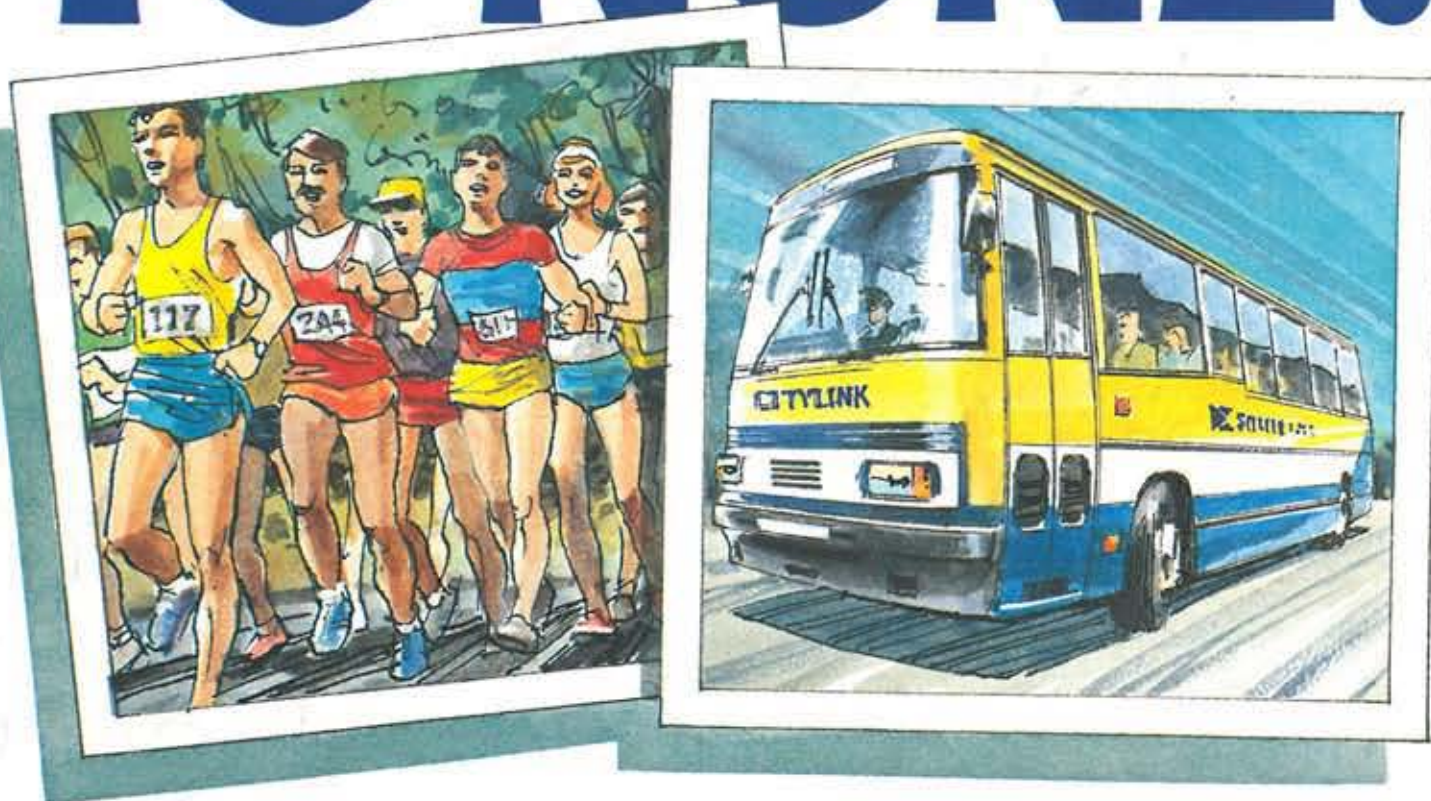


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Issue 4 OCTOBER 1986 £1.00

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Scotland-
Why are we so bad?

SCOTLAND'S

EUROPEAN

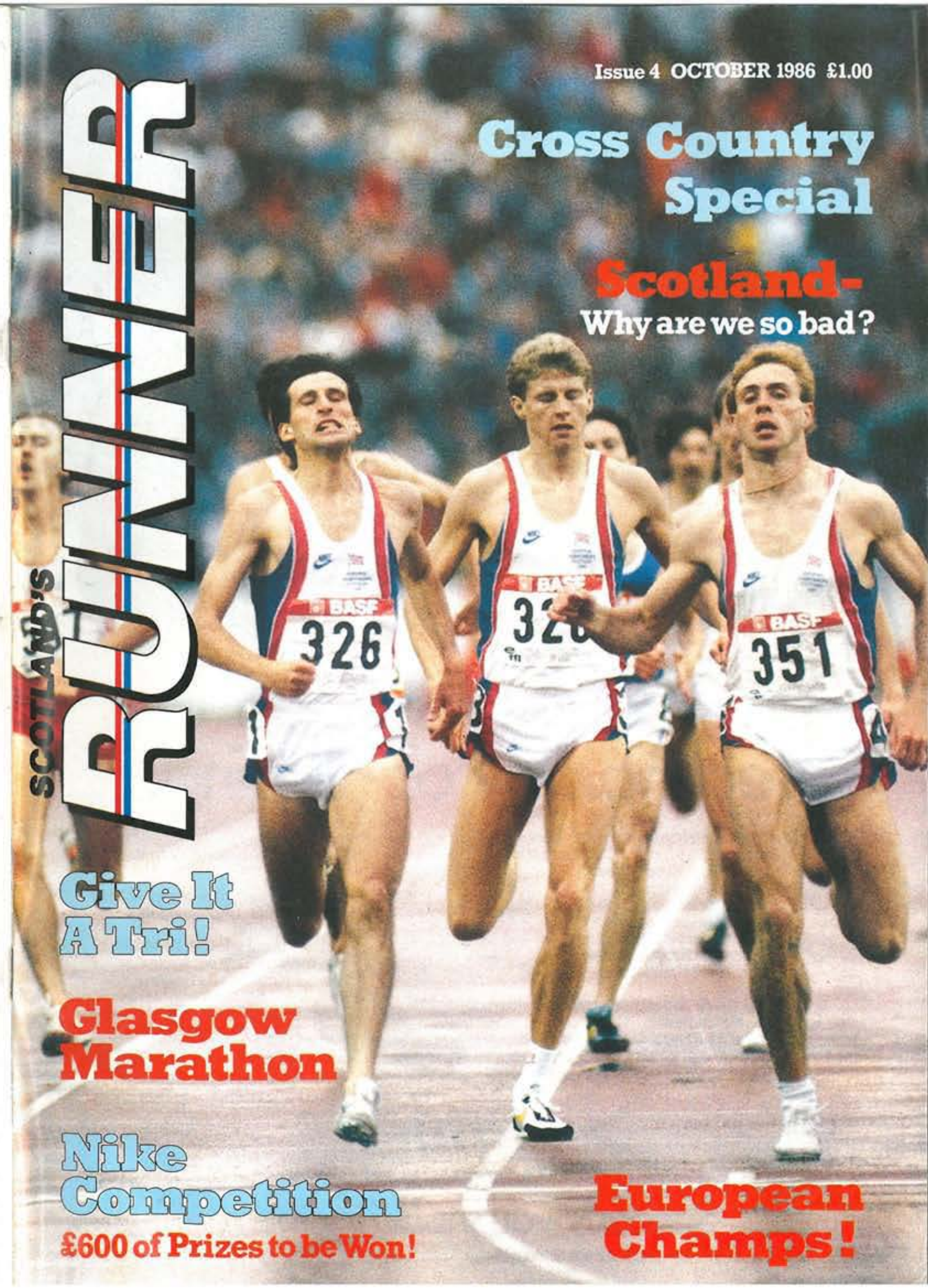
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SCOTLAND'S

RUNNER



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and schedules will help you prepare for the Marathon. And our four-page sports supplement every Monday will strengthen your knowledge, whatever your sporting enthusiasm.

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The danger signs are flashing ominously for the Glasgow Marathon, or, to give it its full 1986 title, the Scottish Citylink Coaches Peoples Marathon. Entries this year are down 30 per cent from 20,000 to 14,000 and there seems certain to be a significant drop in the number of actual starters also.

As Doug Gillon suggests on page 23, the organisers must now take a long hard look at the marathon's future. A brave face has been put on the 6,000 "lost" entries, with the explanation made that those who do enter are more committed, but next year we suspect there will be another few thousand failing to fill in the entry form unless the problem is met head on.

No praise is too high for the achievements of Bob Dalgleish and his team in building Glasgow into one of the world's top marathons. But, are we alone in thinking that the event has lost its lustre this year?

Perhaps the miserable weather of last year, and the cruel death of Duncan Kerr, have clouded the 1986 event. For whatever reason, the marathon seems to have been keeping its head down.

In previous years, it was impossible for anyone living in the Strathclyde area to escape the Glasgow Marathon, whether they wanted to or not. A series of well orchestrated press conferences and publicity stunts kept the event in the public eye from February right through till September.

This year - virtual silence. Apart from one extremely silly effort early in the year involving so-called "beauty-queens", hardly a whisper to drum up marathon enthusiasm.

Two years ago, the organisers switched public relations firms in order to effect savings. Money saved in the short-term, perhaps, but not in the long. Good publicity, even with a daily newspaper sponsoring you, doesn't come cheaply.

We firmly believe that the marathon should now follow the lead of Boston and offer prize money. But even if it doesn't, the fantastic reputation of the Glasgow Marathon, and the goodwill it generates among its citizens, must not be allowed to fade away through lack of blowing its own trumpet.

Inside LANE

Magnificent... just magnificent. When was there last a sporting event so uplifting as the European Championships in Stuttgart?

All credit to the athletes, and, as David Coleman forcibly pointed out on television after the final event, the coaches. As triumph followed triumph, it was impossible not to feel the chest swell just a little. If the Commonwealth Games were grim, the Europeans were a tonic.

English commentators and athletics writers were quick in the aftermath to emphasise that their successes were despite the system, not because of it. So, even if we can now claim Tom McKean back as our own, and Yvonne Murray and Liz Lynch have become recognised top flight runners, where does that leave the Scots?

At the recent Bells Junior International at Meadowbank, it was reckoned by seasoned observers that the English junior team would have beaten the Scottish senior team (based on their Commonwealth Games times). At any rate, it is clear to one and all that we have no depth of talent whatsoever, and precious little coming through in their wake. And the English think they have problems?

This month, John Anderson looks at the current athletic position in Scotland. We hope that our administrators will join the debate, and that we can all make a contribution towards more Stuttgarts.

When better than now, when heads can be held high, rather than buried in the sand?

Nat Muir, Scotland's greatest ever cross-country runner, in an exclusive feature in this issue, describes Scottish international cross country running as "a joke". Well now the joke has turned sour.

After next year's world championship in Poland, Scotland will cease to be an international cross country nation. The world governing body, the International Amateur Athletic Federation, as from 1988, will not recognise the four home unions, only a Great Britain team. In practice that means an English team with the inclusion of the odd talented individual from Ireland, Wales or Scotland.

No doubt all kind of fights will be waged, but if the war is lost, it spells the death of the sport in the very country which hosted the first ever world championship back in 1903.

Scotland was also one of the inaugural members of the International Cross Country Union which gave birth to and fostered the sport.

Ian Clifton, secretary of the Scottish Cross Country Union, confirms that, at the time of going to press, the only notification of the decision which he had was a verbal one from Ewan Murray, chairman of the British Amateur Athletic Board.

"We have had no notification from the IAAF," he told Scotland's Runner. "Consequently we have not even been in a position to defend our corner. I think it is a scandalous way for the IAAF to conduct its business, totally lacking in basic courtesy."

As it preens itself on the success of its money-spinning World Championships and the gravy train of the Grand Prix circuit, the IAAF has lost sight of the grass roots of the sport it serves.

The proof lies in the generations of harriers, as yet unborn, whose greatest aspiration would have been to run for Scotland, or Northern Ireland, or Wales. And who will not now have the incentive to do so.

Maybe, of course, they could grow up to be football internationalists instead... if FIFA does not follow suit.

The IAAF has set a dangerous precedent for all Scottish sport.

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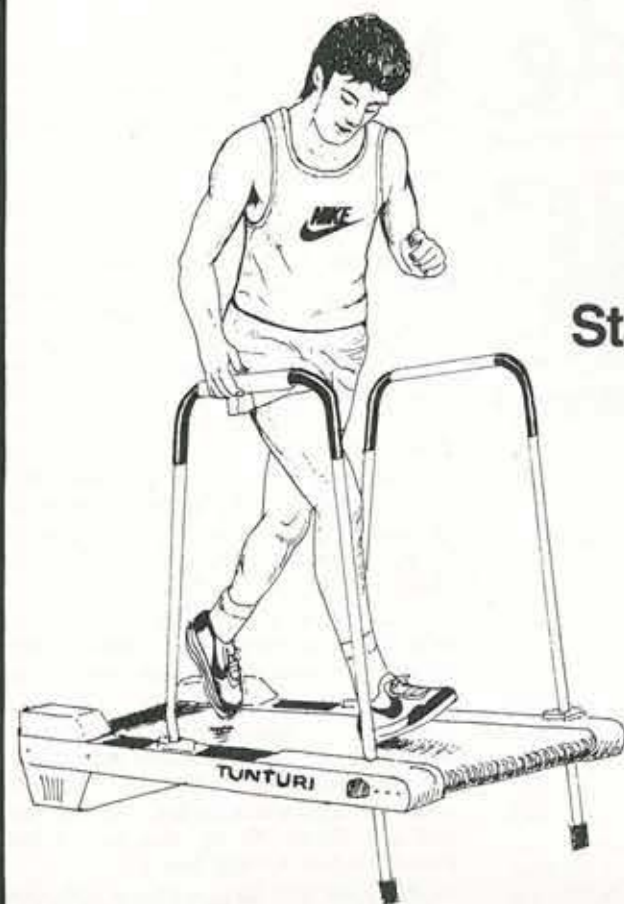
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Up Front

Scots out

SCOTTISH cross-country running
has been "knocked back 20 years"
by an International Amateur
Athletic Federation decision to ban
separate representation for Scotland
in the World Cross Country
Championships from 1988, says
Scotland's Bob Dalglish, the
Scottish Cross Country Union's
international representative.

For several years, Dalglish has
been fending off demands from
other countries that Britain should
not be represented by separate

Scottish, Welsh, English and
Northern Irish teams; but at an
IAAF Council meeting in Athens
on July 15 it was decided that in
future there should only be one
team from Great Britain and
Northern Ireland.

"I'm bitterly disappointed about
this," says Dalglish. "They have
won and that seems to be the end
of the matter. There were no
British representatives at the
Council meeting, there was no
consultation and there appears to
be no redress."

Warsaw next year will therefore
be the last opportunity for Scotland
to field a team in the world
championships. Auckland in 1988
will mark the first of the Great
Britain and Northern Ireland teams.



Sock Racer

GREAVES Sports, the Glasgow
sports outfitters, are offering £10
off the recommended retail price
of the Nike Sock Racer during the
Glasgow Marathon Exhibition, and
also for the week September 22-27
in their Gordon Street shop.

The Nike Sock Racer was worn
by Ingrid Kristiansen during her
Boston Marathon win (2:24:55).

ERICA Christie, daughter of
senior national athletics coach
James Christie, is among the
runners in this year's Glasgow
Marathon. Erica, an asthma
sufferer, will be raising funds for
the Glasgow branch of the
Asthma Society.

and weighs only six ounces. Nike's
recommended retail price is
£39.95.

Also on offer at £29.95 for the
exhibition and the week after is its
sister shoe, the Nike Sock Trainer,
which is being specially air-
freighted into Scotland from
America for the exhibition.

Runners will be able to test both
the sock racer and the sock trainer
on a treadmill at the exhibition, at
which other Nike lines will also be
offered at reduced prices.

Greenoak in Greenock row

A ROW over a charity run by a
group of professional footballers
has led to demands that the
SAAA donate £200 to an injured
Morton player's benefit fund. It
has also exposed weaknesses in
the "people's" levy whereby race
directors pay 50p a head if they
want an SAAA permit to allow

non-affiliated runners and
professionals from other sports to
participate.

A group of Morton FC players
decided to run in the Inverclyde
1/4 Marathon at the end of August
to raise cash for colleague Jimmy
Simpson who had been seriously
injured in the first match of the
season. But Spango Valley AC
intervened to query whether the
event had a "people's" permit
allowing non-amateurs to
participate.

The event did not, and under
SAAA rules any amateur taking
part would have had his or her
status threatened by running
alongside professionals. The
problem was solved by the
SAAA hurriedly changing the
permit and levying a £200 fee
(50p x 400) on the race in return
for granting a "people's" permit.

But the levy caused considerable
bad feeling in the Greenock area
where many people felt it was
unjustified. The district council's



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director of recreational services, Ian Douglas, called on the SAAA to donate the proceeds of the levy to Simpson's benefit fund.

SAAA honorary general secretary Bob Greenoak, however, has made it clear that there is no possibility of a donation to Simpson's fund.

"The whole problem arose because the professional footballers entered the race without asking the organisers. They forced their way in," Greenoak told Scotland's Runner. When pressed to substantiate this claim, he replied: "That is what I am led to understand."

Greenoak continued, "I am delighted they are trying to do this for the player but I wonder what they would do if we went along to one of their matches and ran a race without asking. I have gone out of my way to accommodate them. I certainly can't waive the levy."

Greenoak takes the view that even although the players were running in a good cause there was no possibility of the levy being waived since other races pay it and also raise cash for charity — including an event in Livingston which was raising

THE fiasco over the funding of the Commonwealth Games continues. Expect acres more belligerence from Robert Maxwell in the Scottish press before this particular soap is allowed to die.

Among the many people not amused by the saga are former employees of the Games company, many of whom are owed holiday and overtime payments. Then there are the creditors, both local authority and commercial.

This magazine is no great

funds for a little boy suffering from cerebral palsy.

"You might ask which was the more needy, a little boy or a professional footballer?" said Greenoak.

The row exposes the inadequacies of the levy system which was partly set up to deal with the problem of professional sportsmen who want to take part in fund-raising mass marathons.

Many critics claim that the fund has simply been used to swell the coffers of the SAAA (£100,000 raised so far), and that there is no logic in the idea of charging a race extra cash just because a

Fiasco

supporter of the present Scottish Office regime, but we find it impossible not to sympathise with the attributed remark of one official earlier this month.

"He (Maxwell) appears to have had a huge amount of publicity out of the Games and one wonders when a contribution is going to be forthcoming from him before he starts approaching anybody else."

And so say all of us.

couple of footballers or ex-boxers want to take part. Since amateurs are not supposed to run alongside "professionals" anyway why should a 50p levy make any difference, ask the critics.

"It seems a nonsense when you get people like Zola Budd getting £90,000 for appearing in a race... I can't understand why local professional footballers getting a mere pittance cannot run, but someone earning vast sums can," says Ian Douglas.

IBM, who sponsor Spango Valley, stepped in to pay the £200 levy so that the race budget was not affected.

THE race director of the Blairgowrie 500 Half Marathon has slammed the SAAA for granting a permit to the Glasgow Half Marathon which took place on the same weekend as the Blairgowrie event on August 16.

In a letter to Scotland's Runner (see page 13) race director John Wilson says that his entries were down 20 per cent this year and that this situation could have been avoided if the Glasgow permit had been granted for a different weekend — there were seven half marathons or similar length races in Scotland on the weekend August 16-17.

Was the SAAA to blame? A spokesman pointed out that there are 500 fixtures to be fitted into a 26 week season and that clashes are inevitable. "We would not normally consider an event in the west district to be in conflict competition with one in the east," he said.

"Nonsense!" responds John Wilson. "We always have lots of runners from the west — our winner this year (Graham Crawford) was a member of Springburn Harriers."

Too many permits?

The Blairgowrie event was not, however, represented at last year's annual SAAA fixtures meeting where clashes are ironed out.

"We had always been allocated the same weekend in August and we did not think that a further major event would be permitted to run alongside ours," explains Wilson.

Race directors and meeting promoters who want to avoid major clashes next season should mark Monday November 10 in their diaries — that is when the SAAA fixtures meeting for next season will be held, at a venue still to be decided.

•Are there too many permits allocated to certain weekends as John Wilson claims? Scotland's Runner would like to hear the views of race directors and meeting promoters.

Moray hearty

THE decision of the Moray People's Marathon organisers to incorporate a half marathon into their event on August 10 was a great success according to race director Ed McCann.

McCann, who has a bundle of letters from runners to prove his case, says: "I am firmly of the opinion that as a result of the peaking of the marathon boom, the way forward for the organisers of smaller marathons is to incorporate a half marathon run on the same day and time."

He points out that while his marathon and half marathon started from different points (Elgin's Cooper Park and Gordonstoun School), they finished together at Cooper Park.

"This means you only require one recording clock and one set of officials," McCann explains, adding that the dual event created more interest for spectators, helpers and runners, as well as giving the sponsors better value for money.

Moray District Sports Council also laid on a "Come And Try Roadshow", in which various sporting displays and activities were provided for spectators.

(All credit to Ed McCann and his team from Moray, Scotland's Runner has also been impressed by spectator and runner facilities witnessed this summer at Stirling, Blairgowrie and Kinross. Lets hear it from you in praise of well organised events — and also the not so good — Eds).

EARLY morning runners in Edinburgh's Holyrood Park during the Commonwealth Games got well used to meeting famous athletes warming up.

As one novice told Scotland's Runner: "I remember seeing red track suits, big people, huge rippling muscles, tanned bodies, healthiness, and I thought, well, I'm in good company here."

"Suddenly I noticed they'd all stopped and were standing hands on hips, mouths open, watching me. I couldn't believe it. Perhaps they'd never seen a carthorse in full flight before."

