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SCOTLAND'S Runner

ISSUE 51

NOVEMBER 1990

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NOVEMBER 1990

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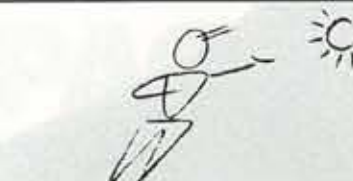
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Cross country returns!
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Coldstream Runners' picture

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Parks and Recreation

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WHILE never underestimating the importance of top class coaching and facilities, there is nothing in the short term more likely to improve performance than good competition stimulated by an inspirational figure.

You see it time after time in all sports. Take Kenyan middle distance running, for example, or Swedish tennis - just two of the most dramatic manifestations, and two of the most different.

Scotland doesn't have a Kip Keino or a Bjorn Borg, but I would contend that the presence of figures such as Steve Ovett and Steve Binns in Scottish cross country running this winter should - and will - raise standards across the board.

Ovett is, to use a popular if crude expression, slightly past his sell-by date, but remains one of the giants of contemporary athletics. The initial euphoria of realisation that he might wish to spend his twilight years literally up to his ankles in Scottish mud may have passed, but the man's reputation and achievements are such that his stature will never be diminished, no matter how much age catches up with him (not that age seemed to be troubling Ovett too much at the McAndrew Relay, when he clipped five seconds off the lap record!).

Scottish middle distance athletes -

who have spent the last few years bemoaning the lack of good class competition - will no doubt have taken



note of the fastest laps at the McAndrew. For including Ovett, there were five athletes born outside Scotland in the top six. The winning

team, Dundee Hawkhill, had only one Scot among their four men, while second placed Annan had their two Englishmen.

Scots being what they are, there will doubtless be some who see something untoward in this mini-invasion from the other three home countries (you'd get good odds against a Scot winning the national this season, for example), but I believe it is to be warmly welcomed. As I said earlier, it can only raise domestic standards.

Just as important, the appearance of athletes such as Ovett and Binns stimulates a wider interest in the sport - both with the media and the general public. In a minor way what is happening in cross country could be a mirror image of the transformation in Scottish football since the arrival of top English and foreign players into the game.

I look forward to seeing how some of our top domestic runners react to the challenge on their doorstep. If they do rise to it, then Scottish cross country running will be in a far healthier state next March than it was at the start of October.

Alan Campbell



THE CHEST, HEART & STROKE ASSOCIATION (SCOTLAND)

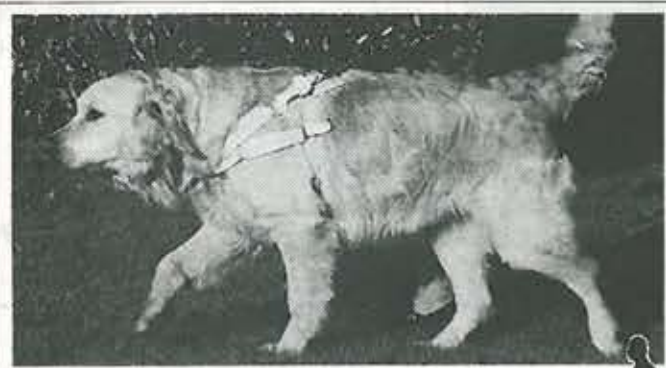
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Beverley wins world title

SCOTLAND gained an unlikely world champion when Beverley Redfern (Carnethy HRC) won the women's International Mountain Racing World Cup in Telfse, Austria. English born Redfern, 33, won the 7.4K, 350m climb, race in 36-36.44, 59 seconds ahead of Italian Maria Cocchetti.

Redfern's victory combined with Tricia Calder's 11th place, Joyce Salvona's 18th, and Jane Robertson's 33rd, enabled Scotland to take bronze in the team competition, which was won by Switzerland.

In the men's race, three times British champion Colin Donnelly (Eryri Harriers and Cambuslang) failed to repeat his silver medal performance of last year, finishing ninth. Dermot McGonigle (DHH) was 18th, with John Wilkinson, 30th, and Alan Farningham 31st (both Gala) making up the Scottish team. The strong Italian squad triumphed with gold medalist Severino Bernardini and his team finishing 1, 2, 3 in the short course event.

In the junior event Scotland's only competitor was Billy Rodgers, who finished 22nd out of 52 starters.

REMARKABLY, Beverley Redfern has been hill racing for only 18 months, writes Jason Clark. Formerly a rock climber, she was persuaded to give the Ben Nevis race a try. First time out on the Ben Lomond event she won, and when she repeated the trick at Ben Nevis she realised she might have a natural talent for the sport!

Her World Cup appearance was her first international race and, naturally, she felt a little nervous.

Beverley said her tactics were simple: "I wanted to go out fast. After 500m I realised I was in the lead by myself. I considered slowing down the pace but decided just to press on."

Although Cocchetti caught her at one point, Redfern shook her off on the downhill stretch. "I honestly thought it would be more difficult," she said. "Although at first the descent was steep with a few loose stones, the terrain soon got a lot gentler. In Scotland every descent is tough."

Beverley is under no illusions as to the attributes required by mountain racers. "Leg strength and good co-ordination. You must also be able to assess the terrain on the descent. The aim is to run as fast as possible whilst maintaining your balance and watching your footing."

The IAAF intend to recognise the International Mountain Racing World Cup as an official world championship in 1992, which should, hopefully, arouse more media interest. However, as Redfern pointed out, the official backing could present Scotland's hill runners with a problem.

"It may be that the four home countries will be absorbed into one as in other branches of athletics. Many runners would be unhappy if this was the case," she said.

Asked why Italy and Switzerland are so dominant in the sport, Redfern replied: "Money is invested in the sport in these countries. Also in Italy many races are televised, giving the sport prestige."

As for the future, Beverley has definite plans: "After running a 10K recently I would like to try more road racing. I will also continue hill racing and hopefully, as world champion, I will receive invites to run in major continental races."

Peter, Janet take Ayr honours



DESPITE the unfortunate clash of dates with the Great North Run, the Ayr Land O'Burns Half Marathon on September 16 attracted around 1700 runners, only slightly down on last year's event.

The winner, in 64-18, was Bellahouston's Peter Fleming. Mike Carroll of Annan came second in 64-56. First woman home, with a time of 79-11, was Janet Swanson of Monkland Shettleston, pictured left receiving her booty from Digital's Jim Manderson.

(See Pages 18-21 for more Land O'Burns photographs).

Scottish returns to Meadowbank

NEXT year's Scottish track and field championships will return to Meadowbank after three years at Glasgow's Crownpoint Road. The dates are July 12-13.

The 1991 season gets underway in earnest on May 18 with the district championships. The SAAA had considered moving the districts to a date in August, but felt this would hit the numerous Highland Games scheduled at this time.

The under-20 championships will be held at Crownpoint on June 1. The following day (venue still to be decided), the relays championship will take place. The combined events championships will be held at Aberdeen on June 22-23.

Meanwhile, the heavy events championship takes place on August 4 at Bridge of Allan.

Local authority runners wanted

THIS year's annual Scottish Universities v SCCU v N.Ireland v Civil Service v Scottish Banks v Scottish Districts select race at Cumbernauld is, for the first time, opening its doors to a Scottish local government select team.

Both a male and female team of nine members (six to count) are required for the event which takes place in the grounds of Cumbernauld House on December 15.

If you are employed by any of Scotland's regional, district or island authorities, enjoy competitive cross country running, and would like to be considered for the local government team, then write, enclosing details of your employment and recent country, road, or track times, to: Euan Wilkinson, 53, Glen Shee, St Leonards, East Kilbride G74 2JH.

Euan, who works for Strathclyde Regional Council's public relations department, is looking into the possibility of sponsorship for the select team to help cover the expenses of those runners selected for the event.

Search on for a replacement for Dave Lease

SCOTTISH national coach David Lease is transferring to the Southern Counties on December 1. Lease, 43, a former Welsh Commonwealth Games pole vaulter, will have responsibility for the south-west of England in his new post and is likely to be based in Swindon.

Lease's tenure as Scottish coach began in May 1983, and he has been involved in two Commonwealth Games in his seven year spell.

The vacant position has already been advertised in a number of publications (although

not in Scotland's Runner!), and quotes a salary scale of £16,109 rising to £18,956 after five years. A car and travel expenses are also included with the job.

Lease expressed mixed feelings on his departure: "It means that we'll be near where my parents live, although that was not an immediate priority. We've been very happy here."

"I'm glad I'm going out on a good note as we've had a good year, not just at the Commonwealth Games and European Championships, but also in winning the Celtic Nations

junior women's meeting for the fourth year in a row and beating Ireland and Wales in the junior men's match," he added.

The BAAB's director of coaching, Frank Dick, said of Lease's departure: "David requested a transfer for family reasons. I'm sorry to see him leave Scotland as he had his own plans but it's a time of change, an exciting time, and I hope we'll attract an exciting group of candidates, which Scotland deserves."

The closing date for applications is October 22.

England rejects new event

THE Scottish Amateur Athletic Association has made tentative enquiries into the possibility of organising a Commonwealth Athletics Championship which would be run in addition to the Commonwealth Games.

Details remain sketchy, but every eligible Commonwealth Games country has already been contacted in order to gauge their interest.

Already ten countries have expressed their acquiescence in theory for such a games - including Canada, Australia, Wales and Kenya. The English AAA opposed the plan, citing an already overcrowded fixture list as the stumbling block.

Sorry, Evelyn

APOLOGIES to Evelyn Grant of Glasgow Athletic Club, who finished fourth in the Scottish Championships 1500 metres.

Our report of the event stated that Aberdeen AAC's Katy Rice, who finished fifth, was second Scot in the race, which was won by Yvonne Murray in 4-11.46. Evelyn Grant's time was 4-37.74, while Katy Rice clocked 4-38.04.

As Evelyn's coach Bill Parker mischievously points out, our man Doug Gillon was temporarily suffering from a small dose of Jack Buckneritis!

Race off

RUNNERS intending to take part in the Sri Chinmoy two mile race in Edinburgh on October 20 should note that the event has been cancelled due to "unforeseen circumstances".



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RUNNERS ALERT

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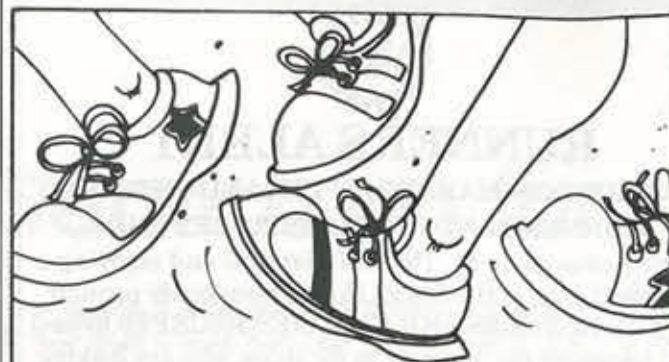
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Too much emphasis on results?

14, Burnleboozle Place,
Aberdeen.

SIR - Judging from the problems that most clubs, including Aberdeen, have in fielding full teams for meetings of the Panasonic Scottish Athletics League, men's athletics in Scotland is not in a healthy state.

I wonder whether any part of the reason might be that clubs are putting too much emphasis upon finishing as high up the league as possible, instead of building for the future by including younger athletes in their teams - even though these might, in their first season in senior athletics, finish well down the field?

The use of sponsorship money to provide prize money for the top three clubs might further discourage team managers from taking a long term view. It would surely be better if sponsorship benefited all clubs equally by meeting costs associated with items such as track hire, printing, officials' teas and travel.

Another point is that if league sponsorship helped defray the costs to clubs of league competition, then these might be less need for clubs to seek sponsorship directly at the cost of changing their names, possibly every few years. What, I wonder, will athletics historians of the future make of these name changes?

W. Hunter Watson,
Secretary,
Aberdeen AAC.

SAC is not intended to be elitist

112, Finnart Street,
Greenock.

SIR - The new Scottish Athletics Club read with interest the Open Forum in the October issue. We are grateful to Mr Gooch for his comments, and agree with him in many respects.

There are some points with which we would take issue, however. In his opening paragraph, he refers to the club as, "Yet another body to represent the needs of athletes."

We are not aware of any other body in Scotland which represents the interests of athletes. The governing bodies, all five of them, represent the interests of the sport, but these are not necessarily the interests of the athletes. In many cases, these bodies are unaware of the athletes' wishes. One case of this arose at the Scottish Championships at Crownpoint, when the officials genuinely believed that the 5000m runners would rather run the final at heat time, whereas the majority wished to run at final time.

As regards the statement of intent in the September issue, this was not intended for publication. While we are extremely grateful to Scotland's Runner for supporting the venture, nobody from the magazine contacted the club for information. The article that was published was part of a package presented to the press when the club was launched. Other documents in this package gave details of the address and membership subscriptions.

The club is intended to cover all aspects of the sport. The committee consists of track and field athletes, together with road, cross country, hill runners, disabled athletes, a schools' representative, a veteran, and a coach.

The reason that reference was made specifically to recruitment at Crownpoint was that the track and field championships were the first national event following the launch of the club. The club fully intends to be present at the leading events throughout the winter, and many of the current membership are dedicated "road runners cum joggers".

We would respectfully submit that any body attempting to improve the standard of the sport and to attract more publicity and sponsorship is of more than "little use" to these people. Negotiations are underway at present to improve the lot of all such "joggers", and we hope to be able to announce some initiatives in the very near future. Therefore we hope that the club will be of great interest to the majority of readers.

We believe that there is room in the sport for a national club for Scottish athletes (of the track and field variety, together with the road, cross country and hill variety too). That is why the club was set up.

Finally, we must take issue with the penultimate paragraph which makes the bold and unsubstantiated claim that, "Any changes in Scottish athletics should come down from the governing bodies through the ranks to the athletes themselves and not vice versa."

Why? Is there some rule which says that athletes should not be allowed a say in how their sport is being run? Athletes are the worst sportspeople around for complaining to each other. They meet at tracks or races or clubhouses around the country, and moan about the problems in their sport.

However, they don't do anything to try to put matters in order. The raison d'être of the Scottish Athletics Club is to give those athletes a body to complain to, and which can then relate those complaints to the governing bodies (or hopefully the governing body!).

We hope that Mr Gooch will follow the example of many others by joining the club. We aim to promote athletics within Scotland, and to bring all athletes together in higher standards of competition in a social environment.

Hopefully these goals will not be missed due to apathy or any other reason. Certainly, there is no sign of apathy among the members at present.

Gordon Ritchie,
Secretary/Organiser.

Thanks to Blairgowrie runners

Achanalt,
15, Ann Street,
Blairgowrie.

SIR - This year's Kall-Kwik Blairgowrie 500 proved to be more difficult than the race organiser thought, and many runners suffered personal worsts due to this.

However on saying this, Blair used to be recognised as the toughest half marathon in Scotland before Stonehaven took that title away from us.

Have we got the title back? Do runners want an easier course? Remember some runners like a stiff challenge, and is it a good thing for all half marathons to be easy?

Please write to me with your answers or queries.

This year's race, I'm told, had a more professional look to it and this I believe is due to our main sponsors, Kall-Kwik Printing (Dundee and Perth shops) whom, left to do their own thing, produced a good entry form, signs and other literature. They are also carrying on with their sponsorship for another year.

Dundee Runner also came up trumps once again and they (John Quinn and Jim Norrie, who is the committee) helped greatly throughout our campaign to become "one of the best".

John Connaghan (Builders and Joiners) Perth made the start, finish, and the presentation podium most professional looking.

I would also like to thank all the half marathon and fun runners for taking part in the 500 tenth anniversary, once again making it a successful event, and look forward to seeing you all again next year.

Bob Ellis

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PERHAPS it was inevitable that the club with the most unusual name in Scottish athletics would dream up something completely different to mark their tenth anniversary.

Which explains why, one day last month, the Edinburgh-based Hunter's Bog Trotters began their celebrations in the 6am shadow of Arthur's Seat. They were to finish, some 16 hours later, in an Aberdeen city centre pub! Club captain Pat O'Kane, the Glasgow-born former Westerlands runner who has hitched his loyalty to HBT on the strength of an Edinburgh teaching post, instigated the idea of covering the intervening 140 miles with a club road relay.

Twenty two Hunter's Bog Trotters - using a pig's trotter as an appropriate baton - were involved in the run which charted its course from Edinburgh to the Forth Bridge and along the back roads of Fife to the Tay Bridge and into Dundee.

It was then on to Brechin before turning into the Grampian heartland via Edzell and Fettercairn, crossing the Cairn o' Mount to link up with the Banchory-Aberdeen road for the South Deeside leg to the Granite City.

Having set a six minute mile pace, the HBT contingent were delighted to record a 5-40 return in a total time of 13-23-45.

Why Edinburgh to Aberdeen?

Explained assistant secretary Robin Thomas, one of several original HBT members on the run: "It seemed logical to stay away from the busy roads in Central Scotland.

"By aiming for Aberdeen, we could use the many back roads of Fife, Angus and Grampian, and call on the services of the strong HBT contingent who live in the Aberdeen area.

"There was also the incentive of ending up at the right venue - in this case the Old Bank Bar where one of our members, Jim Farquhar, is bar manager."

