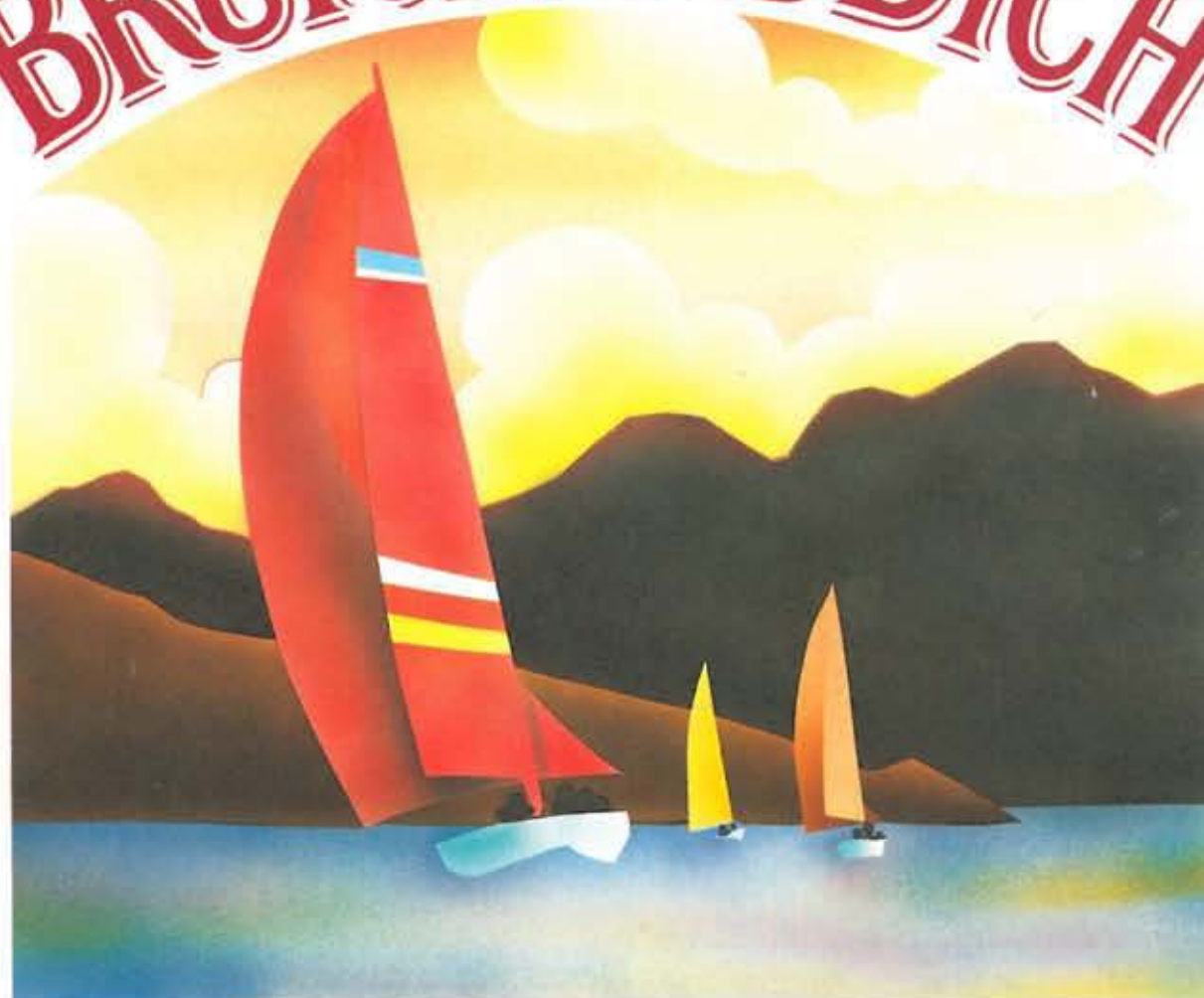


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INSIDE

L A N E

IT would seem, if the reported remarks of Mr Andy Norman are to be believed, that Glasgow is in for a prolonged period of isolation as an international athletics venue.

Mr Norman is right to be annoyed at many aspects of the European Indoor Championships, but it would be a massive over-reaction if the Kelvin Hall was to be denied its regular diet of top class winter competition because of one bad meeting.

Glasgow and Scotland cannot expect ever now to host the indoor world championships, or even another European version - the lack of facilities which greeted the visiting European journalists have seen to that alone, regardless of who was actually to blame for this embarrassment.

What is important now is that heads are knocked together to ensure that the damage does not spread, as Mr Norman implies, to other events. After all, a great deal of Scottish public money has been spent on the facility.

Finally, out of the chaos one man at least emerged with dignity. Congratulations to Bob Greenoak for his frank admission that there had been "dreadful" mistakes made and that he, as meeting organiser, was responsible. Of course it wasn't all his fault, but his candour was in refreshing contrast to some of his senior colleagues.

ONE might have thought that Scottish Athletics had enough to do getting its own house in order without casting stones at its professional cousins. One would be wrong.

In a letter to Scotland's Runner this month, reader Scott Brodie from Edinburgh refers to an item in the most recent issue of Scottish Athletics Newsletter. This article points out that the SAAA has established a Highland Games Commission because of concern at falling numbers in (amateur) Highland Games, and among the remits will be the consideration of a better coaching infrastructure for the traditional throwing events - all very commendable. Then the prejudice comes streaming out. I quote:

"Clubs should be quite clear that there are two distinct Highland Games circuits in Scotland, and any athlete after the age of eleven taking part in a professional Games, including those promoted by the Scottish Games Association, immediately renders himself or herself ineligible for amateur competition. It is in your interest to make sure that your athletes are aware of this, especially in view of the SGA's forthcoming efforts to entice young athletes to the professional ranks..."

"The difference between the two codes is not simply one of how payments are

administered, as many would have you believe, and any athlete who might be tempted to run at a professional Games should consider the recent case of Terry Mitchell of Fife AC who, a matter of weeks after returning to the professional circuit, was so disillusioned as to apply again for reinstatement to amateur status. Is this the action of an athlete who saw has athletics benefiting from competition in the professional ranks?"

In my opinion - and Mr Brodie's - this is gibberish. Quite apart from the desperate need to clutch at straws by using the example of Terry Mitchell - hardly the archetypal SAAA's hero I would have thought - what connection is there between this slightly built middle distance athlete and traditional throwing events?

As Mr Brodie correctly points out, Scottish Athletics should be concentrating on bringing together in one church all its disparate elements - male and female, amateur and professional - for the good of the sport, instead of trying to drive the wedge deeper into these increasingly ridiculous and spurious divides.

Alan Campbell



Symbolic of Glasgow's European Championships? Tony Jarrett crashes over a Glasgow 1990 hurdle in the final of the 60m hurdles, in which he came second to Igor Kazanov of the Soviet Union (nearest camera). Picture by PETER DEVLIN.

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up FRONT

Change of policy on team managers?

IT is understood that the Scottish Amateur Athletic Association is to give serious consideration to introducing a new policy for the management of Scottish teams.

At present, Scottish team managers are invariably members of the SAAA general committee, but at a recent meeting a proposal to introduce former athletes as team managers met with an initial positive response.

It has been felt for some time that the present management structure perpetuates a "jobs for the boys" system, and that the experience of former athletes would do much to improve team morale and performance.

Meanwhile, it is understood that the Commonwealth Games Council for Scotland has been belatedly informed of its new SAAA delegates. This means that the present chairman, Mr Ewan Murray will lose his position at the forthcoming annual general meeting as he is no longer an SAAA delegate.

Wheelchair plea

THE Scottish Sports Association for the Disabled is on the look out for courses and events suitable for the inclusion of wheelchair road-racing, as the British Wheelchair Road Racing Association is keen to include a Scottish event in the its Grand Prix series and to encourage UK racers to come north.

Richard Brickley, SSAD vice-chairman, says he is disappointed at the apparent lack of interest in Scotland to date.

The main problem is one of terrain, but Mr Brickley is appealing to race organisers who think they might have a suitable course, to get in touch with him. He can be contacted at Fife Sports Institute, Viewfield Road, Glenrothes. He points out that the inclusion of a wheelchair race would cause minimal, if any, disruption to the usual proceedings.



COMPUTER buff and athletics coach Steve Taylor (above) could be set to strike lucrative deals with some of the world's top coaches, writes Graham Crawford.

Steve, from Cumbernauld, exhibited his individual fitness programme, PB 2000, to the European Coaches' Association, which met in Glasgow following the European Indoor Championships. And he said the response from 40 top coaches has convinced him he is on to a winner.

"I have had verbal agreements from four, including the national director for New Zealand, Kerry Hill," said Steve. "He called my material 'state of the art', and is examining his budget with a view to taking me out to New Zealand."

Coaches from Norway, Northern Ireland and Greece were others sold on Steve's programme, along with a San Diego college coach who also edits an American track and field magazine.

"It was a dream response. All of a sudden I'm being thrust into the export business, and I believe this is just the tip of the iceberg. Other coaches were clearly interested and went away with the details," said Taylor, who is one of four middle-distance coaches for the Scottish Schools squad, and also trains members of Strathkelvin Ladies and Springburn Harriers.

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up FRONT

New Islands Championship introduced in Hebrides

THE latest Scotland's Runner road race survey identified a growing interest in, and appreciation of, running in the Highlands and Islands, and an added incentive this year is the inaugural Hebridean Three Race Championship, writes Alan Cunningham. Those who have already competed in Skye, Benbecula or the Bank of Scotland Western Isles Half Marathon in Stornoway will no doubt relish the extra challenge.

Why come all the way to the islands of Scotland to run? Paradoxically, one of the main factors which make the island races special is their isolation. Although road links have improved immeasurably in recent years, it is still hard to run in the Hebridean races without having at least one overnight stay. As a result, there is more time to relax after the race, relive the horrors and glories, meet old friends, make new ones and drink in the local atmosphere (and, if the fancy takes you, the local malts!).

Race organisers make sure there is no shortage of entertainment for competitors who do decide to stay on. The Skye race is held during Skye Week, so Portree is buzzing with concerts, ceilidhs and discos; Stornoway is not usually short of entertainment on a Saturday night, but the Running Club, who organise the race, lay on an evening's entertainment for runners (of legendary proportions), and Benbecula too has lively weekend nightlife.

The runs are all scenic in different ways. Skye offers variety and spectacular scenery around Portree, and a challenging run of slightly over half marathon distance. Benbecula can be exposed and windswept, but at the same time it has a uniquely charming and subtle landscape which is at its best in June when the race is held. In Stornoway, much of the race is off road on farm tracks and along the woodland paths of the castle grounds.

These are races for all standards and types of runner, from the fast club runner looking for a challenge, to the runner looking for novelty and scenery.

Runners who compete in all

three events will be sent a special commemorative medal and trophies will be awarded to the first, second and third males, females and vets. There is a team prize for the best aggregate times over the three runs. The composition of the team over the three runs may vary.

To enter the championship, reply to the advertisements in Scotland's Runner for entry forms and details. All you have to do is indicate your wish to take part in the championship when you return the forms.

Why not be in on the start of a unique championship and treat yourself to a set of island runs this year?

Prize winners

CONGRATULATIONS to the winners of our recent Linford Christie book and ADT London Marathon competitions, featured in the February and March issues of Scotland's Runner.

In the February issue we asked readers to answer three questions about Christie, captain of the British athletics team. These were: 1, In which country was Linford Christie born?; 2, Where did Linford Christie win his European Championship 100m gold medal?; and 3, What was Linford Christie's position in the Rome World Championships 100m final?

The answers were, Jamaica; Stuttgart; and Fourth.

First three correct answers drawn by ballot were Margaret McEwan of Brownmuir Avenue, Eaglesham, Glasgow; Andrew Mathieson, of Meadowburn Place, Campbeltown; and, fittingly for a 100m runner, Kathleen Lithgow of Annan Road, Dumfries. Copies of Christie's superb autobiography are on their way to all three winners.

The winner of a place in the 1990 ADT London Marathon is John Simpson of McMillan Crescent, Beith. Our thanks to all who entered these two competitions, and to the respective sponsors, Century Hutchinson and ADT.

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THEN again, perhaps you don't want to! This is top athlete Chris Robison, photographed by Peter Devlin after qualifying for the UK team in this month's World Cross Country Championships in Aix-Les-Bains, France - just one of many graphic photographs by Peter in this month's issue.

With the summer season approaching, Scotland's Runner and Peter Devlin are offering a new service to clubs who wish to have official club photographs taken. This is a unique opportunity to have your club (and individuals) recorded for posterity by a leading athletics photographer.

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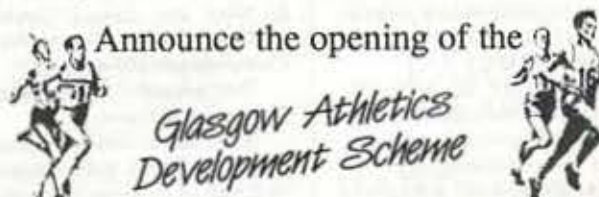
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LETTERS

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

In defence of Tommy Boyle

89, Hamilton Road,
Motherwell.

SIR - It was with some surprise that I read the very prominently displayed letter written by J. Brown in Issue 43.

I was surprised that editorial slackness allowed such a distorted and inaccurate letter to be published, since your editorial staff through their own individual experiences have the depth of knowledge to refute many of the charges. Others more competent than I, a supportive parent to athletically participative children, may well respond to the technical features of J. Brown's letter.

From the letter, the single vein of consistency is an undisguised dislike of Mr T. Boyle. Whatever the reason for that, I, like 99% of your readers, am in the dark, and hence can offer no comment.

However, I can, and do, testify to the dedication and commitment which Mr Boyle gives to athletes. If this apotheosis is recognised by the press, by sponsors, by national coaches, by national awards - then are we all wrong, but J Brown correct.

Our myopic J Brown should read the rest of Issue 43, and the references to athletic strength in depth in Scotland which feature in many articles, and perhaps arise from his non-participative position in Scottish athletics and give the country the benefit of his lifetime experience.

Given a choice, I willingly would choose the training methods of Mr Boyle over the inferential epistle from J Brown - whoever he/she really is.

J. McGrane

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Scott Brodie

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Chest, Heart & Stroke
Association (Scotland) (SR)
65, North Castle Street,
Edinburgh EH2 3LT
Tel: 031 225 6963.



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The Friends of Raeden are seeking runners who can obtain sponsorship this summer for the Raeden Centre, which provides comprehensive assessment, treatment and educational services for children with developmental problems in Grampian Region and the Orkney and Shetland Islands.

For further information contact:

Douglas Sim, Hon. Secretary,
Friends of Raeden,
Raeden Centre,
Midstocket Road,
Aberdeen AB2 4PE.
Tel: (0224) 868034.



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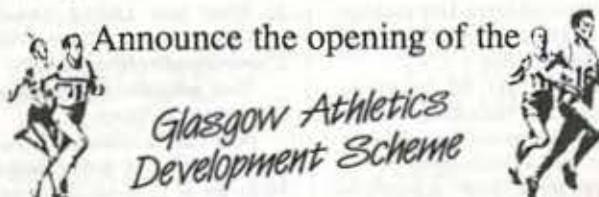
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Glasgow
G3 8AW

Telephone: (041) 357-2525 Ext. 27

DIRECTOR: BERNARD M. CONNOLLY

LETTERS

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

In defence of Tommy Boyle

89, Hamilton Road,
Motherwell.

SIR - It was with some surprise that I read the very prominently displayed letter written by J. Brown in Issue 43.

I was surprised that editorial slackness allowed such a distorted and inaccurate letter to be published, since your editorial staff through their own individual experiences have the depth of knowledge to refute many of the charges. Others more competent than I, a supportive parent to athletically participative children, may well respond to the technical features of J. Brown's letter.

From the letter, the single vein of consistency is an undisguised dislike of Mr T. Boyle. Whatever the reason for that, I, like 99% of your readers, am in the dark, and hence can offer no comment.

However, I can, and do, testify to the dedication and commitment which Mr Boyle gives to athletes. If this apotheosis is recognised by the press, by sponsors, by national coaches, by national awards - then are we all wrong, but J Brown correct.

Our myopic J Brown should read the rest of Issue 43, and the references to athletic strength in depth in Scotland which feature in many articles, and perhaps arise from his non-participative position in Scottish athletics and give the country the benefit of his lifetime experience.

Given a choice, I willingly would choose the training methods of Mr Boyle over the inferential epistle from J Brown - whoever he/she really is.

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Scott Brodie

LETTERS

Loosen up this discrimination

15, Frankfurt Street,
Glasgow.

SIR - I'm a "professional" athlete - what a joke!

I compete in the Highland and Border Games during the summer, where money instead of trinkets is the prize. If I were to compete in and win every race going during the season (this being an entire impossibility because of the handicap system), I calculate I would be worth at least £2,500. Add to this my win in the New Year Sprint and I would have the astounding sum of £4,000.

Hardly enough to live off you might think, but then of course there's the gambling - another fallacy. Betting only takes place at the Border Games (no each way bets, only on the nose), and the odds are so paltry that it's hardly worth all the suspense. And yet the amateur authorities have the cheek to call us professionals and to treat us as unclean outcasts. Their attitude and rule book belongs to the Victorian era.

My own experience of this type of thinking occurred in the early 1970's, when, at the age of 26, having got a job in Glasgow, I decided to join Victoria Park AAC. On the second and third week of training I was approached by a small portly old gent in badge and blazer who, learning I was from the East coast and thinking therefore I had some connection with professional running, began first to interrogate me and then lecture me on the evils of this sport and regaled me with tales of corruption during the 1930's.

Why then did I turn "professional"? I had nothing to do with the money. At the age of 26 I was regarded as a near veteran. I felt out of place amongst the teenagers who turned up for training, usually with Dad in tow, and not being good enough to represent the club, felt there was no point in continuing, so I gave up for a few years.

At the age of 30 I entered the Highland Games in my home town, and from then on discovered the joys of professional running - independence from officialdom and, because of the handicapping system, in with a chance of winning despite my lack of talent.

Why then, if I enjoy the "pro" circuit, am I concerned about the present division between the two codes?

Principally, I think, because in today's athletic world of full time paid "amateurs", and talk of Lewis v Johnson confrontations, the treatment of the Scottish pro by the amateurs is completely unjust. The only reason I think athletics can't go "open" is because the SAAA would lose some of their power to the people who run the pro circuit (and you really can't trust these sort of people, can you!).

On the television programme "On The Line", which featured the case of the "old pro" aged 71 who was barred from defending his British amateur veteran titles, Frank Dick made the point that the amateur rules are made to avoid the abuse of the situation, but perhaps in this case because, "the guy is unlikely to become a millionaire from his sport", a bit more lassitude could be given. All this from the coach of Daley Thompson, who, if he's not a millionaire I'll eat my spikes!

Come on Messrs Quinn & Co, or whoever rules the SAAA, loosen up and bring this aspect of the sport into the 20th century.

Max Reid

Croft House,
Keir Street,
Bridgend,
Perth.

SIR - Running is a whole lot of good fun. The year 1989 was a good one for me - I ran in 34 half marathons, and enjoyed them all; for me it is a great way to see Scotland. I very much look forward to the 1990 season of half marathons, as it is my ambition to run in every half marathon in Scotland. My favourite run so far is the Aberfeldy Half.

Jim Braid

Stooping to depths for free advertising

15, Bridgefauld Road,
Milnathort,
Tayside.

SIR - Firstly, it's just typical that Mr Bennison is trying to belittle me in supposing I will only run a race if the entry fee is about 50p or £1. If his races have had all the advertising he says they have, I see no reason to stoop to these depths in order to get some free advertising.

Secondly, I thought it ironic that on the opposite page was an announcement that St Andrews this year are not only giving medals, but dropping the entry fee from £4.50 to £4. This is great news as now more people will, I'm sure, take part - which means more money for Alwyn House.

This is what lots of runners like myself feel makes it all worthwhile (helping others), or being able to do so without being ripped off by some organisations. Well done Mr Wicklaw.

Thirdly, last year I ran more runs in Fife than I can mention in this letter, but including Burntisland, Dunfermline, and, believe it or not Mr Bennison, East Neuk of Fife - all wonderful races and lots of money was raised for charity.

I have never met a runner that only takes part if he or she gets a good feed at the end, sorry.

Norma Crawford

... but they're all at it now

5, George Drive,
Kinross.

SIR - Not only are Fife AC awaiting the appearance of Norma of Milnathort, we at Kinross Roadrunners are waiting for her to appear at our club nights on Tuesdays and Wednesdays in Kinross (next door to Milnathort!).

We are only a small running club, and are often surprised by the number of local runners/

joggers we meet around the Kinross countryside, yet are not wanting to join or are unaware of our club. Is this a problem with other small clubs? Do they think that we are too good, too fast, or elitist?

