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JULY 1987

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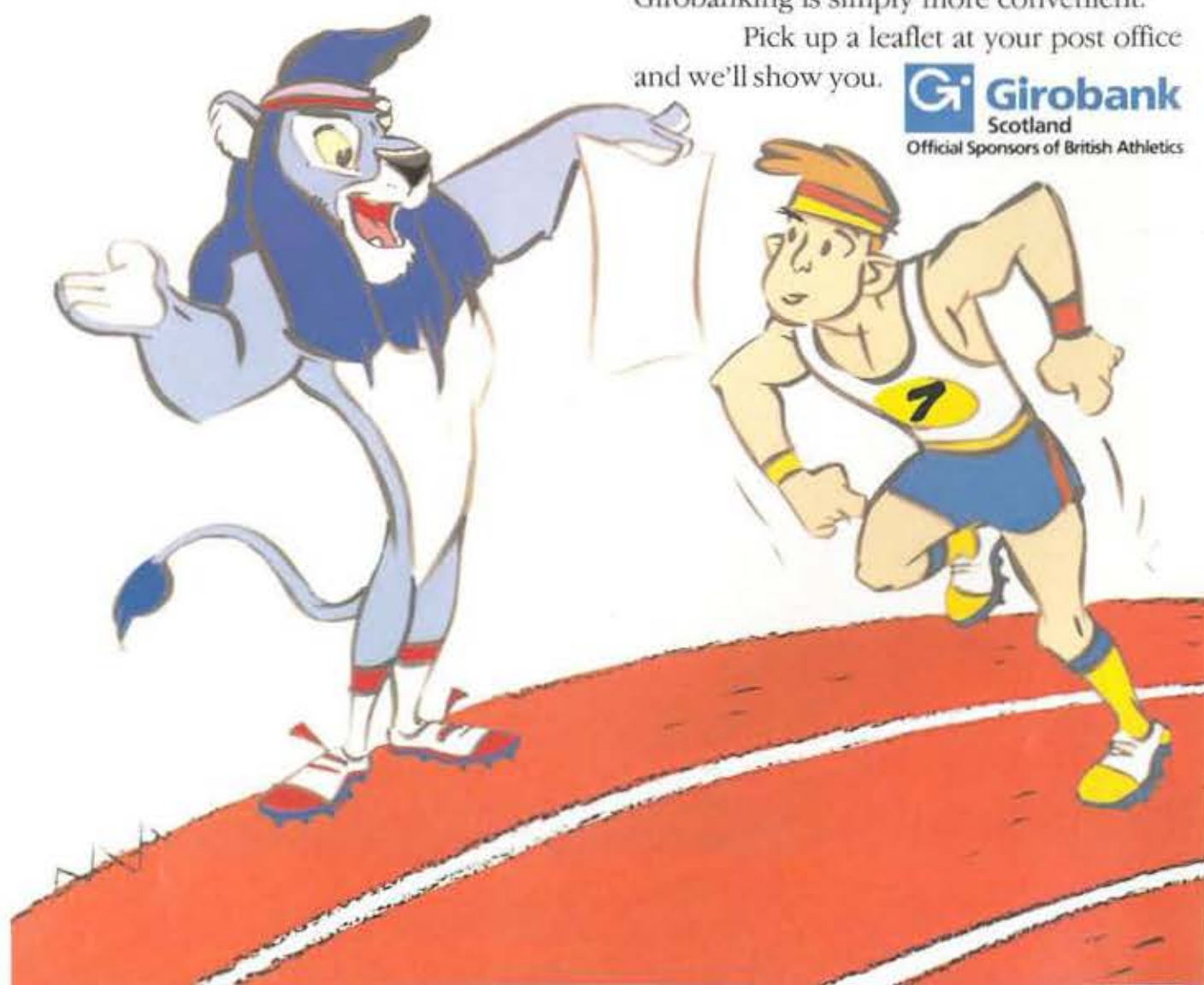
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SCOTLAND'S RUNNER

July, 1987

Issue 12

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Yvonne Murray after
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Inside LANE

The July issue marks the first anniversary of Scotland's Runner and, if I may beg the indulgence, seems as appropriate a time as any to express some facts and opinions about our own business — as opposed to everybody else's!

Starting with the positive, I can only express my heartfelt gratitude to the extremely loyal nucleus of support which has gathered round Scotland's Runner in the first twelve months of publication.

This, obviously, refers to my fellow editors and the full-time staff at Kelvingrove Street. Unusually, for such a small operation — with all the attendant frustrations and tensions of launching a new project — nobody has fallen out with anybody else, and throughout there has been a unity of purpose to ensure that the magazine succeeds.

The same enthusiasm applies to our regular contributors and experts. Most have joined us since the first issue, and we now have a network of contacts throughout Scotland — all determined that athletics and its related sports should get the kind of coverage they deserve. I think it is also fair to make the vulgar point that none of the people mentioned above are getting rich from Scotland's Runner — far from it, the editorial rates are still well below the deserved payments for the work involved.

At the risk of sounding like a toastmaster, our third loyal corps is you, the reader. I well remember my feeling of acute despondency this time last year when, at the Scottish Schools' Championships at Crownpoint, I heard some loudmouth telling all and sundry that the new Scottish magazine was rubbish and a waste of time.

These overhead remarks were made after only a matter of days after the first issue was published. Paranoia set in, and it was only the kind remarks of readers in the months ahead — and particularly at the Glasgow Marathon exhibition which was a major watershed for us — which gradually exorcised the feeling.

That magazine publishing is a risky business is amply demonstrated by the fate of other running magazines in the past six months.

Firstly, Marathon and Distance Runner was swallowed up by

Running Magazine. Its stablemate, Athletics Today, was sold and relaunched at a different size, and judging by reports reaching our ears, with a radically different outlook.

On the other hand, Running appears to have held on to its impressive circulation despite the marathon decline, and Today's Runner looks — although such predictions are notoriously dangerous in publishing — like it is here to stay.

All of which brings me to Scotland's Runner. It's obvious, to survive and prosper, that as a purely Scottish publication we depend on being bought by a high proportion of the available Scottish market.

I must emphasise that we are selling enough copies to ensure the magazine's future — and, encouragingly, in all parts of Scotland — but one disappointing statistic is that there is an obvious disparity between the number of people who claim to be reading the magazine, and those who we know from our figures are actually buying it.

In some quarters there appears to be the habit of a "club" copy — one magazine which is passed around and read by any interested club member.

To be quite blunt, the development of Scotland's Runner into a bigger, more entertaining and more comprehensive — and therefore better value for £1 — depends on individuals buying their own magazines. We appreciate that for somebody who is unemployed or financially hard pressed this may not be possible, but there are some reasonably affluent people out there who are guilty of the above mentioned practice.

That gripe apart, thank you again for your support.

Alan Campbell

With less than three months to go one of the biggest sports festivals ever planned for Scotland is facing financial disaster.

Several world champions are among the 2,000 top athletes expected in Glasgow at the end of August. International matches have been lined up in athletics, football, golf, swimming, volleyball, fencing, bowls, basketball and fly fishing.

Despite all this, Scottish businesses have not responded to appeals for sponsorship. A total of £95,000 is required to stage the week-long festival, but although this figure is peanuts in comparison to the money spent on last year's Commonwealth Games, only £50,000 — mainly from public bodies and charities — has been forthcoming.

It is the support of the charities that hints at the unusual aspect of this particular festival. It is in fact a festival for the disabled, and as such is reckoned to be the largest-ever sports event of its kind.

The festival will mark the silver jubilee of the Scottish Sports Association for the Disabled, and is due to run from August 29 till September 5. The organisers are determined that it will go ahead regardless of any cash shortfall, but desperate behind the scenes moves were being made to raise last minute sponsorship as we went to press.

Scotland's Runner wishes the organisers the best of luck. If Glasgow is indeed the great revitalised city that the public relations people would have us believe, surely its business community can rally round to back both the athletes who are participating, and the hard working people who have made such an event possible.

This summer, as a thank-you to our original subscribers whose subscriptions become liable for renewal after this issue, and in an effort to convert as many as possible of our readers into subscribers, we are pleased to offer a £700 Barbados holiday in December as the prize in a summer subscription draw.

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Up Front

Amalgamation! Who said that?

PETER RADFORD, the former Olympic sprint medallist and now director of Physical Education at Glasgow University, is displaying the wisdom of Solomon in his latest role of heading talks with the governing bodies of Scottish athletics.

"Never once in the course of our opening meeting did he use the world amalgamation," said SAAA general secretary Bob Greenoak.

Representatives of the men's and women's track and cross country associations attended the informal talks. "We went as individuals and were not representing the views of our respective associations," said Greenoak.

Now, however, each of them is to report back to their governing body to seek a mandate to continue discussion. "I see no reason why the talks shouldn't continue," said Greenoak.

"What the Scottish Sports Council are after is better use of the grant aid which at present is divided into four, each of us with their own general committee and executive. But we already have a joint administrator, run joint championships, and have joint coaching rules and facilities committees."

Radford feels, however that there are other ways in which matters can be improved for the good of the sport. The next meeting, if the governing bodies agree, will be at the end of June.

Angling in Scotland has an even more complex structure of governing bodies and they too are being pressurised to streamline.

Tough for McKean

A FEE of £4000 per race looks cold comfort for Tom McKean whose season is threatened by a flu virus which jeopardises his world championships aspirations.

The subvention package worked out for British athletes gave McKean the possibility of earning £24,000 for six races in the UK, but he was forced to pull out of the first of these, the Great Britain international at Gateshead. Now to earn a place in Rome he almost certainly will be required to win the AAA title.

The scale of fees triggered a row elsewhere. Steve Cram is on £15,000 per race, while Fatima Whitbread and Seb Coe are on £10,000. European champions Linford Christie, Roger Black and Jack Buckner are on £7000, while Yvonne Murray collects £1500 - what price a European indoor title?



Liz Lynch...short-changed at £1000 per race

Steve Ovett rebelled against the £1000 per race awarded to him and so too did Commonwealth 10,000 metres champion Liz Lynch and Tessa Sanderson, the Olympic javelin champion. New fees are being negotiated.

Scot's South African title

DAVID STRANG has spent the last 13 years of his life in South Africa, but at the age of 18 has made his debut in a Scottish vest.

Strang, born in Barrhead, won the 800 metres in the SAAA junior v Scottish Universities v Scottish League select at Grangemouth. In April he recorded 1-48.8 to win the South African junior title and now has his heart set on representing the country of his birth as a senior.

"I'm very Scottish," he said, "and I'd be running for Scotland even if South Africa was allowed to compete internationally."

He had an unhappy debut to his championship career in Britain, being disqualified in the HFC United Kingdom event in Derby. "It's much more physical than in South Africa," he said. "I was pushed and pushed back. Then I was cut in on. It was like Budd and Decker out there..."

He will be spending the summer in Britain before going to Stanford to study sports medicine, and plans to run in the Scotrail national championships.

His father, an engineer, and mother are both Scottish, and his grandmother lives in Pollock in Glasgow.

Hung, drawn and quartered!

A FEW eyebrows were raised last month when we carried an advertisement for the Inverclyde Marathon - which last year was reduced to a quarter marathon because of low entries.

In fact the 1987 event on August 30 is again a quarter marathon - the mix up was entirely our fault, and we apologise to the organisers, Inverclyde District Council - from whom quarter marathon entry forms are now available, and who deserve a free plug as they have been very reasonable about our gaffe!

Elgin cheer

THE MORAY Marathon Committee has signed a three year contract with local distillers The Macallan, worth in excess of £10,000. This year's event at Elgin on August 9 includes a marathon, half marathon, 10K road race and a festival! More details next month.

Congratulations

WHEN Susan Wighton collected her Evening Times Scotswoman of the Year honour from Princess Anne, Scotland's Runner basked a little in the reflected glory.

Susan, a nurse in the Libyan refugee camp of Bourj-al-Bourajneh, is the daughter of our physiotherapist writer Lena Wighton. Also attending the presentation luncheon as guests were Scotland's Runner administrator and international sprinter, Sandra Whittaker, and this month's cover girl, Yvonne Murray.

No rough stuff

THE RISK of damage to those lovely, glossy, hi-tech racing bikes has forced the organisers of the Braemar Biathlon to change the route.

"We had planned a bit of rough stuff over estate roads and tracks, but the buzz from the cyclists persuaded me to put the event back on the tarmac," says organiser Andrew Manwell.

The event takes place at Braemar on June 28. Details from Andrew Manwell, Butchart Recreation Centre, University Road, Old Aberdeen.

Marathon double

TWO Scots made marathon history by completing the world's largest and smallest marathons inside 24 hours. Raymond Hubbard from Kilwinning and John McKinlay from Troon both ran Benbecula (1pm start) and finished London the following day inside 3 1/2 hours.

Hubbard, second on Benbecula (2-54-37), after a flight to London courtesy of British Midland, completed his second race in 2-50-55. McKinlay, 45, and last year's Benbecula winner, clocked 3-19-15 in London.

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Indian Ban

THOUGH THERE have been complaints in the past about political interference in sport in Great Britain, any Government action of the past pales into insignificance with the harsh ban on sportsmen recently instituted in India.

India sent over 400 competitors to the Asian Games in Seoul, venue of the 1988 Olympic Games, but only won five gold medals compared to the 80 golds won by China, the top nation. After underspread criticism in the national Parliament and press, an incensed Prime Minister, Rajiv Gandhi, has banned his nation's athletes from participating in all international sport except cricket!

World's shortest

PERTH'S Fair City Fun Run on August 23 is described as "the shortest race in the world" as it takes place between two inches - the North and South Inches, both local parks.

In practice, it is a 10K race being organised by Perth



New Scottish Triathlon Association formed

SCOTLAND'S triathletes will have a more effective voice now that the first key steps have been taken towards a single governing body for the sport.

At a meeting on May 30, representatives from several Scottish clubs agreed to set up the Scottish Triathlon Association, and adopted a constitution which encompasses the broader aspects of the sport such as canoeing, cross-country skiing, biathlons and quadrathlons.

"We were agreed that we need to be broad based, so that those who do not have access to good open water in Scotland, or who prefer some of the other stamina events, can still come under the umbrella of the association," says Andrew Manwell, who was elected chairman of a steering group which is drafting a set of rules for the association.

"The association will be able to encourage and develop the pure triathlon - swim, cycle, run - as well as promote the wider aspects of the sport. My only slight concern is that this broad-based approach might not be welcomed by everyone in the British Triathlon Association, but Scotland's climate and water temperature conditions makes a broad approach vital," says Manwell.

The Scottish Triathlon Association will now establish links with the BTA so that reciprocal arrangements can be made for participation in each other's events. The Scottish Sports Council has been asked to assist during the setting-up period of the association.

"One of our first big tasks will be to find ways of allowing large numbers to take part in events," says Manwell.

Links will also be established with the governing bodies of athletics, cycling, swimming, canoeing and skiing.

"We want to conduct our affairs in keeping with the aims and objectives of other sporting bodies - although we will make modifications to where we think it necessary to suit the needs of triathletes. One area that does worry us a little is the exclusivity of the permitted events in some of our sister sports," says Manwell.

Significantly, the constitution of the Scottish Triathlon Association makes no mention of or differentiation between amateurs and professionals. "We thought it was irrelevant. Nobody is ever going to make a living out of triathlons in Scotland, and the dividing line between amateurs and professionals in other sports is becoming very blurred," explains Manwell.

CLARE Mackintosh took a jump in the British ranking lists when she won the intermediate ladies 200 metres hurdles at the East v West Championships at Meadowbank on May 31.

Her wind assisted (2.39 metres per second) 27.90 was not only a championship best, but put her fourth in the UK rankings for her age group. The 16 year old McLaren Glasgow AC hurdler is also ranked second in the Scottish listings.

Outdoor holidays

LOOKING for an outdoor holiday this year? Highland Adventure at Glenisla in Perthshire is offering running, sailing, bird-watching, canoeing, cycling, orienteering and roller-skiing courses.

The holidays are available all year round and range from a single day to one week or more. Multi-activity breaks can be organised for groups or clubs.

The centre also offers tailor-made courses for athletes. Accommodation is in comfortable bunk rooms in the historic Knockshannoch Lodge, an unusual circular building set in a pine forest. Prices range from £33 plus VAT for a weekend to £113 plus VAT for a week.

Details from: Andy Main, Highland Adventure, Knockshannoch Lodge, Glenisla, by Alyth, Perthshire PH11 8PE.

Jenkins faces drugs charges

SCOTTISH athletes, coaches and officials were stunned by the news that former 400 metres star David Jenkins is languishing in a Californian Prison - facing drugs charges which could put him behind bars for many years.

The man who became Britain's youngest European champion at the age of 19 spent his 35th birthday in prison, preparing pleas of not guilty to more than 50 charges of masterminding a US-wide anabolic steroid smuggling ring.

American Federal authorities are alleging that the ring controlled almost three-quarters of the country's anabolic steroid market, estimated at £100 million. Two corporations and 34 people face a total of 110 charges and Jenkins' attorney, Michael O'Hara, confirmed to Scotland's Runner that more than 50 of them are against his client.

The charges include allegations of physical violence against users who defaulted on payment, conspiracy to defraud the US, and a wide range of offences relating to the manufacture, importation and distribution of steroids.

Anabolic steroids are used to improve performances and increase body bulk onto which muscle can be built. They can have serious side-effects including liver and kidney problems, cancers and impotence.

Since moving to the USA, Jenkins has been running a vitamins company near San Diego, where he lives with his wife Carol and toddler son Jason. He was also employed by a pharmaceutical company just across the border in Mexico.

Conviction on each charge could carry a prison sentence of five years. With more than 50 arraignments against him, David Jenkins is facing the trial of his life.

1-2-3-4 O'Steartry

JULY 26 offers the rare opportunity to take part in a quadrathlon. Stewartry District Council are organising the event, which consists of a quarter mile sea swim, nine mile cycle ride, three mile canoe paddle, rounded off by a three and a half mile run.

The short distances involved in each section are likely to attract some first-timers who have hesitated to dip a toe into some of the tougher triathlon events.

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'Champagne and roses' Bob and Anne, Devon

A practical joke played on a girl in her office led Anne, a 45 year old divorcee and legal secretary, to join Dateline. Bob had spent most of his working life abroad but at 50, divorced for many years, he thought it would be nice to settle down. He corresponded from Saudi with Anne, then when they finally met, wooed her with champagne and roses. They are now married, and very grateful to Dateline for the introduction.

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WIN A £700 HOLIDAY IN BARBADOS!

THE BARBADOS MARATHON has been described as "the most beautiful in the world", and for one lucky reader of Scotland's Runner there will be a unique opportunity to take part in the event this December.

Of course, not everybody wants to run a marathon. The alternatives are to take part in a ten kilometre road race — or just go out to Barbados and relax in the Caribbean for a week!

The trip has been booked with the Sweat Shop Company in Surrey, and the winner of our summer subscription draw will be travelling out to the West Indies with a group of other running enthusiasts of all standards from all over the United Kingdom.

The itinerary is: depart Heathrow by British West Indian Airways on December 3, arriving in Bridgetown, Barbados, at 3.30pm local time. Depart Bridgetown at 10pm on December 9, arriving at Heathrow at 9.50am the following morning. We will pay for the additional return flight between Glasgow Airport and Heathrow.

Free Watersports

Once in Barbados, a choice of hotels awaits our winner. The Sandridge Apartment Hotel is on the West Coast of Barbados, near the marathon finish and the picturesque town of Speightstown. The hotel boasts its own "wondrous" secluded beach, free watersports and uncrowded atmosphere. On arrival, general manager Bernie Weatherhead — who himself is running the 10K — has promised the British contingent a rum punch party, and thereafter a memorable holiday!

Alternatively, there is the Sugar Cane Club, a small and select hilltop resort set in idyllic gardens overlooking the Caribbean. It is three quarters of a mile from the beach, and double that distance from the Sandridge Hotel. The accommodation is described as first class, and there is a free hire car for every four people throughout the holiday.

The free watersports include water skiing, sailing, windsurfing, snorkelling over coral reefs, and trips on glass bottom boats. There is a swimming pool at both hotels. For a small extra charge, scuba diving, motor boat hire, deep sea fishing, tennis and golf can all be arranged.

£100 spending money

Just about the only costs our winner will incur are food and drink (no meals are included in the holiday). The Sandridge Hotel offers self-catering facilities to keep prices down, but Scotland's Runner is throwing in £100 towards the cost of food and drink.

The Barbados Marathon is on Sunday, December 6 — with a 5.30am start to avoid the worst of the heat (temperatures in December should be in the mid-80's)! The 10K is the previous day, so there will be plenty of time to relax once the races are over.

Our winner will also have the opportunity to extend his or her holiday to two or even three weeks at proportionally very little extra cost (approximately another £120 for two weeks, and £220 for three weeks). According to the Sweat Shop, most of the Barbados trippers take advantage of this.

Rules

In order to reduce the risk of a riot, we regret that our hard working, underpaid contributors and experts will not be eligible for the subscription draw. Nor will the even harder working and underpaid employees of Scotland's Runner.

In fairness to readers who have subscribed already this year, ALL subscribers since January 1, 1987, will automatically go into the subscription draw. The closing date for the Barbados prize is August 31, 1987, and the winner will be chosen from a ballot to be held on September 1, 1987.

For existing subscribers who wish to be included in the draw, but whose subscription falls for renewal between September 1, 1987, and December 31, 1987, the solution is to send in their remittance before August 31, and indicate on the form below when they wish the new subscription to take effect from.

Finally, if you're not thoroughly bamboozled by the last paragraph, the special subscription rate until August 31 is just £12. If, however, you also want a Scotland's Runner T-shirt, the rate is £14.50. We regret that because of demand and stock availability we can only send you the size — not the colour — you request.

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Please enter my name for the 1987 Barbados Subscription Draw. I agree to abide by the rules of the competition, and accept the publishers' decision as final.

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Running in a Marathon?

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Just not good enough

7, Balgeddie Way,
Glenrothes,
Fife KY6 3QA

SIR - Having attended the Scottish East District Championships at Meadowbank on Saturday May 30, I left asking myself: "What progress has Scottish athletics made since we first held the Commonwealth Games seventeen years ago?"

The answer, with particular reference to the discipline in which I coach (sprints) would, on purely an official but not coaching basis, appear to be NONE.

There were no wind readings available after the 100's, as apparently the wind gauge blew over and broke. Was there not an available replacement? If not, why not?

There was no electric timing. In the stadium which is considered to be the main athletic arena in Scotland, I find this totally unacceptable.

I understand the reason given was - the West don't have electric timing so the East shouldn't have it either. Is this really true? If so, how pathetic.

I am also led to believe that there were no wind readings given at the West District Championships. Considering that these events in purely Scottish terms are second only in importance to the Scottish Championships themselves, the situation is totally unacceptable.

If we coaches conducted ourselves with the same lack of professionalism, then there would be no athletes of a standard that would require these facilities.

We understand that it is impossible for the officials to provide us with sunshine, no rain or following winds. However, wind readings and electrical timing facilities are surely ne-print the map, which by this stage had also been published in local newspapers.

Course clerk Wilson McCrae told us that an announcement about the alteration had been planned over the public address system prior to the half marathon start at Wishaw Stadium. But with almost 2,000 finishers in the fun run milling about, plus other



Pride of Teviotdale ... last winter's highly successful cross country squad (see letter, right).

Prizes for female vets

15 Herdmanflatt,
East Lothian.

SIR - I read with interest my club colleague Henry Muchamore's article on female veterans in your May issue. He asked for letters on the subject - so, I really feel strongly on the lack of age-group awards for female vets.

I know organisers say what's the point awarding age-groups when so few female vets turn up for races, but I believe that last October a four mile race in Strathclyde Park attracted 500 lady vets from an entry of 970. One assumes they were encouraged by the organisers' foresight in providing such age-group awards. The Woman's Own Run is great fun as it also provides such awards.

The 10K-OK Prince and Princess of Wales Hospice race in June went to the trouble of incorporating a Home Countries International. While not seeking elevation to international standards, consideration could be given to providing age-group awards.

No names, no pack drill, but there were only five starters, of whom the leading three left the other two detached some way into the event. At a vital turning point, an eight year old lad was the only steward on hand, and the back two were directed into Pollok Golf Course. It wasn't until about the third hole that they realised they were badly astray. They didn't finish!

Worthy points

29, Braehead,
Beith,
Ayrshire.

SIR - In reply to the comments from David Webster in issue 11 of Scotland's Runner, I take note of all the worthy points David has to make, and I would like to thank him for the magnificent contribution he made to Cunningham district during his time as its director of leisure.

The sporting activities in this district will long serve as a tangible reminder of the pioneering work he did to put Cunningham district in the forefront of Scottish districts in the leisure and recreation sphere, and in the international form.

James A. Swindale
Beith Harriers

Centenary

70, Munro Avenue,
Bonnyton,
Kilmarnock KA1 2NT

SIR - Kilmarnock Harriers and Athletics Club is proud to announce its centenary in 1987.

next month.
Our free Runners' Network and Running Sores services are also still operating.

**SCOTLAND'S
RUNNER**

Teviotdale's honours

Leabank,
33, Marmion Road,
Hawick, Roxburghshire.

SIR - In the June issue of Scotland's Runner you published an article entitled Borders Special. On behalf of Teviotdale Harriers, I wish to question the heading "Success returns for the Harriers," and especially the paragraph: "But in terms of athletic success, Teviotdale have been limited to one brief spell of glory in the early 1960's."

What absolute nonsense. Anyone reading the details below will surely agree our achievements have never been away!

Granted the successes are not from our seniors, but surely the achievements of the younger members of Teviotdale Harriers deserve recognition - they are the seniors of tomorrow. Surely club successes are not measured only by the performances of its senior members.

EASTERN DISTRICT CHAMPIONSHIP:

1967 Junior Boys 1st

1969 Junior Boys 2nd

1974 Junior Boys 1st

1983 Junior Boys 1st

1976 Senior Boys 1st

SCOTTISH CHAMPIONSHIPS:

1976 Senior Boys 2nd

EASTERN DISTRICT LEAGUE:

1966-67 Junior Boys 1st

1968-69 Junior Boys 1st

1970-71 Junior Boys 2nd

1972-73 Junior Boys 2nd

Senior Boys 2nd

1973-74 Junior Boys 1st

1974-75 Junior Boys 2nd

1975-76 Senior Boys 1st

1982-83 Junior Boys 1st

1983-84 Junior Boys 2nd

EASTERN DISTRICT YOUNG ATHLETES RELAY CHAMPIONSHIP:

1983 Winners

SCOTTISH ONE-MILE MEDLEY RELAY CHAMPIONSHIP:

1967 Girls 2nd

SCOTTISH WOMEN'S CROSS-COUNTRY CHAMPIONSHIPS:

1963 Juniors 2nd

1964 Juniors 1st

1968 Intermediates 1st

1966 Intermediates 1st

1967 Girls 2nd

1968 Intermediate 2nd

Intermediates 3rd

Girls who ran for Scotland were:

E. Petrie 1967, 1968; P. Cairns 1978, 1979; Gillian Renwick 1979.

In the Scottish CC Championships C. Burns was second in 1974

SIR - With reference to the letter "Women vets start at 40" in the June issue, I wholeheartedly agree with Margaret Allen. As someone who just took up running two years ago, and as a 43 year old, I feel there is a tremendous gap between the mid-30's and the mid-40's. I think women vets should start at 40, the same as males.

Kathy Taylor



Ewan Mee

Gosh - I'm 32½ years now. I don't feel eight months older either. If anything, I feel younger, healthier, fitter - well, not right at this moment because I'm armchained with frozen peas clamped round my knee (my ilio-tibial band's been playing up again), reading my training diary, the one I started eight months ago.

There have been dramatic improvements; I've lost eight ounces in weight, for starters, despite (a) Ruth's Cordon Blah cookery course - abandoned after she hospitalised me; (b) an irresistible surge of appetite as my mileage soared by 25% to 25 mpw; and (c) discovery of a wonderful lunchtime kebab takeaway which dispenses Geoff Capes-sized double-handed portions. Combined with this startling weight loss, I've got much better muscle tone, too. I don't need to take nearly such a deep breath to do up the buttons on my pyjamas. And flexibility. I can pull on my bedsocks standing up now.

While I've not been tempted to run again in the mornings after the last fiasco, and the Capes kebabs mean lunchtime runs are verboten, my actual running's come on a ton. But unfortunately not due to my meticulously chartered evening schedules - perpetually disrupted by injury at least twice a week, hospitalisation, bad weather, domestic crisis, business pressure, double glazing salesmen, Len's homework, and falling asleep in the armchair during Australian soap operas. No, it's all down to Ballockburn Bounders and Wilson Wizzard.

Bob Geddo, Ballockburn's secretary, forgave me my tactically mismanaged error of spatial perception, was grateful for my appearance at such short notice, and says he'll turn me into an athlete yet. He hauls me out of the house every Wednesday for my seven mile squad run with the Lastorders, as the last of 13 groups is euphemistically known, owing to our habit of sweatily

Younger, healthier, - and fitter

appearing just before the pub closes.

This has tripled my LSD run since I started the diary. And I enjoy the company, though my conversational contributions come only after six-and-a-half miles when I get my second wind. However, the Lastorders shook their collective heads disapprovingly at Bob's latest ploy, that attending the Tuesday squad's interval sessions will really improve me, and protectively corralled me into the corner of the bar, booing Bob every time he tried to talk to me.

The second factor - the most recent, and the most influential - is Wilson, my Monday evening partner. Initially dismissive of his ability, I've discovered a goldmine of useful information, scattering nuggets of advice.

Unlike my Lastorder run (plain uncomfortable), Wilson insists I go as fast as I can over the hour - my sustained speedwork session he sibilantly calls it. And while I gasp, he talks. All the time. "Drop your shoulders, you're running as if you're holding knitting needles, unclench those fists Jim Watt, relax your face muscles you look as if you've swallowed a lemon for God's sake KEEP GOING and don't spit into the wind like that, it'll just... there, told you so!" And I can't reply too puffed.

But it's working - I'm getting quicker on my shorter runs (30 seconds off my PB) and stronger on my long ones. Solid preparation for Glasgow in September!