AT least nine countries were scheduled to compete in the international event held within the Scottish Citylink Coaches Marathon on September 21. Denmark, Poland, Yugoslavia, Eire, Malta and the four home countries have all entered teams.

Among the leading runners this year is Greg Forster, holder of the first Glasgow title in 1982 with a

ATHLETES who use the banned drug testosterone could be drastically shortening their life. That's the result of research at London's St. Thomas's Hospital into the life expectation of eunuchs.

Professor Raymond Brooks studied 1032 inmates of mental hospitals — 235 of whom had been castrated due to severely aggressive behaviour problems. His results shows that castrated men live an average of 13 years longer than those who are intact.

The significance for athletes

Horses for courses

"Trying not to let the Scottish jogging fraternity down, I shot up the hill at full speed, panting wildly, with sweat lashing off me, until I was out of sight."

"I arrived home shattered by the whole experience, but having shattered my personal best on the circuit by a full two minutes."

Also spotted running in Holyrood Park — your actual Prince Edward, who, according to witnesses, "was in quite good nick".

International

217.16. Our own columnist Fraser Clyne is also taking part in what will be his first major race since the Commonwealth Games Marathon.

Scot Lesley Watson of London Olympiads will be trying to win the ladies title — she has been runner-up for the last four years.

Eunuchs

who use testosterone is that male life expectancy is significantly reduced by the secretion of the male hormone testosterone. Castrated men live longer than average because their natural supply of the drug has been stopped.

So those athletes who artificially take two or three times the amount which they should normally have are simply giving themselves a massive overdose of a product that shortens male life.

Running in a Marathon?

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RUNNERS IN THE

1986



Race off

DUE to "severe financial problems" Springburn Harriers have had to cancel the Stuart Haddon Memorial Race. Set up last year in memory of a club member who died in a tragic accident at Strathclyde Student Union, the event was staged as a cross-country race.

Organisational problems meant that the club committee did not feel that they could repeat the cross country event, but they were hoping to stage it as a road race in December. However, that idea has been shelved, and the Stuart Haddon Memorial Trophy will now be incorporated into Springburn's other main annual promotion, the Springburn Cup.

The trophy will be presented to the first junior in the Springburn Cup — which will be staged as usual on the second Saturday of January.

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Hurry for entry

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Timetable: Up till September 30 obtain form from Nationwide (cost £1.00) and post During October. Zetters Pools will process application and sent out entry forms. October 31 is the last date for returning entry forms.

A lucky few can get round the system in the following ways:

Championship Entries. Men who have run faster than 2:40 and women who have run faster than 3:10 in a certified event during 1985 or 1986 are eligible for their respective championships. But they have to be members of a club which is affiliated to one of the UK's governing athletics bodies.

Those who meet these requirements should write with details of their performance and club membership to London Marathon, PO Box 262, Richmond, Surrey TW10 5JB. Mark the top left corner of the envelope "Championship" and enclose SAE 9" x 4" before December 31.

Clubs. 2000 places have been reserved for affiliated running clubs. Secretaries can apply for an allocation by sending an officially signed statement on club headed paper which indicates the number of paid-up members.

Apply to London Marathon, PO Box 262, Richmond, Surrey TW10 5JB. Mark the envelope "Club" in the top left corner and enclose 9" x 4" SAE. Club entries close October 31.

OVER £1000 of cockaleekie soup, haggis and neeps, and pastries are on offer at the Baxters of Speyside-sponsored pre-Glasgow Marathon dinner on September 20.

The following night, also at the Albany Hotel, Baxters will be laying on a similar spread for officials and guests. Altogether, about 2,000 people are expected to feast on good traditional Scottish fare over the two nights.

DUNCAN Campbell from Milngavie and Aberdeen bank official Edwin Reid are the winners of the Scotland's Runner Commonwealth Games Marathon Prize Competition. Each receives £100.

With Australians De Castella and Lisa Martin justifying their favourites tags in Edinburgh, many of our entrants were on to an easy five points straight away for correctly guessing the winner in each category. Thereafter, the contestants found the going tough.

In the men's marathon, the poor performance of Charlie Spedding flummoxed virtually all our entrants, who had either the Englishman second to De Castella or, indeed, as outright winner.

Nor did they fare much better with third place, where a sizeable proportion had plumped for John Graham. In fact, Duncan Campbell was the only entrant to correctly guess either the second or third men home, his one extra point for placing Dave Edge (incorrectly)

in third place getting him the £100.

From all the second place ties, Donald Nisbet from Crieff eventually took the runners-up prize of £25, being just 30 seconds out in guessing the winning time of 2:10:15.

The three next closest times, submitted by J.P. Irvine of Giffnock, Peter Finnigan of St. Andrews, and Alan Coltman of Hawick, each win a year's subscription to Scotland's Runner.

Two contestants, Edwin Reid, and David Walker from Fort William, correctly chose Lorraine Moller as runner-up to Lisa Martin in the women's marathon. Edwin, though, took the top prize by a mere 19 seconds, his 2:27:13 being closest to Martin's time of 2:26:07. David Walker wins £25.

The two winners of Scotland's Runner subscriptions in this category are A. Ballantyne of Stewarton and Colin McLennan of Edinburgh.

Games Prize Winners



Full results:

Men's Marathon

1. Duncan Campbell, 4, Braeside Avenue, Milngavie, Glasgow G62.
2. Donald Nisbet, 38, Mitchell Street, Crieff, Perthshire.
3. J.P. Irvine, 72, Market Street, St. Andrews, Fife.
5. Alan Coltman, 8, Sandbed, Hawick TD9 0HE.

Women's Marathon

1. Edwin Reid, 62, Newlands Crescent, Aberdeen AB1

2. David Walker, 31, Ross Place, Fort William.
3. A. Ballantyne, 56, Morton Road, Stewarton, Ayrshire.
4. Colin McLennan, 9, Robb's Loan, Edinburgh EH14.

P.S. Our sympathies to potential entrants who found the rules of the competition hard enough without the Games boycott making their task impossible. P.P.S. Do women not enter competitions?

Canavan hits out

THE Mars London Marathon has been reprieved for one year at least — thanks to the intervention of several MPs, including Scots Dennis Canavan and Dick Douglas who have both taken part in the event.

A record 26,000 entrants will be accepted and the cost this year is another record — £1.00 for the application form and a further £7.00 for the entry form. Non-affiliated runners will also pay £1.00 extra.

Canavan (PB 2:58 Glasgow) led a delegation of Labour and Conservative MPs to meet sports minister Dick Tracy to demand that he given guarantees about the future of the event. Two key concerns are the future availability

ATTENTION editors of club news-sheets and bulletins. We want to keep in touch with what is going on in your club — so put us on the mailing list for a copy of your news-sheet. Send it to: Club News, Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA.

of finishing line HQ County Hall on Westminster Bridge and the possibility of police passing on the cost of crush barriers to the marathon organisers.

The dissolution of the Greater London Council which provided the finishing facilities at County Hall means that the building is now the market, and race director Chris Brasher says that unless the buyer is prepared to grant the use of the building for the weekend of the marathon each year the event will have to be cancelled.

But the London Residuary Body, appointed by the Conservative Government to dispose of the GLC's assets, is resisting Brasher's request that a clause should be written into the sale agreement ensuring that the building be made available for the race by the purchaser. There is speculation that if the Hall is bought for use as a hotel, the new owner would benefit from the free publicity which would go with its involvement in the London.

Sale arrangements are proceeding so slowly that the sellers have agreed to make the venue available for 1987, but there is no

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Triathlons

OUR triathlon report on pages 27-30 shows that the runners who like to swim and cycle before they put on their running shoes are at the forefront of a new boom sport.

At the moment there is no Scottish Triathlon Association but Scotland's Runner has carried out a survey to discover how many clubs are operating north of the border.

Ayr Turtles Tri Club —
Lester Haining,
Bellsbank House,
Dalmellington,
Ayrshire.

Bruce Tri Club —
Bill MacDonald,
126, Fauldurn,
East Craigs,
EDINBURGH.
0383 738000.

East Kilbride Tri Club —
William Johnston,
90, North Berwick Crescent,
Greenhills,
EAST KILBRIDE.
46918.

Fleet Feet Triathlon Club —
John O'Donovan,
Bowmont House,
Arbathnot Place,
STONEHAVEN.
0569 62845.

Tryst Triathlon Club —
Martin Bryceland,
9 Kilbowie Road,
South Carbrain,
CUMBERNAULD.
29404.

Wester Hailes Tri Club —
Andrew Grant,
Wester Hailes Education Centre,
5 Murrayburn Drive,
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guarantee after that date. Brasher believes that the finish on Westminster Bridge is a vital part of the race organisation and is scathing about the refusal to give him a guarantee. "It is difficult to understand the Government's reluctance to instruct the LRB to insert a suitable clause in the sale document," he says.

"So far the organisers have distributed £500,000 to the London Boroughs for the improvement of recreational

facilities and the runners themselves have raised an estimated £13 million for charity." He also points out that the race brings considerable tourist cash into the city. The New York City Marathon calculates that £40 million is injected into the Big Apple. Even if the London only contributed half that amount, he feels that it would be worth the city's while ensuring the continuity of the race.

"The finish on Westminster

Bridge guarantees worldwide coverage for the race and for London," says Canavan, MP for Falkirk West. "Any other site would mean less participants and less international interest in the race and that would be a great pity."

Canavan is optimistic that a compromise can be reached over the cost of crush barriers. "They're provided free for Royal

Weddings, so I don't see why we can't have them free for the biggest people's event in the country. I'm hoping that we can do a deal with the police so that they pay for the barriers needed for crowd safety and the marathon organisers pay for those required for the safety of the runners." A deal like that would work very much in the favour of the race organisers.

Southern safe

THANKS to a major effort at the second division final of the British Athletics League, Edinburgh Southern Harriers managed to retain their second division status by finishing fourth in the match. Local rivals Edinburgh AC were not so fortunate and after finishing

fifth equal with Cardiff will spend next season in the third division. Andrew Walker and Gary Patterson made the major contribution to Southern's success by taking the first two places in the 400 metres. Eric Irvine threw in Edinburgh AC's only win of the day when he took the shot with 16.89.

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LETTERS

Springbank,
Darkfaulds,
Blairgowrie,

SIR - For the last five years I have been involved with the running of the Blairgowrie 500 Half Marathon.

We are fortunate in being able to start and finish our race at the Blairgowrie Leisure Centre where changing facilities are excellent and where competitors have free use of the swimming pool after the event. Because of these advantages, and because Blairgowrie is very dependent on its tourist trade, we have consistently advertised the attractions of the Blairgowrie 500, and consequently a significant number of competitors and their families spend a holiday in the district after the race. For these reasons we regard the success of the half marathon as being of real importance to the local tourist industry.

We have always been allocated the same date (the third Saturday in August), and have traditionally shared that week-end with the Nairn Highland Games, the Buccleuch Chase, the Ceres Half Marathon and the Monklands Half Marathon. We have readily accepted that competition.

But this year, out of the blue, we have had to contend with the Glasgow Half Marathon, an event which I am informed attracted over

1,500 competitors. Not surprisingly, our own entry was down by nearly 20%.

The controlling body for marathons and half marathons is the S.A.A.A. So, what sort of control are they exercising?

It seems to me that one can either be charitable and assume that they exercise no control at all, allowing any organisation to run a road race on any day that they choose, or, one can make the more cynical assumption that because Glasgow District Council organise the largest marathon in Scotland, their request to run a half marathon is given preferential treatment.

For the week-end August 16-17, when the Blairgowrie and Glasgow races were run, there were in all seven half marathons or near half marathons, but the following week-end there were no half marathons and in the weekend August 30-31 there were only two. Surely to goodness it was not necessary to allocate the Glasgow Half Marathon to the most crowded week-end in August.

Race organisers contribute a lot of money to the S.A.A.A. I wish that I was able to feel that it was being put to some useful purpose.

John Wilson



14, Belgrave Place,
Edinburgh EH4 3AU.

SIR - We were sorry to read about the theft of Steve Muir's racing wheelchair in the first issue of Scotland's Runner.

We enclose a donation of £20 to put towards the sponsorship money which we hope you will be able to raise. Our best wishes to him, and we hope that it is not too long before he can afford a new wheelchair.

John Gilmour,
Elspeth McLean

MANY thanks on behalf of Steve Muir to John and Elspeth.

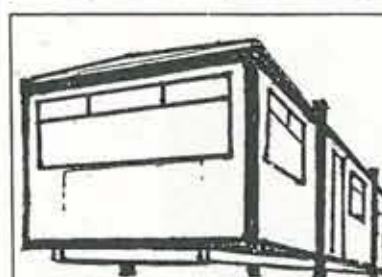
Readers may recall that Steve's £1500 racing wheelchair was stolen in Glasgow earlier this year. How about some of you runners sponsoring Steve and getting him back on the road? Contact us at Scotland's Runner for further details.

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LETTERS

8, St. Andrews Terrace,
Braemar,
Aberdeenshire.

SIR - On reading the results section of your magazine, I find in two events in particular that the women's results were not included i.e. the Elgin Highland Games 10 mile road race on July 5 and the Forres Highland Games 11½ mile road race on July 12.

I am deeply disappointed as I won both these events, and maybe it's a case of vanity but I would love to see my name in print, especially in what appears to be an excellent magazine.

I do hope in future events if I am fortunate in winning that I will be able to see my name in your magazine.

Mrs. M. Macdonald.

OUR apologies to Mrs. Macdonald. We'll try to do better in future.

Garden Cottage,
Cardney,
Dunkeld,
Perthshire.

SIR - Your article in Issue 2, 'Can

Running Kill', was very interesting, particularly on the subject of colds and viruses. I only wish I could have read it sooner. It would have prevented me from doing something very foolish.

I am 35 years old, very fit and a keen half marathon runner. A few days before the Stirling Half Marathon at the end of June I developed a cold. I searched through every running magazine I could lay hands on looking for advice and confirmation that I shouldn't run with a cold (and I knew in myself it was madness), but finding absolutely nothing and determined not to miss out on the race, I went ahead convincing myself my cold was not that bad.

The first few miles I was running on schedule and feeling very perky and pleased with myself that I had decided to run, when suddenly at seven miles out my energy just left me. I couldn't believe it. The will to run was there but my body could not cope - I'd literally run out of steam.

From then on I struggled all the way, jogging and walking the last miles feeling exhausted and humiliated at seeing hundreds of runners going past me. I was breathless and choked as I came into the finish and as near to

collapsing as I should ever wish to be. All the enjoyment of running had left me and I was full of regret and disappointment for weeks after.

Perhaps my experience here will go to help dissuading others who thought of running when they've got a cold or flu from doing so. It's not only unfair to your body - it's also an extremely foolish and disheartening experience. Never again!

Marilyn Carter

25 High Street,
Stewarton,
Kilmarnock KA3.

SIR - Congratulations to all concerned in the publication of your most informative magazine. As a novice to road-running I am most grateful for the advice contained in the articles, training schedules and letters.

John B. Kilpatrick

Gardener's Cottage,
Ledlanet,
Kinross.

SIR - After three issues of the magazine, I must put pen to paper to congratulate you on a job well done.

At last we have a chance to air our views on running in Scotland without having to put our letters in a queue of English letters in English magazines.

In particular, it is good to find an editor willing to speak out, and with no illusions that our sport should be kept out of politics - it's up to us to make sure that the true spirit of running influences those fat blasé politicians.

On a practical point, when doing profiles of runners, how about including a summary of their training schedules? How did Allister Hutton prepare for the Europeans?

Keep up the good work and see you next month.

Martin Mathers.

P.S. I used to buy another "running" magazine every month - now I buy two!

DUE to pressure of space, a number of letters, news items, features and results have had to be held over until next month. Thanks for your support, and keep these letters/opinions/contributions flowing - it's **your** magazine.

European Championships

DOUG GILLON of the Glasgow Herald reflects on the unforgettable experience of Stuttgart.



One lap to go... Zola Budd (right), followed by Yvonne Murray, is challenged by Olga Bondarenko, the eventual winner, and Maricica Puica (left).

Golden Wonder



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European Championships



Allan Wells, en route to the 200 metres final

TOM McKean permitted himself one token celebratory glass of Reising, then switched back to orange juice.

Following his 800 metres exploits at the European Athletic Championships, champagne would have been more appropriate, but the Scot had his feet firmly on the ground and kept a clear head as he savoured the recollection and the future.

Hours earlier, the vine terraces which provided the backdrop to Stuttgart's Neckarstadion had rung to frenzied cheers as McKean lit the fuse for the most explosive moment of the championships. The script that had the race as a scene to be played out exclusively between Sebastian Coe and Steve Cram was spiked when McKean struck for home into the final bend.

McKean, the catalyst for that amazing run, came within an ace of an upset as spectacular as the one four years ago when Coe, suffering from a liver ailment, had to settle for silver in Athens.

Sitting just behind the leader, Poland's Ryszard Ostrowski who reached the bell in 51.98 sec, McKean felt sure he could win. "I'm just not... fast enough," he gasped seconds after crossing the line, and then, sucking in lungfuls of the chill night air, he exploded ominously... "yet".

His time of 1 min 44.61 sec was his third Scottish record of the year and was just 11 hundredths behind Coe. Cram clocked 1:44.88.

Coe, departing to Switzerland, was hinting at the possibility of retirement. However, the more likely prospect is another challenge against Cram, this time over 1500 metres, at the World Championships in Rome next year or even at 5000 metres. Whatever transpires, Coe is unlikely to stand up again to another 800 metre encounter with the Bellshill Bullet.

Coach Tommy Boyle, the man who made it all possible, nursing McKean to three lucrative sponsorship contracts and through three injury crises this year, was delighted. He spent a sleepless night after the final, mapping the future of his protege before flying back to Scotland in the dawn hours to stage a superstars competition for the work force at Honeywells.

Then he was off once again with McKean to the Sports Fair in Munich, and to plot the last act of McKean's season, a run over 800m in the Van Damme Memorial meeting in Brussels.

McKean's performances now guarantee absolution from the penance which most of his fellow countrymen pay for being Scots. He can now walk into any race he

wants, whereas most are at the mercy of international promoters who can fly-in English athletes more cheaply.

Exempt once again from that will be Allan Wells. Although his return from the wilderness years was not crowned with a medal, his fifth place in two European finals at the age of 34 is sensational.

For other mortals it would be looked upon as a welcome postscript to a unique career. But not for Wells. His talk of taking on the Americans in Rome next year and challenging for medals has the ring of conviction.

Even Linford Christie, a worthy 100 metres victor for Britain with his 10.15 (wind -0.1) in the final was still deferring to the former Olympic champion. And Wells, whose 10.25 sec equalled his winning time in Moscow, was well pleased with his legal semi-final time of 10.22, his fastest since before departing for Los Angeles in 1984.

Christie failed to reach the 200 metres final and Wells, disappointed at a final time of 20.89 sec (20.88 in the semi) at least has the satisfaction of returning to the status of UK No.1.

Wells has lost substantial sums in a business venture, and nobody should grudge him the chance to cash in on trust fund athletics which have been

closed to him for two years. That however is not his motivation.

"It is to let my daughter, Zoe, see her father run," he says. Wells has been an inspiration to Elliott Bunney, his fellow Edinburgh Southern Harrier in the team, who shared, with Ayr's Brian Whittle, the distinction of being called into relay squads as reserves, both earning medals.

Bunney was fastest out of the blocks en route to a time of 38.71 sec, the third fastest ever by a UK team in the 4 x 100m. The record still stands to the UK team in Moscow (38.62sec) which included Wells, Cameron Sharp and Drew McMaster.

Whittle, at just an hour's notice, was called in to the 4 x 400 metres squad following injuries to Todd Bennett and Phil Brown. "I thought I was here for a holiday," joked the youngster who started out with Troon-Tortoises.

But it was nothing to do with his days on the beach there which saw him scamper round minus a shoe. Kris Akabusi caught Whittle's heel at the third change over, a potentially disastrous accident. "I just kicked the shoe out of the road and got on with it," said Whittle. "But I don't know how Zola Budd manages it!"

Several watches clocked Whittle,

Scottish record holder at 45.38 sec, at times varying from 45.03 to 45.24. But even that was overshadowed by Roger Black's 44.01 sec which brought home the gold and had Whittle soaring almost as high as he did when he used to high jump for Scotland.

Marathon man Allister Hutton was stricken with stomach cramp and dropped out close to the halfway mark, a performance which, added to a dismal Commonwealth 10,000 metres, left him depressed.

Also unhappy was high jumper Geoff Parsons. The Commonwealth silver medallist was just two centimetres below his medal-winning height of 2.28m in Edinburgh as he qualified for the final, but finished tenth in 2.21m. Parsons felt he should have done better.

Yvonne Murray proved the surprise package of the women's team. First she improved by six seconds on her best in the 3000m heats. And then, in a sensational final, she conceded five metres to Zola Budd over the final 200 metres, beat her, carved another 12 seconds off her best, recaptured the Scottish record with 8.37.15... and took the bronze medal.

It was the only track medal won by a UK female athlete, a statistic that underlines the chaotic state of the

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European Championships

women's branch of the sport in Britain. And the world record (77.44m) in the javelin by Fatima Whitbread and the UK heptathlon best (6623pts) by John Anderson's protegee Judy Simpson only slightly relieved the storm clouds.

McLaren Glasgow A.C.'s Sandra Whittaker seemed set to improve her Scottish record in the 200 metres when she twice got within one hundredth of her national 100 metres best of 11.50 secs before being eliminated.

But the East Kilbride woman had the misfortune to suffer a slight hamstring tear coming off the bend in the longer event. Her time was 23.39 (wind -1.7), her fastest of the year, but she was then forced to pull out. In the final — for which neither Kathy Cook or Heather Oakes could qualify, Heike Drechsler once again equalled the world mark of 21.71sec.

