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SCOTLAND'S RUNNER

JANUARY 1987

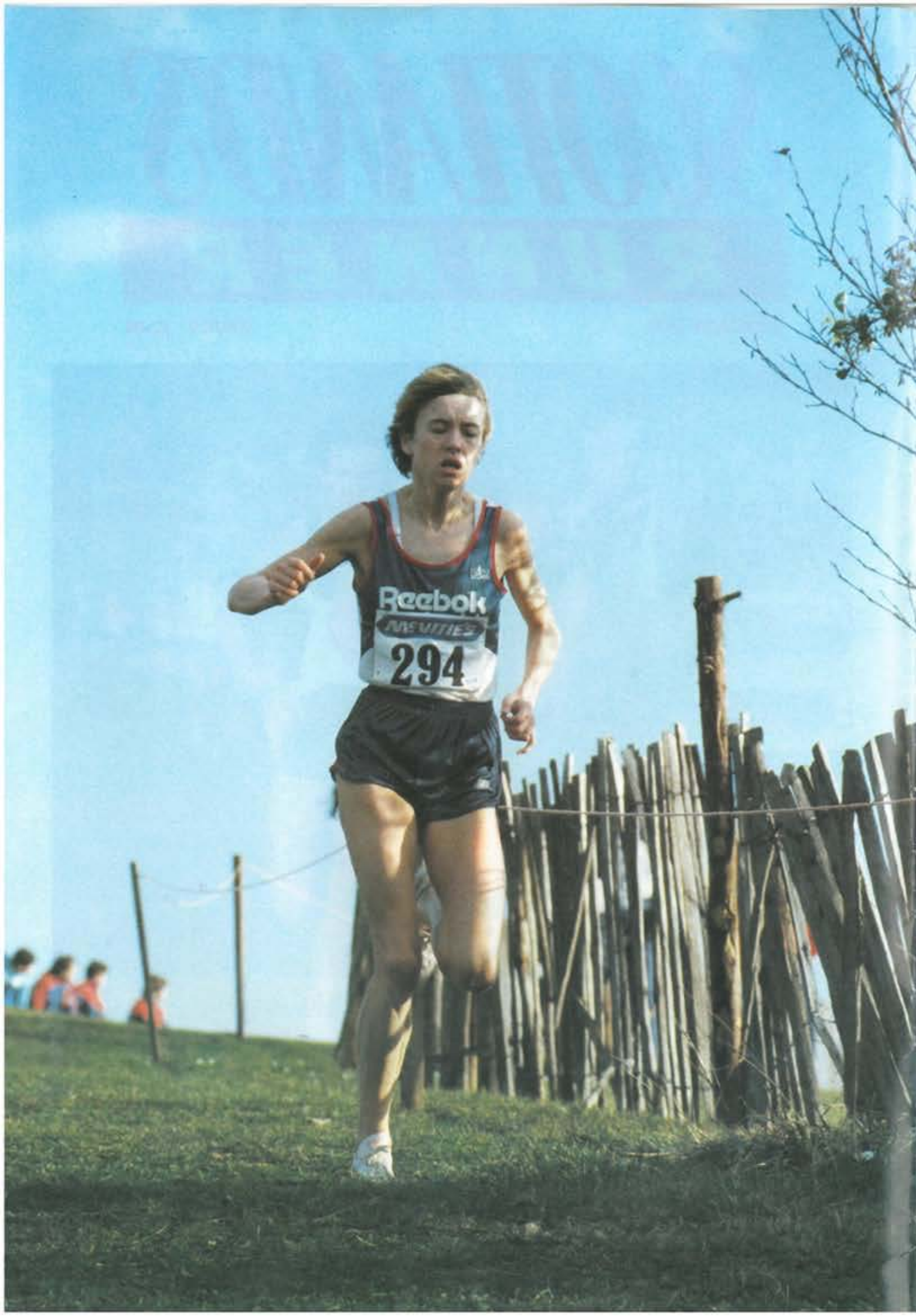
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SCOTLAND'S RUNNER

January, 1987

Issue 7

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
Connie Henderson
Bob Holmes
Graeme Smith
Ronnie Summers
Sandy Sutherland
Jim Wilkie

Events and results compiler:

Colin Shields

Advertising:

June Lockhart
Derek Ross
Fiona Stewart

Administration:

Sandra Whittaker

Art editor:

Russell Aitken

Front cover:

The Edinburgh
-Glasgow Road Relay
Race. Photograph by
Scott Reid.

Inside cover:

Liz Lynch winning the
McVities
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Photograph by Ian
Weightman.

SCOTLAND'S
RUNNER



Nith Valley Stompers
The Dullies of Our Borders!

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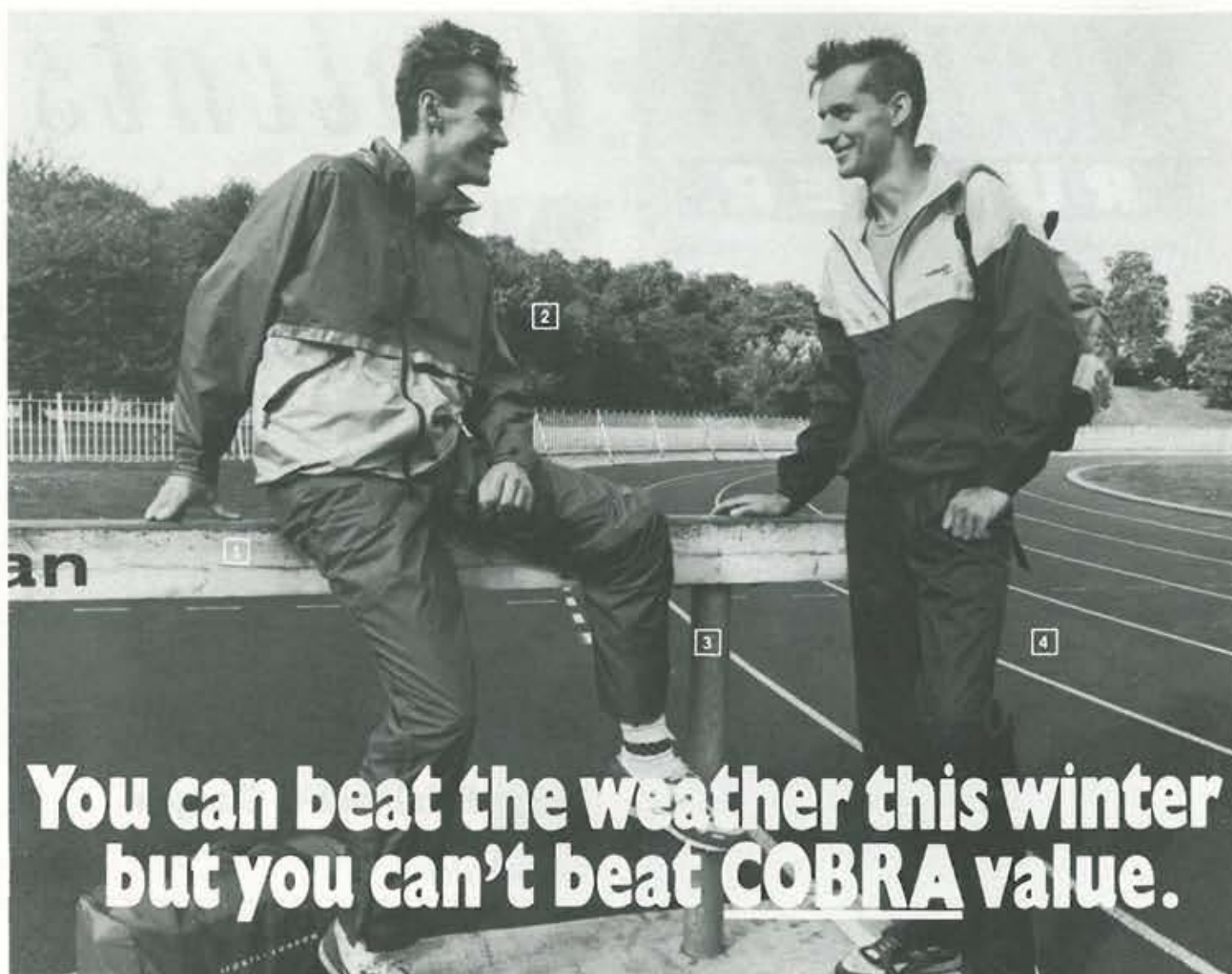
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Inside LANE

One of the areas this magazine has been negligent in covering to date is junior athletics, so it is with some pleasure that we now spotlight four young ladies from Nith Valley Athletic Club.

As Carolyn Brown reports on Pages 32 and 33, the development of Kathleen Lithgow, Hayley Haining, Hazel Edgar and Ruth Girvin is a tribute to their parents, coaches and fellow club members in Dumfries and Galloway. It is these people, not the system, who nurture the girls' natural talent, and Brown concludes:

"As usual, so much is left to a determined few that one is forced to ask: how many other talented youngsters are missing out because they lack support? It is a sorry indictment of this country that so little is down to encourage our gifted young athletes."

Staying in South West Scotland, we feature another talented youngster, 64 year old Alastair Warren. A former editor of the Glasgow Herald, Warren reports from the roads of rural Galloway, where, he says, "joggers and harriers remain a rare species". Not for long, we suspect.

Our main story this month, though, is the two day professional meet at Meadowbank over New Year. As Fiona Macaulay informs us on Pages 25, 26, 27 and 28, competitive athletics in Scotland goes back a long, long way — to the Battle of Bannockburn and the Ceres Games in Fife in 1314, in fact.

Macaulay reports: "Footracing, or pedestrianism, was very popular in the 1880's for spectators and competitors alike. Soccer was very much a minority sport and had not amassed the support it was to in later years, nor did it lure away the youth of the country from other sports. Amateur athletics were confined to sports days at schools and universities."

To the uninitiated, it comes as a surprise that the prize for the famous "Powderhall" Sprint is only £1400 — with all the preparations involved, it should be nearer £5,000 says the author.

As part of this feature, Fiona Macaulay also profiles two well known professionals who have strong interests in the music world. Step

forward Dave Valentine and Gordon Campbell.

We switch to the North East of Scotland to tune into an interview by Mel Edwards with Alastair Wood on Pages 34 and 35. Edwards makes no secret of his admiration for Wood, who in January will celebrate — if that is the correct word — his 50th birthday.

Wood wryly recalls how he retired for all of ten days in 1966, after failing



A hard road, even for iron men... the Edinburgh to Glasgow road relay. Special report and pictures — Doug Gillon and Scott Reid. Pages 36 & 37.

to gain selection for the Commonwealth Games in Kingston, Jamaica (selection procedures in those days being as haphazard as now). A further ten days later he entered the Inverness-Forres Marathon, ran a blinder, and finished with a European record of 2:13:44!

This month, we also contrast the experiences of Scots in America and the Soviet Union on Pages 21, 22 and 23. Springburn Harrier Robert Chalmers advises us of the

Alan Campbell

advantages and pitfalls of an athletics scholarship in Nevada — clubmate Adrian Callan also spent six weeks there — while Pete and Chris Menhennet recall their experience of the Moscow Peace Marathon in August.

On Pages 20 and 21, Connie Henderson follows up last month's article on running styles with a visit to the treadmill of Dr. James Watkins, lecturer in bio-mechanics at Jordanhill College, Glasgow.

"It was a rather gruelling experience and I defy anyone to say they wouldn't feel self-conscious as they pounded away on a treadmill under the watchful eye of a video camera," pants Henderson. Still, she claims she passed the test.

The new-wave running clubs are represented by Strathclyde Runners on Page 29. Strathclyde Region employee Euan Wilkinson points the way forward for others to form running clubs at work, and he suggests: "It is often only when the employees decide to do something for themselves that anything is ever done."

A full Scottish half marathon results service is provided by Colin Shields on Pages 40 and 41. Aside from the statistics, the most revealing evidence is the sheer geographical spread of this relatively new event in Scotland.

On a personal note, I would like to thank everybody who has supported the magazine since its birth — my co-editors, our columnists and experts, advertising and administrative staff, advertisers, contributors, subscribers and readers — and wish one and all a prosperous New Year.

In order to give ourselves some breathing space, the next issue of Scotland's Runner won't be in the shops until February 5 — and will be a shared issue for February and March. This will not adversely affect subscribers, who will still receive their full twelve issues before the subscription expires.

Finally, a word of consolation to Liz Lynch. She may not be BBC Scotland's Sports Personality of the Year, but, without resort to ballots or other democratic nonsense, she is undoubtedly the Scotland's Runner sports personality of 1986.

Thanks again for your support, and see you in 1987!

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Up Front

Frivolous
vexatious -
and expensive!

THE annual meeting of the Scottish
Women's AAA was horrified to
learn of the possible costly extent
of the litigation entered into
between the Association and its
former secretary Mrs. Eleanor
Gunstone of Fife AC.

If an appeal, currently under
consideration by the association,
fails, then the bill could run well
into five figures. That would almost
certainly mean every club in the
country being faced with a
substantial levy to pay the legal
bills.

The annual meeting heard the
association had a credit of around
£1500, but only one day before the
meeting Mrs. Gunstone won an
action in the court of Session,
including her costs.

These, Mrs. Gunstone said:
"were around £5000."

Mr. Mike Weir, solicitor for the
SWAAA said that he could not at
that stage put a figure on the
association's costs, but agreed that
if an appeal were to fail: "they
would be increased." But he
doubted whether they would
match the scale of Mrs.
Gunstone's.

The former secretary had gone
to court after she was deposed
from office at the 1985 annual
meeting when Mrs. Isobel
Docherty was elected. Mrs.
Gunstone's supporters attempted
to have that election set aside at a
special general meeting of the
association but failed.

However the defeated faction
believed that Mrs. Docherty's
election was unconstitutional and
that view was upheld by Lord
Prosser in his judgement, a year all
but one day after the original
meeting.

An attempt to prevent Mrs.
Gunstone being awarded costs on
the grounds that her action was
frivolous and vexatious met with
the response from Lord Prosser:
"Frivolous, vexatious . . . and
successful."

Mrs. Gunstone says she was
asked if she would consider
withdrawing her action in view of
the likely cost of litigation. "I said
that I would do so provided two
conditions were met," she said.
"The first was that an apology
be made to Fife AC, the second
was that Mrs. Docherty's uncon-
stitutional election be set aside.
Those conditions were not agreed
to."

"I took note of the special
meeting's democratic wish that I
should no longer be secretary.
That is why I made no request for
reinstatement. The whole matter
was a point of principle."

"I'm sorry about the financial
implications for the association, but
the rules were there to be
obeyed."

One member of the executive
was unaware of any such offer
from Mrs. Gunstone, but Mr. Weir
confirmed that attempts were
made to find a compromise.
"Unfortunately none could be
agreed on," he said.

Although each member of the
executive was named in the action
raised by Mrs. Gunstone they are
not individually liable. That falls
upon the association, hence the
possibility of a levy.



Trust Yvonne

YVONNE MURRAY has lifted two
awards in the past month, in
addition to being given a special
reception by her native Mussel-
burgh. The European and
Commonwealth bronze medallist
at 3000 metres was awarded a
special plaque at the SWAAA
annual meeting in recognition of
the records she set during the
year.

And the George Dallas
Memorial Trust have made her this
year's winner of their trophy. The
22-year-old Edinburgh Athletic
Club woman joins Allan Wells,
Chris Black, Sandra Whittaker and
Tom McKean.

The trust, established in 1982,
administers a fund to help Scots,
male and female, with coaching,
training, travelling, equipment and
other appropriate assistance at the
discretion of the trustees.

George Dallas Memorial Trust
vests are also donated to anyone
wishing to run in aid of the trust
(50% of any money raised is
returned to the club concerned).
Details are available from E.S.
Liddell, 81 Cromwell Rd.,
Burntisland, Fife.

Green peace campaign

A "Peace Mile" has been
established on Glasgow Green by
the Sri Chinmoy marathon team to
mark the International Year of
Peace, 1986. With the support of
Glasgow District Council's Parks
and Recreation Department, a blue
line has been drawn round the
roads on the Green to provide a
fast, flat, precisely measured
course.

The route starts outside the
Clydesdale Rowing Club boathouse
near the Saltmarket entrance,
heads eastwards following the
bank of the Clyde, then loops
round the People's Palace to head
back towards Saltmarket and the
finishing line outside the rowing
clubhouse. A series of races was
held on Sunday December 7 to
officially open the course.

The Sri Chinmoy marathon team
was founded in 1977 and now
organises over 300 hundred
running events throughout the
world each year, including many in
Scotland. Sri Chinmoy's events
include short two mile races held
on Wednesday nights during the
summer on Glasgow Green and
Edinburgh's Meadows.

They also stage marathons, ultra-
marathons, triathlons, and pre-
stigious 24 hour races in New York
and Gateshead (1987's Gateshead
24 hour race is scheduled for
June).

Sri Chinmoy is a New York-
based Indian spiritual teacher who
advocates athletics as a means of
improving health, releasing tension,
and providing, "a sense of
dynamic enthusiasm towards life."

New track bad news for Balgownie

waiting so long for something like this," he said.
Over the past three years there have been
endless discussions about the track.

"I'm just relieved that we are now getting a
facility which will be a tremendous asset for
athletes in this area. Maybe now we'll be able to
hold Division One National League fixtures
here."

The decision to proceed with the Linksfield
development did not meet with favour in all
quarters. The Liberal/SDP Alliance group on the
city council made a last minute bid to block the
proposals.

The Liberals favoured an alternative plan to
upgrade Aberdeen University's deteriorating all-
weather track at Balgownie

Aberdeen AAC has used the Balgownie track

since the early 1970's for competition purposes.
Club championships, North East League
meetings and open events have all been held
there, while the athletic club has used the inferior
local authority owned facilities at Linksfield for
training purposes.

But cutbacks in university expenditure in
recent years led to the track deteriorating to a
level where it became too dangerous for use.

The university feels its facility is being
abandoned by the people who have made the
greatest use of it over the past 16 years.
However, there was little chance of the Labour-
dominated city council pumping money into a
facility it didn't own, despite the pleas from the
Liberals.

Hunter Watson feels that the Balgownie track
still has a role to play, and that it can be saved.
"Aberdeen AAC would be willing to contribute
towards the cost of repairing the Balgownie
track, just to make it suitable for training"

Council push for athletics unity

THE Scottish Sports Council has taken the first steps towards persuading Scotland's athletics governing bodies to amalgamate.

The December issue of Scotland's Runner outlined the complicated structure of athletics in Scotland, with seven different bodies administering track, road, cross-country, hill, schools and tug-of-war - as well as organising joint coaching.

The Scottish Sports Council ploughs about £90,000 a year into athletics north of the border. At a meeting of the council's sports development committee on November 19, members discussed the complicated structure of athletics in Scotland - and queried whether the best use was being made of both manpower and cash resources.

After discussion, it was agreed to write to all the athletics governing bodies inviting them to join a committee (chaired by sports council nominee) which would explore and discuss amalgamation between the bodies.

As we went to press, no formal responses had been received by the council.

£15,000 boost for clubs

NEARLY £15,000 has been promised to grassroots Scottish athletics over the next three years by HFC Trust and Savings.

Better known for their sponsorship of the UK Closed Championships (first held in Edinburgh in 1983 and scheduled for Derby next year) HFC are giving the money to the Scottish League as part of a £75,000-a-year package covering six leagues and 389 clubs across the UK. The deal will run for three years and a further £37,000 each year will be spent on backing and promotion.

The top 12 of the 32 league clubs in Scotland are covered by the scheme and there will be prize money totalling £2400 - £600 for the top club, ranging down to £100.

League secretary George Duncan of Perth Strathgry Harriers underlined how much this would benefit the smaller clubs who are faced with substantial travel bills. Of his club's total annual expenditure of £4000, some £2500 goes on travel. "Clubs such as Inverness have to fork out £200 every time they make a journey," he said.



Whittaker clocks in

THE athletic quality of the Scotland's Runner staff was boosted considerably at the beginning of December when Scottish sprint star Sandra Whittaker joined us as a part-time administrator.

After winning bronze in the 200 metres at the Commonwealth Games, the East Kilbride sprinter injured her hamstring at the European Championships in Stuttgart. She is now fully recovered and training hard in a bid to gain selection for the British squad at next summer's World Championships.

Sandra is likely to stay with Scotland's Runner until the spring, when her athletics commitments will take her back to the track on a full time basis.

The editors would like to thank Morag Simpson, Sandra's predecessor, for her invaluable assistance during the first six months of the magazine's existence.

CAMBUSLANG Harrier Eddie Meek is the winner of the Scotland's Runner/Nike competition in our October issue. His was the first all-correct entry drawn from a huge response throughout Scotland.

Meek, who describes himself as lucky in competitions, was not in fact the first entry drawn. But he was the first with the following answers: 1, Graham Williamson; 2, 1:43.22; 3, 3:41.09; 4, Adrian Callan; 5, Graham Williamson (again).

He wins a pair of sock racer running shoes, Steve Cram fleece tracksuit, sports bag, windrunner jacket; and two sweat shirts - all donated by the competition's sponsor, Nike.

Most of you found the first four questions easy enough, but well over half were caught out by question five, which asked: "Who is the Scottish record holder for 1500 metres?"

Graham Williamson is, in fact, both Scottish native and national record holder removing any possible ambiguity about the question and answer.

Williamson set his marks within two days of each other in June, 1983. On the 26th he recorded 3:37.01 at Meadowbank for the

Winners of Nike gear

native record, and on the 26th took the national record as well with a 3:34.01 at Oslo.

Ah, you say, but John Robson set a time of 3:33.83 in September, 1979. Indeed, he did, but sadly for him the time was never ratified as a record.

The second correct entry opened was from T. Brady of East Kilbride, who wins the Steve Cram tracksuit, sports bag, windrunner jacket and a pair of Exile running shoes.

The three third prizes of either Exile shoes or a windrunner jacket go to John Kilpatrick of Stewarton, John Cunningham of Bothwell, and well played the ladies - Harriet Gracie of Longniddry, East Lothian.

Indeed, Harriet put us in our place by pointing out that the answer to question four could just as easily have been Lynne MacDougall, the woman's 1500 metre champion in 1986.

All the winners have had their names and addresses forwarded to Nike.

Coyle injury

VICTORIA Park's Brian Coyle was seriously injured when he fell over a crag while orienteering near Aberfoyle in November.

He was taken to Stirling Royal Infirmary with severe injuries in his back, neck and arm.

Entry forms

THE Scottish indoor track championships are scheduled to take place at Ingliston on January 31 and February 1. The event is open to seniors only. Entry forms are available from John Fairgrieve at 18, Ainslie Place, Edinburgh.

Anybody want to buy a race?

YOU don't need to be a millionaire to sponsor athletics. Many events require only a few hundred pounds to stage, and the rewards in terms of media coverage can make it a useful investment for the sponsor as well as a vital donation to the sport.

Several of next year's major Scottish athletic events are looking for sponsors. Readers who run their own businesses, or who can exert some muscle-power on their bosses, could consider putting a bit of hard cash back into the sport in return for media publicity.

The 1987 SAAA and SWAAA junior championships are both looking for £1,000 of backing. For £500 you can buy the sponsorship of either the male or female East District Championships next May, while the SWAAA Combined Events and Relays Championships is looking for £750 of sponsorship next May or June.

Guide to a healthy lifestyle

AN eight week course, "Look After Yourself", is being held at the Nova Spa Health Club within Edinburgh's Sheraton Hotel.

Under the guidance of health education tutor Jean Kellet, the course will offer guidance on healthy eating, healthier lifestyle, simple relaxation techniques and safely graded exercise.

The course commences on Monday evenings from January 5, with a parallel course starting on

The SWAAA West District Championships next May need £500 to get the ladies off to a flying start.

The Scottish Cross Country Union's Under-23 International at the Magnum Centre in January '87 needs a major sponsor to pump in £5-6,000 and February's National Cross Country Championships is looking for a sponsor to plough in £2000 - the venue is Callander

Park, Falkirk.

Sponsorship for next September's Ben Nevis Hill Race is open to negotiation at the moment, as is May's Gourock Highland Games and Perth Highland Games in August (£1000).

Edinburgh Southern's mens team is seeking £7500 (and would prefer a three year deal), and Edinburgh Athletic Club wants to make tracks for £5000 to cover

next season's athletics. Harmer Athletic Club needs £2000 of backing for '87.

The British Transplant Games will be staged in Edinburgh next July, sponsorship negotiable.

The orienteers are looking for someone who can find their way to sponsoring the Highland '87 Scottish Six Day Event in August. The target figure is £5-10,000. The Scottish Orienteering Championships on June 8 in the Trossachs is in the market for £2000 of backing - tobacco and alcohol companies need not apply.

The Orienteering Junior Home Internationals will be held at Torrie Wood near Callander and Ross Wood at Balmaha on October 12-13, 1987 - no tobacco or alcohol sponsorship.

There is also a range of individual athletes seeking sponsorship to support their training.

If you are in the position to exert some financial muscle on behalf of your sport, contact: Brian Samson, Sponsorship Advisory Service, Scottish Sports Council, 1, St. Colme Street, Edinburgh EH3 6AA.

RUNNERS looking for bargains should watch out for fake shoes currently being peddled around Britain.

New Balance has warned consumers that imitation copies of their 1300 training shoe (price £100) have flooded onto the market and are selling at around £24 to £26. The counterfeits are made in Korea and come in burgundy, navy and gray.

According to New Balance, the fakes - some of which have turned up in Scotland - are badly made and come apart when subjected to stress on the roads. The Trading

Beware of counterfeit!

Standards Office has confiscated more than 3000 pairs, and New Balance is worried about the impact on customer confidence.

The fakes are almost identical to the real thing except for a small white D-shaped ring on the heel counter. New Balance request that anyone being offered the counterfeits should contact Brendan Dillstone on 0925 821182 or their local Trading Standards Officer.