Roll on the next eight months I'm looking forward to being a long-running record-breaker at 33½!

To Fraser Clyne

Between now and December, 1988, I would like to be able to run consistently below 40 minutes for 10K (38 minutes as a target, if possible); consistently below 90 minutes for half marathons (1-27 as a target); and consistently run below 70 minutes for ten miles (66 minutes as a target). If I can regularly run below these times, I would like at the beginning of 1989 to run a marathon in about 3-15.

Perhaps my targets are too ambitious, but it is this hope that keeps me going.

My best times in these events are as follows: 10K in 41-08 (achieved at Tain in August 1986); 10 miles in 68-14 (Inverness, September, 1985); half marathon in 1-30-06 (Tain, May, 1987).

In most of my 10K's I have run between 41-30 and 43 minutes. The only other ten miles I did in 70-51, and my half marathons have ranged mostly from about 1-34 to 1-43.

I am a police officer working shifts (detective sergeant), and some weeks I have difficulty fitting in runs, but at other times it is no problem. I have also been involved as course director for the Inverness Half Marathon and Ness Motors "10", with the result that meetings etc have taken place over runs. However, I am usually able to manage a minimum of 20-odd miles to a maximum of 50 miles per

week. Most weeks I should manage four days training at least.

I am 38 years of age, and took up jogging in November 1981, never having done any running previously. (I was advised by a specialist to start jogging due to ulcer problems. This would help to get rid of acid in the stomach lining - it worked; I now very rarely have any problems).

I ran the 1982 and 1983 Glasgow Marathons - I had injuries both times and shouldn't have run, but did and struggled in with times of about four hours both times. I did not enjoy them as much as I thought I would, so swore that I wouldn't do another until I could consistently run below 1-30 for half marathons.

My biggest problem seems to be that after a spell when I feel as if my running is going somewhere at last, I then go through a spell of disasters - I just seem to disintegrate in the middle of a race and don't seem to have the willpower to force myself on; I struggle all the way in. I would like to be much more consistent.

Most weeks I try to include a 10-15 mile run (but often find that this is one of the ones I miss out on, although recently I have tried to keep it in); a three mile fast run or track session; a 7-7½ mile steady run; a fartlek session of 5-6½ miles; and recently I have been trying to do a hill repetition session.

During the summer I participate in as many local events as possible



Farquhar MacGregor

Scotland's Runner

Training TIPS

THIS YEAR, instead of printing generalised marathon schedules for beginners and experienced athletes, we are inviting readers to tell us their targets, and our experts will tailor schedules accordingly.

But please remember the following points:

1. Letters should be accompanied by a stamped addressed envelope and, if possible, a current black and white picture of the sender.
2. Remember there is a gap of five or six weeks before receipt of your letter and publication. Bear this in mind when stating your target.
3. Please give our experts as much background as possible about your experience, age, sex, previous best times, when you can train, how often etc. The more you can help them, the more they can help you!
4. Scotland's Runner reserves the right to select which training tips will be published. Those not chosen, for whatever reason, will be returned by stamped addressed envelope. We are unable to offer a personal coaching service, and no correspondence will be entered into.

(not on track), and one or two in Central Scotland. During winter months I take part in the North District Cross Country League, and in Inverness Harriers' races, which usually means about two races per month.

For the past three years I have had problems periodically with my knees and above my right hip (I had to stop running for ten weeks with this).

The events I have lined up for the rest of the summer are: June - Ross-shire 10K; Skye Half Marathon; July - Dornoch Half Marathon, Inverness 10K; Dingwall-Evanton 10K; August - Nairn Half Marathon; Inverness-Drumadroch "16"; September - Ness Motors "10"; October - Black Isle Half Marathon.

For ages I have longed for the invitation extended by Scotland's Runner to have tailored training schedules, as I have never had the courage to do it off my own bat. If you decide, having read all this, to suggest that I should take up tiddlywinks or something equally strenuous, I will not be offended, but I hope you can take up my challenge.

Farquhar MacGregor
Inverness

LET ME say at the outset I am pleased you have set out a series of goals to aim for over the next eighteen months. The first important step for anyone embarking upon a long term training programme is to determine a set of targets, and you have done that quite clearly. The times you hope to achieve certainly seem to be realistic given your list of current personal best performances.

Patience, perseverance and enthusiasm are essential virtues in this sport and I get the impression from your letter and training notes that you have all three qualities. It is necessary to be patient in distance running because improvements in racing performances do not happen overnight. Improvement is something that has to be earned by working hard in training week after week, month after month. It's all worth while at the end when targets are achieved.

By perseverance, I mean it is important to have belief in what you are doing, even when the going gets tough. It is not possible for every training session to go smoothly. There will be days

when you think that you've got it all wrong. The course you normally run round in 30 minutes

Enthusiasm for running is the third vital ingredient which I believe to be essential for someone aiming for improvement. You wouldn't be doing the sport if you weren't enthusiastic about it, but there will be occasions when that enthusiasm wanes.

I appreciate that your shift work and involvement in organising races sometimes makes regular training difficult. I am sure, however, that this has been contributing to the lack of consistency which you refer to.

From your training diaries I see that some weeks you have run as little as 17 miles, while on others you have run over 50 miles. I also noted that in one particular week you ran a fast four miles on the Monday, did a session of 10 x 400m on the Tuesday, then ran 14½ miles on the Wednesday. Including warm-ups, you covered a total of 28 miles on three successive days. During the remainder of the week you only ran another 10 miles. No wonder you complained of heavy stiff legs on the Wednesday!

I think that these points highlight two main areas in which you should look to re-arrange your training. Firstly, try to spread your volume more evenly.

I understand that on some days you work long hours and after work you feel too tired to train. Maybe, however, it would be possible to fit in a relaxed easy run before your shift begins. I know of a police officer who is famed locally for his 5 a.m. runs along the golf course. I would stress, however, that on these busy days when you have more time your running should not be too taxing. Save your harder sessions for days when you have more time (and energy) available.

Secondly, I think you need to alternate your hard days with easy days. Rather than doing three consecutive tough sessions it would be better to do two hard days with an easy day in between. Adopting the same principle, I would suggest that every fourth should be an easy week with no hard sessions whatsoever.

You obviously enjoy racing and I am pleased to see that you have planned a programme of events until the end of October. I would, however, suggest that you select two or three of the nine races listed as ones where you have a real go at beating your personal best.

Once you have decided which events to go for, prepare them thoroughly. Ease back in your training in the week leading up to these races and do not be diverted from the task ahead.

To Fraser Clyne

I am a 29 year old male club runner with just over three years experience. I run a variety of distances between 10K and marathon.

I followed your Glasgow Marathon schedule with success last year, and feel there is room for more improvement. My best times are as follows: 10K in 33-15; 15K in 50-50; half marathon in 72-40; and marathon in 2-39-15.

My usual training schedule is:

Mon: 6½ miles at 5-45/6 min pace
Tues: 10 miles at 6½ min pace
Wed: 10 miles inc 5 x 5 min hard 5 min pace
Thurs: 8 miles at easy 7 min pace
Fri: Rest
Sat: 19 miles at 6½-6 min pace
Sun: 7 miles at 6½ min pace

My main target of the year is to try and run nearer to 2-35 for the marathon, of which I believe I am capable. Any advice you could give to help me achieve this would be appreciated.

I am also trying to fit in a few shorter races to sharpen up a little.
Geoffrey Fidler
Stanraer

YOUR TIMES for shorter distances certainly indicate that you are capable of running a 2-35 marathon in the near future, and I think this could be achieved by introducing more speedwork to your training programme.

I would suggest that a three month build-up should include two speed sessions per week for three weeks out of every four. The fourth week of every cycle should be made up of completely easy running to allow your body to recover from the three previous weeks of hard work.

The speed sessions that I recommend that you do each week are:

MONTH ONE
10 x 400m with one minute recovery.

20 x 200m with 30 seconds recovery.

MONTH TWO
6 x 800m with two minutes recovery.

8 x 300m with one minute recovery.

MONTH THREE
5 x 5 minutes with four minutes recovery.

4 x 600m and 4 x 300m alternating (ie 600m, 300m, 600m, etc) with one minute recovery between each.

You should retain your weekly long run, which is vital to developing your endurance base, and the remainder of your running should be similar to your existing schedule. It would also be a good idea to fit in some shorter races as you already plan to do.

Scotland's Runner

Check your obesity rating

THE WELL-FED Runner

TWO London conferences on nutrition within two weeks in May mean that nutrition is news. So our very own columnist twice stumped up the completely outrageous air fare from the City of Culture (Whaur's Edinbro noo?) to the Great Wen to address the assembled throngs (actually about 100 each time) and to gather the latest gems of nutritional wisdom for the readers of Scotland's Runner, for whom nothing but the latest and best is good enough. Read on and learn, courtesy of Professor JOHN HAWTHORN.

Bjeez, these doctors do themselves proud! The first conference was held in the palace of the Royal Society of Medicine in Wimpole Street.

Quiet good taste simply shrieks through the spacious silence when you go in. The reception was held in the conservatory — all cool marble, glass walls and doors and expensive pot plants. There were 50 or so standing around in expensive-looking groups, but there were only three chairs between the lot, so standing for an hour and a half was compulsory. No one had the courage to squat on the floor.

Fitness was in the air, as I shuddered at my first sip of wine which, alas, failed to match the splendour of the surroundings. My hostess, the charming wife of the Famous Professor of Nutrition, was at my elbow with a handsome, bearded, fit-looking chap "John," said she, "I want you to meet Sir Donald Acheson, who has just given us a super lecture on the health of the nation."

I apologised for the travel problems which had prevented me from hearing his lecture, and the apology was genuine because Sir Donald is the Chief Medical Officer of the DHSS, no less. If anyone should know about health he is the man.

But no. He did not really want to talk about the nation's health, but about running. Being boss of the nation's health must be a stressful occupation, especially if you travel by underground and see fat slob sitting comfy and tight while poor women burdened with parcels and kids are standing.

"Oh yes", he said, "I run three or four



John Hawthorn

miles at least twice or three times a week when this is possible." He added, "The great thing is that it takes you so little time — half an hour out of your day and the lift you get out of it is well worth it."

"That," thinks I, "is a good line to shoot for a health supremo. Shower, change and four miles in 30 minutes is good going in anybody's language, and, for a middle-aged man carrying the nation's health on his back, it was pretty impressive. A dinner followed the reception, but at half past nine the great man apologised and left on the grounds that he had still work to complete before morning."

The next day we got down to business under the benevolent and wise chairmanship of the Famous Professor of Nutrition. We had learned lectures on the diseases of affluence, obesity, additives and nutrition, the food industry and good nutrition, children's food and future developments. All good stuff, but from the runner's point of view, the most interesting was the discussion of obesity.

How do you know if you are over or under weight? The usual height and weight tables are of little use, since they

take no sure account of build. The trick is to divide your weight in kilograms by your height in metres squared.

Taking myself as an example: height 5ft 8 (68 ins) weight 11 stone 7 lbs (161 lbs). Now get out the pocket calculator. Multiply 68 by 0.0254 which gives my height as 1.73 metres. Multiply 161 by 0.454 which gives my weight as 73.1 kilograms.

Now divide 73.1 by 1.73 squared, thus:

$$\frac{73.1}{1.73 \times 1.73} = 24.4$$

Try it on your own height and weight, using the same factors to convert pounds to kilograms and inches to metres. If the figure is below 25 you are within the normal weight range for your build, and other figures are as follows:

Moderate obesity	25-29.9
Severe obesity	30-40
Gross obesity	over 40

The value of this calculation is that it makes some allowance for differences in build and it applies to both sexes. People of chunky build may think themselves fatter than they really are. On the other hand, if your index is below 20 you may be too thin for your height.

This index was devised by Professor J.S. Garrow who is one of the top men in the UK on the treatment of obesity, so try out the sums and see how you rate.

His studies, incidentally, show that 33% of men and 24% of women in Britain between the ages of 16 and 64 are moderately obese.

The second affair was held in the more workman-like atmosphere of Regent's College, London University. The college is set in the pleasure of Regent's Park which was at its leafy best in lime-green, which is all very restful to churning grey matter.

But I really wanted to write about the conference lunch. It was a cold buffet laid out in a handsome marquee in the college quadrangle. Cold meats there were, salads, and red and white wines with fruit, biscuits and cheese to follow. And all good healthy stuff at that. But there were also sweets — delicious, creamy, fluffy, egg-white yum yums.

It was fun to see who took what. I went straight for the yum yums. So did the Famous Professor of Nutrition. So did the Doctor from the London Medical School. As another well-known lady nutritionist once said as she tucked into a table laden with goodies: "Don't do what I do, but do as I say."

WOMEN on the RUN

Often when women runners sustain an injury, they just have to grin and bear it. Running a house and looking after the children usually takes precedence over the niggling knee or back problem. Or, if they do seek treatment, the family doctor is too busy (or perhaps downright unsympathetic) to give the injury the attention it requires.

In most cases a good physiotherapist is what's needed, but the cost of private treatment or long hospital waiting lists can make that prohibitive.

That's when the sports injury clinics come to the rescue. More and more women are now attending such clinics, which provide first class treatment for all types of sports injuries. For a small fee, qualified physiotherapists offer treatment for all manner of knee and ankle problems, back complaints and foot injuries.

Dr Elizabeth McSwann, MB Ch B is medical officer at Moray College of Physical Education, formerly known as Dunfermline College. She supervises the sports injury clinic which has been running at the student health centre, Cramond Road North, Edinburgh, for three years.

Dr McSwann says she has noticed a large proportion of women runners coming forward for help.

"We deal with all sorts of soft tissue sports injuries, which can be caused by playing squash, rugby, running and numerous other hobbies. We do not treat broken bones," she said.

Problems with knees and ankles are probably the common injuries suffered by runners attending the clinic,

and Dr McSwann believes women sustain the same kind of problems as men. Usually those runners increasing training, or newcomers to the sport, are the main groups to suffer problems.

Dr McSwann said: "We get a lot of runners at the clinic, but the numbers vary considerably depending on the dates of the Edinburgh, Aberdeen, Glasgow and Dundee marathons."

"More women runners than men attend, but I'm not entirely sure why. I don't think more women get injured. It could be that they are more aware of their bodies or more careful. Possibly because we were a women's college, they feel we will be more sympathetic."

Twenty-five-year-old Jackie Smillie, from Bishopbriggs near Glasgow, says she will be forever grateful to the physiotherapist who treated her at Edinburgh's Meadowbank sports injury clinic — the first to open in Scotland.

Jackie attended the clinic several years ago, after numerous attempts to cure a recurring knee injury had failed.

"My doctor just gave me painkillers and told me to rest. I had never been to a physiotherapist before and was a bit nervous at first, but after a three-month course at Meadowbank, I was fine. The



Connie Henderson

knee hasn't bothered me since.

"It was great to go to a clinic which appreciated sports problems. My doctor just used to lecture me."

Jackie believes that many women may be too embarrassed to seek help for a running problem.

"They'll often just put up with it, but sports clinics prove that you don't have to put up with the pain," she says.

Dr McSwann added: "The greatest advantage of these clinics is that runners and other sportsmen and sports-women can get access to good, qualified physiotherapists, who can take time to treat the problem properly."

The Scottish Sports Council has awarded grants to 15 sports injury clinics throughout Scotland. A runner can be referred by her doctor, or can simply go along of her own accord. Fees vary, but in some cases if a runner pays a membership fee to become affiliated to the clinic, costs are reduced.

To some women club running is a great aid to improving speed and endurance; to others who prefer to run on their own it is an unattractive suggestion.

But if you are looking for companionship and a new challenge, joining a club is a great idea which would be well worth considering. And the trend shows that more women are now becoming club runners.

Three years ago there were 77 women's clubs affiliated to the Scottish Women's Amateur Athletic Association. The figure for 1986 has risen to 93.

During the 1984 summer season, 952 seniors and intermediates, 684 juniors and 528 girls were affiliated to the SWAAA. Last year the equivalent figures were 1152, 769, and 608.

Admittedly though, joining a club is not everyone's cup of tea. Many women do not want to make such a commitment to the sport.

"I'm just a jogger and am quite happy doing my three miles two or three times a week. That's what I enjoy doing. I don't take it that seriously to want to join a club," said Ann Lamont, aged 19, from Edinburgh.

Ann's reaction is fairly common, and understandable. She had reached the level she wants and does not want to push it any further.

However, some women may feel the need to improve. If you have grown bored and jaded covering the same runs on the same days, week after week, it's hardly surprising. A club might help break that boredom and monotony, and give your running the extra dimension it requires.

Think about it.



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Race-pace training the key to progress

One of the principles of coaching theory is that training must be specific to the physiological and psychological demands of each particular athletic event. Therefore failure to observe this basic maxim in the compilation of a training schedule invariably results in an athlete not achieving his/her goal.

For example, a person aiming to run 5000 metres in 13 minutes 45 seconds would have to be capable of maintaining a pace of 66 seconds per 400 metres for 12½ laps. It is logical, therefore, for that athlete to train at race pace if he hopes to attain his objective — just as it is equally obvious that long, steady runs done at slower than race pace are in themselves not sufficient if the specific mental and physiological requirements are to be met.

A typical session for the aspiring 13-45 contender would be 12 x 400 metres at 66 seconds pace, with short recoveries between repetitions of around 20 seconds, followed by one 200 metre sprint within 30-90 seconds of the final 400 metre lap.

The perspicacious will note that the total distance of this particular session amounts to 5000 metres exactly — and that the idea is to train at race pace with as short a recovery as possible so that in a competition the athlete will, ideally, be able to do the entire 12 x 400 session with NO recovery.

The 200 metre repetition at the end of the session is quite clearly included to make up the total 5000 metres distance, and to develop the athlete's mental and physiological ability to sprint over the final half-lap while tired.

The list of variations is extensive and can include sessions such as 25 x 200 metres with 20 to 30 seconds recovery, or 16 x 300 metres with 20 to 30 seconds recovery plus 1 x 200 metres, or 10 x 500 metres with 25-45 seconds recovery, or 6 x 800 metres with 30 to 60 seconds recovery plus 1 x 200 metres, or 5 x 1000 metres with 30 to 90 seconds recovery, or even 2 x 2000 metres with 30 to 90 seconds recovery plus 1 x 1000 metres.

The key to these sessions is that the athlete must (1), train at race pace, (2), keep the recovery as short as possible, and (3), cover the full 5000 metres race distance. If some of the sessions appear daunting and difficult the athlete must always remember that he/she will have to run the full distance without a recovery pause.

But, specificity must involve more than just running repetitions at a steady pace — no matter how close these may be to the athlete's ideal race tempo. While steady pace is the most economical method of running, and the least costly in terms of energy expenditure, experienced athletes and coaches will be aware that during races the tempo frequently fluctuates.

Often a competitor will inject fast laps or



By **DEREK PARKER**
senior British and
Kilbarchan club
coach

sudden bursts of pace in an attempt to demoralise and discourage rivals at a crucial stage of the contest. Sometimes he/she will make a long run for the finishing line, while on other occasions the outcome of a race will depend on a sprint finish over the final 50 metres.

So, if an athlete hopes to be able to respond to these situations in a race in positive fashion, then it is essential that the response is practised in training. Again the list of variations is extensive, and the creative and inventive coach/athlete can devise many sessions designed to combat effectively an opponent's surprise tactic in a race.

The 5000 metres training and racing distances can be tackled in the following fashion — 400 metres at 5000 metres pace (20 second pace) + 200 metres at 1500/3000 metres pace (20 to 30 seconds pause). This sequence is performed a total of eight times, giving an overall distance of 4800 metres, and the session is rounded off with a fast 200 metres to simulate the final half-lap of a race.

A more testing variation, but one used effectively by Robert Quinn, Great Britain junior international at 5000 metres and 1984 and 1985 Scottish junior cross-country champion, is 1 x 2000 metres at 5000 metres pace (30 seconds pause) + 1 x 500 metres at 1500 metres pace (90 seconds recovery).

This sequence is repeated once, again bringing the total distance to 5000 metres, and is complemented with shorter, sharper work on the same theme, performed on different days, such as alternate 300 and 200 metres x 10.

- DAY 1** — 12 to 15 miles cross-country run
- DAY 2** — 5000 metres pace session with short repetitions (eg 12 x 400 metres 20 seconds recovery) + 1 x 200 metres full effort (200 metres jog in 75 seconds after final 400)
- DAY 3** — (am.) 5 miles easy, (pm.) 5 miles fast, steady run at 90 to 95 per cent effort
- DAY 4** — 1500 metres pace session (eg 2 x 5 x 300 metres (20 seconds between repetitions/20 minutes between sets))
- DAY 5** — (am.) 5 miles easy, (pm.) 12 x 150 metres full effort (250 metres slow jog recovery)
- DAY 6** — 5 miles steady
- DAY 7** — 10 miles steady

The 300s are run at 5000 or 3000 metres pace, and the 200s at 1500 or even 800 metres pace, with the recovery being a constant 20 seconds.

Again the principle is the same as previously — the athlete trains at race pace with short recovery (in this instance race pace means varied pace) so that, with the added stimulus of adrenalin-producing competition, he/she can complete the sequence of repetition runs with no recovery at all.

The 5000 metres training system involving short recovery repetitions over the total race distance can be easily adapted to 1500 and 800 metres pace sessions.

The 1500 metres sessions can be, for example, 2 x 5 x 300 metres at race pace, with 20 to 30 seconds recovery between repetitions and 15 to 25 minutes between sets or, using the varied pace principle, 300 at 1500 metres pace (20 seconds recovery) + 200 metres at faster than 1500 metres pace (20 to 30 seconds recovery) x 3 series x 2 sets.

Sample 800 metres pace sessions would be 2 x 4 x 200 metres (20 seconds between repetitions/15 to 25 minutes between sets) or 2 x 300 metres at race pace (20 to 30 seconds recovery) + 200 metres full effort x 2 sets.

Sprinting speed sessions can be accommodated by 12 x 150 metres full effort (250 metres slow jog) or eight to twelve laps of sprinting 50 metres and jogging 50 metres alternately.

Having devised specific race pace sessions, the next step is to integrate them into a training microcycle, preferably over a two-weekly period.

Bearing in mind the fact that the 5000 metres event is 75 to 80 per cent aerobic (i.e. oxygen requirements are met by oxygen intake) and 20 to 25 per cent anaerobic (i.e. oxygen requirements must be met while the athlete is in oxygen debt) the two-weekly training cycle could take the form below.

That cycle would be performed during the competitive season with the aerobic

- DAY 8** — 12 to 15 miles cross-country run
- DAY 9** — 5000 metres pace session with long repetitions (eg 5 x 1000 metres (200 metres jog in 75 seconds))
- DAY 10** — (am.) 5 miles easy, (pm.) 8 miles steady
- DAY 11** — 1500 varied pace session (eg 2 x 3 x (300 metres + 200 metres) with 20 seconds between repetitions and 20 minutes between sets)
- DAY 12** — 800 metres pace session (eg 2 x 2 x 400 metres (30 seconds between repetitions/20 to 25 minutes between sets))
- DAY 13** — 5 miles steady run
- DAY 14** — 10 to 12 miles steady run

demands of the 5000 metres event being accommodated by the long, steady runs and the 5000 metres pace session; the anaerobic requirements are accommodated by the Thursday speed sessions and partly by the 1500 metres sessions.

During the winter months, the athlete will not have neglected his/her speed work. He/she will have been doing one track session a week at 5000 metres pace, as well as one fartlek and one hill session. A typical week's training in winter could be:

- Sunday** — 12 to 15 miles cross-country running
- Monday** — 90 minutes, fartlek with warm up and cool down e.g. 4 x 2 minutes fast (1-2-1-2 minutes jog) + 2 x 3 minutes fast (3 minutes jog) + 4 x 2 minutes fast (1-2-1-2 minutes jog) + 4 x 1 minute fast (½-1-½-1 minute jog) + 4 x 30 seconds fast (15-30-15 seconds ease down)
- Tuesday** — 5 to 8 miles steady
- Wednesday** — 10 to 12 miles steady
- Thursday** — 4 x 1200 metres (200 metres jog recovery in 75 seconds) + 1 x 200 metres (200 metres jog after final 1200 metres)
- Friday** — 30 to 45 minutes easy/steady running
- Saturday** — 8 x 200 metres, 12 x 150 metres, or 6 x 300 metres, or 6 x 100 metres sprints + 6 x 100 metres high knee-lift runs + 6 x 50 metres sprint/50 metres high knee-lift runs ALL uphill with jog back recovery.

Depending on the athlete's age, experience, fitness, and time available, five-mile easy recovery runs can be done in the mornings.

It is important to remember that all training sessions must be tailored to suit the individual requirements of individual athletes, and great care must be taken when working with young athletes who should not be subjected to excess oxygen debt training or mileage.

The proof of the proverbial pudding is in the eating, and during recent years the training schedules described in this article have been used effectively — and modified where necessary — by athletes such as Quinn (UK junior international, Scottish youths and junior cross-country champion, and world championship representative in 1984 and 1985), Paul Mayles and Tom Hearle (world cross-country championship representatives 1986), Robert Hawkins (British police road and cross-country champion), Alan Walsh (1983 Scottish junior boys' cross-country champion), Tommy Graham (1985 Scottish junior boys' cross-country champion), and the successful Kilbarchan junior and intermediate women's teams.



ROBERT QUINN...
during the Edinburgh to
Glasgow road race.

Cycling



Bill Cadger

Scotland will be the starting point for the first Kellogg's Tour of Britain which will feature 80 of the world's best professional cyclists.

The magnificent backdrop of Edinburgh's Castle esplanade is the setting in August for the first of five gruelling stages in the 625-mile event. Sean Kelly, the world's number one, will lead a galaxy of stars from the Continent and Britain.

Many of the riders, particularly Kelly, will be using the race as the springboard for the world road race championships in Austria which follow the Kellogg's. The Irishman has never won the world championship.

One of the strongest teams entered is the 7-Eleven squad, which includes Canadian Alex Stieda who astonished the Tour de France when he took the yellow jersey last year. The five-man outfit also includes Eric Heiden, five times Olympic speed skating star and Dag-Otto Lauritzen of Norway, who won a bronze medal in the 1984 Olympic Games.

Edinburgh at Festival time will be bustling with people, and the carnival atmosphere of the 'Tour' with its caravan of motorcycle riders, helicopters, promotion vehicles and, of course, cyclists, should add its own pageantry of colour.

On the first day the field will ride the first five miles in convoy along Princess Street, Clerk Street and Craigmellon Park to Gilmerton, when the flag will go down for the start of the race proper. The riders then head for the border through Galashiels and Melrose, where they will battle out for the first of the day's special Hot Spot sprints, before

beginning the 1400 foot climb to Carter Bar. The stage ends at Newcastle.

Next stop in this £65,000 spectacular is Manchester, followed by Birmingham, Cardiff and Westminster, London, where there will be two stages — a two mile time trial and a 62-mile circuit race.

The route is **Stage One:** Edinburgh to Newcastle by Galashiels, Melrose and Otterburn, 117 miles; **Stage Two:** Newcastle to Manchester, by Richmond, Keighley and Oldham, 170 miles; **Stage Three:** Manchester to Birmingham by Buxton and Stoke, 122 miles; **Stage Four:** Birmingham to Cardiff by Worcester and Pontypridd, 153 miles; **Stage Five:** two mile time trial, 62 miles circuit race, Westminster.

Channel Four will televise the five-day race with one-hour slots each evening, starting with a preview from the Edinburgh Festival on August 11. A key feature of the event are the city centre finishes in Newcastle, Manchester, Birmingham, Cardiff and London, a formula already well proved by the Kellogg's city centre races.

NEWS

THIS YEAR'S Tour de France will cover 2,500 miles and will start in West Berlin for the first time. The city stages the prologue time trial and two stages before the race heads into France, from Stuttgart to Strasbourg. Two hundred and sixteen professionals from 24-nine man teams face a course with 27 climbs in the Pyrenees and the Alps. Top climbs in the Pyrenees are from Pau to Luz-Ardiden. Four days in the Alps take in L'Alpe d'Huez and the Col du Galibier. The Tour starts on July 1 and finishes in Paris on July 26.

THE WORLD championships are in Austria from August 25 to September 6. The track events will be held at the Ferry Dusika indoor stadium in Vienna. The road races are based at Villach, with the professional championship on the final day.

Highland GAMES

The 1987 season is well under way with few surprises so far in either the amateur or professional heavy events. As predicted in an earlier issue, the first clashes of the amateurs at Gourrock resulted in wins for Alan Pettigrew — but with stiff opposition from Stuart Menzies who beat him in the putt, and the evergreen Walter Weir who turned the caber a bit straighter. Henry Naismith, too, was always in contention.

Willie Robertson, the professional turned amateur, has also been competing, but dividing his time between wrestling and heavy events. He cannot possibly do justice to his previous form with this sort of regime, and he will have to make his mind up if he



David Webster

wishes to reach his full potential in either activity.

Willie is one of the few Highland heavies using a variation of Brian Oldfield's "birling" technique in the shot putt, and he can do an awful lot better than his early season marks this year. Incidentally, I was with Crazy Horse Oldfield at an American Games last year and he remembers with great affection his sojourn in Scotland for the Games. Many

NEWS • NEWS • NEWS • NEWS • NEWS

AS THIS goes to press, I have as a house guest Dave Harrington, many times Canadian Heavy events champion as an amateur and also professional.

Dave is now doing some coaching and believes that some of his proteges will compete in Scotland at the end of the season. He asked me to smooth the path for veteran Ian Sandilands and a relative newcomer, George Chiappa, as the two most likely contestants. Several others are contemplating the trip and Braemar could well be their target, especially as there will two-way traffic — the top British heavies crossing the Atlantic in the opposite direction.

AS Dave Harrington moved on another old friend arrived to compete in Scotland for the first time. Tjelling van den Bosch — Charlie to his pals — is one of those superb strength athletes from Holland.