On a wet track it was a tremendous performance and the 21-year-East German, whose bounding warm-ups are the nearest human equivalent I have seen to a kangaroo, looks capable of taking the world record in this event below 21.50 sec.

A time of 21.71, incidentally, would have won the Scottish men's title twice since the Commonwealth Games were staged in Edinburgh in 1970!

Liz Lynch, twelfth behind Murray (9:02.42) in the 3000m final, should, in

retrospect, have stuck to the 10,000 metres, she said. With two 3000 metres races in the four days prior to her Commonwealth gold medal event, she had destroyed her competitive edge. "Motivation was also a problem," she confessed. Although she was only some eight seconds slower (31:49.46) than her time in Edinburgh, seventh place was a brutal underlining of the gulf between the shores of the Forth and the banks of the Necker.

In fact the only female performance in Edinburgh capable of winning a title in Stuttgart would have been Lisa Martin's 2:26.07 in the marathon.

Yet, ironically, Murray's 3000 metres time in Germany would have given her gold in Edinburgh!

Only four of the Edinburgh men's winning performances — those of Ben Johnson (100m), Atlee Mahorn (200), Steve Cram (800) and Roberto de Castello (marathon) — would have taken gold in Stuttgart.

The Italian distance medals were tainted by blood doping controversy — Stefano Mei, the 10,000 metres winner, claims he has not participated, but alleges that many of his colleagues do.

But another inescapable fact is that the Italians have, for 12 years, been paying their distance athletes not to race too much before major championships. Two medals in the marathon, three in the

10,000, one in the 5000 and one in the steeplechase are testimony that the success of that programme and Britain is now looking at ways of following suit. Certainly chasing the bucks on the road and in grand prix races does not appear to have done our distance men a lot of good except in their pockets.

Despite the Australian headhunting of UK national coaching director Frank Dick, he seems determined to resist. He has certainly achieved much for Britain since leaving his native Scotland in 1979.

But as the East Europeans quizzed the British press about the special schools which they now believe we send potential champions to at 14, we knew the truth. Britain had won its record-equalling eight titles largely despite the system, not because of it.

In England the Sports Council has axed £60,000 this year from the coaching budget. Unless the diligent Dick and his colleagues get the financial backing for training resources, development medical support and facilities now, the UK could again become an athletics wasteland.

You don't believe it? Well take a look at what has happened to the sport in Scotland since 1970. McKean, Murray and a handful of others apart, there is little cause for celebration. It is a sobering thought. It might even have been that which drove McKean back to the orange juice.

WOMEN on the RUN



By
LYNDA
BAIN

My friend Leona had been one of three ladies to complete the 1980 Aberdeen Milk Marathon, and she had been so enthusiastic that I decided to follow suit and give it a go the following year. It was 1981 — the year when the sight of thousands taking to the streets of London inspired so many others to try the magical 26.2 miles of the marathon.

It still remains a magical distance, regardless of how many people run it. To run 26.2 miles and to run it to the best of your ability is an immense and intensely satisfying experience.

I had done the obligatory training, watched over closely by Leona. She knew how far and hard it was. Try driving the distance, and imagine yourself running all that way. It's quite an achievement to run 26 miles, whether you do a 2 hour 20 minutes marathon or a 5 hour marathon.

I was told to prepare myself for the length of the run by doing at least one 20 mile run before the big day, but not to do it in the last ten days or I would be tired for the marathon. I did more than one — on the safe side. Then the psychological barrier is broken and 20 miles no longer seems like an impossibility.

Twenty miles is half way . . .

Don't wear new shoes, they told me. They might look nice in the mirror, but ouch! Wait till 20 miles, then you suffer for any vanity. Twenty miles is where you find the flaws in your training, your clothing, and yourself. Twenty miles is half way . . . the hardest bit is yet to come.

I went to a marathon seminar a couple of months before the run. We were given lots of practical hints from experienced runners:

- "Drink early on the run — it's wasted later";
- "Don't shoot off with everyone else at the start — hold back — you'll pass most of them later";
- "Give yourself at least three hours between your breakfast and the start of the run";

"Taper — do less mileage on the last two weeks — save your strength";

"Wear well-worn clothes".

I heeded all these pieces of advice on my first marathon. It still remains my best one in terms of pure pleasure and running within myself. The second marathon you do seems to be harder than the first because you have set yourself a personal target in the first marathon, which must be beaten in the second one. It's human nature to try and improve. I dread to think how Steve Jones felt going into his second marathon with a world record marathon time behind him!

Marathon day

In the changing rooms before the marathon on went the old clothes, a liberal spraying of Johnson's Baby Powder on all the bits liable to rub, and especially on my feet. Everyone else seems to use vaseline. It's horrible stuff to smear on.



They may only be taking their first running steps, but these girls could soon be needing our advice on how best to tackle "the magical 26.2 miles."

Scotland's Runner

I've no idea who told me to use talc, but to date it has always worked. Thank goodness I didn't use vaseline, as many people had smeared it between their thighs. It was a very windy day on the seafront at Aberdeen as it often is, and the sand was blowing onto the runners, and sticking to those with vaseline protected thighs.

One particular piece of advice I was given was very helpful, and still is. Leona told me to hold myself back until 20 miles, and if you still have something left, then is the time to run for home.

She was right. I ran steadily until 19 miles, always terrified of the dreaded wall I had heard tell of. At 19 miles I felt . . . not great, but not bad, and so I started to push on. It was the best possible plan to have, because I passed several runners who had set off quickly. I was also tired, but psychologically overtaking others is good, and your adrenalin starts to flow . . . you get a high.

I remember my father trying to hand me a can of lager and chocolate bar at about 22 miles! This was the pre-electrolyte drinks era. Then you see the finish, and the sheer relief and sense of achievement is overwhelming.

Even as you cross the line the satisfying stiffness starts to set in. Now your legs have only to survive the aptly named post-race disco Blister Ball and never again . . . until next time. Dancing is a great way to keep the stiffness at bay. Lying on the settee at home makes it worse.

Best of all is the 'when I was there' chat the next day. Then you forget the 'never again' syndrome, and the next marathon is mooted — tentatively at first.

The best tips

If you're about to run a marathon here are some of the tips I found most useful.

"Hold yourself back during the first half of the marathon. If you feel you are holding yourself in on the first half, then you'll be able to run more strongly in the second half and enjoy the marathon more."

"Drink early on. It's wasted towards the end of the race. During the first fifteen or twenty miles you store up for the last few miles."

"Taper during the last two weeks before the race. This means cut down on your running. You have done the work. Now you must build up your body with easy runs and rest."

"Rest for at least two weeks to four weeks after the marathon. This means short easy runs, increasing very gradually. Don't do what I did after the 1982 Glasgow Marathon. I foolishly played squash, in agony the day after. I thought it would relieve the pain. Instead I ended up with a knee twice the size of the other one!"

"Eat well before and after the marathon. Your body needs it."

"Enjoy yourself. It may seem warped to enjoy inflicting such trials on your body, but there is a very special pleasure in crossing the finishing line."

Multiple sclerosis is a disease without mercy. Often tearing apart the lives of people who were living them to the full.

Whilst a few show no outward sign of handicap, the less fortunate may suffer all the misery of impaired vision, incontinence, paralysis.

And as there are no mental effects, its sufferers are fully aware of their condition. And its impact on their families.

As yet, no one knows why multiple sclerosis attacks the central nervous system.

Until the cause is identified, a cure remains out of reach.

However, research funded by The Multiple Sclerosis Society is fast bringing that day closer.

We also need funds to help care for many of the 50,000 already afflicted.

Please give as much as you can.



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"Until my Anatomical Cradle™, maximum shock absorption and motion control couldn't fit in the same shoe." Jerry Turner

You could either have maximum shock absorption. Or maximum motion control.

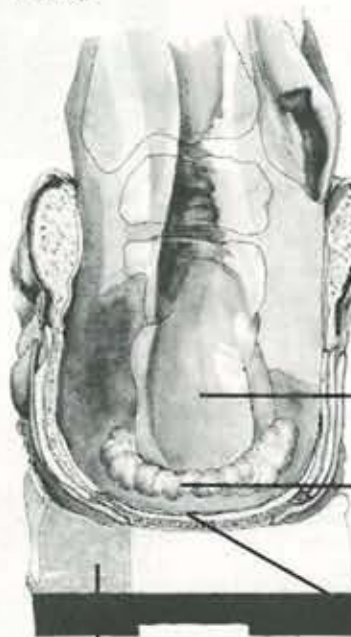
But not both.

That's because the two concepts are opposite. Shock absorption requires softness, for cushioning. Whereas motion control requires firmness, for stability.



It took my Anatomical Cradle® to give you both.

When you run in a pair of Turntecs, the cup-like design literally cradles your heel, holding it right where your own natural padding and the shoe's cushioning will absorb the most impact. And that translates to a lot less shock on the rest of your body.



Inside my Anatomical Cradle, both lateral and front-to-back movement of calcaneus (heel) bone is significantly decreased.

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Cross-section of Anatomical Cradle shows how contour holds your foot firmly in place.

Dual density midsole keeps your foot from over-pronating.

Also, when you land, the cradle holds your heel firmly so it won't slide. Which translates to a lot less twisting on your ankles and knees. The less your foot can move side to side, the easier you can move forward.

For the past year, my Anatomical Cradle has added so much comfort to running, that other shoe companies are trying desperately to add it to their shoes. But there's only one Anatomical Cradle.

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TO JIM BLACK

I am an 11 year old boy. Some time ago I experienced a searing pain on the ball of my foot, behind my big toe. Mainly in my left foot but occasionally on the right foot as well. It usually starts to hurt two minutes into my run. I still get this pain and it is getting very sore. Could you please tell me what it is and what I can do to stop it, if anything?

THE pain in your foot may be a condition known as sesamoiditis. This is an irritation of the two small bones beneath the ball of your foot behind the big toe. This condition is difficult to treat. Any repetitive pain especially in one so young should be investigated and I would suggest rest, or other activities other than running, until a positive diagnosis is made.

TO JIM BLACK

I am a 28 year old club runner, 6ft 1in and weigh 11½ stone. My weekly mileage is 60-70 miles per week and my best marathon was 2hrs 46mins in April this year.

My problem is that recently I have been getting pains on and around my left hip joint, especially first thing in the morning and for the first 2-3 miles of a training run.

I only use good quality well cushioned running shoes with shock absorbing heel pads. I wonder if you could advise me what I can do to alleviate my problem as I am training for another marathon.

THE pain you describe sounds as if it could be trochanteric bursitis. This condition frequently affects long distance runners who are doing big weekly mileages on hard surfaces. It has been suggested that unequal limb length can cause this condition by creating unequal hip movements. A similar situation may be created by running on a cambered surface in one direction, i.e. running clockwise round the same route every run.

Other authorities have indicated that severe unilateral pronation may cause excessive internal rotation of the hip. Have your feet and limb length checked. If there is no obvious cause, your doctor will be able to arrange local physiotherapy or a cortisone injection if he thinks this appropriate.

RUNNING SORES

Injured? Worried about getting injured? Or do you need top professional advice on diet, footwear or any of the habitual problems which follow runners about?

Write to us at Scotland's Runner (giving your name and address, although these will not be published) and our panel of experts will do their best to answer your queries.

TO JOHN HAWTHORN

I am taking part in my first triathlon soon. I expect to be swimming, cycling and running for somewhere between six and seven hours, and am worried about getting enough to eat during the event. Everybody says the best time to eat is during the cycle ride - what kind of food would you advise?

ASSUMING your triathlon involves swimming 1500 metres, cycling 36 miles, and running 6 miles, I calculate that you will use up around 2500 calories. Your normal body reserves, plus the extra you have accumulated through your careful training schedule, should cope with most of this, but a boost of a few hundred calories at the right point will be a help. It is important to avoid gulping down food too quickly while exercising, and it is most important to understand that dehydration may be more important than lack of food.

I agree that the cycle ride is the right time to stoke up. I suggest that you do this with sugared drinks taken at intervals during the ride. Little and often is better than a spree. They must be still drinks, and you will probably find fruity ones the most refreshing.

TO GREG McLATCHIE

How much damage can be done if a woman pushes training when she suffers from heavy periods? I have completed many 10K runs, and would like to move up to the half marathon, but often find my period time holds me back enormously when I get very

tired and feel very sluggish. Another point, my 9 year old son often wants to join me running. How much or how far, should a child of this age be jogging?

REGULAR exercise may improve or have no effect on premenstrual tension, but it does have a beneficial effect on painful, heavy periods. There is, therefore, no medical reason for you to worry about causing damage to yourself by training during your period. However, if you do feel particularly uncomfortable, it is wise to reduce your mileage and intensity of training during the week of your period.

The effect of the menstrual cycle on performance is highly individual and as variable as menstruation itself. Gold medals have been won by women in all phases, and there really are no contra-indications to participating in sport - including scuba diving - provided the athlete is comfortable.

You may also find that if you continue running over many years your period may in fact become less painful or even irregular. This phenomenon has been well recognised in a wide variety of female athletes, especially long distance runners. As yet the reasons for this remain unknown. If tiredness and sluggishness persist through the month have a check up. You may be suffering from mild anaemia.

Children jogging

MOST children take enough regular exercise. They call it "playing", and I wish more adults could follow their example.

There is no reason why your nine year old son shouldn't join you jogging, but the distance should be short - no more than half or three quarters of a mile and the pace steady.

Children are prone to overuse injuries of the growing parts of the

bones and their attachments to tendons. It is important to be aware of this. Symptoms are most likely to occur at times of rapid growth, especially around adolescence, and if ignored can result in permanent damage.

The golden rule, then, is not to push your child and to keep the jogging fun. Depending on the child's ability, a conservative approach should be half to three quarters of a mile two or three times per week. These distances can be gradually increased with age and increasing muscular strength.

If pain develops around the hips, knees, ankles or feet, formal training should cease until the symptoms settle completely.

TO GREG McLATCHIE

I train on the main road, and part of my route takes me up and down a steep hill, but as I descend I am invariably troubled with a stitch which I cannot 'run out' and which often causes me to stop completely. Can you advise me how to solve this annoying problem?

WE discussed "stitch" in a previous issue.

Do make sure that you have allowed at least two hours to elapse after eating and before training. Don't bloat yourself before training, either with food or fizzy drinks.

Are your abdominal muscles in good tone? Sit-ups, trunk curls and step up exercises may be helpful in preventing 'stitch'.

When the stitch comes on, stop and alternately touch your toes with your legs apart, i.e. right hand to touch left foot etc. This flexion with rotation can often temporarily relieve symptoms. Another manoeuvre is to run more slowly downhill and in slight flexion.

Another possibility which should be considered is to change your route for a few weeks if the problem persists. If you run on a fairly flat course for a few weeks, symptoms may be relieved.

I stated that a persistent and troublesome stitch should be investigated. If the symptoms are not relieved in the next month to six weeks, it would be wise to consult your own doctor who may wish to carry out specific tests.

JIM BLACK, M.Ch.S., is a state-registered chiropodist; JOHN HAWTHORN is Professor Emeritus in Food Science; GREG McLATCHIE M.B., Ch.B., F.R.C.S. is a consultant surgeon; and LENA WIGHTON, M.C.S.P., is a senior physiotherapist specialising in sports injuries.



Terry, Erin, Angela and Bing Kerr from Aberdeen lead off the Sunday morning run.

All that distinguishes Terry Kerr from other runners is the pouch he carries round his waist. In it he sometimes has a drink, sometimes a handkerchief, but always two vital inhalers.

Terry, a 36-year-old insurance agent, is a chronic asthmatic who spent more time in bed than out of it until his mid teens. Running, he says, has given him a new lease of life.

As part of his efforts to conquer asthma, Terry took up karate several years ago. As he progressed through the gradings he found they required more stamina and, in anticipation of his two hour session for his black belt, he took to the roads.

His wife Bing had started

Terry's triumph

running before him and they did their jogging together. "I thought I was fit after a couple of years of karate, but I found out I wasn't when I started jogging," said Terry. "I started off slowly and built up. I have never looked back."

"The running has made a tremendous difference to my breathing, although it is always very laboured for the first mile or so until I settle down. I think more asthmatics should be encouraged to run although many do already because when we go to events we often see people with inhalers. Terry has to use his two inhalers daily and

GRAEME SMITH meets asthmatic runner Terry Kerr.

never goes running without them, but in spite of his condition his running is constantly improving.

He has completed several half marathons in around 1hr 40min, and hopes to be able to build up to a marathon within the next year. Every Sunday, Terry, Bing and their daughters Angela (11) and Erin (9) go running as a family with the Swedish-Scottish Exercise Association, who

What is asthma?

ASTHMA is a common condition affecting the lungs which causes attacks of wheezing breathlessness and coughing. Attacks can happen at any time and can last from a few minutes to a few days.

In 1980, the Asthma Research Council launched a society to put across the message that asthma is a reversible, controllable condition. Known as the Asthma Society and Friends of the Asthma Research Council, there are several branches throughout Scotland.

Where a branch is not nearby, the Asthma Society and Friends will assist in starting one up.

have organised sessions for people of all capabilities, but the husband and wife no longer train together.

"I think Terry's forgotten how to jog now," said Bing. "I can't keep up with him." Bing herself has some quite creditable half marathons behind her of inside two hours.

"To be honest the running has taken over a bit from the karate," explains Terry. "I enjoy it so much and it seems to be helping me. I am sure a lot of asthmatics are scared to start running, but they should be encouraged."

A spokesman for the Asthma Research Council said that not only were many victims joining the jogging boom to help themselves, but also to help asthma research. Thousands of pounds in sponsorship has been raised for research, mainly by the running efforts of asthmatics or people with relatives who are sufferers.

"It is really up to the individual, but many people do take up jogging to help their condition, just as swimming is very popular," the spokesman said. "However, anyone contemplating it would be well advised to have it cleared by their doctor."

In the month of the Citylink Coaches Marathon, DOUG GILLON warns that Glasgow must now follow the lead of Boston if it is to maintain its status as one of the world's largest events.



Glasgow's miles behind!

Once upon a time there was a marathon called Boston. Launched on Patriot's Day, April 19, 1897, it became almost as big a part of American folk history as Paul Revere whose heroic ride it was designed to commemorate.

So great were the crowds who turned out for that first race that attendants had to run ahead of the eventual winner, John McDermott, clearing a path through the mob.

The initial Boston event was won at a pace of just over 7min 5sec miles. Ten years later it was the venue for the first marathon to be won at sub-6minute mile pace, in 2:24.24. And by 1925 it had been nominated as the US championship.

For 70 years Boston remained a bastion of male supremacy, with a Scot, Jock Semple, the race's organiser and jealous guardian, one of the leaders of the pack of misogynists.

Even Jock in the end literally felt the elbow of the boyfriend of one illegal female runner. That lady, Kathy Switzer, later became the first female to be given a start number.

That was in 1967, and since then, both men and women have been queuing up to run in the event... until recently.

With the advent of prize and participation money, the superstars deserted the world's greatest marathon, preferring the rich pickings round Chicago, London's dockland, the pancake-flat canal banks of Rotterdam, and the streets of New York.

As folk marathons grew, Boston imposed entry standards to control the



size of the field, and resolutely refused to give prize money. Aloof, and living on its legendary greatness, Boston threatened to go the way of Ancient Rome. Into extinction as a world power...

Boston became fat and complacent. Without the top competitors, sponsorship became harder to find, the mass television coverage fell away, the crowds diminished. Even the club runners, the 2:25 to 2:50 group, began to run elsewhere. The race became harder to project and the vicious spiral of decline intensified. Until this year.

Boston at last abandoned its Corinthian attitude, and in the spring paid prize money for the first time. It would be naive to think that Roberto de Castella's participation and his 2:7.51 (the third man to break 2:08) were unconnected with the \$60,000 and Mercedes car on offer to the winner. Or that Ingrid Kristiansen's attempting to become the first woman to break 2:20 (2:24.55) was unrelated to the \$35,000 cheque she collected.

Boston, however, reckon it was money well spent. In one fairytale race it was restored to the status of one of the world's leading marathons.

It is not too late for Glasgow to learn the lesson, albeit that our event didn't originate from such illustrious circumstances.

Cash, as ever, holds the key, and as anyone associated with raising funds for the ill-fated Commonwealth Games will realise, that job is a nightmare. But that should not prevent Glasgow keeping a flourishing race from becoming even greater.

Marathons are declining, both in the number of participants and quantity of races. That is an inescapable fact. But some marathons will survive. Glasgow, easily Britain's second largest, is ideally placed to be one of them.

New York reckons their race brings £40m to the Big Apple. So there is a case for the Scottish Tourist Board backing an event with such potential for Glasgow. Perhaps chairman Alan Devereux should get in training! Then he could emphasise once more that Scotland is not all about castles, heather and bagpipes.

It was an inspired idea to link the Miles Better campaign to the city's race. The Glasgow Marathon is a street festival



Run to conquer ASTHMA

There are 2 million asthma sufferers frequently fighting for breath struggling for life itself!

Please run and be sponsored to help them

Send for **FREE T-Shirt** sponsorship forms and information

Every £ you raise will be used to help those who suffer from asthma and to find the cure for this distressing disease.

Write to Hugh Faulkner, **ASTHMA RESEARCH COUNCIL**, St. Thomas' Hospital, London SE1 7EH
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Please send me **FREE T-shirt** by Mascord and sponsorship forms as I wish to raise funds for Asthma Research

Name.....

Address.....

T-Shirt size..... R.

based on bonhomie, goodwill and charitable endeavour in a city where the only real fiesta before owed almost everything to religious bigotry.

Perhaps too, the heart-attack capital of the world can learn something from the thousands who chase fitness for eight months of the year to prepare for this challenge. Their enthusiasm is infectious and every convert in running shoes, if not a soul saved, is a body revitalised given a chance of salvation.