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NEW BALANCE 735	59.95	56.99
NEW BALANCE 575	49.95	46.99
NEW BALANCE 42011	29.95	27.99
BROOKS NEXUS	59.95	56.99
BROOKS CHARIOT	49.95	39.99
BROOKS TRILOGY	59.95	47.99
BROOKS GRAPLEX	39.95	24.99
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Drugs ban

CENTRAL Region Athletic Club is leading the way in the fight against drugs.

At its recent AGM, the club decided that no athlete found guilty of using IAAF proscribed substances would be allowed membership of the club and inserted a new clause to this effect in its constitution.

Central hopes that the SAAA and SWAAA will consider making similar rulings.

Quinn a ped

AMATEUR sprint international Owen Quinn, formerly of Edinburgh Athletic Club, has turned professional. He is being coached by George McNeill, the former winner of the New Year Sprint and the Stawell Easter Gift.

Quinn has entered for the Carlsberg New Year 110 metres handicap on January 1 and 2. Also training with him under McNeill's guidance is last year's winner, Willie Fraser, from Bonnyrigg.

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Boston bound

LORNA IRVING, who has been lying relatively low since the Commonwealth Games, showed that she has lost nothing in the interim when she finished first woman in the 10-mile Brampton to Carlisle road race.

Her time of 57min 49sec may not seem impressive set along side the 53-59 clocked by Liz Lynch at Dundee, but it was run into the teeth of the prevailing westerly wind which restricted British international Steve Anders to 50-16 in winning the men's race. She finished two minutes ahead of double Commonwealth champion Kirsty Wade who was tackling the distance for the first time.

Lorna is setting her immediate sights on a run in the Boston Marathon in the spring.



Lorna Irving

Shoe shock

SCOTTISH veteran hill racing champion Bobby Shields has set up business as "Clyde Runner", selling running equipment at events throughout Scotland.

Shields had a disastrous start to his business venture. About £1000 of specialist hill running shoes were stolen from his van at Clydebank only weeks after he started trading.

Despite exhaustive inspections of the footwear being sported by Clydebank's criminal fraternity, the distinctive shoes have failed to materialise.

Undaunted, Shields continues to travel to meetings every weekend setting up shop. He also sells copies of Scotland's Runner, so arrive with money next time you're out racing!

Highland fling

TURNBULL Sports in Inverness has moved to larger premises at 10, Church Street in the centre of the town.

"We will now be much easier to find, and in our bigger premises we will be able to provide our customers with a much wider range of running shoes," says managing director Brian Turnbull.

As race director for two key Highland events - the Inverness People's half marathon and Fun Run, and the Inverness 10K People's Race and Fun Run - Turnbull has just announced a new sponsorship deal with the Bank of Scotland for the Half Marathon. The £3,300 with which the Bank is backing the event makes it the biggest single sports sponsorship in the Highlands and Islands.

Liz takes the biscuit

AS a warm-up for Scotland's final fling on the world cross country stage, the McVitie's Challenge at Gateshead was scarcely encouraging for the men's team.

But once again, the lion rampants were waving for the prodigious Liz Lynch.

Before the men were totally eclipsed, sixth overall in the team event, the Dundee lass scored a remarkable runaway victory over 3500 metres of a firm, grassy switchback course.

After an opening sprint between Liz and her Scottish teammate Yvonne Murray there were only two women in the race. But not even that lasted long. The double European and Commonwealth 3000 metres bronze medallist was left behind by half distance and the St. Francis woman powered home alone leaving a galaxy of stars eclipsed.

Among them was Jane Shields, the 1984 English cross-country champion who finished fifth in the world championships in Switzerland this year; Kirsty Wade the double Commonwealth champion and record holder at 800 and 1500 metres; and Christina Boxer-Cahill the former Commonwealth 1500 metres champion.

Yvonne gave full credit to the her rival afterwards, but confided that for the past few weeks she had been troubled by a stomach problem which had twice prompted her to make emergency pit stops over a dyke in training. "I've had tests done, but so far nothing has been pinpointed," she said.

"But there's a lot more to come yet. The only significant change in my training at the moment is that John has me doing shorter repetition runs than the one and



Liz Lynch is just as quick off the mark when it comes to helping a good cause. Her personal efforts raised some £900 for the Children in Need Appeal and she rounded off the day by visiting kids at Edinburgh's Astley Ainslie hospital.

two-mile reps I was doing at this time last year."

She plans to run either the Scottish closed championship or the national with a view to being selected for the world event in Warsaw. If Yvonne Murray can overcome her problems, and Chris Haskett-Price, Marcella Robertson and Karen MacLeod, the reigning Scottish closed champion, get their act together, the women could make Scotland's final world fling our most successful ever.

There was no such encouraging sign however from the men where Nat Muir suffered the rare indignity of seeing Scottish vests ahead of him... five to be exact. Neil Tennant, the national 10,000 metres track champion was in the leading four for much of the distance, but faded badly finishing 17th.

One place behind was Adrian Callan, omitted from the Commonwealth Games squad and once again underestimated here, since he was accorded only B team status. To be fair to the selectors however, the firm going very much favoured track runners... witness the victory over the 6900 yard course (20:13) by European and Commonwealth 5000 metres bronze medallist Tim Hutchings from treble European indoor 1500

decision. "I only decided to run the previous Wednesday," Lynch said. "I was interested to see how I might go over the country, for I haven't done much of that recently."

"I'm not really training particularly hard, although I'm racing well."

Recent outings include a 10-mile time of 53.59 and a half marathon of 70.59, both of them Scottish bests, and the latter being the second fastest ever by a Briton.

The 10-mile performance came as something of an embarrassment. She achieved it the same day as the world 15,000 metres (9 mile 660 yards) road race championships for which she had turned down selection on the advice of her coach John Anderson. The British Board, somewhat miffed to hear of her successful performance at a virtually identical distance on the day, wrote demanding an explanation.

"It was just a training run. I did it because the race, like the half marathon, was a kind of charity thing in my home town."

Muir however is not despondent. His time on the Glasgow University road race course was only a few seconds outside his own record. "Just before that I had returned after eight weeks out through injury," he said. "Since then I've put in two track sessions and a hill session every week. I've just tried to do too much, too soon."

Nevertheless he was 91 seconds behind Hutchings who now has three wins in the event to Muir's two.

There is a proposal to move this race from Gateshead next season and switch it to a racecourse as a trial for the UK team which will in future be entered in the world championship.

However the Scottish CCU have hopes for an international north of the Border, possibly at Irvine, and other suggestions are also likely to be tabled.

Have track, will travel

THE Bonfire Night launch of a series of indoor track meetings for professional runners at Coasters Arena, Falkirk, proved to be something of a damp squib. A big fireworks display being held in a park less than a mile away proved a major counter attraction and the 200 or so athletes who turned up at Coasters easily outnumbered the spectators.

The poor turnout at the athletics may be explained by the clash of dates, but when the attendance at the second of the Coasters meetings one week later showed little improvement organiser Rob Hunter decided enough was enough. Further 'pro' meetings scheduled for the same venue on December 3 and 17 were cancelled as Hunter turned his attention more to the amateur scene.

Mind you, his first attempt at an Aberdeen meeting for amateurs also met with a poor response. Scheduled for mid-November, it was called off because of a lack of interest from athletes.

Despite the setbacks, Hunter is not downhearted. His venture centres on a 200-metre portable track which he can transport around the country. Inspiration for an indoor 'pro' circuit came from an experimental indoor Highland Games in Aberdeen in March which attracted 5,000 spectators.

"But it appears that what works in that part of the country does not necessarily work in another area," said the 44-year-old Aberdonian as he reflected ruefully on his disappointing start. He had planned a total of 18 indoor 'pro' meetings over the winter. Ten of these were to have been at Falkirk with others at Ingleston, Perth, Dundee and Aberdeen.

However, after two meetings at Falkirk and an equally disappointing crowd at Ingleston, he has decided to suspend the professional meetings until the New Year. Instead, open graded meetings for amateurs at Falkirk

in mid-December and Ingleston in mid-January were arranged.

"We are planning to stage the Scottish AAA indoor championship on January 31 and February 1, so these open meetings will give athletes the chance to get used to the track before then," Hunter explained. The SAAA championship has been switched from Aberdeen to Ingleston because of the poor response to his November meeting in Aberdeen.

"Maybe athletes are not prepared to travel to Aberdeen," he said. "Anyway, we have switched to Ingleston to make sure we get the athletes. After all, they are number one priority."

But can he draw in the crowds? After all it is a commercial venture, and cash at the gate is needed if it is to be a success.

"Of course we can't justify a commercial venture if we are not getting any return, and Coasters has been a bit of a disaster for us, but I think the moral is that people will take time to get accustomed to a new idea like this," said Hunter.

"So far, the athletes have been very supportive at the professional meetings - in fact, we over-ran the programme at Coasters to fit everything in."

"I hope we get this same response from the amateurs. After all, athletics in Scotland has been crying out for an indoor facility. Now we have one."

Hunter says he has an "on-going sponsorship drive" but does not know how much cash, if any, has been lost on the project so far.

Nonetheless, it seems the project is now approaching the crunch. If the Scottish public gives as little support to the amateur events as it has done to the professional meetings, it seems unlikely that Hunter will be around with his track next winter.

Michael McQuaid.

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Wells for Oz

ALLAN WELLS is heading for Australia early in the new year. "I've been asked to race in a meeting being staged to coincide with the finals of the America's Cup yacht race," he said.

Wells, whose last race in Scotland was just before leaving for the ill-fated '84 Olympics, is adamant that he has no thoughts of retirement. In fact, since he beat UK record holder and European 100 metres champion Linford Christie in September, international promoters have rediscovered Wells's phone number.

Shona first

SHONA MALCOLM'S election as president of Central Region Athletic Club was significant for two reasons - she is the first female to take up the post in the 11-year history of the club, and, at 23 she is also the youngest president.

Formerly a 400 metre hurdler, Shona now channels most of her energy into helping the club's young athletes. She has served on the club committee for several years as secretary of the women's cross country squad, and recently gained the SAAA's assistant club coach award.

Memorial for Chick

PLANS to hold a Chick Third Memorial Race in January have had to be postponed. Chick Third, a 58 year old Scottish Veteran Harrier, died in his sleep in September, and his many running mates were keen to commemorate his contribution to athletics through a special race.

It now seems likely that a memorial trophy will be awarded to the first over-50's vet in next May's Edinburgh to North Berwick road race, although details have still to be finalised.

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Lachie takes up the mile

Sometimes fathers follow in the footsteps of their sons, even if it takes them into areas which they never considered to be within their own territory. Glen Stewart of Clydebank Athletic Club is shaping up as one of Scotland's top middle distance runners - and that has given his father, Lachie, the impetus to volunteer for an administrative role in athletics.

The man who won gold for Scotland in the 1970 Commonwealth Games 10,000 metres, and who frequently represented his country in cross country internationals, has just taken over from Brian McAusland the job of organising the Scottish side of the British Milers Club.

"The BMC has been very good to Glen, helping him with expenses to compete at Crystal Palace - I felt that I should try to repay them by shouldering some of the work in Scotland," says Lachie.

The BMC exists to improve the standard of miling in Britain and last season



Glen Stewart winning the British Milers' Club street mile youth event at the Luddon half marathon.

promoted races at the Cowal Games and the Runsport and Luddon half-marathons. "I'd like to see more events like those in Scotland next summer. They give young athletes valuable experience and they keep the crowd entertained," says Lachie.

He believes that it is more difficult nowadays for young athletes to get experience in front of big crowds. He has fond memories of racing in front of massive

football crowds before big matches at Hampden, Parkhead and Ibrox. "I had run in front of 80,000 roaring football fans at Hampden, so I didn't feel daunted in front of half that number at the 1970 Meadowbank Commonwealth Games," he says.

He concedes that few football pitches are likely to have running tracks that come anywhere near the standards required nowadays. "I suppose the kids nowadays would turn their noses up at some of the tracks that we used to run on."

He is also keen to encourage younger athletes to race south of the Border. "It's the old story, England has a much bigger population and better weather than we have in Scotland. That means that if you compete in some of those races you face better competition and finer conditions for improving your times."

A key problem which he will have to overcome is the difficulty of attracting top-class track runners to perform in events for expenses only.

DETAILS of entry standards for the British Milers Club can be had from Lachie Stewart, 30/4 Shandon Crescent, Haldane, Balloch, Dunbartonshire.

SCCU torpedo Barge: it's not open

INCREASING pressure has been placed on Maryhill Harriers to change their minds about the date for January's Nigel Barge Road Race. At the time of going to press there were signs that the club could be forced to climb down on its determination to hold the race on Saturday, January 10.

Last month's Scotland's Runner revealed a major clash between Maryhill Harriers and the Scottish Cross Country Union over the date on which the historic 5 mile race was to be held. Traditionally it takes place on the first "working Saturday" of the New Year, but on this occasion the community centre which serves as race headquarters will not be available on Saturday, January 3, so Maryhill made a bid to hold their event on January 10.

The SCCU refused a permit for that day because the Springburn Cup, organised by Springburn Harriers, already has a permit for a similar distance in the same part of Glasgow. Maryhill have been offered permits for Sunday, January 4 (when the headquarters is still unavailable), Sunday January 11 (the day after the Springburn Cup) and Saturday January 17 - when the only clash would be a confined universities event.

Maryhill believe that a move to a date after the Springburn Cup "demeans" their event, which has been running since 1944. Club officials have explored an ingenious way of getting round the permit rules by declaring that all entrants for the Nigel Barge on January 10 will be granted 24 hour honorary membership of the club - such a move, they argue, means that the event becomes a club race and requires no permit from the SCCU.

However, the general committee of the SCCU and officials of the organisation's Western District are not prepared to accept such a move. A meeting of the Western District committee on November 26 instructed its chairman and honorary secretary to meet Maryhill Harriers officials to see if they could be persuaded to change their minds.

A meeting took place on Thursday, December 4, in the tearoom at Central Station where Maryhill were told in no uncertain terms that their constitution, which SCCU officials had read, did not allow for temporary honorary membership. Changes to a club's constitution require the approval of the SCCU and the SAAA. In the current dispute, their is no possibility of such a change being approved by the SCCU.

"Since the race has been refused a permit for the 10th by the SCCU, any athlete taking part in a race organised by Maryhill Harriers on January 10 faces disciplinary action," says Colin Shields, honorary secretary and treasurer of the Western District. Such action could be a ban from all other road and country races until March 31.

The SCCU's senior official, honorary secretary Ian Clifton, confirms that action will be taken if the race goes ahead on the 10th. "We appreciate the difficulties that Maryhill Harriers find themselves in, but we would have to take action if they go ahead on January 10th - such a move must be seen as flouting the rules," he says.

Meanwhile, this row could run and run. Next year poses a similar problem when the community centre will not be available on Saturday, January 2 - but Springburn are determined to go ahead with the Springburn Cup on January 9. We understand that Maryhill are seeking talks through the SCCU with a view to asking Springburn to postpone the 1988 race for a week... but Springburn are unlikely to oblige.

STOP PRESS

AT an emergency meeting on Tuesday December 9, Maryhill Harriers decided that the Nigel Barge Road Race will go ahead on Saturday January 10. But it will be confined to Maryhill Harrier members and unattached runners only.

600 fixtures in Scotland

WHO says the running boom is over? Not, certainly, the SAAA fixtures committee which has just completed the onerous task of fitting 600 athletic events into the 26 weeks of the summer season.

Half marathons and shorter road races continue to bound on to the fixture list in ever-growing numbers, but the most detailed part of the committee's job, apparently, lay in organising dates

for internal league events so that they gelled with each other and the national leagues.

One fixture change of interest to regular readers of Scotland's Runner is the move of the Blairgowrie Half Marathon to August 22, one week later than usual.

Race director John Wilson said the move was inevitable following the introduction of the Glasgow Half Marathon to the "Blairgowrie" weekend this year. He was philosophical about the change, and is satisfied it will give his race a better kick at the ball. At the time of going to press, Wilson was more worried about whether regular sponsors TSB would continue to say "yes" in 1987.

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Letters...

All wrong, Jack

17, Malcolm St.,
Dunfermline.

SIR - I just had to write after reading that marvellous open letter Pete Menhennet wrote to Jack McLean. It said everything that, I'm sure, expresses an awful lot of joggers and runners feelings about that farcical piece of "journalism" spouted by Mr. McLean.

It was a delight to read it as it was written by someone who not only has a good grasp of the English language, but also knows what he was writing about - and I could not have agreed more with what he said.

May I suggest that you use your powers of influence and challenge Mr. McLean to try and get himself fit enough to attempt even a half marathon. Maybe he will then be able to meet some of us whom he has judged to be "Walter Mittys", and he can also interview the runners during the race to get a first hand knowledge of the sort of people we are and why we do it.

I assure him he would find it a

Woodburn House,
Canaan Lane,
Edinburgh EH10.

SIR In reply to John Maxton M.P.'s article 'Sponsoring a Healthier Scotland' November 1986 can I make the following comments on behalf of the Scottish Health Education Group.

The group is the national agency responsible for health education in Scotland. Since its formation it has progressively moved away from nagging negative messages towards approaches which are positive.

It believes that one of the best ways to prevent ill-health is to promote good health. A prominent position in this strategy has been held by promotion of physical fitness.

In Scotland since the mid-1970's there has been a long-running campaign organised by the group and the Scottish Sports Council. Named 'Fit for Life', it has been raising public awareness about the link between physical fitness and good health. That campaign encourages participation in exercise for all, including walking, cycling, swimming - and running!

In the late 1970's, sports sponsorship began to be adopted

better experience than sitting in a smoky pub blethering a lot of garbage all night, and he could then write about us from a position of experience and not one of obvious ignorance.

Thank you Mr. Menhennet for a beautifully written reply to an idiot or "an eejit".

James Birrell

P.S. Who knows, he may get to like it an maybe we will see him attempt the big one, "Ra Glesga Peoples Marathon" - there again we may be spared that sight.

Not so magic

5, Crocus Bank,
Ayr.

SIR - Having just read your fifth issue (and my first) I would like to comment on the Glasgow Marathon.

I believe it is a good marathon - 8000 people is still a lot - but it will continue to decline unless proper television coverage is re-introduced (1984 was a great year with large numbers watching).

If getting television coverage means prize money then so be it - as a spin-off, the ordinary runner will turn up as well. This will occur

as a means of communicating broad health messages.

Subsequently in 1982, the group sponsored the Scottish football team. Football is an extremely popular spectator sport. In addition, it is one of the most popular participative sports, particularly among young men.

Sponsorship of the Scottish Cup enables a wide range of positive health messages to be communicated to the public via general news media, television and radio coverage, competition, programmes and exclusive trackside advertising. This type of sponsorship is concerned with advertising, rather than with encouraging participation. The former complements the latter.

The group sponsored the first Glasgow and Dundee marathons and has continued to sponsor the Dundee People's Marathon. With limited financial resources SHEG cannot always continue to fund such campaigns - it is hoped that such initiatives will be recognised and "picked up" by other major sponsors.

As the group is responsible for health education at all ages, to increase sponsorship for marathon events - which are usually restricted to over-18 year olds -

because of television and not because Charlie Spedding runs. Get the television and you attract big names plus big numbers.

I ran 3:14 at Glasgow this year and am now aiming for a sub-three hour time next year. However, I am looking to Dublin as a possible alternative to Glasgow - I've run in every Glasgow (bar one) and the "magic" has waned slightly. This is a general feeling that I can gather and is a pity as we can easily match (at least in quality) anything London has.

Incidentally, snooker has taken the television slot away from the Glasgow - it would make an interesting comparison (I believe the snooker event is not really attracting the top names) to compare the last comprehensive marathon viewing figure with that of the snooker.

By the way, I liked the style of the magazine - a good balance of the Scottish scene. Keep printing the training schedules of the top runners.

Alan Hunter
(Ayr Seaforth AAC)

5, Morar Drive,
Bearsden.

SIR - On the question of attracting big names to the Glasgow

Marathon by offering prize money, I have to say that my wife and I disagree - she is for and I am not.

Most of us run for the occasion and are not greatly moved by the presence of stars. However, one factor which makes the occasion is television coverage, and we both agree that this is crucial - who would know of the London event if it wasn't for the blanket coverage given by the BBC?

If big names are necessary to bring the cameras, so be it. I would have thought, however, that 12,000-15,000 runners on the streets would be more newsworthy than the exploits of any individual.

Malcolm Brown

Lost togs

1, Lamberton Avenue,
Stirling.

SIR - Please assist me in tracing the owner of a pair of lined navy blue waterproof trousers which were left in the changing room at Gaudry on November 22. If the owner telephones me at Bannockburn 815526 after 6 pm with details of the article I will arrange its return.

Hamish Fleming.

SHEG replies...

would be to neglect the younger age groups in which health education is likely to be of greater influence and consequently more effective.

This is why the group in the past has targeted specific campaigns and publicity materials at younger people, under the direction of research and evaluation feedback. The group has sponsored the Scottish Association of Youth Clubs disco dancing for four years.

Catering for both "young" and "old", SHEG co-sponsored the first Scottish Amateur Swimming Association Long Course Masters Championships held at East Kilbride recently. This event attracted swimmers aged 25 to over 70 years and included five world record attempts, of which three were successful.

A second comment about marathon sponsorship. Recent research has indicated that a social class bias - towards the upper social classes - exists in marathon participation and that the increased trend in marathon running is now well-established.

It is more pertinent for SHEG, as

Mr. Maxton suggests, to increase awareness and encourage participation amongst those in areas of multiple deprivation where the health problems are the worst. We do not intend to "preach to the converted", as this is a major criticism of health education, but rather to target SHEG's campaigns and health-related messages to those with specific needs.

The group's view is that physical exercise is not an end in itself - it helps to promote psychological and social well-being. These broad issues are taken aboard to the broadly-based "Be All You Can Be" campaign, launched in 1984.

This is a brief, and by no means comprehensive, report of SHEG's past and current involvement regarding sports sponsorship and health education and the media.

Marathon running is an excellent pastime for some, but it is certainly not the sport for all - it could be that half-marathons or even triathlons may require the impetus that stimulated the marathon interest. SHEG must run with the times!

Diana Caborn

RUNNING SORES

I started road running at the age of 61, three years after watching the Glasgow Marathon, and have since collected 10 medals for half-marathons and one for this year's London Marathon.

In May, 1984, I pulled the hamstring of my right leg. A fortnight later I was running normally again. I pulled the same hamstring again last year, six days before the Glasgow Marathon, for which I had entered. I had had a good season which included three full marathons in practice, in times averaging about 4 hours, 20 minutes. I reckon that a contributory factor to this second injury was the exuberance of my second childhood. I felt so fit that I sprinted the last two miles of the Ayr Land o' Burns Half-marathon at the beginning of September last year.

By the end of October I was back to my regular schedule and had no problems in the London Marathon in April this year. On August 12, alas, I pulled the hamstring a third time, and I am only now getting back to distances of eight to 10 miles.

I would be grateful if you could tell me how best to avoid hamstring trouble at my age (please don't duck the question by suggesting I stop running or run shorter distances, I'm not ready for that yet). And if I should pull the hamstring a fourth time, what would be the most effective treatment?

IT IS obvious from your letter that you have got a great deal of pleasure and satisfaction from your running achievements over the last three years, not only the shorter distances but also full marathons, so I would not dare to suggest that you stop running.

It is, however, evident from your description of the episodes of hamstring problems that your right leg does not like being over-stressed, as the time which each injury has taken to recover appears to be getting longer. Although the injuries you have suffered in the right leg always affect "the hamstring", it is not obvious which muscle is being damaged or where.

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.

When muscle is damaged it is important to use the RICE format initially, ie Rest, Ice, Compression, Elevation, although with increasing age you should only apply the ice, in ice-pack form, if your circulation is fine, NOT if you have varicose veins or other circulatory problems. It is important to move the foot and ankle to help resolution of the bruised blood which escapes when a tear occurs, and if possible obtain the help of your local physiotherapist as it is important to minimise the extent of the scar tissue laid down, and also to regain the full extensibility of the muscle before serious training is recommenced.

It is, unfortunately, the case that injuries take longer to heal as we get older, but if they are prevented you can continue to enjoy running and perhaps I will see you yet at the Glasgow Marathon in 1987.

TO GREG McLATCHIE

I am 33 years old, male and a regular club runner. I regularly run an assortment of half-marathons over the summer months and finish in the 80 to 85 minute bracket quite happily.

Recently, however, in the Falkirk Half-marathon I was determined to run under 80 minutes and was feeling very strong during the race. I

reached 10 miles in 58 minutes, and 12 miles in 71 minutes, when suddenly within half a mile of the stadium I found my hands tingling and numb and my breathing fast and noisy. I then noticed in a detached sort of way that other runners were just running past as though I was standing still. The next thing I knew I was inside the stadium for the lap of the track and I was totally disorientated and staggering all over the track as if in a drunken state.

I eventually collapsed over the line in a time of 81 minutes - although I did not note the time myself - into the welcoming arms of the first aid people whom I would like to thank publicly via your column for their kind assistance. Afterwards I was almost delirious for a short time and then felt very weak, detached and vacant from reality for some hours.

I recovered fully eventually but visited my doctor to give blood samples which have since been declared normal. He suggested that my problems were due to overbreathing and I would appreciate your further explanation of this suggestion together with your advice and comments.

OVERBREATHING results in the forced expulsion of carbon dioxide from the body, with the effect that the blood becomes alkaline

because a potentially acidic substance is being expelled (CO₂).

It has two main effects. Firstly, a simple collapse or faint may occur. During the time of the collapse the acid base balance of the blood is reconstituted because breathing returns to normal. Overbreathing was the old schoolboy trick used to produce a faint and thereby perhaps avoid classes and it results from:

- 1, A conscious decision to overbreathe, i.e. hyperventilate (schoolboys, during extreme anxiety, weightlifters hyperventilation).
- 2, Extreme exertion with possible overtones of anxiety. This would seem to be a possibility in your particular case.
- 3, Organic disease (I assume you have a clean bill of health).

