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DECEMBER 1986

ISSUE 6 £1.00

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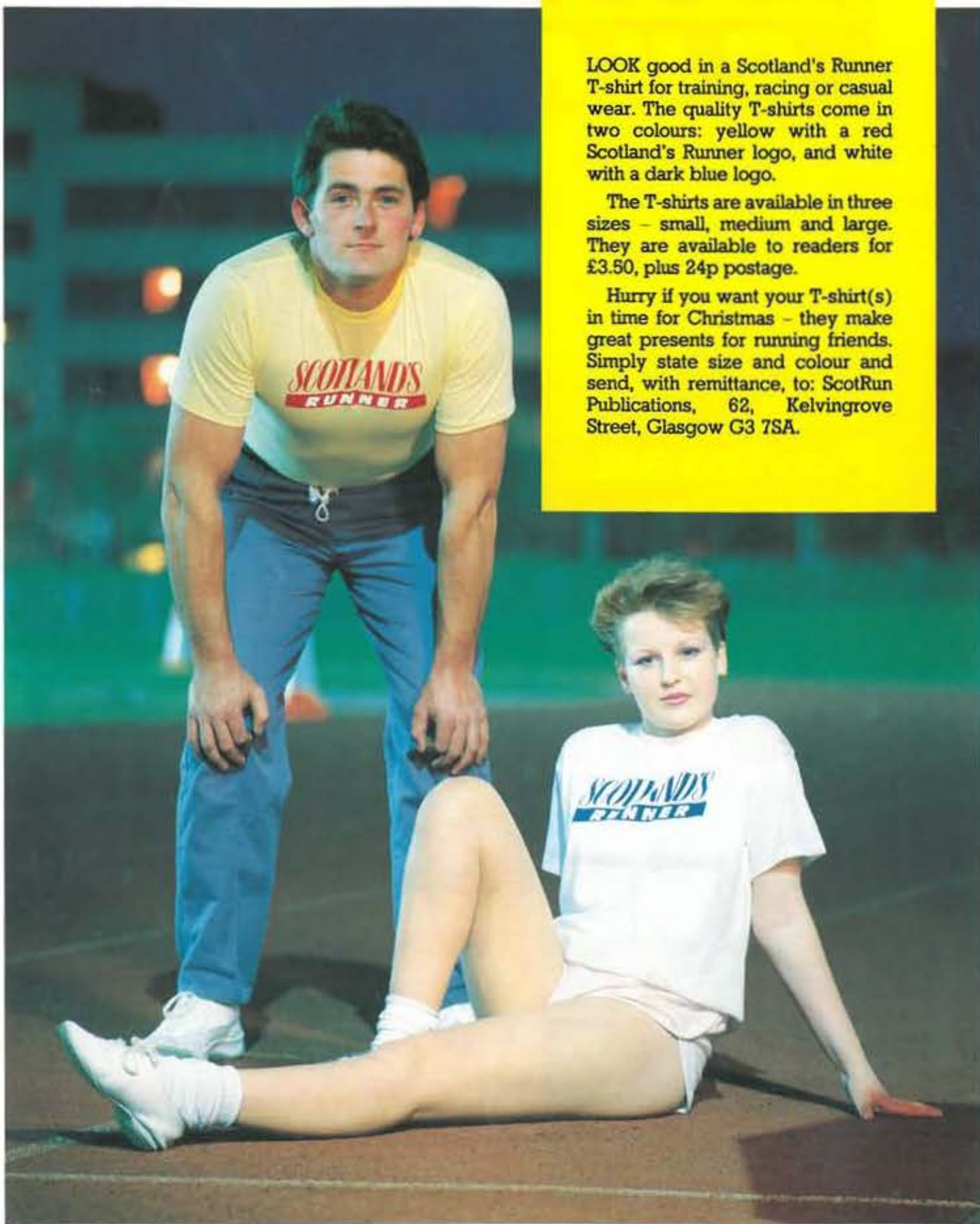


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SCOTLAND'S RUNNER

December 1986

Issue 6

Editors:

Alan Campbell
Doug Gillon
Stewart McIntosh

Experts:

Jim Black MChS
John Hawthorn
Greg McLatchie MB ChB FRCS
Lena Wighton MCSP

Contributors:

Lynda Bain
David Carter
Fraser Clyne
Graham Crawford
Bob Holmes
Graeme Smith
Ronnie Somers
Sandy Sutherland
Jim Wilkie
Linda Young

Events and results compiler:

Colin Shields

Advertising:

June Lockhart
Derek Ross
Fiona Stewart

Circulation:

Morag Simpson

Art editor:

Russell Aitken

Cartoon strip:
Steve Bright

Cartoons:
Liam Higgins

Front cover:
Billy Robertson
and (insert)
Allan Adams.
Photographs by
Russell Aitken.



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Contents

- 21 Behind The Hydra**
Sandy Sutherland tackles the many heads of Scottish athletics.
- 25 First Past The Post**
Alan Campbell interviews the flying postie — Billy Robertson.
- 30 Politicians On The Run**
Reevel Alderson reports.
- 32 Spango Valley Profile**
Doug Gillon meets a club about to change name.
- 38 Adams Bridges Barrier**
A late developer emerges to win Scotland vest.
- 41 The Last Survivor**
Fraser Clyne talks to the man who ran Scotland's first marathon.

On other pages...

- | | |
|----------------------------|----------------------|
| 5 Inside Lane | 28 Fortrose 3-in-1 |
| 7 Up Front | 34 Winter wear |
| 13 Letters | 35 Falkirk Half |
| 16 Running Sores | 36 The veteran scene |
| 17 Running Styles | 40 Yesterdays |
| 18 Women on the Run | 42 Tri Diary |
| 19 The Well-Fed Runner | 43 Results |
| 20 Cross-country schedules | 46 Dumfries Marathon |
| 24 Ewan Mee | 47 Events |
| | 48 Jock Strapp |
| | 49 Outside Lane |

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Inside LANE

As 1986 draws to a close, we are happy to sketch and record a memorable year for two men who were Glasgow team-mates in Germany's Nurnberg Marathon on October 26.

Allan Adams and Billy Robertson could hardly come from more extreme running backgrounds. Adams, as Doug Gillon reports on Pages 38 and 39, has run since the age of 13. Now 42, he gained his first international vest at Aberdeen earlier this year.

"When a sport which has given a lifetime of pleasure without ever suggesting international success suddenly brings a late flowering, it is particularly satisfying. But in the case of Allan Adams it must have come as a particular joy," writes Gillon.

Robertson, by contrast, has only been a serious runner for twelve months and has enjoyed a soaring rise to fame. At the age of 29, his is a remarkable story, described on Pages 25-27, and every bit as inspirational to novice runners as Adams' success is to more seasoned campaigners.

One point, though. When Robertson decided to join a club he was initially rather put off by the difficulty in finding one, and the competitive nature of the beast when he did. There is no doubt that many running clubs — especially the older established ones — could advertise themselves better and present a less intimidating face to newcomers.

But if the clubs are imposing, what about the structure of Scottish athletics? On Pages 21-23, Sandy Sutherland and Doug Gillon try to come to terms with the multi-headed monster and conclude that grass roots athletics will suffer if strong, unified controlling bodies do not take grip of the sport in Britain, as well as Scotland.

Having had a dig at some clubs, on Pages 32 and 33 we salute one, Spango Valley AC, which is most certainly go-ahead and progressive. Spango has a generous backer in computer giant IBM — that was the name of the club when it was formed 13 years ago — who channel money into the club as well as providing splendid facilities.

Once the Scottish Amateur Athletic

Association relaxes its rules to allow a sponsors' name to be attached to the club's name — as already happens with women's clubs in Scotland — IBM will get increased exposure in return for their backing. In 1986, with advertising screaming out of every corner who would say they don't deserve that return for their investment?



Meanwhile, the popularity of road running in Scotland grows apace. As David Carter describes on Pages 28 and 29, Black Isle AC held not one, not two, but THREE road races simultaneously on November 1. All, despite being held hundreds of miles from Aberdeen, Dundee, Glasgow and Edinburgh, drew a healthy entry. All credit to Ray Cameron, the sponsors, and the usual army of unsung volunteers.

The weekend before that, the Falkirk People's Half Marathon attracted 3,850 entrants (although "only" 2,951 finishers), and race organiser Andrew Kerr predicts on Page 35: "Next year we will take 5,000 entrants and on previous experience that should give us at least 4,000 runners." And the running boom is over?

One event which hasn't taken off in Scotland, never mind peaked, is the triathlon, but two members of Dunfermline's Bruce Tri Club travelled

to Nice in October for the world championships. For Mike Joiner and Bill McDonald raising money for two charities for the disabled was just as important as competing. Their report is on Page 42.

Wheelchair athlete Alan Kelly, who won this year's Glasgow Marathon, says in Outside Lane on Page 49: "Don't simply treat wheelchair athletes as a token, they need recognition as much as their able-bodied counterparts." Kelly, whose time was 3:37:00, describes himself as a fun runner compared with the top North Americans who hold times of under two hours.

Scottish veterans, as Henry Muchamore reports on Pages 36 and 37, travelled to Vancouver for their world championships and acquitted themselves well. They asserted their independence, and offended the sensibilities of a British official by doing so. All fair enough — but then running in tartan strips? Still, that probably went down a treat in Canada.

A little more style — or lack of it — is investigated by Connie Henderson on Page 17 when she seeks expert opinion on our number with... well, unusual gaits. And, to help you keep warm in the winter, Stewart McIntosh reveals all on Page 34.

The most pleasing aspect of this issue, though, has been your response to our appeal for letters. A publication can often be judged on the standard and strength of its letters columns, and this month our contributors have set a good standard to follow on Pages 13-15.

Finally, a grand old man from Aberdeen proves that little changes over the years. In an article on Page 41, Fraser Clyne quotes the 1920's training schedule of one of Scotland's first marathon runners, Jim Ronaldson, who is still alive today.

"I used to do a regular four months training every year," Ronaldson recalls. "I would stop smoking and drinking every January — January 2 to be exact — then I would be hard at it until competition started in April."

A bit like some people I know, including me. But how did he manage to keep going till April?

Alan Campbell



The second Glasgow Herald Women's Fun Run was a big success with more than 900 women completing a four mile lap of the loch in Strathclyde Country Park.

It took determination to roll out of bed on October 19 — the Indian summer had turned to squalls and the course was lashed by wind and rain for

several hours before the start. Undaunted, 970 women turned up, more than 500 of them veterans — an encouraging sign that women of all age groups have been attracted into the sport.

The worst of the rain held off for the duration of the race which was won by Kate Chapman, a Paisley GP who

started running only two years ago. She covered the flat course in 24.11. Isobel Fraser from Mauchline was second in 24.36 and Morag Dunlop from Kilmarnock third in 24.48.

Top veterans were Jean Gallacher (26.04), Linda Brown (26.32) and Susan Belford (27.13).

**GLASGOW
HERALD**



Scotland's Runner

Up Front

Grass cuts down on the miles!

IF YOU like to run the first half of your race faster than the second, then the Kinross half marathon on September 6th was the race for you. Enraged reader Eddie Meek of Cambuslang Harriers has written complaining that the course was about half a mile too long and that after being on a personal best for much of the race he was disappointed by his finishing time.

Meek drove over the course one week later and found that his car measured 137 miles for the course. We put these points to Kinross organiser Gloria Wilson.

"The course was definitely the correct length," she says. "It was measured by an experienced marathon runner who used a surveyor's wheel to ensure the exact measurement. But due to matters beyond our control the mile markers were in the wrong place."

The course was measured some days before the event and the mile points indicated with spray paint on the verge of the road. "Unfortunately, we had two problems on race day. When we went to place the mile-posts we found that in some places the grass had grown and obscured the paint-marks, while in other places the grass had been cut and the paint removed. We were also well behind because an official was late in turning up."

In the resulting confusion, with only minutes to go before the race began, the early mile posts were set too short, while the later ones were set too long. "We deeply regret the problem, but there was absolutely nothing we could do about it," says Gloria, who says that so far she has received no other complaints.

So that explains why Meek, and possibly some others, felt that they were on schedule for a personal best in the early part of the race only to unaccountably fade towards the end — as the miles got "longer".

Measuring a course with a car is a notoriously inaccurate method compared to the surveyor's wheel which, in skilled hands, is the only way to be exact. The route that a driver will take varies considerably in every mile from that taken by a runner.

Big Country

THE 1987 British Universities Cross Country Championships will be held at Glasgow's Bellahouston Park on February 7. Glasgow University will host the event which is shaping up to be as big as the Scottish Cross Country Championships.

Well over 1000 male and female competitors from universities and colleges throughout the UK are expected to take part.

Track boosts

ATHLETICS facilities in Ayr and Aberdeen will be upgraded over the winter thanks to Scottish Sports Council grants which will back-up investment in athletics by the local authorities.

Dam Park Stadium at Ayr will receive £125,000 which will top up Kyle and Carrick District Council's work on improving the stadium. An eight-lane all-weather track is being constructed, and full

field event facilities will be provided.

Athletes in the north-east will benefit from a £75,000 grant towards the development of a facility at Aberdeen's Linksfield Stadium. An eight-lane all-weather track is being built by the district council and will include two-eight lane finishing straights. Full facilities for field events will be provided and the grandstand and changing rooms will be upgraded.

Running into trouble

RUN in the Nigel Barge road race in Glasgow on January 10 and you risk being banned from all road and cross country races until March 31, 1987.

Maryhill Harriers were threatening to defy the SCCU at the time of going to press over the date of their annual five mile Nigel Barge race — Scotland's oldest continuous fixture. They were hoping to exploit a loophole in the rules governing the race permits to allow them to stage their race on January 10 — in direct opposition to the Springburn Cup road race organised by Springburn Harriers and scheduled for the same day.

If Maryhill Harriers go ahead there will be two road races of approximately the same distance in the same part of Glasgow on January 10.

The clash has arisen because the Nigel Barge is traditionally held on the first Saturday of the year, but holiday arrangements at the Maryhill Community Centre, which is the race headquarters, mean that the venue is not available.

Maryhill applied to the SCCU for a permit to run the race on Saturday 10, but this was turned down because the Springburn Cup already had a permit for that date.

The SCCU offered Maryhill the choice of running the Nigel Barge on Sunday 11 or Saturday 17 January.

Maryhill say this is unacceptable as their's is the older (running since 1944) and should have precedence. They have decided to defy the SCCU by finding a novel loophole in the rules.

"Due to our unsuccessful application for the permit for Saturday, January 10, we are prepared to welcome club members, plus unattached runners and anyone who wishes to come along on the day and accept short term honorary membership of Maryhill Harriers. In other words we are organising a closed club race which does not require an SCCU permit," says race organiser Tommy Harrison of Maryhill. Honorary membership would be free and would last for one month.

The SCCU, however, is unlikely to accept this innovation. "You can't just sign up honorary members on the spot then let them race," says one SCCU insider.

Sam McComas, immediate past president of Springburn Harriers, confirmed that his club — having obtained the permit for January 10 — was not going to give way.

Full-time Whittle

BRIAN "one-shoe" Whittle has decided to go full time in a bid to make an impact on the 1988 Olympics. The European 4 x 4000 metres relay gold medallist has been given leave of absence by his employers, Nobel Explosives at Ardeer. He has been given the use of a car by one benefactor, Gabriel Politakis, an Ayrshire businessman, but he is on the lookout for other sponsorship.

King Nat

NAT Muir retained his Glasgow University 5 1/4 mile road race title on November 8, winning in 24:18 — exactly 18 seconds outside his previous year's course record. Second in 24:21 was Steven Marshall (Motherwell Harriers), with Paul Dugdale (Dundee University) third in 24:23. Lynn McDougall set a female course record of 27:42.

Southern comfort

EDINBURGH Southern have been the relay team of the year so far, cleaning up the national cross country title at Kilmarnock thanks to a vintage performance from an apparently rejuvenated John Robson.

His brother Alan, ex professional footballer and British pro miler now reinstated, made a significant contribution, and was even more to the fore in the Allan Scally, another Southern conquest.

Spango Valley, who had cleaned up a string of successes in the West, could manage only third at Kilmarnock and we were out of the frame in Shettleston's event.

Liz leads

LIZ Lynch has done it again. The Dundee St. Francis Club member thrashed most of the male opposition and set another Scottish best performance when finishing fifth out of 450 starters in a 10 mile road race organised by Dundee Road Runners on November 9. Her time was 53:59.

Terry Mitchell (Fife AC) also set a course record of 51:41 in beating off Craig Ross (Dundee Hawkhill Harriers) who finished in 52:19. Richard Harlan (also DHH) finished third, just 30 seconds ahead of Lynch.



Aberdeen Forest Five

One of the most popular events on the Aberdeen running calendar, the Forest Five, became the Forest 7½ to most of those who competed on October 26.

Hard though it may be to believe, some mindless individual walked to the 800ft summit of the course in Kirkhill Forest and moved the tapes to send 130 of the 193 entrants careering off in the wrong direction. The devious deed was done within an hour of the start of the race after co-organiser Mel Edwards had made the final check of the route.

"The last place I checked was where the tapes were altered," said Edwards. "We never imagined that this might happen, but we have learned a hard lesson. It would take 14 marshalls to cover all eventualities on the course and sponsors Ferranti Offshore Systems have offered to provide these next year."

The Forest Five is not the first North-east event to be hit by this type of vandalism.

In the Scolty Hill Race near Banchory in June, someone went to the trouble of removing marker pegs and hammering them back in for 100 yards at right angles to the correct course. Fortunately most participants were familiar with the route.

Indeed, the Forest Five was still an enjoyable event in



spite of the stupid act and the organisers provided six extra prizes for those at the tail end of the race.

It was some considerable time before many people realised that they were on the wrong route, but the clincher for most was the struggle to get over a gate which blocked the forest track. As most pounded round the forest in the wrong direction on paths which eventually led back towards the finish those

fortunate enough to have taken the correct route had completed the race.

The Forest Five is a handicap event, and first to cross the line in 46:19 were June Laws and Kirsten Kennaway, the latter being able to use her experience as an orienteer to guide the two round the proper route.

The first man to finish was Mark Thomas in 29:06 while Jonathan Musgrove set the fastest time of the day in 26:52,



just 21 seconds off the course record.

Ulie Simpson set a new women's record of 34:35 in a magnificent run which knocked 1:17 off the record set last year.

This Scotland's Runner representative, like many others I am sure, ran far faster than ever before but was still almost 17 minutes off his personal best — well, that's my story and I'm sticking to it!

GRAEME SMITH

Up Front Up Front Up Front Up Front Up Front Up Front

Gillon's a prize fatty

FOR several days in October the Scotland's Runner office echoed to the grunts and strains of hard training. Our colleague Doug Gillon was engaged in ruthless conditioning for the major contest of his life.

Trays of sausage rolls, bridges and mutton pies arrived by the van-load. Chocolates, cakes and biscuits had a life expectancy of micro-seconds if he came anywhere within their vicinity. Not a beer was refused all week.

Yes, he was on a special diet. No, it's not the latest discovery on the art of carbo-loading. It was quite simply the struggle of the titans.

In his role as Glasgow Herald athletics correspondent, our man was the deserving winner of a competition sponsored by Guinness to find the journalists who provided the best coverage of the Commonwealth Games. The prize was his weight in whisky.

Determined to have plenty to celebrate at the weigh-in, our man entered into the spirit of things

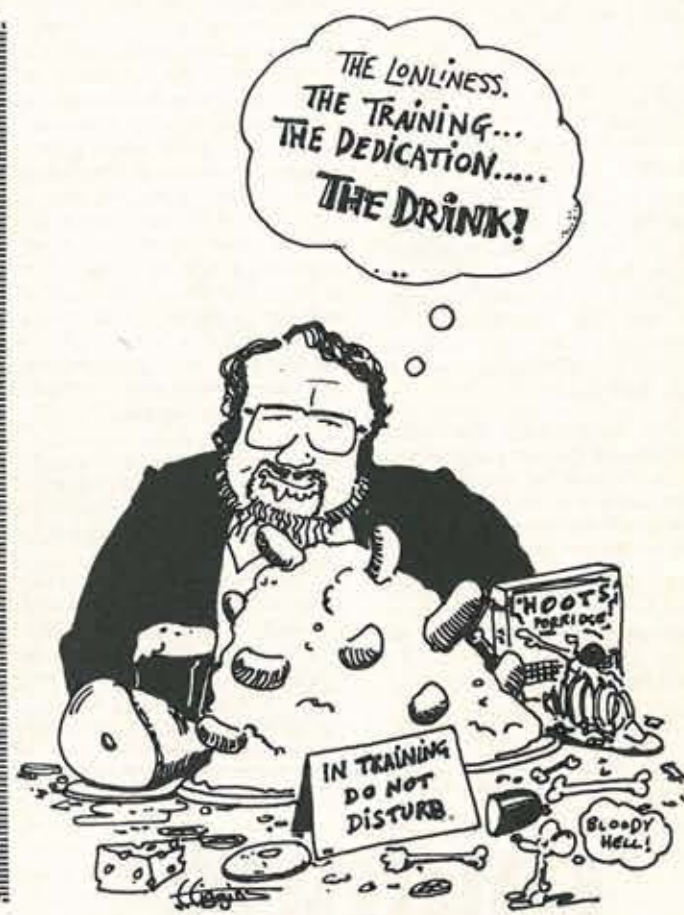
with a blend of enthusiasm and a splash of aggression.

He had worked out that if he could boost his already generous figure to 18 stones he would stagger away with 100 bottles in his kerry-oot bag. But the wily Guinness executives had given him only minimum notice, so he reached a mere 200lbs — which still meant that there were 84 bottles to cheer about.

Guinness managed to recoup some of these staggering losses by giving the photographer's award to Mark Shearman, who supplies many of our international colour pictures. Although big in the world of athletics photography Mark is, well, diminutive to say the least.

Gillon, who qualified as a veteran earlier this year, is still trying to live down his boast — made five years ago — that he would win a World Veteran Championship title in 1986.

The way he's shaping up at the moment, Cyril Smith would give him a hard race.



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Club award

ONE of Scotland's youngest running clubs has shown many of its older rivals the way home when it comes to boosting the club's finances.

Mid-Argyll Athletic Club has won an £875 British Amateur Athletic Board Minolta coaching award for the development of athletics in its rural area. Although it was only established in September 1984, the club is already almost 100 strong, most of them youngsters.

Club secretary Bill MacCallum believes that the club's application, which stressed the lack of athletic opportunity and facilities in the area around Lochgilphead, was the secret of its success.

Mid-Argyll's nearest all-weather track is a two hour drive away at Glasgow's Crownpoint Road. Most of the time members make do with lanes marked out in grass fields.

"Isolation and lack of facilities is the biggest problem faced by

athletics in this part of the world," says MacCallum, a former professional field events exponent.

"We are very restricted in winter-time. The darkness makes it virtually impossible for most of the kids to train on the roads, so we concentrate on circuit training in the local sports centre," he says.

MacCallum is keen to see his club's award used to boost athletics throughout Argyll. The county is becoming more active in amateur athletics with clubs having been formed in Campbeltown and Oban, and the first steps being taken towards setting up a club on Islay.

THE Dundee Half Marathon was a victim of its own success when the organisers ran out of medals at the finishing line.

More than 2000 entries had been accepted and 1800 runners turned up on the day — a higher turnout than the organisers had anticipated — and they were left 193 medals short.

However, nobody went home

Nasty crash

THIS season's most prolific winner on the road was forced off it in October — almost permanently. Graham Crawford was returning south from the Lochaber Half Marathon on October 19 when he and his wife Alison had a nasty car crash a couple of miles out of Fort William.

"We were doing about 50mph when we came round a bend to find a guy driving straight towards us on our side of the road," says Graham. "Alison was driving and she swerved towards the verge to

avoid a head-on collision. The car slipped sideways into a ditch and we careered through a lot of rocks and boulders for about 50 metres."

The Crawfords were badly shaken but unhurt. The family dog, an 18 months old Weimaraner called "Hogan", also escaped injury. "Which was just as well, because he takes his running very seriously," says Crawford.

Also undamaged in the accident was the 2½ litres of whisky which the Springburn Harrier had won in the race. "I shudder to think what the police would have thought if that lot had spilled in the car," he says.

"We had just completed a week's holiday and were enraged by the idea that someone who was probably drunk had pushed us off the road and didn't even stop to see if we were okay. But later on it began to sink in how lucky we had been to escape unhurt," says Graham, who would like to pass on his thanks to the two anonymous Victoria Park runners who provided support and assistance until the AA arrived.

without a gong. Officials realised the problem and spare medals from last year were quickly produced to make up the deficit. A further batch of 1986 medals was manufactured and everyone who got the old medal has been contacted with an offer of a replacement with the 1986 version, says race organiser Alex Stuart.



