESTS

Tester: David Cavers
Town: Hawick
Height: 5'9"
Weight: 9st10lbs
Make of shoe worn before
test: Nike Air Pegasus,
Reebok World Road
Test shoe: New Balance 676
RRP of shoe: £59.95



What New Balance say about W595

ON FIRST inspecting the New Balance 676 it appeared a rather bulky heavy shoe, but on picking it up I was surprised by how light it actually was. Having run over 200 miles ranging from four to fifteen miles, I feel it is a shoe directed mainly at a runner requiring a lot of cushioning, having a C-Cap and an En-Cap midsole which is rather on the excessive side, as you lose all feel of the road.

The fit of the shoe is very good, especially around the heel and ankle, with lots of padding and a very well designed supple Achilles area. Availability of different width fittings means it will fit different shapes of feet.

This shoe is primarily suited to steady road running, especially long runs, absorbing shock even on fast downhill. However, running on the country it is rather restricted due to the lack of grip given by the smooth outsole, and the unstable feeling caused by the thick midsole when running across slopes and rough ground.

All in all this hard wearing and very well made shoe showed little signs of wear and tear at the end of the test period. The various shades of grey and navy meant that mud and dirt did not show up as easily as with brightly coloured shoes.

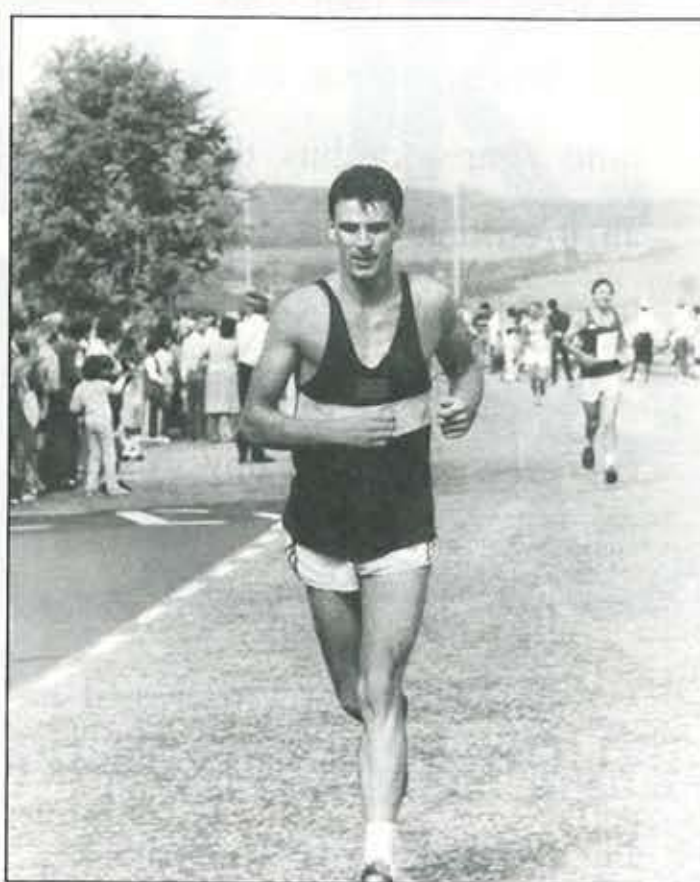
I feel that this shoe would be most suitable for a heavier or injury prone runner doing a lot of long steady, distance training because of its cushioning and adequate support. The only drawback is its price.

New Balance is proud to introduce the innovative W595. The model created for the middle to long distance female runner who requires a lightweight shoe with exceptional cushioning and superb motion control.

For the very first time three exclusive New Balance features have been combined in one model - ENCAP, C-CAP and the Rebound Wedge. These features enable the runner to get the best of all worlds with unmatched comfort and durability of ENCAP, whilst the Rebound Wedge will propel the runner through the gait cycle onto a soft 30 durometer C-CAP drop in window to reduce weight.

For further weight reduction, the upper is constructed from a combination of polypag and synthetic suede - while a double shank runs the length of the waist giving increased stability then tying into the eyestay for a more snug fit.

Add to all these quality features a foam padded collar, stitch and turn tongue to reduce irritation, a lunaris pillow insert and combination lasting - women athletes have a sure winner! RRP - £46.95.



Tester: Richard Kane
Town: Bo'ness
Height: 5'11"
Weight: 11 stone
Make of shoe worn before
test: Reebok
Test shoe: New Balance 595
RRP of shoe: £47.95

OVER THE past six weeks, I have been testing the New Balance Model 595 running shoe, running approximately eight miles, four days per week.

The circuit I run is mostly hilly but with a nice flat stretch lasting around two miles mid-run. The course is mainly tarmac with some mud track, but due to the weather conditions in mid-February, the shoes were also tested on snow, sleet and ice.

I ran my first marathon in 1983 and since then have had various makes of shoe including Nike, Adidas and Reebok. However, I can honestly say the New Balance 595 is the best fitting and most comfortable shoe I

have run in.

They are solidly made with a higher than average heel counter which pleases me personally, as this gives greater heel support, thus cutting down on the possibility of injury. (I have had none in the past six weeks).

The shoe grips firmly on the mud, snow and ice, which again lead to a more comfortable run. One major advantage of the New Balance 595 is the absence of heat build up inside the shoe which I have found to be a problem in the past.

On the negative side, the reflective trim could be larger. I don't go in for gimmicks and gadgets on my shoes, but safety must prevail. And for anyone running above the 13 mile limit, I think this shoe may be on the slightly heavy side.

I, however, have found the shoe for me and can highly recommend the New Balance 595 for middle distance runners.



FASTRAX

RUNNING
LINES

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Popular STOCK ITEMS are T-SHIRTS from £2.50; LONGSLEEVES £6; SWEATSHIRTS from £6; TRAINING BOTTOMS from £6.95 and HOODED TOPS from £12.50. The range of stock colours is considerable but unusual colours or designs can be made. Minimum order is 12.

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1989 SHOE TESTS



Tester: Linda Barclay
Town: Dunfermline
Height: 5'3"
Weight: 8st
Make of shoe worn before test: Reebok World Best, Reebok CL 1400
Test shoe: Turntec Lady Optimum
RRP of shoe: £39.95

I LIKED the colour and quality of the shoes. However, I felt that they were rather bulky and that the design looked a little clumsy - not the type of shoe that I would have normally been attracted to. Interestingly enough, a number of my friends commented on the large size and bulk of the shoes.

I first ran approximately three miles in them and gradually worked up to five, seven, and eventually 12 miles.

On the twelve mile run, at about seven miles, I experienced some discomfort. The soles of my feet became hot, and at the end of my run I found that I had two small blisters and my feet were hot and sore. I believe that this was due to the shoes being too wide for me, resulting in movement friction and the problems with blisters.

I tried wearing thicker socks and this helped, but I found that if I ran more than seven miles in them they became uncomfortable.

In total I ran between 150 - 160 miles in the shoes over six weeks (in the fifth week I was ill and didn't run with them but wore them casually.) Each week consisted of: Tuesday, 8 miles fast run; Thursday, 8 miles fartlek; Saturday, 3-4 miles quality; Sunday, 12 miles steady.

These particular shoes seem to me better suited to a man (despite that they are ladies' shoes) because of their width and weight. They would probably be best for someone of a heavier build, perhaps a less serious fun runner requiring a good quality long-lasting shoe.

My own preference is for a lighter, harder wearing shoe such as the Reebok World Best. However, that shoe is not as durable and long lasting as I would like for training.

In conclusion I must say that I am unlikely to either purchase or recommend these shoes as they were not suited to me in any way - in looks, comfort, fit or weight.

Tester: Bill Stein
Town: Glasgow
Height: 5'11"
Weight: 11st 7lbs
Make of shoe worn before test: Nike
Test shoe: Turntec Road Warrior II
RRP of shoe: £49.95

IF THE terminology and advertising blurb on the box of these shoes is anything to go by, then this is the greatest running shoe ever devised. Viz, Anatomical cradle, Variable impact pressure sole, Stabilizer bars, Anti-pronation control device.

All very fine, but to average Joe Harrier are they good for running in?

My first impression was of a rather bulky and heavy shoe which seemed to be rather rigid. I normally take a size 10, and although these shoes were a 10 they did feel a neater fit than normal. So check sizing carefully if you decide on a pair.

On the first run it was noticeable that the shoes gave good support around the heel area. As a heel striker I prefer a shoe with stability in this area, particularly when training. The "Road Warrior" does have a supportive feel to it, and although they initially felt a bit stiff in the sole, after a week of regular training the shoes fitted comfortably.

I used the shoes mainly for road running but they were used on a 15 mile weekend club run over parkland and gravel paths (clubmates were keen to get the shoes mucky). They proved comfortable, and I must admit I have had little leg fatigue in the calf area since using the shoes.

Mileage over the six week trial period was somewhat erratic. One week 52 miles, one week 27 (bad chest cold) - a total of 240 miles.

How is the wear on the shoes? The heels on the outer edges are beginning to show



signs of tread loss, and I would think in another 100 miles will need to be re-healed. There is always the concern with any shoe as to how new shoes will affect the overall performance. Running shoes never seem designed for easy repair. The RW is no exception.

To date I have not raced in the shoes as I feel they may be a little heavy, but that's purely a personal choice.

Overall a good supportive and comfortable training shoe. Perhaps a little pricey at around £45 but for those of us with "dodgy" knees, or prone to leg muscle problems, these shoes are worth considering.

the system a new comfort zone



Jerry Turner

Isn't it about time you have total comfort when you run? With my new Road Warrior Supreme - you can now run in a total integrated system - the ZO System - which works together to give you complete comfort.

THE ZO SYSTEM = ZO¹ Anatomical Cradle, ZO² Silicon Gel, Air + ZO³ Energy Return



First, ZO¹ my famous Anatomical Cradle, it is scooped out of the heel area of the midsole, so your foot

rests in the midsole, not on it. The results? More stability because the Cradle keeps your foot from moving inside the shoe. Better cushioning because it concentrates your heels natural padding.



Secondly, lining the Anatomical Cradle is ZO², our advanced cushioning material which is placed right against your foot in the

sockliner, where it will do the most good. Unlike Gel or Air, ZO² is not buried in the midsole, in fact it rests on ZO¹ our latest technical advancement.



ZO³ the Energy Return System. Placed in the outsole of the Road Warrior supreme, high energy rubber inserts are placed in a composite module so your every step returns Kinetic Energy.

So check out my new Road Warrior Supreme where you buy athletic shoes and start running in total comfort.



THE MOST UNSPORTING SPORTS SHOE EVER

Reebok
THE EDGE.

Reebok have linked up with Scotland's Runner in a fantastic £600 competition. Reebok will be giving away 10 pairs of the new ERS Trainer; the shoe featured in Reebok's "most unsporting sport shoe" advertisement. The ERS Trainer is one of Reebok's Energy Return System shoes, which are designed to give you the Edge.



■ Reebok Mens Running ERS trainer

For 20 runners-up there will be prizes of Reeboks Runners Logs.

To win one of these 30 prizes all you have to do is answer the following six questions and complete the tie-breaker.

1. What does ERS stand for?

A

2. What is the name of the "wonder-thermoplastic" used in ERS?

A

3. Name two of the three Reebok athletes who were part of the mens silver medal team at the World Cross-Country Championships?

A

4. Which British female athlete ran European and World Indoor Championships as well as the World Cross-Country Championships this winter?

A

5. Which event did Dumbarton's Alistair Currie run in the European Indoor Championships?

A

Tie Break: In 20 words or less explain what the concept of "Reebok: The Edge" means to you.

NAME

ADDRESS

State shoe size:

How to Enter

On the right of this box are five questions on athletics. Simply write the answer in the space provided and send the completed entry form to: Reebok Competition, Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA. The first 10 correct entries opened on the closing date, May 20, will each receive a pair of ERS trainers.

Rules of entry

The Editor's decision is final and binding, and no correspondence will be entered into regarding the competition. Employees of Scotland's Runner and Reebok and their relatives are not eligible to enter. The winners will be notified by post and their names published in Scotland's Runner.

FORFAR 15



Peter McColgan demonstrated once again that it is not just the woman of the house who brings home the pots when he won the Forfar 15 Great Angus Run on April 2. McColgan's winning time on a cold day was a new record, 75-54. Second was our cover boy, Charlie Haskett, but a Dundee Hawkhill Harrier clean sweep was prevented by Fife AC's Terry Mitchell in third place. The women's race was won by Mitchell's clubmate Carolyn Brown in 96-45, and she was followed in by Val Fyall and Margaret Robertson, both of Dundee Roadrunners.





RESULTS



February

12

Ayrshire Harriers Association CC Races, Loudoun Acad, Galston -
Seniors: 1 W Robertson (Bella) 26-53; 2, C Soutar (Cumnock) 27-26; 3, D Murray (JW Kilm) 27-46; 4, J Stravhom (Ayr Sea) 28-02; 5, I Connolly (J1) (Loudon) 28-26; 6, C Miller (Irvine) 31-25; V1, H Rankin (JW Kilm) Team: Ayr Seaforth 22pts.
Youths: 1, R McClymont (Irvine) 14-43; 2, P Ross (JW Kilm) 15-16; 3, O McFadden (Bella) 15-32.

Senior Boys: 1, E Tonner (JW Kilm) 14-35; 2, P Hanlon (Loudoun) 14-53; 3, M Buckley (Ayr Sea) 14-59; Team: 1, Ayr Seaforth 14pts.

Junior Boys: 1, B Tonner (JW Kilm) 11-05; 2, P Allan (Ayr Sea) 11-09; 3, I Leitch (Ayr Sea) 11-38; Team: 1, Ayr Seaforth 9pts.

Colts: 1, B Smillie (JW K) 4-49; 2, C Thomson (JW K) 4-58; 3, A Drummond (JWK) 5-01; Team: 1, JW K 6pt.
Women: 1, K Todd (JW Kilm), LV1; 2, S McGregor (JW Kilm) (EJ1); 3, E McGarry (Irvine) LV2; 4, S White (Ayr Sea); 5, J Stravhom (Loudoun); 6, M McGill (Irvine); Team: 1, Irvine Cable 20pts.

Intermediates: 1, N Donaldson (Irvine); 2, C Wilson (Loudoun); 3, A Higgins (Loudoun).

Juniors: 1, R Hough (Irv) 12-35; 2, J Roxburgh (Irv) 12-57; 3, A McManus (Irv) 13-13. Team: 1, Irv Cable 6pts.
Girls: 1, C Miller (Irvine) 12-21; 2, P Raspison (Irvine) 12-39; 3, G Syme (JWKilm) 12-45; Team: 1, Irvine 7pt.
Minors: 1, L Hough (Irvine); 2, E McClung (Irvine); 3, D McClung (Irvine); Team: 1, Irvine 6pts.

Autosonic 7,000 metres CC Race, Aberdeen -
Men: 1, D Duguid 22-41; 2, S Casells 23-16; 3, E Butler 23-56.
Women: 1, J Fraser 27-27; 2, K Butler 30-44; 3, A Gallon 31-05 (all Aberdeen AAC) H'cap: Men: 1, A Wright; Women: 1, M Dickson.

Kilbarchan AC Club C Championship, Milliken Estate, Kilbarchan -
Senior Men: 1, D McDougall 33-25; 2, R Hawkins 33-37; 3, A Costigane

33-41; 4, J McMillan (V1) 34-54.
Women: 1, J Moore 27-25; 2, A M Follan 27-43; 3, S Kennedy (Int 1) 28-43; LV1, S Belford 30-48.

18

English Womens CC Championship, Birmingham -

Seniors: 1, A Pain (Leeds) 23-58; 2, C Ellis (Birchfield) 24-10; 3, C Kennedy (Park) 24-23; Scots placings: 8, V Vaughan (Oxford) 24-59; 19, L Van Dyke (Essex) 25-29; 21, L Adams (Stevenage) 25-43.

Juniors: 10, A Cheyne (Bathgate) 17-52; 21, C Roy (Bathgate) 18-13; 22, D McNally (Vic Park) 18-14.
Girls: 18, G Fowler (Vic Park) 17-10.

19

Evening Express/Goldsmith Fyvie Castle Open CC Races, Fyvie -

Men: 1, R Creswell (Aber) 24-59; 2, C McIntyre (Fraser) 25-04; 3, A Reid (Coasters) 25-40; 4, G Laing 25-45; 5, R Taylor 26-29; 6, G Harper 26-53; 7, S Cassells 26-54; 8, D Massie 27-01 (all Aber); 9, C Noble (Fraser) 27-06; 10, J Facher (HBT) 27-11; V1, G Milne (Peter) 27-17; V2, M Edwards (Aber) 28-02; V3, B Maher (HBT) 28-30.

