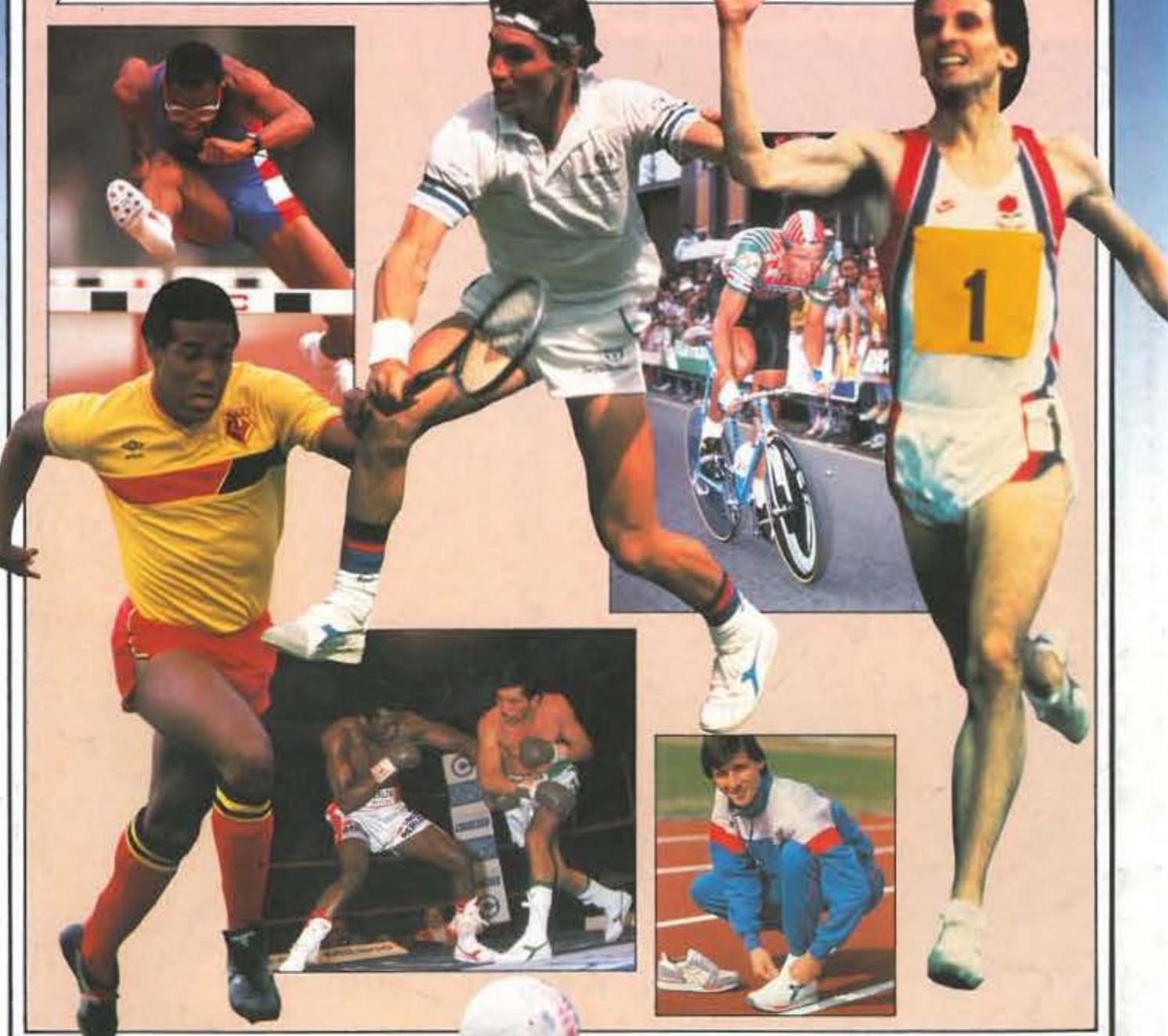


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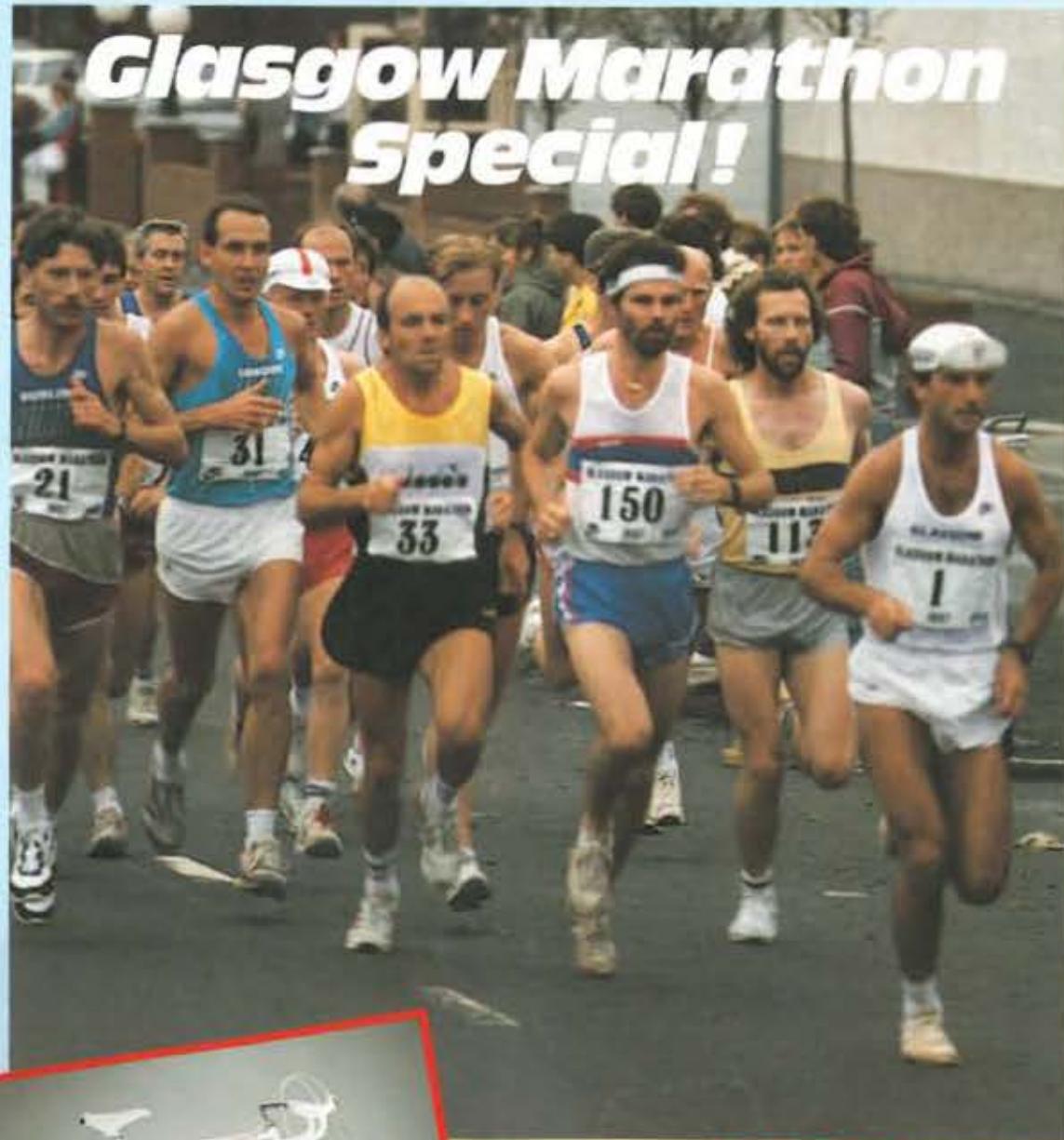
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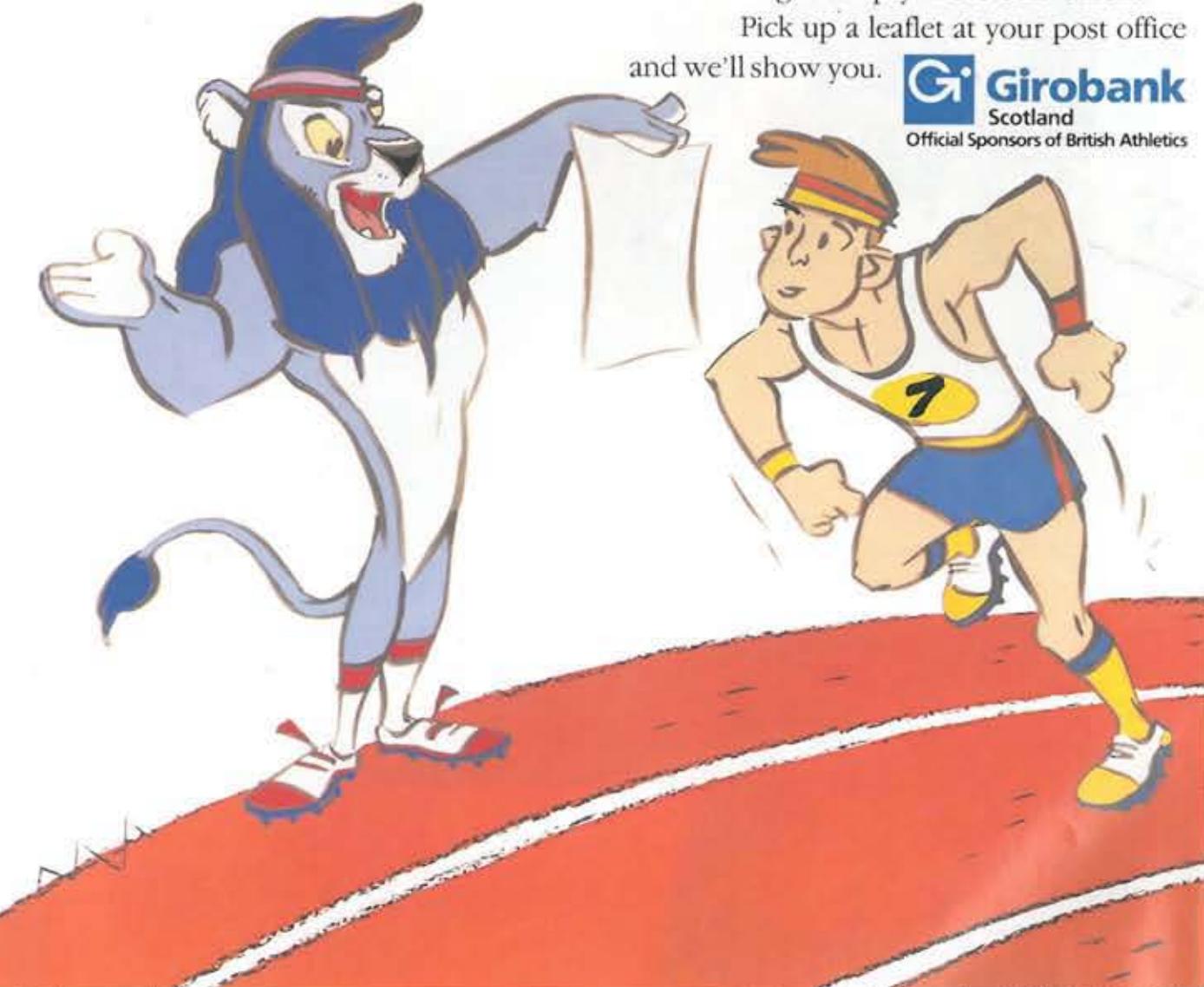
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SCOTLAND'S RUNNER

November, 1987

Issue 16

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WIN A TRIATHLON BIKE!

Last month, we listed the first six questions in our competition to win a superb £520 Dawes Equinox racing bike, which has been donated by the Edinburgh Bicycle Co-op.

To be eligible for the prize, you must complete the second set of six questions, below, and send off the answers, along with last month's, to us at: Bike Competition, 62, Kelvingrove Street, Glasgow G3 7SA. The usual competition rules apply, and employees and relatives of ScotRun Publications and the Edinburgh Bicycle Co-op are ineligible. Only answers written on Scotland's Runner entry forms will be accepted – no photocopies or sheets of paper.

The closing date for entries will be November 20, and the winner will be announced in our January issue (although the prize will arrive in time for Christmas!) In the event of a tie, the winner's name will be decided in a ballot.

7. Which Scot won the 200 metres breaststroke at the 1976 Montreal Olympics?
A
10. Which Scot won the marathon at the Jamaican Commonwealth Games in 1966?
A
8. Which sport did Duncan Goodhew take up at international level when he retired from swimming?
A
11. Who is the only man to have successfully defended an Olympic 1500 metres title?
A
9. Who is the only Scot to have been the Tour de France's King of the Mountains?
A
12. In which city did the 1987 Kellogg's Tour of Britain start?
A

Up Front

Board bankruptcy signals danger for Scottish athletics.

AT THE time of going to press it was the intention of the SAAA to oppose the AAA takeover of the debts and functions of the British Amateur Athletic Board.

The constituent members of the board voted by 12 votes to seven to have the AAA assume most of the board's functions, in return for which the AAA would have effective control of British athletics. In return the AAA are to pay the major share of the debt, instead of six ninetieths of the total. And a British Athletics Federation would have to be established by January 1 1989.

Scotland's share of the debt was to amount to £20,000, provided they agreed to the AAA take-over. That breaks up as follows: SAAA £15,000 (£5000 for each of their three votes on the board); SWAAA £5000 (they have one vote.)

However, if the opposition to the AAA were to prove successful, Scottish athletics could have to find around £15,000 per vote... money which neither association would be in a position to pay. Clubs could end up being levied to find the cash.

The board's total projected loss is £283,292.

After having voted to oppose the take-over, the SAAA declined to issue any press statement, thus denying the athletics public, ordinary club members and sponsors any information. And within less than a fortnight they were due to write a cheque for £15,000.

The SAAA are right to be suspicious of the English governing body running UK athletics. It was a vain attempt by the Scots to affiliate directly to the International Amateur Athletic Federation in 1931 which was largely instrumental in the BAAB being established in the first instance.

Extra curricular coaching in the public education sector is in danger of being totally wiped out as teachers are forced to do increasing additional hours of work under the Main Report settlement.

Even more crucial are the implications of the shift in the pattern of PE teaching. In the past a few sports, notably football, rugby and hockey, were coached to a fairly high degree. But now, with some schools offering as many as 20 different sports within the PE curriculum, there is a far greater breadth to PE, but poorer depth.

The introduction of Standard Grade courses, due to be examined first in 1990, is giving many teachers cause for concern. It has been suggested that in some schools, when the new course is introduced, there may be only an eight-week block of PE classes, or even no PE at all for those outwith the certificate course. All these issues will be examined by the inquiry.

There are those on the SAAA and SWAAA who see the AAA as having engineered a situation much to their advantage, taking control for a relatively small sum of money. And they fear that Scottish athletes will not get a fair crack of the whip from a sport dominated by officials from south of the Border.

So what's new?

Currently the AAA will take control of the sport, including the management of the £3½m per year being raised by Alan Pascoe Associates, for a payment of between £130,000 and £200,000, depending on the final debts of the board.



It's all downhill for these competitors at Scotland well in the Loch Leven Half Marathon. Picture Scott Reid.

Drugs – we're winning says council

DESPITE recent television revelations and world-wide suspicion, the fight to prevent drug abuse infiltrating Scottish sport is being won, according to the Scottish Sports Council. Every governing body of sport in Scotland has now introduced drug testing, the Scottish Football Association being the last to fall into line.

"This is a most encouraging statistic," enthused outgoing Scottish Sports Council chairman Peter Healy, "and one which reflects the responsible attitude of Scotland's sports bodies in dealing with this iniquitous issue."

"Our present evidence shows that drug abuse in sport in Scotland is not a problem, but we have to ensure that this state of affairs does not change. That is why the growth of effective drug-testing programmes is so important. It shows common sense and an overwhelming desire to maintain fair play in Scottish sport."

The council has campaigned for several years against drug abuse, including offering 100% grants for the costs of drug testing. Within the last three years the number of governing bodies introducing some form of testing has grown from a handful to the present position where every sport now tests for abuse.

As a result, the council is increasing its drug-testing budget from £8000 to £18,000 this year.

Olympics competition

GIROBANK Scotland is offering its customers the chance to win a trip for two to the Winter Olympics in Calgary, Canada, in February.

The trip, plus £500 in traveller's cheques, is first prize in a free competition promoting the bank's new-look Olympic design VISA card.

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

Temple book ahead of pack

WHO were the biggest cheats in athletics? Why did Chariots of Fire distort history for dramatic effect? And what was Candido Jacuzzi's contribution to after-training relaxation?

The answers to these, and many more technical questions, are in a new book by athletics coach and writer Cliff Temple. "Running From A to Z" takes you briskly from AAA to Zatopek, and packs in a lot of useful and entertaining information in between.

Under "S" for example, Sciatica, Second Wind, Sex, and Shin Soreness are all packed together in punchy paragraphs, followed by five pages on shoes. This detailed section covers everything from shoe design and research, what to look for when buying them, and a profile on the feud between Adolf and Rudolph Dassler. The life story of these brothers reads like a soap opera, but pushed forward the development of running shoes in the 50's and 60's.

The brothers developed a family sports shoe business, but fell out when their father died and were irrevocably split. Adolf founded Adidas, while Rudolph set up a running shoe factory across the river in the German town of Herzogenaurach - and called his company Puma.

The rest is athletics history as the brothers battled to win the loyalty and feet of the world's leading athletes. They never spoke again, but are buried in the same graveyard.

It's that kind of human detail that makes Temple's latest book a good read. Unlike the flood of "how to run a marathon" publications, this book has a very broad outlook on

running as well as plenty of useful advice and tips.

It's a good read, written by a man who knows his running. It's also easy to look up training hints like fartlek and interval training, or injury treatment for stress fractures and tendon trouble. Published by Stanley Paul, the book costs £12.95.

Miquel is new council chairman

RAYMOND Miquel has been appointed chairman of the Scottish Sports Council in succession to Peter Heatley, who stands down after 12 years on November 15.

The Edinburgh-based Heatley spent about three days a week in the council's Edinburgh office, but the incoming chairman, who now looks after the affairs of Belhaven from Perth, will only be at his new post one day a month.

More on this appointment next month.

Triathlon meeting

THE inaugural annual general meeting of the Scottish Triathlon Association will take place at Wester Hailes Education Centre in Edinburgh on November 15.

Delegates wishing to book lunch, or get further details, can telephone Andrew Grant at 031-337 4201.

Ben in form

OUR Barbados holiday winner, Benjamin Adams, managed to beat his personal best by nine minutes in the Glasgow Marathon on September 20.

Ben recorded a time of 3:15:35, and after a fortnight to rest up is now back in training for the big one - the Barbados Marathon on December 6.



Chris Price and Jamie Henderson with Royal Mail representatives at the sponsorship announcement.

MacDougall, winning the senior race, but Irvine were the stars of the show with two victories and three second places. More than 500 women turned out.

The sponsors staged a display of sporting philately, but their other attraction, a balloon from which they had hoped to take spectacular photographs, barely got off the ground.

The Kelvin Hall is due to open shortly with the first event, an open graded meeting, scheduled for December 2.

The first event under the new sponsorship deal, the women's road relay championships, was staged successfully with McLaren Glasgow, anchored by Lynne

winter calendar, was marred by chaotic scenes at the new change-over.

Much of the problem was caused by athletes who repeatedly refused to heed officials, but even as basic piece of equipment as a length of rope would not have been amiss to assist stewarding.

Transposed

APOLOGIES to readers, and to Brian Cunningham and Jim Wilkie, for material being transposed in last month's articles on Ultra Running in Scotland and Yesterdays. This was entirely the fault of the editors, and won't happen again (at least for a month or two).

Springburn honour Jack Crawford

SPRINGBURN Harriers are changing the name of their prestigious winter road race to honour Jack Crawford, who gave inestimable service to the club for more than 60 years, writes Graham Crawford.

Jack's affinity and love for Springburn was as strong as ever when he died earlier this year aged 84. His ashes were scattered, at his own request, around the club's running track at Hunterhill, Bishopbriggs, by his son, Jack.

"Old Jack", a former SAAA handicapper, was probably best known for his support and encouragement of innumerable talented youngsters, the most successful of which was undoubtedly Graham Williamson.

Now a fund has been set up to buy a suitable trophy to be retained by the winner of the new Jack Crawford Memorial Race. Donations are being received by Glasgow Marathon organiser, Bob Dalgleish, and should be sent to his home address: 48, Gartons Road, Glasgow, G21 3HY.

Bob, himself a long-standing Springburn Harrier, said: "Memorials are sometimes set up too readily, but if there was ever a person deserving of a memorial, it was Jack Crawford. He was a very special man who gave a lifetime of service to his beloved club. Indeed, he was Mr Springburn Harriers."

Past winners of the old Springburn Cup race, which will see a change of course as well as name this January, include Williamson, Nat Muir and Frank Clements.

Spango Valley retained the title, but the race, one of the best on the



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

What does the future hold for Scottish athletics?

Bob Inglis, top Scottish sprints coach, asks some pertinent questions about athletics in Scotland.

THE 1987 season is over, and it is appropriate to ask what contribution did this post-Commonwealth Games year make to the promotion and development of track and field athletics in Scotland?

We had our usual round of "shooting ourselves in the foot", particularly at the time of the National Championships. Our international athletes enjoyed mixed success, and domestically a busy programme was completed without significant impact in the minds of the Scottish public. In other words things are very much the same, or are they?

A few questions need to be considered.

- 1 Why was our national stadium (or any other stadium) not filled to capacity by satisfying the Scottish public's desire to see top class athletics?
- 2 Does everyone associated with the sport understand the link between public interest and recruitment of young people into our sport? If so then question one becomes more relevant.

3 The re-election of a Conservative government may mean that sport will be required to become increasingly self-funding and more reliant on sponsorship. With no significant sponsorship in Scotland, and considering our sport is already underfunded, how will we deal with reduced Government funding (i.e., Scottish Sports Council grant)?

- 4 Equally, in the next few years local government may find that privatisation of sports facilities is forced upon them as a direct result of Government policy, or at best have to significantly increase charges to the public. Has the administration considered this possibility, and how is it likely to affect grass roots athletics participation? Do we have a strong enough political lobby to ensure the interests of grass roots athletics are protected? Can all sections of the community afford privatisation?

These questions need to be debated within the athletics community, but my views are as follows:

We urgently need to have a

major international athletics fixture in Scotland. This type of meeting is commonplace throughout Britain and Ireland.

There are three obvious routes open to achieve this objective. I am not in favour of the National Championships forming part of the subvention package, but the AAA has set the precedent. A similar arrangement would make our National Championships a major attraction.

The other two alternatives involve the BAAB or an external agency promoting a suitable fixture. The question arises: do our representatives have the clout to wrest an acceptable fixture from the powers that be. A fixture organised by an external agency will regrettably embarrass the administration.

A response may be that the UK Closed Championships should come to Scotland. This should be regarded as a sop to Scotland's problems, as it is only slightly more attractive to the Scottish public than other domestic competitions.

We must be able to demonstrate to the Scottish public and business community an image of a sport that is alive and flourishing, and therefore worth supporting and sponsoring.