In summary, it would appear that your aim to produce a personal best of under 80 minutes, despite feeling very strong initially, resulted in overbreathing from a combination of anxiety and extreme exertion.

The tingling and disorientation that you felt may not only be related to the overbreathing itself. Recent experimental evidence in marathon runners has suggested that extreme exertion may lead to relative starving of the brain of oxygen. This too would produce collapse.

Another possibility is that you may have become hypoglycaemic with exertion. This too would produce weakness, disorientation and detachment with collapse.

Prevention of overbreathing can be practised in your training runs. You should train with runners whose personal best times for 10 miles are several minutes less than yours and set out at least once per month to try to match them over 10 miles. It is obviously important to concentrate firmly on your breathing pattern during these runs.

During any future runs, ensure that you have taken adequate carbohydrate aboard before setting out and that you take regular fluids throughout the run. Sometimes an electrolyte based fluid is beneficial.

Scotland's Runner

WOMEN on the RUN



Lynda Bain

One of the difficulties we all face is keeping motivated when the weather deteriorates. It's vital to have an aim to channel our efforts towards.

Depending on whether you are a fun runner or more serious, your aim can be to complete a particular fun run, or to run a fast race - which will mean trying to improve on the time you did last year.

If you don't want to commit yourself to a race, you could complete a circuit near home in a specified time, or get to double figures in distance, ie 10 miles. If you are new to running, your aim could be to run continuously for two or three miles. Be realistic.

So, decide on your aim. Choose your run or race. Don't be so ambitious that you know at the back of your mind that you are never going to make it even before you start. Yet don't pick the soft option, which is to choose something that is so easy for you to achieve that you don't have to try.

Make a note of your target in your calendar or diary. Writing it down makes it seem more of a commitment. Choose to complete your target run around two to three months hence. This gives you time to prepare yourself. This is your "build-up" period.

Also, work out what you have to do to achieve your aim. Is the run over a longer distance than usual? Then you have to increase your longer runs until you feel the distance is within your capability. Increase one run a week or fortnight. Experienced runners will run over-distance at a brisk pace - for example, for a half-marathon, 15 to 18 miles. Those aiming to complete, rather than race, a distance will run up to the distance, for example, 10 to 12 miles for a half marathon.

Do you intend to run a specific distance faster than usual? If so, gradually build some faster running into your training. These can be simple fartlek runs, where you increase and decrease speed as you feel like it, on one of your normal runs. Advanced runners who are used to speed work might do track running where the distance you run is exact, and you can time both your fast efforts and your recoveries. If track running is new to you, take detailed advice from an athletics coach, or read up on the subject in depth.

Whatever level of runner you are, having an aim and working towards it slowly and steadily will give you the motivation to get out on days when you would rather sit beside the fire. Your running takes on a purpose.

Remember the golden rule: increase gradually whether it's distance or speed. I've learned to my cost on numerous

Scotland's Runner

occasions that rushing things does not pay off. You end up tired, and often sore, or injured. Your progress goes backwards rather than forward.

So incorporate days where you run easy, and days where you push yourself. The hard-easy principle is a good one. One day hard, one day easy. Not only does this add variety to your running, but it helps you to benefit in the long term, rather than the opposite.

You can use races in your build-up period to test your progress. Are your times improving? Is your position relative to others you normally race improving? Do you feel stronger? Are you lacking strength on hills or finishing speed? Assess and adjust your training accordingly. Beware of doing too much too soon. This is a mistake I make constantly and you lose more than you gain.

CRECHES

What do you do with the children when you want to pop out for a quick run? You can form your own creche, but how easy is it?

You can do what Janine Robertson and the Blairgowrie Road Runners did - find a meeting place, and take turns to look after the children. No problems arise provided that no-one is getting any financial reward for minding the children, and it's for no longer than two hours.

Alternatively, you can form a group and arrange a creche run by a registered child minder. Your local authority keeps a list of these.

The local authority inspects the

premises and questions the individuals closely. They are looking for caring people who have a genuine interest in children. They ask what the prospective childminder will do to keep the children occupied, and give advice accordingly.

Dyce Jogging Group in Aberdeen is fortunate in having a creche run by the local community centre twice a week. The district council has a policy of enabling women to participate in interest or activity classes and groups. So they subsidise a number of creches each week. This includes the one for the jogging group.

If you would like to consult your local authority's list of registered childminders, or if you would like to find out more about starting a creche, contact the council's social work department.

DIET

Many women who run are conscious of health and fitness, and are interested in finding out more about the components of a balanced diet. After several recommendations, I am reading a book entitled, "Diet in sport: a handbook of sports nutrition" by P.B. Ottaway and K. Hergin.

The book covers aspects of nutrition of relevance to sportsmen and women, particularly those who are training heavily. Not only do women need to keep iron levels up, but the authors pointed out that women should be aware of the need for calcium. Research indicates that women have a higher requirement for this mineral than men.

Bone mass changes continuously in density throughout our lifetime, reaching a peak at around 35, and declines rapidly in women for about three to seven years after the menopause.

Calcium is necessary to maintain the growth and repair of bone. Insufficient amounts of it can lead to a less dense bone structure, weakening the bones and making us more susceptible to bone fractures. This could manifest itself in injuries such as stress fractures. The authors recommend that women should start to take higher levels of calcium well before the menopause starts.

So, which foods do we derive calcium from? The main sources are milk (both whole and skimmed), cheese, bread, fortified flour and eggs.

However, of particular note to running women, the authors go on to say that women who regularly exercise appear to have a slower than average loss of bone density. Women most at risk from calcium deficiency are athletes who give up sport in their late 30s or early 40s. So keep running!



SCOTT'S CORNER



Ronnie Scott



You're fit... but are you healthy? You can pound the pavements and cross the country all you want, but unless you're taking a corresponding interest in how you fuel yourself, you can't claim to be fit and healthy.

Exercise, literally, "takes it out of you"; this column will be looking at how you can put the best into you. Changing the habits of a lifetime isn't easy, but many thousands have done it — at their own speed — and are now reaping the benefits.

Let's look at the main ways in which we fuel ourselves, and how we can improve the quality of our fuel.

FOOD: Choose fresh, unprocessed food. Eat wholemeal bread and pasta, fresh fruit, raw vegetables. Eat less meat, fewer eggs and avoid fatty, sugary and salty items. The aim is to eat food as near to its natural state as possible. Food processing technology has advanced by leaps and bounds in a century — our bodies have not evolved at the same rate.

There are healthy alternatives to most popular foods. Choose sugar-free cereals, low-fat milk, tinned fruit in its own juice, low-sugar baked beans and low-cholesterol margarine.

DRINKS: Pure, clean water is the perfect drink. If you're not sure about your tap water, fit a filter or buy bottled spring water. There are perfectly good Scottish bottled waters, so you don't have to rely on expensive continental brands. Bottled water is also a stylish drink if you're ever forced into a pub!

If you're thirsty, drink water. Tea and coffee — especially decaffeinated — are fine in moderation, as is pure fruit juice. I find the latter too thick, but it's great half-and-half with cold mineral water.

Alcohol, in moderation, is a relaxant. But, like all drugs — abuse is dangerous. For most runners, a few beers a week won't do any damage... but avoid spirits. Keep to those beers made under the German purity laws — they're not full of chemicals and artificial fizz.

AIR: Oxygen is one of the body's vital fuels. Carbon dioxide is not, so don't do all your training along the central verge during the rush hour. Try a run along a lochside or in a park. Don't fill your house with chemical "fresh air" sprays and blocks. Open a window instead!

Don't smoke... and avoid the company of those who do. Even a small cigar can wipe out the effects of a day in pure, clean country air.

Over the next few months, this column will be looking at these topics in greater detail, and showing how you can adopt a better lifestyle gradually — you can't expect to change so many aspects of your life instantly.

Meanwhile, keep running — and don't let the festive season be an excuse for putting on half a stone!

*Below is my Top Tip for this month. What's yours? Letters on this — and any other subject — are very welcome.

FOCUS ON DRINKING

LIKE many things which are great fun, drinking isn't all that good for you. Social consequences aside, it's tough on the liver, the kidneys, and can upset your fluid and blood sugar levels.

But, if you insist on tipping over the festive season — which has been known to last from Guy Fawkes' Night to St. Valentine's Day — these simple hints should help you to keep within healthy limits. Whatever you do, though, DON'T drink and drive.

If you don't want to drink, but there is pressure on you from colleagues or family, try a non-alcoholic wine or lager. Or pose with a bottle of designer water — the label pointing outwards as you curl your pinkie and slurp straight out of the bottle! Simple divine, dahling.

If you choose to drink, stick to white wine — top it up with mineral water to make a spritzer — or have a beer or lager shandy, made with low-calorie lemonade. Avoid red wine, which contains congeners (alcohol-like chemicals which can cause bad headaches and contribute to hangovers) and avoid spirits.

Don't ever drink on an empty stomach... and don't start drinking too early in the day.

If you do over-indulge, don't worry — just follow the tried-and-tested hangover cures below. They have been thoroughly researched. I can assure you — often at great personal cost! The things I do for you.

TOP TIP

LIKE many things which are great fun, drinking has a habit of leaving an unpleasant morning after feeling. Basically, after a severe session, you are likely to be dehydrated and have a low blood sugar level.

Both these symptoms are best treated by large oral doses of **Im Bru**. Other cures which various people swear by are: ice cream (as recommended by the Special Air Service); mega-dosage effervescent vitamin C tablets (the official BBC cure, followed by Optrex — in the eyes — if you have a camera to face); wearing a snakeskin around the head (I don't believe this either, but it will take your mind off it); and BHT (butylated hydroxytoluene), a fancy American designer drug which — it says — is an anti-oxidant with a free radical which scavenges the bloodstream for baddies.

Sláinte mhath!

Chemicals for Christmas

THE WELL-FED Runner

INGREDIENTS: actin, myosin, collagen, hypoxanthine, creatine, carnosine, anserine, inosine, myoglobin, lactic acid, ammonia, urea, potassium, sodium, magnesium and calcium. You'd buy it, would you? Quite right, it's turkey!

And what about Jack Horner's Christmas Pie... "a most learned mixture of Neat's Tongues, Chicken, Eggs, Sugar, Raisins, Lemon and Orange Peel with various kinds of Spicery" according to M. Misson, a Frenchman writing about our Christmas food 250 years ago.

The popular press and TV have been running a campaign against nasty chemical food additives. Do these effect athletic performance or even endanger the athlete's health? Professor John Hawthorn puts them in a Christmas perspective.

The above represents two views of a Christmas dinner. In the first, a biochemist describes turkey meat. In the second, a cook describes the contents of a Christmas pie. (Neat's tongues, by the way, are ox tongues, as if you didn't know.)

What about the turkey stuffing, or the plum pudding, the mince pies, the trifles, not to speak of the mulled wines or the hard stuff? Are they doped up with chemicals like all the other food we get dumped on us during the rest of the year?

If you think the newspapers must be right and that TV producers are paragons of perspicacity, prudence and probity, you need read no further. You already know that the food industry poisons its customers for profit and you certainly don't want to be confused by the facts. On the other hand you may just be a little puzzled, because killing off customers seems to smack of cooking the golden-egg goose for Christmas lunch.

Chemicals for Christmas? Yes. Even foods grown by Mother Nature herself on soil never contaminated by artificial fertilisers, insecticides or herbicides, are mixtures of chemicals. But of course Nature's ways are kind and her chemicals must be safe?

Don't believe a word of it. The plant kingdom contains horror chemicals of every description. We have merely learned to eat the ones with low levels of nasties by a history-long process of trial and error. But it is hard to find a single commonly-used foodstuff which does not contain a toxic chemical.

One of the jobs of the human liver is to get rid of these. Normally, it does this supremely well and we don't suffer from the natural poisons in our food, simply because they are usually there in such small quantities that our livers can safely deal with them. But not always. Even with



John Hawthorn

such food as the dear old spud, the poisonous substances (solanines, they are called), occasionally rise beyond the safe limit and an outbreak of illness occurs.

Why then do food processors add to these natural dangers by adding chemicals to their products?

The answer is simple: to make the food safer, more nutritious, or more attractive. Safer, because unprotected food is a feast for germs, some of which are capable of causing the most serious illnesses and even death if allowed to develop unchecked.

More nutritious, because, as in ordinary domestic cooking, some vitamins and minerals are unavoidably lost in processing, and some foods are fortified with these to compensate for this. Margarine and bread are examples of government intervention. By law they must be fortified: margarine with vitamins A and D to make it comparable to butter, and white bread flours with B vitamins and minerals to compensate for losses when the bran is removed.

More attractive, because uneaten food is nutritionally useless. Colours, flavours and textures are often altered by

processing and the object of these kinds of additives is to restore the balance to something like the original.

These additives are often used in very small quantities indeed, so much so that their levels are calculated in parts per million. One part per million is one gram of the additive mixed through one tonne of the food — an almost unimaginable low level.

With some exceptions, of which flavourings are the most important, the use of these chemical additives is strictly controlled by law, and the law is strictly enforced by a system of public analysts.

Furthermore, the legally controlled additives are subjected to the most rigorous testing before they are permitted for use. Flavours, which at present are subject only to minor controls, are usually used in such tiny quantities that it is difficult to conceive of them doing harm, especially when they are designed to copy the natural flavours of the foods for which they are used.

But there is one snag in what I claim to be a pretty clean bill of health for these chemicals. Two or three out of the 200 or so in general use are now thought to cause allergic problems to a very small number of people who are sensitive to them.

Why are they not banned? Well, if we banned everything to which some people are allergic, we would have to ban milk, eggs, bread and other wheat-based cereals, tomatoes, strawberries and foods like cheese and oatmeal. And far larger numbers of people are allergic to these than to food additives.

Allergy sufferers, and I am one, must simply learn the hard way to avoid certain things. It is easy enough to avoid food allergies such as strawberries or tartrazine (a food colour to which some people seem to be sensitive) if you suffer from them — you simply don't eat foods with strawberries or tartrazine. Watch the labels. Spare your sympathy for those with pollen allergies, because they cannot avoid exposure.

So now you know. Forget any worries you may have had about food additives and training. Some of them are positively good for you and the others will do you no harm unless you happen to be one of the very rare athletes who are allergic to any of the equally few additives suspected of being capable of inducing this response.

Dietary hint

FROM Christmas day till New Year's day, forget dietary hints. Just eat, drink and be merry. It's a poor heart that never rejoices. And if you should overdo it a little you can always redress the balance at Lent!

HERBALIFE™

WEIGHT CONTROL PROGRAMME

Any old diet can help you lose weight. The Herbalife weight control programme helps you lose weight and keep it that way.

That's because the Herbalife Diet and its vitamin and herbal supplements give you complete balanced nutrition.

Contact: Maggie (0786) 822968 Liz (0786) 832292

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

Running is very good for your heart and lungs – but if you do too much on the road it gives your ankles, knees and shins a merciless pounding.

One of the great benefits of cross-country running is that it gives your mind and body a bit of a break, and helps to build more suppleness into your joints. Since the going is usually softer than the roads (though not always!) you can give yourself a good workout without pressurising your lower limbs too much. At the same time, because your heels and toes sink deeper into the mire, your ankles have to go through a wider range of movements which helps make them more flexible.

Since it is virtually impossible to maintain a tight, taut style while running over broken country or through furrowed fields, cross-country running helps to improve your natural running posture and to remove style problems – such as over-striding – which affect many beginners.

Tense runners can loosen themselves up by training over the country. It does not take long to discover that driving hard on

muddy slippery surfaces is counterproductive, and that you burn less energy by relaxing your upper body and pulling your legs along rather than trying to push them too hard.

Try to develop a low arm action. A high driving action with the arms increases the tension in your upper body as well as burning unnecessary energy.

Good cross-country runners thrive on hills. They know that by working hard on the uphills they are working their heart and lungs even harder, as well as improving the flexing action of their ankles and leg muscles.

Overweight runners will find it hard to run uphill, but it is worth persevering because the extra weight they are carrying gives the legs a bit more work to do. So their leg muscles are getting a bit of a boost while the rest of their body struggles with the job of getting rid of fat.

Training through parks, forest trails or across open country gives your mind a welcome break, especially in winter when so much of the training has to be done on

dreich arterial roads with the spray from passing buses blinding you.

Running over varied terrain at a steady pace is almost impossible, so you will develop a variety of paces to cope with changes in terrain as well as conditions underfoot.

Our beginners schedule this month is the same as December's. Winter training calls for consolidation, rather than the constant turn of the mileage gauge which so many marathon schedules require. If you find the schedule too tough, knock back the mileage in proportion across the runs, or cut out the easy run on Wednesday nights. Alternatively, use Thursday nights as an easier run, cutting out the fartlek.

Fartlek (sprinting between various points on the route) should not be sustained for the whole of the Tuesday and Thursday night sessions. Instead, you should inject fartlek into the middle section of the run, allowing time for a good warm up and a couple of relaxing miles afterwards.

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

A few people I've talked to recently have said they were having difficulty in sticking with the training schedules I've outlined in these columns over the past few months. The main problems seemed to be of two main types.

Firstly, some runners felt that the schedules were requiring them to do too much. And secondly, others found that they couldn't manage to do their hard sessions on the days I had suggested.

In response to both issues I highlighted the need for adaptability. The schedules are nothing more than a guide to what should be done and you should adapt them

according to your own capabilities and commitments. But try and stick to the main principles outlined in the schedules.

For example, this month the main principles incorporate the need for a mix of training which includes long runs, hill sessions and speed sessions. If you feel that you cannot manage a 20 mile run at this stage, then try a 15 mile run or even a 12 mile run.

Simply do what would be considered a "long run" by your own personal standards. Similarly if you cannot manage 10 miles fartlek, do a shorter fartlek session.

On the same theme, I should stress that you don't have to do the sessions on the exact days I have suggested. If your granny comes visiting every Monday night, postpone your hill session until the following night or do it during a lunch break. You must be flexible in making training arrangements.

One point I would make, however, is that your hard sessions should be interspersed with days of easy recovery runs. Don't cram all the tough workouts into the first half of the week. Spread them out a bit and take it easy between these hard days.

Weeks One and Three

SUNDAY: 20 miles hilly cross country course.
MONDAY: 7 miles am, 5 miles pm inc. hills.
TUESDAY: 5 miles am, 8 miles pm.
WEDNESDAY: 5 miles am, 5 miles pm inc. 3 x 1200m fast.
THURSDAY: 8 miles.
FRIDAY: 8 miles.
SATURDAY: Race or 12 x 400m.

Weeks Two and Four

SUNDAY: 15 miles hilly cross country course.
MONDAY: 9 miles am, 8 miles pm inc. hills.
TUESDAY: 5 miles am, 7 miles pm.
WEDNESDAY: 5 miles am, 10 miles fartlek pm.
THURSDAY: 8 miles.
FRIDAY: 7 miles.
SATURDAY: Race or five mile time trial.

It's all a matter of . . .

STYLE



Connie Henderson

After last month's article in which I ridiculed the running styles of my jogging contemporaries, the editor called my bluff and told me to put my technique to the test.

So, I donned tracksuit and running shoes and "performed" under the expert eye of Dr. James Watkins, lecturer in biomechanics at the Scottish College of Physical Education at Jordanhill, Glasgow. It was a rather gruelling experience – I defy anyone to say they wouldn't feel self-conscious as they pounded away on a treadmill under the watchful eye of a video camera!

However, I passed the test – just! Dr. Watkins found no glaring faults and I was pronounced "fine". Just as well really . . .

Dr. Watkins offers advice and running tests as part of a sports science consultancy service at Jordanhill. He films runners on a treadmill, studies their techniques, and pinpoints areas of improvement.

"The treadmill is an excellent way of studying style," he explains. "After a few practice runs, a runner can perform quite naturally. I can look at how their feet land, how the arms move, the stance of the head and back. Later I look at the technique in greater detail by studying the video."

Few runners realise that running is a complex mechanical action of the body involving many movements. Every runner has her or his optimum running style, but there are a number of mechanical laws to obey to ensure an economical and efficient style.

"Overtraining is a major cause of injury. But if that's not the cause of a problem, then technique is probably at fault," says Dr. Watkins.

Statistics show that around 55 per cent of all runners'

injuries are associated with the knee. Dr. Watkins believes as many as 90 per cent of these knee problems are due to pronation.

Basically, when a runner pronates he twists the foot inwards as it hits the ground. Obviously such movement is more exaggerated in some runners than others, but even the slight pronation is likely to

cause difficulties over longer distances. Injuries to the foot-tendons – particularly the achilles tendon – the ankle and the back are possible from excessive pronation.

However, the most common injury is in the knee. Many runners experience a painful niggling sensation in the front of a knee. This is usually due to excessive movement or

excessive pronation.

"Pronation can often be solved with foot supports or orthotics which are placed in the running shoe. These act as shock absorbers and may stop the problem. Better running shoes may also help," advises Dr. Watkins.

He continues: "There is a natural inswing of the leg as runners move, but this should not be excessive. The feet should be between six and eight inches apart when the foot strikes the ground.

There are three common heel strikes. The best for runners covering high to middling distances is the heel-to-toe technique. The heel hits the ground first, and rolls onto the ball of the foot.

The flat-footed style is seen when runners land on the whole foot – this is very tiring after long runs.

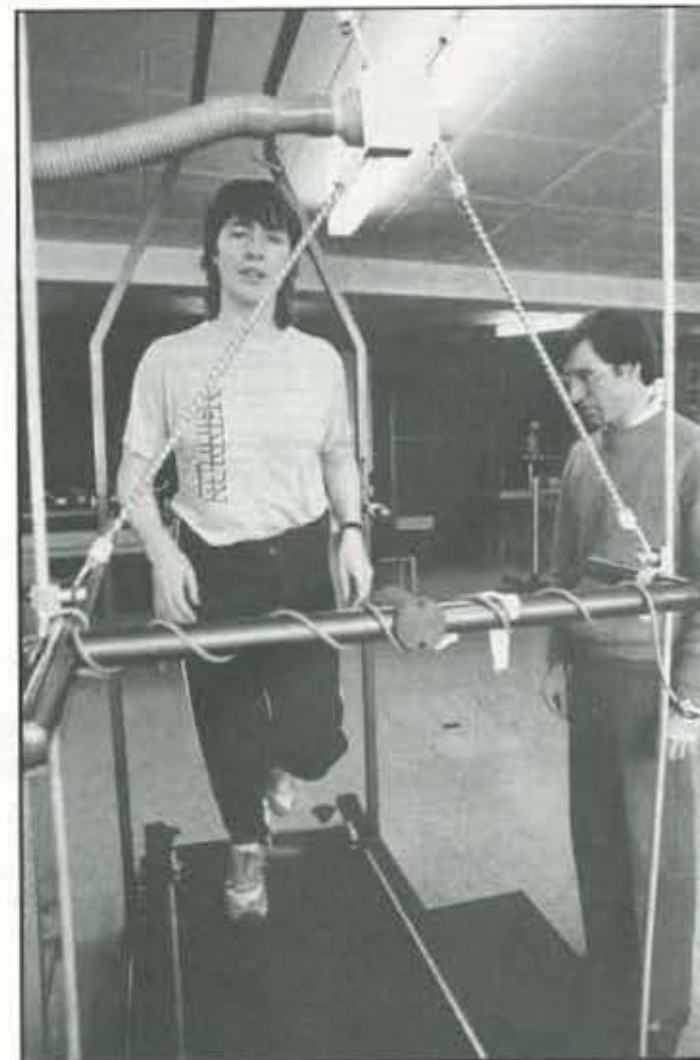
Toe running is common with many women who wear high heels. They tend to land on the ball of the foot and roll onto the heel for push-off. This style often results in sore muscles because of the strain placed on the legs.

If a runner twists his foot excessively, it's likely the knee will also twist. This is a common fault, and leads to problems in the kneecap.

The patella in the kneecap is designed to move up and down, but if the runner is twisting as he moves, this delicate arrangement is altered. Chondromalacia patellae often occurs – one of the conditions better known as "runner's knee".

"The quadriceps control the movement of the patella, so strengthening these muscles may alleviate the problem in the knee," states Dr. Watkins. "However, that's just attacking the symptom. Better to go for the cause and alter bad style."

Twisting of the trunk is



Connie Henderson pounds the treadmill under the watchful eye of Dr. James Watkins.

Connie and James examine her running style on video.



another common mistake in runners. If a runner tilts the pelvis excessively while running, she or he often experiences pains in the lower back. Females in particular are more flexible in the pelvis—more so during pregnancy and to a lesser extent just before menstruation. Care should be taken, therefore, to ensure the hips aren't tilted.

"Back pain can be caused by many things, but too many people tend to blame it on disc problems. In many cases bad running technique is really the cause," says Dr. Watkins.

The arms and shoulders play an important part in running style. In sprinting they help drive the athlete forward; in longer distances the arms, neck and shoulders should be relaxed, swinging backwards and forwards.

James Watkins explains: "There is usually a slight movement of the arms across the body; this is natural. But too many runners swing the arms excessively. This leads to twisting of the trunk and instead of helping the runner forward, this hinders the running style."

"Another common fault is overstriding, where runners take too long a step for the speed at which they are travelling. They often think

they are going faster because they are taking bigger strides, but this is not the case. It is just a waste of energy."

Dr. Watkins agrees there is no easy solution to improving technique. There has to be real commitment to changing style.

"It is difficult to change the habits of a lifetime. It takes a lot of effort, but it is worth it. Unfortunately, I have met many runners who've asked me for advice about style, then

elected to ignore it," he complains.

"Often the runner thinks he knows better than I. They believe they've got by for so long, there is no point in changing. But there are obvious benefits in developing a good technique."

Anyone wishing to find out more about the sports science consultancy service should contact Dr. Watkins or Andrew Maile at Jordanhill (Tel: 041 959 1232).

Super-power running...

Robert Chalmers and Adrian Callan (right) travelled to America earlier this year to take up athletic scholarships. Robert (age 22, 3,000 metre personal best 8:50) describes the background he remains there. Adrian (age 23, 1,500 metres personal best 3:58) came home after six weeks.