For the last decade and more, Dutch heavies have been coming to the Games to test their strength and skill; Huub van Eck and Siem Wulfe have been here for the last few years, and new faces this year are Charlie van den Bosch and Cees de Vreugd. Charlie increased his bodyweight to 25 stone for his Scottish debut to gain the benefit of

extra strength at that weight. Unfortunately, not all weight has the same value and the heavy pectorals etc. tended to limit mobility required for hammer and weight throwing for distance. Now that he knows a lot more about it, Tjelling says he will be back again with much improved technique.

I RECENTLY had a most interesting chat with Willie Fulton, a long time official at amateur Games. Highlight of our conversation was his description of a caber toss by Bob Davidson where the caber bit deep into the soft ground and stood upright for several seconds before finally dropping to score. Meantime, Bob was trying to blow it over in the right direction for a twelve o'clock!

ALMOST two hundred Germans recently participated in a Highland Games at Glamis Castle. They took part in the traditional events, novelty items, and Highland Dancing. Top of the popularity poll was "baumwerfen", as they term the caber tossing, but when the Scottish heavies were asked their favourite event there was a unanimous vote that the fine barbecue was best of all. Three Scottish athletes devoured seven large steaks to the amazement of the German competitors. The Germans won the beer drinking.

competitors in the States firmly believe he is the greatest ever shot putter.

Results as given to me by competitors were: 1st Alan Pettigrew, 2nd Stuart Menzies, 3rd Walter Weir, 4th Henry Naismith.

16lb Shot: S. Menzies 14.16m, A. Pettigrew 13.91m, W. Weir 12.72m.

Weight for height: Pettigrew 14, Menzies 12.8, Weir 12.8, H. Naismith 12.

Caber: Weir, Pettigrew, Naismith.

Sprint: Pettigrew, Weir.

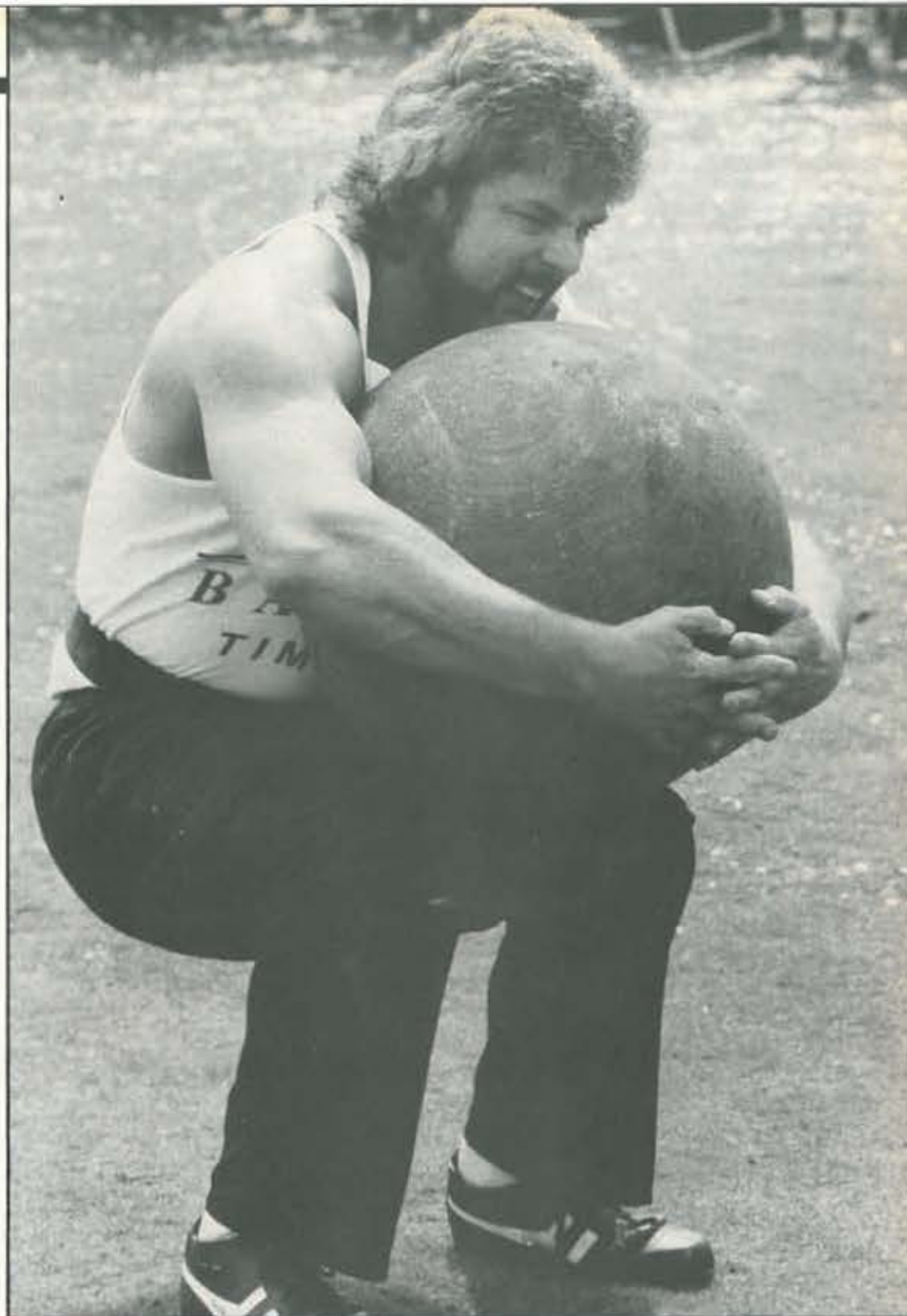
The top professionals met in competition at Blair Athol Games, which had its origins at a meeting in 1824. Although there was keen rivalry, and a splendid day of sport in a wonderful setting in front of the castle, the performances were unimpressive and very predictable.

Geoff Capes took the overall prize, with Jim McGoldrick of America beating a heavily bandaged Grant Anderson. Old Father Time has caught up with the two Anderson's Bill and Grant. They have been splendid ambassadors for Scotland with nearly 50 years of competition between them, but we can't expect much more in the way of major wins. But there are still no Scots able to beat them yet and we should do something about this.

Jim McGoldrick looked jet-lagged, as well he might, having arrived from California only hours earlier, and we can expect much better marks in the weeks to come. It was surprising to see him struggling with a 15' throw in the weight for height when we have seen him pass 17' on more than one occasion. His hammer, too, was down by some 20 feet.

Grant Anderson won the hammer with a very mediocre

Scotland's Runner



Chris Black on his debut weekend as a heavy...lifting one of the McGlashan Stones. Picture: IAN FERGUSON, Daily Record

126 feet, but they were throwing uphill and that could have added a bit to all the throws. Nevertheless it's a long way short of the 151 feet we have seen Grant and Bill do in the past.

ON the eve of his professional debut in Highland Games, Chris Black, the Commonwealth Games hammer medalist, sustained an injury which could prove extremely detrimental in his first season in the paid ranks. While finishing his meticulous

preparation, involving a training stint in Cyprus, Chris trapped a nerve which now makes arm and shoulder movements very painful.

The right triceps and deltoid are affected and sports medicine experts are assisting him in rectifying the problem. Chris is confident that he can justify his decision to change from the amateur code, and is determined to do well against the world's best.

The final result at Blair Athol was 1st Geoff Capes, 2nd Jim McGoldrick, and 3rd Grant

Anderson. Individual events: 22lb Stone: Geoff Capes 49'2", Jim McGoldrick 42'8", Mark Higgins 41'10".

28lb for Distance: Capes 93'4", McGoldrick 83'2", Higgins 76'6".

Hammer: Grant Anderson 126'8", Capes 125'8", Bill Anderson 119'4".

Weight for height: Capes 16, Jon Pall Sigmarsson 15'6", G. Anderson 15'.

Caber: Capes, McGoldrick, Sigmarsson.

Farmers Walk: Sigmarsson, Anderson, Capes.

Teachers put Lease in a corner

THE TIMES
Educational Supplement
SCOTLAND

sun shone to herald the dawn of a new era in Scottish athletics. A weekend of the inaugural Primary Schools' Cross Country Championships at Queen Victoria School in Dunblane attracted 850 youngsters and set the foundations for future years.

More than 100 schools were involved from all over Scotland and the birth of the championships, sponsored by Girobank Scotland, was adjudged an outstanding success by Scottish Schools' Athletic Association officials. Plans are already being laid for next year.

Dounby Primary in Orkney sent three teams to the event and St Ninian's Primary in Dumfries sent a coachload of pupils. Athletics has never seen the likes before and there is talk of making the course longer next year and even extending the invitation to age groups younger than the 11 to 12 years who swamped Queen Victoria last Saturday.

But one man who would argue against the case for a national championship for primary children is none other than David Lease, Scottish national athletics coach.

"First, let me say that it's lovely to see so many people giving their time to children. One of the signs of an educated society is that it has time to teach its young," comments Lease, himself a former teacher. "But in principle I'm against national championships in any sport before the age of 14 to 15."

"There is plenty of time for intense competition at a later age and I don't think that children should be a foil for adult ambitions. An athlete is not at his or her best until the age of 23 to 28 and only then do they reach physical and mental maturity. Of course, it's nice to see so many involved, but is that because of the children's or the teachers' interests?"

Lease cites the examples of swimming and gymnastics as two sports which reach into the youngest age-groups for participants but have difficulty in holding on to competitors after the age of 18.

"We have to think of the psychological affect on children of this age when there are so many losers. How does the child feel who comes 850th? Children like to compete when they're in with a chance — their concept of competition is much fairer than the concept held by adults," according to the Welsh born Lease, who had a wide experience in sport having been involved with rugby, trampolining, soccer, gymnastics and diving as well as athletics.

"In my opinion, we should be spending our time on what is the most productive for children of that age and that is cultivating skills. When I was a teacher, we encouraged inter-form athletics championships and every child took part. It wasn't a case of the majority watching the elite."

"Children who stay in sport are, firstly, those who feel the satisfaction of learning, secondly, those who can see improvement by competing against those of a similar standard and, thirdly, those children who are able to form a good relationship with adults and gain their respect."

Lease is very much a believer in letting children develop in their own time and backs this up by saying that there is evidence to suggest that youngsters who are late developers and have "extended childhoods" often make better athletes. The national coach also expresses concern — are "human" element involved — we asking our youngsters to compete in an unnatural environment at too early an age?

It is not just athletics that could suffer — sports like gymnastics, tennis, swimming and even soccer have been criticized in the past for denying children their golden right — childhood.

For the record, Martin Gorman (Lenzie Moss), son of former Scottish international Harry, won the boys' A race last week in a time of 6 mins 28 secs for the 1,800 metre course and the girls' race was won by Leigh Forman (Buchanhaven, Peterhead) in 7 mins 5 secs.

BY RODDY MacKENZIE

AS we mentioned last month, a furious debate about the merits of staging the inaugural Primary Schools' Cross Country Championships has been raging following an article which appeared in the Times Educational Supplement. GRAHAM CRAWFORD has been investigating further.

THE MAN who sparked off the row with his attributed comments in the TES is national coach David Lease. Graham Crawford tried to contact Lease for his comments, but the national coach was abroad for most of May, and therefore not

available to defend or elaborate on his alleged remarks. In the circumstances, all we can do to represent David Lease's point of view is re-print the TES article, which we do with the courtesy of that publication.



Pictures: SCOTT REID

Scotland's Runner

THE FOLLOWING is a summary of the Scottish Schools' Athletic Association's response to David Lease's comments, as made by honorary secretary Alex Jack to the Times Educational Supplement:

NO-one could be 850th as Mr Lease suggested, as this number of competitors was divided into three separate races. As far as achievement is concerned, this was not a highly competitive event (deliberately planned this way). It was literally a picnic day in the sun, with mothers, fathers, brothers and sisters present.

It is a pity that Mr Lease was unable to attend this event in order to see the teams of six runners, boys and girls (not elite performers) with some schools entering four teams (up to 25% of the school roll).

As far as the "young" age groups are concerned, the youngest eligible participant was ten years and four months old (born in 1976). The senior governing bodies of athletics in Scotland, with whom Mr Lease deals, organise events for younger boys and girls. This was a factor taken into account when planning the event.

It is also a great pity that Mr Lease, despite regular invitations, has never been able to attend any school's coaching course or any event since 1984/85. It is sad, therefore, that the first time most schools will have heard of Mr Lease will be because of a negative article in a publication, which is distributed to all schools, and which does little to encourage participation in sport in any age group.

Mr Lease declares he "was" a teacher. All of our Association members are currently teaching, and deal daily with young people. They are aware of the various development stages of school pupils, their needs, their



National schools' coach?

education, their ambitions and their personalities, as well as the inherent dangers of intense competition in any sport. Another anomaly which occurs is that the SSAA has recently been encouraged by the four senior governing bodies of athletics, together with the Scottish Sports Council, to develop a programme for re-motivating schools' participation, following the recent industrial dispute.

To continue in a less negative vein, however, what is required concerning school pupils' participation in athletics is an active input from athletic bodies in Scotland. As Mr Lease points out, school staff and school Physical Education staff in particular, are involved in many sports. These members of staff have the

training and the knowledge to teach various activities. They will not, however, have the up-to-date technical knowledge of more than one or two specific sports.

Currently, to gain this knowledge in athletics, it requires long hours over weekends, away from home, for teachers who are already committed to other activities. If athletics wishes to develop according to Mr Lease's formulae and to protect younger age groups, he will need to go out and about to Area Schools' Athletic Associations, contact Physical Education advisors, organise in-service (or extra-curricular) courses for teachers, offer seminars, locally based, concerning all of the topics in his statement.

This is the only way of ensuring that young people in schools and their teachers become aware of all the implications of the sport. We should also remember that every athlete goes to school — every athlete at school does not join a club.

Perhaps if there were a national coach for schools' athletics (similar to the Scottish Rugby Union's U/18 coaching appointments), every potential athlete in Scotland would receive positive advice, along with his/her teachers. How much sponsorship would the Scottish Schools' Athletic Association require to make such an appointment?

The primary schools attending the inaugural cross-country event were spread from Orkney to Gatehouse-on-Fleet, and from Oban to Eyemouth. Somewhere, out there, are other Tom McKears, Liz Lynchs, Yvonne Murrays.

We are trying to find them.

We need help but only positive statements and advice will bring back the participation level in schools' sport which we all enjoyed in days gone by.

Well, what do readers think? We'd like your views on this debate. Write to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Letter to the SSAA from the headmaster of Banff Primary School

"In our Boys' team we had Darren Wiseman. Darren lives in the tiny Banffshire coastal village of Crovie, which is little more than a row of cottages crouching somewhat precariously between the high tide line and the foot of a high cliff.

Darren is the only boy in the village, and has been the only boy for all of his eleven years. He has had no opportunities for organised sport at all outside school. He has never shown much interest in sport within school either, until we started preparing for Dunblane.

He came to our first practice and suddenly discovered that running was something he enjoyed. His Mum tells me that she seldom sees him now, he is out everyday running along the beach or pounding up and down the cliff road. He has discovered an interest which will last, and something of his own abilities.

For him, the day at Dunblane was a very precious one. For all that the championships have meant to Darren, and all the other Darrens who travelled to Dunblane, our very grateful thanks."

Scotland's Runner

Champion's dad backs Lease line



MARTIN GORMAN

David Lease has, perhaps surprisingly, an ally in much of what he has said in Harry Gorman, whose son, Martin, won the "A" race at Dunblane.

Gorman, a 40-year-old member of Springburn Harriers, shares Lease's dread of youngsters being pushed too hard too soon, and goes as far as suggesting possible training guidelines, or directives, schools could follow.

There are, however, a number of points he disputes with the national coach.

"I can't agree with Mr Lease when he opposes a national championship for youngsters under the age of 14. Nor can I share his concern that there could be a damaging psychological effect on youngsters who trail in at the back of a large field.

"As a long time member of Springburn, and a parent of an 11-year-old boy who has competed for over a year and a 15-year-old girl who has run for three years, I have seen no evidence to suggest that being well beaten has a bad effect on youngsters of the age in question.

"Mr Lease also appears to be suggesting a suppression of the competitive element that's apparent in virtually every game played by a child.

"You can't get away from a degree of elitism among youngsters. Whether or not you hold specific races, most children establish pretty set ideas about who is the fastest runner. Just as they do about who is the best footballer, or the 'cleverest in the class'."

Gorman shares David Lease's reservations about high level competition for young children.

"I was delighted to hear recently that the Scottish Cross Country Union had rejected a proposal for district and national championships for colts (9-11 years)," states the Springburn man. "There are ample races in the club set up to satisfy of youngsters of that age."

He also agrees with Scotland's national coach that children could be used to further the egos and ambitions of certain teachers, coaches or parents.

"I have strong feelings on the handling of youngsters. It is frightening how good you could make a child in the short term by hammering them, and I am convinced Scotland has lost hundreds of potentially top class athletes over the years due to 'burning out' between 14 and 17."

For those reasons, Gorman says it would be highly

desirable for "guidelines or directives" to be set down by the education authorities for teachers in regard to the 'training' of youngsters.

The guidelines he would like to see are:

1. Only final year primary children to participate, and only those who wanted to.
2. Training kept to a maximum of twice a week, and not exceeding two miles per session.
3. Competitive or up-tempo running limited to the last three quarters of a mile of only one session.
4. Pre-set interval training of any description avoided.
5. The social factor encouraged through pack runs. "Man is naturally a 'pack animal' and youngsters enjoy group running. It also restrains the competitive urge," he says.



'Absolute nonsense' says PE supremo

Dr Ian Thomson, director of physical education at Stirling University, used two words repeatedly to describe statements attributed to David Lease - "absolute nonsense".

"I can only suspect that he has either been misquoted or seriously misconstrued," he said.

Dr Thomson, formerly involved in the training of teachers as a lecturer at both Jordanhill and Dunfermline Colleges, added that the national coach had done teaching "a great disservice" if he made the remarks in the controversial article.

"It's absolute nonsense to suggest that children may be asked to compete in "an unnatural environment" at too early an age," said Thomson. "I can only see a danger if children are being asked to train with the intensity found in Eastern bloc countries - which they are not.

"Mr Lease really is doing the profession a wrong to imply that teachers would not make sure children got the most out of an event like Dunblane.

"The emphasis would have been on enjoying the day, and from what I've heard everybody had a thoroughly exciting and fun time.

"I can't understand the notion that finishing well down the field in a cross-country race is psychologically damaging. This is more nonsense. The very essence of schools cross-country is mass participation, and children taking part in such a large event have their own sense of elation and achievement in finishing.

"It is also extremely good for them to be there on the day and part of the whole excitement."

Dr Thomson said he was angered by the increasing number of people who have now decided that the competitive element in schools could be damaging.

"None of these people are coming forward with instances of proof to back such ridiculous opinions.

"School sports have been going on for over 100 years and are educationally sound."

Scotland's Runner

RUN LIKE THE DEVIL

I came out of the shrubs at the side of the pool. "I won't beat about the bush, Velda," I said. She dropped her robe and walked towards me. Her swimsuit fitted in all the wrong places.

"I knew it had to be someone from the house, Velda, so did the cops. But how could anyone have gotten down to the jetty, tampered with the seaplane motor and back again before that poor slob finished his game of pool?"

One road down, three miles of hairpin bends and both cars locked in the garage."

She stood against me and that perfume hit me again like a velvet brick.



"You tell me. You're making all the running." "Then I remembered those shoes in your closet, sweetheart. New Balance W475's. No woman buys shoes like that to walk the poodle."

"So you bought a pair for yourself?"

"That's right and I went down the way you went down, Velda. Straight down. Running all the way. Through the pines, along the stone gully under the freeway and across the rocks at the ocean's edge.

That route took a special kind of nerve lady and a special kind of shoe."

"So I confess." She put her arms around my neck. "Now all you have to do," she breathed, "is to prove it."

"Okay inspector," I called, "you can come out now!"

She spun round. "Why you . . . !"

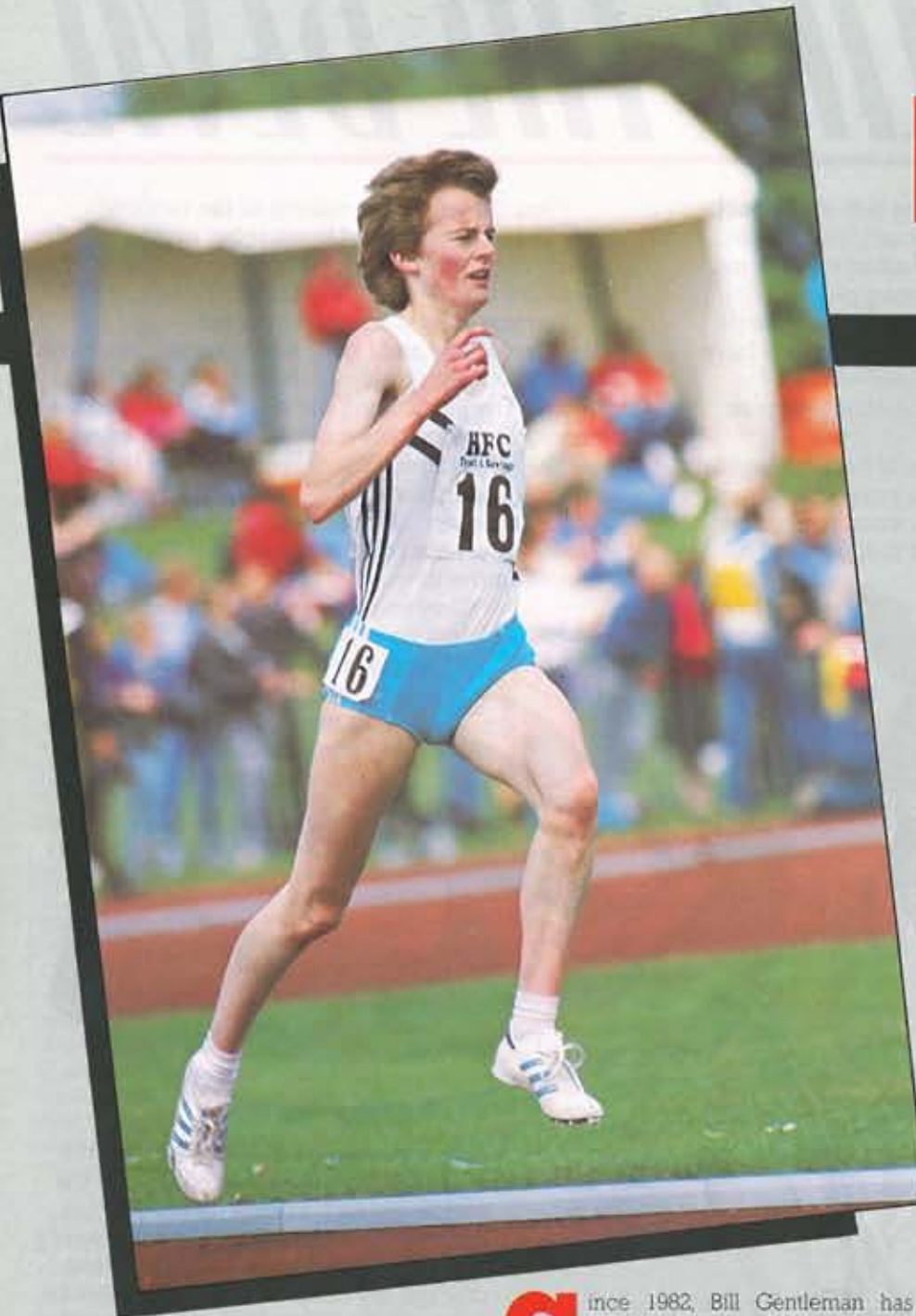
They led her away. I felt like a heel. But my feet?

My feet felt like a million dollars.

Author's message: The New Balance 475 is a technologically advanced shoe for the middle and high mileage runner. For men and women. It combines special cushioning with stability and style. Features mid-sole dual density compression moulded EVA for maximum shock-absorption and the mid-sole's firmer density along the medial side protects against material compaction. The shoe's shank support straps provide extra support during runner's mid-stride gait. Check out the many features that the New Balance difference will bring to a dedicated runner's performance. Regardless of motive.

new balance
PLAY IT AGAIN...

Minting it? Not Murray



Solo effort...at the UK event in Derby.

REPORT:
Doug Gillon

PICTURES:
Mark Shearman

Since 1982, Bill Gentleman has seen his hammer hurtle from the throwing circle at ever-decreasing velocity. From a personal best of 48.22 metres in 1982, he is now throwing some five metres shorter.

The compensation and indeed the reason for the missing five metres is spectacular — Yvonne Murray. In those five years she has set Scottish records of one kind or another at every distance from 800 to 10,000 metres.

Some, of course have subsequently fallen by the wayside, under the assault of the other golden girl of Scottish athletics, Liz Lynch, but for all that, the Edinburgh Athletic Club woman has compiled a list of records unrivalled in the history of the sport in Britain.

She currently holds the fastest indoor times by a Scot as follows:

800m	2 min 04.01 sec
1500	4 = 09.15
3000	8 = 46.06
2 miles	9 = 36.85

The last of these is also a UK and Commonwealth best, while outdoors you will find her name against the following Scottish records:

1500m national	4 = 05.36
1500m native	4 = 08.90
1 mile national	4 = 23.08
1 mile native	4 = 28.68
2000m national	5 = 29.58
3000m national	8 = 37.15
3000m native	8 = 55.32

Her 2000 metres time is also a UK and Commonwealth best, and third fastest of all time in the world. Last season her world rankings were:

800m	177th
1000m	9th
1500m	35th
mile	6th
2000m	2nd
3000m	7th

Yvonne recorded 4:03.60 during a 1500 metres race in Brussels, a time which would move her from 35th to 14th, but that mark has still to be validated.

The Musselburgh secretary has also held the Scottish 5000 and 10,000 metres records which, at the time of going to press, stood to Liz Lynch. The Dundee woman also has her sights set on most of Yvonne's other marks, a healthy rivalry which can only profit Scotland.

In 1982, before all the record-breaking started, Gentleman a former schoolboy sprinter, had graduated to being a university triple jumper and subsequently, in his late 20s, tried the hammer. Five years ago he was training three nights a week, doing heavy lifting as Yvonne trained with friends. Even at 14st 4lb he had little problem keeping up with his protege on shorter runs.

"But as Yvonne became faster, I have had to run faster to keep up. It has cost me

a stone in weight and 100lbs on my deadlift. Hence the hammer decline," he explains.

It is, however, a small price to pay, concedes Gentleman, who at 47 is principal teacher of biology at Musselburgh Grammar School. That was where he first set eyes on Yvonne, a spindly teenager who joined his cross country group.

"It was the big freeze of 1979," recalls Yvonne. "I couldn't play hockey, but in order to keep fit I asked if I could join Bill's small cross country squad." The hockey stick was soon discarded permanently as she showed immediate talent.

"On about one week's training she competed in an Edinburgh Schools League race," says Gentleman.

"I recall I took a wrong turning, but still came home with the bronze," said Yvonne.

"Then she entered the Scottish Schools Cross Country Championships at Riccarton," adds Gentleman. "She ran in gym shoes. I remember it was very muddy and she finished 28th out of 330 runners."

The most remarkable thing perhaps was that even then Gentleman, whose only coaching experience was in schoolboy shot and discus, could identify a special something. "She is going to be good," Gentleman told neighbours who were involved in the city's rival Edinburgh Southern club.

"There goes Bill again," was the reaction.

"I can remember it well," says Gentleman. "And despite all the records and titles, I think the most satisfactory thing, apart from Yvonne's pleasure, is being proved right, having said from the very beginning 'She's going to be good.'"

The first real signs came just a few months after her schools cross country



debut, in the Scottish Schools track championships. "She had done about one month's training before that cross country race, and by the time the track championships came along she had had two trial outings at 1500 metres, the better of them being 5 = 44," said Gentleman.

Yvonne got her first pair of spikes for that schools race "they cost £20" and celebrated with a silver medal-winning effort of 5 = 02. She was still 14.

Although the cost of equipment is now taken care of by Adidas, these early pairs of spikes did not come easily. With three sisters and a brother, as well as Yvonne, her mum, Mary, had to stretch the purse a long way when work was done in a local bakery.

"The sport seemed very expensive, and my mum and dad had no money," says Yvonne. "But I was lucky. Because I broke through quickly, I've only ever had to buy one track suit in my whole career."

"I can remember what happened to the first pair of spikes — they went back to my school. That's what we always did with spikes we'd outgrown, to let someone else get the use out of them."

Before that though, the shoes logged up a string of successes, but they didn't bring any bonuses for her mum.

"I would return from a race and say: First the good news, mum. I won. Now the

bad, another load of dirty training gear!" recalls Yvonne.

It all had to be washed by hand in the family's council home, but that was something Yvonne was able to rectify after her first big financial win. In January last year she picked up £2500 for a victory in an international 10,000 metres race in Bermuda. And the first acquisition from the trust fund was a washing machine incorporating a tumble dryer, a present for her mum.

There have been other benefits. For years the stock image of Yvonne was of a long-legged gazelle with a face screwed up in agony, even within seconds of the starter's gun.

"That was because I was invariably trying to see what was happening, where I was going," confesses Yvonne. So the second trust fund purchase was a pair of contact lenses. "They have literally opened up a whole new world for me," she says.

"I can see well enough to cover breaks in track races. Often in the past a rival would get away without me seeing her go. And in cross country races I have taken wrong turnings through not having seen



Top left — En route to victory in Lieven pursued by Elly van Hulst (610).

Above... "I've done it"

Yvonne's annual progression

	800m	1000m	1500m	1 mile	2000m	3000m
1979	2-24.00		4-49.60			
1980	2-17.3	2-53.8	4-30.00			10-11.8
1981	2-11.6	2-54.11	4-29.23		6-47.00	9-30.00
1982	2-08.00		4-15.10			9-07.77
1983	2-06.80		4-15.94	4-43.78		9-04.14
1984	2-06.15	2-46.50	4-12.18	4-30.25	5-47.75	8-58.54
1985	2-06.50		4-08.90	4-28.64		9-00.94i
1986	2-03.60	2-37.75	4-03.60	4-23.08	5-29.58	8-37.15



Front-runner...setting the pace at the World Indoor Championships.

the markers. It never cost me a race, but I often had to sprint like mad to get back into the lead."

