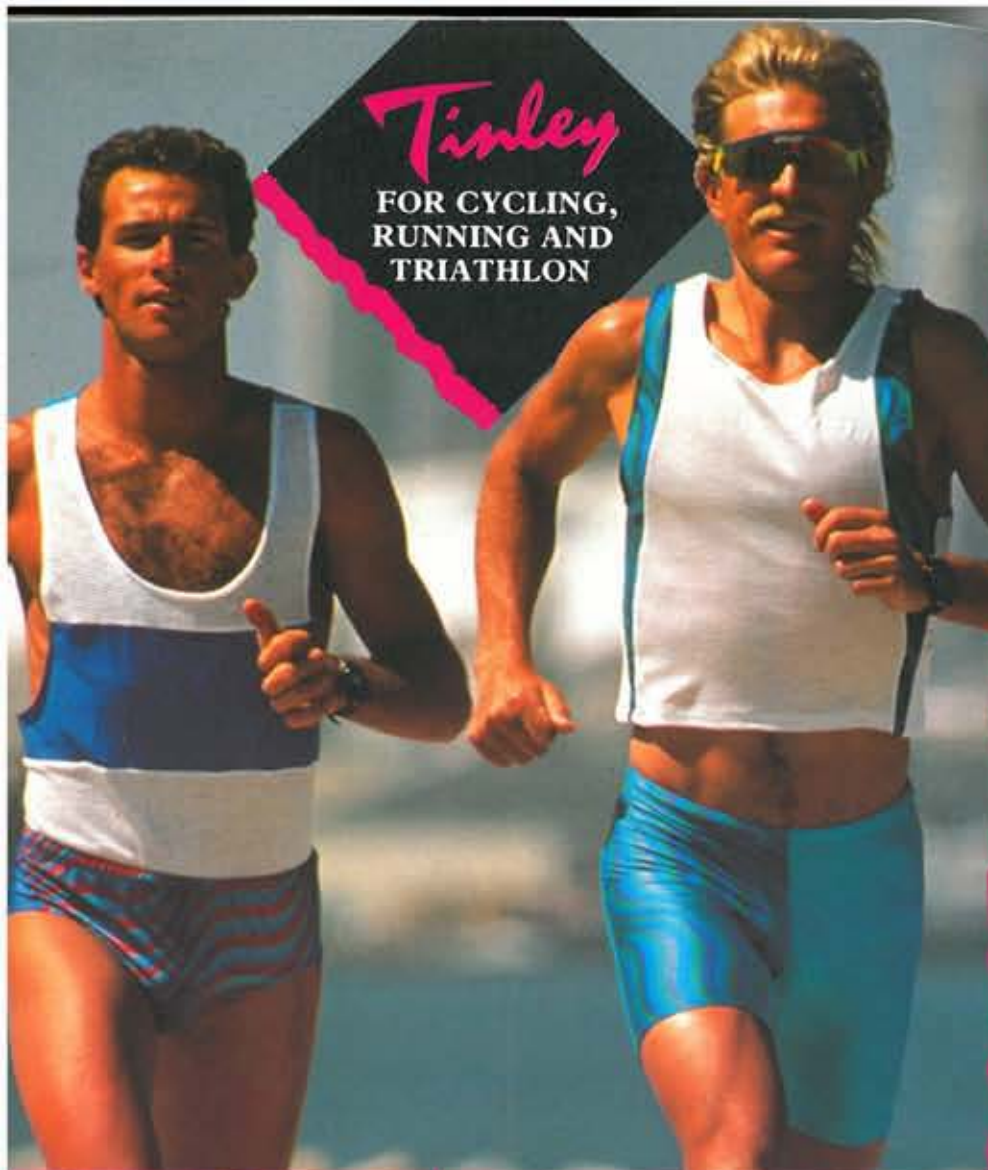




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JULY 1991

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RACE ORGANISERS PLEASE SEND YOUR ENTRY FORMS

Don't add to Scottish athletics pyre

incentives to leave their clubs is a red - or should
it be pink - herring.)

What I do find appalling is that the issue is
destined to provide the excuse for yet another of
the running vendettas which plague Scottish
athletics. Here is the opportunity for years and
years of acrimony to ferment under the surface,
occasionally boiling over in the shape of an
unseemly incident at this event or that track - and
if it can be kept going for a generation or two, so
much the better!

THE controversy surrounding Reebok Racing
Club in Edinburgh was a subject about which I
had hoped to steer clear, but the hostility against
the new club is obviously not going to go away.
If anything, the divide is becoming wider, with
threats of legal action now in the ring following
an article hostile to the club in a Sunday
newspaper.

I do not attempt to take sides in the issue. I
can readily sympathise with clubs who have
nurtured athletes through their formative years,
only to see them "defect" at or near their primes,
but on the other hand freedom surely allows the
individual athlete to switch his allegiance within
the framework of the rules if he is unhappy with
his existing club.

(Until I am presented with evidence to the
contrary, the charge of athletes being given

The result of all the animosity in Scottish
athletics is that the sport becomes hopelessly
fragmented. Feuds are endemic, both between
individuals and factions, and unity becomes
impossible, as demonstrated by the years it has
taken to stagger towards the sensible solution of
amalgamation.

It might be stretching a point to suggest it, but
getting one over an "opponent" seems to be more
important to some officials in Scotland than the
country having a national coach!

Let's see some sense and compromise now
in the Reebok Racing Club affair before it gets
added to the pyre upon which Scottish athletics
is burning itself.

Alan Campbell

Five up for Runner

THIS issue marks the fifth anniversary of Scot-
land's Runner, and a number of the items in the
magazine prove that - despite the many short-
comings - there is still a great deal to be admired
within the sport.

At grassroots level there are the tremendous
achievements of Avonside Track Club (see club
profile) in spotting and developing young athletes;
truly an example of what can be done with
enthusiasm, goodwill, and not a little know-how.

Moving up at club/international level, there
is a feature on Dawn Kitchen, a terrific
ambassador for women's athletics and as pleasant
and capable off the track as she is on it.

Finally, at world class level, Tommy Boyle
passes on his coaching knowledge to other
coaches and interested athletes, in the hope that
Scotland might produce more Yvonne Murrays
and Tom McKeans (see coaching clinic).

Most of the above has been achieved despite,
rather than because of, the Scottish athletics
system. A bit - in a more modest way - like
Scotland's Runner in fact!

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Star line-up for GB v USSR match

MORE than £300,000 will be spent on bringing the McVities' Challenge match between Britain and the Soviet Union to Meadowbank on July 19.

It is the first British Board promotion in the capital since the Dairy Crest Games, Zola Budd and all, were victims of a television black out in 1985. The city declined to remove anti apartheid advertising.

Promotions officer Andy Norman said, "We have wiped the

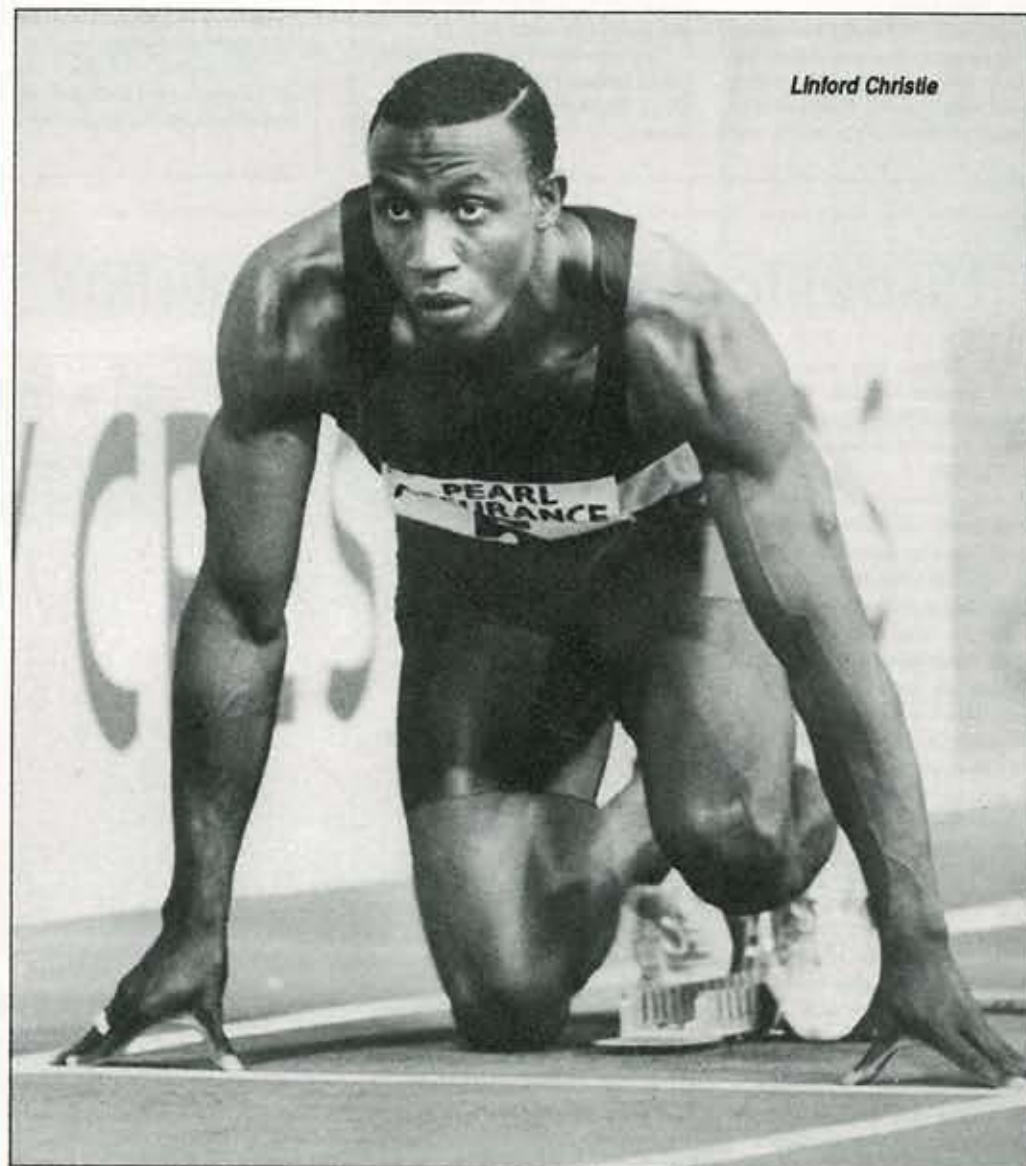
slate clean and are pleased to be back in one of the best stadia in Europe."

But Edinburgh had the final laugh. Norman was forced to announce the new deal in the city chambers' Mandela Room, dwarfed by photos of Nelson and Winnie Mandela and with a sign, "Edinburgh Action Against Apartheid" on the wall.

Norman promises seven of Britain's European champions - Linford Christie (100m), John Regis (200m), Roger

Black (400m), Colin Jackson (110m hurdles), Kris Akabusi (400m hurdles), Steve Backley (javelin), and Yvonne Murray (3000m), plus world mile record holder Steve Cram.

"I am also hopeful that we will have either Sergei Bubka, the world pole vault record holder, or the number two, Radion Gataulin, and Irena Sergeyeva, the world indoor 60m champion," said Norman.



Hill runners turn to film making

SCOTLAND'S hill runners have taken action which they hope will prevent the National Trust for Scotland from banning Dumbarton AC's annual Ben Lomond race. As Commonwealth triathlete Jack Maitland eased to victory on the nine mile, 3192 ft peak, cameras filmed the action, both before and after.

They will film again after a month to see what regeneration has taken place. Alan Farnham, secretary of the Scottish Hill Runners' Association, said, "We filmed to assess what damage if any has been done. We are acutely aware of the potential problems and have produced our own guidelines for all race organisers."

Maitland's time, 66:51, was well outside the eight year old best of 62:16, set by Jimmy Wild. And because of diversions insisted on by the trust, that record may now never be broken. Already the trust have banned the annual chase run up the Ben, held by the Royal Commonwealth Society for the Blind, and have made anxious noises about the erosion on Goat Fell. Farnham, coincidentally, won the Goat Fell race a week later in 75:04.

REVISED RANKINGS

WE have been informed of the following corrections to the teenage best listings compiled by Arnold Black (Scotland's Runner, May).

Norman Foster set an age best of 11.10 for the 80 metres hurdles while competing in a Young Athletes League meeting at Scotstoun in May 1982, aged 14.

In the 100m and 200m age 14 category, Stuart Moir set times of 11.2 and 22.44 in the 1990 Scottish Championships. It should be noted, however, that Ronald Don's 10.9 still stands as the fastest age 14 100m time, and that Stuart Moir's time over this distance replaces Craig Joiner's as second best.

third with 16.5%. The 10K with 10.1% and the 5K with just 0.3% aroused the least interest.

Announcing this year's 10K Great Scottish Run, scheduled to take place in Glasgow on September 22, race director Peter McLean said, "With the half marathon coming out tops and the full

marathon picking up only 16.5% we decided it made sound sense to give the public what they wanted."

The Great Scottish Run, Scotland's largest participative sporting and charity event, had 4000 competitors last year. This year organisers are - somewhat optimistically - hoping for over 6000.

FUEL INJECTION FOR THISTLE SCHEME

THE Thistle Award Scheme has been revitalised by a £30,000 investment by BP Discovery, and the scheme is being expanded to include people with special needs. Details of the award scheme are available from the administrator, Jeanette Heggie, at the Scottish Athletics administration office.



Great Britain 400 metre internationalist Brian Whittle, with Louise McKenzie and Alex Watson of Harmony School, Edinburgh, at the launch of the BP Thistle Awards at the city's Meadowbank stadium.

The real reason for the Meg Ritchie fiasco

THE annual meeting of the Scottish Joint Coaching Committee saw the removal of the clause in their constitution which called for a unanimous vote to appoint a new national coach. This removes the barrier to the appointment of former Commonwealth discus champion Meg Ritchie, who told Scotland's Runner she is still interested in the job, writes Doug Gillon.

But Ritchie, head strength coach at the University of Arizona, says she will not take the post unless the problems which prevented her getting the job are resolved.

It appears that it was less doubts over Meg's posture on drugs that upset SWAAA officials, and more a video in which she appeared nearly 10 years ago, criticising them, which triggered opposition to her appointment. Beware the wrath of a woman athletics official scorned!

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SURVEY REVEALS 10K AS MOST POPULAR DISTANCE

A survey of 650 Scottish road runners conducted in 1990 found that their preferred distance was the half marathon.

The survey, which was conducted

following last year's Great Scottish Run, found that 48.7% of those interviewed liked the half marathon distance best. Second in the popularity stakes was the 25K with the full marathon coming

McCOLGAN HITS BACK AT ANDERSON

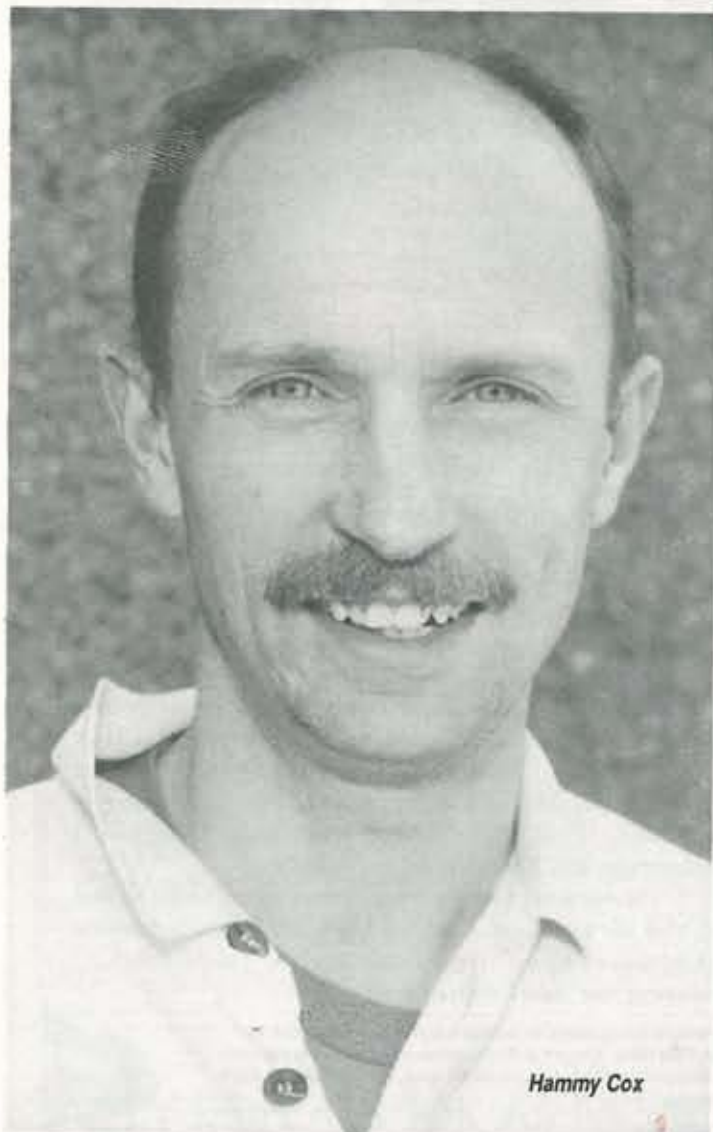
LIZ McColgan set a UK women's half marathon best of 69:15 - and within a week was just six seconds outside her Scottish native record of 31:58 for 10,000m in a race on her own doorstep, in Dundee, writes Doug Gillon.

McColgan, about to celebrate her 27th birthday and currently involved in a bitter legal wrangle with her former

coach John Anderson, claimed that during their association: "He earned a lot more than most coaches and agents."

Her husband, internationalist Peter McColgan, alleges that Anderson received some £20,000, and insists that at no time did they encourage Anderson to take early retirement and move to Perthshire to be near them.

SCOTTISH TITLE FOR GLENPARK'S COX



Hammy Cox

HAMMY Cox of Greenock Glenpark Harriers captured the Scottish National ten mile title at Ravenspark, Greenock on May 19.

Cox, whose club declined to back him in raising a motion of no-confidence in Scotland's cross-country selectors, had

26 seconds to spare over Willie Nelson (Law and District) as he won 50:54. Third was marathon internationalist Fraser Clyne (Aberdeen Metro AC) in 52:45.

Since gaining the national title, Cox has also won the Luddon 10K event.

Bob's highland flinging earns him a record

INVERNESS thrower Bob Colquhoun made history on May 18 when he tossed the caber at all eight north Highland Games venues - Naim, Forbes, Elgin, Nethy Bridge, Newtonmore, Fort William, Drum-na-drochit, and Inverness. He managed 12 throws at Newtonmore and Drum-na-drochit, and covered 230 miles in the charity fund-raising attempt which took 8-29-0.

Reebok's Robson wins in Glenrothes

ALAN Robson broke clear of a large field to win the half marathon at Hughes Glenrothes Festival of Road Running.