Overleaf we travel to the Soviet Union, to look at the other side of Super-power sport.



In April 1986, an advertisement appeared in an athletics magazine asking if athletes were interested in coming to America to study and run. Qualifications: five 'O' levels. Scholarship: all tuition fees, room and board and evening meals.

Out of curiosity I wrote to the agency in Parterville, California. I never really expected a reply and a period of three months passed before they wrote offering me a scholarship for cross-country and track. At this time my clubmate, Adrian Callan, also became interested in going to Nevada University. We spent a very hectic late July and August getting things finalised, and we only received our student immigration forms two days before we left. We flew out to Reno, Nevada, on August 24 and arrived 38 hours later (including a night stop in San Francisco).

What we expected:

1. Good weather, 60°F in afternoon during winter.
2. High altitude, 5200ft.
3. Better back-up, making training easier.
4. To further our academic careers.
5. Experience of a different way of life.

We got what we expected, but there were a lot of other features which we did not consider.

Bad points:

1. Forced group training. The whole team met for runs each day at 6.30 am and 11.00 am,

which is not much time between sessions. Several runners started complaining about the morning runs and stopped doing them.

2. Different needs and levels of athletic development were not catered for. An African runner arrived at the university, very talented but only used to running once a day and averaging 30 miles per week. He's already starting to show signs of overtraining, and his race performances are slumping because he is being trained twice a day and averaging 70-80 miles per week.

3. Athletes recovering from flu-bugs are forced to race.

4. Accommodation. You are leaving all your home comforts behind, and as you are only allowed two bags through customs you cannot take much luxuries. Two to a room, rooms are small and bare — two tables and two beds with mattresses. You have to supply your own blankets and pillow.

5. Unless you are coming out with a friend, you will be sharing a room with a stranger which could be a problem if you don't get on with him. And he won't necessarily be another athlete.

6. You have your main meal at a restaurant every night. The bus service is unreliable so it takes about two hours to get in and out for your evening meal.

7. You will have to buy a bike. It's a must for getting around because it is either too far to walk or too time

consuming to wait on a bus.

8. There's nobody to look out for you. If you want something done you have to do it yourself. The university is terrible for bureaucratic red tape; it will take several weeks to get a job done on campus. You are ferried back and forth across the university to different departments, filling in forms, which is very frustrating and demoralising.

9. Financial: We were told we would need very little money to spend out here — about £700 would suffice for the year. This is not the case. The first four weeks we were spending £100 per week on items such as bedclothes, medical insurance, fridge, books, meals, transport and a bike.

10. Younger athletes under 21 will find the first year extremely difficult. It's a potential minefield, due to the points mentioned above, for

causing home sickness and not improving as an athlete.

Good points:

1. Complete and immediate medical back-up and treatment of any injury from a blister to a muscle tear.
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3. Terrain is good for putting in base training and improving one's strength.
4. Training and racing. It is a small university with small racing programme. Only eight cross-country races from September to November, and then from November till the end of February there are no races. Track starts in March and ends in May — a total of 11 races. During November to February you are free to compete on the road racing circuit.

Training is mainly steady runs with a session of mile

Running in a Marathon?

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Please quote Scotland's Runner

Super-power running...

Running husband and wife, Pete and Chris Menhennet from Glasgow — Chris is a leading Scottish hill runner — travelled to the Soviet Union in August for the Moscow Peace Marathon. Here is Pete's report.

The broad-faced unsmiling Soviet woman official was not impressed with our plan to run the Moscow Peace Marathon together. There was a separate start for women she insisted, and no amount of pointing at wedding rings and running vigorously together on the spot would weaken her resolve. In the end we gave in and Chris and the giantess vanished into the crowd of runners, leaving me standing philosophically in the dense heat of the Moscow evening, waiting for the gun.

It was almost five pm and the stadium thermometer read 86°F. The broad blue curve of the Moscow River lay on my right and in front I could see the heads of 3,000 runners, the Soviet competitors to the front and foreign entrants to the back, in case we had any ideas of winning. Five minutes to go.

"You must always keep to the yellow line or you may be disqualified" insisted the race official through his interpreter. It was the eve of the race and we had suffered the ritual of registration, a sort of international free-for-all with scant regard for proper queueing and slowed almost to a standstill by form-filling and double-checking.

Later, clutching our race numbers, safety pins and, surprisingly, our medals, we were back on the bus for a guided tour of the course accompanied by two police cars with winking blue lights which drew up in front of and behind us. The dire consequences of deviation from the course were repeated, and to the sound of wailing sirens we were driven at fearsome speed along the infamous yellow line. Our

seven-strong tour group were greatly amused by this absurd procedure, much to the consternation of our Soviet hosts.

At exactly five o'clock the gun fired and the crowd of runners was underway. Chris and the hundred or so other women had also been placed right at the front for some extraordinary reason, forcing evasive action to avoid death by stampede, while at the back of the field I slowly built up speed. Aim for 3:30 and

take it easy, I reminded myself, ruefully observing a pint of sweat leak out within the first hundred yards.

We had arrived in Moscow three days earlier, wide eyed at the sullen rows of apartment blocks flanking the dusty streets. On the second day we ventured from our hotel for a training run in the hot evening, and contrary to our expectations found that we were free to run in the streets and parks without hindrance, encountering very few other runners as we did so.

Disabled people were also noticeably absent from the streets and when we enquired of our guides whether there would be any disabled entrants in the marathon our question was treated with incredulity — such a thing was unheard of it seemed.

To the right, the endless river. To the left, at twenty yard intervals, young soldiers stood stiffly on race-duty, faces impassive and stern. This business about the yellow line was serious.

As we approached a bridge I looked up to see a few dozen spectators and another soldier peering over the parapet. No-one clapped or cheered and almost no-one smiled, so I waved but got only a few feeble responses for my trouble. It was going to be a solemn twenty-six miles.

In Gorky Park, I caught up with Chris and we were able to resume our original

running plan. She was feeling the heat and I knew I'd be knackered with the distance so we kept our heads down, and ran mostly in silence, obediently tracking the yellow line along the flat riverside route.

Twin headlights heralded the lead runners' approach on the inward leg of the out and back course. Only the first twenty or so Soviet runners had good shoes and gear; the rest were running in baseball boots or gym shoes. It seems only top athletes can enjoy air mid-soles and airtex vests; the few sports shops offer little comfort and no choice to the also-rans.

By the time we reached Gorky Park on the return leg, we were drinking at every feeding station. On offer, and served by the Red Army, were warm water, cold tea, sludgy pear juice and mounds of horrible salty bread — largely refused and not surprisingly.

Chris nicknamed the soldiers "Stuffed Olives" after their green uniforms and red-banded hats. They were such a solemn bunch and only after 24 miles of trying did Chris manage to attract a broad grin from a less restrained one of their number.

Past the Kremlin and three miles to go. By now, I could clearly recall what I didn't like about marathons and longed for the finish. My misery ended at the sight of the banner and finishing funnels, and as we joined hands to cross the line we got our first spontaneous cheer from the onlookers.

"How do you feel?" asked Chris.



Pete and Chris Menhennet, centre, with some English runners in Moscow.

"Dawdle," I replied wearily, and sat down on a nearby stone plinth examining my souvenir plate and certificate handed out at the finish. This was quickly disallowed by two officials who herded us and others into a bewildered group and led us off to a basement doorway where they stood smiling and gesturing to us to go inside, nodding and pointing eagerly.

Cautiously I stepped in, and found a gym with an enormous table of food and drink provided for foreign competitors only. We declined the caviar on crackers, but took bottles of squash and stretched out gratefully on the hard wooden floor.

As the UK contingent reassembled at the bus we were beset by Soviet runners, desperate to swap t-shirts and even to buy our used, worn training shoes — sometimes for more than they had cost when new. We found it all a bit sad but

gladly swapped gear with them and immediately they disappeared into the gathering darkness with their prizes.

Back at the hotel we celebrated with champagne as we ate our late dinner. Since we had to leave to catch the Leningrad plane at four am there seemed no point in sleeping, not at any rate, when there was an all night bar. Later someone drily suggested renaming our trip "The Iron Person Tour" as we travelled out to the airport in the dawn light, drugged with heat, beer and lack of sleep, and with the next bus tour barely four hours away.

But the hectic schedule did have its rewards: a fascinating insight, however limited, into a culture so different from our own. The sights and sounds of a tiny fragment of that vast country and the self-conscious gravity of the 1986 Moscow Peace Marathon were all memories of a much enjoyed holiday — definitely to be repeated another year.



LIFE IN AMERICA...

repeats on Wednesday, and on Monday we do an 11 miler, mostly uphill into the mountains. The standard in races is not too high, and is not as competitive as club level back home.

5. Warmer climate in late September, still running in shorts. The temperature drops rapidly at night though, from 60-70° at midday to less than 30°F.

6. Good education system. You can enter university in either August, January or May, and if required private tutors are available.

7. Cheap supply of gear,

especially shoes.

8. Excellent food and unlimited quantities. We eat about £40 of food per week, including our meal at the restaurant. We spend £8 on breakfasts and £3 on snacks.

9. Team members are very friendly towards each other, due to travelling and training together each day. The Americans generally are friendly towards Scots. We've been asked out to meals at people's homes and been taken sightseeing.

10. The social life is very limited, and that can either be

a good or bad thing depending upon how much you are used to socialising.

Conclusions:

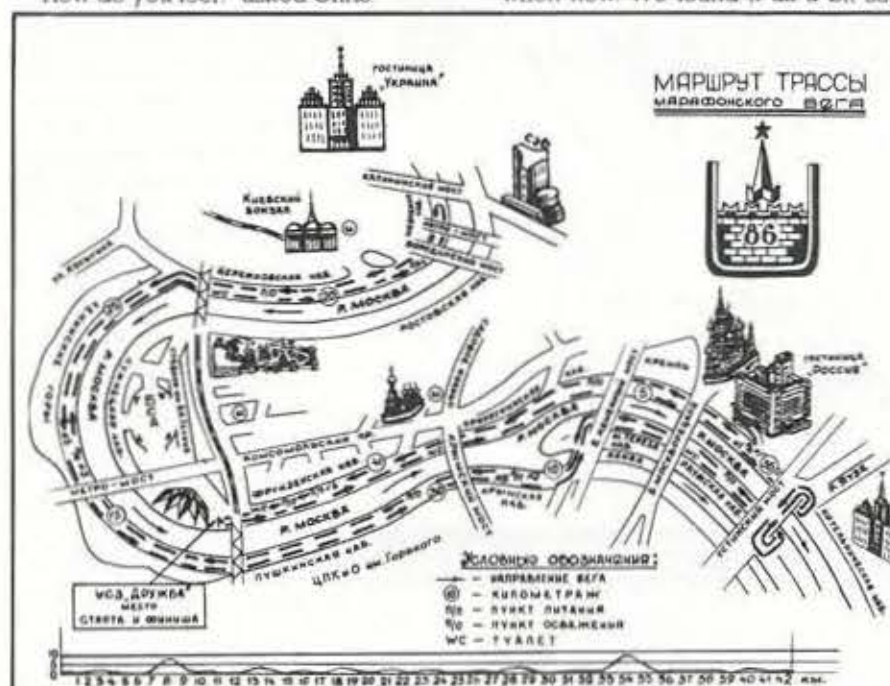
Adrian: If you're going to university, wait until you are at least 21 and able to look after yourself. In my brief stay I gained valuable experience about racing in America, which hopefully I will be able to use at a later date.

However, the fact of the matter is that barring Liz Lynch, the only Scottish athletes who have made the grade have stayed home-based. You have to decide

what you want from your running.

Robert: I can only speak on my experience at Reno — other universities might be different. I would not advise any 18 year old to come out because there are too many pitfalls. If anybody decides to come, it would be wise to come with someone else.

Basically, if the athlete is willing to re-adjust his whole lifestyle, willing to change some of his running habits, and realise he will get homesick every so often, I would recommend him to give it a go.



PATH OF PEACE...
The Moscow route map, left, made as much sense to us as the leaflet, far left.

Tour operator: AACT Centreport
17 Chorley Old Road
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Cost: About £550 per person for eight days full board in good hotels. Includes all flights and tour with English-speaking guides. Four days in Moscow, four days in Leningrad.
Comments: Good value for money, but we felt that the operator could have supplied us with more information — and our visas didn't arrive until 90 minutes before we were due to leave Heathrow!

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

Dear Santa,

Sorry about this, but Len's blackmailing. "You didn't send a letter last year and still got presents so I'm not writing one either", left me no alternative. (Hence this materialistic missive). Ruth's checking the spelling: I presume she's looking for hints.

I know I've been a bad boy this year because I've guiltily cheated on my intervals, not knelt down daily before Steve Jones' photograph, and only stood with one foot on the bathroom scales, but I promise I'll be a good boy this year.

What I really want is an injury-free year. (The bank that likes to say yes said NO to my proposal for a £200 loan to cover the medical costs of sticking plaster, lint, liniment, sprays, and prescriptions, but did proffer a BUPA form and a kidney donor card.)

I know last year's "Complete Analysis of Sprains, Strains, Pulls and Falls down Stairs" has been very useful, and automatically falls open at "iliotibial band", "adductor", and "groin", but I'd like it to gather dust this year. But just in case - 12 packets of frozen peas, please.

Speaking of books, I'd like to add to my modest 1,000 volume library. As well as a year's subscription to "Scotland's Runner" (get on with it - eds), I'd like "Dutch Fell Running for Beginners" by Hans, Knies, and Bhumrumsadaysee; Krapp's "The High-Fibre Diet And Where It Can Take You"; Mustapha Rhunn's "The Compulsive Jogger"; Luke O. Zayhd's "Putting the Fizz into Your Training"; and, medically, Nidl's "Basic Acupuncture" to accompany Frank N. Steen's "Basic Bodybuilding".

I also need a new (and

bigger) running log - last year's giant 1,000 pager in pink plastic with embossed gold-leaf initials disintegrated in May.

I'd also like the BBC Scotland videotape of their complete coverage of the 1985 and 1986 Glasgow Marathon - the full 15 minute version, not the five minute highlights.

I also fancy a personal hi-fi with appropriate tapes for my training and preparation sessions - Bizet's "Carmen (For A Run)" for warmups; Dylan's "Blowing in the Wind" for my anaerobic intervals; Dave Brubeck's "Take Five" for my recovery periods; and Schubert's "Unfinished Symphony" for my Sunday 10k (uphill all the way). Ruth also suggests Gillick's "The Rhythm Method" for relaxation afterwards, though I don't know this one.

I definitely need new kit. The new shoes shame the rest. The socks are courtesy of Moth Bros - full of holes. A pair of Budd's Blister-Free Socks, new pinstripe singlet and shorts to reflect my City background - and I'd love a swanky super-duper state-of-the-art weather-proof suit (smart as Coe on the go, strong and mean like McKean, no excuse to refrain in the rain).

P.S. I wrote to you 26 years ago for a train set. I'm still waiting...

P.P.S. Please enclose a copy of your interval training schedule which prepares you for such intense shuttling up and down chimneys and lets you peak so well for the highlight of your year.

Hopefully,

Ewan Mee.



Roy Heron wins the 1978 Meadowbank title. Tony Foster is an extremely close second.

JOIN THE PROFESSIONALS!

There can surely be no sound like the sound of the silence which falls over Meadowbank annually as the finalists of the professional 110 metres Handicap go to their blocks in the freezing cold of a Scottish New Year. The bookies have stopped gesticulating and writing odds furiously on their boards; the athletes have been individually introduced to the crowd at the finishing line and have finished laying their bets; all eyes in the stand are turned leftwards. The nervous tension and anticipation is almost unbearable, and the eruption of the crowd when at last the gun is fired is total.

Competitive athletics in Scotland can be traced back to the Battle of Bannockburn when the victory there instilled a great feeling of patriotism and a need to show off the prowess and strength

that had been displayed on the battlefield. The Ceres Games in Fife were first held in 1314 to welcome home the victorious villagers, and have been staged ever since.

Footracing, or pedestrianism, was very popular in the 1800s for spectators and competitors alike. Soccer was very much a minority sport and had not amassed the support it was to in later years, nor did it lure away the youth of the country from

... for some Hogmanay heroics

other sports. Amateur athletics were confined to sports days at schools and universities, and Scotland did not have an organized amateur governing body until 1883.

The introduction of the modern-day Olympics in Athens in 1896 brought with it the ideal of winning not being as important as taking part, of the struggle being more important than the triumph, and of having fought well being more important than to have conquered. Professional running is almost a reversal



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of the Olympic ideal in that the most important thing is to win, to triumph, and to conquer. There is by no means the same emphasis on "personal bests" as is found in amateur athletics.

The professional circuit is a busy one, with meetings being held every weekend (sometimes twice in a weekend) from May to September. The Borders and Fife feature prominently with games at Hawick, Peebles, Selkirk, Langholm, Kelso, Markinch, Cowdenbeath and Thornton, to

name but a very few. There are occasionally handicapped field events at these meetings, but generally they are confined to Highland Games in the north.

By far the most important meeting in the Scottish professional circuit, however, is the world-famous New Year meeting held at Meadowbank, and in particular the 110 metres Handicap which is still often referred to as the "Powderhall Sprint" although it has been 16 years since it was held there.

JOIN THE PROFESSIONALS!

1970... and George McNeill wins the Powderhall Sprint, the last time it was held there.

Powderhall Stadium in Edinburgh, modelled on London's Stamford Bridge Stadium, is probably better known now for housing greyhound and speedway racing, although there are still some "pro" meets held there — dogs and athletes sharing the arena (but not both running at the same time!). It derives its name from a gunpowder factory in the area at one time, and was opened in 1870 when Dan Wight of Jedburgh won the first Powderhall Handicap before going on to enjoy a long and distinguished athletic career (even competing in the 1920 Handicap at the age of 70).

George McNeill, probably one of the best sprinters in the world — amateur or professional — won the sprint in its centenary year, the last year it was to be held at Powderhall, and also took the prestigious Australian Stawell Gift in 1981 — hence the title of his book, *Unique Double*, published in 1984. McNeill also broke the professional 110 metres world

JOIN THE PROFESSIONALS!

1986... and Brian Mulgrew snatches victory in the New Year Handicap from Brian McLean.

record and ran 10.1 for the 100 metres at Meadowbank.

For the 1986 Handicap, there were 139 entries. Each athlete must declare his or her best performance, and after handicapper Adam Crawford has assessed form, each athlete will be allocated a mark to start from up to 22 metres.

If an athlete is a "novice", i.e. does not have a time to declare, the handicapper must judge what he thinks the athlete's abilities are and handicap accordingly. During the summer months, many athletes are engaged in trying to get a "good mark" for New Year by not always running to standard, or indeed, not training, but still coming out to compete anyway.

Once an athlete has entered for the New Year meeting, he must be available for random dope testing at any time, and there is also testing on the two days the event is staged. Out of the 20 heats or so,



only the winner goes through to the "cross-ties", and only the winners of these go on to the final. A veterans (over 45) championship is held during the cross-ties, and the winner is included in the final. One thing that has changed in recent years is the way of starting.

Up until about eight years ago, the commands for professional sprinting were: "Get to your mark and be set." As the gun was fired as soon as the back marker rose, the back marker could employ

delaying tactics to keep his opponents on "set" for as long as possible. Now, however, the commands are the same as those for amateur racing.

So, what of the people who are involved in professional running? Meadowbank sees a fair number of "schools" training there, and at this time of year there are probably as many pros using the track as amateurs.

Denis Davidson will have his hands full, literally, leading up to New Year. He works

We can probably all think of examples of the Jeffrey Archers and the Alan Garners of this world who are famed not only for their writing, but also for their distinguished athletic careers. But how many instances can you bring to mind of musicians who are also serious athletes? George Eliot would have us believe: "Men's muscles move better when their souls are making merry music," and Edinburgh can certainly boast of two men for whom this rings true.

The current British professional 800 metre champion, Gordon Campbell, has written Shakin' Stevens' Top 40 hit, *Because I Love You*, and ex-New Year 110 metre Handicap champion, Dave Valentine, has released another of Gordon's songs *Woman Like You* with his band R.A.F. (the Rich and the Famous). Both artists have had records out before, and Valentine — of the pop-star name and looks — has enjoyed some success in American local charts (and was responsible for the excellent Commonwealth Games record).

Both men were students at Heriot Watt University, where Valentine produced a record for Campbell's student group, the UK Upstarts. Now Dave works full-time in his Middleton recording studio called Heartbeat, while Gordon lectures in Business Studies at West Lothian College of Further Education. The latter recently introduced to the HNC in Business Studies a course in Music Management which has attracted a lot of interest, not least of all because it is the only course of its kind in Britain. There have been many

complimentary letters from record companies, with artistes like Elton John pledging their support and assistance.

Gordon and Dave have both been performing since they were at school, Dave concentrating mainly on keyboards, and Gordon, by his own admission, playing guitar very badly. Their introduction to professional running, however, came relatively late in life.

Dave Valentine was 25 when a colleague got him interested in athletics, yet only a year later he won the New Year 90 metre handicap. In 1977 he won the 400 metres at the same meeting, beating the Australian world record holder, and in 1979, like so many professional runners in Scotland, he went over to Australia to train and compete.

A year later, under the coaching of Wilson Young, who won the event in 1971, and who has also coached Allan Wells, Drew McMaster, and George McNeill, Dave won the accolade of all professional running, the 110 metre handicap at New Year. After that, with his eye on middle distance and under the coaching of Dave Campbell, he won the 800 metres at the 1983 New Year meeting.

Valentine is the only athlete ever to have won these four events at New Year — a feat unlikely to be matched in the near future.

Gordon Campbell comes from a family of successful professional runners, and a cup his grandfather won in 1901 is still competed for at the Balloch Highland Games.

However, he did not take up running until he was at university. Apart from a Classic 800 metres victory in 1976, and various

other small wins, Gordon won the 1,000 metres at this year's New Year meeting in a particularly gruelling race, and he capped a very impressive athletic career in winning the 800 metre British Professional Championship at Hawick in June this year.

Dave and Gordon agree that given their time over again they would run as amateurs, and couldn't think of anything more rewarding than to run in a Scottish vest. Dave, who has now retired from racing, thought he would have acquitted himself very well if he had turned amateur, but it took some persuading before Gordon would admit how well he would undoubtedly fare against the current amateur middle distance runners.

A typical week's training for Gordon at the moment is:

MON: 6 x 600 metres with five minutes recovery
WED: Run of four or five miles
THURS: 10 x 400 metres with two minute recovery
SAT: (300 metres, 45 seconds recovery, 200 metres) x eight with four minutes recovery
SUN: six mile cross country run

When Dave was sprinting, he normally spent about three months from August in the gym doing press-ups, chinnies, one leg squats and step-ups, along with speedball,

six days a week. Then there would be ten weeks on the track, i.e. a week of $\frac{1}{4}$ speed runs, a week of standing 50s, a week of differential runs. Ten time trials, and he would be ready to compete.

Looking back, he says he would never now spend three months solid in the gym. The speedball, according to Dave, teaches you to relax under pressure, and is not, as many people seem to think, to build up enormous shoulders. It simply helps you not to tie-up at the end of a race.

The emphasis in the gym on building up the quadriceps helps, not with the initial explosion from the blocks, but with the next few strides which are so vital if the athlete is to get a good pick-up after the start.

Dave says he never really went on any "preps" before big races. In some cases athletes would be taken out of the family home (especially away from the wife!) and work place, with someone coming in to cook highly nutritious meals in order to create an environment in which the athlete is eating, sleeping, and thinking nothing but running.

Such preparations were probably more appropriate years ago when a lot of athletes held down punishing manual jobs, such as

mining, and would definitely reap the benefits of such an intense six weeks. Nowadays, with so many athletes in sedentary jobs, or not working at all, "prepping" does not have the same effect.

Both men agree that professional running no longer has the same mystique surrounding it as in the days of the balaclava athletes training "incognito", stopwatches being slyly pressed in pockets and people falling out of trees in attempts to see how rival schools were getting on. Neither does there seem to be the same money in the sport. Once the prize money at a big meeting was equivalent to the price of a house.

Dave Valentine still runs to keep fit and feels that some of his best sessions in the recording studio have been after a good hard training run when the adrenalin is still flowing. He says he might be interested in coaching if the right athlete comes along.

Gordon Campbell, however, is training for the New Year meeting, but cannot see himself competing for much longer, and indeed it is difficult to see how this young man can fit his training round his lecturing, travelling to London on music business, and sitting in his bathroom with his guitar, composing songs.



Dave Valentine and guitar.

Making merry music on the run...

during the day, coaches his squad at night, and being a qualified physiotherapist, rubs his athletes three or four times a week in an extremely cosy garden shed, the walls of which are covered with athletic photographs.

Davidson is adamant that frequent rubs are essential if his athletes are to get through the training for New Year without breaking down. He coaches the current 110 metres title holder, Brian Mulgrew, who has just turned twenty. Brian's father, Pat, won the event in 1974, and they are the only father and son to achieve this in the history of the event.

Also training hard is Gerry Santagelli, who looks like an actor from an ancient Greek tragedy, and who took third place in 1984 when it was won by American Kepper Bell.

As a professional athlete improves, he is penalised accordingly. Brian Mulgrew ran off 6½ metres when he won the title, but will probably be pulled back three metres for the 1987 event. Athletes like George McNeill, who improve so much that they end up being "scratch" athletes, have very little chance of winning anything except championship events which are not handicapped, although W. McFarlane of Glasgow won the New Year sprint in 1933, then again the following year off scratch.

George McNeill's squad includes Willie Fraser, a previous Handicap winner, the greatly improved Davey Clark, Spence Fernie, a man of many distances, and lone female Janice Neilson, who was picked for the Commonwealth Games but could not compete through injury.