Apart from the obvious benefits, Gentleman, with the perception befitting a scientist, points out: "When you can't see clearly you tend to look down at your feet when running, instead of studying the track or trail maybe 15 to 20 yards ahead. The result is that your stride becomes shorter and if you are really watching your footing closely, leaning forward, it can constrict your breathing, both of which affect performance."

The money has clearly helped. But before you get the impression that Yvonne is in the Cram bracket (a possible £90,000 for just six races in Britain alone, not to mention overseas races and advertising endorsements) consider this:

In three years, the money that has gone into her trust fund amounts to "around £20,000" states Gentleman.

That should put into perspective the allegation from some quarters that athletes are in the sport for the money. Nobody in their right mind would be flogging their body as Yvonne does for less than £7000 per year, most of which is ploughed back into footing the expenses bills.

When Yvonne won her third UK title at Derby in May — a solo 3000 metres in 8 = 53.69 — she elected to return home

immediately, rather than stay for the second day of the event. "It would have meant time off work and I'd have lost pay," explains the young secretary. "Although I can earn more in 4½ minutes on the track than in a week at work, I still need a job."

Not that she is complaining. Her employers, Musselburgh builders AM Gillies, have in the past given her considerable time off work with pay. They also installed a shower so that she could feel more comfortable following her lunchtime training.

But her rising international stock means

"We've produced the goods so often it's not just luck"

she can now command significant subventions for her trust fund. "I could hardly expect to get paid at work if I was making money from a race," she said. In fact her boss, who describes her as a delight to have working for him, has recently taken on another young woman to spread the workload.

"I'm delighted at that," she says. "They've been very good to me, giving me time off whenever I wanted it, but I'd always feel guilty about asking. In fact I would get Bill to ring up and ask if it would be alright. I just hate doing it."

Gentleman has been a model coach. Married with two children, one of whom, Catriona, is an accomplished fencer — she was double gold medallist at the Scottish Colleges' championship and double sabre bronze medal winner at the Scottish open.

Bill too has been out of pocket through his role in the sport, although Yvonne now contributes to the family phone bill. She is not on the phone herself and Gentleman is constantly making calls on her behalf.

It is largely through his efforts that she has any kind of sponsorship. For long enough Yvonne viewed the trust fund gravy train with a wry smile. "I had three free chickens a week from Chunky Chickens," she said.

Now matters have improved. A car from Trust Motors, in the shadow of the capital's Meadowbank Stadium, is at her disposal whenever she has to travel to matches in the UK.

And when it comes to overseas travel which is not taken care of by meeting organisers, she has struck another fortunate seam: a company appropriately named PACE — Professional Advisors in Construction Engineering.

A typical winter week's training

	LUNCHTIME	EVENING
MONDAY	Steady 4-6 miles around 5-45 mile pace on road or grass.	Track 3 x 3 x 500 metres. Two mins recovery between each run, six minutes between each group OR 5 x 1200 every sixth min.
TUESDAY	4-6 miles easy with fast five-minute effort in middle.	Circuits 3 x 10 exercises, 12 of each exercise. One mile warm-up and down.
WEDNESDAY	Hills bounding, striding, up and down, varying gradients.	5 miles steady, 5-30 - 5-40 mile pace.
THURSDAY	4-6 miles, five mins easy, three fast at around 85% effort.	5 x 6 x 75 metres, walk back recovery between each, six mins between sets. Around 11 secs.
FRIDAY	Rest	Circuits, as Tuesday, but with lighter weights. 3½ mile run back to Musselburgh.
SATURDAY	15 min steady, 10 min faster, 5 fast (4-50 mile pace), 10 easier, 15 steady.	Rest
SUNDAY	30 mins easy running, with strides.	Rest



East District championships...and another record - 2-4-95 at 800 metres, pursued by Linsey MacDonald (6) and Dawn Kitchen (4).

One of the senior executives sings with Gentleman, a tenor in the Edinburgh Grand Opera Company. PACE have assisted frequently with flight costs and have helped Gentleman get to foreign fields to coach Yvonne when he would have otherwise have been absent — notably at the European indoor championships this year when Yvonne completed her match set of medals by taking the gold in Lieven.

He is meticulous in his preparation, even down to standing on the finishing line at the UK championships with a record form made out in advance, completed in every detail save the time!

If that seems obsessive, it reflects the fact that in most of her races, particularly on the domestic scene, the clock is Yvonne's only adversary.

And by pursuing the clock, she has gained the confidence to chase athletes who otherwise would have appeared more than mortal.

The 2000 metres run which saw her beat Zola Budd for the first time (at sub 8-15 3000 metres pace) also put her within five metres of the Olympic 3000 metres champion and newly crowned world record holder, Maricica Puica of Rumania.

Building on each successive step she then dominated the European indoor 3000

metres with a runaway win in a championship record.

And so she was not frightened to have a go at the Commonwealth Games. The expectation of a partisan crowd undoubtedly goaded her to a premature strike for home. "I won't make that mistake again," she said. But demonstrating that she learns a lesson well, she had the guts and confidence to take on Budd and beat her to win the European outdoor bronze in Stuttgart.

And if fifth in the world indoor championships in Indianapolis was a disappointment, there were still positive aspects to be drawn from it. She had had the confidence to take on and lead Puica (Olympic champion), Bondarenko (twice world record holder at 10,000 metres) and Tatyana Samolenko (European silver medalist at 1500 metres and otherwise unbeaten at the distance in 1996).

"She would never have dreamed about doing that a year earlier," said Gentleman.

If Gentleman is supportive of his 22-year old protege, she is equally so of him. When BBC's Kevin Cosgrove thrust his intrusive microphone under her breathless mouth after she had won her European silver last year, he demanded what her coach knew about middle distance running since he was a mere thrower.

"It doesn't matter, as long as he gets results," Yvonne started to tell him. "But then I went bananas," she recalls. "I thought he had a dreadful cheek, and started to tell him so. The BBC pulled the plug and put the interview off the air."

"It was always in my mind that people would say I was just lucky to have a uniquely talented athlete on my hands, but I feel that together we have produced the goods so often that it's not just luck," says Gentleman.

When Yvonne won the Luddon Street mile, in May, she was beaten by her teenage training partner Alan Kinghorn, another of Bill's young proteges. But such set-backs are part of the learning process, and Yvonne's championship record makes revealing reading.

Her very first Great Britain vest was in Utrecht in 1981 and she finished fifth at 3000 metres. That same year she tackled her first European championship as a 17-year-old junior. It is the only European championship, indoor or out, from which she has failed to return with a medal.

Significantly she has demonstrated the ability to perform when the chips are down — a Scottish record to take Commonwealth bronze, an improvement of 576 secs on her then best just to qualify for the Stuttgart final — and then a further 1241 secs to win the bronze.

The fact that she does it all with no prima donna extravagance makes her all the more endearing. No dietary fads, and she enjoys a single glass of wine.

But the biggest food for thought is where it is all leading. "At 22 she could still have more than a decade in the sport," says Gentleman. "And she could still be right at the top then. She has 10 years to get stronger and faster."

"She is still progressing, but we aren't kidding ourselves it will get any easier," says Bill. "It won't. Each improvement now will be harder won at a higher cost."

Part of that cost is financial. "We won't accept races just because there is a good offer," says Yvonne. Bill Gentleman adds: "I've rejected several races this year because they aren't right, despite the incentives. She could be earning a lot by running 3000s, but we'll wait for that until after the world championships — assuming she is picked."

By then the Olympics will be beckoning. Gentleman makes no rash claims. "She's a genuine home produced champion with time on her side. Seoul? Yes, she must be up there with a medal chance."

Triathlons



Diana Caborn

The Wester Hailes Triathlon in Edinburgh, though limited to 60 entrants, attracted some 300 entries from all over Britain and about 250 disappointed enthusiasts had to be turned away. There is an obvious need for more triathlons in Scotland, and with a large and expanding network of communication already working, word quickly gets around about races.

The numbers at each race are restricted for practical reasons like pool availability and police regulations, not to mention Ambulance support and race marshalls. The organisation of a triathlon in itself is a challenge, requiring a high degree of planning, coordination, energy and enthusiasm.

Despite this, the Wester Hailes Triathlon is in its second year and has received a name even across the border, which must be a reflection of its success. Certainly in the sport of triathlon you'll find Scots travelling south to race, but entertaining English competitors in Scotland is less usual. Credit is due to the race organiser who has provided one of the most enjoyable and best organised races I have ever seen - it is quite a skill.

The race developed from the initiative and enthusiasm of Andrew Grant, who works at the Wester Hailes Education Centre in the Geography department. His map drawing skills are a valuable asset in the drawing of the pre-race maps of the bike and run routes. Grant approached the Edinburgh Bike Co-op (EBC) last year to discuss their sponsorship of the event, and the race took off from there.

This year EBC is the sole sponsor of the Edinburgh triathlon and it has donated a range of prizes from a "Tact Trainer" (value £79) for the overall winner, "Vetta Bicycle Computers" for the fastest male and female cyclists, and other small prizes.

Sponsorship goes beyond the donation of prizes, and EBC has just produced a twelve page leaflet called "Competition/Triathlon" which is available from the

Edinburgh Bicycle Co-op, 8 Alvanley Terrace, Whitehouse Loan, FREEPOST, Edinburgh, EH9 0LY. There are three more publications to keep you up to date - a guide to clothing and accessories; a guide to mountain bikes; and the EBC exclusive range of leisure/touring bikes. They are all free and even postage is paid for you.

The Competition/Triathlon guide gives a useful introduction to the sport, and provides details of how to get involved. The co-op has a good range of books on triathlon training, including one by Dave Scott, five time World Ironman champion.

Equipment is an important part of the sport, and manufacturers are making bikes for those who are wanting to improve their fitness without having to suffer the discomfort of a lightweight bike. More comfort can be equated with the frame geometry, saddle features and gear change systems.

Changing gears can be a problem for the novice cyclist but the "Shimano index shifters" alleviate this problem, and the gears click into place every time. If this all sounds too technical take heart - even Seb Coe and Steve Ovett have successfully used cycling to maintain their fitness and add variety to the training schedule.

If you are interested in getting a bike with a view to doing triathlons, the EBC leaflet is an invaluable guide to help you make a sensible decision about the type of bike you require, because it is not an easy choice. There are so many features to consider and debate, and even when you get a bike you will find, through experience, that you prefer wider handlebars or different pedals.

Changing parts on the bike is not a problem - except for your pocket - and is almost inevitable as you become more familiar with the range of equipment available. We don't all live conveniently close to Edinburgh, but if you decide to visit the co-op you will find an excellent range of all the triathlon accessories like tri suits, tri shorts, helmets (from £39-£50 for a decent one), sun glasses (in case of sunshine), velcro fastening bike shoes for quick transitions, bike computers and electrolyte sports drinks and "energy" bars (for those that haven't done the training!). Give it a tri.

Next month I will be talking to Andrew Grant about how he got Edinburgh triathlon off the ground, and I will be speaking to some of the competitors at the event.



Stuart Black, winner of this year's Wester Hailes Triathlon. Full report and more pictures next month.

SCOTLAND'S RUNNER

1. Who was the first honorary secretary of the SAAA?

2. Name any two members of the Caribbeanos.



3. Who's this bending over backwards to be helpful?

4. Who "ran" the Inverness 10K in 75 minutes last year - on crutches?

5. Who did we claim as "Scotland's oldest runner"?

6. Who won the 1986 Edinburgh Marathon?

7. Who finished last in the 1986 Glasgow Marathon?

8. Who was the first Scot to win an Olympic medal?

9. Who said: "You'll have to get a new caber next year. I'm needing a new spurtle and this will do fine for stirring my porridge?"

10. What does STOWA stand for?

11. Which island race was being referred to in the alleged remark: "You'll na seiffer from th' suen?"

TO MARK the first anniversary of Scotland's Runner, we are holding a special prize quiz with the winner receiving £50. Fifteen of the questions have been picked at random by ALAN CAMPBELL from previous issues of Scotland's Runner - which should give our loyal readers a flying start - while the remaining ten have been compiled by our usual quiz composer, PETER COWAN. Closing date for the quiz is July 16, and the highest scoring entrant will win the £50 prize. In the event of a two-way tie, the money will be split, but if there are three or more highest scoring replies, the winner will be drawn from a hat, or some other such suitable receptacle.

THE LONLINESS...
THE TRAINING...
THE DEDICATION...
THE DRINK!



12. Who is this man? a) Desperate Dan's dad; b) Cyril Smith's big brother; c) I haven't got a clue, but he's got to be joking if he thinks he can run 100 metres in that shape.

SCOTLAND'S RUNNER

13. How many 10K races were held in Scotland last summer according to Colin Shields? a) 59; b) 79; c) 99; d) 119.

14. What is Robert Maxwell's real name (other than Cap'n Bob etc, etc)?

15. Where did Scotland meet America in an athletics match in 1908?

16. Who broke a UK Senior record in July 1983, while competing in the English Schools' championships at Plymouth?

17. Which athlete finished second to Carlos Lopes in the 1984 Olympic Marathon, depriving Charlie Spedding of a silver medal?

18. Which club won the 1983 Edinburgh to Glasgow Road Relay for the first time ever?

19. Which African was the men's AAA 100m champion in 1985 and is now an English internationalist?

20. By what name is Mrs Ray Washington better known?

21. Who won his fifth successive Scottish AAA 400m hurdles title at Meadowbank in 1984, to equal the record of Bob Hay?

22. Which famous athlete is known as the "chairman of the board"?

23. Geoff Capes was AAA Shot champion every year from 1972 to 1979, with the exception of 1974, when which American won the title?

24. Which athlete finished second to Seb Coe in and Brussels in 1981, when Coe twice broke the world mile record?

25. When he won the Olympic pole vault at the 1972 Games, which athlete became the first non-American winner if the title?

The name of the winner and the solutions will be published in our September issue. Good luck!

FROM SPIKES TO SILK



Fiona Macaulay

FIONA MACAULAY talks to Ming Campbell, former British 100 metres record holder turned QC.

Scotland has a tremendous tradition in producing world class sprinters. For well over a century, Scots like John Cowie, Alf Downer, Charlton Money Penny, Alan Stewart, Henry McIntosh, Eric Liddell, Alistair McCorkquodale, Les Piggot, Don Halliday, David Jenkins, Allan Wells, Drew McMaster and Cameron Sharp have made their mark on British and world sprinting, and they are now being followed by youngsters like Elliot Bunney and Jamie Henderson.

The 1960's, however, belonged to Walter Menzies Campbell. His accomplishments prompted John Keddle, in his book *Scottish Athletics*, to comment "Certainly the most versatile of our post-war sprinters (Jenkins excepted), Campbell lifted his sprinting to the very fringes of true world class."

As he showed me into his office he apologised for the mess, and indeed the vast conference table was littered with paper and books, for besides being a Queen's Council, Ming Campbell is Liberal MP for East Fife having been successful at the fifth time of standing for parliament. Looking at the watch in his hand, he announced "We have forty minutes," and for a horrible moment I was back in a philosophy tutorial with old Professor Watsit.

Campbell's athletic career started in 1956 when he won the Scottish Schoolboys 220 yards championship, after which he joined Garscube Harriers before going on to study law at Glasgow University from 1959-1965. In the sixties, athletics was very strong within the universities, as a look at the ranking lists will show, and while Campbell was at Glasgow they lifted eight or nine national relay championships.

The universities at that time were perhaps an even better springboard to a successful athletic career than the club system. He was coached by Donnie McDonald who, Campbell says, had far more practical experience than theory, so he looked to James Donachie for that part of his training.

As often happens, however, he virtually ended up coaching himself. He usually trained five days out of seven, summing up his training quite simply as: "Stamina in the winter, and sprinting in the summer." Because of the types of tracks in those days, sprinting more or less came to a standstill when the bad weather came in.

Although Ming Campbell started off as a 440 yards man, in 1963 and 1964 he had triple successes at the Scottish Championships, winning the 100, 220, and 440 yards, and taking the 100 and 220 titles the following year. He competed at the Tokyo Olympics of 1964, the Jamaican Commonwealth Games of 1966, took a silver medal in the 200 metres at the World Student Games in Tokyo behind Tommie Smith, and was British team captain in 1966 and 1967. During his athletic career he broke Scottish records in the 75 yards, 100 yards, 100 metres, 150 yards, 220 yards, 300 yards, and 440 yards, yet he retired from athletics at the peak of his career after setting a Scottish 100 yards record of 9.6 in 1968. Why?

There were many factors that influenced Ming Campbell's decision to hang up his spikes. Without doubt, his chosen profession played a large part. Campbell finished his studies in 1968, and with no money in athletics (indeed it cost money to participate), he found he needed a job. After the customary devilling, he was called to the Bar in November of that year.

A lawyer's work, especially at the Bar, is such that there is very little time to pursue outside interests. Campbell had spent the previous year doing a post-graduate course at Stanford University, and it was in the States that he did his best running, clocking a British record of 10.2 for the 100 metres which he was to repeat a week later, and also 20.8 for the 220 yards. He says he might well have stayed on in America after his student visa expired, but for the fact that he was then eligible to be drafted to Vietnam, and therefore, not surprisingly, thought it wise to return home.

That home-coming proved to be an anticlimax as far as his sport was concerned,

and Campbell found it difficult to raise the same enthusiasm that the Californian sunshine and highly motivating training and competitive atmosphere had promoted. But would he not still have liked to compete in the Mexico Olympics?

Campbell recalls that the '68 Olympics were not really looked forward to because of the altitude, even although it would undoubtedly be beneficial to the shorter events. Also at that time there was a dispute over the captaincy of the British team. So, at the age of 27, Menzies Campbell bowed out of athletics.

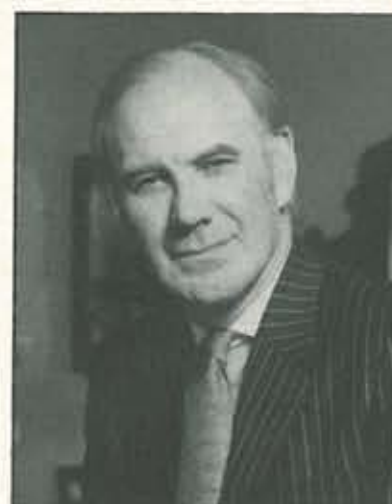
He has not, however, been totally lost to the sport. As well as being a trustee of the Scottish International Education Trust and the Alloa Brewery Trust and a governor of the Scottish Sports Aid Foundation, he is also honorary president of the Scottish Schools' Athletics Association. He feels that the Scottish Schools' Championships is still a great meeting, although he agreed that perhaps it could be given a more gala atmosphere if the girls and boys were combined over days.

Campbell states quite categorically that Scotland must have one governing body, and that in British athletics too much power is being wielded by too few people. He says there must be a check put on this before it gets totally out of control.

When I asked for his reaction to national coach David Lease's comments that championship events for primary children should not be held because of the detrimental effect this may have on the losers, Campbell said he could see nothing wrong in such a championship as long as the children are properly handled by parents, coaches, or teachers.

"Even if competitiveness is not encouraged at an early age on the sports field, it nevertheless crops up in all walks of life, in the classroom, in the playground — it is unavoidable," he points out.

Campbell enjoys watching athletics, especially the Grand Prix type of meetings, and while he thinks there is enough money in athletics, he thinks the distribution is at fault, with those at the top getting it all — while those on the periphery are having to fight for grants



and sponsorship. Campbell also thinks that, of course, athletics should be open.

"The business of Coe and Cram et al with trust funds bursting at the seams being classified as amateurs is ridiculous when a ten year old can run in a professional meeting, win ten pence, and be banned from amateur meetings," he says.

When I asked if he thought open athletics would harm the real grass roots professional running scene, Campbell said that he thought there was a place for everything within open athletics.

In discussing his generation, Campbell said that he reckoned the sixties saw the start of a professional attitude towards training (although there was no money in the sport), but at the same time he felt he and his peers had a very unprofessional attitude towards selecting races.

There was, says Campbell, a lot of good running wasted on indifferent tracks and over-competes. At the beginning of the season especially, he would be running every week-end, and in mid-week, at university and club fixtures, when in fact, because he was always fit before the season started, he did not need nearly so many races to sharpen up.

He can vividly remember just before the Jamaican Commonwealth Games, going to compete in a race at Gourrock. There was an inch or two of water on the track, and during his race a child ran out onto the track resulting in Campbell falling and aquaplaning for 20 yards before coming to a halt. Stories like that would surely make Britain's top sprinters of today shudder.

He is still great friends with Adrian Metcalf and Bruce Tulloh, and ran often against Jeffrey Archer. He feels that athletes of that era were great all-rounders, not totally consumed by athletics as top athletes of today seem to be. If Ming Campbell and company had been told to take six months off to train for a specific event, they would not have known what to do with themselves, and he says that there was no way he could have been totally absorbed in athletics. Perhaps his attitude would have been different, however, if he



June 1963 ... Ming Campbell (19) wins the SAAA championship title at Westerlands with Justin Togher (10) second. Left - Campbell QC, MP, as he is today.

had been an athlete of the 80's where athletics at the top is now big business.

Does Ming Campbell feel that he left athletics without fulfilling any ambitions?

He certainly feels that he could have got his 220 yards time of 20.8 seconds below Peter Radford's British record of that time (20.5 seconds). In Modesto, when he ran his best 100 metres time of 10.2, beating 1968 Olympic silver medallist Ed Roberts, he was also down to run the 220 yards, but did not, due to too many people being entered. He feels he may have missed a golden opportunity that day. He also reckons he should have lowered his 440 yards time of 47.9, which he calls "not very good" in view of the fact that he had on more than one occasion run a 4 x 440 relay split in the low 46 seconds.

As all the world now knows, he is married and because he looks so lean and

athletic still, I asked him what he did to keep fit. "Not enough" was his reply.

Since taking Silk in 1982, and combining that with the politics that have interested him since his university days, Ming Campbell has very little time to himself, and his exercise is confined to hill-walking during holidays and walking to and from his office — as parking in the centre of Edinburgh is virtually impossible.

As I stood to go, and Menzies Campbell got ready to attend yet another meeting in his tight schedule, he remarked on how much he enjoyed reminiscing on his running days, a time undoubtedly when he found the successful balance between athletics and his studies. Shakespeare could well have been writing for Ming Campbell in saying:

"If all the year were playing holidays To sport would be as tedious as to work."

Orienteering



By GARETH BRYAN-JONES, former international steeplechaser and orienteer

At the larger orienteering events, the competition is divided into men's and women's age group classes. The youngest classes are the men's and women's under 10's - M10 and W10. Between these, the junior classes go up in two year jumps to the open classes, M21 and W21. Then the over 35 classes go up in five year jumps - M35, W35, M40, W40, M45, W45 etc.

This age group structure offers competition for all ages and makes the sport attractive to a lot of people who, as they get older, find other sports no longer give them realistic competition. To illustrate how popular some of the classes are for the older age groups, at a recent large event, the JK event in April, there were 55 competitors over 60, 200 in the M45 class, 280 in the M40 class and 140 in the W40 class.

Orienteers in the junior and senior classes are also important when it comes to inter-club competitions. The UK national knock-out orienteering competition for clubs is the Compass Sport Cup. Each club team is made up of representatives in six age group combinations:

Group A: M21 (21 to 35)
Group B: M19 and M35
Group C: M17, M40, M45 and W21

Group D: M13, M15, M50, W17 and W35

Group E: M55, M60, W15, W40, W45 and W50

Group F: M10, M11, M65, W10, W11, W13, W55 and W60.

Group A runs the longest, hardest course, Group F the shortest and easiest, with the others running an appropriate intermediate course. So, a club team has to be strong across all age groups - everyone is important. Quite often Group F will include grannies and their grandchildren - and it would be a brave man who would bet on the outcome of this race!

The knock-out rounds lead to a Scottish champion club - in 1986, Forth Valley Orienteers (Stirling and Alloa). The Scottish champions then go to the UK final where they meet one North of England team, one Midland, one Southern team and the Irish champions. In 1986, FVO were 3rd behind Derwent Valley (Derbyshire) and Walton Chasers (Stafford), but ahead of Mole Valley (London).

The 1987 Scottish competition is in full swing, with, at the time of writing, the following clubs still in contention: Forth Valley Orienteers, INVOC (Inverness), MAROC (Deeside), ESOC (Edinburgh), ELO (East Lothian), Clyde (Glasgow), and Interlopers (Edinburgh).



Ken McKay of Pitreavie en route to the East District 100 metres title in 10.7 sec.

Pictures: SCOTT REID

100m		800m	
10.2W	Alan Wells (ESH)	1.48.8	David Strang (J) (HGY)
10.48	Jamie Henderson (J) (ESH)	1.50.11	Tom Ritchie (Pit)
10.7	Ken McKay (Pit)	1.51.4	Alastair Currie (N & EB)
10.7	Neil Turnbull (ESH)	1.51.6	Richard Archer (St. AU)
10.7	Alan Doris (EU)	1.52.2	Alan Smith (EU/ESH)
200m		1500m	
21.0W	Neil Turnbull (Pit) (21.44)	3.42.53	Adrian Callan (Spr. H)
21.0W	Martin Johnson (EAC) (21.8)	3.45.6	John Robson (ESH)
21.17	Jamie Henderson (J) (ESH)	3.45.98	Alastair Currie (N & EB)
21.5	Brian Whittle (HGY)	3.46.83	Hamish McInnes (O Gay)
21.5W	David Clark (ESH)	3.48.69	Peter Fleming (Bella H)
400m		5000m	
47.0	Andrew Walker (ESH)	13.51.20	Peter Fleming (Bella H)
48.2	Allan Murray (J) (Kilm)	14.15.0	Tom Murray (GGH)
48.3	David Strang (J) (HGY)	14.25.07	Hamish McInnes (O Gay)
48.3	David Young (BHH/EAC)	14.26.6	Bruce Chinnick (Forbes H)
48.4	Gary Patterson (ESH)	14.28.1	George Braidwood (Bella H)

Scottish ranking lists

Statistics:
DUNCAN McKECHNIE
Analysis:
DOUG GILLON

With only a few exceptions, the early-season form revealed in Duncan McKechnie's Scottish Top Five (performances up to May 31) is not wildly encouraging.

Much of that however can be attributed to the curse of the domestic climate. Those fortunate enough to escape home shores have posted some respectable performances.

Allan Wells (remember him?) clocked a windy 10.2 in Australia early in the new year, but so far has kept his form as closely guarded as he has the secret of eternal youth.

Jamie Henderson has the only legal electronic timing to date for both sprints, 10.48 sec, as runner-up to Linford Christie at the HFC United Kingdom championships in Derby, and the bronze medal winning 21.17 at the same meeting.

A broken wind guage and the unavailability of the electronic equipment at Meadowbank for the East District championships robbed a few competitors of significant marks, all three 10.7 performers



Graham McAslan (Edinburgh AC) whose 2.03 metres took second behind Paul Sudiskas.

in the 100 metres list being victims.

Craig Duncan bounded to what appears in the lists as a wind-aided 15.96 in the triple jump. In fact the guage was broken, so whether Duncan's performance was an improvement on Willie Clark's near 14-year-old 15.68 will never be known.

Hurdler Neil Fraser has had a frustrating time too. In his heat at the UK championships he clocked 14.17, only marginally windy at 2.02 metres per second and

beginning to threaten David Wilson's hand timing of 13.9 which dates back 13 years. And then he clocked 14.1 at Meadowbank after the wind guage was broken.

In the discus, one-time Scot Paul Mardle - his father is still coaching at Arbroath - surpassed the Scottish national best with 56.96 metres. But apart from some moderate putting by Eric Irvine and a couple of marginal fouls on very big long jumps by Ken McKay, there has been little to enthuse over in the field.

Worthy of comment however is the 6.90 metre long jump, which just fails to make the lists, achieved by 17-year-old Brian Milne at the West District event.

Other encouraging overseas performances came from Tom Hanlon (a lifetime best steeplechase of 8-38.72) and Barrhead-born David Strang who, aged 18, won the South junior 800 metres title (1-48.8) in April. He's no slouch at 400m either.

Hanlon's time in Tel Aviv was an Israeli all-comers' record, and at the same meeting Peter Fleming clocked a personal best of 13-51.2 for 5000 metres.

The race was won by Dave Lewis of Rossendale whose winning time of 13-43-40 was also an Israeli all-comers' best. Fleming, fourth, was also inside the old mark.

Scotland's Runner will carry Top Five rankings every month until the end of track season. We regret that this month we are unable to provide women's lists as originally intended. However, these will be included hereafter.