Youths: 1, D Richardson (Fraser) 22-20.

Sen Boys: 1, E Calvert (Aber) 15-00.

Jun Boys: 1, M Anderson (Fraser) 15-00.

Colts: 1, A Love (Aber) 7-42.

Women: 1, L Bain 23-08; 2, S Harkins 23-49; 3, M Stafford 24-02 (all Aber); 4, H Wiseley (Fraser), LV1, 24-16; 5, G Germison, LV2, 24-18; 6, N McKinnon, LV3, 24-51 (both Aber).

Inter: 1, E Ramsay (B Isle) 25-45.

Juniors: 1, S Reid (Aber) 16-49.

Girls: 1, M Smith (B Isle) 17-03.

Minors: 1, C Clarkson (Aber) 8-22.

Stewartry AC Open CC Races, Kirkcudbrightshire -

Men: 1, S Ovet (Annan) 31-12; 2, K Penrice (Ayr Sea) 33-06; 3, J Boardman (Dumfries) 33-40; 4, C McCann (Annan) 34-00; 5, R O'Hara (Annan) 34-10; V1, D Milligan (Solway) 35-42; V2, T Russell (Annan) 36-09; V3, D Chadderton (Dumfries) 38-13; J1, R Smith (Dumfries) 42-48; Team: 1, Annan 10pt; Vets Team: 1, Dumfries AC 69.

Youths: 1, N White (Dumfries) 13-55; 2, S White (Dumfries) 14-18; 3, B Stewart (Ayr Sea) 14-22; Team: 1, Dumfries AAC 13pt.

Junior Boys: 1, C Stenson (Derwent) 9-33; 2, W Davidson (Derwent) 9-49; 3, M Hughes (Dumfries) 10-07.
Team: 1, Derwent AC 7pts.

Colts: 1, A Menlove (Dumfries) 6-03; 2, W Fraser (Dumfries) 6-05; 3, R White (Stewartry) 6-22; Team: 1, Dumfries AAC 7pts.

Women/Intermediate: 1, F Anderson (Nith V) 18-42; 2, M McPhail (Galloway) 20-32; 3, C McMillan (LV1) (Dumfries) 23-45.

Juniors: 1, L Watson 13-30; 2, L White 13-30 (Both Stewartry); 3, S Dewhurst (Derwent) 14-03; Team: 1, Stewartry AC 7pts.

Girls: 1, A Woodcock (Derwent) 11-26; 2, F White (Stewartry) 11-54; 3, K McMillan (Dumfries) 12-15; Team: 1, Dumfries AAC 14pt.

Minors: 1, N Armigour (Carlisle) 6-29; 2, R Wilkinson (Derwent) 6-31; 3, G Neil (Stewartry) 6-41; Team: 1, Derwent AC 11pt.

March

4

Teviotdale Harriers CC Championships, Wilton Lodge Park, Hawick -

Seniors: 1, D Caves 36-31 (record); 2, K Logan 36-45; 3, B Emmerson (V1) 35-53; 4, A Walker; 5, R Hall; 6, A Fair; 1, J Knox.

Boys: 1, D Mayles 8-46; 2, D Yellowlees 8-55; 3, A Cardwell 9-05.

Colts: 1, M White 5-08; C Rogerson 5-24; 3, B Hughes 5-31.

Women: 1, S Purdie 8-59; 2, A Murphy; 3, J Hewatt 9-15.

Girls: 1, S Spence; 2, D Irvine 5-12; 3, K Stenhouse 5-14.

5

Aberdeen AAC CC Championships, Balmorie, Aberdeen -

Seniors: 1, A Matheson 25-01; 2, D Massie 26-47; 3, E Rennie 27-36; V1, K Hogg 27-40.

Youths: 1, R Sutherland 26-59.

Senior Boys: 1, E Culvert 12-10; 2, G Main 12-58; 3, S Bruce 13-16.

Junior Boys: 1, B Middleton 12-59; 2, S Bruce 13-19; 3, K Reattie 14-59.

Colts: 1, A Love 6-19; 2, G Hogg 6-29; 3, J Covington 6-50.

Senior Women: 1, H Wiseley (LV1) 13-13; 2, S Harkins 13-51; 3, N McKinnon (LV2) 13-58.

Intermediates: 1, K Price 13-08; 2, A Crallan 14-49.

Juniors: 1, L Davidson 13-27; 2, S

Reid 13-55; 3, J Gramms 14-18.
Girls: 1, N Clarkson 14-32; 2, K Phillips 15-11; 3, D Cheyne 15-33.
Minors: 1, C Clarkson 6-41; 2, L Still 6-57; 3, M Simpson 7-04.

Annan and District AC River Races, Annan -

1, R Carey (ADAC) 33-50; 2, J Boardman (Dumfries) 35-35; 3, R O'Hara (ADAC) 35-42; 4, C McCann (ADAC) 36-52; J1, A Bowden (ADAC) 37-47; Team: 1, Annan and Dist

Women: 1, M McPhail (Galloway) 23-47; LV1, L McCrae (Galloway) 21-48.

Int: 1, H Haining (Nith V) 18-21.

Dunbartonshire Womens CC Championships, Lenzie -

Seniors: 1, K Baird (Kirk Oly) 23-29; 2, C Fleming (S'Kelvin) 24-16; 3, M McDonald (Vic Park) 24-29; LV1, L Brown (Kirk Oly).

Intermediates: 1, J O'Neill (Vic Park) 24-24; 2, C McClusker (Vic Park) 25-10; 3, W Gorman (S'Kelvin) 25-26.

Teams: 1, Victoria Park 14pt; 2, Kirk Oly "A" 17; 3, Kirk Oly "B" 41.

Juniors: 1, D McNally (Vic Park) 14-43; 2, A Potts (Vic Park) 15-06; 3, A McBride (Helensburgh) 15-11;

Teams: 1, Vic Park 10pts; 2, Strathkelvin 15; 3, Helensburgh 26.

Girls: 1, G Fowler (Vic Park) 15-32; 2, M McKee (S'Kelvin) 16-19; 3, S Sneddon (Helensburgh) 16-23.

Teams: 1, Kirk Oly "A" 17pt; 2, Helensburgh 20; 3, Kirk Oly "B" 35.

Minors: 1, L Scott (Kirk Oly) 10-21; 2, C Tierney (S'Kelvin) 10-40; 3, G Potts (Vic Park) 11-00; Teams: 1, Kirk Oly 10pts; 2, Kirk Oly "B" 21; 3, Kirk Oly "C" 36.

NALGO CC Championships, Guisley, Yorks -

Men: 1, S Smith (Wales) 34-02; 2, A McLelland 34-18; 18, E Wilkinson 36-59; 40, F Crossan 40-02 (all Strath); Team: 4, Strathclyde

Women: 4, A Donnelly; 11, I Bruce; 14, L Ingram (all Strath); Team: 1, Strathclyde 29pts.

11

Greenock Wellpark Harriers 5 mile CC Handicap, Greenock -

1, G Newman 43-07; 2, F Lennox 44-51; 3, G Craffney 45-08; 4, J Muir 45-41; 5, H Docherty 45-54; 6, D McFadyen 46-49; Fastest Times: 1, G Craffney 27-28; 2, D McFadyen 28-49; 3, J Muir 30-26.



Experiment pays off in Grampian

NEARLY 300 pupils, from schools throughout Grampian Region, ran in the eight races comprising the first ever Grampian Secondary Schools Cross Country Championships at Balmorie Playing Fields, Bridge of Don, Aberdeen, writes Janet Fraser.

The weather was suitably appalling-icy cold, with winds blasting from each corner of the course and ever darkening clouds threatening to unleash torrents of rain on those gathered below. None of this disturbed the athletes who quickly got "stuck in" and seemed to enjoy the experience immensely.

Many first timers seized the opportunity to cross the starting line that afternoon. Of course, there was a very real element of competition, and the pupils of Fraserburgh Academy asserted their prowess by winning four of the individual titles and collecting the trophy for the overall best school. Still, it must be empha-

sised that participation for its own sake was of over-riding importance on the day.

It is gratifying to hear that local teachers commented favourably about the absence of "competitive pressure". Surely this is the way to promote fitness generally among teenagers, and to encourage youngsters to take up running as a sport.

Looking back, it is possible to say that these championships were both special and different. In keeping with the aim of encouraging widespread participation, there was no entry fee and schools were advised that they need not limit the number of competitors. Furthermore, support for the event, both on the day and during the weeks leading up to it, came from an unusually wide range of people. School staff (teaching and non-teaching), parents, and athletics club members all played their part.

The match was vastly different from the modest

proposal, first mooted last summer, which inspired it. At that time Lynda Bain, who is both an Aberdeen AAC clubmate and fellow school librarian, mentioned that pupils belonging to her running group at Dyce Academy were keen to challenge a team from another school, perhaps taking advantage of a local fun run for this purpose. They were anxious to have friendly competition which provided scope for runners who do not rank among the elite.

That the outcome was much grander is a clear reflection both of the demand for a major fixture of this type in the North East, and the extent of interest in athletics throughout Grampian Region. Things simply took off.

With the backing of the Region, the vital support of Aberdeen AAC, and the sponsorship of the Clydesdale Bank, the meet rapidly grew and developed into something

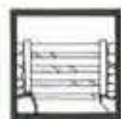
far greater than anyone originally dared to imagine.

But setting aside the history of the event, to turn once again to the pupils who competed in it, I can only conclude by saying that I have seldom been lucky enough to see so much excitement and enthusiasm on so many faces - not only in anticipation but later at the prize giving.

The championship is here to stay. We look forward to this with great expectation and hope, but pause to wonder what additional initiatives might profitably be taken to capture the talent, energy, and interest revealed by this year's match. No one can doubt the willingness of youngsters in Grampian to take up the challenge of this sport - all we appear to lack is the framework to make this possible.

Picture: Neil Mackland

RESULTS



12

Castle Series CC Races, Haddo House -

Senior men: 1, R Cresswell (Aber) 26-14; 2, C McIntyre (Fraser) 26-46; 3, M McQuaid (Cen Reg) 27-15; 4, R Taylor (Aber) 27-16; 5, G Milne (V1) (P'Head) 27-27; 6, M Murray (Aber) 27-36; 7, G Harper (Unatt) 27-48; 8, J Farquhar (HBT) 27-55; 9, M Flynn (Moray) 28-06; 10, P Cowie (Aber) 28-10. V2, M Edwards (Aber) 18-10. Youths: 1, B Fraser (B Isle) 18-08; 2, R Sutherland (Aber) 18-10; 3, N Collins (Aber) 18-12. Senior Boys: G Main (Aber) 12-43. Junior Boys: 1, L Wilson (Aber) 12-36. Colts: 1, A Love (Fraser) 6-30. Senior Women: 1, S Harkins (Aber) 19-49; L2, H Wiseley (LV1) (Fraser) 19-55; L3, M Stafford (Aber) 20-09; L4, D Simpson (Aber) 20-29; LV2, N McKinnon (Aber) 20-46; LV3, D Gernison 20-53; LV4 M Robertson (DHR) 20-55. Intermed: 1, F Dunn (Ellon) 23-06. Junior: 1, S Reid (Aber) 13-59. Girls: 1, N Clarkson (Aber) 14-33. Minor: 1, C Clarkson (Aber) 6-36.

12

Cumbernauld CC Meeting -

Senior Men: 1, D McShane (Cam-bus) 36-49; 2, W Robertson (Bella)

36-53; 3, K Vose (Stirling Univ) 37-02; 4, T Reid (J1) (Stirling Uni) 37-44; 5, J Evans (Shett) 37-54; 6, P Faulds (FVH) 38-23; V1, R Martin (Forth) 44-57; Teams: 1, Shettleston 39pt; 2, Cambuslang 57.

Youths: 1, S Wylie (Hamilton) 18-14; 2, G Hart (Bellshill) 18-42; 3, T Mendum (Corstorphine) 18-53; Team: 1, Hamilton 30pt.

Senior Boys: 1, E Tonner (JW Kilm) 11-25; 2, D Halliday (Shett) 11-32; 3, P Loage (Shett) 11-40; Teams: 1, Shettleston 36pt; 2, JW 58.

Junior Boys: 1, P Allan (Ayr Sea) 12-04; 2, J Tonner (JWK) 12-10; 3, M McKeever (Law & Dist) 12-12; Teams: 1, Springburn 31pt; 2, Hamilton 42.

Colts: 1, S Gibson (C'Bank) 8-01; 2, A Sinclair (Shett) 8-09; 3, K Reynolds (C'Bank) 8-10. Teams: 1, JW 45pt; 2, Springburn 50, Shett 79.

Senior Women: 1, C-A Bartley (GAC) 20-29; 2, J Stevenson (LV1) (FVH) 20-39; 3, M Crennatt (Int1) (S'kelvin) 21-13; 4, R Murray (LV2) (Giff N) 21-39; 5, P Kelly (GTC) 22-48; 6, C Fleming (S'Kelvin) 22-58; EJ1, S McGregor (JW Kilm) 23-17.

Teams: 1, FVH 19pt; 2, Giffnock 31. Juniors: 1, A Potts (Vic Park) 13-00; 2, K Fox (Monk Shett) 13-05; 3, L Chisholm (S'Kelvin) 13-09; Teams: 1, Monk Shett 13pt; 2, Strathkelvin 17; 3, Airdrie 29.

Girls: 1, G Fowler (Vic Park) 13-14; 2, J Mendrum (Corstorphine) 13-23; 3, T McLachlan (Bellshill) 13-35; Teams: 1, Airdrie 23pt; 2, Corstorphine 37.

Minors: 1, A Russell (Airdrie) 8-44; 2, L Burns (Airdrie) 9-01; 3, C Falconer (EAC) 9-02; Teams: 1, Airdrie 7pt; 2, JW 23; 3, Cumbernauld 55.

18

Scottish Boys Brigade CC Championships, Drumpellier Park, Coatbridge -

Seniors (15-18): R McClymont (N Ayr); 2, S Fleming (E Kilbride); 3, A McIntyre (Glasgow); Teams: 1, Glasgow 35pt; 2, N Ayrshire 48; 3, E Kilbride 54.

Intermediates (13-15): 1, S McKay (Inverness); 2, I Richardson (Glasgow); 3, B Thomas (Glasgow); Teams: 1, Glasgow 39pt; 2, Edinburgh 59; 3, Falkirk 111.

Juniors (11-13): M Kelly (Dundee); 2, G McHolm (Hamilton); C Humphrey (Milngavie and Bearsden); Teams: 1, Glasgow 49pts; 2, Edinburgh 89; 3, Wishaw and District 121.

19

North of Scotland Milk Trade Federation Schools Cross Country Championships, Dornoch -

Boys U/15: 1, S McKay (IRA) 16-42; 2, S Allan (Dingwall) 16-50; 3, J Donald (Fraser) 17-03; Teams: 1, Dingwall 22pt; 2, Inverness RA 35; 3, Fraserburgh 52.

Boys U/13: 1, M Johnston (Dingwall) 12-08; 2, P McIntyre (Milburn) 12-19; 3, G Munro (Alness) 12-28; Teams: 1, Alness 36; 2, Dingwall 36; 3, Forrs 43.

Girls U/15: 1, L Gajda (Dingwall) 12-52; 2, L Henderson (Dingwall) 13-02; 3, S Ingles (Dingwall) 13-52; Teams: 1, Dingwall 15pt; 2, Nairn 35; 3, Alness 43.

Girls U/13: 1, J Donald (Alness) 9-50; 2, S Dent (Forrs) 10-02; 3, S Sutherland (Milburn) 10-16; Teams: 1, Alness 39; 2, Fortrose 44; 3, Milburn 48.

Tayside AAC Open Cross Country Races, Arbroath -

Seniors: 1, T Mitchell (Fife) 24-38; 2, C Murphy (J1) (Pit) 24-54; 3, A Reid (Fraser) 25-24; V1, A Lamb (DHH) V 0/50 S Cromer (DHH); Team: 1, Fife AC 29pt.

Youths: 1, S Barnett (Vic Park) 16-55; 2, B Fraser (B Isle) 17-19; 3, S Burch (Pit) 17-27; Team: 1, Pitreavie 12pt.