The spectre of reduced funding is already having its effect in that the Sports Council (no doubt in pursuit of economies) have placed a "horse head" in the athletics bed. This offer we can't refuse has resulted in the recent discussions surrounding a single governing body for the U.K.

I question if any revision of administration will result in Scotland receiving a bigger share of commercial packages, e.g. money from television. I suggest the objectives for some will be to satisfy the Scottish Sports Council's objectives of a less costly administration but retain the status quo for all else.

The pursuit of a less costly administration is laudable, but if nothing else changes there is no reason to believe we will make progress. We need the kind of administrative structure that gives our sport the best chance of dealing with the pressures of the next ten years and beyond.

Administering our sport largely by volunteers is no longer appropriate. I feel we must bring within the constitution the role of

Deep in thought . . . Bob Inglis and Jamie Henderson. Can Scottish athletics adapt to the 1990's?

professional managers who will manage and market our sport. This involves a combination of the current club lead democracy and professional administration, who will have real power to guide the sport forward.

There are increasing signs that we are losing control. The demise of the BAAB has still to be evaluated in terms of Scottish impact. The internal dilemma of athlete rights/needs versus the role and interests of administration seems to be more pronounced this year than before. Plus, we also see local councils increasingly in the business of recruiting sports development officers, and this even goes as far as engaging athletics development officers. Based on events in Edinburgh, I would have to say the appointments are having a mixed reception.

This begs the question: how good is the communication between local councils and the athletics community?

What is the future in this area? It is reasonable to assume that local authorities will continue to promote sport in the community, and athletics in particular. There must be some means by which the athletics community has an input to the content of the programme, and the direction of all athletics development.

Sufficient funds would allow us to share with local authorities the costs of employing development officers and ensure a degree of

central control. We also need to consider bringing together on an annual basis those people responsible for local athletics development. This would allow an exchange of views and further influence the nature of developments.

A Government philosophy which moves the funding of sport largely into the commercial sector means our ability to attract sponsorship is even more important than before. Lack of funds, and the consequent failure to influence athletics development, may mean that our governing body finds its responsibility limited to the conduct of fewer areas of athletics and certainly not the total character of the sport.

A practical consideration in this area is that national and community sports councils could, for example, get involved in coach education or local athlete development. This may be acceptable but we must have an input. We need a sport that is unified by national and local requirements.

This article, I hope, is the basis for a debate within our sport. Whatever the final outcome, external influences on athletics will continue to change and we all must be prepared to adapt organisations and attitudes or face the prospect of our sport losing ground. Above all we must have a clear strategy to cope with the type of changes I have discussed to ensure our sport prospers.



Disabled Festival is voted a great success

Henry Muchamore, who when he isn't On The Veteran Scene for Scotland's Runner is a social work area officer for Lothian Region, reports on another championship held during the same week as the World Championship in Rome.

THE TRULY great aspect of the jubilee festival of the Scottish Sports Association for the Disabled was that participants were all treated as sportsmen and women. There were those who were disqualified and penalised just as in any form of sport. Of course, a large degree of common sense and discretion was used by officials, but nothing that undermined the determination and dedication of the athletes themselves.

There were equally tears and tantrums, which, just as in all sports, were dealt with efficiently by coaches and team managers in very down to earth ways.

For skill, the volleyball, golf, fencing and table tennis left no doubt that these were athletes with a high degree of proficiency.

For bravery and determination, wheelchair basketball has to be rated amongst one of the most "dangerous" participation sports, with no quarter asked or given.

It was fitting that in Scotland, noted for its beautiful rivers and lochs, that a committee had been formed to promote "Angling for the Disabled" 14 years ago, and that now a range of disabled people, including the blind, can perfect such arts as fly fishing, which took place at the Lake of Monteith in an international challenge match.

"Ten years ago we had a Sunday School-type sports day"

However, like the Olympics and other great sporting festivals, the athletics does take a very high profile and many of the performances and organisations showed that many disabled athletes could hold their own in open competition at club level. Particularly for those athletes with a degree of mental disability, it was clear that they had come a long way.

Brian Tait, principal officer with a responsibility for rehabilitation for mentally handicapped people in the Lothian Region, summed it up: "Ten years ago we had a Sunday school-type sports day, with a range of novelty races such as egg and spoon events for these athletes".

Now each regional area has a range of qualifying events which give athletes different graded time bands in which they can perform and be recognised for their performances, just as in junior, senior and veteran athletics.

Athletes took part at Crownpoint Road in Glasgow in a full range of track events, which included hurdling and wheelchair racing for the non ambulant, but also in some of the more taxing events such as pentathlon and javelin throwing. The only concession that could have been seen as "patronising" was the introduction of "soft ball" throwing, which obviously took the place of the heavier shot.

The two largest Scottish Regions, Strathclyde and Lothian, have in Ian Fyfe and David Hammond team managers as dedicated as any team coach in open athletics. In throw and club throw, as well as a form of bowls especially developed for such athletes called

boccia which is a cross between the french bowls and the more traditional bowls.

On the Monday, over the course used in 1978 by the World Championships cross-country, athletes undertook a really tough 3000 metres event, and the weekend rain did not make the going any easier for those athletes than it had nine years ago for the



Edinburgh's Roy Scotland, who has cerebral palsy, at Crownpoint. Picture Sprint Photography.

international athletes.

The highlight of the athletics week, however, was the international match for mentally handicapped students at Crownpoint on the Thursday. Tom Clarke, the MP who has done so much to promote the improvement of services to disabled people in his Private Members Bill, opened the proceedings, and what unfolded was an amazing array of high athletic talent.

On both the Sunday and Monday of the festival, the Scottish Cerebral Palsy sports were held in Bellahouston Sports Centre, with an inaugural international match between Scotland, England and Eire. Event organiser Jim Thomson had brought together a unique blend of sports which enable many quite severely disabled athletes to enjoy the fraternity of competition. Again the atmosphere was essentially one of sporting competition, and as well as a range of track and field events there were events adapted for cerebral palsy athletes such as medicine ball throw, distance throw, height

and weight. England emerged overall

winners in both the men's and women's matches, and this was reflected in some of the individual performances. Brian Smith (11.9, 100m), Charlie James (24.9, 200m), Alan Howes (25.1, 200m) and Peter Wilson (25.0, 200m) all showed speed that would have graced any open graded meeting. The Welsh boys Alan Julian and Len Thomson had clearly learnt the skill of hurdling. Tom Scade (58.6) and George Halliday (59.3) of Scotland were both in the class seen in many "B" string 400 metre league events throughout Scotland.

Among the women, Bernadette McKenzie showed great versatility in winning the 400m (78.4) in between winning the long jump (3.63) and then getting the silver medal in the javelin.

Perhaps the bravest run, albeit not the most tactical, was the 3000 metres in which Charlie Bryson of Scotland, who has clocked 4.10 for 1500, took on his English arch rival, Dave Marples, and Jim Sands from Glasgow - who had previously won the cerebral palsy 3K event on Monday, and was lining up for his fifth race in three days.

Marples set an electric pace of 68 seconds for the first lap and opened a 50 metre gap, but gradually Bryson drew him back. Instead of waiting, however, he put

"Humanity as a whole can become richer for the lessons to be learnt"

a sub-70 second lap into the middle of the race and had the agony of hanging on to finish in a very creditable 9.37.7, with Marples 20 seconds behind and Jim Sands, who had been spiked on the first lap, finishing third in 10.11.3. There are certainly many club and veteran athletes who would have found the pace too hot, and at 800 metres they were faster than the World Championship women's race.

Scotland did have revenge over England in winning both trophies in the swimming championships, and overall the week was felt to have been a major success for the Scottish Sports Association for the Disabled.

The medal ceremonies showed that the lip tremor and glazed eye is not just for the able bodied athlete when they have their national anthem played. Disabled athletes have earned and deserve their acclaim on the rostrum of excellence.

It can only be hoped that such efforts will be accepted as part of being normal in a world where being abnormal has had so little true and genuine acknowledgement. Through sport and recreation disabled people can gain dignity and purpose - and humanity as a whole can become richer for the lessons to be learnt.

England

emerged overall

SAAA permits - merely a protection racket?

Springbank,
Darkfaulds,
Blairgowrie,
Tayside.

SIR - This is the time of the year when we hold our annual post mortem, wondering what went right and what went wrong.

It seems to be generally felt that the 1987 Blairgowrie 500 Half Marathon was very successful. We were blessed with good weather, a magnificent run by Terry Mitchell which is still talked about in the town, no problems with results or category winners, the innovation of a children's creche and the holding of a ceilidh in the evening at which a video of the race was shown (both due to the enterprise and assistance of the Blairgowrie Road Runners), and of course the ever popular free use of the swimming pool at the leisure centre after the race and the free snack provided to competitors while waiting for the prize-giving.

So, what goes on the debit side? Again the number of competitors was down, and the tendency was to send in the entries nearer and nearer to the day of the race. This makes planning more difficult, but it is something we shall just have to learn to live with. With lower numbers we shall have to budget ever more carefully to make sure that we are getting value for money. So let's have another look at the balance sheet.

Medals? Favourably commented upon by many runners. Bit pricey but worth it. Race numbers? Not the cheapest, but will stand up to rain. Prize money? Perhaps we shall have to trim this slightly.

But what's this item here? Contributions to SAAA and SWAAA over £200. Is this an item where we got value for money? Do we in fact receive anything for this expenditure? The blunt answer seems to be precious little.

Of course we must have a governing body, and it takes money to administer it. But we had an SAAA before the marathon boom had ever been heard of, so what happens to all this new extra income that is now being generated?

The SAAA would probably be horrified, or more likely furious, if I

Letters...

Send your letters, on any subject, to Scotland's Runner, 62, Kelvin Grove Street, Glasgow G3 7SA.



Runners in this year's Blairgowrie 500 Half Marathon. Are they, other road runners, and organisers getting value from the SAAA?

Photograph by Scott Reid.

whereby the first 125 or 150 entrants paid no levy. It would certainly be a great boon to the smaller marathons.

Alternatively, could the Associations not make a large injection of cash to the Glasgow Marathon, so that our premier marathon in Scotland might regain the position it enjoyed some years ago. That would at least demonstrate that our contributions were being used for the benefit of marathon running in Scotland. Indirectly we would all benefit.

This year for the first time we have made a loss. The going will probably be even rougher next year. We don't intend to reduce our standards but it would be wonderful to feel that for once the SAAA would be actively trying to help us promote our event and marathon running generally - rather than merely demanding our cash.

John Wilson,
(Race Organiser T.S.B. Blairgowrie
500 Half Marathon).

More so than both the Glasgow and Edinburgh marathons. It would be a shame if there were no medal or certificate to commemorate it. I wonder if your readers council shed any light on it.

Johnny McBrier.

Any medals for the Ben?

7, Radnor Street,
Glasgow, G3 7UA.

SIR - Regarding this year's race up Ben Nevis, my friend and myself ran up the Ben and on our descent, after being cut to bits by rocks, cold, wet and generally exhausted, we were broken hearted not to receive a finishers' medal.

We asked an official-looking man if he knew if there were any medals, and he said that they would be handed out at the prize-giving ceremony later. He said that if we weren't there, then medals would be sent out to us. Three weeks have gone by, and still no medals have come.

The Ben Nevis race was the most gruelling race I have ever run.

Patricia,
Head of Muir,
Denny.

SIR - I suffered a fall and torn ligaments during the otherwise splendid Aberfeldy Half Marathon.

I would like to thank local bystander, Mrs Helen MacInnes, who went out of her way to get me to a first aid station and then back to the changing rooms.

Jim Wilkie

First (class) aid

Letters...

Energy report not 'gobbledygook'

Rowett Research Institute,
Greenburn Road,
Aberdeen AB2 9SB.

SIR - We were interested to read in your September "Well-Fed Runner" column a report of research carried out by us into energy expenditure in elite female athletes. Our conclusion that, "levels of energy expenditure in elite female athletes over a long period (21 d) are commensurate with their level of activity during high-intensity training levels, and that such subjects do not reduce activity levels between training bouts or become metabolically more efficient", was quoted, labelled as gobbledegook, and then dismissed as self evident.

In doing this, the author of this article not only missed the point of this study (clearly stated in our introduction) but failed to inform your readers of the relevance of our findings to women during prolonged strenuous training. This surprised us, since we imagined that research on elite athletes carried out in Scotland would be of special interest to readers of "Scotland's only running magazine". We feel sure that your readers are perfectly able to understand the concepts underlying our work, and would therefore like to take this opportunity to put the record straight.

Some time ago we became interested in the amount of energy used up by elite female athletes during training, but in order to measure this very accurately it is usually necessary to keep subjects in a calorimeter chamber (such as the one shown in the photograph) for 24 hours. This is a small room (approximately 6ft by 12ft) where the oxygen used up and the carbon dioxide produced by the subject can be measured and used to calculate the amount of energy used.

However, if we want to measure the energy used up by elite athlete over a long period, so that we may



The calorimeter chamber, as referred to in the letter.

calculate their energy needs during training, this is going to be very difficult in such a room. Think of an elite athlete running 100 miles a week!

Even if such distances could be stimulated by treadmill running you wouldn't get anybody in serious training to stay in such a room for more than a few days at a time (would you do it?). Nor would it be a realistic representation of normal training, where you have to use extra energy running into the wind, running uphill, keeping warm during so called Scottish summers, etc. All in all, such chambers are not appropriate for use with elite athletes.

The main method used outside such closely controlled conditions is the dietary record, where the subject weighs every piece of food eaten and keeps a note of this over a period of weeks. From tables of the energy content of foods, the energy intake of the subject can be calculated and if they have not altered their body weight or body composition during the study then the amount of energy they have used up (their energy requirement during training) equals the amount eaten. Simple really.

It was not possible to resolve this problem until recently, when a new technique for measuring the energy used by completely free living subjects was developed. This involves giving the subject a drink of "heavy water", containing the non-radioactive (and therefore completely safe) isotopes of hydrogen and oxygen, and simply measuring the amount of isotope that comes out in the urine over a number of weeks. The subject does whatever she likes for this period and, from the urine results, we can calculate how much energy she has used up. This new technique has only been used in a handful of centres in the world,

Aberdeen being one of them.

Using this method in four elite female athletes (distance runners) we found that the female athletes, like the men, were using up the large amounts of energy we would expect in individuals during prolonged strenuous training. Therefore the energy intake (and by inference the energy needs during training) had been underestimated in all previous studies. The women were not becoming more efficient or "lazing about" when not training.

This finding has other implications. If female athletes are eating more than was thought and food intake has been underestimated, then so has protein intake and the supply of vitamins and minerals. Thus, suggestions that such athletes have to supplement their diet with extra protein, minerals and vitamins on the basis of inaccurate intake records may be wrong.

As to our work being gobbledegook; there have recently been a number of popular articles on research in human nutrition at the Rowett Institute in newspapers such as the Sunday Times, the Guardian, the Glasgow Herald, the Scotsman, as well as TV and radio presentations. Dr Maughan of Aberdeen University regularly contributes articles to running magazines, medical journals such as The Lancet etc.

If this is true it suggests one of two things: the women either train hard for part of the day but then do less than normal individuals for the rest of the day, or they become metabolically more efficient so that they use up less energy than ordinary individuals for any given activity.

However, when it comes to presenting our work to the scientific community (the British Nutrition Society in this case), we expect a certain level of understanding in the audience and word our reports accordingly.

Those not able to understand these reports should not attempt to re-interpret them for a general audience.

Paul Haggarty B.Sc., Ph.D., Brian A. McGaw B.Sc., Ph.D. (Rowett Research Institute, Aberdeen)

Ron J. Maughan B.Sc., Ph.D. (Dept of Environmental and Occupations Medicine, Aberdeen University Medical School, Aberdeen)

Chris Fenn B.Sc. (Robert Gordons Institute of Technology, School of Nutritional Sciences, Aberdeen)

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SCOTLAND'S RUNNER

Letters...

Kilbarchan go from strength to strength in '87

34, Victoria Road,
Brookfield,
Renfrewshire PA5.

SIR - With the beginning of the cross-country season upon us, I cast my mind back with real satisfaction to our club's achievements over the track season.

Our women this year have grown from strength to strength and have been rewarded by winning Division Two of the Scottish Women's League. This is a magnificent achievement considering they've won Division promotion every year starting two years ago in Division Four.

In the HFC Scottish Mens League Division Two, our men finished second to be promoted to First Division next year. Like our women, the senior men won Division Three last year.

We also maintained our positions in the first divisions of both the Scottish and North Western League, and the Scottish Young Athletes League.

Like any success story, without hard work, sweat and toil, there would be no story to tell. I'd like to thank the committee and coaches of Kilbarchan AAC for their outstanding efforts over the past year. And to our athletes, who lead the way.

Jason Pender,
Honoured Secretary.

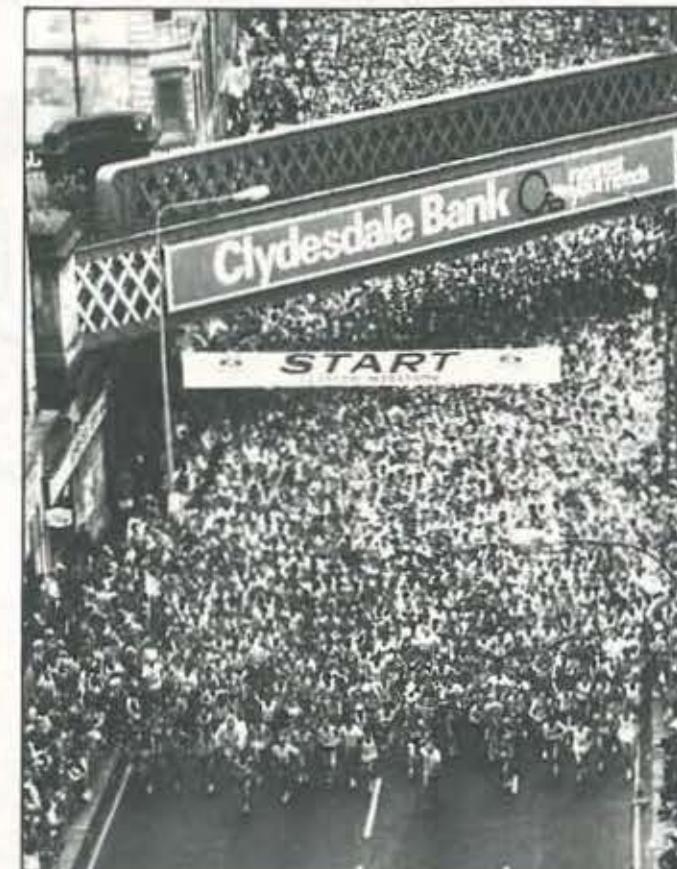
More Junior coverage

99 High Park Crescent,
Eddlewood,
Hamilton

SIR - After reading your magazine since it first started, I thought that you would eventually get round to covering Junior athletics in Scotland on a regular basis, i.e. every issue of the magazine.

In the past you have covered the Scottish Schools etc, which was well done. Other minorities have their own regular articles e.g. Veterans, Cycling, Orienteering, Triathlons and Women on the Run. So, come on, the potential is there for the magazine to be great, let's have regular articles on Junior athletics. To date the August 87 issue has been the best, with Sept 87 being the poorest issue so far.

John Cowan



FRANK BRAUCHER

Shocked by poor coverage

31, Highfield Avenue,
Glenburn,
Paisley PA2 8LG.

SIR - I was extremely shocked at the poor coverage given to this year's Glasgow Marathon. There was hardly any television coverage - only a few minutes highlights and no live coverage at all.

This is the Glasgow Peoples Marathon and we want it to remain so but if the television coverage is not stepped up to part or full coverage and the publicity increased then this could well be the last marathon.

If we want the Glasgow Marathon to remain, we must ensure it continues for years to come by making sure people in power realise how important it is.

Ann Marie Follan

Bubble not burst

29, Braehead,
Beith,
Ayrshire.

SIR - I would like to comment on whether the running bubble has burst as per the October issue of your magazine. Being a little bit involved in organising events, I feel marathons and even half marathons will lose support, but gala-type open meetings and Highland Games with heats included in the track races, will increase in popularity, along with the availability of much needed facilities.

It is marvellous when you read

the various stories of people taking part just for the sheer enjoyment of it, and not for any thought of recognition.

Road races of ten miles, 10K, five miles, and even less, will become very popular, as the athlete can recover quickly from those shorter distance events, instead of weeks or even months after doing a marathon. It also takes up so much time to train for a marathon.

Athletics will move, as other sports have, to a more open system, and open gala-type events will boom.

Yes, I believe athletes will still increase in popularity. The bubble has not burst, it is just blowing in a different direction.

James A. Swindale,
Beith Harriers.

Unique double

42, Clifford Street,
Ibrox,
Glasgow G11 1PA.

SIR - My father Harry Fenion was the Scottish marathon champion and also the Scottish cross-country champion in 1957. He represented Scotland three times in the International Cross-Country, and was also picked to run for Scotland in the Empire Games at Cardiff in 1958.

When my Dad won the marathon and cross-country championships, both titles were won in the same season. Could you tell me if he is the only Scotsman to do this?

He is still running today, but not competing in any races. He runs only to help me, as I too have taken up the sport within the last year. I'm hoping to do well in the National Junior Cross-Country Championships next year.

Harry Fenion Jnr

HARRY FENION of Bellahouston Harriers was the first athlete to win the Scottish national marathon and cross-country championships in the same year, and represent Scotland in the International Cross-Country Championship, writes Colin Shields. He also took part in the Cross-Country International in 1954 and 1958.

This feat was emulated by Jim Alder in 1970, when he recorded his only marathon championship victory and went on to win the silver medal in the Edinburgh Commonwealth Games marathon. He won the Scottish Cross-Country Championship in the same year, one of three such titles he won between 1962 and 1971.

Get in touch

Nurses' Home,
Gartnavel Royal Hospital,
1055, Gt. Western Road,
Glasgow G12 0XH.

SIR - Whilst stewarding at the Glasgow Marathon at Anniesland Cross, one of the runners in the large lead group threw his t-shirt towards me and was pointing to his number. Needless to say I never caught sight of the number. The t-shirt is a souvenir of the "Marathon de Marseille" and may be of some value to that runner. If he would like it returned he can contact me at the above address.

Stephen Lydon.

Bread best for 3500 years

If you say "My great-", then repeat the word "great" about 150 times, then add "grandfather may have baked this piece of bread" you will get the idea, even if you have a sore jaw at the end of it - for the picture is of barley bread baked in an Egyptian oven about 3500 years ago. The noble Queen Hatasu of Thebes had died and would need food for her journey to the next world, as well as fine raiment and jewels to persuade the Gods of her earthly importance and to ensure that she was given due honour and position in paradise. Fortunately she was not hungry enough to eat the food, and in the dry hot air of Egypt the bread quickly dehydrated and then survived through the centuries to be found by an archeologist. If bread has been continually used for human food for thousands of years, it seems likely that it is pretty nutritious grub. How important is it in modern diet? Is it the stuff that athletes are made of? Professor John Hawthorn tells us all. Read on.

Have you ever wondered why the Middle East has always been, and still is, a hotbed of revolution and war? Perhaps the fact that the world's most important discovery of all time was made there has something to do with it.

Ten thousand years ago, in the fertile crescent that straddles present-day Iraq and Iran, grew the wild ancestors of modern barley and wheat. They can be found there still.