10,000m		High Jump		Discus	
30.18.86	Alastair Douglas (GU/VP)	2.22	Geoff Parsons (LAC)	50.82	George Patience (IH/EAC)
30.21.49	Paul Dugdale (DU)	2.08	Ben Thomson (EAC)	48.38	Darren Morris (LC/Pit)
30.56.0	Chris Armstrong (Ab AAC)	2.05	Andrew Edgar (ESH)	48.30	Michael Jerni-Alade (ESH)
30.58.4	Terry Mitchell (Fife AC)	2.05	Paul Sudiskas (J) (CR)	46.60	Eric Irvine (EAC)
31.10.8	Charlie Thomson (Cambus)	2.03	Graham McAslan (EAC)	45.16	Russell Devine (J) (IH/EAC)
3000m SC		Pole Vault		Hammer	
8.38.72	Tom Hanlon (ESH)	4.50	Andrew Wake (J) (Bella)	56.02	Robin Meikle (ESH)
9.06.3	David Thomson (Shaft)	4.40	Alan Leiper (AFD)	54.64	Russell Payne (Sp Hill)
9.08.1	George Mathieson (ESH)	4.40(i)	Douglas Hamilton (ESH) (400)	51.78	Russell Devine (J) (IH/EAC)
9.11.69	Angus Henderson (AU)	4.00	Alex Collins (EAC)	51.70	Andrew Hall (Hill)
9.17.8	Robert Carey (Border)	4.00	Brad McStravick (Belg)	47.50	David Giesby (Kilm)
110m H		Long Jump		Javelin	
14.1W	Neil Fraser (IH/EAC) 14.27	7.44W	John Scott (EAC) (7.21)	67.04	John Guthrie (ESH)
14.83	John Wallace (N & EB)	7.32	Ken McKay (Pit)	59.80	Roddy James (J) (ESH) (80.04)
15.3W	Murray King (J) (Ab AAC)	7.26W	Mel Fowler (VP)	58.20	Alex McIntosh (Kilm)
15.4W	Colin Hogg (EAC)	7.02	Stephen Whyte (EU/ESH)	57.76	Stewart Maxwell (RAF/Pit)
15.5	Ben Thomson (EAC)	6.93W	Ian Snowball (EAC) (6.92)	56.44	Adam Whyte (EAC) (58.20)
400m H		Triple Jump		Shot	
53.12	Peter Campbell (Stoke)	15.96W	Craig Duncan (ESH) (15.82)	17.22(i)	Eric Irvine (EAC) (16.71)
53.3	Dave McCutcheon (L'pool)	14.86W	John Scott (EAC)	15.24	Argeir Syversen (GU/ESH)
54.8	Stewart Dempster (ESH)	14.43W	Roger Harkins (Shett)	15.11	George Patience (IH/EAC)
55.6	Andrew Bowie (ESH)	14.20	Norman Ross (Bella H)	13.98	Darren Morris (LC/Pit)
56.3	Ken Anderson (Nith V)	14.11	Rod McKay (EAC)	13.11	Stuart Menzies (CR)
Marathon		Shot		Shot	
2.12.32	John Graham (B'field)	17.22(i)	Eric Irvine (EAC) (16.71)	15.24	Argeir Syversen (GU/ESH)
2.15.07	Lindsay Robertson (EAC)	15.11	George Patience (IH/EAC)	13.98	Darren Morris (LC/Pit)
2.17.43	Fraser Clyne (Ab AAC)	13.11	Stuart Menzies (CR)		
2.19.04	Frank Harper (Pit)				
2.19.28	Andrew Beattie (Luton)				

KEY to clubs ESH - Edinburgh Southern Harriers, Pit - Pitreavie, EU - Edinburgh University, EAC - Edinburgh Athletic Club, Hgy - Haringey, Kilm - Kilmarnock, BHH - Blackhill Harriers, N & EB - Newham and Essex Beagles, St AU - St Andrews University, Spr H - Springburn Harriers, O Gay - Old Caytonians, Bella - Bellahouston Harriers, OGH - Greenock Glenpark Harriers, For H - Forres Harriers, VP Victoria Park Athletic Club, DU Dundee University,

Ab AAC - Aberdeen Athletic Club, Shaft - Shaftesbury Harriers, IH - Inverness Harriers, L'pool - Liverpool Athletic Club, Nith - Nith Valley Athletic Club, B'field - Birchfield Harriers, LAC - London Athletic Club, CR - Central Region Athletic Club, AFD Aldershot Farnham and District, Belg - Belgrave Harriers, Shett - Shettleston Harriers, LC - Loughborough College, Sp Hill - Sparkhill Hill - Hillingdon

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yesterdays...



Jim Wilkie

"A" last! The dream is realised! The time has come for 'Caledonia - stern and wild - the land of the mountain and the flood ...' to have a Weekly Cycling Paper all to itself, and it has been decreed by the fates that we who subscribe these presents shall be the editors."

You might think that this is the kind of thing you would hear at a Scotland's Runner editorial meeting but, in fact, it comes from the inaugural issue of a publication which was launched all of ninety-nine years ago - the Scottish Cyclist.

Cycling was closely connected with athletics in the 1880's and, like all outdoor sports at the time, was on the up and up. It was six years since the Cycling Mercury, pioneer of cycling papers in Scotland, had made its debut, and three-and-a-half years since it was absorbed into the Scottish Umpire. It had, however, apparently been a "long-expressed opinion ... that Scotland was ready and able to maintain a weekly journal solely devoted to cycling," and the editors had finally yielded to the pressure.

"Starting a new paper is usually looked upon by those concerned as equivalent to beginning one's journalistic career all over again."

Now that is the kind of thing you hear from Scotland's Runner editors, but again their words come from their Victorian counterparts, James R. Nisbet of Glasgow and David F. Bremner from Edinburgh who are further distinguished by their rôles de plumes, *Aeolus* and *Steersman*. Today it would be *Bacchus* and *Trencherman*, or something, but no matter.

There were a number of other cycling publications at the time: *The Cyclist*, *Wheeling*, *Bicycling News* (the oldest in the world) and *Irish Cyclist* and *Athlete*, to name but a few, and all offered their warm congratulations to the Scottish



The way they were...an advert from an early edition of The Scottish Cyclist.

debutant. Rather strangely, so did the Invergornton Times, although I think their copy was delivered by bicycle, as it didn't arrive until July, 1888, four months after the launch. Besides the Scottish Meet at Powderhall, there were a whole range of cycling events throughout the country, usually linked to athletics meetings, and with races for both professionals and amateurs. Rangers Sports in particular were a top draw, although the Ibrox club was not above reproach and they felt compelled to upgrade their cycling track following a scathing Cyclist editorial. (Latest: Souness signs Robert Millar).

Among the public at large, cycling had also taken a great trick. James Horne of Forth CC

wrote a splendid article on his first attempt at a "major" cycling tour, way back in 1869. The journey was from Stirling to Balfour, a distance of 20 miles which he covered in the "record" time of five hours, with crowds turning out to see him at Arnprior and Buchlyvie. Others, however, were not so impressed with the new pastime.

The Rev M. Giles of Selkirk Free Kirk Presbytery, for example, intimated that he was "much annoyed...by young men on bicycles" while the Rev Sinclair of Bowden suggested a tax on "those bicycles which went about on a Sunday." If my recent experience at the excellent Selkirk Half Marathon is anything to go by, the locals now adopt a considerably more hospitable

attitude to those who desecrate the Sabbath.

The first year of the Scottish Cyclist was largely uncontroversial but, by the Spring of 1889, some storm clouds were gathering.

The paper had initially offered its support to the National Cyclists' Union, "so long as that body shows a distinct consideration for the opinion of Scotland as apart from that of England," but within a year a campaign for a Scottish Union was gaining momentum. Edinburgh was the first to break away, with meetings in the Cafe Royal, and so forth, and all this must have sounded very familiar to the Scottish athletics fraternity.

Unlike the athletes, however, cyclists in the major cities were divided between the NCU and the SCU, and a temporary peace plan had to be found for the summer events.

Following meditation by the SAAA who, it might be remembered, had only recently put their own house in order, it was agreed that whichever union had the majority in any defined locality, their authority would prevail. It was obviously only a short-term solution.

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Results

May

2

Easter Ross Peoples Half Marathon, Tain

I. D. Bow (Nairn) 69:09 (Record), 2. I. Collier (North Constat) 70:28, 3. A. MacDonald (Caithness) 70:37, 4. M. Francis (Forres) 70:44, 5. E. Noble (Fraserburgh) 71:34, 6. V. L. W. Bruce (Wick) 79:08, 7. L. I. Findlay (Fraserburgh) 84:16, 8. L. M. Green (Caithness) 83:44, 9. J. Marshall (Black Isle) 96:12, 10. R. Bruce (Wick Jog) 99:04.

Teams: 1. Caithness 18pts, 2. Inverness 48pts.

3

Magnum Motors, Cunningham Centre Half Marathon

I. T. Murray (Green Glen) 65:42, 2. C. Spence (Spango Val) 67:03, 3. D. Frame (Law & Dist) 67:23, 4. G. Tenniey (Linwood) 67:34, 5. P. Russell (Green Glen) 67:38, 6. I. Kerr (Ayr) 68:33, 7. J. Kyle (Cumnock) 74:03, 8. V. D. MacNeill (Green Glen) 74:55, 9. J. Brennan (Irvine) 75:14.

O'Donovan wins biathlon

STONEHAVENS John O'Donovan continued his recent winning streak with a convincing win in the Glen Isla biathlon on May 17.

An early challenge from East Kilbride's Bud Johnstone petered out when he shot off course in the cycling section. O'Donovan raced home to complete the four mile run and ten mile cycle in 48:01. In second and third places were two of O'Donovan's Fleet Feet clubmates - Paul White (49:45) and Alan Smith (49:46).

First lady home was consistent winner Ginny Pollard, also of Fleet Feet triathletes, in eighth place overall.

1. John O'Donovan 21:30 25:41 46:01
2. P. White 22:50 28:55 49:45
3. A. Smith 22:59 27:17 49:46
4. A. Simpson 23:15 26:36 49:54
5. G. Buchan 22:52 27:13 50:05
6. M. McCulloch 22:14 29:03 51:17
7. E. Marriot 23:06 29:12 51:18
8. G. Pollard (F) 23:30 30:29 53:59
9. R. McDonald 24:55 29:14 54:09
10. J. Taylor 25:12 29:12 54:24
11. J. Stewart 26:19 30:14 56:33
12. D. McKee 27:12 29:44 56:56
13. D. Andrews 27:12 29:54 57:06
14. I. Houston 27:49 29:46 57:36
15. T. Scott 27:12 31:12 58:24
16. J. McIntosh 27:12 31:16 58:28
17. K. Mardon (J) 27:12 31:16 58:28
18. S. McDonald (J) 27:12 32:25 59:37
19. D. McLean (J) 28:12 34:33 59:45
20. B. Rooney 29:09 30:46 59:55
21. P. Main 27:12 32:48 60:00
22. B. Crymble (F) 28:55 33:05 62:00
23. E. Black 28:28 34:50 63:18
24. G. Kilgour 27:12 37:26 64:38
25. K. Rooney 29:09 36:52 66:01
26. J. Hume (F) 31:57 35:18 67:15
27. M. Gibson 30:43 36:37 67:20
28. W. Johnston 31:25 46:58 68:23
29. F. Govan 40:00 35:29 75:29
30. D. Devlin 22:15 DNF, DNF

L. H. Hall (Berth) 09:05, 12. K. Todd (London) 13:18, 13. L. Brown (Kirk City) 21:09, 14. L. V. L. Brown, 15. S. Law (Dairy) 28:09, 16. A. Coy (Unat) 29:09, 17. A. Coy (Unat) 29:09.

Junior 4.1 miles Road Race:

J. W. Richardson (Unat) 24:08, 2. M. Cowan (Dairy) 24:53, 3. J. V. Clinton (Irvine) 28:02, 4. K. Brennan (Irvine) 29:44.

SAAA Pearl Assurance Half Marathon, Edinburgh

I. T. Greene (Bellat) 65:44, 2. C. Robison (R N) 66:09, 3. J. Robson (ESH) 66:20, 4. H. Cox (Green Glen) 66:41, 5. G. Crawford (Springburn) 66:42, 6. L. Spence (Spango Val) 67:28, 7. A. Duncan (Pitavie) 67:34, 8. V. M. Walker (Gosforth) 67:46, 9. V. W. Adams (Shet Isles) 67:59, 10. L. C. Pnce (Dundee) 68:00, 11. J. Salvo (Liv & Dist) 68:12, 12. C. Whalley (Liv & Dist) 68:25, 13. A. Newbigging (Boness) 68:49, 14. R. Carthy (In Rev) 69:23, 15. S. Blair (Falkirk) 74:00, 16. J. Brennan (Irvine) 75:14.

Teams: 1. ESH 21pts, 2. Haddington ELP 30pts.

HFC Scottish Athletics League - Div. 1 & 2 Crownpoint

Div. 1: 1. Edin AC 408pts, 2. ESH 379, 3. Aberdeen 300, 4. Pitavie 252, 5. Kilmarnock 238, 6. Shet H 225, 7. Bellat H 225, 8. Ayr Sea 110, 100m I. J. Henderson (ESH) 10:9, 200m I. N. Turnbull (ESH) 22:30, 400m I. A. Walker (ESH) 47:6, 2. D. Young (EAC) 48:3, 3. A. Murray (Kilmarnock) 49:7, 800m I. K. Mortimer (EAC) 1:54.9, 1500m I. A. Coyne (Bellat) 3:58.0, 5000m I. G. Broadwood (Bellat) 14:29.1, 110mH I. N. Fraser (EAC) 14:7, 400mH I. S. Dempster (ESH) 56:3, 3000 Steeple I. G. Mathieson (ESH) 9:28.5, 4 x 100m Relay I. EAC 43.1, 2. Shet 43.7, 4 x 400 Relay I. ESH 3:23.7, H. J. C. Talbot (Pitavie) 1:55m, PV I. A. Collins (EAC) 3:80m, LJ I. J. Scott (EAC) 7:44m, 2. I. Snowball (EAC) 6:84m, 3. A. Thain (ESH) 6:75m, TJ I. J. Scott 14:88m, 2. R. Harkins (Shettleton H) 14:43, JT I. A. McIntosh (Kilmarnock) 58:20m, 2. R. James (ESH) 57:32m, HT I. R. Meikle (ESH) 53:70m.

Divs 3 & 4 Matches, Wiahaw -

Div 3: 1. Lothian 285 pts, 2. Clydesdale and Garscube 258, 4. Liv & Dist 250, 5. Lasswade 235, 6. Dundee HH 230, 7. Lochgelly 144.
Div 4: 1. Clydebank 323, 2. Kirk City 272, 3. Hermeny 243, 4. Cumbernauld 231, 5. Penicuik 194, 6. Vale of Leven 155, 7. Dumfries 149, 8. Montrose 147.

Bank of Scotland Scottish Womens Athletic League, Scottish Cup Semi-Final Matches, Grangemouth

Qualifying Clubs for Final:
Group 1: Girls: 1. McLaren 74 pts, 2. Montrose 70, 3. Aberdeen Juniors: 1. EWM 76pts, 2. McLaren 72, 3. Aberdeen 69, Intermediates: 1. Monk Shett 109pts, 2. EAC 83, 3. Aberdeen 63, 4. Arbroath 62.
Seniors: 1. EWM 115pts, 2. Aberdeen 107, 3. EAC 89, 4. Inverness 86.
Group 2: Girls: 1. EWM 84pts, 2. Pitavie 68, 3. EAC 58, Juniors: 1. Pitavie 87pts, 2. Inverness 72, 3. Cent Reg 67.
Intermediates: 1. EWM 98pts, 2. McLaren 95, 3. Colzium 85, 4. Kilbarchan 70, Seniors: 1. McLaren 98pts, 2. Monk Shett 93, 3. Pitavie 91, 4. Cent Reg 78.
Group 3: Girls: 1. Monk Shett 75pts, 2. Colzium 71, Juniors: 1. EAC 89pts, 2. Monk Shett 70.

Seniors: Group 1: 100/200m: 1. K. Scott (EWM) 120/24.5, 800m: 1. Y. Murray (EAC) 2:06.4, 3000m: 1. P. Rother (EAC) 10:10.8, 4 x 100m Relay: EWM 49.9, 4 x 400m Relay: 1. EAC 4:04.8, 2. EWM 4:09.3, 1. J. D. Auld (Aber) 5:24m, HJ: 1. C. Henderson (EWM) 1:40, DT: 1. K. Neary (EWM) 40:52, 2. H. Cowe (Aber) 40:54m, SP: 1. H. Cowe 12:29m.

Group 2: Seniors: 100m: 1. A. McGillivray (Monk Shett) 12.3, 2. W. Thomson (Pitavie) 12.3, 200m: 1. M. Neel (McLaren) 25.3, 400m: 1. G. Coughbrough (Kilbarchan) 57.9, 3000m: 1. M. Wyllie (McLaren) 10:07.6, 100mH: 1. E. Dempsey (Colzium) 15.4, 4 x 100m Relay: 1. Monk Shett 48.8, LJ: 1. A. Jackson (Monk Shett) 5.64, SP/DT: 1. A. Morris (Pitavie) 13.04/41.54m, Intermediate, Group 1: 80mH/LJ: 1. A. McGregor (Monk Shett) 12.4/5.45m, 4 x 100m Relay: 1. EAC 52.8.

Group 2: 100m: 1. K. Henshelwood (McL) 12.6, 200m: 1. N. Rosendale (EWM) 25.9, 800/200H: 1. M. McGuinness (Colzium) 11.9/29.2, 4 x 100m Relay: 1. McLaren 50.9, HJ: 1. L. Patton (McL) 1.60m, LJ: C. Black (EWM) 5.19, Juniors, Group 1: 100/200m: 1. V. Friel (Colz) 12.6/25.9, 800m: D. Simpson (Aberdeen) 2:21.9, 1500m: L. Thourmire (EWM) 4:59.7.

Adidas Challenge 10,000 metres Road Race, Pollock Park, Glasgow, (537 ran) - 1. T. Murray (Green Glen) 29:53, 2. C. Wallace (Kilbrachan) 30:19, 3. G. Crawford (Springburn) 30:39, 4. J. Duffy (Green Weir) 30:44, 5. E. McKee (Spango Val) 31:07, 6. C. Spence (Spango Val) 31:08, 7. C. Martin (Dumbarton) 31:16, 8. V. J. Adair (Bellat) 32:29, 9. V. J. Cartwright (FVH) 32:30, 10. L. S. Branney (McLaren) 33:56, 11. A. Sym (McLaren) 35:57, 12. J. Liddell (Unat) 37:38, 13. K. Chapman (Giff North) 38:58, 14. B. Hall (Bellat) 39:18, 15. A. Richards (Giff North) 40:36, 16. A. Richards (Giff North) 41:53.

Scottish Veterans "Glasgow 800" Trophy 10,000 metres Road Race, Garscube - 1. R. Young (Clydesdale) 33:33, 2. B. Evans (Kilbrachan) 33:56, 3. D. Fraser (Bellat) 34:09, 4. A. McInnes (Vic Park) 39:55, 5. L. K. Todd (London) 41:21, 6. L. K. Todd (London) 41:21, 7. L. K. Todd (London) 41:21, 8. L. K. Todd (London) 41:21, 9. L. K. Todd (London) 41:21, 10. L. K. Todd (London) 41:21, 11. L. K. Todd (London) 41:21, 12. L. K. Todd (London) 41:21, 13. L. K. Todd (London) 41:21, 14. L. K. Todd (London) 41:21, 15. L. K. Todd (London) 41:21, 16. L. K. Todd (London) 41:21, 17. L. K. Todd (London) 41:21, 18. L. K. Todd (London) 41:21, 19. L. K. Todd (London) 41:21, 20. L. K. Todd (London) 41:21.



A (wet) worm's eye view of the Luddon Half Marathon on May 17.

Results

Kilmacool 3 Mile Hill Race -
1. C. Wallace (Kilbarchan) 15:45, 2. D. Finlaystone (Kilbarchan) 14:23, 3. T. Grinnan (Unatt) 18:30, L. H. Thomson (Unatt) (18th) 28:00

Scottish YMCA National Championships, Wishaw -
200m: 1. S. Robertson (Bellshill) 23.2, 1500/3000m: 1. I. McLuckie (Bellshill) 4:01.8/9:07.6

UK Womens Access League Division 2 Match, Grangemouth -
1. Birchfield 287pts, 2. McLaren 244, 3. Hounslow 236, 4. Wolverhampton 234, 5. Monk Shelt 277, 6. Crawley 218

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Scottish Universities Championships, Caird Park -
Men: 100/200m: 1. A. Doris (Edin) 10.5w/21.5w, 400m: 1. W. McDonald 50.1, 800m: 1. R. Archer (St. And) 1:54.3, 2. T. Blackie (Edin) 1:56.9, 1100m: 1. C. Glasgow (St. And) 16:2, H: 1. H. Thomson (Edin) 1:55m, L: 1. S. Whyte (Edin) 6:08m, T: 1. J. Gallacher (Cias) 13:51m, PV: 1. E. Daintith (Edin) 3:20m, 4 x 100m Relay Edinburgh 44.2

Ladies: 100/200m: 1. J. Booth (Edin) 12.3w/25.2w, 400 IS: Burgess (Edin) 58.3, 1500/3000m: 1. A. Ridley (Cias) 4:40.5/10:09.2, 4 x 100m relay St. And: 55.2

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10

SAAA National 20K Road Walk Championship, Bellahouston -
1. M. Rush (Lakeland) 1:31:06, 2. M. Bell (Annan & Dist) 1:35:30, 3. G. White (Brighton) 1:37:53

Heavy Events Throwing Competition: SP:
A. Pettigrew (Shett) 14.87m, Wt over Bar
A. Pettigrew 3.80m, Caber: W. Weir
(Cent. Reg). **Overall Championship:** 1.
Pettigrew 8pts, 2. Weir 5, 3. S. Merzies

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Calderglen Harriers "Jimmy Moore"
Trophy 15,000 metres Road Race, E.
Kilbride -

1. A. Gilmour (Cambus) 46:41 (Record), 2.
E. Stewart (Cambus) 46:54, 3. D. Cavers
(Teviotdale) 47:21, V1, C. Martin
(Dumbarton) 10th 49:11, V2 D. Wyper
(Bella) 18th 51:46, VO/50: W. Marshall
(Motherwell) 37th 56:12, L1, K.
Chapman (Giff N) 57th 61:13, L2, R.
Oliver (Law & Dist) 71st 63:41, L3, R.
Gardner (McLaren) 79th 65:46, LV1, H.
Chapman, LV2, E. Buchanan (HEL) P.
(80th) 66:10, LV3, L. Craig (Calderglen)
(88th) 69:23, Teams: 1. Cambuslang 58pts,
2. Calderglen 86

Gourock Highland Games -
3000m: 1. L. Spence (Spango Val) 8:38.3,
2. G. Crawford (Springburn) 8:39.1, 3. C.
Wallace (Kilbarchan) 8:40.4, Teams: 1.
Spango Valley, 2. Green Well park, 14
Mile Road Race, 1. H. Cox (Green Glen)
72:32, 2. J. Gallacher (Spango Valley) 75:
24, 3. R. Johns (Green Glen) 75:51, V1, D.
Martin (Spango Val), VO/50 1. Riddell
(Green Glen)

Border Athletic League Meeting, Tweedbank -
1. Blackhill 428pts, 2. Melrose 412, 3.
Teviotdale 378, Inter-1500m: 1. J.
Anderson (Teviotdale) 5:00.7

**Lanarkshire Womens County Champion-
ship, Wishaw** -
Seniors: 400m G. Stonebank (L & L) 59.1;
800m F. Hillen (L & L) 2:16.0; 1500m C.
McGregor (L & L) 5:01.0; Inters L: J. Thain
E. Kilbride 5:35m

12

Longbar 5 mile Road Race, Beith -
1. G. Tenney (Linwood) 24:43; 2. A.
Stewart (Ayr) 25:15; 3. N. Grier (Beith)
25:43; V1, G. Dickie (Beith) 27:24, Teams:
1. Ardrossan 19pts, 2. Beith 21

13

**Adidas Challenge 15,000 metres Road
Race, Pollock Estate** -
1. T. Murray (Green Glen) 46:19, 2. D. Wan
(Calderglen) 46:41, 3. J. Duffy (Green
Well) 47:14, 4. S. Conaghan (Spango Val)
47:28, 5. C. Spence (Spango V) 47:40, 6. P.
Russell (Green Glen) 48:02, V1, D.
Fairweather (Law & Dist) 49:18, V2,
C. Martin (Dumbarton) 10th 49:35, V3, J.
McMillan (Strath Po) 15th 50:43, L1, S.
Branney (McLaren) 49th 53:41, L2, A.
Sym (McLaren) 70th 55:39, L3, J. Salvora
(Law & Dist) 77th 56:14, LV1, K. Chapman
(Giff N)

**Overall Adidas Challenge Race Category
Winners:**
Men: 1. T. Murray (Green Glen) Ladies: 1.
S. Branney (McLaren) Vet Men: 1. C.
Martin (Dumbarton) Vet Ladies: 1. K.
Chapman (Giff)

**Combined Scottish Universities v Scottish
Athletic League v SAAA
Junior Select, Grangemouth** -
100m: 1. S. Scott (SL) 10.7, 2. A. Doris (SU)
10.8, 200m: N. Turnbull (SL) 22.1, 400m: 1.
A. Walker (SL) 48.2, 2. W. McDonald (SU)
48.6, 3. D. Young (SL) 48.8, 800m: 1. P.
Strang (SU) 1:52.9, 2. N. Smith (SU) 1:53.3,
A. Smith (SU) 1:53.5, 4. T. Blackie (SU) 1:
53.8, 1500m: N. Muir (Guest) 3:57.6,
3000m: N. Muir 8:24.9, 2. J. Orr (Guest) 8:
31.0, 1100m: I. N. Fraser (SL) 14:3, 2. M. King
(SU) 15:3, 400mH: A. Bowie (SL) 56.3, 4 x
100m Relay: 1. SC League 42.2, 2. Scot
Univ. 43.6, 3. Scot Juniors 43.7, 4 x 400m
relay: Scot Juniors 3:20.6, L: 1. K. McKay
(Guest) 7:27m, 2. I. Snowball (SL) 6:75m,
T. N. McMenemy (SL) 13:88m, H: 1. P.
Sudiakos (SU) 2:04m, 2. C. Talbot (SL) 1:
59m, 3. D. Mathieson (SU) 1:59m, SP: 1. E.
Irvine (Guest) 16:68m, 2. A. Syverson (SU)
15:24, DT: 1. R. Devine (SU) 46:16, 2. K.
Christie (SL) 40:38m, JT: 1. R. James (SU)
60:14m, 2. A. Whyte (SL) 55:20m, HT: 1. R.
Meikle (SL) 55:28m, 2. R. Devine (SU) 54:
20, Result: 1. SAAA Junior Select 230pts, 2.
Scottish League 218, 3. Scottish Uni 217

Results

With another six races
contested during May, none
of the four early leaders in the
Scotland's Runner Road Race
Championship had retained their
positions in the rankings lists at the
end of the month.

Both Kate Chapman and Colin
Martin took advantage of a hectic
eight day period of competition to
pile up points in the Adidas
Challenge 10K and 15K and Jimmy
Moore 15K races, with their total
mileage almost equalling the
marathon. Indeed Martin covered
the three race distance in
approximately 2-10 and has now
recorded four veteran victories
and one second place. This defeat
was inflicted by his close rival
David Fairweather in the Adidas
15K - which, curiously enough,
was his only victory in his four
outings to date.

Last month's leader of the men's
rankings, Bellahouston's Andy
Daly, had slipped to seventh place
by the end of May - his points total
of 16 remaining unimproved
largely because of his trip to China
with the Glasgow team for Dalian
International Marathon. The first
four places are now occupied by
Greenock runners and, with
another four runners in the top
twenty, the Greenock clubs are
dominating the men's section.

Lawrie Spence leads with 89
points from four races, although his
Tom Scott win remains his only full
points effort. Two Greenock
Glenpark runners, Hammy Cox
and Tommy Murray, had two wins
each to their credit and are strong
contenders, with Alex Gilmour of
Cambuslang Harriers (53 points
from two races) being a good
outsider.

Kate Chapman occupies the role
of leader in both women's
categories. A relative novice to
athletics, she has now won five
of her six races in the veteran
section - her only defeat coming
from Lorna Irving in the Glasgow
Kodak 10K event at the very start
of the championship series.
Encouraged greatly by fellow
members of her Giffnock North
club, Champan and veteran
runner-up Elizabeth Buchanan
(Haddington) had between them
raced in nine of the twelve races
staged by the end of May.
However, third placed Margaret
Robertson was still well poised to
catch the leaders with three wins
from four outings.

The obvious danger in the
women's section is Sandra
Branney, who, after racing in Seoul,
has made her tally four wins out of
four.

The list of competitors is
extensive, with over 170 men
having scored championship
points, and a most encouraging
113 scorers in the veteran
women's rankings.

Finally, a couple of problems.
The first is that due to computer

SCOTLAND'S RUNNER

Road Race Championship



Hammy Cox moving into second place in the road race championship with his record 64-31 win at the Luddon Half Marathon on May 17.

June
24 Roevin 10k, Aberdeen (S)

July
10 Runsport 10k (S)
12 Runsport HM (L)
19 Inverness 10k (S)

August
2 Edinburgh 10 Miles (M) *
2 Ferranti 10 Miles, Aberdeen (M)
16 British Airways HM, Glasgow (L)
22 TSB Blairgowrie HM (L)
30 Inverclyde QM (S)
30 Adidas Mars HM (L)
30 Livingston HM (L)

List of events

September
5 Loch Leven HM (L)
6 Land O'Burns HM, Ayr (L)
13 Round Cumbrae 10 Miles (M)
26 Livingston 6 Miles (S)
26 Ness Motors 10 Miles,

October
11 Dundee Half Marathon (L)
25 Falkirk CIB HM (L) The Final

Code: HM - Half Marathon; QM
- Quarter Marathon; L - Long; M
- Medium; S - Short.

snarl-ups the full results of the
Adidas 15K race have not been
taken into account.

Secondly, a plea for information!
Is D. King (Unattached) who
finished 13th veteran in the Kodak

10K and T. King (Dundee
Roadrunners) who finished ninth
veteran in the Inverness Half
Marathon and sixth in the Dundee
10K, one and the same person? It
would save me a lot of pondering if

MEN

1. L. Spence (Spango Valley) (4) 88pts
2. H. Cox (Green Glenpark) (3) 77pts
3. J. Duffy (Green Wellpark) (4) 76pts
4. C. Robinson (Spango Valley) (3) 76pts
5. G. Crawford (Springburn) (3) 68pts
6. D. Watt (Calderglen) (3) 62pts
7. A. Daly (Bellahouston) (3) 61pts
8. T. Murray (Green Glenpark) (2) 60pts
9. T. Walker (Calderglen) (4) 59pts
10. S. Axon (Aberdeen) (3) 56pts
11. A. Gilmour (Cambuslang) (2) 53pts
12. C. Spence (Spango Valley) (3) 59pts
13. F. Harper (Pitroavie) (2) 49pts
14. G. Fairley (Kilbarchan) (3) 48pts
15. J. Ross (Haddington) (3) 47pts
16. P. Russell (Green Glenpark) (3) 43pts
17. G. Laing (Aberdeen) (2) 42pts
18. C. Ross (Shettleston) (4) 41pts
19. S. Conaghan (Spango Valley) (2) 37pts
20. A. Robson (E.S.H.) (2) 37pts

Figure in brackets is number of
championship races contested.