The early years of the Scottish People's Marathon brought award-winning TV coverage. Now the organisers have to fight for every minute of air time, but that would not be the case if Lopes or de Castella were in the field, or Salazar or Jones. You don't need all four, just two of the world's best in a head to head, with the possibility that the world record will go.

In these circumstances, television will be pleading to bring in the cameras. New sponsors would be queuing up and so too would the competitors — a greater depth of quality all round from club men and women to the one-off plodder, all of whom would love to say: "I ran when Deek/Jones/Lopes ran the world best in Glasgow."

Of course, none of the top runners will come, even with financial inducements,



unless the course is capable of sustaining a record. There was uproar when the Maryhill section of the route was removed "taking the race away from the people", but unpopular choices have to be made.

There was also a flood of criticism when I aired the possibility of paying prize money in the columns of the Glasgow Herald "It's a people's race," came the letters. "The race will be devalued."

Boston, London, Rotterdam and New York are also people's marathons. Huge fields of ordinary people tackle their own personal Everest.

For some it is staying the distance; for others it is beating five hours, or four, or

three. The club athletes have their sights set higher yet; others chase the sub 2:20 which would put them on the brink of international selection; and the elite chase the magic 2:10.

Awarding money at the very sharp end, both to participate and in prizes, would not stop the thousands of others from staging their own personal battles. But if the Maryhills are restored, if the course is not flat, there will be no records, no superstars.

Even club marathon men nurse their resources, running only two or three marathons a year. It stands to reason they will save their energies for a course where they are likely to run a personal best, whether that happens to be nearer five hours than two.

The change of date too, which Glasgow perpetrated, may have rebounded on the city. September on the face of it should be milder than October, but the race now invariably clashes with the Autumn equinox. A sure guarantee of wind, the marathon runners' pet hate.

The equation goes something like this. Faster course = bigger names = larger fields = more media coverage = better race = more sponsorship = even better the following year.

And that's no fairy story.

SUBSCRIBE TO SCOTLAND'S RUNNER

SCOTLAND'S RUNNER is, quite simply, Scotland's running magazine. No other publication can offer a fraction of the Scottish athletics content available within these covers.

No matter how hard they try, similar magazines published in England contrive to give themselves away by, for example, referring month after month to Fortwilliam. Or, in the case of Benbecular, spelling it as they pronounce it.

If a similar mistake appears in Scotland's Runner, you can be assured it's because we can't spell, rather than any ignorance of the Highlands and Islands.

But just because we'll be covering Scotland better than anybody else, we don't intend to be parochial or insular. If they get a decent marathon off the ground in Dundee we'll report it. Or start running in Gate's Heid.

SUPPORT

Support Scotland's Runner by sending away today for one year's subscription. For just £14.50 you'll have the next 12 issues of the magazine sent directly to your home approximately one week before the official publication date.

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Everybody and everything (even breakfast cereal packets) seem to push the word protein at us as a dietary must. But when cornered, most folk are forced to admit that they know the word but have not the faintest idea about what proteins are and why they are essential factors in human or animal diets. High protein diets were once the fashion for athletes. During the last war British troops were given higher meat rations than civilians to build up endurance and fitness. It may have been good psychology but it was not good science. Professor John Hawthorn explains.

To the early scientists, proteins were the stuff of which life was made. They were found in every living cell, and yet they defied the utmost skills of the best analysts. They were as remote and mysterious as distant snow-clad mountains.

Proteins had been studied by countless experiments in the hundred years before my own student days, but, looking now at my old text-books, I am amazed at how little was then known of them, although many felt that if their secrets could be probed we could learn something about the secrets of life itself.

But the past forty years have changed all that. The new information about them fills volume after massive volume on the shelves of science libraries.

We now know that they do hold some of the secrets of life itself. Their ability to kill and cure seems pure magic, yet their actions strictly follow the natural laws, and close readers of this column will have realised by now that the message it carries is that nature wins races and breaks records. Athletes are merely those in whose bodies the laws find the most perfect expression.

High-flown stuff this month! But I bash out purple prose with a purpose. I want to lure you into understanding that different proteins may affect your body in different ways, that they are important in your training schedule, that the ideal amount depends on your age, sex, and physique, and that heavy training programmes do not necessarily mean a high protein diet.

What are they? Without exception, they all contain nitrogen, the stuff which dilutes the oxygen in the air we breathe.

THE WELL-FED Runner



JOHN HAWTHORN is Professor Emeritus in Food Science at Strathclyde University.

But the nitrogen is in a chemically-combined form, so we cannot use the air we breathe to make proteins. We have to take them from our food.

This is also true for all the other animals. But plants can make proteins, and all animals depend on plants for their supplies — even if the carnivores do get them second hand (or second stomach) through the plant-eating animals on which they feed.

So, for all practical purposes, plants are the ultimate sources of proteins in human diet. But the protein content of most plants, fruits and vegetables is quite low, and, about a couple of million years ago, our vegetarian ancestors began to find the benefits of adding a dash of fish or meat when the hunting was good. It's a habit most of us have kept up ever since.

Which are the protein-rich foods? Grazing animals act as concentrators of plant proteins. So foods of animal origin such as red meat, poultry, fish, milk, and milk products such as cheese and eggs are all rich sources.

Why do we need proteins in our food? The substance of human muscle, sinews, blood, guts and brains is mostly protein. It is even necessary for healthy bones.

All young animals need it, therefore, for growth, since it's the stuff from which they build their bodies, and human animals are no exception. A newborn infant doubles its weight in 180 days, a calf in about fifty days and a piglet in an incredible fourteen. Nature, the fixer supreme, arranges that sow's milk is very high in protein, cow's milk is intermediate and human milk is very low.

We also need protein for running repairs. The everyday wear and tear of life leads to the destruction of some of our body protein which has to be replaced. Training also increases muscle mass and this increase has to come from the protein we eat.

New life in a womb draws its substance from the protein in the mother's diet, extra protein is needed especially in the later stages of pregnancy. A nursing mother needs even more protein to produce plentiful milk.

So now you get the picture. The adult male only needs it for repair and replacement. The growing child and the pregnant or lactating woman need relatively more.

How much protein do we need? It's all good news. The wide range of choice, and the varied nature of Scottish diets, makes it quite difficult to select a diet which is protein deficient and is also attractive to eat.

But if you are pregnant, or nursing an infant, or recovering from injury, or in the early stages of those forms of training aimed at increased muscular development, a little extra care of your protein intake may be helpful.

Can we have too high a protein diet? If your diet contains more protein than your body requires for its repair and growth schedule, it simply chops the nitrogen off, excretes it as a substance called urea in the urine and uses the rest of the molecule as an energy source. In other words, it burns it off.

What about protein in vegetarian diets? There are many fine vegetarian athletes, and their special dietary needs demand a future special article. Those who take milk and eggs have no problems, but the strict vegetarians, the vegans who will not consume any products of animal origin, must be particularly careful to balance cereal proteins with those from other sources such as pulses (peas and beans to you and me), green and root vegetables.

Dietary hint

MEAT, fish, milk, poultry and eggs are usually regarded as prime protein sources. But mix it a little. Did you know that bread was quite a good source and that bread and cheese is superb? So is porridge and milk.

It comes as a surprise to even some nutritionists that haggis ranks well in both the energy and nutrition stakes. Black pudding earns my praise too. The old Scots cooks knew a thing or two about feeding hungry fighters.

Don't forget the traditional soups. Well-made ham and pea or lentil are treats fit for a king — or a gold medallist.

Every runner knows that at certain times running is a grind and not a pleasure. It may be fun to run on a warm summer's evening through an attractive tree lined park, but at other times the thought of running makes even the most experienced and hardened runners shudder. Nevertheless, they drag on their training gear and get out. Once they are out, it becomes so much easier, and when the run is over, the runner never regrets it.

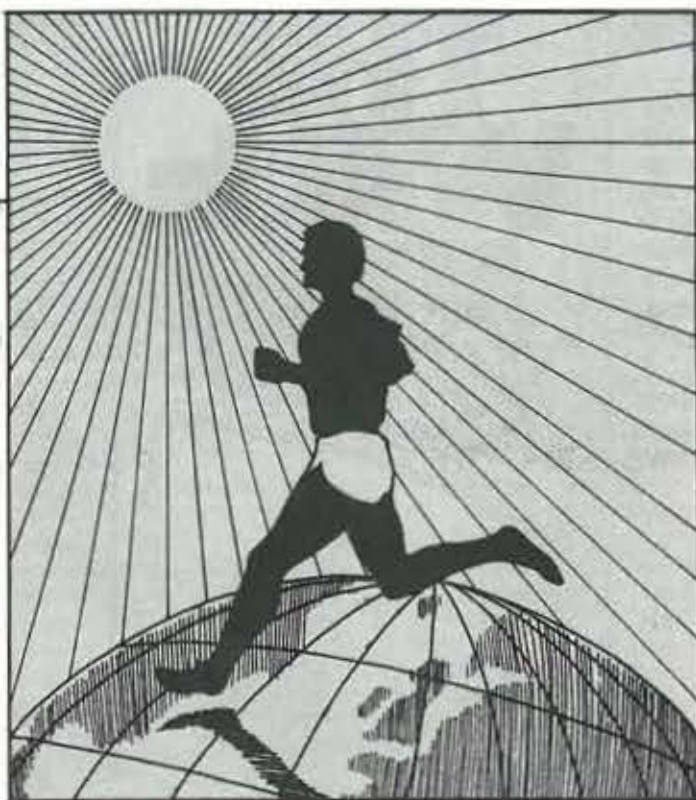
What makes runners run? Perhaps the critical question is, why do people persevere despite criticism, appalling weather and tiredness?

It is easy to see why so many start. We are daily bombarded by the media that Scotland has one of the world's worst health records. Also, it is not difficult to understand the motivation for champions such as Ovet, Coe or Scotland's Tom McKean. For these runners the rewards are obvious. Success on the track or on the roads means status, money and life long security.

However, what of the other runners — the vast majority who run between three and ten miles, four or five times a week and whose running is a private experience, barely noticed by the rest of the world? Indeed, their running may be the subject of sneers from their colleagues and may as we all know, sometimes cause strain to other members of the family.

The Greek philosopher Plato was probably the first thinker to realise the importance of physical fitness. In his "ideal" society, the rulers would be men who, in addition to being intellectually able, would exercise every day. Plato realised the relationship between a healthy mind and a healthy body.

Most of us each day experience such feelings as anger, unease, tension or irritability — they are feelings experienced by normal people. Many people also suffer anxieties regarding their sleep patterns, general



Running for peace and freedom...

Psychologist Dr. JACK BOYLE examines the reasoning behind our running.

lack of confidence and weight. It is interesting that at any given time one woman in three is trying to reduce her weight, and sadly almost ninety per cent of these women fail because they tackle the problem of surplus weight by dieting for a few weeks, and then reverting to previous eating habits.

The problem of encouraging people to run is that, while running can eventually prove to be an enormously satisfying activity to those who work hard at it, in its early stages it is often difficult, painful and may result in injuries.

Running provides for many people a way of coping with psychological problems, loss of confidence and excess weight.

Dr. George Sheehan, one of America's leading experts on

sport, has written, "Whatever the emotion, whether it range from annoyance to rage, from disquiet to terror, from guilt to remorse, one of the best remedies is vigorous action. Sport is the therapy best suited for the treatment of emotional distress".

People who engage in aerobic exercises such as running, cycling or swimming are aware of the fact that after a hard work out they feel much better, physically and mentally. They are calmer, more relaxed and they get their problems into perspective. However, when one starts off training it's never easy. It's hard, it's lonely and it's not rewarding. There are no instant rewards, and the benefits of exercise can take months to acquire.

We also live in a society,

where, although exercise is presented as a worthwhile activity, for many people it has been associated with punishment, particularly at school. Those who broke the rules were often told to run round the playing fields till they were almost exhausted. There is no pleasure or fun associated with such exercise.

There are also in our society some cultural taboos against exercise. Regular exercise is undertaken mainly by men, and the majority of them are from white collar, professional, managerial or business backgrounds. Relatively little exercise is taken by working class men or women, and thus it is not surprising that the incidence of heart disease is very high among those groups.

Why then do we run? At the end of the day, each person runs for reasons that are essentially individualistic. Certainly we all run to some extent for physical health and increase of confidence, to mention but a few reasons.

But there are also those reasons that are private to ourselves. Possibly we do not understand them until we are unable to run through injuries or pressures of work and then we understand what running is about. When we cannot run, the significance and the meaning of our running becomes real, possibly for the first time in our life.

Some people run primarily for one motive, and one motive only. They run for their freedom. Running reduces tension and anxiety, and makes the person feel contented, satisfied and at peace. Many runners go out running with a sense of dread, but when they come to the end of the run they have a different sense — the sense of peace.

Possibly the benefits are summarised simply and starkly by Dr. Sheehan "After the test... in that calm, I become the man I would like to be and perhaps I am". This is what running means above all else.

STEWART McINTOSH and photographer RUSSELL AITKEN went to East Kilbride to capture the swimmin', cyclin', and runnin' sport of triathlons. BILL CADGER outlines the cycling scene in Scotland, and McINTOSH meets Scottish triathlon champion Jim Paul.

YOU must be dreaming. You are halfway through a 12 mile race and you are exhausted. As a prelude to the run you have cycled a bike as fast you can for 36 miles, your warm-up consisted of a few stretching exercises and a one mile swim, performed at racing pace.

Now your legs are wobbling as a result of all this punishment, plus the after-effects of completing yesterday's trifling 36 mile Two Bridges Race. No, it's not a runner's nightmare — just a typical

running gear from those who are prepared to "give it a tri".

Waugh was so impressed by East Kilbride's level of organisation that he suggested to the town's sports administrators that they host next year's European Junior Championships.

The Scottish Championship was a good introduction to the sport for those of us who had never previously watched a triathlon. Apart from the main super triathlon event consist-

GIVE IT A TRI!

weekend's leisure for the recreational triathlete.

If you want an all round test of your strength, stamina, and well-power, the triathlon is hard to beat. Distances vary greatly from one triathlon to the other, but a typical event consists of a one mile swim, a fifty mile bike ride and a half marathon.

Some events are much tougher than that. The famous "Hawaian Ironman" puts the competitors through a punishing 2.4 mile swim among the Pacific breakers, a 112 mile bike ride, and a gruelling 262 mile marathon to finish off all but the fittest.

The event is so tough that only 12 people managed to struggle over the finishing line in 1977's first Hawaian Ironman, but the race had caught the imagination of the world and nine years later more than 30 countries stage 10,000 events for more than a million participants.

"Make no mistake about it, the triathlon is going to be the boom sport of the late 1980's," says Harry Waugh, regional organiser of the British Triathlon Association, who was in East Kilbride for the Scottish Championships at the end of August.

"Triathlons will go through the same wave of mass participation that running went through about ten years ago," he says. National membership of the BTA now stands at 5000, but Waugh is predicting a rapid increase to something like forty to fifty thousand participants over the next three years.

If the experience of America (and much smaller countries like Ireland) is anything to go by, the UK could well see an upsurge of the toughest event of them all. Forward-looking equipment manufacturers in all three disciplines are gearing themselves up for an increased demand for bikes, swimwear and

ing of a 1500 metre swim, 36 mile cycle, and 12 mile run, there was also a mini triathlon which consisted of a by no means diminutive 600 metre swim, 18 mile cycle and six mile run.

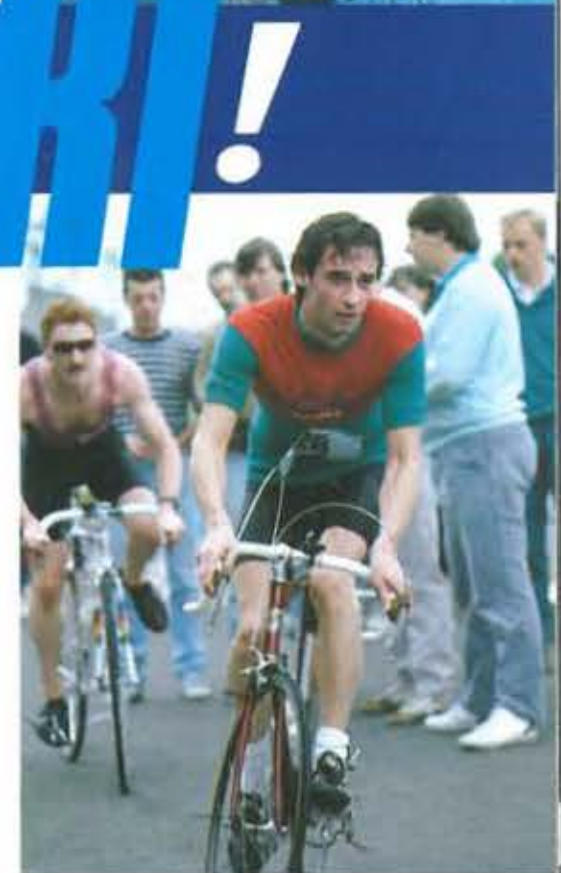
The atmosphere at East Kilbride's Dolan Baths was very friendly as the athletes limbered up. Then the calm surface of the pool was lashed into foam as five waves of swimmers, eight or nine to a line, ploughed steadily up and down to the strains of "Chariots of Fire." Some wore ordinary swimming costumes, while others were kitted out in stylish shoulder to knee tri-suits which look like designer-versions of Victorian beachwear.

First out of the water was defending Scottish champion Jim Paul who performed a sloshing jog towards the bike-park and changed into dry gear faster than most of us could strap on our stop-watch.

The cycle stage demands good riding tactics. Since there is no mass start, few packs form and it is difficult to find opportunities to coast along in someone else's slipstream — something which experienced cyclists often have difficulty adjusting to. The bikes on display at East Kilbride ranged from feather-light flying machines to old-fashioned butterfly handle-barred jobs.

Some of the cyclists were sporting shorts and shirts that could not have looked out of place on the Tour De France. Others let their running gear double as cycle wear — and those who had splashed out their liquid assets on a trendy tri-suit simply squigged their soaking bums onto the saddle and started pedalling.

Most of the competitors came off their bikes at the end of 36 miles in fairly good shape, but the wall seemed to loom large for many as the twelve mile run steadily



Jim takes it "easy"

After a sparkling defence of his Scottish Championship title at East Kilbride, winner Jim Paul confessed that he had been "taking it easy", coming home in 2:57.15.

Rated sixth in the UK at the moment, a typical week's training involves swimming about 11,000 metres in the open sea, 250 miles on the bike and 45 miles pounding the pavements around his new base at Bognor Regis. Holidays were not much on his mind when he moved to Bognor - his strong current form has seen him selected for the UK triathlon squad and he moved south some months ago to train with Glen Cooke, the top triathlete in the UK.

Paul's next big targets are the world championships in Nice on October 5, when several hundred triathletes will compete over a two mile swim, 75 mile cycle, and 20 mile run. He has taken the plunge into full time training for his event, but so far has not managed to find a sponsor who could back his career and provide help with the high expenses of the international triathlete.

As a former employee at East Kilbride's Dolan Baths, Paul finds that the swim is his strongest event and feels that the cycle is his weakest discipline.

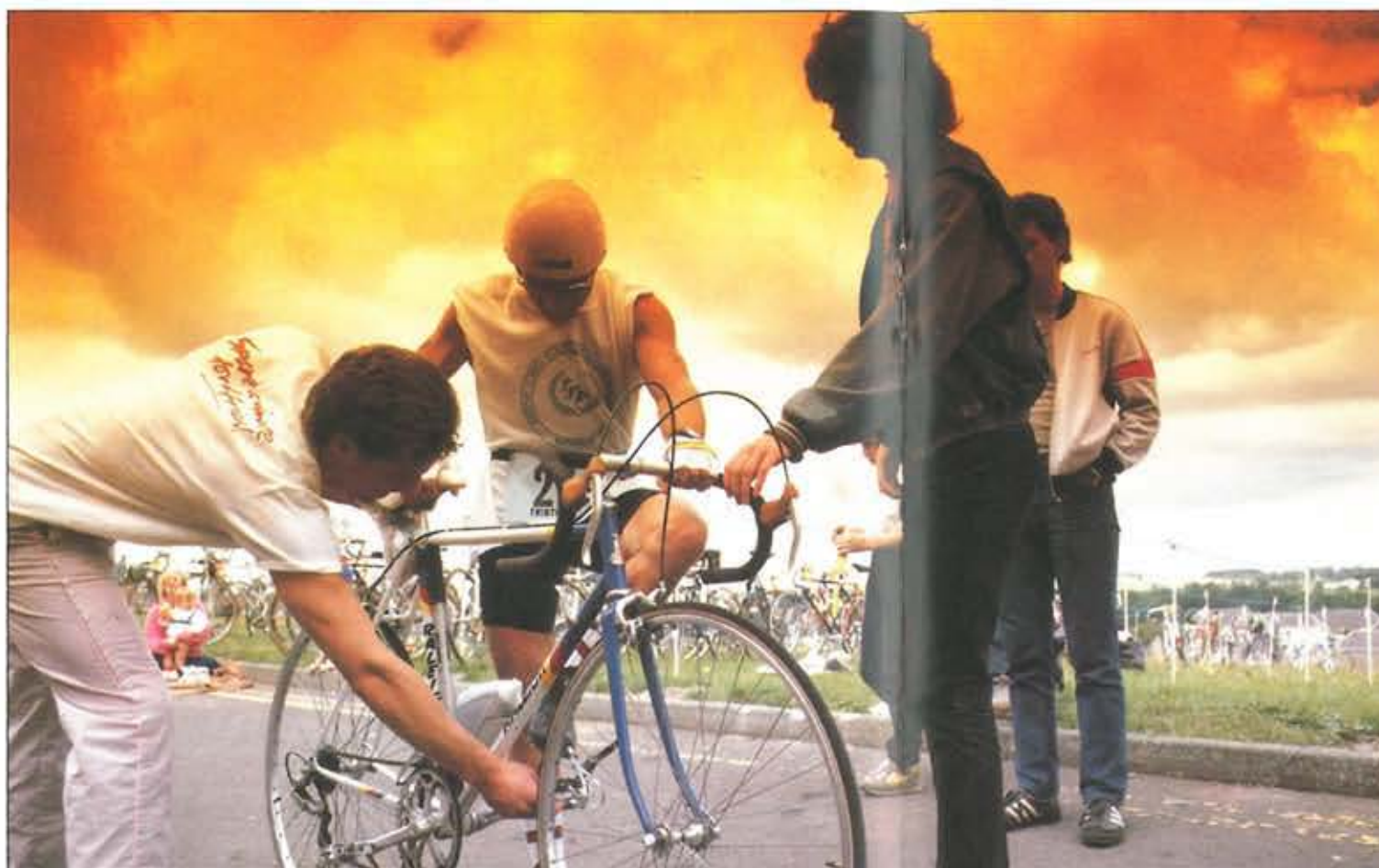
Paul's performances are all the more remarkable when you consider the problems which he has had to overcome on his way to the top of the triathlon. He suffers from asthma, eczema, dermatitis and enough allergies to keep scientists happy for months. All of these ailments require constant medication, and he has become an amateur expert on the benefits and side-effects of a wide range of medicinal drugs.