Pat O'Kane, the fragile survivor of a late-night party, was given the doubtful privilege of launching the relay from Hunter's Bog, the area of ground on Arthur's Seat which gave its name to the club.

A crescent moon and a weak sunset provided the backdrop to O'Kane's run through deserted Edinburgh streets before he handed over to Eric Scott for the two legs to South Queensferry.

The honour of crossing the Forth Road Bridge went to HBT's biggest fan, ten year old John Coon, son of Livingston-based members John and Susie Coon.

Said Robin Thomas: "We just could not bypass a youngster who has become so wrapped up in the club. He takes a tremendous interest in everything we do.

"The fact that he is 10 years of age made his role an appropriate one on our tenth anniversary."

The min-Trotter handed over to Ian Marshall - one of the original members - for the run through Fife by way of David Taylor, Stuart Gibson, John MacKay, Neil McIntyre, Chris Lewis, Norman Blisset, Brian Maher and a testing 11.5 mile leg by Jim Farquhar.

Geoff Mitchell and Paul Foy saw the baton deep into Grampian before Ian Wallace was given the dubious pleasure of tackling the 1400ft climb up Cairn o' Mount.

It was then down to Derek Hall, Dave Dawson, Jim Wright and Simon Axon to see that Mark "Zoot" Thomas was given the honour of completing a relay which ended in Aberdeen's Union Street.

An appropriate banner, an inflatable doll, and a barrel of beer played their part in keeping the waggon - and spirits - rolling on the few times when the relay went somewhat off course.

The residents of Windygates, Frockheim and Dundee may yet look back on the September afternoon they came across a lone figure wearing a bog brown outfit carrying the "HBT" legend.

But then the Hunter's Bog Trotters have always been somewhat scattered since the day and hour, ten years ago, that a group of Edinburgh University students decided that Edinburgh Southern and Edinburgh AC were somewhat "elitist" in their approach to the sport.

They now have members throughout Britain, and links with runners in Australia and New Zealand.

Recalls Robin Thomas: "The idea of calling our new club the Hunter's Bog Trotters stemmed from the Victorian era when there was a club called the Bog Trotters.

"But our new name didn't go down well with the SAAA's. They said it was somewhat inappropriate, and only came round to our way of thinking when the Banff Coasters and the Solway Striders appeared in the scene.

"The SCCU were always more enlightened in their approach, a fact which might go some way to explaining why we concentrate on hill, road, and cross country running.

"But the great thing about HBT is the fact that we cater for everyone - from the hack to the five minute miler. But the running is nothing if we can't enjoy the social side.

"It's just as important that we enjoy a good chat over a few pints."

He added: "We have a role to play in the sport. It is clubs like the Hunter's Bog Trotters who keep people in running long after they might have given up."

The prospects are looking good for the next ten years. Currently running at a 70-strong membership, HBT have been encouraged by the recruitment of a small women's section, and the prospect of making some kind of impact on next month's Edinburgh-Glasgow road relay.

Welsh international Simon Axon's decision to switch from Aberdeen AAC to HBT has prompted Robin Thomas to think they might just be in the running for the E-G "most improved club" award.

RUSSELL SMITH

ABERDEEN AAC's up-and-coming names featured strongly in the annual club championships.

New under-21 internationalist Louise Paterson had a two second margin in the intermediate 200m, clocking 25.3, which represented the fastest time for the four age groups at the distance.

William Stark (25.9) resisted the attentions of Alasdair Love to take the junior boys' 200m on a night when internationals Mark Davidson and Paul Allan were both timed at 22.3 in the men's race. Davidson was given the photo-finish verdict - Allan taking the consolation prize of a personal best for the distance.

Former Scottish cross country international Sonia Armitage continued her comeback with a 5-09.3 second place to Sue Lanham (5-02.8) in the 1500m.

CLUB coach Bob Masson, the man behind the progress of Duncan Mathieson and Mark Davidson, used a 37.52m discus throw to inject 660 points into his winning 2848pt total in the Aberdeen AAC veteran championships.

The 100m, long jump and 1500m completed the competitive element of an annual confrontation at the Chris Anderson Stadium.

Scottish veteran indoor champion Joyce Hogg dominated the women's event. Leading results:

Men: 1, Bob Masson (12.8, 5.00m, 37.52m, 5-15.4) 2848 pts; 2, Malcolm Clarkson (12.7, 4.75m, 27.94m, 5-47.4) 2403; 3, Doug Cooper (13.6, 4.81m, 21.48m, 5-09.9) 2273; 4, Ken Hogg (13.6, 4.43m, 16.16m, 4-32.3) 2219.

Women: 1, Joyce Hogg (15.1, 3.12m, 17.32m, 6-04.2) 1670 pts; 2, Bing Kerr (17.6, 2.85m, 13.64m, 6-04.6) 999; 3, Sheena Pirie (16.9, 3.22m, 13.86m, 7-58.2) 687.

THEY don't come much more determined than Nairn's Nettie McQuire.

The organisers of the annual Easer Ross 10K at Tain were astonished by the sheer grit shown by the 73 year old blind lady - with a little help from her friends - in completing the 3.2 mile fun run staged in conjunction with the 10K.

Nettie, who simply described herself as an "over-50" on the entry form, was backing the race charity, the Scottish Association for Guide Dog Owners.

AGE proved to something of a drawback for 56 year old Charles Rennet in the Scottish Wildlife Trust 10K at Aberdeen.

The over-50 prizes were up on the board when Charles, from West Ferry, Dundee, pointed out that he had completed the course in a remarkable 37-35 - more than six minutes clear of the runner thought to have taken the over-50 victory.

Said Charles: "The same thing happened in the race last year. I just felt I had to say something on this occasion."

AS we determine the winter training programme, sprinters should take a careful look at hill work as an aid to increasing power. Hill work is often looked upon as middle distance type of training - when in fact sprinters can gain a lot of benefits from running both up and down hills.

The important factors to remember are that the hill must not be too steep, thus preventing the ability to sprint up it, and it also must not be too long, otherwise it does turn into middle distance work.

After being stuck in a gym or weights room for most of the week, hill work can be a pleasant relief even if the weather is inclement. There are few things more pleasant than running up Arthur's Seat in the fresh air on a Sunday morning, watching the ships sailing along the Forth between reps, and finally throwing up on the wet grass while all around think you are stark raving bonkers!

But back to the serious side of hill work. It is important that the hills are not of a uniform terrain. In other words, if you can find a hill that undulates with steep sections, level sections, and downhill sections, then all the better.

The distances should vary from between 30-35 seconds of long running with a few straight parts, to 6-7 seconds of sprinting flat out up a short but very undulating hill.

At the beginning of the winter the emphasis would be on the longer sections of the hill, with a few short runs at the end, graduating through to dropping the really long runs and concentrating on the shorter faster runs. It is important that the work on the hills matches the work on the track, i.e. if the track work is 80% longer runs, then the hill work should reflect this and vice versa. Therefore a typical early November session would be:

- * Two long runs between 30-35 seconds with seven minutes recovery.
- * Two medium to long runs between 13-14 seconds with 3.5 minutes recovery.
- * Two medium runs between 10-11 seconds with 2.5 minutes recovery.
- * Six short runs between 6-7 seconds with 1.5 minutes recovery.
- * There should be a recovery of 7.5 minutes between sets.

By comparison, an early April session would be:



- * No long runs.
- * Two sets of three medium runs between 10-11 seconds with 3.5 minutes between runs.
- * Six short runs between 6-7 seconds with two minutes between runs.
- * There should be a recovery of 7.5 minutes between sets.

THESE are just two examples of typical sessions. There can be many variations, but it is important that the sprinter is capable of running fast, and not just dragging himself up the hill.

An advantage of running fast downhill is that it can improve the cadence rate of the legs. This is important because it is difficult to find leg speed drills that work the legs at a higher rate than when sprinting flat out. Consequently, when the sprinter sprints on the level ground the muscle is then working at a reduced rate, lessening the chance of injury and improving the leg speed at the same time.

Because it is difficult to control running downhill, the distances should be short with only a slight decline. If the downhill running can be incorporated in the longer runs, than even better. This change in the hill's gradient makes the legs work harder, thus increasing the power within the muscle.

Because of the advantages of this type of work, it is important to take time to find

the right hill. It may mean a drive of some twenty minutes, but it will be worth it to gain the most out of the session. The terrain must be earth, gravel, or grass - but not sand. Training in sand for sprinters is not a good idea as the slowness of the sand takes away from the benefit of the hill.

It is also important that each run is timed with the coach keeping the times of every run each athlete makes in a book, so that the athlete can see from week to week the benefits of not only the hill work, but also the gym work and the weight training sessions as they start to have an effect on the sprinters overall power.

The best times should also be given special note as there is nothing like a record to spur sprinters onto greater effort.

This tends to make the session more meaningful and more enjoyable. So not only

have the sprinters gained from a hard session, but it gives them incentive to work harder on the long dark nights during the week in order to beat the current "world" record on the hills!

Coaches can also benefit from these sessions by doing a few runs themselves in the interval between sets! Nine times out of ten there is no-one else around to laugh at you, and the athletes always appreciate the working coach as well as the thinking one.

You never know, you might get fit enough to take up vets athletics (providing you are old enough of course), and if nothing else it stops you freezing to death on a winter's morning.



KENYAN Paul Kipkoech, 27, was the winner of the Diet Coke Great Scottish Run on September 30.

The 25K route was completed by Kipkoech (pictured, right) in 1-16-41, 45 seconds outside the world-best time for the distance. The Kenyan picked up a cheque for £2,500 and a Rover Mini.

Kipkoech had instigated a break from the field which saw himself, Steve Spence (USA), Richard Mulligan (Eire) and Nikolai Tabak (USSR) clear. By 15K Tabak and Mulligan had been dropped, and with around

5K remaining, Kipkoech moved away to finish 61 seconds ahead of Spence.

Despite finishing eighth, Scottish internationalist Andy Beattie was deprived of picking up the £500 prize, SUN trophy and Tissot watch on offer for the first Scot to finish. As Beattie was born in London, the honours went to tenth placed Willie Coyle (Shettleston Harriers) who ran 1-21-35.

The women's race was won by Zoya Ivanova of the Soviet Union, who won a medal in this summer's

Goodwill Games marathon in Seattle. Ivanova finished in 1-28-32. Two minutes and eleven seconds further back was Jill Clarke-Harrison of Bath.

The first Scot home was Lynn Harding from Milngavie, who runs for Houghton. She took fourth place in 1-31-18.

Last year's winner, Veronique Marot of Leeds, finished third, 12 seconds behind Clarke-Harrison.



Photographs by
Maurice McDonald

More Great Scottish Run pictures on Page 37

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Bringing speed play into your running

REGULAR readers of this column will be aware of how highly I regard fartlek training sessions as providing an important psychological and physiological boost to racing performance.

The term "fartlek" comes from two Swedish words meaning "speed play". It was in the majestic conifer forests of Sweden some 50 years ago that middle distance immortals such as Gundar Haegg and Arne Andersson put into practice the fartlek training principles of coaches Holmer and Olander. Because they ran according to how they felt, instead of as slavish disciples to a stopwatch, their programmes were described as fartlek, i.e. speed play.

There was no slouching or slacking in a fartlek session, however. Haegg and Andersson interspersed sprints over distances such as 50 and 60 metres with longer periods of sustained running ranging from 600 to 1200 metres. Recoveries between fast bursts varied from brisk walking to steady running, and the work-outs were performed in a rural environment which included forest paths, marshy areas, grassland, and winding uphill and downhill trails.

Today, most people in this country live in an urban setting and find it difficult to fully understand the immense mental and physical benefits of fartlek sessions. Our materialistic society demands precise measurements in virtually every walk of life, so it is scarcely surprising that many athletes fall into the trap of always wanting to know exactly how far they ran, and how long it took them to complete every single training run.

Precision, accuracy, and an intelligent evaluation of sessions is important - but, if taken to extremes, can hinder rather than assist progress. Athletes become obsessed with daily wanting to beat, or at least come close to, their personal bests for their favourite training routes, and can get quite depressed about not covering a stipulated mileage each day and week.

During the "Hundred miles a week" mania a few years ago, it was a common occurrence for athletes to fit in runs of two or three miles on Saturday evenings to bring their mileage up to the magic ton.

There is no place in fartlek for such

Derek Parker recommends the use of fartlek in runners' training sessions.

rigidity or inflexibility of approach which borders on the obsessive and neurotic - and which can be self-destructive. In "purist" fartlek, the athlete relies on his feelings and intuition as a guide. If he feels good and in the mood for a hard session, he can easily put in between one and two hours of varied-pace running over a variety of terrains and distances.

The sprint sections will be faster, the endurance sections longer, and the recoveries between fast bursts shorter. And the beauty of it all is that the enhanced work-rate and improved quality of performance will all be inspired by internal impulses such as the uninhibited joy of movement and self-expression and creativity through the medium of running - rather than by external sources such as stopwatches, set distances, paces, recoveries, and coaches' commands.

Fallen trees will be hurdled at full stride, and the athlete will weave rhythmic, sinuous patterns among tall trees on woodland paths in a continuous sequence of relaxed, economical, and technically - efficient running strides generated from deep within his or her innermost being, and in confirmation of the awareness that the entire mind, soul, and body - and not just the legs - are the agents of properly executed energy-saving, fluent, and skilful movement.

"Purist" fartlek is also beneficial for the man or woman who is returning to fitness after a period of inactivity, or who is recovering from a bout of intensive training or racing. Depending on circumstances such as age, ability, fatigue levels, and personal inclination, athletes in these categories can regard their work-out as gentle "activity recovery" exercise, or simply as 15 to 30 minutes perambulating the countryside with a few easy strides or 50 per cent effort sprints included.

As fitness levels increase, and feelings of fatigue decrease, the programme can be gradually intensified and intensified to the point where fartlek sessions for recovery or getting fit are replaced by sessions which can simulate psychological and physiological situations in good-quality cross-country or middle-distance races.

Generally speaking, "purist" fartlek is best done alone, because the feelings and psychological states of individual athletes can never precisely correspond. One person's easy pace can represent all-out effort for another. Short recovery for one athlete might be regarded as long recovery for his or her training partner.

An 800 metres section in a fartlek work-out could be considered as maximum training distance for a 1500 metres runner, whereas a 10,000 metres or marathon competitor might well look on that as his minimum training distance.

These differences of attitude and approach are not insurmountable, however. A little diplomacy and intelligent appraisal of circumstances can be of mutual benefit to both individuals.

For example, the 10K athlete could dictate the total distance to be run during repetitions lasting from two to five minutes. The 1500m runner would control repetitions of between 10 seconds and two minutes. Each athlete would be responsible for the pace during his own specified period in control. The task of the person following the pace would simply be to remain in contact with the front-runner until the tempo slackened off.

This is precisely the situation which occurs in races, so fartlek sessions reflecting such occurrences would be described in coaching jargon as "competition specific". These work-outs can be very enjoyable and stimulating, but athletes using them should always remember to be careful and safety-conscious when running fast in wooded areas. They should be on the look-out for low branches, stones or logs hidden among mud or vegetation.

It must never be forgotten that the most fundamental aspect of any training programme is to get the athlete to the starting line of his or her race in a fit,



Finishers at the Ayr Land O' Burns Half Marathon on September 15.

healthy condition. Most accidents are caused by negligence, lack of concentration, and a lack of awareness of one's surroundings so it is imperative that all runners acquire the ability to think ahead and anticipate problems and difficulties before they arise.

In the interest of safety and the well-being of athletes, the perceptive coach should be prepared to transfer the session from woodlands and country to open parklands or even roads, particularly in the event of inclement weather, excessive numbers of participants in the training group, and their ability (or lack of it) to

cope with more rugged running environments.

Another form of speed-play is "controlled" fartlek. This differs from "purist" fartlek in that the athlete knows how far he will be running at a fast pace, and how far he will be jogging during the recovery phases.

Basically, there are two main variations of "controlled" fartlek. The first involves the use of landmarks, while the second requires a stopwatch. Using the first method, for example, the athlete(s) would decide in advance where the fast sections started and finished. Lamp posts,

prominent buildings, and entire or partial stretches of roads would dictate the beginning and end of fast repetitions. They would also determine the distance of recovery jogs.

"Controlled" fartlek requires a specific training objective and sense of purpose if it is to be effective. The athlete should have a good idea of how far he wishes to run during the fast sessions and where they fit into the overall training plan for that particular session, as well as for the particular phase of the yearly training and racing cycle.

A 5000 metres runner could, by way of example, make up his mind to cover a distance of 10 miles along the following lines: a) 2 miles warm-up including 6 to 8 x 100m strides; b) 6 miles of fast-slow running of which at least 3 miles must be done at, or faster than, 5K pace; c) 2 miles cool-down.

The cumulative total of three miles of fast running is specified because it is a fundamental training principle that the athlete must normally cover his or her race distance during repetitions or fartlek sessions. The exceptions are, as stated previously, when he or she is returning to fitness after a lay-off, or recovering from the physiological or psychological stresses of competition.