WOMEN:

1. K. Chapman (Giffnock) (6) 132pts
2. S. Branney (McLaren) (4) 120pts
3. H. Oliver (Law & District) (7) 104pts
4. R. Gardner (McLaren) (5) 86pts
5. J. Robertson (Aberdeen) (4) 81pts
6. J. Salvora (Law & Dist) (3) 79pts
7. S. Sinclair (Irvine) (3) 79pts
8. A. Sym (McLaren) (3) 78pts
9. M. Robertson (Dundee RR) (4) 75pts
10. E. Buchanan (Haddington) (5) 63pts
11. C. Price (Dundee HH) (2) 56pts
12. R. McAleese (Monk Shett) (2) 45pts
13. A. Curtis (Law & Dist) (2) 44pts
14. M. Taggart (Pitroavie) (2) 35pts
15. R. Carthy (Inland Revenue) (2) 34pts
16. P. Kelly (Irvine) (4) 34pts
17. H. Morton (Irvine) (2) 33pts
18. C. Brown (Nith Valley) (1) 30pts
19. E. Lynch (Dundee HH) (1) 30pts
20. M. Muir (Dundee RR) (1) 30pts

VETERAN MEN:

1. C. Martin (Dumbarton) (5) 146pts
2. D. Fairweather (Law & Dist) (4) 105pts
3. D. Wyper (Bellahouston) (5) 96pts
4. A. Duncan (Pitroavie) (4) 86pts
5. J. McMillan (Strath Police) (4) 79pts
6. B. Carty (Shettleston) (2) 56pts
7. P. Cartwright (Falk Vic) (3) 56pts
8. S. MacPherson (Shettleston) (4) 55pts
9. A. Stewart (EAC) (5) 50pts
10. R. McFarquhar (Aberdeen) (2) 49pts
11. R. Kirton (Millburn) (3) 49pts
12. P. McMahon (Shettleston) (3) 49pts
13. B. Adams (Shetland Isles) (2) 44pts
14. B. Preece (Aberdeen) (2) 44pts
15. W. Scally (Shettleston) (2) 42pts
16. D. Crumpton (Linwood P) (3) 40pts
17. T. Dolan (Dundee HH) (2) 39pts
18. C. Love (Dundee HH) (2) 39pts
19. F. Wright (Springburn) (2) 35pts
20. T. King (Dundee RR) (2) 31pts

VETERAN WOMEN:

1. K. Chapman (Giffnock) (6) 176pts
2. E. Buchanan (Haddington) (6) 129pts
3. M. Robertson (Dundee RR) (4) 116pts
4. J. Murray (Kilbarchan) (3) 60pts
5. J. Eadie (Dundee RR) (3) 51pts
6. R. Carthy (Inland Revenue) (2) 49pts
7. S. Bauchop (Unattached) (3) 48pts
8. A. Newbigging (SVHC) (2) 47pts
9. K. O'Sullivan (Unattached) (2) 46pts
10. J. Gallagher (G Glenpark) (2) 43pts
11. E. McMurray (Dundee RR) (2) 42pts
12. L. Brown (Kirk Olympe) (2) 38pts
13. A. Lindsay (Aberdeen) (2) 32pts
14. I. Wilson (Unattached) (2) 32pts
15. L. Irving (EWSH) (1) 30pts
16. L. Watson (London Oly) (1) 30pts
17. M. Armstrong (Kircudbright) (1) 26pts
18. C. Slater (EAC) (1) 26pts
19. S. Chuley (Forfar RR) (1) 26pts
20. B. Hall (Beith) (1) 26pts
21. E. Masson (Kilbarchan) (1) 26pts

Figure in bracket is number of
championship races contested.

I knew the answer, and, if positive
would move Mr King up from 20th
(31pts) to 15th (44pts) in the
veteran men's rankings.

Colin Shields

Results

16

Argyll Inter Club Match, Mossfield Park, Oban
Men: 1. Mid Argyll 124pts, 2. Oban 106, 3. Cowal 61. Ladies: 1. Oban 100pts, 2. Mid Argyll 95, 3. Cowal 61.

Strathclyde Fire Brigade International 5, Mile Road Race, Glasgow Green
1. C. Burk (Tyne & Wear) 25:54 (Record), 2. P. Dent (Manchester) 26:51, 3. M. Jones (Manchester) 26:53. 1st Scot 5. M. Simpson (Grampian) 28:01. V1, J. Cullin (New York) 27:20. VO/50 D. Caffrey (New York) 32:19. L1: L. Heerasing (Amsterdam) 37:51. **International Team:** 1. England 11pts, 2. USA 43, 3. Holland 60, 4. Scotland 68.

On the hills.....

English runners were well to the fore when the Ben Lomond Hill Race (eight miles, 3200 feet) was run on May 9. SAAA president Jim McInnes and his Dumbarton AAC colleagues again administered an excellent and much appreciated race. The hill did the rest!

A record entry and number of starters — the organisers were turning away entries long before the closing date — was assured with precious British Fell Running Championship points at stake, as well as the Scottish Hill Runners Association Championship third round.

Anglo-Scot Jack Maitland, the reigning British Champion, had his work cut out from the start with his two main rivals this year taking the lead to the top together. Englishmen Malcolm Patterson (Dark Peak) and Rod Pilbeam (Keswick) were only separated when the tall long-legged Patterson made use of his stride advantage on the fast descent to win by 20 seconds. Maitland finished an isolated third, never giving up, and now he knows he will not have a runaway procession towards the British title — as he did last year.

Though the hill was dry and fast underfoot the record was not threatened as the 270 starters had to contend with a stiff wind and a sleet shower.

The first home Scot was Dermot McGonigle (Dundee Hawkhill Harriers), confirming he will not relinquish his Scottish title without a fight. He was followed respectively in the top ten by Andy Curtis (Livingston), Brian Potts

(Clydesdale) and Clifford Kerr (Fife).
Jacquie Smith (Dark Peak) emulated her boyfriend by winning the women's race (106th overall), with Pete McWade (Clayton le Moors) winning the veterans' title (16th). Keswick AC won the team title.

Robin Morris

ANDY CURTIS won the Tiso Campsie Hill Race at Lennoxtown on May 31, and pulls ahead of Clifford Kerr (second at Lennoxtown) after four counting events of the 1987 Scottish Hill Runners Association Championship (see below).

Christine Whalley extended her lead in the women's section by winning at the Tiso Campsie, while the new outright veteran leader is Peter Fettes of Lochaber, also the winner at Lennoxtown.

Leading positions (six out of nine races to count):

MEN

1. A. Curtis (Livingston)	79pts
2. G. Kerr (Fife)	75pts
3. P. Marshall (H.E.L.P.)	53pts
4. B. Potts (Clydesdale)	44pts
5. D. McGonigle (Dundee)	37pts
6. R. Morris (Carnethy)	37pts
7. M. Rigby (Westerlands)	31pts
8. D. Bell (H.E.L.P.)	29pts
9. J. Maitland (Padsey)	21pts
10. J. Shields (Clydesdale)	20pts

WOMEN

1. C. Whalley (Livingston)	17pts
2. A. Curtis (Livingston)	9pts
3. C. Menhennet (Bellahouston)	8pts
4. A. Salisbury (Stewartry)	6pts
5. P. Hawtin (Edinburgh AC)	5pts
6. K. Butler (Aberdeen)	5pts

VETERAN MEN

1. P. Fettes (Lochaber)	40pts
2. B. Shields (Lochaber)	25pts
3. P. Mackie (Irvine)	23pts
4. J. Shields (Clydesdale)	20pts
5. A. McGilivray (Fife)	17pts
6. T. Stapely (Fife)	16pts

JUNIORS

1. J. McKendrick (Irvine)	10pts
2. S. McKendrick (Irvine)	10pts

SWAAA Western District Championships, Crownpoint
Seniors: 100m 1. S. Whittaker (McL) 11-9, 2. A. McGilivray (Monk Shett) 12-0, 3. J. Booth (Cent Reg) 12-2, 200m 1. Whittaker 24-04w, 2. McGilivray 24-7w, 3. A. Curtis (Sewarty) 25-0w, 400m G. Coubrough (Kilbar) 57-2, 800m 1. G. Stonebank (L & L) 2-12-9, 1500m 1. E. Giesbey (McL) 4-34-9, 2. S. Branney (McLaren) 4-36-0, 3000m R. A. Leese (Monk Shett) 10-20-0, 100H 1. C. Boyle (Monk Shett) 15-2, 2. E. Dempsey (Colzium) 15-8, 400mH 1. C. Spiers (McL) 62-4, 2. A. Brown (Monk Shett) 62-5, 1. C. Spiers 5-83m, 2. N. Murray (McLaren) 5-58m, 3. A. Jackson (Monk Shett) 5-54m, HJ R. Pinkerton (McL) 1-65m, SP J. Barclay (Monk Shett) 11-71m, DT C. Cameron (McLaren) 44-70m, JT L. J. Barclay (Monk Shett) 42-54m, 2. J. Currie (Monk Shett) 40-26m.

Euro Juniors: 100/200m: M. Neel (McLaren) 12-4w/25-0w, 400m H. McHenry (Vic Park) 60-2, 800m F. Hillen (L & L) 2-18-0, 1500m N. Allison (McL) 4-56-1, HJ F. Hall (Vic Park) 1-63m, SP A. Sinclair (Monk Shett) 12-06.
Intermediates: 100/200m K. Lithgow (Nith Val) 12-3/24-9w, 400m M. McClung (Kilmarnock) 59-2, 800m D. Kelly (L & D) 2-22-0, 2. E. Finnegan (Colzium) 2-22-0, 1500m H. Haining (Nith Val) 4-51-3, 60H M. McGuinness (Colzium) 11-9, 300mH 1. C. McIntosh (McL) 28-0, 2. M. McGuinness 29-2, 400mH H. Edgar (Nith Val) 67-9, HJ D. Gardner (McL) 1-60m, 2. K. Houston (Monk Shett) 1-60, LJ A. McGregor (Monk Shett) 5-62.

Seniors: 100m V. Friel (Colzium) 12-6, 200m L. Nicholson (McL) 25-5, 800m L. Blair (Cent Reg) 2-23-1, 1500m S. Buchanan (Colzium) 4-59-5, 75H C. Murphy (McL) 12-2, HJ H. Melvin (Troon) 1-58m (CBF) 1. M. Sommerville (Monk Shett) 5-01m.

Penicuik/Howgate 6 Mile Road Race
1. A. Walker (Teviotdale) 30-53 (Record), 2. R. Carey (Annan) 31-04, 3. B. Emmerson (Teviotdale) 31-28, V1, J. Knox (Gala) 33-27, V2, R. Cockburn, V3, R. Redpath (Liv & Dist) 36-32, J1, J. Connolly (Gala) 32-31 (Record), J2, C. Blakebell (ESH) 36-38, J3, K. Coy (Lasswade) 38-40, L1, P. Rother (EAC) 35-57, L2, J. Salvoia (Liv & Dist) 38-42, L3, C.A. Gray (EAC) 41-49, LVI, M. Dryburgh (Unat) 45-51, LV2, M. Parker (Teviotdale) 46-46, LV3, J. Dickson (Ladywood) 48-11. **Teams:** 1. Teviotdale 19pts, 2. EAC 29, 3. Gala 30, **Ladies Teams:** 1. Liv & Dist 19pts, 2. Ladywood 30.

Goatfell 9 Miles Hill Race (inc. SAAA National Hill Race Championship), Brodick
1. M. Rigby (Westerlands) 75-35, 2. A. Farnham (Aber) 75-39, 3. H. Jarrett (Cumbernauld) 77-23, 4. M. Lindsay (Carnethy) 78-44, 5. R. Morris (Carnethy) 80-06, 6. M. Oggson (Hunters BT) 81-32, V1, P. Fettes (Lochaber) (17th) 87-31, V2, R. Brown (Ferranti) (21st) 88-25, V3, B. Richardson (29th) (Scot. Vet) 90-54, L1, A. Curtis (Liv & Dist) (58th) 1-41-40, L2, C. Menhennet (Beila) (68th) 1-46-51, L3, H. McPherson (Westerlands) (74th) 1-50-27. **Team:** 1. Carnethy, local 1. D. Freeman (Arran) (33rd) 1-32-40.

East District Womens Championships, Meadowbank
Seniors 100/200m: J. Neilson (EWM) 12-11/24-2, 400m 1. M. Anderson (EAC) 54-89 (CBF), 4. Y. Murray (EAC) 56-19, 800m Y. Murray 2-04-79, 2. V. Blair (EWM) 2-09-79, 1500 V. Blair (EWM) 4-32-0, 3000m C. Price (Dundee HH) 9-52-4, 100mH D. Brown (EWM) 16-23, 400H/LJ L. Ross (Inverness H) 68-70/1-50m, LJ J. Ainslie (EWM) 5-82m, SP M. Anderson 14-01m, DT 1. L. Adams (Perth Strath) 42-02m, 2. M. Anderson 38-32m, JT 1. S. Urquhart (EWM) 46-68m, 2. M. Anderson 43-58m. **Euro Juniors:** HJ C. Henderson (EWM) 1-58m (CBF).

International Meeting, Granada, Spain
1500m 1. E. Lynch (Dundee HH) 4-08-6.

Glenrothes Half Marathon, Fife Sports Institute, Glenrothes, (1,114 ran)
1. T. Mitchell (Fife) 67-32, 2. D. Cavers (Teviotdale) 67-59, 3. A. McIntosh (Pitavie) 70-24, 4. P. Doran (Clydesdale) 71-55, 5. W. McNeill (Pitavie) 72-02, 6. A. Duncan (Pitavie) 72-05, V1, A. Duncan, V2, J. Ash (Pitavie) (8th) 72-20, V3, T. Ross (Dundee HH) (15th) 74-51, L1, J. Ferrar (Pitavie) (14th) 85-47, L2, V. Fyall (Dundee) (25th) 89-55, L3, L. McIntosh (Montrose) (25th) 89-58, LVI, J. Ferrar, LV2, L. McIntosh, LV3, S. Clukey (Forfar) (30th) 91-32.

Scottish Young Athletes League, Crownpoint
1. Clydebank 622, 2. Ayr Sea 616, 3. Kilbarbar 573, 4. Vic Park 567, 5. Cambuslang 507, 6. Kilmarnock 484, 7. E. Kilbride 437, 8. Cumbernauld 260.

International Meeting, Zaragoza, Spain
1500m 6. J. Robson (ESH) 2-45-8, 300m 2. N. Muir (Shett H) 8-02-62.

Match 'B'
Kilmarnock 159 pts, 2. Cent Reg 127, 3. Kilmarnock 126, 4. Cambus 78, 5. Lochelly & Dist 42, 400m A. Murray (Kilmarnock) 48-2, 800m 1. S. Wallace (Cambus) 1-53-2, 2. M. Currie (Cent Reg) 1-54-8, 500m 1. Orr (Cambuslang H) 14-42-0, 1000m 1. C. Armstrong (Aberdeen) 30-50-0, 2. C. Thomson (Cambuslang) 31-10-8, 3000m 1. G. Zeuner (Aberdeen) 9-35-5, 2. T. Ullott (Cambus) 9-47-8, 4 x 100 Relay, 1. Aberdeen 44-3 HJIP, Sudiakas (Cent Reg) 1-98m, 2. D. Mathieson (Aberdeen) 1-90m.

Dalian International Marathon, China
Scots places: 2. A. Daly (Glasgow/Beila) 2-22-42, 5. W. Robertson (Glasgow/Beila) 2-25-21, 12. A. Adams (v) (Glasgow/Dumbarton) 2-35-45.

GPE Gold Cup 1st Round Match, Wishaw Match 'A'
1. Pitavie 143pts, 2. Border 125, 3. Beila 119, 4. Fife 116, 5. Kilbarbar 82, 6. Perth Strath 79, 100m K. McKay (Pitavie) 10-9, 800m T. Ritchie (Pitavie) 1-52-0, 2. P. Swaites (Border) 1-53-6, 1500m D. Arnott (Pitavie) 3-54-4, 5000m R. Carey (Border) 14-48-1, 10000m T. Mitchell (Fife) 30-58-4, 4 x 100/4 x 400 Relay Pitavie 43-3/3-26-9, 3000m Steeple 1. C. Wallace (Kilbarbar) 9-20-6, 2-0 Farrell (Border) 9-37-5, HJ J. Stoddart (Beila) 1-95m, SP/DT D. Morris (Pitavie) 13-98m/48-34, JT S. Maxwell (Pitavie) 57-76m.

Match 'B'
Kilmarnock 159 pts, 2. Cent Reg 127, 3. Kilmarnock 126, 4. Cambus 78, 5. Lochelly & Dist 42, 400m A. Murray (Kilmarnock) 48-2, 800m 1. S. Wallace (Cambus) 1-53-2, 2. M. Currie (Cent Reg) 1-54-8, 500m 1. Orr (Cambuslang H) 14-42-0, 1000m 1. C. Armstrong (Aberdeen) 30-50-0, 2. C. Thomson (Cambuslang) 31-10-8, 3000m 1. G. Zeuner (Aberdeen) 9-35-5, 2. T. Ullott (Cambus) 9-47-8, 4 x 100 Relay, 1. Aberdeen 44-3 HJIP, Sudiakas (Cent Reg) 1-98m, 2. D. Mathieson (Aberdeen) 1-90m.

Luddon Half Marathon, Kirkintilloch (1,560 ran)
1. H. Cox (Green Glen) 64-31 (record), 2. G. Crawford (Springburn) 66-06, 3. A. Oilmour (Cambus) 66-24, 4. S. Axon (Aberdeen) 67-31, 5. L. Spence (Spango Val) 67-36, 6. R. Stone (ESH) 68-00, V1, C. Martin (Dumbarton) 69-06, V2, D. Fairweather (Law & Dist) 69-31, V3, J. Moore (Vic Park) 71-50, L1, S. Branney (McLaren) 75-44, L2, A. Sym (McLaren) 75-58, L3, L. Watson (London Oly) 77-24, LVI, L. Watson, LV2, M. Robertson (Dundee Runners) 83-52, LV3, K. O'Sullivan (Kirk Oly) 89-53.

B.M.C. Gallery Street Miles, Kirkintilloch
Senior: 1. A. Callan (Springburn) 3-55-3, 2. P. Fleming (Beila) 3-58-0, 3. G. Braidwood (Beila) 3-59-0, 4. I. Archibald (E. Kilbride) 4-01, 5. C. Robinson (Spango Val) 4-02. **Ladies:** 1. Y. Murray (EAC) 4-23-9, 2. A. Jenkins (EWM) 4-43, 3. C. Price (Dundee HH) 4-47, 4. M. Sprang (Monk Shett) 5-01. **Young Athletes:** 1. G. Stewart (Clydebank) 4-14-8, 2. A. Kinghorn (EAC) 4-20, 3. F. McGowan (Vic Park) 4-27.

Kain 3 1/2 mile Hill Race, Fairlie
1. H. Jarrett (Cumbernauld) 27-44 (record), 2. M. Lindsay (Carnethy) 27-51, 3. A. Farnham (Aberdeen) 28-05, 4. R. Hope (Carnethy) 28-49, 5. J. Stevenson (Irvine) 29-05, 6. P. Ratcliffe (Rossendale) 29-33, V1, R. Shields (Clydesdale) (16th) 31-49, V2, P. Duffy (Aberdeen) (20th) 32-45, V3, M. Wood (Cumbernauld) (22nd) 33-02, J1, S. McKendrick (Irvine) (8th) 29-53, J2, M. Cowan (Dalry Thistle) (24th) 33-19, L1, C. Menhennet (Beila) (43rd) 38-47, L2, H. McPherson (Westerlands) (44th) 39-54, L3, H. Morton (Irvine) (47th) 41-00. **Team:** 1. Carnethy 117 mins 36 secs, 2. Irvine 122 mins 32 secs, 3. Cumbernauld 126 mins 25 secs.

20
Troon Tortoises 10,000 metres Road Race, Troon (168 ran)
1. K. Rankin (EAC) 31-15 (record), 2. P. Faulds (Falk. Vic) 31-29, 3. G. Tenney (Linwood) 32-19, V1, J. Miller (Irvine) (24th) 35-18, V3, D. Park (Ayr Sea) (28th) 36-38, L1, I. Fraser (Ayr Sea) (71st) 40-18, L2, E. McGarry (Irvine AC) (76th) 40-48, L3, G. McKinlay (Irvine AC) (78th) 41-14, LVI, B. Hall (Beith) (78th) 40-36.

4 x 200 metres: Intermediate 1. McLaren 1-44-8, 3 x 800 metres: Juniors 1. EWM 7-31-2, 4 x 400 metres: Euro Juniors 1. EWM 4-06-1.

Shettleston Harriers Open Graded Meeting, Crownpoint Sports Park
100m: 1. C. Sharp (Shett H) 10-8, 2. C. Duncan (ESH) 10-9, 3. S. Robertson (Motherwell YMCA) 10-9, 4. D. Slater (Law) 11-1, 5. R. Harkins (Shett) 11-2.
100m 'B': 1. J. Corrigan (Shett) 11-2, 1. McCurk (Hamilton Road) (7) 11-4, D. Gilmore (Stonehouse) 11-6 (Y).
200m 1. C. Sharp 21-8, 2. M. McPhail (Ayr Sea) 22-0, 3. D. Slater 22-1, 4. D. Mulholland (Shett) 22-5, 5. C. Farquharson (Perth Strath) 22-5, 6. J. Corrigan 22-6.
200 'B': C. Smith (Ayr Sea) (Y) 23-4, C. D. Gilmore 23-1 (Y) 1500m 1. G. Braidwood (Beila) 3-49-2, 2. J. McKay (Clydebank) 3-53-9, 3. G. Stewart (Y) (Clydebank) 3-59-3.

City of Aberdeen Milk Marathon, Aberdeen, (296 ran)
1. I. Corrin (Eng) 2-27-42, 2. C. Youngson (Aberdeen) 2-29-21, 3. R. Hall (Sco/Teviotdale H) 2-29-54, 4. J. Goldring (Eng) 2-30-08, 5. G. Webb (Eng) 2-30-15, 6. D. Cowie (Sco/RAF) 2-30-49, 7. M. McGeoch (Wales) 2-30-54, 8. A. Lewis (Wales) 2-30-59, 9. R. Buller (Wales) 2-31-00, 10. R. Ronald (Sco/E. Kilbride) 2-31-10, 11. D. Ritchie (Sco/Forres) 2-34-27, 12. M. Francis (Forres) 2-36-18, V1, D. Ritchie V2, S. Reese (Unat) 2-52-21, L1, C. A. Gray (EAC) 3-17-13, L2, M. Oliver (Aberdeen) 3-17-27.
Int. Teams: 1. Eng 10pts, 2. Sco 19, 3. Wales 24.

Aberdeen 10,000 metres Race
1. F. Clyne (Aberdeen) 30-23, 2. B. Chinnick (Forres) 30-27, 3. C. Hall (Aberdeen) 30-42, 4. C. McIntyre (Coasters) 31-35, 5. D. Duiguid (Aberdeen) 32-17, 6. P. McEneaney (Aberdeen) 32-18, V1, R. McFarquhar (Aber) 32-45, L1, V. Pollard (Fleet Foot Triathlon) 36-54.

Results

Glenardish 9 mile Road Race, Isle of Arran
1. P. Conaghan (Spango Val) 51-14, 2. P. Hough (Sussex) 54-22, 3. D. McCroie (Ayr Sea) 55-15, V1, J. Conaghan (Spango Valley) 56-27, L1, F. Ingham (Whiting Bay) 1-32-04.

Glasgow University Sports Day, Westerlands
400m K. Bone (Clydebank) 51-2, 800m G. Gibson (Kilbarbar) 1-56-6, Mile C. Wallace (Kilbarbar) 4-20-5, 3000m A. Douglas (Glas Uni) 8-47-0, SP A. Syverson (Glas Uni) 15-12m.

Kirkcaldy College of Technology Road Races, Kirkcaldy
(110 ran) 10 mile: 1. T. Mitchell (Fife) 53-37, 2. H. McKay (Dundee HH) 54-32, 3. D. Easton (FVH) 54-55, 4. J. Robertson (Cambus H) 56-05, 5. S. Groves (Fife) 56-23, 6. K. Duncan (Pitavie) V1 56-27, 7. Ash (Pitavie) 57-55, L1, D. Lucas (Striders) 76-37, L2, I. Wilson (Striders) 77-59, L3, J. Eaplin (Unat) 79-28, LVI, I. Wilson.

(140 ran) 6 miles: 1. G. Crawford (Springburn) 29-40, 2. G. Kerr (Fife) 29-5, 3. D. Arnott (Pitavie) (J1) 30-47, 4. B. Cook (Dundee HH) 30-52, 5. J. Cunningham (Army) 31-10, 6. B. Lister (F. Laud) 31-17, V1, S. McCrae (Cumbernauld) 32-47, V2, P. Cartwright (Fife) 33-04, V3, A. Gibson (Unat) 33-24, L1, J. Stevenson (Fife) 39-29, L2, M. McLaren (Penicuik) 40-06, L3, B. Hutton (Fife) 43-01, LVI, J. Stevenson, LV2, B. Hutton.

SAAA Northern District Championships, Queens Park, Inverness
100/200 N. Munro (Inverness) 11-2/22-6, Jun. 100 Munro 11-0, 400/LJ A. Taylor (Inverness) 52-2/6-35m, 800m J. Bowman (Inver) 1-54-6, 5000m B. Chinnick (Forres) 14-36-6, HJ T. Leighton (Inver) 1-06, HJ (Youth) D. Bannister (Inver) 1-85m.

24/25
H.F.C. United Kingdom Championships, Derby
Men: 100m 2. J. Henderson (ESH) 10-50, 200m 3. Henderson 21-17, 5. N. Turnbull (ESH) 21-49, 400m 6. A. Walker 47-89, 800m B. T. Ritchie (Pitavie) 1-50-11, 1500m (In heats) A. Callan (Springburn) 3-48-87, H. McInnes (Spango Val) 3-51-90, S. Wallace (Cambus) 3-52-19, A. Currie (Dumbarton) 3-53-67, 5000m 17. P. Fleming (Beila) 14-23-52, 100H 5. N. Fraser (EAC) 14-27 (14-17 ht), HJ 7. B. Thomson (EAC) 2-05m, LJ 4. K. McKay (Pitavie) 7-32m, SP 4. E. Irvine (EAC) 16-49m, JT 8. J. Outhrie (ESH) 64-90m, TJ 3. C. Duncan (ESH) 15-62.

Women: 100m 4. J. Neilson (EWM) 11-54, 200m 2. S. Whittaker (McL) 23-59, 800m 4. A. Purvis (EWM) 2-03-28, heat, L. McDonald (Pitavie) 2-10-97, 1500m 2. E. Lynch (Dundee HH) 4-08-03, 6. K. Hutchison (Pitavie) 4-16-78, 9. V. Blair (EWM) 4-25-07 (heat 4-24-68), 3000m 1. Y. Murray (EAC) 6-53-89, 400H 1. E. McLaughlin (EWM) 57-91, HJ 5. J. Barnettson (Inverness H) 1-80m.

26
Landmar Festival 5 mile Road Race, Rutherglen
1. A. Gilmour (Cambus) 24-16, 2. G. Crawford (Springburn) 24-21, 3. E. Stewart (Cambus) 24-30, 4. C. Thomson (Cambus) 24-56, 5. A. McLollan (Calderglen) 25-00, 6. P. Carton (Shett) 25-12.
V1, A. Bain (Cambus) 12th, V2, P. Cartwright (Fife) 16th, V3, F. Wright (Springburn H) 23rd.
L1, S. Branney (McLaren) 28th, 27-35, L2, C. A. Bartley (McLaren) 60th, 30-31, L3, K. Ryan (Darlington) 32-05.

TSB Cumnock Half Marathon, Cumnock (400 ran)
1. S. Axon (Aber) 66-16, 2. D. Frame (Law & Dist) 66-30, 3. Conaghan (Spango Val) 69-02, 4. B. Emmerson (Teviotdale) 69-55, 5. I. Elliot (Teviot) 70-41, V1, D. Logue (ESH) 71-26, L1, S.A. Clifford (Ayr Sea) 86-50, LVI, S. Law (Unat).

SWAAA National Multi Events and Relay Championships, Grangemouth Stadium
Senior Heptathlon: 1. M. Anderson (EAC) 4605pts (13-37 SP, 43-96 JT).
Intermediate Heptathlon: 1. N. Embiemi (EAC) 48-54 JT, 4367pts, 2. A. McGregor (Monk Shett) 3843pts, 3. C. Ogg (Arbroath & Dist) 2908pts.
Relays: 4 x 100 metres: Euro Juniors 1. Aberdeen 50-9, Inters 1. McLaren 49-9, Juniors 1. Monk Shett 51-6, Girls 1. Fife 55-3.
4 x 200 metres: Intermediate 1. McLaren 1-44-8, 3 x 800 metres: Juniors 1. EWM 7-31-2, 4 x 400 metres: Euro Juniors 1. EWM 4-06-1.

9/10
British Universities Athletic Championships, Meadowbank
Men: 100m 5. A. Doris (Edin) 10-68, 400m 2. W. McDonald (Edin) 48-80, 1500m 3. R. Archer (St. And) 3-50-83, 7. B. Scally (Strath) 3-50-9, 10000m 2. A. Douglas (Glasgow) 30-18-86, SP A. Syverson (2nd) (Glasgow) 14-69m.
Women: 100m 2. J. Booth (Edin) 12-32, 4. M. Mannes (Strath) 12-52, 7. G. Vaughan (Aber) 12-82, 200m 1. A. Thomson (Lough) 25-16, 2. M. Minnes 25-45, 3. G. Vaughan 25-74, 1500 7. V. Vaughan (Oxford) 4-44-45, 3000m 5. A. Ridley (Glas) 9-59-13, 6. A. Sym (Glas) 10-03-45, 8. V. Vaughan 10-13-91, HJ N. Murray (Strath) 1-70m.

9
British Athletic League
Div 2, Luton: 1. Thames Valley H 278pts, 2. Enfield 229, 3. Windsor, Slough & Eton.

2087, 4- ESH and Luton, both 194, 6. Sale 182, 7. J. Guthrie 67-04m, DT 2. M. Jemli-Alade 47-36m, 400m 1. A. Walker 47-0, Div 3, Cwmbran: 1. EAC 255pts, 2. Cardiff AC 229, 3. Hillington 215.