McNeill himself is entered for the 110 metres. In his early days he was coached by Jim Bradley, as was the 1971 sprint winner Wilson Young, who coached subsequent title holders John Stirling, Roy Heron, and Dave Valentine. Young is no longer involved in the sport, his hotel in Lauder taking up much of his time.

Jim Bradley, now living in Australia, was a great disciplinarian and was known to send his athletes home if they turned up late for training, and to send them to the changing rooms if they took one false start. A professional athlete is pulled back one metre for false starting, which is exactly what happened to Brian McLean in the 1986 Handicap when he was beaten into second place by Brian Mulgrew.

McLean trains with Charlie Affleck, a hairdresser from Roslin who was himself a middle distance man, although his squad comprises only sprinters. Affleck has coached athletes like John Davidson and Ron Logan; 1981 Handicap winner Gus McCuaig; the vivacious Andy Sobik, 90 metre winner in 1985 who travels each weekend from his teaching job in Stranraer and who is a dab hand at Polish folk-dancing; and, of course, Allan Wells at the time he took his Olympic title.



Pat Mulgrew (father of 1986 victor Brian) wins the 1974 race.

Other names to look out for at New Year from this quad are Stewart Putland, David Darling, Joe Connor, Alan Crawford, and Ewan Gillies.

Each of these squads hits the speedball as an integral part of training. Although Bob Pringle (another great character to be found at Meadowbank, who hung up his spikes at the age of 52) has always used it, and has had a hand in the coaching of ten Handicap champions, it was really Bradley who was responsible for its great revival in the 1960s, although it has been a part of professional training for a long, long time.

Alf Downer, the great Scottish runner who exposed "shamateurism" at the turn of the century, and who turned professional when a glittering amateur career was curtailed with a banning for accepting money, wrote of his training in 1899 that he punched the ball and reckoned it was probably the best thing in the world for sprint fitness, especially as it saves the legs from the stress and strain of continual track work.

The New Year programme has been amended this year with the replacing of the 90 metre Handicap, often called the "consolation", by the 200 metres, carrying a purse of £1,000. Most people seem to welcome it as it will make the betting more interesting and bring a bit more variety to the programme.

The New Year meeting is not just confined to sprinting, however. Over the two days there are 800 metres, 400 metres, 3,200 metres, 1,600 metres and 1,000 metres races as well as youths events which see quite a few girls competing.

Dave Campbell of Bonnyrigg coaches only middle distance and has his hopes pinned on Gordon Campbell to win the 800 metres after his 1,000 metres victory last January. Dave Campbell has coached a great many athletes including Dave Valentine, the 1983 800 metres winner, who he says is one of the greatest all-round runners he has ever seen; Rob Hall of Jedburgh and Alan Robson (brother of John), who both recently turned amateur,

and Steve Laing, Scottish 800 metres internationalist and ex-Scottish title holder.

Campbell also high hopes for Kenny Heggie, now 41, who is running better than ever despite suffering many injuries and arthritis. Other distance men to keep an eye on are brothers John and Mark Allen from Pumpherston, who were first and second in the 1986 two mile race, Graham McNeill from Tranent, and Kenny Cook from Alva.

So, how do athletes react to knowing that people have placed vast amounts of money on them at New Year? Certainly, some athletes crack under the pressure. Often the thought that Great Auntie Bella has put a quid on you out of her pension is as bad as knowing your sponsor has stuck on £1,000. George McNeill's philosophy is that people should not bet what they cannot afford to lose, and therefore the betting never bothered him in the slightest.

Most people seem to agree that professional running is in danger of dying because sponsors are not putting enough money into it. The prize money for the 110 metres Handicap is £1,400, but it should be nearer £5,000, especially when it can cost about £500 a month to "prep" (prepare) an athlete for the meeting — which is essential if athletes are expected to produce their best running in the middle of winter.

There is the misconception that professional running is not to the same standard as amateur, and it is difficult to compare times when the professional athletes are handicapped and run on grass. In recent years, however, Gus McCuaig, Andrew Walker and Neil Turnbull, all New Year sprint winners, have turned amateur and subsequently run for Scotland.

So, what better way to recover from your Hogmanay hangover than to stand at chilly Meadowbank savouring the exciting atmosphere of an excellent two days of professional running, and indeed having a flutter yourself?

Do you work for a large firm, a local authority, or a civil service department where it's all "work, work, busy, busy, chop, chop, bang, bang" and no play? Or is your workplace one where apres-work leisure activities are restricted to "going round to the local for a few jars"?

Now, don't get me wrong. I am not decrying the obvious pleasure to be gained from the occasional social pint or two after slaving away in the office, but it does seem to me that employers in this country are just not geared towards providing leisure facilities or activities for their employees benefit. It is often only when the employees decide to do something for themselves that anything is ever done.

And this is exactly what a group of Strathclyde Regional Council employees have done. With little or no help from management, a running club has been formed which appeals to both seasoned runners, and those who perhaps only run for their bus in the morning. It is a story that might interest or inspire you if there is a lack of participation/leisure activities in your workplace.

First Steps

Strathclyde Runners' first tentative steps were taken in November, 1984, when regional councillor Bill Perry, a keen runner himself and one of the leading lights behind the success of the Yoker Mini-Marathon, decided to try and organise a running event for Strathclyde Regional Council employees. Together with a few regional council employees who he knew to be "runners", and with the assistance of the Strathclyde Police Recreation Association, Councillor Perry made the necessary arrangements to get an event off the ground.

Staff were contacted through memorandums to heads of departments, changing and shower facilities and refreshments were laid on at the police sports ground at Lochinch, a 10k route was measured in and around Pollok Country Park, race registration, marshalling and timing were organised, prizes, including a trophy from the convener, were arranged. Even an after race results service was organised, giving individual timings and both individual and team placings.

The 10k race, or Strathclyde Corporate Running Event as it was christened, took place on November 24 and attracted over 40 teams from regional council departments, nearly 200 people in all — many running in an organised event for the first time.

The event proved so successful with those taking part that Councillor Perry and the employees who had assisted him formed a steering committee to organise similar events the following year. And so,

All work and no play?

SRC Joggers were born (later to change their name to Strathclyde Runners) with another three events organised before the first AGM in November, 1985.

These included a fun-run in Strathclyde Park in May, the Strathclyde Half Marathon Championship in June (organised as part of the Clydebank Half Marathon) and a second 10k team race in Pollok Park in September.

Self-Financing

All three popular events were again repeated successfully in 1986, and in addition Strathclyde Runners entered teams for externally-organised events such as the Scottish Police Cross Country Championship at Tulliallan, the Naigo National Cross Country Championships at Gateshead, and, most recently, the Falkirk Half Marathon when our team finished fifth overall — beating many well known, long established, running clubs in the process.

Readers . . . have you formed a running club at work? However informal it is, we'd like to hear about it. Write to us at the address on Page 3.

Strathclyde Runners is a self-financing body and although we do not have a club membership or subscription as such, overhead costs are met by employees through entry fees for running events, sale of running vests, and the formation of a 100-club whereby members give a pound per month.

One major problem facing Strathclyde Runners is publicising events, as the 100,000 plus employees are well scattered from Motherwell to Mull, and from Irvine to Inverary. There is no one internal newsletter that goes to all employees, so we have to rely on the internal vacancy list (always a well thumbed document), posters sent to schools, social work offices and divisional headquarters — and word of mouth!



EUAN WILKINSON

Slowly but surely, each event is attracting more and more people, and it is especially pleasing to see more staff participating from outside Glasgow, and from outlying schools and offices.

One of the main aims of Strathclyde Runners, apart from getting as many council employees running as possible, is to persuade the Region it has an obligation to look after employees' welfare, but many feel it falls short in providing adequate facilities for either sports or pastimes.

Obviously, the council has to be careful not to be seen spending vast amounts of ratepayers' money on its employees, but the formation of a recreational club is one area where the council could help to alleviate stress and absenteeism, as well as cut the risk of losing key workers through ill health or even premature death — major problems which face all large employers.

Healthier

The recreational club would be run by the employees themselves with a steering or management committee, along the lines of Strathclyde Runners. It would be self-financing, with monies raised along similar lines to Strathclyde Runners' 100-club, only it would be hopefully more of a 100,000-club!

Take, for example, Strathclyde Police's recreation association. This is paid for totally by the policemen and women themselves, and provides its members with facilities and equipment as well as organising various sporting and leisure events. It also provides its members with premises and amenities, as well as offering generous discounts on sports and leisure goods.

Strathclyde's Fire Brigade also has a similar association, providing facilities and organising events with membership restricted to Fire Brigade employees only.

Given that the West of Scotland suffers from the highest rate of coronary heart disease in the world, it would be encouraging to see Scotland's largest employer take a lead and provide activities and facilities to improve the general health and well-being of its staff. In the long term, Strathclyde Regional Council stands only to gain, not just in terms of having a healthier and better motivated staff, but also in the eyes of other employers in this country — who in turn could take the Region's lead and provide better leisure facilities for their employees.

If you are a Strathclyde Regional Council employee — and a runner — reading about Strathclyde Runners for the first time and would like more information about forthcoming events, please get in touch with: Euan Wilkinson, c/o Public Relations Department, Strathclyde House, 20, India Street, Glasgow G2 4PF. Telephone 041-227-3427).

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Scotland's Runner

SOUTH WEST SPECIAL... SOUTH-WEST SPECIAL... SOUTH-W

The Country Diary of a Gallovidian Gentleman

SOUTH-WEST SPECIAL... SOUTH-WEST SPECIAL... SOUTH-W

Writing in the November issue of "Scotland's Runner", Jack McLean asserted: "These days the streets are awash with joggers and harriers."

Maybe that's true of Glasgow, my native city, but in rural Galloway where I now live we remain a rare species. I began to pound the roads around New Galloway just over three years ago, three or more times a week in all seasons and weathers, and I have still to meet my first fellow jogger or harrier.

My limited experience of urban running is quite enough to convince me that in being able to do nearly all my training on quiet country roads I am one of the fortunate few. But I neither shun nor lack company. This is of two kinds, animal and human animal.

Wild animals are good at minding their own business and keeping out of the way, but there are exceptions. Last summer, for example, I was regularly dive-bombed at a certain place by a couple of terns—quite a disconcerting experience.

To discourage them, I took to waving my arms and swearing loudly. This worked well enough until one day I rounded a sharp bend and suffered the disapproving scowls of a couple of old maids picnicking by the roadside.

On the whole, however, wild animals add to the enjoyment of my runs. Early on a summer's morning the sight of rabbits by the dozen scurrying in and out of the hedgerows heightens the feeling that it's good to be alive, as do the strident squawks of pheasants hurriedly taking off. And on rare occasions I have seen deer, foxes and pine martens sauntering across the road in front of me, oblivious to my presence.

Domestic animals can be more of a nuisance, but only because of their human owners. Near the start of my regular run I sometimes meet a neighbour with a Labrador which rushes to me, barking ferociously. To be on the safe side, I always slow down to a walk.

Sheep, too, can be a hazard to country runners when their owners and dogs are driving them along the road. There's only one thing you can do and that is stop until they are past. If you and they are proceeding in the same direction your patience will be tried. It may be best to take a side road if one is available or go back the way you came.

The only cattle I've met were safely behind fences. On one occasion, however,

a herd stampeded for me, and before I knew what I was doing the thrill of it had me galloping along with them.

The human animal sub-divides into two categories, drivers and others (for example, hikers and cyclists). The latter kind never give me any trouble. Polite and friendly, they invariably bid me have a good day, or, if the weather is foul, give me a sympathetic nod.

Lorry drivers tend to be more courteous than car drivers. They are quicker to spot me, flashing their indicator lights and pulling well out into the middle of the road to avoid splashing me in wet weather.

Most drivers don't wave at me but one exception is the man behind the wheel of an enormous timber lorry which plies regularly between Galloway and England. He always gives me a wave and a cheery smile. Maybe he's one of those lunatics who runs marathons.

It's surprising how many car drivers seem to think pedestrians, especially if they're running, have no business on the road or ought not to be facing the

oncoming traffic. Particularly during the tourist season, I get frequent black looks from car drivers as they reluctantly pull out to avoid me.

On one occasion, a car with 200 yards to manoeuvre in and nothing coming in the opposite direction, accelerated and came at me with its lights full on and claxon horn blaring. If I hadn't taken to the ditch I'd have been a gonner.

I have no objection to drivers who, by way of encouragement or barracking, honk or stick their heads out of the window and bawl at me, but save me from the fathead who thinks that just because I appear to be going at a gentle trot he has the right to engage me in conversation. It's bad enough when somebody comes from behind on an uphill stretch and expects me to tell him where the nearest pub, bed and breakfast, or filling station is, but I encountered worse than that recently.

Seeing me approach, the driver of a Jaguar with an Edinburgh registration number slued his car across the road and stopped so that I was forced on to the left hand side. As I passed him he would down his window and said in pan-loaf Morningside:

"Slaap a minute, won't you."

I wasn't going to stop my fartlek for him or any other Edinburgher. If I had, the genteel, befurred lady at his side would have learnt a few expressions from my Highland Light Infantry days that are never heard in the drawing rooms of Corstorphine.

Towards the end of the same run, a car travelling at high speed on a narrow lane nearly shaved off my left elbow as it overtook me. The driver's haste annoyed me, for only 10 yards ahead of us was a passing place which would have enabled him to forge ahead without risk of injury to me.

Round the next bend, however, rough justice overtook him. He came face to face with another car and had to go into the ditch to avoid a head-on collision.

On the whole it's safer running on country roads at night than in daylight, provided you have a torch and luminous adornments. There's much less traffic and it's easier to see it coming—but it's far less fun.



Alastair Warren ran his first marathon in 1942 and his second in 1985 at the age of 63. He is a former editor of the Glasgow Herald and of the Dumfries and Galloway Standard.

South-West Special
continues on next two
pages

Scotland's Runner

TEAMWORK

- that's the name of the game

In the world of Scottish athletics, Dumfries and Galloway often tends to be forgotten. One club, however, is pushing its way to the forefront — namely Nith Valley A.A.C.

There is a wealth of talent in the club, but the most outstanding successes have been attained by a quartet of girls who consistently hit the athletics headlines. During 1986, Kathleen Lithgow, Hayley Haining, Hazel Edgar and Ruth Girvin collected ten Scottish vests between them.

These achievements have been secured in spite of the fact that Dumfries and Galloway does not possess one single proper athletics track! Nith Valley athletes do not even have a clubhouse for changing facilities! One is forced to ask: how have these athletes managed to achieve so much?

Club secretary Morag Lithgow sums up everyone's thoughts: "We've been fortunate in having some very naturally talented youngsters who have come along round about the same time ... and we've



KATHLEEN LITHGOW
... a string of successes

been fortunate in having some very experienced coaches available," she explains.

What is important for Nith Valley A.A.C. is teamwork: everyone has a part to play including mums and dads, brothers and sisters and anyone else who's interested!

Kathleen Lithgow is the youngest member of the quartet, only turning fourteen in April. She took her first national title in 1985 when she became Scottish Schools Under 14 100 metre champion. A few weeks later, in her first year as a junior, Kathleen came fourth in the final of the Scottish Championships 100 metres.

In the early part of 1986, Kathleen recorded a string of successes winning both the West District 100 metre and 200 metre Junior Championships and the 100 metre and 200 metre at the East District v. West District Championships.

Then followed what was to become Kathleen's favourite event of the year — the British Championships in Birmingham where she won two silver medals in the junior 100 metres and 200 metres in 12.21 and 24.90 respectively. Both times are British Grade One standard times.



CAROLYN BROWN

Such performances are hard to maintain throughout the season, but this did not deter Kathleen from winning the Scottish Schools Under 15 100 metre and 200 metre Championships in June.

An injury to the back of her leg hampered her performances when she was wearing a Scottish vest at the British Schools Under 17 Championship in Swansea, and the Celtic International in Dublin. Happily, though, Kathleen returned to form and won the Bell's Junior International Open 200 metres in August.

Hayley Haining has collected the greatest number of Scottish vests — four in 1986.

She got interested in athletics at an early age when she exhibited an outstanding ability for middle distance



HAYLEY HAINING
... four Scottish vests

running. Part of Hayley's success, however, must be attributed to the close working relationship she has with her coach Jock Redmond.

In 1985, at the age of thirteen, Hayley made her mark on Scottish athletics by winning the Scottish Schools Under 14 800 metre Championship, followed by the Scottish Junior 800 metre title. If, however, 1986 is anything to go by, Hayley must have one of the most promising athletics careers of any young athlete in Britain.

Victories include Scottish Schools Cross-Country Championship, Scottish Junior Ladies Cross-Country Championship, British Schools Cross-Country Championship, West District 800 metres Junior Championship (new record time 2:16.6), Scottish Schools 800 metre Championship, Scottish Junior 800 metre Championship.

In addition, Hayley took the silver medal in the Junior 800 metre at the British Championships, setting a British Grade One standard time of 2:10.96. She represented Scotland at the Celtic International where she won the Junior 800 metres, and the Under 21 Home Countries International where she finished fourth in the 800 metres against girls much older than herself.

Hayley's highlight this year was a Nike Invitation 1000 metre in Kent. Far from being over-awed by the occasion, she enjoyed every minute and was elated when she won the race beating the British Junior 800 metre champion Emma Langston, and Julie Adkin, Britain's Junior 1500 metre champion.



Kathleen, Ruth, Hayley, Hazel ... and mascot Fred Ted.

Hazel Edgar's dad is president of Nith Valley A.A.C. and mum is a hurdles coach. When Hazel became old enough (15) to compete in the 400 metres hurdles, she enjoyed a significant degree of success during the 1986 track season.

In May, she won the West District Intermediate 400 metre hurdles, followed by a gold medal in the Intermediate 400 metre hurdles in the East v. West District Meeting in June. Also in June, the Scottish Schools Championships saw Hazel a clear winner in the Under 17 400 metre hurdles. Then in the Scottish Championships, Hazel became Scottish Intermediate 400 metre hurdles champion setting a new record time of 65.8 seconds.

Hazel has represented



HAZEL EDGAR
... a clear winner

Scotland twice this year — in the British Under 17 Schools International at Swansea (where she came fifth in the 400 metres hurdles in a pb of 65.19), and in the Home Countries Under 21 International at Middlesbrough (where she finished third in her event).

Similarly to Kathleen Lithgow and Ruth Girvin, Hazel is coached by Jim Marshall (BAAB senior sprint coach), but owing to her event requiring a considerable development of technique she is also under the wing of hurdles coach Tommy Bolan (Colzium A.C.).

Ruth Girvin is the oldest member of the quartet. She has been one of Nith Valley's top sprinters for five years.

Ruth started to receive national recognition in 1984 when she won the silver medal in the West District Junior 100 metres, and then the gold in the Junior 100 metres at the East v. West meeting. In the same year, she became the Scottish Schools Under 15 Champion over 100 metres and 200 metres.

Unfortunately, in 1985 Ruth sustained various injuries which prevented her from performing as successfully as she had in the previous year.

1986, however, has brought

more success. In the West District Intermediate 100 metre and 200 metre Championship, Ruth won both events. She then went on to win 100 metre bronze and 200 metre silver at the East v. West District meeting.

She also ran twice for Scotland, in the 200 metres at the Celtic International meeting, and in the British Schools Under 17 International where she took part in the 4 x 100 metre relay. This was the only Scottish win of the meeting.

Despite having very promising athletics careers, all four girls are of the opinion that schoolwork is important and that further education will benefit them.

Hayley, for example, has already set her sights on becoming a civil engineer, but coping with homework, training and travelling to race meetings makes for an arduous lifestyle for any individual. Perhaps Hayley summed up all the girls' feeling concerning this matter, when asked, "Do you cope?"

"Just!" came the reply.

Mention has already been made of the involvement of parents and coaches in the functioning of Nith Valley



RUTH GIRVIN
... a top sprinter

A.A.C. and it is certainly true to say that the achievements of individuals and the club as a whole can be attributed, at least in part, to their dedication and determination. Parents and coaches have worked together to provide the backup so that the youngsters can get as close as possible to their maximum potential.

Kathleen, Hayley, Hazel and Ruth are fortunate in their natural athletic abilities, but they are particularly lucky in their parents and the club enthusiasts who help to organise events and training, who spend hours driving athletes to various athletic meetings, who carry out all the administrative chores necessary to ensure the club's smooth functioning, and most of all provide the financial backing to enable them to attend athletics events all over Britain.

Everything is achieved without sponsorship, and from a part of the country which is remote enough to make attendances at athletics events difficult. Also, because the region does not possess a suitable athletics track it is impossible to hold major events in the area.

The lack of a track is, undoubtedly, holding back some of Scotland's most promising athletes, and is forcing them to run the risk of incurring injuries through training on poor surfaces. As usual, so much is left to a determined few that one is forced to ask: how many other talented youngsters are missing out because they lack support?

It is a sorry indictment of this country that so little is done to encourage our gifted young athletes.

Mention running to motoring commuters in Aberdeen, and there's a good chance they'll say, "I still see Alastair Wood running up King's Gate in the mornings". He has been doing that for the past 25 years or so, and beyond a shadow of doubt wishes to be doing so for many years to come.

Born in Elgin on January 13, 1933, Wood went to Aberdeen University in 1954, and two years later won the Scottish Universities cross country title at St. Andrews. He excelled at athletics in the RAF in the late fifties and went on to take 16 Scottish titles (including eight marathons).

His major championship appearances were: 1958 Empire Games three and six miles, 1962 European Championships marathon (fourth) and Empire Games marathon. Other highlights were a 2:13.45 marathon, a London to Brighton record, and the world 40 mile track record (1970).

One of the characters of Scottish athletics and an uninhibitedly forthright commentator on the running scene, Alastair Wood was the inspiration behind my own early running career in the sixties, and is still a frequent training partner. Following a recent Aberdeen University road relay event, we chatted over a cup of coffee...

Q You've had a long career in the sport, Alastair - some 30 years. What are your most memorable performances?

A Oddly enough, the very early ones. Just about the first thing I won was the Scottish Universities cross country at St. Andrews. I had to stop to tie a shoelace, yet I still won by 300 yards. That was the first occasion I really thought I was a runner.

I went in for a mile race at Westerlands in summer 1955 with a personal best of 4.35, and found myself up against a couple of athletes who had been in Bannister's first sub-four minute mile at Oxford the previous year.

Looking back, I should have been overawed by these guys, but in the event I took off and was still leading after three laps. I was still in front with 100 yards to go, and although I was passed I came down to 4.14 in that one race.

The Scottish mile final a few weeks later was memorable for a different reason.

We lined up with me one from the end. I looked to my right and the runner on the outside had one leg in a bandage from his

toes to his hips. It was the first time I had run against a mummy! Anyway, the gun went... and this guy immediately fell over. I stopped to help him up, and before I knew it the rest were in the back straight. Graham Everett won, Adrian Jackson was second and I got through to third in 4.19.

Q You went into the RAF for a short service in the late fifties, serving at Halton which had a reputation for producing outstanding runners?

A Yes, I won the RAF cross country championships in 1957, and this pleased me very much as Derek Ibbotson, who broke the world mile record that year, had been a previous winner.

The competition in England was invaluable. I came up to Meadowbank that summer to do the Scottish six miles, a distance I'd never run on the track before. However, with a 29 minute 10 second run including a 57 second last lap, I managed to break Ian Binnie's Scottish record by 0.8 seconds.

Q Moving on to the sixties, I think I'm correct in saying this was the period you were really at your peak?

A Yes, my fourth place in the European marathon at Belgrade in 1962 was a break-through in a competitive sense, if not time-wise.

Q I remember doing my first two hour run in Aberdeen on the morning of that race, so that I could watch you on TV in the afternoon with a clear conscience! But wasn't 1966 an even more eventful year for you?

A That's right. The Commonwealth Games were in Kingston, Jamaica, and I went for marathon selection. The only trouble was, I couldn't get any guidance on the selection procedure.

The Scottish marathon championship was at Westerlands in early June, and I asked John Anderson - who was the National coach and advising me on my training - if he could ascertain whether this was the race on which selection was to be based. He couldn't find anyone who could tell him



MEL EDWARDS



Alastair Wood, centre, and Mel Edwards on a training run back in 1964.

but suggested that if the winner of the race was to be selected, then I had to do it.

Anyway, I was in excellent shape and travelled to Glasgow. It was extremely hot, and the tar was running on Great Western Road. No one would confirm that the winner would gain marathon selection, so, as the times were going to be very slow, I didn't run as it would have done my chances of selection no good.

Q The Polytechnic Marathon from Windsor to Chiswick was two weeks later, and Jim Alder and yourself went for selection in that one?

A Yes. Again it was very hot, but at least I knew that if I beat Jim I would almost certainly be picked. We both suffered but Jim finished fifth and I was two minutes behind in eighth.

Jim deservedly gained selection and I was very ill with dehydration. I was pretty demoralised and decided to retire. This lasted all of 10 days, and although I couldn't face long runs, I got stuck into sessions of 60 x 200 metres.

About three weeks after the Poly, I went north for the Inverness-Forres Marathon. It was a cool day, and I felt so good I knew I was on a blinder. I reached 10 miles in under 50 minutes, then slowed deliberately because I thought I'd blown it. I still came home in 2:13.44, a European record.

There was considerable disbelief about the time, but the course had been measured by surveyors and the North of Scotland AAA. Anyway, the next year the race started 200 yards or so back from the previous starting line, and although I found

this one much harder, I still did 2:13.45.

Q What are your views on marathon selection as a result of these experiences?

A Basically, the system should be objective enough to almost dispense with selection. Have a rule and stick to it. The American system in track and field of "first three" in the trials may be ruthless, but everyone knows what they have to do.

Q Going on to training now, you've experimented with virtually every form there is. Have you come to any conclusions?

A There is definitely a lot to be learned from trial and error. Obviously if there is a perfect system, it is the one which produces most good runners, but some top class runners may have been even better on a different system.

However, in a nutshell, training fast helps you to race fast, and training slow makes you race slow. I don't believe in the "something for nothing" school of thought, and reckon that interval training makes you faster than any other system.