The nomadic tribes who wandered over this thinly populated area at that time took to pulling and eating the large seeds which we now call the ears. They found ways of cooking them, probably by parching them on hot stones from the fire. It was only a short step to noticing that grains accidentally spilled on suitable soil sprouted when the rains came, and, hey presto, agriculture was on its way.

Now you probably have the idea that these early folks were hairy dim-wits. Nothing was further from the truth. They were as bright up top as you or me.

If we had to wander the earth always searching for food, and owning only what we could carry on our backs, we might learn a lot about the ways of the wild, but our technology, like theirs, would be limited to a few stone tools and wooden spears.

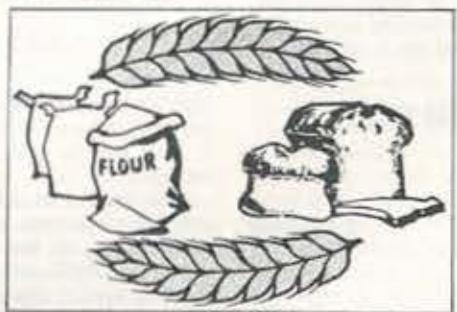
As soon as they latched on to the notion of planting and harvesting grain, however, they discovered that a hundred yards square of good soil would produce more food than ten square miles of some of their hunting territories. With this technique they could stay in one place.

It seems such a little thing not to be

constantly on the move, but it was the beginning of the modern human race as we know it. I said that they were bright. To prove it you only need to look at the stone hand-axes and cunning sickles for cutting grain which they made. They make look rough and ready in the museum cases, but if you ever get to handle them you will find out what cunning devices they were. They even made some of them for the corncrakes!

When you stay in one place you can accumulate useful things - like heavy grinding stones. You can build shelters that later become permanent houses, and you can make pottery containers. You can store wild grapes in them. And since grape juice spontaneously ferments from the yeasts on the skin, you soon find out how to make wine.

You grind the barley or wheat you harvest and bake it into a hard biscuit in the clay oven you have recently invented. You find it keeps for a long time without going bad like meat or fish. One day you use yeasty wine to mix it and find that the biscuit spontaneously increases in size, is full of little holes and tastes much nicer. You call it bread.



THE WELL-FED Runner



John Hawthorn

By Roman times, the mill was quite a sophisticated device. It had become circular and was turned by slaves or draught animals. The milling of grain had laid the foundations of modern mechanical engineering.

The technique of milling changed little for the next 1800 years. True, the slaves were replaced by water or wind power, but the basic idea was still the same - one great stone stationary, one revolving on top of it, and the grain being ground between.

But about a hundred years ago some Hungarians in Budapest came up with the idea of crushing the grain between rollers instead of grinding it between stones. At this point the details of the technique became a bit complicated and I shall not weary you with them. But one result was to make white flour and white bread cheap.

White flour could be made with old mill-stones but it was expensive. This was mainly because every hundred parts of wheat gave, say, thirty or forty parts of fine white flour and the rest was coarse brown stuff. So the white flours went to decorate the tables of the rich upper classes, and the rough stuff went to the plebs like my great grandparents. But with roller milling, sometimes as much as seventy parts of fine white flour could be extracted from one

hundred parts of wheat and the remaining thirty parts found a ready market in feeding pigs. Now even the working man could eat fine bread like his betters.

The working man, his wife, and their kids took to the white stuff like steel to magnets. And so it was that over the next half century Britain produced lots and lots of healthy pigs as well as plenty of weedy children. The pigs were getting the best bits of the grain!

Imagine a lemon with a deep fold down one side of its skin. Except for the colour, that roughly is what a wheat grain would look like blown up umpteen times. Now when you make lemon marmalade, or drinks like lemon tea, you include the peel. This is simply because the peel is rich in flavour.

In the same way, the branny "peel" of the wheat grain is particularly rich in vitamins and minerals. The brown flour from the old stone mills contained much of the bran and was more nutritious than the fine white stuff on the rich man's table.

For the rich this mattered little because their diet was varied anyhow, and what they lost on the bread swings was made up on the roundabout of the other foods they were eating. For the ordinary folks it mattered one heck of a lot, for their main

By law, the miller has to put back into white bread the nutrients he takes out when he removes the bran. So nowadays white bread is just as nutritious as brown, but it does not contain the roughage which is so important for a really healthy digestive system.

Dietary Hint

Eat bread as part of your training schedule. Its ratio of protein and carbohydrate is particularly well balanced, and appropriately suited to a high energy output and the building of energy reserves. Have the odd slice of white bread for a change if you must, but break away from it and for the most part concentrate on wholemeal.

After a time, many people come to prefer it to white bread and it is much better for your gut transit times. If you do this you can (or most folks can) forget that spoonful of bran you eat with your cornflakes. When all is said and done it's an artificial practice. We were once a nation of bread eaters, but bread consumption has been slowly declining over the last thirty years and we are the worse for it. Now's the time to reverse the trend.

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Cycling

What a year it has been for Ireland's Stephen Roche, and what a turn-round in fortunes for the former Dublin milk boy who is now on his way to becoming a millionaire.

This time last season he was crippled with a serious knee injury and was forced to spectate as his great buddy and close rival, Sean Kelly, held off the best racers on the continent to win the Emerald Isle's spectacular five-day event, the Nissan International Classic.

Things looked so bad that some people thought Roche would never make the top grade again. But he showed the true grit typical of the Celtic race and despite some early setbacks, broke through the pain barrier and gradually got stronger and stronger.

This year there has been no-one to touch him in the key events. He pulled off an amazing hat-trick by winning the Tour de France, the Tour of Italy and the World Road Race Championship in one year, a feat only ever accomplished by the legendary Belgian Eddie Merckx.

When Roche won the Tour de France he was given a civic reception in Dublin and was hailed by thousands of adoring fans. Who knows what the follow-up will be now?

While Roche has rode away in triumph, Sean Kelly has been left in his slipstream, a position I am sure the superstar will not tolerate for very long.

At the world championships in Villach, Austria, were an eye-opener for me in many ways. Roche did his best to pave the way for Kelly to win with his normal electric sprint finish. But Kelly didn't have it and Roche, having looked round for his team-mate on the final bend, rode on to victory.

After the race he said: "I rode for Sean today, but he couldn't take the opportunity. This time it was my turn, perhaps next time it will be Sean's."

It is a pity more sportsmen were not like this likeable duo who have done so



Bill Cadger

much for the youth of their country through inspiration and example.

Arthur Campbell, former president of the Scottish Cyclists' Union and a world recognised official in international circles, is an unsung hero on his own patch. At present he is chairman of the Union Cyclists Internationale, the world body of the sport, and is one of the key figures at world events.

He can be seen out on his bike around the Kirkintilloch area most days, unless he is officiating at some top event.

But now Arthur has pulled off

his biggest coup for his own club, Glasgow Wheelers. The

one and only Eddie Merckx, probably the best-ever cyclist, five times winner of the Tour de France and four times world champion, is coming to Glasgow to present the prizes at the Wheelers annual prize-giving next month. If anyone hears of any spare tickets for the dance let me know!

The World Road Race Championships in Villach, Austria, were an eye-opener for me in many ways. Roche did his best to pave the way for Kelly to win with his normal electric sprint finish. But Kelly didn't have it and Roche, having looked round for his team-mate on the final bend, rode on to victory.

After the race he said: "I rode for Sean today, but he couldn't take the opportunity. This time it was my turn, perhaps next time it will be Sean's."

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Orienteering

October is the month for Home Countries Internationals between Scotland, England, Wales and Ireland. As for rugby teams, Ireland has a combined team selected from Northern Ireland and Eire.

First, on October 4 at Dipont Forest near Hexham in Northumberland, is the senior international. The competition is between composite teams from each country made up of male and female orienteers from three age groups: under 19, 21-35 and over 35. There is an overall trophy and countries also look for age group victories.

Extending an international competition over a number of age groups gives an

Scotland expects

opportunity for younger particularly good results in the orienteers to gain valuable experience, and also a chance for veterans to represent their all four runners also being good country. A team of this sort is enough to be selected for the more representative of the senior team, and most of them

sport than one of only a few having experience of elite orienteers. Scotland representing Great Britain. Likewise in the W17 team, with Moira and Kirsty also having been selected for the senior team and having Great Britain team experience.

Despite frequently winning several of the age groups, Scotland has never managed to beat England for the overall Northumberland is south of the border, many of the Scottish orienteers have less travelling than most of the English team. This almost gives home advantage for a second year to the Scottish team, and raises hopes of going one better this year.

SCOTTISH JUNIOR TEAM

	W13	W15	W17
Alison Biggar	LINOC		
Maureen Thin	INVOC		
Jenny MacDonald	INVOC		
Mark Todd	ECKO		
SCOTTISH TEAM:			
Women:			
Lorna Boyd	INT	Katy McNeill	MOR
Kirsty Bryan-Jones	FVO	Lorna Graham	MAROC
Mona Cumming	SOL	Julie Bryan-Jones	FVO
Open	FVO	Julie Bartlett	MOR
Hazel Dean	SOL	Mona Cumming	SOL
Ann Salisbury	ECKO	Kirsty Bryan-Jones	FVO
Hilary Smith	INT	Nicola McEvily	CUNOC
Chris Whalley	ESOC	Katie Davidson	LINOC
Men:			
U/19	CLYDE	Drew Tivendale	MAROC
Phil Singsby	INVOC	Raymond Quinn	SAOC
Alasdair Thin	INVOC	Derek Jardine	SOL
Patrick Walder	INVOC	Ali Bryan-Jones	FVO
Open	FVO	Cahal Neill	ESOC
Ian Renfrew	CLYDE	Daniel Gooch	FVO
Steve Hale	FVO	Craig Stewart	CUNOC
Jon Musgrave	GRAMP	John Sumie	MOR
Donald Petrie	CLYDE	Phil Singsby	INVOC
Dermot Reddock	AIRE	Alasdair Thin	INVOC
Charlie Walton	INT	Ian Renfrew	CLYDE
		Patrick Walder	INVOC



Gareth Bryan-Jones

0-35

Dave Armitage	GRAMP
Gareth Bryan-Jones	FVO
Geoff Peck	ENOR
Stephen Stanick	CLYDE
Donald Wallace	MAROC

Women in SPORT



Fiona Macaulay

and apparently most people can fast safely for a month or longer, but whatever the length of time it should always be under medical supervision.

Cott lists 27 reasons for fasting, which include losing weight the quickest and easiest way, cleaning out the body, getting more out of sex, sharpening the senses, and boosting self-esteem. The ancient Egyptians, for example, would fast for three days every month in pursuit of good health and youthfulness, and Pythagoras would fast for forty days at a time to heighten his mental processes.

A side effect of fasting is that you are supposed to learn new and healthier eating habits, but after a recent three day fast, there I was, heading for the chip pan quicker than Ben Johnson out of his starting blocks.

I was watching a re-run of the World Championships with one of my young prodigies, a talented athlete even if he did end up horizontal between the second and third hurdles at this year's British Schools International. As yet another Eastern Bloc athlete crossed the line with arms held aloft in victorious salute, 16 year old George suggested that all those women who had not shaved their armpits should have been disqualified.

I lectured him on not judging other societies' standards by our own, and that just because in this country a hairy armpit on a lady is generally regarded as unfeminine, it does not mean that it is. If ladies universally grow hair under their arms, how can it possibly be unwomanly? When George, my husband et al talk about some sporting women being unfeminine, what they really mean is unsexy.

Meg Ritchie, Britain's discus record holder, told me a good few years ago that the large number of Eastern Bloc shot and discus throwers who appeared with peroxide blonde hair did so because they thought it made them look feminine. There was always a constant conflict between improving their throwing, and at the same time retaining some of the qualities dictated by a preconceived idea of womanhood that suggests to be 15 stone and display great strength in hurling objects far distances is not feminine.

The speed and ballistic athleticism demonstrated in the shot and discus is lost to the uninformed spectator, whose views on women throwers are jaundiced because on the surface these ladies appear to differ greatly from the stereotype for womanhood, and often attract ridicule rather than admiration for their athletic ability. Women trying to take part in sports long established as men's find it very difficult to be taken seriously, and not just by men, although they may well possess footballing, rugby, or wrestling skills that match or even surpass their male counterparts. And all because it is just not ladylike.

According to Allan Cott's book *Fasting: The Ultimate Diet*, fasting is not starving. The onset of starvation only comes about when the body's reserves have been exhausted.

Fasting is not starving

We hear so much about diets these days.

Weight watchers, the Cambridge diet, the Mayo diet, Daphne Broton's favourite bananas and milk, tend to be just fad diets for many people. But if you are intent on shedding a few pounds, perhaps to get more enjoyment or higher performance out of your sport, have you ever given consideration to the diet that beats all - fasting, which many religions observe as part of their spiritual rites?

According to Allan Cott's book *Fasting: The Ultimate Diet*, fasting is not starving. The onset of starvation only comes about when the body's reserves have been exhausted.

Many people give up running

because they never manage to get passed the vital first twenty minutes during which the runner is preoccupied with herself, her aches and pains, and the reasons for wanting to improve her body. It is during this phase that the runner has negative thoughts about completing the run, and ends up packing it in altogether with the view that it is necessarily tortuous and no fun.

After 30 minutes however, the runner's thoughts stray to events at work, personal relationships and everyday problems, and this is where release is found for tension and aggression. This is also where the famous 'runner's high' is met, although Jim Fixx once said there was no such thing, but rather a non-runner's low.

After 40 minutes jogging, the unconscious is being tapped and distant memories are brought back along with their related emotions, and at 50 minutes onwards Jung's 'collective unconscious' is being delved into, awakening traits inherited from primal and even prehuman ancestors, and instincts passed down from our distant relations when they first started running three million years ago.

I cannot help thinking, however, that it cannot be as natural for a woman to run as a man, because surely when Mr Primal started running on his newly flattened feet, Mrs Primal was still stuck at home with the bairns. Kostrubala says that after running for an hour, altered states of consciousness can be experienced, not unlike meditation, dreaming, and even some drug induced sensations.

If you are new to running, it is going to take you quite a while to be able to run for twenty minutes, never mind an hour. The runner who times each mile and enjoys a good burn up on the last leg, perhaps in a group, is never going to experience the magical mysticism that running/jogging apparently has in store for the solitary runner who runs for running's sake to the exclusion of all else around her.

Kostrubala does not, however, touch upon what happens to you when you are running along in a dream-like trance and a gaggle of spotty Edinburgh schoolboys fling a banger at you for a laugh. I know. Your heart beat goes up to 290, and you spend several minutes recovering in the privet you just dived into. There is a lot to be said for remaining totally conscious while out running.

Highland GAMES



David Webster

The last major international Highland Games of the 1987 season took place at Santa Rosa, California, and drama began long before the first throw was made. Kevin Brady, a 6'5" Irish/Italian/American has been one of the top three on the U.S. circuit, although he has not competed in Scotland since he refused a drug test at Aberdeen Games in 1985.

Last year testing was introduced at Santa Rosa, a useful device to screen the leading Americans and Canadians being invited to Scotland as a result of their placings at this championship. There were ugly scenes at that time when Brady again refused to be tested, although other top liners such as McGoldrick, Tice and Markovic welcomed the innovation and passed with flying colours.

As a result of Brady's defiance, his entry to this year's event was refused, so he took the Games organisers to court demanding that he be allowed to enter and be allowed to waive the test! I was told he based this plea on the rights of freedom of choice.



A well-kent face presents Alan Pettigrew with the MacBrayne Centenary Challenge Cup at Bute Highland Games.

was beaten in the first event, his favourite - putting the stone. Jim McGoldrick, the defending champion, beat Geoff by four inches but it should be pointed out that Britain's world champion did *standing puts* because of an ankle injury. Geoff soon reversed the position by winning the 56lb weight for distance, an event now rarely seen in Scotland. Markovic of Canada was second, allowing Capes to pull ahead by one point.

The hammer events were won by Alistair Gunn from Halkirk, Caithness, who was nick named the Highland Express because he has really tremendous speed. By coincidence he flew out via the airline with the same name, so he had an appropriate T shirt emblazoned with "Highland Express". Gunn was extremely popular with the crowd, for although dwarfed by his rivals he overcame his height and weight disadvantages with a very gutsy performance. We have here a future champion.

The first three events typified the whole competition, with much interchanging of positions, but in the end Capes more than justified selection with a good win over gentlemanly Jim McGoldrick of San Jose and Keith Tice of Clovis, California. Mark Higgins' back injury prevented him from completing the full programme, and I had the distinct impression that he was not taking any chances because of the forthcoming Louis Cyr Tournament in Montreal.

David McKenzie, the American amateur champion for the last five years and former international discus thrower, turned out in the paid ranks for the first time and placed sixth after seasoned professional Dan Markovic.

There are three separate competitions at the Santa Rosa Games - the United States Invitational Professional Heavy Events Championships

described above; an amateur championships; and a "Class A" event in which lesser lights and those without known records have to prove themselves. It is a fine system for developing talent and more of this needs to be done in Britain.

In the amateur class the favourite, Gary Leach, was beaten by veteran Rob "Jock" MacKay, a football, track and field coach from Modesta. Jock is an interesting character who would have been at the top long before this time had his career not been halted abruptly when, as a policeman, he went to arrest a burglar and the intruder shot him!

Overall results: Capes 59 points; McGoldrick 53; Tice 39; Gunn 38½; Markovic 34½; McKenzie 32; Higgins 21; John Ross 10.

The following performances were done on level surfaces under very hot conditions in a ten event 9am-4pm two day programme:

17lb. 6oz. stone putt: McGoldrick 50' 5"; Capes 50' 1"; McKenzie 49' 3"; Markovic 47' 5"; Higgins 46' 6"; Gunn 46'.

56 lb. weight for distance: Capes 42' 5"; Markovic 36' 9½"; McGoldrick 39' 6½"; 16 lb. hammer: Gunn 132' 1"; Tice 129' 5½"; Capes 118' 9½" (some found the hammer shaft very inflexible).

56 lb. for height: Capes 16'; McGoldrick 15' 6"; Tice 15'.

Caber: Capes; McGoldrick; Tice.

26 lb. stone put, standing, Braemar Style: Capes 39' 6"; McGoldrick 38' 3½"; McKenzie 36' 0½".

22 lb. for distance: Capes 80' 4½"; McGoldrick 79' 4"; Gunn 71' 10".

22 lb. hammer: Gunn 108' 0¼"; Tice 106' 9½"; Capes 104' 7½".

AMATEURS

28lb for distance: R. MacKay 67' 6"; S. Stuckey & C. Sorensen 62' 6½".

16 lb hammer: D. McNab 113' 2½"; G. Leach 110' 3½"; G. McIlvaine 104' 4½".

22 lb hammer: McIlvaine 88' 1½"; Leach 86' 1¼"; MacKay 83' 9".

56 lb for height: J. Free and McIlvaine 13'; A. Stuckey, 12' 6".

Overall: MacKay 73½ pts; Leach 65½; S. Stuckey 60.

CLASS A

56 lb for distance: Heim 23' 8½"; Perdew 22' 7"; Mott 22' 3".

22 lb for distance: Heim 50' 1"; Mott 47' 11"; Perdew 47' 7".

22 lb hammer: Mott 71' 5"; Heim 70' 9¼"; L. Ross 70' 9".

26 lb stone Braemar Style: Heim 30' 1"; Mott 28' 4"; A. McKenzie 23' 1".

56 lb for height: Heim and Mott 11' 2"; Ross 11'.

Overall: Heim

HIGHLAND GAMES NEWS · NEWS · NEWS

LONACH GAMES

Six and a half thousand spectators dashed for shelter at Bellabeg Park, Strathdon, when the heavens opened and torrential rain deluged the brave athletes who continued their competition without interruption. There had earlier been brilliant sunshine as Sir Hamish Forbes marched the Lonach Highlanders round the Strath, fortifying themselves with whisky at each "drammie stop" en route.

The loudest cheer of the games was reserved for Bill Anderson when he tossed the Lonach Caber and won Donald Dinnie trophy yet again. In addition he won both hammers and the weight for height. Hamish Davidson won the stones and weight for distance.

In the end, George Patience and Alan Pettigrew struggled tooth and nail for supremacy, which ended in a draw, but these two stalwarts had no easy ride to the top. Eric Irvine, Lawrie Nisbet, Robin Meikle, Walter Weir, Stuart Menzies, John Freebairn and Willie Robertson all made worthy contributions to the proceedings.

It is the second time Alan Pettigrew has drawn for the Scottish title, and on the previous occasion the decision was given to Eric Irvine on countback.

Shot: E. Irvine 15.64; G. Patience 14.90; A. Pettigrew 13.30;

28lb for distance: Patience 21.80; L. Nesbit 21.20; R. Meikle 20.80.

Hammer: Pettigrew 37.88; Patience 36.80; Irvine 33.30.

Weight for height: Pettigrew 14' 3"; Patience 14' 3"; Irvine 13'.

Caber: W. Weir; Pettigrew beat Patience on count back.

This means that at the time of writing Brebner was in the lead for the 1987 Grampian Trophy, followed by Gordon Martin, Ron Young, Stephen Aitken, Tom Dow, and Alan Murray.

In the light events championships, Mark Parham leads over Fred Forsyth, Willie Beattie, Graham McLelland, Stephen Aitken, and Keith Redpath.

VIKING GAMES

The Viking Games at Kelburn Castle, Largs provided some fascinating variations of traditional Scottish events.

In this Britain versus Iceland encounter, the Vikings brought over Thor's Hammer and this defied the usual hammer throwing techniques, the best results being obtained with an overhead throw. On the other hand Odin's Rock, thrown for height as is done in the 56lb weight throw, saw Chris Black getting great results with a two handed waltzing type throw using his wire handle hammer skills.

The British Highland Games wrestlers won the first two championship places, although on a team basis Iceland won overall.

A memorable highlight was the sight of 32 muscular wrestlers advancing in two lines to the beat of a drum, and as the drumming ceased 16 pairs engaged simultaneously in fierce combat. The host, Lord Glasgow, and guest of honour

Magnus Magnusson shared the general view that massed and genuine wrestling like this provides a great sporting spectacle, and it is hoped that this kind of presentation can be repeated in future years.

Outstanding wrestlers in the home team included Joe Tredfall, Graham Campbell and Willie Robertson. Willie Baxter officiated throughout.

COWAL GAMES

The premier amateur heavy events competition of the season provided an extremely exciting tussle with nine fine competitors chasing the Scottish Amateur title, and thirteen in the overall competition.

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Grant Anderson may have been too injured to compete at Santa Rosa, but he still has plenty of young admirers.

competition will be held in Sydney.

Henry "Sandy" Gray. Who will be next?

WHILE driving on American freeways recently, I frequently saw giant cutouts of Grant Anderson throwing the hammer, advertising a well-known brand of Scotch whisky. On my flight back I read several magazines where there were full page adverts of Brian Robin advertising the same brand. In this they follow in the footsteps of former champion

EAST Lothian Games. Heavy events overall results: 1, Grant Anderson; 2, Bill Anderson; 3, Chris Black.

Triathlons

Swimming is often given the lowest priority in the triathletes' training schedule as the majority of triathletes come from either running or cycling backgrounds. In the United States it is uncommon to see breaststroke being swum in a triathlon, but it is not unusual in U.K. races. The Americans tend to take their sport more seriously and would make sure that they received sufficient coaching at the "Y" before making fools of themselves in their first race.