The founder of Reebok Racing Club won in 68:44 from Tommy Thomson (Central Region) in 69:59 with Pitreavie's Frank Harper third in 71:38. The former Olympian Donald Macgregor (Fife) claimed the veteran honours in 73:15 while clubmate Carolyn Brown won the women's race in 83:48.

Donna Palmer

IN the June issue of Scotland's Runner, Donna Palmer (ESP) was incorrectly described in an advert and advertising feature as the Scottish pentathlon and high jump junior champion. We have been asked to point out that she is actually the Scottish girls' pentathlon champion and was the 1990 Scottish long jump and high jump champion in the same age category.

Marathon debut a success

KAREN Davies (formerly MacLeod) produced a fine debut performance in the marathon when she took first place at the Bordeaux Marathon on May 26 in a time of 2:38:00.

Davies, forced to withdraw from the Rotterdam Marathon due to a stomach bug, was pleased at her time but says she hopes to improve on it in the autumn. Though she won convincingly, breaking at 25K, she doesn't consider Bordeaux as her first "real" attempt at the marathon.

"I entered Bordeaux purely because I didn't want to waste all the training I'd done for Rotterdam," she explains. "It wasn't my intention to treat it as anything other than a normal run - particularly as the temperature was 80 degrees. What I'd eventually like to do, and what I hoped to do at Rotterdam where the conditions were right, is to make a stab at the Scottish record."

Although she is now intending to focus on the marathon, Davies says she wants to produce a good 10K on the track before concentrating on the 26 mile event completely.

"I suppose it's because I had such a bad time at the Commonwealth Games," she reflects. "But it's something I really feel I need to get out my system."

With her first marathon coming later in the year than she had intended, Davies says she won't be tackling a track 10K until the end of the season. Her next marathon will be in the autumn and, if everything goes according to plan, she will run in the 1992 London Marathon.

Meanwhile, at Brechin Road Runner's 24 Hour Road Race Kay Dodson pulled out all the stops to achieve a new Scottish record. Dodson, who was first placed woman and veteran woman, ran 117 miles 1080 yards.

WEST HIGHLAND WAY RUN IS CANCELLED

THIS year's West Highland Way run has been cancelled because of failure to secure a sponsor. Organiser Peter White is refunding all moneys, and plans to stage the event every second year.

REEBOK RUNNERS "A BUNCH OF MERCENARIES"



30, North Gyle Loan, Corstorphine, Edinburgh.

SIR - Having read Mike Raker's article on Reebok Racing Club (June issue) may I make a few observations.

In my opinion this club was formed by a bunch of mercenaries. It has no coaching or youth policy. Having enjoyed its three months' honeymoon, it will now have to live in the real world.

It has poached all its athletes from the leading East District clubs, ESPCAC, Caledon Park, and Dundee Hawks, from which its procurer in chief comes. This man, I believe, is also a national coach.

In future, athletes poached will now face a 14 months ban if their clubs wish to impose this. Injuries and other excuses will soon surface.

I wonder what Gordon Surtees, coach to Tom Hanlon, would say if he knew his athlete was attempting the high jump. Indeed, in spite of Mr Raker's statement about world ranked athletes, Tom Hanlon is the only one to even come near that status (and not in the high jump either).

From the results of the first Panasonic SAL Division 5 match at Ayr on April 28, Reebok just scraped home by 30 points, 355-325, from an understrength ESPCAC B team whose A team won the match in Division 1.

Reebok fielded a grand total of 12 named athletes; no doubt there are a few others lurking in the background.

This new "elite" club as they like to call themselves, will be of no benefit to Scottish athletics, and in fact will be detrimental to the road and cross country sections.

As far as ESPCAC is concerned, we have lost practically our entire middle distance squad, who would also have been our strength in road and cross country, but we will be here when Reebok Racing Club is just a sour memory.

Claude R. Jones,
ESPCAC team manager,
Founder member of the Scottish
Young Athletes League.

Tom Hanlon

GADS is worthwhile

27, Briarwood Court, Mount Vernon, Glasgow.

SIR - I refer to your leader article and interviews with Peter Fleming regarding the excellent Glasgow Development Scheme, and I would like to reply to several points as follows:

Several of the coaches involved are also club officials and are advising children of clubs available.

The scheme administration were asked to provide leaflets with information on clubs in the area but these have not appeared as yet.

The associations already administer an excellent coaches education scheme available to anyone, which GADS took advantage of in its first year.

The shortage of technical coaches lies with the clubs whose members do not come forward in sufficient numbers for what are considered technical events education.

I appreciate Peter Fleming's problems, but GADS is an excellent programme worthy of everyone's support.

E.L. Taylor,
BAAB senior coach.

An age old question

73, Syme Place, Rosyth, Fife.

SIR - The AAA under 20 championships in Stoke include a 1500m steeplechase for youths. Scottish youths do not get the chance to achieve the entry standard, as there are no races at this distance in Scotland. The exception is the SSAA championships, where only first year youths can compete. As the closing date for AAA entries is the week before the schools, even that one chance is lost.

Second year youths who must compete as junior men down south have the same problem with the 5000m. There are no 5000m races for youths, and very few open graded races at this distance. How can our youths compete in the AAA championships at these distances when they do not get the chance to achieve the entry standards?

The problem would appear to be mainly concerned with different age group dates. The various athletic associations should agree on one age group date throughout the UK. That would end the present confusion about age groups when competing at SAAA, SSAA, and AAA meetings.

John Wands (club coach)

A MATTER OF MALADMINISTRATION?

Flat 1,
104, Dalry Road,
Edinburgh.

SIR - Having moved to Scotland about a year ago, I am beginning to understand why the country finds it so difficult to attract top class athletics meetings. I am already aware from the sheer stupidity of the prevarication over the eventual appointment (surely) of Meg Ritchie as national coach, and over the unification of the sport's governing bodies, that all is not well with its administration. But I have today experienced a most infuriating example of inefficiency and disorganisation.

I set out this morning to watch the SWAAA East District Championships at Meadowbank. Scotland's Runner had been stating for months that the meeting was being

staged at Meadowbank and the June issue, which I bought in early May (!), confirmed it. Just to be absolutely sure, I telephoned the stadium earlier in the week, and asked very specifically what time the first event started in the women's East District Championships there on Sunday, the reply being 10am.

On my arrival at the stadium I decided to call first at the box office to see whether tickets for the recently reinstated UK v USSR match were yet available. The member of staff at the box office appeared never before to have heard the terms "athletics", "international", "UK", or "USSR".

Moreover, I was informed that the only event at the stadium that day was American football, and, no, they had no idea where the athletics was taking place. By the time I found it was at Pitreavie it was too late - and I was too fed up - to make the journey worthwhile.

As Scotland's Runner has been carrying the information for months it presumably was the intention at one point to hold the meeting at Meadowbank. So when was the switch made? Was Scotland's Runner aware of the switch, and if so why was the "Events" entry not amended? Did the SWAAA bother to check that the only Scottish athletics magazine was giving out the right information?

Even if the change was made very late, there are weekly magazines in which it could have been announced, but I certainly did not see it in Athletics Today. I assume the competitors were informed of the change, but how was the average athletics fan supposed to know - by telepathy? Or perhaps the SWAAA would welcome dozens of telephone calls on the eve of their meetings, just to make sure that the venue has not been changed.

Tony Gilbert

(Readers were notified of the change of venue referred to by Mr Gilbert on Page 9 of our May issue. We regret, however, that we did not alter our events listings accordingly - Ed.)

KEEP ALLOA AS IT IS



Alloa Half Marathon, 1991.

27, Atkinson Road,
Hawick.

SIR - In response to Andrew Daly's letter in the June issue please don't make changes to the Alloa Half Marathon for next season.

Having run Alloa in 1989 and 1991, I appreciate the continuity of the same course and being able to compare my times (only 11 seconds slower in 1991 despite being 1.25 stones heavier and two years older).

Scenically, Alloa was a much

nicer course than Selkirk which I ran the following week. Selkirk changed to a new "faster and flatter" course which was a boring out and back, with two laps of a four mile loop, and wasn't even the correct distance (150 yards short).

So much was Alloa a more enjoyable experience than Selkirk that next year I intend to do Alloa again and give Selkirk a miss, despite its being closer to home!

Alexander J Cunningham

More support needed for slower runners

2, Calder Road Gardens,
Edinburgh.

SIR - After taking part in the Forth Bridges Half Marathon held on April 28, I felt I had to write and voice my disappointment at what should have been a prestigious event.

The weather could have been better, but for me that was the only plus in the whole event. The changing facilities consisted of the small exhibition centre which only held about 40 people. The information sheet which was sent to all competitors advised us to make use of a toilet before we left for the start of the race - this turned out to be good advice as the only toilet was a small public one at Hawes Pier; just as well there was a poor turnout for the race!

The route, although picturesque, was more suited to the serious

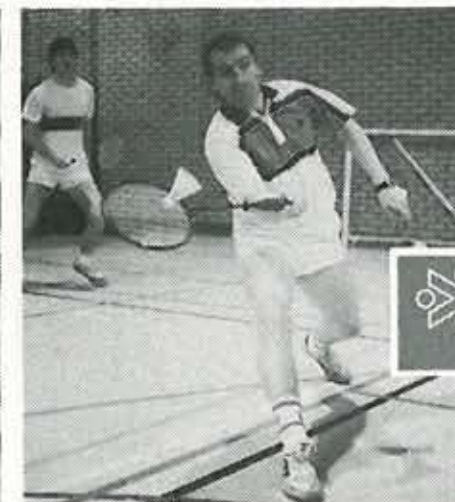
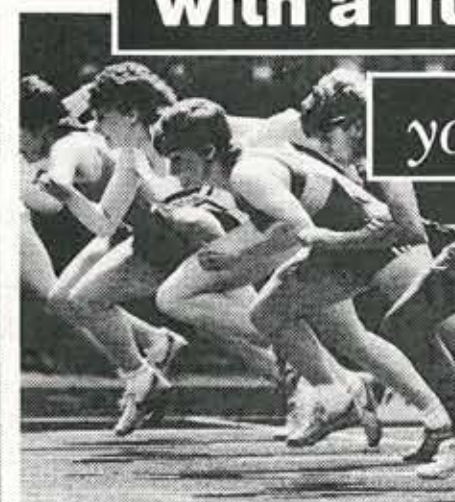
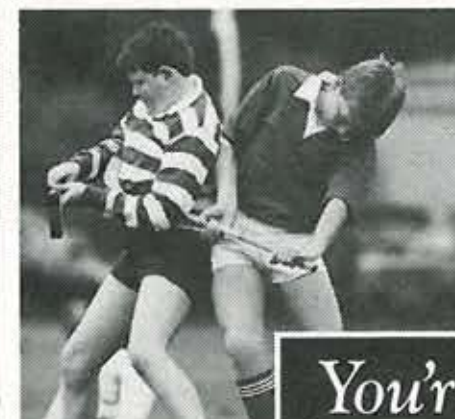
competitor as opposed to the charity runner, as the only spectators were dog walkers in the woods and annoyed golfers at Dalmeny.

I have no complaints about the stewards or the water stops throughout the course and I was delighted to finish in 1:47. Unfortunately, anyone who finished the race over the 2:20 mark must have thought they had taken a wrong turning because all that was left at the finish line was a volunteer with orange juice and a girl to hand out the medals. Hardly an encouraging end for so much effort.

If Queensferry District Council want to continue this event, they will have to give more thought to the charity runner and to those who finish over the two hour mark.

R. McLean

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A FRIEND FOR LIFE

The making of YVONNE MURRAY

The following article is adapted from a paper given by Tommy Boyle to the recent European Coaches Congress in Finland. Boyle is releasing the contents to Scotland's Runner in response to requests to share his coaching methods with others. He is happy to speak to any coach or athlete who wishes to discuss the content of the article further.



THE challenge of preparing an athlete for elite level at 3000 metres first confronted me in October 1987, when I was asked to coach Yvonne Murray - she was already a fine athlete with many excellent performances to her credit, but could objectively be assessed as a "runner of times" rather than a "winner of races".

Therefore, this was the challenge - how do you prepare an athlete to compete at the elite level? The question is perhaps best approached in the following manner:

- * WHAT are the performance requirements at elite level?
- * WHAT is the athlete's current performance level?
- * WHAT aspects of preparation must be improved to reach elite level?
- * HOW does the athlete consistently perform at the elite level?

SECTION 1:

Performance standards

a) WORLD RECORDS

	1K	2K	3K
1976: Lyudmila Braggina (USSR)	2-49	2-51	2-47 = 8.27m/s
1982: Svetlana Ulmasova (USSR)	2-48	2-52	2-46 = 8.26m/s
1984: Tatyana Kazinkina (USSR)	2-47	2-49	2-46 = 8.22m/s

* m/s = metres per second

c) OLYMPIC GAMES

1984	
1, Puica	(8-35.96)
2, Sly	(8-39.47)
3, Williams	(8-42.14)
1988	
1, Samolyenko	(8-26.53)
2, Ivan	(8-27.15)
3, Murray	(8-29.02)

d) WORLD CHAMPIONSHIPS

1983	
1, Decker	(8-34.62)
2, Krous	(8-35.11)
3, Kazinkina	(8-35.13)
1987	
1, Samolyenko	(8-38.73)
2, Puica	(8-39.45)
3, Bruins	(8-40.30)

b) WORLD ALL TIME TOP 10 LIST

	Year	Age
1. 8-22.62 Tatyana Kazinkina	1984	33
2. 8-25.83 Mary Decker-Slaney	1985	27
3. 8-26.53 Tatyana Samolyenko	1988	37
4. 8-26.78 Svetlana Ulmasova	1982	29
5. 8-27.12 Lyudmila Braggina	1976	33
6. 8-27.15 Paula Ivan	1988	25
7. 8-27.83 Marcia Puica	1985	35
8. 8-28.83 Zola Budd	1985	19
9. 8-29.02 Yvonne Murray	1988	24
10. 8-29.36 Svetlana Guskova	1982	23

e) EUROPEAN CHAMPIONSHIPS

1986	
1, Bondarenko	(8-33.99)
2, Puica	(8-34)
3, Murray	(8-37.15)
1990	
1, Murray	(8-43.02)
2, Romanova	(8-43.68)
3, Brunet	(8-46.19)

Performance requirements:

- * To be capable of running at 5.98 m/s for 3000m - average 67 sec laps.
- * The ability to run opening laps of 63/64 secs - finishing laps 60/62 secs.
- * To withstand two 3000 metre races in three days and still produce sub 8-30 in the second one.
- * Capability of competing in high temperatures and humidity, e.g. Tokyo 1991.
- * To retain concentration throughout 7.5 laps at above speeds.

SECTION 2

Athlete's current performance level

THE coach must select which factors will be evaluated relative to the stage of development of the athlete and what facilities he has at his disposal. The important thing is to ensure that he obtains an objective evaluation on those criteria specific to the event performance.

Fortunately we have established a support group consisting of: sprints coach - Stuart Hogg; exercise physiologist - Dr Myra Nimmo; physiotherapist - Dave McLean; dietician - Shiela McNaughton; chiropodist - Jim Black. All have been working closely with myself and Tom McKean and their expertise enabled us to quickly conduct a total review of the athlete's status.

A full medical was conducted to establish the status regarding future potential for loading.

Factors evaluated included:

Anthropometric:

Height: 1.67. Weight: 51.5kg.

Body Fat: 13.2%.

Age: 23. Arm MVC: 97n.

Leg MVC: 340n.

Arm strength endurance: 11kg 15 repetitions

Running test: OBLA at 18kph

Strength endurance: 21.34kph - 6 min 24 sec = 7.6mm ol/L

MVC - maximum voluntary contractions



OBLA - onset of blood lactate accumulation
mm ol/L - milli moles of lactate per litre
n - newtons

Environmental:

Probably still the most neglected aspect by coaches is a real understanding of the athlete's background

factors. It is absolutely essential that much time is allocated towards counselling of the athlete to establish the facts regarding:

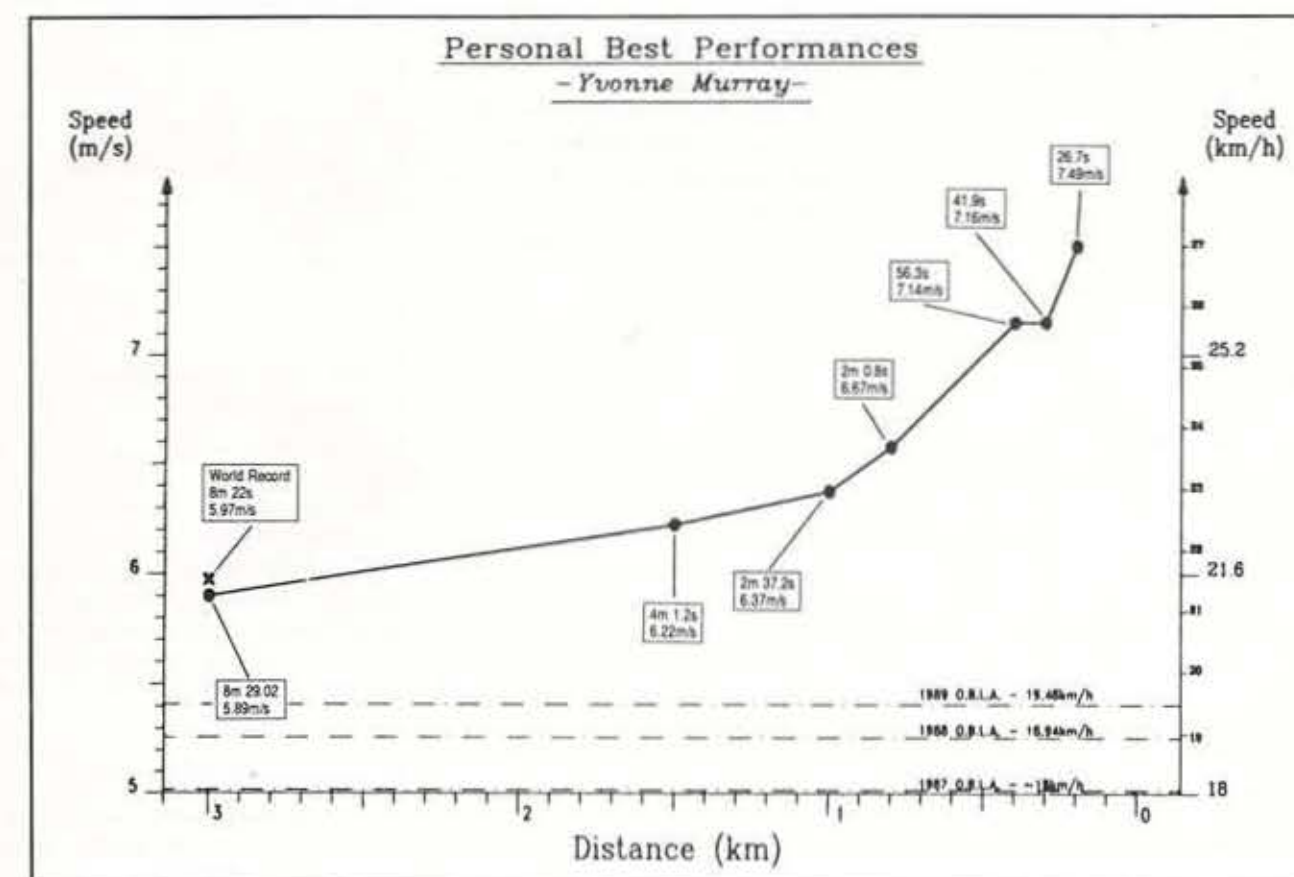
- * Finance - for travel, training, board and living.
- * Diet and nutrition - what does the athlete understand about this critical aspect?
- * Family background - levels of support.
- * Occupation - daily commitment and flexibility.