Three years ago, he was told by the doctors that if he ever walked again it would only be with the aid of a stick. He had tripped over a scythe which almost severed his right foot at the ankle, smashed the bones and left his foot dangling by little more than the achilles tendon. The accident had shattered his foot, but he was determined that it would not shatter his future. He swore to get fit, and after months in plaster and intensive physiotherapy he started on the long road to the triathlon.

The 21-year-old points out that he is still very young for an event where the experts tend to be in their thirties, so he has plenty of time to reach the very pinnacle of the tri. By that time he will have swum, biked, and run about 65,000 miles - two-and-a-half times round the world.



A new style in kilnits is born at East Kilbride.



Getting primed for action and ready to roll, above. In the four picture sequence left, the soul of the triathlon (and a little more) is bared by the lens.

unwound. By this time there was quite a close race in progress as Bud Johnston steadily closed on leader Jim Paul. But Paul was running well within himself and ran up the last cruel little hill to the finishing line a clear 69 seconds ahead of his East Kilbride clubmate.

Of the 60-odd starters in the super triathlon, nobody failed to finish the gruelling 49 mile course, and the oldest performer, 52 year old Frank Coll, turned in a fine 401.00 after having run in the Two Bridges Race the previous day - as did clubmates John Scott and Michael Hamilton. First vet was Ray McDonald of East Kilbride in 333.10.

The experienced runner who decides to take the plunge into swimming and cycling on top of athletics will have to get used to the idea of running less mileage each week and putting more time and effort into developing technique at swimming and cycling. An average club-level triathlete will expect to train most days of the week, practising at least one of the disciplines and sometimes fitting another one in at lunchtime session.

The open sea can pose severe problems for weaker swimmers, especially in the cold waters around Scotland. This can be particularly difficult for runners who come to the sport with low levels of insulating subcutaneous fat. No amount of training in cold water improves your body's ability to cope with the event, but regular dips in the sea help you psychologically to face up to the rigours of the event.

The longer you are in the water the colder you get, and weak swimmers often find themselves unable to control



Rest for machines and competitors, top, while below the triathletes outpace the traffic.





"Hey, mister, have a drink?" winner Jim Paul is asked.

the bike when they emerge from the water. The answer to that is wet suits which not only keep you warm but which give you a little extra buoyancy and a slight edge over those who are not wearing them.

Some triathletes hit the wall before they hit the road in their running shoes. Cyclists know the wall as "the bank" and many triathletes try to avoid it by eating bananas, raisins, chocolate or other more exotic concoctions during the cycle ride to keep their energy levels high. (Read John Hawthorn's solution in Running Sores).

The cost of taking part is not only physical, it can hit your pocket as hard as your legs. If you feel that keeping two pairs of road shoes on the run at the same time is expensive, you might balk at being saddled with the cost of one or more racing bikes (few serious cyclists would make do with less than two). One top of the range model, specially designed for the triathlon, costs £389.

Harry Waugh reckons that it can cost two or three hundred pounds a year to keep a top triathlete on the road, but he stresses that the enthusiast can get by on as little as £200. So, why not "give it a try"?

Scots on their bikes

Robert Millar dreamed as a teenager in Glasgow of becoming a professional cyclist and taking part in the world's greatest race, the Tour de France. Now, at 27, he has distinguishedly achieved both in a sport which until a few years ago was dominated by continental riders.

He has also made similar dreams of other dewy-eyed young Scots a possibility and not wild fantasy.

Millar, now based at Wielsbeke in Belgium with the Panasonic team, has had an indifferent season by his own very high standards - second again in the gruelling Tour of Spain and second in the Tour of Switzerland to one of America's rising young stars, Andy Hampsten. Illness ended the Tour de France for the wiry Scot after a promising start.

But what of those Scots dreams? Is there anyone in sight of becoming another Millar, or at least making the grade on the continent? The brutally frank answer is NO, not in the near future, although the potential is still there and the incentive is not lacking.

Lucrative contracts like the one Millar has with Panasonic push his earnings well into six figures, although Robert is shy about talking money. He is ranked among the top dozen riders in the world, and in the top half dozen climbers.

But it has been a long, hard climb to the top for Millar and few possess his endurance and singlemindedness to ride through the disappointments in search of success.

Scotland's most promising home-based rider is involved in another discipline of the sport - the specialised world of track sprinting, where speed, nerve and cunning allied to natural ability are essential. Eddie Alexander of City of Edinburgh Road Club, has just been selected as Britain's lone sprint representative in the world championships at Colorado.

Eddie, born in Inverness, but now living in the Athens of the North, won a bronze medal in the Commonwealth Games at Meadowbank, a tremendous achievement for someone who had just completed his engineering studies and qualified as a Bachelor of Science.

The tall, well built trackman is also in the squad for the team pursuit event, and is sure to give 100 per cent in the magnificent high altitude setting of Colorado Springs where the track is rated one of the fastest in the world.

Alexander is certainly one for the future, with all the facilities of a new track on his Edinburgh doorstep. Another track star is Glasgow boy Stewart Brydon, also riding for City of Edinburgh.

On the road scene, there are several bright young men - three of them from one club, Johnstone/Dooley.

Brian Smith has had a fine year and finished fourth in top class company in the Commonwealth Games, Drew Wilson had a spell racing for a crack team in Italy, and Martin Coll won the Girvan Three Day race early in the season ahead of Paul Curren, double gold medallist at Edinburgh. He, too, has had a brief look at the Continent.

Other young lions on wheels are Mike Lawson, a languages student now working in Barcelona, Dave Finlayson, the white hope of the north, Malcolm Little and Andy Ferry from the West.

The big problem for Scots is the lack of top class competition, and this means long journeys over the border - mainly at their own expense - to compete against the best in Britain.

Millar did it on his way to the continent and says it's the right road to take. But not everyone has the resources or back-up.

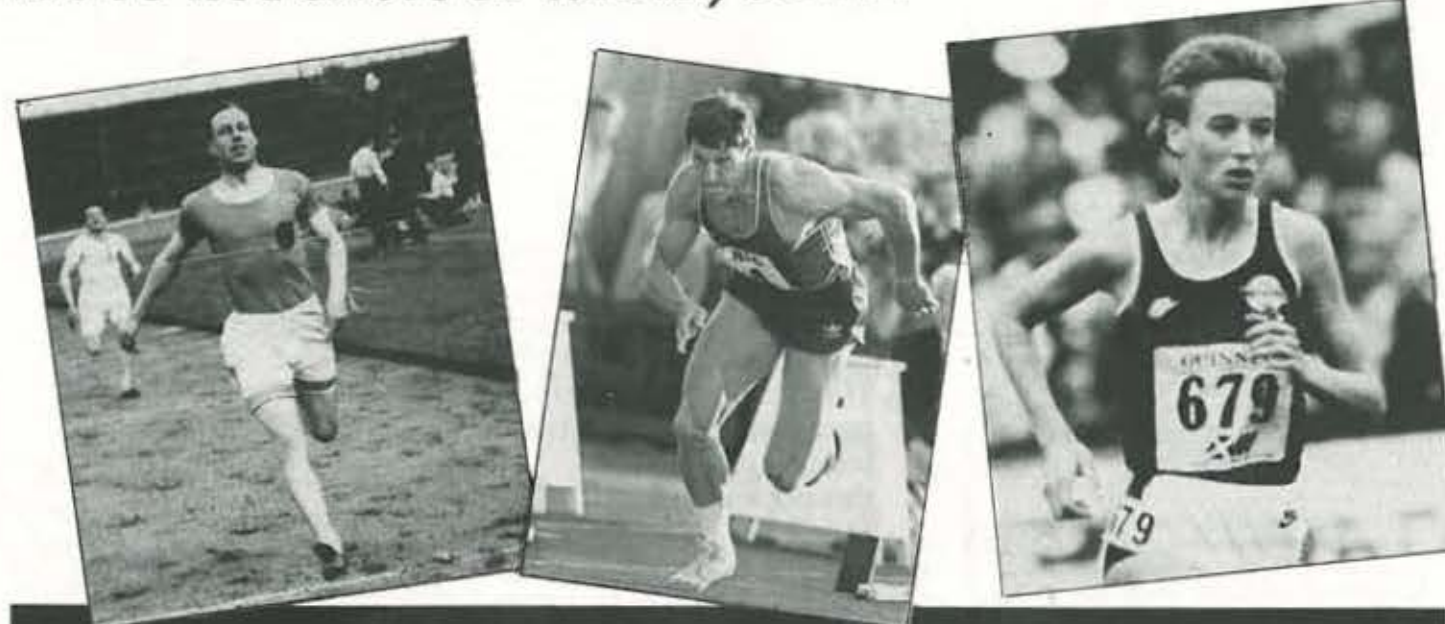
What the sport in Scotland needs is a better all-round deal on sponsorship. I believe the money is there if clubs and riders can sell the package to the men with the money. The initiative of the parcels firm ANC in promoting a professional cycling team in Britain with the objective of taking part in the Tour de France has really shown the way, mainly through multi-sponsorship.

Scotland is a long way from that, but if the Scottish Cycling Union can market this amateur sport in a more professional manner then the rewards are there for the future - better facilities, better competition and of course better riders. But that's another story on cycling's long and winding road.

Bill Cadger

Scotland's Runner

We're not short of talent, so...



WHY ARE WE SO BAD?

Scottish athletics is complex and multi-faceted. For that reason alone there is no easy solution to the difficulties which may have to be overcome.

Does Scottish athletics require change at all, or is everything in the garden rosy?

To decide, we must take stock of what Scottish athletics has achieved, and of what exists already.

Certainly there have been many outstanding athletes, both past and present, who have established that quality is a word which can be associated with Scotland. However, these athletes arrive on the scene irregularly. How have they arrived? Can we identify these factors and develop them in order to ensure a more regular production line of talent?

We have a cultural heritage second to none, one which promotes the twin elements of dedication and passion. The Scottish tradition is to learn well and fight hard to achieve. We must harness that.

POTENTIAL

Clubs come in all shapes and sizes, some well organised and well resourced, others which barely survive from year to year.

Some clubs have a large variety of facilities and can provide their members with a complete range of opportunities, coaching and competitive, supported by an excellent organisation. Such clubs however, are limited, mostly through no fault of the club but because they are either geographically isolated, or, by the nature of their limited resources they are unable to provide comprehensive opportunity to those in the area.

It is important to recognise the contribution made by schools. The Scottish athletics tradition has been to a large extent built on the excellent



Only radical change can halt the decline of Scottish athletics says former national coach John Anderson (1965-70). Here Anderson looks at the problems facing the sport and suggests some provocative solutions. He is a British Olympic team coach and is director of leisure and recreation for the London Borough of Southwark, currently coaching Dave Moorcroft and Judy Simpson. His former charges include David Jenkins and Dave Bedford.

network developed at this level. But this marvellous tradition is in jeopardy as teachers consider whether they can afford to continue. If the school involvement diminishes, this will pose further problems for clubs and the development of the sport.

But however many clubs there are, and no matter how well equipped and funded, they cannot function without the voluntary club official. Like the clubs, they come in all shapes and sizes, but have in common a desire to give their time freely in order to ensure that others enjoy the full range of opportunities in athletics. These people must fulfil many functions. They have to be first-class

administrators, able to deal with the secretarial and financial aspects of the organisation, and they certainly have to deal with fund-raising since most clubs usually exist on a hand-to-mouth basis at best. There also have to be coaches to advise the young athletes, there must be competitions organised, and the structure to provide the numerous judges, timekeepers and other officials.

So on the plus side Scotland has a multitude of willing voluntary helpers, the backbone of athletics without whom the sport would cease to exist, or at least would exist in a very limited form.

We also have, of course, outstanding performers who have emerged to put a little dash of colour on Scottish athletics. The names roll off the tongue... Allan Wells, Liz Lynch, Tom McKean, of the current crop, going back to the era of Eric Liddell.

In addition to the one or two jewels in the crown is the very substance of athletics, the vast ranks of club performers. Some argue that athletics is about providing for these people rather than the elite but the argument of course is specious because all athletes are part of the sport... the top encourages the bottom. Aspiration and achievement are recognised throughout the sport and therefore those who achieve the highest levels act as a stimulus to those whose performance and talent are not at that level.

It is important to identify at the outset that the pursuit of better performance is the driving force within athletics. One cannot just take part.

If it is accepted that all athletes are aspiring to improve and that officials are there to help bring this to function, we have to look at whether the existing structure achieves those ends.

The sport, including cross-country and road-running, is too fragmented for effective management structure.

Any management consultant would feel that the ability to implement new initiatives would be restricted in view of the small population and large land area. The existing structure does not ensure that those who live in the more outlandish places are given an equal opportunity with those in the central belt.

There are many self evident criticisms which might be directed in terms of management, organisation and structure, given the current framework, but suffice to say that the current structure is a nonsense and cannot achieve even a small part of that which it sets out to do. We need organisation and radical change.

The problem of scale outside the central belt means that athletes are not given an equal opportunity — or even an adequate opportunity — to take part in club athletics or competitions. This is compounded by the fact that very few clubs are able to offer a full range of facilities in terms of road running, cross country and all the various forms of athletics — throwing, jumping, pole vault etc.

In many cases they also lack the required level of coaching expertise.

It is therefore necessary to find ways by which the resources might be used more effectively and efficiently.

In some if not all parts of Scotland the competition structure leaves a great deal to be desired. Certainly there are many very good competitions available. These have grown over the last few years and are a credit to those who organise them.

But they are centred largely on the central belt and tend to leave others in isolation. There are different modes of competition, the life blood of the sport, which might be brought into such areas to the benefit of the raising of standards.

Competition is based on the existing club set-up, but this is clearly inadequate. What we must do now is build on that

‘We must bury our parochial attitudes in the interest of national development’

structure which has stood the test of time. The clubs must pool their resources, building an area structure on top, evolve the concept of more wide-ranging competition.

This could take the form of inter-area matches in throws, jumps and pole vault, others in sprints and hurdles, others still in the middle distance races.

It should not be beyond the wit of man to devise this.

Scots traditionally reflect great national pride. It is in evidence in all the national sports events when the Scottish people demonstrate their loyalty and pride in

their heritage. Sadly, however, this very often is not reflected in the way in which our organisations function.

It may well be suggested that there is no really strong national feeling or sense of responsibility in Scottish athletics, that the sport is too parochial, that it sells itself almost exclusively to individual clubs and those within these clubs concern themselves with ‘The Club’ rather than examining how the whole national scene can be improved.

We must examine the sport's funding in Scotland and different methods of financing must be promoted and developed. Certainly if further development is to come, then the whole area of sponsorship and support from local authorities, quite apart from national level involvement, must be scrutinised.

As a Glaswegian I am ashamed to note that in spite of being one of the largest areas of population, Glasgow has languished behind not only Edinburgh, but many other smaller places between Glasgow and Edinburgh, in its provision of facilities.

It borders on a national disgrace that Glasgow has only recently acquired one synthetic track for its entire population — this from a city which promotes itself as being ‘miles better’.

One track is inadequate and even the new Kelvin Hall project will only scratch the surface of the lack of indoor facilities.

Until that is resolved nationwide,

Scotland's adverse weather conditions will certainly limit the development of the technical events.

Tradition is a two-edged sword. It can be a positive or a negative weapon. In Scotland the young are taught that the club is the focus of all activity, superseding all others. By definition all else falls by the wayside.

Youngsters are taught to be hostile to other clubs, to succeed at the expense of others. What is taught is negative. We should be sharing our limited resources.

Very, very seldom do you hear of clubs sharing their knowledge, expertise or facilities and assisting other clubs.

All the clubs in the Edinburgh area, for example, could be pooling their resources. There would be enough coaches to go round and a scouting system could be developed to tap into the schools.

Instead they are too frightened of the possibility of poaching. The clubs are too selfish. The questions they must ask themselves are ‘Is the sport bigger than the club? Do they care enough about the sport they profess to believe in to change things?’

The allegation of Scottish small-mindedness is one which has to be looked at. We Scots have to bury our parochial attitudes in the interest of national development.

SOLUTIONS

The control, administration, and management of Scottish athletics must be restructured and re-organised. A diverse and fragmented administrative structure leads to inefficiency and ineffectiveness. A single administrative office was a step forward, but one body for a country the size and population of Scotland is the answer.

The form that body should take and the responsibilities it should have are

‘The current structure is a nonsense... We need radical organisational change’

matters which can be resolved with goodwill on all sides.

This questions the motives of the adults who run Scottish athletics. It is the officials, who put in many hours of effort, who actually control the sport. The athletes themselves, although capable of decisions, are motivated by participation rather than politics, and it will always be thus.

So the responsibility for the future lies with those officials, and they now carry a onerous responsibility.

No doubt the vast majority of national officials come altruistically into the sport,

but over the years that altruism becomes blunted.

The fragmented structure of Scottish athletics is perpetuated by misguided individuals reinforcing the separate entities of the sport, men's and women's track, men's and women's cross country.

There is little to suggest in recent years these incumbents have made any effort to bring the organisations together for the good of the athletes and the sport. Instead they seem intent on retaining their power.

They have the power to run the sport more effectively, but that will require sacrifices from them. The tendency is to focus attention on their own club's particular role. What is needed is a magnanimity of spirit and attitude in the interest of the sport nationally. These people must look beyond their own role and examine the contribution which could be made if they took a less parochial stance. The leaders of Scottish athletics must do precisely that... lead Scotland into building a new structure, one more efficient and effective, one able to respond rapidly to the needs and demands of athletes.

We should be riding on the high of the enthusiasm generated by the Commonwealth Games and the success Britain achieved at the European Championships in Stuttgart. We owe it to the new generation of Scottish athletes.

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Scotland's Runner

ON THE VETERAN SCENE...

Sebastian Coe, in a recent interview, quoted an American psychologist who claimed that, "age was just a number", and certainly 30 was no age to be thinking of slowing down.

Traditionally, however, for male athletes, the age of 40 has been the "number" when an athlete enters the rank of veteran. Ten years ago, most veterans were an amiable bunch of "has beens" who wanted to keep alive their fraternal links with athletics. Competition was a mode and means of extending those links, providing the motivation to keep in trim.

Certainly, when Walter Ross founded the Scottish Veteran Harriers Club in 1971, the backbone of his simple constitution was to retain 'friendly rivalry'. For the first ten years there is no doubt that the club, which drew two-thirds of its 250 members from the West of Scotland, maintained that ethos.



In 1980, though, the club was host to the World Veteran Road Championships over 10K and the marathon, and over 1000 runners from all over the globe gathered at Bellahouston Park in Glasgow for two excellent days of competitive friendship. As a 'born again'

runner myself, that stirring feeling as the athletes paraded to the start line behind the mass of pipes and drums convinced me I had to join up with the Scottish Vets.

This summer, just six years on, the veterans have now reached a membership of over 800 in Scotland. They hosted the British Track and Field Championships in 1984, and during the Commonwealth Games held the inaugural Commonwealth Veterans Gathering which included a full track and field programme at Grangemouth, and two road races over 10K and 25K in Edinburgh. In 1988, they will be hosts for the British Cross Country Championships.

Such a resurgence of interest has not only reawakened some famous names from the past, but has also brought into the sport new, competitive blood as well as retaining many athletes who may have thought of hanging up their running shoes. While friendship still prevails, the competitive edge has been razor sharp.

In trying to review the current Vets scene, the damper is that some may be overlooked. Consequently, I apologise in advance to the ladies, field events, and track specialists. This month I am concentrating on veterans who can still hold their own in open

Ultra-ironman Don Ritchie... for him, the marathon is "just another training spin".



By HENRY MUCHAMORE

competition against athletes who, in some cases, are half their age.

The marathon is, by its nature, an event for the mature athlete, and consequently it is perhaps not surprising to find some remarkable performances by veterans in this event. Dave Clark, a Scottish exile, has had some incredible sub-2.20 marathons, and in 1985 was three times under 2.19.



Dave, however, is seldom on view in Scotland, and, in his absence, the three marathon veterans who stand out are Donald Macgregor, Brian Carty and Alan Adams.

Macgregor, now 46, is still able to run marathons near his 1974 best times, when he was rip and tuck with Ron Hill. While Ron is noted for his quantities - over 100,000 miles in training and over 100 marathons under 2.50 - Don has a much more relaxed approach and will have deliberate dormant spells followed by specific quality build-ups. This certainly brings incredible results. He won the Dundee Marathon in 1983 and 1984, on both occasions allowing lesser mortals, yours truly included, to take the 'Vets' honours, but only second to the great man.

