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# SCOTLAND'S RUNNER

OCTOBER 1988

ISSUE 26 £1.00



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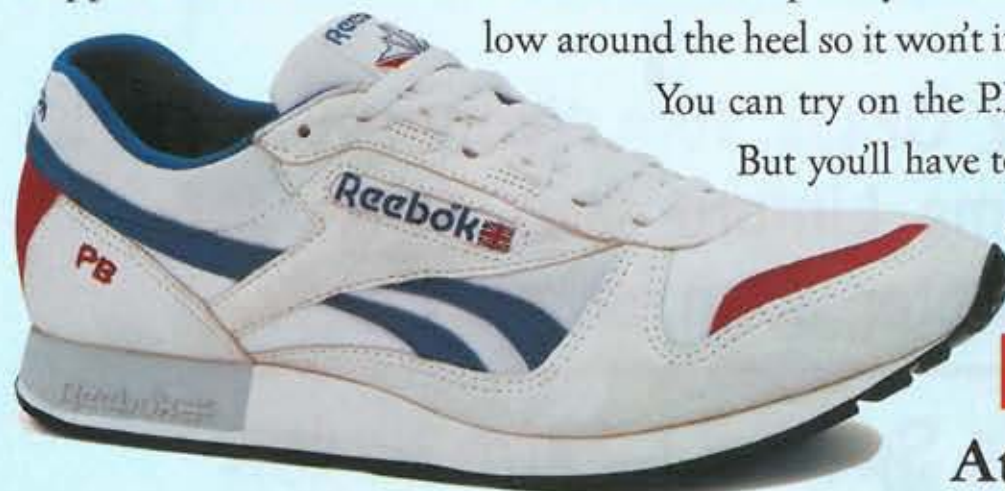
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## SCOTLAND'S RUNNER

October, 1988

Issue 26

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### SCOTLAND'S RUNNER



**Front Cover:**  
Daley Thompson on his way to the Olympic gold medal in Los Angeles. How will Britain fare in Seoul? See centre pages.

Photograph by Mark Shearman.

Can Daley? Or Liz, Tom, Yvonne, Steve, Tessa, Fatima, Linford, Jack, Colin, Jon, Tony, Peter, John, or Eamonn?  
Olympic Special Centre Pages

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# Inside LANE

IT'S STILL described as The Greatest Show On Earth, and certainly where hype is concerned there are few occasions to match the Olympic Games. More importantly, and despite the emergence of the World Championships, Olympic gold remains the ultimate prize to which every athlete aspires.

Incredibly, for a nation which gives such a low priority to athletics (and indeed all so-called minority sports), Scotland enters the track and field arena with three individual medal possibilities in Liz McColgan, Yvonne Murray and Tom McKean.

To put this assertion firmly into perspective - and to leave no doubt just how difficult it is to win an Olympic medal - Scotland has won just three individual athletics gold medals this century (and five in total through Dick McTaggart and David Wilkie).

The golden Scots were Wyndham Halswelle in the 400 metres at London in 1908 (a walkover when the final was ordered to be re-run and the three Americans involved refused to participate); Eric Liddell, also in the 400 metres, at Paris in 1924; and of course Allan Wells in Moscow eight years ago (when the Americans were again not present). Two other Scots, Henry MacIntosh (Stockholm, 1912) and Robert Lindsay (Antwerp, 1920), have won relay gold medals.

Wells also won a 200 metre silver medal in Moscow, the only individual Scot ever so to do. Relay silvers have been won by Alistair McCorquodale (a member of the family which founded our present printers!) in London in 1948 and David Jenkins (Munich 1972). Eric Liddell won a 200 metre bronze medal in Paris, as James Wilson had four years previously in Antwerp in the 10,000 metres, and Ian Stewart was to do in the Munich 5,000 metres (and Linsey Macdonald in the Moscow 400m relay).

In other words, only one hand is required to count how many Scotsmen have won individual Olympic athletics medals, and two to include the Scots who have been members of a relay team.

With Brian Whittle having a strong interest in the 400m relay team, we are privileged this year to have more than a nodding acquaintance with the Olympics. But realistically, one medal of any metal will represent a satisfactory haul as our past record confirms. The athletes' coaches have been at pains to point out that all we can expect is for their charges to perform to the very best of their abilities. None of McColgan, Murray nor McKean can claim to have done that in the Rome World Championships last year, and each will be anxious to justify themselves on the Olympic stage.

Sadly, athletics nowadays is about more than honest endeavour otherwise Liz McColgan, in particular, would have an outstanding chance of emulating Halswelle, Liddell and Wells. But both she and her coach, John Anderson, are confident she will strike gold, and for once these claims are not made of sand.

We wish all our Olympians well, and thank them for giving us a bigger interest than we are used to for the event.

AS SUSAN Bailey reports on Page 29, there could have been a horrific outcome to this year's Ben Nevis Race, when conditions were the worst experienced for almost 40 years.

As it was, 18 runners were hospitalised with hypothermia and exposure, but the really chilling comment came from

the leader of the local mountain rescue team who claimed that eight runners were within 30 minutes of death.

Quite apart from the distress and suffering caused to relatives and friends by such a tragedy, runners also have an obligation to their sport and the fact that some embarked on this race clad only in vest and shorts - despite having been warned about the conditions - takes the breath away (almost literally in some cases).

That people will die when running - as happened in Glasgow and Aberdeen on September 11 - is inevitable because we all have to die somewhere, but to invite trouble as a minority did on Ben Nevis does a great disservice to athletics in general, and hill running in particular.

WE WERE heading for a record number of Letters to the Editor in this issue before the mail ground to an abrupt halt because of the postal dispute. This was particularly disappointing as I was looking forward to seeing the reaction to some of the letters and articles in our September issue. Hopefully readers will take the view that it is still not too late to contribute to some of the points raised in that publication. Thanks to encouraging signs of progress on the commercial side we have been able to increase the numbers of pages in each of the last two issues, and hopefully also made the product brighter and more attractive to the eye. All of this is meaningless, however, if readers don't use the magazine to air their views on the topics of the day - so, please, keep these letters flowing!

**Alan Campbell**



Medal contenders: McColgan, McKean, Murray, and Whittle. Linsey Macdonald and Allan Wells, meanwhile, have been there before.





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SR1

## Up Front

### Livingston to go under?

THE LIVINGSTON Half Marathon, one of the most successful road races to have emerged from the running boom, may be scrapped if it continues to be forced to compete for runners with Ayr, whose Land 'O Burns Half Marathon moved on to the same date this year.

It is understood that Livingston's principal sponsor, W.L. Gore, may not be prepared to offer the same level of support because numbers dropped from 1700 to 850 this year - which the race organisers say is a direct consequence of the date clash with Ayr. (Ayr, in turn, say they had no option but to switch dates because of a clash with the Great Scottish Run, which moved forward a fortnight from the old Glasgow Marathon date).

Great Scottish Run organiser Bob Dalgleish says the Glasgow event will go ahead on September 17 next year, which just might afford some breathing space for Ayr and Livingston. Dalgleish, though, makes the valid point that as organiser of the flagship Scottish road race he has to take whatever decision is best for his event.

"I don't want to be nasty or underhand but it is important that we do everything we can to make sure our event is feasible and viable. I can understand Livingston's plight, but the biggest will always survive."

Similarly, Ayr's Nick Larkin believes that with the proper marketing and advertising road races will continue to grow - as his own event did this year with a 2,300 entry. Larkin is now looking at staging an international event next year which could be another nail in the coffin for Livingston who already stage an international with teams from the Home Countries represented.

Most of the Livingston anger is directed at the Scottish Amateur Athletic Association for not policing more effectively the fixtures congestion. Race committee chairman Jim Fealy said that a letter was being sent to the SAAA to complain "in the strongest possible terms" about this year's clash of dates and to prevent a repetition next year.

"We want to see Ayr put back to its original date to prevent this nonsensical situation," he said.



DESPITE OUR rather pessimistic forecast the previous month, a late surge of interest brought the numbers entering the Great Scottish Run in Glasgow on September 11 up to a respectable 7,100.

The race itself (see Pages 28 and 55) was a tremendous success with a brilliant sprint finish between Willie Musyoki and David Lewis, the Kenyan just managing to

hold on to his lead with both men timed at 63-13. Fast though this was, it didn't beat the 62-54 recorded by Englishman Bill Bedell at the Livingston Half Marathon last year - a time subsequently ratified as the fastest half marathon on Scottish soil. The women's race was won by Anglo Sheila Catford in 72-49.