This is not the case; like many smaller clubs we were formed by enthusiasts during the renaissance of running and have runners of all standards and with a range of horizons. A club like ourselves is a vehicle for running companionship, a sharing of experiences for treatment of injuries, training, and, if competition is required, details of various events - plus companionship for those longer weekend training runs.

Therefore, all you loners, come and find out what you can get out of the small road running clubs.

We at Kinross would like to see you all at the Loch Leven Half Marathon on September 8. This run will be under new management - Kinross Roadrunners - and details will be advertised shortly.

T. A. Quigley,
Kinross Roadrunners.

Where do t-shirts and socks end up?

127, Warout Road,
Glenrothes,
Fife.

SIR - With reference to Alister Weatherston's letter, "Medals and plaques are old hat" (March issue), I am sure the vast majority of runners, be they young or old, will readily admit the magic moment of their race is when that medal is placed round their neck. Take this medal away, and what proof have you of your great achievement? Anyway, we all have families who cherish the award.

We are two veterans who between us have completed nearly 100 half marathons and full marathons, including New York, Paris, Berlin and London - and hope to collect many more medals.

Tom McIntosh,
Sandy Chalmers.

P.S. Where do the t-shirts and socks finish up?

ALLAN WELLS

IN last month's issue of Scotland's Runner, Mr J. Brown of Edinburgh wrote a rather scathing attack on Tommy Boyle's training methods, and his hallowed treatment by the media.

As a "keen, non-participating observer" of athletics, Mr Brown will be aware that athletes and coaches do not write their own articles, and all too often the ill-informed press man's opinion varies considerably from the knowledgeable people inside the sport (*Surely not - Ed!*). And if they choose to lay the "blame" totally on top of Tom's broad shoulders, there is nothing Tommy Boyle or anyone else can do about it.

What did you want to happen, Mr Brown? Did you want Tommy Boyle to jump up and "confess" that he was partly to blame? How do you know whether he was or he wasn't? I take it that you do know, Mr Brown, as you seem to be able to quote very freely from Tom McKean's training programme? You are indeed in a very privileged position, as access to such valuable information is normally very restricted.

In fact, details of a top athlete's training schedule are usually kept close to the athlete's chest and, apart from the odd session appearing in an athletics magazine, are very rarely disclosed in full. Do you have a spy in the camp, Tommy? Or is Mr Brown simply reiterating facts that he has read in the daily paper?

Let us go through his other points:

1. Tom McKean perhaps was not race fit due to him not running as fast as you thought he should have in the 4 by 400m relay. Perhaps this was also due to the fact that he had run three 800m races, and having finished seventh was extremely disappointed and psychologically was not at his best?

2. That Tom has no tactical sense is indeed a matter of opinion. Guaranteed, he has run some races and not got himself into the best of positions, but then again, who hasn't? I have seen the greats, Ovett, Cram, and Coe, get themselves into a right mess.

3. The psychological block as a result of the World Championships is an interesting one, which only Tom and the people close to him can answer.



I am afraid your comment regarding cross country and indoor running being a necessary part of a middle distance athlete's training programme does not hold water when you hold it up against the likes of Steve Ovett's training programme.

Tom McKean is a pure 800m runner, therefore there is no point in running miles and miles of cross-country. Indoor running is good for getting involved in the rough and tumble, but Tom is already skilled at doing that - he certainly does not need more practice!

To say that Tom McKean can only run tactically well when he knows that he has the fastest finish only goes to show that Mr Brown's memory is not all that it should be. At Crystal Palace last year, McKean beat Ereng, at that time the best 800m runner in the world, with the Kenyan taking out a fast pace and Tom outkicking him off the final bend in a personal best time of 1:43.88.

Although Tom does not run as often as the Scottish public and the media would like, it is often in the best interest of the athlete not to perform regularly. I should know, as this was often a criticism levelled at me.

I still think the athlete and coach know what is best for him, and I give them a lot of credit for sticking to their plan and not giving in to the pressure. Not running every week keeps the opposition guessing, and it does not

mean that the athlete is not "racing" as this can be done more than adequately with the help of trials. Trials allow Tommy Boyle to set up the kind of races in training in order to test a particular weakness.

For example: if Tommy wanted Tom to experience a rough ride, who better to give you one than your training partners. But according to Mr Brown, Tom has no experience of running an 800m with a fast 600m. I do wish you had divulged your source of information, Mr Brown.

As for competing in Scotland while he was a developing athlete, this is hardly surprising as most Scottish athletes develop in Scotland, with only the occasional sojourn into England to compete in British League matches - which Tom's club was not a member of - or to the AAA Championships, which cost money. And this can hardly be blamed for his lack of development on the psychological front eight years later!

As for Yvonne Murray, I know that Tommy Boyle has openly admitted that Yvonne was an accomplished athlete when she came to him. As you are aware, Mr Brown, it is easy to improve a raw athlete, but very difficult to shade hundreds off a world class athlete. I think where Yvonne has improved is in her tactical awareness. She is now prepared to sit and kick, and although the times might not be significantly faster, she is beating a lot of world class athletes who in the past would have beaten her. And, let's face it, if you can win a medal in your worst-ever time it does not matter. Man against man, or should I say woman against woman, she has improved.

Your final statement on races being won in laboratories is perhaps said out of ignorance. Tommy Boyle has a method of checking whether or not Tom and Yvonne are as fit as he thinks they are, and it is used purely as a back-up. I used similar resources myself in 1984, and not only does it confirm that training is going well, but also adds to your confidence.

To end, is this a letter from a person who thinks he knows better (don't we all) - and perhaps is just a little jealous that he is not in the privileged position of coaching Tom and Yvonne himself?

McCOLGAN BEATS THE SCOTS - AND THE ELEMENTS

FOR the second year running, conditions were appalling for runners, officials and spectators alike at the Scottish Cross Country Championships held at Irvine's Beach Park on February 24. If anything, the driving rain and cold wind made underfoot and overhead conditions even more unpleasant than the snow of Hawick twelve months earlier.

In the circumstances, even the normally firm Ayrshire turf couldn't beat the elements, and the going was, to put it very mildly, heavy. The contrast between those who seemed able to glide through the mud and those who gave the impression of trampling grapes in a French vineyard could not have been more graphic.

As it turned out, the master of the conditions in the Scottish Cross Country Union's centenary season was Northern Ireland's Peter McColgan - the Arbroath-based athlete scoring a memorable double in the wake of winning his native title the previous Saturday. Now why did he change his mind about competing for Scotland?

McColgan said afterwards that it was a last minute decision to compete at Irvine, which probably deprived Neil Tennant, second this year, of a repeat of his 1988 triumph on the same course. Bobby Quinn, continuing his rehabilitation from his serious leg injuries, was third, while last year's conqueror of the mud and glaur, Tommy Murray, was ninth.

In the team event, Cambuslang Harriers packed magnificently at 15, 17, 19, 20, 27 and 28 to win with 126 points, followed by ESH (159) and McColgan's club, Dundee Hawthill Harriers (183).

The junior race was won by Clydebank's Malcolm Campbell, and his club proved far too good for the opposition at 1, 2, 7 and 9. The youths' title was taken by Cambuslang's Mark McBeth, and the team title by Victoria Park.

Ayr Seaforth won the senior boys' team and individual titles, while Ken Daley of EAC won the junior boys' individual title and Victoria Park the team award.



Results:

Seniors: 1, P. McColgan (DDH) 42-58; 2, N. Tennant (ESH) 43-22; 3, R. Quinn (Kilb) 43-26; 4, J. Robson (ESH) 44-00; 5, A. Douglas (VP) 44-02; 6, S. Overt (Ann) 44-05; 7, P. Faulds (FVH) 44-05; 8, C. Haskett (DHH) 44-27; 9, T. Murray (GGH) 44-32; 10, P. Fox (DDH) 44-35; 11, G. Braidwood (Spring) 44-38; 12, D. Cavers (Tev) 44-43; 13, A. Eyre-Walker (EdU) 44-44; 15, C. Donnelly (Cam) 44-58; 16, W. Coyle (Shett) 44-59; 17, J. Orr (Cam) 45-00; 18, A. Walker (Tev) 45-09; 19, E. Stewart (Cam) 45-12; 20, A. Gilmour (Cam) 45-14; 21, G. Croll (EK) 45-15; 22, I.

Steel (ESH) 45-16; 23, J. Bowman (Inv) 45-18; 24, B. Kirkwood (ESP) 45-20; 25, G. Wight (Ayr) 45-20; 26, S. Hale (PSH) 45-20; 27, C. Thomson (Cam) 45-24; 28, D. Runciman (Cam) 45-25; 29, C. Armstrong (Ab) 45-43; 30, T. Hearle (Kilb) 45-43; 31, I. Harkness (EdU) 45-51; 32, B. Chinnock (Cam) 45-54; 33, R. Hall (Tev) 46-05; 34, A. Robson (ESH) 46-08; 35, I. Murphy (C'dale) 46-08; 36, M. Gormley (Cam) 46-11; 37, K. Cowley (Ann) 46-14; 38, B. Johnson (Cal) 46-15; 39, R. Cresswell (Ab) 46-17; 40, J. Musgrave (Ab) 46-19; 41, S. Bradstock (Liv) 46-19; 42, S. Axon (Ab) 46-19; 43, D.

McShane (Cam) 46-20; 44, D. Ross (ESH) 46-22; 45, A. McLellan (Cal) 46-25; 46, A.N. Other; 47, G. Phillip (ESP) 46-25; 48, G. Getty (Cam) 46-28; 49, C. Hall (DHH) 46-29; 50, J. Evans (Shett) 46-29. **Teams:** 1, Cambuslang 126pts; 2, ESH 159; 3, DHH 183.

Juniors: 1, M. Campbell (CAC) 30-07; 2, G. Stewart (CAC) 30-21; 3, M. McCartney (ESP) 30-51; 4, S. Wright (Ab) 30-57; 5, S. Wylie (Cam-ind) 30-58; 6, F. McGowan (VP) 30-59; 7, I. Gillespie (CAC) 31-33; 8, M. Bryson (Tev) 31-41; 9, J. Timmons (CAC) 31-57; 10, D. Johnstone (CAC) 32-09; 11, R.

SCCU SCOTTISH CHAMPIONSHIPS



Blair (VP) 33-18; 12, S. Barnett (VP) 32-20; 13, I. Connell (Loud) 32-42; 14, M. Steele (ESP) 32-49; 15, P. Fettes (GlaU) 32-52; 16, M. Maxwell (Har) 32-53; 17, O. Bath (Cam) 32-55; 18, A. Dolan (ESP) 33-04; 19, A. Russell (CAC) 33-09; 20, P. Sutherland (Ab) 33-14; 21, S. Kerr (Kirk) 33-34; 22, D. Shaw (DunU) 33-39; 23, G. McDowell (Inv) 33-40; 24, C. Murphy (Tev) 33-55; 25, R. Crook (Pit) 33-56; 26, K. Anderson (DunU) 34-13; 27, C. Stewart (Inv) 34-13; 28, C. Watson (Pit) 34-24; 29, M. Gallacher (Cam) 34-34; 30, R. McClymont (Irv) 34-40. **Teams:** 1, Clydebank AC 19pts; 2, ESP 79; 3, Cambuslang 85.

Youths: 1, M. McBeth (Cam) 25-15; 2, G. Graham (VP) 25-38; 3, S. Cook (QVS) 25-45; 4, C. Greenhaugh (VP) 25-52; 5, B. Fraser (BI) 26-01; 6, G. McPherson (Tr) 26-17; 7, G. Johnston (FVH) 26-19; 8, B. Thomas (GN) 26-21; 9, G. Reid (JWK) 26-24; 10, A. Smith (EK) 26-27; 11, R. Hooton (ESH) 26-28; 12, D. Slythe (ESP) 26-33; 13, S. Gilmour (VP) 26-33; 14, M. Hand (Law) 26-33; 15, A. Moss (CR) 26-37. **Teams:** 1, Victoria Park 67pts; 2, Cambuslang 80; 3, JW Kilmarnock 164.

Senior Boys: 1, G. Gillies (Ayr) 18-33; 2, S. McKay (Inv) 18-39;

3, I. Richardson (Cam) 18-48; 4, P. Allen (Ayr) 18-52; 5, A. Casey (QV) 19-05; 6, D. Loftus (Spring) 19-09; 7, M. McLaughlan (Cam) 19-10; 8, P. Tandurini (GGH) 19-14; 9, G. Browitt (Pen) 19-15; 10, S. Allen (BI) 19-16; 11, D. Whiffen (NV) 19-18; 12, I. Murdoch (Ayr) 19-23; 13, M. McIlwraith (Ayr) 19-25; 14, M. Gill (ESH) 19-32; 15, S. Galbraith (BI) 19-37. **Teams:** Ayr Seaforth 30pts; 2, Cambuslang 117; 3, Inverness 126.

Junior Boys: 1, K. Daly (ESP) 12-55; 2, D. MacDonald (PSH) 12-59; 3, K. Mason (Cum) 13-05; 4, S. Gibson (CAC) 13-13; 5, R.

Hay (ESP) 13-16; 6, V. MacPherson (Loch) 13-23; 7, S. Schender (Cum) 13-26; 8, C. Crichton (CAC) 13-29; 9, A. Moore (Clyde) 13-33; 10, R. Harris (Clyde) 13-33; 11, M. Smith (VP) 13-35; 12, S. Cameron (Loch) 13-37; 13, B. Kelly (VP) 13-37; 14, R. Neill (Ayr) 13-37. **Teams:** 1, Victoria Park 69pts; 2, Clydesdale 82; 3, Clydebank 129.

Photographs by:
PETER DEVLIN

COACHING

CLINIC

IT is frequently said in athletics circles that experience is the greatest teacher. I would qualify that statement by saying that the ability to learn from one's experiences is the greatest teacher.

A cabbage could be transported round the world, but it would still be a cabbage when it returned. It is man's ability to make an intelligent, logical analysis of his experiences, coupled with the capacity to implement his conclusions wisely and advantageously on subsequent occasions, which helps to differentiate him from the animal, vegetable and mineral kingdoms.

For the committed athlete, every aspect of training and racing provides a host of learning experiences. No-one who is seriously interested in developing his or her potential as an athlete should move on to the next stage of a coaching or competition programme without having learned something from each race or training session.

It is essential to keep a diary with details of training and racing performances. Entries should include information about times, number of repetitions, recoveries, placings and weather and ground conditions. This enables the athlete to assess progress and provides a basis for subsequent training and racing targets and goals.

It is imperative that the athlete includes a few personal observations about his or her physiological, psychological and tactical responses to each work-out and competition. As well as being the platforms upon which logical analysis is constructed, these personalised observations will provide valuable information about the athlete's state of health, mental attitude and readiness (or lack of it) for competition.

They can also help him or her to prepare thoroughly for future events by recalling specific details of work-outs, rest days and dietary arrangements preceding previously successful competitions.

If, for example, you ran a personal best time during a major competition for which you had specifically peaked, your performance would have been greatly influenced by your training and racing programme during the preceding days, weeks and months. Common sense would tell you to adhere to the same, or similar, winning formula when preparing for your

By Derek Parker

next main event. Yet this would obviously be impossible if you neglected to maintain a training diary.

Your training diary will also assist you in deciding how much you should ease down before major competitions, and how much post-race recovery should be taken following all-out efforts. Details of your pre-race meals, travelling arrangements and your daily work, recreational and social patterns in the week leading up to the successful race will help to establish familiar routines for subsequent events. Information about warm-ups will be very useful too, although it should be remembered that, in the longer distances at least, weather conditions such as extreme heat or cold will necessarily require some warm-ups to be shorter or longer than others.

So, if possible, endeavour to keep a note of temperatures, wind speeds and humidity levels and how you respond to them in your training diary. The precise time of competition must also be included because some athletes perform better at certain times of the day than others.

An obvious example is the marathon or half-marathon event, which invariably starts early in the morning to avoid the rigours of traffic and the worst effects of the heat. Also, at top-level domestic or international competition, many heats, semi-finals, and finals take place early in the morning or late on at night. So it is imperative that you record your observations on these matters based on your own experiences - and to take the necessary action to combat any problems by arranging your training sessions to coincide with the time and day of your race.

I am thinking particularly of Scottish or UK track championships where finals or important qualifying rounds are held late on Friday evenings. Most athletes do their track sessions relatively early on Fridays - which are usually rest or recovery days.

Also, assuming you work between the

hours of 9am and 5pm Mondays to Fridays, your body and mind will be subconsciously unwinding and easing down as the weekend approaches. So, while you may not have too much difficulty doing hard track sessions between 7-8pm on Tuesday and Thursday evenings, you will not find it so easy to record a personal best in a major competition between 8-9pm on a Friday night.

So, it will be vital that you arrange in advance several hard work-outs on Fridays at the time of your race and record your observations on the sessions. This will inculcate your body and mind to get used to functioning at maximum efficiency at an unaccustomed time.

The same observations also apply to road races, including marathons and half-marathons, which often take place at around 10am on Sunday mornings. If Sundays usually mean an extra couple of hours in bed, you will either have to forget about racing at that time - or rearrange your routine and rise earlier on Sundays to incorporate a few race specific sessions at the time of the competition into your training schedule. Again, your remarks about how you feel before, during and after these sessions will be very important in helping you decide if it is worthwhile even participating in the event.

Intelligent analysis of your observations about specific training and racing is paramount. Otherwise, your progress as an athlete will be very haphazard and possibly even non-existent.

Imagine, for example, that on a particular training night at the track the schedule is 12 x 400 metres at 5000 metres pace, with 20 seconds recovery.

Athlete A is aiming for a personal best 5000m time of 13-45 in a forthcoming major race (ie 12 x 400m in 66 seconds + 1 x 200m in 33 seconds with no recovery). So his training target for the aforementioned session will be 12 x 400m in 66 seconds, with 20 seconds recovery between repetitions to get his body and mind used to prolonged effort at race pace.

Athlete B has a race target time of 14-10 for 5000m (ie 12 x 400m in 68 seconds and 1 x 200m in 34 seconds with no recovery). His training goal will be 12 x 400m in 68 seconds, with 20 seconds recovery.

Athlete C is a relative newcomer to the



If your big race is on a Sunday, like the SWCCU Championships at Aberdeen, you must include race training sessions on Sundays.

sport so, because he has no idea of which distance he wishes to compete at, he decides to join in the 12 x 400m session and do as much of it as he can.

At the end of the evening, the training times are all scrutinised to ascertain what lessons have been learned. The diary of Athlete A reveals he has achieved his target times for each of the 12 repetitions of 400m so he is well on the way towards attaining his goal of 13-45 for 5000m.

Athlete B, however, has tried to keep up with Athlete A and managed to do the first few 400's in 66 seconds, before becoming progressively slower and eventually dropping out at the end of the tenth repetition. Wrong analysis might delude him into believing that lack of stamina was his problem.

But, if he looks more closely at the results and compares them to his training objective, he will realise that faulty pace-judgement and running too fast for his own level of ability were responsible for his predicament. To get back on target for his 14-10 time for 5K he will need to discipline himself to run at his own training pace and to adhere more closely to his 68 seconds per lap schedule. This may mean having to do much of the work-out on his own and dispensing with the "pull-out" from his faster colleague.

However, an important lesson will have been learned, and Athlete B will now be aware that if he "blows up" so disastrously in training as a result of having run too fast too soon, the consequences will be even more catastrophic during a race when there are no recoveries between laps.

Next, let us consider the training performance of Athlete C, our newcomer to the sport. Caught up in a sudden burst of enthusiasm, he has raced round the track in 56 seconds, wondering why no-one has kept up with him - especially as he considers he was not running flat out and had plenty of energy in reserve.

Halfway round the second repetition he quickly finds out, as he runs into overwhelming oxygen debt and accumulating quantities of lactic acid in his leg and shoulder muscles reduce his effort to a mere jog and bring about a

premature end to the training session.

Yet, even in a situation such as this, valuable lessons can be learned. While every-one else is criticising Athlete C for being too impetuous and impulsive, a knowledgeable observer has been watching and coming to some interesting conclusions.

If Athlete C reckoned he was not running flat out at 56 seconds 400m pace he is obviously capable of a personal best time of 54 seconds or less. So, using the reliable British Milers' Club conversion tables, our knowledgeable observer gets to work on the following formula: personal best 400m time (ie 54 secs) + 5.5 seconds x 2 = 1-59 seconds. The 1-59 figure is the time which an athlete with a 400m personal best time of 54 seconds can expect to do for 800m with specific training.

So, by reducing the number of 400m repetitions, but increasing their quality, Athlete C would be well on the way to running a sub-two minutes 800m. A typical session would be 2 x 2 x 400m in 58 to 59 seconds, with 60 to 90 seconds recovery between repetitions and five to ten minutes between sets.