Q But it's not just training of the body is it? I don't think it's far off the mark to say that you could "psych" yourself up for a race, and that a lot of your best runs were through guts and a desire to do well.

A A fair point. There's no point in throwing the race away mentally before you've started.

Q What were your preparations for the London to Brighton and world 40 mile records in 1970?

Question time

Alastair Wood looks back over 30 years of running

A I trained only every other day, and never more than 15 miles at any one time. In a sense you could say that I did get "something for nothing" with these two events, because I wasn't doing excessive mileage.

The London to Brighton in five hours 11 minutes was 10 minutes faster than the previous year, and I remember after the 40 mile record a guy from Capital Radio asking me if I could improve on my time next year.

My comment on the likelihood of anybody being stupid enough to tackle it twice was not broadcast!

Q You've been quoted as being against the running boom of the eighties. Is this true?

A No. I'm not against anyone running. It is not a question of being elitist - I believe people ought to participate; and joggers may be more valuable to humanity than top class runners.

What I am against is the social pressure that some people put on others to run, and some of their motives merit scrutiny. I am certainly not averse to people running... or not running.

I do believe, however, that the marathon was an unfortunate event to be chosen for mass participation, as to a certain extent the Olympic marathon has become devalued, since to complete 26 miles 385 yards is now commonplace.

“The Olympic marathon has become devalued”

Q We've run, and still run, many hard miles together, but it's not all grim stuff. Do you remember the time we were driving back from a race, and two old ladies leapt onto a zebra crossing in front of your car? You screeched to a halt, just missed them, leapt out, and accused them of being Macbeth rejects!

A They just went on their way, shaking their heads as if I was mad.

Q No comment! To finish on a more serious note, who in your opinion were the best world and Scottish athletes you encountered?

A On the world scene it has to be Herb Elliott of Australia. I particularly remember watching him in the Empire Games 880 yards at Cardiff in 1958.

A colleague, Les Locke, who played outside left for Queens Park Rangers, made the final and vowed he wouldn't lead. Suffice to say he was in the lead at the bell in 60 seconds, then Elliott took off to do 1:49.3. The power was incredible... something beyond just running.

In Scotland, it has to be Graham Everett of Shettleston. He was supreme in his time, and not many people gave him the credit he deserved when he beat Murray Halberg of New Zealand in the AAA mile at White City in 1957. Halberg of course went on to take the Olympic 8000 metre title in 1960.

Graham beat me by two yards in the Scottish cross country championship at Hamilton in 1960, although I beat him later in the world cross country.

Q And finally, today's runners?

A In Scotland, Nat Muir has always impressed me, particularly on the country. On the world circuit, Steve Cram is currently supreme.



The Edinburgh

Aberdeen A.C. sallied from their northern outpost to capture the blue ribband of the winter road racing season, the Barr's Im Bru Edinburgh to Glasgow relay title.

Having stayed away from the likes of the Scottish cross-country relay championships and the Allan Scally race there was little form on which to judge their prospects. Edinburgh Southern Harriers, winners of both these events — and that without wheeling out their heaviest guns — seemed to most people the likely victors.

But Aberdeen managed what the capital club could not — eight solid performances without a weakness, and they crossed the finish line in George Square in 3 hours 55 minutes 49 seconds after one of the most open races for many years.

Only 89 seconds covered the four leading teams at the final change-over, although that had stretched to nearly 3½ minutes by the finish.

But perhaps the biggest surprise was the failure once again of Bellahouston Harriers to make any impact on an event which they have not won for more than 15 years.

Considering the depth of their road-running strength that is a poor reflection on one of the country's oldest clubs.

Injury of course played a part in the absences, which included George Braidwood, Tony Coyne, Robert Fitzsimmons and Andy Daly.

The club was particularly upset by Fitzsimmons who, not for the first time, declared this unavailability only on the

Report: DOUG GILLON

Pictures: SCOTT REID

morning of the race. Another athlete had been left out of the team when he requested a return airfare from the south.

Bellahouston avoided the ignominy of having to qualify for next year's race by only 71 seconds when they finished tenth.

Southern could field only three of their winning team from 1985 and were also without marathon internationalist Hutton.

1. Aberdeen (C. Hall 28-35, S. Axon 31-00, J. Doig 26-42, R. Cresswell 29-57, G. Laing 29-33, F. Clyne 39-08, M. Murray 27-17, C. Youngson 27-37) 3hr 55min 49 sec.

2. Cambuslang (J. Orr 28-12, E. Stewart 31-11, T. Ulliot 27-01, C. Murray 29-37, C. Thomson 30-07, A. Gilmour 34-55, D. Laing 27-42, A. Beattie 28-10) 3-56-55

3. Edinburgh SH (T. Hanlon 28-33, I. Steel 32-09, R. Stone 27-28, C. Hunter 28-15, G. Grindlay 30-38, J. Robson 34-43, A. Robertson 27-57, A. Robson 28-04) 3-57-45

4. Spango Valley 3-59-15; 5. Falkirk Victoria 4-00-38; 6. Central Massachusetts Striders 4-00-40; 7. Dundee Hawkhill 4-02-06; 8. Edinburgh AC 4-03-22; 9. Teviotdale 4-03-49 (most improved team); 10. Bellahouston 4-04-09; 11. Kilbarchan 4-04-40; 12. Greenock Glenpark 4-05-20.

13. Springburn Harriers 4-05-32; 14. Shettleston 4-05-57; 15. Motherwell YMCA 4-06-30; 16. North District 4-07-51; 17. Victoria Park 4-08-51; 18. East Kilbride 4-09-28; 19. Clydehead 4-13-14; 20. Ayr Seaford 4-14-27; 21. Calderglen Harriers 4-17-36; 22. Glasgow University 4-19-57.

Fastest laps — 1. P. Dugdale (Motherwell YM) 28-06; 2. G. Crawford (Springburn) 30-44; 3. R. Oviatt (Massachusetts) 26-38; 4. C. Hunter (ESH) 28-15; 5. A. Walker (Teviotdale) 29-22; 6. J. Robson (ESH) 34-43; 7. J. Marinilli (Massachusetts) 26-37; 8. C. Youngson (Aberdeen) 27-37.

Their problems began as early as the opening leg when European junior championship steeplechaser Tom Hanlon finished a lowly seventh and they were left with a mountain to climb — and into a strong headwind at that — when Ian Steele twisted an ankle and dropped them even further down, to twelfth.

Despite Craig Hunter and John Robson clocking the best times of the day on stages four and six, the best Southern could do was snatch third when Alan Robson overhauled the luckless Spango Valley on the anchor stage.

The opening-stage performance of Hanlon, and that of former AAA junior 1500 metres champion Brian Scally (18th), demonstrated that there is no substitute for experience, a point underlined by the veteran Adrian Weatherhead who finished second, only four seconds behind the stage winner, Paul Dugdale (Motherwell YMCA).

Aberdeen at that stage were eighth, but only 29 seconds behind the leaders.

Motherwell stayed in front on stage two thanks to Stevie Marshall, but the class runs here were by Graham Crawford, whose fastest time of the day (30:44) brought Springburn from ninth to fourth, and Greenock Glenpark's Tommy Murray who started in 19th place and finished eighth with a time only six seconds slower than Crawford's.

Aberdeen however made inroads with Welsh international Simon Axon taking them into fifth place, and by the finish of the third leg Jim Doig had put them in front with a seven-second lead over Cambuslang.

. to Glasgow

Track runner Ray Cresswell dropped them back to third, 43 seconds behind Spango for whom Chris Robertson had won the lead. The Greenock club stayed there on the next stage, but Graham Laing was breathing down Steve Connaghan's neck, only two seconds behind when he handed the baton to Fraser Clyne.

Alex Gilmour made a prodigious effort for Cambuslang on the sixth stage, closing to within eight seconds of Aberdeen with Spango Valley a further 11 seconds down. John Robson's effort had also brought Southern back into contention exactly half a minute behind Spango.

It was on the seventh leg, traditionally

that reserved for the weakest man, that the American visitors, Massachusetts Striders, made their biggest impact when Marinilli was 35 seconds faster than his closest rival.

And so the stage was set for the grand finale with Colin Youngson cast in the role of hero or villain depending on whether he could hold on.

It was the three-time Scottish marathon champion's twentieth appearance in the race, having missed only one race in 21 years, and his record for the opening stage, set 11 years ago, still survives.

He responded admirably with the fastest time of the day, guaranteeing victory.



Far left — They're off. Bottom Left — A lonely road. Kilbarchan's Robert Hawkins passes Lilly Loch on the sixth stage. Left — Is Alex Robertson (ESH) on the right road? Above — Andy Beattie on the home stretch for Cambuslang.

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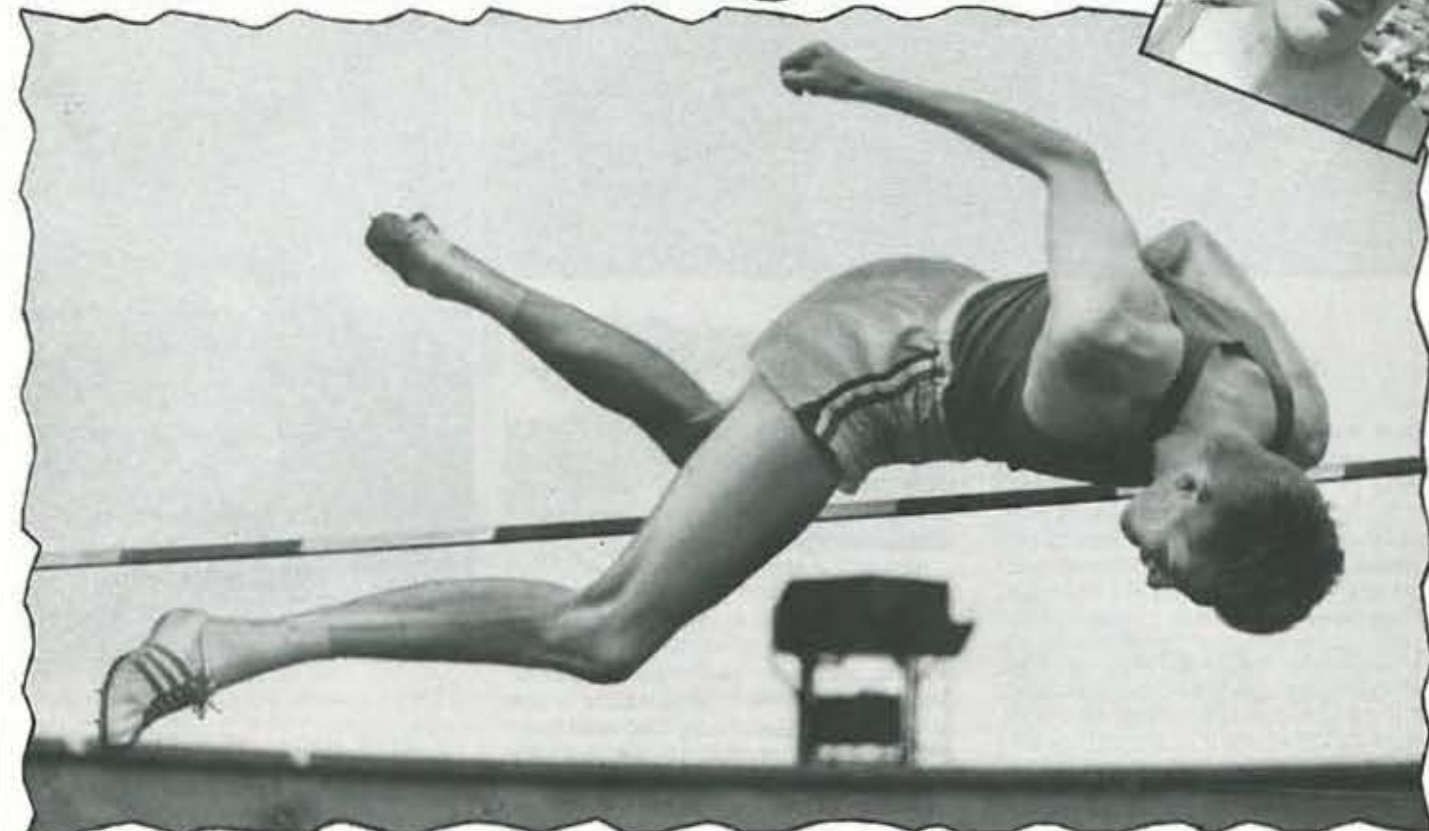


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Fairbrother: soaring talent who had his feet on the ground



Crawford Fairbrother setting a UK national record of 6ft 9ins in July 1961.

Crawford Fairbrother MBE was the outstanding athlete of his era... 53 British international vests, 13 successive Scottish high jump titles, three UK records, five Scottish ones. Quite enough to put any sportsman's head in the clouds.

But perhaps the greatest gift of this talented and dedicated jumper, who died after a mercifully short, but brutal, affliction just eight days short of his fiftieth birthday, was his rare humility.

Many of those who packed St John's Church, Paisley, on a wet and windy November morning to pay their respects could still picture a similar day in the autumn of 1964 when Fairbrother cleared 2.07m (6ft 9½in) for a personal best and the last of his five Scottish records. It stood until Gus McKenzie improved it by half an inch in 1975.

Despite the honours heaped upon him, Fairbrother always had time for others.

Fairbrother was not tall for a high jumper. At 6ft 1½in he was 5½ inches shorter than his Victoria Park clubmate Alan Paterson, whose UK record he surpassed after it had stood for exactly 22 years.

Fairbrother was of an analytical and scientific bent (he worked as a meteorologist). He also had the advantage of a father who was interested and competent himself, having twice been second at the SAAA championships in the twenties.

Having won the Scottish Schoolboys' title in 1955 with 1.78m (5ft 10in) Crawford subsequently compiled a string of 13 successive senior national titles from 1957 — the best individual record in any event since the war.

I am indebted to John Keddle's analysis in the centenary history, Scottish Athletics, for the following figures:

	SAAA	AAA	AAA Indoor	International Appearances
Times competed	17	12	10	53
Placed first	13	3	2	5
Placed second	2	2	5	7
Placed third	2	3	2	23
Times over 2.00m (6'6½")	4	4	4	15

Almost all of Fairbrother's jumping was done off cinders or grass and without the modern luxury of foam landing areas. Indoors, however, in 1960 he became the first Briton to clear 2.00m, a feat first achieved outdoors by Paterson in 1946. (The first Briton to clear 7ft outdoors was McKenzie, in 1975).

Fairbrother never scaled the heights achieved internationally by Paterson, who was European champion in 1950. Crawford's best European placing was tenth, in Stockholm in 1958. He was fourth (1.98m) in the Kingston Commonwealth Games, one of four such appearances he

made, the last being the Edinburgh Commonwealth event of 1970 when he took the oath on behalf of the competitors.

While recognising its greater efficiency, Fairbrother bemoaned the arrival of the flop which replaced his own much more aesthetic straddle technique.

Among the many memories which he recalled with relish was one British international against the Soviet Union in the Ukraine.

"Torrential rain had flooded the arena and it looked as though the match would have to be cancelled," said Crawford. "But the Soviets poured vast amounts of fuel from petrol tankers onto the track, then lit it and burned off most of the water. The army then was mobilised to mop up and the meeting went ahead, albeit much delayed."

And so it was that in those days before floodlit stadia, Fairbrother was left to duel in the dark with the then world record holder, Valery Brummel.

"Brummel rigged two motor bikes, one with its headlight pointing across the take-off, the other, raised on bricks, shining along the bar," he recalled. "I was well beaten by the time Brummel attempted to raise his own world mark, failing only when he knocked off the bar on the way down. The man was amazing... a legend."

These, his own words, are a suitably appropriate epitaph for Crawford William Fairbrother.

DOUG GILLON.

yesterdays...



Jim Willde

Marathon running has experienced dramatic upsurges in interest twice before this century. Whereas its sudden popularity in the 1960's might be seen as the point in which the current, longer-term 1980's boom began — when the affluent society began to generally appreciate the benefits of physical fitness — the great interest shown at the turn of the century was a short-lived phenomenon which peaked in the years prior to the First World War.

There were a number of reasons for this early breakthrough. The reconstituted Olympic Games saw an emotional Greek victory in Athens in 1896. New York and Boston were organising highly successful long distance races in which there was great rivalry between Americans and Canadians. And — arguably most influential of all — scenes of high drama from the London Olympic marathon of 1908 were widely transmitted through the popular media, and served to heighten public awareness of the event.

The modern, standard marathon distance was established at the London Games, in July, 1908. Earlier that year, the Polytechnic Harriers had organised a successful 22½ mile race from Windsor to Wembley Stadium, but, since major long distance events elsewhere were usually slightly longer, it was decided to conclude the Olympic race at the White City Stadium, some 3½ miles farther south. Incredible as it might seem, the final (exact) distance was determined by a decision to appease the British Royal Family.

Apparently, in order that the Royal children might have a good view of the start, the race was begun on the east lawn of Windsor Castle and, so that it might finish in front of the Royal Box at White City, approximately three quarters

of a lap (385 yards) was added on at the end. If Dorando Pietri was not one of Italy's fabled anarchists before the race, he certainly had cause to be afterwards.

Pietri (or Dorando, as he was more commonly known) had achieved success in distance running as a young man and had performed quite well at the (Intermediate) 1906 Olympics — also held in Athens — before dropping out near the end. Along with 55 other hopefuls he tried again, two years later, in England.

The starting gun was fired by someone called Lord Desborough, and the runners left the Castle grounds with Britons Clarke and Baines among the leaders. At fifteen miles Charles Hefferon of South Africa was in front, two minutes ahead of England's Lord, with Pietri third and the Canadian Indian, Longboat, fourth. By seventeen miles Longboat and Pietri had passed Lord, but the Canadian was beginning to suffer and fell back. Pietri managed to hang on, however, and was now pursued by Americans Hayes, Welton and Forshaw.

With a mile to go, both Pietri and Hayes passed Hefferon. The Italian was first to reach the stadium, but was seen to be in an exhausted condition and his fragile momentum was finally broken by the change from running on the flat ground to the slope into the stadium.

The fact that he then turned right instead of left when he reached the track, and had to be re-directed, brought him to a state of collapse. Doctors attended him on the track and he was revived, but, like many competitors, he had taken some form of strychnine before the race.

Although he was allowed to continue, this merely resulted in further breakdowns. With the help of the principal race organiser, Jack Andrew, Pietri finally staggered across the line with Hayes half a minute behind. Hayes' time was 2:55:28.4.

For the next couple of hours, Dorando Pietri was apparently close to death, but he recovered. An American objection was sustained, though, and Hayes was declared the winner. Doubtless impressed

by the obvious public sympathy, not to mention the classic ingredients of drama, suspense and mystery, no less a person than Sir Arthur Conan Doyle then intervened to make sure that Pietri got something for his efforts, and the Italian was presented with a gold cup.

The "Dorando" marathon and its attendant publicity triggered off a spate of marathon contests, and, encouraged by professional American promoters, Pietri, Longboat, Hayes and others were soon competing in marathons throughout the world.

The craze died down after two or three years, but the first watershed in modern marathon running had been successfully negotiated.

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1986 HALF-MARATHON RESULTS

Mar. 22	DYCE	1, C. Youngson (Aberdeen AC) 67:52 L. J. Robertson (Aberdeen AC) 84:45 V. D. Ritchie (Forres H) 73:03	June 15	DUNFERM- LINE	1, F. Harper (Central AC) 70:04 L. M. Muir (Dundee RR) 90:15 V. J. Ash (Pittravie AAC) 73:11
Mar. 23	INVER- NESS	1, S. Axon (Aberdeen AC) 79:54 L. J. Swanson (Monk. Shett. LAC) 74:57 V. G. Jeffrey (Skye & Lochalsh H) 74:57	June 15	CLYDE- BANK	1, P. Fleming (Bellahouston H) 64:13 L. E. Turner (M. Glasgow AC) 78:17 V. B. Carty (Shettleston H) 70:23
Apr. 13	ST. ANDREWS	1, P. Conaghan (Spango Valley AC) 68:54 L. E. Turner (M. Glasgow AC) 83:25 V. Not Available	June 15	ISLE OF HOY	1, A. Askew (Orkney) 87:03 L. D. Leonard (Orkney) 1:49:04 V. E. Bews (Orkney) 1:32:08
May 4	EDIN- BURGH	1, N. Tennant (Edinburgh SH) 64:41 L. A. Ford (Aldershot & Dist. AC) 78:02 V. R. Wood (Dundee RR) 72:58	June 22	MID- ARGYLL	1, G. Crawford (Springburn H) 70:44 L. C. Farrell (Clydebank) N/A V. D. Lord (Kintyre AC) N/A
May 4	ARDROS- SAN	1, P. Conaghan (Spango Valley AC) 67:53 L. S. Branney (M. Glasgow AC) 77:22 V. J. Kyle (Cumnock AC) 76:43	June 29	BUCKIE	1, S. Axon (Aberdeen AAC) 68:37 L. L. Findlay (Coasters AC) 95:08 V. D. Ritchie (Forres H) 76:06
May 11	LOSSIE- MOUTH	1, C. Armstrong (Elgin AAC) 68:12 L. Not Available V. Not Available	June 29	ARBROATH	1, A. Robson (Edinburgh SH) 69:11 L. Not Available V. Not Available
May 11	PETER- HEAD	1, F. Clyde (Aberdeen AAC) 68:29 L. U. Simpson (Aberdeen AAC) 89:39 V. M. Simmons (RAF Buchan) 76:40	July 5	DORNOCH	1, W. Miller (Caithness AAC) 72:55 L. S. Campbell (Inverness H) 1:43:22 V. G. Mitchell (Inverness) N/A
May 17	BEN- BECULA	1, M. Power (Macclesfield) 75:28 L. D. McDonald (Midlothian) 1:52:49 V. D. Young (Stornoway) 1:35:06	July 6	STONE- HAVEN	1, G. Crawford (Springburn H) 71:16 L. J. Robertson (Aberdeen AAC) 89:51 V. D. Ritchie (Forres H) 78:36
May 18	KIRKIN- TILLOCH	1, P. Fleming (Bellahouston H) 65:56 L. L. Irving (Edinburgh WM SH) 75:57 V. B. Scobie (Maryhill H) 68:19	July 6	HAWICK	1, A. Walker (Teviotdale H) 66:35 L. N. McGraw (Blackhill H) N/A V. J. Knox (Gala H) N/A
May 18	GLEN- ROTHES	1, A. Robson (Edinburgh SH) 68:55 L. M. Moir (Dundee RR) 84:03 V. Not Available	July 13	THURSO	1, G. Harper (Aberdeen AAC) 72:47 L. J. Swanson (Monk. Shett. AC) 90:10 V. J. Gallon (Aberdeen AAC) 80:03
May 24	KIRKCU- BRIGHT	1, M. Carroll (Annan & Dist. AC) 63:32 L. C. Jolly (Chorley AC) 79:02 V. W. Ewing (Pittravie AAC) 73:35	July 13	STIRLING	1, P. Fleming (Bellahouston H) 63:15 L. E. Turner (M. Glasgow AC) 74:36 V. B. Carty (Shettleston H) 69:23
May 25	CUMNOCK	1, D. Frame (Law & Dist. AC) 66:27 L. S. Sinclair (Irvine AC) 79:30 V. J. Knox (Gala H) N/A	July 20	IRVINE	1, D. Frame (Law & Dist. AC) 67:56 L. S. Branney (M. Glasgow AC) 76:23 V. J. Kyle (Cumnock AC) 73:00
June 1	COWAL	2, T. Wilkie (Spango Valley AC) 70:09 L. K. Chapman (Giffnock NAC) 89:38 V. D. McNeill (Greenock Glen H) 76:06	July 22	GRIEFF	1, T. Mitchell (Fife AC) 63:42 L. Not Available V. Not Available
June 1	GALSTON	1, G. Crawford (Springburn H) 70:09 L. M. Dunlop (Troon) 92:17 V. B. Calder (Bathgate) 78:01	July 26	STROM- NESS	1, G. Harper (Kirkwall) 73:24 L. D. Leonard (Kirkwall) 98:36 V. E. Bews (Orkney) 99:02
June 7	BEARSDEN	1, G. Crawford (Springburn H) 68:15 L. M. Baker (M. Glasgow AC) 85:10 V. A. Adams (Dumbarton AAC) 72:12	July 27	HELENS- BURGH	1, G. Crawford (Springburn H) 66:05 L. S. Branney (M. Glasgow AC) 77:08 V. A. McColi (Dumbarton AAC) 74:00
June 8	CUMBER- NAULD	1, R. Stone (Cambuslang H) 69:04 L. E. Steele (M. Glasgow AC) 87:43 V. J. Ash (Pittravie AC) 72:22	Aug. 3	GRAN- TOWN-ON- SPEY	1, A. Reid (Coasters AC) 71:12 L. L. Findlay (Coasters AC) 90:53 V. D. Ritchie (Forres H) 75:17
June 14	PORTREE	1, S. Axon (Aberdeen AAC) 70:55 L. A. White (Bournemouth AC) 98:17 V. G. Jeffrey (Skye & Lochalsh AC) 83:57	Aug. 10	ELGIN	1, G. Crawford (Springburn H) 66:09 L. J. Danskin (London Olymp. AC) 83:30 V. P. Cartwright (Falkirk Vic. H) 76:52
June 15	DUMFRIES	1, G. Booth (Norwich AC) 70:37 L. C. Brown (Dumfries AC) 90:50 V. D. Park (Ayr Seaforth AC) 85:31	Aug. 10	EYE- MOUTH	1, A. Robson (Edinburgh SH) 71:32 L. G. Douglas (Heaton H) 87:32 V. J. Knox (Gala H) 71:43

Graham Crawford's successes have highlighted the half marathon distance scene this year, and though he did not actually participate in all the 56 races detailed below (it just seems like it when the race results appeared) he achieved the remarkable total of 13 victories at the distance.