Our sympathies are extended to the relatives of 55 year old Ian

Mcpherson, who collapsed and died around the three mile mark. Sadly there was another running fatality the same day, when 57 year old George Leiper died in hospital after collapsing during the Sport Aid run in Aberdeen.

We would like to hear your views on what shape the Glasgow run should take next year: marathon, half marathon, or some other distance?

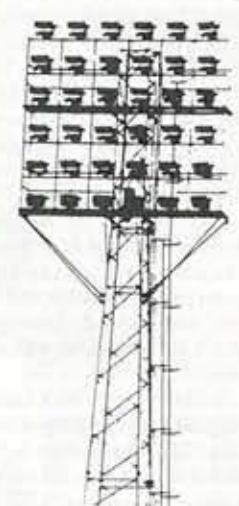


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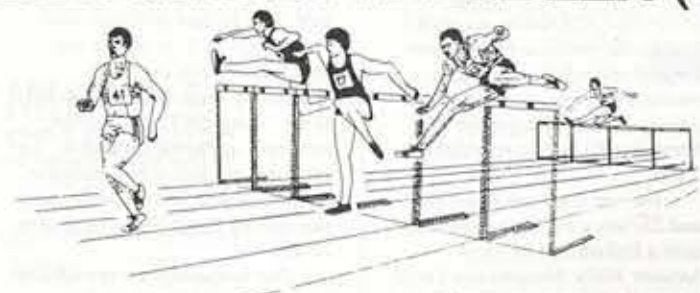


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## Up Front Up Front Up Front Up Front Up Front

### The race Liz must run if she is to win gold!

JOHN ANDERSON has revealed for Scotland's Runner readers the ideal race Liz McColgan will run if she is to win the Olympic 10,000 metres gold medal.

Assuming that Ingrid Kristiansen is in the final line-up, it is assumed that the Norwegian will take on the pace fairly early in the race. She must, because she knows that she has no chance whatsoever of winning a slow tactical battle.

McColgan, as she did in Oslo and Berlin, would track the Norwegian at close quarters until about six laps out. She would then overtake Kristiansen - assuming she had not already done so - and wind up the pace to try to burn off Zhupiyova, Ullrich, Bondarenko and any others who she knows would out-gun her in a sprint finish. To win the race, Liz must pull far enough clear between six laps out and two laps out to give herself insurance cover against the scorching pace of Zhupiyova and Ullrich.

"If Liz goes into the last two laps with these, or any other, athletes breathing down her neck I'll be worried," says Anderson.

### Glasgow back in Division 1 and good results also for other teams

GLASGOW AC are back in Division 1 of the Access UK Women's League after winning the final Division 2 match of the season at Grangemouth on August 28.

In the same match there was an equally impressive performance from Monkland Shettleston, who pulled themselves up by the boot-laces to finish second behind Glasgow and eliminate fears about being relegated to Division 3.

In Division 4, Pitreavie also took advantage of appearing on home ground by finishing second to Sale, and dragging themselves up from last (needing to requalify) to fourth overall.

Finally, to compete a more than satisfactory day for the Scottish women, Edinburgh Woollen Mill finished fifth in the Division 1 Access Match, confirming that along with Glasgow AC there will be two clubs from north of the border lining up in the top flight next summer.



ANDY SOBIK, the professional runner whose application for reinstatement was treated so cavalierly by the Scottish Amateur Athletic Association (see last issue), has risked a further £15 of his own money by making a second application.

This time his former club, Lasswade, are putting their weight behind the application. Fixtures secretary David Hand, who is advising Sobik, said: "Andrew would be a great asset to the club. With his school background and pleasant personality he knows how to work with youngsters."

Sobik, who took up a post at Moffat Academy at the start of the new term, already coaches a number of youngsters from a wide area in the East of Scotland and the Borders.

David Hand said as we were going to press that he hoped the application would be heard by the SAAA before the end of September. He questions the general secretary's interpretation that applicants have no automatic right to be told why they have been turned down for reinstatement and says that Lasswade will be insisting on an explanation if Sobik is again refused amateur status.

THE FOURTH Linwood 5 Mile Fun Run in aid of local charities is being held on October 8. Entry forms are available from the Community Education Service, Bridge of Weir Road, Linwood.

### Moray is Mecca for marathon manics

MARATHON RUNNERS from all over Europe took part in the Macallan Moray People's Marathon on August 7, part of a highly successful festival of running including a half marathon and 10K held simultaneously (see Letters pages).

Apparently the marathon was just about the only one on in Western Europe that day, and a magnet for runners trying to chalk up all sorts of records, including a group who are chasing 54 marathons in 52 weeks. The event is now firmly established as one of the highlights of the Scottish road running calendar.

### Triathlon is officially recognised

THE SCOTTISH Sports Council has now formally recognised the Scottish Triathlon Association as the governing body of the sport in Scotland.

STA president John O'Donovan commented: "This is a great step forward for triathlons in Scotland. The main advantage of this recognition is, of course, access to financial aid which we badly need to develop the sport and send teams abroad."

EDINBURGH AC retained the HFC Trust Scottish Men's League Division 1 title by winning the final match at Meadowbank Stadium on August 28, ahead of Shettleston Harriers and Aberdeen AAC. Fourth were Pitreavie, who finished second overall.

In Division 2, Ayr Seaforth clinched the title by winning the match with 332 points from Victoria Park's 284. Although they could finish only fourth on the day, Lothian AC were also promoted.

### Water, warer, everywhere, but not a drop to...

THE ORGANISER of the British Airways Glasgow Marathon, Eugene Donnelly, has asked us to apologise for a lack of watering stations around the course at the event (see Letters pages). Eugene accepts responsibility for the problem, but adds that he was let down on the day by a group of people who had been organised to man the stations. He does point out, however, that he is as yet unable to prevent heavy rain falling the previous night (causing flooding to the start area).

"We are always looking at ways to improve the event, and after reading a letter in Scotland's Runner we introduced a creche this year which was appreciated," says Donnelly.

### Juniors win

KATHLEEN Lithgow of Nith Valley AC and Steven Shaw of Larkhall were the only Scottish representatives in a Great Britain Junior team which defeated older teams from Switzerland and Ireland in a Dairy Crest sponsored international at Cwmbran on August 20.

Lithgow finished third in the 200 metres (24.96) and was a member of the 4 x 100m relay team which placed second. Shaw's trip as a member of the short sprint relay ended unhappily when the team was disqualified.

SCOTLAND WAS represented for the first time in the final of the Girobank Young Athletes' League Auxiliary Final at Alexander Stadium, Birmingham, on September 3.

Making the long journey south were Inverness Harriers, and although the club finished eighth and last in this high standard of competition, they put up a very creditable performance against more experienced athletes. The final was won by Middlesbrough and Cleveland Harriers.

WE ARE indebted to our former "Yesterdays" columnist Jim Wilkie for the following one paragraph story culled from the columns of the Oban Times.

### Skye Swimmer

Karen MacLeod of Skye has retained the Scottish women's 3,000 metre swimming title. Miss MacLeod swam the distance in 9 minutes, 36.18 seconds at the ScotRail Scottish National Athletic Championships held in Glasgow at Crownpoint Stadium.

We know it was exceptionally wet that weekend, but didn't realise the lovely Karen had grown fins...




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# Congratulations!

## John Simpson

*Winner of the subscription prize draw of a week for two in Portugal, including entry to the Algarve Half Marathon!*

IT MUST be something to do with the air in Ayrshire, but our 1988 subscription prize winner again comes from that part of the country. Emulating Ben Adam from Irvine, who last year won our trip to Barbados, is John Simpson from 11, McMillan Crescent, Beith, whose name was chosen in a random draw among our subscribers. John, a newspaper circulation representative, will certainly be running in the Algarve Half Marathon, being a keen exponent of the distance since taking up the sport in 1985.

Nor will it be his first overseas run. In 1986 he tackled the Paris Marathon, an experience he thoroughly enjoyed. That year he ran twelve half marathons in Scotland but sustained a knee injury which kept him sidelined for the whole of 1987. This year he has competed in a number of events, including the Dunfermline, Renfrew and Stirling Half Marathons, the Cunninghame Canter, the Round Cumbrae Race and, on September 11, the Great Scottish Run which he completed in 1-32.