Although these three situations are hypothetical, they have a genuine factual basis. The main lesson to be learned is that after every race and training session the athlete and his/her coach/adviser should emerge from the situation with more knowledge than they possessed before its commencement.

Even a simple training exercise such as a steady road run will provide vital information about an athlete's ability to cope with uphill/downhill stretches, wind, cold, heat, the time of day or night, and various other factors which influence competitive performance.

It should be the motto of every athlete never to make the same mistake twice - and always to seek among the shambles of what they might perceive to be a poor training or racing performance for the key which unlocks the door to future triumph and success.

I would like to conclude this article with two extracts from my own coaching diary which comprises race analyses and

tactical plans for future races based on the lessons and experiences of the past. I do so to illustrate the wealth of information which the athlete and coach/adviser can draw upon in the years to come - and to show how the keeping of records helps to develop one's own powers of observation and sense of tactical and strategic awareness. The first extract, which is a race analysis sent to a junior athlete who performed well in a county championship, reads:

Saturday, April 28, 1984: Renfrewshire Championships. First in 1500m in personal best time of 4-00.00 seconds (300m, 46 seconds; 700m, 1-51 (65 sec lap); 1100m, 2-56 (65 sec lap); 1500m, 4 mins (64 sec lap). This was a well-run, confident race and you were in control throughout.

"You ran your own race, avoiding physical contact with taller, heavier opponents, and set a fast, steady pace which 'burned off' all your rivals. You wisely resisted the temptation to go off too fast with the early leader, but still ran fast enough to ensure a good, safe position at the front of the pack. This kept you away from all the bumping and barging and allowed you to pull clear when some of your rivals were getting in one another's way. Your technique at the finish was good, and you used your arms well in the closing stages to offset the deceleration process which is usually inevitable at that point in a hard race."

The next extract is from notes to a Scottish junior internationalist aiming for a good performance in the AAA under-20 championships in the 3000m event at Crystal Palace. After providing advice about travel arrangements and warm-up and stadium familiarisation procedure, it reads:

"All plans must be flexible, and may have to be altered because of unexpected weather conditions or surprise tactics by opponents. I suggest, however, you aim for a time somewhere between 8-7.5 and 8-15. This requires steady running at 65 to 66 seconds pace per 400m, or 65.5 seconds per lap for 8-11. At the end of this paper, I have

Continued on next page

COACHING

CLINIC

appended your intermediate lap times for 8-15 seconds which you should imprint in your memory.

"Try not to let the pace drop below these times even if it means you have to take the lead. If you can maintain the 65 to 66 seconds per lap pace for the first four to four and a half laps you can either; a, endeavour to keep the same tempo going for the remainder of the contest; or; b, increase the pace over the final three laps or so.

"Previous races show you have the stamina to maintain a hard, steady pace and you also have the speed endurance for a long, sustained finish. I advise you not to run faster than 65 seconds for the first lap, as there could be a heavy, physiological price to pay later on.

"In the early stages, do not allow anyone to get more than 20 metres ahead of you,

unless they are obviously going far too fast. In the latter stages, try not to let anyone get more than five metres in front of you. Always be ready for someone making a sudden burst from the front or rear. Respond to the best of your ability and you may well find he will start to come back to you.

"If you take the lead, particularly in the closing stages, you must commit yourself to maintaining and possibly even increasing your pace all the way to the finish. It is essential to concentrate fully throughout the race, watching your rivals' every move.

"The first four or five laps will probably just be the preliminary stages and the real race is not likely to get underway until the last two or three laps.

"You have the speed to maintain a fast, early pace and the speed endurance to

cope with a fast final two or three laps. You also have the determination and courage to get the very best out of yourself on important occasions.

"Give it 100 per cent physical and 100 per cent mental effort and you will achieve the result to justify your training and ability. Good luck."

(Note: Although the strong wind kept his performance down to 8-20 on that particular occasion, the athlete subsequently recorded a time of 8-5.7 seconds before his 20th birthday).

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DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90-120 minutes cross country.

Monday: 75-90 mins fartlek, inc 1 min fast (30 secs jog) + 2 mins fast (1 min jog) + 3 mins fast (90 secs jog) + 4 mins fast (2 mins jog) + 4 mins fast (2 mins jog) + 3 mins fast (90 secs jog) + 2 mins fast (1 min jog) + 1 min full-out.

Tuesday: 5 to 8 miles steady.

Wednesday: 10 miles steady with hills.

Thursday: 600m at 5K effort (30 secs recovery) + 400m at 1500m effort (60 secs recovery) x 5 sets.

Friday: 30 mins easy.

Saturday: 12 to 15 miles steady. Morning runs of 20 to 30 minutes will assist recovery and provide additional mileage.

Week Two

Sunday: As Week One.

Monday: 75 - 90 mins fartlek, inc 30 to 120 to 30 seconds up/down clock in 10 secs increments/decrements with jog recovery equivalent to half the time of fast reps, eg 30 secs fast (15 secs jog) + 40 secs fast (20 secs jog) etc.

Tuesday: As Week One.

Wednesday: 10 miles steady, inc

15 mins uphill/downhill on 150 metres slope.

Thursday: 4 x 1200m at 5K pace (75-90 secs recovery).

Friday: As Week One

Saturday: Race or 12 to 15 miles steady.

Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 75-90 mins fartlek, inc 20 x 1 minute fast (1 minute jog recovery).

Tuesday: As Week One.

Wednesday: 10 miles steady.

Thursday: 10 x 500m at 5K pace (30 to 45 secs recovery).

Friday: As Week One.

Saturday: 12 to 15 miles steady.

Morning runs as Week One.

Week Four

Sunday: As Week One.

Monday: 75-90 mins fartlek, inc 3 mins fast (2 mins recovery) + 8 x 30 secs fast (30 secs jog) + 60 secs fast (40 secs jog) + 8 x 30 secs fast (30 secs jog) + 60 secs fast (40 secs jog) + 8 x 30 secs fast (30 secs jog) + 3 mins fast with final 30 secs full effort.

Tuesday: As Week One.

Wednesday: 10 miles steady, inc 10 x 150m uphill/downhill.

Thursday: 25 x 200m at 5K pace

(15 to 20 secs recovery).

Friday: As Week One.

Saturday: Race or 12 to 15 miles steady.

Morning runs as Week One.

CLUB ATHLETICS

Week One

Sunday: 75-120 mins cross-country.

Monday: 75-90 mins fartlek, inc 20 x 30 secs fast (60 secs jog).

Tuesday: 30 mins steady.

Wednesday: 8 miles steady with hills.

Thursday: 8 x 600m at 5K pace (30 to 45 secs recovery).

Friday: Rest or 20 to 30 mins easy.

Saturday: 8 to 10 miles steady.

Morning runs, if done, should be restricted to 20 to 30 minutes easy jogging two to three times per week to assist recovery.

Week Two

Sunday: As Week One.

Monday: 75-90 mins fartlek, inc 24 x 20 secs fast (40 secs jog).

Tuesday and Friday: As Week One.

Wednesday: 6 to 8 miles steady,

with 10 mins running up/down 150m hill.

Thursday: 4 x 1200m at 5K pace (90 to 120 secs recovery).

Saturday: Race or 8 to 10 miles steady.

Morning runs as Week One.

Week Three

Sunday: As Week One.

Monday: 75-90 mins fartlek inc 8 x 1 min fast (2 and 1 min jog recovery).

Tuesday and Friday: As Week One.

Wednesday: 8 miles steady.

Thursday: 10 x 500m at 5K pace (45 to 60 secs recovery).

Saturday: 8 to 10 miles steady.

Morning runs as Week One.

Week Four

Sunday: As Week One.

Monday: 75-90 mins fartlek, inc 12 x 45 secs fast (90 secs recovery).

Tuesday and Friday: As Week One.

Wednesday: 8 miles steady, inc 8 x 150m up/down 150m hill.

Thursday: 25 x 200m at 5K pace (20 to 30 secs recovery).

Saturday: Race or 8 to 10 miles steady.

Morning runs as Week One.

Don Ritchie becomes world champion after 15 years of 24 hours!

THE fourth running of the Milton Keynes 24-hour race on February 3 and 4 was a milestone in the continued development of ultra distance running, and also led to Don Ritchie being acclaimed "world champion".

On the weekend when the Commonwealth Games reached their climax in Auckland, and we were left in elation or despair at the performances of our established stars on the world stage, the unassuming but determined Ritchie conclusively proved that in his chosen field he continues to be a world class athlete and consistent world beater.

At the first "International Ultra Runners 24 Hour Championships", Forbes Harrier Ritchie simply proved stronger in the long run. His final distance of 166 miles 425 yards was a new world indoor best performance, beating that of New Zealander Dick Tout in last year's race by over three miles.

He also set new indoor marks for 100 miles and 200K, while leaving second placed Bryan Smith of Australia almost 10 miles behind.

The event was nominated by the International Association of Ultra-Runners (IAU) as its first 24 hours world championships. Both the AAA and the BAAB had given the event added recognition by awarding championship medals for the first time in a 24 hours race. They also, for the first time, awarded British vests to teams of three men and ladies.

Selection for the British team had been based, rightly or wrongly, on performances in 24 hour races in the previous 12 months. Ritchie, without a race around the clock since the Sri Chinmoy event in the Kelvin Hall 18 months previously, fell out with these criteria despite other notable performances in that time.

His distance in the Kelvin Hall race of 144 miles did, however, qualify him for the event, as had the more recent performances of two other Scots.

Dave Wallace from Balerno, newly signed to Harmer AC, had put in some excellent performances in 1989. He followed up his second successive victory

in the West Highland Way Race by completing 85 miles in the Harrogate 12-hour race in September.

Mick Francis, a clubmate of Ritchie, has been a regular in the 36 mile Two Bridges Race, run several good 100K races, and finished third in the 1989 West Highland Way Race.

Both had then achieved the international qualifying distance for Milton Keynes by competing in the Sri Chinmoy 24-hour race at Haringey in November. Wallace won with 147 miles 1529 yards, while Francis was third with 141 miles.

On this occasion, though, neither were to run to their true form, with Wallace having to retire at 80 miles with a shin injury. Mick Francis ran a solid race, admittedly feeling a bit below his best, to log 127 miles at the finish.

Ritchie had the most dramatic of starts, for having flown to London to stay with John Lamont, an old Aberdeen AAC friend now living in Surrey, the pair had a nightmare drive on the M25/M1 to the venue. Horrendous flooding in the stormbound South East deluged them beyond belief. Donald was seen sprinting into the Milton Keynes shopping centre at 8.04 am, for the scheduled 8am start. Luckily, a technical hitch meant the race actually got underway at 8.08 am!

I was frantically pinning Don's number on his vest literally on the start line, as he muttered "I'm a nervous wreck... had to change in the car... God knows what speed John was driving up the M1" and I calmly told him not to panic. He had perhaps by a little divine intervention made the start, and now the best thing to do was to get running nice and steadily.

Don Ritchie never leaves the track except for the calls of nature, but drinks and eats to a prepared plan throughout the race. In the early stages, just as he knows the pace he is running at, he will know when his next drink is due, and which one it should be.

As fatigue sets in, a good handling team, in this case John Lamont and myself, comes into its own, reminding Donald of the drink he must take to avoid

dehydration, his distance covered, position of other runners, key distances approaching etc, thus leaving him worry free to concentrate on what he has been training for.

After six hours Donald was comfortably in the lead, and approaching 50 miles (reached in 16-51). One hundred miles came and went in a new indoor best 12-56-13, and 200K in 16-31-08.

By now it was apparent that if he could hold things together he was on for an incredible distance, and, although moving slowly inevitably as the hours progressed, Donald's 24 hours personal best was passed comfortably.

Al Howie's Scottish record of 150 miles came and went shortly after 21 hours, and it now remained to be seen by how much Dick Tout's record would be bettered. A troublesome groin injury meant that the "magical" 170 mile barrier, only ever reached by five people, was so near, yet so far.

Eleanor Adams (Notts AC) bidding to become the first lady to break the 150 mile barrier, was tantalisingly close for the second time, although her finishing distance of 147 miles, 1408 yards was a new indoor record.

The McColligans, Murrays and McKean of this world may grab all the headlines and dollars for their trust funds (and quite rightly so too, as no-one denies their talent and hard work in training), yet Donald Alexander Ritchie has been a world class athlete since the aforementioned three were in primary school.

That after 15 years of competing at the top level, he has finally been acclaimed world 24 hours champion is indeed fitting.

Adrian Stott

WOMEN in SPORT

With Rhona McLeod

COMPARED to two years ago, life and the future for sprinter Kathleen Lithgow holds a few uncertainties.

In 1987, then 14, the girl from Nith Valley AAC was selected to compete for Great Britain in the European Junior Championships. This was to be Kathleen's platform to greater heights in Scottish and British sprinting. The following year she won a coveted place in the Great Britain junior team for the World Junior Championships in Canada and Scottish senior vests were also to follow.

Having started training as an eleven year old, Kathleen had achieved all this success on only one or two training sessions a week.

In the winter of 1988/89 Kathleen and her father and coach John, decided she was ready and able to handle a couple more sessions a week. It was time to increase the work-load and it was expected that even better results would be forthcoming.

Surprisingly, the name Kathleen Lithgow was conspicuous by its absence in the 1989 track season.

Kathleen had developed a back problem that was to cause her pain and disappointment for many months to follow. "When I first got the pain," Kathleen says, "I went to see physios but they didn't think it was anything too serious and so despite treatment, the pain stayed with me."

It was not until she was referred to a consultant orthopaedic surgeon that the correct diagnosis was made. "The surgeon told me that I have a congenital weakness

that exists with about 10 per cent of the population. As I had started to increase my training and build up my strength, the pressure of pushing off starting blocks made the weakness in my back more vulnerable. I have a stress fracture and the pain is due to muscle spasms." The remedy for this particular injury is to be found under the surgeon's knife.

Apart from the fact that Kathleen will have to endure the inconvenience and unpleasantness of an operation, a week in hospital, and months of recuperation, she is also having to put up with the inevitable rumours which always begin when success turns sour. She explained, "I feel annoyed when I hear rumours circulating that I am just another 'burnt out talent' and that I'm going to give up athletics - these rumours just aren't true."

To complicate matters further, Kathleen is at present studying for demanding courses in Sixth Year Studies maths and chemistry, and a crash course Higher biology. She is unsure of her future as she hopes to be accepted at university for pharmacy or pharmacology. Clearly, the prospect of surgery could be highly disruptive to her studies.

At the age of 17 years, Kathleen is in the position of being so stiff due to her injury, that when she bends over she can only

touch her knees; she is waiting to undergo surgery which could perhaps be damaging to her studies and she faces months of "being wrapped in cotton wool" in the near future. For her misfortune she is also being termed a "has-been". All this Kathleen is enduring for sport, a leisure activity.

Is this sport-related pressure too much for such a young woman to bear? Kathleen doesn't think so. "Since I've been injured I've had a few awful moods but I know that after the operation I'll be back as good as I was before. It's the same operation as Ian Botham had and he made a good return to sport. I just couldn't give it up - I enjoy the atmosphere of athletics and the trips abroad."

Compared to her school friends, does Kathleen feel she is missing out on aspects of life as a teenager? "Although I'm an athlete, I do still manage to do a lot of things. Compared to my friends, I don't have too many late nights, and they think I'm mad to go out and train all the time, but it's not until you are actually involved in athletics that you know why you keep on doing it."

All going well, if Kathleen manages to have the operation by the end of March, she hopes to be training again by the end of November. A place at Strathclyde or Glasgow University is another part of the plan. Perhaps then, life will settle down again for this dedicated young sprinter so she can fulfil the potential so obviously in waiting.

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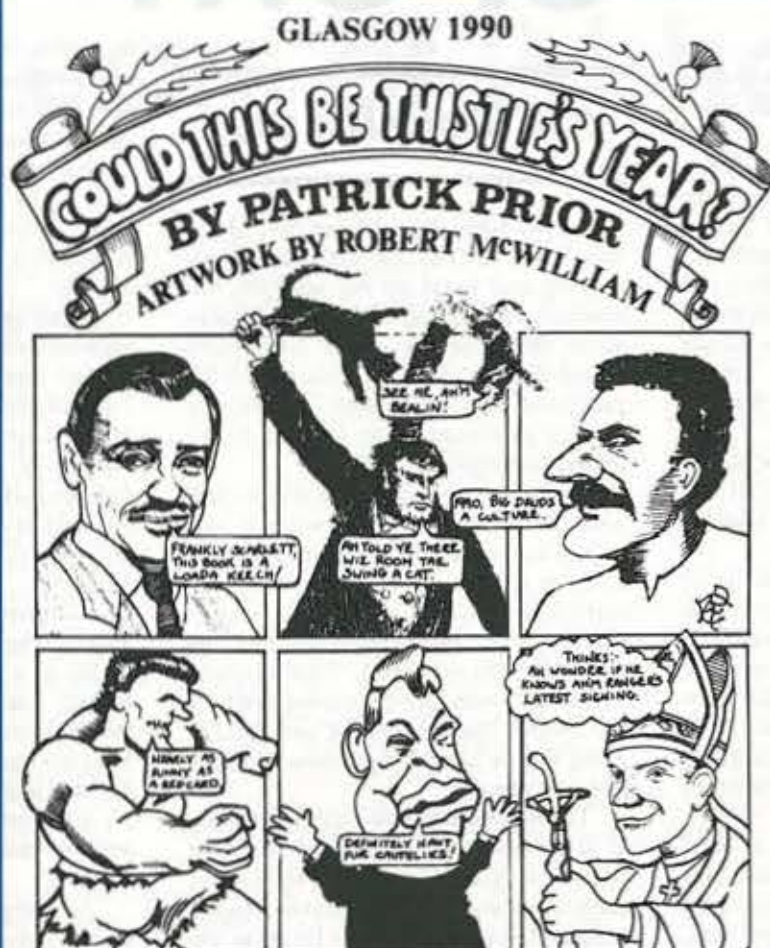


A CONCISE ILLUSTRATED HISTORY OF GLASGOW WRITTEN IN THE LANGUAGE OF THE CITY.... TRANSLATION PROVIDED!

'AN EXCELLENT PRIMER FOR VISITORS TO CULTURE CITY' (SCOTLAND ON SUNDAY, 5 NOVEMBER 1989)

'GLASGOW AS AN 800-YEAR ALL-SINGING ALL-DANCING ADVENTURE STORY' (GLASGOW HERALD, 28 OCTOBER 1989)

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IN 1785 THE
CLYDE FROSE
SOLID?

AM
HELLOKERR
DOLL!

SKINNY MA LINKY
LONGLEGS
BIG BAHAMA FEET
WENT YAE THE
PICTURES
-AM' COULDNAE
GET A SEAT.

O · P · E · N FORUM

THE sad episode of the Commonwealth Games selection criteria is now over, and few people will see much point in discussing the matter any further. After all, Vancouver in 1994 is much too far away to think about just now. Or is it?

Will athletics once again be sold short? If so, then it will deserve it. There will be no use in coaches and officials complaining bitterly and fruitlessly a few months before the take off date. No, the time to ensure that the athletes of Scotland are treated fairly is now, and action must be taken at grass roots level of the sport to determine that this is done.

1. First, let us examine the position of athletics in the Games.

I am sure that to 90% of our population the athletic discipline is what it is all about, and I make no apology to our bowlers, weight lifters, badminton players, rifle shooters, synchronised swimmers, etc., when I state the obvious that their participation is totally dependent on the holding of the athletics. Without athletics there would be no Games, and yet the Games Executive Committee contains only two athletics officials out of a total of 15.

If athletics is to continue with this form of selection committee, their representation must be increased, or their voting rights altered to reflect the importance of the sport - if this proves unacceptable, then the associations should withdraw from the Games Council and put their own team forward. I feel that the sponsorship and fundraising would reflect totally the public's idea of what the Games were about.

2. Fund Management.

It has been reported that the sponsors raised £240,000 for this year's Games team, and widely understood that sufficient funds were available to send at least another 20 competitors. The treasurer, however, indicated that the executive wished to have substantial funds available in case sponsorship is not readily forthcoming next time. Having seen how the current sponsor's wishes (that the money they raised be spent now) were totally disregarded by the executive, it would not surprise me in the slightest if future sponsors were extremely difficult to find.

With regard to accountability, there seems to be a situation in which the

HUGH MUIR argues that steps to avoid a repeat of the 1989 Commonwealth Games selection fiasco must start now, not in 1993.

executive are accountable to no-one, and can make these arbitrary decisions without consultation or reference to any overseeing authority. Regarding the actual accounts, rumours abound that there was gross financial mismanagement and that a deposit of £20,000 paid earlier in 1989 was forfeited when it was discovered that the wrong flights had stupidly been booked.

If this rumour is true, then the chairman and other office bearers involved should have had no other honourable course than to have resigned immediately. No doubt Mr Murray will be able to deny this emphatically and set our minds at rest as to the efficient way the monies were controlled.