It is my opinion that failure to maintain a balance in the social and environmental factors is responsible for more problems regarding athletics performance than with the more easily controlled training factors.

Event performance:

This was analysed and compared against age group norms, average progressions, and projected percentage improvement, based on personal best for various distances, to establish for which of the middle distance events she was most suitably equipped.

Video analysis was conducted of all televised competitions over the previous two years to establish the athlete's attitude towards racing and tactical situations.



What aspects of preparation must be improved

IN constructing the competition and training plans for progression to, and consolidation at, elite level, the coach will require to establish both short and long term objectives. This could be seen as:

- a **Short term:** Preparation for 1988 Seoul Olympics - sub 8-30.
- b **Long term:** Development of comprehensive range of conditioning and tactical abilities to compete successfully in 1990 European Championships, 1991 World Championships, and 1992 Olympic Games.

Area of improvement:

Analysis of the athlete's training and competition status clearly indicated that training would require to improve:

- a. Her anaerobic threshold (from 18kph much closer to event speed).
- b. Her specific endurance (ability to withstand race pace).
- c. Her tactical awareness (going for the tape with not enough gas).
- d. Her technique in the climate of endurance factors.
- e. Her attention to environmental factors.

A. Methods of improvement:

1. **Anaerobic threshold:** Based on measurements taken, a series of high intensity runs were implemented, progressing at 5-6 week intervals throughout winter 1987 to summer 1988, resulting in improved performance to 18.8kph - with lactate 3.8 mmol/L.

2. **Aerobic:** Low intensity - running mileage reduced from 80K per week to 60K per week.

3. **Extensive intervals:** It was felt by our team that for the 3000 metres type intervals of three minutes duration repeated in sets would be of particular benefit. This proved to be an accurate assessment and would typically be:

Oct - Dec	Jan - Mar	Apr - May
3x3x90sec - 90 rec	3x3x3m - 2.5 rec	2x3x100 - 3m
3x3x2min - 2m rec	3x3x3m - 2.15rec	2x3x1000 - 2.55
3x3x3min - 3m rec	3x3x3m - 2.00 rec	2x3x1000 - 2.50

Trackside lactate measurement figures for week June 1, 1988.
2*3*1000 3min/15min.

	Time	Post 2.5	Post 4	Post 15
1	2.45	6.4		
2	2.48	8.0		
3	2.46	9.8	9.3	5.6
4	2.47	8.0		
5	2.46	9.5		
6	2.47	11.6	10.5	

Previous lactate measurements in the laboratory had only ever reached 8 mmol/L. There was no doubt therefore that Yvonne was having to work very hard.

B. Specific endurance:

1. **Strength:** A strength gain circuit was devised using multi-gym equipment and improvement of 50% of max was achieved over first year.

2. **Strength endurance - circuit training:** A programme of general conditioning was implemented and progressed gradually to a

specific extensive endurance circuit designed to keep the athlete working for prolonged periods with ever increasing levels of lactate - retaining technique and speed at the end of the circuit.



3. **Weight training:** Where basic strength had been improved and technique was stabilised, a circuit was implemented at 50% max with high reps to further improve local muscular endurance.

	Abs Strength	Circuit	Wts Circuit
Nov	1x3x6 + 60%	1x3x15 STAGED	
Dec	1x3x6 - 70%	1x4x20 STAGED	
Jan	1x3x6 - 85%	2x3x15 INTERV	
Feb	1x3x6 - 90%	2x3x20 INTERV	1x3x15 at 50%
Mar	2x3x6 - 85%	NIL	2x3x15 at 60%
Apr	2x3x6 x 90%	NIL	2x3x20 at 60%
May	Power Pyramid	1x4x15 FAST	1x3x20 at 50%
Jun	Power Pyramid	1x4x15 FAST	1x2x20 at 50%

C. Tactical awareness:

It was decided that as this was Olympic year and the athlete required to quickly gain confidence with so many changes in her preparation, the main work on tactics would be undertaken in 1989 - a non-championship year when she could afford to experiment.

D. Technique - in the climate of endurance factors:

Given that the conditioning programme would significantly improve her ability to combat the onset of fatigue in the final wind up for the tape, it was imperative that the efficiency of sprinting was improved and the athlete be taught the difference between running technique and sprinting technique. Stuart Hogg, senior sprints coach, was co-opted to the team and has done excellent work on Yvonne's ability to change pace.

E. Environmental factors:

This is such an important aspect that I have asked Yvonne to let you have her views on this subject. (See separate article.)

How does the athlete consistently perform at elite level

THE key to success in any aspect of life is hard work - and constantly striving for perfection. Listed are a few of the main points on which we have concentrated in continual pursuit of excellence:

- * 1989: Further refinement of all training.
- * 1989: Experiment with tactics at 800, 1500, 3000.
- * 1989: Learning to peak for the World Cup.
- * 1989: Still trying to overcome paranoid with times - still losing races.
- * 1989: Learning the hard lessons of tactical errors in 1500m international at Birmingham - fell to track finished seventh - a hard lesson.
- * 1990: Experiment with double periodised year (Commonwealth Games).
- * 1990: Success is not guaranteed. You have to want it. You have to earn it. And at the



elite level everything has to be right. It was not; result, second in Commonwealth Games.

- * 1990: Running to win - gaining in confidence with different tactics due to improved specific fitness.
- * 1990: Improving ability to prepare for a championship, including pre-race build up, specific training preparation, pre-competition competition - working to get everything 100%.
- * 1990: It was right in Split - she won.
- * 1991: Now we move on striving to improve the weaknesses, striving to polish the strengths. STRIVING FOR THAT ELUSIVE GOAL "THE PERFECT RACE".

(Next month: Tom McKean and the 5000m)

Yvonne Murray's practical preparation for the 1988 Olympics in Seoul



1. Diet:

- a. My own preparation - diet analysis.
- b. Day-to-day diet balances.

2. Menstruation:

- a. Pre-competition.
- b. Use of contraceptive pill.
- c. Vitamin supplements.

3. Day-to-day procedures:

- a. Height, weight, pulses, sleeping pattern.

4. Competition tactics:

- a. Athletes input, i.e. discussions.
- b. Know your opposition.
- c. Evaluate their strengths and weaknesses.
- d. Plan tactics on own strengths to exploit their weaknesses.
- e. Thought processes before Olympic final.

1. DIET:

a. My own preparation - diet analysis:

The first step was to check my diet. For one week I measured my food intake, writing down amounts etc. At the end of that week I received a computer print-out detailing fat, carbohydrates, etc, the required input and my own input, and was astonished to find my diet, which I thought was healthy, was inadequate for an athlete's output.

b. Day-to-Day balances:

To make my diet more in line with my training and racing requirements I had to change my daily eating routines. I had to do my own shopping, food contents, etc, and make sure I ate the correct thing before specific sessions and events. I made sure I ate five times a day and within an hour of training sessions. I also made sure that I had in my diet more carbohydrate foods and food low in fat.

2. MENSTRUATION:

a. Pre-competition:

At the end of every season I would check the forthcoming year's diary and plan that my cycle would not fall during a championship.

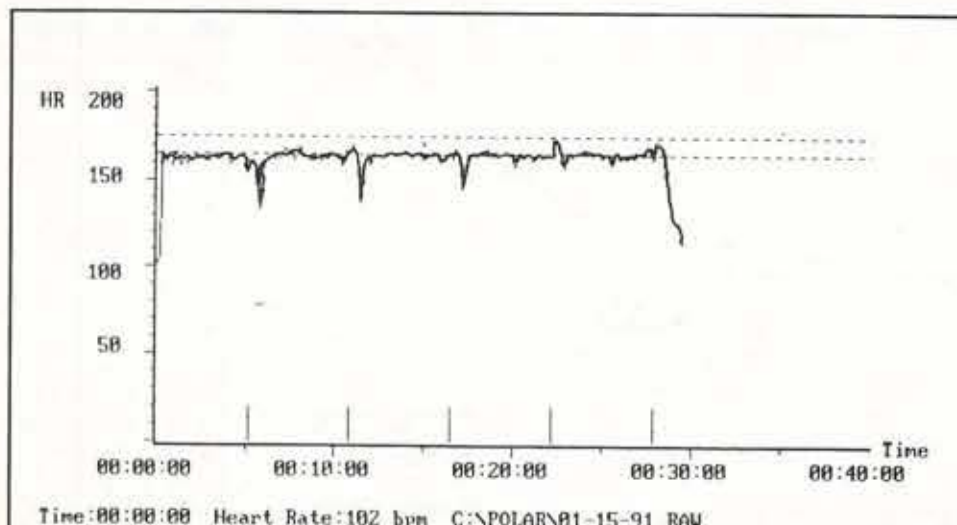
b. Use of contraceptive pill:

After checking my diary I would then work out when I would take the pill to enable me to plan the year, knowing when it would arrive. I find this the best way as it is accurate. In the past, unfortunately heavy workloads caused my cycle to be erratic.

c. Vitamin supplements:

Although I have a well balanced diet and feel vitamin supplements are not necessary, I do feel that Iron + Vitamin C* are important. A regular dose is essential, especially for a woman. The Vitamin C is important to prevent colds and flu.

* Only take them under doctor's instructions.



3. DAY-TO-DAY PROCEDURES:

Keeping regular checks on height, weight, every day, and also taking my pulse every morning keeps the coach informed of my general state of health. If my resting pulse is up more than usual I have not recovered from the previous session, so a recovery session is required. If my weight is



down, I am not eating enough for that specific training/racing period. Most athletes know what their training/racing weight should be. Sleeping pattern is also important, making sure that you are getting enough rest (i.e. 8-9 hours is the norm).

4. COMPETITION TACTICS:

a. Athlete's input:

It is essential that the athlete communicates with the coach and discusses competition tactics, and I felt that this was beneficial for myself and the coach; for the coach checking to see his athlete is switched on, and for the athlete making me concentrate on what was important - WINNING!

b. Know your opposition:

Most athletes keep a check on how other athletes are getting on through televised meetings and running magazines. I find it useful checking up on the new faces also.

c. Evaluate their strengths and weaknesses:

I find it useful looking through videos of races, checking on pace, tactics, etc. It is much easier and I can learn quicker about the opposition by watching rather than reading reports on races or by other people's views, e.g. Puica is a kicker; I will have to go easy to compensate and try and burn her out early.

d. Plan tactics on strengths to exploit their weaknesses:

After finding out the opposition's weaknesses, plan one or two ways of approaching a race and

practice in training until feel comfortable with it.

e. Olympics 1988 - thought processes:

My own thoughts before the Olympics were ones of confidence. I was the outsider, not expected to get a medal, and I used this as best I could.

After planning one or two ways of running the race, I read through the start lists, checking the opposition in a positive manner, knowing the biggest and best ever field, including Samolyenko/Ivan/Decker, etc, had been assembled and that it was going to be hard, but it did not frighten me.

I then concentrated hard on what I was going to do during the race, no negative thoughts, thinking that this was just another race that I wanted to win. I cut down the opposition to two people, Paula Ivan and Tatyona Samolyenko, as the main threats and made sure I knew where they were during the race.

I knew that Decker would take it up and hoped she could keep it going knowing she was not the athlete of old, and at the right point used my race plan, finishing third, winning a bronze medal, and improving my best for 3000m by nine seconds, but of equal importance the result fully justified my decision to take a much more professional approach and leave no stone unturned in my quest to become the perfect elite 3000m runner.

I shall share with you my thoughts on the best tactics to employ to consistently win high level 3000m races. This shall of course be after retiring from international athletics!

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90-120 minutes cc or grass run.
Monday: 75-90 mins fartlek inc 8 X 2 mins fast (60 secs jog recovery) + 3 X 10 secs stride/10 secs at 75-85 per cent effort/10 secs at 85-95 per cent effort (60 secs jog recovery between sets) starting 3 mins after final 2 mins repetition.
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady.
Thursday: 5K session (12 X 400 metres with 20 to 30 secs recovery) + 1 X 200 metres full effort starting 60 secs after final 400 metres.
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady. Morning runs, if done, should be of 20 to 30 mins duration 4 to 6 times a week.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 5 X 3 mins fast (2 mins jog recovery) + 3 X 10 secs sprint from rolling start (60 secs jog recovery) starting 3 mins after final 3 mins repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 3K sessions (5 X 600 metres with 45 to 60 secs recovery) + 1 X 200 metres full effort starting 60 secs after

final 600 metres.
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 10 X 90 secs fast with 60 secs jog recovery + 3 X 10 secs stride/10 secs sprint/10secs ease (60 secs jog recovery starting 3 mins after final 90 secs repetition).
Tues, Wed and Fri: As week one.
Thursday: 5K session (5 X 1000 metres with 45 to 60 secs recovery + 1 X 200 metres full effort starting 90 seconds after final 1000 metres repetition).
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 X 30 secs fast (30 secs jog recovery) + 3 X 10 secs sprint from rolling start (60 secs jog recovery) starting 3 mins after final 30 secs repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 1500 metres session (6 X 500 metres with 75 to 120 secs recovery).
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cc running
Monday: 60 to 75 mins fartlek inc 20 X 30 secs fast (jog 60 and 30 secs alternately for recovery) + 3 X 10 secs sprint from rolling start (60 secs recovery jog starting 3 mins after final 30 secs repetition).
Tuesday: 30 mins steady.
Wednesday: 5 to 8 miles steady.
Thursday: 5K session (12 X 400 metres with 25 to 40 secs recovery + 1 X 200 metres full effort starting 90 secs after final 400 metres).
Friday: Rest or 10 to 15 mins easy.
Saturday: 8 to 12 miles steady. Morning runs, if done, should be kept to 20 to 30 mins running 2 to 3 times a week.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 10 X 60 secs fast (jog 60 and 45 secs recovery alternately) + 3 X 10 secs sprint from rolling start (60 secs recovery) starting 3 mins after final 60 secs repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 3K session (5 X 600 metres with 60 to 75 secs recovery + 1 X 200 metres full effort starting 90 secs after final 600 metres.)

Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 6 X 90 secs fast (jog 90 and 75 secs recovery alternately) + 3 X 10 secs sprint (60 secs jog recovery) starting 3 mins after final 90 secs repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 5K session (5 X 1000 metres with 60 to 90 secs recovery + 1 X 200 metres full effort starting 90 secs after final 1000 metres repetition).
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 5 X 2 mins fast (2 mins and 90 secs jog recovery alternately) + 3 X 10 secs sprint from rolling start (60 secs recovery) starting 3 mins after final 2 mins repetition.
Tues, Wed, and Fri: As Week One.
Thursday: 1500 metres session (6 X 500 metres with 90 to 150 secs recovery).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.



JUNIOR

PROFILE

- NAME:** Rona Susan Hepburn.
DATE OF BIRTH: December 24, 1976.
SCHOOL: Crieff High School.
ATHLETICS CLUB: Perth Strathay Harriers.
STARTED ATHLETICS: Last October. After competing at the Scottish Schools in June and coming fourth in the 100m I decided I'd like to try and do better in future by putting in some training.
EVENTS: 100m, 200m.
PERSONAL BEST: 100m, 12.6; 200m, 26.7.
ENJOY MOST ABOUT THE SPORT: Meeting people and the competition.
LEAST ENJOY: I can't stand any sort of long distance running. (I count 800m and over as long distance.)
AMBITION IN SPORT: To do well in the Scottish Schools in June and also to perform well at the national championships where I've got a place in the junior ladies' relay team.
HIGHLIGHT SO FAR: Winning the 60m at the Scottish Indoor Championships earlier this year.
FAVOURITE ATHLETES: Aileen McGilivray and Elliot Bunney.
FAVOURITE STADIUM: The Chris Anderson Stadium in Aberdeen.
MOST EMBARRASSING MOMENT: Taking an hour to provide the necessary sample for a drugs test at Pitreavie.
FAVOURITE MUSIC: Roxette and most other dance music.
FAVOURITE ACTOR: Eddie Murphy.
FAVOURITE ACTRESS: Julia Roberts.
OTHER HOBBIES: Playing hockey and netball for the school. Badminton, swimming and most other sports.
AIMS FOR THE FUTURE: I want to continue athletics and improve my performances, but I'd also like to do well at school and get good grades in my exams. I used to want to be a PE teacher but I'm not so sure that I've got the patience for it now.

FORTHCOMING EVENTS

JUNE 8

Secondary Pentathlon Championships, Secondary Relay Championships and Primary Inter Area Relays, Grangemouth.

JUNE 15

Girls Track & Field Championships (Secondary), Crownpoint.

JUNE 15

Boys Track & Field Championships (Secondary), Grangemouth.

JUNE 19

Secondary Inter Area Competition, Grangemouth.

JULY 17

Over-17's Track & Field International, Colwyn Bay, Wales.

JULY 20

Under-17's Home Countries Track & Field International, Wrexham, Wales.

SEPTEMBER (Dates to be arranged)

Squad Coaching Day & Special Schools Indoor Track & Field Championships, Kelvin Hall.

NOVEMBER 16

Road Relay Championships, Grangemouth.

COMPETITION WINNERS

CONGRATULATIONS to Sarah Richmond from Dunfermline and Graham Cooney from Hamilton, winners of our Young Athletes' competition. Sarah and Graham will both receive a shell suit, t-shirt, towel and sports bag.

Our thanks to everyone who entered the competition which was featured in our May issue.

HELPLINE

Have you any questions about athletics which you would like to have answered? Please write to Helpline, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Recent Reebok defections take their toll

SCOTTISH 400 metres champion Mark Davidson's whirlwind start to the new track and field season was reflected in a double stint of club duty as Aberdeen AAC hosted the first Panasonic Scottish Athletic League Division 1 and 2 fixtures at the Chris Anderson Stadium.

A winner of the 200m in 21.9 seconds, the 22 year old Robert Gordon's College electrical engineering student injected drive into his specialist event with a new stadium record of 52.5 seconds.

Had he found a challenge in the home straight, Davidson might have produced a searching examination of Stan Devine's league hurdles record of 51.66.

As it was, Davidson's performance added up to a "man of the match" award on a day when his club missed the points gathering capabilities of decathlon star Duncan Mathieson.