At international class standard, the athlete will be able to build up his total of fast running to about five out of the six miles as he will be running faster and farther than his less fit counterpart, and will be taking very short recoveries between the fast sections. He may even include fast running phases where he is travelling at 1500 or 800 metres pace and injecting series of sprints into the average 5K training tempo. Thus, out of a total of five miles fast running during a fartlek session, an international competitor would aim to run something like 3.5 miles of varied-pace and varied-distance repetitions at 5K pace + 1200m in repetitions at 1500m pace + 600m in repetitions at 800m pace + several sprints at full effort or 400m pace.

Done on the fartlek principle, these distances need not be exact, but they should certainly correspond to the type of situation which the athlete is likely to encounter during the competition where change of pace and terrain - notably in road and cross-country races - frequently take the inexperienced or unprepared competitor by surprise.

My own favourite form of "controlled" fartlek requires the use of the stopwatch, and for the imaginative coach or leader of



a training group the list of permutations is limitless. The athletes run fast and jog for stipulated time periods in response to whistle or shout commands from the leader. A tremendous feeling of camaraderie and team spirit is built up as squad members exhort each other to keep going while drawing mutual inspiration and encouragement from the group.

The programme must be structured to accommodate specific race objectives, so it is essential that each session takes into account the distance over which the athlete intends to compete, and also the tactical situations that are likely to arise.

For example, someone hoping to run a good 10,000 metres would be required to run for around 30 minutes in a typical fartlek session as that is the time which he will be running for in competition. The session could be simplified by training at uniform pace and with uniform recoveries.

However, if the coach and the athlete are imaginative, they could make the work-out more complex by breaking it up into different distances at different speeds with different recoveries to simulate race situations. Thus, two sample sessions using "controlled" fartlek for an aspiring 10K athlete could be:

Session A (Simple fartlek): 30 x 1 minute at 10K pace with 15 to 60 seconds jog recovery.

Session B (Complex fartlek): 1 x 60 seconds at 5K pace (to simulate fast start) with 20 to 60 seconds jog + 6 x 2 minutes at 10K pace (to simulate steady race pace) with 20 to 60 seconds jog + 4 x 30 seconds at 1500m pace (to simulate pace injections) with 20 to 45 seconds jog + 2 x

3 minutes at 10K pace (to simulate steady race pace) with 30 to 75 seconds jog + 1 x 60 seconds at 5000m pace (to simulate pace injection) with 20 to 60 seconds jog + 1 x 4 minutes at 10K pace (to simulate race steady pace) with 30 to 90 seconds jog + 1 x 60 seconds at 10K pace with 15 to 60 seconds jog + 1 x 60 seconds at 5000 metres pace with 20 to 60 seconds jog + 1 x 60 seconds at 1500 metres pace with 30 to 60 seconds jog + 1 x 60 seconds full effort (to simulate last lap sprint).

The list of permutations is endless and the pages of several issues of Scotland's Runner could be filled with details with details of similar sessions. It is the duty of the perspicacious coach and athlete to devise programmes which suit his or her racing requirements.

For the 5000 metre runner, the "controlled" fartlek session should generally consist of between 15 and 20 minutes of fast running. If the complex pattern is adopted (and that is the one I normally prescribe) the varied pace sections should include efforts at 800m and 1500m as well as forays into sprint pace, as the anaerobic contents of the physiological demands become considerably higher in proportion to aerobic running than they do in the 10,000 metres (e.g. 10K = 90 to 95 per cent aerobic + 5 to 10 per cent anaerobic; 5K = 75 to 80 per cent aerobic + 20 to 25 per cent anaerobic). Thus sample 5000 metres "controlled" sessions could be:-

Session A (Simple fartlek): 15 x 1 minute at 5K pace with 20 to 45 seconds jog recovery. (Note: Because the intensity

is greater than that of 10K pace, the anaerobic content will be higher, particularly during the final few fast efforts. A 5K session must NOT be regarded as half a 10K session. If the two sessions must be compared, the 10K should be viewed as having a greater aerobic content while the 5K session has a higher anaerobic content.)

Session B (Complex fartlek): 1 x 30 seconds at 1500 metres pace (to simulate fast start) with 15 to 30 seconds jog + 5 x 60 seconds at 5K pace (to simulate steady pace) with 20 to 45 seconds recovery jog + 45 seconds at 1500m pace (to simulate pace injection) with 20 to 45 seconds jog + 2 minutes at 5000m pace with 30 to 90 seconds jog + 3 x 15 seconds at 800m pace (to simulate fast pace injection) with 30 to 45 seconds recovery + 4 x 60 seconds at 5K pace with 20 to 45 seconds recovery + 4 x 30 seconds (starting at 5K pace with each repetition becoming progressively faster) with 15 to 30 seconds recovery.

I would recommend that fartlek sessions under the "controlled" systems for 1500m runners should be divided into blocks of between two and four sets of fast efforts totalling around five minutes each. This is to ensure adequate recovery to maintain the quality of effort. The 1500m event is approximately 50 per cent aerobic + 50 per cent anaerobic in energy expenditure, so the slightly longer recoveries between repetitions reflect this balance. Quality is as important as quantity in 1500m training and racing. That is why the 1500m is universally regarded as the classic middle-distance

event. Sample 1500m fartlek sessions are:

Session A (Simple fartlek): 4 sets of 5 x 1 minute at, or slightly faster than, 1500m pace with 30 to 60 seconds jog between repetitions/3 to 5 minutes jog between sets.

Session B (Complex fartlek): 45 seconds at faster than 1500m pace/slower than 800m pace (to simulate fast start) with 20 to 40 seconds jog + 90 seconds at 1500m pace (to simulate steady pace) with 45 to 75 seconds jog + 60 seconds at 1500m pace with 30 to 60 seconds jog + 45 seconds at 1500m pace with 20 to 40 seconds jog and 4 x 15 seconds (starting at 1500m pace with each repetition becoming progressively faster and culminating in full-effort sprint (to simulate gradual acceleration) with 15 to 30 seconds jog) x 2 to 4 sets with 3 to 5 minutes jog between sets.

These are just a few examples of the type of fartlek training which can be tackled by the 1500, 5000, and 10,000m athlete. They can - and should be - tailored to suit individual requirements, and must be directed to specific training and racing objectives.

A 5000m runner, for example, wanting to develop his aerobic endurance could do something like 5 x 3 minutes at 5K pace, with 45 to 90 seconds jog. The same athlete wishing to improve his anaerobic ratio could attempt a session of 30 x 30 seconds at 5K pace, with 15 to 30 seconds jog.

Finally, I would like to describe two particular "controlled" fartlek sessions which keep the athlete mentally alert and provide beneficial physiological and psychological responses, as well as an abundance of team spirit and camaraderie among members of a training group. These are:

Session A: 10 seconds fast (15 secs jog) + 20 seconds fast (30 secs jog) + 30 seconds fast (45 secs jog) + 40 seconds fast (60 secs jog) + 50 seconds fast (75 secs jog) + 60 seconds fast (90 secs jog) x 4 sets. (Note: the recovery jog in each instance is the duration of the fast effort x 1.5)

Session 2: 6 x 10 seconds (5 secs between repetition/1 minute at end of set) + 3 x 20 seconds fast (10 secs between repetitions/1 minute at end of set) + 2 x 30 seconds fast (15 seconds between repetitions/1 minute at end of set) + 40



Photographs by Maurice McDonald

seconds fast (20 secs jog) 20 seconds fast (1 minute jog) + 50 seconds fast (25 secs jog) 10 seconds fast x 3 sets with 3 to 5 minutes between sets. (Note: Each set involves a total of 60 seconds fast running. Recoveries are 0.5 the duration of the fast repetitions. Recoveries between sets are 3 to 5 minutes.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cross country running.
Monday: 75 to 90 mins fartlek inc 10 x 2 mins fast with 2 and 1 min jog recovery (or session described in above article).
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady.
Thursday: 5K session (16 x 300m with 20 secs recovery + 1 x 200m full effort 90 secs after final 300).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady. Morning runs, if done, should be of 20 to 30 minutes duration 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 12 x 90 secs fast with 90 and 45 seconds jog recovery (or session from article).
Tuesday, Wednesday and Friday: As Week One.
Thursday: 5K session (6 x 800m with 45 seconds recovery + 1 x 200m 90 secs after final 800).
Saturday: Race or 12 to 15 miles. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 40 x 30 secs fast with 45-30-15 secs jog recovery respectively (or session from article).
Tuesday, Wednesday, and Thursday: As Week One.
Friday: 3K session (8 x 400m with 20 to 30 seconds recovery + 3 x 150m full effort with 250 metres jog recovery starting 90 secs after final 400).
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 20 x 45 secs fast with 60-45-30 secs jog (or session from article).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (5 x 1000m with 40 to 60 secs recovery with 1 x 200m full effort 90 secs after final 1000).
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cross country running.
Monday: 60 to 75 mins fartlek inc 10 x 1 minute fast with 1 and 2 mins jog recovery respectively (or session from article).
Tuesday: 20 to 30 mins easy.
Wednesday: 6 to 10 miles steady.
Thursday: 5K session (16 x 300m with 30 secs recovery + 1 x 200m full effort 90 secs after final 300).
Friday: Rest or 10-15 mins jog.
Saturday: 8 to 12 miles steady. Morning runs, if done, should be restricted to 20 to 30 mins easy running 2 to 3 times a week.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 8 x 90 secs fast with 105 and 75 secs jog recovery respectively.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (6 x 800m with 60 secs recovery + 1 x 200m full effort 90 secs after final 800).
Saturday: Race or 8 to 12 miles steady.

Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 20 x 30 secs fast with 45-30-15 secs jog recovery (or session from article).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3K session (8 x 400m with 30 to 45 secs, recovery + 3 x 150m full effort with 250m jog recovery starting 90 secs after final 400).
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 15 x 45 secs fast with 75-60-45 secs jog recovery (or session from article).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (5 x 1000m with 60 to 120 secs recovery + 1 x 200m full effort 90 secs after final 1000).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

Paulo wins race, but Hammy, Brian and Graham are the local heroes



Even Dave Moorcroft feels the pace as he chases the exotic-looking Bill Bedell of Telford.

THE winner of the inaugural Sun Life Great Race was Paulo Catarino of Portugal, who collected prize money of £35,000 for his not inconsiderable efforts, writes Jason Clark. Twenty six year-old Catarino completed the 230 mile, 20 stage, race in the incredible time of 18-32-43.

Consistency was the key to the event, illustrated by the fact that Catarino did not win a single stage over the three weeks of the race. The deciding factor in his triumph was that he finished no lower than eighth on any given day.

Delmir dos Santos, the 24 year old Brazilian running for the American Boulder Road Runners Club took the green vest for overall points winner. His colossal total of 10 stage victories ensured his success.

The first four stages of the race were dominated by 43 year-old Kenyan Kipsibai Kosgei, if not always for the right reasons! Although he won all three Scottish legs he self-destructed when he was seen to strike dos Santos on the fourth stage from Gretna to Carlisle.

The starting field numbered 107 when the race got under way in Glasgow on September 2. By the day of the final Westminster stage only 82 runners remained. Many of the "big" names withdrew before the finish, including Mike McLeod, John Graham, Fraser Clyne

(who was supposed to write a diary of the event for Scotland's runner), Steve Brace, Gerry Kiernan and Dave Moorcroft.

In the team contest, the lead changed hands many times before finally the Boulder outfit took the title.

Hammy Cox, representing Red Counties AC, finished 18th, the highest placed Scot and the third Briton. Brian Kirkwood (UK Elite) ended 38th with Graham Crawford (Wolverhampton & Bilston) finishing in a highly creditable 58th, after entering the event at the last minute.

After recovering, Graham said: "It was a first class event, which was highly professional in its organisation - especially considering this was the first of its kind."

"The word most used by competitors when describing the event was 'fascinating'. Both your own performance and the changes in position up front made it constantly interesting," he said.

With the bulk of the race being run at a phenomenal sub-five minute mile pace, it was not surprising many athletes didn't last the pace. However, Graham found that despite the rigours, the most common reason for withdrawing was bad blisters.

"The race proved that many runners underestimate their powers of recovery,"

commented Graham Crawford.

As for his personal performance, Crawford was more than delighted. "I didn't intend to run, but as it got nearer I was bitten by the bug and it was a case of 'what the hell' in the end."

The Springburn Harrier's worst moments occurred - ironically - in the Scottish stages when he experienced pain in his thighs. "By stage 4 (Gretna to Carlisle) I was unsure as to whether I would last one mile never mind the 12.81" he says.

Crawford had only one or two minor criticisms. "The organisers may have slightly underestimated the amount of back up needed in a race of this size. Masseurs and physios are essential in a competition of this duration," he said.

"Also, you often got the impression that 99% of the locals didn't realize what was going on. Perhaps more emphasis could be put on publicity next time."

As for prospective entrants for next years race, Graham had some advice.

"A period of sustained road running prior to the event is essential, aiming for at least 80 miles per week at sub six minute pace", he said "I would certainly recommend the event to any athlete. It is certainly something you should experience."

Calderglen Harriers

David Thomas charts the guide rise of East Kilbride's breakaway club.

Photographs by Maurice McDonald.

CALDERGLEN Harriers were formed in the Autumn of 1985, with many of its original members (attracted into the sport by the marathon boom) joining after a split from East Kilbride AAC. The road runners (track wasn't mentioned at first) affiliated with the East Kilbride Sports Club which has long standing sections like rugby, tennis and cricket making up its main body. Facilities proved excellent in all aspects and the new Harriers section quickly proved its importance as part of the overall scene and settled in well.

In Calderglen Country Park we have an official Peace Mile, which is the only recognised country one in Scotland. It is worth

mentioning here that Calderglen got its name following a democratic vote in competition with Calderglen Cuckoos and East Kilbride Harriers.

A club coach was needed, and after being elected Jimmy Moore took up the position with enthusiasm. Since his election, other coaches have been trained - Ramsay Sloss, Alan Munro, Bob Mair and Marion Davidson. All are actively involved at present.

A new race, the Jimmy Moore Trophy (15K distance) was held the first year and, with an eye to the future, a space was left on the cup for the word "memorial"! In these early days the club concentrated on good quality training and quickly built up a reputation on the running scene. A good club run in the Autumn relays and a notable position in the Scottish Cross Country

Championships in February 1986 meant selection in the very prestigious Edinburgh to Glasgow Road Relay. Unfortunately, the lack of depth in the team was highlighted when the first team finished 21st out of the very good 22 teams who entered. Valuable experience was gained.

In 1991, Calderglen Harriers will host the National Six Stage Road Relay for the third time. This is testimony to the hard work and dedication put in by many of the members who may not be





running in the first team but built up the club's reputation in many ways. Men such as Ramsay Sloss, Bobby Stewart, Jim Daly, Gerry McGadey, Norman McKenzie and Alan Munro to name only a few.

The club has characters too, who brighten up dull days. Alan Munro is a very cheery fellow and keeps us all going with his changing room banter.

David Watt, who is returning after an injury, has also been an inspiration to all; he had a marathon run of international class at Glasgow in 1986, clocking a time of 2 hours 20 minutes. David ran for Scotland in the Livingston Half Marathon, and came second in the Bridgend Marathon (Wales, 1987) in a time of 2:26, also running for Scotland.

The club has other good club runners and depth in men like Alan McLellan, Tommy Walker, Roddy Shanks, Alex Muir and the Johnston brothers, Raymond and Bud. We have picked up several other good runners since our birth. Charlie McDougall (who won the Motherwell Marathon) Euan Wilkinson, (a very good middle distance runner) and Alan Derrick (who seems to be getting faster each race!).

In Bud Johnston we have the 1989 Scottish triathlon champion and currently the most successful triathlete in Scotland. Bud returned earlier this year from New Zealand, where the triathlon was demonstrated for the first time at the Commonwealth Games. While there he trained with John Walker and legendary coach Arthur Lydiard. Bud and Raymond (his biathlete brother) built up their training towards the Highland Cross 1990, a long distance two stage charity event. They finished third. Our club enjoys tremendous friendship with the local triathletes who train with us on occasions.

Building in depth, the club began to get noticed in the winter of 1988-89 when it placed fifth in the West District Cross Country Relay Championships, and put in a fine performance in the Scottish Championship. The club captain inspired an 18th position once again, and secured an Edinburgh to Glasgow Road Relay place.

During the first three years of the club's existence strong

teams have been sent to the Glen Fruin 15 Mile Road Race, winning the team prize on each occasion. In one race at Helensburgh, the club had the first four runners, (David Watt, Tommy Walker, Raymond Johnston and Alan McLellan).

Season 1989-90 was a breakthrough for the club's first team. They started with a very respectable fifth place at the Kilbarchan Road Relay and then followed that with an outstanding third position in the McAndrew Relay. The first team consistently finished in the top 12 of all the national events. The season finished on a high note for the first team, when they were presented with the most meritorious team performance for their 12th position in the Edinburgh to Glasgow Road Relay Race! A very proud and happy first team were allowed a drink (a half a beer each) on that evening, and it will take something special to top that day!

Recently, the club has built up a very good young track squad under the guidance and experience of Ramsay Sloss. The squad is put through its paces regularly at the East Kilbride athletics track beside the John Wright Sports Centre.