Swimming is a high skill level activity and technique is crucial. If technique is poor, heart rate will not rise above 60 per cent VO₂ max, to facilitate aerobic benefits.

Some tips:

1. Concentrate on your upper body - crawl is about 75 per cent upper body work.
2. The arm leaves the water elbow first, and the elbow remains higher than the hand, so that the fingertips enter the water first.
3. The arm is extended with an "open" hand and stretched as the hand enters the water, when the fingers are no longer apart.
4. Form an inverted "S" shape as you pull your right arm through the water, and a normal "S" as you manoeuvre the left arm.
5. Roll the head to the side to breathe - don't lift it out of the water.

Watching top swimming teams in training and



Diana Caborn

buoy allows the swimmer to relax the legs and is therefore useful for knee or ankle injuries. Upper body training can still proceed providing care is taken on the turns, to avoid aggravating the leg injury.

Kickboards allow isolation of leg movement and let you analyse the mechanics of your kick. Relaxation is a key factor in swimming technique and is important for leg work too, to avoid shoulder cramping. Kicking is from the hip down, with knees bent slightly to allow heels to break the surface of the water.

Competition is a good way to improve your technique, as it helps you to visualise the proper strokes and breathe skills - which you can then practise. A good coach is invaluable, even if just to perfect your technique and offer initial guidance.

There are a number of training aids available. They provide greater resistance in the water and help isolate strengths and weaknesses in technique; they also add some fun and variety to the training.

Hand paddles are useful to correct stroke deficiencies and they increase resistance. They help to isolate upper body movement and allow you to concentrate on stroke; any problems are more easily detected.

Pull buoys keep the lower body afloat, allowing you to think about your head position in the water, where your hand enters and exits the water, etc. Breathing technique can also be appraised.

The pull buoy is also useful for the injured triathlete. Whereas its predecessor the float needed to be held in place by tense leg muscles, the pull

buoy allows the swimmer to relax the legs and is therefore useful for knee or ankle injuries. Upper body training can still proceed providing care is taken on the turns, to avoid aggravating the leg injury.

For the beginner, the best advice is to meet with fellow triathletes and discuss "tri" issues and then put them to the test. Reading is of limited value until you get out on the bike and learn through your mistakes. A training partner will help to motivate you and will encourage a more competitive workout.

Set yourself a variety of bike sessions, combining short and hard, with longer steady sessions. Style and efficiency are important. Most top cyclists have good position on the bike - it helps if someone can observe and comment on your style. Gradually you will get to know the "feel" of your bike and become more attuned to it.

Pedalling is an important aspect to master proficiently and cleated shoes, of one of the many varieties, are crucial for longer races.

Comfort is crucial to good performance and is often learnt the hard way, after a sore race or training session! The contact points are worth considering - saddle, handlebars and pedals/feet. "Spenco" products are a useful option for those prone to saddle soreness or shoulder stiffness, where padded saddle covers and gloves can make all the difference.

Gearing is also an area which requires practice and cannot be mastered overnight. There are sophisticated gear change systems (Shimano Index Shifters, for example) which help the novice cyclist to find their gears.

Next month I will include some specific advice on training schedules, and mention dietary aspects for triathletes. In the meantime, I have included Scott Tinley's guidelines for a training schedule, taken from his book "Scott Tinley's Winning Triathlon".

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	Swim	1200(H)	0	1800(I)	0	1500(I)	0	4500 yds	
	Bike	0	15(H)	0	15(I)	0	25(D)	70 miles	
	Run	4(R)	0	6(I)	6(R)	4(H)	0	8(D)	22 miles
2	Swim	1300(H)	0	2000(I)	0	1600(I)	0	4900 yds	
	Bike	0	20(H)	0	20(I)	0	35(D)	95 miles	
	Run	5(R)	0	7(I)	0	5(H)	0	9(D)	25 miles
3	Swim	1500(I)	0	2000(I)	0	1600(I)	750(R)	5850 yds	
	Bike	0	25(H)	0	25(I)	0	45(D)	120 miles	
	Run	5(R)	0	8(I)	0	6(H)	11(D)	0	30 miles

Key: D = Distance H = Hard and steady I = Intervals R = Recovery 1 = Beginner 2 = Intermediate 3 = Advanced



As reported last month, Mark Knagg of Barrow-in-Furness won the super triathlon at the Scottish Championships in East Kilbride on August 30.

The winner of the mini triathlon was another Englishman, Steven May from Kings Lynn, who is pictured, left, crossing the winning line.

Another Englishman, Tom Begley from Surrey, who is pictured doing a Tebbitt above, was second in the mini triathlon over-50 category to East Kilbride's Eddie Muldoon.

In our third picture, above left, the triathletes plough up and down East Kilbride's Dollan Baths. See Diana Caborn's column for swimming tips.

Photographs by Sprint Photography.

All-round joys of cross country running

Derek Parker, senior British and Kilbarchan coach, explains why cross-country running can provide the ideal mental and physical release from worldly pressures, and gives some tips for improving technique.

Cross country running is one of the great delights of athletics. As a therapy, it does much to ease tense, tired, muscles which are exhausted and weary after a hard race or arduous training cycle.

Mentally, it provides restful relaxation from the psychological demands of training and racing against the relentless dictates of the stop-watch. It takes the athlete away from the artificial surroundings of the oval track and the hard road surface, translating the runner to the pure, natural ambience of the woods, the hills, and the fields.

It is a fact that the psycho-spiritual aspect of athletics is all too often neglected, shunted into the background by the emphasis on physical components such as the quest for more miles, increased intervals, faster repetitions, and shorter recoveries.

Yet it is the entire person that runs – not just the legs and arms. This is the concept behind the holistic (Greek "holos" meaning "whole, entire") approach to athletics coaching, encompassing every aspect of the sportsman or woman's life, including domestic, social, environmental, work, mental, physical, and spiritual factors.

Problems and difficulties in just one of these many spheres can produce adverse effects on sporting performance – that is why cross-country running, as a mode of therapy and relaxation, stimulating the hormonal flow of endorphins responsible for feelings of well-being and a "being at one with the world", is an essential ingredient of an athlete's training and racing schedule.

But while running through leaf-strewn woods, over soft, green fields, and up and down hills is of immense therapeutic and holistic benefit to athletes who race and train on road and track, it is also a tremendously popular sport in its own right. And like any other discipline it must be

trained for specifically, with sessions simulating the situations an athlete is likely to encounter in races.

At one time the Saturday afternoon "pack" run provided a regular opportunity for athletes of all standards to get out into the fields and develop an aptitude and "feel" for the country. It was these outings which helped to create the magnificent cross-country running traditions sublimely epitomised in successes at world championships events by Scottish athletes such as Eddie Knox, Ian McCafferty, and Ian Stewart.

Sadly, we have lost much ground since these halcyon days. Apart from a very few isolated exceptions, Scottish performances at individual and team level at consecutive World Cross-Country Championships have been abysmal.

Lack of specificity in training is a prime reason for these lack-lustre Scottish endeavours. To run well over the country, it is imperative that an athlete should train on the country. The astounding dominance of major cross-country events by African athletes, particularly those from Kenya and Ethiopia, is attributable to the fact that much, if not most, of their running is done over paths, tracks, hills, and plains, away from the artificial surface of roads and tracks.

It is a mistake to think, as so many athletes here in Scotland do, that churning out high mileage on the roads will equip one for gruelling cross-country races over differing terrains and in varied climates.

Road-running, which develops cardiovascular-respiratory fitness, certainly does fulfil an important role in the preparation of a cross-country competitor. So does repetition and tempo running which improves the athlete's ability to handle fast, steady paces as well as sudden bursts in the middle of the race – and sprint finishes.

But essential as these modes of training are, they are not specific enough. That specificity can only be found in training



situations which resemble those encountered in racing.

Wet, marshy tracts of ground – prolific during a Scottish winter – can invariably influence the outcome of important races, particularly if they come near the end.

Yet, how many competitors have actually prepared for such a contingency? Most athletes try to rely on brute strength to carry them across the wet areas, thereby causing a significant reduction in speed at a vital stage of the event and depleting further rapidly-diminishing energy reserves.

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Instead of leaning backwards as so many athletes do – causing severe strain on muscles, ligaments, and tendons, as well as

practice sessions in which the athlete runs up gradients of varying distances and terrain, concentrating on shorter strides than usual, emphasising a more vigorous arm action, and leaning forward so that the legs are behind the body, propelling it straight ahead, can do much to instil the courage and confidence which are so crucial during tough uphill sections.

It is also important to practise maintaining the effort, and so increasing the tempo, on level ground at the top of the hill. This can have a demoralising effect on opponents who are still labouring up the slope.

Downhill running is one of the most neglected departments of cross-country, and far too many athletes regard this as an easier stage where they can relax and recover from earlier efforts. Yet downhill running is every bit as essential as running uphill, and must be tackled properly.

Instead of leaning backwards as so many athletes do – causing severe strain on muscles, ligaments, and tendons, as well as

creating a braking effect because the foot is striking the ground ahead of the body – the athlete should develop the habit of leaning forward slightly, lowering the arms to achieve better balance, and allowing the main leg action to come from the knees down, producing a fast, brisk stride. The body's centre of gravity, located in the pelvic-lower lumbar region, should remain

"No one can say cross-country is boring. There are innumerable training sessions the imaginative athlete can devise."

on a level, instead of undulating, plane with the ground.

On level ground, the main difference between cross-country and road or track running is that the stride pattern and rhythm is highly irregular and far less economical on varied and uneven surfaces.

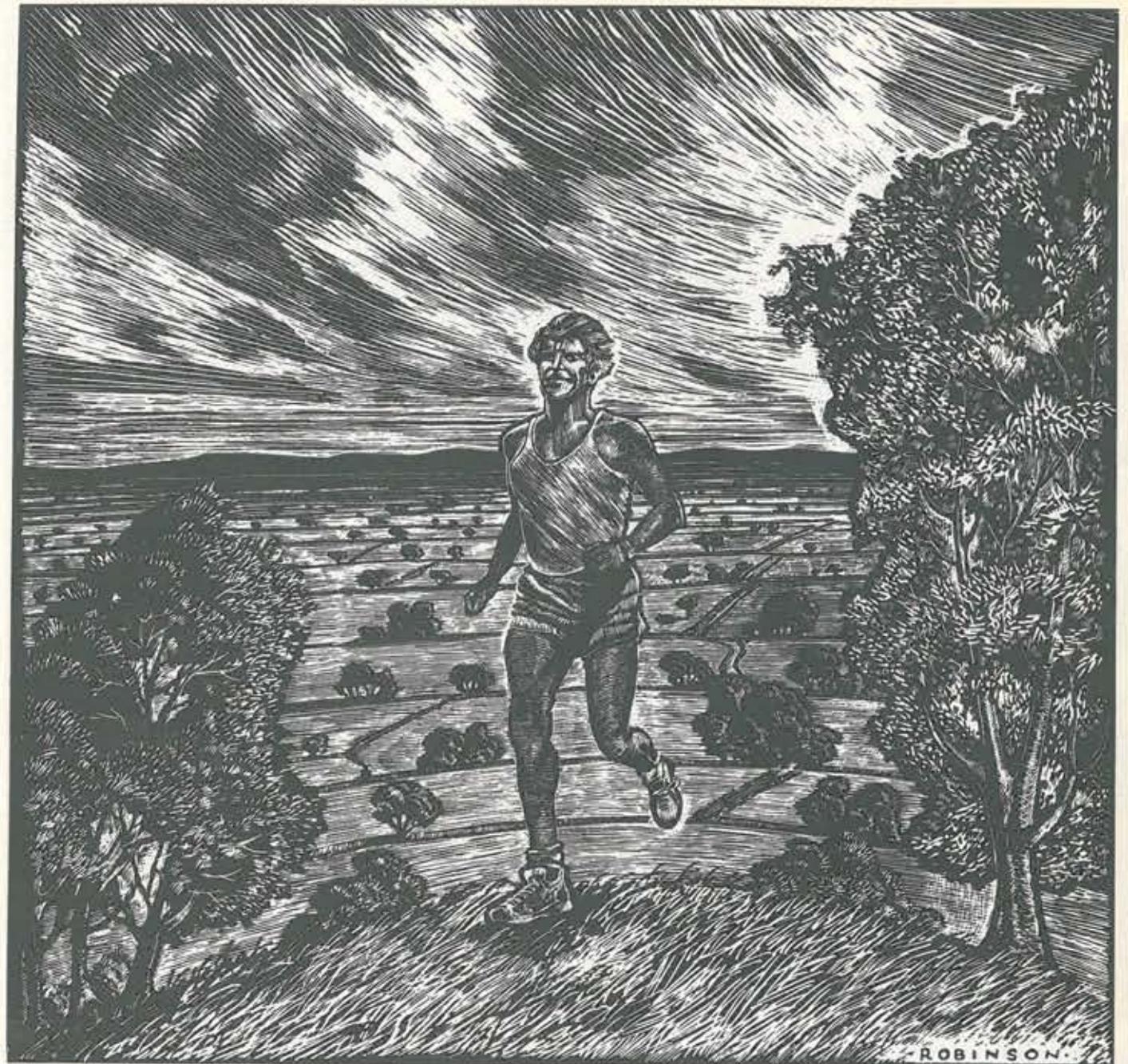
This is another reason why athletes should train specifically for cross-country, and not rely on road or track work to see them through the winter season. Yet it is

surprising how many people are reluctant to take to the woods, the hills, and fields for the edifying delights of cross-country. Perhaps it is our urban culture, and the desire not to get wet and muddy, which deters many from venturing off the road or tracks.

No one can say cross-country is boring. There are innumerable training sessions which the imaginative coach or athlete can devise to make a programme interesting and pleasurable. Even just steady running for between one and two hours across the fields and through the woods can be enjoyable – but variety can be added by finding different routes or organising training runs in new localities.

Challenge runs to the top of well known local hills can be arranged, aiming to conquer a new peak each month – or, if there are sufficient volunteer car-drivers, athletes can be dropped off at various places and run back across the country to club headquarters.

At Kilbarchan Athletic Club, for example,



ROBINSON

it is not unknown for athletes to set out from Largs on the Ayrshire coast and run some 20 miles back to the Renfrewshire village across rugged moorland terrain and a range of hills more than 1600 feet high in places.

Every club and athlete has similar opportunities on their doorsteps. All they have to do to exploit these ready-made facilities to the full is to look around, use their imaginations, and improvise.

Fartlek sessions over the country can be very challenging. An hour of 60 seconds fast running alternating with 60 seconds jog recovery is an excellent simulator of racing situations. So, too, is 30 minutes running across a wet, soggy ploughed field with jog back recoveries around the unploughed headland.

And instead of running repetitions on hard roads or monotonous tracks, it is always worthwhile mapping out a circuit through woods or along forest trails – or even along the grass verges of town and city parks. A series of 5×1 mile, with five

minutes recovery, is infinitely more exhilarating when done over soft, yielding ground against a sylvan or rural backdrop.

The key to these sessions is improvisation and making the most of one's natural surroundings. The great Swedish 1500

metres runner who won gold at the Rome Olympics, regularly ran 100 to 500 metres repetitions in deep snow with steady runs of nine to 15 miles being done – also in the snow.

It was not just the bodies of these resolute athletes which benefited from their carefully-planned training regimes in the natural surroundings around their homes. They also developed the mental qualities of toughness, determination, perseverance, indomitability of character, and resilience which enabled them to get the very best out of themselves in any racing situation.

It is that blending and merging of the psycho-mental-physical powers dormant in every human being – and their realisation in competitive performance – which is the hallmark of the true athlete, the person who functions fully in body, mind, and soul at his/her own very highest level of attainment.

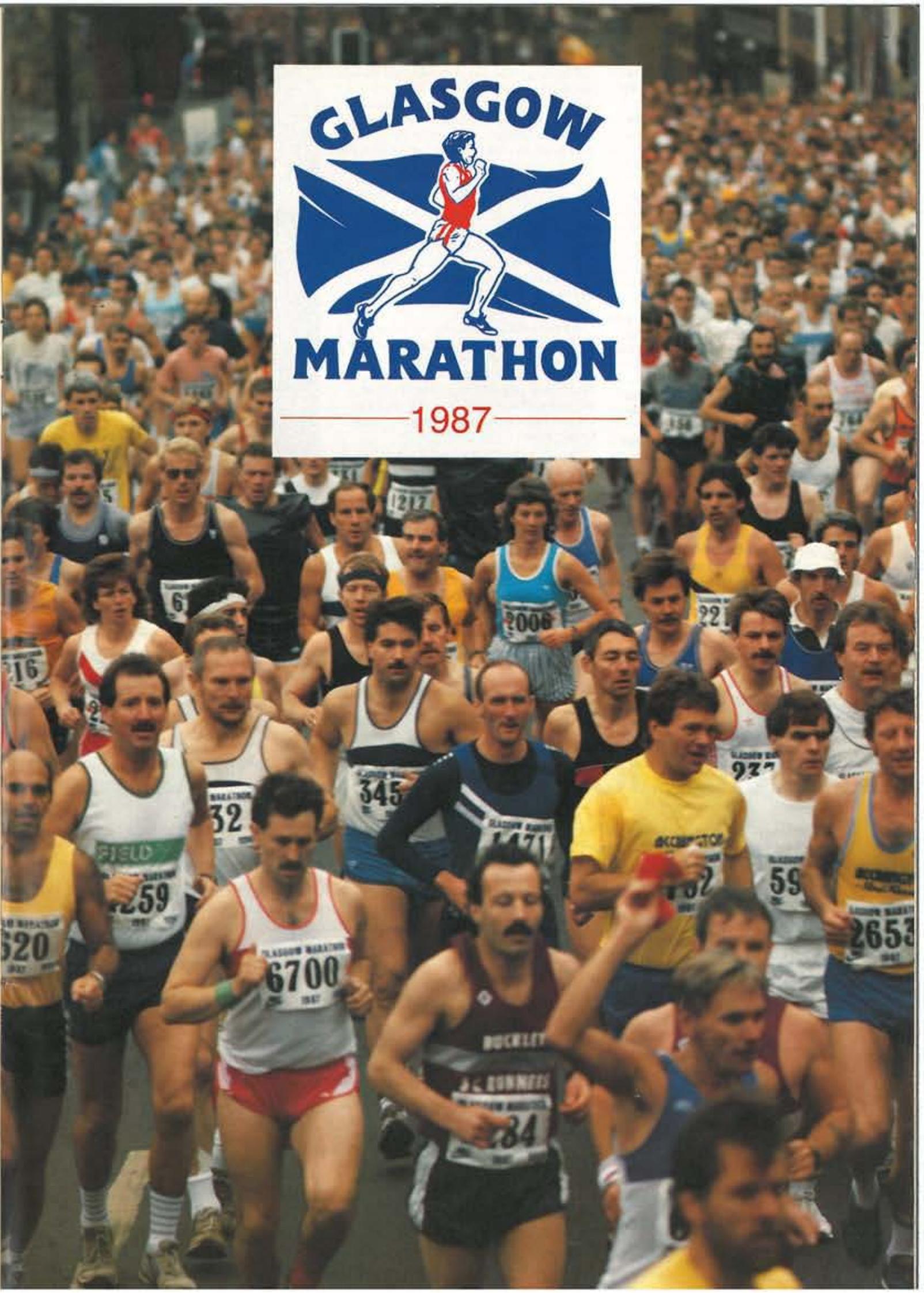
And it is in cross-country running – competitive, recreational, or therapeutic – that these qualities can be most favourably nurtured.

"It is that blending and merging of the psycho-mental-physical powers which is the hallmark of the true athlete."

course comprising four slopes including a steep hill; two marshy areas; and one long stretch where hard, fast running was done.

At Portsea, the great Australian coach Percy Cerutty and his protégés, such as Herb Elliott, used 80-feet sandhills and a bush track course just over a mile long which was completed five times with short recoveries.

Pyotr Bolotnikov, the famous Soviet 10,000



GLASGOW MARATHON 1987

The Glasgow Marathon has hit the wall, but that doesn't mean that it can't pick itself up, re-new its commitment, and push itself forward to the position of pre-eminence which it so richly deserves.

Sure, the marathon bubble has burst – and that is no bad thing either. Mass marathons brought a tidal wave of new enthusiasts into our sport, transforming it from the lonely activity of a small band of harriers, into a sport that challenged a nation.

Now that the boom has receded, the reverberations are still with us in the form of a new wave of half marathons, 10Ks and shorter races which are new to the calendar. Even the smallest of them have little trouble in drawing entries that only a few years ago would have been considered massive.

I see no reason for blindly clinging on to marathons when it is clear that many runners would rather run shorter distances, but I am convinced that there is still room in the UK for two massive mass participation events – one at the start of the season and one at the end, one in the south and one in the north – one in London and one in Glasgow.

We will never be able to compete with London in terms of attracting stars, quality club runners and vast hordes of fun-runners, but if the will is there we can still breathe a second wind into Glasgow and see its pace begin to hot up again.

The race comes at the end of the season where an injection of some real prize money (£1000 just isn't enough) could attract better runners at the sharp end. We are unlikely to attract the De Castellas and the Ingrid Kristiansens, but we could still put on a quality race at the front which would make the event more attractive to television.

There are other ways of attracting television. With a couple of hours during which the race is winding its way through the city, a programme of exciting events could be mounted at Glasgow Green to keep the crowds entertained and the cameras busy.

A series of inter-schools races, with the kids finishing under the marathon clock and a memento showing they had competed in the "Glasgow Mini-Marathon", would bring thousands of parents and relatives to the Green – and create a new wave of potential recruits for our sport.

Thanks to Sri Chinmoy Athletic Club, a measured mile on the road passes right under the clock gantry – so why not a head-to-head road race over one or two miles with top prizes for international stars?

Race director Bob Dalgleish has confirmed that the idea of a half marathon is being explored. According to rumour, the organising committee has also been looking at the possibility of



running a half and a full marathon simultaneously.

Crowds could be brought back to the streets with the aid of a few incentives. Why not a competition for the best picture of the marathon – with special categories for pictures of runners in fancy-dress, and both photographer and runner getting a prize?

Next year's Garden Festival presents a golden opportunity to pump new energy into the marathon. There are likely to be sponsors seeking opportunities to associate themselves with the Festival, so let's link the marathon with the Festival (the route used to go right to the gates of the Festival site).

And let's see if BBC Scotland and Scottish Television are really committed to televising the nation's largest mass participation event. If the marathon organisers are prepared to make changes to make it a better spectacle for TV, then a more positive response from the broadcasters is required if they are to retain any credibility in claiming to present Scottish sport in any depth.

Runners and readers will have ideas of their own, so let's be hearing from you. After all, we have boasted for years that Glasgow's miles better – are we going to throw the race just when the going begins to get tough?