In the circumstances, Aberdeen did well to shade Cambuslang out of second place - by eight points - as defending Division 1 champions ESPC declared their intent with a 53 point winning margin.

Yet, one could not help but reflect on how the Edinburgh champions of the past eight seasons might well have made a more convincing start but for the current host of defections to their new city rivals Reebok.

But ESPC still showed a dominating influence in the field events, winning six of the eight competitions, inspired by a javelin-

hammer double from Adam Whyte. The effects of the Reebok defections were even more obvious in the ranks of Caledon Park.

The third city club, minus the sprint strength of previous years, recorded just one A string victory and finished last of the eight teams in the Division 1 contest.

Ayr Seaforth were contemplating troubles of a different kind as they offered a brave challenge to Division 2 leaders Victoria Park.

The long haul to Aberdeen made yet another financial dent in the Dam Park club's resources at a time when they are without a sponsor.

Victoria Park's improved performance hinged on a promising hurdles double from junior Nicky Taylor, a major factor in the Glasgow club's nine point victory at the expense of Ayr.

A double helping

MARK Davidson's pro-active start to the season was shown in a double helping of club success at two north east venues on the same day.

Having delivered a predictable and convincing 400m hurdles win, with 54.3 in quite difficult conditions in a Bank of Scotland North East League match at the Chris Anderson Stadium, the international motored 40 miles to Peterhead where he set a new Grampian TV League 200m record of 22.4 seconds.

The latter meeting threw up a new under-13 discus record of 22.28 for Fiona Hunter, just one of several promising youngsters from Abroath and District AC.

The women's match at

Peterhead produced an unusual repeat performance when "winners" Aberdeen were demoted to second place behind Arbroath on the strength of a scoring error.

The exact same thing happened in last year's league final, proving lightning can strike twice.

Metro keep up the pace

THE growing influence of the Metro Aberdeen club will be reflected in the north east's summer road race calendar.

Reluctant to see any event go by the board, Charlie Benzies and his committee have taken over the running of the annual Dyce Half Marathon.

Backed by supermarket giants ASDA, the race goes ahead from the Holiday Inn at Dyce on Sunday, July 14.

The half marathon follows on the heels of a four mile fun run which Metro are staging on behalf of the Easter Anguston training farm for the mentally handicapped on the Aberdeen esplanade on the evening of Wednesday, June 19.

The fun run offers one unusual incentive - a prize to the runner who is first to reach the two-mile mark on the condition that the halfway leader finishes the course.

The north east's busy summer road race programme also features the Stonehaven Half Marathon (July 7), the Macallan Moray Marathon, half marathon and 10K (August 4), the re-arranged Roevin Charity 10K in Aberdeen (August 7) and the Aberdeen Portfolio 10 (August 11).

Dedicated Denis

ABERDEEN AAC team manager Denis Shepherd continues to take on board the kind of athletics workload that would frighten the average club official.

Apart from weekly club duties, which involve twice weekly coaching sessions, the non-stop Shepherd exerted a certain national influence by convening the Panasonic Division 1 and Division 2 Scottish League meeting staged at the Chris Anderson Stadium in late April and taking on the management of the Scottish Division 1 and 2 team which competed against Divisions 3, 4 and 5, the Scottish Juniors and a Scottish Universities Select at Grangemouth in mid-May.

Never one to shirk his duties with the Grampian TV League, Denis is now looking ahead to his convenership of the annual Shire Harriers meeting in Aberdeen on July 21.

Given that little lot as a warm-up, he will turn his competitive thoughts to tackling a series of 800m and 1500m races at various Highland Games venues.

And guess who has just burned the midnight oil to complete the second edition of Aberdeen AAC's club record booklet, incorporating club records for all age groups, including veterans?

RUSSELL SMITH

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Tel: (0436) 74996.

ASSOCIATION OF THE FRIENDS OF THE RAEDEN CENTRE



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

For further information contact:

Douglas Sim, Hon. Secretary, Friends of Raeden,
Raeden Centre, Midstock Road, ABERDEEN AB2 4PE.

Tel: (0224) 868034

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

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The National Deaf-Blind and Rubella Association

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ARTHRITIS RESEARCH

...but one day he might have trouble even walking!



It's a sad fact that sporting injuries can lead to arthritis in later life.

But it isn't just former athletes who suffer. Over 8 million people in the UK have the disease, including 15,000 children and 2 out of 3 over-65's.

And so far, although we've made many advances in treatment, there's no cure.

With your help, though, we'll find one.

We are the Arthritis and Rheumatism Council, the only UK charity financing medical research into every aspect

of the disease.

Currently we spend over £11 million annually on this research, with a mere 2½p in the £ going on administration. We receive no State aid whatsoever and rely entirely on voluntary contributions.

Please give us a sporting chance of finding the cure by getting yourself sponsored for us in your marathon. We'll provide you with an ARC running singlet, official sponsor forms and badges. Just fill in and return the coupon.

THE ARTHRITIS AND RHEUMATISM COUNCIL FOR RESEARCH Working to find an earlier cure

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I want to run my next marathon for ARC. Please send me _____ sets of sponsorship material.

NAME OF EVENT

DATE OF EVENT

MY NAME

ADDRESS

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Running for a cause

Have you ever considered running for a charity? Scotland's Runner takes a look at just some of the many worthwhile causes which can benefit from your support.

WITH the road race season now upon us it is time once again to have a look at the number of charities seeking sponsorship from participating runners.

Charity runners are now a well established bunch, with more and more kind hearted people using their sport to raise vital cash for the needy. The annual Diet Coke Great Scottish run is now looming on the horizon and is the ideal vehicle in which to raise money for charity.

Recently people have become more aware of the silent killer - dementia. Alzheimer's Scotland is tackling one of the biggest problems facing Scots. Dementia is now the

third biggest killer in Scotland. Already, 90,000 suffer and the number is increasing. One in ten of those over 65 suffer, but it can hit people as young as 40 years old.

Dementia is a brain disorder which leads to memory loss, confusion, physical decline and eventually death. There is no cure. Dementia is a double tragedy. It ruins the lives of the people with dementia and devastates the family members who care for the sufferer. They must carry the terrible physical and mental burden of caring for their loved ones 24 hours a day whilst at the same time seeing them slip away day by day, month by

month, year by year. Alzheimer's Scotland helps the sufferers and carers by providing free day care, home respite and support services. This is based on a network of over 30 groups and branches - stretching from the Western Isles to the borders. They need the support of the running community to help them to fund the development of these urgently needed services.

The staff and friends of Alzheimer's Scotland are already actively involved in running. Ewan Davidson, the Director, races regularly throughout Scotland. Keith Arnott completed the New York marathon in 1989 raising £500 for the charity.

Their Inverness project received £27,000 last year from the Highland Cross and this contributed to the opening of the Woodlands Day Care Centre. Their Western Isles branch will benefit from the support this summer of the Stornoway Running Club.

The charity is making a special effort to organise a team of runners for the Great Scottish Run, just fill in and return the Alzheimer's advert in this issue - they need your help!

Four hundred and forty people in Britain die from cancer every day - three are under 15 years. These are the shocking statistics from the charity Quest.

Everywhere there is increased need for specialised nursing and more hospices. By the time there are symptoms, cancer may have obtained a hold and, in many cases, spread to other parts of the body.

Quest is developing routine screening. Recently for instance, a pioneering prenatal test established that a baby had not inherited the gene that causes colorectal cancer. If you run for Quest you will be helping the much needed research into a cure for cancer. None of the research involved with Quest uses animal.

A charity new to running

sponsorship is the Glasgow Dog and Cat Home. Although manager, Fred Parsons has taken part in numerous races and is certainly not new to running. The home takes in stray and unwanted dogs and cats. They receive 7,734 unwanted stray dogs and 1,750 cats in a year and attempt to re-house them into loving and caring homes.

The home requires assistance which is urgently needed to enable a major rebuilding programme with improved facilities. Man's best friends have given a lot of love and companionship over the years - repay them by running for them.

Sense in Scotland is a charity that has raised various amounts from sport sponsorship. They have noticed the potential from running sponsorship a few years ago. They welcome the support of runners in Scotland who give up some of their time and energy to raise funds - weird and wonderful ideas!

Recently however, they reckon things have been going a little too far! Lynn Kerr, senior appeals assistant with Sense in Scotland explains: "I recently arranged a parachute jump for the regulars of the Avalon Bar in Glasgow. On the day of the jump I was persuaded to leap out of a plane at 10,000 feet." Through that experience the charity hope to raise £5,000.

Sense would like to thank all the people who have ever raised money for the charity.

The charity ChildLine Scotland are helping to deal with Scotland's young runaways who are running scared. In the first three months that their lines have been open, she is just one of more than 100 young runaways to receive counselling help.

ChildLine Scotland is actively working to help young and frightened people. You too can help, by running for ChildLine Scotland. Please complete the coupon in our advertisement.

This has been just a glimpse at some of the charities needing help to raise money to further their important causes.

Each and every one of us will have a different reason for choosing a charity - whatever that may be, they all need the funds runners can raise through running sponsorship with just a little time and effort.

For their sake choose one today and pound those streets for cash.

There are many thousands of people in Scotland who do not enjoy a comfortable old age.

Having spent a lifetime working, many of them are denied needs as basic as a bath in their own home.

It is to this hard-pressed section of society that Age Concern Scotland directs its efforts.

Age Concern groups visit old people in their own homes bringing important outside contact and a helping hand.

We petition Government and work with local authorities and health boards to see that the needs of older people are not overlooked.

**AGE
CONCERN
SCOTLAND**

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As much as possible we provide cash that can help with anything from funding a day centre to providing minibus transport for frail elderly people.

We do all this because we believe that any caring society should look after its elderly citizens. We make every effort to ensure that every penny we can raise is put to its fullest use. Right here in Scotland.

Thank you for your invaluable support for the work of Age Concern Scotland.



CANCEL CANCER

QUEST funds unique non-animal research to develop routine testing for early signs of cancer, before a tumour develops.

It is a marathon to raise the money needed because each type of cancer requires separate research. We have now developed two new tests and the research has received international recognition.

WILL YOU RUN FOR QUEST,
especially in the

GREAT SCOTTISH RUN

Every week there are
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**CANCER IS CURABLE BUT
EARLY DETECTION IS VITAL**

Jean Pitt founded QUEST after her son died from cancer. QUEST is administered from her home in Essex.

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Postcode
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Date of Run

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Registered Charity No 14742

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Address

Tel No Name of event

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90,000 People in Scotland
Suffer from Dementia
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**ALZHEIMER'S SCOTLAND
WE CARE ABOUT DEMENTIA**

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DATE OF EVENT(S).....

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SCOTTISH STUDENTS

excel in new championship

ON Saturday May 4, 1991, the controversial British Students Athletics Championships began in Sheffield, writes *Gordon Ritchie*. As feared, the number of Scottish athletes travelling south was down on previous years, although there were more students attending than had seemed likely.

Fears of the high standard of competition and the large number of competitors proved unfounded. Indeed, the opposite was true with the standard being lower than usual and the turnout being slightly down on the usual universities championships. The amalgamation of universities, colleges and polytechnics in one major event clearly did not catch the imagination of the competitors.

The Scots, however, had a very successful weekend, winning a large number of medals. To

universities). Iain Black (Strathclyde) won bronze in the vault (4.00m) and was first in the university competition. Among the women, Heriot Watt jumper Nikki Barr was second in the universities with 5.64. Glasgow's Norwegian import Hilde Marklus was second in the discus with 39.54.

The Sunday brought the first gold, with Karen Savill throwing a pb of 46.14m with the new javelin. She dominated the event throughout the qualifying rounds and the final. Now a post-graduate student at Heriot Watt, if she can continue the improvement show this year she will be tough opposition in national competitions.

In the 100m, Glasgow's Jane Fleming ran second in the universities' event with a slow 13.29 into a very strong headwind. Also second university student was Strathclyde's Ken Kubota in the discus with 37.50.

On the final day, pride of place went to the Glasgow 4x100m team. Sarah Stirling, Jane Fleming, Rebecca Stevenson, and Melanie Neef broke the championship record with 48.40 in qualifying, and ran even faster with 48.28 to win the final. They were narrowly behind Loughborough at the final change-over, but Neef, who also won the 200m, brought them through to a comfortable (and popular) victory.

Also on the final day, Kathleen Lithgow (Strathclyde) was narrowly beaten into second place in the 400m, with Edinburgh's elegant Val



Universities (women) v City of Glasgow.
Left: Glasgow's Joanna Cliffe (125) runs a strong race to finish second in the 1500m.
Above right: Val Foster (Edinburgh), who won the 400m.

Foster missing the medals by a hundredth of a second when finishing fourth. In the distance events, Joanna Cliffe confirmed her winter promise with third in the 800m with a pb of 2:13, while Glasgow team-mate Vikki MacPherson won bronze in the 3000m, also with a pb of 9:41. The men were less successful with Heriot Watt's Ian Hamer providing the best performance when second in the 1500m with an exciting sprint finish.

All in all, it was a successful weekend, with more medals returning north than ever before, but this was, in part at least, due to the lower standard of competition at the event.

One week later, Glasgow's women continued their domination of the sport by winning the cup final by 64 points from Edinburgh. Their domination of the track programme was supported by good performances in the field to ensure an

easy victory. In the men's match, Edinburgh and St Andrews were tied for first place awaiting the outcome of the final event - the pole vault. Victories in both "A" and "B" string events ensured St Andrews' first cup success since 1986. At that time, their victory was due to the multi-talented Cameron Glasgow and the endurance of Richard Archer. This year, it was the general strength-in-depth that brought the cup to Fife.

The final fixture of the university calendar was the annual challenge against the league, the juniors (men), City of Glasgow and Edinburgh Woollen Mill (women). The league were split into two teams this year in an attempt to reduce their strength and make it a more competitive match. This succeeded, as only 20 points covered all four teams at the end.

The League Divisions 1 and 2 won narrowly. Best performances from the universities were Dave Allan (50.70m in the hammer), Dave Hitchcock with a season's best 55.1 in the 400 hurdles and Glen Stewart with a pb of 1:51.9 in the 800m.

In the women's match, EWM were a late call-off, and the students triumphed easily over a weakened Glasgow team. The women's stars were double winners Rebecca Stevenson in the sprints, Karen Savill in the unusual double of javelin and sprint hurdles, and Nikki Barr in both long and triple jumps.

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THE GREAT SCOTTISH RUN

22nd SEPTEMBER 1991



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Every year the Multiple Sclerosis Society commits £1 million to research.

It's the only way we'll ever find the cure. And we could well use your help.

Next time you're running please consider finding sponsors to help the Multiple Sclerosis Society. It will cost you a little time and effort, and your friends a little money.

But it will mean so much to those who live with MS every day of their lives.



We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland,
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He spoke to someone who cares

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ChildLine is the free national telephone helpline for children and young people in trouble or danger.

ChildLine provides a counselling service for any child with any problems, 24 hours a day, 365 days of the year.

ChildLine Scotland is able to offer Scottish children a local service at peak hours every afternoon and evening. As funds allow the time will be increased.

Do you care enough to run for the children of Scotland? By running for ChildLine Scotland you will be helping the 350 children and young people who call us every day. For every £100 raised, we can provide 10 hours of counselling.

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Address _____

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Send To: ChildLine Scotland,
FREEPOST 1111,
Glasgow,
G1 4BR.

Doug Gillon reports on the action from the 1991 District Championships.

SAAA West District Championships, Dam Park, May, 18

IMPRESSIVE doubles by several young athletes in the SAAA West District Championships at Dam Park raised hopes for the future, but it was the presence of Tom McKean, in the 1500 metres final, that really injected some heat to a damp and windy afternoon at Ayr.

McKean, the European 800m champion indoor and out, in his first run of the outdoor season, was surprised by the aggression of his rivals - particularly runner-up John MacKay and third placed Robert Fitzsimmons, and Scottish Universities' 800m champion Glen Stewart who kept the pace going after Fitzsimmons had opened with a 58 second lap.

All of them wanted to win what turned out to be the blue riband event of the Kyle and Carrick District Council-backed event (why can't an additional sponsor be found for a meeting which has always attracted the Europa and World Cup champion?). More to the point, all believed they could, despite the vaunted pace of Bellshill YMCA's McKean.

"I thought they had set me up in the final," confessed McKean after having been pushed to a time of 3-45.39, his fastest ever.

The immediate previous title-winners at the distance, Fitzsimmons and MacKay, stuck to the task after the bell was reached in 2-47. Even with 120 metres left McKean could not relax and MacKay kept the gap to a respectable 12 metres, clocking his best time for nine years, 3-47.55, with Fitzsimmons third in 3-49.92.

"I have deliberately done no speed training yet," said McKean. "We have held back on fast work in order to get stronger, because we believe that is the key to my running faster at 800 metres. Although I am stronger now than I have ever been, I am also slower than I have ever been at this time of year."

McKean's next race will be on June 19, for Britain in their first match against a united Germany at Crystal Palace. He expects the Germans to include European 1500m champion Jens Peter Herold who normally begins his season with an 800m.

Shettleston Harrier MacKay recorded his fastest time in nine years and he paid tribute to medical help received from Paul McIntyre, the former Glasgow University blue and husband of Olympic 1500m finalist Lynne, and to his own wife, Elaine, a physiotherapist. "They have combined to give me my first injury-free winter in years," said MacKay, who, if he can get the right race should dip below 3-43, metric equivalent of the four-minute barrier.

Cambuslang's newest sprint signings, Brian

Ashburn and Steven Shanks, were in fine form. The 21 year old Ashburn took the 100m in 11.02 (wind -0.8mps) to edge out Shanks (11.07) and then cleared 6.52m with his opening effort in the long jump. But his next attempt cost Ashburn a damaged left hamstring which will sideline him for a few weeks.

Shanks, tired by the police cadet training course he is currently undergoing, still had the energy to come good in the 200m with 21.91 (wind +0.8mps).

There was a tight finish to the senior 400m. Although Shettleston's Dave Mulheron won convincingly in 49.01, Malcolm McPhail (49.23) edged Alan Murray by just one hundredth, while Ian Pritty and junior Scooby Shannon - another Boyle protege - were inside 50 seconds.

Graham Croll won the steeplechase in 9-12.77; there was an excellent solo 5000m run by Robert Quinn in 14-12.69; and a throws double from Mark McDonald (shot 14.09m, discus 43.96m).

The noteworthy marks posted among the younger age groups were the 800m/400m junior double by Strathclyde student John McFadyen of Greenock Glenpark (1-55.76/50.9) and at the same distances by Boclair Academy schoolboy Colin Young of Clydebank AC, a youth (2-00.22/-51.8), and the sprint doubles by Ayr Seaforth's youth Stuart Moir (11.18/22.54) and junior Darren Galloway (11.13/22.41).



Pushed all the way - Tom McKean wins a tough 1500m at the West Districts. Left: Darren Galloway.