Going to Portugal with John will be his wife Morag, a beginner runner who may well pick up the bug seriously in the holiday and sports complex of Aldeia das Acoteias which will be base for a party of about 20 Scots, all of whom will be under the wing of British marathon international Fraser Clyne who is organising the trip. We'll have a picture of John and Morag, who fly out on October 27, in our next issue and a full report of their journey thereafter. Incidentally, in fairness to those who were unable to

re-subscribe before the closing date because of the postal dispute, subscribers due for renewal at the end of issue 25 were included in the draw. We are already looking ahead to 1989 and a fresh venue for the holiday competition for subscribers. If readers have any (realistic) suggestions about where a suitable venue might be, we'll be pleased to consider them. If you are able to subscribe please do - the more subscriptions we get the better the product we are able to offer to you, the consumer!

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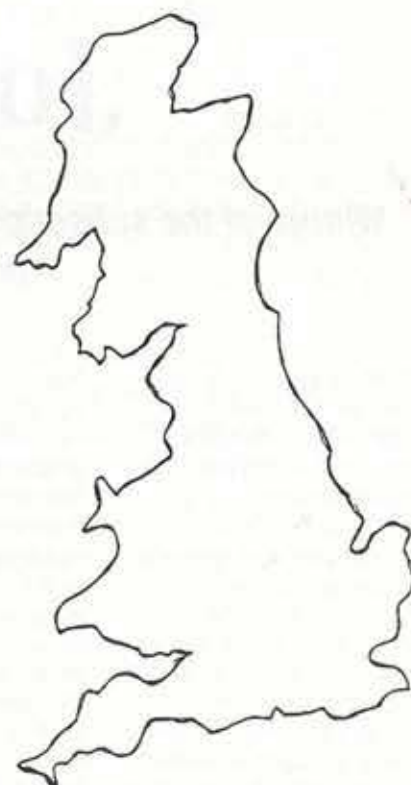
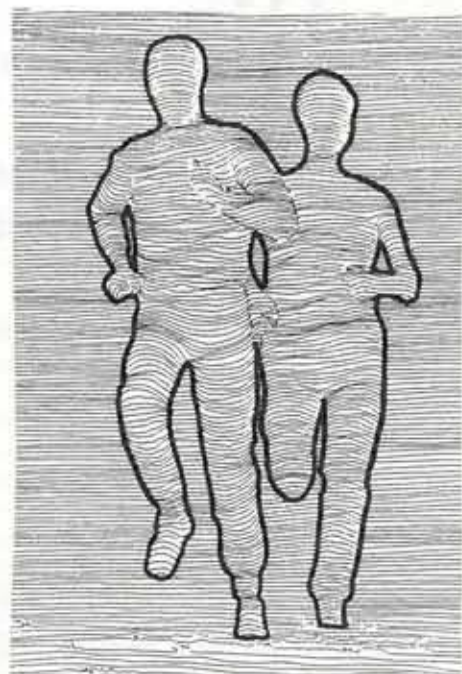
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## Letters...

Send your letter, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA

### Two views of the same event, or, it never rains but it pours!

32, Nethy Way,  
Dean Park,  
Renfrew.

SIR - I took part in the British Airways Glasgow Half Marathon on Sunday, August 14.

This race is organised by Bellahouston Harriers and I feel they deserve a special mention for the prizes and awards handed out. The extensive list consisted of: first 10 males, first 10 females, and, much appreciated by us "golden oldies", first three males in four veteran categories and first three females in three veteran classes - other organisers please note. Even one of the spot prizes was a trip to Paris for two.

The award given to all finishers was tremendous - a running figure mounted on a marble-type base, suitably inscribed and dated, a far cry from the bland and undated medals handed out at the end of some races. An event like this deserves to be well supported in the future.

James Workman

17, Crichton Street,  
Dundee.

SIR - Being someone who has a great respect for the organisers and volunteers who run the many races throughout the country, I would, in normal circumstances, be among the first to praise their efforts. However, the experience of the British Airways Glasgow Half Marathon left me and many other participants furious at the lack of organisation at the event. The main points of concern were as follows:

1. The pre-race information pack was, on the whole, uninformative especially for those competitors who had to travel some way to the event, or whose knowledge of the Glasgow suburbs was less than excellent.

2. Athletes were asked to assemble for the start in the middle of a playing field which, after the heavy rain of the previous night, was ankle deep in water. Many athletes thus

arrived at the start line with feet soaking wet.

3. One of the few points to emerge from the pre-race information was that there were four "probable" watering stations en route. In fact only two materialised - the first after seven miles! This was strategically placed behind a large van and was unmarked, meaning most runners had to stop to take advantage of the station. Insult was added to injury when no fluid of any kind was available for runners at the finish.

On the whole, the organisation and atmosphere was more akin to a village fun run. However, with some 2,000 runners registered at £4.50 each, the sums of money involved are more substantial. Added to that comes sponsorship from British Airways, which presumably stretched considerably further than the post-race Kit-Kats, so where did the money go?

Presumably the SAAA made their usual tidy profit for the privilege of the race license. But shouldn't the national body ensure that certain standards are adhered to before granting a license, or is it simply a case of having as many races as possible, regardless of size, location or organisation, to swell the coffers?

The winners, we are told, received a cool £10,000 in prize money. Certainly there is little argument against talent being rewarded - but should it be the duty of the lesser lights to reward them through ever-spiralling entry fees?

Bellahouston Harriers? I only hazard this as a possibility. Surely not!

I feel the organisers of the BA Glasgow will have a greatly reduced field in future years, a fact which they would doubtless attribute to the Great Scottish Run. Unfortunately, the truth lies much closer to home.

Paul G. Coyle

P.S. I don't know where I finished (nor do the other 1300) as this service was to cost another £1. To be delivered personally by pigeon perhaps!?



The rain had stopped by the time of the race, but torrential overnight falls caused problems for competitors.

### Valid points made by Tony Linford

29, Braehead,  
Beith,  
Ayrshire.

SIR - Tony Linford made some valid points in your September issue. There is indeed no lack of talent in Scotland, but certainly some behind the scenes planning may be needed.

I would disagree slightly on one point, in that I, for one, welcome open graded meetings as everyone can get a chance to compete whatever their level.

I would, however, welcome more open competition with heats (same as at the Olympics) to give our leading athletes more training and competition, with of course an actual prize for the winning athlete of an event - not just a possible personal best.

Sometimes athletes sell themselves short, so come on, let your views be known.

James A. Swindale





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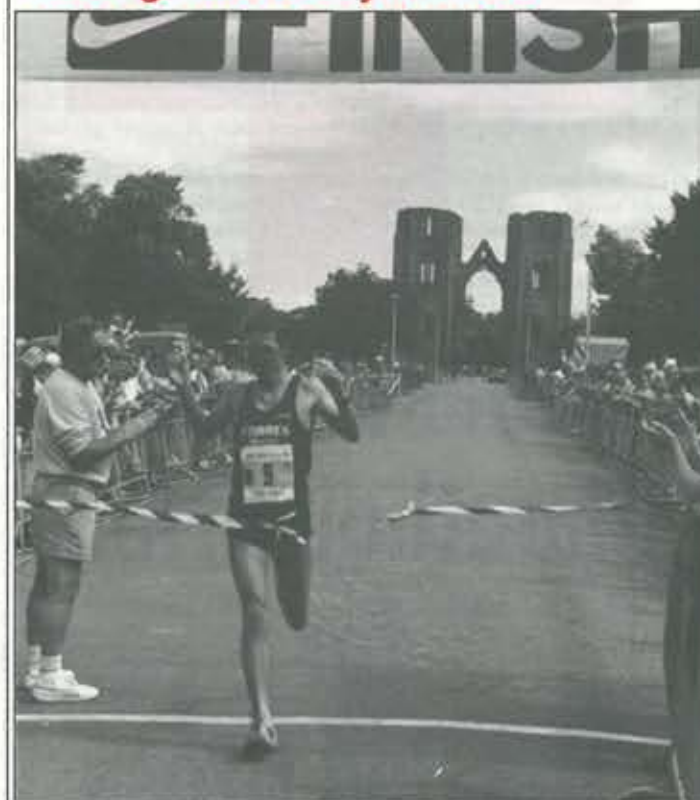
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Telephone: 041 812 1100.



## Letters...

### Moray races are a credit to Elgin and the organisers say runners



103, Perth Road,  
Blairgowrie,  
Perthshire.

Planning Department,  
Dundee District Council,  
21, City Square,  
Dundee.