Stewart McIntosh

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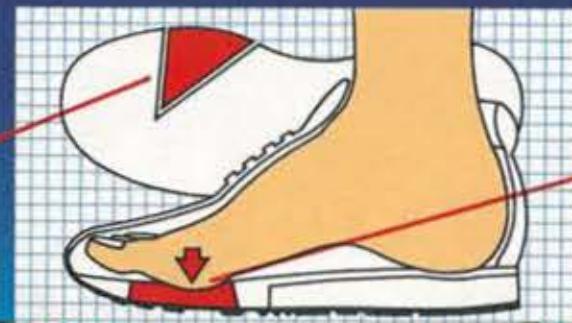
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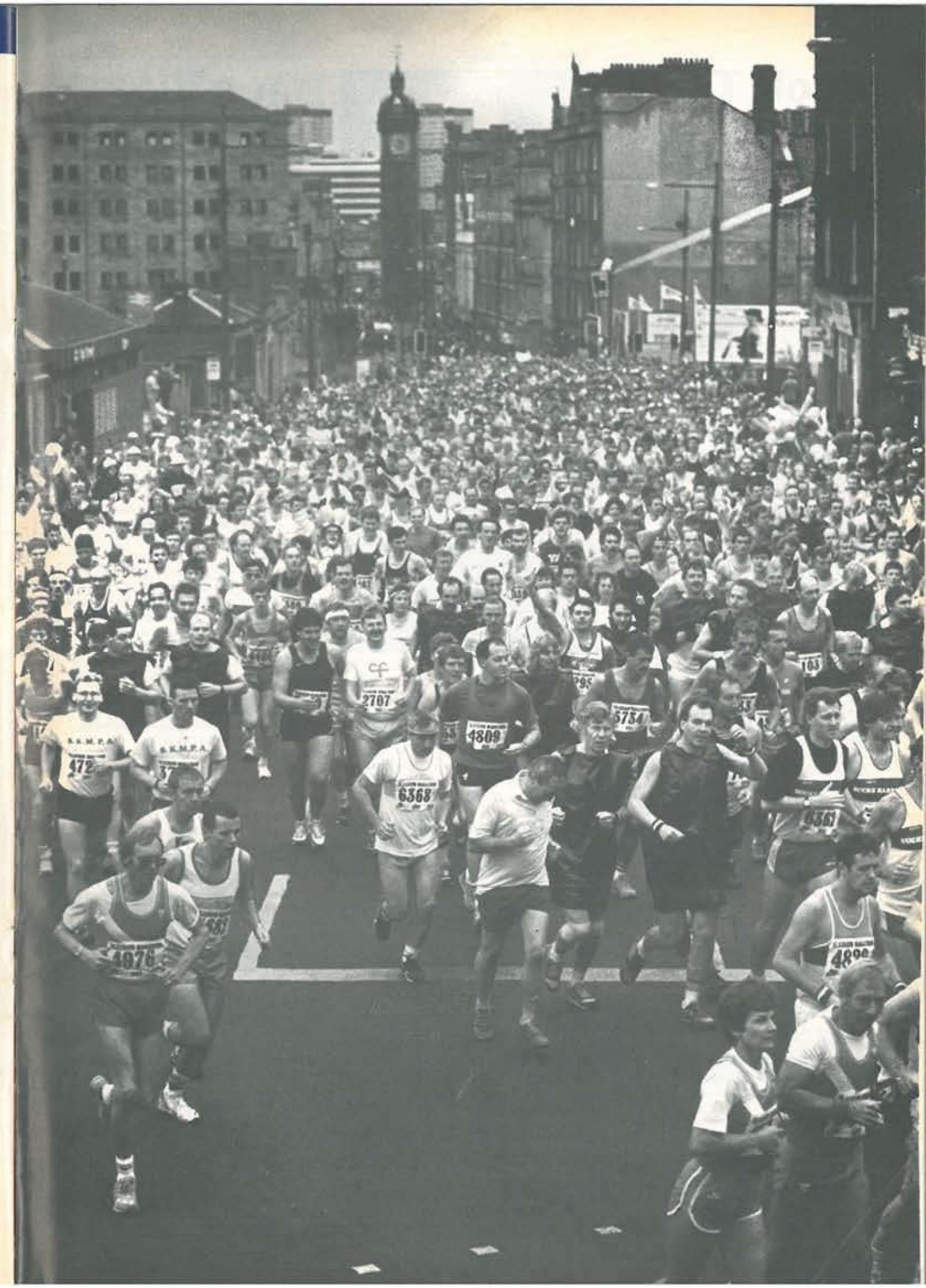


THE NEXUS®

GLASGOW MARATHON 1987



It's a tale of two races for the club runners, top, and the tail end Charlies, below. But for both these groups, will this be the last Glasgow Marathon?



Cook Terry thrives on a diet of success . . .

"Graham Crawford talks to Terry Mitchell, first Scot in the Glasgow Marathon."

No-one was more disappointed than Terry Mitchell when Scotland made its last appearance as a separate nation at the World Cross-Country Championships at Warsaw in March. He had made four out of the last five championships, and there was a rumour immediately after the Polish race that the tough little Fifer was returning to the professional ranks, such was his disgust.

"Maybe I had a beer too many in the post-race party and certain remarks were taken out of context," says Mitchell, the current Scottish marathon champion. "I have no intention of turning professional again, though I was pretty disgruntled at Scotland being dropped."

"The world championships had always been something for me to aim for through the long winter months. I think that went for a lot of guys, and we've now lost a great incentive."

The records show just how well the world carrot motivated the 27-year-old Fife AC athlete. Possibly only Nat Muir has been more consistent over the last six winters.

In 1982, Terry finished ninth in his first Scottish cross-country national, but was denied selection for the world team under the conditions of his recent reinstatement as amateur. That irked but he came fifth the following year to gain his dark blue vest.

In 1984 and 1986, high national placings again saw him run for Scotland in New York and Switzerland. And this year, an excellent fifth position in the national guaranteed him a seat on the plane to Poland, where he finished second Scot.

An uncanny judge of pace, many of Mitchell's best runs have seen him scythe through a field in the latter stages. Typical nationals have seen him 50th after a mile, 15th at four miles and fifth at the finish. In smaller races he will happily do his running from the front - a tactic that has seen him win two East District titles and hold sway in the Kingdom of Fife, where his crown has been virtually unchallenged over road or country.

A rare lesson was dealt to him four years ago in the Dundee Marathon by an older King of the Road - clubmate and friend, Don Macgregor. Don, possibly an even more shrewd judge of pace, defied his veteran years to shuffle briskly away from Terry in the closing miles to punish his younger opponent for an imprudent surge for home 10 miles out.

The marathon has not been particularly kind to Terry but he recalls a funny side to



Terry Mitchell . . . "I have never done myself justice for the distance."



well, who was trying, who wasn't, the handicaps, even the backstabbing - it all added to the fun," he recalls.

For such a shrewd and sharp competitor, it is surprising to hear him admit that he actually lost money on himself, despite once being chosen as the professionals' athlete of the year. "I won a lot of mile and two mile races, but I tended to back myself at the wrong time. But I didn't lose a lot of money, I didn't bet that heavy," he says.

Significantly, Mitchell's most memorable race is a professional one. "I was giving this older guy 250 yards over two miles and finally caught him right on the line. It was so exciting, and a lot of my supporters had tears in their eyes that day. Mind you, that was probably more to do with the money they had on me, and there might have been more tears if I had got beat," he laughs.

Mitchell, who stands just over five feet five inches and weighs around nine stone, has no particular diet, but eats little meat and a lot of fruit and vegetables. "I also enjoy cakes and sweets and the occasional beer, and take vitamin C and iron supplements if I'm feeling tired," he explains.

A typical week's training in the winter would be: Sunday - 15-18 miles steady, Monday - Friday mornings - 3-6 mile jogs; Mon, Wed and Fri - pacework sessions, usually working on short recoveries during 10 mile runs, e.g. 16 x 60 secs, 15-20 secs recovery, or 4 x 1 mile, 400m rec. He also has a hard hilly two mile circuit he does on sand dunes if there are no important races coming up.

Summer is similar but the mileage is dropped to 40-60 miles, and a greater accent put on quality in fast sessions. "There's an excellent grass park in St Andrews where I do fast work, usually barefoot," he says.

Looking to the future, Terry reckons he is at a bit of a crossroads, not least because of Scotland's exclusion as a separate team from the world cross-country championships, and he hints that cross-country's loss could be road running's gain.

"I have a personal best of 2 hours 18 minutes for the marathon, set last year in London, and I feel I have never really done myself justice for the distance, never having been properly prepared. With the right build-up, I'm sure I could knock minutes off that time," he predicts.

At Glasgow, however, it was not to be, despite that second place.

"I liked the intrigues - who was going



Not for the first time, the Scottish People's Marathon produced a new potential star for Scottish athletics. Sheila Catford, who won the women's race in a near-record 2-37-31, had written to the Scottish Women's AAA last year, declaring her availability for the country of her birth.

Injury intervened to deprive her of the chance of a Commonwealth Games place. "But now that I have run a decent marathon - that was my best time - I am even more keen on gaining a Scottish vest," said the Leeds woman, who was born in Dundee. Like another Yorkshire-based winner before her, Angie Pain, she is trained by Maryhill Harrier Brian Scobie.

Catford, sixtieth overall, convincingly beat veteran Leslie Watson, condemned once again to finish runner-up in her native city in what was her 140th marathon.

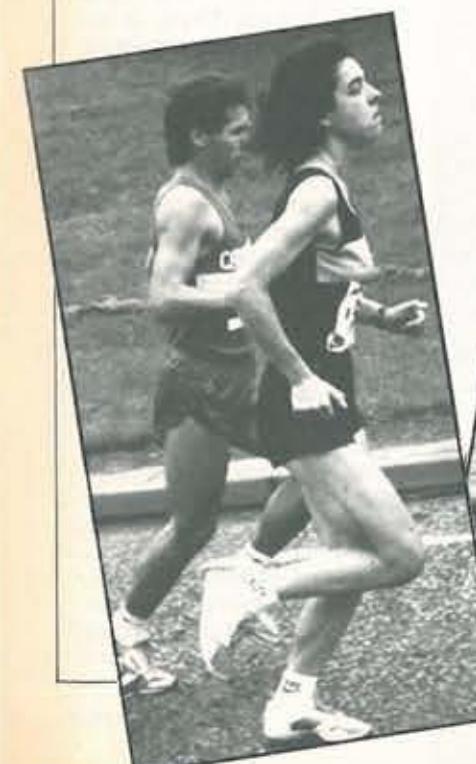
The men's race proved the most competitive in the history of the event, with some 20 competitors still bunched together approaching the halfway stage. Eire's Eamonn Tierney proved the most durable, but not until having taken four attempts to break the gritty Terry Mitchell.

Tierney won in 2-19-09 while Mitchell, as our picture (left) shows, was in some discomfort as he held off Hammy Cox to take second place by just three seconds.



Above - Early days and full of running, but, below, it is time for a well-earned rest, if possible with the weight off the feet.

Left - women's winner Sheila Catford on the Clydeside Expressway. Right - men's winner Eamonn Tierney celebrates with the softest of drinks.



He Frew through the air with the greatest of ease . . .

DAVID WATT, vice-president of the Scottish Gymnastics Association, profiles rising star Steve Frew in the first of an occasional series of articles on gymnastics.

At a time when Scottish male gymnastics is going through a quiet period, it is ironic that arguably the most talented gymnast in Scotland at the moment is, in fact, a young man. Steven Frew from Alloa Gym Club has been selected as a member of the British under 14 boys squad, and recently returned from a ten day training camp in Canada.

This concludes a remarkable twelve months for young Steven. This time last year he started training for the Scottish heats of the Thames Television Championships, the premier championship for under 16 boys in Britain. He won the Scottish heats at Meadowbank last November, and then moved on to the North zone final at Derby in February. From there he made a historic step for any Scottish male gymnast - he reached the Thames Television Championship final at Wembley. This is one of the major televised events in the British gymnastics calendar, and certainly the top competition for young gymnasts in Britain.

Steve did not have one of his best competitions at Wembley, finishing eighth in the final, but, with the age group at under six, he is eligible for another two years in this competition. The winner of this event receives a month's scholarship in the Soviet Union.

Later in the year, Steve went to Lillieshall - the English National Sports Centre and the headquarters of the British Amateur Gymnastics Association - for British national squad trials. He was selected for the British under 14 boys squad, the first Scottish gymnast ever selected for a male squad at such an early age, and one of a select squad drawn from the 60,000 practising gymnasts in Britain.

In between these major

events, almost in the passing, Steve won the Scottish Junior Championships at East Kilbride in March.

All this has brightened the scene in men's gymnastics in Scotland, which is going through a quiet period of rebuilding since last year's Commonwealth Championships.

The senior age group has been decimated by the departure of two gymnasts to America on scholarships; and more remarkably the loss of two others to the Acromaniacs - a professional tumbling group who perform in nightclubs in Spain and Majorca.

The junior age group (spearheaded by Steven) looks bright though, containing as it does other potential top performers like Derek Callahan from Falkirk, David Arbuthnott from Alloa and Stephen Dickson from Fife Institute.

The star of the moment, however, is Steve Frew. Now 14, he started gymnastics at the age of six and it will take him another six to ten years to reach his full potential. He could well have a twenty year career in gymnastics.

"There is no reason to believe that he will not reach the top"

His record to date is astonishing. Starting as East of Scotland under nine champion in 1979 at the age of six, he was East of Scotland age group champion in 1980, 81, 84 and 86.

He has also been Scottish age group champion from 1981-86 inclusive.

In addition Steve has represented Scotland in Belfast and Cardiff, and has been to Germany with the Central Regional team. He has also



Steve Frew, going through one of the routines which have catapulted him up the gymnastics ranks.

been awarded sports personality of the year in Falkirk district, where he stays, and Clackmannan district, where he now trains.

Gordon Forster, the national coach for men's gymnastics in Scotland, considers Steve to be one of the best prospects that Scotland has ever produced. "Steve has got all the physical condition, good shape and ability" commented Gordon, "but more than that, he has the motivation and the courage required to be a very special talent".

Allan Lawrie - Steve's coach at Alloa - is sure that with Steve's dedication, "there is no reason to believe that he will not reach the top". He already trains 17 hours a week.

Steve's ambition is to be a full British International, an ambition which he's well on the way to achieving. British coach Lloyd Readhead is already considering moving him up an age group into the British youth squad.

In September, Steve was selected as the Kraft gymnast of the month, a national award with a training grant of £50.

The honours are piling up for the Grangemouth High School pupil and the prospects are bright. He is willing to put in the work and, as long as £2,500 can be found each year to fund his training, the future looks rosy.

He thoroughly enjoyed and

Ring the bell for Livingston

Report:

MEL YOUNG

Pictures:

SCOTT REID

A fire station is the unlikely nerve centre for one of Scotland's best half marathons. But for Livingston New Town, currently celebrating its silver jubilee, this is nothing unusual. When Scotland's Runner visited the Livingston Fire Station to find out about the organisation behind the event it was only three days before the big day.

In a small room in the fire station surrounded by files, trophies, and a mass of running administration, sat the race organiser, fire officer Andy Colquhoun.

The race operations room was simply humming with activity. Volunteers popped in to get instructions for the race morning, late entries were being attended to, and the phone rang constantly.

"It'll be like this until the race starts," said Andy. Anyone who has organised a road race of this kind knows the huge scale of the task caused by the massive number of arrangements which have to be made before the race even starts.

Livingston is a superbly organised event because every part has been well prepared. The Fire Brigade has a world wide reputation for speed, efficiency and attention to detail, and it is therefore fitting that firemen should be behind one of the best road races in Scotland.

But how on earth did Livingston firemen ever get into the position of organising a half marathon in the first place?

"In some ways it was just coincidence," says Andy. "A number of us were running at the fire station, and one day we talked about the idea of organising a race in the area. Primarily we thought we could raise money for charity and we also felt we were ideally suited geographically; we could organise an event for the locals and by being situated centrally we could attract runners from





Above: The start in Howden Park. Right: wheelchair winner John McCluskey, women's champion Trevor Calder, while the fancy-dress contingent show how to have fun.

all over Scotland, particularly Edinburgh and Glasgow."

Last year 1,773 runners finished the first highly acclaimed Livingston Half Marathon - it had taken the firemen well over two years to organise their inaugural event!

"First of all we had to find sponsors, which we did by hard work and plenty of foot-slogging," points out Andy.

"A race is a vast array of organisational feats, and it is expensive to stage. If you consider the cost of medals, certificates, trophies, prizes, programmes, race clocks,

printing, posters, entry forms and administration you'll understand what is involved. This year's race is costing over £20,000 for example."

But the firemen have convinced major sponsors to support the event. The array

able to donate over £3,500 to charity. All the sponsors are back again, so this year's beneficiaries - Disabled

Information Advice Line and the Fire Services National Benevolent Fund - are sure to benefit in a big way.

"Of course, after our first experience last year it has been much easier to organise this year's event. We know exactly what to do and where any likely problems might arise, although it is still very time consuming," says Andy.

Last year, after all costs had been met, the firemen were

West Lothian District Sports Council and one from Livingston & District AAC) meet monthly throughout the year to organise the event - until about three weeks before the big day when they keep in touch daily.

The Livingston race is all about a community coming together to promote the race. The fire station is the organisational centre of activity. All the firemen muck-in, and with their families they help form some of the 125 volunteers (Andy's wife and children handed out milk at the



finish) needed on the big day. The business sector supports the race financially. It is a unique combination of community action brought together by running.

Another of this year's main sponsors was the Livingston Development Corporation. As part of the town's jubilee there was also an international event in the race with top runners from Scotland, England, Ireland and Wales taking part.

"We think it is important to reward other people who take part in the race. Running is for everyone and not just for the winner," says Andy Colquhoun.

This year's race was no exception, with everything laid

on. A hot, humid day greeted the 1,500 runners who completed the course.

Runners don't notice the dramas in the background. A water bowser did not turn up and the crucial watering stations at seven and eleven miles could go dry. Typically, someone springs to the rescue.

A woman, seeing the problems, offers the water hose from her garden as a replacement and the situation is quickly saved.

Any road race, regardless of its size, is always going to encounter small hitches on the day and the success of the race depends on the strength of the organisation in coping with these little problems as they arise. The Livingston Fire

Brigade take them in their stride.

"We're highly delighted with the way the race went," says a tired Andy Colquhoun after the event. "We had one or two headaches, like the number of late entries, but we'll be working on these for next year's race."

Everyone I spoke to enjoyed the race and recorded good times. Bill Bedell from England smashed the course record to win the race in 62.54. The internationalists thought the hospitality was "exceptional" and talked about returning.

After only two years, Livingston has quickly established itself as one of the major road races in Scotland's running calendar.

North Games in decline?

Highland Games have lost their appeal for top athletes in the North of Scotland. Charles Bannerman explains.

The long established circuit of seven amateur Highland Games in the North – once the centrepiece of athletics in the area – is feeling the wind of change which has blown through the Highlands in the last decade. Some meetings are now struggling to produce viable fields in many events, particularly the track and jumps. The heavy events have been more successful in holding their status, but even they are diminished from fifteen years ago. The situation, occurring at a time when the sport locally has never been healthier, is worrying many officials, and none more than Tom MacKenzie, one of the founding fathers of the circuit when it got under way just after the war.

"We have got into a sorry state these days," says the 73 year old elder statesman of North athletics officialdom. "There just doesn't seem to be the interest in the Games any more – particularly in the track events. It's high time that something radical was done about the situation before we lose a vital part of the sport in the North."

In the fifties and sixties, Tom MacKenzie, along with many others, worked hard at setting up new Games meetings and persuading others to defect from the professional code, and he would be sad to see a lifetime's work move into oblivion.

Until 1976, the sport was controlled by the old North of Scotland AAA, an autonomous body which was affiliated to, but was not an integral part of, the Scottish AAA. At a time when clubs were fewer in number, the NSAAA was dominated by the Highland Games interests, and the promoters the majority on its committee. Consequently, the NSAAA was in effect a central governing body for the circuit.

But in 1976, this organisation was disbanded when the

SAAA North District took over with terms of reference identical to those of the East and the West Districts. Only six committee places were now available, and while initially the Games interests continued to dominate, the clubs – whose own attitudes to athletics were at the same time undergoing a major overhaul – gradually achieved a majority and then a near monopoly of committee seats. As a result, the Games circuit lost its forum and its unifying base.

One of the main factors which motivated athletes to compete at the Games was the NSAAA Championships, latterly the SAAA North District Championships, which were traditionally farmed out to the various meetings during July and August. In most cases these Games, with their small tracks often laid out on the local football or shinty field, were hardly a suitable medium for championships, but the habit of dispersal was well established.

Apparently at places like Meadowbank, Grangemouth, and Coatbridge, there were tracks actually made of rubber! One did not, the story went, sink ankle deep into them when it rained, and far from requiring inch long spikes, care had to be taken not to wear spikes which were too long!

As the sport began to grow in the North in the late seventies, and as club power began to assert itself at committee level, the pressure was on to hold the District Championships as a one-off in Inverness or Elgin in May – like the East and the West. The "single meeting" lobby eventually prevailed in 1981, when the senior events were held along with the Young Athletes Championships at the Bugie Park, Inverness.

This change did not occur without stern opposition from the Games promoters, who were compensated by the setting up of a parallel series of unofficial Highland Games Championships at the various venues. However, these events did not have the charisma of official championships, nor were they ever exploited to any great extent by the promoters. As a result, the Games lost one of their main attractions for athletes.

Another factor which had



Tom MacKenzie...founding father of Games circuit.

drawn athletes to the Games was the fact that the North – geographically isolated for many years by a poor A9 road – could offer very few alternatives to them. But in the late seventies, competitors in the North began to become aware of other options.

damaged. At this stage it was a case of spare capacity in the fixture list being taken up. However, as the next generation of athletes became accustomed to national competition, habits began to change and the attraction of the local Games began to wane. When the North achieved its own and very first all weather track, which opened in Inverness in 1984, the need – for some at least – to train or compete on grass disappeared.

At best, most athletes compete in just two or three Highland Games and some of the meetings, like Nairn and Glenurquhart, have held their entries better than others such as Abernethy and Newtonmore.

Furthermore, at these places the command, "On your marks" was not liable to bring a pipe band on to the track, and there was no risk of the tug of war taking place on the high jump take off area ten minutes before the event. At the same time, the first stages of the multi-million pound reconstruction of the A9 was beginning, and the journey from Inverness to Edinburgh became easily achievable in two and a half hours.

Certainly Abernethy's secretary, Mike George, thinks, like Tom MacKenzie, that the time has come for action. He is looking for a more co-ordinated approach which will lead to a better circuit of meetings with more competitors, and hopes to call a meeting of the promoters and other interested parties.

There is no doubt that if the present decline is allowed to continue for much longer, much of the early work of Tom MacKenzie and his colleagues will be in danger of being consigned to oblivion. The Highland Games in the North of Scotland will never reassume their dominant position, but if the promoters are prepared to counter conflicting attractions, they may at least regain a reasonable share of the market.

But still, the popularity of the Games was not substantially

Irving Burns up course

Fraser Clyne won his third Ayr Land O'Burns Half Marathon in four years when he recorded 64:51 at Ayr on September 6. He finished 74 seconds ahead of Peter Fox, who in turn was 46 seconds ahead of Andrew Symonds.

But the real story of the race was a spectacular win for Lorna Irving, who is seen, below, behind Irvine's Brian Craig (570) and Greenock Glenpark's Bill Jukes (909). Lorna's time of 71:44 beat her 73:12 recorded at the same venue last year, although it was outside Liz Lynch's 70:59 set at Dundee last October.