SWAAA West District Championships, Crown point, May, 19

A DOUBLE by international jumper Rhona Pinkerton helped her club, City of Glasgow, to a near monopoly of senior titles in the SWAAA West District championships at Crownpoint. Ten of the 14 titles went to the new club, formed by members of Glasgow AC and Monklands Shettleston.

Pinkerton won her speciality, the high jump,

with a record height of 1.76 metres, and set an inaugural triple jump record of 11.24m. But on the same day, Anglo Karen Hambrook, in the Kent championships, set her twelfth Scottish triple jump record, with 12.30m (twice, in a series where she exceeded 12.00 in four of her six attempts) and also won the high jump with 1.75m.

Hazel Melvin's winning 1.73m in the Euro junior high jump was a record and Linda Gordon achieved a fine 1.65m in second place.

Mel Neef, the British university sprint champion, took the senior 100m in 11.89 seconds (wind +4.05mps) edging out Glasgow clubmate Morag Baxter (11.94). Neef immediately went off to study for exams, but Baxter still had to settle for silver in the 200m (25.26) where former 400m hurdler Gillian McIntyre took the title in 24.37 (wind +3.30).

There was also some outstanding sprinting in the younger age groups, notably by Ayr Seaforth intermediate Elaine Julyan whose times of 12.04 (wind +2.95mps) and 25.06 (+4.10mps) are excellent for a 16 year old. And Linzi Kerr's winning long jump (5.43) in the same age group surpassed that of the senior champion, Mhari Marr (5.36), who, incidentally was the only senior to clear more than 5.00m.

Glasgow University student Hayley Haining (Nith Valley), broke the Euro-junior 1500m record by five seconds with a time of 4-28.61 compared with the 4-30.85 of senior winner Carol-Ann Bartley, and intermediate 800m winner Alison Potts set a record as she won in 2-15.86.

Tracy Shorts (Kilbarchan AC) won three Euro-junior throws - shot (10.52m), discus (31.44), and javelin (34.46). It was the third year in a row in which she had taken the shot putt and discus titles.

SAAA North District Championships, Inverness, May, 18

SIX gold medals at the Autosales North championships - five individual and one in the sprint relay for his club, Inverness Harriers - won a place in the inter-county squad for Mel Fowler.

The 25 year old policeman tamed a wind which at times reached seven metres per second, winning the 100m in 12.1 seconds, 200m in 23.5, 400m in 54.1, long jump with 6.73, and triple jump with 13.00m.

His efforts earned him one of the four travel bursaries from McFarlane Bruce. The three others were won by Alan Reid (5000m, 14-52.6) Stuart Sutherland (senior boys' 400m and 800m/55secs, 2-15.5) and Stuart Dillon (youth 100m hurdles and triple jump (14.8 secs, 12.65).

Peterhead's Reid beat cross country internationalist John Bowman (Inverness) in the 5000m but could finish only third in the 1500m won by Bowman in 4-05.9. George Loney, of East Kilbride had a double in the shot and discus (11.63/36.10).

SAAA East District Championships, Meadowbank, May, 19

WIND assistance of 3.4 metres per second could not blow away the jubilation of Pitreavie sprinter Ewan Clark who moved to the top of the Scottish 100 metres rankings when he won the East District men's title at Meadowbank with a time of 10.55.

Clark, 22, who has joined ESPC for British League competition, lost the whole of last year with glandular fever, and shed two stones in the process, but has come back with a bang, clocking 10.8 in the league at Cardiff the previous weekend.

"I had been running since I was 13, and was getting nowhere," he said. He has no plans to try 200m meantime, because excessive stress could trigger a recurrence. He finished nearly four metres clear of Murray King (Aberdeen, 10.91), with James Watson (Harmeny) third in 10.94.

Caledon Park's Elliot Bunney, who would have posed a stronger challenge to Clark, was making a rare outing at 100m, claiming the title in 48.22, defeating two one-lap specialists, Grant Hodges (48.28) and Mark Davidson (48.51). Hurdler Davidson actually ran faster in the heat, attempting to record a time in poor condition, while Hodges' consolation was a 200m win in 21.88 seconds.

The Olympic sprint relay silver medallist Bunney, normally reluctant to run 200 metres, never mind a whole lap, set off too fast, but had the strength to come through. Coach Bob Inglis is convinced that Bunney is in as good physical shape as at any time in his career.

"Even the 10.20 seconds which he last ran five years ago," said Inglis. He has managed to get a race in Lisbon after the UK championships, and hopes this will help to restore his confidence as a stepping good time to regaining his place in the British team for the World Championships.

Internationalist Neil Fraser, who has had more than his share of injuries, came out with a respectable 14.51 seconds to win his event, while Reebok Racing Club's Peter Fleming, formerly of Bellahouston, took the 5000m in 14-27.35.

Russell Devin, the Scottish hammer champion, travelled from Inverness to win the hammer with a season's best of 59.82, and then improved five times on his vest discus throw of 47.42m, reaching 50.78 in the final round.

SWAAA East District Championships, Pitreavie, May, 19

AILEEN McGillivray, national 100m title-winner for the past two seasons, opened 1991 with a double in the SWAAA East District women's championships at Pitreavie.

McGillivray, the Cumbernauld-based Edinburgh Woollen Mill woman, whose best legal 100m is 11.91, clocked 12.5 seconds (wind -5.18 metres per second) to take the short sprint

ahead of Ruth Girvan of ESPC (13.00) and Aberdeen's Kathleen Maddigan (13.1).

The 20 year old McGillivray, in the final event of a cold afternoon, had a winning 200m time of 24.51. The wind in her face was anyone's guess, as by then the gauges were out of action, but a guess of three metres per second puts it close to McGillivray's legal best of 24.23.

The double was some consolation to her



coach Stuart Hogg, who helps with Dundee United's coaching and was still traumatised by the club's cup final defeat the previous day.

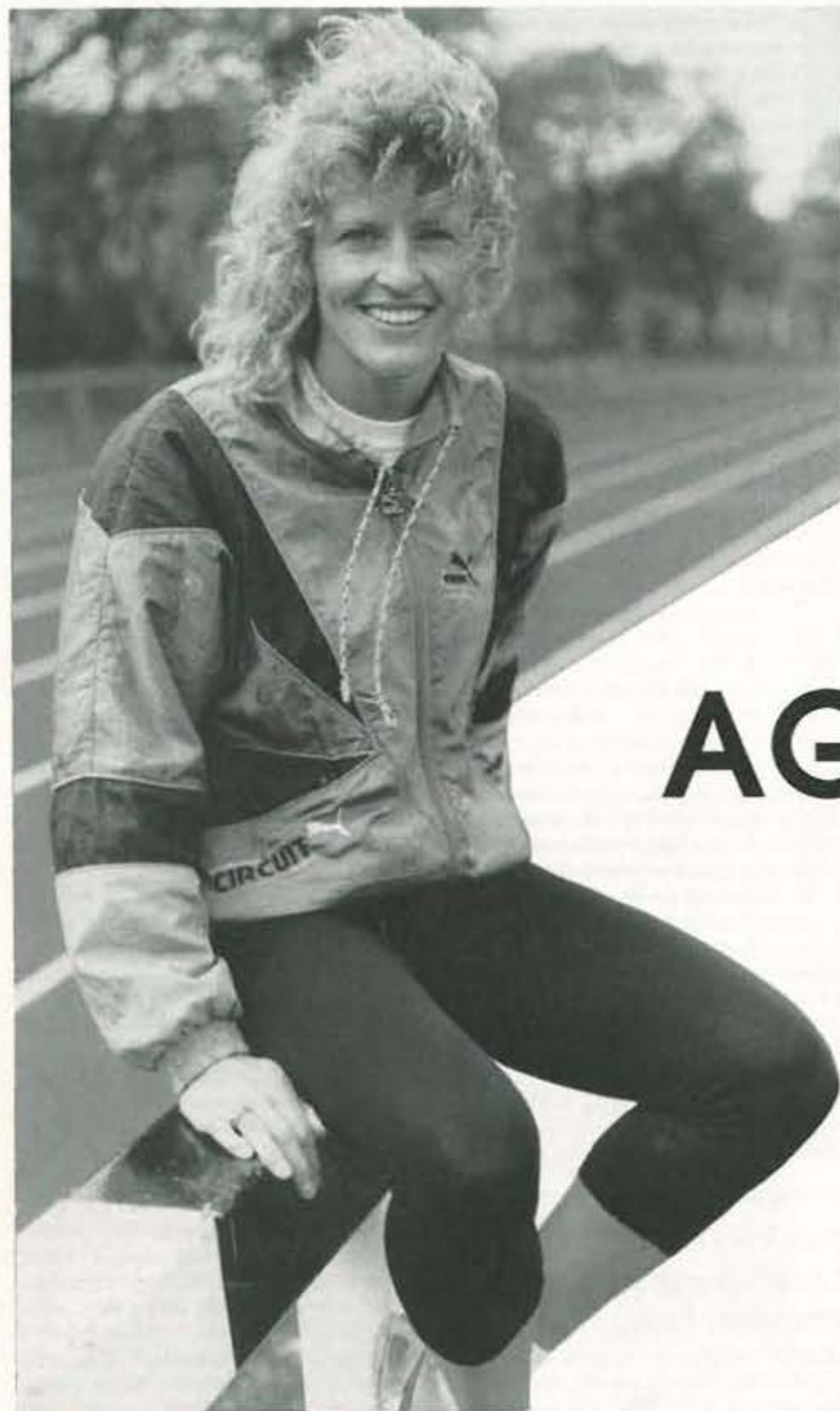
McGillivray, a 20 year old clerkess with Halifax Building Society in Falkirk, could give him much more to enthuse over this season. She is now in serious pursuit of a relay berth at the World Championships in Tokyo which would add a British senior outdoor vest to the one she claimed indoors last winter.

Moir McBeath, a member of the 1966 Commonwealth Games team, came out of retirement having had a baby, winning the 400m hurdles in 66.75, while Mary Anderson, sidelined for much of last season through injury, took the 800m in 2-15.1 ahead of Carol-Ann Grey, who had already won the 1500m.

Pitreavie's Isabel Linaker clocked 4-40.80, slicing nearly three seconds from the intermediate 1500m record established 11 years ago by European 3000m champion Yvonne Murray, and there was a treble by Euro-junior Allison Grey (ESPC). She smashed her own shot record with 14.26 to the embarrassment of senior winner Helen Cowe who could only managed 12.80m, and then won the discus with 41.21m, and the triple jump with 10.60m. Nicky Barr, senior triple jump winner with 11.52m, injured a hamstring and is now struggling to achieve the 12.00m she needs for the World Student Games.

Photographs by Robert Perry.

Margaret Montgomery talks to Scotland's 400 metres star, Dawn Kitchen.



Dawn Kitchen at Dam Park in Ayr. Gone are the days when she used to train on a blaise path along Peterhead front.

Photographs by Robert Perry

DAWN Kitchen well remembers the day when, aged 12, she was snapped up by a talent scout for the local athletics club in Gateshead.

"I had just finished running in the 200m at an inter-school match when this old chap with a trilby hat came over and started talking to me," she recalls. "I was shaking like a leaf - my mum had always told me to avoid strangers, and here was one asking me for my telephone number!"

Despite the somewhat alarming nature of Dawn's first brush with Jarrow and Hebburn AC, she wasn't dissuaded from joining. When the old boy with the trilby revealed his identity to her mother on the phone several days later, it didn't take much persuasion to get her along to club training nights as he recommended.

"I loved it from the word go," she says. "For me the best part of PE at school was always the athletics in the summer term. By joining a club I was able to run all year round."

This enthusiasm, together with a burgeoning talent which had already earned her accolades such as first place in the Northumberland and Durham junior girls cross country championships and second in the Durham Schools junior girls' 800m, soon brought her to the fore within the club. In 1975, still only 12, she won the club's athlete of the year award - the previous year a lad called Steve Cram had taken the honour.

"It was an exciting time for athletics in Gateshead," Dawn recalls. "Brendan Foster was

AGAINST THE ODDS

still on the go and there was a lot of up and coming talent around."

Unfortunately for Dawn, she wasn't able to enjoy the heady atmosphere at Gateshead for long. With the recession biting and job prospects in the north east more precarious than usual, the Kitchen family moved to Northern Ireland where father, an electrical fitter, had been offered a more secure job.

Dawn immediately joined Newtown Abbey AC in County Antrim. A small club, it nonetheless propelled her to her first national titles - the junior 400m and 800m in the 1977 Northern Ireland WAAA championships. In the same year she also placed second in the younger age category 400m at the Irish Schools' championships and went on to represent Ireland at the British Schools'

championships in Glenrothes.

For Dawn it was a memorable year, not just because of the titles she won but also because it was the first year in which she attempted 400m, the distance she was eventually to excel at as a senior inter-nationalist.

"I'd been doing lots of shorter sprints and also the 800m - all with a fair measure of success," she says. "My coach at Newtown Abbey decided on the basis of this that I'd probably have the makings of a 400m runner."

With a successful year behind her, Dawn's progress suffered another interruption when the Kitchen family moved once again - this time to Peterhead. Unlike the move to Ireland, this upheaval didn't have the compensation of another athletics club at the end of it. Dawn was faced with the prospect of either training on her own or endless travelling to Aberdeen.

In the end she decided on a mixture of both, competing for Aberdeen AAC but doing most of her training on her own in Peterhead. Dawn's father, himself a keen sportsman who enjoys cycling and tennis, took over as her "coach".

"In Peterhead there was a four lane grass track," Dawn recalls laughing. "But it was marked out with creosote which had burnt big divots into it. Every ten yards or so you'd feel yourself dropping into one of them."

Quality work during the winter was impossible. As a result, her winter training consisted of road running and cross country - speed work was reserved for May to July.

"To this day I still do at least one long run a week," she reflects. "People are always asking me why, as a sprinter, I bother. I suppose it all goes back to the hill work and cross country I used to do when I was in Peterhead. Mind you, I do believe distance running is the best way of keeping up your fitness, whatever your event."

Conditions slightly improved when Dawn's father, frustrated at the lack of facilities for his daughter, put an advertisement in the local newspaper seeking people in the area interested in forming an athletics club. Such was the response that within a matter of days Peterhead Athletics Club had been formed. Though it was to take years of campaigning to obtain a track ("needless to say they got one after I left") the founding of



the club at least gave Dawn company while training.

"I've really got a lot to thank my Dad for," she says. "He got the club going which was a great help, but he also gave me unflinching support when there was nobody around to train with. He went up hills with me in the pouring rain, day in day out."

For all the eccentricity of Dawn's training methods in Peterhead, she was able to retain her position as a sprinter of great potential. During 1978 she added to her growing list of achievements a first at the East Districts intermediate 400m plus a first at the East versus West match in the same event and age category.

That same season she also came first in the under-17 girls 400m at the Scottish Schools championships with a time of 57.7.

Having blasted onto the Scottish athletics scene with such gusto, it was hardly surprising that she was soon picked for the Scottish junior event squad, which meant regular journeys to Meadowbank for squad training sessions. It was during these that the training methods she and her father had devised to circumvent the lack of facilities in Peterhead came under question for the first time.

"Bill Walker, who was the squad coach at the time, asked me what my winter training consisted of," she says. "When I told him about all the hill running and the long road runs he was horrified and suggested I should be doing more event-related training."

Regular trips to Aberdeen and the track there, plus the ingenious use of a blaise path along the beach front, followed. The change brought its dividends. Over the next year Dawn's average time was consistently over a second faster than her best the year before.

Despite all this, only a year later Dawn gave up athletics altogether. Her reason was not so much any single event, but an amalgamation of circumstances which put her off the endless training and competition which had become so much a part of her life.

"I'd just turned 18 when I got this awful dose of chicken pox. I went back to training as soon as I felt well again, but I think it was too soon. I had a dreadful season and didn't get anywhere. I think that, plus the fact that I left home and went to college around the same time, was what did it."

Ensnared at Dunfermline College in Edinburgh for the next four years, Dawn maintained her stance as a "retired athlete" by refusing to do any athletics at all, except that which featured on her college timetable. In the

SUMMER TRAINING SCHEDULE

Sun: 3x300m with 20-30 mins recovery.
Mon: 3 mile run or fartlek session.
Tues: 3x (300 + 150)m with 15-20mins recovery.
Wed: Strides or weights session.
Thurs: 6x200m with five mins recovery.
Fri: Rest day if competing. If not, strides or short clock session.
Sat: Rest day or competition.

meantime she enjoyed trying out the various other sports which college allowed her to participate in - gymnastics, swimming, and hockey being her favourites.

"I don't have any regrets about the time I spent at college," she says. "I reckon I needed a bit of breathing space and a chance to enjoy

VI (Ab) 32-21; 5, R Taylor (Met) 32-28; 6, I Williamson (Ab) 32-34; 7, C Farquharson (HBT) 32-49; 8, R Herries (HBT) 32-50; 9, M Murray (Ab) 33-01; 10, R Gatenby (Coa) 33-17; 11, D Duguid (Ab) 33-28; 12, M Cumming (Met) 33-29; 13, P Jennings (Met) 33-30; 14, K Craig (Un) 33-33; 15, M Thomas (HBT) 33-38; 16, C Noble V2 (FRC) 34-01; 17, J Stewart (Met) 34-08; 18, J Ballantyne (Ab) 34-19; 19, R Walters (Yeo) 34-20; 20, F Duguid V3 (Ab) 34-23; 21, A Neaves (Met) 34-32; 22, R McFarquhar V4 (Ab) 34-44; 23, R Block (Un) 34-46; 24, S Brown (FRC) 34-48; 25, D Ryann (For) 34-50; 26, N Kilner (Ab) 34-51; 27, S Forbes (Met) 35-00; 28, D Grubb V5 (Ab) 35-01; 29, K Hogg V6 (Ab) 35-13; 30, N McDonald (Met) 35-17; LI, D Porter (Ab) 36-56; L2, J Robertson (PRR) 38-55; L3, M Campbell (Un) 41-36; L4, J Fraser (Ab) 41-50; L5, N McKinnon LV1 (Ab) 42-32; L6, M Allan (Un) 42-39; L7, M McLean (Un) 45-02; L8, B Kerr (LV2) (Aber) 45-10; L9, G McEwen (Un) 46-28; L10, J Hogg LV3 (Ab) 47-40.

Luddon 10K RR, Kirkintilloch -

1, H Cox (GGH) 29-29; 2, A Walker (Tev) 29-49; 3, J Cooper (Spr) 30-59; 4, J Kennedy V1 (VP) 31-35; 5, C Martin V2 (Dumb) 31-42; 6, P O'Kane (HBT) 31-45; 7, D Williams (CAC) 31-49; 8, P Carton (Shet) 32-04; 9, P McIntyre (Spr) 32-08; 10, A McDonald (KO) 32-46; 11, W Goldie (Glas) 33-06; 12, W Dickson (Law) 33-19; 13, T Johnstone (KO) 33-50; 14, D Gillon (Gla) 33-53; 15, W Glasgow (GN) 33-55; 16, W McCool (CAC) 34-08; 17, R Brown V3 (KO) 34-25; 18, J Norton (Cle) 34-26; 19, J Hepster (Spr) 34-35; 20, R Bailloy (SFB) 34-39.