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Letters...

Glasgow...

18, Caesar Avenue,
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SIR — Regarding your article on the Glasgow Marathon, I wish to express a point of view.

This year was my first marathon ever and I thought it was great. Why? It was all about people.

The people who ran were there to enjoy experiences like an emotional 4½ hours running for me. The people who watched were there to enjoy themselves too, and in turn that rubbed off on the runners. The people who assisted and stewarded were great, the police were great, the water people were great ("Last vodka before Pollok?").

The point I am making is that it was all about ordinary people, punters if you like, who combined to make it a marvellous event. Why does the Glasgow not concentrate on the fact that it is THE biggest amateur event of its kind worldwide? The Olympics got by for long enough on the same belief.

I would rather be one of the people than have the unique emotion and atmosphere of the Glasgow People's Marathon ruined.

Certainly, BBC did absolutely nothing to enhance the race with their pathetic coverage of this year's event. Your magazine's editorial staff may be right, but that

was not the feeling in Greendyke Street before the start, or on the Green afterwards.

Glaswegians have long used a certain phrase. We Arra People — lets keep it that way.

Allan M. Brown.

6, Upper Montagu Street,
London.

SIR — I write to support your view that the Glasgow Marathon should pay prize money. I feel that the event could be one of the best in the world, yet when I ran this year I could see it beginning to slip. The crowds were not as big as they were two years ago.

I have no doubt that payment of prize money would attract some international competitors as well as prominent UK runners. Indeed, several British runners approached me before this year's event to ask about prize money and were surprised when I told them that there was none on offer — some good calibre runners were thereby lost to the race. It would not be necessary to pay the massive sums that are available in some of the big international races, as fairly modest prizes would attract top runners who could offer a better spectacle for the crowd and enhance media interest in the event.

By offering prizes that go quite far down the field — the first 20

finishers, ten women, five vets of either sex — you can greatly increase interest in the race. Scotland has some of the best vets in the world and they deserve their share of the prizes.

I must say that I'm not too bothered about the hills in the course, although some of the sharper corners could be usefully cut out — they slow down the fastest runners.

Recent research in the USA suggests that a later start in the day could improve the times of the runners. The theory is that a good breakfast followed by at least four hours to digest the meal improves your performance. If policing and traffic arrangements would allow an 11am start, times might improve all round.

Of course it is true to say that the Glasgow Marathon is all about the ordinary runners. However, the organisers should bear in mind that ordinary runners get a great thrill out of running in the same event as top stars — and of participating in a race where a record is broken.

The Glasgow Marathon is miles better — but there are signs that the pace is beginning to slacken. Some prize money spread over many positions in the race would inject new interest into the event.

Leslie Watson.

32, Barrhead Road,
Newton Mearns.

SIR — Scotland's Runner is proving to be an interesting and provocative magazine and deserves to succeed. If I may just pass comment on the issue of prize money/flatter, faster course re the Glasgow Marathon — I am in favour of offering some degree of prize money to winners of the race provided it is not pitched at a ridiculously high level — perhaps, along the Boston Marathon scale rather than following the example of the Chicago Marathon.

Alastair Stewart.

My summer

7, Allan Park,
Stirling.

SIR — Graham Crawford's account of his busy road racing summer (last month's issue) reminded me of my first "serious" year of running.

Disillusioned by football after the break-up of the amateur team I played for, I took to the roads with a vengeance, proceeding to run 49 races in eleven months.

Not content with one competitive outing each weekend, I often raced twice, and I remember in particular one wet September afternoon somewhere between the Ben Nevis race and the Glasgow Marathon.

I set a personal best for 10,000m

An open letter to Jack McLean

9, Grantley Street,
Shawlands,
Glasgow.

usually undertaken by the runner on his or her own — not with thousands of others.

The faces are not red with effort and twisted with pain! Take another look — most runners can at least manage to train without any such grimaces. And runners DO opt for the "pretty way". I can assure you that, especially in winter when weekday training has to be done in dark evenings, most runners are only too keen to seek out more picturesque routes on which to train in daylight at the weekends.

I see you also subscribe to this amazing idea that running is hazardous to health. This ridiculous myth does not stand up in any doctor's surgery. The occupants there are far more likely to be suffering the effects of eating too much, excessive drinking, smoking

or lack of exercise; you will not find many sportsmen or women.

I would also be interested to know where you have seen "... thousands of exhausted morons staggering away clad in hypothermia blankets..." Certainly not in any race at which I have been present.

But aside from your hyperbole, consider that these people you see fit to decry have at least taken up a challenge in their lives, not to show off to anyone on Friday nights, nor to emanate virtue, but simply to gain the completely personal satisfaction of achieving a difficult goal.

Other people do this in different ways: by learning a new language, by learning to knit, to climb, to ski or whatever. All they are doing is getting up off their arses and trying to make their lives

more worthwhile to THEMSELVES. Now what is wrong with that?

You claim to be a rationalist intellectual. This should at least enable you to see that people are entitled to spend their time as they please, with the obvious limitation on harming others and others' freedom. I don't deny you for one minute your fags, whisky and expensive grub — you are completely entitled to these things — so please let me and thousands of other people get on with our running.

And if we upset you on Friday night by appearing out of the gloom as you head for Finlay's, remember that we're only trying to cram in some training between work and going there ourselves. Cheers!

Pete Menhennet.

Letters...

on the track at Grangemouth, dashed out of the stadium straight after the finish at 1.30pm, caught a lift in a club colleague's car to Linlithgow for the Cockleroi Hill Race, and then spent an hour trying to dry my rain-soaked vest on a school radiator before the hill race start at 3pm. The effort all proved worthwhile as we won the team prize.

My summer included three marathons, seven half marathons, a 10 mile race on Irvine beach, said Ben Nevis Hill Race and the gruelling Moffat Chase and Two Breweries hill races.

And I wondered why I wasn't quite at my sharpest for the cross country season in October!

Keep up the good work on Scotland's Runner.

Michael McQuaid,
(Central Region AC.)

groups that run together, can I mention the lot that meet at Eastwood Toll in the south side of Glasgow - our clubhouse is the bus shelter opposite the Bank of Scotland!

We tend to meet on a Thursday at 8pm and a Sunday about 8.30am, but not everyone can manage on each occasion.

We are a mixed group, both ladies and gentlemen - well two of the men are doctors but the rest are gentlemen! We try to train at about a 7-8 minute mile pace, but it depends on how much "chat" is going on.

Alistair Shaw.

Hash mash

21, Warrender Park Terrace,
Edinburgh.

SIR - Congratulations on your article about the Hash House Harriers in the second issue of Scotland's Runner, which was well written and a lot more accurate than similar pieces which appear

in the popular press from time to time. The only major omission was the titling of the principal office-bearers in each hash.

Top dog is called the Grand Master (presumably a reference to the hare and hounds system of running), while the Secretary is known as On Sec (from the hashers cry of On-On). If two people share that job it is pluralised to On Sex - this has been known to cause some confusion.

Other parts tend to rhyme - the treasurer is Hash Cash, the designated photographer at get-togethers is Hash Flash, the main contributor of smut to the newsletter is Hash Trash and so on.

Your article mentioned down-dogs and the various awards which go with them. The doling out of these pints-in-a-one is the job of the Religious Adviser, though I have yet to hear a plausible explanation of that name. It's all great fun - but running is still the essential ingredient which is doubtless why you allowed such a

dubious athletic pursuit to appear in your magazine.

Also mentioned in your article was the Commonwealth Hash at Livingston in August, and at that event my own hash, The New Town (of Edinburgh) Hash House Harriers (TNT H3 for short) took some slugging for being a real running hash. While we enjoy the fun of hashing, we also enjoy the running - lots of us do half-marathons, quite a few do full marathons as well, the best (both male and female) being around the three hour mark.

It was therefore rather disappointing to find that one of our achievements was somewhat misrepresented in the fourth issue of Scotland's Runner. One of our number, Angela Wood (or the Angel of Contractual Mercy as she is known within the hash - we all have hash handles) won the Mid-Argyll 9000 metres. She put down as her club TNT Hash House Harriers.

Somebody, somewhere, seems to have been rather perplexed by this. Probably regarding the second bit as a joke, they missed it out, which left TNT to decypher. Of course, it must be an abbreviation for Tranent!

Thus, in your results column, you

Fun runners!

16, Claremont Avenue,
Giffnock,
Glasgow.

SIR - In response to your asking in the November Issue that we write in and let you know of any informal

'My disappointment turned to outrage ...'

13/B, Chamberlain Road,
Edinburgh.

SIR - Way back in May, I was delighted to learn that a new magazine on Scottish running was to be launched, but being of a thrifty disposition I decided against committing myself to a subscription until I had sampled the product.

When the first issue of Scotland's Runner appeared in

June, I felt very let down. Here at last was a forum for Scottish athletics to be taken seriously, and not merely given the token nod from Fleet Street. But this issue, to my mind, fell far short of its potential.

It was obvious that the editorial policy was to deal with women's running in considerably more degree than any other publication, and this I welcomed. What disappointed me was the style in

which one of the articles was written. Lynda Bain's article had all the hallmarks of couthness, a commodity which for me combines nostalgia, tweekness and syrup. It was too lightweight in its style to give credibility to its extremely valuable content.

My disappointment turned to outrage on the second issue. No magazine which considers itself serious should print the article, "O.K. Ron, photo finish on this one".

It is insulting to treat the female anatomy in such a sexist way. The fact that a woman was responsible for it in no way excuses it. And was it Linda Young who thought up the cartoon?

Joyce Kerr's superb article "Will Women Catch the Men?" becomes devalued alongside an article of the quality of the tabloids' page threes.

By the time we reached Viv Lumsden's article in issue 3, I was embarrassed for the magazine.

We've heard it all before. Competitive school sport. A preference for the hostilities. Cliché upon cliché. Why not an article on her preference for aerobics - that would have been interesting.

Issues 4 and 5 have gone a long way to redress this, and my hope is that this is not accidental, but rather the result of an editorial policy to produce a magazine of

quality in both content and style. It is also noticeable that there is less copy in both issues about women.

My concern is that there seems to be a basic contradiction at work. There is a positive policy to write about women, and, as there are fewer women than men in running, the balance in quantity is rightly pro-male. But there should be no difference in quality.

Yet, there appears to be a sub/unconscious style in writing the women's articles which is not in evidence in the men's. To make matters worse, this style seems to adhere itself predominantly to the articles on non-club level women, as if they can be treated as the magazines' comic relief.

I wish to congratulate you on the improvement of your magazine since issue 3, and on not a few of the articles since the beginning. But I urge you to look again at the articles for fun runners like myself and ask yourself the questions - Would I write about Tom McKean in this vein? Or Liz Lynch?

In my experience, there is very little sexism at running events. Male and female alike experience the same hopes and disappointments, pain and pleasure, and this shared experience among the runners produces a rare degree of equality.

Don't debate it by patronising us in print.

Margaret Hubbard.

have the female winner of that race as 'A. Wood, Tranent AC'. This must have been rather baffling to some folk in Tranent and was a little disappointing to us. Let credit fall where it is due.

Graeme Cruickshank,
(Religious Adviser TNT H3).

Too long

40, Stewarton Drive,
Cambuslang,
Glasgow.

SIR - In reply to the letter in the November issue about his year's Loch Leven Half Marathon, it seems a great day was had by all

Modest Dave



8 Dempster Terrace,
St. Andrews,
Fife.

SIR - I read the article "It shouldn't happen to a vet!" (September issue) with particular interest, as it was written by David Carter, the inspiration of my early years as a cross country runner in the far-off fifties.

With becoming modesty, "DJKC" fails to reveal in his article just how good a runner he was in his halycon days. Second among Scottish university students only to Scottish internationalist Adrian Jackson (Edinburgh University), Dave was also second in 1958 in the Junior Cross Country Championships of the N.C.C.U.S. (as the S.C.C.U. used to call itself) at Hamilton Racecourse. I recall that in the summer of 1958 or perhaps '59 he dabbled in track for a while and ran a 4:25 mile on our grass track first time out - a natural.

What time did he do at Aberdeen in 1983?

Donald Macgregor

Letters...

-except the runners.

The reason for this is that the course (13.1 miles accurately measured - so the map said) was in fact 13.7 miles long. I measured the course by car one week later and found that it was 0.5 to 0.6 mile OVER-DISTANCE. As a matter of fact this means that last year's course (13.9 miles) is also long by the distance from the Green Hotel to Bridgend.

Having run a hard mile between 12 and 13 miles, two and a half minutes later I reached the finish exhausted, dejected and angry. A personal best for five miles, another for ten miles, still going well and hoping to beat 80 minutes, my dream evaporated at the 13 mile mark - because the course is long.

Runners greatly appreciate all the efforts by race organisers, those at the finish, feeding stations etc., but we are your customers - please remember that. Many runners enter races on information from other runners by word of mouth.

The Loch Leven is an excellent race - don't jeopardize its future; the race director should put the record straight on the length of the course this year.

On a happier note, congratulations on the production of such a good quality magazine. Best wishes in the future - I'll certainly be 'plugging' it for you.

Eddie Meek,
(Cambuslang Harriers).

Rear runners

24, Main Street,
Strathkirkness,
Fife.

SIR - I can understand why race organisers are so keen to have big prizes to attract the stars of running, but please don't forget the people at the back.

We normally arrive at the finish "unwept, unhonoured and unsung" just as the crowds are beginning to go home. But running is, above all else, a participation sport. Ask me why I enter races and I have no real answer. I'm never likely to appear in any record list, except perhaps for coming last.

And yet, the recent Dundee half-marathon was sheer joy, marred only by being too far back to see Liz Lynch run. For someone soon to be a supervet, the wind and the hills made it physically demanding but I wouldn't have missed it for anything.

The attraction is partly a curious form of human companionship with the other runners; unspoken, ageless and classless. "It's a grand

sport," said an elderly gentleman as he shot past me 100 metres from the finish. I wouldn't recognise him if I saw him again, but, for one brief moment, our spirits were as one.

And then there are the spectators lining the streets. The excitement for them may be classier runners at the front, but their badinage is like a tonic to the wearying also-rans. A serious little boy stood on the corner of Dock Street with a placard saying "Come on Dad"; I almost cried. Please make the crowds stay to cheer us on.

There was one moment of glory in Dundee. Don Macgregor, who was doing the commentary, mentioned my name as I finished. It was as good as winning a Premium Bond prize, and more than compensated for the long time it had taken me to get there. At the first mile I thought I was going to expire, at the second mile I thought I would continue until I did expire, and at the finish I was thinking of posting my application to run in Falkirk.

Please don't forget those at the back; make it fun for us and we'll be back next year and maybe the year after, even if we are getting slower with each appearance.

Tony Butler.

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'OK, Ron,
photo-finish
on this
one'



LINDA YOUNG (left) and cartoonist (right) at the photo-finish line.

Outrageous? Linda Young and cartoon.

TO JIM BLACK

I was on schedule for a 2:36 time in the Glasgow Marathon until the 19 or 20 mile mark when I began to suffer severe pain and cramps in both quadriceps. I am convinced that I did not "hit the wall", but that for some reason my quadriceps were not up to the job while the rest of my body was capable of continuing at six minute mile pace.

Could wearing racing shoes have been the problem? Although I am a small, slightly built male and not overweight, could the jarring of the road have caused my quad problems? Two days after the marathon my quads were still warm to the touch - are there any exercises I can do to prevent a recurrence?

HITTING the wall can mean many things to different people. One of the first tell-tale signs of fatigue during the marathon is the pain and cramp which you have described in your quadriceps. Running as a pastime does not exercise your quadriceps as you rarely get to full leg extension whilst running a marathon.

There is, however, no doubt that you asked your "quads" to do too much on the day. I wouldn't think that racing shoes were the cause. I would suggest that you pay a visit to a sports physiotherapist to get supplementary quads exercises.

TO JIM BLACK

The day after running a half-marathon the front of my shin became very sore. Some people say it may be shin splints. I have not run for one week and can still feel it; can you advise me on how to prevent it and cure it?

THE pain you describe in the front of your shin is undoubtedly "shin splints".

Shin splints is a very misleading term and it embraces a number of conditions which affect the front of the lower limb. It is an overuse problem and from the drawing you sent me it would appear that you have a posterior compartment syndrome.

Some authorities have

RUNNING SORES

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

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

suggested that shin splints may be connected with hyper pronation, although many runners suffer shin pain who are not over pronators. It is best to have your legs and feet checked to eliminate a stress fracture which can occasionally occur.

Old shoes which have lost their support have been pinpointed as contributing to the problem. Treat the pain with ice after each run. Keep the mileage low for a while, but if there is no improvement seek professional advice.

TO GREG McLATCHIE

I am 44 years old and averaging 40 mpw. Three months ago, I started getting pain in the middle of my pelvis and abdomen. I would ease off for a few days then run again, until six weeks ago on a 13 miler, my thighs got so sore I had to walk the last four miles. Last week I had an X-ray and blood test as my thighs (especially the front below the hip) and abdomen were still painful.

There are no local facilities for sports injuries and I know rest is the answer, but is there anything I can do to speed recovery - and if this is a recurring injury how do I avoid it?

THERE are several conditions that I would like to investigate in your case.

One common cause of pain

in runners, especially in former football players, is called osteitis pubis. In this condition, pain develops in the middle of the pelvis and sometimes in the groin. When the runner is inactive the pain ceases, only to recur again on running. The investigations for this would involve X-rays of the pelvis and hip, when the diagnosis can be confirmed.

Despite the name, this does not imply infection. It is caused by abnormal stresses acting on the central joint of the pelvic bone. Treatment involves the use of physiotherapy, anti-inflammatory drugs and possibly even steroid injection. However, none of these would be instituted without first establishing the diagnosis correctly with X-rays and full clinical examination by a doctor.

Another possible cause of such symptoms in a 44 year old runner could be due to low back pain, and could be arthritis or wear and tear, either in the hip joint or in the spinal joints themselves. Again these changes can be picked up by acute clinical examination and radiology (X-rays).

Finally, pain in the abdomen itself quite simply relates to strain of the abdominal muscles, for they too touch into the lower part of the pelvis and their insertion can be strained when running. Treatment would involve the

use of ice physiotherapy and anti-inflammatory drugs.

I would suggest that in your case, due to the complexity of your symptoms, you should consult your general practitioner who may decide to investigate you further depending upon the results of your X-rays and blood tests. In relation, in an attempt to speed recovery, rest is obviously vital and swimming produces a suitable alternative to running in the sense that it removes the effect of gravity from the limbs and maintains fitness at the same time.

If this is a recurring injury, it is important to have your running style assessed by a competent running coach and it is surprising how often a simple style change can prevent symptoms. It is also important to closely examine your training practice and the terrain over which you train as these too can be influential in whether or not an injury settles.

TO GREG McLATCHIE

As a committed runner, I generally enjoy good health. Because of this I am continually tempted into becoming a blood-donor, but in the past have always resisted the idea on the basis that being 95% fit can mean a world of difference to performance and ability.

Could you please advise me on the effects of giving blood and how it relates to athletic performance.

MANY top athletes regularly donate blood and this does not alter their performance. It is obviously not a good idea before a major run or sporting event, but the blood and fluid losses involved in giving one pint of blood are in general replaced within 24 hours, and the blood cell losses are returned to the circulation within a few days.

After giving a pint of blood you may experience transitory weakness and it is obviously wise to rest on the day after giving blood. In general, I would allow a week before taking part in a strenuous exercise, but other than this no ill effects should be experienced.

You gotta have style . . .



Connie Henderson

Next time you sustain an injury don't immediately blame your running shoes, over-training or heavy drinking sessions the night before. Of course these are perfectly reasonable and common causes of injury, but how many runners realise that their running style could be the reason for that recurring injury?

Watching a recent road race, I was appalled and amazed at the techniques of many runners. Some threw their arms around as if hoping to take to winged flight, others ran on tiptoe or kicked their legs around, reminiscent of a prima ballerina. Then there were the face-makers who ran while grimacing and twisting their faces into all manner of poses, and those who looked like they were about to do ten rounds with Mohammed Ali-style fists clenched tightly in front of them.

Not only do these unorthodox running styles use up a lot of unnecessary energy, they are likely to result in injuries which could be prevented.

It is surprising just how many runners don't run well. Even the best could benefit from a little advice. The photograph in October's issue of Scotland's Runner is a classic example. Tom McKean was pictured approaching the finishing line in the European Championships 800 metres beautifully positioned, head erect. Conversely, Steve Cram was seen with his head rolling and his feet veering off to the side.

Dr. James Watkins, a lecturer in bio-mechanics at Jordanhill College of Physical Education in Glasgow, studies the techniques of runners. With the aid of treadmill tests or video tapes he can pinpoint faults in athletes'

styles and advise on improvements.

"There's a lot more to running than just running," he says. "It is really up to coaches to be concerned with both training and technique. Unfortunately, the majority tend to concentrate on training and making the athlete fitter and stronger. That's fine, but it's not preventing injuries which could be avoided through improved technique."

The most common fault in runners' styles is related to general exaggerated movement. Many runners, for example, overstride and take too long a stride for their pace. As a result, the quads are forced to work harder and eventually runners may suffer stress and strains in the groin.

Toe strikers who run on the tips of their feet (instead of landing heel first) put enormous strain on the calves, which have to pump hard just to keep the runner on his toes. Running long distances in this way means the runner risks serious foot and leg injuries. Calf muscle tears and achilles tendonitis are common complaints in toe strikers.

Also, runners who twist their arms and legs across the body inevitably twist their trunk. This leads to lower back problems.

According to chiropodist Jim Black, everyone has his own optimum running style.

"Walking is a learned process - although it is individual to everyone. Likewise economic, efficient running can be learned," he says. "The important thing is to develop your individual running technique, depending on weight, height and build, while sticking to certain principles which can help to use energy efficiently and prevent injury."

Today, Seb Coe has an



enviable running style - the result of careful coaching and training. Through treadmill and computer tests, experts calculated his efficient form.

Few of us have the benefit of this attention, but with effort and practise many runners can develop better techniques.

"Basically, if runners concentrated on ensuring the arms and legs are moving forward - not veering from side to side - and tried not to overstride, then their techniques would be greatly improved," says Dr. Watkins.

Ideally a runner should be relaxed when running. The back should be straight, arms held low and strides short and smooth. It sounds easy, but in

practice, there are many bad habits which have to be eliminated.

Dr. Watkins sums up: "Even if the technique is excellent, you can't expect to be free from injury all the time. The body can't work well every day. However, if you bear in mind that many injuries are caused simply because of bad technique, then it makes sense to improve your style."

"Unfortunately, many runners can't be bothered trying to change their technique because they feel they are getting by as they are. It does take time, but if the runner perseveres, he or she will find it worthwhile."

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

WOMEN on the

RUN



Lynda
Bain

We are well into the cross-country season. When I first heard about cross-country races, my reaction was that it was purely for serious athletes.

But, having tried cross-country running, I discovered that it's not just for the top runners like Yvonne Murray and Liz Lynch... it can be fun for all of us.

If it's cold and frosty, a good cross-country race is a great way to get the heat up — there's nothing quite like a cross-country glow. And if it's wet — well, it's a cheap way to get a mud-bath!

If you are not a member of an athletic club, don't despair as there are open cross-country races (see the events diary). However, having tried it once you might be tempted to have another go. Then is the time to join an athletic club, and again these are not just the province of top runners. Most athletic clubs are glad to welcome new lady runners, so why not try a few cross-country runs over the winter?

•Cross-country runs are usually between two and four miles for women. For those of you who have tackled a few 10k runs this summer this might seem like a stroll, BUT, because of the undulating terrain, uneven running surface, and faster pace at which the races are run, it's an excellent way of developing strength and speed for next summer's 10ks.

•Cross-country is not the province of the top runners alone. You can benefit from it, and it can benefit from you. We have seen mass-participation on the roads, and it would be great to see the same in local cross-country races.

LADY VETERANS

Handicapped mixed cross-country runs are great fun and popular too. Everyone is set off at intervals according to their anticipated finishing time, and you run like mad to get home in front of the top runners who start last! Everyone finishes within a few minutes of one another so it's a frantic rush for the line.

•You do not need "spikes" and neat little briefs to run your first cross-country. Trainers will do to start with but make sure they're not nice new ones as they might not look quite so new when you're finished. Many women and men run in training bottoms as it can be quite cold.

•If it's difficult for you to travel to races away from home, you'll usually find that your local club holds at least one or two cross-country runs each winter near you.

•Cross-country is a good way to keep up your running over the winter. Often the temptation is to keep warm by having a cup of coffee, a piece of shortbread and watch television on a Sunday afternoon. You'll enjoy your shortbread more, and

feel a lot warmer, if you've just run three miles flat out.