In this year's Edinburgh Marathon, however, one of the newly discovered Vets, Shettleston's Brian Carty, 42,

simply ran away from the opposition over the last ten miles. Brian defies all the standard personifications of a marathon man. He's a stocky, powerfully built athlete, who, if athletics had discovered him 30 years earlier, would have been considered a sprinter in the Darren Clark mould.

In his two years as a Vet, Brian has twice been runner up in the Lochaber Marathon to another incredible Vet, Alan Adams from Dumbarton. Both have commanded first team places for their respective clubs in a number of league and championship cross country and road events - indeed, one of the arguments against having all-Vets teams in open championships is the fact that many clubs are heavily reliant on their vets to fill the first team places.



Before leaving marathons, mention has to be given to a man for whom the event is just another training spin. Ultra distance runner Don Ritchie, also 42, of Forres, recently won the Moray Marathon, and in his more familiar events over longer distances there are very few who can match him.

In shorter road races, while Macgregor, Carty and Adams are regularly giving most good senior club runners a target to aim at, there are several veterans who regularly pick up

ON THE VETERAN SCENE...

Life begins at 40!

prizes in open competition. Adrian Weatherhead, 43, of Edinburgh Athletic Club, has said that he does not want to compete in closed veterans events while he still has the ability to do well in open races. That he certainly has. In 1984 there were rumours - which Adrian denies - that he wanted to be the first vet to run a mile in four minutes. The truth is that track running, by its nature and training, does not really interest Adrian, so, while the idea is fascinating, it may have to rest with one of those athletes who never grow old, like John Walker or Carlos Lopez, to take that honour.



Any senior athlete who beats Adrian knows he's been in a race. As 20 year old Steven Doig commented after the 5 mile Haddington Festival Race; "I thought I would never shake him off".

Adrian is still capable of going under 50 minutes for 10 miles. So far, he has not had a head to head confrontation with another exiled Scot, Brian Scobie, a Maryhill athlete based in Leeds and coach to Veronique Marot. Brian showed at this year's National Veterans Cross Country Championship that he does not intend starting to slow down. He also won the inaugural Commonwealth Vets

25K race, and had hoped for tougher opposition from the 40+ group. Brian has all the classical gaunt features of a road runner, and could well be in contention for marathon honours soon.

Jack Knox, on the other hand, is one of those deceptive vets who does not look a day over 30 - well 35 - at the most. He is also one of the growing number of re-instated professional runners who has given many an established runner a fright this year. Listed in the Edinburgh University '10' as 'unattached', his excellent fifth place quickly made him one of Gala Harriers' top runners, and his presence has boosted the morale of many younger members, enabling them to pick up their share of team awards.

Needless to say, all the runners mentioned so far have been in the 40-45 age group and this does not include people like Dave Fairweather (Law and District), Jim Ashe (Aberdeen), Dick Hodelet (Greenock Wellpark), Alex White and Martin Claven of Edinburgh Southern Harriers, as well as the incredible Pitreavie trio of John Linaker, Ken Duncan and Bill Ewing who would make a pretty good senior squad, never mind veterans.

'Friendship still prevails, but competition is razor sharp'



Shettleston Harrier Brian Carty, the "new discovery" who won this year's Edinburgh Waverley Markets Marathon at the age of 42.

Next month I will take a closer look at some of the 'Super Vets' - the over 50s. Indeed, the performances being put up by those under 50 makes one wonder if 50 should be the starting category for veterans. The story of the "Three Williams" - Bill Stoddart, Willie McBrinn and Willie Marshall - along with super 60 men Hugh Currie, Ben Bickerton and Murray Scott, plus the three 70 plus men who each hold world championship titles, David Morrison, Gordon Porteous and John Emmett Farrell, is

also worth waiting for.

Finally, while I have not mentioned track runners, the new SAAA rules allowing professionals to compete in close veteran competition is an exciting prospect. George McNeil of Tranent reaches his 40th birthday in 1987. He has said he will compete as a vet, and his appearance could well be the highlight of the World Veterans Championship in Melbourne.

Who said that vets can't fly? Come and watch them, or better still join us if you're over 40.

WIN £600 **NIKE** GEAR

Scotland's Runner and Nike, manufacturers of the Steve Cram collection of clothing and footwear, are offering readers £600 of Cram gear in a - you've guessed it folks - simple and easy to enter competition.

Watch the traffic part in awe as you bound round the streets this winter in your Steve Cram fleece tracksuit and Sock Racer running shoes. Show off in the pub afterwards with your flash sports bag and Nike sweat shirt. Step out in your Windrunner jacket and Exile running shoes.

All you have to do is correctly answer the questions below.

The closing date is first post on Monday, October 20, and on that day all the entries will be opened.

The first correct entry opened will receive:

Sock Racer Running Shoes
Steve Cram Fleece Tracksuit
Sports Bag
Windrunner Jacket
Two Sweat Shirts.

The second all-correct entry will receive:

Steve Cram Fleece Tracksuit
Sports Bag
Windrunner Jacket
Exile Running Shoes.

There will be three third prizes of:

Windrunner Jacket
or Exile Running Shoes.

The usual competition rules apply, and the editors of Scotland's Runner will be the final arbiters in the event of any disputes.

Questions

1. Who is the Scot who was Steve Cram's greatest challenger as a junior?

Graham Williamson

2. What was Steve Cram's winning 800 metre time in this year's Commonwealth Games?

1.43.22

3. What was Steve Cram's winning 1500 metres time at the European Championships?

3.41.09

4. Who is the current Scottish 1500 metre champion?

Adrian Allan

5. Who is the Scottish record holder for 1500 metres?

*All-comers: Kip Keino
Native: C. Williamson
Natural: J. Robson*

Replies, by October 20 please, to Steve Cram Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

DESIGNED in consultation with world record holder Steve Cram, the new Nike Collection of athletes' clothing and footwear is both stylish and functional. The distinctive yellow colour, which is the same as that of Steve's athletics club, Jarrow, combined with black and white, has become well known amongst sports enthusiasts this season. THE American athletic team, on arrival in Britain recently, discovered their team strips had been mislaid on route. They immediately requested to have The Steve Cram Collection of clothing instead.

SCOTLAND'S **RUNNER**

yesterdays...



The Scottish Championships, now established at Meadowbank, have always been held in Glasgow or Edinburgh, with the exception of Paisley, Dundee (1892), and Grangemouth (1967-69 and 1979).

The Paisley event was the third annual Scottish meeting and was held at Westmarch, the ground of St. Mirren Football Club, which had a cinder track. The day chosen unfortunately, was the start of the Paisley Fair, and, holidays being something of a novelty for working people at that time, no fewer than 6000 Buddies had left town. It was also apparently the first really warm day seen in the West of Scotland that year (plus ça change), so I suppose you couldn't blame millworkers for not having athletics on their mind.

In any event, the turnout was low and although the Scottish Athletic Journal maintained that they were at least given an "athletic treat", the results really said otherwise. The hundred yards time at 106 secs was slower than the previous year's "evens" (J.M. Cowie, Laurencekirk and London), and the mile was something of a farce with only two men taking part. "That splendidly-knit man", Kenneth Whitton of Dingwall, was still to the fore and won his third shot-put title in a row (41ft 6ins), but his performance was not matched by high-jumper J.W. Parsons (Fettes-Loretto) who, although one of only three amateurs and the only Scot to have cleared six feet, could only finish second to J.N. MacLeod (Glasgow University).

The pole vault record of 1879 (10ft 6ins by W.H. Caldwell of Lasswade) also remained intact and the 120 yds hurdles proved a walk-over for H.A. Watt, "the Glasgow University timber toppler". J.W. Parsons was also the record-holder at this event (16.5 secs). He further boosted his reputation as an all-rounder by winning the long, or "broad", jump, but again it did not match the record.

The half-mile was the race of the day and won by J. Logan (Vale of Leven) in 2 min 36 secs, but Canadian Tom Moffat's 1883 record (20.75 secs) still stood. Indeed, no records were broken that year, but the experiment of visiting the provinces must have been deemed



JIM WILKIE, our intrepid time-traveller, journeys back to the early days of the Scottish Championships.

some kind of success, for, seven years later, the circus moved north to Dundee.

The tenth annual championship was an altogether different event. Sold hard in the pre-publicity as an East versus West 'grudge' match, it was staged at the splendid new Carolina Port stadium, home of Dundee's East End Football Club. Comparable, in the opinion of locals, to anything in the west, the ground was able to accommodate 15000 people in the stand, 1000 at the rail and up to 10,000 on the bank. It was apparently eyed enviously by local soccer rivals Our Boys (the two clubs amalgamated the following year as Dundee FC).

On the day, however, only a handful of spectators turned up. The weather was

wet, the 100yds track miserable ("the worst track, we think, we have ever seen... little better than a canal bank") and the circular track not much better ("not infrequently did we see the competitors stumbling over a half-brick"). To make matters worse, a strong wind put records beyond all question, although it was perhaps not as wild as the night some three years previously, when the Tay Railway Bridge crashed down.

The impression is therefore not one of gay abandon, but Whitton was still there - although he could only finish third in the hammer behind McIntosh (West End) and (interestingly) MacInnes of Portree AC - and the four miles flat seemed a good race with local man Lowson coming third. The day finished in traditional Dundee style with an allegation of corruption over the draw for the heats in the hundred yards.

The Scottish Sport reporter concentrated on East versus West, as usual, and doubtless derived great satisfaction from the fact that the West took the greater number of titles. But the last word went to a local contributor, who hoped that the championships would return to the Troy of the North, in order to "recoup the loss".

Unlike General MacArthur, they never did.

*In 1888, the Scottish Athletic Journal combined with Scottish Umpire as Scottish Sport, which became the authoritative voice of sport in Scotland until the turn of the century.

Britain's best-loved Ultra

Its origins are classic, its organization superb, and for 19 years a friendly atmosphere has made it the best-loved ultra race in Britain. The Two Bridges 36 miler is a throwback to the good old days when club runners would travel the length of the land to run their guts out for a free beer, an early results sheet and a knees-up afterwards, and, in the Kingdom of Fife, the Corinthian spirit shows no sign of flagging.

Nor does Don Ritchie. After driving 160 miles from his Lossiemouth home, the 42 year old Forres Harrier overcame a hamstring injury, a rare spell of indifferent form and the customary formidable challenge from south of the border to take this year's title on August 23. The Scot had almost two and a half minutes to spare on fast-finishing Yorkshireman, Richard Dalby, while Pitreavie's Mike McHale ran a magnificent debut ultra for third place a minute and a half further back.

Alex Nicol's attitude to miles is quite simple — the more the merrier. The 42 year old Barnockburn runner is Central Region Athletic Club's iron man.

Alex thrives on distance running and when he suggests a long Sunday morning run, colleagues know they can look forward to seeing most of the Stirlingshire countryside en route! Even completing the daunting double of the Glasgow Marathon and Two Breweries 18-mile fell race in the space of six days last year seemed to have little effect on Alex's appetite for the long hard run.

It came as no surprise to his colleagues in the club when he announced his intention to take part in this year's Two Bridges race. After all, who wants to go shopping with the wife on a Saturday morning anyway!

Alex, whose idea of an easy morning run is the Loch Rannoch Marathon, lined up at the start in Dunfermline and was crossing the finish line at Rosyth some four hours 25 minutes later.

"A most enjoyable run," was his reaction at the end. "The organisation was first class, with drinks every two or three miles, and a meal and drinks for us at the end. I'd certainly like to do it again."

The chances are that if Alex does enter next year's event, his mileage will be stepped up ever further.

"I don't think I did enough long runs," he explained. "My longest single run in training was 29 miles, though on one occasion I did a 17-miler in the morning and a 16-miler later in the day."

"Today I went through 26 miles in three hours exactly, and I believe I would have gone quicker in the last 10 miles if I had done more runs of over 26 miles in training."

"I began to struggle towards the end and

Altogether 95 runners successfully negotiated the undulating course in traditionally sunny conditions.

But there could have been no more appropriate winner than the unassuming college lecturer who still holds more world records than Steve Cram and Seb Coe combined, yet has received only the briefest mention in dispatches and not so much as a brown envelope in appearance money. And, characteristically, when he was awarded his prizes as overall winner, first Scot and first vet, he promptly unloaded, what for him was an embarrassment of riches to his nearest rivals.

If Ritchie's action momentarily turned the presentation ceremony into a session of 'pass the parcel' — the recipient of his veteran's award, Alan Evason, immediately handed it on to a Tipton teammate — it was done in the spirit which the founders of this famous race would have approved. Indeed, it

was not entirely inappropriate that a 20 year old van driver, Billy Evans, should end up with the old man's prize: for he had certainly put years on hanging on to finish after leading for 27 miles.

It's not often that the hero of the race is the guy who comes seventh, but I'm sure none of the first half dozen would argue that the gutsy lad from the West Midlands deserves this accolade. Out for a training run, Evans not only found himself in the lead at five miles, but inside the record-breaking pace set by clubmate Andy Holden in 1980. With a marathon personal best of 240 and a Birmingham League 800 metres race on the track the following Wednesday, he was not expected to be a threat, but when he had not come back to them by the marathon mark (which he reached in 2:32), the old hands behind were beginning to take him seriously.

Ritchie finally overhauled him on a hill at 27 miles, and from then on a twinge in the Scot's hamstring posed more of a threat than the chasing pack. Experience saw him to his second Two Bridges title, although his 3:36.37 was slower than his previous (1983) winning time and almost 15 minutes outside Holden's record (3:21.46). With Evans finally fading, 35 year old Dunfermline labourer, Mike McHale, ran the race of his life to take third spot behind Dalby, but Edinburgh-born New York Road Runner, Norrie Williamson, was the only other Scot in the top ten.

English interest has always been strong and it was race referee, Don Turner, who won the inaugural event back in 1968. Working as an auditor in Rosyth Dockyard, the experienced Londoner lent the RRC's support to the idea of Phil Hampton, a navy runner who got lost on a training run between the Forth and Kincardine bridges and suggested his 'course' would make a good race. The newly-formed Civil Service Club took on the mantle of organizers, and with a little help from their brewer friends, the race — and the knees-up — was born.

The event's biggest supporter has to be Ken Shaw, a legendary figure in ultra circles, who has finished all 19 so far and regards it as "the best race I have run in in my career." As this includes the best part of three decades of prolific performances in all four corners of the United Kingdom, it is praise indeed, and music to the ears of race director Ernie Letley who has masterminded affairs throughout.



Picture: Jack Hunt

The weekend includes accommodation in the nearby naval barracks, a 'tea' after the race, generous prizes and a 'do' on the Saturday night. With an interesting course that winds around both picturesque villages and power stations, there is plenty of variety for the runners before the magnificent sight of the Forth Road Bridge urges them on to the finish just three miles beyond. Spectators are sparse, but feeding stations are frequent and well-manned — and there's free beer at the end.

There was happy banter among all concerned at the start in Dunfermline's pretty Pittencrieff Park and it was to continue throughout the 36 miles. The sunshine and a cool breeze off the Firth of Forth made for pleasant conditions and Evans injected unexpected pace and mystery which was maintained past the marathon mark. Weened on tales of legendary Tipton Harriers who had annually trekked north for this particular tough one, the youngster suddenly and spectacularly became part of the race's folklore himself.

"I'd been up to watch before and just finished it this year," he explained. "But I died over the last few miles and won't be doing many ultras — not just yet, anyway. However, this was certainly different."

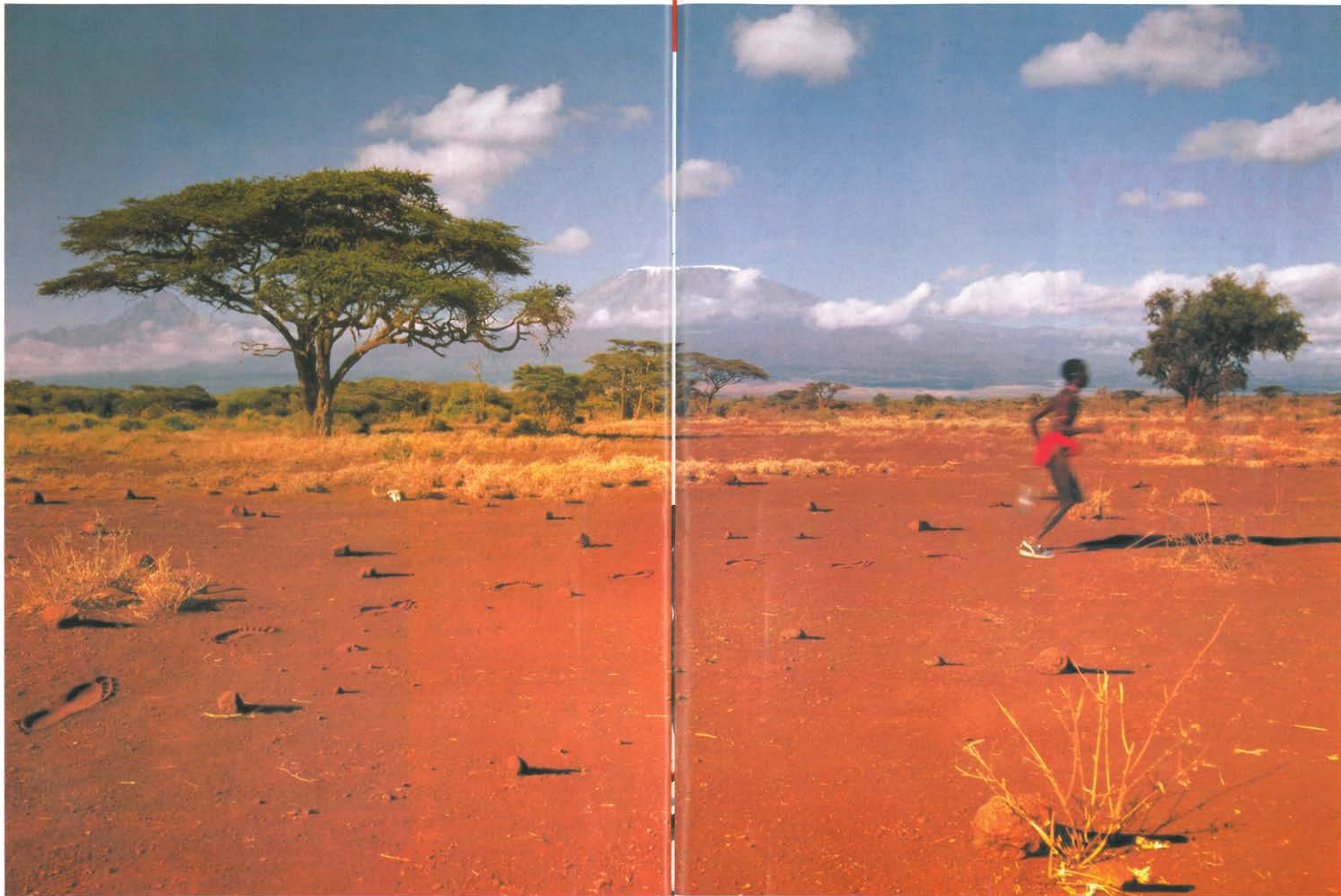
Urged to hang on for the team prize by anxious handlers, young Billy was reduced to a walk in places, but gamely battled to seventh place to ensure the Drybrough Cup went to the West Midlands once again.

Twenty-seven year old Morag Taggart made it a day to remember for Pitreavie by taking the ladies' prize in her first attempt at an ultra and said: "It was such a pleasure to be out there feeling relaxed, not puffing and able to talk."

Scotland's Runner



Almost 100 brave souls leave Dunfermline's Pittencrieff Park at the start of the race, top. And at the end, above, a delighted Morag Taggart of Pitreavie collects her ladies' prize from Intersport director Gerald Cameron.



THE SOCK TRAINER. JUST AS NATURE INTENDED.

NIKE
AIR

KING OF THE COUNTRY

He is the undisputed King of Scottish cross country running. He is also the Great Pretender to the world throne.

Nat Muir believes his rightful place is on top of the heap. Number one. Loyal supporters among his fellow Scottish runners believe it too. But it is a decreasing band with each passing disappointment. They have witnessed, first hand, his supreme command over Scotland's running scene for nearly a decade — and suffered with him his crushing failures at world level.

Beaten only once in this country in eight years (and then only as a consequence of being hit by a car while racing in Spain), Muir has on occasion displayed immense ability in the international arena.

At his best, the 28-year-old Shettleston Harrier is arguably the most balanced, efficient and lethal cross country competitor outside of Africa. In full flow, he has the infallible look of Coe on record breaking form. Wearing his now famous headband, he exudes complete nonchalance and appears to barely break breath. His long time friend, Alan Marshall, declared immediately after one race in this country that Nat's pulse was still under 60 beats per minute. An extraordinary claim but nobody disputes it.

But, after placing 19th, 12th, 3rd and 4th in consecutive World Junior Championships, and twice winning the prestigious



GRAHAM CRAWFORD, one of Scotland's most successful and prolific road runners — he's run a half-marathon virtually every weekend this summer — meets our best cross-country exponent, the enigmatic Nat Muir, to mark the start of the 1986-87 season. Crawford also recalls his own introduction to cross country running.



English Junior National, Nat has placed 7th, 10th, 26th, 11th and 49th in a disappointing career as a senior which has also seen him drop out twice of the World Championships.

While he has been first or second Briton home repeatedly, the performances have been "crap" by his own standards. And while he has suffered an unnatural share of appalling luck, Nat knows and accepts that the ordinary man in the street sees him as a big time failure.

Scotland's Great Pretender and great enigma is also a great realist.

"I don't think it is unfair when I am criticised, even if it is by someone who knows virtually nothing of the sport. If you want the rewards, you have to take the bad with the good," he philosophises.

"And when it has come to major championships, track as well as cross country, I know that I have somehow managed to screw things up. I have been inconsistent!"

Nat is happiest letting his legs do the talking, but if pressed he can be extremely forthright, revealing an unwavering belief in his ability. And after a dozen years of top class racing and training, he can well recognise when he is on song.