For the record, Irving overtook both Craig (71:27) and Jukes (71:38) – sorry chaps! – and finished an incredible 30th overall in the huge field of 1773. And all this from a woman classified as a veteran!

First woman home behind Irving was Maureen Oddie (80:26), while the first male veteran was David Logue (68:49).

As well as the biggest half marathon field in Scotland to date in 1987, the spectators were also plentiful.

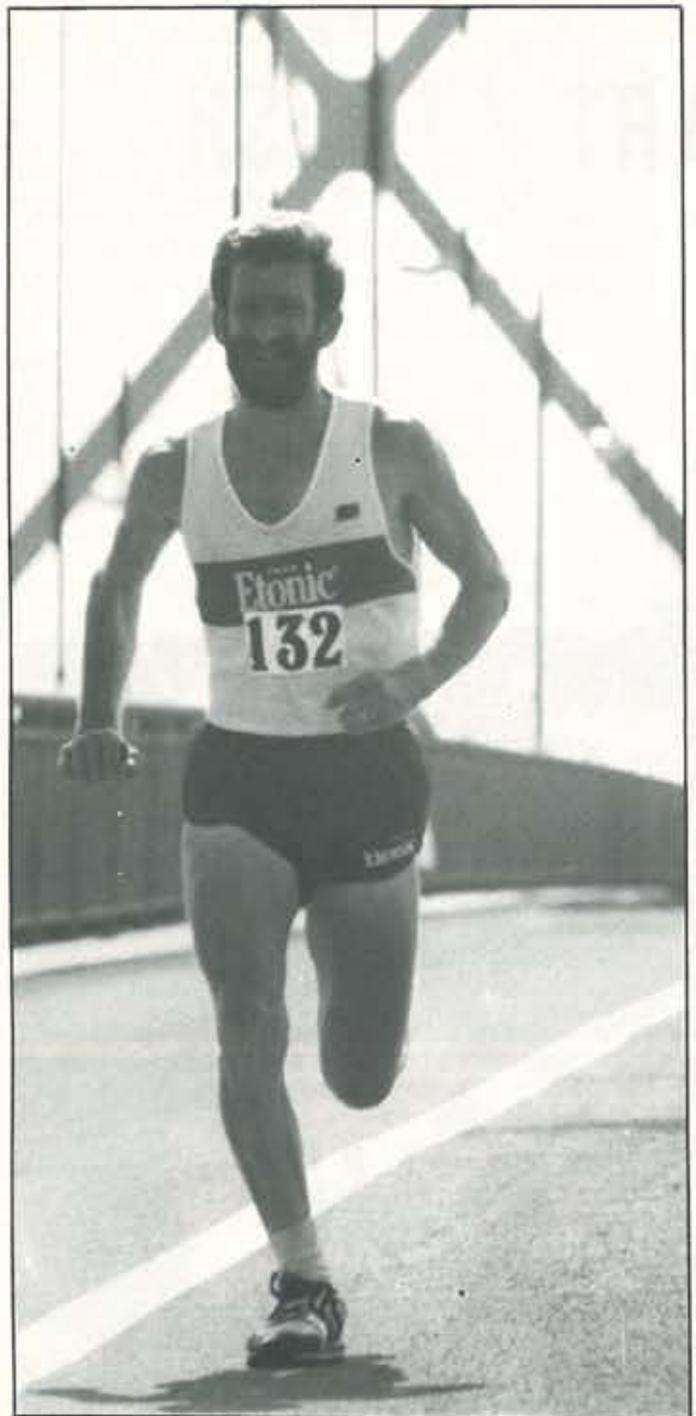
"It seemed to be a real family occasion, and this is exactly what we have been aiming for," said Kyle and Carrick District Council Sports Officer Nick Larkin.



Photographs: Sprint Photography



Scotland's Runner



Winner Charlie Trayer, left, on the Forth Bridge, and, above, two runners on the Kincardine Bridge.

Londoner Ken Shaw, who has run 20 consecutive Two Bridges races since 1968, was in philosophical mood after doing 5-37-48 in his latest outing in Scotland's only "ultra" road race.

"Do you know, it has never rained on the day, in all those years," he said. "Someone must be looking after this race. We started out in cool, overcast weather this year, and then the sun began to come out as we went over Kincardine Bridge. It was glorious sunshine going over the Forth Bridge and approaching the finish. It was almost as if someone said, let's be nice to the runners for the twentieth anniversary event."

Shaw has never won the "Bridges". He has a best time of 4-05-17, set in 1977. He's 47 now, and feels he'll never achieve that again, but keeps at it in ultras, marathons, and 24 hour races because of the incredible friendships being continually renewed at these events.

"We owe a great debt to Phil Hampton, a petty officer stationed to Rosyth on the Ark Royal, for inspiring the Bridges," Shaw says. "One day he went for a run on a circular route taking in the Kincardine and Forth Bridges. That was the start of the event we now love so much."

The Two Bridges has a great reputation for looking after the 100 or so who take part each year, everyone praising the consistent standards of Ernie Letley and the Civil Service Sports Association committee who promote the event.

Ken, who lives now in Calne, Wiltshire, has been Mr. Consistency, not only in the Bridges, but in the London-to-Brighton race, which he has done 21 times. He was so keen to make this year's race that he ignored the fact that he had hardly trained at all since becoming injured in a 24-hour race in July.

Nothing is more certain that he will be back next year for the coming-of-age, the 21st Two Bridges Race.

Although Charlie Trayer, the first American winner of the Two Bridges 36-miler on August 29, picks up money for running gear from Etonic, he paid for his trip over to Dunfermline out of his own pocket.

There is a spin-off American Two Bridges in Washington, with two crossings of the Potomac river in it, and Trayer has won this 36-miler three times, picking up expenses-paid trips to Scotland in the past.

In 1986 the Americans could find no sponsor, however, so the race lapsed. He was, however, paid as a US representative to the first World 100K Championships in Tarhout, Belgium, being ranked second in the US and 18th in the world at the distance. He came fifth in that race, which was won by Catalan of Spain.

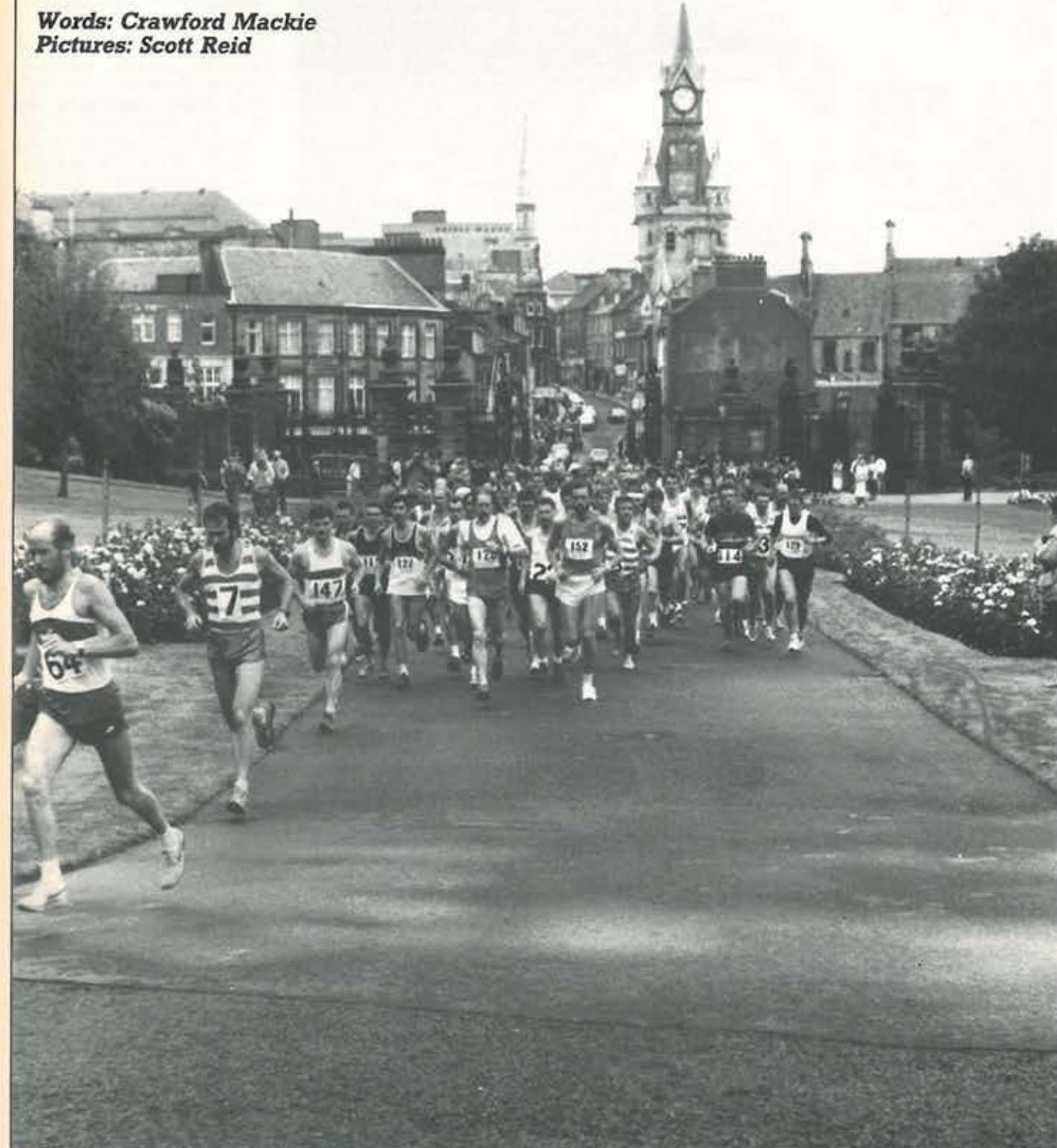
Don Ritchie was second.

Trayer's win (3-36-27) in the Two Bridges delighted him, although it was below his own best time on the course of 3-34-53, set in 1984, and well behind Andy Holden's record, set in 1980, of 3-21-46. Before the race he was talking confidently of being able to beat Don Ritchie, the 1986 winner from Forres. In the event, one of the 15-strong Tipton squad, youngster Phil Evans, was second with 3-40-50, with Ritchie third in 3-41-19. Heat on the gruelling last 12 minutes may have had something to do with the slow times.

Trayer was content to follow a group led by Ritchie till 20 miles, then he broke away, knowing he would probably be strongest on the tough hills of the last part of the course.

TWO BRIDGES REPORT

Words: Crawford Mackie
Pictures: Scott Reid



Don Ritchie, 64, leads the Two Bridges runners out of Pittencrieff Park, Dunfermline.

Yesterdays...

Although there was said to be an unofficial female entrant in the 1896 Olympic marathon, it is only in the last fifteen years or so that marathon running by women has become widespread, and largely because of the pioneering efforts of some extremely determined ladies – particularly in America – who struggled to break down prejudices against their participation.

Even Boston – that supposed haven of liberal democracy, whose marathon tradition originated with officials insisting that the race be free of professionalism, politics and commercialism – even Boston was never thrilled by the prospect of female marathoners, and did its best to continue to exclude them when the policy was exposed in the 1960s.

The Boston Marathon is sponsored by the Boston Athletic Association and takes place on Patriot's Day – April 19, a State holiday. It begins in Hopkinton, Massachusetts – one of these sleepy New England towns where property costs a fortune, there is a different denominational church on every corner, and all the politicians seem to be Irishmen – and ends in Boston.

25 Years Ago

MOTHERWELL YMCA fulfilled all expectations by winning for the first time the Edinburgh to Glasgow 44½ mile relay race in the splendid time of 3:44:50 – only 63 seconds outside the record for the course. This was a particularly impressive achievement over the wind-swept and snow-covered roads.

Motherwell were nearly non-starters in the race for they were held up on the road while travelling to Edinburgh. Some quick thinking and action had to be taken to transport their first leg runner B. Hodgson to the starting line. He arrived just minutes before the starting gun and eventually finished tenth, which was satisfactory enough for the build-up to success.

The next runner, D. Simpson, dropped a place but W. Marshall brought them up to sixth. Superb runs by brothers A. H. and A. P. Brown brought them up to second position by Forestfield, just 37 seconds behind Edinburgh Southern.

J. Linaker took the Motherwell club into the lead before Airdrie War Memorial, giving an advantage of 40 seconds to R. McKay, who equalled the record on the run to the Barrachnie changeover. J. Poulton maintained the lead on the final run through the Glasgow streets to give Motherwell a winning margin of 85 seconds.



Jim Willie

and over the years had tended to become a hotch-potch of college students (Harvard University is in Boston), professional people and priests. Everything, in fact, except women.

The first winner of the Boston Marathon was a John J. MacDermott and its first star a native Bostonian called Clarence de Mar. De Mar suffered from physical problems as a young boy but, in 1907, he entered the University of Vermont and in time discovered that he had the endurance to become a distance runner. In 1910, he came second in his first "Boston" attempt and won the race the following year. By 1930 he had been victorious seven times and, by 1954 and at the age of 66, he had competed in 34 of these punishing annual events. Never against a woman, however.

The absence of women in the race did not become the subject of controversy until 1966. Roberta Gibb Bingay had started running a few years previously in order to keep her husband company, and when she learned that he could enter the Boston Marathon but she could not, she worked out a plan to join the race unofficially. Needless to say, the prime object to female participation was a Scot – Jock Semple – a kind of "Mr Boston Marathon" who maintained that amateur rules were sacrosanct and that they debarred women from (a) competing with men; and (b) competing beyond 1½ miles.

On the day of the race, however, Bingay hid in the bushes near the starting line and, in a hooded sweatshirt, joined the pack. She was forced to take off her hood at one stage because of the heat, but finished 124th – ahead of 292 men. Her performance, of course, was not recognised.

In 1967, a 19 year-old college student from Syracuse University became the first woman to obtain an official number and complete the race. Kathy Switzer's application was unwittingly accepted by the BAA since she had signed it merely "K. Switzer".

The fact that the marathon ladies have only just reached the World Championships, however, suggests that theirs is not only a long-distance event. It's also an obstacle race.

50 Years Ago

THE Kilmarnock Harriers held their Saturday run from Kilmarnock. The day was wet and very stormy, but the unfavourable condition of the elements did not deter over a dozen members turning out.

Starting from the "Turf Inn" at a quarter to four with J. McPherson as pace and Skipper McWilliams as whipper in, they took the old Stewarton Road for a quarter mile and then struck over the fields which proved very heavy going.

The runners were very glad to get on to the solid road again, which they reached about a mile out of Stewarton.

Just outside this famous resort for the Kilmarnock callans McWilliams' bogie called a welcome halt to get his men altogether for a finishing race through the town. In right good earnest McPherson and Good paced them along with the others running two abreast behind.

The pace did not slacken till they passed the viaduct, when they eased up a bit to proceed at a steady pace, arriving at their starting place after an hour's running during which they covered fully eight miles.

After a wash and a rub down, the members made sad havoc of a very substantial tea.

100 Years Ago

TOM RAY, the famous pole vaulter who held the Scottish record of 11'5", booked his passage to New York to compete in America. He was due to compete in the State Inland Sports, the Manhattan AC meeting, and at the American Championships.

The ship he booked his passage in – the City of Montreal – was burned at sea on passage across the Atlantic from New York. The Inman Shipping Company refused to cancel his ticket so that the pole vaulter could sail to America with C. Wood (who sailed in the S.S. Atlas). He sailed instead on the Servia and Ray was ill-prepared for his important contests in America.

NB. In those days prizes were an important factor for athletes in deciding whether to enter an athletic meeting, and the prize list was well published in the sporting papers in advance of the meeting.

Any athlete who could spare a couple of days travelling to the famous Journal Athletic Club Carnival at Belfast, Dublin, would be advised not to miss going. The prizes at this meeting were always worth winning, with over £300 expended by the club in the purchase of prizes for the races. A hospitable reception was assured for all visitors, and they had the pleasure of competing at one of the best meetings in the world.

Results

August

16

British Airways Glasgow Half Marathon, Carluke Sports Ground, Glasgow –

1. P. Fleming (Bell) 64:44 (record); 2. W. Robertson (Bell) 66:13; 3. J. Duffy (GWH) 67:08; 4. D. Cavers (Teviot) 67:46; 5. A. Daly (Bell) 67:54; 6. G. Fairley (Kilbarchan) 68:03; 7. D. Watt (Calderglen) 68:28; 8. G. Crawford (Springburn) 69:49; V1, A. Adams (Dumbarton) (11th) 70:06; V2, C. Martin (Dumbarton) (17th); L1, L. Irving (EWM) (20th) 73:14; L2, E. Turner (McLGAC) (28th) 74:10; L3, S. Branney (McLGAC) (27th) 74:26.

Gala 5 mile Road Race, Elie –

1. S. Asher (Fife) 32:43; 2. D. Murray (FVH) 33:23; 3. G. Bennison (Fife) (V1) 34:12; L1, K. Fisher 40:06; L2, A. Harley 42:42; L3, S. McGibbon 39:04.

Grampian Television Athletic League, Elgin –

Men: 1. Banchory AC 549pts; 2. Aberdeen AAC 581pts; 3. Nairn & Dist AC 486pts. Women: 1. Banchory AC 315pts; 2. Aberdeen AAC 259pts; 3. Nairn & Dist 317pts; Men: 3000m: D. Duguid (Aber) 9:13.6; DT, B. Shepherd (Elgin) 37:96m; Women: 1500m: C. Sheehan (Aber) 4:58.1.

Fourth Haddington Half Marathon, Nelson Park, Haddington –

1. T. Mitchell (Fife) 67:38 (record); 2. L. Spence (IBM Sp V) 68:52; 3. J. Rentecost (Fife) 69:34; 4. A. Robson (ESH) 70:08; 5. B. Carty (Shett) (V1) 70:13; 6. C. Spence (IBM Sp V) 71:33; 7. J. Connolly (Gala) (8th) 72:53; 8. P. Rother (EAC) 62:25; L2, F. Guy (Belgrave) 82:41; L3, R. McAleese (Monk Shett) 89:35; LVI, N. McGraw (Tweedside) 90:22; Team: 1. Falkirk Victoria H 15pts; 2. IBM Spargo Valley AC 23pts. Series of 3 races (5 mile, 10 mile, ½ marathon) winners:

Men: 1. J. Rentecost (FVH); 2. Robson (ESH); Junior: 1. J. Connolly (Gala); Veterans: 1. R. Redpath (Iav & Dist); Women: 1. H. Oliver (Law & Dist).

Dalchally 4½ miles Hill Race, Loggan Bridge –

1. A. Curtis (Iav & Dist AC) 28:27; 2. B. Potts (Clydesdale) 28:37; 3. I. Davidson (Carmethy) 29:14; 4. J. McKendrick (Irvine) (J1) 29:18; 5. R. Shields (Lochaber) (V1) 29:23; 6. E. Paterson (Carmethy) 29:41; 7. I. Jackson (Iav & Dist) 30:39; 8. J. C. McKendrick (Irvine) (8th) 30:30; L1, C. Menzies (Bell) (23rd) 35:57; L2, F. Wild (Kingussie) (29th) 40:45; L3, K. Butler (Aber) (32nd) 42:42.

It's all a bit of a joke for this pair in the Loch Leven Half Marathon. All Loch Leven photographs by Scott Reid.



22

Cuba Geig 5½ mile Road Race, Linwood –

1. G. Fairley (Kilbarchan) 28:08; 2. S. Conaghan (IBM Sp V) 25:30; 3. G. Tenney (Linwood) 25:43; 4. A. McIndoe (Springburn) 25:49; 5. A. McLennan (Calderglen) 26:11; 6. M. McGinley (Kilbarchan) 26:33; V1, B. Evans (Kilbarchan) 27:13; V2, R. Cooney (Linwood) 27:43; V3, R. Hodelet (GGH) 28:04; L1, S. Branney (McLGAC) 27:50; L2, C. Hendry (GGH) 28:22; L3, R. Downey (Cambus) 28:34.

19

Marymass Festival 10,000 metres Road Race, Irvine –

1. A. Gilmour (Cambus) 30:21; 2. S. Conaghan (IBM Sp V) 30:24; 3. A. Douglas (Vic Park) 31:05; V1, T. Dolan (Cambus) 34:38; V2, D. King (Irvine) 34:30; V3, D. Crompton (Linwood) 34:51; L1, S. Branney (McLGAC) 34:23; L2, A. Ridley (McLGAC) 37:57; L3, H. Morton (Irvine) LVI, B. Hall (Berth) 41:44.

HFC Scottish Athletic League, Divisions 3 & 4, Wishaw –

Div 3: 1. Dundee HH 331pts; 2. Clydesdale H 318pts; 3. Lothian AC 315pts; 4. Iav & Dist AC 269pts; 5. Lasswade AC 225pts; 6. Garscube H 224pts. Final overall league Positions – 1. Clydesdale AC 32pts; 2. Harmony AC 26pts; 3. Kirkintilloch Olympians 24pts; 4. Cumbernauld AC 19pts; 5. Penicuik H 16pts; 6. Vale of Leven AC 11pts; 7. Montrose AC 10pts; 8. Dumfries AC 3pts. Clydebank AC and Harmony AC promoted to Div 3.

Aberdeen AAC Championship, Balgownie –

5000m: 1. G. Zeuner 14:50.2; 2. F. Clyne 14:51.4; 3. D. Runciman (Aber Un) 14:58.1. 3000m Youth: 1. R. Sutherland 9:24.7; T1: 1. P. Allan (Youth) 13:26m; 2. D. Mathieson 13:04m; JT: 1. D. Mathieson 14:14m.

23

TSS Blairgowrie Half Marathon, Alyth to Blairgowrie –

1. T. Mitchell (Fife) 66:40 (record); 2. A. Daly (Bell) 68:32; 3. D. Beattie (Airthro) 70:19; 4. T. Walker (Belgrave) 70:50; 5. P. Briscoe (Dundee HH) 71:00; 6. A. Adams (Dumbarton) (V1) 71:16; V2, C. Martin (Dumbarton) (8th) 71:47; V3, R. Wood (Dundee RR) 72:17; V1 O/SO: H. Scott (Perth SH) (40th) 79:49; V2 O/SO: R. Kettles (Lasswade) 82:20; V3 O/SO: T. King (Dundee RR) 82:46; L1, G. Danksin (Loch Olympians) 84:59; L2, V. Fyall (Dundee RR) 86:59; L3, M. Robertson (Dundee RR) 88:04; LVI, M. Robertson, Teams 1, Fife AC, 2. Dumbarton AAC, 3. Dundee Hawkhill H.

Argyll Open Athletic Championships, Moss-side Park, Oban –

Youths: 1. R. Bennett (Mid Argyll); 2. G. Binnie (Oban). Senior Boys: 1. D. Alloway (Oban) and D. Brown (Cowal AC); 3. A. McLeod (Oban). Junior Boys: 1. I. McKenzie (Mid Argyll). Girls: 1. J. Crawford (Mid Argyll).