I recently read an article in (dare I say it?) another running magazine by Alison Turnbull, who has encouraged so many ladies to try running. She touched on one aspect of races for veteran women which has always confused me. I'd like to know what readers of Scotland's Runner think.

There's a saying "life begins at 40". In running it does for men, when they enter the competitive ranks of male veterans. So why do women become veterans at 35?

I've heard three possible reasons — one is that since women retire at 60 and men at 65, the five year difference is continued into setting ages for running events. The second is that women are vain about their ages and don't mind saying they are over 35, but do object to saying they are over 40. The third is that women used to give up running to have a family, and it was difficult to entice them back. The lower age barrier provided the encouragement needed.

NO RESULTS

I recently indulged in an American running magazine... for curiosity. There, men and women become "Masters" at the age of 40. They have two age categories which are consistent for both men and women, 40-50, and 50 plus. Often in this country veteran women are 35 and over,

end of story. Thirty-five year olds compete with 65 year olds. Is this fair?

I've spoken to a few veteran ladies (over 35 and over 40) to see what their opinions are. One or two said they did not really feel strongly about it. However, the majority said that they felt that they would prefer to have the same categories as men, becoming veterans at 40 rather than 35.

What are your views? It is an important issue, and the more women I have spoken to, the more important I have realised it is. Should we be pressing for changes?

Still on the subject of veteran women. I have noticed many times in newspapers and in running magazines (no longer this one thanks to brave letters from ladies) that veteran women results are not printed. The results given are usually first three men, first male veteran and first lady.

So often I have heard disappointed ladies say, "I was first lady veteran but they didn't print the lady veterans results!" It is a boost to see your name in print, especially if you've run your heart out.

There are races which give a prize to the first lady and ignore the lady veterans totally! However, the Scottish Veteran Harriers Club is pushing to have a first lady veteran award in every race.

Is this enough? Running is a sport which has allowed women to participate in a way which no other sport does. But women do need encouragement, no-one is pothunting for prizes, but everyone does like recognition for an achievement. I think the way to encourage more veteran women into races is to give awards in the first three ladies in each category AND to publish the results in the local paper and running magazines.

Lady veterans can be as competitive as male veterans. Last year I watched a lady veterans 3000m track race near Aberdeen. It was one of the most exciting races of the evening, so closely matched and determined were the runners.

There are vets-only races. The Scottish Veteran Harriers Club holds one race a month for veterans — female and male, from Inverness to Dumfries. They have 70 lady members at the moment but the ranks are growing.

On the subject of cross-country, the Scottish Women's Cross Country Union has a history of trying to encourage lady veterans. There are veteran categories in every championship including district championships, and veteran team awards.

So, if you're over 35, and you haven't yet discovered the world of cross-country, try it this winter. I'm sure that many other women will be experiencing their first cross-country with you.

Scotland's Runner

The value of vitamins

THE WELL- FED Runner



John
Hawthorn

Without vitamins you die, yet you need them in such ridiculously small amounts that it is surprising they were ever discovered at all. What are they? Which foods contain them? Why are they so important to training and running? How can I make sure I'm getting my daily whack? Should I pop vitamin pills? Will they protect me from colds and other ailments which interfere with training? Keep reading. Proper attention to this aspect of diet is a must for top performance.

Small amounts indeed! One gram — about one sixth of a teaspoonful — of vitamin C will supply all your needs for a month, of vitamin B1 for 28 months and of vitamin B12 for 900 years... if you live that long!

The search for vitamins was one of the main preoccupations of nutritionists in the early part of this century. It was a bit like searching for a needle in a haystack as big as Buckingham Palace at midnight, without a moon, far less a torch. Yet found they were, all 12 of them important to humans.

But back to our starting questions. Vitamins are substances required for the proper working of the machinery of our bodies and which we cannot make for ourselves. They must therefore come from our food. Most of them were first recognized by the illnesses which resulted from their absence.

Scurvy, the scourge of sailors which killed more British seamen than all her naval wars put together, was due to lack of vitamin C; pellagra to lack of niacin; rickets, so common in Glasgow in the 1930s, was due to lack of vitamin D, and so on.

Only later, when the detail had been partly worked out, did the idea begin to dawn that the human machine could be short of vitamins without showing open signs of deficiency diseases. Under these conditions, the engine would misfire.

Dietary hint

THINK of your foods in the following classes:

1. Fruit and green vegetables.
2. Cereals — bread, pasta, porridge, breakfast foods.
3. Milk and dairy products — cheese, yoghurt, butter.
4. Root vegetables — potatoes, carrots, turnip and parsnip.
5. Meat, fowl and fish.

Aim to have something from each of these groups every day, something from at least two of these groups at every meal and for the main meal of the day aim to have something from four of them.

This system is not new but it not only helps to balance the vitamins, it balances other nutrients as well.

For vegetarians of course, the principal is similar but the detail is rather different. That must wait for a future special article.

The second reason is that we need our vitamin rations in *balanced* amounts. A good diet does the balancing for you automatically. The makers of vitamin pills take great care to balance their formulations but they cannot know what you are eating as well as their pills. The advantage of relying on food, not pills, is that nature is more likely to get the balance right for you.

Hard physical exercise requires more of certain vitamins than desk and armchair. The athlete doing heavy training and needing extra spuds, pasta and bread for energy will get just the extra vitamins he or she needs from these foods and in suitable amounts, especially if wholemeal is used. But pill-popping is really guesswork.

Modern medicine has an imposing list of credits of illness conquered, but no one yet has come up with a cure for the common cold. Sixteen years ago Linus Pauling, the great American scientist and Nobel Prize winner, published an extraordinary book called "Vitamin C and the common cold".

Written with all his accustomed polish, primarily for the more sophisticated layman, it is certainly a good read. In it he proposed the use of megavitamin therapy as a protection from this pest of a complaint. Vitamin C is not toxic, and he argued that a daily dose of twenty to a hundred times normal would do the trick. The arguments of a brilliant man cannot be lightly dismissed, although some professional nutritionists here and abroad thought that the old man had developed a loose screw.

Experiments were done in several countries, using different experimental methods. Some gave good positive results while others could detect no effect. On the whole present evidence is inconclusive. Furthermore, doubts arose that such large doses might give rise to kidney stones and a cold is certainly preferable to that.

If the vitamin C story seems dead, there is no doubt that too low an intake of many of the vitamins lowers resistance to infection and may greatly reduce physical and mental efficiency. But remember the dangers of overdosing with some of them. That is why I prefer to let nature do it through a well-balanced diet. Follow this month's dietary hint for the simple way to balance these vitamins.

Footnote — Vitamins form a rather complicated subject and this article is no more than a beginner's guide. This column welcomes letters. If you want further information write c/o the Editor.

Scotland's Runner

Cross Country Training Schedules

Plough your way through the country season with our experts Stewart McIntosh (beginners) and Fraser Clyne (experienced) schedule your training for the next four weeks.

BEGINNERS

Your average armchair athletics fan thinks that top-class track stars hibernate in the winter – waking only to run in the occasional indoor meeting.

They could not be more wrong. For many of our international runners the glory of a summer on the track is followed by the glauzy of winter "over the country".

Few good track runners would miss the cross country season. It builds on strength, stamina and will-power. It also provides a sharp competitive challenge away from the roar of the crowds, the glare of the camera

and the pitiless pace of the stopwatch.

Cross country is fun and since no two races are over exactly the same distance, course, or conditions, you can develop your running without getting too depressed about an apparently bad performance.

The beginners' schedule is geared towards runners who don't have too much of a problem in running up to 30 miles a week, and who want to use this winter as a good grounding for next year.

Weeks one and three demand quite a high level of commitment, while two and

four are designed to give your body a bit of a break in between. Remember that rest is a vital component of training. You can't expect to keep screwing more out of your body without giving it time to recover and consolidate the work that you have put in.

If you find the schedule too tough then scale it down, or cut back on the fartlek. (Fartlek is a form of speed training where you inject sprints of between 80-200 metres into a training run, jogging till recovery then sprinting again. It is best done on soft parkland, but in the Scottish winter often has to be done on the roads).

Weeks One and Three

SUNDAY: 8 miles cross country.
MONDAY: 4 miles, easy pace.
TUESDAY: 8 miles, hard/fartlek.
WEDNESDAY: 6 miles, easy pace.
THURSDAY: 6 miles, hard/fartlek.
FRIDAY: Rest.
SATURDAY: Race or 8-10 miles cross country.

Weeks Two and Four

SUNDAY: 6 miles cross country.
MONDAY: Rest.
TUESDAY: 6 miles hard/fartlek.
WEDNESDAY: 4 miles easy.
THURSDAY: 6 miles, easy pace.
FRIDAY: Rest.
SATURDAY: Race or 8 miles cross country.

FOR EXPERIENCED RUNNERS

OK so it will soon be the season to make merry. Christmas and New Year are just around the corner. Parties and food and drink are in abundance. The last thing you probably want to think about is changing into your running gear and going out to train. But no matter how stupid your friends, neighbours and workmates think you are, just get on with it.

Adopt the Daley Thompson ideology. Daley enjoys training on Christmas Day and New Year's Day because he knows that many of his rivals will be having a day off. He gets motivation from the fact that he is stealing a march on them. If you adopt that frame of mind then training through the festive period will give you a boost.

Your training schedule through this month should however be flexible. We are

all more susceptible to catching viral infections at this time of year, and if you are unfortunate enough to catch a cold or flu then don't try to battle on with your training. Take a break, and once you are fully recovered start back into your running gradually.

This month I have suggested a two-week programme which should be repeated at least once between now and the end of the year.

Week One

SUNDAY: 18 miles on hilly cross country course.
MONDAY: am 5 miles; pm 10 miles fartlek.
TUESDAY: am 5 miles; pm 8 miles.
WEDNESDAY: am 4 miles; pm 10 inc. 5 x 600 metre.
THURSDAY: 5 miles.
FRIDAY: 5 miles.
SATURDAY: 5 miles race or time trial.

Week Two

SUNDAY: 18 miles on hilly cross country course.
MONDAY: am 5 miles; pm 5 miles.
TUESDAY: am 5 miles; pm 10 miles inc. hills.
WEDNESDAY: am 4 miles; pm 8 miles.
THURSDAY: 5 miles.
FRIDAY: 10 miles fartlek.
SATURDAY: am 5 miles; pm 5 miles.



Untangling the skein of Scottish athletics



Sandy Sutherland

If, as it is said, a camel is a creature designed by a committee, how would one describe the complex, perplexing and often vexing structure that is the organisation of Scottish athletics?

The nearest I can come up with is the "Hydra", that mythical creature of Lerne, which Hercules encountered in his Second Labour.

The Hydra actually had nine heads, the middle of which was immortal. Some legends have it that this mythical creature and its heads could never get their act together and spent most of the time contradicting each other. Sound familiar?

Now, one could continue the analogy and speculate on which of the several and varied athletics governing bodies most closely resembles a Gorgon, the creature with the head full of serpents hissing about it, but perhaps that would be unfair despite the recent unhappy history of the Scottish Women's AAA, with its special general meetings and court action.

I suppose the Scottish Amateur Athletic Association would claim to be the nearest body to immortality, if only because it has been in existence longest, having celebrated its centenary in 1983. But, given the present deep and at times bitter, theological debate about male chauvinism in the Church, it is perhaps dangerous to imply that masculinity and immortality are in any way related.

However the body controlling men's track and field athletics is certainly the biggest, both in terms of the numbers who sit on its committees and in terms of budget.

The general committee is 36-strong, comprising representatives from three districts – West, East and North – each of which has a schools and Scottish cross-country union representative. And there are representatives from the Scottish

Border AAA (two), Scottish Tug of War Association (one), the army in Scotland (one) and, even the police (one).

The SAAA delegates administration of cross-country and road running, from October to March inclusive, to the Scottish Cross Country Union and both these bodies have their female equivalents; but there, perhaps, the resemblance ends.

The male organisations have co-existed happily for the best part of a century with the odd bit of discord about, for example, television money. But, of the relationship between the Scottish Women's AAA and the Scottish Women's Cross-Country and Road Running Association, perhaps the least said the better.

Suffice that both appear to want to control all road racing and marathons and would-be promoters have had the ludicrous situation of actually having to apply for permits from both for the same race.

Fortunately the schools went co-ed over a decade ago, with no regrets, and the Scottish Schools Athletic Association wonder why their elders (but perhaps not betters?) cannot do the same.

They still stage separate boys' and girls' track championships, unlike the seniors, but only because to merge them would mean a massive two-day meeting.

Just one example of the daft situations which can arise: when the schools approached the SAAA for assistance with a coaching course they were turned down

— because they could not guarantee that only males would benefit...

It is fascinating to note, however, that on the Scottish Schools headed notepaper is the legend "affiliated to the Scottish Amateur Athletic Association" but no mention of the SWAAA — a historical hang-over or a hint of surviving chauvinism?

As if five separate organisations were not enough, there are rumblings of "UDI" in another area of the sport, hill running — or, as it is appropriately named south of the Border, "fell running".

"It is easy to make a case for change"

The Fell Racing Association has had independent governing body status in England and Wales for four years now and the stated ambition of the Scottish Hill Running Association is to achieve the same. Certainly they are a vociferous, well-organised and determined group, as befits the nature of their sport, and it would be no surprise if they achieved their aims in the near future, but with one accord, so Ann and Andy Curtis, for example, will not have to affiliate to different bodies.

Of course, if you go farther afield and actually want to compete for Great Britain, you enter another mine-field. The British Amateur Athletic Board is a "confederation of the eight governing bodies of men's and women's athletics in the United Kingdom of Great Britain and Northern Ireland". That very definition almost puts the case for reform.

The Board was first constituted on October 29, 1932, after Scotland had tried, unsuccessfully, to affiliate direct to the International Amateur Athletic Federation. The AAA had become affiliated in 1913, in typically English fashion, as the 'Governing Body for Great Britain and Ireland'.

The present BAAB constitution was adopted in 1970 and provides for six AAA representatives, three SAAA, two Northern Ireland AAA, two Welsh AAA, three Women's AAA, one SWAAA, one NIWAAA and one Welsh Women's AAA.



Time for a change

From previous page.

plus two international athletes' representatives (male and female).

Although primarily an umbrella body to provide international competition, the Board also co-ordinates and administers the UK Coaching Scheme.

And it is in the realm of coaching in Scotland that one of the best examples of co-operation exists between the various governing bodies — the Joint Coaching Committee, which is responsible for the administration of the work of the national coach, under the "neutral" chairmanship of Bob Gillies.

David Lease, the national coach, like Scotland's athletics administrator John Fairgrieve, must wonder at times which body they are working for, which "head" they are speaking to, and it is easy to ridicule the present set-up and make out a case for change, less easy to suggest workable alternatives.

But whoever is charged with that task should beware — when Hercules lopped off the heads of the Hydra, not one but two heads grew in place of each — and though he eventually prevailed against the many-headed beast he was disqualified for using unfair tactics.

The reform of Scottish athletics is truly a Herculean labour.

The tracks were pretty primitive when the world was young and dinosaurs staged races. But at least the steamy heat must have been conducive to fast sprint times. Some things, however, will not have changed much. The sport then would doubtless have been administered like British athletics.

Compared with other countries, athletics in the UK is still trying to come down out of the trees.

History and tradition tend to saddle a sport with unwieldy procedures.

The sport is crying out for modernisation. John Anderson put his finger on it in these columns when he wrote: "The current structure is a nonsense... we need radical organisational change."

He was referring to Scottish athletics, but the observation could easily apply to the UK.

The obvious solution, both within Scotland and the whole UK is to have a single governing body. The UK organisation, a union between the AAA and BAAB, already has the putative title BAF... British Athletic Federation. Note the missing word — amateur.

Logic dictates that BAF will be born.

eventually. And it would seem equally sane to have a single governing body for track and field, cross country, road and hill running and race walking instead of the current tangled web.

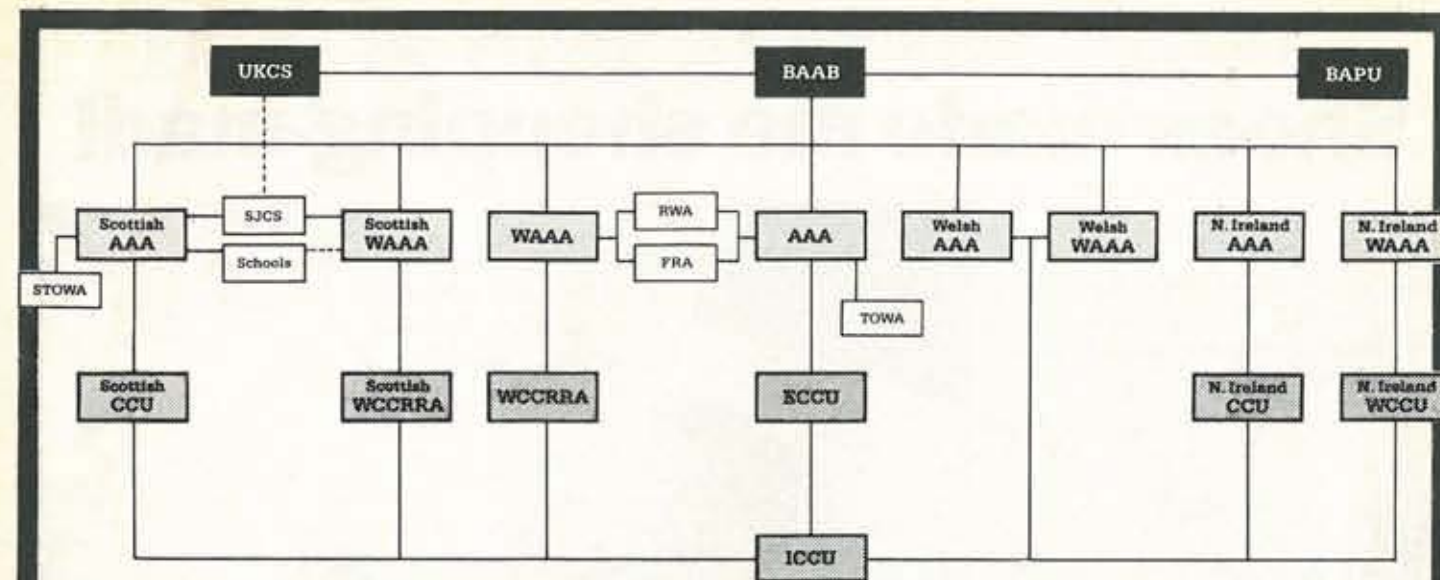
Scotland, while it has its problems, notably on the female side, is well placed for rationalisation. What it will take more than anything is a burying of petty jealousy and a surrendering of power.

The coming-together of the four major bodies to appoint a full-time administrator in John Fairgrieve provides a starting point. It begins to centralise paperwork and prevent expensive and time-wasting duplication of services and facilities.

As a first step the male and female cross-country unions should unite. Already they allow co-racing — men with women in some events — and they have for years shared transport to world championships.

Some sponsors, Irvine Development Corporation and Irvine District Council, for example, who have helped host the national championships in recent years, have indicated that joint championships would be beneficial. The message appears to be that attracting sponsorship could be easier.

The issue is a complex one. The



The alphabet soup of athletics

BAAB... British Amateur Athletic Board. A confederation of the eight following organisations who run men's and women's athletics in each of the four Home Countries:

AAA... Amateur Athletic Association. The governing body for men in England and the organisation through which the other home countries' men's associations address themselves to the world governing body, the International Amateur Athletic Federation.

WAAA... Women's Amateur Athletic Association. Female counterpart of the AAA.

WELSH AAA... Welsh Amateur Athletic Association. Welsh equivalent of the WAAA.

NIWAAA... Northern Ireland Women's Amateur Athletic Association. Northern Ireland equivalent of the WAAA.

SAAA... Scottish Amateur Athletic Association. Scottish equivalent of the WAAA.

SWAAA... Scottish Women's Amateur Athletic Association. Scottish equivalent of the WAAA.

Each of the above eight association, with the exception of the two Welsh ones, has affiliated to it their respective cross-country governing body. In Wales the two track athletic association also look after the country.

The other cross-country governing bodies are:

ECCU... English Cross-Country Union.
WCCRRRA... Women's Cross-Country and Road Running Association.

NICCU... Northern Ireland Cross-Country Union.

NIWCCU... Northern Ireland Women's Cross-Country Union.

SCCU... Scottish Cross-Country Union.

SWCCRRRA... Scottish Women's Cross-Country and Road Running Association.

Each of the above affiliates to the parent track body, male and female, in its own country and through them, in turn to the AAA and WAAA... which makes life difficult for women's cross-country in Scotland. They are barely on speaking terms with the SWAAA. All four Home Countries have a confederation, the ICCU (International Cross-Country Union) which looks after the sport at UK level.

RWA... Road Walking Association.

FRA... Fell Running Association.

TOWA... Tug of War Association.

The above three are all affiliated to the AAA and the first two also to the WAAA. **SSAAA**... Scottish Schools Amateur Athletic Association. Governing the sport for girls and boys in Scotland, affiliated to the SAAA and has a working relationship with the SWAAA. It has counterparts elsewhere in the UK but these have been left off our chart to simplify matters! **STOWA**... Scottish Tug of War Association. Affiliated to the SAAA.

The BAAB operates two arms:

BAPU... British Athletics Promotions Unit. Raises the money to fund the sport in Britain.

UKCS... United Kingdom Coaching Scheme. Appoints coaches under UK coaching director Frank Dick and establishes a structure throughout the country for coaching. In Scotland it feeds into:

SJCS... Scottish Joint Coaching Scheme. Set up by the SAAA and SWAAA.

The secretaries of the Scottish governing bodies are as follows:

SAAA — Bob Greenoak. **SCCU** — Ian Clifton. **SWAAA** — Isobel Docherty. **SWCCRRRA** — June Ward.

In addition the four governing bodies employ a national administrator. John Fairgrieve, at 18 Ainslie Place, Edinburgh EH3 6AU. Tel. 031-226 4401.

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Castlemilk C.C.	4th	12-2 p.m.	1.30 p.m.
Glasgow Green	5th	6-9 p.m.	8.30 p.m.
Eastfield Res. Centre	6th	12-4 p.m.	3.30 p.m.
	12th	10-2 p.m.	1.30 p.m.
Castlemilk Pool	7th	10-2 p.m.	1.30 p.m.
Burnhill S.C.	8th	10-3 p.m.	2.30 p.m.
Fernhill Pavilion	11th	10-2 p.m.	1.30 p.m.
Halfway Rec. Centre	13th	11-3 p.m.	2.30 p.m.
Asda (Cathkin)	14th	6-9 p.m.	8.30 p.m.
Pollokshaws S.C.	17th	6-9 p.m.	8.30 p.m.
Overnewton Rec. C.	18th	12-4 p.m.	3.30 p.m.
	24th	10-2 p.m.	1.30 p.m.
	19th	10-2 p.m.	1.30 p.m.
Cathkin Rec.	22nd/30th	11-3 p.m.	2.30 p.m.
At Burrell Collection			
Geoff Shaw C.C.	25th	11-3 p.m.	2.30 p.m.
Govanhill N.C.	26th	10-2 p.m.	1.30 p.m.
George Square	27th	11-3 p.m.	2.30 p.m.

DOUG GILLON

Shoes made me shopping-mad!

A DAY in the life of Ewan Mee, an every-day story of athletics' answer to Walter Mitty.



Major expenditure this month as the result of unexpectedly attending the cremation of two old friends. Ruth, peg on nose and wearing protective rubber gloves, fastidiously flung my old black school gutties on the fire in the back garden. "Get new shoes!" she commanded.

I Allan-Wellised it into the house and spent a happy hour, dictionary in hand, translating the adverts. "Tripolymerised low density midsole featuring antilateral rotation control in an aerated orthoprofile" really means three spongy bits stuck together to stop your foot wobbling around! Torn between a day-glo clog at £99.99, or a plain white plimsoll at £19.99, I decided to keep an open mind.

I stood hesitantly outside my local, "Running-In", a running rabbit hypnotised by the various brands Off-Balance, specialists for pronators and supinators; Crike, especially when you saw the price tag; Le Canard Mort for lively Continental chic; Lah-di-das, the upper-class shoe with the go-faster stripes.

I strode in. "I'd like a pair of running shoes, please, size 8, between £20-£70."

The assistant's jaw dropped quicker than Jurgen Hingsen's morale at my confident request. He must see loads of people who don't know what they want.

"Fine. That only excludes seven pairs of our entire men's stock. Shall we begin alphabetically? Price? Colour? Size of box? Take a seat."