Senior Boys: 1, S Meldrum (Pit) 16-07; 2, M Dobbin (Bathgate) 16-21; 3, A King (Pit) 16-25; Teams: 1, Pitreavie AC 16pt.

Junior Boys: 1, D Carty (Bathgate) 8-42; 2, S Allan (B Isle) 8-46; 3, S McNellan (Vic Park) 9-01; Team: 1, Fraserburgh RC 19pt.

Colts: 1, A Love (Fraser) 8-30; 2, A Donaldson (Pit) 8-38; 3, E McGee (P'Head) 8-46; Team: 1, Fraser 15pt.

Senior Women: 1, H Wiseley (Fraser) 18-05; 2, K Powell (DHH) 18-49; 3, G Hanlon (LV1) (DHR) 19-12; Inter 1, S Coutts (DHH) 5; Team: 1, DHH 15pt.

Juniors: 1, C Roy (Bathgate) 9-42; 2, Z Meuklem (Pit) 9-56; 3, L Forman (P'Head) 10-05; Team: 1, Bathgate 23pts.

Girls: 1, L Gajda (B Isle) 9-00; 2, L Duffy (Harmeny) 9-05; 3, M Smith (B Isle) 9-07; Team: 1, Black Isle 9pts.

Minors: 1, G Clarkson (Aber) 7-05; 2, J Learmouth (DHH) 7-22; 3, K Stevenson (DHH) 7-26; Team: 1, DHH 11pts.

Teviotdale H CC Races, Hawick Moor Racecourse, Hawick -

Senior 1894 Cup: 1, J Darcy 21-50; 2, D Caves 22-00; 3, G Moyes (V1) 22-01.

Senior Boys: 1, J Hughes 10-12; 2, B Wear 10-29; 3, S Purdie 11-01.

Jun Boys/Colts: 1, C Neish 8-32; 2, S Watson 9-10; 3, N Stenhouse 9-12.

Women: 1, S Purdie 9-32; 2, A Murphy 9-33; 3, J Hewitt 9-41.

Minors: 1, P Yule 6-08; 2, N Blocklock 6-11; 3, J Thompson 6-18.

April

2

British Telecom National 6 mile CC Championships, Gateshead -

1, P McGrath (N London) 34-28; Scots places: 3, M Gormley (Scot West) 36-10; 4, J Evans (Scot East) 36-20; 5, G Laing (Scot North) 36-51.

3

Post Office National 5 mile CC Champs, Leamington Spa -

1, J Boyes (South) 26-07; Scots places: 5, W Robertson 26-46; 13, C McLellan 27-45.

Still wanted!

Reports (about 200 words) from events.

If you are interested, please send to usual address.

Don't be shy, give it a try!

the VETERAN SCENE

THE PAST couple of months has seen a variety of activity both on and off the various racing circuits.

At the BVAF Cross Country Championships at Sunderland it was a Scottish duo who headed the field for the first lap in the over 40's. Colin Youngson, winner at Aberdeen in the Scottish Championships, was being tackled for the first time by borderer Brian Emmerson. In the end both were beaten by Andy Holden, the former English international, but a stirring performance by both none the less.

Although nearly 20 Scots made the trip down the A1, the only other medal - gold needless to say - came from Dave Morrison in the over-75's.

Perhaps the saddest news to subsequently emerge from Sunderland was the Eddie Kirkup saga. Eddie has now been banned for one year by the BVAF for falsely claiming he was a year older than he actually was.

Eddie was one of the first veterans I ever met when I came back to running in 1979/80 in the Nalgo Cross Country Championship at Doncaster. I find it incredible to think he would deliberately cheat for just one year, but apparently the discrepancy goes back some time in his veteran career. Whatever the excuses, Eddie has been stripped of titles won since he was "60", as he falsely claimed he was in July last year. I can only hope that he isn't lost to athletics, but it does emphasise that fair play must be the basis of our sport.

The sixth running of the Alloa to Bishopbriggs eight stage relay continued to show this event growing in popularity and prestige. This year 41 teams entered, and 36 went to the start line. Giffnock produced four teams, Livingston & District three, and Cambuslang, Falkirk, Fife and Irvine all found enough vets to fill two.

Cambuslang were worthy winners for the second year running. But Fife AC and Livingston broke the domination of the west clubs for the minor medals.

The east also had the only record breaker of the day in Haddington's Peter Marshall, who took 90 seconds off the old record -and while the organisers had shortened the course by 200 yards, it was still a major slice out of Bill Scally's old record. Next year could well see 50 teams

competing, and that might be very near the limit of what can safely be managed.

The BVAF indoor Championships produced no less than 18 world records and 19 British records in a remarkable day's athletics.

However, it was not on the running track that the first battle of the day was fought, but in the committee room where, following the inaugural meeting of "Veterans One World", athletes met with the chairman of the BVAF, Bill Taylor, and the international secretary, Ted Butcher, to try and resolve the issue of "Professionals" being barred from the championships.

Although I had personally written a detailed document to Bill Taylor for the BVAF debate at their spring meeting, this had not arrived in time, and a decision had been arrived at to implement a finding of a

The solution came in a sense by "default" and was only a temporary victory, in that the chairman stated that any athlete who was a "current" member of a BVAF affiliated club could compete. As none of the athletes in question had received formal notice of the termination of their membership of any of the clubs, they were allowed to compete, and did so with distinction, gaining two gold, one silver and one bronze. Some were already Scottish veteran champions.

The issue now is whether the necessary steps can be taken to clarify the position with WAVA and the IAAF veterans committee before the closing date for entries for the world championships in Oregon.

My very enjoyable supper at the civic reception held in Glasgow City Chambers after the BVAF Championships was in the company of SAAA president Neil Donnachie and immediate past president Jim McInnes. I was heartened by their sensible and honest responses to the dilemma, in urging me to take the matter up with the world governing body.

You may like to know that George McNeill has agreed to become the first president of VOW, and anyone wishing for details of how to support the campaign can write for an information leaflet to me.

The athletics themselves, as I said, were remarkable - none the more so than the efforts of Rosemary Chrimes (formerly Payne). She captured four world records in the 60mH (11.1); high jump (1.30); triple jump (8.57m); and shot putt (12.04m).

Scottish athletes were much to the fore. Ian Steedman took 0.33 seconds off the old M60 60 metre hurdles record, and was very much in line for the best over-50 performance of the day until Willie Marshall broke both the M60 3000m and 1500m world records with 10-18.6 and 4-49.5 respectively to win the award.

With Dave Morrison improving on his own M75 800 metre record by over three seconds, and Gordon Porteous breaking the M75 3000 metre record, it was a great day for the Scots. Even birthday boy Ian Loggatt celebrated being 50 with a 1500m win.

Henry Muchamore



Ian Steedman ... M60 60mH record.

survey taken nearly 10 years ago on allowing only "non-active" professionals to be eligible for membership. Although we pointed out a number of anomalies - entry forms had been printed without requirement for stating membership of the BVAF or confirming "amateur" status - things looked very bleak with the BVAF chairman feeling that he would have to resign if he altered his committee ruling.

RESULTS



February

18

Sri Chinmoy Peace Mile RR, The Meadows, Edinburgh -
Men: 1, P Wyman (EAC) 4-22; 2, G Mathieson (ESH) 4-24; 3, R Boyd (Edin U), V1, H Muchamore (HELP) 5-46; Women: 1, L Thumire (EWM) 5-37; 2, E Ryan (EAC) 5-53; 3, S Spenceley (Croydon) 5-58.

IBM Spango Valley Cunningham Cup 5 mile RR, Greenock -
1, C Spence 27-24; 2, S Cunningham 27-39; 3, J Brown 29-25; 4, G Clark 30-21; 5, B Johnston 30-47; 6, J Benson 30-52; V1, R Hyett 30-57; V2, J Conaghan 31-06; V3, D Campbell 31-10; L1, A Fisher 37-27; L2, C Docherty 38-58; L3, S Muir 41-02. H'cap: 1, B Johnston; 2, R Hyett; 3, J Conaghan.

19

DHH Open RR, Camperdown Park, Dundee -
Men: 1, P Fox (DHH) 29-52; 2, C Haskett (DHH) 30-06; 3, H McKay (Fife) 30-34; 4, C Thomson (Cambus) 30-35; 5, C Ross (DHH) 30-57; 6, G Reynolds (DHH) 31-00; V1, S Graves (Fife) 32-41; V2, G Bennisson (Fife) 35-06; V3, A McLeod (DHH) 35-48. Team: 1, DHH 8pt; 2, Fife.
Youths: 1, C Monks (PSH) 17-27; 2, P Rhind (Tayside) 19-00; 3, P McLorinan (DHH) 19-01.
Sen Boys: 1, E McCafferty (Cambus) 12-16; 2, A Kings (Pit) 12-37; 3, S Meldron (Pit) 12-41; Team: 1, Pit 12.

Hutton pulls away from good class field

ALLISTER Hutton made a successful defence of his Cupar 6 title on March 4 with a clear win over a good class field, writes **Graham Bennisson**. At the turning point of the out and back course Hutton led a group including Peter McColgan, Charlie Haskett, Gary Grindlay and Jim Doig.

With the wind at his back, Hutton eased away over the final two miles well clear of McColgan, second, and Grindlay, third. Adrian Weatherhead followed home Doig to finish fifth overall and first veteran, with Fife vets Sam Graves (14th) and Stewart Asher (21st) taking second and third veterans awards respectively.

Dermott McGonigle finished seventh to back up McColgan and Haskett for DHH to easily win the men's team award, while the home team, Fife, took the women's team prizes. Carolyn Brown (Fife) was a clear winner in the individual race by 23 seconds, but only one place separated Brown and runner-up Elaine Chelew of St Andrew's University. In third place Gill Hanlon of Dundee Roadrunners took the prize for first female veteran.

Junior Boys: 1, N Learmouth (DHH) 10-39; 2, G Gatherer (DHH) 10-52; 3, D McDonald (PSH) 10-55; Team: 1, PSH 12pt.
Colts: 1, S McDonald (DHH) 7-24; 2, S Murray (Lasswade) 7-29; 3, I Wallace (Fife) 7-44; Team: 1, DHH 16pt.

Women: 1, C Williams (DHH) 18-06; 2, C Brown (Fife) 18-22; 3, G Hanlon (DRR) LV1, 18-37; 4, A Wilson (Unat) LV2 18-45. LV3 C Cadger (PSH) 19-30. Team: 1, DRR.
Inter: 1, S Coutts (DHH) 19-49; 2, T Simpson (EAC) 21-00; 3, A Tait (DHH) 21-01; Team: 1, DHH 8pt.
Jun: 1, J Leddy (Whitburn) 11-20; 2, Y Reilly (DHH) 11-25; 3, K Lindsay (Pit) 11-42; Team: 1, DHH 19pt.
Girls: 1, S Kannan (DHH) 11-38; 2, K Leddy (Whit) 11-52; 3, K Brady (Tayside) 12-04; Team: 1, PSH 18pt.
Minors: 1, J Learmouth (DHH) 8-00; 2, K Stevenson (DHH) 8-06; 3, J Robertson (DHH) 8-07; Team: 1, DHH 8pt.

22

Scottish Civil Service Winter League 3.8 mile RR "Round the Loch", Strathclyde Park -
1, W Nelson (B Tel) 18-51; 2, W Robertson (PO) 18-58; 3, M Gormley (B Tel) 19-12; 4, A McLellan (guest) 19-28; 5, J Bennett (PO) 20-12; 6, E Wilkinson (guest) 20-49; V1, R Rockford (B Tel) 21-16; V2, F McCarran (guest SRC) 21-45; V3, B Campbell (B Tel) 22-04; L1, E Tinney (UBO) 23-52; L2, R Carthy (In Rev) 25-21.

25

Lochaber AC Caol "Marine Harvest" 10K RR, Fort William -
1, A Stephenson (Cen Reg) 33-09; 2, DMurray (FVH) 34-00; 3, J Hepburn

(Loch) 34-27; 4, D Rodgers (Loch) 34-56; 5, M Francis (Forres) 34-59; 6, R Boswell (Loch) 35-43; V1, D McKenzie (Inver) 38-27; V2, D McDonald (Loch) 38-30; V3, G Armstrong (HELP) 38-41; J1, C Britton (Loch) 7th 35-53.

March

4

Fife AC 6 mile RR, Cupar -
1, A Hutton (ESH) 28-10; 2, P McColgan (DHH) 28-32; 3, G Grindlay (ESH) 28-39; 4, C Haskett (DHH) 28-47; 5, J Doig (Aber) 28-51; 6, A Weatherhead (V1), (EAC) 29-08; 7, D McGonigle (DHH) 29-52; V2, S Graves (Fife); V3, S Asher (Fife); J1, D Morris (Pit), 39th, L1, C Brown (Fife) 82nd; L2, E Chellew (St And Uni). Teams: 1, DHH 13pt; 2, Fife AC; 3, ESH.

Dunbartonshire AAA 12.5 mile RR from Balloch to Clydebank -
1, P Fleming (Bella) 62-40; 2, G Fairley (Kilb) 63-41; 3, C Thomson (Cambus) 63-42; 4, K Vose (Stirl Uni) 64-15; 5, G Wight (Ayr Sea) 65-37; 6, C Hepburn (Cambus) 65-52; 7, P Dolan (Clyd) 66-19; 8, A Costigave (Kilb) 66-20; 9, I Kerr (JW Kiln) 66-28; 10, T Gillespie (Glas Uni) 66-33; V1, C Martin (Dumb), 17th 67-06; V2, A Adams (Dumb) 22nd, 67-57; V3, H Watson (Clyd) 25th, 68-43; L1, S Branney (GAC) 38th, 71-27; L2, L Brown (Kirk Oly), 149th, 83-37; L3, M O'Neill (West), 159th, 84-20. Teams: 1, Cambuslang 27pt; 2, Westerlands 38; 3, Clydesdale 38.

5

Novafone 10 mile RR, Bonnyrigg -
1, J Connolly (Gala) 49-57 (rec); 2, A Graham (HELP) 50-49; 3, R Shore (HELP) 51-17; 4, I Seggie (V1) (Liv & Dist) 51-37; 5, C McLellan (EAC) 52-11; 6, N Craig (Unat) 52-33; 7, A Robson (ESH) 52-33; 8, M Greally (Unat) 52-44; 9, J Baird (HELP) 52-51; 10, M McLeod (Unat) 53-03; V2, A Stirling 9FVH) 11th 53-14; L1, M Reddan (LV1) (Liv & Dist) 59-47; L2, K Hogg (Penicuik) 64-17; L3, F Bright (Lasswade) 67-04; L4, F McKinnon (Lasswade) 67-10; Team: HELP 14pts.

Nairn and District AC 10K RR -
1, D Donett (Spring) 31-41; 2, G Crawford (Spring) 31-51; 3, A Reid (Coasters) 33-05; 4, M Flynn (Moray) 33-08; 5, G Simin (Moray) 33-26; 6, G Milne (V1) (P'Head) 33-46; 7, S McKenzie (Inver) 34-21; 8, D Morrison (Moray) 34-29; 9, D Bow (Nairn) 34-48; 10, M Wright (Coasters) 34-50; V2, G Mitchell (Inver) 35-34; V3, P Cartwright

(Spring) 36-07; V/O50: 1, C Gilmour (Unat) 42-52; L1, G Pollard (FFT) 24th, 36-43; L2, L Fisher (LV1) (Nairn) 43-35; L3, E Gray (Inver) 45-06. Team: 1, Moray 17pts; 2, Springburn 18.

11

Clydesdale H "Dunky Wright" Memorial Trophy 5.5 mile RR, Clydebank -
1, A Callan (Spring) 26-01; 2, N Muir (Shett) 26-03; 3, A Hutton (ESH) 26-05; 4, R Quinn (Kilb) 26-09; 5, A Gilmour (Cambus) 26-16; 6, W Robertson (Bella) 26-33; 7, J McKay (Shett) 26-41; 8, C Thomson (Cambus) 26-42; 9, T Hearle (Kilb) 26-46; 10, B Coyle (Shett) 26-52. V1, B Carty (O/50) (Shett), 28th, 28-25; V2, R Young (Clyd), 32nd, 29-14; V3, J Gilbert (Ayr Sea), 39th, 29-28; V O/50 2, W McBrinn (Shett), 75th, 31-05; V O/50 3, T Kelly (Shett), 102nd, 32-12; J1, G Higgins (Clyd), 29th, 28-26; L1, L McIntyre (GAC), 38th, 29-26; L2, S Branney (GAC), 73rd, 31-02; L3, J Donnelly (GAC), 110th, 32-58. Team: 1, Shettleston 19pt; 2, Cambuslang 24. Women's Team: 1, GAC 6pt.