3. The position of Mr Murray as a representative of the athletic associations.

In the newspaper Scotland on Sunday, Mr Murray was given a platform to defend the committee's selection criteria. Those who read the article will be aware that he totally failed to answer most of the points of criticism that had appeared in newspapers and magazines for months earlier. Instead, he inferred that Bob Greenoak and David Lease were the real culprits in giving the committee standards which were set too high. I, so far, await their replies to this "accusation".

However, I know from David Lease that he maintains the selection criteria which would be accepted by the committee was laid down by Mr Murray and his executive. Like the two people in Hyde Park both claiming to be Jesus, at least one must be wrong.

4. The attitude of the SAAA with regard to Ewan Murray's chairmanship.

In athletics, there are three distinct groups: firstly, athletes, who must always be the main consideration; secondly, coaches and club officers who are the immediate contact with the athletes; and,

thirdly, the "Blazer Brigade" who officiate, organise, and generally look after the interests of the first two groups.

Due to the amount of time involved in the latter two groups, it is unlikely that many can combine them and it is, therefore, the third group who are entrusted to look after the interests of the other two.

I feel that this trust is being betrayed and, although many of the "Brigade" do an excellent and worthwhile job of officiating and organising, it was almost obscene to see the way in which some of the SAAA committee gathered together almost like a Masonic brotherhood to support and defend Mr Murray when from nearly all sides he was being condemned by athletes, coaches, and newspaper columnists. Even the women's association passed a vote of no confidence in him by 29-1.

Mr Murray's connection with Scottish sport now seems slackening, but it must be noted that he was supported publicly by the SAAA members, and even proposed for a further term as chairman of the BAAB. This only shows how much out of touch the executive of the SAAA was with the people they purported to represent.

In the final analysis, officials are there to assist the athletes. They are elected on mandates to carry out the wishes of the athletes and the clubs. Sadly, some seem to have made a career out of officiating, and have lost virtually all contact with their "roots". With some, I wonder when they last attended a club training session. With a few, I wonder when they last actively helped an athlete - and one or two I wonder when they last even spoke to an athlete.

Vancouver is only four years away! However, the Games executive will be elected this year. It is *now* that action must be taken to ensure that the last shambles is not repeated!

What action? All clubs have votes in the running of the associations, and club representatives should be instructed to ensure that club's views are put forward in such a manner that the committees have no option but to carry them out.

Leaving it to "others" has been proven unsatisfactory. It is at grass roots that the problem in athletics must be resolved.

Next month: selection criteria.

club PROFILE

FALKIRK VICTORIA HARRIERS

THE year 1901 was significant for several reasons, one of which being the death of the reigning monarch.

That event also provided the people of Falkirk with a distinctive name for their newly-formed "pedestrian" club, and so Falkirk Victoria Harriers, with their well-known black and gold vests, were born.

It didn't take the club, which has always seen itself as a traditional harriers' club, long to make its mark on the cross country scene. Three years after the club was founded, it became East District champions - a feat it repeated in 1911 and 1923. This early success has led to speculation that the club was not started entirely from scratch, and there is some evidence to suggest that it was formed from the old Stirlingshire Central Harriers who trained in the Larbert/Stenhousemuir area.

In those days "pedestrianism" attracted large audiences and the big event of the year was the club's 10 mile handicap race for the Zetland Trophy, which took place every New Years Day on the half mile cinder track in

DOUGLAS GILLESPIE
reports on a pedestrian club formed in 1901 and still representing Falkirk 39 years later.

Victoria Park (see photograph). Indeed, records for the 1914/15 season show that 5,000 handbills and 1,000 programmes were printed for the event and the princely sum of £71/-/4d was taken at the gate in addition to the £4/10/- raised in advance ticket sales.

After that promising start, the club seemed to lose its way, being described, not very flatteringly, as a "small provincial club" in the Glasgow Herald of January 1948. However, the Vics were regular participants in the "News of the World" Edinburgh to Glasgow relay in the 1950's. They must have competed with some distinction, as with men like Tom Todd (his son Mark still competes for the club), Alex Cook, Dave Clelland and George Jackson in their ranks, they won the "Most

Meritorious" award in 1953 and 1954.

The start of the Vics re-emergence came in the late 1960's when, with a small but good quality membership, athletes like Willie Day, Sam Downie, Willie Sharp and Davie Wilson brought the club once more to the forefront. When Jim Dingwall joined the club and John McGarva emerged from the junior ranks in the mid-seventies, the revival was complete.

The years from 1972, when Sam Downie won the East District Championships, to the present day have been good ones for the club. But perhaps the highlight of these years came in 1984 when the club fulfilled a long-held ambition by finally winning the "E to G". Since then the Vics have not been far away from repeating that performance, and with athletes like Peter Faulds, Kenny Rankine, John Pentecost, Gary Grindlay, Gordon McMaster, Robert Cameron, Stuart Rankin, Sam White, Donny Bain, Grant Grieve and Ian Johnston all competing for places, hopes are high for the future. In addition, the club has good cover in athletes such as Dave Lothian (men's

captain), Rab Adams, Alex Smith, Billy Brotton and the currently injured Douglas "Big Joe" Gibson.

In the younger age groups, George Johnston, Scott Russell and Andrew Tulloch are all ones to watch for the future, while Willie Day and Andy Stirling are forces to be reckoned with in the over-40 age group, and Bill Gillespie has taken silver in the last two Scottish over-60 championships.

As was mentioned earlier, the club was always considered to be a traditional harriers' club, but two things happened to help change that image. The first was the building of Grangemouth Stadium in the mid-sixties, and the second was the founding of the club's ladies section.

As a result, the club now competes reasonably successfully in track and field, with the men finishing a respectable fourth in the Second Division of the HFC League last season. Unfortunately, the women's team finished seventh in Division Two of the Bank of Scotland League and will compete in the Division 3 this season.

Young athletes are also actively encouraged and the club finished sixth in division two (East) of the Young Athletes League last season and won promotion to division one of the Forth Valley League.

Stars for the future on the track and field are Tom Nimmo, Scottish junior internationalist 400m hurdles, Bobby Baird, Scottish youths silver medalist in the shot and bronze medalist in the discus, Jamie Gilbert, Scottish senior



boys bronze medalist in the long jump, Lynn McGowan, West District intermediate bronze medalist in the discus, and Jane Dougall. West District girls bronze medalist in the long jump. Mention must also be made of Alec Bryce for his consistent performances over 400m, 800m and 1500m.

Much of the credit for the club's progress in track and field goes to the club coaches who include Willie Day, Moira Cocker (also women's captain), Ann Wilson, Margo Ryan, Tom Strange, Davie Shields, Ian Cluggie,

Dave Lothian, Bob Gray, Matt Friel, Colin Harland, Billy Gillies, Davie McGowan, John Lawson, Davie Wilson and Willie Sharp.

The women's section also has a growing reputation over the country, winning a medal at last years national relays. The mainstays of the cross-country section are internationalist Janette Stevenson, Caroline Lawless, Marion Walker and Ailsa Douglas, with Gail Hamilton and Hazel Wilson performing well in the younger age groups.

Now that the club has entered the 1990s, it remains to be seen whether it can continue to build on its current strength. But, with the growing band of athletes and coaches at Grangemouth, well over 200 members, and the club's first female president, Elsie Oberg and her committee at the helm, there is certainly cause for optimism.



GIVEN the prevailing weather, the organisers of the McVitie's World Cross Country Trials in Glasgow's Bellahouston Park must have been mightily relieved when Sunday, March 11 turned out to be dry - albeit that a fierce wind was blowing, especially at the exposed top end of the course.

However uncomfortable the conditions may have been for the athletes, another day of rain would surely have rendered the course waterlogged. As it was, the going was "heavy", but at least not impossible.

The biggest casualty of the wind was the women's favourite, Jill Hunter (Vall Harriers), who set out to stamp her authority on the 4,990m course but whose decision to run the race from the front was literally blown away. This tactic played into the hands of her less fancied rivals, and in the end Hunter was toiling badly, being overtaken by Scotland's Laura Adam (Stevenage & N Herts) in the run-in for fourth place. Had the course been much longer, Hunter was in danger of a considerably lower placing.

Andrea Wallace (Torbay AC) was the beneficiary of Hunter's misjudgement, recording a surprise win in 15-18, followed by two English team-mates, Sonia McGeorge and Alison Wyeth. The 23 year old Wallace only took up cross country seriously after the birth of her second child.

The experience of Hunter didn't deter Adrian Passey in the men's race. The Bromsgrove and Redditch athlete's aggressive front running paid handsome dividends with a convincing and thoroughly merited victory. Those who regarded him as a talented, but fragile, track specialist had their calculations well wrong as he ran away from the admittedly

depleted field to record a 13 second victory (32-46 for 12,010m) over Northern Ireland's Deon McNeilly. Scotland's Chris Robison (IBM Spango Valley) was pipped for third place by England's Paul Taylor, but comfortably secured his place in the UK team for the World Championships in Aix-Les-Bains.

Robison and Adam will be joined in France by Nith Valley's Hailey Haining, who finished sixth in the junior women's race, which was won by Andrea Whitcombe of England. Scottish junior men's champion Malcolm Campbell finished second in his race to England's Andrew Pearson, but for the moment at least the Clydebank AC athlete, whose father hails from Harris, is representing Winchester, and therefore England.

First home Scot past the post in the men's race was John Robson (ESH), who finished 15th, with Bobby Quinn (Kilbarchan) and Tommy Murray (GGH) 20th and 21st respectively. None of the trio was ever in the running for one of the top six automatic qualifying places for France, when the team will be considerably bolstered by Tim Hutchings, Eamonn Martin, Gary Staines and the English champion, Richard Nerurkar, none of whom competed in Glasgow but all of whom were awarded discretionary places.

A special mention is merited for Pitreavie's Isabel Linnaker, who finished a most creditable 12th in the junior women's race despite conceding years of age and experience to her competitors over difficult terrain. And also, it has to be said, to the event organisers, who provided a course which was "spectator-friendly", making the races easy to follow and therefore more interesting.



Results:
Senior men (12,010m): 1, A Passey (Bromsgrove) 32-46; 2, D McNeilly (Willowfield) 32-59; 3, P Taylor (Copeland) 33-04; 4, C Robison (Spango) 33-04; 15, J Robson (ESH) 34-17; 20, R Quinn (Kilbarchan) 34-22; 21, T Murray (GGH) 34-29; 25, C Haskett (DHD) 34-32; 29, P Faulds (FVTD) 34-52; 31, G Braidwood (Spring) 34-56; 33, P Fleming (Bella) 35-02; 38, D Cavers (Tev) 35-21; 41, A Callan (Spring) 35-35; 46, A Douglas (VT) 35-51; 47, J Orr (Cambuslang) 35-54; 48, A Reid (Coasters) 35-54.
Senior women (4,990m): 1, A Wallace (Torbay) 15-18; 2, S McGeorge (Brighton) 15-20; 3, A Wyeth (Parkside) 15-25; 4, L Adam (Ste) 26; C-A Bartley (GAC) 16-41; 29, A Ridley (Shaft) 16-50; 30, S Gollan (Inv) 16-55; 31, E Cochrane (GAC) 17-02; 32, V Pollard (Cald) 17-09; 36, J McColi (GAC) 17-36.

Junior men (8,110m): 1, A Pearson (Longwood) 23-25; 2, M Campbell (Winchester) 23-45; 3, S Green (Stretford) 23-51; 15, M McBeth (Cam) 24-32; 16, M McCartney (ESH) 24-37; 19, S Wylie (CAC) 24-52; 29, J Timmons (CAC) 25-21; 31, D Johnston (CAC) 25-29; 42, S Wright (Aberdeen) 26-41.
Junior women (4,230m): 1, A Whitcombe (Parkside) 14-36; 2, G Stacey (Bromley) 14-55; 3, A Duke (Mandale) 15-04; 6, H Haining (NV) 15-19; 9, S Grainger (EWM) 15-38; 12, I Linnaker (PH) 15-55; 19, V McPherson (Glas) 16-21; 24, M Gemmell (SH) 16-49; 37, R Houston (GAC) 18-02; 40, C Roy (Bathgate) 19-02.

McVITIE'S WORLD CROSS COUNTRY TRIALS



Thank God that's over! The expressions on the finishing straight say it all for Laura Adam (left), men's winner Adrian Passey and the surprise winner of the women's race, Andrea Wallace. All photographs by PETER DEVLIN.

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Get on the right track in 1990

RHONA McLEOD previews the growing selection of venues which will play host to Scottish Athletics in the forthcoming track and field season.

IT'S time again to unscrew the 12mm "nails" from your cross country spikes, and fit your regulation 7mm super-sharps in preparation for the track season 1990! As we are preparing for the season ahead, so too are the tracks and stadiums around the country.

Crownpoint Road in Glasgow will, as usual, be one of the busiest stadiums this summer. Having fitted a new electronic timing system, the track will be well equipped to cope with the 699 athletes who will be throwing themselves across the line in the European Special Olympics. Taking part in these Games from July 20-26, will be 30 countries from Turkey to Iceland, and Norway to Jordan.

As well as this major international event, Crownpoint will host the Scottish Championships (July 27-28); the British Veterans' Championships (July 7-8); the Scottish Veterans' Championships (July 14-15); and the Scottish Schoolgirls Championships (June 16). Non-championship events include Scottish and area league matches and many open graded meetings.

Costs at Crownpoint for the track are 85p (adult) and 50p (junior); and for the use of the weights room and the track, £1.40 (adult) and 90p (junior).

Crownpoint's east coast rival, Meadowbank, will again be hosting the prestigious IAC meeting on July 6. This is the annual glamour event for athletics in Scotland, when a multitude of international stars brave the winds of Edinburgh (usually only a couple of days after the sunshine of Nice or some other exotic location).

The East District Championships for both men and women will once again be held at Meadowbank, as will a British Athletic League match with Edinburgh Southern Harriers and EspcAC taking part.

Championship events include the Scottish Under 20 Championships and the British Schools Championships which are coming north of the border on July 21.

Other events at the stadium include the Heinz Schools Marathon Relays where

school teams of 10-12 runners complete the marathon distance on the track. This unusual event takes place on May 2.

The costs at Meadowbank are £1.20 (adult) and £1.00 (junior).

Heading south west, and Ayr's Dam Park is certainly getting its share of the action. A full season lies ahead, with both men's and women's West District Championships being held. A multitude of league matches will take place over the spring and summer, including Scottish Women's League matches; men's league matches, and the Scottish and North West League. Dam Park, which is home to AC Moir Ayr Seaforth, costs 70p a visit, or 35p for juniors.

The John Wright Stadium in East Kilbride, and the David Keswick Athletic Centre in Dumfries are two new tracks which will eventually be regular venues for Scottish events.

The East Kilbride track was opened last year, but the infield was not ready for field competition. However, that will all change from May 27 when it is officially opened with a charity football match featuring various members of the Eastenders cast. From the first week in June it is expected that the facility will be fully operational and will be hosting the Scottish University Championships, various schools events, and the Scottish and North West League. If you wish to use the track, the cost is 90p for adults and 45p for juniors.

Meanwhile in Dumfries, the David

Keswick Athletic Centre is getting ready for a Scottish and North West League match on April 8. The local clubs which use the track are Nith Valley and Dumfries AAC and so the track will be used when these clubs host their Scottish Women's League matches.

A more unusual event is due to take place at the end of the season on September 9, when there is a challenge match between Dumfries and Galloway against a Borders team.

Charges at the centre are £1 for adults and 60p for juveniles. In addition the centre offers a season ticket for approximately £20 (adult) and £13 (juvenile).

Heading to Tayside and Dundee's Caird Park is a hive of activity. To compliment matches in the Scottish Women's League and the Young Athletes League, this track also receives excellent community use, including Highland Games.

The track is one of the few in Scotland which can cope with the needs of disabled athletes and so there are several disabled events held here, one of which is the East of Scotland Cerebral Palsy Games.

A regular attendee at the track is Liz McColgan, who takes coaching sessions for youngsters on Monday evenings, 5pm-7pm, and Saturday mornings from 10am-1pm. These sessions are very reasonably priced at 20p. Entry to train on the track is 55p for adults and 25p for juniors.

In Inverness, Queens Park Stadium is the home of Inverness Harriers. This eight lane track will host the North District Championships on May 19, and Division Two clubs in the Scottish Women's League will be heading to Inverness on June 10 to meet the Harriers on their home ground.

On July 1, Inverness District Council will be holding an event called the Australian Open Graded Meeting where a special guest team from Australia will be competing against anyone else who wishes

**DETAILS OF
GRANGEMOUTH'S
MEETINGS WILL
APPEAR IN
THE NEXT ISSUE**

Continued on Page 31

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Get on the right track in 1990

to take part. In addition, the district council will be holding "Come and Try" athletic sessions on the mornings of July 23-27, while in the evenings there will be specialist event coaching from the Harriers' coaches. If you are interested in taking part in any of these events, contact the district council. Season tickets at Inverness are £12.10 for adults, and £6.10 for juveniles.

The Chris Anderson Stadium in Aberdeen is fast becoming known as the home of decathlon in Scotland. Home track to Commonwealth Games decathlete Duncan Matheson among others, the stadium is well equipped to host the event. With several run-ups for jumping events and pole vault, the stadium is a regular location for championships.

This season is no exception with the Scottish Decathlon Championships being held on July 7 and 8. The Scottish relay

championships will be held on the same dates to compliment the decathlon event. Two weeks later the stadium hosts the Home Countries Decathlon International on July 28 and 29.

Other events to be held at the Chris Anderson Stadium include the Scottish Young Athlete's League, the North East League and the Air Training Corps Championships. To gain entry to the track, charges at peak times (evenings, weekends and public holidays) are 80p for adults and 50p for juniors. Off peak times (Monday-Friday, 9am-6pm) cost 60p for adults and 30p for juniors.

Returning to the Central Belt, the Coatbridge track is home to Monklands Settlement Ladies and Airdrie Harriers. Coatbridge will be hosting its usual array of Scottish men's and women's league matches and the Scottish Women's Cup

Final will return to the town which has become a regular venue for the event.

On August 26, Shettleston Ladies will be hosting a UK League Division Two match at Coatbridge, and so the track will receive visitors from clubs from south of the border. The track is now in excellent condition after being relaid, and the staff at Coatbridge hope to return to the full booking of events they previously enjoyed.

All non members to the track pay 50p to gain access, but membership for adults costs £5, with a payment of 25p on each visit. Under 16's pay £2.25 to become members, with 16-18 year olds paying £3.

Finally, Wishaw Sports Centre in Lanarkshire will host Scottish and North West League matches on May 13, June 24, and August 19, and a Scottish Young Athletes' League match on June 10, as well as Lanarkshire school competitions.

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More mud larks from the SCCU Championships at Irvine on February 24! Photograph by PETER DEVLIN.

FALKIRK HERALD PEOPLES HALF MARATHON SUNDAY 21st OCTOBER

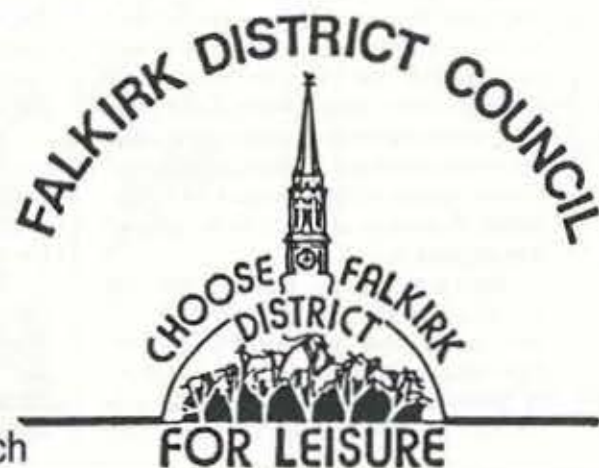
Mini Minor
Highland Games
Saturday 8th
September

Womans Own
Run
Sunday 24th June

Young Athletes Meetings
Saturday 7th April
Saturday 12th May
Sunday 22nd July
Saturday 18th August

Inter Town
Sports Hall
Athletics
Saturday 24th March

Falkirk Highland
Games
17th June



CENTRAL DISTRICT
CHAMPIONSHIPS
Saturday 21st April

1990

FALKIRK
OPEN GRADED MEETINGS

Sunday 18th March
Wednesday 4th April
Wednesday 2nd May
Wednesday 6th June
Wednesday 4th July
Wednesday 1st August
Wednesday 5th September

Under SCCU
SWCC + RRA
Rules

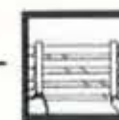
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RESULTS



February

10

Dumbarton AAC 8 mile CC Race -
1, B Pitt 47-02; 2, A Adams (V1) 47-14; 3,
P Walsh 50-09; 4, C Martin (V2) 51-11; 5,
T Kelly 52-44; 6, R Devlin 59-48. H'cap
1, B Pitt.