"There have been three occasions when I could have been among the world cross country medals," he asserts.

"At Paris in 1980 I was forced to drop out after injuring myself. The race was won by Craig Virgin, of the USA, who I defeated only weeks earlier, and John Robson, who I had beaten by half a minute in the Scottish, finished fifth.

"In New York in 1984, I caught a virus on the plane over and spent my time there in bed. I watched the race on TV and saw Tim Hutchings and Steve Jones, both of whom I had beaten three weeks previous in France, finish second and third.

"Lisbon last year was even worse. I'm convinced I could have won. Even though it was a very fast first lap, I found myself cruising in fifth position. Then I lost a shoe."

Nat never had the chance thereafter in Lisbon to find out if it was going to be one of the "nine out of ten times" he'll win a sprint to the line, and trailed in 49th.

He admits that the bad world cross country runs are becoming harder to take. "All you want is a break to come your way. It gets a bit tiresome seeing everything blown again because of a piece of bad luck. And you know you've

got to get through a complete track season and winter before you get another chance."

However, like another famous Scot, Nat Muir has learned to be patient and try, try, try again.

"I know I can win a world cross country title or a major track championship. There is so much more to come, and I intend being around and improving for the next 10 years," he says.

"I reckon on six years gearing everything for the track — that's where you really make your name — and then four years doing the marathon — that's where the big money is."

"I suspect, though, my first marathon will be my fastest. I'll be uninhibited — No preconceived notions. Just like the Ethiopians and Kenyans at cross country. I think they are so good because they have no plans. They just run as they feel and often eyeball it all the way."

"That's how I ran as a youngster. Now I find myself breaking a race into stages, running tactically. Most top Western and European runners are guilty of the same, and I'm sure money has got a lot to do with it. Nobody wants to go all out and risk blowing up in case the invitations stop."

In the beginning, there was cross country. A harrier was measured by his ability in an event in which time and distance were only relative to those round him. Nobody started and stopped sports watches.

To me as a youngster, cross-country was the be all and end all. I was the complete opposite of today's "fairweather" new runner. My season began with the return to school in August/September, peaked with the main championships in February/March, and fizzled out rapidly thereafter with the advent of Spring and its uncanny ability to convince a young lad that, in girls, there is definitely more to life than being left battered to death by hailstones, semi-naked, in the middle of a farmer's field.

Still, come Autumn, off you would trot again into the wet and windy nights, undaunted and with fresh dreams, aims, targets and schedules. The call of the wild, perhaps. You certainly always returned for more, and particular races could operate a pull of their own — despite all logic.

Beith was the best. I mean the best example. New Year's Day, up to your knees in cow shit, and then back to the wooden hut and a washdown in troughs of freezing and rapidly blackening water. If you got lucky, there was a ballot prize (a big attraction), and then a two hour wait for the reduced service bus to crawl its way back to Glasgow.

No, it wasn't the ballot prize that made you return after saying never, NEVER again. It was perverse logic at play. You wanted to finish in the first three and figured nobody, but nobody, would be crazy enough to go back. Of course, everyone was thinking the same, and we'd all turn up again. I did it until I was old enough to take a Hogmanay hangover with me.

Ayrshire has always been good for cross country races on the most heart-breaking of Winter days, and Stewarton is another legend.

I have vivid memories of big lassies and wee lassies in their early teens coming staggering down the street (true, a cross country that finished in the street) with bare feet, or only one loose sock with a ball of mud flapping on the end, and collapsing, sobbing, into their mother's arms. (They weren't so well prepared in those days — the late sixties — and come to think of it, it was the biggest lassies that made the biggest fuss).

Still, nearly every competitor had marvellous fun going back into the fields afterwards to find the shoes schlupped off in the mud.

Lanarkshire's greatest course, sadly no longer in use, was at Cleland. Heavy, heavy going, a mighty hill and enough barbed wire fences to have every man counting "one-two" as he crossed the line.

Ah, the memories. It's no wonder I can't

understand new runners reeling back in horror when I suggest a wee diversion off the tarmac during a training run. Jus across a few fields so I can smell the mud and the grass again.

"WHAAAT? What about the nettles? There's a barbed wire fence. And a burn. Geez, what about the farmer?" they wail.

And I sigh, and explain: "In the beginning for all the greats and for much of their development, there is cross-country."

"Cram, Coe, Ovett, Acuita, Moorcroft, Foster, Hill, Bedford, McCafferty, Lopes — them all. Budd, Waitz and Kristiansen as well."

"The know the delights, the challenges, the benefits and the joy of running strong over a true test of stamina and grit."

Lachie Stewart won the Stewarton race in 1968, 1969 and then made it a hat-trick in 1970 after winning the Commonwealth Games 10,000 metres. And his son Glen, who is showing the same kind of talent, will probably be there this year.

So join a club, get to know the races (some can be well kept secrets, but at least there are now hot showers afterwards), and there will be more than enough satisfaction, fun and fascination to get you out the door with the rest of us on the cold, wet and windy nights.

And by the way, Beith is now a road race on January 2.

KING OF THE COUNTRY

"The Africans have no hang ups. Henry Rono could finish 30th one week, shrug it off, and break a world record the next."

Nat is less sure why the general standard of cross country running in Scotland, and even England, has slumped in recent years.

"I can't put my finger on it. All I know is that Scotland has more or less become a laughing stock. When I was a junior we twice finished fourth in the world championships. Now we're lucky to break into the top 20 teams," he says.

So, what makes Nat Muir so good? "Talent. I honestly don't believe you can do a great deal without it. No amount of graft alone can create excellence."

"I've never overtrained. I train hard but not brutally. Ian McCafferty is supposed to have thrown up after track sessions and been virtually carried home, but that kind of thing doesn't impress me. Neither do guys who make a point of slogging on through an injury or illness. There's no sense in that."

Scotland's only genuine full time distance runner still lives with his parents — "they couldn't have been more supportive" — in the small, isolated Lanarkshire village of Salsburgh, near Shotts.

In winter's bleaker moments, the exposed Shotts area might be mistaken for Siberia. There is a similar remoteness to be found in Nat — but no chill. An intensely private person, who possibly only his family really know, he is nevertheless always quick to share a

joke with his fellow athletes and remains a very popular figure.

And, of course, enigmatic. While stating how much he wants a major title, he'll also claim he'd sooner win the Pools. "I like to think that's my destiny!"

Nat has just enjoyed his longest unenforced break from running, which he says was necessary after the disappointment of the Commonwealth Games 5,000 metres. "I wasn't right after a series of niggling injuries and trying to get back too quick. I probably shouldn't have taken part, but there's always the hope of it being alright on the day," he explains.

He is now hungry as ever after four weeks playing golf and little else except looking at some flats. "I never gave running a thought, I rarely read the magazines, and I'd sooner watch a film on TV than athletics."

"But now I'm looking forward to my first race at the end of this month at Livingston."

After a week of five miles a day, Nat, who has been self-coached for nearly two years following an amicable split with long time trainer, Alex Naylor — "I wanted to try out my own ideas" — plunged straight into his basic diet of 100 miles a week.

"It's hard for the first couple of weeks, but I save time on building up."

If that seems rash, he is much more cautious in the make up of his training, favouring a very gradual progression in quality and taking five months to improve his 1,000 metre repetitions from

2 minutes 45 seconds to 2 mins. 30 secs with the same recovery.

These he does at Coatbridge track in training shoes, and nowadays alone. "I used to train with others but I found they were screwing up my sessions when they started to tire."

Nat enjoys the early season relays in Scotland, but by November he is racing in France and Belgium. "I find it hard to get psyched up here now, because barring a disaster I am going to win."

"The competition abroad is tougher and keener, and of course I can earn some money."

A typical winter week is Sunday — race abroad, Monday — easy recovery running, Tuesday — track in the morning, easy run evening, Wednesday — hills morning, easy run evening, Thursday — same as Tuesday, Friday and Saturday — recovery runs.

He does no weights or circuits, only sit-ups and press-ups after most sessions. Before and after every run he also treats with ice an achilles injury that has been nagging away for five years. "It's a result of the pounding, but not serious enough to need an operation," he says.

All the training is alone with the exception of the easy runs with his father, Hugh. Even the family dog, Don, at eight years, has bowed down to Scotland's King of Country who was also the fastest Briton on the track at 5,000 metres last year, and is a former European junior champion at the distance.

CROSS COUNTRY TRAINING SCHEDULES



By
FRASER
CLYNE

"I'm totally opposed to blood sports," the young student exclaimed when I asked if she might be interested in joining the University's Hare and Hounds Club. She had gone before I could explain that the club was involved in nothing more sinister than cross country running, a civilised activity which has its roots in the dim and distant past.

The 19th century pioneers of the sport indulges in organising "paperchases". This involved one or more runners (the hares) setting off in advance of the main group, laying trails of pieces of paper which the main pack (the hounds) had to follow. There was a prize for the first hound to catch a hare. Modern cross country racing has evolved from that background, although hares and paper are no longer used.

My encounter with the angry girl took place over a decade ago when I was a relative novice in the world of competitive athletics. Unlike many newcomers to the running scene today,

most of my early racing was done on the cross country circuit.

Many regular road runners today have probably never ventured near a cross country race. If you are one of them, why not give it a go this winter?

The season runs from October to early March, with the average length of race gradually increasing as the season progresses. The change of scene offers many advantages — it allows you to have a refreshing break from the roads whilst retaining a competitive edge to your running; it certainly helps develop your endurance base which will prove beneficial when the early summer road races come round again; and the generally softer surfaces may help you avoid some of the injury problems associated with competing in too many road events.

So what is required in terms of equipment and training to tackle the cross country season? A pair of cross country spiked shoes might be helpful for the more ambitious runners who want

to give their best in muddy conditions when extra grip underfoot is essential. But for most people, a good pair of ripple or waffle soled trainers are more than adequate. Your local specialist running shop will be able to advise on footwear.

As regards training, very little change to your normal road training routine is required. It may, however, be helpful to introduce some runs over rougher and hillier terrain, simply to get better used to the more strength sapping conditions you are likely to face in races.

Certainly try to do at least half of your mileage away from the roads if possible. Running on grass is ideal.

The world of cross country offers a bright new challenge. Get out there and enjoy it. You'll frequently get a lot dirtier than on the roads but that's all part of the game.

It's a tough sport but at least you won't have to worry about getting caught by red jacketed horsemen.

FOR EXPERIENCED RUNNERS

There can be little doubt that the highlight of the winter season for the ambitious club athlete is the National cross country championship in February. That 7.5 mile race, which brings 800m runners into direct confrontation with marathon men and specialists from every distance in between, may seem a long way off, but it is now that the groundwork must be undertaken if an athlete is to peak later in the season.

As with all training schedules, this one should be taken simply as a guide. The most

basic principle to remember is that your training workload should be increased gradually over the winter. Don't suddenly jump from 30 miles to 70 miles per week.

In the first part of the cross country season I would recommend that a good base of endurance running should be built up. In this first month, the tedium of training at a steady pace may be broken by taking part in the many relays and shorter cross country events which are traditionally available throughout October. These races will also provide the benefit of

introducing some short sharp running to your programme.

Specific speed work is not required at this stage and I would suggest that as much of your running as possible should take place off the roads. Try to run in parks, forests, riverside areas, golf courses or even on moorland. It would be particularly advantageous for the long weekly run to be taken on typical cross country terrain.

I have suggested a fortnightly schedule which should be completed twice this month.

Weeks One and Three

SUNDAY: Long run, 14-16 miles
MONDAY: Two runs, e.g. am 5 miles; pm 7 miles
TUESDAY: 10 miles
WEDNESDAY: Two runs, e.g. am 5 miles; pm 7 miles
THURSDAY: 10 miles
FRIDAY: 8 miles
SATURDAY: Short race or time trial over 4 miles

Weeks Two and Four

SUNDAY: Long run, 16-18 miles
MONDAY: Two runs, e.g. am 5 miles; pm 8 miles
TUESDAY: Two runs, e.g. am 5 miles; pm 8 miles including hill running
WEDNESDAY: Two runs, e.g. am 5 miles; pm 10 miles
THURSDAY: 8 miles
FRIDAY: 7 miles
SATURDAY: Short race or time trial over 4 miles



47

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SPORTSMANS TRAVEL 10K

Sunday 4th January '87

This annual event is hosted by Stubbington Running Club. Runners just outside of Portsmouth. A guaranteed entry has been confirmed at 1000. Sportsman's Travel will be offering a 2 day, 1 night package departing from Chelmsford, Essex, on Saturday 3 January, picking up in London and en route down the A3 to Portsmouth. We will be using a '1' Hotel in the area and the total return fare to include hotel will be just:

£29 per person

There will be an evening social on the Saturday and we expect several hundred people present. For full details of race entries and travel, apply directly to Mr. W. Rosewell, 15 Dellington Close, Stubbington, Fareham, Hants. Race entry fee: Attached £2 - Unattached: £2.50. Deadline: 12 Dec '86.

BESSANS SKIING WEEK

10-18 January '87

An exciting new innovation to Sportsman's Travel is our week's skiing holiday to Bessans in the Alps. East of France. Travelling by full executive coach from London, directly to Bessans. 2 days, full board, 12 hours of tuition and the opportunity of 2 optional excursions to Geneva and Turin. Our lovely family run. Hotel is our base and we will be returning via Lyons for lunch on our homeward journey to London. This total exclusive price is:

£169 per person

Suitable for all distance runners as the term 'Ski de Fond' is translated to 'Distance Skiing' and this village provides permanent sking tracks ranging from 3 kms to 30 kms. Deadline: 14 Nov '86

APELDOORN MARATHON & 18 1/2 Km

7th February '87

For the fourth year, we will be staging our 'exclusive' family weekend. This tour is limited to the first 75 people and as a new innovation, our option will start from Leeds, picking up en route via Manchester, Birmingham, London and Dover. Our usual 1111 Hotel, the Bloemerk, is our base for the 3 nights on a Bed and Breakfast basis. A feature of this weekend is our 'Top Team Competition' as the hotel offers many games and supporting activities. The price from the North of England will be:

£99.50 per person

and from London and Dover will be: £95 per person. Don't delay as this tour has proven over the last 3 years to be in popular demand. Apply for our brochure immediately. Deadline: 12 Dec '86

MALTA MARATHON

7th February '87

A new event on the programme for Sportsman's Travel is the 2nd Malta Marathon, which is scheduled for Sunday 15 February. A very successful race was contested this year and in line with our policy to innovate new tours, we have put together two packages staying at 3 different grades of hotel from Second Class up to Deluxe. The packages will consist of flight return, transfers, hotel half board and the courtesies of Barry Whitmore. Our prices start at:

£169 per person

With reductions for children under 12 years. Send now for our complete brochure, as places are limited. Deadline: 2 Jan '87

BARCELONA Marathon 15 March '87 8 days, 7 nights £165 Full Board Deadline: 23 Jan. '87	ISRAEL 20th World Vets Champs 25 Km 12-19 March '87 8 days, 7 nights £399: Deadline: 28 Jan '87 Days by request	CITY-PIER-CITY 1/2 Marathon 10K, 5K & 2K 28 March '87 3 days £59 Club Incentive Deadline: 13 Feb. '87	ROTTERDAM Marathon & 15Km April '87 3 & 4 day tours from £69 Deadline: 6 Feb. '87	BUDAPEST Marathon & 1/2 April/May '87 4 days, 3 nights £269: Full Board Deadline: March '87	BERLIN 25Km INTERNATIONAL 3 May '87 4 days, 3 nights £229: Penta 4 Hotel Deadline: 20 Mar '87	AMSTERDAM Marathon & 1/2 10 May '87 3 days & 4 days from £69: Deadline: 13 Mar. '87	LONDON Marathon 10 May '87 2 days, 1 night 6 Top Hotels 6 Northern Departures from £39: Deadline: 13 Mar. '87
PARIS Marathon 10 May '87 2, 3 & 4 days Coach & Air from £59 Deadline: 13 Mar. '87	COPENHAGEN Marathon 16 May '87 4 days, 3 nights £229: Deadline: 3 April '87	MUNICH International Marathon 17 May '87 4 days, 3 nights £199: Holiday Inn Hotel Deadline: 3 April '87	SOFIA Marathon Bulgaria 17 May '87 5 days, 4 nights £289: 1/2 Board & Excursion Deadline: 3 April '87	HAMBURG Marathon May '87 4 days, 3 nights £199: Deadline: Mar '87	BRUSSELS International 20Km June '87: 2 & 3 Day Tours Europa Hotel £59: Deadline: 24 April '87	TRACK AND FIELD EVENTS European Indoor Champs, Leuven, France 21 & 22 Feb. '87: 3 days, 2 nights £59 PSA Indoor & The World Indoor Champs Feb. 24-26 Mar. '87: 2 nights of Athletics combined with a holiday in Amsterdam	

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For further details of events, please send a stamped addressed envelope to us and we will be sent on by return, or when published.
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PRICE
It must be noted that the prices featured here take in the lowest by coach and the highest by air. Between these two parameters on some tours there will be a range of different prices by option. These prices include travel, transfers, hotel bed and breakfast for the duration, courier service by experienced athletes, and race transportation where applicable.

NOTES
All the information supplied here is produced in good faith, as at the date of publication. Some prices and dates could fluctuate and an 11% up charge against those that we feel could change either in an upward or downward direction.
Please telephone our office and ask for BARRY WHITMORE, DAVID BARNETT or PAT WHITMORE for first-hand information.

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Results

Women: SP: H. Cowe (Aberdeen AAC) 11.71m; Junior 100/300m A: Edmunds (Inverness H) 12.5/26.7 (all league records).

South Carrick 1/2 Marathon, Girvan -
1. G. Fairley (Kilbarchan AC) 70:18. 2. G. Gilbert (Ayr Seaforth AC) 73:52. 3. R. Hill (Ayr Seaforth AC) 73:52. L1, L. Irving (Edinburgh Woolen Mills SH) 77:31 (course rec). L2, E. Masson (Kilbarchan AC) 82:08. L3, A. Tait (Glasgow) 91:21. LV1, K. Bell (London Runners) 1:39:43. V1, R. Hodelier (Greenock Glenpark H) 77:13. Local 1, R. Capaldi (Girvan AC) 87:37.

Midlothian Peoples 1/2 Marathon, Greenhall High School, Gorebridge -
1. G. Crawford (Springburn H) 67:20 (course rec). 2. A. Robson (Edinburgh Southern H) 69:30. 3. J. Knox (V1) (Gala H) 70:50. L1, J. Salvona (Pitavevie AAC) 85:10. L2, G. Sanderson (Gala H) 86:20. L3, K. Dodson (Law & District AC) 87:30. LV1, B. Robertson (Bonnyrigg) 1:47:36.

Edinburgh and District Athletic League -
1. Blackhill Harriers 774pts. 2. Harmony AC 770pts. 3. Melrose AC 709pts. 4. Penicuik Harriers 657pts. 5. Lothian AC 440pts. 6. North Merchiston AC 366pts.

1986 League Result
1. Harmony Athletic Club 3216pts. 2. Blackhill Harriers 2928pts. 3. Melrose Athletic Club 2746pts. 4. Penicuik Harriers 2728pts. 5. Lothian Athletic Club 1528pts. 6. North Merchiston Athletic Club 1322pts.
New League records at this meeting by Harmony AC athletes: 200m Senior Boys 23.3s by Simon May, 1500m Junior Boys 4m 52.5s by Iain Campbell. Harmony AC retain the EDAL trophy.

Marymass 10 mile Sand Run, Irvine to Barassie and Back -
1. A. Douglas (Victoria Park AAC) 53:23 (course rec). 2. G. Tenney (Linwood AC) 54:56. 3. J. Brown (Spango Valley AC) 56:03. V1, D. Fairweather (7th) (Law & District AC) 57:30. L1, H. Morton (Irvine AC) 74:40. L2, M. Upton (Cumbemauld AAC) 76:27. L3, K. Melville (Irvine AC) 78:18.

Falkirk District Open Tug of War Championships, Callendar Park, Falkirk -
Scottish National 640kg Championships: 1. Shamrock (Glasgow). 2. Gretna Green. Falkirk Open 600kg Championships: 1. Gretna Green. 2. Ashington. Central Scottish 680kg Championships: 1. Callendar. 2. Black Isle. Central Scottish 720kg Championships: 1. Kinross. 2. Black Isle.

29 Cowal Highland Gathering, Dunoon (First Day) -
Scottish Heavy Throwing Event Contest.
16lb SP: 1. W. Weir (Central Region AC) 14.36m. 28lb Wt for Distance: 1. L. Nisbet (Edinburgh AC) 24.22m. 56lb Wt over Bar: 1. Nisbet 120". Scots Hammer: 1. Nisbet 33.77m. Tossing the Caber: 1. Weir, PV: 1. A. Rankin (Edinburgh Southern H) 39.0m.

30 Cowal Highland Gathering, Dunoon (Final Day) -
1500 metres Invitation: 1. P. Duffy (Greenock Glenpark H) 3:53.7. 2. S. Doig (Fife Southern H) 3:57.2. 3. J. McKay (Clydebank AC) 3:57.7. 5000 metres: 1. T. Murray (Greenock Glenpark H) 14:37.9.

Scottish Heavy Throwing Event Contest
16lb SP: 1. E. Irvine (Edinburgh AC) 16.30m. 28lb Wt for Distance: 1. C. Black (Edinburgh Southern H) 24.70m. 50lb Wt over Bar: 1. A. Pettigrew (Shettleston H) 139". Scots Hammer: 1. Pettigrew (Shettleston H) 36.12m. Tossing the Caber: 1. W. Weir (Central Region AC). Overall position: 1. C. Black 15pts. 2. A. Pettigrew 14pts.