Greenock GH Singlehurst Shield 5 mile RR, Greenock -
1, A Puckrin 23-46 (rec); 2, P Russell 25-45; 3, R Johns 26-28; 4, P Duffy 27-05; 5, J Russell 27-14; 6, G Mitchell 27-31; V1, J Smith 28-11; D McNeill 28-23; L1, E O'Brian 31-15; L2, J Smith 35-12.

EAC Robertson Cup 7.5 mile RR, Saughton -
1, A McEwan 45-14; 2, A Stewart (V1) 50-00; 3, M Shields 51-08.

12

British Tel Inter District "Round the Loch" 3.8 mile RR, Strathclyde Park -
1, M Gormley (West) 18-51; 2, J Evans (East) 19-40; 3, E Wilkinson (guest) 19-44; 4, G Grubb (West) 20-26; 5, F Collier (West) 20-44; 6, R Downie (West) 20-46; V1, P Cartwright (East) 20-57; V2, A McFarlane (West) 21-54; V3, J Gormley (West) 21-56; L1, A Jenkins (East) 7th o/all 20-49; L2, A Donnelly (guest SRC) 25-27; L3, S Milne (East) 25-54; Teams: 1, West; 2, East.

"The Smokies Ten" Womens 10 mile RR, Arbroath -
1, J McCall (GAC) 60-21; 2, C Brown (Fife) 63-16; 3, L Barclay (Pit) 63-34; LV1, G Hanlon (DRR) 64-31; LV2, C Cadger (Strathay) 65-49; LV3, S Cluley (Forfar RR) 69-36. O/50: 1, E Fairweather (ARR) 78-08; 2, M Nouillan (Kinross) 83-53; 3, J

Hamilton (Airbroath Footers) 85-36. Locals: 1, K Lyons 72-17; 2, E Welsh 72-19; 3, J Moore 74-34 (all Arb Footers).

Edinburgh University 5 mile RR, Kings Buildings, Edinburgh -
1, G Crawford (Spring) 25-12; 2, P Dymoke (Liv & Dist) 25-14; 3, M Ferguson (EAC) 25-16; 4, N Thinn (ESH) 25-32; 5, A Robertson (ESH) 25-57; 6, A Jenkins (EAC) 26-06; 7, A Ward (EAC) 26-13; 8, C McLennan (EAC) 26-24; 11, T McKean (Bells) 26-34 (first run since Seoul); Team: EAC 16pt.

19

Barcelona Marathon -
1, D Kurtis (USA) 2-16:37; 2, T Hughes (Eire) 2-16:43; 3, P Joames (France) 2-16:57. Scots placings: 6, H Cox (GGH) 2-20:37; 16, A Adams (V) (Dumbarton) 2-26:32; 112: C Martin, (V, Dumbarton) 2-42:34; Women: L Watson (LO) 2-49:08.

Bank of Scotland Peoples Half Marathon, Inverness -
1, P Fox (DHH) 66-35; 2, C Haskett (DHH) 67-14; 3, C Hall (Aber) 67-47; 4, G Laing (Aber) 68-27; 5, C McIntyre (Fraser) 68-34; 6, K Best (Forres) 69-20; V1, C Youngson (Aber), 8th, 70-06; V2, D Ritchie (Forres), 14th, 72-31; V3, R McFarquhar (Aber) 73-09; L1, J

Records tumble on Easter Sunday

AT 1pm on Easter Sunday, over 80 runners lined up at Brechin High School to take part in the third running of the White Caterthun race, writes **Dave Taylor**.

The route is a circular one northwards from the town to an Iron Age fort at the summit of one of the Grampian foothills. With the weather cool, calm, and damp, the organisers were hopeful that a new course record would be established to beat the time of 68.17 set in 1988. The appearance of Fraser Clyne on the start line did nothing to dampen their hopes.

The first five miles of the 11.5 mile race are on minor roads across the Strathmore valley. At the hamlet of Tigerton the terrain changes. Smooth tarmac and gentle slopes are left behind as the runners tackle the White Caterthun hill which has a "false summit" some 500 metres before the actual top - this particular feature of the hill is not always appreciated by the runners!

By the base of the hill the race pattern was firmly established with Clyne ahead of John Taylor, and John Farquhar, last year's winner, a little further back. The order at the front remained the same.

The steep grassy descent from the hill-top is followed by an undulating road section back to Brechin. On the roads again, Clyne continued to widen the gap and by the finish he was 1-43 ahead to set a new record of 63-23. First veteran was Archie McCallum, in seventh place overall in a time of 69-12. The first Brechin runner was Duncan Wood in 76-58. Morag Andrew kept her excellent early pace going to finish in an excellent time of 80-15, setting a new women's course record by almost nine minutes!

RESULTS

Darby (Carnethy) 77-19 (rec); L2, J Swanson (Caith) 78-18; L3, A Jenkins (EWM) 80-01. Teams: 1, Aber 15pt; 2, Forres 47; 3, Moray 55. Women's Teams: 1, Caith 752pt; 2, DRR 813.

SVHC 8 stage Road Relay Race, Alloa to Bishopbriggs -
1, Cambuslang (A Bain 30-51; R Brenner 28-00; E McIvor 28-48; T Dolan 31-53; J Christie 28-06; D Fairweather 30-53; A Hughes 27-38; P Brodley 28-35) 3-54-44; 2, Fife (S Graves 28-52; S Asher 26-45; T Ross 28-45; P Low 35-43; F Cation 30-24; G Bennisson 31-56; R Nicol 28-13; J Holden 28-12) 3-58-50; 3, Liv & Dist (M Hall 30-23; R Redpath 29-09; P Templeton 32-02; I Seggie 31-17; G Reddam 31-03; I Briggs 30-02; I Leggett 27-10; I Jackson 29-30) 4-00-36; 4, Gosforth 4-01-06; 5, Shettleston 4-02-40; 6, FVH 4-04-02; 7, Irvine 4-04-55; 8, Law & Dist 4-08-13; 9, Giffnock N 4-08-23; 10, Pitreavie 4-08-52.

25

SCCU National Six Stage Road Relay Champs, East Kilbride -
1, ESH (D Ross 15-19; G Grindlay 31-08; I Steel 14-58; K Lyall 32-00; G Mathieson 14-57; A Hutton 30-43) 2-19-05; 2, DHH (B Cook 15-17; C Haskett 31-19; C Ross 14-19; P Fox 31-30; P McGonigle 15-40; P McColgan 30-53) 2-19-58; 3,

Aberdeen (P Cresswell 14-49; J Doig 31-49; I Matheson 14-53; F Clyne 31-39; M Murray 15-11; C Hall 31-55) 2-21-14; 4, Shettleston (A Swann 14-42; J McKay 32-06; J Evans 15-23; W Coyle 32-30; P Carlton 15-24; N Muir 30-30) 2-20-35; 5, Cambuslang (D McShane 14-52; E Stewart 31-50; G Getty 15-06; C Donnelly 32-48; R Arbuckle 15-01; A Gilmour 31-33) 2-21-14; 6, EAC (R Williamson 15-09; A Weatherhead 32-12; A Ward 15-42; G Harker 32-12; G Crawford 16-08; M Ferguson 31-37) 2-23-01; 7, Teviotdale 2-23-12; 8, GGH 2-23-15; 9, Springburn 2-23-15; 10, Kilbarchan 2-24-42; 11, Ayr Sea 2-26-35; 12, Bella 2-26-43; 13, Cambus "B" 2-26-59; 14, HELP 2-27-04; 15, Liv & Dist 2-28-30; 16, E Kilbride 2-29-03; 17, Calderglen 2-29-08; 18, Gala 2-29-32; 19, Spango 2-29-36; 20, Pitreavie 2-30-22.

Fastest Times:

Short lap (3.1 miles): 1, K Logan (Teviot) 14-41; 2, A Swann (Shett) 14-42; 3, R Cresswell (Aber) 14-49; 4, K Rankin (FVH) 14-51; 5, D McShane (Cambus) 14-52; 6, I Matheson (Aber) 14-53; 7, G Mathieson (ESH) 14-57; 8, I Steel (ESH) 14-58; 9, R Arbuckle (Cambus) 15-01; 10, G Getty (Cambus) 15-06.
Long lap (6.4 miles): 1, N Muir (Shett) 30-3; 2, A Puckrin (GGH) 30-40; 3, A Hutton (ESH) 30-43; 4, P McColgan (DHH) 30-53; 5, R Quinn (Kilb) 31-05; 6, G Grindlay (ESH) 31-08; 7, A Callan (Spring) 31-09; 8, C Haskett (DHH) 31-19; 9, T Murray (GGH) 31-27; 10, P Fox (DHH) 31-30.

Dyce Half Marathon, Dyce -

1, C Youngson (V1) 69-29; 2, D Duguid 69-43; 3, R Taylor 71-39; 4, S Wynn 75-15; 5, A Neaves 75-18; 6, D White 75-32; V2, F Duguid 76-57; V3, I Fraser 77-44; L1, L Bain 79-24; L2, U Simpson 86-15; L3, A Cassells 96-21; LV1, O Fraser 1-43-00 (all Ab)

White Caterthun 11.5 mile RR, Brechin -

1, F Clyne (Aber) 63-23 (rec); 2, J Taylor (Holmfirth) 65-06; 3, J Farquhar (HBT) 66-54; 4, R Ritchie (TVH) 68-52; 5, D Crowe (DHH) 68-33; 6, J McKay (HBT) 68-52; V1, A McCallum (Montrose) 69-12 (vets record); V2, B Maher (HBT) 70-04; V3, C Love (DHH) 71-07; L1, M Andrew (Belgrave) 80-15 (record); L2, S Cluley (LV1) (Forfar RR) 93-26; L3, F Nicolson (Forfar RR) 95-48.

Northern Rock Glen Nevis 10 mile RR, Fort William -

1, G Fairley (Kilb) 52-08; 2, E Aitchinson (Calder) 53-33; 3, S McCallum (CR) 53-49; 4, A Stephenson (CR) 54-02; 5, M Flynn (ESH) 54-47; 6, D Murray (FVH) 55-

35; V1, J Maitland (Loch) O/50, 13th, 58-09; V2, D McKenzie (Inv), 20th, 61-25; V3, L Volwerk (SVHC) 62-47; L1, L Harding (Hough), 7th, 55-38 (rec); L2, A Donnelly (GAC) 69-48; L3, I Bruce (Unat) 75-20; L4, M Freeman (Unat) 77-13.

Junior: 1, J Brooks (Loch) 28-00; 2, S Cameron (Loch) 28-38; 3, G Gillies (Unat) 30-32.

April

2

Kilbarchan AC David Cummings Trophy 7 mile RR, Kilbarchan -
Handicap: 1, A Smith; 2, J Gibson; 3, (L1) S Kennedy; Fastest Times: 1, A Costigave 37-45; 2, D McDougall 37-48; 3, T Anderson 39-02; L1, S Kennedy 48-13.

Great Angus Run Forfar 15 RR -
1, P McColgan (DHH) 1-15-54 (record); 2, C Haskett (DHH) 1-16-10; 3, T Mitchell (Fife) 1-17-01; 4, C McIntyre (Fraser) 1-18-15; 5, A Graham (HELP) 1-19-27; 6, P Briscoe (DHH) 1-19-34; 5, V1, W Moffatt (Fife) 1-26-17; V2, R Brown (Perth RR) 1-27-10; V3, C Love (DHH) 1-28-17; L1, C Brown (Fife) 1-36-45; L2, V Fyall (DRR) 1-37-42; L3, M Robertson (LV1) (DRR) 1-38-53. Team: 1, DHH; 2, Fife AC. W Teams 1, DRR.

Glen Fruin 14.6 miles RR, Helens -
1, A Daly (Bella) 1-18-22; 2, G Tierney (Kilb) 1-20-41; 3, R Hurt (Milburn) 1-21-13; 4, R Hubbard (SMC) 1-21-38; 5, R Young (V1) (Clyd) 1-22-29; 6, B Gough (Cambus) 1-22-56; V2, R Kirtan (Milburn), 7th, 1-23-08; V3, T Dolan (Cambus), 9th, 1-23-46; L1, J McCall (GAC), 38th, 1-30-51; L2, J Robertson (West), 39th, 1-31-57; L3, J McCall (LV1) (West) 1-40-36; L4, M O'Neill (West) 1-44-06. VO/50: J Conaghan (IBM Spango) 1-27-42. Team: 1, Cambus 26pt; 2, Helens 65.

PSH North Inch Relays, Perth -
1, Aberdeen (P Wilson 15-04; I Matheson 14-32; D Duguid 14-47; M Murray 14-44) 59-07; 2, Hunters BT 61-40; 3, Pitreavie 61-51; Women: 1, PSH (C Cadger, D Sidy, S Duncan, C Hawkins) 86-40; Fastest Laps: 1, I Matheson 14-32; 2, F Harper (Pit) 14-33; 3, G Brown (Stirling Univ) 14-37; Vet: K Duncan (Pit) 15-36.

Maryhill Harriers Bannerman Trophy 6 Mile RR, Summerston -
1, A McIndroe (guest) 31-32 (rec); 2, A Currie (J1) 33-10; 3, M McCartney 33-15; 4, D Lang (guest) 33-19; 5, G Grubb 36-20; Ballot team: 1, (Grubb 5, W McGill 7, J Haldane 13) 25pt.

RESULTS



February

16

Scottish Civil Service Sports Council Indoor Athletic Champs, Kelvin Hall -

Men: 60: 1, J Donnelly 7.4; 2, A Morrison 7.4; 3, J Brannan 7.4; 200: 1, J Donnelly 24.2; 2, B Winning 24.4; 3, A Morrison 24.4; 200 Vets: 1, J Montgomery 26.7; 400: 1, D O'Reilly 55.8; 800/1500: 1, R Fitzsimmons 2-06.1/4-10.7; 1500 Vets: 1, P Cartwright 4-33.3; 3000: 1, R Fitzsimmons 8-37.3; 2, W Nelson 8-41.6; 3, W Robertson 8-42.0; 60H: 1, B Winning 8.9; LJ: 1, J Brannan 6.07m; HJ: 1, R Walker 1.75m; SP: 1, F Hunter 10.93m; Teams: 1, DHSS 85pt; 2, Inland Rev 64; 3, Brit Tel 55. Women: 60/200/HJ/LJ: L Dick 7.9/25.7/1.55m/4.65m; 800/1500: C-A Gray 2-25.8/5-04.3; Team: 1, Inland Rev 122; 2, DHSS 120; 3, Brit Tel 55.

March

1

Westcars Saab Glasgow Uni v Edinburgh Uni Appleton Trophy Indoor Match Kelvin Hall -

Men: 400: N Taylor (guest Strath) 49.9; 2, P Stockton (E) 51.7; 800: 1, T Blackie (E) 1-54.4; 2, A McBeth (Youth) (G) 1-58.8 (p best); 3, G McGann (G) 1-55.9; 1500: G Stewart (G) 3-57.1; 3000: 1, I Hamer (Guest HW) 8-18.5; 2, I Harkness (E) 8-33.5; 3, D Donnett (G) 8-42.3; HJ: 1, J Stoddart (G) 2-07 (pb); 2, N Robbie (guest) 1.90m; PV: J Elliot (E) 4.00m; LJ: 1, E Dainfith (E) 6.52m; TJ: 1, R Brown (G) 13.33m; SP: 1, G Rogers (G) 13.04m; 2, R Smith (E) 12.61m; 4 x 200: 1, Edinburgh 1-33.0; 4 x 400: Edinburgh 3-25.3; 2, Glasgow 3-25.9. Women: 60: 1, R Stevenson (G) 8.2; 200/400: S Burgess (E) 26.1/61.6; 800: 1, C Kitchen (E) 2-19.7; 2, C Smith (E) 2-22.7; 1500: 1, A Sym (G) 4-46.0; 2, C Smith (E) 4-48.5; HJ/LJ: J Ainslie (E) 1.65m/5.25m. Match Score: 1, Edinburgh 148pt; 2, Glasgow 107.

18

Inter Town Sports Hall Indoor Match, Grangemouth -

Boys U15: 1, Dunfermline 260.5pt; 2, Arbroath 208.5; 3, East Kilbride 152. Boys U13: 1, Dunfermline 121; 2, Perth 107; 3, Arbroath 102.