Reebok P&PoW Womens 10K RR -

1, S Branney LV1 (CG) 34-11; 2, L McIntyre (CG) 35-01; 3, A Ridley (Sha) 35-41; 4, A Rose (EWM) 35-47; 5, E Masson (Kil) 36-01; 6, C Paton (Glu) 36-29; 7, M McKenzie (Bar) 38-18; 8, S White LV2 (Ayr) 39-22; 9, A Dickson (Law) 39-30; 10, G Craig (Un) 39-38; 11, J Byng LV3 (Irv) 39-42; 12, S McLeish (GN) 39-44; 13, S Kennedy (CG) 40-11; 14, K Chapman LV4 (GN) 40-27; 15, J Thomson (CG) 40-30; 16, A Bruce (Stra) 40-39; 17, J Harris (Un) 40-42; 18, L Brown LV5 40-45; 19, S Tonner (Un) 40-48; 20, E Christie (Un) 41-23.

Caithness Half Marathon, Thurso -

1, A Cook (Ork) 74-51; 2, S Wright (Cai) 76-14; 3, S Cassells (Ab) 77-36; 4, A Thin (Cai) 80-06; 5, A McDonald (Cai) 81-29; 6, D Stewart V1 (Mor) 85-06; 7, J Douglas V2 (Cai) 85-33; 8, D Renwick V3 (Cai) 86-08; 9, R Farquhar (Coa) 86-30; 10, N Bremner V4 (Cai) 87-40; L1, M Adamson (Irv) 89-34; V50, A Matheson (Cai) 91-17; Nov, S Sinclair (Cai) 94-30.

Bordeaux International Marathon -

1, K Davies (McLeod) (ESP) 2-38-00; 2, C Kennedy (Ire) 2-39-40; 3, L Bonnett (France) 2-40-21.

27

Johnnie Walker 10K RR, Kilmarnock - 1, S Gibson (HBT) 31-26; 2, G White (Ayr) 31-35; 3, T Thomson (Cly) 31-58; 4, G Cunningham (Ayr) 32-22; 5, A Stewart (Ayr) 32-36; 6, R Hubbard (Ayr) 32-36; 7, D Murray (JWK) 32-56; 8, C Hendry (GGH) 33-17; 9, B Craig (Irv) 33-18; 10, J McNamee (Irv) 33-40; V1 R Guthrie (Bel) 34-06; Team: 1, Ayr 15pt; L1, D Rutherford (JWK) 38-07; L2, L Cairns (Irv) 39-04; L3, S White LV1 (Ayr) 39-49; L4, E O'Brien (GGH) 40-49; Team: 1, JWK.

28

Landemer Festival 5 mile RR, R'glen - 1, E Stewart (Cam) 24-21; 2, D Cameron (She) 24-51; 3, G Croll (Cam) 25-05; 4, C Thomson (Cam) 25-21; 5, S Wylie (Cam) 25-29; 6, A Mair (Cam) 25-37; 7, J Kennedy V1 (VP) 25-50; 8, C Ross (She) 26-30; 9, P Carton (She) 26-47; 10, A Swann (She) 27-03; 11, F Connor (Cam) 27-09; 12, D Marshall (Cam) 27-13; 13, I Gordon V2 (Camb) 27-24; 14, J Fallon (Camb) 27-34; 15, W Mitchell V3 (Camb) 27-42; L1, C-A Bartley 23rd (CG) 29-04; L2, E Scally (She) 32nd 32-07; L3, S Kennedy (CG) 35th 32-50; L4, C McCutcheon (Un) 41-08; J1 E McCafferty 25th (Cam) 29-25.

Results compiled by Colin Shields

Panasonic Scottish League Division 1 and 2, Aberdeen, April 28 -

THE League's second visit to Aberdeen saw surprisingly little wind (it is rumoured some team managers can actually see the wind) and this allowed Aberdeen AAC's Mark Davidson to set a stadium record of 52.5 seconds in the opening event, the 400m hurdles. Mark won the 200m in 21.9.

These performances gave Mark the man of the match award for Division I, the Division 2 prize going to Robert Fitzsimmons (Bel) who won the 1500m in 3-52.3, exactly the same time as Division 1 winner John MacKay who managed to stay ahead of John Sherban and Ian Johnston.

James Hill, making his final Dundee Hawkhill appearance before emigrating, won the 5000m ahead of club-mate Pat McCavana in 14-30.2 while Adam Whyte (ESP) broke the 60m barrier in the javelin. Another two impressive winners were Graeme Croll (Cam) in the steeplechase (9-11.9) and Ian McKay in the pole vault (4.40m).

ESP never looked in danger of losing the match but the host club, lying fifth at one stage, put in a strong finish which included a 4 x 100m win to snatch second place. Victoria Park won the Division 2 match by 9 points from Ayr Seaforth, with only 5 points separating the bottom four teams.

Bank of Scotland North East League Aberdeen, May 5 -

BOTH Inverness Harriers and Aberdeen AAC made clear their intentions of holding on to the men's and women's trophies respectively. Aberdeen won the women's match by 108 points, Dundee Hawkhill putting up their best league performance for some time to pip Inverness for second.

In the men's match Inverness set up a 25 point lead over Aberdeen, with the advantage of a home match still to come. Scottish age-group champions

Katrina Leys, Sandra Gunn and Louise Paterson teamed up with former junior international Kathleen Madigan to set a 4 x 100m record of 48.9 seconds. Mark Davidson won the 400m hurdles in 54.3 seconds but would have been faster had the programme not been running on time as he then had to dash off to run a 200m at another match in Peterhead!

In younger age-groups, noteworthy performances included a junior sprint double by Rhona Hepburn (Perth Strathgry) and a 5.78m long jump by Aberdeen senior boy William Stark.

Universities Cup, Aberdeen, May 11 -

THE changing fortunes of athletics were immediately apparent when Nigel Taylor, winner of the 400m hurdles for Victoria Park at the League match here 13 days earlier, crashed out at the first hurdle and was taken to hospital with a broken rib. Dave Hitchcock (Edinburgh) went on to win in 57.1 seconds but could not live with Fraser McGlynn (St Andrews) who clocked 15.8 in the 110m hurdles.

Johnson Imode (Aberdeen) won the 100m in a personal best 11.1, 0.2 ahead of Dougie Thom (Dundee) who took his revenge in the 200m (22.6). There were more Aberdeen personal bests by Eddie McKennie in the javelin (47.98m) and Ben Jump, second with 46.76. Ben actually attempted the high jump but even his name could not carry him over the opening height.

St Andrews, level with Edinburgh going into the last event, won by 12 points in the he end, with Glasgow third. Glasgow, aided by a 1500m (5-02.3) and 3000m (9-57.3) double by Vicky McPherson, won the women's contest easily from Edinburgh and Stirling.

Full marks to varsity team for making the event a success. Most of the athletes, including superstar Imode, forwent their warm-ups and warm-downs in favour of assisting with putting up hurdles etc.. Captain Dinesh Lutchman, second in the 100m B, was often not sure whether at that precise moment he was convenor, runner (official), runner (athlete) or tea maker - the last named being his most important function as far as the officials were concerned.

Woolworths Young Athletes League (NE section), Inverness, May 12 -

AGAIN there was no stopping the host club as they virtually clinched the divisional title with a 40 point win over Aberdeen.

Aberdeen, however, did have some aces. Colin Wilson took the youths' 100m hurdles into a strong wind 16.7 and the 800m in 2-03.3, just holding off Mark Cruden of Inverness. William Stark's 12.09m triple (senior boys) might have gained him the man of the

match award but for Harrier Stuart Sutherland who won the senior boys' 400m in a pb 54.2 despite the wind. Club-mate Ian Wallace won the senior boys' 100m (11.9) and long jump (5.07).

The North-East Girls' League and Colts' League both fell to Aberdeen, although the best performance came from Dundee Hawkhill. Jennifer Learmonth winning the girls' 800m in 2-29.6. Jonathon O'Parka (Tayside) took the colts' 800m (2-34.5) and long jump (3.78).

Representative March, Grangemouth, May 15 -

CONDITIONS were fine for the annual "match". This year the Panasonic League fielded two teams, one from Divisions 1 and 2 and one from Divisions 3, 4 and 5, as the League select was said to be winning too easily in recent years.

Owing to exams, work and imminent district championships, many of the selected athletes were unavailable and this resulted in winning performances inferior to those recorded at the Division 1 League match.

Team managers had difficulty filling their teams in some events - in the case of Divisions 1 and 2, the throws. Steve Aitken (Dundee), selected for the shot and discus (he won the shot with 14.15m), was persuaded to get a throw in the hammer and discus. In such a haste was he to get from one event to the other, he did not have time to stop and pick up the £1 note he dropped. (You can claim it from me, Steve, but I've been asked to inform you that any reward should be forwarded to the gentleman who found it, Mr A. Winnie.)

Despite the gaps in three events, Divisions 1 and 2 eventually won the match comfortably by 10 points from the junior squad. During the match there was a kidnap drama, when the League secretary attempted to snatch a Division 1 and 2 athlete for his Division 3, 4 and 5 team. The Division 1 and 2 manager, anxious to fill a late gap, promptly snatched him back.

Brian Ashburn (Cambuslang) completed a 100m (10.7) and long jump (6.77m) double. This was after he had declared himself unfit to long jump the day before; however, he turned up on the night willing to fill the gap left by a reluctant triple-jumper who had been almost persuaded to fill the gap Ashburn had left in the first place.

John MacKay (Shettleston) won the 1500m in 3-51.6, pulling Inverness Harrier John Bowman (Division 2, 4 and 5) to a personal best of 3-52.1, while Ian Johnston (Falkirk) took the 3000m in 8-23.2. David Allan (Universities) came close to his hammer best with a 50.70m win.

Denis Shepherd

AVONSIDE TRACK CLUB

Margaret Montgomery travelled to Stonehouse and gained a refreshing insight into Avonside Track Club.

Photographs by Robert Perry

Leading members of the Avonside Track Club. From left to right: Margaret Wilson, John Thomson, Carole Leitch, Wendy Kennedy, Yvonne Ewing, Gillian Leitch, Laura Atkinson and George Mathieson.



FOR a small town with a population of around 5,000, Stonehouse in Lanarkshire is doing well to have an athletics club at all. That it has two is remarkable.

The story begins seven years

ago when five stalwarts of Stonehouse Athletic Club decided to found an offshoot club. With only 11 athletes and no facilities from which to run training sessions, the initiative to form the new

Avonside Track Club could have been forgiven for faltering.

On the contrary, however, it wasn't long before numbers were up to a respectable level and young athletes of a high calibre were

wearing Avonside colours at North West League meetings.

Among these early stars of Avonside were George Mather and Pamela Stovell. Mather, who latterly joined Shettleston, distinguished

himself as an Avonside athlete by taking second place in the senior boys' 800m final at the 1984 Scottish Championships. Keeping up the female side, at the same championships in 1987 Stovell came second and third in the intermediate 800m and 400m respectively.

Stovell, like Mather, "defected" to another club after finding success with Avonside. Roy Overend, a club coach and one of the founding members, is philosophical about the situation. With no track and limited access to substitute facilities, he says it has been difficult to hold on to talented youngsters.

"Our kids - especially the best ones - are competing against others from clubs which have all the facilities they could wish for," he says. "It must leave its scars."

Summer's long days are a blessing to a club which is often forced to simulate track conditions on local roads. Instead of using the main A71, which is the only road with sufficient lighting and grip for the runners to use during winter, between May and September Avonside's athletes can make good use of the many fields and country roads surrounding their town.

Occasional access to the football field used by local team Stonehouse Violet, plus the rather remarkable use of a BMX track complete with all the usual bumps and dramatic bends, helps to supplement this diet of roads and fields. Meanwhile, indoor training is catered for by access, twice a week, to a classroom and small gym in Stonehouse Academy.

Given these rather adverse training conditions - during the summer when the local school is closed the athletes are forced to change in their parents' cars - it is hardly surprising that the club is pushing hard for a local track. According to Roy Overend, Hamilton District Council have given the green light, but as the track was supposed to have been completed by May, and construction has not yet even begun, he is subdued on the subject.

However, it seems even the prospect of a track is helping to bind the club together. Athletes who at one time might have been tempted to leave are remaining loyal to Avonside.

The facts and figures speak for



Avonside Track Club, 1991.

themselves. With 130 members at the last count, and several of its members now representing Scotland at various levels, Avonside Track Club has come of age.

Many of the names will be familiar. Javelin thrower Margaret Wilson has been a major force in Scottish athletics since her first competitive throw in 1987 at a North West League match when she came within a metre of the Scottish girls' record. Winner of the Scottish junior title in 1989, and runner up for the title in 1990, Margaret has represented her country on numerous occasions and is currently a member of the Scottish Schools events squad. As a measure of her popularity in the local community, she was named 1991 under-16 sports personality of the year by Hamilton District Council.

Wendy Kennedy is another Avonside name which will ring a few bells. Wendy, who as junior lady was third in the 1500m at the West District Championships in 1988, and second in the Scottish Championships of the same year, enjoyed a successful and untroubled athletics career until suddenly suffering a first asthma attack early in 1990. Plagued by the disorder

ever since, she nonetheless hopes to regain her fitness for the current season and is working hard to that end.

Another Avonside middle distance runner who has enjoyed success is Yvonne Ewing. Yvonne was fourth in the intermediate 1500 metres at the 1987 Scottish Championships, and second in the 3000 metres at the 1988 Scottish Indoor Championships in the same age group. Although still attempting to regain full fitness lost following a knee injury sustained representing

Scotland at an inter-league match in 1988, she nonetheless hopes to be competing with the best this year.

Identical twins Carol and Gillian Leitch are perhaps the most high profile of the club's present crop of young athletes. Now 15, they have been prominent runners since 1988 when they made their first major competitive appearance at the West District Cross Country Championships. Both hold a long list of achievements, but to cite just a few examples there was Carol's second and Gillian's sixth in the under-14



Scottish Schools 800 metres event in 1989, and second place for both as junior ladies in the Scottish Road Relay Championships in 1990 when the duo teamed up with clubmate Wendy Kennedy.

More recently, Carol placed third in the under-17 category of the 1991 Scottish Schools Indoor Championships and was selected to run the 1500m in the Northern Ireland v Birmingham University v Scottish Schools v Scottish Universities v Scottish Select match, coming home first for the schools and fourth overall.

Roy Overend says there has always been a problem encouraging boys into athletics. As with most clubs, Avonside has to compete with football for their time and energy, and usually the rival sport wins the day.

Despite this, Avonside has nurtured several promising male athletes and according to Roy Overend this has had a spin-off effect on the numbers of young boys joining (and staying with) the club.

George Mathieson, whose father - also George - is a club coach, has emerged as a talented shot putter after starting out in athletics as a would-be sprinter.

Second in his group at the West Districts in 1988, George has gone from strength to strength, winning his age group at the Scottish Schools Indoor Championships in 1990. At the Scottish Schools v Scottish Select v Scottish Universities v Birmingham University match, he

was second in a highly competitive field.

A name to look out for is that of Andrew Sandlands, only 12 but strong enough to come second in the under-14 SSAA cross country championships at Irvine this year. Last year Andrew, who went straight from primary six to first year at secondary school, was first in the primary six category of the primary schools' cross country championships.

"Andrew is a natural," comments Roy Overend. "He does the minimum of training but still manages to turn out winning performances."

Young talent is very much in evidence at Avonside - due to the efforts of club coach Jackie Mathieson, who coaches at one of the local primary schools one evening a week.

"Jackie is able to spot those kids with potential and encourages them to join the club," explains Roy Overend. "Our belief is that you cultivate champions by catching their interest early on and trying to maintain it."

Part and parcel of the club's philosophy of catching them while they're young is its revival, in 1989, of the Lanarkshire Primary Schools Cross Country Championships, to which Avonside donated the trophies.

According to Overend, the majority of the club's present core

of successful competitive athletes owe their involvement in the sport to Jackie Mathieson's primary school initiative. He is eager to point out, however, that the club also has a number of older members who attend training sessions as a means of getting fit. Aged between 40 and 50, they include several women who have subsequently become interested enough to run 10K road races and marathons.

A measure of the club's success was the development in 1987 of a Strathaven branch. Impressed with the efforts of the club's coaches and the success of their athletes, parents of Strathaven children approached Avonside to ask if training nights could take place there as well as Stonehouse. The result is a thirty strong group of athletes coached by John Kennedy, George Mathieson, and Andy Haetzman.

Currently at the top of Division 3 of the North West League and looking a certainty for promotion to Division 2 next season, Avonside Track Club has come a long way for a club with minimal facilities, particularly in producing a number of champions in specialist events.

As Roy Overend points out, track conditions can be partially simulated by the ingenious use of local roads, but there is very little you can do to compensate where specialist events are concerned. You might be able to run down the A71 but hurdling along it is a different matter!

For all their difficulties, the club's athletes remain buoyant and extremely enthusiastic.

"At league meetings you can hear our athletes above everyone else," says Overend proudly. "They all rally round and cheer each other on. It's very much a family atmosphere - no prima donnas and no cliques. Everyone is treated the same way."

With the backing of eleven devoted coaches and a core of parents providing lifts and helping with fund raising ventures, Avonside Track Club has managed to overcome what could be seen as insurmountable obstacles to the development of a successful athletics club.

As Roy Overend succinctly puts it: "You hear a lot of people bellyaching about the state of Scottish athletics, but here at least is a grassroots success story."



A warm up session at Stonehouse Academy.

**HAMILTON DISTRICT COUNCIL
LEISURE AND RECREATION DEPARTMENT
FORERUNNER IN LOCAL LEISURE
FOR MORE INFORMATION PLEASE CONTACT
BLANTYRE SPORTS CENTRE TEL 0698 821761
HAMILTON SWIMMING POOL TEL 0698 281431
LARKHALL LEISURE CENTRE TEL 0698 881742**

June

9

DUNFERMLINE Half Marathon, Dunfermline. D - (0383) 723211.

LOMONDS of Fife Hill Race, Fife.

MONKLANDS Festival 7 mile Road Race, Coatbridge. D - (0236) 41200.

PEARL Assurance UK Championships, Cardiff.

THE Cairntable Race, Muirkirk, Ayrshire.

BANK of Scotland Women's Athletic League D1-D5, various. D - (0236) 822973.

PANASONIC Scot Athletic League D1 & 2, Crownpoint.

PANASONIC Scot Athletic League D 3, 4, 5, Meadowbank.

12

HUNTERS Bog Trot, Entries on Day, 8pm.

CITY of Edinburgh Open Graded Meeting, Meadowbank.