Strathkelvin PS CC League Meeting,
Luggie Park, Kirkintilloch (+300 ran) -
Boys: 1, R McDonald (St Math) 5-47; 2,
M Paton (St Math) 6-05; 3, G O'Donnell
(M'neuk) 6-06; 4, K Gaughan (St Math)
6-16; 5, S Grant (M'neuk) 6-18; 6, R
McDonald (St Hel) 6-20.
Girls: 1, L Scott (St Math) 6-10; 2, C
Teirney (St Math) 6-38; 3, L Chalmers
(Gart) 6-57; 4, E Reeves (M'neuk) 6-58;
5, C Clapperton (Lenz) 6-59; 6, A
McGroarty (St Fan) 7-02.

Victoria Park CC Champs, Milngavie
Seniors: 1, J Kennedy 31-29; 2, R Blair
(J1) 31-40; 3, G Little 32-34; 4, S Barnett
(J2) 32-41; 5, G Greenhalgh 31-52; V2,
C Smith 36-41; V3 H Barrow 40-28.
Youths: 1, G Graham 31-29; 2, C
Greenhalgh 31-52; 3, S Gilmour 32-09.
Sen Boys: 1, C Steele 13-35; 2, D Turner
15-01; 3, D Haveron 15-05.
Jun Boys: 1, D Gorman 13-38; 2, M
Smith 14-49; 3, S Kennedy 14-58.
Colts: 1, P Uppal 17-57.

Maryhill Harriers CC Championships,
Summerston, Glasgow -
Seniors: 1, A Currie 37-53; 2, M
Gallacher 38-28; 3, N Fairbrass (Guest)
38-50; 4, A Gallacher 39-14; V1, P
Kearney, 9th, 45-40; V2, F Murdoch 47-
06; V3, T Morrison 46-08; VO/55, F

Gallacher 58-12; VO/60, S Lawson 51-
28.
Youths: 1, P O'Neill 27-38; 2, A Burns
30-25.
Sen Boys: 1, S Boyle 16-38; 2, A McSherry
18-43.
Jun Boys: 1, G Skinner 15-02; 2, P
Kearney 16-13.

Greenock Glenpark Harriers Willow
Bowl 7.5 Mile CC Race, Greenock -
1, C Wallace 45-01; 2, D Shaw 45-40; 3, C
Hendry 46-31; 4, I Cameron 47-06; 5, R
Cleary 47-54; 6, B McGuinness 48-12; V1,
D McNeill 8th 48-33; V2, T Knight 56-
54; V3, J Smith 57-29; H'cap 1, J Smith;
L1, E O'Brien 19th 55-22.

Greenock Wellpark Harriers McLaren
Trophy 9 mile CC Race, Greenock -
1, G Craffney 60-06; 2, J Muir (V1) 61-28.

8 Mile CC Race, Hunters Bog Trotters
v Westerlands CCC, Lennoxtown -
1, P O'Kane (HBT) 49-15; 2, S Bennet
(W) 49-24; 3, R Brown (HBT) 50-12; 3, M
Rigby (W) 51-30; 4, S Cribson (HBT) 51-
54; 6, R Thrower (HBT) 52-01. Teams: 1,
HBT 77pt; 2, West 94. L1, E Baxter (W)
62-25; L2, M O'Neill (W) 66-09; L3-
P McLaughlin and I Coombs (W) 73-47.

North District CC League Meeting,
Inverness -
Seniors: 1, J Bowman (Inv) 35-20; 2, A
Reid (Coast) 35-43; 3, B Chinnick (Forr)
36-32. Team: 1, Inverness 380pt; 2,
Moray 355; 3, Forres 335.
O'all Season Individuals: 1, A Reid
(Coast); 2, C Hunter (Mor); 3, G Milne
(Peter) (V1). O'all Team: 1, Inverness;
2, Moray.
Women: 1, S Crollan (Inv) 17-18; 2, M
Duthie (Fra) 17-20; 3, H Wiseley (Fras)
17-39. Team: 1, Inverness 289pt; 2,
Fraserburgh 287; 3, Caithness 272. O/
all Season Individual: 1, H Wiseley
(Fra); 2, A Smart (Inv). Team: Inverness.

Clydesdale H CC Champs, Clydebank
Seniors: 1, D Halpin; 2, J Austin; 3, I

Murphy; 4, P Dolan; 5, P Bonnar; 6, J
Shields (V1); V2, R Young, 7th.
Junior Boys: 1, J Hood; 2, A Moore; 3, R
Armstrong.
Colts: 1, I Robertson; 2, I Higgins; 3, G
Lyle.

11

Kilbarchan AAC CC Championships,
Milliken Estate, Kilbarchan -
Seniors: 1, McDougall 34-30; 2, G
Tenney 34-42; 3, A Costigare 35-21; 4, A
McMahon 35-30; 5, G Fairley 36-24; 6, D
Petrie 36-33; V1, W Geddes 43-10; V2, A
Smith 47-00.
Womens 4 mile: 1, S Kennedy 28-46; 2,
C Follan (Int1) 29-58; 3, J Murray (LV1)
31-41; 4, S Belford (LV2) 32-20.

Birmingham CCL, Gloucester -
1, P Davis-Hale; 2, S Duval; 3, R Quinn
(W+B); 4, P Larkins; 5, P Fleming (Bella).

17

Grampian Schools CC Champs,
Balgownie PF, Aberdeen (270 ran) -
Senior Boys: 1, P Watt (Elg) 20-00; 2, A
Findlater (Gord) 20-21; 3, S Wright (Elg)
21-09; 4, M Barber (St Mach) 21-23.
Team: 1, Peterhead Acad 21pt.
Intermediates: 1, B McAllister (Fra) 15-
39; 2, D Coutts (Bank) 15-58; 3, T McK-
illop (Fra) 16-11. Team: 1, Fras 10pt.
Junior: 1, D Wright (Far) 16-56; 2, S
Cormington (West) 16-59; 3, G Thomson
(Fras) 17-13. Teams: 1, Fraserburgh 32pt.
Colts: 1, A Love (Fra) 7-43; 2, E McGee
(Peter) 7-59; 3, G Hogg (BofD) 8-00.
Team: 1, Bridge of Don 18pt.
Senior Girls: 1, K Rice (West) 17-12; 2,
S Reid (Dyce) 18-02; 3, K Thomson (Fra)
18-28. Team: 1, Fraserburgh 14pt.
Intermediates: 1, R Bellamy (Mint) 8-
22; 2, L Forman (Peter) 8-44; 3, H Pirie
(Dyce) 8-49. Team: 1, Peterhead 19pt.
Juniors: 1, V Smart (Fra) 9-09; 2, D
Cheyne (Inverurie) 8-44; 3, P Tosh (B of
Don) 9-34. Team: 1, Fraserburgh 20pt.

Minors: 1, C Clarkson (Old Mach) 6-43;
2, J Reid (Banch) 6-58; 3, T Clark (Fra) 7-
13. Team: 1, Fraserburgh 19pt.

Tiso Carnethy Five Hills Race,
Penicuik -
1st, A Peace (Bing) and K Anderson
(Amble); 3, A Kitchen (Liv) 54-03; 4, J
Wilkinson (Gala) 54-21; 5, G Schofield
(Brox) 55-04; 6, M Rigby (West) 55-07; 7,
I Ferguson (Bing) 55-11; 8, W
Ramsbotham (Liv) 55-19; 9, A Schofield
(Roch) 55-36; 10, D McGonigle (DHF)
55-38; 11, M Fleming (Amble) 55-42; 12,
R Lee (Liv) 55-50; 13, A Ward (ESPC)
55-53; 14, D Crowe (DHF) 56-05; 15, G
Russell (Amble) 56-26; 16, A Bennet
(West) 56-52; 17, D Bell (HELP) 56-55;
18, J Holt (V1) (Clay) 57-03; 19, E
Harwood (Merc) 57-05; 20, S Hicks
(Amble) 57-09; 22, D Weir (PSH) 57-19;
23, P Bonner (Clyd) 57-21; 25, P Marshall,
V2, (HELP) 57-28; 26, J Shields, V3,
(Clyd) 57-38; 27, I Murphy (Clyd) 57-40;
30, A Dyck (Clyd) 59-35; 31, D
Robertson (GlasU) 59-39; 32, M Kassyk
(Liv) 59-42; 34, T McCall (Ber) 59-56; 35,
D Buchan (Pen) 60-03.
L1, Y Hague (Liv) 51st 61-15; L2, B
Redfern (Carn) 71st 63-10; L3, J Salvona
(Liv) 85th 64-21; L4, A Curtis (LV1) (Liv)
103rd 65-19; L5, A Carson (Eryri) 109th
65-50; L6, K Hogg (Pen) 143rd 68-28; L7,
J Robertson (West) 149th 68-49; L8, L
Boyd (Liv) 162nd 69-51; L9, S Lewsley
(Border) 167th 70-24; L10, R Pickvance
(Clay) 171st 70-31.
Teams: 1, Liv + Dist 23pt; 2, Ambleside
28. Nat Teams: 1, England 35pt; 2,
Scotland 43. Women's Teams: 1, Liv +
Dist 242pt; 3, Carnethy 659.

18

Lochaber AC Riverside 5 Mile CC Race,
Fort William -
1, D Rodger 28-02; 2, P Hughes 29-40; 3,
R Boswell 29-58; 4, W Fraser 30-19; 5, J
Brooks 30-38; 6, S Cameron 30-50; V1, G
McConnachie 8th 32-28.



The start of the minor girls' race at the SWCCU Championships; results from this event follow next month. Picture by IAN WATSON.

RESULTS

Castle Series CC races, Aden Park, Mintlaw

Senior: 1, R Creswell (Ab) 32-11; 2, C McIntyre (Fra) 32-30; 3, G Milne (V1) (Peter) 33-54; 4, C Farquhar (HBT) 34-05; 5, S Wright (AbU) 34-37; 6, C Noble (Fra) 34-44; 7, P Jennings (Met) 35-25; 8, P Scott (Pete) 35-34; 9, J McKay (HBT) 35-34; 10, R Taylor (Met) 35-41; V2, M Edwards (Ab) 35-55; V3, J Gallon (Ab) 36-16.

Youths: 1, B Fraser (BI) 22-24; 2, G Main (Ab) 25-48; 3, D Alsopp (Gord) 26-23.

Sen Boys: 1, S Galbraith (BI) 15-39; 2, B McAllister (Fra) 15-55; 3, M Barber (Ab) 15-58. Jun Boys: 1, A Love (Fra) 12-23; 2, T McKillop (Fra) 12-24; 3, S Bruce (Ab) 12-50. Colts: 1, J Erridge (Ellon).

Women: 1, M Duthie (Fra) 16-19; 2, H Wiseley (Fra), LV1, 17-15; 3, D Parker (Ab) 17-24; 4, J Shand (Ab) 17-47; 5, N McKinnon (Ab), LV2, 17-55; 6, J Nuttall (Ab), LV3, 18-37.

Intermediates: 1, J Grams (Ab) 18-19; 2, S Reid (Ab) 18-36; 3, A Mitchell (Fra) 18-40. Juniors: 1, L Forman (Pete) 13-40; 2, R Bellamy (Pete) 13-45; 3, H Pirie (Ab) 14-20. Girls: 1, M Smith (BI) 13-32; 2, C Clarkson (Ab) 14-02; 3, L Still (Ab) 14-11. Minors: 1, J Anderson (Fra) 8-14.

March

3

NALGO British CC Championships, Strathclyde Park, Motherwell

Men 8000m: 1, S Smith (Swa) 27-12; 2, R Foley (York) 27-33; 3, C Pedding (Warks) 27-44; 4, D McGonigle (Swa) 27-57; 5, D Flynn (WGLam) 28-08; 6, P Turner (Bolt) 28-29; 7, E Wilkinson (Swa) 28-38; 8, A McCallum (Swa) 28-44; 9, J McNeill (Gla) 29-03; 10, J Chambers (Slough) 29-21. V1, B Little (Bolton) 11th 29-24; V2, B McMonagle (GlasU) 13th 30-01; V3, I Stark (Swa) 19th 30-37; Other Scots Vets: 22, I Legget (Liv) 30-56; 26, R Shanks (EK) 31-36; 28, K Yates (Swa) 31-53; 35, T McCall (Swa) 32-55; 50, E Wilkie (Swa) 36-08. Teams: 1, Strathclyde 19pts; 2, Bolton; 3, Warwickshire.

Women 4000m: 1, M McDonald (Dar) 15-44; 2, S Davies (Swa) 15-53; 3, J Needham (Lanc) 16-17; 4, P Goddard (NTyne) 16-22; 5, A Donnelly (Swa) 16-36; 6, S Rodgers (NTyne) 18-22; Other Scots placings: 8, I Bruce (Gla) 19-12; 12, S Hartrop (Ed) 23-36; 13, A McLean (Swa) 25-59; 15, I Dale (Swa) 26-32.

Special Olympics Handicapped Runners 4000m: 1, G Halliday (Swa) 17-34; 2, P Woods (Swa) 18-47; 3, A McGowan (Cov) 19-02.

Teviotdale H CC Championship, Wilton Lodge Park, Hawick

Senior 6 Mile: 1, B Emmerson (V1); 2, I Elliot (V2); 3, A Fair.

4

Aberdeen AAC CC Championships, Balcraig

Senior Men: 1, A Reid 21-58; 2, D Duguid 22-38; 3, S Wright 23-09; V1, M Edwards 24-04; V2, K Hogg 24-43; V3, J Gallon 25-22. Youths: 1, G Main 26-33.

Senior Boys: 1, M Barber 15-30; 2, B McAllister 15-43; 3, M Anderson 15-53.

Junior Boys: 1, T McKillop 10-57; 2, S Bruce 11-08; 3, S Covington 11-25.

Colts: 1, S Cole 6-20; 2, A Basil 6-25; 3, G Fraser 6-26.

Senior Women: 1, H Wisely 15-50; 2, S Lanham 16-18; 3, N McKinnon, LV1, 17-59.

Intermediates: 1, J Grams 17-24; 2, S Reid 18-23; 3, G Sinclair 18-40.

Juniors: 1, H Pirie 12-11; 2, N Clarkson 12-13; 3, D Cheyne 12-58.

Girls: 1, C Clarkson 12-04; 2, C Becker 12-24; 3, K Philip 12-27.

Minors: 1, K Snape 6-25; 2, H Smith 6-47; 3, N Stephen 7-04.

Annan and District AC River CC Races, Annan

Men: 1, A Gilmour (Cam) 31-55; 2, R O'Hara (Ann) 32-12; 3, C McCann (Ann) 32-53; 4, S White (Jl) (Dumf) 33-34; 5, F Boyne (Unat) 33-55; 6, J Whittaker (Stew) 35-12; 7, M Brydson (Ann); 8, G Winchester (Stew); V1, G McLean 9th (KO) 36-43; V2, D Chadderton 10th (Dumf) 37-04; V3, G Lewis (Dumf).

Women: 1, A Dickson (Law) 18-10; 2, L White (II) (Stew) 18-26; 3, H Edgar (NV) 19-58; V1, L McCrae (Gall).



February

11

Falkirk DC "Round the House" RR (800+ ran)

10K: 1, A Douglas (VP) 29-43; 2, W Coyle (Shett) 29-51; 3, H Cox (GGH) 29-51; 4, G Braidwood (Spring) 29-54; 5, B Kirkwood (ESPC) 29-58; 6, A Callan (Spring) 30-02; 7, G Crawford (Spring) 30-07; 8, G Grindley (FVH) 30-10; 9, A Walker (Fev) 30-11; 10, J McKay (Shett) 30-14; V1, W Seally 47th (Shett) 33-12; V2, P McGregor 48th (VP) 33-14; V3, A Stirling 49th (FVH) 33-18; V50: 1, S Cameron (ESH) 36-43; 2, T Ramage (Law) 37-41; 3, T King (DRR) 38-15; V60: 1, W Marshall (Moth) 36-04; 2, W Gillespie (FVH) 41-59; 3, H McGinlay (FVH) 44-26; J1, S Wylie (Cam) 31-43; J2, G Stewart (CAC) 32-00; J3, D Slyth (ESPC) 33-09. Teams: 1, Springburn 17pt; 2, Shettleson 36; 3, FVH 48.

Youths: 1, A Moss (CR) 17-12; 2, M Hand (Law) 17-17; 3, S Ellis (Law) 17-29; Teams: 1, Law & Dist 19pt.

Senior Boys: 1, G Browitt (Bees) 8-36; 2, D Kerr (SV) 8-42; 3, D Carty (Bath) 8-51; Team: 1, Bathgate 17pts.

Colts: 1, G Murray (Aird); 2, S Hodgson (Cam); 3, D Crow (Shett); Team: 1, Airdrie 18pt.

Women: 1, G Pollard 116th (Ab) 35-58; 2, J Stevenson 142nd (LV1) (FVH) 36-36; 3, S Durham 159th (EWM) 37-05; 4, J Armstrong 160th (GN) 37-11; LV2, R Murray 9th (GN) 37-23; LV3, T Knox

14th (Liv) 40-47. Teams: 1, Giffnock North 23pt; 2, Liv & Dist 27; 3, Law and Dist 63.

Intermediates: 1, K Fox (MSLAC) 15-44; 2, L Farmery (Aird) 15-53; 3, R Wilson (Pife) 15-57; Team: 1, Monk Shett 15pt.

Juniors: 1, J McDowall (MSLAC) 10-23; 2, J Leddy (Whit) 10-26; 3, G Hamilton (FVH) 10-29; Team: 1, Irvine Cable 30pt; 2, Cent Reg 33; 3, Airdrie 38.

Girls: 1, J Brown (Har) 8-32; 2, S Spence (Tev) 8-32; 3, M Dearie (GBC) 8-34; Teams: 1, Airdrie 24pt; 2, Law & Dist 36; 3, L&L Club 45.

Minors: 1, J Morrison (S'house) 5-44; 2, D Murray (Law) 5-49; 3, J Thomson (Tev) 5-52; Teams: 1, Lasswade 13pt; 2, Bathgate 30; 3, Teviotdale 37.

17

Spango Valley AC Cunningham Trophy 5.5 Mile RR, Greenock

1, J Duffy (G) 27-18; 2, C Spence 27-18; 3, C Leck 27-50; 4, B Craig (G) 29-00; S Dodge 29-07; 6, D McCabe 29-40; V1, J Gallacher 7th 29-47; V2, A Galbraith 30-55; V3, R Hyett 31-27; L1, C Gibson 36-43; L2, C Docherty 38-57; H'cap: 1, P McCarmley.

Team: 1, Greenock Acad 8pt.

Senior Boys: 1, D Kerr (ND) 10-20; 2, D Tamburine (StC) 10-21; 3, E Dobbin (StC) 10-27; Team: 1, St Columba's 11pt.

Junior Boys: 1, B McLean (Green) 7017; 2, A McLachlan (PG) 7-36; 3, N Mooney (ND) 7-40. Teams: 1, Greenock Acad 13pt.

Senior Girls: 1, E Hyett (StC) 14-08; 2, Y Bellard (StS); 3, L Teirney (Green); Team: 1, Port Glasgow HS.

Junior Girls: 1, F Robertson (Green); 2, T Morrison (PG); 3, J Craig (Green); Team: 1, Greenock Acad 8pt.

Team: 1, Greenock Acad 8pt.

18

DHH 10K RR, Camperdown Park

1, C Haskett (DHH) 30-23; 2, H McKay (Fife) 31-23; 3, D McShane (Cam) 31-31; V1, T Graham (Fife) 8th 32-39; Teams: 1, DHH; 2, Fife AC.

Women 5K: 1, G Hanlon (DRR) 18-56; 2, V Fyall (DRR); 3, C Cadger (PSH).

Pat Spence Memorial Womens RR, Spango Valley, Greenock

Seniors: 1, E O'Brien (GGH) 25-25; 2, A Fisher (LV1) (SV) 26-14; 3, C Gibson (SV) 26-20; Team: 1, Spango Valley.

Intermediates: 1, C Lennon (CR) 28-37; 2, A Davies (SV) 29-47; 3, E Hyett (SV) 32-21.

Juniors: 1, L McGarrity (SV) 12-27.

Girls: 1, T Morrison (SV) 8-58; 2, A Morrison (SV) 9-28.

Minors: 1, C McLean (SV) 5-04; 2, C McGarrity (SV) 5-36; 3, A McCann (SV) 6-10.

25

Lochdale AC Caol 10K RR, Fort William

1, K Rankin (FVH) 31-52; 2, G Sim (V1) (Mor) 32-30; 3, M Flynn (Mor) 32-44; 4, D Murray (FVH) 35-21; V50: 1, J Maitland (Loch) 37-47; L1, L Murray (FVH) 42-30; LVH, S Clarke (S&L) 42-39.