Girls U15: 1, Falkirk 266.5pt; 2, Dunfermline 260.5; 3, Perth 178.5. Girls U13: 1, Arbroath 102pt; 2, Dunfermline 100; 3, East Kilbride 91.



April

1

Glasgow AC Open Graded Meeting, Crownpoint -

Seniors: 100: 1, C McIntosh (GAC) 12.8; 2, M McClung (Kilm) 13.0; 200: 1, M McClung 26.0; 2, C McIntosh 26.6; 400: P Stovell (GAC) 61.8; 800: J Wolfendale (Vic Park) 2-28.4; 1500: L Cairns (Kilm) 4-57.2; 3000: Y Ewing (Avonside) 11-18.7; SP/DT: A Rhodie (MS) 11.77m/29.66m; JT: S Mitchell (GAC) 28.66m. Juniors: 100/LJ: L Kerr (GAC) 13.3/4.83m; 800: K McNeill (MSL) 2-27.6; 1500: W Kennedy (Avonside) 5-17.6; 75H: J Stewart (GAC) 13.0. Girls: 100/200: J Reid (GAC) 13.7/28.1; DT: H McCreadie (Helens) 27.68m.

Falkirk District Council Young Athletes Open Meeting, Grangemouth Stadium -

Youths: 100/200: G Purves (Blackhill) 12.3/23.9; 100/200 "B": R Slater (Dunblane) 12.4/24.9; 100H: HJ: P Ackerman (Blackhill) 16.7/1.65m; 800m: 1, S Ellis (Law) 2-08.1; 3000: 1, J Crowans (Tayside) 9-50.3; SP: W Bunch (Law) 10.10m; DT: D Haddow (FUH) 31.22m. Senior Boys: 80H: G Docherty (Airdrie) 14.2; 800: D Miller (Airdrie) 2-22.1.

Intermediates: 100/200: D Burden (Airdrie) 13.5/27.0; 100/200 "B": F Gray (Bathgate) 14.2/28.4; 80H/LJ: S Wood (EWM) 14.1/4.44m; 800: H Wilson (FVH) 2-33.1; 3000: L Farmery (Airdrie) 11-16.5; HJ: C Scott (Cen Reg) 1.45m; DT: L Jackson (Tayside) 27.00m; JT: J Ablett (EWM) 32.76m.

Girls: JT: V Clark (Tayside) 19.50m.

2

Aberdeen AAC Track Trials, Chris Anderson Stadium, Aberdeen -

200m: 1, M Davidson 22.3; 2, M King 22.5; 3, R Drummond (J) 23.4; 1500m: 1, N Mackland 4-09.6; LJ/JT: K Lyon 6.36m/45.92m; 1500m Jun: 1, S Wright 4-12.7.

Women: 200m: 1, C Leys (Inter) 27.4; 2, L Davidson 27.7; 800m: D Simpson 2-35.1; 2, N McKinnon 2-35.6; LJ: L

Davidson 5.10m; JT: L Peddie 36.22m.

Victoria Park AAC Open Graded Meeting, Crownpoint -

100/200: D Galloway (Ayr Sea) 11.4/23.3; 3000: T Hearle (Kilb) 8-53.3; HJ: A Scobie (Irvine) 1.80m; LJ: B Ashburn (C'Bank) 6.78m (W).



February

18

Carnethy Five Hills Race, Penicuik

1, M Patterson (Dark Peak) 49-42; 2, P Dymoke (Liv & Dist); 3, B Potts (Clydesdale); V1, J. Shields (Clydesdale); V2, D Bevan (Speddy); V3, D Millan (Sutherland); L1, A Carson (Eryri); L2, J Darby (Carnethy); Teams: 1, Liv & Dist; 2, Ambleside.



James Mair of Carnethy Hill Runners leads our veterans' columnist Henry Muchamore during the Lasswade Novafone 10 Mile race on March 5. Picture: ALEX EWING

March

12

Criffel 7 mile Race, New Abbey - 1, J Wilkinson (Gala) 51-17; 2, D Bell (HELP) 51-34; 3, A Farningham (Gala) 52-15; 4, A Curtis (Liv) 52-30; 5, D McGonigle (DHH) 53-09; 6, P Marshall (V1) (HELP) 54-22; V2, D Davis (Heborg), 12th, 55-45; V 0/50: W Gauld 62-32; L1, J Salvona (Liv & Dist) 61-06; L2, A Curtis (Liv & Dist) 62-53; Teams: 1, Liv 42pt; 2, Gala 60.

25

Chapelgill Hill Race, Glenholm - 1, D Bell (HELP) 19-41; 2, J Taylor (J1) (Holm) 20-00; 3, A Curtis (Liv) 20-14; 4, D Sheil (Carn) 20-51; 5, D Rodgers (Loch) 21-01; 6, P Stott (Eryri) 21-08; V1, D Davis (Heborg), 11th, 21-34; V2, R Nicoll (Fife), 16th, 22-55; V3, D Milligan (Sol), 19th, 23-33; L1, T Calder (EAC), 26th, 23-58; L2, P Hannaford (Carn), 50th, 29-55; L3, S King (Clyd), 54th, 31-10. Teams: 1, Lochaber 20pt; 2, Kendal 52; 3, Lomond HR 60.

Alloa's Runners



Name: Vic Hawkins

Town: Perth

Age: 43

Job: Sales rep

Club: Perth Strathay Harriers

Time in race: 1-28

PB: 1-23 (Kinross)

Started running? 1985

Fav distance: Half marathon

Average weekly mileage: 40

Plans for 1989: To get back to quicker times for the half marathon and to beat my PB of 3-09 in the Dundee Marathon

Comments on race: Quite scenic course, no complaints



Name: Tom Thomson

Town: Menstrie

Age: 33

Job: Railway instructor

Club: Central Region AC

Time in race: 1-10

PB: That is my PB

Started running? 1985

Fav distance: Half marathon

Average weekly mileage: 40-60

Plans for 1989: To get under 2-35 in Inverclyde Marathon and under 1-10 for the half marathon at some point

Comments on race: Well organised and good course. That's my third PB at Alloa!

SANDRA Branney followed up her National Cross Country victory in February with a new course record at the Alloa Half Marathon on March 26, writes George McHardy. The Glasgow Athletic Club athlete knocked a fantastic 13 minutes off the existing record to finish eleventh in the race overall.

Her winning time was 73-19.

Over 600 runners converged on the wee county for this, the seventh running of this event, and were rewarded with almost ideal running weather on what was a blustery Easter weekend. The men's race was a closely fought affair between local athletes and Edinburgh's Alan Robson. Robson just edged out Martin Coyne (Falkirk Vics) and Frank Harper (Pitreavie) to take the men's title.

Alan's winning time was 68-20. He also helped his team to second place in the team race, which was won by Pitreavie. The local lads of Central Region also packed well to take third place.

Andy Stirling (Falkirk Vics) was the first veteran home in 71-06, while Jackie Byng from Greenock won the women's veteran race with a fine 91-54.

This race normally keeps a low profile, but under the able direction of Willie Murray has maintained its numbers through the years. Maybe it should be held in the Autumn when the thar hills come into their own. One thing is certain the "breeze" will always be there!



Name: Karen Hancock

Town: Glasgow

Age: 33

Job: Economics lecturer

Club: Giffnock North

Time in race: 1-28

PB: That is my PB

Started running? 1984

Fav distance: Half marathon

Average weekly mileage: 60

Plans for 1989: Recently suffered stress fracture training for London Marathon. Hope to improve half marathon PB during summer and get under 3-10 for marathon later

Comments on race: Beautiful course, superbly organised and good value for money



Name: Angus Nicholson

Town: Glasgow

Age: 52

Job: Painter

Club: Unattached

Time in race: 1-38

PB: 1-34 (Cumnock)

Started running? 1985

Favourite distance: Marathon

Average weekly mileage: 40 at most

Plans for 1989: Running all 95 miles of the West Highland Way in June

Comments on race: Good course with one steep hill near the end. Really enjoyed it as I ran five minutes faster than the last time here.



Name: Alex Chalmers

Town: Glenrothes

Age: 55

Job: Unemployed

Club: Unattached

Time in race: 1-36.35

PB: 1-36.00 (Great Scottish Run)

When did you start running? 1985

Favourite distance: 15 miles

Average weekly mileage: 40-50

Plans for 1989: To try some different half marathons

Comments on race: Enjoyed it very much



Name: Hamish Fleming

Town: Stirling

Age: 44

Job: Police sergeant

Club: Central Region AC

Time in race: 1-18

PB: 1-17 (Falkirk)

Started running? 1984

Fav distance: Half marathon

Average weekly mileage: 55-60

Plans for 1989: To beat as many people as I can and dip under 2-50 for the marathon

Comments on race: Well organised. Menstrie brae holds no fears because I know the route well and am ready for it

club PROFILE

BLACK ISLE AAC

ONE OF the great anomalies of post war athletics in the North was that Ross-shire should have produced so many top performers through its schools for so long, but at the same time never really had a club to follow up the good work.

True, the Ross-shire Sports and Athletic Club staggered onto the scene from time to time, but limped off again ere long, leaving the sport with no firm base. However, in 1984 everything changed when Black Isle AAC got underway in the village of Muir of Ord, and since then athletics in Ross-shire has extended outwards and upwards in every conceivable way.

At the risk of re-quoting a frequently regurgitated platitude, the Black Isle club's beginnings in the autumn of 1984 were modest ones. But they have spent less time than most in forging their way through to the forefront of the sport in Scotland. Former club secretary, now chief coach, Ray Cameron was one of the founders, and he is delighted at the rate of expansion.

"We started off with about 20 members, but now we have over 200, and we are quite capable of turning out 80 or 90 youngsters on training nights. We're a family club - very much so - and that's one of the secrets of our success."

One of the hallmarks of the club's development is the width of the front on which it has developed, embracing all aspects simultaneously. Its strongest area of performance is in the distance events, so inevitably cross country features in a big way. Indeed Black Isle's biggest coup to date was at last year's Scottish under-11 girls' championships where they took first team place.

Hopes were high that this success could be repeated in the under-13 age group this

CHARLES BANNERMAN reports from the Black Isle, where at last there is a club to do justice to the area's natural athletic talent.

year, but on the day they were pipped by English club Morpeth and Blaydon.

"We feel quite strongly about that," says Ray. "We were the first Scottish club in that event, and therefore we judge ourselves as Scottish champions, although we had to settle for third place medals. We'll be putting it to the SWCCU that their events should include both open and closed championships in the future."

The Black Isle team of Lena Gajda, Jennifer Donald, and Marjorie Smith have also dominated the under-13 age group in the North Cross Country League, which has gained a new freshness, particularly in the younger age groups, since Black Isle joined its ranks. On the track and field side it has all been happening in a rush.

Last season the club made his debut both in the Scottish Women's and the Grampian Leagues. Taking second equal place in Division 4 of the Women's League was good enough to gain promotion there, and Black Isle also took second place in the men's and women's sections of the Grampian League. This makes them firm favourites for that league's North section in its rearranged format this season.

Hard on the heels of all that comes the club's entry this year into the Scottish Young Athletes' League, offering yet another medium for their undoubted talent to express itself through.

Ray Cameron hopes that the problems which the club had last year in finding athletes to fill places in the more senior age groups will have diminished, and he knows that their talent base is expanding all the time.

"This year we will be expecting a lot from athletes like our top high jumper Susan Fotheringham and thrower Tracey Johnston. Fraser Lewis is another high jumper to watch, while Brian Fraser and Scott Allan should get us good middle distance points." The club has not yet produced an individual Scottish champion,

but that is surely only a matter of time.

Meanwhile, Black Isle have not been wasting their time on the promotions side of the business. They now organise a 10K, a 10 mile road race, the much loved Knockfarrel Hill Race, and the jewel in their crown, a festival of running each autumn.

Says Cameron: "Here we have the longstanding Black Isle Marathon, to which we've added a half marathon, and latterly a 10K. This was the first three-in-one to take place in Scotland, and we always get a good response. There's also a charity angle to it which is good for public relations also."

"We feel that it's important not only for club athletes but also for joggers that we should promote events like this. We cater for athletes and runners of all abilities - not just the elite."

The financial wheels are also turning fast since "Minolta Black Isle", as they are now officially known, recently became the first club in the North to close a sponsorship deal involving a name change. The £2,000 a year deal has been made through Northern Office Technology in Inverness, and will make a big difference to the club.

It doesn't require lavish flights of imagination to see that Muir of Ord based Black Isle club is a large and progressive organisation, and such organisations need manpower to run. All over the place there are squads doing jobs, from making teas to coaching, and it is in the coaching sphere that the club has made huge leaps forward of late.

They now have a team of a dozen qualified coaches, Cameron (middle distance) and Dave Blanchard (sprints) both having aspired to club coach level.



The rest are at assistant club coach level, and the set up is strengthening weekly with more attendances at courses in the pipeline. There is a strong commitment at the club to achieve improvement at all levels and to greater heights through informed and dedicated coaching.

As for future projects, Ray Cameron is surprisingly reticent. At the moment the Black Isle play a good second fiddle to Inverness Harriers in the pecking order of clubs in the North. There is no doubt that there is strong rivalry between Black Isle and Inverness. It has on occasions verged on the acrimonious from both sides, although Cameron denies that it is anything more than "friendly rivalry".

One of the most contentious issues has been the recruitment of athletes. As a result of there being no club in Ross-shire for so long, the area had been regarded as an unchallenged happy hunting ground by Inverness, and a very profitable one at that. Now that source has dried up to some extent, and there is some reluctance on the part of Black Isle to see any Ross-shire athletes still heading towards Inverness.

What the club has achieved so far has been done with the aid of no more than a grass track, although floodlights were recently installed to help winter activities. Apart from that, some athletes make occasional visits to the Queens Park all-weather track in Inverness, but Muir of

Training night (above), while on the far left are some of the club's coaches, including Ray Cameron (fourth left). Meanwhile, Jennifer Donald, Paula Young, Marjorie Smith and Lena Gajda were first Scottish girls' club in the National.

Ord is where it really all happens. "There have been false starts in club athletics in Ross-shire in the past, but we're here to stay," proclaims Ray Cameron. "We have now shown that we're not a Mickey Mouse club, and we're confident that the name of Minolta Black Isle will be seen in higher and higher planes of Scottish, and even British, athletics in years to come."



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O · P · E · N FORUM

JUST HOW many more outstanding Scottish athletes are going to be consigned to professional purdah before the SAAA wakens up to the facts of modern athletics life? When dealing with the pro-am sham, the SAAA faces the 21st century with all the zeal of a bunch of 19th century fundamentalists.

Their one god in life is the Rule Book. Such tasks as combating drugs, coaching our youngsters, oiling the administrative machinery behind our national teams, and engaging sponsorship all fall away before statutory observance of the same Rule Book. These athletics Ayatollahs have all the corporate vision of a blinkered carthorse, and the commonsense of a good deal less.

Who can ever forget the cruelty of their riposte to George McNeill in 1980 when he applied for reinstatement as an amateur? The SAAA simply referred him to an underlined passage in the Rule Book which states that anyone who had competed for a monetary prize at any time was debarred from competition.

Gentleman George isn't the only one consigned to Outer Darkness. Thanks to the Machiavellian machinations of the SAAA, it looks like he'll have the company of Jedburgh's John Steed and Dalkeith's Brian Wilkie, veterans who also haven't passed the SAAA's "Mr Clean" test.

I'm a middle years man who joyfully embraced running a decade ago after an earlier life of active participation in a very different, but equally demanding sport. From the start I've loved running, and enter any distance available. Over the years, I've actually improved enough to be placed very occasionally, and to experience the thrill of being so. Truly, the glory of winning is beyond belief, but the real satisfaction comes from taking part, and the camaraderie, competitiveness, sportsmanship and fitness which lie within athletics.

But wait - in my first running year I learned that after entering in my local Games I'd competed professionally. What difference did that make, I queried? Those around me were no different in calibre and outlook from the legions of amateurs who'd been comrades and rivals in other events. Why should they be? They were there as honest competitors - the spirit of the Games first, and prizes second.

"Andrew Fletcher", a middle aged runner who enjoys competing in professional Highland Games as well as amateur events, asks when the pro-am sham is going to end in athletics. Regrettably, he cannot write under his own name in this Open Forum for fear of losing his "amateur" status.