Bute Highland Games, Town Park, Rothesay –

10 mile Round the Island Road Race –

1. J. Duffy (GWH) 55:30; 2. C. Spence (IBM Sp V) 57:18; 3. W. Jukes (GGH) 59:00. 4. J. Gallagher (IBM Sp V) 60:10.

MacBrayne Trophy – Scottish Heavy Event Competition –

SP: W. Weir; 2. A. Pettigrew; 3. S. Menzies; 2B: W. Weir; 3. A. Pettigrew; 56lb Wt for Height: 1. A. Pettigrew; 2. E. Irvine; 3. W. Robertson; Scots HT: 1. E. Irvine; 2. A. Pettigrew; 3. W. Weir; Caber: 1. W. Weir; 2. A. Pettigrew; 3. E. Irvine; Oall Result: 1. W. Weir (Central Region) 9pts; 2. A. Pettigrew (Shetland) 8pts; 3. E. Irvine (ESH) 6pts.

Results

22

GRE Gold Cup Final, Alexander Stadium, Birmingham -
Scots perf 200m: 7, M Fairweather (Sale) 22.08; 400m: 2, B Whittle (Hartingay) 46.67; 1500m: 4, A Currie (NEB) 3-51.82; 100H: 4, J Wallace (NEB) 14.79; 400H: D McCutcheon (Wolves) 52.80.

Jubilee Womens Cup Final -

1, Essex Ladies 91pts; 2, Birchfield H 88pts; 3, Edinburgh Woollen Mills 76pts; Scots perf: 100m: 2, J Neilson 11.61; 200m: 4, Neilson 23.98; 400m: 5, D Kitchen 54.88; 800m: 2, A Purvis 2-05.89; 1500m: 1, Purvis 4-26.48; 3000m: 7, A Jenkins 10-01.76; 100H: 5, C Reid 14.51; 400H: 1, E McLaughlin 57.96; HJ: 3, C Henderson 1.80m; LJ: 5, L Campbell 5.88m; JT: 2, S Urquhart 49.44m; 4 x 100 Relay: 4, Edinburgh 46.37; 4 x 400 Relay: 4, Edinburgh 3-41.85.

Peter Coe Invitation Youths mile, Crystal Palace -
1, G Stewart (Clydebank) 4-18.3.

23

Scottish Veterans Marathon Championships, Lochinch -
1, J Maitland (Lochinch) 2-40.59; 2, W McBrinn (Shett) 2-43.28; 3, R Young (Clydesdale) 2-49.02; 4, P Keenan (Vic Park) 2-51.01; 5, F Wright (Springburn) 2-52.26; 6, G Armstrong (Lothian) 2-53.58; O/50: 1, J Maitland; O/60 A McInnes (Vic Park) 3-03.38.

Rosebank 10 mile Road Race, Wick -
1, S Wright (Caithness) 55-13; 2, A McDonald (Caithness) 59-59; 3, L Veerkamp (US Navy) 60-00; V1, W Bruce (Caithness) 63-00; V2, A Cleary (O/50) (Caithness) 69-31; L1, R Bruce (Caithness) 77-26; L2, M Finlayson (Caithness) 78-49; L3, F Farquhar (Caithness) 79-47; LV1, R Bruce.

Orkney Isles AAA Open Championships, Kirkwall -
Seniors: 1, J Scott (Aberdeen) 34pts; Veterans: 1, R Roberts (Orkney) 12pts; Youths: 1, P Ross (Orkney) 32pts; Sen Boys: 1, S Cumming (Orkney) 30pts; Jun Boys: 1, R McKenzie (Black Isle) 30pts; Senior Women: 1, H Rendall (Orkney) 36pts; Interns: 1, C Martin (Black Isle) 30pts; Juniors: 1, S Fotheringham (Black Isle) 33pts; Girls: 1, T Johnston (Black Isle) 31pts.

Citizens Band Radio for the blind 10,000 metres Road Race, Grangemouth -
1, G Grindley (Bingley) 30-19; 2, R McCulloch (Bell) 32-10; 3, G McIntosh (Giffnock N) 32-15; V1, J Adair (Bell) (4th) 32-16; L1, G Harrison (Stirling) 40-50; L2, A Harley (Pitreavie) 42-16; L3, J Jordan (McL GAC) 43-40.

Marymass Festival 10 mile Sand Run, Irvine to Troon and back -

1, G Tenney (Linwood) 53-00; 2, J Thomson (Irvine) 53-09; 3, B Gough (Cambus) 54-15; 4, J Shedd (Irvine) 54-31; V1, R Cooney (Linwood) (6th) 55-35; VO/50: 1, Newbigging (Irvine) (17th) 57-36; L1, H Morton (Irvine) (18th) 58-03; L2, R Kelly (Ardrossan) (24th) 58-09; L3, A Blackwood (Seagulls) (28th) 58-04; LV1, K Melville (Irvine) (26th) 59-08.

Tweedsmuir Fair Fell Race, Tweedsmuir -
1, M Rigby (Westers) 22-43 (record); 2, R Sheilds (V1) (Lochaber) 22-50; 3, A Spenceley (Carnethy HR) 23-33.5; 4, R Morris (Carnethy HR) 23-33.5; A Neathan (V2) (L & L) 23-45; 6, J Hutchison (V3) (Peeblesshire) 24-52; J1, H Harrison (L & L) 27-22; J2, H Hutchison (Peeblesshire) 27-51; Local 1, M Thornborough (Unatt) 27-44; L1, H Fairlie (Carnethy HR) 40-57.

South Carrick Half Marathon, Girvan -
1, G Crawford (Springburn) 68-36; 2, K Penrice (Galloway) 71-41; 3, R Hill (Ayr Sea) 72-10; 4, J Bennett (IBM Sp V) 72-44; 5, R Drummond (Glasgow) 73-04; 6, F Blockstock (Springburn) 73-46; V1, M Richardson (Swansea) 74-11; V2, D Park (Ayr Sea) 81-51; V3, R Page (Alloway) 84-23; Local 1 R Capaldi (Girvan) 87-00; L1, A Gifford (Ayr Sea) 91-00; L2, I Fraser (Ayr Sea) 93-35; L3, L Dunlop (Ayr Sea) 94-35; LV1, K Gear (Ardrossan) 105-22.

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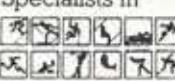
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Midlothian Peoples Half Marathon,
Gorebridge -

1, A Robson (ESH) 56-23 (record); 2, J Connolly (J1) (Gala) 67-08; 3, W Anderson (Gala) 70-00; 4, N Penton (Teviot) 71-02; 5, C Smith (Edinburgh) 73-00; 6, J Baird (Trentan) 75-05; V1, J Morrison (Gala) 78-20; L1, K Dodson (Law & Dist) (LVI) 87-14; L2, S McCraw (Tweedside) 92-54; L3, J Dickson (Penicuik) 105-22.

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Results

23

Citizens Radio for the Blind 10,000 metres
Road Race, Grangemouth -

1, G Grindley (Bingley) 30-19; 2, R McCulloch (Bell) 32-10; 3, G McIntosh (Giffnock N) 32-15; V1, J Adair (Bell) (4a) 32-16; L1, G Harrison (Stirling) 40-50; L2, A Harley (Pitreavie) 42-16; L3, J Jordan (McL GAC) 43-40.

29

Inverness to Drumnadrochit, 15 mile Road
Race -

1, D. Bow (Nairn) 1-28-41; 2, D. Power (Edmonton) 1-29-41; 3, I. Gollan (Inver) 1-30-10; V1, W. Bruce (Caithness) 1-38-17.

Achmoy Hill Race -

1, N. Martin (Fife) 22-01; 2, I. Matheson (Aber) 22-38; 3, D. Young (Forres); V1, R. Wilby (Black Isles) 25-36; L1, C. Butler (Aberdeen) 29-33.

Scottish Civil Service "Intersport" Two Bridges 36 1/4 mile Road Race, Rosyth -

1, C Trayer (USA) 3-36-27; 2, W. Evans (Tipon, H) (V1) 3-40-53; 3, D. Ritchie (Forres H) (V2) 3-41-19; Scots Placings: 7, M. McHale (Pitreavie) 3-51-55; 10, W. Knox (Teviotdale) 3-54-27; 13, L. Baker (Ayr Sea) 4-05-49; 15, A. Nicol (Cen. Region) 4-08-05; 16, W. Broton (FVH) 4-08-22; V0/50 R. Emmerson (Leam) (28th) 4-22-55; V0/60 W. Robertson SVHC (88th) 5-43-17; L1, C. Gunnar (Stalls H) (55th) 4-46-20; Teams: 1, Tipon H 18pts; 2, Cheltenham H 56pts; 3, Pitreavie AC 71pts; 4, Forres H 85pts; (Inter Marathon
Times for Scots) D. Ritchie 2-34-33; M. McHale 2-38-36; W. Knox 2-47-53; M. Francis (Forres) 2-49-03; W. Broton 2-51-44; L. Baker 2-58-03; A. Nicol 2-58-24.

Access United Kingdom Womens Athletic League -

Div 1 meeting, Stretford -
1, Sale H 276pts; 2, Essex Ladies 274pts;
EWM 266pts. (Scots Placings) 100/200m.
Neilson 11.8/23.8; 400 4.00; D. Kitchen 55-4;

800m 1, A Purvis 2-06-0; 1500m 2, A. Purvis 4-25-1; 3000m 3, J. Marden 9-45-0; 300m B, 2, V. Blair 9-59-4; 100m H, 1, C. Reid 14-6; 400m H 1, E. McLaughlin 58-5; HJ 1, C. Henderson 1-78m; DT, 2, K. Nearn 41.42m; 4 x 100m 1, EWM 47-4; 4 x 400m 3, EWM 3-49-0.

Final League Placings: 1, Essex Ladies 17pts; 2, Sale 14pts; 3, EWM 12pts; 4, Stretford 11pts; 5, Liverpool 8pts; 6, Notts 36pts.

Goretex Fabrics Half Marathon (inc Home Countries International Match) Howden Park, Livingston (1123 ran) -

1, B. Bedell (Eng) 62-64 (record); 2, G. Newham (Wales) 62-56; 3, M. Thompson (Eng) 63-00; 4, L. Robertson (EAC/Scot) 63-58; 5, A. Gilmore (Cambus/Scot) 64-06; 6, P. Evans (Eng) 64-33; 7, D. Watt (Calderglen/Scot) 65-00; 8, A. Daly (Bella) 65-17; 9, D. Evans (V1) Wales 65-52; 10, P. McCavanna (Ire) 66-06; 11, M. Shields (Ire) 66-10; 12, S. Brown (Wales) 66-46; 13, J. Evans (FVH) 67-29; 14, E. Cunningham (V2) (Ire) 67-45; 15, B. Carty (V3) (Scot) 68-02; 16, M. Coyne (FVH) 68-02-17; 17, J. Connally (J1) (Gala) 68-12; 18, T. Walker (Calderglen) 68-49; 19, A. Stirling (FVH) 69-52; 20, J. Hanratty (Clyde) 69-57; V4, D. Pinkerton (Glas) 1-75m; SP 4, J. Barclay (MS) 11-46; DT, 3, C. Cameron (Glas) 40-44; JT 2, J. Barclay (MS) 45-78; JT B 1, J. Currie (MS) 37-52m; 4 x 100m 2, Monk Shett 48-5; 4 x 400m 3, Monk Shett 3-55-1

Inters 80H/200H 1, C. McIntosh (Glas) 11.8/28.5; SP 1, A. Rhodie (MS) 10.84m; 4 x 100m Glasgow 50.2.

Final League Placings: 1, Birchfield 18pts; 2, McLaren GAC 12 pts; 3, Wolverhampton 9pts; 4, Hounslow 9pts; 5, Monk Shett 8pts; Coventry 7pts; Monk Shett & Coventry relegated to Div 3 next season.

Results

August

5

Kinross-shire Tourist Association Loch Leven Half Marathon, Kinross (661 finishers) -

1. F Harper (Pitreavie) 67:45; 2. D Beattie (Airthroath) 68:29; 3. C Hall (Aberdeen) 68:44; 4. D Fairweather (Law) (LV1) 71:32; 5. R Bell (Dundee HH) 71:34; 6. W McNeill (Pitreavie) 73:16; V2, T Ross (Fife) (13th) 75:40; V3, J Prentice (FVH) 78:06; V4/50 H Scott (Perth SH) (26th) 78:02; L1, V Fyall (110th) 87:16; L2, K Chapman (Giffnock North) (144th) 89:17; L3, K Wood (Edin) (166th) 91:01; LV1, K Chapman; LV2, C Cadger (Perth) (25th) 96:45; LV3, S Blair (Falkirk) (29th) 98:12.

Race Details: 20th - 77:06; 50th - 81:45; 100th - 86:55; 200th - 93:15; 300th - 98:27; 400th - 104:07; 500th - 112:18; Under 70 mins - 13; Under 80 mins - 39; Under 90 mins - 153; Under 100 mins - 3370 Under 2 hours - 571.

Ben Nevis Hill Race, Fort William (459 finishers) -

1. M Lindsay (Carnethy) 1:29:25; 2. G Devine (Pudsey) (J1) 1:31:24; 3. H Griffiths (J2) (Ery) 1:31:44; 4. G Griffiths (Ery) 1:34:09; 5. G Gough (Blackburn) 1:34:46; 6. J Broxap (Keswick) 1:35:37; 7. C Valentine (Keswick) 1:35:59; 8. D Rodgers (Lochaber) 1:36:07; 9. P Mitchell (Bingley) 1:36:22; 10. I Holmes (Keighley) 1:36:37; 11. I Davidson (Carnethy) 1:36:59; 12. R Shields (Lochaber) (V1) 1:37:35; Other

Scots placings: 15. R Campbell (Loch) 1:36:19; 16. D McGillivray (Loch) 1:41:35; 18. S Fraser (Loch) 1:39:32; 28. J Macrae (Loch) 1:41:35; 29. K Campbell (Loch) 1:41:54; 30. E Paterson (Carnethy) 1:42:13; V2, J Shields (Clydesdale) (51st) 1:46:06; V3, W Knox (Teviot) (54th) 1:46:44; V4/50, B Gault (Carnethy) 1:53:33; L1, A Donnelly (Ery) (90th) 1:52:57; L2, M Dunn (Bingley) (302nd) 2:19:20; L3, A West (Carnethy) (338th) 2:23:58.

Teams: 1, Keswick AC 26pts; 2, Eryri H 28pts; 3, Lochaber AC 35pts; NB Eddie Campbell (Lochaber AC) finished 294th in 2:17:47 in his 36th consecutive Ben Nevis race competition.

6

Rutherford Police Crime Prevention 10 mile Road Race, Rutherford -

1. P Carton (Shetland) 51:02; 2. C Thomson (Cambus); 3. F Hurley (Cambus)

Land o' Burns Half Marathon, Ayr (1778 finishers) -

1. F Clyne (Aberdeen) 64:51; 2. P Fox (Motherwell) 66:05; 3. A Symonds (Birmingham) 66:51; 4. M Coyne (FVH) 67:32; 5. N Ballard 67:52; 6. G Croll (E Kilb) 68:41; 7. D Logue (ESH) V1 68:49; 8. A Adams (Dumbarton) (V2) 69:01; 9. I Kerr (Kilmarnock) 69:08; 10. A McIndoe (Springburn) 69:20; 11. C Martin (Dumbarton) (V3) 69:35; 12. T Gillespie (Glasgow Un) 69:37; L1, M Oddie (21st) 80:26; L2, C Brown (Nith V) 242th 81:19; L3, M Dunlop (Kilmarnock) (450th) 86:44; LV1, L Irving (EWM) (30th) 71:44 (Scottish National record); LV2, S Owen (633rd) 89:58; LV3, S Cluley (Forfar RR) 84:1st) 90:20.

Race Details: 20th - 70:58; 50th - 73:44; 100th - 75:20; 200th - 80:01; 300th - 83:10; 400th - 88:21; 500th - 87:34; 750th - 92:58; 1000th 98:11; 1500th - 112:21; Under 70 mins - 14; Under 80 mins - 199; Under 90 mins - 634; Under 100 mins - 1064.

Western Mail Half Marathon, Cardiff -

1. S Jones (Wales) 64:31; 10. C Robson (Spano V/Scot); 11. A Robson (ESH/Scot); 13. L Spence (Spano V/Scot)

13

Round Cumbria 10 mile Road Race, Milport -

1. A Douglas (Vic Park) 51:04; 2. C Robson (Spano V) 52:42; 3. C Thompson (Cambus) 53:34; 4. W Adams (V1) (Shetland Isles) 54:49; 5. G Wight (Ayr Sea) 54:15; 6. D Fairweather (Law & Dist) (V2) 54:57; V3, D Crampton (Linwood) (17th) 57:27; VD/50, W. Spark (Irvine) 64:42; V0/60 G Martin (Scot Vets) 72:25; L1, S Brannan (McLaren GAC) (9th) 56:08 (record); L2, M Robertson (Dundee RR) (LV1) (65th) 65:21; L3, H Morton (Irvine) (83rd) 67:59; LV1, M Robertson; LV2, G McKinney (Irvine) (110th) 71:21; LV3, D McDonald (Pitreavie) (148th) 77:53.

Corriegarrick 15 mile Hill Race, Port Augustus to Garve Bridge -

1. G Reynolds (Dundee HH) 1:45:21 (record); 2. S Lauder (Lochaber) 1:49:03; 3. G McIntyre (Auld Reekie DS) 1:50:44; 4. N Bowman (Lochaber) 1:51:31; 5. R Campbell (Lochaber) 1:52:01; 6. D Rodgers (Lochaber) 1:53:48; V1, E Orr (Lochaber) 2:00:23; V2, C Chrystal (Lochaber) 2:16:59; V3, D Watson (Lochaber) 2:19:20; V0/60 E Campbell (Lochaber) 2:33:09; L1, J Watson (RAF Henlow) 2:15:03; L2, M Carter (Ullst) 2:39:28; L3, P McLaughlin (West Lothian) 2:51:52.

Oban 10,000 metres Road Race -

1. D Campbell (Cambusb) 34:02; 2. R McNiven (Oban) 34:04; 3. M McMillan (V1) (Oban) 35:07; L1, S Johnston (Oban) 41:02.

Womens Own/Nike 10,000 metres Road Race (various venues) -

Beach Esplanade, Aberdeen (362 finishers) -

1. V Pollard (Fleet Feet) 38:50; 2. A Boyd (Forres) 39:15; 3. M Duthie (Fraserburgh) 39:33; 4. S Lamb (Aberdeen) 40:58; 5. M Green (Thurso) 41:30; 6. S Cluley (Forfar) 41:34.

Dornoch Peoples 10,000 metres Road Race, Golspie -

1. A McDonald (Caithness) 33:57; 2. S Wright (Caithness) 34:10; 3. D Watson (Inverness) 34:33; V1, W Bruce (Caithness) 37:01; V2, K McKay (Inverness) 38:27; V3, R Longmore (Keith & Dist) 42:04; L1, A Sinclair (Wick Ladies) 43:14; L2, E Wilby (LV1) (Black Isla) 45:48; L3, R Bruce (Caithness) (LV2) 46:41; LV3, E Cameron (Forres) 51:48; Local 1, I Mitchell (Inverness) (9th) 35:57; Local L1, J McKenzie (East Sutherland RC) 54:17.

Greenock Esplanade -

1. K Chapman (Giffnock North) 41:38; 2. S Christie (Vic Park) 312pts; Ladies 1, S Curran (GGH) 42:42; 3. J Hendrie (Spano V) 43:14; LV1, J Gallagher (GGH) 44:14; Jun 1, A McGarrett (Spano V) 48:01.



Fife to the fore as this bunch of runners gets underway from Bridgend, Kinross, at the start of the Loch Leven Half Marathon.

Results

14

North East League, Final Meeting, Glenrothes -

Men: 1. Aberdeen 334pts; 2. Inverness 275pts; 3. Fife AC 261pts.

Women: 1. Aberdeen 201pts; 2. Fife AC 186pts; 3. Inverness H 181pts.

League records: T1, S McMillan (Perth SH) 14:43m; Youth JT, 24:96; 200m N Fraser (Inv) 22:7; 5000m C Ross (Dundee HH) 15:17:8.

Overall League Tables.

Men: 1. Aberdeen AAC 1143pts; 2. Inverness H 1051pts; 3. Fife AC 784pts.

Women: 1. Inverness H 549pts; 2. Aberdeen AAC 560pts; 3. Fife AC 555pts.

Scottish and North West League, Final Meetings (various venues) -

Div 1 & 2 at Crownpoint Sports Park, Glasgow -

Div 1 Match result: 1. Ayr Sea AC 1044pts; 2. Victoria Park AAC 991pts; 3. Kilmarnock H 953pts; 4. Edinburgh Woollen Mills SH 857pts; 5. Nith Valley AC 857pts; 6. Kilbarchan AC 850pts; 7. Kirkintilloch Olympians AC 8281pts; 8. Border H 380pts.

Overall League Result: 1. Ayr Seaford AC 4407pts; 2. Victoria Park AAC 4018pts; 3. Kilmarnock H 37091/pts; 4. Kilbarchan AC 3670pts; 5. Kirkintilloch Olympians AC 36471/pts; 6. Edinburgh WM/SH 3640pts; 7. Nith Valley AC 3579pts; 8. Border H 2483pts.

League Champions Ayr Seaford AC

Relegated to Division 2 Nith Valley AC and Border H.

Division 2 Match Result: 1. Lasswade AC 1097pts; 2. Harmeny AC 941pts; 3. Lochgelly & District AC 930pts; 4. L & L Track Club 861/pts; 5. Vale of Leven AC 8691/pts; 6. Colinton AC 782/pts; 7. Carlisle AC 677pts; 8. Annan & District AC 6631/pts.

Berwick 'Running of the walls' Berwick on Tweed -

Senior 6½ miles 1, C Tulloch (Blockheathe) 34:02; 2. D Cavey (Teviot) 34:09; 3, L Atkinson (Ainwick) 34:11; 4. J Connolly (Gala) 34:16; 5. W Anderson (Gala) 34:26; 7. K Lyall (ESH) 35:01.

Vets 4-mile 1, A Nixon (Gosforth) 21:34; 2. Scott 22, M Bennett (Gala) 23:54.

Youths 4-mile 1, S Dodd (Chester) 20:43; 5. M Steele (EAC) 21:18; 8. C Murphy (Teviot) 21:41; 9. P Russell (Law) 21:43.

Ladies 4-mile 1, L Harding (Houghton) 23:12; 13, E Ryan (EAC) (LV1) 26:11; 18, S McCraw (Gala) 26:57; 19, D Kelly (Law) 27:01.

20

Aberfeldy Half Marathon, Aberfeldy Sports Centre -

1. I Archibald (Washington AC) 68:21; 2, G Sim (Moray RR) 72:50; 3. W McNeill (Pitreavie) 72:56; 4. D Hamilton (Dundee HH) 73:02; 5. I McNamee (Airthroath) 73:48; 6. T Ross (Fife) 74:70; V1, F Scott (EAC) (19th) 77:57; V2, H Scott (Perth SH) (28th) 78:59; V3, G Blair (Shett) (39th) 79:52; L1, M Muir (Dundee RR) (53rd) 82:01; L2, V Fyall (Dundee RR) (70th) 84:51; L3, V Allison (Pitreavie) (113th) 84:57.

Teams 1, Dundee HH 5:05:32; 2, Dundee RR 5:09:00.