SIR—I recently took part in the Moray  
People's Marathon on August 7. I  
have to say that my family and I  
have never enjoyed ourselves so  
much. This was my 19th full mara-  
thon and it was very well organ-  
ised; my thanks to Ed McCann and  
his helpers—they even organised  
good weather! The route was very  
enjoyable, and running through  
Lossiemouth at the 18 mile stage  
was welcome with the crowds cheer-  
ing us on.

Also, the entertainment for spec-  
tators was very nice to see, although  
with the 10K and half marathon  
starting at the same time as the  
marathon, runners were arriving all  
the time.

The people of Elgin also are a  
credit to themselves. We stayed in a  
guest house overnight and we will  
certainly be going back there again.  
Also, I will be running in one of the  
races again next year.

My 20th marathon will be in the  
Black Isle, which is also well organ-  
ised and once again from the North  
of Scotland.

Bob Ellis

SIR—Having once again success-  
fully negotiated our way round 13  
miles of picturesque Morayshire  
countryside, we feel we must write  
and congratulate the organisers of  
the Moray Half Marathon for pro-  
viding yet another excellent day's  
racing.

From the start (in the famous  
grounds of Gordonstoun) to the  
finish (under the gaze of the historic  
Elgin Cathedral), the route was well  
marshalled, well signposted, and  
was literally littered with strategi-  
cally placed water stations for those  
of us who do not have the constitu-  
tion of the proverbial camel.

With the added attraction of no  
hills (well only one little one), free  
tea and biscuits, free swimming and  
showering facilities, unrivalled  
scenery and cheerful cheers from  
the locals, Elgin can hold its head  
high as being one of the best of the  
season.

Dennis Gordon,  
Donald Coutts,  
Kathleen Greene.

### SCCU taking amalgamation talks seriously, but awaiting final report from other quarters

8, Craigshannoch Road,  
Wormit,  
Fife.

SIR—I note Colin Shields' article, Up Front Special, in the August issue of  
Scotland's Runner on the future organisation of British athletics.

Colin poses a question towards the end of his article: "But are there any  
answers forthcoming from the four governing bodies presently controlling  
men's and women's athletics and cross country in Scotland?" In fairness to  
the four governing bodies they did not have the information to be able to put  
anything out to the clubs for an actual decision for them to make. It is after  
all the clubs who should make any decisions at the end of the day.

Unfortunately, due to the takeover of the BAAB by the AAA the  
argument would appear to be taking place within the bodies which make up  
the AAA, and until the internal argument was resolved at the AAA  
extraordinary general meeting described in the article other bodies had to  
wait. As it is, the AAA/BAAB have now decided to set up yet another  
committee to examine what should happen, and until that report is avail-  
able there is nothing to put to the clubs for a firm decision. The slight  
difference is that the SAAA and UK cross country and UK road running will  
have an input to this new committee's deliberations.

Having said that, I think that Colin Shields' article is timely and I hope  
stimulates any discussion taking place. It is certainly essential that the  
constituent members of the governing bodies do give serious thought to  
what sort of administration they require and they would like to see repre-  
senting them. It might well be too late if the clubs have not discussed this  
before any special meetings are called.

I can assure your readers that the Scottish Cross Country Union are  
taking this matter seriously, as I am sure the other bodies are, and discussing  
it, including at a special general committee meeting.

In addition, strong representations are being made in every available  
forum for full discussion on all the issues being raised, and for representa-  
tion of all parties concerned, including the Scottish Cross Country Union. In  
addition, the SCCU are seeking full representation on any proposed UK  
governing bodies—e.g. the proposed UK Cross Country Commission and  
UK Road Running Commission.

I look forward to much healthy discussion before any final decisions are  
made which take the sport into the 21st century.

J.E. Clifton,  
General secretary,  
Scottish Cross Country Union.

### Should I return my running shoes?

41, Queensborough Gardens,  
Hyndland,  
Glasgow.

SIR—In June 1982 I bought a pair of  
New Balance 740's for £44.

Since then they've clocked-in  
10 marathons and some 42 other  
races, plus 2,000 training miles. After  
a John O'Groats-Lands End team  
run in 1985, they were retired from  
competitive running and used for  
casual wear.

As such, they've been to the  
summits of a few Munros, includ-  
ing three over 4,000 feet. They've  
acted as foot protection while swim-  
ming in the Dee in the two hot  
summers of 1983 and 1984.

Then in 1985 my old cycling  
shoes gave out, so resoled the 740's  
are now my cycling shoes. In the  
past three years they've covered  
Scotland awheel, plus a visit to  
Devon and Cornwall. They're just  
back from a very happy 630 miles  
from Aberdeen to Orkney.

But to my annoyance, they're  
beginning to develop a hole in the  
right toe. Should I write to New  
Balance and ask for my money back?

Gordon Casely



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14 Elliott Place, Glasgow. Tel: 041-221 6195.**

## Letters...

### Womens' athletics: a coach's view

18, Burnside Road,  
Uphall,  
West Lothian.

SIR - Fiona Macaulay's analysis of women's athletics is thought provoking, and her assertion that the nurturing of talent can be achieved by the coaching system is valid, but not the complete picture. Let us restate the position.

What place does women's sport have within our society, and that of the Western world? Picture the situation whereby Theresa O'Hara (that little known Coatbridge sprinter) runs 10.90 seconds for the 100 metres on the same day as Rangers score five goals against Celtic. It is unlikely that her performance would displace football from centre spot in certain Scottish newspapers. Indeed, the only way our sportswomen would get the centre spot would be if Rangers signed Theresa O'Hara (now that well known Coatbridge winger). It has to be said that the current level of public interest in women's athletics does not sell many newspapers - this is a cultural/historical problem which has improved, but in the foreseeable future there is no way that women's athletics will in the mind of the general public have the same appeal as men's athletics.

This point of view is also reflected in the "career" opportunities in athletics for women. I hate to raise the question of money, but apart from the nonsense of "Big Money" for road races, and that one-off payment to Zola Budd, women are third class citizens, e.g. Johnston v Lewis = \$200,000, and Dreschler v Griffiths I would estimate \$20,000 (which would pay for all eight competitors). Let us accept that Western society still treats the female athlete as a third class member. I say third class as there is a level of male athlete that fills the second class spot.

Then there are parents. Probably the biggest single factor in determining an athlete's choice of sport, and the length of time they will remain in the sport. However, the over-anxious/ambitious/interfering/neurotic parent(s) is the biggest pain in the coach's rear that there could ever be. In my experience parents introduce more children to sport than any other factor, but they are also a very significant explanation for fall-out of sport for talented athletes.

As a society we will continue to tackle the problems of women in sport and we need help from the top. Those who run our sport must compensate in favour of female athletes, and also introduce high level recognition/rewards for female athletic achievement.

For what it is worth, there is no point in looking at East Germany for answers to our problems. Their system is riddled with privilege associated with athletic achievement. These privileges come in the form of jobs, housing, travel, education and better diet. Would threatening our female athletes with poorer housing or less to eat keep them in sport?

Incidentally, while still on the subject of East Germany, having been to Sudbury I have to say that in the area of women's sprints I see no hope for the UK offering any consistent and in-depth challenge to east Germany at any level for the foreseeable future. We may have to consider other events for our talented athletes with speed.

A further factor which, to my knowledge, has not been widely debated within athletics, is the falling birth rate. A significant drop in birth rate first occurred in 1972 and the trend continued in the years that followed. This fact has been a concern to industry for some time. Athletics should also be concerned. Fewer children may mean fewer athletes and will certainly mean that as a nation we will have to work harder to give talented athletes every possible assistance to achieve their potential.

In conclusion, the coaching system has a part to play, but our army of volunteers cannot overcome 100 years of history/culture/social change. There are still too few high level coaches, but they are available to give advice. I am sure the event coaches would not want to coach every athlete with talent, but they would be available to spend some time with an athlete's coach on the nature of their programme etc. There are regrettably still coaches out there who think they can obtain high level performance without help - oh no you can't!

Use the coaching system. We can at least target individuals and give them the best chance of obtaining high level performances accepting that other factors may prejudice development, including discos and boyfriends.

Robert Inglis

### Dunfermline 1...

Dunfermline District Council,  
Music Institute,  
East Port,  
Dunfermline.

SIR - I was most interested to read in the September issue of Scotland's Runner a letter from Margaret Healy, a member of Pitreavie AAC who took part in our half marathon. This matter was in fact drawn to my attention, as Race Director, some time ago and a full investigation revealed that Margaret's tear-off number apparently had gone astray between our "emergency spotter" and the primary finish.