We began. My jogging watch said 201. I left at 529 tiptoeing through the debris of tissue paper, lids and boxes — 25 makes, 48 pairs — on the floor, having decided I liked the first pair best of all. Delighted, I cheerfully remarked on parting, "There, that wasn't so painful, was it? Happy running!"

I prepared for my evening run in a glow of anticipation, supremely confident of a new PB. Full of advertised promise, the shoes — how could I fail? I loped lightly off up the garden path.

Ten minutes later I limped heavily back, faced an agonised Zatopek mask. Ruth, alarmed, bulleted current injury-related questions.

I wrenched the left shoe off in disgust. "Matchless", the advert said. Too true — the left one doesn't fit. My toes are at right angles to my foot! Get the ice! Just wait until I see that bloody salesman on Monday!" I ranted on about hustling salesmen, shoddy workmanship, and the Advertising Standards Authority until I woke Len upstairs.

Runless, I nursed my wrath through Sunday until Monday at 9 a.m. prompt. The salesman, to be fair, stood and took all my viciously barbed remarks without flinching — no denials, interruptions, threats or tears — while the manager looked grimly on, mentally fingering the assistant's P45. Finally, in front of all the staff (I wince at the recollection) I demanded a complete explanation and an abject apology.

Taking the shoe, the salesman reached inside and wordlessly removed a wad of tissue paper.

"I think you'll find that solves the problem." Then, the coup de grace as he ironically added, "There, that wasn't so painful, was it? Happy running!"

Billy is first past the post!

Fifteen months ago, Billy Robertson wasn't serious enough to be considered a fun runner. His sporting passion was football, at which he played sweeper for East Kilbride Sunday League side Newlandsfield Amateurs, while a competent player, he was unlikely to press Willie Miller or Alan Hansen for a place in the Scottish team.

The 1985 Glasgow Marathon was only four weeks away, and his wife Diane kept asking: "Are you doing this marathon or not?" Billy decided he would, put in a 13 mile training run two weeks before the big day, and ended up with a time of 2:52.

That was when Billy Robertson decided he might be better at running than football. Incredibly, 12 months later Robertson finished seventh in the Glasgow Marathon in a time of 2:20:42, was picked to represent Glasgow in the Nurnberg Marathon in Germany, finished second in that event and led his home city to the team prize.

Does 1987 proffer a dark blue Scottish vest for the 29-year-old Glasgow postman who once played bass guitar in a band called The Rockits? The answer can only be yes if this year's soaring rise to prominence is maintained.

Just back from Germany, and on his way to compete for the Post Office in a cross country race in Edinburgh, Robertson recalled his unlikely introduction to athletics. His first marathon in fact was in 1984, and that's where he takes up the story.

"I was quite fit, playing football on Sundays and training for it one night a week. The plan was for the football team to enter the marathon that year, but they never got round to it. I still wanted to do it, just for the achievement. It was supposed to be so tough.

"I trained for about 10 weeks, going out on long runs although I built up slowly. The longest run I did was 20 miles at about eight-minute-mile pace."

The novice bought himself a £7 pair of running shoes. "I'm probably lucky I didn't do myself some damage," he now admits.

Robertson describes his debut race as an "anti-climax". He explains: "I'd heard so much about hitting the wall, but I found the whole run quite comfortable." A little disheartened, he wasn't much bothered about his time of 3:16.

And that might have been that, had not



Billy Robertson, the running postie, hard at work.

Russell Aitken



Alan Campbell

a couple of pals decided to enter the following February. "I said I would do it again," Robertson says.

While the previous year he had at least been putting in 25-30 miles a week training in the 10 weeks leading up to the marathon, 1985 offered a more lucrative way of spending his spare time.

"I was doing a lot of overtime that summer at a new mechanised sorting office in Paisley Road West," he explains. "The marathon took a back seat." Finally, though, with a month left he finally answered Diane's question.

"I went into the race thinking I would be happy just to get under my previous time," he recalls. "I knew what to expect and ran normally, not holding myself back like the previous year. I had a watch on, but it got steamed up with the rain so I didn't know what pace I was going at.

When I got to the finish I saw the time was 2:52."

Even then, Robertson felt he was capable of greater improvement. "I felt more tired at 22 miles, but it was nothing serious. I thought I'd join a club."

Like most people in his position, Robertson didn't have much of a clue about athletic clubs, many of which share an affection for silence and secrecy with the monastic orders and the masons. "A couple of guys in the office where I work knew people who were members of Bellahouston Harriers, so I decided to join them. I had been thinking of joining East Kilbride Athletic Club, but I didn't even know there was a club at Cambuslang," says Robertson, who lives in Glasgow's south side at Cathcart.

Having got the handshake, the next step was to find the club's premises. "I thought they were based at Bellahouston Sports Centre, but when I asked they said the club had nothing to do with them." Undeterred, Robertson was eventually pointed to the Harriers' pavilion and 400 metre ash track at Nethercraigs.

"The first night I went along, about two weeks after the marathon, they were having a time trial for the McAndrew Road Race," Robertson remembers. "I thought it was really hard and very fast. I didn't go

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the McAndrew — I was disillusioned with how hard that night was. I didn't join Bellahouston to race, just to train. I thought I would be totally out of my depth trying to race against these guys."

The following week, though, Robertson was coaxed into turning up for the Renfrewshire Cross Country Relay Championships at Greenock. "Somebody explained that not everybody who ran in them was a top class runner," he now says.

Plunging in at the deep end, Robertson invested in a pair of spikes — he'd graduated to £17 Hi-Tech Silver Shadows for the road that year — and ran for Bellahouston's seventh team. "It was really wet and cold, but I really enjoyed it," he found to his surprise.

Seven days later, Robertson ran in Bellahouston's third team. By the next week's National Road Relay Championships at St. Andrews, barely a month after the Glasgow Marathon, Robertson was running for the first team, although admittedly in circumstances which deprived the club of such luminaries as Peter Fleming, George Braidwood and Andy Daly. He was the slowest of the quartet, "thought not by much". The day after, he ran the Falkirk People's Half Marathon, his first, and clocked 1:14 to finish 40th.

At this stage, in late October, Robertson was still playing football for Newlandsfield Amateurs. Putting in about 45 miles a week running, he was fast reaching a sporting cross-roads.

"I was getting more and more fed up with football," he recalls. "I found I wasn't committed, and was frightened of getting injured. I decided at the end of November to give it up. My teammates couldn't believe it — I'd always been such a fanatic for football. 'You'll be back' they all said."

But he didn't go back. Instead, he accepted an invitation from Andy Daly and the other fast men of Ballahouston to

join them on their regular Sunday jaunts, which usually meant 15 mile runs at about six minute mile pace. He was now training with the Harriers on Tuesday and Thursday nights, and going along to Crownpoint Road's tartan track for interval training under Victoria Park's Peter McGregor on Wednesday nights.

Fortunately for the aspiring runner, he had an understanding wife Diane, a clerical officer at the Regional Development Grants office in Glasgow, had her own leisure interests in tennis and keep fit classes, and accepted this greedy new love in her husband's life. Finishing his postman's duties about midday after an early, early start, Robertson in any case reckons he avoided any conflict by training in the afternoon, instead of the evening, on Mondays and Fridays!

However, 1986 didn't start as it meant to continue for Robertson. Early in the year he developed a plantar ligament strain in his left foot, beneath the heel, finally tearing it during the Pollok 10k at the end of January. He was out of action for 10 weeks, during which his injury and frustrations were massaged by physio-therapist and former St. Mirren manager Ricky McFarlane and regular visits to Eastwood Toll swimming baths.

Road and track appearances for Bellahouston followed in the early summer, including a 71:40 Clydebank Half Marathon in June, before the performance which really convinced Robertson he had a place among the top club runners.

The occasion was the Stirling Half Marathon over one of Scotland's fastest courses. Robertson's best time for a 10 mile road race was 56:35 — yet he ran through the Stirling 10-mile mark in 51:15!

"I was lying ninth alongside Hammy

Cox of Greenock Glenpark Harriers, and I was surprised to be keeping pace with him at all. I couldn't believe my 10-mile time, but it must have given me a real lift because I ran away from Hammy and finished ninth on my own in 67:47."

The next big date in the Robertson Roadshow was the Glasgow Half Marathon in August.

"I decided that having run well in Stirling I would give it a go — run with the leaders and see how long I would last. Andy Daly, Jim Evans of Falkirk Victoria Harriers and myself went away in front, and then Andy and I pulled away."

"I'd become very friendly with Andy, and we were doing a lot of training together. By about eight miles we were so far ahead that Andy suggested we just run together and forget about racing. We were chatting to each other. It was like a training run and the pace dropped slightly."

Despite this, the pair cross the line together at 66:48, although first place was awarded to Robertson. Daly generously agreed that his team-mate should keep the first prize of a free flight to any destination in Europe. Two days later, the postman flew to a personal best of 30:45 seconds when winning the Renfrewshire 10,000 metres track title at Crownpoint.

Wisely, Robertson eased off in the run-up to the Glasgow Marathon, his third, but the first as a serious runner.

"Again, I decided to run with the lead pack. I felt quite comfortable up to about 10 or 11 miles, but then Kenny Stuart made a break as we were coming off the Expressway. One or two others went with him, but I didn't think it was wise to go. It was the first time I'd raced a marathon and I didn't know what to expect."

Robertson went through 10 miles in 53 minutes, hit a bad patch about 12 miles, recovered — appropriately — by Bellahouston Park and was enjoying the

"It was wet and cold, but I really enjoyed it"

encouragement of his clubmates, wife and friends around the course when he developed severe stomach cramp on the Barrhead Road.

"I had to stop because I couldn't stand up. I started rubbing it then ran holding my stomach. I got a sponge at a water station and ran with it down my shorts for the last six miles. Halfway through Pollok Estate I ran through the cramp and started feeling good again, and after that there were no problems."

The cramp undoubtedly prevented Robertson from dipping under 2:20:00, but he held on to seventh place and the silver salver awarded to the first Glaswegian home. That placing booked him an automatic trip to Nurnberg, although he initially had reservations about running another marathon so soon after Glasgow.

Robertson's all-expenses paid visit to



Russell Aitken

Glasgow's twin city in October was rather more up-market than his previous two forays to Germany. After a five-year spell as a stock control clerk on leaving school, he answered a daily newspaper advertisement and found himself a banqueting hall porter at the Dusseldorf Hilton.

He stayed there for a year, learning some of the language, before returning to Glasgow and The Rockits, a Jam-inspired band. Later, he returned to the Dusseldorf Hilton for another spell of portering, this time accompanied by Diane, who did her chambermaid, as they saved up to get married.

While he was disappointed with his Nurnberg time (2:28:16), Robertson's second position added to his status, and the course, a four-lap loop over which back markers had to be overtaken, was

not considered suitable for fast times.

Now, in the company and under the watchful eye of Andy Daly, Robertson is preparing himself this winter for an assault on next spring's London Marathon, and, hopefully, a time comfortably within two hours, 20 minutes.

Likeable and articulate, Billy Robertson is an inspiration to his peers. His talent might have been discovered at school, but nobody took an interest. Naturally, he is curious to know what he might have achieved if he'd started running earlier, but he is honest enough to admit that at that age it would have taken a lot to wrench him away from football.

New horizons have been opened because of the Glasgow Marathon. Those people who sneer at the running boom should be chastened at the story of Billy Robertson.



As marathon runners go, Billy Robertson is not a high mileage trainer. This summer he was averaging about 60 miles a week; the most in any one week has been 71.

Depending on racing commitments, a typical week's training schedule would be:

- Mon: Long run (18-20 miles) at six minute mile pace.
- Tues: Sri Chinmoy two mile race, Glasgow Green.
- Wed: Interval training, 20 x 200m (31 secs with 45 secs recovery), or, 8 x 300m (45 secs with 60 secs recovery), or, 10 x 400m (65 secs with 90 secs recovery).
- Thurs: Ten mile club run at 5:40 pace.
- Fri: Five miles, easy pace.
- Sat: Off if racing.
- Sun: Race.

This winter, Robertson is introducing hill training on a Monday and more quantity

interval training at Crownpoint Road on a Wednesday. He says: "I think I get away with such a low mileage by being a postman. I must walk about 50 miles a week, and also cycle about 30 miles between my house and work, and my house and the club."

He strongly recommends joining a club to unattached runners who want to improve their performances.

On diet, he says: "I eat like an animal. The only thing I try to avoid is fried food, although I don't take sugar or salt either."

Since becoming a serious runner, his weight has dropped from 10½ stone to 9½ stone. "So long as I am doing a lot of training I don't put weight on," he says.

Robertson's only real dietary fad is to ensure that he eats pasta on the night before a long race.



Billy still enjoys music — above — but it's strictly part-time. Music, and football — that's Billy at the top of the team — have faded away as running has become Billy's main hobby.



Three sets of runners at three different points on the Black Isle peninsula waited chattering, as a keen wind nipped in from the sea. It was the morning after Halloween.

Close by, Moray Firth Radio's usual Saturday request programme blazed away, volume full up. The runners chafed, and chafed doubly, as the disc jockey chuntered on.

Then came sudden concentration, and the forward lean as runners tensed for the start. A simultaneous countdown came from three sets of speakers, a starting gun fired in the studio in Inverness, and the 1986 Scot JCB Black Isle People's Marathon, Half marathon and 10k Road Race — even the title makes you breathless — was underway.

Just 3004 minutes later, Ross Arbuckle of Keith District AC was crossing the finishing line at Fortrose to win the 10k event, having eased himself away in the final stages from a hard competitive group of runners. Only 22 seconds separated



The Black Isle Three-in-One

Arbuckle at the finish from Graham Milne of Peterhead, who finished fifth.

Meanwhile, the leading half marathoners had turned at Cromarty, pulled up the steep climb out of the village, and were on the highest point of the course. Willie Miller of Caithness AC and Danny Bow of Nairn and District leading the way.

Two leaders also in the marathon — veteran Don Ritchie of Forres Harriers and 22-year-old John Duffy of Cumbernauld — who now faced a long stretch as they

skirted the southern side of the Cromarty Firth before turning for home, at Cromarty itself, 17 miles completed.

Miller was to pull away from Bow and finish over two minutes ahead in 1.11.18, but the marathon itself was providing the real duel of the day. Only at about 20 miles did Ritchie finally get away from Duffy to come home, in his distinctive cantering style, in 2.28.38, with Duffy following, four minutes behind.

Words do not spill from the lips of Don



Ritchie as copiously as they do from those of his fellow world record holder Sebastian Coe. But he did have a comment to make on young Duffy. Two words: "Tough guy," he said, as he trotted away after the finish.

It was praise indeed and Duffy, 33rd in the Glasgow Marathon in 2.29, should be pleased.

The organiser, Ray Cameron of Black Isle AAC, was also pleased when I phoned him on the Monday after the race. He was pleased with the performance of his team's youngsters, whom he had accompanied to Aberdeen for the Hydrasun meet on Sunday.

That's typical of the Black Isle Club. With 200 members, 120 of them youngsters, they were awarded £1000 by Minolta, no strings attached. The money is going into coaching the kids, with a weekend's training in Ireland the highlight.

Ray, a 32-year-old worker with the Forestry Commission, won't be organising the Black Isle Three-in-One next year. Having organised five events this year he is stepping down, but fully expects the event to be double in size in 1987. And with 150 doing the 10k, another 150 doing the half, and 100 doing the full marathon this year, that'll be some achievement.

Ray hopes instead to concentrate on his own running, as well as coaching. With a marathon personal best of 2.33 he's hoping to go under 2.30 in London in 1987.

Runners don't have much time to enjoy scenery or wild life — like the swans on the Cromarty Firth that day — or the history and architecture of London. Runners don't even think much during a race as they concentrate everything on their performance.

But Ray must allow himself the satisfaction, at the London Marathon, of thinking "You've organised a good race here, Brasher man, but I remember one day in November I organised three... on the same day... and at the same time."

DAVID CARTER



AND THEY'RE OFF... The Black Isle 10K gets off to a flying start, above left. The half marathon featured a coastal stretch along the Cromarty Firth, top, as well as more urban surroundings, left, before it was won by Patricia Gray of Dundee Road Runners, above.

Politicians on the run

It was the great American writer Walt Whitman in the early 19th century who first exposed the links between sport and politics. "Political democracy, as it exists and practically works in America," he wrote, "supplies a training school for first class men. It is life's gymnasium."

In those early days, it was to the gymnasium that politicians and men of state who wanted to keep in trim used to repair. Bearing in mind that the West had still to be won, it was far too dangerous to contemplate running round what passed for streets. Come to think of it, thanks to the way American society has developed since then, it could still be deemed far too dangerous to run round the streets in some parts.

But of course the American fitness boom of the early 1970s transformed attitudes to sport and health generally. A colleague, working in Washington, says it is a nightmare trying to walk to Capitol Hill these days — the streets are crowded with joggers, many of whom are also running for high office. Despite President Carter's disastrous entry into the sport — he collapsed during a 10-mile fun run — politicians in America want to stay ahead of the opposition in more ways than one.

Here the politicians' aims are more modest, — although every London Marathon has a clutch of MPs among the



'I try to run as often as I can at the House'

DENIS CANAVAN

entrants, including some from Scotland. Cathcart MP John Maxton was pictured during a race in last month's Scotland's Runner, Dunfermline's veteran Dick Douglas has notched up almost as many marathon finishes as election campaigns, while the Honorable Member for Falkirk West is the undoubted star of the Scottish Labour Party.

Denis Canavan has always enjoyed an active sporting life, representing Scotland at football in the combined universities' side while he was at Edinburgh. I do not know whether he was a left-winger then. Nowadays, though, as "Who's Who" relates, running is his principal sport.

Always quick on his feet in the debates in the House of Commons, Canavan is no slouch when he dons the sannies and semmit. With a personal best of 1hr 24mins for a half marathon, he runs remarkably consistently, clocking just two minutes slower than that in the recent Falkirk event in his constituency.

"I try to run as often as I can, when I'm at the House," he told me. "There's a good run from the Palace of Westminster, which is about eight miles, most of it away from traffic. I go through the Royal Parks, or the Royal playing grounds as I call them, first Green Park then Hyde Park and finally through Kensington Palace Gardens."

It is the nearest the left-wing firebrand is ever likely to get to the Royal Family, and for a man who lists as his clubs two miners' welfare establishments near Stirling, it is as near as he probably wants to be.

The disadvantage of running in London is the traffic. "The roads you have to cross are hellishly busy, and you can really lose your rhythm waiting for a gap in the traffic. But I do try and run as frequently as I can, because I find that when I'm mentally and physically knackered, I can unwind," he says, displaying the plain speaking which has endeared him to his own side as much as it has made him a bete noir for the Tories.

Away from London, the MP's favourite run is a ten-mile affair around the country



Reevel Alderson

lanes near his home in Bannockburn. "It's so peaceful and beautiful round there that it's ideal for running. I try to do a good run each weekend when I'm at home, just to get some clean air into my lungs."

And for those who find his brand of down to earth politics annoying in the civilised atmosphere of the House, there is bad news. He is not giving up running. "Why should I? I feel regenerated when I've been for a run. Ready to take on the Tories again."

Whether other political parties can put up candidates like Denis Canavan is for others to debate — although with a marathon best of 2hrs 58mins, he can obviously cover a fair bit of ground when



'I don't have time to train properly'

DONALD GORRIE

canvassing. The Liberals may be able to do it quicker though.

In the party's ranks in Scotland are two men who have, in their day, shown many an opponent a clean pair of heels. The Alliance group leader on both Edinburgh district and Lothian regional councils, Donald Gorrie, is a former half miler of no mean repute, holding the Scottish native record with a performance of 1min 52secs in 1955. Sadly, illness cost him a place in the Commonwealth Games team three years later, and he retired from the track soon afterwards.

But the 53-year-old party environment spokesman maintains his connection with athletics and took part in the first three Edinburgh marathons, notching up a personal best of three-and-a-half hours. "I've thought of taking part in some of the veterans' events which are now being organised," he said, "but I don't have the time to train properly. It's a 30-hour day being a local politician, although I keep fit delivering my newsletter to everyone in my ward."

The pressures of office are keenly felt by Scotland's Solicitor-General, Peter Fraser. The Angus East MP was once a heavy smoker and, according to his diplomatic wife, Fiona, is heavier than he should be. It is not merely the burden of



'I find running intensely boring...'

MENZIES CAMPBELL

responsibility which weighs heavily.

But, in a moment of rashness uncharacteristic of a senior politician, he found himself running in the Dundee Marathon two years ago. Having seen Fiona complete the Dundee course the previous year in four hours seven minutes, he took the attitude: "Anything you can do, I can do faster."

Giving up smoking gave him the motivation, and soon he was clocking up 30 miles a week — much of it in the early morning in Hyde Park. Unlike his American counterparts, the Solicitor-General wanted to avoid being seen by too many voters.

With the marathon and a clutch of shorter races now under his belt, the Minister has eased off his training, although he has the incentive of running with daughter Jane, who is 14 and regularly runs cross country events at school. "As long as I run for half-an-hour to an hour once or twice a week, without feeling any ill-effects, I am happy," he said.

Which is good news for his boss, the Lord Advocate. When Fraser ran the Dundee race, Lord Cameron was reportedly very worried in case one of the Government's law officers was laid low by the effort. "The Lord Advocate was fizzing," says a Lobby source. "He told Peter it was a bloody silly idea, and not to do it again."

No such danger if the Alliance form the next government. One candidate then for Fraser's job would be another Queen's Counsel, Menzies Campbell, currently the Liberal candidate for North-East Fife. Undoubtedly the best known of the running politicians in Scotland, he is a former holder of the UK 100 metres record — 10.2secs set in 1967.

But the man who held that record for seven years, captained Britain's athletics team in 1965 and 1966, and competed in the Tokyo Olympics and Jamaica Commonwealth Games, has no latter-day ambitions as a runner. "I find running an intensely boring pastime," he told me. "I can think of nothing worse than running round the streets, mile after mile, at my age. I retired in 1968 and my only involvement in athletics nowadays is as trustee or committee member of various official bodies."

Menzies is a governor of Sport Aid, and the sports representative of the Sean Connery Trust, but the post which gives him the most satisfaction is being President of the Scottish Schools Athletics Association. It's a job which has given him an insight into the other side of the sport and politics link.

"It's absolutely marvellous to see the dedication teachers apply to the voluntary running of the association, and



'If I run once or twice a week, I'm happy'

PETER FRASER

the effort they put into coaching youngsters. But over the past couple of seasons, with the industrial action in the schools, a lot of that extra-curricular work has had to be abandoned. It's a great shame.

"But I was mightily encouraged last summer when teachers whose own schools weren't competing in the championships because of the industrial action nevertheless continued to organise the event — because of their love for the sport."

Menzies Campbell reckons he is still fit, despite his aversion to further training. During the 1983 General Election, he claims to have left canvassers from St Andrews University trailing in his wake. And he says he has one lasting claim to fame. Like his friend Bruce Tulloh, who said he was the last sea-level long-distance runner — never having run or trained at altitude — Menzies Campbell says he is the last of the cinder track competitors.

"That's how my record stood for so long. Once tartan tracks and electronic timing came in, the records tumbled," he said. "I've never run on an artificial track, and I don't think I'd like to."

Although he has given up running, Campbell may later take up another form of political sport, writing memoirs. The author Philip Guedella, in an essay on biography, wrote that such a pastime is a recognised form of sport. "And it is as unfair as only sport can be."

Perhaps that is what attracts politicians to sport, and vice versa.

Spango play the name game

The name of one of Scotland's most successful and ambitious clubs of recent years is about to be revamped.

As soon as the Scottish AAA formally approves the adoption of company names as part of a club's title it will spell the end of Spango Valley.

Or more accurately a new beginning, but one in which, strangely, the Greenock club will be turning the clock back 13 years, to the day they were born.

Spango could be excused for thinking they are ahead of their time, but perhaps that is inevitable for a club which is backed by a computer firm.

When founded back in 1973 they called themselves IBM and they existed under the international computer company's banner for nearly two years. But then the SAAA pulled the plug.

Company names are permissible for closed clubs — clubs whose membership is drawn exclusively from within that company — but the fledgling IBM outfit allowed up to a quarter of its membership to be drawn from outside.

"We weren't prepared to shut out these other members, so instead we changed our name," said Lawrie Spence, the club's



Doug Gillon

current captain and most illustrious competitor.

Now the climate of official thought has changed. The world governing body, the International Amateur Athletic Federation, has conceded that in the commercial world of the '80s clubs may adopt the name of sponsors and their name may appear on clothing.

The Scottish Women's AAA has already demonstrated their willingness to fall into line (Edinburgh Woollen Mill SH and Monklands Shettleston LAC, for example).