3

Fife 6 Mile RR, Cupar (160 ran)

1, A Hutton (ESH) 27-53; 2, C Haskett (DHH) 28-25; 3, B Kirkwood (ESPC) 28-49; 4, F Harper (Pit) 28-57; 5, D Bain (FVH) 29-01; 6, H McKay (Fife) 29-12; S Axon (Ab) 29-41; 8, D Anderson (Brod) 29-42; 9, I Johnston (FVH) 29-44; 10, B

March

3

Carlisle 10 Mile RR, Carlisle

1, P Butler (Bor) 51-45; 2, K Conley (Ann) 51-50; 7, J Kenny (Ann).

Cook (DHH) 29-50; 11, T Thompson (CR) 30-01; 12, K Dawson (CR) 30-01; 13, D McNicholl (Pife) 30-12; 14, D MacGregor (Pife) V1, 30-14; 15, D Hamilton (DDH) 30-18; V2, T Graham (Pife) 30-56; V3, R Woods (DRR) 31-38; J1, D Shaw (Dun Uni) 31-45; J2, D Perry (Dun Uni) 33-32; L1, V Fyall (DRR) 36-19; L2, G Hanlon (DRR) 37-22; L3, M Robertson (DRR) 38-25; L4, J Carroll (DRR) 38-50; L5, K Cadger (PSH) 39-07. Mens Teams: 1, DHH 27pt; 2, Fife AC 33; 3, FVH 50; Womens Teams: 1, DRR 315pt; 2, DRRB 379; 3, Fife 404.

Greenock Glenpark Trophy Races for Young Athletes, Battery Park, Greenock

Senior Boys: 1, D Kerr (ND) 10-20; 2, D Tamburine (StC) 10-21; 3, E Dobbin (StC) 10-27; Team: 1, St Columba's 11pt.

Junior Boys: 1, B McLean (Green) 7017; 2, A McLachlan (PG) 7-36; 3, N Mooney (ND) 7-40. Teams: 1, Greenock Acad 13pt.

Senior Girls: 1, E Hyett (StC) 14-08; 2, Y Bellard (StS); 3, L Teirney (Green); Team: 1, Port Glasgow HS.

Junior Girls: 1, F Robertson (Green); 2, T Morrison (PG); 3, J Craig (Green); Team: 1, Greenock Acad 8pt.

Team: 1, Greenock Acad 8pt.

5

Lasswade AC Novaphone 10 Mile RR, Bonnyrigg

1, A Robson (ESH) 48-46 (rec); 2, A Walker (Tev) 48-52; 3, D Ross (ESH) 49-52; 4, J Connolly (Gala) 50-21; 5, J Cooper (Spring) 50-29; 6, G Tenney (Kilb) 51-34; 7, A Robertson (Pen) 51-39; 8, C McLennan (ESPC) 51-47; 9, C Meek (Whit) 52-10; 10, I Seggie (V1) (Liv) 52-48; 11, I Hornsby (ESPC) 53-26; 12, J Elphinstone (ESH) 53-27; 13, J Smith (HELP) 53-36; 14, J Baird (HELP) 53-36; 15, M Fromlet (Unat) 54-31; V2, I Briggs (Liv) 55-27; V3, K Summersgill (York) V50 56-50; V4, A Lawson (Dund) 56-50; V5, G Gourlay (Law) 57-12; V6, D Cairns (Ren) 57-32; Team: 1, EH; L1, J Robertson (Ayr) 58-51; L2, J Armstrong (GAC) 59-52; L3, T Knox (Liv) 63-49; L4, G Paul (Cam) 65-05; L5, H Spenceley (Cam) 66-00; L6, K Hogg (Pen) 67-06; Team: 1, Teviotdale.

Nairn Investments 10K RR, Nairn

1, R Arbuckle (Keith) 31-38; 2, S McKenzie (Inv) 32-01; 3, G Crawford (ESPC) 32-18; 4, G Sim (V1) (Mor) 32-24; 5, C Vickers (Nairn) 33-00; 6, J McKay (HBT) 33-30; 7, M Wright (Coast) 33-41; 8, D Bow (Nairn) 33-54; 9, G Herbert (Inv) 33-56; 10, A Newlands (Coast) 34-12; V2, G Mitchell (Inv) 34-47; V3, G Fraser (Inv) 36-05; V50, P Thomson (Inv) 40-54; U21, S Craig (Inv) 35-42; L1, D Porter (Ab) 37-16; L2, A Smart (Inv) 40-54; L3, M Wallace (Nairn) 41-08; LV1, L Fisher (Nairn) 42-41. Mens Team: 1, Inverness; 2, Moray; 3, Forres. Womens Team: 1, Nairn; 2, Moray.

Carlisle 10 Mile RR, Carlisle

1, P Butler (Bor) 51-45; 2, K Conley (Ann) 51-50; 7, J Kenny (Ann).



February

17

Scotland v Belgium v Ireland v Norway, Kelvin Hall

Men: 1, Belgium 46pt; 2, Norway 40; 3, Scotland 31; 4, Ireland 25.

60m: 1, P Stevens (B) 6.76; 3, B Ashburn (S) 6.99; 200m: 1, R Amery (B) 21.71; 3, M Davidson (S) 21.90; 400m: 1, M McMahon (S) 48.32; 2, G McMillan (G) 48.36; 800m: 1, T McKean (G) 1.49.1 (SNR); 4, G Brown (S) 1.52.9; 1500m: 1, M Corsters (B) 3.55.67; 4, T Hanlon (S) 4.05.20; 3000m: 1, A Naklam (N) 8.04.01; 2, R Quinn (S) 8.17.13; 60H: 1, T J. Kearns (I) 7.87; 4, D Mathieson (S) 8.57; HJ: 1, G Parsons (S) 2.24m; PV: 1, D Mestre (B) 5.10m; 4, D Black (S) 4.20m; LJ: 1, R van Lancker (B) 7.38; 4, D Mathieson (S) 6.74m; TJ: 1, V Henri (B) 15.63m; 3, C Duncan (S) 15.02m; SP: 1, J Sagedal (N) 19.19m; 4, D Mathieson (S) 11.94m; 4x200: 1, Scotland 1.26.94 (B Ashburn, M Davidson, G McMillan, M McMahon); Women: 1, Belgium 42pt; 2, Norway 31; 3, Scotland 27; Ireland 21.

60m: 1, S Dethier (B) 7.57; 4, D Brown (S) 7.69; 5, L Campbell (G) 7.91; 200m: 1, L Deley (B) 24.57; 4, R Girvin (S) 25.69; 400m: 1, G McIntyre (S) 55.01; 800m: 1, A Molloy (I) 2.02.87; 3, L Macdonald (S) 2.08.45; 1500m: 1, T Merchies (B) 4.23.0; 2, S Bevon (S) 4.24.9; 3000m: 1, S Bevan (S) 9.44.56; 60H: 1, S Dethier (B) 8.26; 4, J Kirby (S) 8.52 (SNR); HJ: 1, H Highland (N) 1.88; 4, H Melvin (S) 1.70m; LJ: 1, T Morgan (I) 6.08; 3, L Campbell (S) 5.85m; SP: 1, G Meulemeester (B) 14.90m; 3, A Grey (S) 13.96m; 4x200: 1, Norway 1.36.93; 3, Scotland (D Brown, L Macdonald, R Girvin, G McIntyre) 1.39.17.

Overall Result: 1, Belgium 88pt; 2, Norway 71; 3, Scotland 58; 4, Ireland 46.

18

Scottish Under-20 Indoor Athletic Championships, Kelvin Hall

Juniors: 60m: 1, J Urron (Mon) 6.91; 2, D

IN 1989, the Scottish Schools' easily defeated Edinburgh University in an indoor match, writes Linda Trotter. The invitation to compete was not repeated but, thanks to SSEB sponsorship and the fifth Kelvin Hall lane, the Schools were able to take part in a most prestigious indoor event against Scottish Universities, Scottish Districts, Loughborough Students and Birmingham University.

That such a young team came second in the women's match, and fourth in the men's, is a considerable achievement.

The team was asked to assemble at 10am and to be a team. The Schools' committee is really proud of all the athletes. It was a long day at the Kelvin Hall, and many athletes were studying "Lord of the Flies", or irregular French verbs, between warm-ups and their event, but, compete as a team they did, and some incredibly good results were achieved.

Overall, the Girls' performance was amazing and, considering that our Boys were competing against "men", the achievement and endeavour was tremendous.

The Scottish Schools did not organise the match, but it only took place because of the generosity of our sponsors, SSEB, or, as we should now say, Scottish Power. Two trophies were presented by them for athletic achievement in the SSSA team, to Kate Leys and Peter Simpson. The SSSA wish to thank all athletes for their tremendous achievement and loyalty and the sponsors for their support.

Galloway (Ayr) 7.00; 3, T Hodgson (Mor) 7.06; 4, S Brown (NV) 7.20; 5, J Adams (Ayr) 7.31; 200m: 1, J Urron 22.06; 2, P Shannon (Bell) 22.64; 3, T Hodgson 22.66; 4, J Adams 23.45; 5, I Priddy (CAC) 23.96; 400m: 1, J Divers (CAC) 50.69; 2, B Holliman (Irv) 51.52; 3, I Priddy 51.57; 4, T Nimmo (FVH) 51.60; 800m: 1, J McFadyen (GGH) 2.00.08; 2, I Campbell (Arb) 2.00.26; 3, A Cameron (Bells) 2.03.25; 4, A Ross (Spring) 2.03.99; 1500m: 1, A Kinghorn (ESPC) 3.58.26; 2, D Pitt (Har) 3.58.37; 3, A Russell (CAC) 4.05.15; 4, N Freer (CAC) 4.06.48; 60H: 1, G Smith (ESPC) 8.56; 2, N Penny (DSMC) 8.63; 3, P Ackermann (Bell) 9.73; HJ: 1, D Barnetson (Inv) 2.15 (Scot Native and Junior record); 2, S Hill (ESPC) 1.95m; 3, J Allan (Clyd) 1.85; 4, J Reilly (Kilb) 1.80; 5, T Golder (Lass) 1.80m; LJ: 1, N Elliot (Hel) 6.57; 2, S Atkinson (VP) 6.34m; 3, G Atkinson (VP) 6.17m; 4, R Simpson (Pit) 6.01m; TJ: 1, S McGeoch (Kilb) 12.60m; 2, G Hill (ESPC) 12.17m; 3, P Ackermann (Bell) 12.13m; SP: 1, J Mason (Leeds) 15.49m; 2, M Wilson (B&F) 14.16; 3, J Grundy (Kelso) 11.91.

Youths: 60m: 1, S Cummings (ESH) 7.12; 3, C Allan (Inv) 7.35; 4, G Purves (Bells) 7.37; 200m: 1, S Cummings 23.04; 2, D Walker (ESPC) 23.04; 3, G Purves 23.83; 4, I Lee 23.97; 400m: 1, Forbes (Stone) 52.69; 2, C Young (CAC) 52.80; 3, A Balfour (Shett) 54.60; 800m: 1, A Bowden (Spenn) 1.57.32; 2, R Houston (DSMC) 1.59.09; 3, J Grill (Cam) 2.02.99; 4, E Calvert (Ab) 2.03.13; 1500m: 1, M McBeth (Cam) 4.04.67; 2, F McNeill (Leeds) 4.07.22; 3, A Moonie (Pit) 4.13.57; 4, M McLaughlin (Cam) 4.19.22; 60H: 1, A Tupman (ESPC) 8.51; 2, J Bell (NSP) 8.61; 3, I Dickie (Ayr) 8.64; 4, A Malcolm (ESPC) 9.08; 5, D Bisset (ESPC) 9.19; HJ: 1, A Malcolm (ESPC) 1.83m; 2, B King (Lass) 1.73; 3, D Kilgour (Forfar) and S Collie (Bell) 1.60m; PV: 1, P Eyre (Mor) 3.70; 2, D Forrest (Mor) 3.60; 3, C Jones (Ab) 3.00; LJ: 1, J Bell (NSP) 6.30; 2, J Gilbert (FVH) 5.97m; 3, D Reid (Bells) 5.85m; 4, C Johnston (Forf) 5.84m; TJ: 1, I Dickie (Ayr) 12.26m; 2, A Malcolm (ESPC) 12.07; 3, P Landels (DHH) 11.75m; SP: 1, R Holmes (Hel) 11.64m; 2, I Dickie 11.57m; 3, W Bunch (Law) 11.33m; 4, D Smith (L+L) 11.17m.

Senior Boys: 60m: 1, S Moir (Ayr) 7.34; 2, D Sullivan (Gate) 7.45; 3, J Bragg (CAC) 7.52; 4, R Booth (ESH) 7.67; 200m: 1, S Moir 23.53; 2, D Sullivan 23.53; 3, D

Colville (Pit) 24.76; 4, D Harris (

EUROPEAN INDOOR CHAMPIONSHIPS



Left, Tony Morrell leads Jens-Peter Herold in the 1500m; top Ulrike Sarvari (125) pips Natalya Kovtun to claim a sprint double; and above, Doina Melinte on the way to 1500m success.

Men

60m: 1, L Christie (UK) 6.56; 2, P Pavoni (Ita) 6.59; 3, J Valik (Cze) 6.63; 6, J Livingston (UK) 6.75.
200m: 1, S Floris (Ita) 21.01; 2, N Antonov (Bul) 21.04; 3, B Marie-Rose (Fra) 21.28; 5, A Carrott (UK) 21.54.
400m: 1, N Dobelet (WG) 46.08; 2, J Carlowitz (EG) 46.09; 3, C Cornet (Spa) 46.91.
800m: 1, T McKean (UK) 1:46.22; 2, T de Teresa (Spa) 1:47.22; 3, Z Janus (Pol) 1:47.37.
1500m: 1, J-P Herold (EG) 3:44.39; 2, F Cacho (Spa) 3:44.61; 3, T Morrell (UK) 3:44.83; 8, R Harrison (UK) 3:53.29.
3000m: 1, E Dubus (Fra) 7:53.94; 2, J Carlier (Fra) 7:54.75; 3, B Zorko (Yug); 7, I Hamer (UK) 7:58.15.
60mH: 1, I Kazanov (USSR) 7.52; 2, A

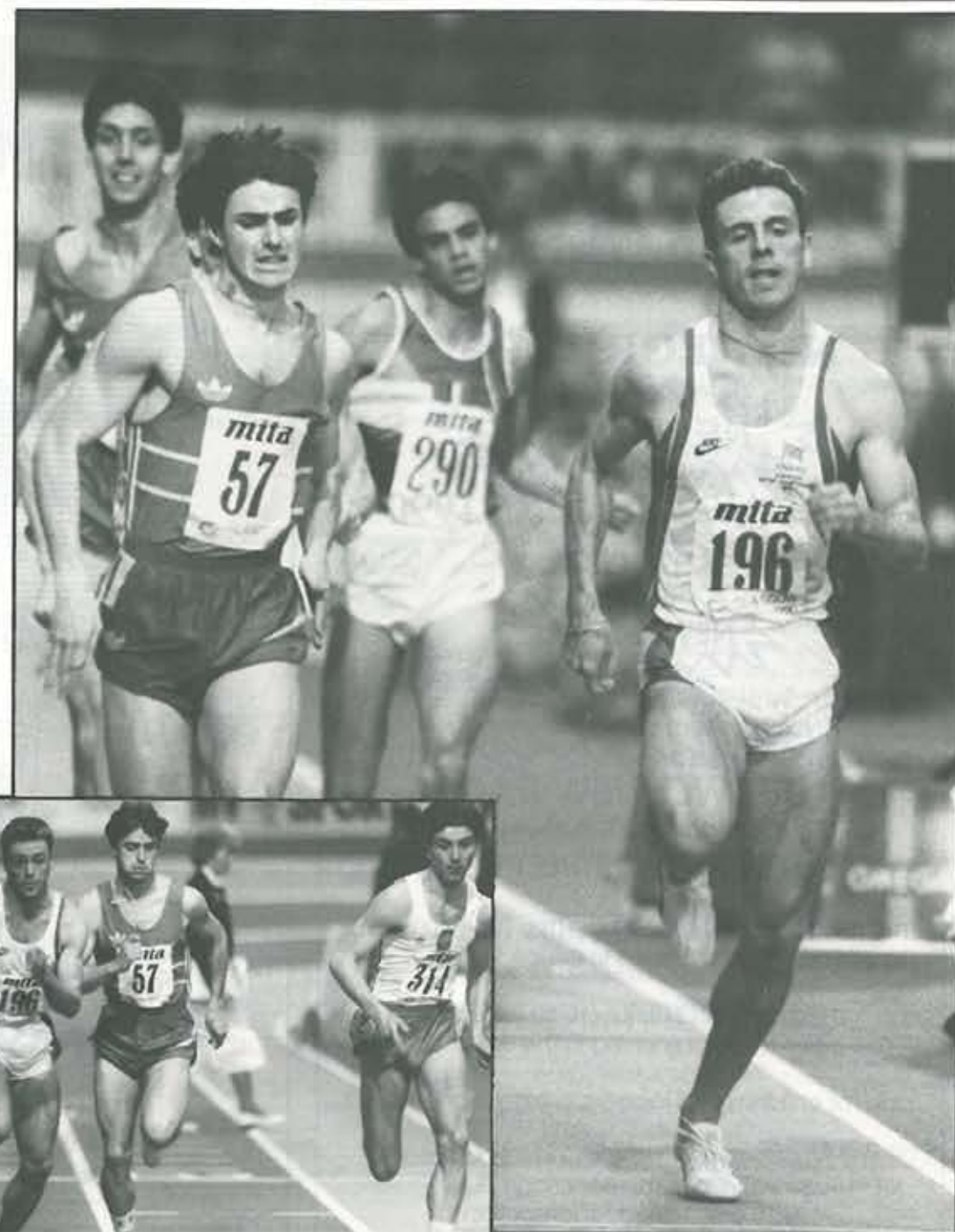
Jarrett (UK) 7.58; 3, F Schwarhoff (WG) 7.61.
High jump: 1, A Partyka (Pol) 2.33; 2, A Ortiz (Spa) 2.30; 3, G Nagel (WG); D Mogenburg (WG) 2.30; 7=D Grant (UK) 2.24.
Pole vault: 1, R Gataullin (USSR) 5.80; 2, G Yegorov (USSR) 5.75; 3, T Vigneron (Fra); H Fehring (Aust) 5.70.
Long jump: 1, D Haaf (WG) 8.11; 2, E Mellaard (Hol) 8.08; 3, R Emmiyan (USSR) 8.06; 8, S Faulkner (UK) 7.77.
Triple jump: 1, I Lapshin (USSR) 17.14; 2, O Sakirkin (USSR) 16.70; 3, T Henriksson (Swe) 16.69; 4, V Samuels (UK) 16.57; 8, J Herbert (UK) 16.18.
Shot: 1, K Bodenmoller (Aus) 21.03; 2, U Timmermann (EG) 20.43; 3, S Guder (EG) 20.20.
5000m Walk: 1, M Shchennikov (USSR) 19:00.62; 2, G Benedictis (Ita) 19:02.90; 3, A Noack (EG) 19:08.36.

Women

60m: 1, U Sarvari (WG) 7.10; 2, L Bily (Fra) 7.13; 3, N Cooman (Hol) 7.14.
200m: 1, M Shmonina (USSR) 51.22; 2, I Oanta (Rum) 52.22; 3, J Forgacs (Hun) 53.02; 4, S Gunnell (UK) 53.38; 5, A Piggford (UK) 53.82.
400m: 1, M Shmonina (USSR) 51.22; 2, I Oanta (Rum) 52.22; 3, J Forgacs (Hun) 53.02; 4, S Gunnell (UK) 53.38; 5, A Piggford (UK) 53.82.
800m: 1, D Melinte (Rum) 4:09.73; 2, S Gasser (Swi) 4:10.13; 3, V Bedea (Rum) 4:10.44; 7, D Edwards (UK) 4:21.27.

3000m: 1, E van Hulst (Hol) 8:57.28; 2, M Keszeg (Rum) 8:57.50; 3, A Hahmann (EG) 9:00.31; 8, S McGeorge (UK) 9:11.60.
60mH: 1, L Narozhilenko (USSR) 7.74; 2, M Ewanje-Epee (Fra) 7.84; 3, M Pogacean (Rum) 7.99.
High jump: 1, H Henkel (WG) 2.00; 2, B Voeroes (EG) 1.94; 3, G Astafei (Rum) 1.94.
Long jump: 1, G Chistyakova (USSR) 6.85; 2, Y Kokonova (USSR) 6.74; 3, H Radtke (EG) 6.66.
Shot: 1, C Losch (WG) 20.64; 2, N Lisovskaya (USSR) 20.35; 3, G Hammer (EG) 19.53.
3000m walk: 1, B Anders (EG) 11:59.36 (WR); 2, I Salvador (Ita) 12:18.84; 3, A-R Sidoti (Ita) 12:27.94.