The opening of this track last year meant that our club could integrate track training with road running. The youngsters (Ian Livingstone, Martin Dale, Alan McDonald, Blair Mathews and Stephen Fleming) under Robert Mair have been putting in some impressive track performances. Livingstone has improved immensely, closely followed by McDonald and Mathews.

The club reintroduced the Lanarkshire 10 Mile Road Race Championship on September 2, and we are also the hosts of the East Kilbride Primary Schools Cross Country which consists of two laps of the peace mile. This race was initiated by a local primary teacher, Audrey Donnelly of Glasgow AC.

The women's section of the club meet on a Tuesday night, and although a small section are keen. A recent addition is Ginny Pollard, who represented Scotland at the British cross country trials at Bellahouston Park. Ginny is also the Scottish women's triathlon champion, and is worthy of a place in the men's team!

Tuesday nights seem to be ideal for anyone young or old

thinking of starting a running career. Alan Munro will be more than delighted to introduce aspiring Allister Huttons as he is actively involved with the very young runners and later in the evening caters for the "fun" runners (i.e. joggers). Anyone wishing to come along is more than welcome (6pm youngsters; 7.30pm adults).

One man who has been known to write the occasional article to our own bulletin (the Oyster Catcher) and to this magazine is Alex Muir. Alex, at the age of forty plus, is an inspiration to all club members as he continues to better his personal bests (demolish would be a better word) at every race he runs, and is living proof that dedication and hard work equals improvement and results. Alex is also the present secretary of the Scottish Veteran Harriers Club.

The club has a regular outing to Brampton for their 10 mile road race championships which is run from Brampton to Carlisle, and this year will be our sixth in a row. Another annual event is the Islay Half Marathon, where the club have the opportunity to have a long weekend away and enjoy a few drams!

The club is determined to go from strength to strength and after his recent victory in the Motherwell Half Marathon, first team captain Alan McLellan is eager to drive on the troops to another successful season to better, or equal, last year's. The outlook looks bright with David Watt back in full training and Charlie McDougall, barring work commitments, showing his worth as one of the country's top veterans.



The club has a few enthusiasts who, when time allows, partake in some hill races. Men like Alastair Begg, George Dick, Gordon Mennie, Robert Dewar, John Young, Ray McDonald and Jimmy Stewart have done really well in races like the Carnethy Hill Race, Ben Lomond and Ben Nevis, Two Breweries, Moffat Chase and the Stuc a' Chroin. All the runners listed above would make any club proud to have them in their ranks.

One recent idea (thought up by Alan Derrick and Charlie Steven), was the introduction of our bi-monthly news magazine based on articles written by club members, and stories in and around the running scene. The current issue will only be the third and the new "baby" is beginning to take off with more and more articles being submitted to the editorial board (Alan Derrick, Charlie Steven, Alister Begg and Archie Paterson). Current stories are varied in depth and content (humour, races past and present, news, disco items, the veteran scene etc).

Since their inception, Calderglen Harriers have strongly emphasised that the club caters for runners of all standards and abilities. On training nights packs are frequently organised so that runners of similar abilities run together, which helps build up a camaraderie amongst runners.

Anyone interested in joining us and running seriously, or for fun, will be made welcome by all current club members. Those Calderglen Harriers at present have attained a level of fitness they never thought would be possible and have "discovered" races they never previously knew existed throughout the racing calendar.

Euro-Juniors

100m		
12.12w	Alison Edmonds	IH
12.45w	Lorna McCulloch	Pit
12.49	Colette Hynd	Pit
200m		
24.9w	Leigh Ferrier	GAC
25.1	Alison Edmonds	IH
25.7	Fiona Calder	Irv
400m		
56.8	Leigh Ferrier	GAC
57.4	Fiona Calder	Irv
57.6	Mary McClung	JWK
800m		
2-11.69	Hayley Haining	NV
2-15.90	Catherine Cecil	EdU
2-17.4	Mary McClung	JWK
1500m		
4-20.74	Hayley Haining	NV
4-30.92	Katy Rice	Ab
4-35.8	Vikki MacPherson	GAC
3000m		
9-50.4	Hayley Haining	NV
9-50.9	Vikki MacPherson	GAC
9-54.5	Katy Rice	Ab
100mH		
14.18w	Sarah Richmond	Pit
14.47w	Lorna McCulloch	Pit
14.67w	Jennifer Sharp	EW
400mH		
63.5	Hazel Edgar	NV
65.9	Audrey Martin	ESP
66.6	Anne Steele	ESP
High Jump		
1.80i	Wendy Macdonald	Cam
1.67	Katherine Guthrie	ESP
1.65	Sarah Richmond	Pit
1.65	Louise McMillan	EW
Long Jump		
5.75	Caroline Black	EW
5.34	Sharon Wood	EW
5.25	Heather McLeod	IH
Shot		
14.29	Alison Grey	ESP
11.21	Gail Hornby (E)	MSL
10.71	Tracy Shorts	Kilb
Discus		
46.76	Gail Hornby (E)	MSL
44.70	Alison Grey	ESP
37.46	Heather MacLeod	IH
Javelin		
56.96	Nicola Emblem	EW
52.48	Gail Hornby (E)	MSL
52.48	Janell Currie	MSL
52.48	Lorna Jackson (I)	Tay
52.48	Halycon Wills	CR
52.48	Shona Urquhart	EW
52.48	Karen Savill	ESP
52.48	Mary Anderson	ESP
52.48	Karen Elliott (I)	Car
52.48	Diane Sutherland	EW
Heptathlon		
4130	Evelyn Grant	Pit
4017	Sarah Richmond	Pit
3929	Louise McMillan	EW

Intermediates

100m		
12.03w	Lorraine Nicholson	GAC
12.2w	Katrina Leys	Ab
12.4	Kirsty O'Donnell	Kirk
12.4w	Elaine Julian	Ayr
12.5	Corrie Butler	Ab
12.5	Louise Paterson	Ab
200m		
24.7w	Louise Paterson	Ab
25.28w	Lorraine Nicholson	GAC
25.47w	Kirsty O'Donnell	Kirk
25.80	Elaine Julian	Ayr
25.8	Katrina Leys	Ab
400m		
57.24	Louise Paterson	Ab
58.41	Carmen Collins	Pit
58.77	Susan Carruthers	Ayr
59.1	Jane Wolfendale	VP
59.4	Suzanne Wood	EW
800m		
2-15.3	Alison Potts	GAC
2-17.2	Louise Cormack	ESP
2-18.2	Lisa Davidson	Ab
2-18.7	Tracey Ryan	EW
2-19.5	Kirsty Stewart	JWK
1500m		
4-45.18	Alison Potts	GAC
4-51.26	Louise Cormack	ESP
4-53.7	Kirsty Stewart	JWK
4-54.3	Yvonne Reilly	DHH
4-55.1	Deborah McNally	VP
3000m		
10-11.10	Louise Cormack	ESP
10-42.7	Sandra Purdie	Tev
10-45.3	Jillian Grams	Ab
10-51.5	R Taylor	Strat
10-56.8	A Fraser	Feti
80mH		
11.3	Catherine Murphy	GAC
11.69w	Shona Fleming	MSL
12.03w	Suzanne Wood	EW
12.2	Lorna Silver	DHH
12.29w	Theresa Crosbie	MSL
300mH		
43.53	Catherine Murphy	GAC
	(Scottish Best)	
44.2	Suzanne Wood	EW
44.87	Shona Fleming	MSL
45.4	Lorna Silver	DHH
45.7	Shelagh Brown	Ayr
High Jump		
1.74	Hazel Melvin	Tro
1.70	Joanna Ross	Kil
1.65	Linda Gordon	GAC
1.63i	Katrina Dyer	Ayr
Long Jump		
5.97	Ruth Irving	Wir
5.52	Carolyn Pritchard	MSL
5.51	Shona Fleming	MSL
5.39	Catherine Murphy	GAC
5.31	Melanie Somerville	MSL
Shot		
11.82	Lynne Barnett	PSH
10.61	Stephanie Robin	Hel
10.21	LeighAnn Cunningham	Pit
10.16	Tracy Johnstone	MBI
9.75i	Raka Samson	Ayr

Discus		
37.06	Helen McCreadie	Dum
34.70	Aline Cross	Ork
31.42	Stephanie Robin	Hel
31.00	Heather Murray	Hel
30.58	Tracy Johnstone	MBI
Javelin		
42.60	Lorna Jackson	Tay
39.30	Karen Elliott	Carl
36.60	Nicola Sloan	Hel
35.90	Joanna Ablett	EW
35.08	Fiona Gehring	Ayr
Heptathlon		
3931	Louise Paterson	Ab
3648	Elaine Donald	Hel
3612	Esther Sneddon	CR
3531	Ruth Irving	Wiv
Juniors		
100m		
12.2w	Myra McShannon	GAC
12.4	Liz Kerr	GAC
12.4	Kathryn Gray	GAC
12.4	Sinead Dudgeon	ESP
12.67w	Sylvia Paterson	EW
200m		
25.2	Myra McShannon	GAC
25.8	Sinead Dudgeon	ESP
25.8	Sylvia Paterson	EW
25.81w	Cariona Harris	GAC
26.0w	Karen Sutherland	EW
800m		
2-09.6	Isabel Linaker	Pit
	(Scottish Best)	
2-17.11	Gillian Fowler	GAC
2-18.1	Lorraine Stewart	ESP
2-18.7	Caroline Boyes	GAC
2-20.1	Debbie Church	Ayr
1500m		
4-23.45	Isabel Linaker	Pit
	(UK Best)	
4-52.0	Kerry Stewart	JKK
4-52.5	Eleanor Reid	NV
4-53.1	Lorraine Stewart	ESP
4-54.2	Karen McNally	NV
75mH		
11.24w	Sandra Gunn	Ab
11.33w	Cariona Burr	EW
11.72w	Sarah-Jane Ramminger	Arb
11.86w	Margaret McWhannel	Kirk
11.9w	Zoe Howieson	GAC
High Jump		
1.58	Julie Reid	Kil
1.58	J Brume	StL
1.56	Liz Kerr	GAC
1.56	Sarah-Jane Ramminger	Arb
1.56	Jennifer Dale	Ayr
1.56	Mhairi Ward	ESP
Long Jump		
5.62w	Liz Kerr	GAC
	(5.56 - eq. Scot Best)	
5.41	Fiona Allan	Rudd
5.27	Sarah Still	Ab
5.23	Mhairi Ward	ESP
5.15	Sarah-Jane Ramminger	Arb
Shot		
11.47	Julie Robin	Hel
10.56	Eleanor Garden	Pit
10.25	Kim Cassidy	ESP
9.57	Lesley Herd	ESP
9.44	Gayle McCreath	EK

Discus		
36.66	Julie Robin	Hel
31.56	Eleanor Garden	Pit
30.46	Nicola Robertson	EW
29.64	Louise Thomson	EW
28.52	Valerie Brett	Arb
Javelin		
32.22	Wendy McFarlane	Mon
30.80	Margaret Wilson	Av
29.02	Lindsay Munro	EW
28.54	Elaine McQueen	IH
27.58	Louise Thomson	EW
Pentathlon		
2867	Debbie Church	Ayr
2682	Sarah-Jane Ramminger	Arb
2620	Liz Kerr	GAC
2540	Fiona Allan	Rudd
2458	Sarah Still	Ab
Girls		
100m		
13.16w	Emma Redhead	Carl
13.23w	Susan Black	Mel
13.25w	Carolyn Rose	Pit
200m		
27.7	Jennifer Reid	Ban
27.8	Emma Redhead	Carl
27.8	Natalie Hynd	Pit
27.8	Jane Dougall	FVH
800m		
2-22.5	Helen Steedman	Pit
2-24.0	Pamela Crawley	GAC
2-24.4	Jennifer Ward	Pit
1500m		
4-55.9	Pamela Crawley	GAC
5-06.4	Helen Steedman	Pit
5-06.7	Rebecca Durkin	NV
70mH		
11.63w	Kathryn McKenzie	Cai
11.7	Stacey Moxey	EW
12.02w	Claire Middleton	Ab
High Jump		
1.42	Donna Palmer	ESP
1.40	Susan Goldie	JWK
1.40	Lynsay Still	Ab
Long Jump		
4.61	Donna Palmer	ESP
4.59	Jane Dougall	FVH
4.57	Lyndsey Scullion	Kilb
Shot		
10.62	Catherine Garden	Pit
10.47	Navdeep Dhalwal	GAC
10.45	A Harbison	MSL
Discus		
35.68	Catherine Garden	Pit
	(UK Best)	
29.76	Navdeep Dhalwal	GAC
26.32	Lindsay Ross	NV
Javelin		
26.40	Heather Lang	CR
24.80	Fiona Hunter	Arb
22.62	Kelly Sloan	Hel
Pentathlon		
2289	Donna Palmer	ESP
2261	Jennifer Reid	Ban
1984	Denise Smith	Ann
1947	Claire Middleton	Ab

100m		
11.68w	Aileen McGillivray	EW
11.83	Janis Neilson	EW
11.83w	Melanie Neef	GAC
11.97w	Morag Baxter	GAC
12.03w	Lorr'ne Nicholson	GAC
12.06w	Lorraine Dick (12.0)	MSL
12.12w	Alison Edmonds	Inv
12.13w	Dawn Kitchen	EW
12.17w	Ruth Girvin (12.1)	NV
12.27w	Donna Brown (12.2)	EW
200m		
24.06w	Melanie Neef	GAC
24.22w	Ruth Girvin	Nith
24.23w	Janis Neilson	EW
24.32	Aileen McGillivray	EW
24.37	Lorraine Dick	MSL
24.4	Dawn Kitchen	EW
24.6	Gillian McIntyre	MSL
24.7w	Louise Paterson (I)	Ab
24.8	Pat Divine	ESP
24.8	Dawn Flockhart	EW
400m		
53.25	Dawn Kitchen	EW
54.27i	Gillian McIntyre	MSL
54.9	Pat Divine	ESP
55.7	Susan Bevan	Ess
56.2	Linsey Macdonald	Pit
56.5	Fiona Meldrum	GAC
56.8	Leigh Ferrier	GAC
57.19	Denise Knox	Mid
57.24	Louise Paterson (I)	Ab
57.3	Mary Anderson	ESP
800m		
2-02.78	Yvonne Murray	ESP
2-04.43	Lynne McIntyre	GAC
2-05.63	Susan Bevan	Ess
2-07.0	Laura Adam	Ste
2-07.22i	Linsey Macdonald	Pit
2-08.2	Janet Stewart	GAC
2-09.2	Karen Hutcheson	BHM
2-09.6	Isabel Linaker (J)	Pit
2-10.2	Mary Anderson	ESP
2-10.36	Sheila Gollan	Inv
1500m		
4-07.68	Yvonne Murray	ESP
4-08.02	Liz McColgan	DHH
4-08.88	Lynne McIntyre	GAC
4-10.28	Karen Hutcheson	BHM
4-18.66	Laura Adam	Ste
4-19.09	Rhona Makepeace	Lei
4-20.56	Susan Bevan	Ess
4-20.74	Hayley Haining	NV
4-23.45	Isabel Linaker (J)	Pit
4-28.32	Elsbeth Turner	GAC
3000m		
8-39.46	Yvonne Murray	ESP
8-43.14	Liz McColgan	DHH
8-48.72	Karen Hutcheson	BHM

9-12.70	Laura Adam	Ste
9-23.89i	Susan Crawford	GAC
9-35.22	Annette Bell	Lin
9-39.21	Jo-Ann Scott	Dar
9-41.06i	Susan Bevan	Ess
9-41.8	Carol-Anne Bartley	GAC
9-43.37	Sandra Branney	GAC
5000m		
16-05.6	Laura Adam	Ste
16-20.59	Karen McLeod	ESP
17-08.6	Louise Vandyck	Ess
10,000m		
32-23.56	Liz McColgan	DHH
34-24.71	Karen McLeod	ESP
36-25.0	Janette Stevenson	FVH
36-41.84	Marie Duthie	Fra
Marathon		
2-36-42	Sheila Catford	Lds
2-47-24	Lynn Harding	Hou
2-54-15	Rosalind Kay	GAC
2-55-23	Renee Murray	Giff
100mH		
13.76w	Julie Vine	Bou
13.86w	Claire Reid/Doris	EWM
14.18w	Sarah Richmond	Pit
14.43	Catherine Murphy (I)	GAC
14.47w	Lorna McCulloch	Pit
14.67w	Jennifer Sharp	EWM
14.76	Jane Low	GAC
14.94	Shona Urquhart	EWM
15.4	Tracey Kerr	Mel
15.4	Jackie Gilchrist	Pit
400mH		
58.51	Julie Vine	Bou
60.77	Gillian McIntyre	MSL
61.01	Sarah Booth	EWM
62.3	Jane Low	GAC
62.8	Moir McBeath	Cai
62.9	Suzanne Wood (I)	EWM
63.32	Alison Brown (Eng)	EWM
63.5	Hazel Edgar	NV
65.3	Margaret Southerden	WYC
65.5	Lorna MacDonald	Inv
High Jump		
1.80i	Wendy MacDonald	Cam
1.80	Rhona Pinkerton	GAC
1.75	Karen Hambrook	Ash
1.74	Hazel Melvin (I)	Tro
1.70i	Jackie Gilchrist	Pit
1.70	Caris Henderson	EWM
1.70	Joanna Ross (I)	Kil
1.67	Katherine Guthrie	ESP
1.65i	Janice Ainslie	EWM

Bathgate celebrates its first year



Jason Clark travelled to Bathgate to sample its unique facilities.