Now the Scottish men's governing body is clearing the path for similar club adoptions by companies.

"When final approval comes through it would be our intention to incorporate

'IBM' in our title," said club president Ray Hyett.

The likely title is 'IBM Spango Valley' but that has still to be thrashed out by the club's committee.

It has been a club rule from the outset that at least 75% of the membership should work for the company, but at present there is closer to 90%.

Lawrie Spence, however, was the only company employee in the four-man team which won the national cross-country relay title at St Andrew's last year and which also won the George Cummings McAndrew, Renfrewshire, and West District relays this autumn. Of the other members of the squad the Connaghan brothers, Peter and Steve, are unemployed while Chris Robison is a Sea King helicopter navigator based at Prestwick.

The club was launched because so many members of staff had an interest in running, though many of them had actually ceased to compete.

"Mainly they were 'born-again' runners," says Lawrie.

Many of these had been members of the two Greenock clubs, Glenpark and Wellpark. But the creation of a third club in the Clydeside town made no great



The youngsters lead the way as Spango Valley hit the road for a training session. Below left: some of the club's happy faces, including Lawrie Spence (back, right).

ripples. There had been another club, Auchmountain, in the area before, but it had folded up in the '60s.

Spango's growth and progress had to some extent rekindled ambition in the area. It seemed for a while as though Glenpark and Wellpark, despite illustrious traditions, laid more emphasis on beating each other than on wider horizons.

Among those to come through when the club was formed was Tom Dobbin, a youth international who had drifted out of the sport, but who, by the time Spango were good enough to win the silver medal in the national relay championships at Irvine in 1979, was a member of the team. That same year they won the four-man district title.

It was remarkable progress from the little band of some 20 runners who had started out in 1973, running from the factory at lunchtime.

The club is very much a lunchtime one, rather than being geared to the traditional evenings during the week. Another unusual feature is that fathers, mothers and children tend to run together at weekends, meeting up on Sundays to train at Greenock, or travel to suitable races, such as the revamped Stewarton cross-country fixture.

"We've been a bit guilty in the past of neglecting the kids and the women, but that's a policy we are trying to change," says Spence. And this season women and children are now competing in the club's blue and gold.

Being attached to a company has its advantages. IBM have given a budget of £1200 this year to treasurer Archie Galbraith, making an input of around £10,000 since the club was formed.

Athletic club members pay an annual subscription of £4 and all members of IBM's sports club pay 5p per week, deducted from their wages.

The sports club caters for a wide range of activities — swimming, sub-aqua, archery, fishing, football, bowls, aerobics, golf, squash, sailboarding, canoeing and even raft-racing.

They all share the sports club facilities, palatial by comparison with the average athletic club — a restaurant and function room, games room with TV, darts, and snooker and pool tables. There is even a bar. It serves only beer and wine — no spirits and it does not open at lunchtime, except at weekends.

"It's much more of a social centre than a bar," says Spence. "As many people will come in for a coffee as for an alcoholic drink."

The changing accommodation boasts six showers and there is often a queue at lunchtime, even although training is staggered between 11.30 and 1.30.

"We have neglected kids and women... that will change"

The fast pack which goes out then consists of some dozen athletes. Some runners join the fast group only once or twice a week, which guarantees that Lawrie Spence and brother Cameron, Chris Leck and the like, are always given a testing work-out.

There is a two-mile loop round the plant, on roads and grass, including hills — a cloistered environment which helps break in novice runners gently to the idea of exposing themselves to the real world.

That could help prove an attraction to the women. The only female club in the area, Rankin Park, folded when the local community centre asked each member to pay a fee of £50.

There is certainly scope for the growth of women's athletics in the area. Spango organised the Women's Own run in September, attracting 400 competitors. "Another benefit in races like these is that all the money raised goes directly to charity," says official Sam McEwan. "Because of IBM's backing, it takes care of the administration."

Several Spango men from other sports have developed into competent athletes. Terry Wilkie, whose sister Carole has just become engaged to Chris Robison, played local amateur football until the age of 28. This year, now 33, he has logged up a 66-minute half marathon. And Joe Gallagher, once on the books of Kilmarnock, ran 227 at Inverclyde last year.

There are several people like that, says Lawrie Spence, whose four brothers, Cameron, Gordon, Jim and George all contribute.

Lawrie, 33, has been national track champion at 1500, 5000 and 10,000 metres as well as Scotland's cross country captain. And he has represented Scotland eight times at the world championship.

Cameron, 36, a Northern Ireland international — his father was born there — is club secretary. Gordon, 42, was the club's first secretary, while George, 47, is the Spango representative to the SAAA and SCCU. Jim, the eldest at 49, is unofficial coach.

When the club staged their relay trials earlier this season four of them ran with Jim acting as timekeeper.

It is a small tightly-knit club of around 80 active members and they have achieved much in their short life. Undoubtedly being plugged into the IBM circuit has helped spectacularly. Few clubs enjoy those kind of resources and backing.

But they are a club worth studying. When the door to sponsorship is fully opened, as it must be sooner or later, then clubs like Spango, with well-structured backing, could be the shape of things to come in Scottish athletics.



Clairan Donnelly

The biggest hurdle that the winter runner has to clear is the front doorstep. Don't think about the distance you are going to run — concentrate on getting yourself out onto the street and you are more than half way towards a good winter training session.

Scottish winters are not as cold as those in some other parts of the world. In the USA many winter runners wear special tubes and masks which heat up the air they breathe before it gets to their lungs. Norwegian distance star Ingrid Kristiansen spent much of last winter training on a treadmill in her kitchen to avoid the extreme cold outside.

The rain, sleet, snow and wind of Scottish winters need to be treated with respect, but if you wear the right gear there is no reason why you should feel too cold during a run. Wear too much rather than too little — when you get warm you can always take something off and tie it round your waist.

Several thin layers are better than one thick layer — your body heats up more effectively when warm air gets trapped between garments. Many runners find that they are cold when they first hit the street, but are soon uncomfortably warm, especially if they are wearing a waterproof top as well as a couple of layers underneath.

The answer to this kind of problem is a zipper. You can adjust your body temperature effectively as you turn in and out of the wind or rain by pulling the zip up and down.

In specialist running and climbing shops you can buy thermal tops and bottoms which provide a very effective insulation when frosty nights begin to nip the parts that other runs don't reach. This can be especially important for men.

Wind greatly affects temperature. Run with a strong wind behind you and your increased speed will soon work up a sweat, but when you turn into a winter wind the "wind chill factor" can set your temperature plummeting especially if it is also blasting sleet into your face. You can't run away from the wind forever, so make sure that you have the clothing to cope with it.

Beware of the exhilaration of breezing along with the wind behind you and feeling so good that you run a couple of extra miles before turning back into the gale. If it is very windy you need to adjust the distance of your training run accordingly. Running into a wind demands more energy — about 10 per cent more energy if the wind is 10 mph. A 20 mph wind in your face will soak up more than three times that amount of energy.

If you are going for a long session then



Beating the weather



Stewart McIntosh

it is best to face the wind for the first part of the run, so that you do not have to fight against it on the way home when you are more tired and the chill factor is rapidly freezing the sweat that you worked up on the way out.

In very cold weather you lose a lot of heat through your head. A woolly hat can act like the lid on the coffee pot, keeping you snug and bubbling with quiet pleasure. I find that I can face into the worst weather that the winter can throw at me if I wear my mountaineering balaclava.

Most ordinary gloves will set your hands sweating very quickly. Thin running gloves maintain a more comfortable temperature and are more easily carried when you want to lose some heat. Some runners need to use gloves so rarely that an old pair of socks do the job when required — others simply grip the cuffs of their track top with clenched fist and protect their hands that way.

The heat that you generate in your muscles as you run means that your legs will rarely need more than one layer to protect them. Some runners now prefer to wear tights or long thermal underwear (it comes in sporty colours nowadays) under their shorts rather than tracksuit bottoms which tend to be bulky and drag at the knees when they become wet.

It all boils down to keeping warm and dry without sweating too much. If you can afford it there are several brands of "breathing" materials which claim to keep the rain and wind out while allowing your sweat to escape, but you will have to be prepared to pay anything from £80 to £150 for the comfort.

Warm up carefully before leaving the house. If you start to feel too hot remove your gloves first, next stage in temperature control is to loosen your collar then use your zip to let heat escape, pulling it back up when you start to feel cool again. Removing your hat should be the last step — you lose heat very rapidly from the top of your head.

Snow and ice present different problems to that of wind. Running into a snow or sleet storm can be very uncomfortable but scrunching through virgin snow is a lovely experience. Beware of hardpacked snow or ice as these present a very real risk of injury.

The key to keeping yourself fit is to keep working over the winter. Many runners reduce their mileage, but it would be a shame to throw away that hard-earned fitness by going into virtual hibernation. Winter also provides an opportunity to do circuit or weight training, and you can break the monotony of dark winter streets by doing some swimming.

You can keep yourself motivated through the dark months by joining an athletics or harriers club and turning out for regular races. When you are out doing your roadwork, do as much as possible during daylight — it is safer and less boring. When you have to run in the dark, wear something white or reflective so that motorists can see you, and always run facing the traffic, using pavements wherever possible.

A slick operation!

The oil town of Grangemouth knows how to mount a slick, well-refined half marathon operation. With 3850 entrants and 2951 finishers the Falkirk District Council event is claiming the laurel wreath as the biggest "half" north of the border this season.

The event was run on October 26 in cold but sunny conditions and the winner was Graham Crawford, the Springburn Harrier who has dominated half-marathons in Scotland this year. He and Donnie Bain of Falkirk Victoria broke away from the leading group at the six mile point and from then on in Crawford worked hard to shake off Bain who clung on tenaciously in the hope that the Springburn man must be due to lose a race sooner or later.

But it was not to be. At 12 miles Crawford opened up a gap of ten seconds, those few yards of daylight being enough to guarantee him victory as both men gave it all they had in a rousing finish into Grangemouth Stadium.

Frank Harper of Pitreavie AAC finished third in 67:51, consolidating the form he showed in finishing first Scot in September's Glasgow Marathon.

Sharon Sinclair of Irvine AC took the women's title in 77:13 — Sharon also won the Tom Scott Road Race at the start of

the summer season. Patricia Calder of Edinburgh AC was second in 84:10, and Kate Chapman of Giffnock North AAC third in 85:27.

There was a close tussle in the 40-49 vets age group, with only 46 seconds separating David Fairweather of Law and District (71:00), Robert Guthrie of Bellahouston Harriers (71:36) and Robert Wood of Victoria Park AC (71:46).

Falkirk Victoria Harriers easily won the team prize with 11 points, Pitreavie AAC were second with 45 points, and Central Region AC were third with 54. Dundee Road Runners took the ladies team award, with Giffnock North AAC second, and Law and District third (points not available).

Race organiser Andrew Kerr intends to make the event even bigger next year. "We are very pleased with our success so far. Next year we will take 5000 entrants and on previous experience that should give us at least 4000 runners."

Kerr believes that many runners use the event as a final road race before turning to cross country. "We are also lucky in that no other major event clashes with ours — the only other leading race that weekend is the Chicago Marathon!" he says.



THE WINNERS . . . Sharon Sinclair, left, has an emotional moment as she crosses the line. Graham Crawford, below, just keeps on running.

Joe Campbell



Joe Campbell



On the VETERAN scene...

HENRY MUCHAMORE reports on the World Veteran Championships, held in Vancouver recently.

Scottish veterans who travelled to Vancouver for the World Veteran Championships at the beginning of October were criticised by British Veteran Athletic Federation social secretary Barbara Dunsford for not registering as part of the British team. As if to emphasise their unique independence, the whole Scottish contingent competed in a tartan strip bought specially for the occasion.

With the forthcoming change in IAAF rules for the senior cross country teams to be merged into a British team, the Scottish Vets are not easily going to forgo their national pride when competing abroad in World and European Championships.

In the 10k championship Bill Stoddart again proved his return to fitness and showed he has regained his competitive

edge. He won the M4 (o/55) title in a time of 33:18.8 secs which gave him 20th place overall - over two minutes clear of his fellow Scottish rival Willie McBrinn who was second in 35:22.3. Only Alan Rushmer, who won the race in 30:47 and Martin Duff (31:09), both M1 (o/40), and Derek Lawson (32:32), M3 (o/50), were ahead of Bill.

The following day both Bill and Willie took part in the marathon. Bill finished an incredible fifth overall in the race, this time beaten by only two other Britons. Martin Duff (M1) won the race in an excellent 2:26:30, and another M4 Briton, Derek Wood, finished in fourth place in 2:35. Bill and Derek are old rivals who enjoy the cut and thrust of competition; sadly, Willie had to drop out at 15 miles.

In the same 10k M4 age group, Tom Stevenson finished a very creditable fifth in 36:47.

Club president David Morrison has had to literally learn to run again following extensive treatment for his spine. His physiotherapist insisted on him doing special stretching exercises every few hours. Despite this, less than a month later he ran in Vancouver and gained a magnificent silver medal in the M7 (o/70) category with a time of 43:56, just 31 seconds behind the winner, Allen Lucien of Switzerland.

In the M8 (o/75) class, John Emmett Farrell had a somewhat surprising defeat by an incredible Chinese athlete Li Fa-Pin, who sported a very traditional Chinese beard while clocking 42:32, giving him



Veterans Scots Willie McBrinn, left, Ben Bickerton, centre, and David Morrison were among those who represented Scotland in Vancouver, where the Tartan Army gave the rest of the world a run for their money.

170th place overall. Ed Benham of the USA clocked 43:15 for second place with John E.F. clocking 45:10 for the bronze award.

Other members of the Tartan Army competing included Ronnie MacDonald (M4) 44:57 10k and 4:41 marathon, and John Hanton (M6) (o/65), 45:53 10k and 4:40 marathon.

On the home front, Allan Adams, Dave Fairweather and Don Ritchie have all been under 2.30 again for the marathon. Adams was first vet in the Glasgow Marathon (2:23:03) followed by Ritchie (2:26:51), and in the Dumfries 800 Marathon Fairweather gained a superb second place in 2:28:15.

Other notable runs included Bill Scally's steady return in Glasgow (2:33:41), and excellent runs by Peter Cowan (Shettleston) 2:35:56 and Bob Young (Clydesdale) 2:36:16. Both men got under 2:40 for the first time ever.

Another runner to make a welcome return to the vets scene is Jim Ash, previously with Aberdeen but now living in Dunfermline and hoping to make the Pitreavie squad of vets a difficult bunch to beat. Jim took first vet prize in the Aberfeldy Half Marathon (72:38) and recently chased home Liz Lynch in the Dundee People's Half Marathon in a super time of 71:18.

Away from the roads and onto the hills, Mel Edwards (Aberdeen) has had some genuine competition this season, Roger Blamire was first home in the Commonwealth Games Hill Race and Bobby Shields of Lochaber was leading vet at the Meall Ant-Suidhe Hill Race and the Dalchully Hill Race. G. Bryan Jones of Central Region was not only first vet to finish in the Two Breweries Hill Race, but

also first brewer to finish. He may have a recipe or two for us all!

At the Scottish Veteran Harriers Club annual general meeting on October 19, it was agreed that the club would support Edinburgh Southern and the Sri Chinmoy club in putting on a memorial road race for Chick Third, who died aged 56. The event will take place in Edinburgh, possibly near Chick's home in Portobello, in January. It will be open to all runners.

The membership secretary forecast that if membership of the SVHC continued at its present rate of recruitment, it could reach the 1000 mark in the next twelve months or so. This is truly remarkable, and really does mean that the SVHC have got to get their communication act together. The main link with members is through their quarterly newsletter, and their were a number of disquieted members asking for improvements. The omens are good, nevertheless, as former president Jack Newbiggin, himself a journalist, has agreed to act as co-ordinating editor.

The main agenda item was again the issue of the five year age groups for the

Scottish Cross Country Union Veterans Championships. Members heard of the moral victory gained at the SCCU AGM, but which failed to get the required two thirds majority by just two votes. They also heard from executive committee members of the moves taken by the SCCU general committee to bridge the gap with the SVHC and review the issue.

Moves by the SCCU to adopt the IAAF veteran age groups and appoint joint convenors for the championships can only be seen as positive. In addition, the SCCU has agreed to consider the striking of a special commemorative medal for vets championships and to ask their rules and regulations committee to seriously consider the age group awards.

Given this change of climate, the SVHC agreed to defer any action in respect of taking their championships outwith the SCCU until after the outcome of the report of the SCCU committee, and the subsequent motion adopting the age groups at the 1987 SCCU AGM.

In the event of failure to reach agreement, the SVHC has asked its executive committee to convene an extraordinary meeting to discuss the matter.

Let's hope that the current climate of goodwill and common sense between the SCCU and SVHC prevails, especially as they are very inter-dependant on each other in many ways.

Incoming president of the SVHC is Tom Harrison of Maryhill Harriers. Walter Ross, founder of the SVHC, paid tribute to David Morrison for his four years as president, and Tom Harrison presented him with a souvenir award from Vancouver to mark his contribution to the club.

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Allan bridges the age barrier

By DOUG GILLON

The telephone rings and a voice says: "Would you like to represent Scotland?"

That moment, the first international call to arms of a sporting career, remains one of the sweetest experiences, no matter what Olympian heights are scaled thereafter.

"Are you kidding? Of course I would," is the most typical response.

Yet when that call came earlier this year to Allan Adams, the circumstances were, to say the least, unusual; his reply equally so.

The Scottish Amateur Athletic Association wanted Adams, at the age of 42, to make his international debut in a marathon just three days later at Aberdeen.

He had won the Lochaber marathon less than a month previously in a course record of 2:26:36. The race had taken its toll, and only four days before the phone call Allan had laboured round a windy Luddon half marathon, finishing fifth veteran, in, for him, a slow time of just inside 72 minutes.

"I felt tired and very heavy legged," said the Dumbarton Athletic Club man. "I wasn't sure whether I was up to running another marathon so soon."

So by way of a fitness test he set out from his Dumbarton home for a 14-mile

run, over the Erskine bridge and back. The verdict was that he felt OK and he accepted his first Scottish vest.

Given the intensity — near paranoia in some cases — with which international marathon runners prepare for races, Adams' performance was genuinely remarkable. He finished fifth in 2:29:10, first veteran.

It was not his fastest marathon. His best was 2:25:36 when finishing second to clubmate John Stephens at Inverclyde. He had become consistent around that time, having recorded 2:26, also at Inverclyde and 2:27:00 and 2:25:48 in successive Glasgow outings.

But in September in Glasgow he surpassed himself, again as a late call-up into Scotland's colours. This time however the race had been on his programme. He

placed fifteenth, in a time of 2:23:03, winning the Nationwide trophy as leading veteran.

A third representative honour this time in a Glasgow team took him to Nurnberg in October when he finished fifth in 2:29:07.

When a sport which has given a lifetime of pleasure without ever suggesting international success suddenly brings a late flowering, it is particularly satisfying. But in the case of Allan Adams it must have come as a particular joy.

Having run since the age of 13, and, by his own admission, "never been more than a good club runner" he had always been, by normal standards, a very fit man.

Running home from work was part of his everyday routine, but suddenly he began to lose weight dramatically. "I was coughing all the time and vomiting up my food. I lost 2½ stones . . . down to under nine stones from my normal 11 . . . and I began to wonder what I had," said Allan. "The crunch came one day when I got so breathless on the way home that I had to stop and walk."

Like his father before him, Allan's hobby was keeping pigeons, and only after intensive tests in Vale of Leven hospital did the truth emerge. He had pigeon-fanciers' lung.

"It's caused by the dust and droppings from the birds," Allan explained, "a type of

allergy. Once I got rid of the birds the problem cleared up."

But it was a groin injury which was the making of Allan Adams. He was unable to tackle the hill races which had been the main focus of his competitive attentions over the years, and so decided to stick to the roads for a while. And there he discovered a new aptitude.

But his other secret, which is no secret at all, is just old fashioned hard work.

Adams, a maintenance engineer, changed jobs about nine years ago. "I used to work at Babcock and my training consisted mainly of running home, a distance of around 11 miles," he says.

"Then I switched to Hiram Walker's distillery at Kilmalid, and I was able to increase the training."

At the peak of his marathon preparations he now works out three times a day, a total mileage of 120 per week.

"I would do six miles in the morning, half an hour's fartlek at lunchtime, and 10 miles at night. I do that for three weeks at a stretch, because it fits my work routine. The fourth week, as duty engineer, I have to work right through lunch."

A normal training week totals around 100 miles, 80 at the beginning of the year . . . a regime which prompted Lachie Stewart to observe: "When you've got vets training over 100 miles a week it's time for me to call a halt."

Lachie, the former Commonwealth 10,000 metres champion and the scourge of veteran athletics in Scotland, never mind Dumbarton in recent seasons, was acknowledging Adams' commitment, a

volume he himself is no longer prepared to sustain.

It all began for Adams at the age of 13. "I was never a good runner," he says. "I enjoyed cross country, but was never really any better than the top of the middle of the pack. If I trained really hard I would sometimes make the first team."

"But my real love in my earlier days was hill running. My biggest claim to fame was that I once won the Cairngorm race, and I was second, twice, on Goatfell, and second to Phil Dolan at Mamore."

The groin injury stopped that however, but by the time he tackled his first marathon, at Glasgow in 1978, before it was a people's race, he had a huge amount of mileage under his feet.

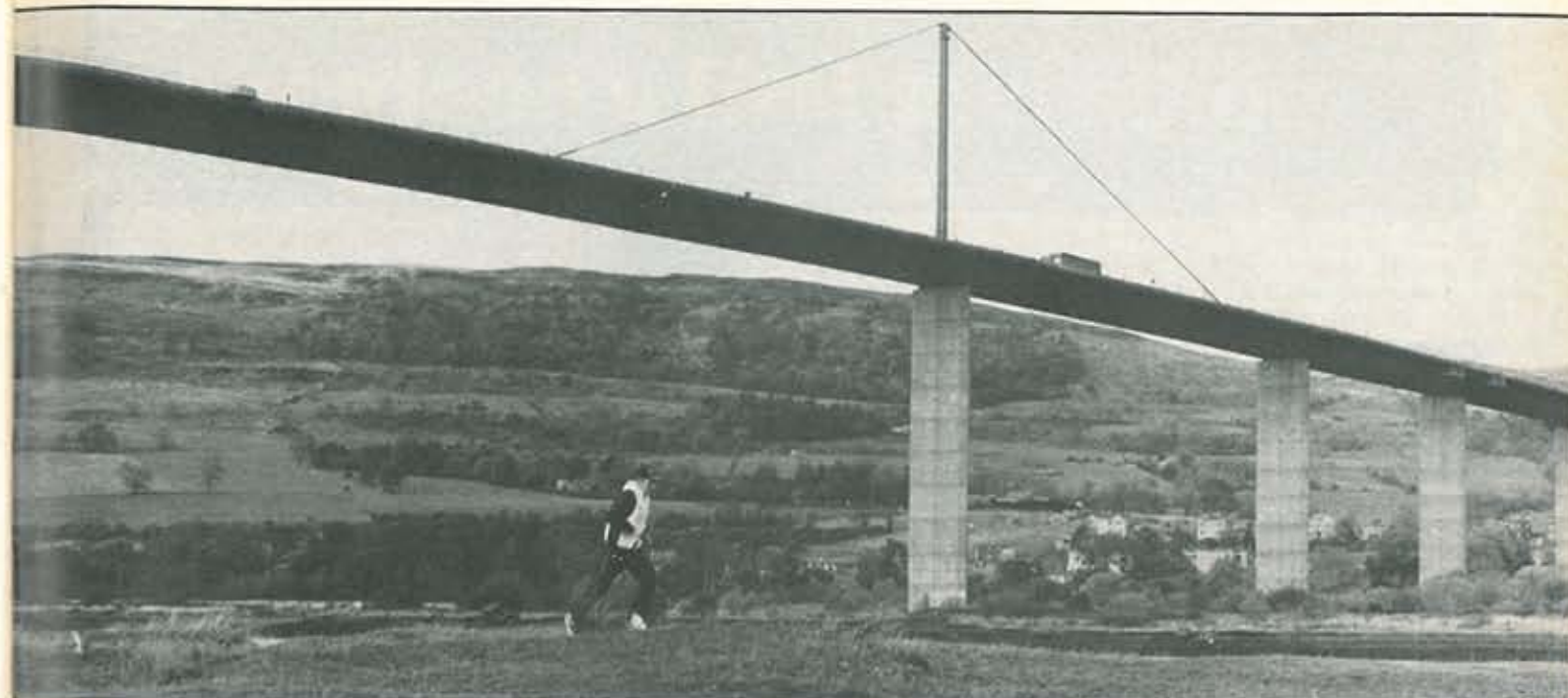
"My target for that first marathon was 2:45, but I'd no idea what to expect. The furthest I'd raced was Balloch to Clydebank, so I was delighted with 2:32."