KILWINNING Academy Milk 10K, 4K Road Race for U16 and Tiny Tots Fun Race. Entries accepted on evening, D - A. G. Young, Asst Head Teacher, Kilwinning Academy, Dalry Road, Kilwinning. D - (0294) 51316.

13

JSB Plumbing Forth Valley League D1, Livingston.

JSB Plumbing Forth Valley League D2, Pitreavie.

15

GLEN Rosa Horeshoe Race, Brodick, Arran.

ISLE of Skye Half Marathon, Portree. D - (0478) 2341 Ext: 232.

SCOTTISH Schools Championships - Boys, Grangemouth (0324) 486711.

SCOTTISH Schools Championships - Girls, Crownpoint.

16

NEW Cumnock 10 miles RR. D - (0290) 32811 ABERDEEN HG (0224) 276276 x 2475

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

EDINBURGH & Dist Athletic League 2nd meeting, Pitreavie.

FALKIRK Highland Games, Callendar Park. D - (0324) 486711.

GIRVAN A.A.C. 8.2 mile Road Race and 3 mile Fun Run. New event. SAE for entry form and details to P. Trenchard, 11 Wheatfield Road, Girvan KA26 9DY.

INVERCLYDE 10K, Greenock D - (0475) 894151.

MID Argyll Half Marathon & Fun Run, 2pm start, £4-00 entry. Entries accepted on day, Lochgilphead. Contact: Mr F Johnston, Kilmory Road, Lochgilphead (0546) 2024.

SMALL Nations Cup - Scot v Ice v Wales v N Ire v Bel, Grangemouth. D - 031-317-7320.

GRAMPIAN Television Athletics League (East), Banchory.

GRAMPIAN Television Athletics League (North), Nairn.

WOOLWORTHS Young Athletics League West D1 & 2, Dumfries.

19

BEN Sheann Hill Race, Strathryre.

GB v GER, Crystal Palace.

20

PORTOBELLO Fun Runs, Portobello.

21

PEARL Assurance Games, Belfast.

22

AIRDRIE Highland Games, Airdrie.

BRITISH Athletics League 2.

DOON Hill Race, Deerpark, Dunbar.

EILDON Hill Race, Melrose.

SAAA Combined Events Championships. D - 031-317-7320.

UK Women's League 2, Various.

23

ARBROATH Half Marathon, Seaton Park, Arbroath. Starts 11am, Entry £4-00, on day £5-00. D - Mr Barnett, 35, West Abbey Street, Arbroath. Tel: (0241) 79934/75966.

BRITISH Athletics League 2.

DUMFRIES Half Marathon, 11.15am

start. Dock Park Dumfries. £4.50. Entries close June 17th. For details and entry forms (0387) 65175.

LOCH Rannoch Marathon & Half Marathon, Kinloch Rannoch D - 088 22 372.

POLAROID 10K People's Race, Alexandria. D - (0389) 54141.

SAAA Combined Events Championships, Aberdeen. 031-317-7320.

SEVEN Hills of Edinburgh Race & Challenge, Edinburgh.

SJETLAND Simmer Dim Half Marathon, Lerwick. D - (0595) 4330.

SWAAA U20 Championships, Grangemouth. D - 031-317-7320.

UK Women's League, Various.

WOOLWORTHS Young Athletics League East D1 & 2, Livingston.

WOOLWORTHS Young Athletics League West D1 & 2, Crownpoint.

TROSSACHS Trek. D - 0436 76161

25

PITREAVIE Open Graded Meeting, Pitreavie.

26

ANNAN 6.75 miles Road Race, Annan.

WIGTOWN Dist Council Open Graded meeting, Stranraer. D - (0776) 2151, Ext: 244/253.

29

CARINGORM Hill Race, Aviemore.

DAIRY Crest AAA/WAAA U20 Championships, Stoke.

DORNOCH Festival Half Marathon & 10K Road Race. D - (0862) 610633.

EUROPEAN Cup Final, Frankfurt.

GER v GBR v SUI (combined events U20), Germany.

30

BORDERS Athletic League (or Championships), Galashiels.

BUCKIE & District Round Table Half Marathon, Buckie.

DAIRY Crest AAA/WAAA U20 Championships, Stoke.

EUROPEAN Cup Final, Frankfurt.

FALKIRK Women's 10K, Grangemouth. D - (0324) 486711

FALKLAND Festival Hill Run, Falkland.

GER v GBR v SUI (combined events U20), Germany.

ISLE of Mull Half Marathon, 11.30 am, Entries £4-00. Entries accepted on day. Start Craignure, Isle of Mull, (0688) 2114.

KIRKCALDY Dist Half Marathon & 10K, Kirkcaldy. D - (0592) 268591 for further information.

LAING Ghru Hill Race, Braemar.

SCOTTISH & North Western Athletic League. Div 1, 2, 3, 4, 5 & 6 various.

BANK of Scotland North East League, Inverness.

July

3

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

NEWBURY Hill Road Race, Aberdeen.

4

Brimmond Hill Road Race, Aberdeen.

5

SAAA/SWAAA Championships, Crownpoint. D - 031-317-7320.

6

EUROPEAN Cup A final (women) combined events, Holland.

EUROPEAN Cup B final (men) combined events, Stoke.

FORRES Highland Games, Forres.

MAMORE Hill Race, Kinlochleven. D - (08554) 233

SAAA/SWAAA Championships, Crownpoint - 031-317-7320.

7

DUNDEE Highland Games. D - 0382 22729.

CUPAR Highland Games, Cupar, Fife. D - (0334) 53457.

MOFFAT Chase, Moffat.

SHISKINE Valley Half Marathon, Isle of Arran. D - (077086) 427

HOT 100

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- ▶ Excellent Facilities
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- ▶ Specially Minted Medals

Sunday
8th September

RING NOW ON (0482) 212828

LEISURE SERVICES, PROSPECT HOUSE,
PROSPECT STREET, HULL HU2 8PU



A Humberside County Council
Sponsored Event

THE MACALLAN
**MORAY PEOPLE'S
MARATHON & HALF
MARATHON & 10K RACE**

Sunday 4th August 1991



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

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



LEISURE AND RECREATION

**HALF MARATHON
SUNDAY, 4th AUGUST 1991**

FAST ROUTE AND EXTENSIVE PRIZE LIST

ENTRIES/ENQUIRIES

MR. D. MORRISON,
12c DEEDES STREET,
AIRDRIE ML6 9AG.

0236 66010

**MONKLANDS
DISTRICT
COUNCIL**

LEISURE & RECREATION
DEPARTMENT

**THE TWOINCH'S
'10K' RACE and
FUN RUN**

PERTH & KINROSS
DISTRICT COUNCIL

PERMITS ISSUED BY SAAA, -SWCC & RRA

SUNDAY 18th AUGUST

STARTS AT 1.00pm

BACK CUTS PLEASE
SURNAME FIRST NAME
ADDRESS
TOWN CITY POST CODE DAYTIME TEL NO
AGE ON DAY OF RACE DATE OF BIRTH SEX M/F ATTACHED YES/NO IF YES, CLUB NAME
EVENT (Please tick) ☐ FUN RUN ☐ PER RACE ENTRY FEES £ 1.00 ☐ PER ENCLOSED
Attached £ 3.00 Unattached £ 3.50
ANTICIPATED FINISHING TIME (HRS: MINS: SECS) PREVIOUS BEST TIME (HRS: MINS: SECS) ALL CHECKS MADE FINISH AND SENT TO:
PERTH & KINROSS DISTRICT COUNCIL
Leisure and Recreation Department,
3 High Street, PERTH PH1 5SL
NAME OF GROUP (PLEASE ATTACH ALL GROUP ENTRIES TOGETHER)
I waive any rights and claims against the organisers for any loss/injury as a result of participating in the event.
SIGNED DATE
IF UNDER 17 - Parental Signature
ALL ENTRANTS MUST ENCLOSE A 9"x6" SAE (35p stamp) WITH ENTRY FEE
TOGETHER WITH A STAMPED NOTICED POSTCARD IN ORDER TO ENABLE US TO ADVISE YOU
OF ACCEPTANCE OF ENTRY

INVERCLYDE FESTIVAL OF RUNNING

MAIN SPONSOR - IBM OF GREENOCK

Supported by
Greenock Telegraph Reebok Inverclyde District Council

10K Road Race Sunday 16th June 1991

Race nominated as SAAA Championship Series event and Scottish Veteran Club Championship

Marathon and Fun Run Sunday, 11th August 1991

Incorporating SAAA marathon championship and SWAAA marathon championship

*This is a people's marathon.
Both races run over flat fast courses.
Generous prizes in all categories.*

Forms and entries SAE to:-

Boyd Johnston
Mail Point 66K
IBM (UK) Ltd
Spango Valley
Greenock PA16 0AH

Under SAAA & SWAAA Laws organised by Inverclyde Athletic Initiative.

Newall's Junior Highland Games under SAAA and SWAAA rules

at The Everholm, Annan
Sun 18th Aug 1991 Starts 1.00pm
25 Track and Field events for Junior Boys, Girls, Colts, Minors, Boys under 9 and Girls under 9.
Prize vouchers for first two in each event.

Sponsored by Newall's Toy Shop, Dumfries.
Separate prize for Tug-O-War.

Bouncy Castle, Skydiving Display, Celebrity Penalty Shoot, Highland Dancing Display, McLean Pipe Band and Side Stalls. Entries Close 2nd Aug 1991 also an

Open Graded Meeting on Wed 17 July 1991 at The Everholm, Annan

400m, 800m, 200m, 1mile, Long Jump, Javelin & Shot.
Enter on the night 50p per event Start 7.00pm

Enquiries to Environmental & Leisure Services,
Annan & Eskdale District Council
Tel: (0461) 203311 ext. 306



HALF MARATHON Sunday SEPTEMBER 8th at 10.30 a.m.

SCOTLAND'S LARGEST ENTRY FOR 1990

Fast course (Scottish record Sept 86) past Alloway's Auld "Haunted Kirk" and Burns Cottage — Ample car parking adjacent to Start/Finish on Ayr Esplanade.

WINNERS 1990: PETER FLEMING 1.04.18
JANET SWANSON 1.19.11

ELECTED IN 1988

1. Scotland's most popular road race
2. Scotland's best organised race
3. Scotland's most scenic route

Surname

Forename

Address

Telephone Number

Post Code

Male Female

Date of Birth

Previous best time (Hours, mins)

Estimated running time (Hours, mins)

Are you resident within Kyle and Carrick District? YES/NO

Club (if applicable)

KYLE AND CARRICK DISTRICT COUNCIL

CATEGORIES

For your information the running categories are:
Men: 18 to 39, Veteran Males 40, 50, 60 + over. Women: 18 to 34, Veteran Females 35, 45, 55 + over.
Please enter me for the Ayr Land O'Burns Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

*Cheque or P.O. for £5.00 payable to "KYLE AND CARRICK DISTRICT COUNCIL" *Check your bank statement for confirmation of entry. *Enclose SAE with entry for written confirmation.

Please help: Check all enclosures before posting to: RACE DIRECTOR, LEISURE SERVICES DEPT., 30 MILLER ROAD, AYR KA7 2AY. Tel: (0292) 281511.

Signed

Date

SR7

STONEHAVEN Half Marathon,
Stonehaven. (0569) 62001 Ext 267.

TEVIOTDALE Half Marathon, Hawick.
D - (0450) 72703.

USA v GBR U20, Los Angeles.

GENERAL Portfolio City of Edinburgh
10K, Meadowbank.

GRE Cup semi finals, Various.

9

EDINBURGH Woollen Mill Road Race -
15K, Moffat

10

CITY of Edinburgh Open Graded
Meeting, Meadowbank. D - 4, Old Farm
Place, Edinburgh.

12

PARCELFORCE Games, Crystal Palace.

13

INVERNESS Highland Games,
Inverness. D - (0436) 239111 Ext. 224.

MELANTEE Hill Race, Fort William.

USA v Canada v GBR - U20, Florida.

14

HALF Nevis Hill Race, Fort William.

WELSH Games, Cwmbran.

17

ROSNEATH & Clynder Highland Games.
D - (0436) 831 520.

ANNANDALE & Eskdale DC Open
Graded Meeting, Everholm, Annan.
D - (0461) 203311 Ext. 306.

SCHOOLS (0-17) v Welsh Schools v
Others, Colwyn Bay.

19

EIGHT Nations GB Junior International,
Spain.

GBR v URS v Australia, TBA.

20

BRITISH Athletic League 3, Various.

DAVID Shepherd Glamaig Hill Race,
Sligachan, Skye.

EIGHT Nations GB Junior International,
Spain.

ELGIN Highland Games and Road Race,
Elgin.

SIAB Schools International, Wrexham.

STROMNESS Shopping Week 13 mile
Road Race, Stromness, Orkney.

WORLD Student Games (to 25 July),
Sheffield.

21

Stonehaven Highland Games.
D - Kincardine & Deeside Dist Council.
(0569) 62001 x 267.

BRITISH Athletic League 3, Various.
D - (021) 456 4050.

EIGHT Nations GB Junior International,
Spain.

FALKIRK Young Athletes Meeting,
Grangemouth. D - (0324) 486711.

HELENSBURGH People's Half
Marathon, Helensburgh. D - (0436)
73839.

IRVINE Harbour Festival Road Race,
Irvine. D - (0294) 51011.

MIDLAND Bank Universiade Sheffield
Marathon. D - (0742) 780302.

26

PANASONIC AAA/WAAA Champion-
ships, Birmingham.

27

TAUNULT Highland Games.
D - (Taynuilt) 431.

ABERDEEN Leisure Shire Harriers
Meeting, Aberdeen. D - (0224) 643734.

COW Hill Race, Fort William.

DINGWALL 10 miles Road Race,
Dingwall.

LOCHABER Highland Games, Fort
William.

PANASONIC AAA/WAAA Champion-
ships, Birmingham.

28

DONKEY Brae Run, Aberdour.

WOOLWORTHS SYAL Semi Final,
Pitreevie.

31

LIVINGSTON & Dist AC Open Graded
Meeting, Livingston. D - (0506) 37892.

August

2

SCOTLAND v Czech v Hungary v
Portugal (women), Czech.

3

AAA/WAAA Combined Events
Championships, Stoke.

NEWTONMORE Highland Games,
Newtonmore.

SCOTLAND v Czech v Hungary v
Portugal (women), Czech.

4

AAA/WAAA Combined Events Champi-
onships, Stoke.

ANGUS Monros Hill Race, Glen Doll.

BALLATER 10, Ballater.

BRIDGE of Allan Highland Games, Bridge
of Allan.

BUIRSAK Race (6 miles), Ecclefechan.

INTER Region - Borders v Dumfries v
Galloway, Tweedbank, Galashiels.

MORAY People's Marathon & 10K
Races, Elgin. D - (0343) 54521 x 2415.

SAAA Heavy Events Championship,
Bridge of Allan.

MONKLANDS District Council Half
Marathon. D - (0236) 41444.

DRIFTWOOD Eyemouth Half Marathon.
D - Eyemouth 50140.

6

BILL Elder 10K, Greenock.

7

BERWICK Law Race, North Berwick.

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

ROEVIN 10K Road Race, Aberdeen.

8

EUROPEAN Junior Championships (to
11th August), Greece.

9

INTERNATIONAL Invitation Meeting,
Gateshead.

10

BRODICK Highland Games, Isle of
Arran. D - (0770) 2568.

CELTIC International, N. Ireland. Ger v
URS v GBR Combined Events (U20),
Germany.

MERRICK Hill Race, Glen Trool.

GRE Cup Final, Crownpoint.

WOOLWORTHS SYAL Final, Crownpoint.

11

DALCHULLY Hill Race, Laggan Bridge.

EDINBURGH & Dist Athletic League,
Tweedbank.

GER v URS v GBR combined events
(U20) Germany.

GILENTROOL Hill Race/Forest Jog,
Galloway Forest Park.

HADDINGTON Road Races, Half
Marathon, Haddington.
D - 0620-822043.

INVERCLYDE Marathon, Greenock.
(SAAA/SWAAA Marathon Champion-
ships.) D - 0475-894151.

OCTAVIAN Relays, Meadowbank.

SAAA Medley Relay Championship,
Meadowbank.

GENERAL Portfolio 10 mile Road Race,
Aberdeen. D - (0224) 636299.

14

WIIDEFORD Hill Race, Kirkwall, Orkney.

CITY of Edinburgh Open Graded Meeting,
Meadowbank.

MILL Lum Race, Kinghorn, Fife.
D - (0592) 873178.

17

ESP v FRA v GER v GBR (U23), Spain.

FALKIRK Young Athletes Meeting,
Grangemouth. D - (0324) 486711.

LARGO Law Hill Race, Lower Largo, Fife.

NAIRN Highland Games & Half Marathon.
D - (0667) 52974.

ORKNEY Islands Open Track & Field
Champs, Orkney.

SCOTTISH Young Athletes Handicap
Scheme, Livingston.

ST MUNGOS Heavy Events Champion-
ships, Bellahouston.

18

ARGYLL Championships, Oban.

ESPCAC 10K Road Race, Edinburgh

JUNIOR Highland Games, Everholm,
Annan.

SWAAA East v West, Meadowbank.

GRAMPIAN Television Athletics League
(East) Peterhead.

GRAMPIAN Television Athletics League
(North) Inverness.

EVENTS

PANASONIC Scottish Athletic League
Div. 1 & 2, Coatbridge.

PANASONIC Scot. Athletic League Div.
3, 4, 5, Crownpoint.

TWO inches 10K Race and Fun Run.
D - Perth & Kinross District Council
Leisure and Rec. Dept, 3 High Street
Perth PH1 5JU.

20

CLOBA Geigy 5 mile Road Race,
Linwood Sports Centre.

21

CAERKETTON Hill Races, Edinburgh.

MARYMASS 10K, Irvine. D - (0294)
822053.

24

BUTE Highland Games (inc road race),
Rothsay. D (0700) 83610.

GREAT Wilderness Challenge,
Poolewe, Wester Ross. D - (0445)
731238.

IAAF World Championships (to 1 Sept),
Tokyo.

LANARKSHIRE AAA Track & Field
Championships, Wishaw.

SCOTLAND v N Ireland v Wales (U-20
men/women), Antrim, N Ireland.

TWO Bridges 36 Mile RR (Forth/
Kincardine) 36 miles, Dunfermline.

UK Women's League 3, various.

JSB Plumbing Forth Valley League,
D1&2 Final, Grangemouth. D-031-863
0573.

LONACH Highland Gathering,
D-(09752) 302.

25

SEVEN mile Beach Run, Irvine.

MARYMASS Sports, Irvine D - (0296)
8220653

MID Argyll 9K Road Race & Fun Run,
Lochgilhead, 3pm Start. Entry £2,
entries accepted on the day. Entry
forms & information from Mr F
Johnston, Kilmory Road, Lochgilhead
(0546) 2024 evenings.

SAL Inter District Match,
Grangemouth. D - (0324) 22526.

UK Women's league, various.