But his achievements did not include the fastest time of the year, this honour going to Peter Fleming who recorded 63:15 when winning the Stirling Half-Marathon. Other winning times worth noting came from the still improving Mike Carroll (Annan and District AC) who recorded 63:32, and the tiny bundle of energy Terry Mitchell (Fife AC) who set a time of 63:42 when winning the Crieff race.

Brian Scobie (Maryhill Harriers), Scottish veteran cross country champion, set the fastest veteran time of 68:19 at Kirkintilloch, closely followed by Edinburgh Marathon winner Brian Carty (Shettleston Harriers) who was just 18 seconds slower

Results round-up



COLIN SHIELDS

when winning the veterans race at Livingston.

The Scottish women's record for the half marathon distance was broken twice in the late season exploits by two of Scotland's Commonwealth Games athletes. After Elspeth Turner had set the pace with a winning 74:36 at Stirling, Langholm housewife Lorna Irving set a new Scottish record of 73:12 at the Land O' Burns race at Ayr in September.

A month later at Dundee Liz Lynch, Scotland's 10,000 metres Commonwealth gold medallist,

finished 11th in a field of about 1800 competitors to take over two mins from the short lived record. Lynch's time of 70:59 — at her first attempt over the distance — leaves everyone wondering what her true potential is at the half marathon distance.

It is very interesting to note the location of the 56 races listed and discover that a third of the events (19 in total) were held north of a line drawn from Aberdeen to Fort William.

The two biggest cities in Scotland come off badly in the

staging of events with only one half marathon being staged in Edinburgh and Glasgow — surely room for improvement in 1987 with the large catchment of runners in each city.

With the inclusion of nearby races at Bearsden, Cumbernauld, Airdrie, Clydebank and Kirkintilloch there was a final total of six races in the Greater Glasgow area — a total matched by Ayrshire which has an excellent series of races in existence.

The Borders and South Scotland have five events, Argyll and the Western Isles stage four, and the East of Scotland total nine races.

There were 15 events during the year which had over 1,000 competitors and the standard of organisation and presentation is undoubtedly improving all the time.

Aug. 16	NAIRN	1, D. Bow (Nairn & Dist. AC) 71:22 L. L. Findlay (Coasters AC) 89:13 V. D. Ritchie (Forres H) 73:04	Sept. 6	LOCH LEVEN	1, T. Mitchell (Fife AC) 67:08 L. M. Muir (Dundee RR) 83:55 V. J. Ash (Pittravie AAC) 72:15
Aug. 16	BLAIR- COWHIE	1, G. Crawford (Springburn H) 67:05 L. K. Bowler (Hailsham H) 84:47 V. A. McCallum (Angus) 73:50	Sept. 7	AYR	1, A. Gilmour (Cambuslang H) 64:02 L. L. Irving (Edinburgh WM SH) 73:12 V. J. McMillan (Strath. Pol. AC) 72:43
Aug. 17	CERES	1, N. Martin (Fife AC) 74:36 L. M. Muir (Dundee RR) 96:31 V. P. Mason (Fife AC) 82:43	Sept. 21	ABER- FELDY	1, G. Crawford (Springburn H) 67:39 L. J. Salvona (Liv. & Dist. AC) 86:38 V. J. Ash (Pittravie AAC) 72:38
Aug. 17	GLASGOW	1, W. Robertson (Bellahouston H) 66:50 L. S. Branney (M. Glasgow AC) 75:44 V. A. Adams (Dumbarton AAC) 68:56	Oct. 5	STRAN- RAER	1, G. Crawford (Springburn H) 66:02 L. A. Hamilton (Ballydrain H) 81:11 V. P. Cowan (Shettleston H) 71:54
Aug. 17	HADDIN- GTON	1, A. Robson (Edinburgh SH) 70:10 L. P. Rother (Edinburgh AC) 82:08 V. J. Knox (Gala H) 72:05	Oct. 12	DUNDEE	1, P. Fox (Motherwell YMCA H) 66:22 L. E. Lynch (St. Francis AC) 70:59 V. J. Ash (Pittravie AAC) 71:18
Aug. 17	MONK- LANDS	1, J. Brown (Motherwell YMCA H) 71:04 L. R. McAleese (Monk. Shett. LAC) 92:53 V. B. Carty (Shettleston H) 71:37	Oct. 12	CHAMP'S, GRANGE- MOUTH	1, R. Young (Clydesdale H) 74:06 L. J. Gallacher (Greenock) 94:19
Aug. 24	GIRVAN	1, G. Fairley (Kilbarchan AAC) 70:18 L. L. Irving (Edinburgh WM SH) 77:31 V. R. Hodelet (Gresnock Glen. H) 77:13	Oct. 12	FRASER- BURGH	1, G. McIntyre (Coasters AC) 68:34 L. L. Findlay (Coasters AC) 89:40 V. J. Gallon (Aberdeen AAC) 81:01
Aug. 24	GORE- BRIDGE	1, G. Crawford (Springburn H) 67:20 L. J. Salvona (Liv. & Dist. AC) 85:10 V. J. Knox (Gala H) 70:50	Oct. 19	FORT WILLIAM	1, G. Crawford (Springburn H) 69:06 L. S. Cluney (Forfar RR) 91:04 V. M. Richardson (Annan Val AC) 72:03
Aug. 31	ABERDEEN	1, P. O'Brien (Old Gray. AC) 64:44 L. S. Branney (M. Glasgow AC) 76:18 V. J. Morrison (Aberdeen AAC) 76:16	Oct. 26	GRANGE- MOUTH	1, G. Crawford (Springburn H) 66:46 L. S. Sinclair (Irvine AC) 77:13 V. D. Fairweather (Law & Dist. AC) 71:00
Aug. 31	LIVING- STON	1, G. Crawford (Springburn H) 64:41 L. A. Curtis (Liv. & Dist. AC) 82:19 V. B. Carty (Shettleston H) 68:37	Nov. 1	FORTROSE	1, W. Miller (Caithness AAC) 71:13 L. P. Gray (Dundee RR) 95:56 V. P. Cartwright (Falkirk VH) 77:30

* Lady veteran results not available in the majority of events.

On the VETERAN scene...

HENRY MUCHAMORE
on an age-old battle.

January brings with it not only the thought of a new year, but to athletes throughout the British Isles the impending arrival of district and national championships.

I can still vividly recall nearly thirty years ago leading the Middlesex Youths Championship after the first mile, but ending up just out of the medals. My consolation was a second place team medal emblazoned with the Middlesex crest. Not very big, but one that I always look back on with pride.

Why this nostalgia in the vets column? The reason is that, despite the passing years,

I still had that same feeling in 1983 when as a veteran I competed in the National Veterans Championship, and this time just missed out on Scottish Cross-Country Union team award when competing for Edinburgh Southern Harriers.

The point I am making is that whether you are a youngster of 17, or a middle age vet of 44, or indeed a super-vet of 66, the thrill of pushing yourself to your limits among your own contemporaries is the essence of our sport. That this effort should be recognised and rewarded in a tangible way by a medal is not really a great deal to ask from a sport that we

support as veterans in so many different ways.

The SCCU has the unique distinction of being the only national body in the U.K. to recognise veteran championships at district and national level. The first competitor over 40 in all three district championships will be recognised as the SCCU veteran champion.

The Veteran National Championships for cross country since their inception in 1972 have been organised on behalf of the SCCU by the Scottish Veteran Harriers Club.

There was initially a tradition that these championships were held in the West of Scotland where the predominance of members tended to be. Each year the SCCU handbook identified the national champion over 40, over 50, and over 60, together with the team award.

Veteran athletics, as I have pointed out in a previous article, has grown nearly threefold over the last five years, and there are now nearly 1000 members of the Scottish Veteran Harriers Club alone, plus the many veterans who still compete for clubs but do not belong to the SVHC. As a consequence of this growth, and also as the spread of veteran athletics is now so wide throughout Scotland, the championships have been held at a variety of venues.

In 1984 at Falkirk, a major amendment was made to the championships following concerns at how the event in Aberdeen had been organised. The result was that the SCCU identified that only awards recognising the first three finishers plus the first three teams would be presented by the SCCU - thus eliminating over 50 and over 60 awards.

In 1984 and 1985, the SVHC decided to provide age group awards in accordance with World Amateur Veteran

Association age groups which recognise five year age categories.

At all three SVHC annual general meetings from 1984 to 1986 resolutions have been passed to urge the SCCU to adopt the WAVA age groups for recognition as championship rather than SVHC awards, and evidence was presented at the 1986 SCCU AGM to show that such awards would not diminish the prestige of an SCCU medal, as some wanted to argue.

The outcome of the vote was 29 to 17 in favour of the SVHC resolution, but it did not carry the required two thirds majority to alter the SCU's constitution.

Subsequent discussions between executives of the SCCU and the SVHC have taken considerable steps to try and recognise the validity of both sides of the argument. The SCCU rules and records sub-committee put up proposals that unfortunately did not get discussed at the November general committee meeting. It is my fervent hope that these proposals can provide a basis for the SCCU and the SVHC to settle their differences and hopefully come to the next SCCU AGM with a resolution that will unite rather than divide.

It is important that vets of all categories support the national championships at Musselburgh's famous racecourse on February 8 to convince the doubters.

Any vet who wishes to enter as an individual can obtain an entry form by sending an s.a.e. to myself as convenor of the championships.

Address: 3, Amisfield Park, Haddington EH41 4QE.

As a lover of the 'lang Scots miles' on road or country, I look forward to seeing you at Musselburgh.

Results

NOVEMBER

1 Allan Scally Memorial 4 x 5 mile Road Relay Race, Ballieston, Glasgow.

1. Edinburgh Southern H (S. Robson 23:06, C. Hunter 23:17, C. Henderson 22:25, J. Robson 21:57) 90:45, 2. Teviotdale H (B. Emmerson 22:50, R. Hall 23:08, I. Elliot 23:51, A. Walker 22:54) 92:44, 3. Motherwell YMCA H (K. Newbury 23:26, P. Dugdale 22:45, J. Quinn 24:03, S. Marshall 22:33) 93:14, 4. Cambuslang H (J. Orr 23:03, C. Thomson 23:26, D. McShane 24:07, E. Stewart 22:54) 93:30, 5. Falkirk Victoria H (J. Pettecost 22:46, M. Coyne 24:04, D. Bain 23:03, J. McGarva 23:53) 93:45, 6. Edinburgh AC (A. Weatherhead 22:51, K. Mortimer 24:03, G. Brown 23:50, B. Kirkwood 23:06) 93:05, 7. Spango Valley AC 94:01, 8. Kibbarchan AAC 95:49, 9. Bellahouston H 95:52, 10. Shettleston H 97:54, 11. Springburn H 98:02, 12. Edinburgh Southern H B 98:04.

Fastest Laps: 1. J. Robson 21:57, 2. C. Henderson 22:25, 3. S. Marshall 22:33, 4. B. Scally (Shettleston H B) 22:43, 5. P. Dugdale 22:45, 6. J. Pettecost 22:46, 7. L. Spence (Spango Valley AC) 22:48, 8. B. Emmerson 22:50, 9. H. Cox (Greenock Glenpark H) 22:51, Fastest Veteran: 1. A. Weatherhead 22:52.

Scottish Universities Relay Championships
1. Edinburgh University H + H (A. Smith 25:01, M. Steits 24:43, R. Boyd 24:35, I. Harkness 24:20) 98:39, 2. Aberdeen University H + H (J. Bell 24:18, D. Runciman 24:15, S. Packham 26:19, A. Henderson 23:47) 96:39, 3. Glasgow University H + H (A. McCormick 24:06, G. McCann 25:24, M. Kirby 25:56, T. Gillespie 24:26) 99:52, 4. Heriot Watt University 102:23, 5. St. Andrews University 104:07, 6. Edinburgh University H + B 104:53.

Fastest Laps: 1. R. Archer (St. Andrews Univ.) 23:29, 2. A. Henderson 23:47, 3. A. McCormick 24:06.

Black Isle Festival of Distance Running, Fortrose -
Marathon (Culbokie to Fortrose), 115 ran: 1. D. Ritchie (Forres H) 2:28:38 (rec), 2. J.

Duffy (Cumbernauld AAC) 2:32:58, 3. M. Francis (Forres H) 2:33:41, 4. I. Gollan (Black Isle AAC) 2:39:49, 5. J. Bates (Unatt) 2:40:12, 6. D. Morrison (Black Isle AAC) 2:40:19.

V1 N. Simpson (Aberdeen AAC) (12th) 2:51:37, V2 L. Volwerk (Lochaber AAC) (13th) 2:54:08, V3 A. Whyte (Black Isle AAC) (18th) 2:57:11.
L1. M. Muir (Dundee RR) 3:10:45 (39th), L2. T. Respingier (Dingwall) (51st) 3:22:52, L.V1. P. Volwerk (Lochaber AC) 3:48:14 (79th).

Team: 1. Cumbernauld AAC 27pts, 2. Black Isle AAC 28pts, 3. Forres H 28pts.

Ladies Team: 1. Dundee RR 181pts.

1/2 Marathon (Rosemarkie to Fortrose), 155 ran -

1. W. Miller (Caithness AAC) 1:11:13, 2. D. Bow (Nairn & District AC) 1:12:26, 3. A. McDonald (Caithness AAC) 1:13:40, 4. A. Newlands (Coasters AC) 1:13:43, 5. G. Sam (Morag Road Runners) 1:15:53, 6. N. Heron (Lochaber AC) 1:15:55.

V1. P. Cartwright (Falkirk Victoria H) (8th) 1:17:30, V2. A. Stewart (Edinburgh AC) (14th) 1:20:57, V3. W. Bruce (Unattached) (20th) 1:23:08.

L1. P. Gray (Dundee RR) (71st) 1:25:56, L2. K. Green (Dundee RR) (84th) 1:28:07, L3. A. Innes (Wick Ladies) (92nd) 1:29:42, L.V1. S. Drew (Unattached) (108th) 1:34:46.

Team: 1. Caithness AAC 16pts, 2. Inverness H 43pts, 3. Caithness AAC 58pts.

Ladies Team: 1. Dundee RR 277pts.

10,000 metres (Cromarty to Fortrose) -
1. R. Arbuckle (Keith & District AC) 30:04, 2. C. Armstrong (Elgin AAC) 30:12, 3. G. Small (Dundee Hawhill H) 30:15, 4. B. Cook (Dundee HH) 30:20, 5. G. Milne (Peterhead AAC) 30:22, 6. A. Ross (Kibbarchan AAC) 30:45.

V1. G. Mitchell (Inverness H) (15th) 33:46, V2. H. Neil (Inverness H) (23rd) 35:04, V3. C. Jarvie (Inverness H) (29th) 36:14.

L1. S. Campbell (Inverness H) (40th) 37:57, L2. J. Wilson (Inverness H) (46th) 38:21, L3. J. Marshall (Black Isle AAC) (79th) 42:56, L.V1. E. Cameron (Forres H) (106th) 48:50.

Team: 1. Dundee Hawhill H 17pts, 2. Inverness H 53pts.

Ladies Team: 1. Inverness H 188pts.

Scottish YMCA Road Race Championships, Kirkcaldy -
Senior Men: 1. J. Beaton (Larkhall) 20:38, Team 1. Larkhall 65:07, 2. Seafar, Cumbernauld 73:54, 3. Larkhall B 76:52.

Youths: 1. J. Houston (Motherwell) 13:58, Team 1. Motherwell 42:29, 2. Kilmarnock 43:47.

Senior Boys: 1. J. McChes (Larkhall) 6:55, Team 1. Bellshill 21:44, 2. Larkhall 21:57, 3. Motherwell 22:42.

Junior Boys: 1. K. Woods (Larkhall) 7:34, Team 1. Motherwell 24:25, 2. Larkhall 24:40, 3. Bellshill 25:12.

Greenock Glenpark 5 1/2 miles Road Race, Inverkip to Greenock -

1. B. McGuinness 28:42, 2. A. Curran 28:56, 3. P. Duffy 28:58.

Teviotdale Harriers Jubilee Cup Races, Common Haugh, Hawick -

Seniors: 1. W. Knox 28:54, 2. A. Reid 29:04, 3. A. Samuel 29:07.

Youths: 1. D. Riddell 9:11, 2. B. Rudkin 9:39, **Junior Boys:** 1. M. Bailey 8:37, 2. B. Weir 8:50.

Senior/Intermediates Women: 1. J. Anderson 9:40 (rec), 2. L. Hogg 10:25.

Girls: 1. S. Purdie 8:42, 2. A. Murphy 8:44.

Kodak Classic 10,000 metres Road Race, Gateshead -

1. M. McLeod (Elswick H) 29:53, 2. K. Forster (Gateshead H) 29:56, 3. A. Callon (Springburn H) 29:59, 4. K. Harrison (Stretford AC) 30:00, 5. A. Gilmour (Cambuslang H) 30:22.

Ladies: 1. I. Murray (Edinburgh AC).

2 Linwood 5 mile Fun Run -

Senior Men: 1. T. Anderson (Johnstone) 47:45, 2. N. Greer (Dunmore AC) 28:03, 3. D. Crumpton (Linwood) 28:09.

L1. H. Oliver (Carlisle) 34:57, L2. P. Dowling (Johnstone) 35:15, L3. H. Fox (Paisley) 36:40.

V1. I. MacEachern (Bridge of Weir) 32:05, V2. A. McManus (Glasgow) 32:42.

L.V1. M. Moore (Johnstone) 41:30, L.V2. S. Kerr (Bridge of Weir) 41:30.

Under 16 Boy: 1. I. Wright (Elderslie) 31:03.

Under 16 Girl: 1. H. Craig (Linwood) 39:55.

Lasswade AC Open Cross Country Meeting, Bonnyrigg, 600 ran -
Senior Men: 1. G. Crawford (Springburn) 28:17, 2. A. Robson (Edinburgh Southern AC) 28:33, 3. A. Russell (Law & District AC) 28:48.

Aberdeen AAC "Hydrasun" Open Cross Country meetings, Balmuir Playing Fields, Aberdeen, 500 ran -

Senior Men: 1. F. Clyde (Aberdeen AAC) 30:03, 2. P. Dugdale (Motherwell YMCA H) 30:29, 3. S. Axon (Aberdeen AAC) 30:33, 4. C. Dagnell (Liverpool H) 31:00, 5. C. Youngson (Aberdeen AAC) 31:08, 6. N. Martin (Fife AC) 31:12.

J1. G. Free (Aberdeen AAC) 32:55, J2. M. Caird (Aberdeen AAC) 33:58.

V1. M. Edwards (Aberdeen AAC) 33:54, V2. R. McFarquhar (Aberdeen AAC) 34:11.

Teams: 1. Aberdeen AAC 5pts, 2. Aberdeen AAC B 28pts, 3. Aberdeen AAC C 46pts.

Youths: 1. T. Reid (Dundee Hawhill H) 18:50 (rec), 2. G. Riddell (Aberdeen AAC) 19:07, 3. A. Bone (Inverness H).

Teams: 1. Aberdeen AAC 14pts, 2. Inverness H 19pts, 3. Robert Gordons College 45pts.

Senior Boys: 1. P. Robertson (Dundee Hawhill H) 14:43, 2. R. Sutherland (Aberdeen AAC) 14:58, 3. G. McDowall (Inverness H) 15:16.

Teams: 1. Inverness H 15pts, 2. Dundee Hawhill H 18pts, 3. Aberdeen AAC 22pts.

Senior Women: 1. L. Bain (Aberdeen AAC) 15:50, 2. C. Sheehan (Aberdeen AAC) 16:01, 3. E. Cheilaw (St. Andrews University) 16:04, 4. J. Swanson (Monklands Shettleston Ladies AC) 16:25, 5. J. Robertson (Aberdeen AAC) 17:14, 6. A. Boyd (Forres H) 17:18.

Intermediates: 1. V. Allan (Perth Strathay H) 17:37, 2. S. Duncan (Perth Strathay H) 18:47.

L.V1. D. Fraser (Aberdeen AAC) 19:55, L.V2. J. Hogg (Unattached) 20:08.

Juniors: 1. K. Rice (Aberdeen AAC) 11:39, 2. A. Gallon (Aberdeen AAC) 12:03, 3. W. Dougan (Perth Strathay H) 12:05.

Teams: 1. Aberdeen AAC 14pts, 2. Dundee Hawhill H 23pts, 3. Tayside AAC 42pts.

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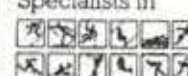
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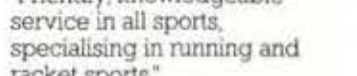
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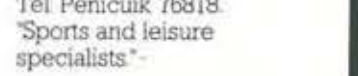
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Results

Clydebank AAC Road Race Championships, Clydebank

Seniors: 1. J. McKay 22:15, 2. J. McLaughlin 24:37.

Juniors: 1. M. O'Hagan 24:20, 2. C. Doherty 24:33.

Youths: 1. D. McGinlay 14:32, 2. A. McAuley 15:05.

Senior Boys: 1. A. Russell 15:19, 2. G. Wiseman 15:52.

Junior Boys: 1. C. McShannon 7:38 (rec), 2. D. Fotheringham 7:43.

Ayrshire Harriers Club Open Cross Country Races, Stewarton, 800m

Senior Men: 1. N. Muir (Shettleston H) 18:24, 2. D. McShane (Cambuslang H) 18:58, 3. J. Strawhorn (Ayr Seaforth AC) 19:52, 4. G. Tenney (Linwood AC) 19:54, 5. D. McCrory (Ayr Seaforth AC) 20:06.

Juniors: 1. S. Smith (Ardrossan AC) 20:09, V1. S. McGray (Cumbernauld AAC) 20:35.

Youths: 1. G. Stewart (Clydebank AC), 2. O. Morrison (Cumbernauld AAC), 3. S. McGowan (Victoria Park AAC).

Senior Women: 1. I. Fraser (Ayr Seaforth AC), 2. M. Dunlop (Kilmarnock H), 3. C. McGregor (L&L Club), LVI. L. Brown (Kirkintilloch Olympians AC).

Intermediates: 1. V. Clinton (Irvine AC), 2. M. Rome (Nith Valley AC), 3. S. McGregor (Kilmarnock H).

Junior Women: 1. I. Fraser (Ayr Seaforth AC), 2. M. Dunlop (Kilmarnock H), 3. C. McGregor (L&L Club), LVI. L. Brown (Kirkintilloch Olympians AC).

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Intermediates: 1. V. Clinton (Irvine AC), 2. M. Rome (Nith Valley AC), 3. S. McGregor (Kilmarnock H).

Juniors: 1. J. Rankine (Inverness H) 13:22, 2. S. Fotheringham (Black Isle AAC) 13:44, 3. M. Sinclair (Inverness H) 13:58.

Teams: 1. Inverness H 28:0pts, 2. Black Isle AAC 28:3pts, 3. Peterhead AAC 27:1pts.

Greenock Glenpark Young Athletes Races, Greenock

Youths: 1. C. Hendry 13:47, 2. M. McKenzie 14:02.

Senior Boys: 1. J. McFadyen 13:58, 2. P. Murray 14:21.

Junior Boys: 1. I. Thomson 7:10, 2. G. Cox 7:35.

Valentines of Dundee Astral 10 mile Road Race, Campdown Park, Dundee

1. T. Mitchell (Fife AC) 51:14 (rec), 2. C. Ross (Dundee Hawkhill H) 52:19, 3. R. Hanlon (Dundee RR) 53:29, 4. M. Coyne (Falkirk Victoria H) 53:37, 5. E. Lynch (St. Francis) (L1) 53:59 (record), 6. M. McCulloch (Aberdeen AAC) 54:33.

Teams: 1. Dundee Hawkhill H 29pts, 2. Fife AC.

Aberdeen AAC 6 mile Road Race, Balmoney

1. F. Clyne 30:31, 2. J. Doig 31:49, 3. P. O'Donoghue 31:56, V1. M. Edwards 33:27, V2. R. McFarquhar 33:40, V3. W. Scullion 35:50.

Teams: 1. Dundee Hawkhill H 29pts, 2. Fife AC.

Carscube Harriers Young Athletes Road Races, Blairdardie

Junior Boys: 1. C. McShannon (Clydebank AAC) 7:58, 2. L. O'Hare (Colzium AC) 8:07, 3. J. McColl (Dumbarton AAC) 8:27.

Teams: 1. Dumbarton AAC 20pts, 2. Victoria Park AAC 27pts.

Senior Boys: 1. S. Barnett (Victoria Park AAC) 7:25, 2. J. Cullen (Clydebank AAC) 7:30, 3. G. Waeaman (Clydebank AAC) 7:32.

Teams: 1. Clydebank AAC 11pts, 2. Victoria Park AAC 19pts, 3. Maryhill H 35pts.

Youths: 1. F. McGowan (Victoria Park AAC) 12:43, 2. B. McKay (Victoria Park AAC) 12:54, 3. C. Hendry (Greenock Glenpark H) 13:03.

Teams: 1. Victoria Park AAC 11pts, 2. Greenock Glenpark H 19pts, 3. Dumbarton AAC 32pts.

Overall Team Trophy: 1. Victoria Park AAC, 2. Clydebank AAC, 3. Dumbarton AAC.

Kilmarnock Harriers Open Cross Country Races, Dean Country Park, Kilmarnock, 625m

Seniors: 1. P. Conaghan (Spango Valley AC) 31:06, 2. S. Conaghan (J1) (Spango Valley AC) 31:20, 3. G. Fallon (Ayr Seaforth AC) 31:55, V1. S. McCrae (Cumbernauld AAC).

Teams: 1. Ayr Seaforth AC 18pts, 2. Kilmarnock H 40pts.

Youths: 1. Morrison (Cumbernauld AAC), 2. M. Cowan (Dairy Thistle BC), 3. M. Cameron (Kilmarnock H).

Teams: 1. Ayr Seaforth AC 38pts, 2. Nith Valley AC 39pts.

Senior Boys: 1. G. Reid (Kilmarnock H), 2. A. Lytle (Cumbernauld AAC), 3. N. Whyte (Dumfries AAC).