A week after his international debut at Aberdeen, Allan was winning the veteran's hill race at Bathgate in record time. The following weekend he finished fourth in the Bearsden half marathon, first vet, in 72:12, but the Saturday after he had to give best at Clydebank to Brian Carty when he clocked 71:42.

'I stuffed myself with Mars Bars and pasta'

Allan makes the running . . . beneath the Erskine Bridge, where he tested his fitness for Scotland.

Russell Aitken



Allan stretches a point . . . behind him, a ship passes beneath the Erskine Bridge.

Russell Aitken

yesterdays...



Jim Willkie

In a previous incarnation I was a concert promoter. A singer/manager in the West Highland tradition and, as a result, learned to handle just about everything that David MacBrayne – or anyone else, for that matter – could throw at me.

I chartered planes, commandeered small boats when ferries couldn't sail and, generally speaking, would have attained the rank of lieutenant in Calum Kennedy's Commandos without any difficulty.

As every good soldier knows, however, the moment you relax you're dead, and my demise came some years ago on the island of Lewis. I had boarded the ferry Sulven with a band, only to be informed that the boat wouldn't sail until the following morning.

In accordance with the manual, I first adjourned to the bar where I met a friend, and he suggested I spend the night in the comfort of his home. To cut a long story short, we stopped at Stornoway's County Hotel on the way, missed the 5.30 am ferry the next morning, and, thereby contrived to have the band in Ullapool with no driver, a driver in Lewis with no ferry, and a gig in Skye.

Like true professionals, I am pleased to report, we somehow made it, but it was nevertheless the stuff which

translates directly from bad dreams.

I doubt if Thomas Rae Nicolson ever had a bad dream, for he was a huge man who looked capable of giving the Four Horsemen of the Apocalypse (and their horses) a square go. Born in 1879 in Tighnabruach, he came from a farming family of ten boys and a girl, and not only did all the boys show the traditional Highland aptitude for shinty and wrestling, three were champion Scottish athletes.

Indeed, despite a myriad of records, the Nicolson's greatest achievement was arguably a collective one, for, between 1901 and 1939, a Nicolson finished in the first three of the shot putt at every SAAA championship, and I doubt whether any other family in the history of sport can boast such a record.

Brother Hugh was the first to achieve a Scottish championship, taking the shot putt title in 1902 but, given the traditional amateur emphasis on harrier events, he decided to opt for the professional Highland circuit and was later followed by another brother, George.

Tom elected to stay amateur.

He succeeded Hugh as Scottish shot putt champion in 1903, threw a personal best of 44ft. at the Celtic FC sports that same year, and went on to another thirteen SAAA (shot putt) titles.

Tom Nicolson won an AAA championship at Northampton, also in 1903 – the first Scottish success in the event for eighteen years – and although surpassed in 1906 by another Scot destined for the professional circuit, Tom Kirkwood, Nicolson could easily have lived with the pros in this event and later won three SAAA standing-style (16lb) hammer championships, and four at the 56lb weight.

It was as a wire hammer thrower, however, that he became internationally famous. Taking his first Scottish championship in 1902, he continued to win the event on every occasion until 1924 (21 in all), and no-one in Scotland could come within twenty feet of him.

In the AAA championships, he was victorious 1903-05, 1907, 1909 and 1912, and no man has yet won the title more often. His all-time record was 166ft 9½ins in a Scotland/

America contest (Scotland versus America?) at Saughton in 1908 – a native record not bettered until 1947 – and that year he also took a brilliant fourth place in the London Olympics.

Matt McGrath, one of the three Irish-Americans who beat him on that occasion, was quoted as saying that had Tom Nicolson gone to America for coaching and competition, "he would have beaten them all".

Like many great athletes, the "Master of the Wire" had his career rudely interrupted by war, but by the twenties the Kyles farmer was back to his old ways. A Triangular International at Hampden Park in 1926 saw him throw 151ft 8ins to win – at the age of 47! By that time his younger brother, Andrew, had become pre-eminent in Scottish amateur shot putting.

It is, however, a story from the 1920 Olympics which I like best. The Games that year were held in Antwerp, Belgium, and the hammer final was scheduled for the afternoon of August 18, with the qualifying heats in the morning.

Unfortunately – and I don't know whether they have a County Hotel in Dover – Tom missed the boat!! Recognising a true giant, however, and further swayed by the insistence of his fellow athletes that he be allowed to compete, the officials waived the necessary qualifications and the big man, without any kind of preparation, took sixth place in the final.

"C'mon ma wee Geordie!"

Statistics: 100 Yrs of Scottish Athletics, J. Keddie.

Tom Nicolson – standing, far right of picture – with the Scottish team for the Triangular International at Crewe in 1920.

Scotland's Runner

Aberdeen's first marathon

In the early years of the 20th Century many road races were called marathons, but it wasn't until 1923 that Scotland played host to an event held over the now standard distance of 26 miles 385 yards.

The decision to hold a "proper" marathon at Aberdeen in 1923 was inspired by the hope that such a race might, in the words of one contemporary newspaper account, "reveal obscure talent capable of representing Great Britain at the following year's Olympic Games in Paris".

Duncan McLeod Wright was hardly an obscure talent. By the Spring of 1923 he had just won his first National cross country title and had competed in his fourth consecutive International Cross Country Championship race. Admittedly his best years were still to come, but when he arrived in Aberdeen on April 27, 1923 for his first ever "full" marathon, he was held in high esteem by all his fellow competitors.

The race was organised by the Aberdeenshire Harriers and they, together with another Aberdeen club, the YMCA Harriers, supplied all but three of the starting line-up of eleven runners. Wright was representing Clydesdale Harriers and the other two non-Aberdeen entrants – James Walker and David Ritchie – came from Dundee Thistle Harriers. There was great local disappointment at the absence through injury of top North-East hope Alex King, so it was left to Ted Lawson, William Angus, Jim Ronaldson, Joe Tastard, Harry Russell, James Davidson, Reggie Jones and Walter Reid to carry the Aberdeen banner.

The race started at the gates of Fyvie Castle, some 26 miles to the North-west of Aberdeen on a day in which the runners faced the daunting task of tackling a stiff and very cold head-wind.

Wright had been advised by his trainer Dick Vickers to, "Get away as fast as you can", and that was exactly what he did. He completed the first three miles in 19 minutes 56 seconds to gain a lead of over a minute on his pursuers.

By the time the race reached Oldmeldrum (about 7.5 miles) Wright (51 min 26 secs) was almost two minutes ahead of Ted Lawson, who in turn held a two minute lead over third placed James Walker. The Clydesdale runner failed to improve his lead over the next section of the course and by halfway, which Wright reached in 1 hour 20 minutes, Ted Lawson had narrowed the gap very slightly. No-one else appeared to be in contention as the next runner, Walker, was now 3 mins 30 secs down on Lawson.

Lawson made a tremendous effort to catch Wright over the next few miles but suffered badly for his efforts and sadly became one of the first Scots to experience the feeling of "hitting the wall".

Scotland's Runner



Fraser Clyne

Devoid of energy, the Aberdeen man was forced to retire at the 19 mile mark.

Wright wasn't finding things too easy either. As he approached a feeding station he called out for a cup of brandy and tea. The official on duty replied that there was no tea so Wright settled for three sips of brandy before continuing on his way.

By the 20 mile marker at Parkhill, only five of the original eleven competitors were still in the race. Despite the brandy Wright was observed to be in some distress, but still retained a lead of almost eight minutes over Aberdeen's Jim Ronaldson who had by now moved into second spot.

Wright began to walk more often than run, while Ronaldson, benefitting from a more cautious start, was beginning to make inroads on his lead. Excitement grew as the runners entered the city and it became obvious that Ronaldson was capable of catching the race favourite. Hundreds of people lined the streets and cheered on the local man as Wright's lead was whittled down to 300 yards with little over one mile to go.

Ronaldson, who today still lives in Aberdeen, remembers the occasion well. "I could see him ahead of me, and I was catching him, but the finish was getting close and I was running as hard as I could," he recalls.

Wright somehow held on to enter the finishing straight in a local park some 47 seconds ahead of his rival. Both men were

given an overwhelming ovation from the noisy crowd numbering many thousands.

Wright's winning time of 3 hours 13 minutes 12.4 seconds may not have been one of his best performances, but at least he gained valuable experience of the event which was to stand him in good stead for the rest of his very successful career.

In this respect, the objective of the first Aberdeen marathon was fulfilled as Wright did go on to compete in the 1924 Olympic race.

For Jim Ronaldson, second place in the Aberdeen marathon with a time of 3:13:49 was, by contrast, to remain the highlight of his career. He was presented with a gold watch to commemorate his achievement – a gift which he proudly wears to this day.

Now well into his eighties, Ronaldson vividly recalls his moment of near triumph and its aftermath. When he went in to work on the Monday after the race he was greeted with loud cheers by his colleagues.

"I thought the roof was going to cave in with the noise," he says.

Jim Ronaldson's training programme in these days was somewhat unconventional by modern day standards. "I used to do a regular four months training every year. I would stop smoking and drinking every January – January 2 to be exact – than I would be hard at it until competition started in April. I would run 16 or 17 miles three times a week and that got me fit for the marathon." Jim is still an avid athletics fan. He follows the progress of local athletes in the press and watches the major races on television. But he isn't too impressed by today's marathons.

"It's too easy," he says, "Most of the courses are as flat as bowling greens... they don't offer the same challenge as we faced."



Jim Ronaldson, lone survivor of the 1923 marathon.

FRIDAY SEPTEMBER 26

Final day at work before departure. Telephoned Frank Coll, East Kilbride, to confirm pick-up schedule. Frank in bed with a cracked shoulder blade, having come off his bike during training. Squad now down to two members and two supporters — Mike's kids!

SATURDAY SEPTEMBER 27

7 a.m. 6/7 mile hilly run; 8 a.m. 3 mile flat run. Had to reach Newhaven for 10.30 p.m. ferry. Arrived in Brighton 8 p.m., where we hoped to find a swimming pool for a short swim. Unfortunately the pool was being used for a gala. However, managed a short three mile run around the harbour.

SUNDAY SEPTEMBER 28

Arrived Dieppe 3 a.m., scene of the disastrous Canadian landing in August, 1942, but now a busy fishing port and holiday resort. It was foggy, so we revised our proposed intention of having a run and set off for Vichy where Bill knew of an open-air swimming pool. Arrived there 12.30 p.m. and we all took the 'plunge' followed by a short jog.

Next stop Grenoble and Hotel Campanille Gris, discovered by Bill on his earlier visit to France for the Tour de France in July. At 7 p.m. we stretched our legs again on the bikes with a half cycle.

MONDAY SEPTEMBER 29

An early morning cycle and run was followed by our first French breakfast.

Departed Grenoble 12.30 p.m. for Cannes. Followed Napoleon's route through the foothills of the Alps down to the Alpes Maritimes and on to Cannes. Arrived at 8 p.m. Hotel Campanille close to Cannes Airport. After checking in, we set off for a jog in search of the 'Med' beach.

TUESDAY SEPTEMBER 30

An early morning run at 6.30 p.m. followed by a short run and swim — the water was 70°F, very salty and 'roasting'. After breakfast we drove to Nice, 20 miles away from our base, to register. High winds blew Bill's bike off the roof of the car and onto the main boulevard. Fortunately, traffic had stopped at the lights and Mike retrieved the bike before the lights changed. Again, fortunately, there was no damage to the bike.

Before leaving registration we met Mark Allen and Erin Baker, last year's champions, who were being interviewed by world press and television. We seized



Scottish triathletes Mike Joiner and Bill McDonald — from Dunfermline's Bruce Tri Club — travelled to Nice last month for the World Triathlon Championship. They were hoping to raise money for two charities — STRIDE, which aims to get paralysed children up and walking, and PHAB, which helps the integration of the physically handicapped into the community. Here we publish Mike and Bill's Tri Diary.

The Phab Two

the opportunity to ask both of them to autograph our programmes and so use them to raise funds for our two charities, PHAB and STRIDE.

After a quick lunch we set off to view the cycle route. Bill cycled the early section of the hilly course while Mike drove, and we changed over after half an hour. This gave us an impression of the difficult course. The descents especially were extremely difficult in places with hairpin bends.

WEDNESDAY OCTOBER 1

We decided to stay in Cannes and after our early morning training schedule set off into town in search of a cycle shop. The owner provided us with space in his back shop with tools and we set about checking out the bikes. After this was completed we set off for the beach to relax and have a short swim to test out our goggles.

THURSDAY OCTOBER 2

After our early morning session we travelled to Nice for registration again. There we met up with Bill's cousin who was to help us informing the local press and organisers about our fund

7 a.m. arriving at the cycle area at 7.30 a.m. We laid out the gear, food and drinks and made last minute preparations.

The Swim (3k)

All 1,160 competitors lined up on the beach with their yellow caps and wetsuits. Sub-aqua men were already on the surface and under water to ensure the safety of all swimmers as well as canoes and safety rafts. At precisely 9 a.m. the gun went off. The sea became a mass of yellow caps and thrashing arms and legs.

Mike emerged from the 3k swim in 57 minutes, well ahead of his expected time. Bill, feeling the effects of his upset stomach, emerged at 1 hour 20 minutes. Any swimmer not finishing the swim in 1 hour 30 minutes was eliminated.

The Bike Section (132k)

It was from here that we realised the tremendous support the event had. There was an estimated 15,000 people en route throughout the course shouting encouragement — "allez" at the start and "courage" at the end.

The cycle course rose from sea level to 372m and then down some frightening hairpin bends where Mike almost met with disaster — going too fast he mounted the banking on two occasions, followed by the chain jamming. Many cyclists come to grief on the downhill section of the course.

The rule in triathlon is no drafting, but we passed groups of 50-60 cyclists doing just this. In such a big field it is difficult to monitor. The weather was the hottest that the event had experienced since its inception five years ago. Mike arrived at 1.40 p.m., Bill, 3.20 p.m.

The Run (32k)

After a quick change of clothing, Mike left on his run at 1.55 p.m. The effects of the heat were by now taking effect on both runners, especially Mike. Bill's problems were more stomach related, and he had to make a 15 minute stop in a restaurant to visit the "loo".

The next 10k proved to be the most difficult part of the whole event — as it is with the last six miles of a marathon. However, the encouragement and support of spectators lining the route was tremendous. Mike rolled in at eight hours and nine minutes while Bill, with his frequent stops, came in two hours later.

The winning time was 5:46 by Mark Allen who retained his Championship for the fifth year.

Results

SEPTEMBER

20
Aviemore Triathlon, (400m swim, 7 mile cycle, 3 mile run) —

1. Gregor Grant (Nethybridge) 7:16, 20:17, 17:01, 44:43, 2. Tim Bombard (British Biathlon Team) 8:09, 19:47, 16:56, 44:52, 3. Gerry Gosling (Grantown-on-Spey) 8:45, 21:03, 19:55, 49:43, F1, Louise Mackenzie (Aviemore) (10th) 7:36, 23:03, 21:51, 42:30, F2, Aileen Cannon (Gordonstoun School) 9:32, 25:07, 24:39, 59:18, F3, Trish Hostynski (Aberdeen) 8:15, 27:51, 23:14, 59:20.

OCTOBER

4
Victoria Park AAC McAndrew Trophy 4 x 3/4 mile Road Relay Race, Scotstoun —

1. Spango Valley AC (S. Conaghan 16:03, L. Spence 15:21, P. Conaghan 15:22, C. Robison 15:40) Total time 62:26, 2. Cambuslang H (D. McShane 15:46, J. Orr 16:15, E. Stewart 15:29, A. Gilmour 15:16) 62:46, 3. Bellahouston H (W. Robertson 15:48, P. Fleming 15:07, R. Fitzsimmons 16:03, A. Coyne (3) 15:52) 62:50, 4. Teviotdale H 62:59, 5. Motherwell YMCA H 63:09, 6. Greenock Glenpark H 63:53, Veterans: 1. Dumbarton AAC (A. Adams 16:15, A. McCall 17:31, R. Devlin 19:39, I. McWatt 18:11) 71:36, Fastest Vet Lap — A. Adams, 16:15, 2. Clydesdale H 71:48, 3. Victoria Park AAC 71:54, Fastest Laps: 1. P. Fleming 15:07, 2. S. Doig (Fife Southern H) 15:11, 3. A. Douglas (Victoria Park AAC) 15:12, Fastest Junior: M. Wallace (Victoria Park AAC) 15:50.

Lanarkshire AAA "Bobby Craigen" Memorial Trophy 9 stage Young Athletes Road Relay Race, John Wright Sports Centre, East Kilbride —

1. Pitreavie AAC, 2. Clydebank AAC, 3. East Kilbride AAC, Fastest Laps: Jun. Boys: E. McCafferty (Cambuslang H), Senior Boys: T. Graham (Kilbarchan AAC), Youths: C. Murphy (Pitreavie AAC).

Deeside 58 mile Triathlon Event, Aberdeen —

28 mile cycling from Braemar to Aboyne, 12 mile run from Aboyne to Banchory, 18 mile canoeing from Banchory to Aberdeen.
1. J. Knox (Hawick) 5:12:00, 2. J. O'Donovan (Stonehaven) 5:15:00, 3. K. Fraser (Hawick) 5:40:00, L1, P. Hostynski (Aberdeen) 7:19:00.

5
Thurso to Wick 10 x 2 mile Road Relay Race —
1. Pultney Town Plodders 15:45:0, 2. Rosebank Hotel Select 15:07:0, 3. Dounreay Apprentices 20:05:5, Young Athletes, Wick Boys Brigade 22:24:5.

Stranraer 1/2 Marathon, Stranraer —

1. G. Crawford (Sprinburn H) 66:06, 2. I. Park (Ballydrain H) 68:08, 3. D. Allan (Nith Valley AC) 68:14, 4. D. McGonigle (Ballydrain H) 68:32, 5. S. Dickson (Galloway H) 69:19, 6. H. McNamara (Irvine AC) 70:20, V1, P. Cowan (Shettleston H) 71:54, V O/50, H. Mitchell (Shettleston H) 77:05, L1, A. Hamilton (Ballydrain H) 81:11, L2, C. Brown (Dumfries AAC) 81:41, L3, H. Stewart (Ballydrain H) 84:22, LVI, J. Oliver (Loudon Runners) 96:49, 1st Dumfries & Galloway finisher, D. Allan (3rd) 1st Dumfries & Galloway Lady finisher, E. McCrae (Galloway H) 99:34, 1st Wigtownshire Local finisher, S. Dickson (5th).

Team Ballydrain H 16pts, Ladies Team Ballydrain H 8pts.

Alves to Forbes 6 mile Road Race —
1. F. Clyne (Aberdeen AAC) 31:53, 2. B. Chinnick (Forbes H) 32:15, 3. R. Arbuckle (Keith & District AC) 32:32, V1, R. McFarquhar (Aberdeen AAC) 34:53, L1, C. Willox (Inverness H) 43:08, L2, C. Chinnick (Forbes H) 43:17.

Teams: 1. Aberdeen AAC 22pts, 2. Forbes H 50pts.

SWCC & RRA Womens National Road Relay Championships, Strathleven Park, Dumbarton —

Senior 3 x 2 miles: 1. McLaren Glasgow

AC (E. Gaby 13:58, E. Cochrane 14:21, A. Ridley 14:12) 42:31.

2. Edinburgh Woolen Mills SH (V. Blair 13:36, S. Brown 16:30, A. Jenkins 13:18) 43:24.

3. Edinburgh AC (J. Purdie 16:11, P. Hawton 14:51, P. Rother 13:24) 44:26.

Fastest Laps: 1. A. Jenkins (EWMH) 13:18, 2. P. Rother (EAC) 13:24, 3. V. Blair (EWMH) 13:36.

Young Seniors 3 x 2 miles: 1. Victoria Park AAC (L. Rankin 15:34, L. Campbell 17:15, H. McMenery 16:07) 48:56, 2. Law & District AC 54:22, 3. Vale of Leven AC 58:34, Fastest: L. Rankin 15:34.

Intermediates 3 x 1 1/4 miles: 1. Lochgelly & District AC (T. Rutherford 8:54, L. Kerraghan 9:03, T. Wilson 8:15) 26:12, 2. Kilbarchan AAC 26:52, 3. Irvine AC 27:34, Fastest: T. Wilson (Lochgelly & District AC) 8:15.

Juniors 3 x 1 mile: 1. Kilmarnock H (D. Rutherford 7:03, E. Sharp 7:22, M. McClung 6:45) 21:10, 2. Strathkelvin Ladies AC 21:27, 3. Irvine AC 21:57, Fastest: M. McClung (Kilmarnock H) 6:45.

Girls 3 x 1 mile: 1. Strathkelvin Ladies AC (L. Kerr 7:49, A. Paterson 7:13, V. McDougall 7:30) 22:02, 2. Aberdeen AAC 22:07, 3. Victoria Park AAC 22:09, Fastest: D. Simpson (Aberdeen AAC) 6:52.

Minor Girls 3 x 1/2 mile: 1. Aberdeen AAC (G. Wilson 4:24, C. Thompson 4:35, S. Gunn 4:27) 13:26, 2. Carlisle AC 13:32, 3. Colzium AC 13:35, Fastest: J. Rutherford (Carlisle AC) 4:17.

11
Renfrewshire County Cross Country Relay Championship, Linwood —

Senior 4 x 2 1/2 miles: 1. Spango Valley AC (E. McKee 12:44, P. Conaghan 12:14, S. Conaghan 12:30, L. Spence 12:28) 49:58.

2. Greenock Glenpark H (A. Curran 12:58, T. Murray 11:54, D. McLaughlin 13:04, P. Duffy 12:35) 50:31.

3. Bellahouston H (W. Robertson 12:37, A. Thomson 13:09, A. Daly 12:28, A. Coyne 12:36) 50:50.

4. Kilbarchan AAC B 51:38, 5. Kilbarchan A 51:51, 6. Greenock Wellpark H 52:30.

Fastest: 1. T. Murray (GGH) 11:54, 2. P. Conaghan (Spango V) 12:16, 3. J. Duffy (Greenock Wellpark H) 12:25, Vet. R. Hodelet (GGH) 13:16.

Youth 3 x 2 mile: 1. Greenock Glenpark H (D. Shaw 11:58, M. McKendrick 11:35, C. Hendry 10:57) 34:30, 2. Kilbarchan AAC 35:32, 3. Kilbarchan AAC B 38:2.

Fastest: 1. C. Hendry 10:57, 2. A. Dickie (Kilbarchan) 11:21.

Senior Boys 3 x 2 mile: 1. Kilbarchan AAC (B. Adams 12:14, J. Timmons 12:35, T. Graham (1) 11:20) 36:09.

2. Greenock Glenpark H 37:48, 3. Bellahouston H 38:01.

Fastest: 1. T. Graham 11:20, 2. C. Benbow (Bellahouston H) 11:44.

Junior Boys 3 x 2 mile: 1. Kilbarchan AAC (J. Shields 14:09, I. Gourlay 14:03, G. Spearing 13:37) 41:49.

2. Bellahouston H 44:08, 3. Kilbarchan AAC B 47:00.

Fastest: 1. G. Spearing 13:37, 2. E. Dobbin (Spango Valley) 13:36.

Dunbartonshire County Cross Country Relay Championships, Fairley, Clydebank —

Senior 4 x 2 1/2 miles: 1. Victoria Park AAC (R. Stokes 10:36, A. Douglas 10:13, P. Wilson (1) 11:16, M. Wallace (1) 10:31) 42:36.

2. Clydesdale H (J. Austin 10:19, D. Halpin 10:46, P. Doran 11:01, P. Dolan 10:40) 42:46.

3. Glasgow University H & H (P. McIntyre 10:41, R. Welsh 10:40, T. Gillespie 11:02, A. McCormick 10:57) 43:20.

4. Maryhill H 44:05, 5. Dumbarton AAC 44:14, 6. Clydesdale H B 44:23.

Fastest: 1. A. Douglas 10:13, 2. J. Austin 10:19, 3. M. Wallace 10:31.

Fastest Veteran: A. Adams (Dumbarton AAC) 10:37.

Youths 3 x 2 miles: 1. Victoria Park AAC (J. Logan 7:54, F. McGowan 8:21, B. McKay 7:59) 24:12.

2. Clydebank AAC 24:29, 3. Kirkintilloch Olypians AC 25:10.

Fastest: 1. D. McGinley (Clydebank AC) 7:49, 2. J. Logan 7:54.