This has not happened in any of our previous four races which have attracted just under 10,000 competitors. I would also confirm that I have apologised to Margaret and have forwarded to her a fully authorised completion certificate.

David Arnott,  
Race Director,  
Dunfermline Half Marathon.

### ... Dunfermline 2

30, Hailes Place,  
Dunfermline.

SIR - In August I penned a letter to Scotland's Runner which was duly carried in September's issue. The letter was one of complaint at the omission of my name from the finishing results of the Dunfermline Half Marathon on June 12.

In the intervening weeks between writing my letter and September's being printed, I received a very courteous letter of apology and my completion certificate from the Race Director.

On reading my complaint in Scotland's Runner, a somewhat perplexed Race Director sent yet another apologetic letter (not quite so courteous, understandably).

Let this be a lesson to anyone about to put red hot pen to paper in a fit of pique. Patience shall be rewarded!

Margaret Healy

P.S. Apologies accepted.

### Can anybody trace the steward?

11, Battlefield Gardens,  
Battlefield,  
Glasgow.

SIR - I recently competed in the Runsport 10K in Stirling and achieved the targets I set for myself (I did not get lapped and cut nine minutes off my personal best finishing in 68:09). The run consisted of two laps of a three mile course, and based on my previous performance I should have been lapped before the leaders cut off to the finish in Stirling University.

At about the four mile mark I was met by a steward who ran with me to the finish, and although it may not mean a lot to most runners, he helped me achieve my third target, which was to run the course without stopping.

I write this epistle for two reasons. One is to advise beginners that no matter your standard or where you finish in a run, if you achieve your personal targets it feels great! Don't be afraid to enter, because you've only yourself to beat.

Secondly, having just received a copy of the results I find that I do not appear on the list and am having difficulty convincing people that I completed the course. I would, therefore, be obliged if you would trace the steward that helped me

and confirm that I completed the race and tell him I look forward to running with him again next year.

William Taylor (No 280).

36, Woodside Road,  
Banchory,  
Kincardineshire.

SIR - Re the results of the Grampian League meeting held at Inverness on May 22, I would like to take this opportunity to point out that three records were broken, and not one as published in July's issue.

As well as L. Bain's record in the women's 1500m, two athletes from Banchory AAC also set new records. Jennifer Reid in the minor girls 200m recorded 29.8 seconds, and in the junior boys high jump, John Cook cleared 1.52m.

Surely every effort must be taken to encourage the younger athletes to stay in the sport, and to recognise their success whenever they deserve it.

William F. Reid



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# Women in SPORT



Janis Neilson wins the Scottish 100m title.

"WHERE ON EARTH do you park round here?" I wheezed at Janis Neilson as I eventually made it to the Flying Scot Club in Edinburgh, having teetered around for about a mile after eventually finding a place to dump the car.

"Difficult isn't it?" replied the assistant manageress fingering a plastic bag full of parking tickets, and then she confessed to being a meter feeder.

Twenty-four year old Janis is one of three Scottish women in the British Olympic squad. Unlike Liz McColgan and Yvonne Murray, Janis is not guaranteed a run at Seoul, an uncertainty which will remain until the 4 x 100 metres relay squad is picked, probably on the day of the heats on September 30, by which time she will have been with the British team for 19 days. She knows the other girls in the sprint relay squad quite well, having been to about eight relay squad get-togethers for that vital baton changing practice, and she remains optimistic that she will get a run, hoping she will be able to prove herself in Seoul by running off against her rivals for team places. Whatever happens, Janis knows the Olympics will be a great experience which should put her in good stead for the next Commonwealth Games and other big meetings.

Janis has been a member of Edinburgh Woollen Mill since 1984, although when she first took up athletics at the age of 16, while still a pupil at Portobello High, she joined Edinburgh Athletic Club. She says she swapped clubs in order to get better competition. Because EWM is in Division 1 of the UK League, Janis can find herself running against athletes like Paula Dunn and other rivals from down south.

As a woman athlete, Janis is unusual in that she trains with men, is coached by an ex-professional runner, and uses

speedball as an integral part of her training. Her coach is the legendary George McNeill, one of the fastest sprinters of all time, but never able to prove himself against amateurs because he signed for Hibernian Football Club as a youngster (although never actually played first team football).

Janis met up with McNeill when she was between coaches, and at that time was very weak about the shoulders and upper body before starting to train using the speedball method. The speedball makes the upper body strong without adding bulk, as one look at Janis would testify, and this helps the drive from the arms, especially useful in sprint starts. The speedball also helps an athlete to relax while tired and under pressure; it is not something that is peculiar to boxers and athletes.

Janis told me there are hockey players who use it at the Flying Scot Club, and McNeill currently has Heart of Midlothian hitting it as part of their training. Speedball is something that has been around in athletics for at least a hundred years, but has never really caught on to any great extent in amateur athletics despite Allan

Well's success - probably due to the different deep-rooted traditions in professional and amateur running.

Anybody wanting to try to incorporate speedball into their training can either try to pick up a copy of George McNeill's book on speedball, although that will be difficult as it is no longer in print, or indeed better still, get hold of somebody who does use it and ask for a demonstration. The Flying Scot Club would certainly be a useful contact in this respect. Janis showed me how to start, by just hitting the ball with one hand until you get coordinated, and then went on to hit it with a ferocity that would have impressed Rocky Marciano.

During the summer, Janis trains every day except a Friday if there is a competition on a Saturday. Track work includes flying starts, standing sprints, differential sprints e.g. sprint 40 metres, ease off 20 metres, sprint 40 metres. She might also hit the speedball very fast, but only for a minute at a time and not if there is a big competition coming up.

Winter work means using the speedball a lot - done in conjunction with a circuit of

press-ups, sit-ups and leg squats. She might hit the ball seven or eight times for three minutes in one session, doing the circuit between bouts (so to speak). She told me she had been timed at hitting the ball 240 times a minute, but men can generally hit it faster for longer. Winter training also includes one or two sessions on the track plus hill work, but George McNeill is not a believer in weights - or at least he does not advocate weights for his own athletes.

Working at the Flying Scot Club makes access to winter training facilities easy for Janis. Along with the multi-gym and fitness rooms there is also a room with six speedballs, and Meadowbank is not far away.

This year Janis has run 11.59 for the 100 metres, and her fifth place at the Olympic trials secured her place in the 4 x 100 metres relay squad. One thing noticeable, however, about Janis's season has been the lack of 200s. She has in fact only run the event once this year. This has been mainly due to recurring injury which may well have been aggravated by running bends, but all being well she hopes to return to the event next year.

When I asked her what the professionals she trained with thought about her being able to pick up more money than them, she looked at me as if I was one can short of a six-pack and said that the only money she had earned this year was a £300 Sports Aid grant. If there is money in amateur athletics, it certainly has not come the way of this Olympic athlete.

The British team left for Japan on September 11 to train until the 22nd, after which the team goes on to Seoul and the Olympics, which are every aspiring athlete's dream, realised by so few.

**Fiona Macaulay**



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- In spite of this success over 20 million people await the services of the society and the chance of having their sight restored
- For just £5 we can perform a cataract operation
- For £160 we can set up an eye camp restoring sight to around 40 people and preventing blindness in many more
- You can help us to achieve this in 42 of the underdeveloped countries where we work

YOUR SPONSORED RUN CAN MAKE YOU A SIGHT SAVER

NAME..... PLEASE SEND T-SHIRT.....  
ADDRESS..... NAME OF EVENT.....  
..... DATE OF EVENT.....  
..... POST CODE.....

ROYAL COMMONWEALTH SOCIETY FOR THE BLIND  
49 SOUTH METHVEN ST. PERTH PH1 5NU  
**TEL: 0738 89312**

# Run for charity!

*Although the road racing season, with a few notable exceptions, is drawing to a close, now is the time to give consideration to what events you might be running next year. Most people have at one time or another run for a good cause, but charities, by their very nature, require funds on a regular basis. So why not pick out a charity featured in this magazine and commit yourselves now to running for one in 1989!*

Report by Fiona Caldwell.

PEOPLE OF all ages who now run for a specific charity are assured that their efforts will be greatly appreciated by the organisation and the people who are on the receiving end of the charity's work – those, young and old, with heart-rending diseases and afflictions.