EVENING Express Aberdeen Half
Marathon, Aberdeen.

26

JW Kilmarnock H & AC Festival 10K RR
and Fun Run, Kilmarnock.

MILTON Keynes Straight Mile.
D - David Abbott Publicity, 8, The
Office Village, Scirocco Close, Moulton
Park, Northampton NN3 1AP. Tel: 0604
790679.

BUILDING INDUSTRY

WINDSOR HALF MARATHON

1pm, 6 October 1991

£6 - AAA affiliated
£6.50 - non-affiliated

All proceeds to
The Dyslexia Institute and
The Spastics Society

New for 1991
Family Fun Run
for 8-80 year olds
£1.50 entry

Send SAE for entry form to:
Building Industry
Windsor Half Marathon
PO Box 42, Windsor,
Berks SL4 2NN

28

LANARKSHIRE AAA Track League,
Coatbridge.

30

COWAL Highland Gathering, Dunoon,
Argyll.

31

CARLUKE 10 miles Road Race, Carluke
D - (0555) 70358.

GLENASHDALE Road Race (9.1m).
ISLE of Arran D - (07707) 445.

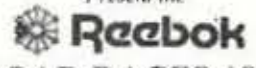
GLENURQUART Highland Games (inc
15 mile RR), Drumnadrochit, D - 04562
481.

HOME Countries Combined Events
International, Middlesbrough.

UK Young Athletes League Final.

IAN SKELLY LAW & DISTRICT A.A.C.
CARLUKE 10 MILE ROAD RACE
SPONSORED BY
Ian Skelly

ASSISTED BY THE TRUSTEE
SAVINGS BANK CARLUKE
SATURDAY 31st AUGUST - 3 p.m.
Held under SAAA, SWAAA, and SWCCU & RRA Laws
10 MILE RACE SENIOR MEN AND LADIES 18 YRS AND OVER
10 MILE RACE ENTRY FEE: £3.00 ENTRY ON THE DAY £3.50
* IDEAL PREPARATION RUN PRIOR TO LAND O'BURNS & GREAT
SCOTTISH RUN *
* ACCURATE MEASURED COURSE *
* PRIZES FOR OPEN/VETS & LADY CATEGORIES *
* AWARDS TO ALL FINISHERS *
* CHANGING & SHOWERING FACILITIES AVAILABLE *
* £50 BONUS PRIZE IF COURSE RECORD BROKEN *
ENTRY FORMS AVAILABLE FROM: J. TERTVIT, 1 SILVERMUIR RD,
RAVENSTRAITH, LANARK. TEL: 0555 - 870509 (PLEASE ENCLOSE S.A.E.)

HADDINGTON EAST LOTHIAN
PACEMAKERS
IN CONJUNCTION WITH
EAST LOTHIAN DISTRICT
COUNCIL
Present the

ROAD RACES 1991
Supported by
JOE FORTE SPORTS

HADDINGTON HALF MARATHON
Sunday, August 11th, 2pm.
Entry Fee £4 unattached £4.50p HELP Joe Forte Sports,
Haddington, EH41 3ED (062082) 4023.
Entry forms available from Joe Forte Sports
or B.A.R.R. Universal form or ELDC area office,
2 Quality Street, N. Berwick, EH39 4HG.

Closing date for events one week prior to event.
Late entries add £1.
All events under SAAA; SWAAA; SWCCU & RRA rules.
Send SAE for application forms.

Come to Kinghorn, Fife for Ninth Mill Lum 6 Race

(Under SAAA, SWAAA & RRA Rules)

Wednesday August 14th at 7.40 p.m.

*For the not-so-fit and younger ones there is a
one and a half mile Fun Run at 7.00 p.m.*

- ★ Enter on the day and changing at Kinghorn Church Hall
- ★ Many prizes and fast display of results
- ★ Scenic Farm Track Courses used for both events
- ★ Entry fee: Mill Lum 6 £1.20

Further information (0592) 873178

SPONSORED BY SCOTOIL SERVICES LTD. TEL: 0224-573146

RUNNING NORTH PROMOTIONS FORTH COMING EVENTS

1. Roevin 10K Road Race 7.30pm, Wed 7th August, Beach Ball Room, Aberdeen. Prizes to all finishers. Extensive awards.
 2. General Portfolio 10 mile Road Race 11a.m. Sunday 11th August. University Playing Fields, Balgownie, Aberdeen. Specially struck medal to all finishers. Extensive awards. Scottish road race championship event.
 3. Travel, accommodation and guaranteed entry (if required) to Great North Run, Newcastle, Sunday 15th September.
- Luxury buses leaving from Aberdeen and Elgin/Inverness morning of Sat 14th Sept returning night of Sunday 15th Sept.
City Centre accommodation. Cost £50.

For further details on all above tel: (0224) 636299 or (0434) 543800.

Course Record Male 1hr 05.08 Steve Kenyon
Female 1hr 15.41 Sharon Antley
Prizes: Special for 1st man and woman (Plus
Additional; Prize to 1st Man and 1st Woman if
course record is broken)
1st - 25th Men
1st - 10th Women
1/2/3 Male, 1/2 Female Teams
Prizes for ALL Vet. Groups

Superb seaside course along the promenade of Lytham St Anne's.
Bring the family for the weekend. Take in Blackpool lights.

SUNDAY,
1ST SEPTEMBER 1991 10AM

Applications limited to 3,000
Closing Date 12th August 1991. Strictly no late entries
* OPEN TO ALL OVER 17 YEARS
* Accurately measured fast flat course.
* Mile marked throughout; Medical Facilities
* 3 Feeding Stations on Course
* Spot Prizes
* Caravan and Camping facilities

Complete and send with entry fee of £4.00 (affiliated) £4.50 non-affiliated
and SAE for numbers and details to the address below. ONE ENTRY PER
SAE WHICH MUST BE 10" x 8". APPLICATIONS NOT COMPLYING
WILL NOT BE ACCEPTED. CHEQUES PAYABLE TO "FLYDE
BOROUGH COUNCIL", MARATHON HQ, TOWN HALL, LYTHAM ST.
ANNES FY8 1LW. TEL: (0253) 721222 NUMBERS AND DETAILS TO
BE DISPATCHED WEEK COMMENCING 12TH AUGUST 1991.
NO ACKNOWLEDGEMENTS WILL BE SENT.
ALL 1990 FINISHERS WILL RECEIVE APPLICATION FORM DIRECT.

NAME..... CLUB.....
AGE (if Vet)..... Fee enclosed.....
ADDRESS..... Tick if Female.....
TEL..... Signed.....

SPORTS COMMITTEE Mamore Hill Race Saturday 6th July 2.30pm Entry £6.00 per Person/ Minimum Age 18years

One of the oldest hill runs in Scotland. This is the first year
that woman have been officially accepted in this race.
Taking part is Leslie Watson, Veteran of over 100 marathons
and holder of the fastest distance run over 50 miles. Also
Fiona Russell, member of the British Biathlete Squad.

Details from: Kinlochleven Community Ltd,
(08554)233 Mrs M. Byers.

KINROSS ROAD RUNNERS LOCH LEVEN HALF MARATHON 1991

Venue: KINROSS
Time/Date: SATURDAY SEPTEMBER 7TH AT 1.00pm
Entries £5.00

For Entry Forms/Details please send S.A.E. to
L.L.H.M.

c/o 5 George Drive
KINROSS
KY13 7AE

Route: A scenic measured jaunt around the perimeter roads of Loch Leven
This year's Finishers memento - A limited issue
Jacqui Seller Ceramic plaque
Full range of Prizes - Male/Female/Veteran/Local/Team

HELENSBURGH PEOPLES HALF MARATHON (Under SAAA/SWAAA/SWCC & RRA Rules)

SUNDAY 21st JULY, STARTING at 9.30 a.m.

FAST AND FLAT COURSE
SEAFRONT START AND FINISH
MEDAL TO ALL FINISHERS
PRIZES AWARDED THROUGHOUT FIELD
ENTRY FEE £3.50 (£4.00 UNATTACHED)
RACE LIMIT 500 - ENTRIES CLOSE 18TH JULY 1991.
DON'T DELAY - APPLY TODAY

Name..... Male/Female/Vet
(delete as approp)

Address.....

..... Date of birth.....

Name of club (if any).....

I hereby declare that I am an amateur as defined by the SAAA/SWAAA laws. I will
be 18 years or over on the race day and agree that the organisers will in no way be held
responsible for any injury or illness incurred by me during or as a result of this event
or for any property lost on the course or in the changing rooms.

Signed..... Date.....

Enclose * Crossed cheque/PO payable to Helensburgh AAC
* SAE 9" x 6" for final details

Return to: SHIELA RAMSAY, 38F EAST ARGYLE ST. HELENSBURGH G84 7RR.

SPONSORED BY
DOUGLAS BUCHANAN
INSURANCE

Supported by Dumbarton District Sports Council and Dexters

MARYMASS 10K

21st August 1991
7.30p.m.

Entry fee £2.00 (entry on night)
* Quality mug to all finishers *
(organised by Irvine Cable A.C.)

Further information:
Anne McManus
(0294) 54131

RAVENSCRAIG STADIUM

Greenock's new track and field facilities are a welcome boost to a town with a rich history of athletics, as *Scotland's Runner* reports.

AS most Scottish athletes will be well aware, Greenock has a remarkable history of harrier athletics. Names which the Clydeside town has spawned include those of Alan Puckrin, Bill Stoddart and Hammy Cox. The town also has three athletics clubs - Wellpark Harriers, Glenpark Harriers, and IBM Spango Valley - an obvious testimony to the popularity of athletics amongst the local population.

But, for all their success in producing high numbers of harrier athletes, Greenock's three clubs have failed to produce significant numbers of track and field athletes, a fact which Inverclyde District Council's director of leisure and recreation, Ian Douglas, puts down

to a drastic lack of appropriate facilities.

"It's not that we've never had a track," he explains. "It's just that what we've had wasn't up to much - a 440 yard cinder track isn't ideal for a promising young sprinter."

According to Douglas, the innovation of national leagues brought the matter of Greenock's inadequate track and field facilities to a head. Lacking the breadth of talent necessary to make serious competition in these a viable option, the town's athletics clubs started to press harder than ever for new facilities.

Accordingly, 1988 saw the emergence of Inverclyde Athletic Initiative, a joint project between Glenpark, Wellpark, and Spango to



promote the need for an all-weather track in Inverclyde.

The net result of the initiative's efforts can be seen in the new Ravenscraig Stadium. Comprising a 400m all-weather, eight lane track plus extensive field facilities, it is

an asset to Greenock which can only help to further develop its strong association with athletics. Virtually everything the aspiring star of track or field could wish for is located within this new venue. Javelin, hammer, shot, discus, long jump and triple jump facilities are all duplicated, meaning that whichever way the wind is blowing, competition and training can proceed uninterrupted. A steeplechase water jump and pole vault facility are also included as are a three lane warm up track and "extra" shot putt cage.

"The field facilities in the centre of the stadium double up as a football pitch so we have located an extra shot putt area close to the warm up track - that way there should be fewer complaints about the state of the pitch," explains Mr Douglas.

Mr Douglas envisages a good future for the new Ravenscraig

Left: An aerial view of the new stadium.

Below: In the final stages of construction!

stadium. There is, he maintains, a lot of enthusiasm for track and field athletics amongst local children, a fact borne out by the response which greeted Inverclyde Athletic Initiative's coaching project.

"There were a number of spin-offs from the development of Inverclyde Athletics including a project in which coaches encouraged school children to visit the old Ravenscraig Stadium for a 'come and try' session," he explains. "The response to that was good and helped us to realise the extent to which a quality athletics facility would be appreciated."

Linked to the Ravenscraig Recreation Centre which comprises of a sports hall and weights rooms, the new track is ideally situated for the serious athlete who combines outdoor training with circuit and weight training.

It is also well placed for the spectator or athlete who lives outwith Greenock - being just a quarter of a mile from Branchton train station and only a stones throw from the A74.

"We're in a good position to host major events," agrees Ian Douglas. "But our main priority is to the local clubs. Hopefully they will eventually use the track to host league meetings. In the meantime, we're glad to see it being made use of for club training."

Though the track surface at Ravenscraig has only just been laid, Greenock's junior football team has tested the turf in the field area and given its seal of approval to the floodlighting system.

"The response was that it was as good as the floodlighting at any first division football ground," says Douglas proudly.

There certainly seem to have been no corners cut in Inverclyde's quest for an updated athletics facility and, it seems, the response from Greenock's athletics club has been suitably enthusiastic.

"The clubs have been itching to get training at the new track for some time now," says Douglas. "They have been making do with training sessions on the sub surface for the past few months."

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Like the rest of Inverclyde, the upgraded Ravenscraig Stadium is well worth a visit.

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Further enquiries from:- The Director of Recreational Services,
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WHERE HAVE ALL THE MARATHON RUNNERS GONE?

LAST month I said I would give some comments on the Edinburgh to North Berwick Marathon. The race, extended to the full marathon distance because it was the 30th anniversary of the usual run, confirmed my suspicions that the marathon distance is not for me!

The weather was very pleasant with bright sunshine and cool temperatures. Unfortunately the cool temperature was because of a steady east wind which became more and more noticeable as the race progressed.

The event was certainly low key, with only about 50 starters in Meadowbank. This made it much more attractive to me than trying to survive amongst more than 25,000 at an event such as London.

The route was well marshalled and there were several drinks and sponging stops. After the finish there was an attractive plaque for all finishers followed by a small snack in North Berwick sports centre.

The entire event was well organised and worth the fiver entry fee. However, I can't understand why, given the decrease in the number of marathons around the country, there were so few runners.

Out of North Berwick, into Africa

HENRY Muchamore, race director of the Edinburgh to North Berwick Marathon, was absent on the day of the event. He had applied for, and obtained, free British Airways tickets which jetted him off to some attractive corner of Africa. At 22 miles I would have swapped free tickets to anywhere for the four and bit miles I still had to go!

REASON AND REST

IT'S amazing that experienced runners still make silly mistakes in their training. I was talking to a bloke last week who couldn't work out why it was that his times were not improving. After a long winter to steadily build up, with a series of races over a variety of distances, he was lamenting the fact that there had not been a noticeable improvement in race times.

One thing he had forgotten to take account of, at any time, was that rest is an important part of training. Whilst the body responds to increasing demands placed on it making it easier to meet that demand next time round, it is also important to rest. Next time you're

feeling knackered, remember that your world won't collapse if you miss out on a heavy training session.

More muzzling please

I NOTE, with some delight, the Government's decision to clamp down on the import and ownership of dangerous, fighting breeds of dog. Personally, I've never been bothered by an American pit bull terrier. I have been chased/scratched/bitten by a variety of other dogs. As I've said before, dog owners, of all dogs, really should be compelled to take more responsibility for their dogs, whatever the breed. Muzzling the dogs might be a start.

SENSIBLE SUGGESTION

I'VE only heard one sensible suggestion for introducing new clubs into the track leagues that allows them to progress quickly through the leagues and compete against clubs of a similar standard.

The suggestion was to have relegation and promotion from divisions after each meeting, instead of only at the end of the season. That way a club that was particularly strong, either because it was a new club (such as Reebok Racing Club) or because of continued improvement of that club's athletes, would move quickly to the level most appropriate. Similarly, weakened or poorer teams would drop down divisions, settling again at a level more appropriate to them.

In logistic terms there should be little difference for clubs, except that it might mean travelling more than once in a season to far flung tracks. For league organisers it might cause some difficulties knowing which clubs are in which divisions. In these days of information technology and so on, that shouldn't be too hard to handle. Or should it?

Just desserts for obstructive Hanlon

WE Scots have a history of knocking those that do well and get on. On the one hand we like to see our top athletes, for example, doing well on the international scene. On the other hand we seem to find it hard to cater for their needs. (Witness how long it has taken to appoint a national coach.)

This is presumably partly the reason why Reebok Racing Club started up. It was interesting therefore to feel the general

atmosphere of antagonism towards them (as a club, not as individuals) at the first league meeting at Ayr.

Unfortunately, their cause was not helped by the behaviour of one of their more famous names - one Mr Hanlon. In the final event of the day, the 4x400m relay, he set off on the last leg about 10m up on the Helensburgh athlete. Coming into the home straight, they were neck and neck. The bold Mr Hanlon then committed the equivalent of a "professional foul", edging across the track and obstructing the runner who was about to overtake him. As he crossed the finish line he threw his baton away. The team were rightly disqualified.

At the time of writing, the next meeting is this coming weekend. I doubt if the atmosphere will be any more cordial - then again I might be wrong.

FOOLISH PRICES FOR FUNCTIONAL FOOTWEAR

IT'S good to see that the youth of our country are taking care of their feet by investing in decent footwear. That might be the conclusion reached if your were to study the shoes that many teenagers are wearing. Unfortunately it less to do with good footwear and more to do with what is fashionable. Even more unfortunate is that the net effect of this market demand is to push the price of running shoes up to astronomical levels.

I resent paying OTT prices for functional footwear simply because manufacturers in this country are cashing in on a fashion boom. My solution for the moment continues to be to buy last year's (or the year before's) model in a sale when it is no longer desired for its poseur value.

Sunburn warning

A WORD of warning - remember to watch out for sunburn at this time of year. Take particular care on days that don't feel too hot, even although it is quite sunny. My right shoulder will testify to that after three hours or so baking on the road to North Berwick!

Any news or comments to the usual address.

MIKE RAKER

HANDLE WITH CARE

David Mitchell of Broughton Health Clinic discusses one of the most commonly injured muscle groups - the hamstrings.



LET us look at one of the most common injuries in any sport that involves running - the hamstring muscles. These are one of the larger groups of muscles - larger than biceps, triceps, deltoids or pectorals. They are important muscles from an injury viewpoint.

It is important to look at their anatomy.

The bicep femoris is the larger of the three muscles and, as the name indicates has two points of origin.

The long head's origin is the tuberosity of the ischium - one of the bones of the pelvis.

The short head's origin is the linea aspera - a ridge of bone on the back of the femur (thigh bone). It has one tendon which has its insertion on the head of the fibula and the lateral condyle of the tibia.

The semitendinosus has the same origin and in fact the same tendon at point of origin. Its insertion is at the opposite side of the knee from the biceps, curving round towards the front of the leg, just below the medial condyle of the tibia.

The semimembranosus also has its origin on the tuberosity of the ischium, above and to the other

side of the other two.

It is inserted into the medial condyle of tibia towards the rear.

The kinesiology of the muscles

An injury to the hamstrings often requires professional care.

is now fairly obvious. They cross two points - the hip and the knee - so they must move both joints.

Their main action and only action of the short head of the biceps which crosses only the knee joint, is to flex or bend the knee.

Their other action is a secondary one where they assist the cluteus maximus. This is the largest and most powerful muscle in the body.

Given all this, it is clear an injury to this group of muscles can be very complicated and needs professional care when an injury occurs.

It is essential to look after your hamstrings - take good care of them.

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