Senior Boys 3 x 2 miles: 1. Clydebank AC (G. Wiseman 8:56, J. Cullen 8:40, A. Thain 8:31) 26:07.

2. Victoria Park AAC 26:15, 3. Clydebank AAC B 27:02.

Fastest: 1. S. Barnett (Victoria Park AAC) 8:22, 2. A. Thain 8:31.

Junior Boys 3 x 2 miles: 1. Clydebank AAC (M. McBride 9:18, D. Fotheringham 9:34, C. McShannon 8:58) 27:50.

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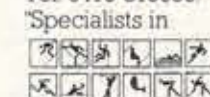
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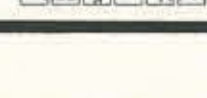
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Results

2. Clydebank AC B' 2906 3. Dumbarton AC 2936
Fastest 1. C. McShannon 858 2. M. McBride 918

Lanarkshire County Cross Country Relay Championships, Drumpellier Park, Coatbridge

Senior 4 x 2 1/2 miles: 1. Springburn H (A. McIndoe 1411, A. Chalmers 1411, J. Cooper 1402, A. Callan 1321) 55:45
2. Cambuslang H (W. Mitchell 1432, C. Thompson 1339, T. Ullott 1432, D. McShane 1330) 56:13
3. Shettleston H (A. Swann 1359, B. Scally 1427, F. Stewart 1355, P. Carlton 1412) 56:31
Fastest 1. A. Callan 1321 2. D. McShane 1330 3. C. Thompson 1339

Youths 3 x 2 miles: 1. East Kilbride AAC (G. Fegan, A. MacBeth, I. Tierney) 46:23
2. Motherwell YMCA H 46:31 3. Motherwell YMCA H B' 46:44
Fastest 1. Tierney (East Kilbride AC) 13:38

Senior Boys 3 x 2 miles: 1. Cambuslang H (G. Wood 1024, G. Simpson 952, D. McPherson 1002) 30:18
2. East Kilbride AAC 30:29 3. Motherwell YMCA H 31:39
Fastest G. Simpson 952

Junior Boys 3 x 2 miles: 1. Cambuslang H (N. Cameron 1103, D. Strong 1056, E. McCafferty 1033) 32:32
2. Shettleston H 33:50 3. Hamilton H 34:04
Fastest A. McEwan (Motherwell YMCA) 10:23

Ayrshire County Cross Country Relay Championships, Kilmarnock

Senior 4 x 3 miles: 1. Ayr Seaforth AC (G. Fallon 1845, R. Hill 1938, J. Caird 1913, G. Wight 1853) 76:29
2. Irvine AC (J. Stevenson 1858, R. Dickinson 1920, D. King 1956, J. Sneddon 1934) 77:27
3. Ayr Seaforth AC B' (D. McGorie 1925, G. Young 1911, J. Strawhorn 1934, A. Elder 1929) 77:39
Fastest Laps: 1. G. Fallon 1845 2. G. Wight 1853 3. J. Stevenson 1858

Youths 3 x 2 miles: 1. Kilmarnock H (M. Porter 1357, S. White 1351, B. Scott 1351) 41:39
2. Irvine AC 43:57 3. Ayr Seaforth AC 44:20
Fastest Lap 1. S. White and B. Scott, both 13:51

Senior Boys 3 x 2 miles: 1. Kilmarnock H (B. Wilson 1421, P. Ross 1519, G. Reid 1419) 43:59
2. Ayr Seaforth AC 44:49 3. Loudon Runners 45:35
Fastest Lap P. Mason (Ayr Seaforth AC) 14:06

Junior Boys 3 x 1 1/2 miles: 1. Ayr Seaforth AC (D. Kinghorn 921, J. Ferguson 910, K. Stevenson 946) 28:17
2. Irvine AC 28:59 3. Irvine AC B' 30:21
Fastest Lap J. Ferguson 910

Senior Women/Euro Juniors 3 x 2 1/2 miles: 1. Ayr Seaforth AC (I. Fraser 1916, A. Tait 2025, H. McNeel 1840) 58:21
2. Irvine AC 62:50 3. Kilmarnock H 64:23
Fastest Lap H. McNeel 1840

Intermediate 3 x 2 1/2 miles: 1. Irvine AC (S. Robb 2001, F. Calder 2140, V. Clinton 1932) 61:13
2. Kilmarnock H 64:27 3. Ayr Seaforth AC
Fastest Lap S. McGregor (Kilmarnock H) 19:25

Junior Women 3 x 2 miles: 1. Kilmarnock H (D. Rutherford 1611, E. Sharpe 1708, M. McClung 1610) 42:29
2. Ayr Seaforth AC 50:51 3. Irvine AC 51:17
Fastest Lap M. McClung 1610

Girls 3 x 1 1/2 miles: 1. Ayr Seaforth AC (S. Barrie 1013, K. Dyer 1047, G. Slaven 956) 30:56
2. Irvine AC 33:51 3. Kilmarnock H 34:52
Fastest Lap G. Slaven 956

Minors 3 x 1/2 miles: 1. Ayr Seaforth AC (S. Dye 431, L. Fullarton 445, H. Brooks 423) 13:39
2. Irvine AC 13:54 3. Kilmarnock H 14:02
Fastest Lap H. Brooks 423

Northern District Cross Country League, Thurso

Senior 6 miles: 1. C. Armstrong (Elgin AAC) 33:53 2. A. Reid (Coasters AC) 34:02 3. G. Milne (Peterhead AC) 34:07
Teams: 1. Elgin AAC 2. Inverness H 3. Caithness AAC

Youths 4 miles: 1. A. Chalmers (Inverness H) 26:25 2. D. Bell (Inverness H) 26:31 3. A. Bone (Inverness H) 26:51
Teams: 1. Inverness H 2. Peterhead AAC 3. Elgin AAC

Senior Boys 2 1/2 miles: 1. S. Jarvie (Culloden Academy) 15:26 2. C. Stewart (Inverness H) 15:48 3. C. McDowall (Inverness H) 16:01
Teams: 1. Inverness H 2. equal, Lochaber AC and Culloden Academy

Junior Boys 2 miles: 1. Hands (Inverness H) 12:30 2. B. Hannah (Black Isle AC) 13:05 3. M. McKay (Inverness H) 13:07
Teams: 1. Inverness H 2. Black Isle AAC 3. Elgin AAC

Senior Women 2 1/2 miles: 1. M. Green (Caithness AAC) 13:38 2. C. Chinnick (Forres H) 13:47 3. C. Bell (Inverness H) 14:24
Teams: 1. Black Isle AC 2. Inverness H 3. Caithness AAC

Junior Women 2 miles: 1. J. Parks (Inverness H) 10:40 2. P. Henderson (Elgin AAC) 11:21 3. S. Fotheringham (Black Isle AC) 11:22
Teams: 1. Inverness H 2. Black Isle AC 3. Forres H

Girls 2 miles: 1. R. Davidson (Inverness H) 11:11 2. A. McCord (Caithness AAC) 11:24 3. L. Foreman (Peterhead AC) 11:38
Teams: 1. Inverness H 2. Caithness AAC 3. Black Isle AC

AAA Dunlop National Road Relay Championships, Sutton Coldfield Park, Birmingham

Boys U/16: 1. City of Plymouth AC 51:39
2. Wirral AC 51:48 3. Clydebank AC (M. McBride 1310, A. Russell 1322, G. Stewart 1233, J. Divers (3) 1317) 52:22
Fastest 1. W. Dart (Shaftesbury H) 12:22 2. C. Stewart (Clydebank) 12:33

Eastern District Cross Country League, Wilton Lodge Park, Hawick

Senior 5 1/2 miles: 1. J. Robson (Edinburgh Southern H) 27:40 2. B. Emmerson (Teviotdale H) 28:36 3. R. Hall (Teviotdale H) 28:43 4. B. Kirkwood (Edinburgh AC) 28:48 5. J. Pentecost (Falkirk Victoria H) 28:58 6. D. Cavers (Teviotdale H) 29:01
Teams: 1. Teviotdale H 56pts 2. Edinburgh AC 108pts 3. Falkirk Victoria H 118pts 4. Edinburgh Southern H 130pts

Youth 3 miles: 1. E. Cameron (Edinburgh Southern H) 16:45 2. S. Rankin (Falkirk Victoria H) 16:54 3. I. White (Falkirk Victoria H) 17:02
Teams: 1. Falkirk Victoria H 16pts 2. Edinburgh Southern H 17pts 3. Edinburgh AC 33pts

Senior Boys 2 miles: 1. J. Hemmings (Pitreevie AAC) 10:33 2. B. Gorman (Falkirk Victoria H) 10:44 2. M. Pawlowski (Geo Heriot School) 10:49
Teams: 1. Pitreevie AAC 16pts 2. Falkirk Victoria H 25pts 3. Central Region AC 31pts

Junior Boys 1 1/2 miles: 1. A. Tulloch (Falkirk Victoria H) 8:48 2. J. Gowars (Tayside AAC) 8:50 3. A. Moonie (Fife Southern H) 8:53
Teams: 1. Edinburgh Southern H 30pts 2. Edinburgh AC 31pts 3. Pitreevie AAC 35pts

Colts 1 mile: 1. D. Hughes (Teviotdale H) 5:59 2. S. Boyne (Queen Victoria School) 6:01 3. B. Roseendale (Edinburgh Southern H) 6:04
Teams: 1. Edinburgh Southern H 26pts 2. Teviotdale H 30pts 3. Edinburgh AC 33pts

Overall League Positions: 1. Edinburgh AC 246pts 2. Edinburgh Southern H 296pts 3. Teviotdale H 345pts 4. Pitreevie AAC 550pts 5. Falkirk Victoria H 798pts 6. Livingston & District AC 869pts

12 Scottish Veterans 1/2 Marathon Handicap Race, Grangemouth

1. K. Grant (Dundee) 1:18:22 (actual time)
2. L. Arnott (Edinburgh Southern H) 1:22:23 3. R. Young (Clydesdale H) 1:14:06
Fastest Times: 1. R. Young (Clydesdale H) 1:14:06 2. F. Wright (Springburn H) 1:14:41 3. T. Goldie (Edinburgh Southern H) 1:14:55

O/50 1. W. McBrinn (Shettleston H) 1:17:07
O/60 1. B. Bickerton (Shettleston H) 1:29:04
L.I. J. Gallacher (Greenock) 1:34:19

Dumfries Octocentenary Celebrations Marathon, Dumfries

1. D. Wilson (Liverpool Pembroke AC) 2:27:24 2. D. Fairweather (V1) (Law & District AC) 2:28:15 3. A. Stirling (Falkirk Victoria H) 2:34:15 4. D. Allan (Nith Valley AC) 2:34:15 5. J. Knox (V2) (Gala H) 2:36:15 6. C. Kinnear (Nith Valley AC) 2:36:24 7. J. Collins (V3) (Sunderland H) 2:36:39 8. K. Dodson (LV1) (Law & District AC) 3:11:24 12. C. Brown (Dumfries AAC) 3:11:49 13. K. Phillips (Loudon Runners) 3:12:35
Teams: 1. Law & District AC

Fraserburgh FC 1/2 Marathon, Fraserburgh

1. C. McIntyre (Coasters AC) 68:34 2. G. Cumming (Aberdeen) 74:33 3. D. Brown (Fraserburgh) 78:01 (1st local finisher)
V.I. J. Gallon (Aberdeen) 81:01 U/21, I. Bissett (Turiff) 84:39 L.I. L. Findlay (Coasters AC) 89:40

18 SCCU Western District Cross Country Relay Championships, Clydebank

Senior 4 x 2 mile Championship race: 1. Spango Valley AC (T. Osborne 10:32, P. Conaghan 10:14, S. Conaghan 10:24, L. Spence 10:16) 41:26
2. Law & District AC (W. Nelson 10:12, H. Forgie 10:51, W. Dickson 10:39, A. Russell 9:58) 41:40
3. Greenock Glenpark H (A. Curren 10:52, T. Murray 9:50, D. McLaughlin 10:39, P. Duffy 10:24) 41:45
4. Cambuslang H 42:03 5. Springburn H 41:11 6. Kilbarchan AC 42:24
Fastest Laps 1. T. Murray 9:50 2. A. Russell, A. Gilmour (Cambuslang H) and A. Callan (Springburn H) all 9:58 5. J. Cowan (Clydesdale H) 10:07 6. W. Nelson (Cambuslang H) J. Orr both 10:12

Young Athletes 3 x 1 1/2 miles Championship race: (Running Order 1. Junior Boys 2. Senior Boys 3. Youth)
1. Clydebank AC (C. McShannon 9:30, A. Russell 8:54, G. Stewart 8:35) 26:59
2. Motherwell YMCA H (N. McEwan 9:19, S. Fox 9:20, J. Houston 8:30) 27:09
3. Clydebank AC B' (M. McBride 9:50, A. Thain 9:04, D. McGinlay 8:21) 27:15
4. Clydebank AC D' 27:26 5. Dumfries AAC 27:42 6. Clydebank AC C' 27:48
Youth Athletes Fastest Laps:
Junior Boys: 1. D. Fotheringham (Clydebank AC D') 9:17 2. N. McEwan 9:19 3. C. McShannon 9:30
Senior Boys: 1. G. Reid (Kilmarnock H) 8:33 2. T. Graham (Kilbarchan AC) 8:41 3. A. Russell 8:54
Youths: 1. D. McGinlay 8:21 2. B. McKay (Victoria Park AAC) 8:27 3. J. Houston 8:30

City of Dundee Peoples 1/2 Marathon, Dundee

1. P. Fox (Motherwell YMCA) 66:22 2. R. Barrie (Dundee Hawkhill H) 66:52 3. P. Duggdale (Motherwell YMCA) 67:44 4. C. Ross (Dundee Hawkhill H) 67:45 5. C. Youngson (Aberdeen AAC) 70:07 6. J. Evans (Falkirk Victoria H) 70:16 7. C. Small (Dundee Hawkhill H) 70:29 8. C. Bell (Dundee Hawkhill H) 70:40 9. M. McNaught (Fife AC) 70:48 10. E. Lynch (L.I.) (St Francis AC) 70:59 (Scottish Native and National Best performance 2nd best performance by British female athlete of all time)

Senior 5 1/2 miles: 1. J. Robson (Edinburgh Southern H) 27:40 2. B. Emmerson (Teviotdale H) 28:36 3. R. Hall (Teviotdale H) 28:43 4. B. Kirkwood (Edinburgh AC) 28:48 5. J. Pentecost (Falkirk Victoria H) 28:58 6. D. Cavers (Teviotdale H) 29:01
Teams: 1. Teviotdale H 56pts 2. Edinburgh AC 108pts 3. Falkirk Victoria H 118pts 4. Edinburgh Southern H 130pts

Youth 3 miles: 1. E. Cameron (Edinburgh Southern H) 16:45 2. S. Rankin (Falkirk Victoria H) 16:54 3. I. White (Falkirk Victoria H) 17:02
Teams: 1. Falkirk Victoria H 16pts 2. Edinburgh Southern H 17pts 3. Edinburgh AC 33pts

Senior Boys 2 miles: 1. J. Hemmings (Pitreevie AAC) 10:33 2. B. Gorman (Falkirk Victoria H) 10:44 2. M. Pawlowski (Geo Heriot School) 10:49
Teams: 1. Pitreevie AAC 16pts 2. Falkirk Victoria H 25pts 3. Central Region AC 31pts

Junior Boys 1 1/2 miles: 1. A. Tulloch (Falkirk Victoria H) 8:48 2. J. Gowars (Tayside AAC) 8:50 3. A. Moonie (Fife Southern H) 8:53
Teams: 1. Edinburgh Southern H 30pts 2. Edinburgh AC 31pts 3. Pitreevie AAC 35pts

Colts 1 mile: 1. D. Hughes (Teviotdale H) 5:59 2. S. Boyne (Queen Victoria School) 6:01 3. B. Roseendale (Edinburgh Southern H) 6:04
Teams: 1. Edinburgh Southern H 26pts 2. Teviotdale H 30pts 3. Edinburgh AC 33pts

Overall League Positions: 1. Edinburgh AC 246pts 2. Edinburgh Southern H 296pts 3. Teviotdale H 345pts 4. Pitreevie AAC 550pts 5. Falkirk Victoria H 798pts 6. Livingston & District AC 869pts

1st Womens Cross Country League Meeting

Senior Women: 1. P. Rother (Edinburgh AC) 20:27 2. S. Sinclair (Irvine AC) 20:42 3. S. Branney (McLaren Glasgow AC) 21:11

Teams: i. McLaren Glasgow AC 19pts 2. Edinburgh AC 30pts 3. Monkland Shettleston Ladies AC 37pts

Intermediates: 1. V. Clinton (Irvine AC) 16:21 2. C. Sheehan (Aberdeen AC) 16:26 3. T. Wilson (Lochelly & District AC) 16:49
Teams: 1. Kilbarchan AAC 36pts 2. McLaren Glasgow AC 49pts 3. Lochelly & District AC 56pts

Juniors: 1. H. Hayning (Nith Valley AC) 10:11 2. J. Anderson (Teviotdale H) 10:39 3. M. McClung (Kilmarnock H) 10:53
Teams: 1. Kilmarnock H 28pts 2. Strathkelvin Ladies AC 33pts 3. Ayr Seaforth AC 53pts

Girls: 1. D. Simpson (Aberdeen AAC) 10:47 2. G. Slaven (Ayr Seaforth AC) 11:07 3. J. Wolfendale (Victoria Park AAC) 11:10
Teams: 1. Ayr Seaforth AC 28pts 2. Victoria Park AAC 38pts 3. Strathkelvin Ladies AC 39pts

Minors: 1. L. Duffy (Harmony) 5:23 2. C. Free (Colzium AC) 5:24 3. L. McVey (Victoria Park AAC) 5:33
Teams: 1. Ayr Seaforth AC 24pts 2. Aberdeen AAC 40pts 3. Carlisle AC 48pts

18 SCCU Western District Cross Country Relay Championships, Clydebank

Senior 4 x 2 mile Championship race: 1. Spango Valley AC (T. Osborne 10:32, P. Conaghan 10:14, S. Conaghan 10:24, L. Spence 10:16) 41:26
2. Law & District AC (W. Nelson 10:12, H. Forgie 10:51, W. Dickson 10:39, A. Russell 9:58) 41:40
3. Greenock Glenpark H (A. Curren 10:52, T. Murray 9:50, D. McLaughlin 10:39, P. Duffy 10:24) 41:45
4. Cambuslang H 42:03 5. Springburn H 41:11 6. Kilbarchan AC 42:24
Fastest Laps 1. T. Murray 9:50 2. A. Russell, A. Gilmour (Cambuslang H) and A. Callan (Springburn H) all 9:58 5. J. Cowan (Clydesdale H) 10:07 6. W. Nelson (Cambuslang H) J. Orr both 10:12

Young Athletes 3 x 1 1/2 miles Championship race: (Running Order 1. Junior Boys 2. Senior Boys 3. Youth)
1. Clydebank AC (C. McShannon 9:30, A. Russell 8:54, G. Stewart 8:35) 26:59
2. Motherwell YMCA H (N. McEwan 9:19, S. Fox 9:20, J. Houston 8:30) 27:09
3. Clydebank AC B' (M. McBride 9:50, A. Thain 9:04, D. McGinlay 8:21) 27:15
4. Clydebank AC D' 27:26 5. Dumfries AAC 27:42 6. Clydebank AC C' 27:48
Youth Athletes Fastest Laps:
Junior Boys: 1. D. Fotheringham (Clydebank AC D') 9:17 2. N. McEwan 9:19 3. C. McShannon 9:30
Senior Boys: 1. G. Reid (Kilmarnock H) 8:33 2. T. Graham (Kilbarchan AC) 8:41 3. A. Russell 8:54
Youths: 1. D. McGinlay 8:21 2. B. McKay (Victoria Park AAC) 8:27 3. J. Houston 8:30

Eastern District Cross Country Relay Championships, Galashiels

Senior 4 x 2 miles: 1. Edinburgh Southern H (I. Steel 11:43, A. Hutton 11:44, T. Hanlon 11:44, J. Preston 11:35) 46:46
2. Teviotdale H (B. Emmerson 21:00, D. Cavers 11:59, I. Elliott 12:00, A. Walker 12:03) 48:02
3. Falkirk Victoria H (D. Gibson 12:11, J. Pentecost 11:52, D. Bain 11:58, J. McGarva 12:11) 48:12
4. Edinburgh AC 49:08 5. Gala H 49:58 6. Edinburgh Southern H B' 50:05
Fastest Laps: 1. J. Robson 11:36 2. I. Steel 11:43 3. A. Hutton and T. Hanlon (all ESH) both 11:44 5. J. Pentecost 11:52 6. D. Bain (both FVH) 11:58

Young Athletes 3 x 1 1/2 miles: 1. Pitreevie AAC (M. Kelsio 11:07, J. Hemmings 10:36, C. Murphy 9:44) 31:27
2. Falkirk Victoria H (A. Tulloch 11:17, B. Gorman 10:37, S. Rankin 10:28) 32:22
3. Edinburgh AC (R. Carmichael 11:00, D. Low 11:01, A. Kinghorn 10:28) 32:29
4. Edinburgh Southern H 32:51 5. Pitreevie AAC B' 33:08 6. Edinburgh AC B' 33:11

Lochaber AC Peoples 1/2 Marathon, Fort William

1. G. Crawford (Springburn H) 69:06 2. S. McMillan (Lochaber AC) 69:43 3. R. Fleming (Central Region AC) 70:30 4. M. Richardson (V1) (Annan Valley) 72:03 5. D. Bow (Nairn & District AC) 72:04 6. B. DeVoy (Edinburgh Southern H) 72:31 7. V2, M. McMillan (Oban) 72:20 8. L. S. Clukey (Forfar Road Runners) 13:04
Teams: 1. Lochaber AC 21pts 2. Oban H 3. Lochaber AC B'

Coasters AC 10,000 metres Road Race, Buckie

1. C. Hall (Aberdeen AAC) 30:45 (course rec) 2. C. McIntyre (Coasters AC) 31:12 3. R. Gesswell (Aberdeen AAC) 31:16 4. G. Milne (Peterhead AC) 31:45 5. A. Reid (Coasters AC) 31:52 6. R. McFarquhar (Aberdeen AAC) 16th 33:10 7. VO/50, J. Russell (Aberdeen AAC) 11. L. Findlay (Fraserburgh Runners) 40:40 12. M. Guthrie (Unattached) 41:43 13. V. Allan (Aberdeen) 42:46 14. L. N. Christie

Results



William Howie leads the pack at the start of the Falkirk People's 1/2 Marathon.