Each and every runner has different reasons for raising funds for a particular charity. In the case of James Murray from Edinburgh, who started running for the Scottish Spina Bifida Association on his fiftieth birthday, the reason was that 18 years previously his four week old baby son had died of spina bifida.

Alternatively, the reason for choosing one charity instead of another is because it is a local fund that you feel friends, relatives and workmates would readily produce cash for.

A third category of sponsorship runners are the sufferers themselves!

Mark Horton, one of 12 deaf-blind adults catered for at the Overbridge Centre in Glasgow, disregarded his disability by competing in the Great Scottish Run on September 11. As Gillian Morbey, Scottish officer for SENSE-IN-SCOTLAND explains: "Because Mark is blind he needed a guide to help him. Alison, one of his tutors at the centre, has been training with Mark, and both were confident enough to complete the run." Mark, who is very interested and indeed excellent at sports, is taking this opportunity to take sponsorship to raise sought-after funds for the Overbridge unit.

An equally brave young man, is Stephen Bloch of the City University, London. He suffered a severe head injury several years ago and as a result was motivated to raise money for the National Head Injuries Association. His sponsored event took him on a cycling trip, all 1,001 miles of it, from Lands End to John O'Groats.

The Chest, Heart and Stroke Association is very grateful to the efforts of blind athlete Willie MacLeod. Willie, a gold medalist at the 1981 Disabled Olympics for the 60m sprint, has over the years been running to raise sponsorship funds. August 20 saw him running in the Chest, Heart and Stroke

3.5 miles run around Arthur's Seat in Edinburgh, raising in excess of £500 from the staff of British Home Stores, a company who supported him strongly when he was a competitive athlete.

The M.S. Society in Scotland this year received a cheque from a very brave woman multiple sclerosis sufferer. Because of her disability, Charlotte Whitelaw of Dumfries is unable to run. Not to be put off by this, she and her husband Neil walked the 95 miles of the West Highland Way in just seven days. On September 7, Charlotte presented Colonel Bisset of the M.S. Society with a cheque for £3,000.

Unfortunately, the activity of raising sponsorship money does not always end on a happy note. Valerie Clarke, appeals organiser for the Anthony Nolan Bone Marrow Appeal says, "There are many people who help us, some who know exactly what the price will be. Colin Davies from Essex, was one. He competed regularly in cycle rides and raised many thousands of pounds for us, Colin contracted cancer and just a couple of weeks before he was due to ride from Lands End to John O'Groats he died."

Thankfully not all of the stories Valerie relates have such sad undertones. A group of eight men, led by Paul Green, all of Nottingham Athletics club, chose to run from Nottingham to the charities laboratories in Kensington, taking a week to do so. "As if that wasn't strenuous enough, they then had a day of rest before taking part in the London Marathon. They raised over £7,000, a magnificent sum and greatly appreciated," explains Valerie.

The Muscular Dystrophy group was one of the first charities to jump on the sponsorship running bandwagon within the first year of the London Marathon in 1981. They recognised the potential of sponsored running to fund their valuable research work.



**If this gentleman running for Guide Dogs for the Blind in the Ayr Land O'Burns Half Marathon gets in touch with us, we will send him a year's free subscription.**





The charity's team is often over 1,000-strong in the marathon - next year they hope they will reach the £1 million mark raised through this one event.

The muscular dystrophy team is frequently made up of interesting and unusual characters. For example there is Mike Bell, who is well known for carrying Prince Charles around with him, and Dale Lyons, the pancake tossing chef, who in 1987 completed the London Marathon course twice, without a break!

North of the border successes include a team of 160 muscular dystrophy group runners in the Perth fun run on August 21 who raised over £3,000.

A number of the charities involved with sponsorship also receive money from non-running events.

The Edinburgh Cripple Aid Society, a charity based in the capital who help disabled individuals, offering them leisure and social facilities, is one such charity that benefits from sponsorship. This year a group of people involved with ECAS organised a sponsored swim to raise funds to buy a word processor. This was donated to ECAS member Eric Todd, a very keen writer who



Age Concern Scotland benefits from a sponsored "Spook In" above, while top runners raise money for Muscular Dystrophy and the Cancer Research Campaign. Opposite, the message on the bed sums up the need for all charities.

# Running for charity

suffers from a rare progressive disease.

A particular "hair-raising" tale comes from Age Concern Scotland, a charity concerned with the welfare of Scotland's old people. As Liz Jones, information officer at the charity reveals, "the sponsored 'Spook In' was the brain child of Christopher Davie who is twelve years of age. Christopher planned for his father, two professors, and four consultants in geriatric medicine, to spend the night in Mary King's Close in Edinburgh, rumoured to be the most haunted place in Britain." The night they chose for this unusual sleep-over was Friday May 13 this year! Christopher Davie, his father and friends, lived to repeat their spooky tale and raised over £1,316 in sponsorship - the funds to go to Age Concern Scotland. It just proves that some people are anxious to go to any lengths to raise money for their chosen charity.

The Imperial Cancer Research Trust has had many an association with such keen groups and individuals. For instance, any group of people, namely some pupils at the Strathallan School who swam the Tay from Dundee to Perth during Easter must be overly "mad" to raise money for valuable cancer research. The charity, which has shops up and down the country, even had two of their own shop staff, Lyn Dryborough and Jean Taylor, walk the Tay Bridge back and forth raising £200 worth of sponsorship.

Just like ordinary companies, charities have had to become increasingly competi-

tive to survive in Britain today. Each and every charity can be, and is, a "good cause". But how do runners, faced with the prospect, decide on which charity to run for? It is often sadly the case that a relative or friend has suffered or died from some condition and it is for that charity the person feels strongly affiliated with. Or perhaps they run for a cause they are familiar with.

This is certainly true for George Munro of Giffnock, who over the past four years has been raising money for the Scottish Cot Death Trust by running in the Glasgow marathons. His son David died of a cot death in 1984, and through running George has raised over £1,548 for the trust. "We think this is a tremendous sum and the Trust is so grateful to Mr Munro. He and his wife have had a little boy since their bereavement and George was running in the marathon for us when Christopher was born!" says Hazel Brooke, coordinator at the trust.

The British Limbless Ex-Service Men's Association (BLESMA) is the charity whose main objective is to promote the welfare of those, either male or female, who have lost limbs during active service for their country. They have 92 branches throughout Brit-

ain that are voluntary run by limbless ex-service men. This is in addition to the two "BLESMA" homes in Blackpool and Crieff tending for just under a 100 residents and convalecents.

Since 1985, Douglas Sell from Berkshire has been running for BLESMA, raising £1,463. As John Ridding, office manager at BLESMA marvels: "We see this achievement as being quite remarkable as Douglas only began running marathons in 1981 at the age of 50. He ran his first London Marathon in 1986 and now takes them in his stride, so to speak. He not only spends many hours training but also spends lots more finding sponsors and subsequently collecting the sponsorship money."

There is no doubt a bottomless pit brimming with different sponsorship stories. Each one as remarkable as the next and all with one thing in common - the tremendous effort involved in raising money for their particular charity.

The harrowing statistics show that now, or in the future, you or I could suffer from, or have a relative or friend, who becomes disabled or afflicted with some disease or condition. Not really a very pleasant thought is it?

For runners who do not run for a specific cause - why not choose a charity from the ones you see in the magazine, or one you feel close to. Why not seek a few sponsors and run to help someone that possibly can't - get a name on your vest!





# 'Run like me — for a winning team'

Jack Buckner,  
European 5000m  
champion.



The Imperial Cancer Research Fund is Europe's largest cancer research institute employing over 900 scientists and technicians in our own laboratories and hospital units. We are winning the fight against cancer, especially children's cancers, but it is a long hard road. Your running on long hard marathons and fun runs helps us by raising money — the charity is totally dependent upon donations and our own fund raising activities.

We are a winning team. Join the winning team and run for us. Write to me, Jack Buckner, at the Imperial Cancer Research Fund now for your race sponsorship pack.

**IMPERIAL CANCER  
RESEARCH FUND.**

Registered Charity No. 209631

Please return this slip to  
Jack Buckner, c/o Imperial Cancer Research Fund  
19, Murray Place, STIRLING.

Your Name .....

Address .....

Name and Date of Event .....

Vest ☐

T-shirt ☐

Size ..... inches.

Tick box as preferred

**IMPERIAL CANCER RESEARCH FUND.**

PICTURE COURTESY OF  
STEWART KENDALL SPORTS PHOTO AGENCY  
SCARBOROUGH

## Coaching Clinic

BY NOW most people will have completed their first half-marathon. Hopefully, all the hard training of the last few months will have been worthwhile and everyone will be satisfied with their performance.