West Lothian District Council
Leisure & Recreation Department



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CENTRE**
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The following people cannot afford to miss out on a visit to the NEW Bathgate Sports Centre:

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THE unique Bathgate Sports Centre celebrates its first anniversary early in November. The centre, including Europe's first indoor 13-lane 100m sprint track, is roofed under what is known as the "Rubb" building, and is augmented by the "Spiketop Decathlon" outdoor track in the Balbardie Park of Peace.

Douglas Forman, of West Lothian District Council's leisure and recreation department, told me:

"The centre has proved to be popular not only with the local people, but also with the sports people who come from quite a distance to use the facilities. There is a lot of interest from Edinburgh, Falkirk, Stirling and from all around the Central Belt. Bathgate Amateur Athletic Club use the facilities regularly and we take bookings from various other clubs and associations around the country.

"We also have a highly successful indoor bowling club, and our fitness schemes are very, very well attended and the health suite goes like a fair," Douglas Forman continued.

The chance to train in the winter in a comfortable environment is obviously a huge attraction. The Rubb building has proved to be ideal for sprinters, 110m hurdlers, long and triple jumpers, high jumpers and pole vaulters in this respect. Add to this an Olympic weight room and a high-tech room with various state-of-the-art equipment, and you have a highly desirable facility.

This is not to say that West Lothian District Council are resting on their laurels. As Douglas Forman explains:

"We especially programmed the prime time slots for athletics. However, we would be keen to see more use made of the athletics facilities - there is time available. I can assure any club wishing to travel to Bathgate that they would be made more than welcome."

The centre found favour during the Special Olympics with the many athletes who utilised its myriad of amenities to the full. Also many of Scotland's top athletes train there regularly.

Meantime extension plans are underway. "We are extending the facilities indoors. A third fully equipped fitness suite has been set up recently. Outdoors we are putting down a £500,000 synthetic grass pitch which will be used for hockey and football," says Douglas Forman.

"One must remember that we are dealing with a sports park and not just a sports centre. It is now a question of getting the building fine tuned in order to make the best use of it," he said.

By anyone's standards Bathgate Sports Centre has had an excellent first twelve months. Douglas Forman states, "The success is down to the fact that the centre has not been attended by one particular section or age group in the sporting community. Instead the wide range of facilities has attracted a broad spectrum of age ranges across both sexes. Every activity has gone down well."

He went on, "West Lothian District Council are rightly proud of the faith they put into the building.

"This faith has been borne out by the good experiences of the first year."



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Fit for middle distance

Dr Paul McIntyre, of the Lifestyle Sports and Health Consultancy in Glasgow, uses his athlete's knowledge to guide other athletes through various fitness tests.

THE scientific basis of endurance running, pioneered by the physiologist Astrad in the 1950's, still commands much interest in research institutions today.

However, athletes who volunteer for such projects generally do not receive practical advice on modifying training programmes to enhance their performance. Furthermore, the interface between the scientist, the coach, and the athlete is poorly developed especially in this country; this can only inhibit the development of athletics.

A small number of sport and health consultancies are now offering fitness testing and scientific evaluation of training programmes on a commercial basis. By employing specialists in the field of sports medicine who have a firm understanding of the practical aspects of training, such consultancies are attempting to create this interface between science and sport.

Based on the fitness test result, in close association with the coach, certain modifications to existing schedules will be suggested. It must be appreciated that several fitness tests exist. To enable athletes to choose a test appropriate to their specific requirements, I have summarised the options below, and expressed my opinion on their suitability.

Maximum Oxygen Uptake (Vo2 Max)

THIS is usually performed in a laboratory and requires cumbersome equipment. It measures the maximum volume of oxygen in ml/min (780 ml/Kg/L exceptional) that an athlete uses during treadmill or bicycle exercise. It is a *maximal* test and therefore requires great motivation from the athlete. It reflects the ability of an athlete to perform endurance events, but it is difficult to construct training programmes on the basis of this result. It is therefore of interest to know one's Vo2 Max, but it has limited practical application.

Lactate Testing

THE proverbial "sea of lactic acid" often coined by BBC athletic commentators is an experience most of us have experienced during training or competition. Lactic acid is produced by the muscles when the oxygen demand cannot be fully met by the cardiovascular system, and energy is

supplemented by the breakdown of certain fuels without using oxygen.

This results in the formation of lactic acid which is implicated in the fatigue process. Measurement of blood lactic acid levels during running enable the exercise consultant to make certain recommendations regarding an athlete's training regime.

Obla Test (Incremental speed)

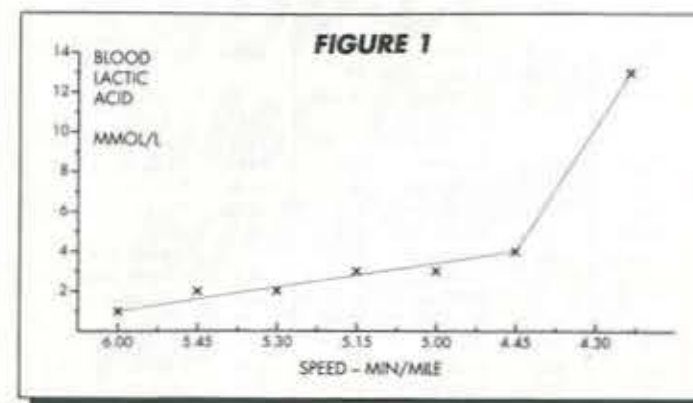
AS illustrated in figure 1, as the speed of treadmill running increases there is a steady increase in blood lactate levels to a point where a further increase in speed will result in a dramatic increase in blood lactate. This point has been termed the *obla* point, and has been the centre of much controversy in the science of exercise physiology.

It has been shown that if this point is determined using the same protocol in a number of athletes of varying abilities, then the value obtained is an excellent indicator of an athlete's ability. Furthermore, if an athlete trains for a proportion of his or her programme at a running pace corresponding to this point, maximum improvement in performance in both competition and treadmill test. However, such training must be part of a varied programme tailored to the individual strengths and weaknesses of the athlete.

The lactate level at which this obla point occurs varies from individual to individual: in some athletes it occurs at a level of 2mmol/l, while in others at 6mmol/l. The test therefore must determine the individual obla point. The value obtained also depends on which treadmill protocol is used, strenuous exercise prior to the test, and diet. Providing these factors are standardised, the test gives invaluable information to the exercise consultant to enable alterations to the training schedule. The lactate level is measured on a minute quantity of blood obtained finger or ear lobe prick.

Steady State Lactate Test

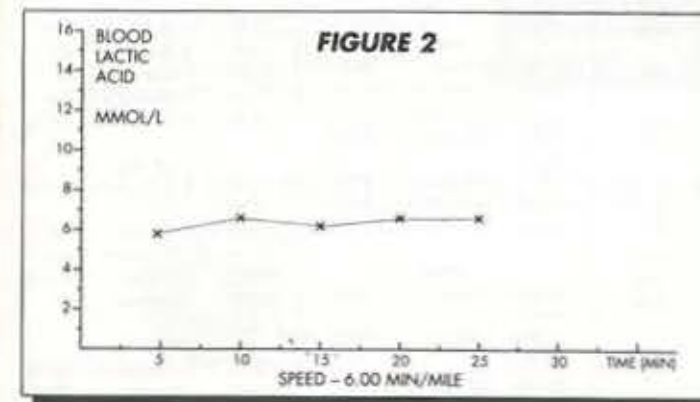
RATHER than use a protocol in which the running speed increases at regular intervals (usually four minute intervals) some exercise consultants prefer to set the treadmill at a constant speed and run the athlete for a set period of time, e.g. 30



minutes, and sample blood lactate at regular intervals. At low running speeds blood lactate remains constant throughout the test. The test is repeated on a different day at faster pace; this process is continued until a significant rise in lactate levels is measured. Training pace is then calculated.

Lactate Testing by the Trackside

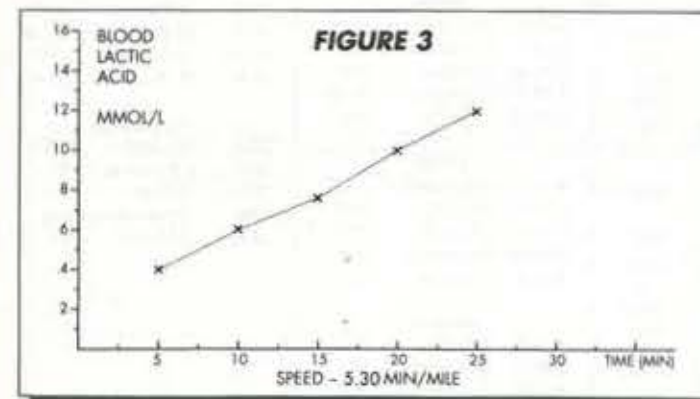
IT has been argued that physiological measurements during training represent a more realistic assessment of athletes' capabilities than artificial laboratory tests. However, there are a



number of problems associated with trackside measurements.

Firstly, portable equipment is required. Secondly, it is impossible to standardise weather conditions which will undoubtedly affect the test results.

The athletes are required to run at a steady pace; time per 200m is the usual guideline; this requires accurate pace judgement. Finally, training pace is obtained by extrapolating



lactate values obtained from two runs of a set distance with a long recovery, at different running speeds to an arbitrary obla point (4mmol/l for men, 3.7mmol/l for women).

As previously indicated, there is individual variation in this point and therefore such assumptions are likely to cause significant inaccuracies.

Lactate Testing Event Specific Sessions

IT is useful for 800-5000m runners to have blood lactate measured during a session which approximates to the demands of the event. Measurement of peak lactate levels after exercise can be used to monitor event fitness. This can be done using treadmill testing or at the track side.

For example, for an 800m athlete, a 600m time trial or running on the treadmill for two minutes, at a pace around 800-1000m race pace, would be appropriate.

IN SUMMARY, treadmill tests with standardised conditions can be used effectively to monitor the fitness of endurance athletes. With a well informed exercise consultant the results from such tests can be used to modify existing training to enhance performance. Tracksides tests have a role to play but are difficult to standardise.

Elite athletes generally have access to such facilities, but the emergence of sport and health consultancies hopes to offer this service at an affordable price to interested club athletes. I view exercise testing as a useful adjunct to established coaching principals, not as a replacement.

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For additional information and/or appointments