All photographs by:
**PETER
DEVLIN**



Blast off! McKean gives it gun from the gun and finishes a more convincing winner from de Theresa than the camera angle suggests.

TOM McKean laid to rest his major championship bogey - indoors at least - and Linford Christie overcame his distaste for the Kelvin Hall track to win gold medals for Britain at the European Indoor Championships in Glasgow on March 3 and 4. The championships, unfortunately, will be longer remembered for what went wrong behind the scenes than what went right on the new five lane track.

The championships also saw a world 3,000m walk record for East Germany's Beate Anders, her magnificent time of 11:59.36 breaking the 12 minute barrier for the first time.

But back to more parochial matters. Tom McKean, having got himself into all

too familiar difficulties the day before when qualifying for the final, showed huge determination to get to the front and stay there when the 800m starting pistol fired. On paper he was easily faster than the other finalists, and this difference in class showed as McKean ran even-paced at the front of the field, able to step on the gas in the final 100m, and eventually winning in a manner few attempt or dare to do (1:46.22).

Christie, who felt he had been manipulated into racing by BAAB promotions officer Andy Norman, didn't let down his supporters, of whom there are many in Glasgow despite his uncomplimentary remarks about the city's

track. Four days after clocking 6.56 in the Kelvin Hall he equalled the European indoor 60m record of 6.51 in Athens, so had he not fulfilled what he was apparently told were his obligations as British team captain at the European Championships, he might have equalled or bettered Lee McRae's world mark of 6.50 in Greece.

Britain's other medals were won by Tony Jarrett (silver, 60m hurdles), Lorraine Baker (bronze, 800m), and Tony Morrell (bronze, 1500m).

As might be expected for the Kelvin Hall's biggest and most prestigious event, an avalanche of records fell during the meeting. But will there ever be a chance for another such occasion?

KIRKCALDY DISTRICT PEOPLE'S HALF MARATHON

NEW FOR 1990 !

NEW DATE

SUNDAY 24TH JUNE 1990

9.10 a.m.

NEW COURSE

TWO LAP, WITH START/FINISH IN BEVERIDGE PARK.

Numbers sent out to pre-entrants.

PLUS TWO NEW RACES

A 10K AND A STREET MILE

THE KIRKCALDY CARAVAN CENTRE 10K (9.00 start)
1-lap, start and finish in Beveridge Park

THE SAAB STREET MILE (10.00 a.m. start)
A fast point-to-point finishing in the Beveridge Park
and for children and joggers, a bigger and better
fundraiser

THE FORBO-NAIRN FUNRUN (11.15 a.m. start)
Start/finish in the Beveridge Park
FREE pre-entry by sponsor form

SAE for application form to HALF-MARATHON
EVENTS,
Fife College of Technology, St. Brycedale Avenue,
Kirkcaldy KY1 1EX.

SPONSORS

KIRKCALDY DISTRICT COUNCIL; BOOKER BELMONT
WHOLESALE; DONALD HEGGIE GROUP
(COACHBUILDERS); CAFE CONTINENTAL, KIRKCALDY;
SHELL EXXON; LAIDLAW FIFE LTD; FORBO-NAIRN;
FIFE BUILDING SUPPLY; BRIAN GRIEVE (HAIRDRESSERS,
KIRKCALDY);
JHP TRAINING LTD; ROYAL BANK (KIRKCALDY
BRANCH).

FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE

join us in
KIRKCALDY
DISTRICT



HALF MARATHON



**SUNDAY 24th JUNE
1990**

MEDALS TO ALL FINISHERS

Promoted by
Fife College of Technology

Principal Sponsor
KIRKCALDY DISTRICT COUNCIL

Send a S.A.E. for application form to:-
Half-Marathon Entries,
Fife College of Technology,
St. Brycedale Avenue, Kirkcaldy,
FIFE KY1 1EX

EVENTS

March

24

SCCU National Six Stage Road
Relay Championships, Livingston.

25

XVII IAAF World Cross Country
Championships, France.

CLACKMANNAN District Sports
Council People's Half Marathon,
Alloa - entry details from Clack-
mannan District Council Depart-
ment of Leisure and Recreation, 29
Primrose Street, Alloa.

BANK of Scotland White Cater-
thun Race, Brechin - Race starts
1pm. 11.5 miles with climb of 700ft.
Route follows road and then cross
country to Pictish fort on top of the
White Caterthun hill. Race finishes
at Brechin High School. Entries:
Alan Young, 11 Gellatly Place,
Brechin.

SVHC Indoor Championships,
Kelvin Hall. Details - (041) 357-2525

THE Great York Run 1990.

LOCHABER Glen Nevis 10 miles
RR (1st race in Spring RR challenge),
Fort William.

GLASGOW AC Open Graded
Meeting, Crownpoint.

31

SCCU Centenary Season Closing
Event (still to be decided).

MARYHILL Harriers Bannerman
Trophy CC race, Summerston.

April

1

DHH 10K, Caird Park.

FIFE AC Open Graded Meeting,
Glenrothes.

GLEN Fruin Road Race, He-
lensburgh - Entries from Sheila
Ramsay, 38F East Argyll Street,
Helensburgh, G48 7RR.

NORTH Inch Road Relays, Perth -
2pm at Bells Sports Centre - 4 x
3miles, entry on day - 50p per run-
ner. Details from Norman Watson.
(0738) 38000.

4

FALKIRK Open Graded meeting,
Grangemouth - Details from (0324)
486711.

7

CLYDESDALE Harriers Jock
Semple Road Relay, Clydebank

BELHAVEN Brewery Dunbar
Boundary Race 10K. Details: Hugh
Rooney, 7 Warrender Crescent,
Dunbar. Tel (0368) 64064.

FALKIRK Young Athletes Meet-
ing, Grangemouth. Details - (0324)
486711.

TOM Scott Memorial 10 mile road
race, Strathclyde Park

8

MAGGIE Storey Memorial 10K,
Forfar - 12.45pm start - Entries
(SAE) Brian Hendry, 8 Muir Place,
Forfar DD8 3LD.

SCOTTISH and NW Athletic
League Matches.

SELKIRK People's Half Marathon,
Selkirk - Details - Mr RJ Wilson, 3
Ladylands Terrace, Selkirk (en-
close SAE).

THE Great Angus Run - Forfar 15,
Forfar - 1pm start Station Park,
Forfar. Entries from Brian Hendry,
8 Muir Place, Forfar DD8 3LD.

McRAE The Homemakers' Open
Graded Meeting, Inverness.

14

RENFREWSHIRE 10 mile Road
Race Championship, Greenock.

MOTHERWELL DISTRICTS RAVENS CRAIG HALF MARATHON



20TH MAY, 1990 - WISHAW SPORTS CENTRE STARTS AND FINISHES AT THE SPORTS CENTRE

MEDALS TO ALL FINISHERS

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

SURNAME

CHRISTIAN NAME

ADDRESS

SEX

DATE OF BIRTH

MALE/FEMALE

NAME OF CLUB/UNATTACHED

IF DISABLED PLEASE TICK ☐

AGE ON DATE OF RACE

PREVIOUS BEST TIMES

HOW DID YOU LEARN OF
THE HALF MARATHON?

ENTRY FEE £3.75 (NON REFUNDABLE)
CHEQUE/POSTAL ORDER No.
CROSSED AND MADE PAYABLE TO
MOTHERWELL DISTRICT COUNCIL

(Including your name/address on reverse side)

I hereby declare that I will be 18 years (male) 17 years (female) of age or over on the day of the race, and have not competed in any athletic (track and field, road, race, cross country, or road walking) event as a professional. I am medically fit to run this event and I understand that I participate entirely at my own risk and cannot hold Motherwell District Council or the sponsor responsible for any injuries suffered by me in this event, or for any property lost during the race or in the designated changing areas.

I enclose the entry fee of £3.75 together with an 12" x 9" S.A.E. for acknowledgement and race literature. Please enclose S.A.E. approximately 12" x 9" for results if required.

Signature _____

Return entry to: RACE DIRECTOR,
WISHAW SPORTS CENTRE,
WISHAW, ML2 0HB
☎ WISHAW 355821

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

FOR OFFICIAL USE ONLY



leisure

EVENTS

SCOTTISH Young Athletes Handicap Scheme, Livingston.

HFC Bank Scottish Athletic League Qualifying Match, Coatbridge.

15

HADDINGTON 10 mile road race, Haddington - 2pm start, entries from Joe Forte Sports, 65 High Street, Haddington (062 - 082 - 4023).

SOLWAY League, Dumfries.

19

FORTH Valley League, Division 1, Grangemouth, Division 2, Livingston.

21

BEN Rha Hill Race, Reay, Thurso.

CENTRAL District Championships, Grangemouth. Details - (0324) 486711.

CRAIG Dunain Hill Race, Inverness.

UNIVERSITY of Dundee Open Graded Meeting, Caird Park

22

ADT London Marathon.

DORA Stephen Memorial Meeting (Open Graded), Coatbridge.

EDINBURGH and District Athletic League, Tweedbank.

SCOTTISH Young Athletes League West Div 1&2, Ayr.

ST ANDREW'S Half Marathon and Fun Run - Entries £4.00 from Fun Run Convenor, Students Union, St Mary's Place, St Andrews, Fife - 11.30am start.

GRAMPIAN Television League (East), Aberdeen, (North) Elgin.

SHAKESPEARE Marathon and Half Marathon. 12.45pm start. Details from A Kenyon c/o Barclays Bank, Market Cross, Bridge Street, Stratford-upon-Avon. (0789) 296501.

25

DAVID Keswick Centre Open Graded Meeting, Dumfries. Details - (0387) 69423

28

SCOTTISH Universities Championships, Wishaw. Details (7) 355821

29

FORTH Rail Bridge Centenary Half Marathon and Fun Run - 11.30 am start, Hawes Pier, South Queensferry. Entries from Jim Faulds, c/o 17 Linn Mill, South Queensferry.

BANK of Scotland Womens Athletic League D1, Coatbridge; D2, Wishaw; D3, Pitreavie; D4, Grangemouth; D5, Dundee.

HFC Bank Scottish Athletic League D1 & 2, Dam Park, Ayr; D3 & 4, Crownpoint

May

1

RENFREWSHIRE AAA 10K Track Championship, Crownpoint.

2

FALKIRK Open Graded Meeting, Grangemouth. Details - (0324) 486711.

SRI Chinmoy Road Race, Meadows, Edinburgh.

5

CAMPSIE Recreation Centre 10K Road Race, Lennoxton.

EASTER Ross Peoples Half Marathon, Tain.

GRE Cup, Round 1, venue TBA.

6

SCOTTISH Young Athletes League West D1 & 2, Crownpoint

EVENTS

STRANRAER People's 10K Road Race and Fun Run, Stranraer. Details - Wigtown Dist. Council, Client Services Dept, (0776) 2151 x 244.

SWAAA East District Championships, Meadowbank.

SWAAA West District Championships, Dam Park, Ayr.

THE Cunninghame Canter (10 mile RR). Details - (Largs) 686786.

8

RENFREWSHIRE Track Championships, Crownpoint

9

SRI Chinmoy Road Race, Meadows, Edinburgh

10

FORTH Valley League D1, Pitreavie; D2, Grangemouth.

12

BEN Lomond Hill Race.

BRITISH Athletics League, D2, Meadowbank.

FALKIRK Young Athletes Meeting, Grangemouth.

GOATFELL Hill Race, Brodick.

GOLSPIE Peoples 10K, Golspie.

PENICUIK-Howgate 10K Road Race, Penicuik.

ACCESS UK Women's League D1, Manchester.

13

CITY of Dundee People's Health Marathon & 10K, Dundee. Details - Race organiser - (0382) 23141.

GOUROCK Highland Games, Gourrock. Details - Rec. Services, Inverclyde Dist. Council, Greenock PA15 1LQ.

MAUCHLINE Nine Road Race.

SCOTTISH and North Western League D1, Dumfries; D2, Meadowbank; D3 & 4, Crownpoint; D5 & 6, Wishaw

ACCESS UK Women's League D2, Wigan; D3, Plymouth.

BANK of Scotland North East League, Aberdeen.

GRAMPIAN Television League, East, Peterhead; North, Elgin

LUDDON Strathkelvin Half Marathon, Kirkintilloch. Details from Strathkelvin Dist. Council, Tel 041-772 3210.

16

BLEBOCRAIGS 5 Mile Road Race, Cupar, Fife.

SHEETLESTON Harriers Open Graded Meeting, Crownpoint.

SRI Chinmoy Road Race, Meadows, Edinburgh.

TROON Tortoises 10K Road Race and Fun Run, Troon.

HFC Bank SAL v Scot Univs v Scot Juniors, Grangemouth

18-21

BRUICHLADDICH Islands Peak Race, Oban-Troon. Details - Chaos Control, 20 Shandon Cres, Edinburgh - 031 - 337 6300.

19

GOAT FELL Race, 2.15pm start, Ormidale Park, Brodick. Details - (0770) 2140.

SAAA North District Championships, Inverness.

STUC A' Chroin Hill Race, Strathyre, Perth.

20

JOHNSTONE Rotary Club 10K and Fun Run, Johnstone.

SCOTTISH AMATEUR ATHLETIC ASSOCIATION 1990 CHAMPIONSHIPS

OPEN CHAMPIONSHIPS

29 April	SAAA 10K Road Race Championship	Glasgow
27 May	SAAA Marathon Championship	Aberdeen
10 June	SAAA "People's" Half Marathon Championship	Dunfermline
23 June	"Dairy Crest" SAAA U-20 Championships	Meadowbank
7/8 July	SAAA Multi Events Championships	Ayr
27/28 July	"ScotRail" SAAA Senior Championships	Crownpoint
11 August	SAAA Heavy Events Championship	Glasgow
19 August	SAAA "People's" Marathon Championship	Inverclyde
Various	SAAA Road Running Championship (selected events over the season)	Various
Various	SAAA Hill Running Championship (selected events over the season)	Various

CLOSED CHAMPIONSHIPS

19 May	"Autosales" SAAA North District Championships	Inverness
26 May	SAAA East District Championships	Meadowbank
26 May	SAAA West District Championships	Ayr
3 June	SAAA/SWAAA Relays Championships	Grangemouth
12 August	SAAA Medley Relay Championships	Meadowbank
15 September	"D. M. Hall & Sons" SAAA North District 10K Championship	Inverness

Entry forms (as they become available) and/or further information can be obtained from:
SAAA, Caledonia House, South Gyle, Edinburgh EH12 9DQ Tel. 031-317 7320/1

MERSEY MARATHON

SUNDAY 23rd SEPTEMBER 1990

START 11 a.m.

BARR GRADE 1

(Under AAA, WCCA Rules)

* HOT ONE HUNDRED RANKING *

Training Grant Awards of £20,000

Entry fee £7.50 (£7.00 (AAA))

Closing date for all entries 25th August 1990

Use universal entry form or apply sending SAE to:

Mersey Marathon

11 Dale Street

Liverpool

L2 2TE



Sponsored Climb and Race

In Aid of
The Royal Commonwealth Society for the Blind

Sunday 10 June
(Provisional)



SIGHT SAVERS APPEAL

Trophies and lots of prizes to be won

Information and Sponsorship forms from:

Mrs V. Mckerrow,
5 West Argyle Street,
Helensburgh
G84 8UU
Tel: 0436-73391

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

Incorporating the Scottish People's Marathon Championship

Sunday 5th August 1990



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

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

EVENTS

MOTHERWELL Ravenscraig Half Marathon, Wishaw. Details - Race Director, Wishaw Sports Centre, Wishaw, ML2 0HB.

SOLWAY League, Annan.

SWAAA East v West match, Coatbridge.

HFC Bank Scottish Athletic League, D1 & 2, Glasgow/Aberdeen; D3 & 4, Meadowbank.

HUGHES Glenrothes Half Marathon, Glenrothes. For details call (0592) 771700.

23

KINNOULL Hill Race, Perth.

SRI Chinmoy Road Race, Meadows, Edinburgh.

26

BATHGATE & West Lothian Highland Games and Hill Race, Bathgate.

BENS of Jura Fell Race, Isle of Jura.

KIRCUDBRIGHT Academy Milk Half Marathon, Kircudbright.

MULTI Events International, Prague.

SAAA East District Championships, Meadowbank.

SAAA West District Championships, Dam Park, Ayr.

SCOTTISH Young Athletics Handicap Scheme, Bathgate.

BANK of Scotland Western Isles Half Marathon, Stornoway, Lewis. Details - Alan Cunningham, Burncrook, Upper Bayble Point, Isle of Lewis, PA86 0QH.

27

CAITHNESS Northern People's Half Marathon, Thurso.

LIVERPOOL Womens' 10K/The Great North-West Run. Details - 051 - 225 5315.

CITY of Aberdeen Milk Marathon,

Aberdeen. Details - Marketing Services Ltd, 4 Bon Accord Crescent, Aberdeen AB1 2DH.

COWAL Police Half Marathon, Dunoon. Entries from Police Station, Argyle Road, Dunoon. (0369) 2222.

EDINBURGH and District Athletics League, Pitreavie.

FORRES Harriers 10K, Forres.

GB v Italy v Hungary v West Germany (jumps and throws), Southampton.

MONKLANDS Scottish Women's Cup Semi-final, Coatbridge. Details - Jim Brown (0236) 31524.

28

CAU Championship, Corby.

30

AULD Toon 10K, Dunfermline.

PITREAVIE OGM, Pitreavie

SRI Chinmoy Road Race, Meadows, Edinburgh.

June

2

EAST Kilbride 10K Summer Road Race, East Kilbride.

GLENGOYNE Gallop, Blane, Glasgow.

HADDINGTON Festival Five Mile Road Race, Haddington.

HFC UK Championships, venue, TBA.

INVITATION Trophy Meeting, Everholm, Annan.

LILIAS Day Road Race, Kilbarchan.

ROSS-SHIRE Peoples 10K Road Race, Muir of Ord

SHOTTS Highland Games and Groat Road Race, Shotts

THE CUMBERNAULD HALF - MARATHON

SUNDAY
JUNE 3RD
1PM
Organised by
Recreation Leisure Services

ENTRY FORM

Official Entry Form - please complete all sections in BLOCK CAPITALS and Return to: Cumberland and Kilmory District Council, Recreation and Leisure Services, Council Offices, West Way, Cumbernauld G87 1SD.

Runners will be required to (1) complete all sections of this form and (2) pay the entry fee of £3.50 in cash or by cheque (cheques must be payable to the Treasurer, Cumberland and Kilmory District Council). Entry will not be accepted without the entry fee. Entry will not be accepted without the entry fee. Entry will not be accepted without the entry fee.

Please note the Race Director will not be responsible for any injury or damage sustained by any runner during or as a result of the event, or for any property lost or damaged on the course or in the changing rooms. I declare that I am at least 15 years of age and I am not a professional runner. I agree to accept the conditions of the race and to be bound by the rules and regulations of the race.

NAME: _____

ADDRESS: _____

DATE OF BIRTH: _____

DATE OF RACE: _____

ENTRY FEE £3.50

Signature: _____ Date: _____

MAIN SPONSORS: CK, CUMBERNAULD NEWS, CD

This race is promoted under the permits from the S.A.A. and Scottish Women's Cross - Country and Road Running Association and is subject to all times to the jurisdiction of both Associations.

KINCARDINE & DEESIDE DISTRICT COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 1st July

Main Sponsors: Kincardine &
Deeside District Council

† Entries limited to 2000 runners

† Entry fee £5.00

† Medals to all finishers

† Free swim in Scotland's only outdoor heated swimming pool

Entry forms, send S.A.E.: Race Administrator,
Leisure & Recreation Section, Kincardine &
Deeside District Council, Viewmount, Stonehaven.

Closing date 16-6-90



FORTHCOMING EVENTS

JUNE 9th - Aberfeldy Half Iron Man Triathlon

SUNDAY 16th SEPTEMBER - Aberfeldy Half Marathon

OCTOBER 14th - Grand Prix Triathlon
Mountain Bike Race - Date to be fixed in September

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

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

THE DUNFERMLINE HALF MARATHON (inc Scottish People's Half Marathon Championship)

PITTENCRIEFF PARK
SUNDAY 10 JUNE
9.30 am



Principal Sponsor
Dunfermline
Building Society



ORGANISED BY
DUNFERMLINE
DISTRICT
COUNCIL

B.A.R.R. GRADE 1 & HOT 100
Extensive Prize List for Individuals & Teams
£1600 in Total
Medal & Completion Certificates

All enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211

DUNFERMLINE DISTRICT
SPORTS COUNCIL

C & G SPORTS
DUNFERMLINE

Electrical Services

MILK! IN SPORT

FULL ENTERTAINMENT PROGRAMME FOR ALL THE FAMILY

EVENTS

SWAAA Combined Events Championships, Grangemouth.