Now is the time to plan ahead and look forward to the next stage of your training and racing programme. The next few months will feature an abundance of cross-country and road races which you should be intending to participate in. Details of all these events will be included in Scotland's Runner throughout the winter so you will have ample opportunity to work out your programme for the next few weeks.

The first step is, of course, to

marathon or even a full marathon and then retire once they have completed it.

There are, unfortunately, quite a few men and women who come into this category for reasons best known only to themselves. Perhaps running was just a passing phase in their lives - or maybe they merely wanted to prove to themselves and other people that they could complete a marathon or half-marathon.

If keeping up with the athletic Joneses or wanting to prove something to someone were their motives, then regrettably these unfortunates have missed out on the real meaning of our sport.

Athletics is all about self-ful-

which you began your athletic career should be viewed not as an end in itself but as an introduction, the first step on a pilgrimage of self-discovery which will make you more aware of your own strengths and weaknesses as well as those of other people. If you have read so far, it can be assumed that you intend to continue this fascinating voyage of self-fulfilment - and what better way of doing so during the winter months than training for and racing in cross-country events.

First of all, it should be emphasised that everyone competes at their own level. No one has to be of international standard to take part. It is quite amazing that although thou-

der. Yet a road race over the equivalent distance in any town or village throughout Scotland will attract many, many times that number.

The explanation is quite simple. Firstly, mass-participation events provide the contestants with anonymity. People feel they can lose themselves among the crowds of other competitors - and, besides, there is always an aura of informality and fun which reduces the emphasis on the overall standard of competition.

Secondly, one cannot compare times in cross-country races in the same fashion that performances achieved on the roads can be related to one another. Different terrain, weather conditions, and imprecision of distances mean that there is far more disparity when comparing one cross-country course or race with another.

But these are negative attitudes. As has been emphasised in previous articles, athletes should endeavour to be positive at all times about themselves and about their races.

You should not be running to gain the esteem of bystanders or spectators. You run because you enjoy it and because of the feeling of well-being and self-fulfilment which running brings. If you can run 13 miles 193 yards in around two hours or less there is absolutely no reason why you should not be able to run three or four miles in a cross-country race. Once you have participated in a few events you will soon lose any feeling of self-consciousness or shyness which you may have and become more objective about competition.

For example, you can attempt to finish among the first hundred or so in a particular race of your choice, depending on the size of entry and the level of competition. Or, if you are a veteran, you can try to finish among the first 20 or so in your age group.

Derek Parker



*The end of your half marathon should not be the end of your running career. Try cross country!*

convince yourself that you really do intend to train and race during the winter. To athletes who have been training and racing for many years, it may seem incomprehensible that some people really do hibernate from the sport at the end of the summer. Worse still, there are even athletes who train for just one major event such as a half-

marathon and achieving one's mental, spiritual, and physical potential as a person. It should make you feel a fuller, fitter, more relaxed, and more confident man or woman - and help you to live more harmoniously with your environment and those whom you encounter in your daily life.

The half-marathon with

sands of athletes take part in mass-participation events such as half-marathon, marathon, and 10K events on the road, very few want to compete in track or cross-country competitions.

For example, at this year's Scottish women's 10,000 metres track championships there were only three competitors, including two from south of the bor-



# Coaching Clinic

The number of incentives you can give yourself are limited only by the horizons of your imagination. If you finished 30 seconds behind someone you know in one race you can endeavour to get closer to him/her in a race over a similar distance the next time. Or, if you were 30 seconds ahead of someone you know in a competition, you could be trying to increase the time gap over him/her on the next occasion. Your goal could even be to make the "C" team for your club in a relay race.

But whatever your target, remember that it is your target - and it is the accomplishment of an objective that you have set for yourself and trained for that makes athletics so meaningful and worthwhile.

The importance of surrounding yourself with positive self-images about your accomplishments cannot be over-emphasised. Bruce Tulloh, a former

European 5000 metres champion, used to recite the following mantra just before major tournaments: "Who is going to win today? Bruce is going to win today."

Obviously not everyone can promise themselves victory in a race whatever the level of competition. But everyone can tell himself/herself that he/she is going to produce a performance commensurate with his/her ability and one that will do justice to all the long months of training.

Always remember that you can only do your best in a race. If you are genuinely satisfied that you have done your best and competed to the utmost of your ability you have achieved a result which you are entitled to feel very proud about. There might only be one winner in an athletics event, but if each competitor attains his/her goal there need never be any losers.

There is infinitely more to

cross-country running than the mere attainment of results though, however important these may be. It provides all those who take part with feelings of euphoria that can at times only be described as mystical. Since most people nowadays live in towns and cities far removed from the pulsating world of nature and the countryside, such a concept might seem out of place in the sphere of athletics.

Yet those who train regularly over the country and in natural surroundings will understand exactly what I mean. Imagine running along forest paths strewn with pine-needles in the early morning when the first shafts of sunlight are penetrating the trees - or striding across the springy turf of a moorland ridge when the curlews are calling and the sun is setting in a crimson cradle beyond the distant hills. It is on occasions such as these - and

myriad others - that the athlete feels that heightened sense of awareness where he/she seems almost to transcend the limitations of the physical body, and where the elevated state of consciousness makes one want to run almost forever along unending miles that hold no fears.

Does this sound too philosophical? Then consider the great Kenyan tradition of distance-running. While materialistic Western man attempts to attribute the success of that great athletics nation to physiological and sociological factors, the Kenyans themselves have a different answer.

Like the Psalmist of ancient Israel, they believe that their strength comes from the hills, and that by running to and from school and their places of work in natural surroundings they acquire that unity of body, mind, and soul that makes them complete and fully-integrated athletes.

Consider, too, the great Herb Elliott, whom many people reckon to have been the finest athlete who ever lived. He seldom trained on a track, preferring to do most of his work-outs on golf courses, verges, beaches, sandhills, and cross-country trails under the guidance of coach Percy Cerutti at Portsea in southern Australia. It was the strength of character, will, and body which Elliott gained from these sessions in natural surroundings that gave him the ability to set world records and win Olympic and Commonwealth Games gold medals throughout an undefeated career.

The famous Swedish athletes, Gundar Haegg and Arne Andersson, were others who did most of their training in the inspiring ambience of the countryside. In their case it was the lonely forests which provided the training ground for the numerous world records which they set just after the Second World War.

# Coaching Clinic



Some transcendental meditation going on here by the look of things - try forests for the real thing!

These two renowned athletes popularised the fartlek system which is still very much in vogue today. They used a 5000 metres circuit of varied terrain which provided them with fast, flat stretches of ground to develop speed, and uphill and muddy sections to build up endurance. As well as producing physiological benefits, this form of training also imbued them with the psychological and spiritual qualities which are the hallmarks of great athletes.

But the nation whose athletes best exemplify the effect of cross country training is undoubtedly Finland. What I described earlier as, "a mystic experience", the Finns know as "sisu".

This strange-sounding word, I am told, means "spirit" and in an athletics context it refers to the soul of the Finnish nation expressed in its deeply rooted tradition of distance-running.

This expression of national identity and the relationship of each individual Finn to his/her native land has been reflected superbly throughout the present century, from the gold-winning performances of Nurmi and Kolehmainen at the Paris Olym-

pic Games, to those of Vasala and Viren at Munich and Montreal.

And the Finnish running tradition - like that of the Swedes, the Kenyans, and the immortal Herb Elliott - was born of training in the depths of the countryside where athletes could feel close to the land and nurture the awareness of their own destinies.

Today modern science has developed its own jargon to codify the unity of body, mind, and soul which these inspired athletes achieved without being conscious of what they were doing. They trained in the woods, the mountains, the fields, and by the seaside because they enjoyed it and because it made them feel good.

Nowadays we call such training "holistic", the word deriving from the Greek, "holos", meaning "whole". The holistic theory acknowledges that it is not just the arms and legs of an athlete that are responsible for running. Man is a trinity of body, mind, and soul and it is the efficient and coordinated functioning of these three aspects of personality and individuality that determines athletic performance.

Cross-country training and racing fosters and enhances that feeling of harmony with oneself and one's surroundings which helps to improve performance.