So I've continued to enter a few professional events in addition to a large number of amateur races. In fact, my annual holiday isn't complete without taking part in some of the family fun at Highland Games events. And if a few crisp oncers end up in my back pocket, does that invalidate my ideals of sportsmanship? I'm afraid it does. I'm a pro. The fact that I run simply for the honour of taking part in honest competitions counts for nothing.



"Who can ever forget the cruelty of the SAAA's riposte to George McNeill in 1980 when he applied for reinstatement as an amateur?"

I competed against John Steed not so long ago. I detected no trace of rancour among the amateurs lined up against him, nor in the officials marshalling the occasion. I felt honoured to be part of the same race as him, and part of the same event as George McNeill.

Liz McColgan makes money from athletics, but for reasons which lie beyond my understanding, is not a professional. It is our good fortune that she brings such immense honour upon Scottish athletics, and her good fortune that she has secured her personal financial future. But thanks to the convolutions of the Rule Book, Liz remains the darling of sport, and John and George and their ilk are isolated.

In these declining years of the 20th century, the logic portrayed by those defending the Rule Book just won't stand scrutiny.

On the occasions I've met leading SAAA officials, I've been staggered by their paucity of initiative, poverty of thinking, and sheer cussed obsession with the Rule Book. Surely these aren't the same people who run our sport at national and international level? According to the names which keep cropping up, they would appear to be.

My personal vitriol over the competitive neutering of our professionals cannot possibly give the SAAA cause for complaint. Because they're the ones who refuse to change our antiquated legislation, they can only expect to be the Aunt Sally for every brickbat going. But they're a powerful Aunt Sally, so much so that I can only write this under an assumed name for the very real fear that my modest running career could be halted. In no way do I want the joy I receive from taking part in sport to be halted.

Nor do I only take. My club has honoured me for efforts in the sport, and over the years I've put considerable personal time, effort and professional resources into the successful administration of a particular aspect of athletics.

While the Rule Book mentality flourishes, the ridiculous pro-am obsession lives, and only succeeds in lessening Scotland's athletic worth.

It's time we questioned the sanctity of this increasingly Sacred Cow.

HALL AT SEA

A REPORT ON THE NAUTICAL AND ATHLETIC ADVENTURES OF CHRISTOPHER HALL

COMPILED BY JAMES ALLAN

I WANT to make the most of my running career in Scotland because I really enjoy myself up here."

The speaker is Chris Hall, of Aberdeen AAC, and it must be true what they say about us Scots being a friendly race, because this Welshman would be first to admit he has previously led a nomadic sort of life.

Chris is currently domiciled in Aberdeen, where he works as a safety manager for Dan Smedvig Drilling Ltd in the fast-moving oil industry. It's a very pressurised job, and Chris does admit to the occasional difficulty fitting in training in. But he has found novel ways round this problem and it does make for an exciting life.

However, things haven't always been so high-powered for the 30 year-old Hall. He and his brother Jeremy were born in St Asaph and brought up in sleepy Colwyn Bay, North Wales - and back then running was almost the last thing on the adolescent Chris's mind. Football and cricket were the accepted sports at the Halls' school and their first love. Both were keen sportsmen, so when they were encouraged to take up running to improve their football fitness they did so eagerly.

Once they'd been running for a short time, Jeremy began to catch the beginning of the running bug, but not so Chris. Both found they had a lot of natural talent but Jeremy was the twin who was making the most of his. Chris was still football-daft and his running was only done to that end.

"We used to do two cross-country runs a week in school and that was our lot. About three to four miles."

Footie-induced Hall's running may have been, but there was no doubting that he had a natural affinity towards athletics. He was able to run for Wales in age-group cross-country races off his sparse training schedule. But whereas Chris was making the time and running okay, if not spectacularly, Jerry was always in the limelight, always in the leading group. This promoted a degree of friendly sibling rivalry.



Chris Hall on the MSV Tharos

"I only beat him once in all those years," Chris laughingly recalls. "But that was in the biggest race of the lot, when we were 17. We were racing the trial for the Welsh junior team. I came second and Jerry came eighth. I made the team, Jerry didn't. Still fate took a hand there. I got flu, so neither Hall made it!"

Chris was now in his late teens, and was still quite the all-round sportsman.

"I played cricket and football for the school as well as ran. I know a lot of kids of that age that do as much as 40 or 50 miles

a week but I was just doing 10 to 15 miles. I did football training three times a week and if you take in our three PE lessons, I was still doing eight to nine sessions a week of admittedly varied sport."

Hall's academic ambitions took him in the direction of Warwick University, where he studied history and economics. Chris would be the first to admit that he wasn't the most dedicated athlete: no mega-mileage mania for him. And he got full rein to indulge his lazier side at Warwick as he remembers:

"Oh, it was a very bad college for athletics at that time. Track and cross-country were just non-existent. I just continued to run to keep fit for football. I was primarily a footballer and a socialiser! Ha-ha!"

In 1981, Christopher Hall graduated with a degree in History and Economics.

And promptly got a job on the oil rigs as a roughneck. An unusual choice of career for a degree student surely?

"I must confess I did it purely and simply for the money," he admits.

It may have been a strange and even slightly ridiculous decision but it's probably what saved his running career.

He was put to work on the standard oil industry schedule of two weeks on/two weeks off, and instead of just lazing about when he was on dry land, he started doing a spot of running. However, he'd lost a bit of his schoolboy fitness.

"In those days long runs were about twenty minutes. I'm not kidding!" he says.

As 1981 turned into 1982, Chris began turning into a bit of a runner.

"Yeah, in '82 I got the bug. On my two weeks on the rig I'd do very little, just a bit of gym work, but on my two weeks off I started training with Jerry, doing five and six mile runs."

Jerry Hall, had in the meantime continued running with some success, winning races and Welsh vests. The way Jerry saw it there was no reason Chris couldn't do likewise. After all, they were twins!

HALL AT SEA

Jerry encouraged me to pack in my offshore job and try some serious running but I still wasn't convinced at that point," says Chris.

"From 1982 on I was often on rigs that were large enough to run on. On one rig I had a five minute loop round three tiers. Up and downstairs and round the helideck and then round the opposite way. Forty minutes of that every day."

Hall stuck to his unorthodox mixture of dry land and sea bound running over the next few years. And then in 1984 he had a revelation. It happened in Llandudno of all places. He came a good second to British steeplechaser Roger Hackney - and suddenly all his twin brother's encouragement started to make sense.

"I beat some good guys and realised Jerry was right. I had to give running a go, otherwise I might always be wondering about what could have been."

So Hall left the rigs, moved to London, and got a job with the British Safety Council. Then he made another good move - he joined Haringay, home of such illustrious athletes as Sebastian Coe. In for a penny, in for a pound. Chris jumped in at the deep end.

"I approached John Sullivan, Steve Crabb's coach, and asked if he'd take me on," says Hall.

Happily, John Sullivan agreed and the one-time footballer found himself with a coach and Steve Crabb and Gary Staines as training partners. It was a real eyeballs-out eyeopener but the difference it made was worth all the effort.

HALL HABITS

BORN: St. Asaph, N. Wales. 22/8/58

HEIGHT: 5ft 7in

WEIGHT: 130 lbs

OCCUPATION: Oil industry safety manager
PB's: 400m, 52.1, 800m, 1-54, 1500m, 3-53, 5000m, 13-58, 10,000 (track), 29-12; 10,000 (road), 28-49, half marathon, 64-32.

TYPICAL SCHEDULE:

Chris tries to average around 60 miles per week, but this can be all turned on its head if his work schedule demands it. An ideal sort of week would look like this:

SUNDAY: long run, 10-12 miles

MONDAY: lunchtime: 5 miles steady; evening: 6 miles fartlek

TUESDAY: lunchtime: 5 miles steady; evening: track - 12 x 400 with 30 secs

"I'd never done proper rep sessions and couldn't believe the difference they made. My 5000 time went from 14-49 to 13-58 in literally six months!"

But once a nomad, always a nomad. With Wales, Warwick and London already under his belt, he was ready for the off again.

"I got a chance to get back into the oil industry without working offshore so I accepted," he explains.

His job was based in Aberdeen, and Chris did what any self-respecting athlete would. He promptly joined the local club.

"Strangely enough, the first two runners I met were Graham Laing and Fraser Clyne," he recalls. After this rather auspicious meeting, his fortunes plummeted somewhat. He got injured and spent the whole summer out of competitive running.

But finally the Welshman with an English club made his debut in Scotland (sounds like a bit of an old joke, doesn't it?). Hall ran in the Allan Scally Road Relays and was fastest Aberdeen man. This earned him the reserve spot in the Aberdeen Edinburgh to Glasgow team. He vowed to be an important part of next year's team.

It was at the start of 1986 that Chris started training with Ian Mathieson and David Duguid, two of Aberdeen's most promising young runners. The threesome have remained firm friends and training partners ever since.

1986 was a very good year for Hall. He started the year with an excellent run in the Springburn Cup in Glasgow, and then his

recovery in around 65 secs. 2 miles warm-up and down.

WEDNESDAY: lunchtime: 5 miles steady; evening: 6 miles steady

THURSDAY: lunchtime: 5 miles steady; evening: track - 8 x 1200 with 2 min recovery in around 3-35. Same warm-up and down as before.

FRIDAY: lunchtime: 4 miles steady

SATURDAY: race or 3 x 1000m with 1 min recovery in around 2-45. Same warm-up and down.

However, this ideal week could easily include two exercise bike sessions on Thursday and Friday if Chris happened to be offshore. His running diary hardly sees the same week twice!

travels took him to wins at the Buckie and Brechin 10Ks. Oh, and his wish came true - he made the E to G team and Aberdeen won!

But Hall still felt he had much more to come.

"In 1987, I ran quite a few 5,000's on the track for Haringay and they were all around the 14-30 mark. I just wasn't getting my proper speedwork in. The problem was with having to go offshore. I wasn't totally adjusted to that so some days I wasn't running at all..."

Still, these troubles aside, Chris was still improving. He won the Arbroath Half Marathon in 65-02 and the Black Isle 10K in 29-10 (lot of downhill in that one! Ha-ha!). He ended his year with a good run in the E-G on the talent-packed second leg. "I was up with all the good guys, so I think I had a good one."

Chris hit a rich vein of form last year, coming 11th in the "National" and 10th in the Kodak 10K early on. He kept the form going throughout the year, running 66-10 twice in half marathons, reducing his course record at the Black Isle 10K to 28-49 ("really like that race") and turning in his usual class legs on what is fast becoming his favourite race - the E to G! Chris was particularly proud of Aberdeen's win last year, as the responsibility of being the club's road captain was on his shoulders.

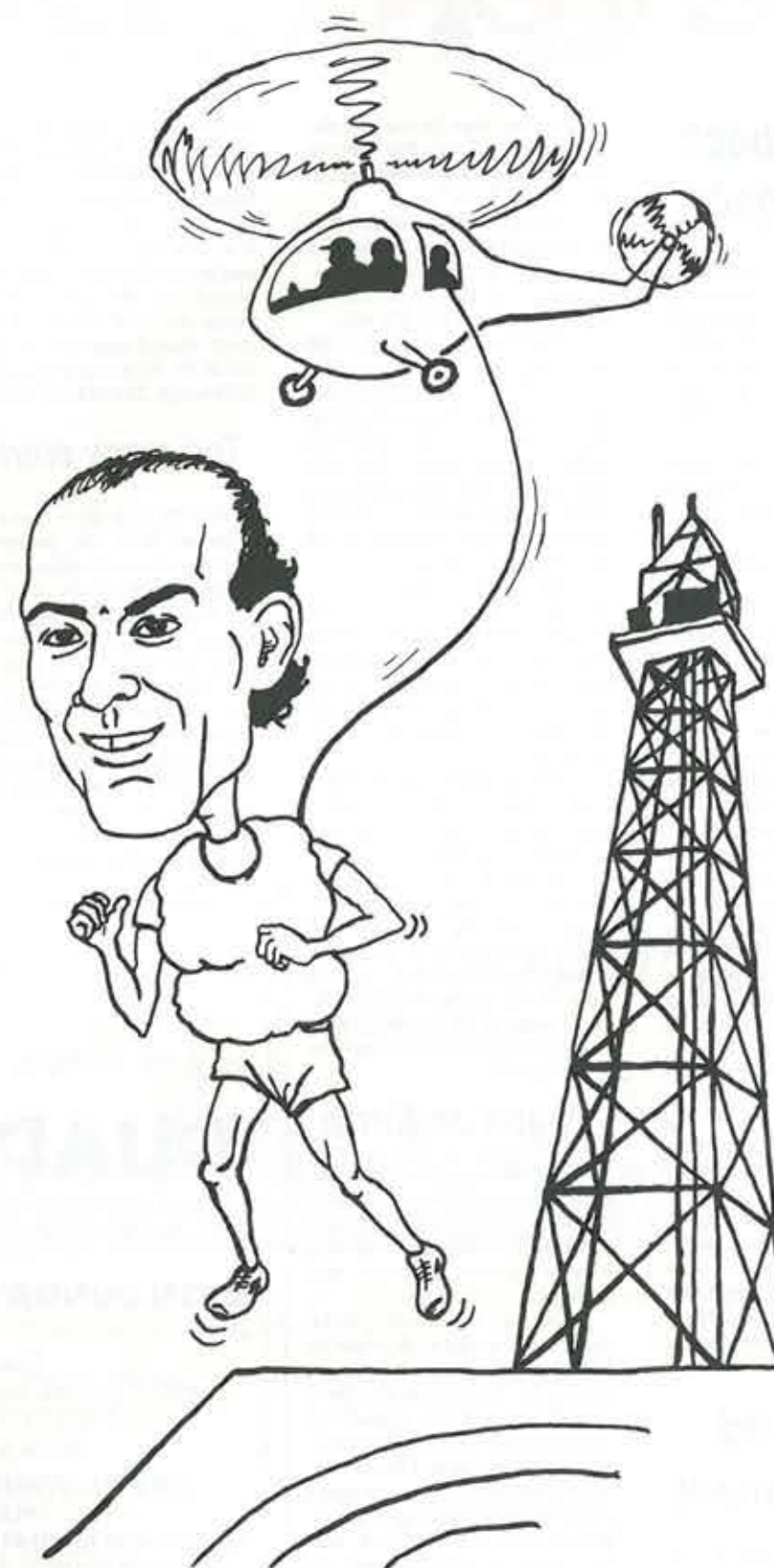
However, the running responsibilities are really but a small part of Chris Hall's daily duties. As safety manager for his oil company, he works three days onshore at the office, and two days out on the rigs. And he is on call at weekends.

"It's very worrying to get paged at the weekend - you always fear the worst," he says. "I was on another rig when the Piper Alpha blew. The worst thing was seeing all the wives waiting for the helicopters to come in."

"I've tried to train after rig accidents but you just can't - it's impossible really. I suppose this sort of work has hardened me a bit really... but thankfully incidents of this sort are few and far between. My ideal day is having no safety problems to deal with."

Hall flies out to whichever rig he's inspecting by helicopter at 8am, and comes back at 6pm, and then goes out to train. Should he have to stay overnight offshore, he would do a "5" on the rig's exercise bike and then a "5" later on the treadmill. Norman Tebbit's infamous words have never rung so true.

"It's a busy life, but this cheery, likeable



Welshman seems to thrive on it. He's made a lot of friends in his short stay north of the border.

"I like going to the likes of Dundee, Edinburgh and Glasgow to race. Both for the opposition and to see my friends and have a drink with them after the race is

over. I see running as partly social because I'm never going to be Sebastian Coe but I can still try the best I can."

"The best he can" is surely still to come for our adopted "Scot". He hopes to crack 14 minutes for the 5000 once more and just have a really good, solid season, the

highlight of which will undoubtedly be running the 10,000 for Haringay in the European Clubs in Belgrade on June 5.

Another country, another race, for nomadic Chris Hall. Hopefully his much-travelled running shoes will stay in Scotland for a while!

EVENT TALK

Hughes back event again

THE EVER popular Glenrothes Half Marathon is to be sponsored by Hughes Microelectronics for a second year, writes David Watt.

It is now seven years since the first Glenrothes event, and each year brings another step forward improving the standards set in the previous events. The four-figure Hughes sponsorship provided the solid base from which the race can develop.

This year Hughes have added to their sponsorship by donating two very attractive trophies, to be competed for by the first Glenrothes male finisher and the first female finisher.

Sandy Marshall, assistant managing director of Hughes Microelectronics in Glenrothes, has declared himself well pleased with last year's race, describing it as, "an exceptional success".