3

AIRDRIE Highland Games, Airdrie.

CUMBERNAULD Half Marathon, Cumbernauld.

EAST Neuk of Fife Half Marathon, Anstruther.

FORTH Road Runners 10K Road Race and Fun Run, Forth.

HFC UK Championships.

IRVINE Valley Half Marathon, Galston, Ayrshire.

LARKHALL - Wanlockhead Relay, Larkhall.

SAAA/SWAAA Relay Championships, Grangemouth.

SCOLTY Hill Race, Banchory.

SWAAA Combined Events Championships.

6

AC MOIR Ayr Seaforth 10K Road Race, Dam Park, Ayr.

FALKIRK Open Graded Meeting, Grangemouth.

SRI Chinmoy RR, Edinburgh.

7

GB v Finland, Helsinki

8

HUNTER'S Bog Trot, Edinburgh

9

HAMILTON District Sports Festival and Gala, Hamilton.

SCOTTISH Schools Pentathlon and Relay Championships, Grangemouth.

THE Frank Sinclair Road Race, Greenock.

10

BRITISH Athletics League Div 2, Manchester

DUNFERMLINE Half Marathon, Dunfermline.

MONKLANDS Festival 7 mile Road Race, Coatbridge.

SCOTTISH Young Athletes League, West D1 & 2, Wishaw.

ST Fergus Gala Road Race.

BANK of Scotland Womens Athletic League D1, Meadowbank; D2, Inverness; D3, Grangemouth; D4, Crownpoint; D5, Pitreavie.

13

ESH OG Meeting, Meadowbank

**BANK OF SCOTLAND
SELKIRK PEOPLE'S**

**HALF
MARATHON & 4.5**

MILE FUN RUN

Sunday 8 April

at 2-30pm

Entry forms from: R J Wilson, 3

Ladylands Terrace, SELKIRK

(0750 21598)

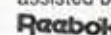
**ISLE OF MAN
MARATHON AND
HALF MARATHON
AUGUST 19 1990**

**Contact: Dan Higgins,
Curlew Cottage, Scarlett
Castletown, Isle of Man**

The Great Angus Run

Forfar 15  **Maggie Storey
Memorial 10k**

A people's 15 mile road race
at 1 p.m.
SUNDAY, 8th APRIL, 1990
from STATION PARK, FORFAR

Sponsored by  assisted by 

ENTRY DETAILS: SAE, BRIAN HENDRY, 8 MUIR PLACE, FORFAR.

HILL of Tarvit 5 Mile Road Race, Ceres, Fife

KILWINNING Academy Festival of Road Running, Kilwinning

SRI Chinmoy RR, Edinburgh

14

FORTH Valley League, D1, Livingston; D2, Pitreavie

16

DUNBAR Civic Week Doon Hill Race, Dunbar

GLEN Rosa Horse Shoe Race, Arran

SCOTLAND v Greece v Ireland v Portugal (women), Athens

SSAA Championships, boys, Grangemouth; girls, Crownpoint

17

AFTON Water 10, New Cumnock.

BO'NESS 10K Road Race, Bo'ness.

FALKIRK Highland Games, Calender Park, Falkirk.

MID Argyll Half Marathon and Fun Run, Lochgilphead, 2pm start. Details - Mr F Johnston, Kilmory Road, Lochgilphead. (0546) 2024.

PETERHEAD Half Marathon.

SCOTLAND v Greece v Ireland v Portugal (women), Athens.

SOLWAY League.

HFC Bank Scottish League D1 & 2, Coatbridge; D3 & 4, Crownpoint

19

ROEVIN 10K Road Race, Aberdeen.

20

CORT Ma Law Hill Race.

NATIONAL Inter Area Competition, for secondary schools, Grangemouth.

SRI Chinmoy RR, Edinburgh.

OPEN GRADED MEETINGS, DUMFRIES
(Permits applied for; under SAAA/SWAAA rules)

WEDNESDAY 25 APRIL

&

WEDNESDAY 27 JUNE 1990

7.00 p.m. start

SAE for details to:

David Keswick Athletic Centre,

Marchmont, Dumfries DG2 8NH

Tel. (0387) 69423

Dumfries and Galloway Regional Council

113th Nairn Highland Games

**On the links, Nairn
Saturday 18th August**

**Invitation Tug-Of-War, Nairn Half Marathon,
Athletics, Piping, Dancing, Cycling, Nairn
Pipe Band, and, of course, the Heavies**

**Further information from the Secretary,
H. Allyson, Townhouse,
High Street, Nairn.**

British
Association
of Road
Races

HUGHES
AIRCRAFT COMPANY

HOT 100

Grade 1

GLENROTHES HALF MARATHON SUNDAY

20th MAY, 1990

(10.30am start)

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

Entry £4.50

Prizes for Race and Vets winners

3 MILE FUN RUN

Starts 10.45 a.m. 50p entry Prior to,
(After the Half Marathon) or on the day

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

HUGHES GLENROTHES HALF MARATHON

FIFE SPORTS INSTITUTE



VIEWFIELD ROAD

GLENROTHES

FIFE

KY6 2RA

For details call 0592 771700



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

KALL-KWIK BLAIRGOWRIE 500 HALF MARATHON & 3.7 MILE FUN RUN

**SATURDAY 1 SEPTEMBER
1990**

1.30 p.m.

**Recreation Centre open from 12 Noon
Entries on Day**

* £4.00 (Affiliated) *
* £4.50 (non-affiliated) *
* £5.00 (on the day) *

Lots of spot prizes!

**Further information :
Bob Ellis,
Achanalt
15 Ann Street
Blairgowrie PH10 6EF
Tel. (0250) 3899**



INVERCLYDE ATHLETIC INITIATIVE



Reebok

INVERCLYDE FESTIVAL OF RUNNING

10K ROAD RACE — Sunday, 17th June, 1990.

INVERCLYDE MARATHON — Sunday, 19th August, 1990

**Incorporating the SCOTTISH PEOPLES MARATHON
and the S.V.H.C. MARATHON CHAMPIONSHIPS**

**Organised by Inverclyde Athletic Initiative with assistance from
Inverclyde District Council and REEBOK.**

Sponsored by IBM Greenock

Competition details: Please PRINT All appropriate information
Surname: _____ First name(s): _____
Street: _____
Town: _____ Country: _____
Club Name: _____

Male/Female: (M/F)
Veteran: (Male 40 and over/Female 35 and over)
Unattached: (i.e. NOT a member of affiliated club)
Age on Day of Race: (MUST BE 18 OR OVER)
Event entered: (Marathon/10K)
Entry fee: £10K — £2.00; Marathon — £4.00 (£4.50 unattached)
S.V.H.C. Member: (Y/N) — S.V.H.C. Marathon championship only.
Anticipated time: _____ mins.

Cheques/postal orders should be made payable to:
**INVERCLYDE ATHLETIC INITIATIVE and sent to:
Joe Gallagher, 4 Millburn Court, Inverkip, PA16 0DX.**

Prize list — MEDALS TO ALL FINISHERS

Open (All athletes)
Open FEMALE (All female athletes)
Veteran MALE 40-44, 45-49, 50-54, 55-59, 60 and over
Veteran FEMALE 35-39, 40-44, 45-49, 50 and over
Affiliated club teams MALE (3 to count)
Affiliated club teams FEMALE (3 to count)

Entries will not be acknowledged but a race package will be issued at least two weeks prior to the event.
I waive any rights and claims against the organisers for any loss/injury as a result of participating in the event.

Signature: _____ Date: _____

INVERCLYDE ATHLETIC INITIATIVE IS A COMMITTEE SET UP BY THE THREE INVERCLYDE CLUBS: GREENOCK GLENFARK HARRIERS,
GREENOCK WILFARK HARRIERS and BM SPANGO VALLEY A.C. TO HELP PROMOTE ATHLETICS IN THE INVERCLYDE COMMUNITY.



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SPORTS NETWORK

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

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

A.C. MOIR Ayr SEAFORTH
Track and field, cross country and roads for all age groups, male and female. Dam Park Stadium, Ayr, 7-10pm on Tuesdays and Thursdays, also 11am-1pm, Sundays. Four different leagues competed for. Secretary Glen Harrower, 4 Blackburn Drive, Ayr. Tel: 0292-261956. Road race secretary Bill Boyde, 25, Heathfield Road, Prestwick. Tel: 0292-282644.

ANNAN & DISTRICT AC
All ages 9-90 and all standards catered for. Coaching in: track, field, cross country and road running. Training sessions: Tuesday, Wednesday, Sunday. More information available from sec. David Hopper, 7, Argyll Terrace, Annan. Tel: 04612 4682.

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

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

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

ARRAN RUNNERS
New club for males and females of all ages and catering for all running interests. Training sessions Tuesdays (mixed) and Thursdays (women) and fun runs on Sunday mornings. Visitors to Arran always welcome at these sessions. Contact Colin Turbett (sec.) Tel: Shiskine 427.

BATHGATE ATHLETIC CLUB
A small friendly club for all standards of athletes from 8 years upwards taking part in track and field running and cross country. We meet for training on

Tuesday and Thursday nights at 6.30pm and Sunday afternoons at 12.30 in the Balbardie Park of Peace. Everyone is welcome so if you are interested in joining us please contact Carolyn McDonald, Cluancoil, Ballencrieff Toll, Bathgate. Tel: 0506-56831.

BEITH HARRIERS ATHLETIC CLUB
Serious runner, fun runner or novice. Do you wish event information? Phone Jim Swindale, 29 Braehead, Beith, Ayrshire KA15 1EF. Tel: Beith 4156 - Answering machine.

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

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

BLAIRGOWRIE ROAD RUNNERS
Sec: Mark Tulley, Barnhill, Balbrogie, Coupar Angus. Tel: 0828 27601

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

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

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

CENTRAL REGION AC
Large friendly club catering for all standards and ages, track and field, cross country and road running. For further information, Tel: John Dickson on Stirling 71627.

CLYDESDALE HARRIERS
Road, track, cross country, field events, hill running, jogging, coaching available in all aspects: social events. If you are looking for a friendly club contact: Phil Dolan, 1, Russell Rd, Duntocher. Tel:

Duntocher 76950. Emily Hardware, 23, Gilmour Ave, Hardgate, Clydebank. Tel: Duntocher 76902.

CLYDESDALE ORIENTEERS
The premier orienteering club for Glasgow and surrounding area caters for competitors of all standards and abilities - from novices to internationalists - at a variety of events throughout the year. Enquiries welcome to: Shona Dickie, 57 Craiglond Gardens, Balloch, G83 8RP. Tel: 0389 52850.

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

CUMNOCK AND DISTRICT ATHLETIC CLUB
Meets every Monday at Netherthird P.S. and every Wednesday 6.30pm at Cumnock Academy Games Hall. From 9 years to adult. Qualified coaches covering all athletics events. Very friendly and enthusiastic club. Secretary: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

DUNBAR AND DISTRICT RUNNING CLUB
Training nights Tuesday and Thursday 7pm at Deerpark, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064. We cater for all abilities.

DUNDEE HAWKHILL HARRIERS
Track, field, cross country and road for male and female, coaching available. All age groups nine and upwards catered for. Contact: Gordon K. Christie, 767, Dalmahoy Drive, Dundee DD3 9NP. Tel: 0382-816356.

DUNDEE ROAD RUNNERS AC
Secretary - Enthusiastic, friendly club welcomes all standards of runners. Meets every Tuesday and Thursday at 6.30pm and Sundays at 10.30am at Loches Leisure Centre. For youngsters (age 9 and upwards), the Junior Section meets each Wednesday at 6.15pm for track and field coaching at Caird Park. For further information contact: Gill Hanlon, 9, Lochinver Crescent, Dundee DD2 4UG Tel: 67026.

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Monday-David Keswick Centre, Dumfries; Tuesday-Maryfield, Georgetown or David Keswick Centre; Wednesday - Lockerbie Academy; Thursday-Locharbriggs School; Friday - Georgetown or Laurieknowe. For further details please contact Angela Coupland (sec) on 0387-710816.

EAST KILBRIDE AAC
All age groups and standards welcome from 9 to 99, serious or social, male or female, we cater for all aspects of athletics including full conditioning room. Main club nights are Monday and Thursday (7pm) at the John Wright's Sports Centre/ East Kilbride Stadium. Contact: Sheila MacDougall (sec), 71, Alexander Ave, Eaglesham. Tel: Eaglesham 2978.

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

EDINBURGH WM
Meet every Tues and Thurs 7pm at Meadowbank. All ages catered for by qualified coaches for most events. Further information from: Elsie Morris, 5 Blantyre Terrace, Edinburgh Tel: 031-447-4865.

ESPC ATHLETIC CLUB
Welcomes enquiries from prospective new members. All age groups catered for - male or female. Coaching by BAAB qualified coaches in most events. Training sessions at Meadowbank, Saughton or Duddingston. Contact sec: M. Reid. Tel: 031 334 6996.

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

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages who are interested in track, road, or cross country. All abilities welcome. Training night Wednesday September - March at Market Muir, Forfar (under floodlights). April - August at Forfar Academy playing fields. Contact Sec: Brian Hendry on Forfar 61124 for further details.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm. Club Secretary Brian Hendry, 8 Muir Place, Forfar. Tel: 0307 64124.

GARSCUBE HARRIERS
Training every Tuesday and Thursday

evenings at Blairdardie Sports Centre, Blairdardie Road, Glasgow G13 starting at 7pm. Male and female all age groups and standards welcome. Young athletes (male 14-18) Tuesday night 7pm. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 041-334-5012. Young athletes contact Alan MacDonald, Tel: 0259 60075.

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches BAAB qualified. We meet on Monday nights at Scotstoun Showgrounds, Glasgow at 7.25pm, and on Weds evenings at Crownpoint Road track from 7.15pm. Further details from: Leslie Roy, General Secretary, 72, Orchy Crescent, Bearsden, Tel: 942-9421

GREENOCK GLENPARK HARRIERS
New members of all ages welcome in club catering for men and women. Competition in track, road and cross country. Regular sessions from own clubhouse with all facilities. Senior men meet Tues and Thurs nights at 7pm, with boys and youths at 5.30pm. Women meet Monday 7.30pm. For details please contact Alan Puckrin, 14, Caledonia Cres, Gourrock.

HADDINGTON ELP
Active, friendly, mixed club, meets Mon & Wed nights 7pm Neilson Park, Haddington (young athletes coaching, Knox Academy). Other times and places by arrangement. All ages, standards, road, cross country, hill, track and easy keep fit runs. Come along or contact Sec David Jones, 7, Letham Mains, Haddington EH41. Tel Haddington 2685.

HAMILTON HARRIERS
All age groups, both male and female, welcome from 9 years to veterans. Club meets Monday and Wednesday 7-9pm, and Sunday mornings. Coaching available for track and field, road running and cross country. Women's jogging night Tuesdays 7.30pm at our own house. For further info, contact Ian Duffy (Blantyre 829661), or Sheena Smith (Hamilton 428186).

HARLEQUINS AAC
Central Scotland's newest athletic club with hopes of entering HFC 4th/5th division and GRE Cup. New members of all standards most welcome. Contact Dario Melaragni, Alloa 212084.

HARMONY ATHLETIC CLUB
Meets in south west Edinburgh every Mon and Wed. Caters for a wide range of abilities in track and field, cross country, road running and hill running throughout the year. For more info contact Ken Jack: 031-449-2910; or Ian Hislop on 031-441-1604.

HYNDFORD HARRIERS
Friendly, recently formed club looking for new members: male and female. All age groups and standards are welcome. Training: Lanark Grammar School, Thursdays 6.30pm to 9pm. For further info contact A. McCrindle, 45 Stanmore Cres, Lanark ML11 7DF. Tel. 0555 2460.

KILBARCHAN AAC
Youngsters and men and women of all ages who are interested in track and field, road and cross country, or in

coaching these disciplines, are welcome. Training nights 7pm Mondays at Thorn Primary, and Wednesdays at Johnstone High School, Johnstone. Come along or contact secretary Jason Pender at 34, Victoria Road, Brookfield, Renfrewshire. Tel: 0505-21217.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road and cross country). Girls and women. Sec: John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010. Boys and Men: Sec - Gordon McLean, 13 Kintyre Gardens, Kirkintilloch Tel: 041-776-6013.

LASSWADE ATHLETIC CLUB
Track and field events, road running and cross country. All ages 8 years to adults. Older members especially welcome. Compete in all major track and cross country leagues and national championships. Training Mon/Thurs 6.00/8.30 at Lasswade High School Centre, Bonnyrigg. Sec: Barbara Howie, 123 Newbattle Abbey Cresc. Dalkeith. Tel: 031 663 4697, or contact David Hand, 031 663 0434.

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

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

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

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

MARYHILL HARRIERS
Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Meets Tuesdays and Thursdays 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

MILBURN HARRIERS
Train every Tuesday and Thursday night in the Milburn Park, Alexandria from 7 till 9pm. All standards of runners welcome. For information contact: Geoff Lamb (sec), 7, Golfhill Drive, Bonhill, Dumbartonshire. Tel Alex. 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club with regular social events. Meet at Elgin Community Centre, Trinity Road, Elgin on Wed. at 6.30pm and Sunday at 9am. Further details from: Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-541543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. For more information contact: Clare McGarvey at East Kilbride 35844 after 9pm.

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

PEEBLES AMATEUR ATHLETIC CLUB
Enthusiastic and friendly club. All age groups very welcome from beginner to veteran, male or female. Meets at Peebles Swimming Pool 7.30pm every Monday night. Further details from Stewart Ruffell on Peebles (0721) 20626.

PENICUIK HARRIERS
Small, friendly "grass roots" club catering for all standards and ages, from 8 years upwards. Track, field, road, cross country and hill running. Regular training Mondays and Wednesdays. Sec: Jill Sales, 45 Bavelaw Crescent, Penicuik EH26 9AV (Tel: 0968 75462).

PERTH ROAD RUNNERS
Small informal club meeting Tuesdays and Thursdays at 7pm in the Perth Fitness Centre, Glover Street, Perth. Joggers and runners of all abilities welcomed. Sec: Stuart Tedcastle, 234 Oakbank Road, Perth, PH1 1DS.

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

PORTOBELLO RUNNING CLUB
Runners of all standards are invited to run with us on Wednesday evenings and Sunday afternoons. For more details of our sociable, seaside club contact Sec: Ian Borrowman, 63, Montpelier Park (1F3), Bruntsfield, Edinburgh (Tel: 031 228 6108).

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

SCOTTISH HILL RUNNERS ASSOCIATION
Sec: Alan Farningham, 13, Abbotslea, Tweedbank, Galashiels.

SHETTLESTON HARRIERS
Non members welcome for track and field, cross country, road running and hill running. Coaching available most nights at Crownpoint Stadium and club runs on Tues and Thurs from the clubhouse, Barrachnie. Details: John Donnelly on East Kilbride 42867.

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

Park, Castle Douglas.

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

VALE OF LEVEN AAC
Nine years to veterans: All age groups and abilities, male and female, very welcome. Track and field, road and cross country. Details: Ben Morrison, Secretary, 71, McCoil Avenue, Alexandria G83 0RX. Tel: 0389-53931.

SCOTTISH TRIATHLON CLUB
Membership secretary - Geoff Buchan, 22, Lawsondale Drive, Westhill, Skene, Aberdeen.

AYRODYNAMIC TRIATHLON CLUB
Sec: Robin Strang, 15, Seaview, Dunure, Ayrshire. Tel: 029250-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr baths (cycle).

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

EAST KILBRIDE TRIATHLON CLUB
Sec: Neil Duncan, 223 Logans Road, Motherwell, ML1 3PH. Tel: 0698 867660.

FAIRPORT TRIATHLON CLUB
Sec: Peter Butcher, 7, Dalhousie Place, Arbroath. Tel: 0241-73490.

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

STIRLING TRIATHLON CLUB
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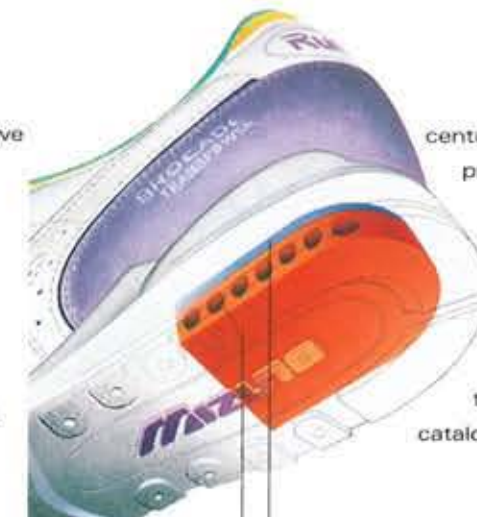
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