Teams: 1. Dumfries AAC 14pts, 2. Kilmarnock H 21pts.

Junior Boys: 1. T. Casson (Derwent AC), 2. M. Kelso (Pitavie AAC), 3. E. McCafferty (Cambuslang H).

Teams: 1. Pitavie AAC 22pts, 2. Ayr Seaforth AC 38pts.

Senior Women: 1. S. Branney (McLaren Glasgow AC), 2. K. Caldwell (Monkland Shettleston Ladies AC), 3. E. Scally (Monkland Shettleston Ladies AC).

Euro Junior: 1. E. Graham (Airdrie H), 2. B. Kelly (Law & District AC), 3. S. Robb (Irvine AC).

Intermediates: 1. S. McGregor (Kilmarnock H), 2. B. Kelly (Law & District AC), 3. S. Robb (Irvine AC).

Teams: 1. Monkland Shettleston Ladies AC 9pts, 2. Ayr Seaforth AC 32pts.

Juniors: 1. J. Anderson (Teviotdale H) 2. S. Telfer (Ayr Seaforth AC), 3. D. Watson (Ayr Seaforth AC).

Teams: 1. Ayr Seaforth AC, 2. Victoria Park AAC.

Girls: 1. G. Slaven (Ayr Seaforth AC), 2. J. Roxburgh (Irvine AC), 3. L. Kerr (Strathkelvin Ladies AC).

Teams: 1. Victoria Park AAC, 2. Ayr Seaforth AC.

Brechin Rights of Way Road Races, Brechin

Senior 10,000 metres: 1. C. Hall (Aberdeen AAC) 32:08 (rec), 2. J. McKay (Aberdeen AAC) 34:30, 3. S. Kerr (Blairgowrie Road Runners) 34:56, L1. J. Ritchie, L2. E. McMurray, L3. M. Greive, V1. G. Clark, LVI. E. McMurray.

Team: 1. Aberdeen AAC.

Ladies Team: 1. Arbroath Footers.

Young Athletes: Boys: 1. M. Cameron, U/15 1. J. Gowans, U/12 1. N. Skinner, Girls: U/18 1. K. McLeod, U/15 1. S. Reid, U/12 1. K. Menmuir.

Scottish Schools AAA "Milk in Sport" Road Relay Championships, Grangemouth

Senior Boys O/15: 1. St. Columba's HS, Clydebank (M. McBride 8:15, J. Divers 8:45, I. Beattie 9:24, A. McAuley 8:37) 35:37, 2. Sanquhar Academy 35:44, 3. Kilmarnock Academy 36:07.

Fastest Laps: 1. T. Reid (Whitefield HS) 8:19 (rec), 2. M. Currie (Dollar Acad) 8:30, 3. K. Iddesane (Stewart Melville) 8:30.

Junior Boys U/15: 1. St. Columba's HS, Clydebank (C. Clelland 9:48, I. McAllister 10:24, M. McBride 10:49, D. Ashton 9:26) 40:27, 2. Boclair Academy 40:58, 3. Peterhead Academy 41:31.

Fastest Laps: 1. N. Watson (Paisley GS) 9:24, 2. C. Graham (Boclair Acad) and D. Ashton (St. Columba's HS) both 9:25.

Senior Girls O/15: 1. George Watsons College (M. Dykes 8:07, C. Hunter 8:22, J. Brown 8:06, S. McGuire 7:45) 32:20, 2. High School of Glasgow 32:25, 3. Lenzie Academy 32:32.

Fastest Laps: 1. N. Allison (St. Aloysius College) 7:15, 2. J. Kerr (Kirkintilloch HS) 7:18, 3. C. Lunnay (Castlehead HS) 7:24.

Junior Girls U/15: 1. Lenzie Academy (R. Habeshaw 7:40, G. Habeshaw 7:55, R. Cole 8:34, L. Milne 1:38) 31:41, 2. George Watsons College 31:52, 3. Boclair Academy 32:31.

Fastest Laps: 1. L. Milne (Lenzie Academy) 7:32, 2. J. Wolfendale (Boclair Acad) 7:36, 3. V. McDougall (Boclair Acad) 7:37.

Dumbarton AAC Road Races, Dumbarton

Seniors 2 miles: 1. Alastair Currie 9:21, 2. B. Pitt 9:55, 3. C. Martin 9:58, V1. A. Adams 9:57.

Youth 1 1/2 miles: 1. S. McKendrick 7:20.

Senior Boys: 1. B. McCreadie 7:22.

Clydesdale Harriers Young Athletes Cross Country Races, Clydebank

Youths: 1. B. McKay (Victoria Park AAC) 15:06, 2. M. Porter (Kilmarnock H) 15:15, 3. M. McKendrick (Greenock Glenpark H) 15:18.

Senior Boys: 1. J. McFadyen (Greenock Glenpark H) 16:08, 2. J. Cullen (Clydebank AAC) 16:13, 3. G. Harvey (Clydebank AAC) 16:17.

Teams: 1. Clydebank AAC 9pts, 2. Cambuslang H 25pts.

Junior Boys: 1. D. Strong (Cambuslang H) 9:24, 2. J. Ferguson (Ayr Seaforth AC) 9:27, 3. D. Kinghorn (Ayr Seaforth AC) 9:29.

Teams: 1. Ayr Seaforth AC 13pts, 2. Colzium AC 23pts.

Colts: 1. S. McNellan (Victoria Park AAC) 7:00, 2. M. Smith (Victoria Park AAC) 7:07, 3. C. Humphrey (Victoria Park AAC) 7:13.

Teams: 1. Victoria Park AAC 6pts, 2. Clydebank AAC 19pts.

Teviotdale Harriers Open Cross Country Meeting, Wilton Lodge Park, Hawick, 780m

Seniors: 1. R. Carey (Arman & District AC) 15:49, 2. P. Swales (Border H) 16:03, 3. N. Williams (Border H) 16:18, 4. W.

Anderson (Gala H) 16:25, J. J. Connolly (Gala H) 16:26, V1. J. Knox (Gala H) 16:30.

Teams: 1. Border H 11pts, 2. Gala H 16pts, 3. Edinburgh University 34pts.

Youths: 1. C. Murphy (Pitavie AAC) 11:56, 2. C. Galbraith (Edinburgh Southern H) 12:42, 3. P. Hackley (Derwent AC) 12:44.

Team: 1. Pitavie AAC 21pts.

Senior Boys: 1. W. Gibson (Pitavie AAC) 10:37, 2. R. Lewis (Edinburgh Southern H) 10:42, 3. K. Letch (Central Region AC) 10:50.

Teams: 1. Pitavie AAC 13pts, 2. Central Region AC 22pts, 3. Edinburgh AC 42pts.

Junior Boys: 1. P. Casson (Derwent AC) 6:06, 2. A. Mooney (Fife Southern H) 6:08, 2. A. Talloch (Falkirk Victoria H) 6:10.

Teams: 1. Edinburgh Southern H 33pts, 2. Falkirk Victoria 49pts, 3. Blackhill H 55pts.

Colts: 1. G. Fearson (Kendal AC) 3:51, 2. D. Hughes (Teviotdale H) 3:53, 3. S. McKinlay (Pitavie AAC) 3:53.

Teams: 1. Edinburgh AC 24pts, 2. Pitavie AAC 45pts, 3. Edinburgh Southern H 58pts.

Senior Ladies: 1. C.A. Gray (Edinburgh AC) 14:39, 2. C. Harrison (Livingston & District AC) 14:46, 3. A. Dickson (Law & District AC) 14:59.

Intermediates: G. Young (Central Region AC) 14:59.

Teams: 1. Borders H 39pts, 2. Central Region AC 44pts.

Juniors: 1. J. Haining (Nith Valley AC) 11:02, 2. N. Lupton (Border H) 11:37, 3. J. Anderson (Teviotdale H) 11:38.

Teams: 1. Borders H 16pts, 2. Nith Valley AC 19pts, 3. Central Region AC 30pts.

Girls: 1. F. Armstrong (Border H) 6:44, 2. A. Murphy (Teviotdale H) 6:48, 3. J. Brown (Edinburgh Woolen Mills SH) 6:49.

Teams: 1. Edinburgh Woolen Mills SH 16pts, 2. Borders H 21pts, 3. Central Region AC 32pts.

Minor Girls: 1. A. Woodcock (Derwent AC) 4:07, 2. L. Duffy (Harmony AC) 4:10, 3. B. Wilson (Border H) 4:12.

Teams: 1. Derwent AC 12pts, 2. Teviotdale H 40pts, 3. Edinburgh Woolen Mills SH 44pts.

Aberdeen University Road Relay Races (3 x 2 miles 1 x 4 miles) Beach Esplanade, Aberdeen

1. Aberdeen University H&H 65:48

Ladies: (3 x 2 miles) 1. Aberdeen University H&H.

McLaren Glasgow AC "Ronnie Kane" Memorial Cross Country Meeting, Kings Park, Glasgow, 420m

Seniors: 1. Y. Murray (Edinburgh AC) 19:21, 2. C. Price (Dundee Hawkhill H) 19:57, 3. S. Sinclair (Irvine AC) 20:29, 4. A. Sym (McLaren Glasgow AC) 20:39, 5. E. Masson (Kilbarchan AAC) 20:44, 6. E. Cochrane (McLaren Glasgow AC) 20:50.

Teams: 1. McLaren Glasgow AC 18pts, 2. McLaren Glasgow AC B 49pts, 3. Aberdeen AC 51pts.

Eurojunior: K. Caldwell (Monkland Shettleston Ladies AC) 21:42, V1. K. Chapman (Giffnock North AC) 22:06.

Intermediates: 1. C. Sheehan (Aberdeen AAC) 13:53, 2. C. Lunnay (Kilbarchan AAC) 14:16, 3. V. Clinton (Irvine AC) 14:40.

Teams: 1. Kilbarchan AAC 13pts, 2. McLaren Glasgow AC 34pts, 3. Irvine AC 49pts.

Junior Ladies: 1. M. McClung (Kilmarnock H) 12:08, 2. J. Kerr (Strathkelvin Ladies AC) 12:10, 3. S. Telfer (Ayr Seaforth AC) 12:13.

Teams: 1. Ayr Seaforth AC 48pts, 2. Kilmarnock H 59pts, 3. Strathkelvin Ladies AC 60pts.

Girls: 1. D. Simpson (Aberdeen AAC) 11:50, 2. J. Stirling (Carlisle AC) 11:53, 3. G. Slaven (Ayr Seaforth AC) 12:08.

Teams: 1. Strathkelvin Ladies AC 40pts, 2. Ayr Seaforth AC 44pts, 3. Carlisle AC 63pts.

Minors: 1. G. Fowler (Hamilton H) 5:36, 2. C. Friel (Colzium AC) 5:38, 3. H. Brooks (Ayr Seaforth AC) 5:43.

Teams: 1. Ayr Seaforth AC 17pts, 2. Kirkintilloch Olympians AC 42pts, 3. Colzium AC 45pts.

Results

Fraserburgh Runners Open Road Races, Fraserburgh, 115m

Senior 5 miles: 1. D. Beeson (Rugby AC) 25:05 (course record), 2. G. Harper (Aberdeen AAC) 25:17, 3. M. Caird (Aberdeen AAC) 25:50, V1. M. Edwards (Aberdeen AAC) 26:41, VO/50 D. Show



Female – Woodhead Community Education Centre

Please note that Race entries will not be acknowledged, but race details will be issued to all competitors in mid April.

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Events Diary

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| <p>7 Scottish AAA & WAAA National Indoor Athletics Championships, Edinburgh Exhibition Centre, Ingleston, (Day 2).</p> <p>Edinburgh Southern Harriers Open City of Edinburgh Cross Country Races, Jack Kane Sports Centre, Edinburgh. (E on day) Details — I McKenzie, 49, Avontown Park, Linlithgow, West Lothian EH49 6QG.</p> <p>Northern District Cross Country League Meeting, Forres. (All age groups Male and Female).</p> <p>Renfrewshire AAA County Road Race Championships, Greenock.</p> <p>British Universities and Colleges National Cross Country Championships, Bellahouston Park, Glasgow.</p> <p>International Indoor Athletics Match (Hungary v United Kingdom), Budapest, Hungary.</p> <p>8 SCCU National Veterans Cross Country Championships, Musselburgh Race Course. E — Henry Muchamore, Championship Convener, 3, Amisfield Park, Haddington, East Lothian EH41 4EQ.</p> <p>Stewartry AC Open Cross Country Races, Kirkcudbright. E — Mrs Margaret Austin, Fannich, Culdoch Road, Tongland, Kirkcudbrightshire DG 64LU.</p> <p>Kirkintilloch Olympians Open 8 mile Road Race, Kirkintilloch. (Senior Men and Women only). E — H Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch G68 3TJ. (Entries close 31 January).</p> <p>Running North Open Cross Country Race, Aberdeen. E — Running North Sports Shop, 5, South Mount Street, Aberdeen.</p> <p>10 Indoor Inter Club and Open Athletic Meeting, Coasters Centre, Falkirk. 7.30pm start. Details — Highland Sports Organisers, address as above.</p> <p>14 Edinburgh Woolen Mills Indoor Meadowbank Championships, Meadowbank Stadium, Edinburgh. (Day 1).</p> <p>Carnethy Five Hills Race, Penicuik. E — William Scott, 49, Nevis Gardens, Penicuik, Midlothian, EH26 8JZ.</p> <p>Dundee Hawkhill Harriers Open Road Races, Campberrdown Park, Dundee. E — Ian Robertson, 28 Forest Park Road, Dundee.</p> | <p>Scottish National YMCA Cross Country Championships, Larkhall. Details — James Egan, 6, Dulton Hill, Earnock, Hamilton.</p> <p>Scots at English Women's National Cross Country Championships, Bexley, Kent. Details — Mrs June Ward, address as above.</p> <p>15 Grangemouth "Round the Houses" Road Races, Grangemouth Stadium, Grangemouth. E — A Kerr, Stadium Manager, Grangemouth Stadium, Kersebank Avenue, Grangemouth.</p> <p>Edinburgh Woolen Mills Indoor Meadowbank Championships, Meadowbank Stadium, Edinburgh (Day 2).</p> <p>Inverness Joggers Club Fun Run, Queens Park, Inverness.</p> <p>21 SCCU National Cross Country Championships, Callendar Park, Falkirk. E — Peter Faulds, Championship Convener, 6 Windsor Crescent, Maddiston, Falkirk. (Entries close 31/1).</p> <p>European Indoor Athletic Championships, Lievin, France (Day 1).</p> <p>22 SWCC and RR Association National Cross Country Championships, Lochgelly, Fife. Details — Mrs June Ward, address as above.</p> <p>Scottish Indoor Tug of War Championships, Greenock Sports Centre, Nelson Street, Greenock. Details — W Paterson, "Strathendrick", 54 Majors Loan, Falkirk FK1 9QC.</p> <p>24 Indoor Inter Club and Open Athletic Meeting, Coasters Centre, Falkirk. 7.30pm start. Details — Highland Sports Organisers, address as above.</p> <p>28 Fife AC 5 mile Open Road Race, Cupar. E — R Morrison, 8, Trinity Place, St. Andrews KY16 8SG.</p> <p>Motherwell YMCA Harriers Young Athletes Road Races (morning event), Strathclyde Country Park, Motherwell. E — William Marshall, 13, Ross Street, Greenacres, Motherwell ML1 3AU.</p> <p>Teviotdale Harriers Club Cross Country Championships, Hawick.</p> <p>Greenock Glenpark Harriers Willow Bowl 7.7, mile Cross Country race, Orangefield, Greenock.</p> |
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Why I don't run . . .

Looks of pity have always followed my attempts at running. I used to have to be given a head start in races with my younger brother. Even then, on legs half the length of mine, he would win.

He didn't look at me with pity. He was too busy being smug at beating his big sister. But I know my parents felt sorry for me.

Lots of other people did on school Sports Days – the only time I came near to shining on those awful occasions was in the egg and spoon race, when balance was important, not speed.

I had, I was told, a good eye for a ball. I hit it well with a racket or bat, and caught it accurately with my hands or lacrosse "cradle". But only if it came to me.

"Run for it!" successive PE teachers, supporters and my parents would yell. But my feet couldn't hear them.

They had eyes though, my feet. I could feel them peering up at the over-weight, over-tall body of adolescence they were expected to carry fleetly across court or pitch. And they'd refuse to, flatly. They ran flatly too.

There was no way my poor toes were going to be stupid enough to bear the burden. My heels got it every time. And they weren't going to suffer in silence. Oh no. Their blisters would scream their pain in revenge for their own torture.

It is a strange thing in a family of sportsmen and women to be so physically lazy and so inept. The competitive spirit to be best at something you can't even do adequately soon dies.

My much abused feet became ever more resolute about being pointed towards the warm glow of a fire, so that my brain could test its agility. It learned, very swiftly, that its two most distant subjects were never going to obey. And, just as swiftly, that if nobody forced them into activity, they would never give any trouble.

No athletes foot for me – fat chance – no swollen ankles, blisters, or bunions. They would walk me, gently, along



By
**JANE
FRANCHI**

BBC television
presenter

Even other passing runners looked sorry for me.

On one early morning face, pity changed to panic on the day one rebellious ankle, goaded into retaliation, turned awkwardly and sent me sprawling against a garden wall. As I lay, gasping in pain and aching for breath – smog-filled or not – an elderly man at his bedroom window was convinced I was having a heart attack.

The fact that in my early thirties I could even be considered such a risk, convinced me. No more.

Even if that incident hadn't persuaded me, my subsequent Mediterranean holiday would have. After three months of early morning poundings, my ankles were the same width as my knees. Walking, even gently across golden sands, was agony. I could hardly make it to the beach bar.

It was fully six months after I'd stopped my self-induced torture, before I could walk properly, or stand for any length of time without my ankles swelling again.

"Wrong shoes," said those superior know-alls.

But now it's my turn to be smug, without the smog. I know it wasn't the shoes. It was a part – or two parts – of my body telling me what I can and cannot do.

My feet have danced the night away . . . and most joggers off theirs. They've stood for hours in stiletto heels and never given way at the ankles.

And they pound away for 10 kilometres every morning on an exercise bike, before carrying me, length after length, up and down a swimming pool, for half an hour of Australian Crawl.

Then, they and I go to work. Why don't I run? I haven't got the time.

Love
ESTHER
OUSTON

By DAVID CARTER

The tale of Willie Scott, athlete...

Willie Scott was the kind of runner who made non-runners worry about him. "If he was my husband," said another wife to Willie's wife, "I wouldn't allow it." Mary Scott could only smile. How could anyone understand what made Willie run?

Willie wasn't very sure himself. For a start, he was the wrong shape. His legs were too short, his bottom too big, and his belly was down and out. Somehow his breathing never slipped into overdrive like that of other folks. He sweated far too early and far too much.

Willie took part in the Glasgow Marathon once and couldn't credit it when the man in the tannoy in the trees of Glasgow Green announced: "Will all athletes now proceed to the start. All athletes..." Willie Scott: Occupation Athlete! He couldn't get over it.

But the rivalry among the old timers that he ran with was quite keen, and the crack was good. He liked the idea of still being a harrier. And this much Willie did know about himself - when a strained muscle or tendon prevented a run, he found himself pacing and fretting like a smoker on withdrawal.

The trophy cupboard in his house was predictably bare. Well, almost. He had medals of course. Everyone gets medals for finishing. But he did have one, actual prize.

It was about four years ago that a pal got Willie to run in the road race at the local Highland Games. Eleven and a quarter miles, they said.

The weather was one of those rare, blistering July days, and at six miles Willie

was the colour of an overripe plum. He took what seemed a realistic decision and dropped out. Languishing under a benign tree, he was surprised to realise that there were actually runners strung out quite a long way behind him. He wasn't sure whether he felt superior to them or they to him. There was much time for backchat as they passed.

A year later, though, Willie was back for more. Only the weather this time was even hotter. Willie took precautions.

He had read articles in running magazines about dehydration and the importance of taking liquid, so that morning he toured the course by car and deposited water bottles under cool ferns at two mile intervals. Slow but steady running, with obligatory oasis stops, brought him home in 89 minutes.

Three weeks later, a knock came to the door and Mary answered. "Mrs Scott, is your husband by any chance a vet?" It was Charlie Jackson, the organiser of the road race. Mary wasn't quite sure how a loyal wife was supposed to respond to this question, but she decided to give truth a chance.

"We've checked right through the list of finishers," said Charlie, "and, as far as we can work out, your husband was first vet." He stood there, the harassed official. "As far as we can work out" was the politician's

covering note. The clear implication was that the Games committee had been left with a prize they didn't know how to allocate. "First vet" was kinder; it probably meant "only vet".

The organiser of the road race handed over Willie's prize.

It was a glass ashtray, which must have been designed in the shipyards. It was a major piece of engineering. The ledges were like gun emplacements.

Mary took it in both hands. She knew the generosity of the local ironmonger. He provided at least half the prizes for the Games, which brought him automatic membership of the committee.

Towards the tail end of the year, Willie inspected his trophy cupboard. His athletic ambitions were on a slight high at the moment and he'd given up smoking. The club's Christmas Handicap was coming up. That was where everyone brought along something and the first runner home got the pick of the prizes, and so on down the field. Everyone a prize winner - like everyone a medal winner in marathons.

The ashtray had been hard won, Willie told himself, but it had to go. It would be his contribution to the Christmas Handicap prize list.

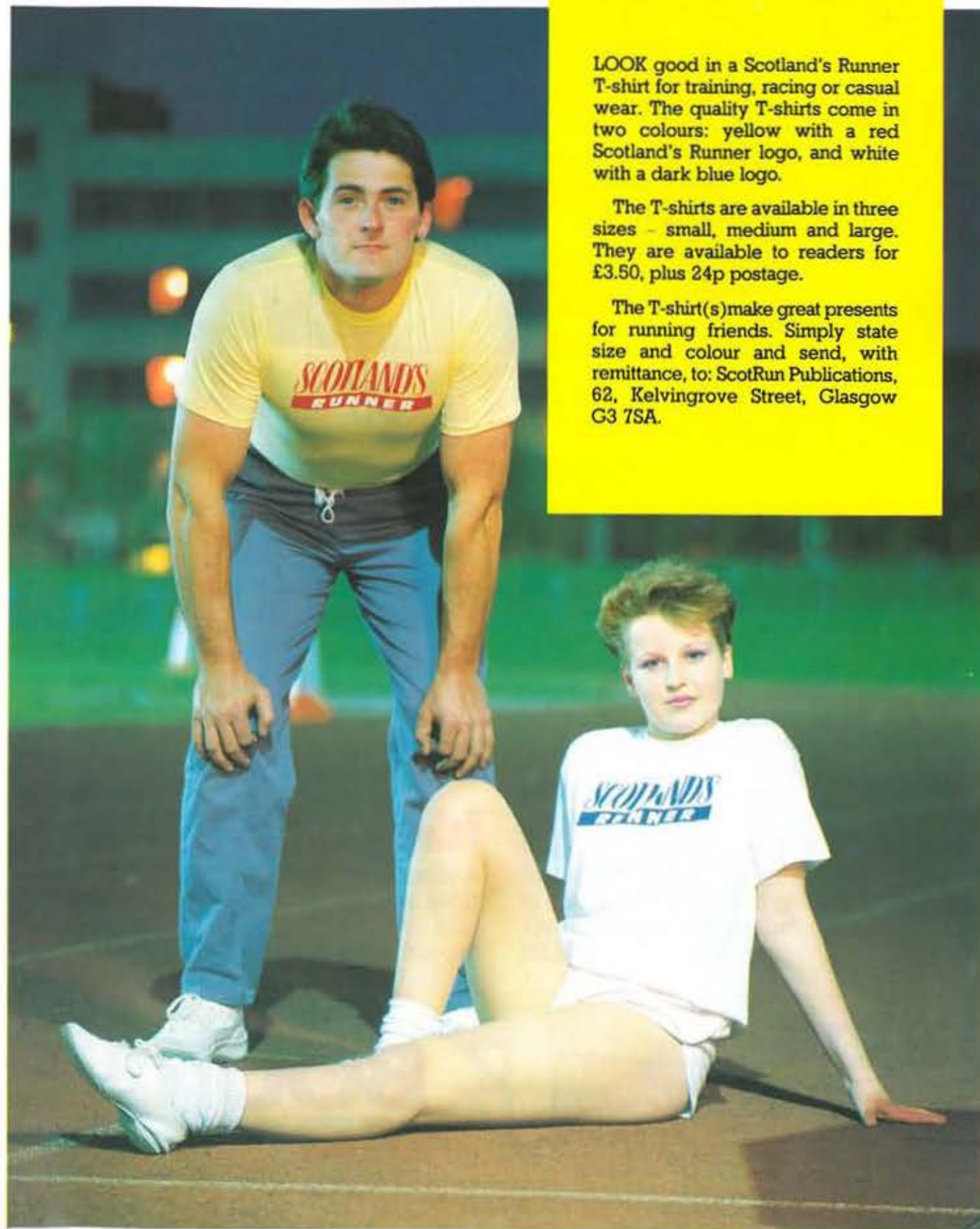
Handicap races for selling platters, like Willie, set you up, only to knock you down. Early on, you're cruising, the rest nowhere. There's this unaccustomed space. Your running shoes swish through leaves and the sun is setting up arty cinema shots through the trees. Then, when the first man passes you, you wilt a bit. When others overtake, going at twice your speed, deep discouragement sets in.

Willie, blaming too much beer the night before, and arguing that it didn't matter anyway, came last. For that, and as such, he got the biggest handclap of them all.

A few days later Willie inspected his trophy cupboard. Nothing had changed. The ashtray was still there. Nobody had wanted it. His last prize was his first prize. There was an irony there that made him smile. Turning away, he spotted an old training diary and picked it up. New Year bells were ringing somewhere inside Willie's head as he looked from the diary to the ashtray and back to the diary again. "Next year," he vowed. "Next year..."



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