The half marathon has been included in the BARR Hot 100 races, and with this counting towards the British Road Race Championship it is hoped that a number of the top athletes in Scotland and beyond may participate on what has previously been a very fast course.

In addition, the organisers have applied for BARR Grade 1 status, and confirmation of this (subject to the final measurement) is anticipated by May 21 when the race takes place.

The organisers hope to reach 2,000 entries, and are confident that the race will continue with the high standard of provision seen in previous years. For entry details, see advertisement in this issue of Scotland's Runner.

All-round entertainment

ACCORDING to David Arnott, race director of the Dunfermline Half Marathon, this year's event will be "bigger and better than ever before".

There are two main reasons, says Arnott.

"In the past the route was quite hilly which caused the entry for the event to fall away over the years. Last year we introduced a new course which was much flatter and faster and we're using

it again this year. In the past the entry dropped to 1500 but we expect nearly 2000 to take part in the event in June."

The other reason for Arnott's increased enthusiasm for this, the fifth Dunfermline Half Marathon, is due to the greater amount of money being put into the race.

"There will be around £1750 worth of prizes, plus trophies and medals. There will be lots of kinds of awards, including team prizes for affiliated and non affiliated clubs, ladies prizes for individuals and teams, and vets prizes. In addition there will be embossed commemorative certificates for all race finishers," he says.

The Dunfermline Building Society have proven to be excellent primary sponsors of the event. They provide a computerised administration service and made their marketing department available for the promotional side of the race.

The race begins in Pittencrieff Park and that's where the varied entertainment begins at 9am and continues until 3pm.

The event is also in the "Hot 100" series - one of the top 100 races in the UK. The race also boasts BARR Grade 1 status. No doubt the forthcoming race on June 11 will further establish the event as one of the most successful and well organised half marathons in the country.

Peace on Earth

ALL OF US have at some time or other dreamt of holding a flaming Olympic torch, writes Adrian Stott. The shining torch has long been a symbol of peace and harmony.

You may have heard of the Peace Run which took place in 1987. You may even have been among the thousands who took part. But even if you missed this astonishing event last time around, the good news is that Peace Run '89 is coming your way! Once again Olympic-style flaming torches, passed from hand-to-hand, will be carried in relay through 51 countries over a distance of 31,000 miles, a living symbol of commitment to spreading the spirit of peace throughout the world. And you too can take part in this historic event.

The Scottish section of this global run will begin with a ceremony in Glasgow on Saturday, May 20. The torch of peace will then be carried for two days around Central Scotland

before leaving Edinburgh on May 22. The Run is being co-ordinated by the Sri Chinmoy marathon team. A detailed route with timings will be available shortly. It is very much a people's event, and any individual or group who would like the opportunity of being involved in carrying the torch should write (with sae) to me at 48, Silverknowes Crescent, Edinburgh. Tel: 031-336-2349.

Too many entries

IT'S NOT very often that a race organiser is in the position of turning away entries three months before his event takes place!

That's what's happened, though, to Duncan Watson, organiser of the West Highland Way race in June. Admittedly there was a limit of only 50, but Duncan contacted us to say that the numbers had been attained, and that he was still receiving entry requests - so please, no more telephone calls he says, but thanks to all those who inquired.

Three cheers for Moray!

THE ANNUAL Moray running festival involving a full marathon, half marathon and 10K, has received a major boost with a new three year sponsorship deal with the Macallan Glenlivet Distillery, writes Glen Elliot.

Macallan, who have been the main backer of the event since 1987, have agreed to extend their sponsorship until 1992.

This year's running festival will take place on Sunday August 6, with three separate starts: Elgin's Cooper Park for the full marathon, Gordonstoun School for the half, and Lossiemouth for the 10K. Each event finishes in the Cooper Park, Elgin, where traditionally large crowds of spectators gather.

This will be the eighth Moray People's Marathon event, which continues to be a firm favourite with runners throughout the country.

EVENTS

April

22

BEN Rha Hill Race, Reay, Thurso.

SSAA Primary Schools CC Championships, Kirkcaldy.

DUNBAR Boundary 10K, Dunbar. Starts 10am, Deer Park, Dunbar. Entries £2.50/£3.00 on day. Contact Hugh Rooney on 0368-64064 for details.

CENTRAL Region Championships, Grangemouth.

RENFREWSHIRE AAA Track and Field Championships, Crownpoint.

GLEN Bash, Fort William

JIMMY Scott Memorial 16 Mile Race, 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. Entry fee £5.

ST MUNGO'S 10K Road Race, Bearsden.

ADT London Marathon, London.

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

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

MONKLANDS Open Graded Meeting, Coatbridge.

ST ANDREWS Half Marathon and Fun Run, St Andrews.

26

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

GLEN 10 Mile, Fort William (part

of Lochaber Spring Treble). E on day £1.50. Details from Sandy Hastings, Inveroy, Roy Bridge.

SCOTTISH University Cup Semi Finals, Westerlands and Stirling.

29

EILEAN Donan 10K Road Race, Dornie.

SCOTTISH Women's CC&RRA agm, Glasgow.

DUNBARTONSHIRE AAA Track and Field Championships, Scotstoun.

30

BUSF/UAU Championships.

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

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

KODAK Scottish Championship 10K Road Race, Glasgow. 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 10K Road Races, Glasgow Green and the Meadows, Edinburgh. Tel 031-336-2349 or 041-429-1946 for details.


CITY OF DUNDEE DISTRICT SPORTS COUNCIL

QUADRATHON

Incorporating the Scottish Quadrathon Championships 1989
and the first British Quadrathon Championships

■ ON SUNDAY 6th AUGUST 1989 ■

STARTING AT 3.00pm
FROM DUNDEE SWIMMING AND LEISURE CENTRE
OPEN TO TEAMS AND INDIVIDUALS
FROM ALL OVER SCOTLAND.

FOR ENTRY FORMS AND FURTHER INFORMATION
PLEASE CONTACT
LEISURE AND RECREATION DEPARTMENT, CITY OF DUNDEE
DISTRICT COUNCIL 353 CLEPINGTON ROAD, DUNDEE.
TELEPHONE: 23141 EXTENSION 4045

THIS EVENT IS PART OF THE DUNDEE WATER FESTIVAL 1989

Mersey Marathon

SUNDAY 3rd SEPTEMBER 1989

8th

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 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 Cocks Every Five Miles • Feeding/Spouse 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 co 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.

EVENTS

- 6
TAIN People's Half Marathon, Tain.
BEN Lomond 9 Mile Hill Race, Rowardennan.
CAMPSIE Recreation Centre 10K Road Race, Lennoxtown.
EDINBURGH to North Berwick 22 Mile Road Race, Meadowbank.
SCOTTISH Universities Cup Final, Caird Park.
7
GRE Cup First Round Matches, various venues.
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 Divs 1 and 2, Pitreavie; West Divs 1 and 2, Dam Park; N East to be allocated.
- 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.
DUMYAT 5 Mile Hill Race.
SRI Chinmoy 2 Mile Road Races, Glasgow and Edinburgh, details as before.
DUNBARTONSHIRE and Renfrewshire Track League 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.
GOATFELL Hill Race, Brodick, Isle of Arran. Details and entry forms from Dept of Rec and Tourism, Cunningham District Council, 25, Montgomerie Crescent, Saltcoats. Tel: 0294-602617.
GOLSPIE People's 10K Road Race.
GRE British Athletic League, Div 1, London; Div 2, Hayes.
PENICUIK to Howgate 10K Road Race, Penicuik High School. Starts 2.15pm, declarations close 1.45pm. Entry (£2 inc snack/£2.50 on day) limited to 300. Details from: Anna Graham, 36, Mauricewood Road, Penicuik.
ACCESS UK Women's Athletic League, Div 1, Meadowbank.
14
STRATHKELVIN Luddon Half
- Marathon, Kirkintilloch (inc Scottish women's half marathon championship). E-Strathkelvin District Council Leisure and Recreation 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 Universities Championships, Meadowbank.
MAUCHLINE 9 Mile Road Race.
INTER Club Meeting, Oban.
POWER of Scotland Kaim Hill Race, Fairlie.

EVENTS

- NORTH East League, Glenrothes.
SCOTTISH and North West League, Div 1, Crownpoint; Div 2, Dumfries; Divs 3 and 4, Dam Park; Divs 5 and 6, Grangemouth.
ACCESS UK Women's Athletic League, Div 2, Coatbridge.
17
TROON Tortoises 10K Road Race.
SHETTLESTON Harriers Open Graded Meeting, Crownpoint.
ESH Open Graded Meeting, M'bank
SAL v Scottish Unis Select v SAAA Junior Select, Grangemouth.
SCOTTISH Unis Select v EWM v Cent Reg (women), Grangemouth.
SRI Chinmoy 2 Mile Road Races, Edinburgh and Glasgow. Details as before.
19
BRUICHLADDICH Islands Peaks Race, Oban to Troon (Day 1)
- 20
SWAAA District Championships, East, Meadowbank; West, Crownpoint Road. E forms from: SAAA, Caledonia House, South Gyle, Edinburgh EH12. Tel: 031-317-7320.
SAAA Martin and Frost Northern District Championships, Queens Park, Inverness. E details as above.
FALKIRK District Council Young Athletes Meeting, Grangemouth. Tel 0324-483752 for details.
BRUICHLADDICH Islands Peaks Race, Oban to Troon (Day 2)
STUC A' Chroin 13 Mile Hill Race, Strathyre.
21
HFC SAL, Divs 1 and 2, Dam Park; Divs 3 and 4, Wishaw.
HUGHES Glenrothes Half Marathon, Glenrothes. E-sae to Fife Sports Institute, Viewfield Road, Glenrothes, Fife.
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. Entry and sponsorship forms from: Oban People's Half Marathon, PO Box 77, Oban.
BRUICHLADDICH Islands Peaks Race, Oban to Troon (Final Day).
JOHNSTONE Rotary Club 10K and Fun Run. Starts 2pm, Ludovic Square, Johnstone. E accepted on day. Details from Ian Robertson, 35, William Street, Johnstone.
23
SECURICOR Young Athletes Sprinting for Britain, Pitreavie.
24
EYEMOUTH Road Races, Eyemouth. Boys, senior boys and mens races. Entries 50p-£1. First race starts 7.15pm. More details from David Miller on 08907-71438.
KINNOUL 4 Mile Hill Race, Branklyn, Perth.
DUNBARTONSHIRE and Renfrewshire Track League, Cpoint.
27
SAAA District Championships, East, Meadowbank; West, Dam Park. E forms from SAAA, Caledonia House, South Gyle, Edinburgh EH12 9DQ. Tel: 031-317-7320.
BENS of Jura Fell Race, Craighouse
BATHGATE Highland Games and vets 6 mile hill race.
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 Acad Half
28
MOTHERWELL Ravenscraig Half

IBM GREENOCK

LARGE PRIZE LIST

FESTIVAL of RUNNING

Medals to all finishers

SUNDAY 20th AUGUST 10.30am

ENTRIES CLOSE 3rd AUGUST 1989

10k MARATHON FUN RUN

MARATHON MALE 1st £500
MARATHON FEMALE 1st £300
10k MALE 1st £150
10k FEMALE 1st £70

With assistance from Inverclyde District Council

SUNDAY 20th AUGUST 10.30am
ENTRIES CLOSE 3rd AUGUST 1989

SEND TO: Mr J. Gallagher, Mail PT 06K, IBM UK Ltd, Inverkip Road, Spango Valley, Greenock, Scotland PA6 0AH

NAME
ADDRESS
NAME OF CLUB OR UNATTACHED
DATE OF BIRTH

PLEASE TICK

10K	MARATHON	FUN RUN	AGE ON DAY OF RACE
☐	☐	☐	☐
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 any entry without being bound to assign a reason.

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

I will be 18 years of age or over on the day of the race.

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

Signature Date

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 Copers 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 50p)
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 686788 or Cunninghame Islands - Large 673785 or Visit Large Tourist Information Centre

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

FALKIRK HERALD PEOPLES HALF MARATHON

SUNDAY 22nd OCTOBER

Mini Minor
Highland Games
Saturday 9th
September



Falkirk
Highland Games
Sunday 10th
September

CENTRAL REGIONAL
CHAMPIONSHIPS
Saturday 22nd April

1989

Womans Own
Run
Sunday 25th June

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

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

FALKIRK OPEN GRADED MEETINGS

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

Under
SCCU
SWCC + RRA
Rules

Under
SAAA
SWAAA
Rules

(First Wednesday of the Month)

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

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

EVENTS

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
Dunnott on Thurso 65838.

COWAL Police Half Marathon,
Dunoon. Details from Les Wilson,
Strathclyde Police, Argyle Road,
Dunoon PA23, Tel: 0369-2222.

KIRKCALDY District Half Mara-
thon, Kirkcaldy. E to Fife College
of Technology, St Brycedale Ave,
Kirkcaldy, Fife KY1 1EX.

SCOTTISH Border AAA Champi-
onships, Tweedbank Stadium

CITY of Aberdeen Milk Marathon
and 10K Road Race.

FORRES 10K Road Race and Fun
Run, Forres. Winner receives Don
Ritchie trophy. Details from H.
Cameron, 7, Forreath Avenue, El-
gin. Tel: 0343-2065.

MONKLANDS Women's Scottish

Cup Semi Final Match, Coatbridge.

30

SECURICOR Young Athletes
Sprinting for Britain, Aberdeen.

31

SECURICOR Young Athletes
Sprinting for Britain, Crownpoint.

AULD Toon 10K Road Race, Dun-
fermline.

SRI Chinmoy 1 Mile Road Races,
Edinburgh and Glasgow. Details
as before.

June

1

SECURICOR Sprinting for Britain,
Dumfries

3

HFC UK Championships Day 1

FESTIVAL Five Mile Road Race,
Haddington. E - Race org, 65, High
St, Haddington. Tel: 062082-4023.

LILIAS Day Road Race, Kilbarchan

ROSS-SHIRE People's 10K Road
Race, Dingwall

Shotts Highland Games, Shotts

4

SWAAA East v West, M'bank.

IRVINE Valley Half Marathon,
Galston, Ayrshire

CRAIGIE Hill Race, Barrhead

AIRDRIE Highland Games, Airdrie

EAST Neuk of Fife Half Mara-
thon, Anstruther. E-Race convener,
24, Viewforth Place, Pittenweem,
Fife.

BORDER Athletics League, Tweed-
bank

GOVAN 10K Road Race, Govan

GRAMPIAN TV League, Elgin

HFC UK Championships, Day 2

LARKHALL-Wanlockhead Relay

STRATHCLYDE Ragu 10K Road
Race, Glasgow. See P46 for details

SCOUTLY Hill Race, Banchory

FORTH Road Runners 10K Road
Race and Fun Run, Forth. Starts
Recreation Park, 1pm, £3 for 10K,
£1 for fun run. E - Mr Angus, 2,
Learig Forth, Lanark. Tel: 0555-
811150.

7

FALKIRK Open Graded Meeting,
Grangemouth. Tel 0324-483752 for
details.

AYR Seaforth 10K and Fun Run

SRI Chinmoy 'Runners are Smil-
ers' 5 Miles Road Race, Meadows,
Edinburgh, and Glasgow Green.
Details from 031-336-2349.

10

HAMILTON District Sports Festi-
val and Gala RR, Hamilton

SSAA Pentathlon & Relay Champs,
Grangemouth

Cont on Page 74

THE DUNFERMLINE HALF MARATHON



Principal Sponsor
Dunfermline
Building Society

PITTENCRIEFF PARK
SUNDAY 11 JUNE
9.30 am



ORGANISED BY
DUNFERMLINE
DISTRICT
COUNCIL

B.A.R.R. GRADE 1 & HOT 100
Extensive Prize List for Individuals & Teams
£1600 in Total
Medal & Completion Certificates

All enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211

DUNFERMLINE DISTRICT
SPORTS COUNCIL

C & G SPORTS
DUNFERMLINE

Electrical Services

MILK! IN SPORT

FULL ENTERTAINMENT PROGRAMME FOR ALL THE FAMILY

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

LAW AND DISTRICT AAC
THE IAN SKELLY/CARLUKE 10 MILE ROAD RACE
 SPONSORED BY
 **Ian Skelly** 
 SATURDAY 1st JULY
 HELD UNDER SAAA, SWAAA, AND SWCCU & RRA LAWS
10 MILE RACE SENIOR MEN AND LADIES 18 YRS AND OVER
 A CHAMPIONSHIP RACE FOR VETERAN HARRIERS CLUB
10 MILE RACE ENTRY FEE: £1.50 ENTRY ON THE DAY: £2.00
 FIRST PRIZE £20 FIRST VET £15 FIRST LADY £20
 SECOND PRIZE £15 SECOND VET £12 SECOND LADY £15
 THIRD PRIZE £10 THIRD VET £8 THIRD LADY £10
 ENTRIES FORMS AVAILABLE FROM: R. BENYON, 42 BARMORE AVE, CARLUKE (0565) 70358
 CHEQUES AND POSTAL ORDERS PAYABLE TO:
 LAW AND DISTRICT A.A.C.
 CHANGING AND SHOWERING FACILITIES AVAILABLE.
 ROAD RACE STARTS AT 3.00 p.m.
 MEDALS AND CERTIFICATES TO ALL FINISHERS

Cowal Police Half Marathon

SUNDAY MAY 28 — 1 p.m.