Fastest Laps: Junior Boys: 1. A. Moodie (Fife Southern H) 10:56 2. R. Carmichael 11:00
Senior Boys: 1. J. Hemming 10:36 2. B. Gorman 10:37
Youths: 1. C. Murphy 9:44 2. S. Rankin and A. Kinghorn both 10:28

Northern District Cross Country Relay Championships, Muir of Ord

Senior 4 x 2 1/2 miles: 1. Elgin AAC (C. Armstrong 12:43, M. Wright 12:59, D. Gunn 13:04, A. Moffat 12:54) 51:36
2. Inverness H (J. Bowman 12:29, G. Crawford 12:57, S. Baird 13:54, S. Gorland 13:24) 52:44
3. Lochaber AC (I. Smith 12:48, M. Heron 13:45, R. Forbes 14:03, D. Rodgers 14:11) 54:47
4. Forres H 54:51 5. Inverness H B' 56:15 6. Inverness H C' 59:30
Fastest Laps: 1. J. Bowman 12:29 2. C. Armstrong 12:43 3. I. Smith 12:48

Young Athletes 3 x 2 miles: 1. Inverness H (D. Hands 11:00, S. Jarvie 10:06, A. Chalmers (1) 10:03) 31:09
2. Inverness H B' 31:18 3. Inverness H C' 31:52 4. Orkney Islands AAA 32:47 5. Inverness H D' 33:11 6. Dingwall Academy 33:49
Fastest Laps: 1. S. Jarvie 10:06
Youth: 1. A. Bone (Inverness H C') 9:47
Girls/Ladies 3 x 1 1/2 miles: 1. Inverness H (R. Davidson 8:57, J. Rankine 8:42, S. Campbell 8:25) 26:04
2. Inverness H B' 27:26 3. Inverness H C' 27:45 4. Caithness AAC 28:33 5. Elgin AAC 28:42 6. Black Isle AAC 29:25
Fastest Laps: 1. G. Slaven (Ayr Seaforth AC) 14:11 2. A. Paterson (Strathkelvin Ladies AC) 14:20 3. J. Wolfendale (Victoria Park AAC) 14:23
Teams: 1. Victoria Park AAC 23pts 2. Strathkelvin Ladies AC 31pts 3. Monklands Shettleston Ladies AC 64pts
Minors: 1. G. Fowler (Unattached) 6:52 2. C. Free (Colzium AC) 6:56 3. J. Rutherford (Carlisle AC) 7:00
Teams: 1. Ayr Seaforth AC 43pts 2. Carlisle AC 44pts 3. Colzium AC 44pts

Rothiemurchus Fun Run 5.5 miles - 1. Gregor Grant (Independent) 29:03 2. Mike McCulloch (Forres AC) 29:14 3. Ewan MacKenzie (Cairngorm C.C.) 30:09 4. L. (19th) Ginny Pollard (Fleetham Triathletes) 36:25 5. L. (30th) Ann Dundas (Inverness Harriers) 38:18 6. L. (33rd) Bronwyn Crymble (Unattached) 41:31
V1 (15th) Granville Brown 35:00 1. V1, (25th) Catherine Gibson (Inverness H) 37:18
Youth (7th) Simon Gariand (Inverness H) 32:00 7. Y1, (36th) Jacqueline Gibson (Inverness H) 41:40
Junior Fun Run - 1 mile - (5-8 year old) B1. Keith Crymble, G1. Julie McPherson

(Inverness H) 48:11 1st local R. Aitken (Coasters AC) 7th

Prince and Princess of Wales Hospice Womens 4 miles Road Race "Around the Loch", Strathclyde Park, Motherwell

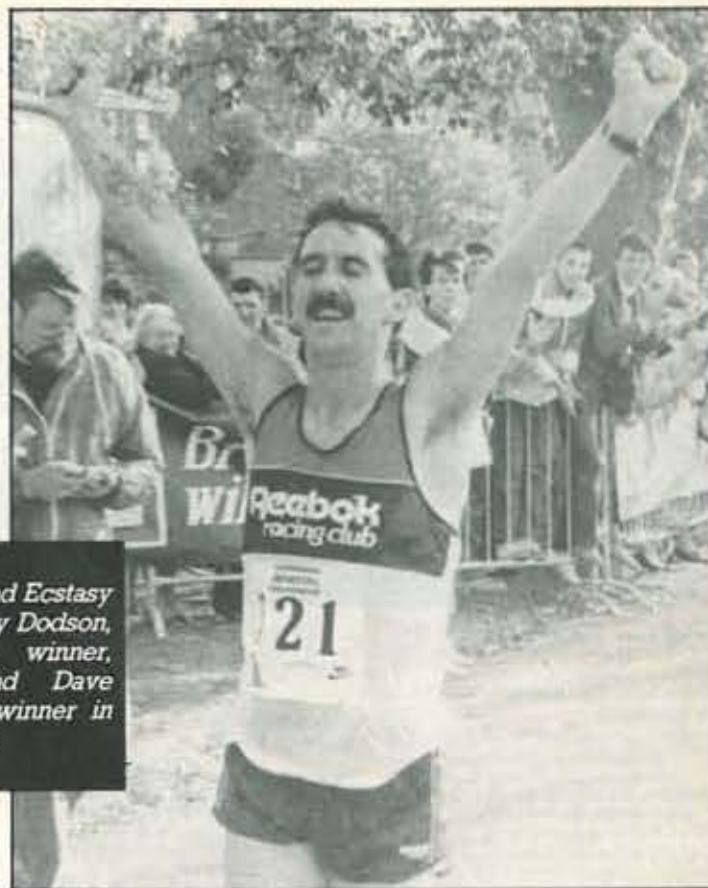
2. K. Chapman (Giffnock North AC) 24:11 2. I. Fraser (Ayr Seaforth AC) 24:36 3. M. Dunlop (Kilmarnock H) 24:48 4. M. Menzies (Elderslie) 24:59 5. J. A. Armatron (Glasgow) 25:18 6. M. Dryburgh (Mauchline) 25:52
Veterans (O/35): V1, J. Gallacher (Scottish Veteran H) 26:04 V2, L. Brown (Kirkintilloch) 26:32 V3, S. Bellford (Scottish Veteran H) 22:13 V4, C. Boyle (Blantyre) 27:19

Colzium AC Open Womens Cross Country Meeting including 2nd Womens Cross Country League, Drumpellier Park, Coatbridge

Seniors: 1. S. Sinclair (Irvine AC) 19:44 2. S. Branney (McLaren Glasgow AC) 20:00 3. P. Rother (Edinburgh AC) 20:07
Teams: 1. McLaren Glasgow AC 30pts 2. Monklands Shettleston Ladies AC 39pts 3. Livingston & District AC 49pts
Intermediates: 1. T. Wilson (Lochelly & District AC) 16:45 2. V. Clinton (Irvine AC) 17:10 3. K. Baird (Kirkintilloch Olympians) 17:16



Agony and Ecstasy
... of Kay Dodson,
women's winner,
Left, and Dave
Wilson, winner in
Dumfries.



Robin Bryden

Excited chatter over steaming cups of coffee created a general hum of anticipation in Dumfries town centre at the start of the Dumfries Octocentary Marathon. It was a crisp, clear morning very close to perfect running conditions.

At 10.30 a.m. exactly, the athletes started out on what would prove to be a memorable journey. As we settled down to a steady pace, the runners rapidly grouped themselves according to their desired times. I found that I was surrounded by a group of six men (one of the advantages of being a female runner!) and we stuck to a steady, seemingly comfortable pace of 6.45 minute miles.

The first 10 miles were a joy to run: the course was flat and scenic and we scarcely noticed the strong wind which had developed.

At halfway we checked our watches: 87.30 — still on schedule for about three hours. The next two miles were also hammered out at a steady pace. Then, approaching 16 miles, the mood of the group seemed to change. The cheerful banter fizzled out and a heavy silence fell. Eventually someone groaned: 'I feel as if I've hit the wall already, but it's too early yet!'

Suddenly, everyone was complaining about how terrible they felt, despite still having nine miles to go. What was wrong? Nobody knew. Perhaps it was the wind, the lack of crowds, or had we simply set out too quickly? Analyses were of little consequence now. We could only plod on and hope for the best.

It was at this point that the group started to fragment. Two lads went ahead, another pair fell behind, leaving two of us in between. With just over five and a half

CAROLYN BROWN takes a personal look at the Dumfries Octocentary Marathon.

miles to go, my companion took cramp and I was on my own.

The occasional spectator was just not enough to raise my spirits. I felt as if I was running on the spot.

Just outside the town of Dumfries was the 24-mile marker. I knew my time was going to be completely outside what I'd hoped for, but I consoled myself with the thought that at least I would be first woman home.

Between 24 and 25 miles there was quite a long downhill stretch, and my bodily state marginally improved... until I hit the last mile and my legs felt as if they no longer belonged to me! I was unable to raise much more than a shuffle.

With half a mile to go, I was hallucinating about lying down on a comfortable bed when I heard heavy breathing behind me. I was horrified when I glanced across to see that I'd been caught by Kay Dodson. I was finished. I willed my legs to go faster but there was nothing there. I cursed myself for being lackadaisical, all to no avail as I saw my rival move further and further in front.

I finished 15 seconds behind in second place. At the time I couldn't help feeling disappointed, but as the rest of the week wore on, I looked for the positive factors.

Yes, I certainly blew it... perhaps I did start off too quickly... perhaps I was too ambitious. But I'll use the experience to run a better marathon next time.



Carolyn Brown... pipped at the post by Dodson.

Events Diary

November

- 22 **McVitties International Races and Open Cross Country Meeting**, Riverside Bowl, Gateshead, E. — Department of Sport and Recreation, Gateshead Stadium, Alexandra Road, Gateshead. Type and Wear (All age groups, M & F).

North District Cross Country League, Keith (All age groups M and F), E — W. Banks, 16a Ballinreay Road, Inverness IV3 5PS.

Brampton to Carlisle 10 miles Road Race, Brampton, E — Mrs. Matthews, 28 Roseberry Road, Carlisle, Cumbria (E closed 8/11).

Edinburgh University Hares and Hounds Open Senior Cross Country Races, Braids Hill, Edinburgh, (M and F), E — The Secretary, Edinburgh University, c/o Sports Union, 48 The Pleasance, Edinburgh EH8 9JJ.

Bellahouston Harriers Open Cross Country Races, Bellahouston Park, Glasgow, (All age groups, M only), Details — C. Joss, 25 Spiers Road, Bearsden, Glasgow G61 2LX (E on day at Cardonald College).

Gauldry Community Council Open Cross Country Races, Gauldry, Fife, (All age groups, M only).

- 23 **Scottish Womens CC and RR Association Eastern District Cross Country Championships**, Balgowrie Playing Fields, Aberdeen, (All age groups, F only), E — Mrs. M. Cooke, 101 Ferry Road, Edinburgh EH6.

Scottish Womens CC and RR Association Western District Cross Country Championships, Linwood Sports Centre, Linwood, (All age groups, F only) E — Ms. A. Sprout, 4 Glenbervie Crescent, Summerston, Glasgow.

- 29 **Scottish Womens AAA Annual General Meeting**, Edinburgh.

Eastern District Cross Country League, Livingston, West Calder High School, Polbeth, 2pm, (All age groups, M only), E — Alex Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

Northern District Cross Country Championships, Elgin, (All age groups, Male and Female), E — W. Banks, (address as above).

Ayrshire Harriers Association County Cross Country Championships, Cumnock, (All age groups, Male and Female), E — W.A. Robertson, 17 Hunter Crescent, Troon KA10 7AH.

Dunbartonshire AAA County Cross Country Championships, Posties Park, Dunbarton, (All age groups, Male only), E — Dr. D. Gilmore, 7 Marchmont Terrace, Glasgow G12.

Lanarkshire AAA County Cross Country Championships, Drumpellier Park, Coatbridge, (All age groups, Male only), E — J. Waddell, 102 Mansfield Road, Bellshill.

Renfrewshire AAA County Cross Country Championships, Bellahouston Park, Glasgow, (All age groups, Male only), E — D. Burt, 7 Kirkhill Road, Uddingston.

- 30 **Dumfries AAC Open Cross Country Races**, Dumfries, (All age groups, Male and Female), E — Mrs. K. Findlay, Wood Farm, Parkgate, Dumfries DG1 3LY.

Scottish Veteran Harriers 5 mile Cross Country Race, Auchinairn Park, Bishopbriggs, E — D. Wilmoth, 49 Waterside Road, Kirkintilloch.

December

- 6 **Fife Southern Harriers "Lila Allan" Memorial Open Cross Country Meeting**, Beveridge Park, Kirkcaldy, (All age groups, Male and Female), Details — D. Forbes, 13 Cullen Crescent, Kirkcaldy KY2 6EP, (E on day).

East Kilbride AC Festival of Road Running, East Kilbride, (All age groups, Male only), Details — W.N. Griffiths, 38 Giesalmond, East Kilbride G74 2LJ (E on day).

Running North Open 4 mile Handicap Cross Country Race, Peterhead.

North District Schools Cross Country Championships, (Male and Female), Fort William.

Dumbarton AAC Club 6 mile Cross Country Championships, Dumbarton.

Teviotdale Harriers Burns Club Trophy races, Hawick.

Greenock Glenpark Harriers Crescent Cup 5 mile Cross Country Handicap Race, Orangefield, Greenock.

- 7 **Scottish Womens CC and RR Association East v West v Northern Ireland Cross Country Representative Match**, Beach Park, Irvine.

Galloway Harriers Open Cross Country Meeting, Newton Stewart, (All age groups, Male and Female), Details — Q. Greenall, 12 Replaid Crescent, Bishopburn, Stranraer DG9 8HZ, (E on day).

Peterhead AAC Henderson 4 mile Road Race (Handicap), Peterhead, Details — J. Mordie, 1 Abbotswell Road, Peterhead AB4 6QU, (E on day).

Scottish Tag of War Association National Championships, Greenock Sports Centre, Nelson Street, Greenock.

- 13 **Scotland v Northern Ireland v Scottish University Select v British Civil Service International Cross Country Race and Scottish Inter District Young Athletes representatives races**, Stirling University Playing Fields, Stirling.

Stevenson Womens Open Cross Country Races, Auchenhurvie.

Open Indoor Athletics Meeting, RAF Cosford.

- 14 **Scottish Womens League Team at Inter League Cross Country Match**, Gateshead.

Penicuik Harriers Open Cross Country Races, Penicuik, Details — C. Graham, 36 Mauricewood Road, Penicuik, Midlothian EH26 0JP, (E on day).

- 20 **Edinburgh AC Queens Drive Road Races**, Edinburgh, Details — F. Amott, 70 Ashley Terrace, Edinburgh EH11 1RU, (All age groups, Male only), (E on day).

Spango Valley AC "Bob Grant" Trophy 7 1/2 mile Cross Country Race, The Cut, Greenock.

Dumbarton AAC 3 mile Club Road Race, Dumbarton.

Indoor Invitation and Inter Club Indoor Athletic Meeting, Ingliston Centre, Edinburgh.

Greenock Glenpark Harriers Club Boys and Youths Cross Country Races, Orangefield, Greenock.

Club Xmas Handicap Races, various venues.

Scottish AAA Annual General Meeting, Edinburgh.

- 21 **International Athletics Club International Cross Country Race**, Ipswich.

Scottish team v England v Wales v Northern Ireland v Eire International Cross Country Race, Crystal Palace, London.

- 26 **Irvine AC "Harriers v Cyclists" Senior Cross Country race and Open Cross Country races**, Irvine Moor, Irvine, (All age groups, Male and Female), Details — W. Fulton, 159 Clark Drive, Irvine KA12 0NS, (E on day).

Teviotdale Harriers Club Menzies Cup Cross Country races, Hawick.

- 27 **Strathclyde University Past v Present Students Cross Country Race**, Stepps. All former students interested in competing contact — A. Johnston, 18 Millersneuk Avenue, Lenzie G66 5HJ.

Dumbarton AAC Club 7 1/2 mile Cross Country Handicap race, Dumbarton.

- 31 **San Sylvestre Vallencano International Road Race**, Madrid, Spain.

January

- 2 **Beith Harriers New Year Road Races**, Orns Trust Running Track, Beith, (E — on day at Bellsdale Pavilion), All age groups, Male and Female, Details — Mrs. E. Hall, 36 Dairy Road, Beith, Ayrshire KA15 1BA.

Broughton Brewery Greenmantle Dash 3 miles Hill Race, Broughton, E — on day. Details — Dick Wall, 1 Springwell Brae, Broughton, by Biggar.

- 3 **Nigel Barge Trophy 4 1/2 mile Road Race**, Maryhill, Glasgow, (E — on day). Details — Steve Lydon, Room 95, Nurses Home, Gartnavel Royal Hospital, 1055 Great Western Road, Glasgow G12 0XH.

Scottish team at International Cross Country Race, Mallusk Park, Belfast.

- 10 **Springburn Cup 8 miles Road Race**, Huntershill Running Track, Bishopbriggs, E — on day at Huntershill Sports Centre. Details — Malcolm Montgomery, 51 Melville Gardens, Bishopbriggs G64 3DD.

North District Cross Country League Meeting, Muir of Ord, (All age groups, Male and Female), E — Brian Turnbull, 3 County Cottages, Inverness.

Teviotdale Harriers Langheugh Trophy races, Hawick.

Greenock Glenpark Harriers Harris Cup 6 mile Cross Country Race, Orangefield, Greenock and Youths and Boys Club Cross Country races.

- 11 **Ayrshire Harriers Association Open Cross Country Meeting**, Maybole, All age groups, Male and Female, E — on day at Maybole.

Victoria Park AAC Young Athletes 6 stage Road Relay Race and Womens Open Relay races, Scotstoun, Glasgow. Details — T. Wallace Crawford, 60 Annan Drive, Bearsden, Glasgow G61 1YP.

"Memorial Mugvera" International Cross Country Race, Elgiobar, Spain.

- 17 **Scottish Universities Cross Country Championships**.

Greenock Glenpark Harriers Schools Glenpark Trophy Cross Country Races, Greenock.

- 18 **Scottish Womens CC and RR Association National Womens Cross Country Relay Championships**, Edinburgh.

Cross Amendeoiras Flor International Cross Country Race, Vilamoura, Portugal.

- 24 **SCCU Eastern District Cross Country Championships**, Beveridge Park, Kirkcaldy, All age groups, Male only, E — Duncan McLaren, 25 Brockwood Avenue, Penicuik, Midlothian.

SCCU Western District Cross Country Championships, Kirkintilloch, All age groups, Male only, E — Colin A. Shields, 21 Bogton Avenue, Murrend, Glasgow G44 3JJ.

- 25 **Banchory AC Open Cross Country Races**, Banchory, All age groups, Male and Female, E — on day. Details — D. Greenwood, "Apple Trees", 14 Rosemoir Road, Banchory AB3 3UJ.

Scottish teams at International Cross Country Race, Fermoy, Eire.

Scottish team at International Cross de San Sebastian, San Sebastian, Spain.

- 31 **Shettleston Harriers Flockhart Memorial Open Cross Country Races**, Drumpellier Park, Coatbridge, All age groups, Male only, E — on day at Coatbridge Indoor Sports Centre. Details — Peter Carlton, 301 Curtis Avenue, Kings Park, Glasgow G44 4NP.

Eastern District Cross Country League Meeting, Riccarton, Edinburgh, All age groups, Male only, Details — Alex Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

Scottish AAA Indoor Athletic Championships (Day 1), Aberdeen Exhibition and Conference Centre, Bridge of Don, Aberdeen.

Dumbarton AAC 8 mile Club Cross Country Championships, Dumbarton.

Greenock Battalion Boys Brigade Cross Country Championships, Greenock.



My way of running

After suffering any type of injury you will find, in many cases, that you are urged to take up some kind of physical activity in order to aid rehabilitation.

Probably one of the most common areas in which this is visible is the field of spinal injury rehabilitation. You are recommended to take up some "nice sport" like swimming or archery. Then, one dark day as you quietly go around getting used to your wheelchair, you decide it is time to freak everybody around you out and announce you are going to tackle a marathon.

Basically, what you are trying to do is find a field in which you can express your fighting spirit and will to succeed after suffering a slight blow to your plans - i.e. your legs don't move anymore. This is how I found myself ending up on the starting line of the 26 mile 385 yard course.

I would describe myself as purely a fun runner. Principally I am a fencer, which does not leave much room if I wanted to take my marathon 100% seriously like some of the other wheelchair competitors who, compared to myself, are supermen.

It is understandable that the training for a wheelchair competitor is substantially different from that of a runner. The idea I have worked to is to utilise every muscle I have got above the waist. By the time you get to about 20 miles you need them, believe me.

This is easier said than done since what must be remembered is that the higher up your back the spinal cord is broken, the more of your top half is paralysed, e.g. the stomach muscles. What I have aimed at is a combination of weight training and roadwork.

In the gym, the idea I found best was medium sized weights with as much repetition as possible. Road-

ALAN KELLY was severely disabled after a routine operation two years ago. This year, he was first wheelchair athlete to finish the Glasgow Marathon.



work, as everyone knows, is as boring as it sounds, but an absolute necessity. As with a runner, you simply follow the same strategy in terms of varying routes, mileage and speed, within reason.

One aspect of the roadwork which does vary with the able-bodied runner is that on the shorter training sessions, of approx five-six miles, it is of advantage to try and familiarise yourself with the largest hills you can find. For some callous reason, route organisers seem to find a way of letting the largest hills in the towns and cities mysteriously find a way into the race route.

However, finishing a marathon is probably the most satisfying feeling of your life. As you approach the finishing line, the achievement will be as exhilarating as the work, time and commitment you have put into it - regardless of your time. The man or woman who comes in after six hours may have won a greater victory than the overall winner of the race. This is the driving force which pushes me on to continue this ridiculous pastime.

What I found annoyed me slightly after this year's Glasgow Marathon was when

eager friends quizzed me on my time and I proudly replied 3 hours 37 minutes. The most common reply was "I couldn't even run it that fast".

To put my time into perspective, and to put runners and wheelchairs into perspective, I am afraid the top wheelchair athletes beat the top runners hands down. The world record for a runner completing a marathon is approximately two hours eight minutes - the top wheelchair time is one hour 45 minutes, and it wasn't all downhill.

So, perhaps the lesson to be learned is: don't simply treat disabled athletes as a token, they need recognition as much as their able-bodied counterparts. This is where the USA leaves this country behind - the wheelchair athletes who do these astonishing times are, as you can guess, North American.

Luckily I will be able to gain first-hand experience of the American style of marathon when I tackle the Miami Marathon in January. Like so many other runners, what started as a method of getting fit and convincing family and friends that you have flipped your lid has turned into an obsession.

QUESTIONS

Coming Next Month...

**Town Running
— in Dundee**

**Country Running
—around Dumfries**

Callan in America

Menhennets in Moscow

**Full 1986 Scottish Half
Marathon Results**

A Christmas Tale

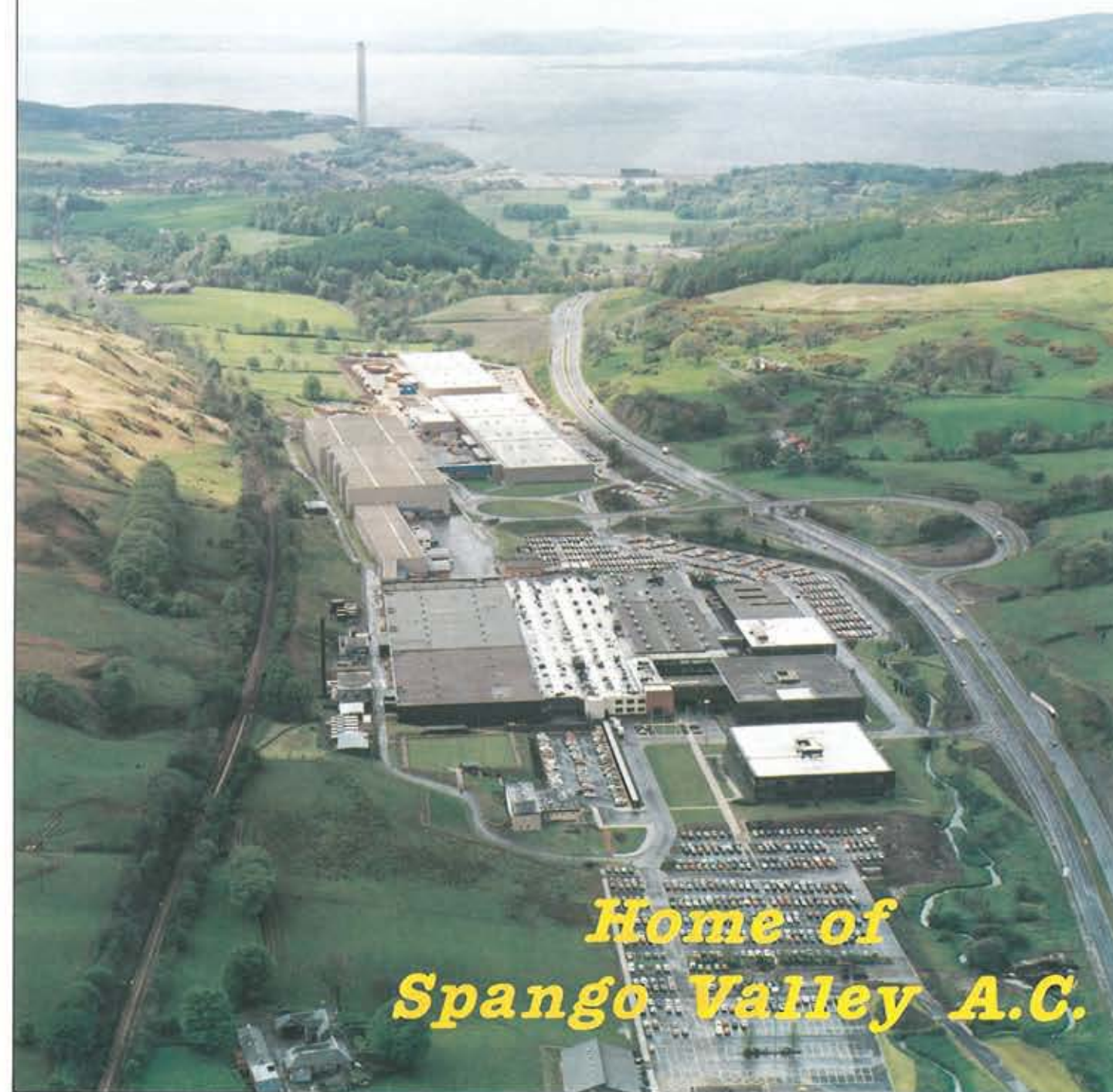
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