10
Mars London Marathon
1. H. Taniguchi (Japan) 2-09-50, 2. N. El Mostafa (Morocco) 2-10-09, 3. H. Jones (GB) 2-10-11, Scots Placings: 1. J. Graham (Birchfield/Motherwell) 2-12-32, 43. F. Harper (Pitavie) 2-19-04, 46. A. Beattie (Luton/Cambus H) 2-19-28, 47. J. Doig (Aberdeen) 2-19-33, 60. J. Boyes (Bournemouth/Shettleston H) 2-21-48, 105. L. Reilly (Stamford) 2-25-29, L1, J. Kristiansen (Norway) 2-22-48, L2, F. Welch (GB) 2-25-51, L3, V. Marot (GB) 2-30



On the VETERAN scene...

Stalwarts like Grade 1 timekeeper George Athie from Musselburgh, who has been doing the job for over 40 years, make the serious point that with so many veterans actually running, there are not so many willing to take over some of the officials' tasks. Barry Craighead is a veteran who would love to have the time to compete more often, but because he is only one of a small band of official starters, and his services are called on twice most week-ends plus mid-week events, he does not have the time to train or compete.

Added to this is the blatantly unfair situation whereby top class athletes are now able to ask for appearance money as well as lucrative subventions, but officials are lucky if they get their travelling expenses and a cup of tea for their troubles.

Now I know that the vast majority of officials would say they do it for the love of the sport, but the least some of us can do is take our share. Barry Craighead spends 12p every time he fires his starters gun, but can only claim £3 expenses per event. The cheapest official starters gun is about £180.

So maybe we should be ensuring that our officials at least have the equipment they need to do the job without them constantly dipping into their own pockets. You can help — yes you! Make yourself available as a marksman's assistant, or a jump or throws judge.

You don't have to be a veteran, but the chances are that if athletics has taken your interest then you will be willing to learn. There are courses you can attend and qualifications you can gain. Indeed, you can get an opportunity to see athletics from a very close up position.

So, next time you are lining up at the start of a race, or looking over someone's shoulder to get your time or position — or maybe complaining that the results are taking a long time to come out — just think of all those backroom people in athletics and go and join them. I am sure you will be very welcome.

I HAD the great privilege of meeting up with a number of vets from the Steel City Striders Club from Sheffield as they ran through Scotland from April 15 to 27

during the British Coastal Relay Run '87 in aid of the British Deaf Association. Some of these lads were out of work steelmen, while others had taken the whole of their annual leave to complete the arduous and sometimes lonely 5000 mile trip around the British coast.

THE DUNDEE Marathon on April 28 incorporated the Scottish championship, but only 800 runners turned up. Bob Wood from Dundee was first vet to finish in 2:36:35 and in conditions that turned out to be the warmest of the year. Margaret Robertson, also from Dundee, took the ladies award in 3:09. Margaret also picked up the vets award in the Haddington 10.

JACK KNOX, after a period of absence with a thigh injury, was back on the winning trail at Haddington and Penicuik over 10 miles and 10k respectively (55:09 & 33:27).

IN THE Edinburgh to North Berwick 22 mile Road Race, Dave Fairweather was the only athlete to give winner Martin Coyne (Jnr) any worries when he had the fastest finish, completing the course in 1:57:05. The only other runners in the event to break two hours for the 22 mile trip will both be vets next year — Andy Stirling from FVH and Peter Marshall from Haddington. Another pre-vet really going well again is Brian Emmerson of Teviotdale, who was third in the Penicuik 10k race.

ARCHIE Duncan, after finishing third vet at Haddington, took the honours in the Edinburgh Half Marathon in 73:40, holding off the challenge from Newcastle's Mike Walker, by six seconds. Bill Adams, another new vet from Lerwick in Shetland, did well to take third spot in Edinburgh in 1:14:59. Anne Newbigging from Bo'ness took the ladies vets award in 1:31:49.

ROGER Redpath, a relative novice to road running and one of Martin Hyman's enthusiastic Tuesday night group at the Meadows in Edinburgh, showed that determination can bring its rewards as we get older when he won Britain's smallest marathon on the Isle of Benbecula, beating a field of 20 runners in a time of 2:47:30 — a nine minute improvement on his best run.

SUMMER brings out the track and field specialists, and veterans are as keen in this aspect of our sport as on the roads. The SVHC track and field championships are being held at Crownpoint track in Glasgow on Sunday, 28, June starting at 12 noon.



Henry Muchamore

25 YEARS AGO

CRAWFORD Fairbrother (Victoria Park AAC) was the outstanding performer at the Scottish National Championships at Meadowbank, setting five records (United Kingdom, Scottish All-comers, National, Native and championship records) with his high jump clearance of 6' 9 1/2".

Two other all-comers records were broken. John Linaker (Pitroavie AAC) beat his own record of 9:03.2 secs by one second when winning the 3000 metres steeplechase by over 80 yards, and Howard Payne (Birchfield Harriers) won the hammer title with a record throw of 193'4", beating Lawrie Bryce (Edinburgh Uni).

Ronnie Whitelock (Victoria Park AAC), who won the 100 yard title three years previously, scored an upset win over the favourite Alistair McIlroy (Anglo Scottish AC), with a strong headwind keeping the time slow at 10.1 secs.

(NB. Crawford Fairbrother gained 53 British international vests, competed in the high jump in Commonwealth, European and Olympic Games. He died tragically last November at the age of 49. Howard Payne won the Commonwealth hammer title in Edinburgh at the 1970 Games, and Ronnie Whitelock is now a respected official at athletics and cross-country meetings).

by Colin Shields

50 YEARS AGO

CRITICISMS of the management of the athletics team at the 1936 Olympic Games in Berlin were made in a report considered at the annual general meeting of the AAA in London. It was stated that three members of the team — D. Finlay (captain), A. Brown and P. Ward — had discussed the matter with representatives of the AAA who, after full consideration, came to the conclusion that no substantial effect on the performance of the athletes could be traced to faulty team organisation.

Some of the athletes complained that they should have arrived in Berlin at least a week beforehand, that the masseurs were not efficient, that Britain was the only athletics team without qualified coaches in attendance, that the team was unable to obtain information as to the start times of certain events, and that transport between living quarters and the stadium was inadequate for athletes.

The report contained assurances from the AAA that complaints such as these need not arise in the future.

(NB. Matters did not improve in the next quarter of a century, with continued complaints from international athletes as to team mismanagement and not enough concern by officials for athletes in the team).

100 YEARS AGO

THE ANNUAL amateur athletics championships of Scotland were decided on the splendid grounds of Queens Park P.C. at Hampden Park, in weather of the most favourable description. Indeed, the heat was so intense that it told to some extent on the competitors. While last Saturday's championships were, athletically, a great success, financially they were a failure as the attendance did not outnumber a thousand spectators.

A curious blunder was made by those who were entrusted with the arrangements in marking off the distance for the 120 yards hurdles race. The distance to the first hurdle was only 10 yards, with 20 yards of a run in at the finish. The proper way to mark off the distance for the hurdles race is to have 10 yards between each set of hurdles, and 15 yards at each end.

The curious part of it is that the Queens Park officials have always at their own sports adopted the wrong method, and nobody has ever spotted it before. Some delay was caused at the start through no tape being provided, nor were any labels available for marking the distances achieved in the hammer throwing and weight putting.

But these small matters apart, the arrangements, on the whole, may have been considered satisfactory.

Events Diary

June

- 18 Forth Valley League: Div 1, Livingston; Div 2, Saughton
- 19 Scotrail National Championships, Meadowbank (Day 1). SAAA Championships Convener — B. Craighead, 98 Magdalen Gardens, Edinburgh EH15 3DR. SWAAA Championships Convener — Mrs R. Booth, Duntrobin, The Crescent, Dunblane, FK15 0DW. E. close May 30.
- 20 SAAA/SWAAA Scotrail National Championships, Day 2.
- Scottish Schools Championships: Boys — Crownpoint; Girls — Grangemouth.
- Dairy Crest International, England v Italy v Czechoslovakia, Portsmouth.
- Eldon Two Hills Race, Melrose (4 1/2 miles, 1500ft climb). Rec — 25:48. K. Stuart (Kewick AC) 1984 E — T.E. Allan, Clynder, Darnick Road, Melrose (3:00pm start).
- Rizziberry Hill Race, Biggar (3 miles, 900ft climb). E — D. Telfer, Loaningdale School, Biggar (3:00pm start).
- Lesmahagow Highland Games. E — H. McGilivray, 14 Milton Park Square, Lesmahagow ML11 0DR.
- 20 Islay Festival Bog Slog, Kildalton, Isle of Islay.
- 21 Afton Water 10 mile Road Race, New Cumnock. E — Janette Hume, 59 Pathhead, New Cumnock, Ayrshire.
- Pearl Assurance Great North Run, Newcastle to S. Shields.
- Tiso Seven Hills, Edinburgh (4 miles, 2200ft climb). Rec — 1:38:10. M. Burton (Camethy Hill Runners) 1986 E — G. Tiso, 13, Wellington Pl, Leith, Edinburgh (Start 11.15am).
- Edinburgh and Dis. Athletic League, Tweedbank Stadium.
- Scottish Young Athletes League: Divs 1 & 2 West, Scotstoun.
- Ben Lomond Climb/Race in aid of Royal Commonwealth Society for the Blind. Details — H. MacAulay RCSI, 49, South Methven Street, Perth.
- 21 Prudential Mid Argyll Half Marathon and Fun Run. E — W. McCallum, 38, Fernoch Park, Lochgilphead, Argyll PA13 8DG.
- Peterhead Half Marathon. Details — Running North, 5, South Mount Street, Aberdeen.

Bo'ness 10K Road Race, Bo'ness. Details — John McMillan, 52, Orange Park, Bo'ness, West Lothian.

Braw Lads Gathering, Galashiels. Details — John Hunter, 52, Raeburn Meadow, Selkirk TD7 4HN.

23 Renfrewshire AAA/Dunbartonshire AAA Track Leagues, Crownpoint.

24 Roevin Open 10k Road Race, Beach Esplanade, Aberdeen. Details — Running North, 5, South Mount Street, Aberdeen.

Sri Chinmoy Open 2 Miles Road Races.

Edinburgh SH Open Graded Meeting, Meadowbank. Details — I. McKerrzie, 146, Avontown Park, Linlithgow, West Lothian EH49 (E on race night).

24 Kilwinning Academy Tenth Anniversary Festival of Road Running (inc. senior 10K and races for children 12-16). Details — A. Grant Young, Assistant Rector, Kilwinning Academy, Ayrshire. Tel: 0294-51316.

27 Europa "Bruno Zauli" Cup Final, Prague (Day 1).

SAAA Dairy Crest Under 19 years Juniors, Youths and Senior Boys Championships, Crownpoint. Championship convener: B.A. Goodwin, SAAA West District Office, Argyle Street, Glasgow.

U.K. Women's Athletic League: Div 1 — Essex; Div 2 — Radley.

Cairngorm Hill Race, Glenmore Lodge, Aviemore. (10 miles, 3000ft climb). Rec — 72:49. R. Shields (Clydesdale H) 1979 E — Mrs M. McKay, Cairngorm Charlift Co. Aviemore (Start 2.30pm).

28 Men's International Match, Scotland v Ireland v Catalonia, Meadowbank.

Europa Cup Final, (Day 2).

U.K. Womens Athletic League: Div 2 — Wolverhampton.

Sixth Loch Rannoch Marathon and Inaugural Half Marathon, Loch Rannoch. E — A. Andrews, Rannoch School, Rannoch Station, Perthshire PH17 2QQ (11am start).

Scottish and North West League: Divs 1 & 2 — Wishaw; Divs 3 & 4 — Grangemouth; Div 5 — Dam Park, Ayr.

Lairig Ghru Hill Race, Aviemore to Braemar (28 miles, 2100ft climb). Rec — 3:12:40. A. Pratt (RAF) 1976 E — D. Summers, 20, Skene Street, Macduff (start 11.00am).

LOTHIAN AND BORDERS FIRE BRIGADE

Presents the



Assisted by: West Lothian District Sports Council and Livingston & District AAC
Sunday 30th August 1987
at 10a.m.
Start/finish at Howden Park, Livingston

- Commemorative Medals and Certificates to all finishers
- Trophies in all categories (incl. best fancy dress).
- Prizes include Gore-Tex fabrics suits to 1st male, 1st female, 1st male o/40 and 1st female o/35.
- New faster course for 1987 applied for.
- Changing/parking facilities
- Wheelchair entries welcome.

Entry forms from:

Race Secretary, Livingston Fire Station, Craigshill, Livingston, West Lothian. EH54 8LP
s.a.e. required

Silver Jubilee



Livingston Development Corporation
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ENTRY FORM

SURNAME		SEX
<input type="text"/>		<input type="checkbox"/> M <input type="checkbox"/> F
FIRST NAME		
<input type="text"/>		
POSTAL ADDRESS		
<input type="text"/>		
TOWN		
<input type="text"/>		
COUNTY	POST CODE ESSENTIAL	
<input type="text"/>	<input type="text"/>	
DAYTIME TELEPHONE (STD CODE ESSENTIAL)	HOME TELEPHONE (STD CODE ESSENTIAL)	
<input type="text"/>	<input type="text"/>	
DATE OF BIRTH	AGE ON DAY OF RACE	WHEELCHAIR ENTRANT (PLEASE TICK)
Day Month Year	<input type="text"/>	<input type="checkbox"/>
FIRST CLUB AFFILIATED CLUB		
<input type="text"/>		
BEST TIME	WHERE ACHIEVED	
<input type="text"/>	<input type="text"/>	

Please enter me for the Gore-Tex Fabrics Livingston Half Marathon. I am medically fit and understand that I enter at my own risk, and that the organisers/sponsors shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee £4.00 - cheque/P.O. to Livingston Half Marathon. No acknowledgement - check bank statement for confirmation of entry.

Signed Date

Completed entry to Race Secy, Livingston Fire Station, Livingston EH54 8LP



Livingston Development Corporation



THE CITY OF EDINBURGH DISTRICT COUNCIL

EDINBURGH

IMPROVING SERVICES - CREATING JOBS



THE EDINBURGH PEOPLE'S 10 KILOMETRE RACE & 3 KILOMETRE FUN RUN (SAAA, SWAAA, SWCC & RRA RULES)

9.30 a.m. SUNDAY 5th JULY, 1987
Start/Finish - Meadowbank Stadium, Edinburgh

OFFICIAL ENTRY FORM

BLOCK CAPITALS PLEASE

Surname

First Name Sex ☐ M ☐ F

Address

Address

Day Time Telephone Postal Code

Date of Birth Age on Date of Race

Registered Athletic Club Anticipated Time

Entries should be returned to:
Race Secretary, City of Edinburgh District Council,
Recreation Department, 17 Waterloo Place, Edinburgh EH1 3BG.

Please enter me for the 10 Kilometre Race ☐

Please enter me for the 3 Kilometre Fun Run ☐

Entry Fees (non refundable) (Cheque/P.O. made payable to:
City of Edinburgh District Council)

10 Kilometre Race £3.50

(Please enclose and A3 size envelope + £0.40 postage for T-shirt and
race information).

T-Shirts - state size Small ☐ Medium ☐ Large ☐ Extra Large ☐ (sizes subject
to availability)

3 Kilometre Fun Run £0.50

I certify that I, the entrant, am medically fit and understand that I enter at my own risk and that the
organisers will in no way be held responsible for any injury or for any property lost or damaged.
The undertook is only applicable to entrants for the 10 Kilometre People's Race.

I hereby declare that I will be (men age 18 years/women age 17 years) or over on the day of the
event and have not competed in an athletics (track and field, road race, cross country or road
walk) event as a professional, or having done so I have been reinstated to amateur status.

Signed

Date Entry No

official use only

Events Diary

- 28 Black Hill Race, Earliston (4 miles, 600ft climb). Rec - 26.22. B. Emmerson (Teviotdale H) 1984. E - Mrs S. Smith, 8. Thornfield Crescent, Earliston.
- Falkland Festival Hill Race (3 miles, 1200ft climb). Rec - 20.26. R.L. Morris (Carnethy Hill Runners) 1986. E - K. McGuire, 13. Liqueurstone, Falkland, Fife.
- Benarty Hill Race, Ballingry, (4 miles, 800ft climb). E - J. Paterson, 30. Abbotsford Road, Lochore, Fife (Start 4.00pm) E close June 21.
- Buckie Round Table Half Marathon, Buckie. E - R. Farquhar, 88. Douglas Crescent, Buckie.
- Scottish Veterans Track and Field Championships, Crownpoint. E - David Morrison, 12c. Deedes Street, Airdrie.
- Arbroath Half Marathon.
- 29 Northern Ireland v Scotland v Israel v Catalonia Mens International March, Antrim Forum, N. Ireland (Day 1).
- 30 International Match, Day 2.
- Annan 10K Road Race, Annan. E - Mrs. Diana Dunlop, 100. Brooms Road, Dumfries DG1 2DZ.
- Sri Chinmoy 5K Road Race, Glasgow Green. E - B. Grassom (as before).
- Mamre Hill Race, Kinlochleven (15 miles, 1500 ft climb) Rec 1-18-39, P. Dolan (Clydesdale Harriers) 1975. E - J. Davidson, 11 Mamre Road, Kinlochleven (start 2.30pm).
- 5 European Combined Events Cup Final, Basle and Arles (Day 2).
- Scottish Women's AAA Dairy Crest Under 19 Championships, Grangemouth (Day 2).
- Cupar Highland Games and 11 Miles Road Race, Cupar. E - J. Weir, 16 Tavitt Avenue, Cupar.
- Stonehaven Half Marathon, Stonehaven. E - Leisure and Recreation Dept, Kincardine and Deeside District Council, Carlton House, Arduthie Road, Stonehaven (11am start) (closing date 17/6).
- Banff Half Marathon Details - D. Summers, 20 Skene Street, Macduff, AB4 1RN.
- Third Teviotdale Half Marathon, Hawick. E - Nancy Douglas, 4d. Dickson Street, Hawick TD9 7EL.
- Edinburgh Peoples 10,000 metres Road Race and Fun Run, Edinburgh.
- Running Wild Hyde 7. Details - Running Wild, 148-150, Market Street, Hyde, Cheshire.

July

- 1 Sri Chinmoy 2 mile Road Race, The Meadows, Edinburgh.
- 4 Bislett Grand Prix Games, Oslo.
- European Combined Events Cup Final (Day 1).
- Men's Decathlon, Basle, Switzerland.
- Women's Heptathlon, Arles, France.
- British Athletic league Div 2, Meadowbank Div 3, Warley.
- Scottish Women's AAA Dairy Crest Under 19 Intermediates, Junior's and Girls' Championships, Grangemouth, 1 p.m. E - Mrs C. Bolan, Championship Convener, 3 Gateside Ave, Kilsyth G32 0RW (E close 13/6).
- Shotts Highland Games and 14 Mile Road Race, Hannah Park, Shotts. E - M.H. Wallace, "Cumelynnie", 357 Shottskirk Road, Shotts, Lanarkshire, ML7 4ET.
- Elgin Highland Games and 10 Mile Road Race, Elgin. E - Mrs M. Cooke, "Ormaroo", James Street, Lossiemouth.
- West Kilbride 10,000 metres Road Race and Sports, West Kilbride. E - Alex McMillan, Tarbert Avenue, West Kilbride, Ayrshire, KA23 9DL.
- Domoch Festival Half Marathon, Domoch. E - A.S. Green, 41 Clashmugach, Clashawie, Domoch (E close 27/6).
- Triangular Athletics Match, Livingston.
- Knock Hill Race (3 miles, 600ft climb) Rec 18-24 G. Crawford (Springburn Harriers) 1986. E - J. Tainsh, Kincardine, Crieff (7pm start).
- 8 Falkirk District Council Open Graded Meeting, Grangemouth Details - A. Kerr, Grangemouth Stadium, Kersiebank Avenue, Grangemouth, (E - on night).
- Sri Chinmoy 1 mile Road Race, Glasgow Green.
- Sri Chinmoy 2 mile Road Race, The Meadows, Edinburgh.
- 8-19 World Student games, Zagreb, Yugoslavia.
- 9 Brimmond Hill Road Race, Aberdeen Details - Running North, 5 South Mount Road, Craibstone, Aberdeen (7pm start).
- 10 Peugeot Talbot Grand Prix Games, Crystal Palace, London.
- Runsport 10,000 Road Race, Stirling University. E - Race Organiser, Runsport 10k PO Box 35, Stirling (7.30pm start).
- Runsport Women's 10,000 Road Race, Stirling University (8pm start).

Events Diary

- British Rail Welsh Games, Including Men's and Women's International Match (Wales v Scotland v Northern Ireland v Israel v Cyprus), Swansea.
- Duns Sports Meeting, Duns Details 2 Rev A Cartwright, The Manse, Swinton, Duns, Berwickshire.
- Forres Highland Games and 10 Mile Road Race, Forres Details - M. Francis, 5 North Street, Forres, IV36 0LY.
- Scots Team at Junior International, Hungary.
- 12 Runsport Half Marathon and Invitation Street Miles, Stirling University. E - Runsport Half Marathon, PO Box 35, Stirling, (9am start).
- Caithness North Half Marathon, Thurso. E - J. Cassella, 12 Lythmore Road, Thurso, Caithness, KW14 7PF (12 noon start).
- Keith Gala Week Road Races, Keith - E. Jonstone, 16, Wellington Street, Keith, Banffshire AB5 3BY.
- Scottish Veteran's 10,000 metre Track and Pentathlon Championships, Coatbridge. E - D. Morrison, 12c Deedes Street, Airdrie ML6 9AG.
- 13 Saltcoats Gala 4 Mile Road Race, Saltcoats. E - Anne Clarke, Race Organiser, Council Offices, 25 Montgomery Crescent, Saltcoats, (7.30pm start).
- 14 Edinburgh Woolen Mills 15000 metres Road Race, Moffat. E - J.W. Buchanan, Braeside, Moffat, DG10 9SE.
- 15 British Police Athletic Championships, Meadowbank.
- Sri Chinmoy 2 mile Road Races, Glasgow Green and The Meadows.
- 17 McVitties International Challenge Match (England v USA) Alexander Stadium, Birmingham.
- 18 Shettleston Harriers Open Graded Athletic Meeting, Crownpoint Details - W. Scally, 437 Duke Street, Glasgow G31 1RY (E on afternoon).
- International Men's and Women's Match (Scotland v Northern Ireland v Israel), Meadowbank (Day 1).
- British Schools International Athletic Match, Tweedbank.
- AAA Dairy Crest Under 20 Championships, Alexander Stadium, Birmingham (Day 1).
- Inverness Highland Games, Bught Park, Inverness Details - Turnbull Sports, 10a Church Street, Inverness.
- Lochinver Coastguard 10 mile Road Race, Lochinver.
- 19 Inverness Peoples 10,000 metres Road Race and Fun Run, Inverness. E - Turnbull Sports, 10a Church Street, Inverness (2.30pm start).
- International Men's & Women's Match, Meadowbank (Final Day).
- Kildoon Hill race, Maybole (3 miles, 300 ft climb) Rec - 15-57, I. Johnston (Cambuslang Harriers) 1979. E - K. Anderson, 42 Ladyland Road, Maybole, Ayrshire.
- Dairy Crest Championships (Day 2).
- 20 Ulster Games, Antrim Forum, Northern Ireland.
- 21 White Ash Hill Race, Fochabers (5 miles, 800 ft climb) Rec - 28-24 M. McCulloch (Forres Harriers) 1985. E - J. Dye, 77 High Street, Fochabers, Moray (start 7.30pm).
- Crieff Health Week Strathern Harriers half Marathon, Crieff. E - R.G. Smith, "Ochilview", Ferntower Road, Crieff (start 7.00pm).
- 22 Edinburgh Southern Harriers Open Graded Meeting, Meadowbank Details - Ian McKenzie, 49 Avontoun Park, Linlithgow, West Lothian, EH49 6QG (E on night).
- Sri Chinmoy 5000 metres Road Race, Glasgow Green.
- Sri Chinmoy 2 miles Road Race, The Meadows.
- Golden Gala Meeting, Olympic Stadium, Rome.
- 23 Dumbarton District Gala Sports Night, Alexandria.
- 24 TSB Women's AAA Championships, Alexander Park, (Day 1).
- 25 TSB Women's AAA Championships (Final Day) British Athletic league Div 2 Bracknell Div 3 Meadowbank.
- Home Countries Combined Events International Match, Stoke on Trent (Day 1).
- Aberdeen AAC Open Athletic Meeting (Including Golden Sprints), Caird Park, Dundee Details - K. Smart, 9, Collieston Ave, Bridge of Don, Aberdeen AB2 8SE.
- Lochaber Highland Games and Meall An-Suidhe Hill Race, Town Park, Fort William (3.5 miles, 1500 ft climb) Rec 27-54 K. Stuart (Kewick AC) 1983. E - L. Volwerk, School House, Glencoe, Argyll, (start 3pm).

STIRLING UNIVERSITY

RUNSPORT 10KM. ROAD RACES

Friday 10th July (ev.)

WOMEN'S RACE: 7.30 P.M.

MEN'S RACE: 8 P.M.

ENTRY FORMS FROM:

RUNSPORT LTD. RUNSPORT 10KM. 97, BARNTON ST. STIRLING. P.O. BOX 35, STIRLING.

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RUNSPORT HALF MARATHON

Sunday 12th July

Sponsored by:

Runsport Ltd., Etonic, Key Plant, Scotland's Runner, Gestec Ltd. Burgess & Gibson.

Start & Finish at Stirling University

ENTRY - FORMS FROM:

RUNSPORT LTD. Runsport 1/2 Marathon 97, BARNTON ST. P.O. Box 35 STIRLING Stirling FK8 1HD.

SEND S.A.E.

Events Diary

- Dingwall 10 Evanton 10 mile Road Race, Dingwall E — Roy Cameron, 5 Rose Croft Muir of Ord, Ross-shire
- Musselburgh Festival Road Race, Musselburgh
- Irvine New Town Highland Games, Laigh Park, Irvine, and Irvine Half Marathon E — W. Banks, 25 Hazel Grove, Kilwinning, Ayrshire, KA13 7JH
- Helensburgh Peoples Half Marathon, Helensburgh E — D.J. Wilson, 18 Duncan Road, Helensburgh
- Stromness Half Marathon, Orkney Isles
- Pearl Assurance Invitation Athletics Meeting, Gateshead
- Tyneside Scottish League, Meadowbank
- Monklands Half Marathon, Airdrie E — D Morrison, 12c Deedes Street, Airdrie, ML6 9AG
- Half Ben Nevis Hill Race, Fort William 6 Miles, 2200 ft climb) Rec 47-39, C. Donnelly (Cambuslang Harriers) 1983 E — L. Volwerk, School House, Glencoe
- 26 Home Countries Match (Day 2) Irvine Harbour Festival Half Marathon, Irvine. E — W. Banks, 25 Hazelgrove, Kilwinning KA13 7JH
- 26 Gatehouse Gala "Roon the Watter" 10K Road Race. E — See local Press and sports shops (start 3.30pm).
- 27 Cow Hill Race, Fort William (2.5 miles, 900 ft climb) Rec 17-35 R. Bergstrand and P. Dugdale (Sheffield H) 1986 E — L. Volwerk, address as above
- 29 Ord Hill Race, North Kessock (5 miles, 600 ft climb) Rec 29-02 B. Chinnick (Forres H) 1986 E — R. Cameron, 5 Rose Croft, Muir of Ord, Ross-shire
- Sri Chimney 10,000 metres Road Race, Glasgow Green
- Sri Chimney 2 miles Road Race, The Meadows
- Edinburgh AC Open Graded Meeting, Saughton (E on night)
- August**
- 1 Kodak AAA Championships, Crystal Palace (Day 1)
- Celtic Countries Junior Women's International Match, Antrim Forum, N. Ireland.

- Newtonmore Highland Games and Greagh Dubh Hill Race, Newtonmore (4 miles, 1100ft climb) Rec — 26-13, A. McGee (Keswick AC) 1978 E — Mrs C. Ralph, Caman Dubh, Old Glen Road, Newtonmore (3pm).
- Carnock Valley Round Table Beith Bigholm 10K Road Race, Beith; E — J. Swindale, 29, Braehead, Beith (2.30pm)
- Bonar Bridge People's Quarter Marathon, Bonar Bridge.
- 2 Kodak Champs (Day 2)
- GRE Gold Cup Semi Final, Gateshead.
- Strathallan Highland Games and Half Marathon, Bridge of Allan. Details — Runsport, 97, Bampton St, Stirling (E close 19-7).
- Scottish Young Athletes League, West Dives 1 & 2 — Wishaw
- Ferranti 10 Miles Road Race, Aberdeen. Details — Running North, 5, South Mount St, Aberdeen.
- City of Edinburgh 10 Mile Road Race Crammond E — Edinburgh AC, c/o 40, St Ninians Road, Edinburgh EH12 8AW (Start 10am)
- Corrie Capers Round Arran 6 Stage 56 Mile Road Relay Race, Isle of Arran. E — John McVicar, "Gowanlea", Sannox, Isle of Arran KA27 8JB
- Donkey Brae Road Race, Aberdeen. Details — Running North.
- Granton on Spey Half Marathon, Granton on Spey. Details — Turnbull Sports, 10a, Church Street, Inverness
- 4 Renfrewshire AAA/Dumbartonshire AAA Track League, Crownpoint.
- 5 Falkirk District Council Open Graded Meeting, Grangemouth Stadium Details — A. Kerr, Stadium Manager, Kersiebank Ave, Grangemouth E — on night
- Lanarkshire AAA Track League, Wishaw.
- North Berwick Law Hill Race (3 miles, 600 ft climb) Rec — 18-13 M. Lindsay (Carnethy Hill Runners) 1985 E — R.L. Morris, 33, Morningside Road, Edinburgh. 7pm start.
- 6-9 European Junior Athletic Championships, Alexander Stadium, Birmingham.
- 8 Cambuslang Harriers Open 10 Mile Road Race, Rutherglen. E — J. Scarbrough, 22, Burnfoot Crescent, Burnside, Glasgow G73 5DT
- Brodrick Highland Games, Brodrick, Isle of Arran E — Elizabeth Lambie, 16, Douglas Place, Brodrick.
- Abernethy Highland Games, Nethy Bridge.