Womens U/21 Home Countries International Match, Claireville Stadium, Middlesbrough -
Match Result: 1. North 189pts. 2. Midlands 173pts. 3. South 150pts. 4. Scotland 147pts. 5. North Ireland 114pts. 6. Wales 107pts. 400' A: 1. M. Anderson 55.0. 400' B string: 1. A. Ridley 58.1. 1500m: 1. K. Hutcheson 4:25.2. HJ: 2. C. Henderson 1.76m. 4 x 400 Relay: 1. Scotland 3:49.0.

Glenmuir Highland Games, Drumadrochit -
Achnomy Hill Race:
1. M. Dean (Central Region AC) 21:38. 2. A. Farrington (Aberdeen AAC) 21:45. 3. R. Bowwell (Lochaber AC) 21:57. V1, H. Parry (Eryri H, Wales) 22:56. L1, A. Dundas (Inverness H) 29:01.

15 mile Road Race from Inverness to Drumadrochit
1. S. Axon (Aberdeen AAC) 1:21:22. 2. W. Miller (Caithness AAC) 1:22:23. 3. D. Bow (Nairn & District AC) 1:23:13. V1, J. Maitland (Lochaber AC) 1:32:27. L1, S. Campbell (Inverness H) 1:49:25. Teams: 1. Black Isle AC 22pts. 2. Inverness H. 3. Caithness AAC.

31 Adidas/Mars 1/2 Marathon, Linksfield Stadium, Aberdeen -
1. P. O'Brien (Old Graystonians AC, England) 64:44. 2. E. Williams (Sale H, England) 64:51. 3. C. Haskett (Bolton UH/Dundee Roadrunners) 65:17. 4. G. Laing (Aberdeen AAC) 65:28. L1, S. Branney (McLaren Glasgow AC) 70:18. L2, C. Price (Dundee Hawhill H) 72:20. L3, J. Porter (Unattached) 78:11. LA, F. Guy (Belgrove H, England) 79:22. V1, J. Morrison (Aberdeen AAC) 79:22. V2, T. King (Dundee Roadrunners) 79:20. V3, J. Pirrie (Unattached) 79:05.

Coretex Fabrica 1/2 Marathon, Howden Park, Livingston -
1. G. Crawford (Springburn H) 64:41 (course rec). 2. D. Cavers (Teviotdale H) 65:42. 3. J. Evans (Falkirk Victoria H) 66:03. 4. B. Devoy (Edinburgh Southern H) 67:37. V1, B. Carty (Shettleston H) 68:37. VO/50 H. Mitchell (Shettleston H) 78:49. L1, A. Curtis (Livingston & District AC) 82:19.

Inverclyde 1/2 Marathon, Greenock Esplanade -
1. L. Spence (Spango Valley AC) 31:40. 2. T. Murray (Greenock Glenpark H) 31:48. 3. H. Cox (Greenock Glenpark H) 32:20. V1, R. Hodelier (10th) (Greenock Glenpark H) 34:29. L1, S. Curran (Greenock) 43:20. Teams: 1. Spango Valley AC 14pts. 2. Greenock Glenpark H 21pts. 3. Kilbarchan AC 41pts.

Mid Argyll 9,000 metres Road Race, Lochgilphead -
1. D. Campbell (Kintyre AC) 28:10. 2. N. Rowan (Mid Argyll AC) 28:20. 3. D. Murray (Falkirk Victoria H) 29:02. L1, A. Wood (Trapent AC) 35:29. L2, S. Muir (Cambeltown) 36:10. L3, S. Johnston (Oban AC) 36:54. V1, M. McMillan (5th) (Oban AC) 29:30.

Monklands Community 7 mile Road Race, Coatbridge -
1. J. Brown (Motherwell YMCA H) 33:44 (course rec). 2. T. Moore (Monklands H) 34:56. 3. B. Keane (Shettleston H) 36:02. V1, A. French (9th) (Monklands H) 36:52. VO/50, W. McBrinn (Shettleston H) 37:42. L1, E. Graham (Airdrie H) 46:46. LV1, C. Ryback (Unattached) 51:42.

Monklands Womens Scottish Cup Final Match, Coatbridge -
Seniors: 100/200m: 1. K. Jeffrey (EWMSh) 1:17w/236w. 400: 1. M. Anderson (EAC) 54.9. 2. D. Kitchen (Aberdeen AAC) 55.3. 800m: 1. K. Caldwell (Monklands Shettleston) 2:13.6. 100H: 1. P. Rollo (Pitavevie AAC) 14.1. 400H: 1. A. Brown (Monk Shett) 62:38. L1, A. Jackson (Monk Shett) 55:7m. DT: 1. M. Bremner (Monk Shett) 40:70m.
Team: 1. Edinburgh Woolen Mills SH 100pts. 2. Monklands Shettleston Ladies AC 98pts. 3. Edinburgh AC 76pts. 4. McLaren Glasgow AC 75pts. 5. Aberdeen AAC 71pts. 6. Pitavevie AAC 48pts.

Intermediate: 1. Monklands Shettleston LAC 85pts. 2. McLaren Glasgow AC 71pts. 3. Aberdeen AAC 75pts. 4. Lochgelly & District AC 74pts. 5. Edinburgh AC 56pts. 6. Edinburgh Woolen Mills SH 46pts.
Juniors: 1. Edinburgh Woolen Mills SH 83pts. 2. Inverness H 58pts. 3. Monklands Shettleston LAC 55pts. 4. Aberdeen AAC 51pts. 5. Pitavevie AAC 47pts. 6. Edinburgh AC 45pts.
Girls: 1. McLaren Glasgow AC 87pts. 2. Pitavevie AAC 58pts. 3. Monklands Shettleston LAC 55pts. 4. Aberdeen AAC 55pts. 5. Edinburgh Woolen Mills SH 49pts. 6. Arbroath & District AC 36pts.

Overall Match Result: 1. Monklands Shettleston Ladies AC 28pts. 2. Edinburgh Woolen Mills SH 25pts. 3. McLaren Glasgow AC 21pts. 4. Aberdeen AAC 20pts. 5. Pitavevie AAC 14pts. 6. Edinburgh AC 13pts.

Scottish Athletic League Divs 1 & 2, Crownpoint -
Div 1
Match Score: 1. Edinburgh AC 361pts. 2. Pitavevie AAC 351pts. 3. Edinburgh Southern H 348pts. 4. Aberdeen AAC 293pts. 5. Ayr Seaforth AC 237pts. 6. Shettleston H 222pts. 7. Victoria Park AAC 210 pts. 8. Perth Strathay H 127pts.
Overall League Results: 1. Edinburgh AC 31pts. 2. Edinburgh AC 28pts. 3. Aberdeen AAC 23pts. 4. Shettleston H 16pts. 5. Pitavevie AAC 15pts. (1011 match points). 6. Ayr Seaforth AC (889 match points). 7. Victoria Park AAC 12pts. 8. Perth Strathay H 4pts. Edinburgh AC retain League Title. Victoria Park AAC and Perth Strathay H relegated to Div 2.

Div 2
Match Score: 1. Kilmarnock H 272pts. 2. Bellahouston H 238pts. 3. Fife AC 194pts. 4. East Kilbride AC 186pts. 5. Central Region AC 181pts. 6. Cambuslang H 174pts. 7. Fife Southern H 166pts. 8. Lothian AC 142pts.
Overall League Result: 1. Kilmarnock H 31pts. 2. Bellahouston H 28pts. 3. Cambuslang H 22pts. 4. Fife AC 12pts. 5. Central Region AC 16pts. 6. East Kilbride AC 14pts. 7. Fife Southern H 13pts. 8. Lothian AC 4pts. Kilmarnock H and Bellahouston H promoted to Div 1. Fife Southern and Lothian AC relegated to Div 3.

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Whether you are an experienced athlete or a beginner taking the first steps to fitness, this is a unique opportunity to enjoy a weekend in the company of Olympic gold medalist Sebastian Coe.



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This promises to be an exciting fun packed weekend, and at Gleneagles you have the perfect surroundings in

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For further details phone 07646 2231 or write to Ian Ferrier.



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Events Diary

September

21 Scottish Citylink Coaches National Peoples Championship Marathon, Glasgow Green, Glasgow. E—Race Director, Glasgow Sports Promotion Council, Department of Parks and Recreation, 20 Trongate Glasgow G1 5ES. (R-21454, J. Boyes, Bournemouth A.C. 1985).

Aberfeldy Peoples 1/2 Marathon, Aberfeldy Recreation Centre, 1030 a.m. E—Race Director, Aberfeldy Recreation Centre, Aberfeldy.

Scottish Women's Athletics League Qualifying Match, Grangemouth. E—A. Shaw, 12 Harvestoun Grove, Tillicoultry, Clackmannan.

22 "Run for the Blind" 10,000 metres Road Race, Grangemouth Stadium. E—Leisure and Recreation Department, Falkirk District Council, Kilns Road, Falkirk.

23 Sri Chinmoy 2 miles Road Races, Glasgow Green and The Meadows, Edinburgh.

27 George Cummings 4 x 2 mile Road Relay Race, Kilbarchan. E—G. Masson, 4A Crummock Street, Beith KA15 2BD.

Livingston & District AC Open Road Races, Livingston New Town. E—Mrs. M. Taylor, 34 Pinebank, Ladywell, Livingston EH54 6EU.

Two Breweries Fell Race, Broughton (18 miles, 5,000 feet) 12 noon. E—R. Wall, 1 Springwell Brae, Broughton, Biggar (R-24436, 1984, J. Maitland, Aberdeen AAC).

28 Ness Motors 10 mile Road Race, Inverness. E—Turnbull Sports, 6 Crown Avenue, Inverness. E close 22/9.

Cockleroi Hill Race, Linlithgow (5 1/2 miles, 850 feet). E—T. Wood, 62 Priory Road, Linlithgow (R-27117, P. Faulds, Falkirk Victoria H).

Black Meldon Hill Race, Peebles (1 mile, 800 feet) 11.00 a.m. E—R. Wall, 1 Springwell Brae, Broughton, Biggar (R-859, 1985, J. Maitland, Aberdeen AAC).

30 Sri Chinmoy 2 miles Road Race, Glasgow Green and The Meadows, Edinburgh.

October

4 World Veteran IGAL 10,000 metres Road Race Championships, Vancouver Canada.

Victoria Park AAC, McAndrew Trophy 4 x 3 1/2 miles Road Relay Race, Scotstoun. E—J. Wallace Crawford, 60 Annan Drive, Bearsden, Glasgow G61 1YP.

Sealy Beds Lakes Marathon and Half Marathon, Cockermouth. E—Freeport Marathon, Cockermouth Sports Centre, Castlegate Drive, Cumbria CA13 9H.

Alves to Forbes 6 mile Road Race, E—L. Moncur, 41 Golf View Crescent, Elgin, Moray.

5 World Veteran IGAL Marathon Championships, Vancouver Canada.

Alves 6 Forbes 6 miles Road Race, E—L. Moncur, 41 Golf View Crescent, Elgin, Moray.

Stranraer 1/2 Marathon, E—Q. Greenall, 12 Rephad Crescent, Stranraer DG9 8HQ.

Scottish Tug of War Association Indoor Championships, Greenock Sports Centre, Nelson Street, Greenock.

S.W.C.C.U. National Road Relay Championships, Strathleven Park, Dumbarton. E—Mrs. J. Ward, 144 Canberra Avenue, Dalmeir West, Clydebank G81 4EW.

11 East District Cross Country League Meeting (all age Groups), Wilton Lodge Park, Hawick. E—A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

North District Cross Country League Meeting (all age Groups Men/Women), Thurso. E—W. Banks MBE, 16a Ballifearey Road, Inverness IV3 5PS.

Ayrshire County Cross Country Relay Championships (all age Groups Men/Women), Kilmarnock. E—W.A. Robertson, 17 Hunter Crescent, Troon KA10 7AH.

Dunbartonshire County Cross Country Relay Championships (all age Groups Men), Clydebank. E—D. Gilmore, 7 Marchmont Terrace, Glasgow G12.

Lanarkshire County Cross Country Relay Championships (all age Groups Men), Drumpellier Park, Coatbridge. E—J. Waddell, 102 Mansfield Road, Bellshill, Strathclyde.

Renfrewshire County Cross Country Relay Championships (all age Groups Men), Linwood Sports Centre, Linwood. E—D. Whiteford, 105 Fimart Street, Greenock.

12 Victoria Park AAC Open Cross Country Meeting (all age Groups Men/Women), including 1st Womens Cross Country League Meeting. E—J. Wallace Crawford, 60 Annan Drive, Bearsden, Glasgow G61 1YP and Mrs. J. Ward, 144 Canberra Avenue, Dalmeir West, Clydebank G81 4EW.

Dumfries 800 Anniversary Marathon, Dumfries. E—Octocentenary Marathon, Nithsdale District Council, Municipal Chambers, Dumfries.

Dundee 1/2 Marathon and International Race.

Scottish Veteran Harriers 1/2 Marathon Handicap Race, Grangemouth. E—D. Morrison, 12c Deedes Avenue, Airdrie.

18 S.C.C.U. Eastern District Cross Country Relay Championships, Galashiels. E—D. McLaren, 25 Brockwood Avenue, Penicuik, Midlothian.

S.C.C.U. Northern District Cross Country Relay Championships, Muir of Ord. E—W. Banks MBE, 16a Ballifearey Road, Inverness IV3 5PS.

S.C.C.U. Western District Cross Country Relay Championships, St. Columbus High School, Clydebank. E—C.A. Shields, 21 Bogton Avenue, Muirhead, Glasgow G44 3JJ (entries close Oct 2).

19 Lochaber Peoples 1/2 Marathon, Fort William. E—E. Campbell, "Kisimul", Alma Road, Fort William.

Glasgow Herald Women's 4 mile Road Race, "Around the Loch", Strathclyde Country Park, Motherwell.

Pitreevie AAC Open Cross Country Meeting inc. 2nd Womens Cross Country League Meeting, Pitreevie Playing Fields, Dunfermline. E—Mrs. J. Ward, address as before.

25 S.C.C.U. National Cross Country Relay Championships, Kilmarnock. E—I. Aird, 9 Loudon Road, Newmilns, Ayrshire (entries close Oct. 9).

26 Falkirk District Council Open Peoples 1/2 Marathon, Grangemouth Stadium. E—A. Kerr, Stadium Manager, Grangemouth Stadium, Kersland Avenue, Grangemouth.

Running North Forest 5 mile Cross Country Race, Aberdeen. E—Running North, 5 South Mount Street, Aberdeen.

Colzium AAC Open Cross Country Meeting inc. 3rd Womens Cross Country League Meeting, Drumpellier Park, Coatbridge. E—Mrs. J. Ward, address as above.

November

2 Linwood 5 mile Fun Run, Linwood. E—Hi-Spot Community Centre, Linwood High School, Stirling Drive, Linwood, by 10/10.

TRIATHLONS

OCTOBER

4 Deeside Triathlon, Cycle 27 miles, run 11 1/2 miles, Canoe 18 miles. A. Manwell.
5 Banchory Triathlon, Canoe 4 miles, Cycle 16 miles, Run 5 miles. A. Manwell.

FRASER CLYNE reviews a book first published in 1902, an autobiography by the Victorian sprinter Alfred R. Downer, and DAVID CARTER takes a read of Tom McNab's latest novel, *The Fast Men*.

Reading on the run

In 1896, the athletics world was shocked by the news that Scotland's top runner had been banished from the amateur ranks for accepting financial inducements to appear at races throughout Britain.

Alfred R. Downer was the man at the centre of the storm. He was undoubtedly one of the greatest sprinters of the Victoria era, having won the 100 yards, the 220 yards and the 440 yards at the Scottish AAA championships in each of three successive years (1893-95) — a feat which has never been emulated.

Downer had also represented

Scotland in the first-ever international against Ireland in 1895, again winning all three sprints, and in Scottish record times. But the champ had scant regard for the governing bodies of the sport.

Under-the-table payments were a common occurrence at late 19th century amateur athletics meetings, as Downer so lucidly revealed in his autobiography which was originally published in 1902 (but which is now available again — see below).

In his book, Downer claims that he wasn't particularly perturbed about losing his

I like books which spark off notions in my head, however modest. During the recent European Games, I read Tom McNab's third novel, *The Fast Men*, which is set mostly in America in the 1870's, and it was easy to think of Allan Wells as the mean and moody gunfighter, facing just one more showdown.

In fact, I had to tear myself away from some of the Stuttgart action in order to finish this book on time, but that turned out to be no real hardship because *The Fast Men* is full of running and therefore an athlete's delight. It's a world where running is exciting, where spectators flock to watch, where the racing prospects are on everyone's lips and where thousands of bucks swing on a man's ability to evaluate a runner's prowess.

The *Fast Men* of the title, Buck Miller and Billy Joe Speed, who run against various comers all over America and Britain under the shrewd athletic and financial coaching of their

mentor and impresario, Moriarty, are fast on the draw as well as fast on their feet. They are skilled gunfighters — only the one time they have to shoot to kill they find it dirty and horrible, not clean and romantic like sprinting.

It's the races that have the drama of the Western shoot-out. On the morning of 21 August 1875, two stringed lanes four foot wide stood on Main Street — two narrow corridors within which the hopes and dreams of Canyon City would rest for just a few seconds.

Drama and actual theatre combine. Moriarty and his two Fast Men and their womenfolk tour with various theatre productions. Moriarty is drawn equally to running, managing runners, and theatre. Even life is occasionally seen as a race.

Racing, Western Theatre. McNab brings them all together, with even a touch of circus thrown in. Racing is High Noon confrontation. Racers are star actors with a great script. Races are shooting minus the bullets, battles without the fighting.



Alfred Downer

amateur status:

"I did not mind being suspended, as the (English) AAA are not the rulers of the universe, or even of athletics; but I was not unnaturally indignant at the fact of being debarred from competing with gentlemen (?) amateurs, while the very clubs who had paid me to come and run at their sports should be allowed to go Scot-free."

Downer's contempt for the establishment is further illustrated by his description of the hearing to which he and four English athletes were called to face the charges of having received pecuniary rewards for their performances on the track:

"The Association did not offer to pay my expenses... (of travelling to London)... however, I consider I had fully my money's worth of fun out of the meeting. It was vastly amusing being sat upon by, and having to answer for my crimes to, my partners in what some idiotic papers termed my 'nefarious transactions'! I could do very little but laugh the whole time. There was such a sanctimonious look on every face in the room that one would have thought we were being tried for manslaughter at least."

Downer admitted that the AAA's decision considerably altered his life — for the better! He went openly professional with immediate effect. He would frequently compete for large appearance fees which were supplemented by a share of the gate money, plus often substantial gains from betting on the outcome of his races.

The autobiography recounts some of Downer's more

wayward experiences on the professional circuit. On one particular occasion he arrived for a race in Newcastle feeling a bit stiff and sore. Prior to the competition he went to bed for an hour's sleep:

"Just as I was thinking of getting up, I remembered that a glass of old port had once put some speed into me on a similar occasion in my amateur days. Bill Harvey (the trainer) accordingly brought me a tumbler half full. 'here,' he said, 'have a drop o' this.' I took the lot! I felt as soon as the generous liquid was stowed away, that I could run for a kingdom."

The port must have worked because Downer went on to win his race amid scenes of euphoria:

"During the whole ten years I have been running, I never saw such enthusiasm displayed over a foot race. The palings just past the worsted collapsed with the crush behind, and the spectators, who were lining the barriers about 20 deep just at that spot, fell pell-mell over each other. One grimy collier was so overcome with excitement that he embraced me, and, not satisfied with that, he must needs impress a kiss, anything but fairylike, upon my damask cheek. The police had to come to the rescue and make a lane through the crowd to enable me to get to the dressing room."

Downer's fascinating account of 19th century athletics also includes details of the training methods and diets followed by the top runners of the period. A restricted number of copies of his book have been republished and are available (price £3.95 post free) from: Balgownie Books, Loanhead, Tarland, Aberdeenshire.

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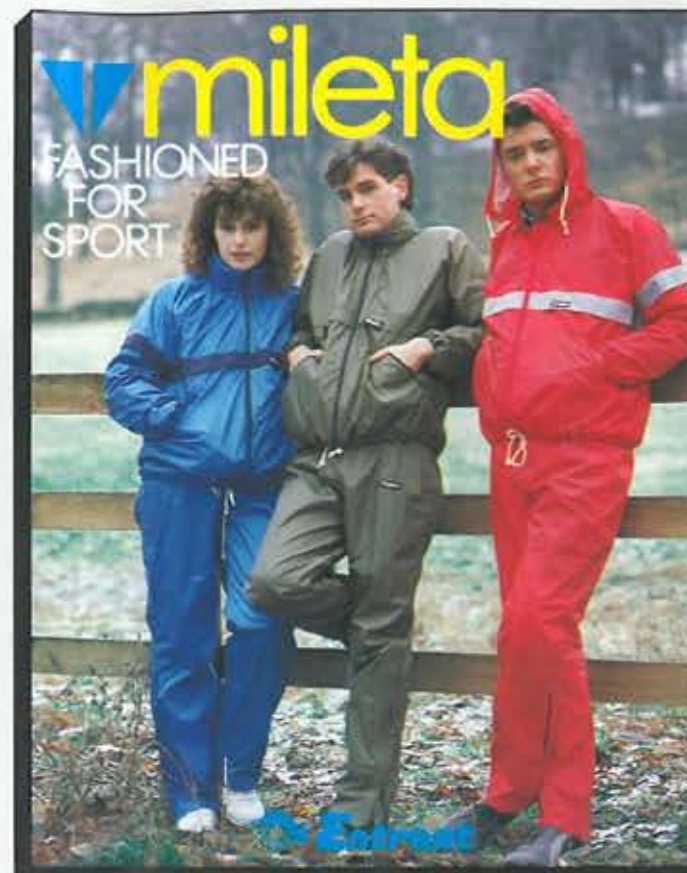
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