Entry fee: £5.00

- ★ Free commemorative T-shirt ★
- ★ Medals to all finishers ★

Extensive Prize List

Trophies to 1st, 2nd & 3rd Male/Female
 Male/Female Vets Male/Female Super Vets

Entries from:

Police Station, Argyle Road, Dunoon. Tel: (0369) 2222
 CLOSING DATE - MAY 24

Edinburgh Southern Harriers

Open Graded Athletic Meetings
 Meadowbank Sports Centre
 Edinburgh from 6.45 p.m.

on Wednesdays 14th June - 12th July - 16th August

Three classes: Senior/Junior
 Youths/Senior boys
 Senior/Intermediate Women

Entry forms/timetable from:
 O.N. Dickson

4 Old Farm Place, Edinburgh EH13 0BA

LOCH LEVEN HALF MARATHON

(Under SAAA & SWAAA Laws)

Saturday 9th
 September at
 1pm



13.1 miles round
 scenic Loch Leven

Entries close
 31st July

Medals to
 all finishers

Prizes in
 each race class.

Main Sponsor: THE SCOTTISH HEALTH EDUCATION GROUP

Entry forms from: Tourist Information Centre,
 Junction 6 M90, Kinross. KY13 7NQ. Tel: 0577 63680.



EAST NEUK OF FIFE HALF MARATHON

Sunday 4th June 1989
 at 2.15pm

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

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

Sponsored by:

PAGAN OSBORNE & GRACE

SOLICITORS ESTATE AGENTS

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

HUGHES
 AIRCRAFT COMPANY



GLENROTHES HALF MARATHON

SUNDAY
 21st MAY 1989
 (10.30am start)

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

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

3 MILE FUN RUN
 Starts 10.45 a.m. 50p entry
 (After the Half Marathon)

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

Isle of Skye
 Hotel Association



SKYE WEEK '89 HALF MARATHON

(Permit applied for)

SATURDAY 17th JUNE 10.30 a.m.

- Unique Medal to all finishers •
- Extensive prize list, including Spot Prizes •
- Entry fee £4.00 •
- Half Marathon open to all over 18 •
- Free swim for all participants •
- Accommodation available •

• **4.5 MILE FAMILY FUN RUN** •
 (entry on the day)

assisted by



The Royal Bank of Scotland plc

ENTRY FORM

FIRST NAME SURNAME

ADDRESS

POST CODE HOME PHONE

DATE OF BIRTH

AFFILIATED CLUB (if applicable)

ARE YOU A SKYE RESIDENT? YES ☐ NO ☐

ARE YOU ENTERING IN A TEAM? YES ☐ NO ☐

Team Name

I REQUIRE INFORMATION ON ACCOMMODATION YES ☐ NO ☐

I DO/DO NOT REQUIRE A SKYE WEEK HALF MARATHON T-SHIRT @ £5

SIZE Small / Medium / Large / X. Large

I enclose a cheque/P.O. for £9

to cover the cost of the T-shirt and my entry fee to the half marathon ☐

I enclose a cheque/P.O. for £4

as my entry fee to the half marathon ☐

(cheques payable to Skye Week '89 Half Marathon)

Please enter me for the Skye Week '89 Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

Signed

Your Registration Card and further information will be forwarded on receipt of this application form and entry fee.

CLOSING DATE for entries is 12th June 1989

Return this form together with a Stamped addressed envelope not smaller than 10" x 6" to:

NIGEL WILSON, PORTREE HOUSE, PORTREE, ISLE OF SKYE IV51 9LX

10K START

or set a personal best time in the Dornoch 10K

THE TOUGHEST HALF-MARATHON IN THE NORTH

SATURDAY 1st JULY START - 3pm

ENGRAVED GLASSWARE TO ALL HALF-MARATHON FINISHERS, MEDALS TO ALL 10K FINISHERS

TROPHIES - £250 IN PRIZES

Entry forms from Judith Green, 41 Clashmugach, Clashmore, Sutherland, Scotland IV25 3RQ.

DORNOCH FESTIVAL ROAD RACES

Come and Conquer the Dornoch Half-Marathon



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 - LAIDLAW (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.



SUNDAY 16th JULY 1989

Under SAAA/SWAAA/SWCCU & RRA Rules

Fast, flat town centre course through the streets of the Highland Capital, forming part of the official Scottish Road Race Championship. Course records: Men 29-29 (Peter Fox); Women 31-56 (Lisa Martin). £2000 in prizes for all categories, including individuals, vets, athletics clubs, pub and works teams, with medals to all race finishers. Strong spectator participation.

Entry forms from branches of the Bank of Scotland, or with SAE to Turnbull Sports, 10 Church Street, Inverness.

Entries close 10th July.

SPONSORED BY "The Highland News"



Main Sponsors:
John Strathearn & Son Ltd
Strathey Coaches

SATURDAY 19th AUGUST 1989 at 2.15pm
FROM BLAIRGOWRIE RECREATION CENTRE

Prizes for all Individual Categories and Teams

1st Ten Men 1st Five Ladies
1st Three over 40's (Men) 1st Three over 30's (Ladies)
1st over 50's & 60's (Men) 1st Husband and Wife Team
1st & 2nd Men's & Ladies Affiliated Team (1st Three to Count)

SPOT PRIZES GALORE
MEDALS TO ALL 1/2 MARATHON FINISHERS
CERTIFICATES TO ALL FUN RUN (3.7) FINISHERS

Entries to Bob Ellis, 122 Perth Road, Blairgowrie, Perth PH12 6DX
Entry Fees: 1/2 Marathon - £4.00, (inc. 50p levy to S.A.A.) Fun Run 50p on the day. Age 3-90
Cheques payable to Blairgowrie 500 - Please send S.A.E. if you wish acknowledgement.

Registration on the day - Entries accepted on the day
If entering on the day, do so before 1.15pm - Entries limited to 500
you will be entered in a prize draw - so don't delay.

Entrants are asked not to appear at the Recreation Centre until 12.30
A light snack and swim are available and free of charge until 5pm - Prize Giving - 4.30pm

Sponsors: John Strathearn & Son Ltd - Strathey Buses - Kail Kwik Printing - Outsize Runner
Tourist Association - Proctors Insurance - Pluaboard

BLOCK CAPITALS PLEASE

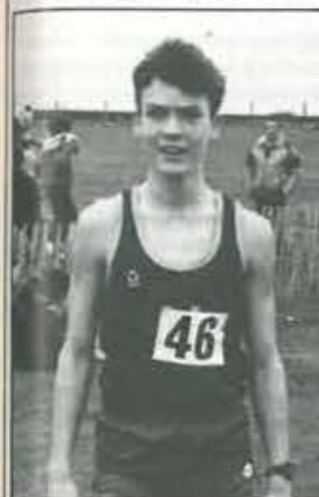
Surname _____ Christian Name _____
Address _____
Town/City _____ Postcode _____ Tel. No. _____
Age _____ Date of Birth _____ Sex _____
Name of Club _____
Tick Box if: 1/2 Marathon ☐ Fun Run ☐ Husband & Wife ☐ Team Entry ☐
Vet. over 40 ☐ Vet. over 50 ☐ Vet. over 60 ☐

I certify that I am medically fit and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury or illness incurred during or as a result of the event and for any property lost or damaged.
I hereby declare that I will be 18 years of age or over on the day of the event and have not competed in any similar event since I have been registered to amateur status.

Signature _____ Date _____

RHONA MCLEOD'S JUNIOR SCENE

NICE ONE, GEOFF



SCOTTISH victories at the British Schools' Cross Country International are rare and memorable occasions, and perhaps none more so than 14 year old Geoff Browitt's success in Barry, Wales, on April 1, writes Linda Trotter.

Geoff (above) certainly fooled the confident English squad who had expected to whitewash the event, and surprised himself and his own team with his decisive running.

Geoff's first love is football but, representing Eskmills, he has won the Scottish Boys Clubs Cross Country Championships for the past three years. In 1988, the Beeslack High pupil has entered for the SSAA Championships, gaining 22nd place.

Twice a week training, encouraged by his maths/computer teacher, Mr Robertson, saw his talent develop, and at Christmas he was advised to join a club (Penicuik Harriers). Here, Bill Bennett took over Geoff's training, resulting in his winning the Scottish Schools' title in March and the incredible British Schools' victory in April.

Another outstanding performance was that of Isobel Linaker, who finished third in the same age group race for Girls. Debbie McNally (seventh) also managed a top ten place in among the English pack, while Stuart McKay managed a top ten place in the Junior Boys.

Scotland fared less well in both Intermediate races, finishing last in the Boys and third in the Girls team events.

Edinburgh win easily

THE RIVALRY between Edinburgh and Glasgow was brought to a head in the annual Appleton Trophy competition between the cities' universities, writes Gordon Ritchie. This fixture now takes place at the Kelvin Hall every March.

The 1989 match was one-sided as any in recent times, and Edinburgh showed their superiority with a comfortable victory. Not only did they win the match, but they came first and second in many events.

The most notable performances by Edinburgh athletes came from Janice Ainslie, who won both high and long jumps (defeating Nikki Murray in the former), and Sue Burgess in the 200 and 400 metres.

In the mens event, the recently streamlined Tom Blackie strolled to victory in the 800m, while the relays saw the appearance of Jamie Henderson to ensure victory. In the end, his efforts were not necessary as Glasgow failed to pressure the Edinburgh teams.

The dominance of the Edinburgh team will now face a challenge from the other Scottish universities in the annual Scottish Universities cup competition. However, it is difficult to see any serious challenge being made to remove the trophies from the "undisputed" capital of Scotland.

While on the subject of cup matches, I would like to take this opportunity to warn all athletes of the danger of spectating at these events. Any student found observing will hastily be "invited" to participate in events such as pole vaulting or hammer throwing. I speak from bitter experience!

Finally, a word to athletes on the lookout for good competitions in May. Scottish Universities take on the Scottish League and a Scottish Junior team at Grangemouth on Wednesday May 17. The match starts at 6.30pm. There are a limited number of guest places available, and if anybody wishes to run as such, they should contact me in advance on 0382

Colin Walker and the Taj Mahal!

Lynne McIntyre continues our series on unusual experiences

ONE OF the most unusual meetings I participated in was the New Delhi Permit meet last September at the magnificent Nehru Stadium, watched by a crowd of 50,000 enthusiastic Indians and one or two elephants. I knew it was going to be no ordinary meeting when the parachutists laid on beforehand to warm up the crowd (not that they needed it - it was 38 degrees!) landed nearly on top of us athletes as we struggled to prepare in the heat and humidity.

I was a late entry to the 800m, as having arrived in Delhi and experienced the heat I had decided that I would possibly do better over 800 metres than 1500. The air felt thick and you could hardly breathe when running. I was pleased to record my season's best of 2-03, but also very glad to finish!

Some of the others in the British party didn't do so well. Colin Walker, who ran so well in the 3000m at the Kelvin Hall against West Germany, was competing in the steeplechase and for the first part of the race led three Indians round at a brisk pace. However, all of a sudden he was overcome by the heat and humidity and sank to his knees on the far side of the track - only to get up again a few seconds later and carry on! The crowd went wild at this display of British grit! Steve Ovett thought it to be one of the most remarkable races he has witnessed and worth flying all the way to Delhi just to see Colin's face as he started running again! Colin never caught the Indians but became quite a celebrity at the meeting.

Although athletically speaking the standard of the meeting wasn't particularly high, the meeting was one of the biggest occasions I have been to. There was an impressive closing ceremony marked by a peculiarly Indian brand of aerobics and a visit by the Prime Minister, Mr Gandhi (in how many meetings in Britain has that ever happened?)

Our Indian hosts laid on the most magnificent hospitality for us and even took us on a sight-seeing trip to the Taj Mahal. All of us agreed it was the most interesting and unusual trip we had been on.

LETTERS

14 Broom Road East,
Newton Mearns.

25 Baberton Mains Bank,
Edinburgh.

Dear Rhona - I am angry at drug abuse in athletics because I feel that our sport is about working hard to achieve your goals, and this is defeated by athletes who aid themselves with drugs.

I felt cheated during the 1988 Seoul Olympics to discover that one of my idols, Ben Johnson, had been taking steroids. Famous athletes like Johnson who abuse drugs also abuse athletics for me in that I now find it difficult to appreciate an athlete's magnificent performance without considering the possibility that it is aided by drugs.

Such ideas as a separate Olympics for admitted drug users, in my opinion, approve the use of drugs with the excuse of athletic progression. So I disagree with this proposal and hope that the use of drugs can be ended by increased testing and the realisation of athletes that they are not only abusing themselves but their sport and its other participants.

Catherine Murphy, age 15.
(GAC, St Ninians, Newton Mearns)

Dear Rhona - I would like to thank the Scottish Schools Athletic Association for their coaching day on March 26. I think it is a very good idea and about the best thing to happen to Scottish athletics for years.

A squad feeling comes through, and it is a good laugh - for example Stuart Meldrum's shorts!

The coaching may be beneficial to the technical events athletes, but the training is quite easy for middle distance runners, apart from a 4.5 mile run in which we did at least beat Colin Young!

Neil Johnston,
(ESH and Currie High).

WHAT DID the rest of you think about the coaching day? Should there be more days like this for junior athletes? What was wrong with Stuart Meldrum's shorts anyway - are there any photos so we can all have a laugh?

Thanks to Catherine and Neil for writing. Each wins a t-shirt.

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.

A.C. MOIR Ayr SEAFORTH AC
Track and field, cross country and roads for all age groups, male and female. Dam Park Stadium, Ayr 7-10pm on Tuesdays and Thursdays, also 11am-1pm, Sundays. Four different leagues competed for. Secretary Glen Harrower, 4, Blackburn Drive, Ayr. Tel: 0292-261956. Road race secretary Bill Boyd, 25, Heathfield Road, Prestwick. Tel: 0292-282644.

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, Kibbrie. Phone Jim Swindale at Beith 4156 for further details.

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

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

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

BRECHIN ROAD RUNNERS
New members always welcome. The club caters for the serious runner and the keep-fit jogger. Meets Wednesdays at 6.30pm and Sundays at 9.30am. For further information, contact club secretary: Mr Alan Young, 11, Cellatly 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 EH18. 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.

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Monday - St Joseph's Playing Fields, Dumfries; Tuesday - David Keswick Centre, Marchmount, Dumfries; Thursday - St Joseph's. For further details, please contact Angela Coupland (sec) on 0387-710816.

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.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm, in Biggar on Tuesday evenings, and in Lanark on Thursdays. Track sessions are also part of training at Wishaw Sports Centre on Tuesdays. Club secretary C.M. Angus, 2, Learig, Forth. Tel: Forth 811150.

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 club-

house. For further info, contact Ian Duffy (Blantyre 829661, or Sheena Smith (Hamilton 428186).

HARMONY ATHLETIC CLUB
Secretary - Ken Jack, 21, Corselet Crescent, Currie, Edinburgh.

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

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

LINWOOD PENTASTAR AC
Training every Monday and Thursday nights at 7pm in Linwood Sports Centre, Brediland Road, Linwood. All age groups and standards welcome. Contact Mr P. McAtter 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 (Mem 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, Coaltown of Balgonie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Training Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carlawerock 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, Lossondale 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 - Peter Butcher, 7, Dalhousie Place, Arbroath. Tel: 0241-73490.

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, Carnynte, 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).

The Sports Network listings are free to all clubs, and also to individuals looking for advice, training partners etc.

To ensure your listing, simply send brief details to:
**Sports Network,
Scotland's Runner,
62, Kelvingrove Street,
Glasgow,
G3 7SA.**