Berwick 'Running of the walls' Berwick on Tweed -

Senior 6½ miles 1, C Tulloch (Blockheathe) 34:02; 2. D Cavey (Teviot) 34:09; 3, L Atkinson (Ainwick) 34:11; 4. J Connolly (Gala) 34:16; 5. W Anderson (Gala) 34:26; 7. K Lyall (ESH) 35:01.

Vets 4-mile 1, A Nixon (Gosforth) 21:34; 2. Scott 22, M Bennett (Gala) 23:54.

Youths 4-mile 1, S Dodd (Chester) 20:43; 5. M Steele (EAC) 21:18; 8. C Murphy (Teviot) 21:41; 9. P Russell (Law) 21:43.

Ladies 4-mile 1, L Harding (Houghton) 23:12; 13, E Ryan (EAC) (LV1) 26:11; 18, S McCraw (Gala) 26:57; 19, D Kelly (Law) 27:01.

20

Glasgow Peoples Marathon, Glasgow Green -

1. E Tierney (Dublin) 2:19:09; 2. T Mitchell (Fife AC/Dundee) 2:18:40; 3. H Cox (GGH) 2:18:43; 4. G Newham (Cardiff) 2:19:59; 5. D Watt (Calderwood) 2:20:26; 6. A Daly (Bell/Glasgow) 2:21:00; 7. A Walker (Teviot) 2:22:01; 8. W Robertson (Bell/Glasgow) 2:22:13; 9. J Guerin (Melbourne) 2:22:01; 10. P Heffernan (Ullst) 2:22:27; 11. S Cluley (Forfar RR) (47th) 55:23; L2, P Rogers (RAF) (51st) 56:46; L3, K Wilcox (Inver) (LV1) (52nd) 58:18; Team 1, Inverness H. Ladies Team 1, Inverness H.

Promoted to Div 1: Lasswade AC and Harmeny AC.

Relegated to Div 3: Annan and District AC and Carlisle AC.

Division 3 match result: 1. Stewart AC 71:0pts; 2. Melrose AC 680pts; 3. Helensburgh AC 677pts; 4. Law & District AC 674pts; 5. Teviotdale H 665pts; 6. Cumbernauld AC 573pts.

Overall League Results: 1. Lasswade AC 4313/pts; 2. Harmeny AC 40891/; 3. Colinton AC 3538/pts; 4. Vale of Leven AC 3515/pts; 5. Lochgelly & District AC 3511/pts; 6. L & L Track Club 3452/pts; 7. Annan and District AC 3000/pts; 8. Cumbernauld AC 2734/pts.

Promoted to Div 2: Helensburgh AC and Melrose AC.

Relegated to Division 4: Cumbernauld AC and Teviotdale H.

Division 4 match result: 1. Springburn/Strathkelvin 725pts; 2. Avonside AC 709pts; 3. Stonehouse AC 633pts; 4. Hamilton H 557pts; 5. Penicuik H 530pts; 6. Lothian AC 354pts.

Overall League Result: 1. Springburn/Strathkelvin 3205pts; 2. Avonside AC 2916pts; 3. Stonehouse AC 2716pts; 4. Hamilton H 2214pts; 5. Penicuik H 2166pts; 6. Lothian AC 1734pts.

Promoted to Division 3: Springburn/Strathkelvin and Hamilton H.</



On the VETERAN scene...



Henry Muchamore

The event that for me spells the end of the summer is the Glasgow Marathon, and although "only" 5500 runners took part this year, I still found it a fascinating spectacle and took the opportunity of using the first 11 miles to be a "roving reporter".

Among the interesting vets I met en route to the George V Bridge was Ron Sloane. You probably know him better as "Superman", complete with his tartan cape, blue suit and red tights. Ronnie has raised nearly £50,000 for the RSPCA over the past few years, and was hoping that his Glasgow run would net him the final £500 pounds towards his target.

Brian Carty of Shettleston was first vet over the line in 2:25:18, to take the £50 voucher and trophy just 54 seconds ahead of arch-rival Allan Adams of Dumbarton. Evergreen Bill Stoddart, now

completing the course in the very respectable time of 3:37.

However, my chat with another 60 year old, Hugh McGinley, organiser of the Falkirk Half Marathon, unfolded the remarkable performance of the veterans in the Land O'Burns Half Marathon, which included

what I think must be a Scottish, if not British, record of 1:18 for the remarkable Hugh Currie, who at 60 set a British best marathon time of 2:47 two years ago, and this year ran a superb 2:51.

My last "interview" was with two of the most colourful characters we are privileged to have in the SVHC - Amrik and Ajit Singh, both now in their 50's but as lively as ever. Both finished in under 3:40, and the welcome they always give me puts recreational running into its perspective. They really do enjoy running and they show it.

Talking about perspectives I really must mention the superb performance of Leslie Watson. Her time of 2:45:03 may have given her runner up spot for the sixth time, but for many of us she's No.1. I know she still doesn't like being described as a vet, but she really does give inspiration. This, I believe, was her 137th marathon, truly remarkable.

Kay Dodson is another remarkable vet who finished in 3:06, looking very sprightly, and Jenny Wood-Allen, the 75 year old, showed many a younger pair of legs the way home in just over five hours.

Bob Dalglish was hinting that this may be the last Glasgow Marathon as such if a major sponsor can't be found. I really hope that even on a reduced basis the marathon can survive, and I hope the vets will continue to support it and maybe make it their championship event.



Still going strong at 75... Jenny Wood-Allen, captured here by Scott Reid in the Loch Leven Half Marathon, completed the Glasgow Marathon again just three weeks later.

Andy told me of a superb

As I continued on a bit further, shouts of "mind your backs - wheelchair coming" came from behind and a speedy "Chariot of Fire" came hurtling by, only to be overtaken on the next incline. Mike McCreadie, a 40 year old greeting card shop proprietor, told me how he was aiming to break 3:30 for a personal best. He was doing his own bit of fund-raising and as a victim of childhood polio was raising money for Polio-Plus, which hopes to eradicate polio and other diseases from the Third World. I promised Mike I would send him a membership form for the SVHC, and seriously hope we can take on more for some of the disabled veterans that are around.

On leaving Mike, I met up with a man who must in many ways epitomise all the struggles of veteran athletics. Gillies Maxwell was proudly sporting a SVHC vest and badge, and although he told me he was 63 he wasn't too keen on chatting but would rather concentrate on getting round the course. He did not have the natural aptitudes of a runner, but looked as fresh as a daisy at the 26 mile mark

Results

With nine races counting in the championship (three short, three medium and three large), the perfect score would be 270pts. Nobody will achieve this nearly impossible target, but how near Kate Chapman has come in the veteran women category!

The season long duel between the Paisley general practitioner, who runs for the fast growing Giffnock North AC in south Glasgow, and Margaret Robertson of Dundee Roadrunners, has been one of the highlights of the championship. They only met once in the whole summer but it was decisive in the rankings to date, with only the Dundee and Falkirk half marathons still to count.

Chapman finished second and Robertson fourth in the Runsport 10K event at Stirling, and the five points difference there separates the two at the top of the table. Susan Belford and Anne Richards had several good scoring races at the end of the season, and are close third and fourth places.

Colin Martin (Dumbarton) is a runaway winner in the veteran men's category and, together with David Fairweather and Peter Cartwright, has completed nine races in the championship. Bill Adams (Shetlands Isles AAC) made a late start to the season but victories in Aberdeen and the Isle of Cumbrae have taken him into fourth position.

Sandra Branney, in an exhausting racing programme which included competing in the IAAF World Marathon Cup at Seoul, South Korea, has squeezed in eight races and lost just seven points from a maximum score. She will run the final race of the championship series at Grangemouth as preparation for another international in Tokyo in November.

Chris Robison (Spango Valley AC) leads the men's rankings, 34 points ahead of Frank Harper who has 138 points, thanks to some fine early season runs.

Lorna Irving has had only three races in the championship events, but highlighted the season with a run of 71:44 for the second fastest Scottish time ever in the Land O'Burns Half Marathon at Ayr where 11 runners broke the 70 minute barrier - a feat only bettered at the high quality race at Livingston where no fewer than 20 runners ran inside 70 minutes and Bill Bedell (Wales) set a course record of 62:54 which was the fastest half marathon ever recorded in Scotland.

All runners in the top 20 in each of the four age group categories as printed here are now eligible for free entry to the C.B. Half Marathon race at Grangemouth Stadium on

SCOTLAND'S RUNNER

Road Race Championship



Valerie Fyall (Dundee Roadrunners), women's winner of the Loch Leven Half Marathon.

October 25. The points are doubled in this race so every title, except the veteran men, can be won or lost, as a result of the final race at Grangemouth. Remember, a lower counting half marathon can be discarded for the final, if three halves have already been completed.

Please note that an invitation will not actually be sent to you because of the difficulty in obtaining home addresses in time, but those intending to run can secure their free places by either phoning, or writing to, Grangemouth Stadium.

Finally, apologies to those runners who had intended to run in

Men

1. C Robison (Spango Valley) (7)	169pts
2. F Harper (Pitreavie) (5)	138pts
3. A Gilmour (Cambuslang) (5)	119pts
4. L Spence (Spango Valley) (5)	115pts
5. J Duffy (Green Wellpark) (6)	112pts
6. D Watt (Calderglen) (5)	108pts
7. C Laing (Aberdeen) (5)	106pts
8. A Daly (Bellahouston) (5)	102pts
9. S Axon (Aberdeen) (5)	96pts
10. A Robson (ESH) (6)	96pts
11. D Beattie (Arbroath) (4)	91pts
12. H Cox (Green Glenpark) (4)	84pts
13. T Murray (Green Glenpark) (3)	83pts
14. C Crawford (Springburn) (4)	83pts
15. T Mitchell (Fife) (3)	79pts
16. C Ross (Shettleston) (6)	79pts
17. P Russell (Green Glenpark) (5)	77pts
18. T Walker (Calderglen) (6)	76pts
19. E Wilkinson (Bellahouston) (6)	75pts
20. D Fairweather (Law & Dist) (5)	74pts

Figure in brackets is number of championship races contested.

Women

1. S Branney (McLaren GAC) (8)	233pts
2. K Chapman (Giffnock) (9)	206pts
3. M Robertson (Dundee RR) (9)	175pts
4. J Salvona (Livingston) (7)	163pts
5. M Muir (Dundee RR) (5)	116pts
6. C Price (Dundee RR) (4)	108pts
7. R Gardner (McLaren GAC) (7)	106pts
8. S Sinclair (Irvine) (4)	102pts
9. A Sym (McLaren GAC) (4)	99pts
10. H Oliver (Law & Dist) (7)	97pts
11. M Taggart (Pitreavie) (6)	95pts
12. J Robertson (Aberdeen) (5)	89pts
13. V Fyall (Dundee RR) (5)	86pts
14. L Irving (EWM) (3)	83pts
15. S Cluley (Forfar RR) (6)	83pts
16. G Hanlon (Dundee RR) (5)	77pts
17. A Richards (Giffnock) (5)	77pts
18. S Belford (Kilbarchan) (6)	76pts
19. C Brown (Nith V) (3)	75pts
20. M Dunlop (Kilmarnock) (4)	69pts

Veteran Men

1. C Martin (Dumbarton) (9)	246pts
2. D Fairweather (Law & Dist) (9)	182pts
3. P Cartwright (FVH) (9)	176pts
4. W Adams (Shetlands Isles) (7)	174pts
5. B Carty (Shettleston) (5)	131pts
6. R Wood (Dundee RR) (5)	115pts
7. D Wyper (Shettleston) (6)	114pts
8. D Crumpton (Linwood) (7)	105pts
9. M Preece (Aberdeen) (5)	102pts
10. A Adams (Dumbarton) (4)	101pts
11. R Kirton (Milburn) (5)	101pts
12. S McPherson (Shettleston) (7)	99pts
13. T Ross (Fife) (4)	87pts
14. A Weatherhead (EAC) (3)	86pts
15. A Duncan (Pitreavie) (4)	86pts
16. A Stewart (EAC) (8)	81pts
17. R McFarquhar (Aberdeen) (3)	79pts
18. J McMillan (Strath Police) (4)	79pts
19. S McCrae (Cumbernauld) (4)	69pts
20. J Prentice (FVH) (4)	69pts

Veteran Women

1. K Chapman (Giffnock) (9)	266pts
2. M Robertson (Dundee RR) (9)	261pts
3. S Belford (Kilbarchan) (7)	151pts
4. A Richards (Giffnock) (7)	149pts
5. S Bauchop (Unatt) (8)	136pts
6. E Buchanan (Haddington) (6)	129pts
7. S Cluley (Forfar) (5)	121pts
8. I Gibson (Dundee RR) (5)	116pts
9. A Newbigging (Bo'ness) (5)	104pts
10. L Byng (Greenock) (5)	97pts
11. L Irving (EWM) (3)	90pts
12. J Eadie (Dundee RR) (5)	85pts
13. J Murray (Kilbarchan) (4)	82pts
14. C Slatter (EAC) (3)	78pts
15. J Gallacher (Green Glen) (4)	76pts
16. A Lindsay (Aberdeen) (5)	71pts
17. M Sands (Giffnock) (4)	68pts
18. S Blair (Polmont) (3)	56pts
19. R Carthy (Inverness) (3)	49pts
20. K Dodson (Law & Dist) (2)	47pts

Colin Shields

Results

Coaching day a success

The Scottish Schools Athletic Association, sponsored by Girobank Scotland, held their first winter coaching day at Grangemouth Stadium in dry but cold weather conditions on September 20.

A total of 120 athletes were present, including 32 schools internationalists. Over the last couple of years the school industrial action has been responsible for a tail-off in athletics, but this year more pupils are getting involved.

David Lease, Scotland's national coach, led a team of 18 coaches. "The only place you will see more coaches of the same calibre will be at a national squad day," said course organiser Roland Hill. He then went on to add: "It is the best group of coaches that I have had here in the last three years of organising the coaching day". All track and field events were covered.

The sprinters spent the day in the capable hands of sprints staff coach Douglas Rimmer and senior sprints coach Jim Marshall. The morning session comprised of drill work and technique runs. In the afternoon they spent time on relay practice. Both coaches agreed that the day was worthwhile, although Jim would like to see more personal coaches attending. Douglas feels there is a benefit to the younger athletes working with the more established schools internationalists because they "learn by example".

Roland Hill (staff coach, high jump) saw the day as one big success for the athletes and coaches. The coach will get to know the athletes, but the most important aspect is that there is a "natural progression" in training. The coach will see the athletes at the end of the track season and again at the end of all the hard winter training in March.

At the end of the day there should be a "team spirit" between athletes, coaches and officials. These coaching days contain a lot of potential athletic ability, and in the heat of the summer competition these athletes will form the basis of the Scottish team.

Throughout the day the coaches were full of enthusiasm for their own particular event, with the athletes listening attentively to every word spoken. The Scottish Athletic Association are deeply indebted to the coaches who gave their time to help, teach and encourage the athletes.

David Nugent



Results book

BY NOW, all Secondary schools are certain Primary schools will have received the 1987/88 Results' Book, writes Linda Trotter. This forms the second prong of the development plan to further communication between the SSAA and all Secondary schools, whereby two books are published annually, the first in April, dealing with articles of general interest; the second in October, dealing solely with results.

Canvassing now begins for articles for the 1987/88 April book. Following the number of letters printed in the columns concerning Primary schools' involvement (on which subject, the national coach, David Lease, and officials of the Association met at the coaching day, with mutual goodwill) it does seem that many people might like to put forward points of view concerning athletics in schools, either Primary or Secondary.

The deadline for collating material is the end of January, 1988. If anyone would like to contribute an article, write a letter, air a grievance, blow their own trumpet, applaud or deride the Scottish Schools' for what they do, or do not do, please write to me at 14, Heriot Court, Glenrothes, Fife KY6 1JE.

Budd is back

ZOLA Budd is back - and Liz Lynch and Yvonne Murray can expect tougher competition in the 3000 and 10,000 metre rankings.

Running under a pseudonym in races in Northern Ireland and Wales, Budd showed that she was almost back to peak condition. She won the Kodak Classic in Northern Ireland in 32.17, a performance that was only 31 seconds behind her personal best set in 1984.

Now Budd says that her key objective for the next 12 months is the Seoul Olympics, where she intends to be fit enough to choose between the 3000 and 10,000 metres.

David Nugent



Frank Harper on his way to second place in Reykjavik.

JIM Doig and Frank Harper furthered the reputation of Scottish marathon running by placing first and second respectively in the Reykjavik Marathon in Iceland on August 23. Doig was impressive on a difficult route and created a new course record in a time of 2:19:46.

Harper was unhappy with his performance of 2:27:06, although he was running against doctors' orders, suffering from a virus which left him unable to train in the final week of preparation. He stated his calves were tight for the last 38 kilometres!

In general, Iceland is not the best place for endurance running, its most northerly tip being inside the Arctic Circle. The island, population 500,000 and about the size of Ireland, receives some atrocious polar weather. Running in winter is frequently confined to the only ice-free surface - along the top of the pipes bringing hot volcanic water to the city from the geo-thermal zones.

With 7½ minutes between first and second place, and ten and a half minutes between second and third, Doig and Harper would have had time to learn the name of third place runner - Icelander Sighvatur Dyri Guðmundsen (2:37:32).

The occasion was pleasant

rather than intense. A half

marathon completed by smiling

veteran Fifer Iris Gibson in 1:36:28,

and a 6.5K fun run were all started

in the main street at the same time.

David Lease

David Lease was in Iceland as a consultant for the IAAF to help that country with its athletic development programme - Eds.

Events Diary

October

17 SCCU Eastern District Cross Country, Relay Championships, St Andrews, E - D V McLaren, 25 Brockwood Avenue, Penicuik, Midlothian, EH26 9AC.

18 SCCU Northern District Cross Country Relay Championships, Forres, E - W Banks, 76a, Balliefealy Road, Inverness IV3 5PS.

18 Coasters Running Club 10,000 metres Road Race, Buckie. Details - Derek Summers, 20, Skene Street, Macduff AB4 1RN (entry on day of race).

20 Colzium AAC Open Women's Cross Country Meeting, Drumrellie Park, Coatbridge. Details - T Bolan, 3 Gateside Avenue, Kilsyth.

20 Glasgow Herald Women's 4 mile Road Race, "Around the Loch", Strathclyde Country Park, Motherwell. Details - A Johnston, 18 Millmeuir Avenue, Lenzie G66 5HJ.

21 Lochaber Peoples Half Marathon, Fort William. E - E Campbell, "Kinnaird", Alma Road, Fort William.

21 SAAA Development Squad Coaching Day, Crownpoint Sports Park, Glasgow.

21 Scottish Veteran Harriers ACM and One Mile Time Trials, Coatbridge Outdoor Sports Centre.

21 Pitreavie AAC Open Cross Country Meeting including Second Scottish Women's Cross Country League Meeting, Pitreavie Playing Fields, Dunfermline. Details - Sandra Gammack, 7 Bonnyton Place, Dunfermline, Fife.

21 Black Isle Festival of Distance Running. (Marathon, Half Marathon and 10,000 metre races, all start 10:30 am).

21 Marathon - Culbokie to Fortrose Half Marathon - Jemimaville to Fortrose 10,000 metres - Cromarty to Fortrose E - R Cameron, 15 Rosecroft, Muir of Ord IV6 7RH.

21 Scottish National YMCA Road Race Championships, Bellshill. Details - G M Ross, Scottish National Council of YMCA's 11, Rutland Street, Edinburgh EH1 2AE.

21 Shetland Harriers Allan Scally Memorial 4 x 5 miles Road Relay Race, Bannerman High School, Ballieston Glasgow. Details - W Scally, 437 Duke Street, Glasgow G31 (Entry on day of race).

21 Maryhill Mini-Marathon, North Kelvinside School, Glasgow. E - Multiple Sclerosis Therapy Centre, Unit 16, Chapel Street, Industrial Estate, Glasgow G20 9BD.

21 McLaren Glasgow AC "Ronnie Kane Memorial" Open Cross Country Meeting, including 4th and final Scottish Women's Cross Country League Meeting, Kings Park, Glasgow. Details - Mrs R McQueen, 197 Crow Road, Glasgow G11.

21 Hydrasun Open Cross Country Meeting, (all age groups Male & Female), Balgownie Playing Fields, Aberdeen. Details - Pat Steeves, 9 Fonthill Terrace, Aberdeen AB1 2UR.

21 Ayrshire Harriers Association Open Cross Country Meeting (all age groups M & F) Stewarton. E - K Phillips, 48 Morton Road, Stewarton (Entry on day of race).

21 Gauldry Community Council Open Cross Country Meeting, Cauldby, Fife (all age groups Men).

21 Glasgow University Open 5 mile Road Race, Westerlands Pavilion, Great Western Road, Glasgow. Details - J Bogen, 8 Whittingham Drive, Glasgow G12 (Entry on day of race).

21 IAAF Women's World 15,000 metres Road Race Championships, Monte Carlo.

21 Scottish Women's CC and RR Association Eastern District Cross Country Championships, Balgownie Playing Fields, Aberdeen. E - Mrs M Cooke, 101 Ferry Road, Edinburgh EH6.

21 Scottish Women's CC and RR Association Western District Cross Country Championships, Marine Craft Sports Centre, Dumbarton. E - Ann Sproul, 4 Glenbervie Crescent, Summerston, Glasgow.

21 Dundee Road Runners Open 10 mile Road Race, Dundee. Details - D Roy, 5 Mericmuir Gardens, Downfield, Dundee, DD3 9DS.

21 Garscube Harriers Open Young Athletes Road Races, Westerton. Details - A B MacDonald, 9 Kildonan Drive, Glasgow G11 7OZ.

21 Clydebank Harriers Young Athletes Ballot Team Cross Country Races, St Columba's High School, Clydebank. Details - B. McAusland, 1 Cedar Road, Kilmarnock (Entry of day of race).

21 Aberdeen University Open Road Race Relay Races, Aberdeen.

21 Tinto Hill Race (4½ miles/1500 feet) Scottish YMCA Hill Race Championships, Fallburn by Thankerton, Lanark start 2:00pm. Details - G M Ross, Scottish National Council of YMCA's 11, Rutland Street, Edinburgh EH1 2AE.

21 Teviotdale Harriers Open Cross Country Meeting (all age groups M & F), Wilton Lodge Park, Hawick. E - Nancy Douglas, 4d Dickson Street, Hawick TD9 7EL (Entry on day of race).

21 Scottish Schools AAA Road Relay Championships (Boys and Girls) Grangemouth Stadium.

21 SCCU "Barrs Irn-Bru" Invitation 8 stage Road Relay Race, Edinburgh to Glasgow.

21 McLaren Glasgow AC "Ronnie Kane Memorial" Open Cross Country Meeting, including 4th and final Scottish Women's Cross Country League Meeting, Kings Park, Glasgow. Details - Mrs R McQueen, 197 Crow Road, Glasgow G11.

21 Bellahouston Harriers Open Cross Country Meeting (all age groups Men), Bellahouston Park, Glasgow, changing at Cardonald College. Details - C Joss, 25 Spiers Road, Bearsden, Glasgow G14 (Entry on day of race).

21 Ayrshire Harriers Association Open Cross Country Meeting (all age groups M & F) Stewarton. E - K Phillips, 48 Morton Road, Stewarton (Entry on day of race).

21 Edinburgh University Hares and Hounds Open Senior 6 mile Cross Country Race, Braids Hill, Edinburgh.

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