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Junior			Youths		
100m			100m		
10.64w	D Galloway	Ayr	10.70w	D Walker	ESP
(10.7)			(10.9)		
10.78w	R Slater	Dun	11.0	C McRobert	StrA
(10.94)			11.06w	C Allan	IH
10.85w	D Clelland	FVH	(11.3)		
(11.3)			11.09w	I Lee	Stew
10.97w	J Adams	Ayr	(11.2)		
(11.4)			11.1	C Joiner	Pit
11.09w	S Brown	NV			
(11.4)			200m		
200m			21.79w	D Walker	ESP
21.3	D Galloway	Ayr	(22.3)		
21.89w	D Clelland	FVH	22.69w	C Allan	IH
(22.3)			(23.3)		
22.13w	R Slater	Dun	22.7	C Joiner	Pit
(22.5)			22.8	C McRobert	StrA
22.16w	J Adams	Ayr	22.8	S Allan	Pit
(22.89)			400m		
22.48	P Shannon	BYM	49.87	G Purves	Bla
400m			50.5	C Young	CAC
48.4	A Savage	CPH	800m		
49.08	P Shannon	BYM	1-52.3	J McPadyen	GGH
49.1	G Simpson	Cam	1-53.6	I Campbell	Arb
49.54	I Pritty	CAC	1-53.90	A Kinghorn	ESP
49.6	I McGurk	CAC	1-54.02	G McDowall	IH
800m			1-54.44	G Graham	VP
1-52.3	J McPadyen	GGH	1500m		
1-53.6	I Campbell	Arb	3-51.5	I Campbell	Arb
1-53.90	A Kinghorn	ESP	3-52.98	A Russell	CAC
1-54.02	G McDowall	IH	3-56.6	G Graham	VP
1-54.44	G Graham	VP	3-58.26	A Kinghorn	ESP
1500m			3-58.37	D Pritt	Har
3-51.5	I Campbell	Arb	5000m		
3-52.98	A Russell	CAC	14-37.72	M Campbell	CAC
3-56.6	G Graham	VP	15-00.30	S Wright	Ab
3-58.26	A Kinghorn	ESP	15-23.43	S Wylie	Cam
3-58.37	D Pritt	Har	15-35.7	N Freer	CAC
2000m/c			15-38.5	A Moss	CR
6-05.21	S Wright	Ab	110mH 3'3"		
6-07.42	A Russell	CAC	14.54w	G Smith	ESP
6-18.5	I Campbell	Arb	15.2	D MacRae	MCS
6-19.7	T Hely	VP	15.3	N Penny	DSM
6-21.51	R Crook	Pit	15.6	K Campbell	MCS
110mH 3'3"			16.2	B Foster	DSM
14.54w	G Smith	ESP	400mH 3'0"		
15.2	D MacRae	MCS	55.16	T Nimmo	FVH
15.3	N Penny	DSM	55.6	N Taylor	VP
15.6	K Campbell	MCS	56.4	D Wight	EA
16.2	B Foster	DSM	56.8	D Hards (Y)	IH
400mH 3'0"			57.5	O Brume (Y)	Fett
55.16	T Nimmo	FVH	HJ		
55.6	N Taylor	VP	2.15	D Barnetson	IH
56.4	D Wight	EA	2.13	S Ritchie	Pit
56.8	D Hards (Y)	IH	2.01	M McVie	CPH
57.5	O Brume (Y)	Fett	1.95	J Allan	CIH
HJ			1.95	S Hill	ESP
2.15	D Barnetson	IH	PV		
2.13	S Ritchie	Pit	4.35	S Greig	Str
2.01	M McVie	CPH	(4.00)		
1.95	J Allan	CIH	100m		
1.95	S Hill	ESP	10.70w	D Walker	ESP
PV			(10.9)		
4.35	S Greig	Str	11.0	C McRobert	StrA
(4.00)			11.06w	C Allan	IH
200m			(11.3)		
21.79w	D Walker	ESP	11.09w	I Lee	Stew
(22.3)			(11.2)		
22.69w	C Allan	IH	11.1	C Joiner	Pit
(23.3)			400m		
22.7	C Joiner	Pit	49.87	G Purves	Bla
22.8	C McRobert	StrA	50.5	C Young	CAC
22.8	S Allan	Pit	800m		
400m			1-54.7	J Gill	Cam
49.87	G Purves	Bla	1-55.16	C Young	CAC
50.5	C Young	CAC	1-56.7	D Halliday	She
800m			1-57.2	R Hooton	DSM
1-54.7	J Gill	Cam	1-57.9	C Nicholson	TS
1-55.16	C Young	CAC	1500m		
1-56.7	D Halliday	She	3-55.5	F McNeil	Lee
1-57.2	R Hooton	DSM	4-02.53	C Nicholson	TS
1-57.9	C Nicholson	TS	4-03.5	D Halliday	She
1500m			4-04.3	C Greenh'gh	VP
3-55.5	F McNeil	Lee	4-04.67	M McBeth	Cam
4-02.53	C Nicholson	TS	(4-19.5)		
4-03.5	D Halliday	She	3000m		
4-04.3	C Greenh'gh	VP	8-44.79	M McBeth	Cam
4-04.67	M McBeth	Cam	8-50.54	F McNeil	Lee
3000m			9-02.80	M Kelso	Pit
8-44.79	M McBeth	Cam	9-05.26	D Fotherham	CAC
8-50.54	F McNeil	Lee	9-05.68	J Gowans	TAC
9-02.80	M Kelso	Pit	2000m/c		
9-05.26	D Fotherham	CAC	6-15.0	M McBeth	Cam
9-05.68	J Gowans	TAC	6-15.8	D Hards	IH
2000m/c			6-21.4	E Calvert	Ab
6-15.0	M McBeth	Cam	6-30.0	S Meldrum	Pit
6-15.8	D Hards	IH	6-31.3	M Gill	Cam
6-21.4	E Calvert	Ab	100mH		
6-30.0	S Meldrum	Pit	13.99	A Tupman	ESP
6-31.3	M Gill	Cam	14.04w	S Dillon	MBI
100mH			(14.2)		
13.99	A Tupman	ESP	14.14w	I Dickie	Ayr
14.04w	S Dillon	MBI	(14.20)		
(14.2)			14.4	A Hambly	Cas
14.14w	I Dickie	Ayr	14.4	I Murray	IH
(14.20)			400mH 2'9"		
14.4	A Hambly	Cas	57.4	D Hards	IH
14.4	I Murray	IH	57.75	I Murray	IH
400mH 2'9"			57.8	O Brume	Fett
57.4	D Hards	IH	59.3	I Dickie	Ayr
57.75	I Murray	IH	59.35	M Milne	Cas
57.8	O Brume	Fett	HJ		
59.3	I Dickie	Ayr	1.93	R Birbeck	Hyn
59.35	M Milne	Cas	(1.90)		
HJ			1.90	P Birrell	Pit
1.93	R Birbeck	Hyn	1.90	A Malcolm	ESP
(1.90)			1.85	I Lind	Ab
1.90	P Birrell	Pit	(1.80)		
1.90	A Malcolm	ESP	1.85	G Smart	VP
1.85	I Lind	Ab	PV		
(1.80)			3.72	R Craig	StAl
1.85	G Smart	VP	3.40	K McNicol	CAC
PV			3.20	S Gibson	CIH
3.72	R Craig	StAl	3.00	C Jones	Ab
3.40	K McNicol	CAC	2.85	D Beaton	Ab
3.20	S Gibson	CIH	LJ		
3.00	C Jones	Ab	6.78	M Craig	StAl
2.85	D Beaton	Ab	6.44	I Lee	Stew
LJ			6.30	A Hambly	Cas
6.78	M Craig	StAl	6.29	J Gilbert	FVH
6.44	I Lee	Stew	6.13	A Tupman	ESP
6.30	A Hambly	Cas	TJ		
6.29	J Gilbert	FVH	14.07	R Birbeck	Hyn
6.13	A Tupman	ESP	(13.88)		
TJ			13.53	M Craig	StAl
14.07	R Birbeck	Hyn	12.98	S Waugh	Cam
(13.88)			12.73	A Hambly	Cas
13.53	M Craig	StAl	12.68	D Ross	Mary
12.98	S Waugh	Cam	12.68	D Sabnis	Ban
12.73	A Hambly	Cas	SP 5kg		
12.68	D Ross	Mary	13.76	D Minty	Pet
12.68	D Sabnis	Ban	13.49	S Hayward	Gala
SP 5kg			1500m s/c		
13.76	D Minty	Pet	4-36.5	K Daley	ESP
13.49	S Hayward	Gala	4-36.90	S MacKay	IH
1500m s/c			4-37.9	P Allan	Ayr
4-36.5	K Daley	ESP	4-46.2	M Anderson	Fra
4-36.90	S MacKay	IH	80mH		
4-37.9	P Allan	Ayr	11.51	G Adams	Ayr
4-46.2	M Anderson	Fra	11.61	I Hamilton	CAC
80mH			11.68	P Knapp	Ayr
4-54.0	D Casey	QVS	11.94	C Frew	Ham
11.51	G Adams	Ayr	11.99	D Ablett	CPH
11.61	I Hamilton	CAC	400mH		
11.68	P Knapp	Ayr	64.8	D Mont'mery	Cas
11.94	C Frew	Ham	66.8	G MacLennan	Cas
11.99	D Ablett	CPH	HJ		
400mH			1.86	S McKinley	Pit
64.8	D Mont'mery	Cas	1.73	M McDougall	IH
66.8	G MacLennan	Cas	1.70	A Thomas	Bel
HJ			1.67	P Gill	GlasA
1.86	S McKinley	Pit	1.66	C Noble	Fras
1.73	M McDougall	IH	PV		
1.70	A Thomas	Bel	2.70	S McLean	QVS
1.67	P Gill	GlasA	2.60	A Wood	QVS
1.66	C Noble	Fras	2.60	P Clark	QVS
PV			2.60	R Dunn	EA
2.70	S McLean	QVS	2.50	F Anderson	Bee
2.60	A Wood	QVS	LJ		
2.60	P Clark	QVS	6.19	S Milne	Ork
2.60	R Dunn	EA	5.79	M McManus	Ham
2.50	F Anderson	Bee	5.73	D Steel	Ayr
LJ			5.69	A Blackie	VP
6.19	S Milne	Ork	5.68	J Whannel	VP
5.79	M McManus	Ham	TJ		
5.73	D Steel	Ayr	11.95	S Milne	Ork
5.69	A Blackie	VP	11.91	A Blackie	VP
5.68	J Whannel	VP	11.81	J Whannel	VP
TJ			11.63	D Mont'mery	Cas
11.95	S Milne	Ork	11.40	K Kelly	Doug
11.91	A Blackie	VP	SP 4kg		
11.81	J Whannel	VP	12.37	K Campbell	MYM
11.63	D Mont'mery	Cas	(12.27)		
11.40	K Kelly	Doug	12.31	R Wilson	CR
SP 4kg			12.16	G Ferguson	Law
12.37	K Campbell	MYM	12.02	J Duffus	Kel A
(12.27)			11.91	N Beaton	Pit
12.31	R Wilson	CR	DT 1.25kg		
12.16	G Ferguson	Law	35.16	K Campbell	MYM
12.02	J Duffus	Kel A	35.02	L Robinson	Dunf
11.91	N Beaton	Pit	34.08	N Beaton	Pit
DT 1.25kg			33.50	S Sneddon	TAC
35.16	K Campbell	MYM	33.34	S Bremner	Nairn
35.02	L Robinson	Dunf	HT 4kg		
34.08	N Beaton	Pit	50.60	R Mackinnon	QVS
33.50	S Sneddon	TAC	(best ever by a Scottish boy)		
33.34	S Bremner	Nairn	31.70	A Shepherd	IH
HT 4kg			30.72	S Sneddon	TAC
50.60	R Mackinnon	QVS	28.02	J Law	QVS
(best ever by a Scottish boy)			JT 600g		
31.70	A Shepherd	IH	48.14	N Dempsey	MCS
30.72	S Sneddon	TAC	44.90	S Wands	Doll
28.02	J Law	QVS	38.98	M Bytheway	CrCas
JT 600g			38.34	D Ablett	CPH
48.14	N Dempsey	MCS	37.64	B Thomson	Mon
44.90	S Wands	Doll	Pentathlon		
38.98	M Bytheway	CrCas	2722	D Ablett	CPH
38.34	D Ablett	CPH	2683	J Whannel	VP
37.64	B Thomson	Mon	2553	H Kerr	Ayr
Pentathlon			2448	D Mont'ry	Cas
2722	D Ablett	CPH	2436	C Morris	Sto
2683	J Whannel	VP	1500m		
2553	H Kerr	Ayr	4-16.2	C Clelland	Cam
2448	D Mont'ry	Cas	4-17.2	D Carty	Bath
2436	C Morris	Sto	4-19.00	J Tonner	JWK
1500m			4-20.93	P Allan	Ayr
4-16.2	C Clelland	Cam	4-21.9	S McKay	I

100m

10.39w	David Clark	CPH
10.41w	Jamie Henderson	CPH
10.51w	Alan Doris	ESP
10.53w	Elliot Bunney	CPH
10.64w	Darren Galloway (J)	Ayr
10.70	Neil Turnbull	CPH
10.70w	Douglas Walker (Y)	ESP
10.73	Br'n Ashburn (10.5w)	CAC
10.78w	Roddy Slater (J)	DHS
10.80w	Stephen Shanks	Lark

200m

20.75	David Clark	CPH
21.25	Neil Turnbull	CPH
21.3	Darren Galloway (J)	Ayr
21.3w	Elliot Bunney	CPH
21.55	Alan Doris	ESP
21.7w	Mark Davidson	Ab
21.79w	Douglas Walker (Y)	ESP
21.86i	Jamie Henderson	CPH
21.89w	David Cleland (J)	FVH
21.9	Stephen Shanks	Lark

400m

46.52i	Brian Whittle	Ayr
47.14	Mark Davidson	Ab
48.04	George Fraser	San
48.1	Gregor McMillan	DHH
48.3	David Mulheron	Bell
48.32i	Mark McMahon	CPH
48.4	Amir Savage (J)	CPH
48.5	Grant Hodges	ESP
48.68	Elliot Bunney	CPH
48.7	Jim Nicoll	PSH

800m

1-44.44	Tom McKean	BYM
1-45.47	Brian Whittle	Ayr
1-46.90	David Strang	Hgy
1-49.42	Stuart Paton	Bel
1-49.5	Tom Hanlon	CPH
1-50.6	Gary Brown	ESP
1-50.7	Andrew Walker	CPH
1-51.0	Larry Mangleshot	WGN
1-51.1	Alan Murray	JWK
1-51.44	David Chamberlain	FVH

1500m

3-39.95	Ian Hamer (W)	ESP
3-45.05	Larry Mangleshot	WGN
3-45.26i	Alistair Currie	Dum
3-45.33	Steve Overt (E)	Ann
3-45.76	Tom Hanlon	CPH
3-46.4	Stuart Paton	Bel
3-47.46	Mark Fallows	ESP
3-47.5	David Donnet	CAC
3-47.8	Ian Gillespie	CAC
3-47.95	Tom McKean	BYM

5000m

13-25.63	Ian Hamer (W)	ESP
13-48.86	Peter McColgan (NI)	DHH
13-50.33	John Robson	CPH
14-07.9	Peter Fleming	Bell
14-09.2	George Braidwood	Spr
14-09.91	Robert Quinn	Kilb
14-10.5	David Donnet	CAC
14-10.9	Steven Doig	OG
14-11.91	Chris Robison	SV
14-13.0	Neil Tennant	CPH

10,000m

28-30.44	Ian Hamer (W)	ESP
29-37.04	Peter Fleming	Bel
29-59.43	Mike Carroll	Ann
30-03.04	Alastair Walker	Tev
30-04.01	Iain Campbell	DHH
30-09.5	Bruce Chinnick	Forr
30-09.84	Chris Hall (W)	DHH
30-22.61	Chris Robison	SV
30-23.32	Doug Runcieman	Cam
30-32.64	Peter Fox	DHH

Marathon

2-10-10	Allister Hutton	CPH
2-17-58	Jim Doig	Ab
2-20-40	Frank Harper	Pit
2-25-28	John Duffy	GWH
2-25-28	Charlie McIntyre	Fras
2-27-05	Douglas Cowie	RAF
2-27-44	Jim Dingwall	Hull
2-28-01	Alasdair Keen	Derby
2-28-12	Euan Wilkinson	Cald
2-28-57	Stewart Asher	FAC

3000m s/c

8-16.31	Tom Hanlon	CPH
<i>(Scottish record)</i>		
8-34.10	Peter McColgan (NI)	DHH
8-48.0	Graeme Croll	Cam
8-50.6	George Mathieson	CPH
8-58.5	John Steel	CPH
9-05.5	Ken Stirrat	OxU
9-12.0	Steven Wright (J)	Ab
9-17.1	David Ross	CPH
9-20.2	Tom Ulliot	B&H
9-20.34	Robert Carey	Ann

110mH

14.28	Neil Fraser	Inv
14.28w	John Wallace	New
14.95w	Paul Warrillow	CPH
15.03	Duncan Mathieson	Ab
15.08w	Ian McGillivray	Ela
15.22	Graeme Smith (J)	ESP
15.46w	Graham McAnany (J)	CPH
15.53w	Fraser McGlynn	She
15.62w	Colin Hogg	ESP

400mH

51.9	Mark Davidson	Ab
52.49	Malcolm McPhail	Ayr
53.4	David Hitchcock (E)	CPH
53.46	Rodger Harkins	She
54.2	Douglas Thom	DHH
54.26	Peter Campbell	Sto
54.6	Ken Anderson	NV
54.77	Alistair Taylor	Inv
55.16	Tom Nimmo (J)	FVH
55.22	Steve Ledingham	Ab

High Jump

2.30	Geoff Parsons	Lon
<i>(Scottish Record)</i>		
2.15	David Barnetson (J)	Inv
2.13	Stephen Ritchie (J)	Pit
2.08	Alan Scobie	ESP
2.07	Duncan Mathieson	Ab
2.05	James Stoddart	Bel
2.04i	Neil Robbie	Mel
2.01	Malcolm McVie (J)	CPH
2.00	Andrew Edgar (Eng)	CPH

Pole Vault

4.60	Eric Fliszar (US)	DHH
4.40	Martin Smith	CPH
4.35	Stephen Greig (J)	Str
4.30	Ian McKay	ESP
4.30	David McLeod	Bell
4.25	Michael Nicoll	Hav
4.20i	Iain Black	CPH
4.20	Stuart Ryan	SV
4.20	John McArdie	Lou
4.20	Duncan Mathieson	Ab
4.20	Paul Pentland	ESP
4.20	Allan Leiper	Ald
4.20	Adam Anderson	NV

Long Jump

7.55	Brian Ashburn	CAC
7.35	Craig Duncan	She
7.29w	Duncan Mathieson	Ab
7.10w	Eric Scott (J)	Hel
7.04	Melville Fowler	Inv
6.95w	Paul Allan	Ab
6.78	Mark Craig (Y)	CAC
6.76	Geoff Parsons	Lon
6.74	William Leung	ESP
6.66i	John Scott	ESP

Triple Jump

15.90	Craig Duncan	She
14.98	Neil McMenemy	CR
14.42w	Duncan Mathieson	Ab
14.29	Rodger Harkins	She
14.17	Russell Brown	CAC
14.10	William Leung	ESP
14.07i	Rory Birbeck (Y)	Hynd
13.98	John Brierley	New
13.87	S. Clelland	GU
13.80	Jamie Henderson	CPH

Shot Put

17.24	Stephen Whyte	Lut
15.14i	Robert Smith	CPH
15.10	Mark McDonald	Dmf
14.91	Steve Aitken	DHH
14.74	Russell Devine	Inv
14.57	Gordon Smith	Ab
14.45	Neil Mason (J)	Fife
14.37	Graeme Stark	Rth
14.35	Darrin Morris	Pit
14.25	Adam Whyte	ESP

Discus

58.36	Darrin Morris	Pit
<i>(Scottish record)</i>		
50.00	Michael Jemi-Alade	CPH
47.54	Stephen Whyte	Lut
47.32	Russell Devine	Inv
46.00	Mark McDonald	Dmf
42.54	Kenga Kubota (Ja)	ESP
41.30	Neil Elliot (J)	Hel
41.26	Jamie Malcolm	Wir
40.72	Alex Black	CPH
40.52	Paul Allan	Ab

Hammer

61.90	Russell Devine	Inv
60.78	Stephen Whyte	Lut
56.16	Lawrie Nisbet	CPH
53.30	Andrew Hall	Hill
53.22	Robin Meikle	CPH
53.10	Russell Payne	Bir
49.90	Doug Aitchison	PSH
49.58	Chris Edgar (Y)	FVH
49.46	Adam Whyte	ESP
48.88	David Allan	Inv

Javelin

62.04	Stewart Maxwell	Pit
59.92	John Guthrie	CPH
59.50	Stewart McMillan	Pit
59.00	Alex Black	CPH
59.00	Chai Huat Ng	She
57.70	Adam Whyte	ESP
57.06	Nils Fearnley (J)	Gle
55.90	Duncan Mathieson	Ab
54.58	Jamie Grant (J)	Lor
54.42	Philip Crawford (J)	PSH

Decathlon

7535	Duncan Mathieson	Ab
7039	Paul Allan	Ab
5830	Eric Scott (J)	Hel
5759	Allan Leiper	Ald
5683w	Stuart Ryan	SV
5639	Alistair Taylor	Inv
5618	Jamie Malcolm	StA
5556	Michael Standen (E)	PSH
5541w	Paul Masterton	ESP
5483	Stephen Greig (J)	Stret



Allister Hutton . . . his 2-10-10 London Marathon made him the fastest Scot in 1990 by over seven minutes.

Rankings compiled by Arnold Black

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Clockwise, from top left, David Fairweather of Cambuslang, Ron Steel from Glasgow, women's winner Zoya Ivanova, and the middle of the field.



September

1

Ben Nevis 10 Mile HR, Fort William

Men: 1, M Rigby (West) 1-26-08; 2, K Anderson (Amb) 1-28-58; 3, G Devine (Pud) 1-32-25; 4, D Rodgers (Loch) 1-32-31; 5, G Schofield (Black) 1-32-50; 6, D Ibberton (Glo) 1-33-06; 7, R Pallister (Pud) 1-33-12; 8, S Jackson (Hor) 1-33-27; 9, R Jamieson (Amb) 1-33-35; 10, A Trigg (Glo) 1-33-50; **V1:** J Holt (Clay) 1-41-55; **V2:** D Spedding (Kes) 1-42-09; **V3:** C Wilkinson (Bing) 1-46-42; **V4:** D Quinlan (Bing) 1-48-16; **V5:** M Walford (Ken) 1-48-37; **V6:** D Wetherhead (Bing) 1-48-49; **V50:** B Thackery (DP) 1-51-55.

Women: 1, L Hope (Loch) 1-56-58; 2, S Neirdrum (LeeU) 2-03-22; 3, J Schreiber (LU) 2-08-25; 4, B Carney (Bing) 2-12-30; 5, A Barret (Bing) 2-24-36; 6, C Charlton (Kes) 2-26-25. **Teams:** 1, Ambleside 23pts; 2, Pudsey and Bramley 23; 3, Lochaber 63; 4, Glossopdale 67.