Events Diary

- Burnswark Hill Race, Ecclefechan (6 Miles, 900 ft climb) Rec — 34-26 P. Taylor (Copeland H) 1982 E — D. Mair, The Firs, Hall Road, Ecclefechan. 3pm start.
- Largo Law Hill Race, Lower Largo, Fife. (5 miles, 900 ft climb) Rec — 28-13, J. Maitland (Aberdeen/Pudsey) 1984 E — R. Morrison, 8, Trinity Place, St Andrews, Fife.
- 9 Scottish Young Athletes League, Semi Final and Consolation Cup Match, Pitreavie.
- HFC Scottish Athletics League Dives 1 & 2 — Crownpoint Dives 3 & 4 — Meadowbank
- Kilsyth Rotary Club 10K Road Race, Kilsyth. E — G. Robertson 154, Rennie Road, Kilsyth G65 9PR, 10am start.
- Moray People's Marathon, Half Marathon and 10K Road Race, Elgin. E — Ed McCann, Dept. of Recreation, 30-32 High Street, Elgin. 11am start.
- SVHC 10K Road Race, Lochinch, Pollock Park, Glasgow. Details — D. Morrison, 12c Deedes Street, Airdrie. 2pm start.
- Eyemouth People's Half Marathon, Manderston to Eyemouth. Details — G. Taylor, 7, St. Clairs, Eyemouth, Berwickshire.
- Eyemouth People's Half Marathon, Manderston to Eyemouth. Details — G. Taylor, 7, St. Clairs, Eyemouth, Berwickshire.
- Ayrshire County Track and Field Championships, Dam Park, Ayr
- Tyneside Scottish League, Whitley Bay.
- Loch Lomond Alarms Inter Club Athletic Meeting, Posties Park, Dumbarton. Details — B. Morrison, 71, McColl Avenue, Alexandria.
- Angus Munros Hill Race, Glen Doll (18 miles, 6000 ft climb). Rec — 3-58-54, A. MacKenzie (Inverness H) 1986 E — J. Wilkins, 11, Rose Street, Carnoustie, Angus. 11am start.
- 12 Shettleston Harriers Open Graded Meeting, Crownpoint. Details — W. Scally, 437, Duke Street, Glasgow (E on night)
- Mill Lum 6 mile Road Race, Kinghorn.
- Wideford Hill Race, Kirkwall (5 miles, 700 ft climb) Rec — 31-40, W. Shearer, Kirkwall, 1960 E — Mrs I. Adams, 16 Linklet, Papdale East, Kirkwall. 7pm start.
- 14 IAC Miller Life International Grand Prix Meeting, Crystal Palace.
- 15 GRE BAL Gold Cup and Jubilee Cup Finals, Alexander Stadium, Birmingham (Day 1).

- Glasgow Highland Gathering, Bellahouston Park. E — R.M. Dalgleish, 20, Trongate, Glasgow G1 5ES
- Bacculugh Chase Road Race, Sanquhar.
- Nairn Highland Games and Half Marathon, Nairn Details — D. Bow, 16, Giebe Road, Nairn IV12 4SU.
- Mormond Hill Race, Strichen (4 1/2 miles, 8000 ft climb) Rec — 27-32, C. McIntyre (Coasters RC), 1984 E — J. McFarlane, The Shambles, West Street, Strichen, Fraserburgh. Start 2.30pm.
- 16 Dalchully Hill Race, Laggan Bridge (4 1/2 miles, 1900 ft climb) Rec — 27-15, J. Musgrove (Crampian Orienteering Club) 1986 E — T. Robertson, Knockmalloch, Station Road, Newtonmore. Start 2.30pm.
- Marymass Sports Meeting, Irvine. E — W. Banks, 25, Hazel Grove, Kilwinning Ayrshire.
- Crampian Television Athletics League, Peterhead.
- Edinburgh and District League, Pitreavie.
- Sponsored 6 Mile Fun Run, Elie.
- Weltklasse Grand Prix Meeting, Cologne
- 19 Marymass 10K Road Race, Irvine Sports Club, Irvine. Details — W. Fulton, 159, Clark Drive, Irvine. E on night, 7.30pm.
- Edinburgh Southern Harriers Open Graded Meeting, Meadowbank. Details — I. McKenzie, 49, Avontoun Park, Linlithgow, W. Lothian EH49 6QG (E on night)
- Weltklasse Grand Prix Meeting, Zurich.

CRIFFEL MICRO STEWARTY QUADRATHON



Sunday 26th. July 1987 1:00pm.

KIRKCUDBRIGHT

Organised by STEWARTY DISTRICT SPORTS COUNCIL

Sponsored by CRIFFEL MICRO BUSINESS SYSTEMS Ltd.

INVERCLYDE DISTRICT COUNCIL GLENPARK HARRIERS

PRESENT

THE INVERCLYDE QUARTER MARATHON 30 AUGUST 1987

ENTRY FORMS:
RACE SECRETARY,
MUNICIPAL BUILDINGS
GREENOCK
SCOTLAND
TEL 0475 24400

Sponsored by IBM



ABERFELDY RECREATION CENTRE PEOPLES HALF MARATHON

Help under SAAA AND SWAA Laws
Sunday 20th September Start 2.00pm

Entries now being accepted for our second half marathon in aid of Aberfeldy Recreation Centre, a registered charity. Start and finish at A.R.C. Same scenic route as last year. Drink and sponge stations, First aid present.

Entry fee: £4.00 + £1.00 per team member (max six min four to qualify).

Fee includes swim, shower and snack for all entrants after race. Men 18 years and over. Women 17 years and over.

Recreation centre open for activities for families and friends. Prizes: Male, Female, Veterans, Teams, Locals, Spot prize.

Medals for all finishers.

Seeding for start positions will be done 6th September, based on previous best times. Entries received thereafter and on the day will be given later numbers.

Entry forms and full details from:

Race Manager,
Aberfeldy Recreation Centre,
Crieff Road, Aberfeldy,
Perthshire. PH15 2DU
TEL: 0887 20922

All correspondence to include S.A.E. Please.
Sponsored by:



THE KENMORE CLUB

THE NATIONAL TRUST MARATHON
1 NOVEMBER 1987

THE CHALLENGE

THE RUN ON THE WILD SIDE
26 miles 385 yards of AGONY AND ECSTASY!

For application form please send s.a.e. to The National Trust, Trinity Square, Llandudno, Gwynedd LL30 2DE

SPONSORED BY Reebok

Events Diary

22 Dairy Crest Games, Crystal Palace.

TSB Blairgowrie "500" Half Marathon, Blairgowrie.

E — John Wilson, Springbank, Darklands, Blairgowrie. Start 2.15pm.

Ciba Geigy 5 Mile Open Road Race, Linwood Sports Centre, Bredland Road, Linwood. Details — John McGinness, 29, Yarrow Crescent, Bishopston. PAT SEW (E on day) Start 3pm.

Bute Highland Games and 10 Miles "Round the Island" Road Race. E — T.B. McMillan, Ardalla, Cleland, Rothsay, Bute PA20 9HN. Argyll Open Championships, Oban. E — D. McGregor, Ardchoile, Benderloch, by Oban, Argyll.

HFC Scottish Athletic League, Wishaw.

Arrochar Alps Mountain Race, Arrochar (14 miles, 7900 ft climb). E — A. Dych, 43, Braehead Road, Dumochter, Clydebank. Start 11am.

Orkney Isles AAA Open Championships, Kirkwall (Day 1). Details — Mrs I. Adams, 16, Linklet, Papdale East, Kirkwall, Orkney KW15 1UZ.

Scottish Young Athletes Handicap Meeting, Arbroath.

23 Tweedsmuir Fair Fell Race, Tweedsmuir (4 miles, 1000ft climb) E — F. Smith, Broughton Brewery, Broughton, Biggar.

Monklands Scottish Cup Final (Women), Wishaw.

Radio for the Blind (Scotland) 10K Road Race, Grangemouth Stadium. E — John Loudon, 21 Kincardine Road, Carronshore, Falkirk FK2 8AE.

Marymass 10 Mile Sand Race, Magnum Leisure Centre, Irvine. E — W. Fulton, 199, Clark Drive, Irvine.

South Carrick Half Marathon, Girvan. E — John Holt, Girvan Swimming Baths, Girvan.

Capital Sports Midlothian People's Half Marathon, Gorebridge. Details — Secretary, Greenhall Community Education Wing, Greenhall High School, Gorebridge, Midlothian EH23 4PE.

Montrose Half Marathon, Montrose. Details — Mrs A. Grant, 2, Wellington Gardens, Montrose DD10 8QF.

HFC Scottish Athletic League Divs 1 & 2 - Meadowbank.

Border Athletics League, Tweedbank.

Grampian Television Athletics League, Elgin.

North East League, Inverness.

Fair City Fun Run, Perth.

SVHC Marathon Championships, Lochinch. Details — David Morrison, 12c, Deedes Street, Airdrie. Start 10.30am.

28 Cowal Highland Gathering, Dunoon (Day 1). E — J.M. Brown, 8, Ardencliffe Drive, Helensburgh G84 8PS.

UK v FRG v Switzerland Junior International, W. Germany (Day 1).

29 Cowal Games (Day 2)

SAAA Heavy Throwing Events Championships, Championship Convener — George Spence, 56, Kylemore Road, Greenock.

Junior International (Day 2)

Access UK Women's Athletic League Div 1 - Stretford Div 2 - Hounslow

Forth Valley Athletic League Divs 1 & 2 - Pitreavie

Peterhead Inaugural Track and Field Meeting and Road Race, Peterhead. E — J. Mundle, 1, Abbotswell Road, Peterhead AB4 6QU.

Scottish Veterans v North East Veterans Track Meeting, Grangemouth.

Two Bridges 36 Mile Road Race, Rosyth. E — Race Secretary, Civil Service Sports Centre, Castle Road, Rosyth, Fife. (E closes 8/8) Starts 10am.

Glenurquhart Highland Games and 15 Mile Road Race, Inverness to Drumadrochit. E — R. MacDonald, Westfield, Lewiston, Drumadrochit (E close 22/8) Start 1.15pm.

Achmony Hill Race, Drumadrochit (5 miles, 500 ft climb). Rec — 20-57, F. Clyne (Aberdeen AAC) 1978. E — R. MacDonald, as before. Start 3pm.

IAAF World Athletic Championships (till September 6)

30 Inverclyde Quarter Marathon, Greenock. E — Race Secretary, Municipal Buildings, Greenock. Start 9am.

Adidas Mars Half Marathon, Aberdeen. E — I. Fraser, 48 Westholme Avenue, Aberdeen AB2 6AB. 10am start.

Mid Argyll 9K Road Race and Fun Run, Lochgilphead. E — W. McCallum, 38, Fernoch Park, Lochgilphead PA31 8DG.

Goretex Fabrics Livingston Half Marathon, Howden Park, Livingston. E — Race Secretary, Livingston Fire Station, Craigshall, Livingston, West Lothian EH54 8LP. 10am start.

Inter-Regional Athletics Meeting, Tweedbank.

North-East League, Queens Park, Inverness.

UK Access Women's Athletic League.

Div 3 - Pitreavie

31 Kilmarnock and Loudon 10K Road Race, Kilmarnock. Details — Mrs E. Dalziel, 3, Stronsay Place, Kilmarnock KA3 2JA (E on night) 7pm start.

SRI CHINMOY GRAND PRIX

Run any or all races

Medals to 1st 7 men and women under 50, 1st 3 over 50. PLUS points accumulated in each category for over-all winners of the 5 week series.

WEDNESDAY EVENINGS AT 7.00pm

July 1 - Race cancelled July 8 - 5K

July 15 - One Mile July 22 - 5K July 29 - 10K

Entry fee £1.25. Entries from 6.15pm on day of race.

CHANGING AND REGISTRATION: Each Wednesday from 6.15pm. at the Clydesdale Rowing Club boathouse, the Weir, Glasgow Green. Showers limited. Come ready to run if you can.

DIRECTIONS: By foot from Saltmarket, Glasgow Cross. By car, entry from King's Drive/James St.

INVERARY HIGHLAND GAMES

in WINTERTON FIELD, CASTLE GROUNDS, INVERARY

TUESDAY, 21st JULY, 1987, at 11.30 a.m.

PIPING (Local and Open)

DANCING Adult and Juvenile (Local and Open) HEAVY, LIGHT AND TRACK EVENTS (Local and Open) CYCLE RACING

£2500 Prize Money and Trophies

LUNCHES, SNACKS, REFRESHMENTS LICENSED BARS ON FIELD

Ample Parking for Cars and Buses

Secretary: Mr. J. WYLLIE, 76 Braemar Avenue, Dunblane.

Tel. 0786 823 854

Dancing Enquiries: Mrs BETTY BEATON, Deer Park Cottage, Inverary, Argyll.

Tel. 0499 2332

Handicapper: ANDREW MITCHELL, 20 Kellyhill Road, Kelly, Fife.

Tel. 0383 830245

East Lothian District Council

present the 7th annual EAST LOTHIAN HIGHLAND GAMES

at the Meadowmill Sports Complex in Prestonpans

SUNDAY 23 August 1987

from 12 noon

Games Chieftain - Alec Monteath (of STV's Take the High Road)

Events include:

Hart (Builders) £1000 Sprint Handicap

Donaldson Construction "Heavy" Competitions

Foot Racing, Cycling, Tug O'War

Highland Dancing, Sheep Dog Trials, Craft Fair and entertainments for children. Stalls and Refreshments

Tickets £1 and 50p

Enquiries: Tel 031 665 3711

FORRES HIGHLAND GAMES

at

Grant Park, Forres

on

Saturday July 11

Tack and Heavy events

Grass cycling - 11 1/4 miles road race.

Entry forms from: Mike Scott,

Secretary,

7 Fleurs Road, Forres,

Grampian. Tel: 0309-73289

Entries close on June 30

(Under SAAA, SWAAA, SWCC&RR, SCCU rules)

THE BRAEMAR GATHERING

will be held on

Saturday 5th September, 1987

in

The Princess Royal & Duke of Fife Memorial Park, Braemar

HEAVYWIEGHT FIELD AND TRACK COMPETITIONS (including 80 metres British Championship)

SOLO PIPING AND HIGHLAND DANCING

(Entries close 17th August)

MASSED BANDS DISPLAY PRIZE MONEY OVER £5000

Uncovered Stand £5 each. Ringside Seats £4 each

Standing Area - Adults £2, Children 50p

Secretary: W.A. MESTON, Balcriech, Ballater O338 55377

HALKIRK HIGHLAND GAMES ASSOCIATION

103rd

ANNUAL GAMES

in

RECREATION PARK, HALKIRK (Caithness)

on SATURDAY, 25th JULY 1987

PIPING - DANCING

HEAVY, FIELD AND TRACK EVENTS, CHILDREN'S RACES

NOVELTY EVENTS

CLAY PIGEON SHOOTING

Over £3000 Prize Money

STRATHCLYDE POLICE PIPE BAND

Secretary: A.S. BUDGE, Milton Farm, Halkirk

Tel. Halkirk 666

DINGWALL HIGHLAND GATHERING AND GYMNAHA

to be held on

SATURDAY 11th JULY, 1987

at the

VICTORIA PARK, DINGWALL

OPEN PIPING COMPETITION commences 12 noon

OTHER OPEN EVENTS commence 1.30 p.m.

Over £1000 in Prize Money and Handsome Challenge Trophies

£10 prize for any ground record established -

Usual Traditional Events

No Entry Fee

Entries taken on Ground

Secretary

A.W. MILLER, 15 Old Evanton Road, Dingwall, Ross-shire. Tel: 62024

DRUMOCHTY HIGHLAND GAMES

at

Drumochty Castle Grounds, Auchinblae (near Laurencekirk)

on

Saturday June 27, at 1pm.

Over £1500 worth of prizes

Venue for Grampian Games Championships

Enjoy a Traditional Games in a superb glen setting

Free car park

Various stalls and amusements

Secretary A. Reid, Tel Laurencekirk 252

CUPAR HIGHLAND GAMES

at

Duffus Park, Cupar

on

Sunday July 5, at 2pm.

All amateur athletics and traditional Highland Games events. Piping, dancing and East of Scotland tug of war championships and heavy events championships

Usual side stall refreshments, beer tents etc.

Secretary David Martin Tel: Cupar 55088

TAYNUILT HIGHLAND GAMES

at

Sports field, Taynuilt

on

July 25, at 1pm.

Open and local piping competitions, Highland dancing, Pipe band parade.

Track and heavy events

Prize money £1,000. Admission £1.50. Children and OAP's 50p

Free Car park

Contact secretary Mrs Thomson, Taynuilt 431

The City of Dundee District Council Arts and Recreation Division

DUNDEE HIGHLAND GAMES

Sunday 5th July 1987

Caird Park Stadium

Official Opening 1 p.m.

Featuring:

European Heavyweight Championship, British Open Tug-O-War Championship, Scottish 5 Mile Cycle Championship, Also, Solo Piping, Highland Dancing Track events, Drum Majors, Pipe Band Competition, All Grades,

For entry form and further details contact:

Leisure and Recreation Department, 353, Clepington Road, Dundee DD3 8PL. Tel: (0382) 23141 ext. 4287

ROSNEATH & CLYNDER (Dunbartonshire) HIGHLAND GAMES

Clachan Park, Rosneath
SUNDAY 19th JULY, 1987
Gates Open 10.30 a.m.

HIGHLAND DANCING Commences 11 a.m. LOCAL TRACK & FIELD
EVENTS Local Area - Dunbarton; District - Argyllshire
OPEN TRACK & CYCLING EVENTS 1 p.m. OPEN HEAVY EVENTS 2 p.m.
LOCAL TUG-O-WAR, HILL RACES, PIPE BANDS, YOUTH TRACK
EVENTS

Over £2000 in Prize Money and Trophies

Competitors in Open Track, Cycling and Heavy Events will, on payment of £1.00 Entry Money, receive Admission Ticket and Afternoon Tea Ticket. Full modern changing facilities.
Handicapper: Mr ANDREW MITCHELL, 20 Keltiehill Road, Keltie, Fife. Tel: (0383) 830245
Secretary: Mrs E. BLANCH, The Clachan, Rosneath, Tel: 0436 831251
Dancing: Mrs M. McINNES, 53 McLeod Drive, Helensburgh

BALLOCH (Loch Lomond) HIGHLAND GAMES

SATURDAY 18th JULY, 1987
at
MOSS O' BALLOCH PARK, BALLOCH,
DUNBARTONSHIRE
Commencing 11.00 a.m.

Over £3000 Prize Money and Trophies

for local and open competitions
HIGHLAND DANCING, PIPE BANDS, TUG-O-WAR, HEAVY
EVENTS, CYCLING, RUNNING, SOLO PIPING

Secretary: G. DEVOY, 12 McLeod Road, Dunbarton.
Tel: (0389) 67469
Handicapper: A. MITCHELL, 20 Keltiehill Road, Keltie, Fife.
Tel: (0383) 830245

THORNTON HIGHLAND GATHERING

MEMORIAL PARK - THORNTON
SATURDAY 4th JULY, 1987
Over £1500 in Prizes and Trophies
OPEN DANCING COMMENCES - 1.00 p.m.
ATHLETICS - 1 p.m.

ATHLETICS - CYCLING - YOUTH EVENTS
HEAVY EVENTS - DANCING - PONY TROT
LICENSED TENT, REFRESHMENTS, FAIR GROUND
Secretary ROBERT SUTHERLAND

25, Cameron Park, Thornton. Tel: 775182
Handicapper: ADAM CRAWFORD
146 Forres Drive, Glenrothes. Tel: 753439

Dancing Entries to: SHEILA McKAY, 21 Coronation Street,
Coaltown, Markinch. Tel: 771425

GLENDON CASTLE HIGHLAND GAMES

GLENDON
DOLLAR, CLACKMANNANSHIRE FK7 14JY
Friday, 24th July 1987
Commences 11.00 a.m.
RUNNING, CYCLING, PIPING, WRESTLING, TUG-O-
WAR, DANCING, PONY TROT, SIDE-SHOWS,
PARA-GLIDING and of course the
HEAVYWEIGHTS

President: GEOFF CAPES
Handicapper: A. MITCHELL
Secretary: JULIE ANNE MCNEE
Glendon Castle, Glendon, Dollar FK7 14JY

CERES HIGHLAND GAMES

The oldest games in Scotland
SATURDAY, JUNE 27th, 1987
at 1 p.m.

Admission Free
SPECIAL EVENT, SPONSORED MARCH,
BANNOCKBURN to CERES

commencing at 10 a.m. Wednesday June 25th from BORESTONE
PARK, arriving CERES June 27th
In aid of the Alwyn House, Ceres Assessment Centre for the Blind and
Games Fund

Full details, sponsor forms etc. from
BILL BRAND, Secretary
The Old Manor, Panbride, Carnoustie.
Telephone (0241) 53011

BLAIRGOWRIE HIGHLAND GAMES

Please note change of date
From
Sunday, July 19
to
Sunday September 6, 1987

Cycling

July

- 1 Junior Grand Prix, 10 miles, Glasgow Green; Senior Grand Prix, 8.15pm, Glasgow Green, Glasgow Centre track championship.
- 4 Kilometre pursuit, Meadowbank, 7.15pm.
- 2 Ayr Roads 25-mile time trial, 6.30 pm.
- 3 Ayr Roads circuit race, Prestwick, 7.30pm.
- 4 East Kilbride Wheelers two-day event: 2 miles prologue, 50 miles road race, 80 miles road race.
- 5 Glenmarnock Junior Grand Prix - 60 miles road race, 11am.
- Dundee Thistle 100 miles road race, 11am.
- Lanark Valley CC 25-mile time trial, 8am, New Lanark.
- Kestrel CC 40-mile Italian pursuit, West Ferry, 10.30am.
- 6 Glasgow Centre Track League, Grangemouth.
- 7 Meadowbank National Track League, 7pm.
- 11 Johnstone/Dooley kermesse, Inchinnan, 7.45pm.
- Forres Highland Games, grass track events.
- 12 Junior Grand Prix, 65-miles, Dundee, 11am.
- Glasgow Centre 100 miles time trial, 6am.

Triathlon

June

- 28 Cumbernauld Mini Triathlon (S600m, C15, R4.5). E - Lesley Kelly, Tryst Sports Centre, Cumbernauld.

July

- 19 Fleet Feet Tri Club Triathlon (S1k, C40k, R10k). E - Organiser, FFT, Bowmont House, 21, Arbuthnot Place, Stonehaven AB3 2JA.
- 25 Irvine Harbour Festival Triathlon (S800m, C20m, R6m). E - Organiser, Irvine Triathlon, Magnum Leisure Centre, Irvine.
- 26 Cumbernauld Half Ironman Triathlon (S1.1m, C56m, R13.1m). E - Lesley Kelly, as above.
- 30 East Kilbride Triathlons (S600, C18m, R6m) (S1200, C36m, R12m). E - The Organiser, EX Triathlon, Dollar Baths, Town Centre, East Kilbride.

- 14 National Track League, Meadowbank, 7.45pm.
- 18 Inverness to Elgin Road Race, 6pm.
- 19 Dundee Centre 100 miles time trial, 7am.
- 21 Meadowbank Track League.
- 26 Deeside Thistle 90 miles road race, 11am.

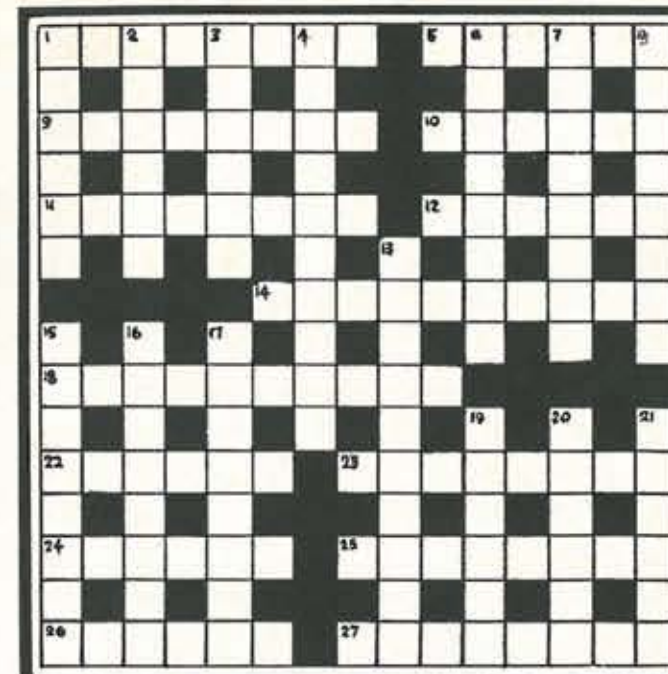
£25 Prize Crossword

ACROSS

- 1 Indeed divided, the cat heartlessly found out (8)
- 5 See a road shortly swimming in water (3,3)
- 9 Tops for runners! (8)
- 10 Report back to school gym with small ball (6)
- 11 Region for a politician, one mum's mum takes to heart (8)
- 12 Low singer and French hound (6)
- 14 Hm! Dormouse exercised and grew (10)
- 18 In favour of the healthy and the talented? That's useful (10)
- 22 Do a favour for nothing and get back for instance one pound (6)
- 23 What you have to remember donor's subsistence - rice-beer (8)
- 24 Latin's set out or set up (6)
- 25 Key for driver - Number 1, can American soldier swing back? (8)
- 26 Stupidly agrees to bribe (6)
- 27 False allegation coppers are about to soak (8)

DOWN

- 1 Condescend to embrace second plan (6)
- 2 Sheriff Dorothy's companion? (3,3)
- 3 Eastern ruler semi-real in ubiquitous chip (6)
- 4 This evening class has more on wall-painting (5,5)
- 6 Leave change to take lift (8)
- 7 Identical or different directions about dancing flames (8)
- 8 Fitness comes from a physical training, as you say, you'd followed it (8)
- 13 Champion's rival left league in silly change over holder of the crown (10)
- 15 Standing up to surgery sitting (8)
- 16 Seb has untied laces to unite (8)
- 17 A sad, grim arrangement of figures (8)
- 19 Race with a slow start and photo finish (6)
- 20 North American tribe is, or Norwegians initially (6)
- 21 Sitting here you can see better (6)



The first correct entry opened on July 17 wins £25 prize. The solution and winner's name will be published in our September issue.

Answers, please, to Crossword

By Menodromes

No.4

Competition No.4, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.



Once again there were several correct solutions to Prize Crossword No.2, published in our May issue. The winner of the £25 prize as the first correct entry opened is Mrs M. Bryan, of 87, Seedhill Road, Paisley PA1 1QU.

Solution to Puzzle No.3

Z O N K G M L R G O E Y
S F Y K N H O C N U S Y
P A H R F I E I E P M J
I R U O N F N T O O B R
K T L U R I A N B A C A
E L I D A M S P V A H N
S E G R A O Q K R G O S
E K T F R Z A T O C V L
V P N O L H Y A I R T O
A E R K H E V A N N O I
J Y D E E P S L G O Z C
G O Y N A R E T E V C K

winner

Printed T-Shirts, Sweatshirts, Promotional Sportswear. Printed sample supplied for customer's approval of quality.

RUNNERPRINT, 794 PADHAM ROAD, BURNLEY, LANC. Tel: Burnley 0282 75177

Scotland's Runner Quiz No.4

QUESTIONS

- 1 When he won the mens 100m title in Cwmbran in 1986, who became the youngest ever winner of a UK title?
- 2 Which club were the first winners of the British Athletic League, formed in 1969?
- 3 Which American gave Zola Budd her first home defeat since she became a British citizen, beating her in the 3,000m at the Ulster Games in 1985?
- 4 Who was the first Englishman to long-jump over 26 feet?
- 5 Which British athlete was nicknamed "Il Topolino" by the Italians, during the 1960 Rome Olympics?
- 6 The first London Marathon in 1981 started at Greenwich Park. Where did it finish?
- 7 Who beat Cameron Sharp into second place, in the 200 at the 1982 European Championships?
- 8 Who had his first major success at the marathon distance when he won the Oakland Marathon in California in 1983, retaining the title the following year?
- 9 Who became the first Scotsman to break five minutes for the 2,000 when he finished second to Eamonn Coghlan at the Nike Classic International in 1983?
- 10 Who won the inaugural womens 10,000m title at the 1985 Scottish Championships, at Meadowbank?

the Nike Classic International in 1983?

The solutions will appear in the August issue.

Compiled by Peter Cowan

ANSWERS TO QUIZ No.3

1, Chris Robison; 2, Carlos Lopes; 3, Marilyn Neufville (400m); 4, Rangers Sports; 5, Henry Rono; 6, Graham Eggleton; 7, Kipper Bell; 8, Diane Royle; 9, Wyomia Tyrus (100m, 1964/1968); 10, Dave Moorcroft.

Scotland's Runner Puzzle No.4

Find these hidden words in the puzzle alongside:

1. club
2. coe
3. elite
4. fitness
5. funrunner
6. harriers
7. mileage
8. muscles
9. pace
10. shorts

The words can be horizontal, vertical, diagonal, backwards or forwards!

G K C M L E Z T O S T E
Z M F D O K Q G R L F U
P I V C S N O E S I D E
N L M B T H I E T Z L O
M E G Z U R O N C I O K
B A Y W R L E R T A O C
O G P A Z S C E T L P P
P E H I S H M Y B S P E
Q O R E N N U R N U F O
I D M O F H W F C B Q O
X X E L Z F S C O D T W
B E F S E L C S U M E S

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Queens Road, North, Portsmouth PO1 1B3

Coming Next Month...

**Scottish Championships -
Reports and Pictures**

**Scottish Schools -
Reports and Pictures**

Focus on Ayr

10K-OK Photospread

Cycling

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Triathlons

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