9

Corrieyalrack Pass HR, Fort Augustus

Men: 1, T Brand (Liv) 1-49-09; 2, I Wallace (HBI) 1-49-46; 3, R Revill (Bad) 1-50-28; 4, P Hughes (Loch) 1-51-36; 5, R Campbell (Loch) 1-52-30; 6, C Bain (Un) 1-53-29; 7, N Lancaster (Un) 1-56-38; 8, R Boswell (Loch) 1-58-12; 9, R Collins (Inv) V1 1-58-56; 10, S Burns 1-59-09; **V2:** E Rennie (Ab) 2-02-00; **V3:** G Clark (Arb) 2-04-30; **V50:** R Goram (SVHC) 2-12-21; **Women:** 1, C Menhennett (Clyd) 2-00-57 (rec); 2, L Hope (Loch) 2-18-57; **V1:** E Wilby (BI) 2-41-14. **Team:** Lochaber 17pts.

15

Cairnwilliam HR, Monymusk

Men: 1, E Butler (Ab) V1 47-53; 2, E Arrowsmith (Ab) 48-04; 3, D Armitage (Ab) 49-00; 4, R Durran (Un) 49-13; 5, E Rennie (Ab) V2 51-50; 6, A Aitken (Ab) 52-19; 7, S Hastie (Pete) 52-53; 8, I Fraser (Ab) V3 52-34; 9, P Brown (Inv) 52-51; 10, G Milne (Ab) V4 53-20; **L1:** C Blyth (Ab) 1-13-26.

22

Knockfarrel HR, Strathpeffer

Men: 1, I Mathieson (TVH) 35-38; 2,

D Duguid (Ab) 35-50; 3, D. Weir (PSH) 36-17; 4, M Wright (MR) 37-27; 5, E Butler (Ab) V1 37-43; 6, W Foreman (Ab) 37-58; 7, M Francis (For) 38-27; 8, R Wilby (BI) V2 38-10; 9, W McDonald (Inv) 38-40; 10, G Bruce (BI) 38-42.

Team: Aberdeen AAC

Women: 1, M Adamson (Inv) 44-24; 2, L. Fisher (Nai) 46-42; 3, K Butler (Ab) 51-50.

23

Cocklerol HR, Linlithgow

Men: 1, D Anderson (FVH) 28-27; 2, K. Rankin (FVH) 29-07; 3, C Meek (Whit); **V1:** B Howie (CPH) 30-45; **L1:** R McAleese (MSL) 34-51.



September

1

Easter Ross People's 10K, Tain

Men: 1, S McKenzie (Inv) 31-41; 2, D Bow (NRR) V1 33-49; 3, R McHarg (Inv) 33-58; 4, G Mitchell (Inv) 34-01; 5, D Gunn (For) 34-19; 6, D McDowell (Un) 35-18; 7, D Bird (Inv) 35-45; 8, P Crowe (Inv) 36-25; 9, J Wilson (Un) 36-32; 10, J McMillan (BI) 36-43.

Women: 1, M Adamson (Inv) 39-82; 2, F Farquhar (Wick) LV1 40-00; 3, J MacKenzie (ESRC) 45-10; 4, F McCallum (Un) 45-24; 5, J Guise (BI) 45-26; 6, M Argyle (ES) 46-59. **Team:** Inverness Harriers.

Kali-Kwik Blairgowrie "500" Half Marathon

Men: 1, J Evans (She) 70-43; 2, R Bell (DHH) 72-21; 3, B Anderson (DRR) 72-57; 4, P Dolan (Cly) 74-02; 5, A Adams (Dum) V1, 74-13; 6, R Wood (DRR) V2, 74-36; 7, N McDonald (Met) 74-44; 8, P McGregor (VP) V3, 76-38; 9, B Howie (CP) 76-58; 10, R Davidson (DRR) 77-30.

Women: 1, V Fyall (DRR) 87-07; 2, J Robertson (DRR) 93-19; 3, A-M Hughes (ESP) 93-46. **Team:** Dundee RR.

2

Calderglen 10 mile RR, E Kilbride

Men: 1, R Quinn (Kilb) 49-50; 2, A Douglas (VP) 50-43; 3, R Johnston (Cal) 51-12; 4, G White (Ayr) 51-34; 5, G McDougall (Cal) V1 51-44; 6, R Ronald (EK) 51-53; **V50:** H Gibson (Ham) 61-29. **V60:** P Toner (Bella) 72-32.

Women: 1, A Brunjes (Cal) 70-44; 2, L Curley (Mot) 72-11; 3, G Dees (Cal) 72-32.

Grangemouth Charity Chase 10K

Men: 1, G Grindlay (FVH) 30-45; 2, M Coynejun (CR) 31-02; 3, K Rankin (FVH) 31-11; 4, A Weatherhead (ESP) V1 31-21; 5, T Thomson (CR) 32-09; 6, C Meek (Whit) 32-44; 7, K Dawson (CR) 32-50; 8, A Stephenson (CR) 32-57; 9, C Smith (PRS) 33-28; 10, A Little (Un) 34-28.

Team: Central Region

Women: 1, B Redfern (Un) 34-25; 2, T Thomson (Pit) 39-27; 3, D Leddy (Whit) 43-45; 4, G Harrison (Un) 43-49; 5, S Welsh (Un) 46-24.

Scottish Wildlife Trust 10K, Aberdeen

Men: 1, D Duguid (Ab) 33-56; 2, C Noble (Fra) V1 34-13; 3, S Willox (Met) 34-15; 4, C Rollo (DHH) 34-23; 5, W Forman (Ab) 34-25; 6, D Armitage (Ab) 34-33; 7, P Jennings (Met) 34-35; 8, G Rennet (Un) 34-36; 9, A Neaves (Met) 34-38; 10, M Thomas (HBT) 34-39; **V2:** M Edwards (Ab) 35-00; **V3:** K Hogg (Ab) 35-17; **V50:** 1, C Rennet (Un) 37-35; 2, N Mackie (Un) 43-45; 3, R Arthur (Un) 49-32.

Women: 1, M Duthie (Fra) 35-43; 2, U Simpson (Ab) V1 39-37; 3, J White (Bancb) 40-47; 4, N MacKinnon (Ab) V2, 41-14; 5, B O'Neil (GiffN) 44-32; **V45:** 1, M Beveridge (Ab) 44-56; 2, H Lawrie (Reeb) 52-58.

8

Carlisle 10 mile RR

Men: 1, P Fleming (Bella) 49-47; 2, W Nelson (Law) 52-02; 3, D Watt (Cal) 52-44; 4, A McLelland (Cal) 53-00; 5, B Ronald (EK) 53-24; 6, G McMaster (FVH) 53-46; 7, C MacDougall (Cal) V1 54-01; 8, M McQuaid (CR) 54-53; 9, J Hanratty (Cly) 56-04; 10, W Dickson (Law) 56-22; **V2:** I Donnelly (Law) 57-45; **V3:** J Reilly (Law) 58-59; **V45:** T Dolan (Cam) 59-04; **V50:** M Coyle (CR) 63-56; **V55:** S MacLean (Giff) 63-44; **V60:** P Tonner (Bella) 73-49. **Women:** 1, A Dickson (Law) 69-14; 2, G Craig (Stra) 69-29; 3, J Wilson (Un) 75-34.

9

Moray Road Runners 10K, Elgin

Men: 1, C Hall (DHH) 30-26; 2, B Chinnick (For) 30-38; 3, R Arbuckle (Keith) 31-05; 4, J Bowman (Inv) 31-21; 5, G Laing (Ab) 31-25; 6, G Sim (Mor) V1 32-46; 7, G Milne (Pete) V2, 33-21; 8, G Herbert (Inv) 33-29; 9, M Wright (Coa) 33-50; 10, A Stewart (Mor) 34-06; **V3:** G Fraser (Inv) 35-48. **Team:** Inverness Harriers

Women: 1, D Porter (Ab) 39-39; 2, A Orme (Met) 42-00; 3, G Sanders (RAF Kin) 44-05; 4, S Taylor (Gar) V1 44-19; 5, J Norgate (Nairn RR) 45-08; **V2:** J Asher (Mor) 47-08; **V3:** M Woodhouse (Inv) 49-11. **Team:** Moray Road Runners.

15

Two Ferries RR, Ardgour

Men: 1, J Cooper (Spr) 56-49; 2, P McGregor (VP) V1 59-59; 3, J White (Inv) 61-41; 4, R Boswell (Loch) 63-39; 5, J Borrell (Loch) 63-53; 6, R MacDonald (Inv) 64-05; 7, J Maitland Snr. (Loch) (V2) 64-19; 8, J Maitland Jr (Loch) 64-49; 9, T O'Reilly (Spr V3) 68-57; 10, W Murray (SVH) V4 69-46.

Women: 1, R McLachlan (Loch) 81-20; 2, N MacDonald (Un) 1-52-26.

16

Land O'Burns Half Marathon, Ayr

Men: 1, P Fleming (Bella) 64-18; 2, M Carroll (Ann) 64-50; 3, I Campbell (DHH) 64-57; 4, T Murray (GGH) 66-34; 5, G Croll (EK) 66-53; 6, D Frame (Law) 67-36; 7, J Evans (She) 67-48; 8, M Gormley (Cam) 68-11; 9, M Coyne (CR) 68-38; 10, C Haskett (DHH) 68-45; **V1:** D Fairweather (Cam) 70-47; **V2:** D Logue (Dumf) 72-41; **V3:** H Watson (Cly) 73-25; **V4:** R Young (Cly) 74-07; **V5:** G Gilbert 71-30.

Women: 1, J Swanson (MSL) 79-11; 2, E Turner (GAC) 79-23; 3, A Wilson (DHH) V1 80-26; 4, J-A Armstrong (GAC) 83-01; 5, R Murray (GN) V2, 86-04f; 6, A Gifford 87-33; 7, A-M Hughes (ESP) 87-54; 8, G Craig (Stra) V3, 88-40; 9, H Stewart (Cly) 89-35; 10, S Milne (DHH) LV4 90-00.

23

Saucony 10 Mile RR, Inverness

Men: 1, H MacKay (Fife) 52-57; 2, B Cook (DHH) 53-19; 3, G Sim (Mor) V1, 53-43; 4, C Hunter (Mor) 54-06; 5, I Campbell (Arb) 54-42; 6, S McKenzie (Un) 54-48; 7, C Smith (Port) V2, 55-03; 8, G Crawford (ESP) 55-15; 9, M Wright (Mor) 56-03; 10, D Bow (Nairn) V3 56-32. **Women:** 1, M Duthie (Fra) 58-13; 2, J Ferrari (Pit) LV1 62-41; 3, M Adamson (Inv) 66-11. **Team:** Moray Road Runners.

Apologies to readers for the curtailed results service - our compiler was on annual leave. Events omitted will appear in our next issue.



September

30

Metro Aberdeen Cross Country Relays, Balcownie, Aberdeen

4 x 2.25 miles: 1, TNT 48-09 (I Matheson 12-04; E Arrowsmith 12-53; D Duguid 11-45; C Hall 11-27); 2, Moray Road Runners 50-23 (D Morrison 13-41; G Milne 12-21; C Hunter 12-00; G Sim 12-21); 3, Metro Aberdeen, 51-06, (M Cum-

Dumfries 10K

THIS year's Dumfries Tredaire 10K on September 9 had its largest field yet, with the limit of 250 entrants being reached several days before the race.

Former Bingley runner Steve Binns set a new course record of 29-48, running in his new Annan club colours.

Robert Carey, also of Annan, finished second over two minutes behind, with Brian Craig of Irvine Cable just pipping Archie Jenkins of Hunters Bog Trotters for third place.

David Logue of Dumfries RC was fifth overall and first veteran. This was David's last run in Dumfries RC colours as he is soon to leave the area.

First female was junior internationalist Hayley Haining in 36-30.

Loch Leven Half Marathon

OVER 400 runners completed the circuit of Loch Leven in Kinross-shire, all within two and a half hours, for the Loch Leven Half Marathon on September 8.

The first male finisher was Adam Eyre-Walker, a student and member of Hunters Bug Trotters of Edinburgh, in 68-12, slightly slower than last year's winner (Charlie Haskett, who did not run this year). Adam was followed by Pitreavie's Frank Harper (68-51) and David Anderson (69-19), a local from Milnathort and a member of Falkirk Victoria Harriers.

The first woman home was Aberdeen's Ulrike Simpson in 84-53. Ulrike was last year's winner; she is now a veteran runner. Second female was Valerie Fyall (Dundee RR) in 85-49, and third, Anne Hughes (88-37). The veteran male winner was again Robert Wood (9th) from Dundee RR in 72-34, closely followed by Charles Smith from Portobello RC in 72-52.

The second female vet was Gill Hanlon (Dundee RR) in 91-28 and third

ming 12-24; A Neaves 12-59; F Cowie 12-45; S Willox 12-58); 4, Hunters Bog Trotters 51-36, (J Farquhar 13-09; 2, M Thomas 13-18; B Maher 13-13; S Axon 11-36); 5, Aberdeen University 52-58, (C Dodge 12-57; D Ball 13-37; A Nesbit 14-15; S Wright 12-09); 6, Scottish Gas, 55-45, (P Jennings 12-45; G Liddell 14-06; D Dunn 15-02; E Munro 13-53); 7, Garioch Road Runners 55-57; 8, Aberdeen AAC/Lynx Pack 57-02; 9, Metro Aberdeen B 58-51; 10, Metro Aberdeen C 63-58.

Fastest laps: 1, C Hall (TNT) 11-27; 2, S Axon (HBT) 11-36; 3, D Duguid (TNT) 11-45; 4, C Hunter (MRR) 12-00; 5, I Matheson (TNT) 12-04; 6, S Wright (AU) 12-09.

was Linda McGill (Dundee RR) in 93-49.

The first local male was David Anderson, followed by Terry Quigley (KRR) 80-33 and Donald Fletcher (KRR) 81-42. Local females were Sheila Bauchop 96-55, Susan MacKenzie and Ann Quigley.

There were a number of team entries, and the affiliated team trophy went to Dundee Road Runners (53 points) with Fife AC second (77 points).

The unaffiliated trophy went to Kinross Road Runners (188 points); second was Polmont Jogging Club (400).

Moray RR 10K

CHRIS Hall of Dundee Hawkhill Harriers retained his Moray Roadrunners 10K title on September 9 by winning in fine form in 30-26, just 12 seconds ahead of Bruce Chinnock of Forres Harriers, with Ross Arbuckle of Keith & District third in 31-05. First veteran was George Sim of Moray RR in 32-46, writes Anne Sim.

The men's team from Inverness Harriers won the Gleaner Oil Trophy. Colin Gilmour of Nairn & District was first over 50 years, while Alex Hannah of Moray RR was first over 60 years.

In the women's section, Debbie Porter of Aberdeen AAC was first to finish in 39-39, with Annette Orme of Metro Aberdeen second in 42-00 and Gillian Sanders of RAF Kinloss third in 44-05.

First woman veteran was Sue Taylor of Garioch RR, with Joan Asher of Moray first woman supervet.

The DM Hall Trophy for first women's team was won by Moray Roadrunners. Olivia Neild from Gordonsdown was first under 21, while schoolmate David Miller was first under 21 male.

A total of 190 runners took part, well up on the inaugural event number from last year, and many runners went home with spot prize vouchers.



Lynn Harding, first Scottish woman in the Great Scottish Run, receives her medal from Lord Provost Susan Baird. Note the subtle sponsors' material in the background!

SCOTTISH Universities Athlete of the Year for 1990 was Heriot Watt's Ian Hamer. The choice was made simple by Ian's outstanding performances at four major championships. The good news for the future is that Ian will be remaining at Heriot Watt for a further two years, during which time he will be studying for a MSC in construction management.

The year began in whirlwind fashion for Hamer. Selected at the last minute for the Welsh Commonwealth Games team, he travelled to Sydney in late December. After a few weeks acclimatising, he travelled on to New Zealand, where he ran a Welsh record in the 3000m (7-46). His aim in the Games was to reach the 5000m final, but it is now history that he ran a superb race to bring home the bronze medal in a time of 13-25. The 5000m was the most exciting and eventful race in the Games, but Ian stayed out of trouble and more than justified his selection.

Almost immediately after returning from Auckland, and while still caught up in the euphoria of his medal-winning run, he was selected for Britain in the 3000m at the ill-fated European indoors in Glasgow. Owing to a mix up by the officials, Ian left the arena on the Saturday believing that he had been eliminated. The following morning, having been out for a training run, he was told that he was in the final.

He failed to live up to his own expectations in the final, but that is hardly surprising in the circumstances. Typical of Ian is his attitude to this race. He says that if he had been going to win he would have succeeded regardless of the problems. In retrospect, he admits that it was not meant to be, and that perhaps he was wrong to run in the first place.

After the indoor season, he returned to the cross country scene for the World Student Games in Poland. He was in a different class at this event, and won gold for Britain.

Ian then returned to his books in an effort to pass his final exams at university. Despite his absence for two months at the Commonwealths, and this hectic training schedule, he still managed to get his degree. The absence from the track during his exams probably left him with little realistic chance of a medal at the Europeans in Split. Despite this, however, he reached the final of the 5000m and had a real crack at a medal.

The problem that he faced was the heats. In Auckland the heats were more comfortable and there was an extra day to recover before the final. In Split, he had to run a 4.10 mile in the middle of the heat to

ensure he qualified. With his limited experience of major championships he found it all a bit too much.

What does the future hold for the young Welshman? His post-graduate course lasts for two years, which will take him through the World Championships and to the Olympics in Barcelona. He also has his sights set on the World Student Games in Sheffield in 1991. In the days of semi-professional amateur athletes, it is disappointing to note that despite his success and great potential, he has been unable to attract a major sponsor to support his quest for further medals.

His tuition fees for the MSC are being paid by his parents, and his ambitions may be thwarted by a lack of funds. When there appears to be so much money in the sport at present, there must be something wrong when none of it comes the way of such a talented young man. The experience gained at the Europeans and the Commonwealths can only help in his quest for gold.



Ian Hamer (centre) celebrates his World Student Cross Country Championship win in Poland earlier this year.

Where does the university scene fit into the schedule of an internationalist? He admits that his two best runs of the year were his golds at the World Student Games in Poland, and the British Universities Championships in Antrim. The university outdoor season can be used to sharpen up in preparation for bigger events, and also as a useful gauge of fitness in the early season. More importantly, it is a lot of fun and is of a higher standard than many people think.

Best wishes to Ian in his preparations for future majors, and in his studies at Heriot Watt.

Gordon Ritchie

October

13

AYRSHIRE CC Relay Champs, Irvine.

DUNBARTONSHIRE CC Relays.

EAST District CC League, Hawick.

NORTH District CC League, Fraserburgh.

RENFREWSHIRE CC Relays.

14

STRATHCARRON 10K Fun Run. 11am Denny HS, Shanks Ave, Denny. See for details and forms to Fun Run Convener, Strathcarron Hospice, Randolph Hill, Denny 03482-6222. £3.50 entry fee (under 16 £1.50). Medals to all finishers.

FRASERBURGH FC Half Marathon. 1.30pm, Bellsley Park, Fraserburgh. Entries on day. D - Mr J Adams, Tel 0346-28002.

SWCC&RRA National Road Relay Championships, Victoria Park, Glasgow.

20

EAST District Relay Champs, Alloa.

NORTH District Relay Championships.

WEST District Relay Champs, Springburn.

21

FALKIRK Herald People's Half Marathon and Balm's Fun Run, Grangemouth. Starts 10.30am. Details from Grangemouth Sports Complex. D: 0324-486711.

KIRKILL Forest 8 Mile Race, Aberdeen. 2pm start, Kirkhill Forest. Details from 0224-681320. E on day £2.

KIRKINTILLOCH Olympians Cross Country Races.

27

SCCU National CC Relay Champs, Irvine.

28

PITREAVIE AAC CC Meeting.

RUBY Young Memorial Race - women only - 4 mile fun run, Howard Park, Galston 11am. Details from 0560-820127. Entries on day.

November

2

EVEREST Marathon. Details from 09662-5445.

3

BLACK Isle Festival of Running (marathon, half marathon, 10K and fun run). D - 0349-63381.

ALLAN Scally Memorial Road Relay Race, Baillieston.

COMBINED Women's Five Nations & Men's Home Countries International Cross Country Matches, Beach Park, Irvine.

4

THORNTON W.S. 10 Mile Road Race organised by Dundee Roadrunners. Information from 0382-67026.

FIFE College Ladies 10K Road Race. 10am (last year's Fife College "5"). D - Rhonda Stephen 0592-268591.

HYDRASUN Open CC Meeting, Balgownie, Aberdeen.

LASSWADE Athletic Club Open Cross Country Meeting. Tel 031-663-0434 for details.

10

GENERAL Portfolio Glasgow University Road Race, Westerlands. 3pm start, changing Anniesland Cross. E - £1 on day, details from 041-339-8855 Ext 5861.

NORTH District League, Caithness.

TINTO Hill Race

11

KILMARNOCK & Loudon District Sports Council Open

Races. 1pm, James Hamilton Academy. Details from 0563-35408.

17

INAUGURAL Glen Clova Road Race, Forfar. 12 noon, 13.5 miles. Details and forms from Clova Hotel, Tel 057-55-222.

ABERDEEN University Hare & Hounds Open Road Relay.

CLYDESDALE Harriers Open Races. Details from Phil Dolan, Tel 37-76950.

TEVIOTDALE Harriers Open Races. Details from 0450-73214.

18

EDINBURGH to Glasgow Road Relay Race.

DUMFRIES AAC Open Cross Country Races, Dumfries. Details from Mrs J Rammell on 0387-710406.

JUMPS Development Day - Bathgate Sports Centre.

GLASGOW AC Ronnie Kane Memorial CC Races

24

BELLAHOUSTON Harriers Cross Country Races. Details from 041-942-0731.

GAULDRY Community Council Cross Country Races.

SWAAA agm.

25

SWCCU&RRA East District Cross Country Championships, Aberdeen.

SWCCU&RRA West District Cross Country Championships, Dumbarton.

December

1

SWAAA West District Indoor Championships, Kelvin Hall. Details from 031-317-7320/1.

FIFE AC Open Cross Country Championships. Registration starts noon at Balwearie High School, Kirkcaldy. Starts

Beveridge Park. D - Melville Scoble on 0592-264076. Both sexes, all ages.

DUNBARTONSHIRE Cross Country Championships.

RENFREWSHIRE Cross Country Championships.

2

SAAA East District Indoor Championships, Kelvin Hall. Details from 031-317-7320/1.

8

EAST Kilbride AAC Road Races

EAST District League, Falkirk. Details from 0324-486711.

NORTH District Cross Country Championships, Peterhead.

9

SWCCU&RRA East v West v N Ireland, Dumbarton.

15

SCCU v Scottish Universities v Northern Ireland v Civil Service, including inter district races for junior boys, senior boys and youths. Details from Cumbernauld and Kilsyth District Council, Tel 0236-722131.

16

AYRSHIRE Cross Country Championships.

January

2

Beith Road Races, Beith.

NOVEMBER 24th

Bellahouston Harriers Annual Cross Country Races

Bellahouston Park, Glasgow

*All age groups * Entries on day at Cardonald College Tel: 041 942 0731*

5

SAIR Heid Race, Isle of Skye.
12 noon start. Details from Skye and Lochalsh District Council on 0478-2341.

NIGEL Barge Maryhill Harriers
4.8 Mile Road Race. For more details, telephone 041-637-7714.

13

SWCCU&RRA Closed 4,000m
Championship and Open meeting for M,G&J.

15

NORTH District League, Elgin.

EAST District Cross Country
Championships, Aberdeen.

WEST District Cross Country
Championships, Clydebank.

16

GRANGEMOUTH Round the
Houses Road Races.

LOUDOUN Runners Cross
Country Races.

20

SAAA Under-20 Indoor
Championships. Details from 031-317-7320/1.

26

JIMMY Flockhart Race and
supporting young athletes races,
Coatbridge.

SCOTTISH Indoor
Championships, Kelvin Hall.
Details available from 031-317-
7320/1.

27

KIRKINTILLOCH Olympians
Open Road Race, Kirkintilloch.

SCOTTISH Indoor
Championships, Kelvin Hall.
Details from 031-317-7320/1.

SWCCU&RRA National CC Relay
Championships, Irvine.

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DESPITE the fact that I think that A. Butler, in his letter in the last issue, missed the point of my original comment (regarding fag reek wafting over the track), I feel that I must come clean.

I do contribute to environment pollution. More importantly, I am very concerned about many aspects of this and do worry about the rain forests. However, I see the smoking and promotion of cigarette smoking as an entirely different issue.

If the statistics on damage to health caused by smoking don't alarm smokers enough to think again, then the growing body of evidence on passive smoking should. It's a topic I get very angry about - just like many other converted ex-smokers!

I see a complete contradiction between the training and coaching of such an obviously healthy activity as athletics and the horrible habit of smoking. Personally I think it should be completely banned in sports centres and at athletics tracks.

TALKING about environmental issues, one area that is of particular concern to me is that of the damage to the environment that can be caused by pressure of too many people. The debate is certainly current in Scotland just now, with the recent publication of proposals to safeguard our countryside which include the setting up of National Parks.

Runners, particularly hill runners, should certainly be in on this debate. Anybody who has run on the Pentland Hills, or on Ben Lomond, for example, will know of the erosion that is taking place.

It's interesting that sponsored walks have now been banned on Ben Lomond, but so far I've seen nothing about stopping the Ben Lomond Hill Race. I agree strongly with people's right to access to land in Scotland, but worry too about the restrictions we, as runners, could face in the future unless we at least get involved in the debate.

I TRIED my best to follow the fortunes of those hardy souls involved in the Sun Life Great Race from Glasgow to London. I don't have the benefit of having a BSB satellite dish, therefore lost out on the promised "extensive coverage" (they missed the start because of a technical fault).

I hope that the race was a success from the sponsor's point of view, because I am sure that events such as this could really capture the imagination of the public who are perhaps looking for something a bit different as the marathon boom begins to die a bit. If there is another race of its

type, hopefully it will be more accessible to more of the public by televising it on one of the major channels instead of limiting to those with one particular satellite format.

If you doubt that public interest would have been that great, then read, or re-read, Tom McNab's "Flannigans Run" which was the inspiration for this event. I wonder who was Doc Cole, or McPhail or Lord Thurnleigh or even who the Germans were in the Sun Life Race!

THE Weekend Scotsman carried an article (September 22) that confirmed what many athletes already new - beer and athletics do mix well. The article concentrated on the Greenmantle Brewery at Broughton, and its connection with athletics via Frank Smith, chief brewer.

Frank is involved in the organisation of such races as the Breweries Fell Race, the Greenmantle Dash and the Tweedsmuir Fair Fell Race (despite the fact that for the last couple of years there has been no Tweedsmuir Fair!). His involvement, and the associated high profile of his product, has certainly boosted its popularity amongst hill runners.

What the article failed to mention was that - unfortunately for Scottish hill runners - Frank is moving to Jennings Brewery in the North of England. The Diary wishes him all the best in his new post and looks forward to the "Jennings Joggle" or the "Cockermouth Canter".

KEITH Gooch had some strong words to say about Scottish Athletics and about the new Scottish Athlete's Club in Open Forum in last month's issue, and no doubt will have stirred up some comment here and there.

I agree with the overall aim of the Scottish Athlete's Club, but I am very confused about where I, an average club athlete, could fit in. I tried to contact them to ask just that. I also wanted to ask if they had any thoughts about trying to give existing "grassroots" developments a shot in the arm, such as the Scottish Young Athlete's Handicap Scheme, which is in danger of disappearing next season.

After numerous phone calls I eventually tracked them down at 041-339-7460. I've yet to find a time of day when the reply wasn't the same recorded message on an answering machine but I'll keep on trying.

WITH the track season at an end, the choices for many runners are the cross country season or some of the road races that abound. For me, the most enjoyable of these races are the relays, both on road and over the country.

At the time of writing, the first of these, the MacAndrew Road Relay, was just a week away. Races such as this are ideal for involving as many of your club's runners as possible. Clubs can easily select their top runners for their "A" and "B" teams, and thereafter mix up their other teams so that everybody can get a challenging race but still feel part of an event.

I remember speaking to a "plodder" who nearly bust a gut trying to finish before Allister Hutton in the MacAndrew a couple of years ago. The fact that he just made it, saving his team from being lapped, kept him talking animatedly all the way home.

IF you want to organise an open race, one of the things you will need is a permit. The purpose of permits is to ensure that races are properly organised, and to avoid clashes by having too many similar races on at the same time.

Last month a group of hill runners decided to organise a race at Gargunnoch, near Stirling. The race was really only between a group of running friends, but because they were from a number of clubs, and because he likes doing things right, one of the organisers, Matt Ogston (HBT and SHRA) decided to apply for a permit.

He may have been a bit late in applying - and possibly should have been advised to apply more timeously in future. In fact, the day after the race he received the permit and along with it a letter advising that the SAAA were aware that he would not have received the permit in time for the race, therefore the runners who took part could be banned from future competition for running in a non-permit race! It's nonsense like this that brings the SAAA into disrepute.

(The race was a success and likely to be included in next years SHRA calendar.)

THERE was little response to the competition last month for the most humorous anecdote about the effect young families can have on your running performance. Either there is nothing humorous to tell, or readers are aware of how modest the prize is likely to be and have decided it's not worth the cost of a stamp. I'll persevere and hold over the prize to the next issue. Similarly, if you have any items that you think The Diary might be interested in then drop a line to the usual address.

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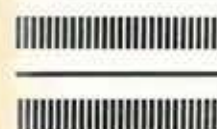
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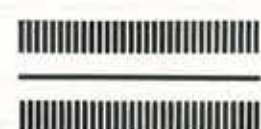
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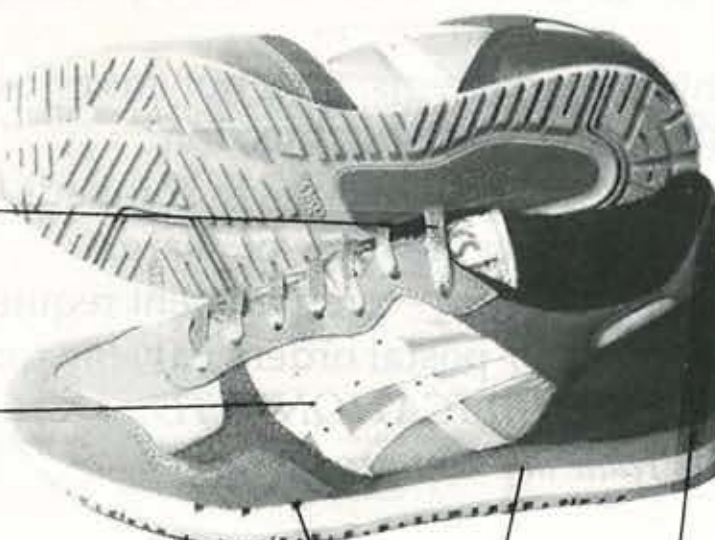
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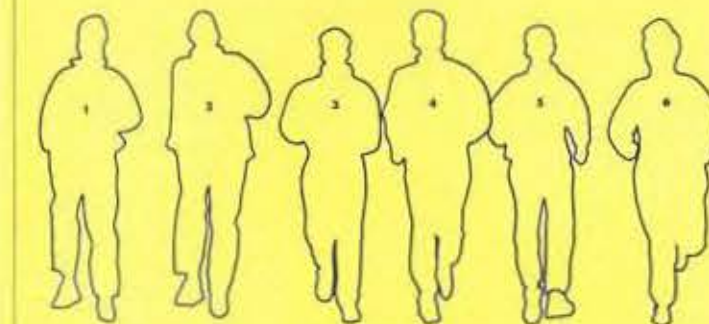
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- BILL RODGERS THINTECH SUIT:** Made from 3M's exclusive thintech coating this 100% waterproof and breathable suit has a two year warranty. The jacket has front and back vents, two zippered side pockets, reflective trim, velcro cuffs, a detachable hood and a coolmax mesh lining to help wick the sweat away. The trousers have an elasticated and tie-cord waistband and twelve inch leg zippers. Mens, colours Black/Royal, Womens, colours Navy/Jade. Sizes S, M, L, XL. Price £129.99.
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3 FRANK SHORTER/SWEAT SHOP EXCLUSIVE GORETEX SUIT 2: Exclusive to the Sweat Shop, we are the only outlet that sells this colour in Europe. The features of the suit are identical to the Ripstop Goretex Suit 2, with three year guarantee, detachable Goretex hood, Goretex flaps on all the zips, a zippered pocket on the jacket, with a 1/2 length zip down the front. The trousers have an elasticated and tie-cord waistband, with zippered and cuffed bottoms. Colours: Royal/Yellow. Sizes XS, S, M, L, XL. Tops £99.99, Trousers £59.99.

4 NIKE INTERNATIONAL GORETEX SUIT: Made in Hong Kong, this excellent quality 2 ply Goretex suit has a 100% nylon outer shell with a Hydrolic nylon mesh lining which wicks the sweat through it. The jacket has two zippered side pockets, plus two zippered side vents for increased ventilation. Night time visibility is provided by the reflective tape on the arms and the back of the jacket, together with bands on the legs of the trousers. There is a fully detachable Goretex hood. The trousers have an elasticated and tie-cord waistband, two zippered side pockets and nine inch leg zippers for easy removal. Sizes S, M, L, XL. Colour Black/White/Flame. Price £159.99.

5 FRANK SHORTER DIAMOND RIPSTOP GORETEX 2: Improved for 1990 and now with a three year guarantee, this exceptionally well made suit has the Goretex laminated to a Diamond Ripstop nylon top half, with a tough ripstop nylon bottom half and trousers. A polypropylene mesh lining, wicks away the sweat and additional ventilation is given by the vented back. The jacket has reflective piping front and back, together with a detachable Goretex hood and elasticated and zippered cuffs. The trousers have an elasticated and tie-cord waistband and zippered cuffs. The trousers have an elasticated and tie-cord waistband and long leg zippers with cuffs. Colours: Royal/Silver, Black/Silver or Pink/Silver. Sizes XS, S, M, L, XL. Top £109.99, Trousers £59.99.

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