Try it for yourself if you have not already done so. You do not need to live out in the wilds to be able to run in natural surroundings. Even in the middle of the biggest towns and cities in Scotland there are plenty of parks where you can stride across soft, yielding grass or crunch your way through autumnal, leaf-strewn glades. If you have a car, you can drive out into the country and do your run. There are few parts of Scotland where the countryside is more than just a few minutes drive away.

I can guarantee that if you have always been used to running on the roads - dodging traffic and inhaling noxious vehicle fumes - you will find that training and racing over the country will be like paradise. You do not have to live in Finland to experience the soul-stirring, life-enhancing feeling of "sisu".

Your training programme during the next few weeks for cross-country racing should be along the following lines:

## Week One

**Sunday:** 75 to 90 minutes cross-country running.  
**Monday:** 60 to 75 minutes fartlek, including 12 x 1 minute fast with 1 and 2 minutes jog recovery.  
**Tuesday:** 20 to 30 minutes recovery  
**Wednesday:** 5 to 8 miles steady including some hilly sections.  
**Thursday:** 20 to 30 minutes recovery run.  
**Friday:** Rest, or 15 minutes easy jog.  
**Saturday:** 8 to 12 miles steady.

## Week Two

**Sunday:** 75 to 90 minutes cross-country running.  
**Monday:** 60 to 75 minutes fartlek, including 6 x 2 minutes fast with 2 minutes jog recovery.  
**Tuesday:** 20 to 30 minutes recovery.  
**Wednesday:** 45 minutes steady run, including 6 x 100 metres fast striding uphill with jog down recovery.  
**Thursday:** 20 minutes recovery run.  
**Friday:** Rest, or 10 to 15 minutes jog.  
**Saturday:** Cross-country or road race.

## Week Three

**Sunday:** 60 to 75 minutes easy cross-country run.  
**Monday:** 60 to 75 minutes fartlek, including 20 x 30 seconds fast with 90 seconds jog recovery.  
**Tuesday:** 20 to 30 minutes recovery  
**Wednesday:** 5 to 8 miles steady run, including some hilly sections.  
**Thursday:** 20 to 30 minutes recovery run.  
**Friday:** Rest, or 10 to 15 minutes jog.  
**Saturday:** 8 to 12 miles steady.

## Week Four

**Sunday:** 75 to 90 minutes cross-country running.  
**Monday:** 60 to 75 minutes fartlek, including 4 x 3 minutes fast with 3 minutes jog recovery.  
**Tuesday:** 20 to 30 minutes recovery run.  
**Wednesday:** 45 minutes steady run, including 6 x 100 metre fast striding uphill with jog down recovery.  
**Thursday:** 20 minutes recovery run.  
**Friday:** Rest, or 10 to 15 minutes jog.  
**Saturday:** Cross-country or road race.

**Note:** If racing on Sunday, the Wednesday session may be extended to 60 minutes and the Saturday session restricted to an easy 15 to 20 minutes warm-up jog.



Just 20 yards from the start of the Ayr Land O' Burns Half Marathon there are miles and miles of sand for runners lucky enough to live in Ayrshire. Use the open spaces to add spice to your training programme!



# Orienteering

MANY AN orienteer can claim to be an internationalist over the summer months as they trek the European tour. Only a limited few will be out there representing their country, however. Amongst la creme de la Scottish creme this European season were Steve Hale (Perth), Dick Jones (Glasgow University), Aberdeen mapper Jonathan Musgrave (Grampian), and the Edinburgh University brother and sister "team" of Yvette and Paul Hague, who were all chasing points, and too many of the foreign opposition for comfort, in the 1988 World Cup.

Hale had made success seem imminent when he finished ninth in the Scottish World Cup event in the Trossachs in May - (orienteering is a bit like British skiing, a place in the top twenty amongst the big boys and girls is something of a major breakthrough, a top ten result is a red letter event). Out in the forests at the east end of Europe, good places and points were harder to come by.

Within a week in August, Cup competition moved through Czechoslovakia, Hungary and Austria. Fifteenth place for Hale with Hague just behind him (18th) in Austria were the best of the British men's results. Yvette Hague, finishing 22nd, 18th, and 19th for 22nd place overall hinted at greater things to come should she get an uninterrupted winter's training behind her.

The Scots were really cut back to size once again, however, when they bearded the Scandinavian lion in his own den - the Nordic Championships. Over long courses - 16K for the men and 9.4K for the women - they were found wanting for stamina over the last few kilometres. With heads reeling, mistakes were made and performances suffered.

Orienteering is peculiar in running sport in that at any level of the game everyone is expected to run over the same distance. There is no place here for the different skills of the middle distance man or the sprinter. There is a growing demand, however, for the introduction of short course orienteering... a move that could broaden the scope of the sport and give well earned success to many good competitors not physiologically suited to longer distance running.

Dick Jones and Yvette Hague topped the British rankings in Sweden this September. The Glasgow man paced himself for the distance but had to settle for 39th place, 14 minutes down on the winner with his time of 11:33. Hague finished 24th, her time of 74:58 putting her

just over eight minutes behind Bratberg of Norway in first place.

The Swedish Five Day event is the Mecca of world orienteering, and every year a fair number of Scots are amongst the faithful who ignore the high cost of Scandinavian beer and make the pilgrimage. With 25,000 competitors taking part, five days on the trot, the Five-Dagars can legitimately claim to be the biggest participatory sporting event in the world. Just to have taken part is success enough for many.

Not content with merely putting in an appearance this year was Forth Valley 18 year old Kirsty Bryan-Jones. She arrived with a worse than drastic result behind her from the European Juniors in Belgium, where a bad cold had put paid to any chance of success.

The competitive edge had been well honed by the experience, however, and with a few days in Swedish forests behind her before the event she took first place on Day 1 with a five kilometre time of just over 41 minutes. Fourth place overall at W17 gives the Stirling-based student one of the best British results ever.

On the home front, young Kevin Quinn of Glasgow benefited from the creeping sponsorship which is helping the sport when he went home from Sheriffmuir and the fifth Scottish Galoppen sporting a brand new pair of green Hunter wellies.

The 11 year old St Andrews clubman won his prize by being the first competitor to reach 4000 points in the 1988 series. Four wins out of four events made him an overall winner. He finished second at Sheriffmuir by a mere three seconds.

Hazel Dean of Forth Valley geared herself up for a little Swedish competition in the World Cup final with her third win in the Scottish Galoppen series when she beat Chris Whalley (Interlopers) into second place by 68 seconds with her time of 59:04 for a heathery course which made more demands of the legs than of orienteering skills.

Patrick Walder of Inverness took maximum league points when he finished behind non-counting former British champion Andy Kitchen. Kitchen moves north of the border to live and work in Edinburgh soon, a move liable to add yet another spur to the Scottish sport. His time in G5 was 67:36, almost ten minutes ahead of Walder, who beat Graeme Guy by only 19 seconds.

**Bill Melville**



*What a finish! Kenya's Willie Musyoki breasts the tape to win the Great Scottish Run on September 11, just edging out Dave Lewis of Rossendale Harriers who was credited with the same time of 63:13. The first six runners crossed the line within 18 seconds of each other after a classic race round the Glasgow course, and Peter Devlin's picture also shows Nick Rose (third) and Kip Rono (fourth) sprinting down the final straight.*

*Allister Hutton was top Scot in sixth place (63:31), followed in quick order by Peter Fleming (63:45), Neil Tennant (64:28), Fraser Clyde (64:47), Bruce Chinnick (65:02), and Eddie Stewart (65:14). Hutton did superbly well to rejoin the leading group after being momentarily dropped at seven miles; Fleming was pleased to return to his old form; Forres Harrier Chinnick had a memorable race in this level of company; and Stewart knocked 39 seconds off his previous best.*

# DANGER on the BEN

THIS YEAR'S Ben Nevis race turned into a struggle for survival as competitors faced the worst conditions experienced since the race's re-inauguration in 1951. Sixty m.p.h. gales and hailstones were reported by the summit party an hour before the start and officials, mindful perhaps of criticisms when they cancelled the 1980 race, allowed the event to go ahead, issuing runners with a strong recommendation to wear additional body cover. (Presumably the runner who passed me shortly before the Red Burn, wearing only a vest and shorts, had something more substantial somewhere about him.)

In normal conditions, the temperature measures 16 degrees lower at the top, air pressure is 4.5 inches lower, and people have been known to suffer from altitude sickness. The 4406 feet climb is non-stop, even if it is mainly by path, with no gullies or shoulders to offer temporary relief. The descent likewise is relentless and the last mile of road back to the park sees many just not knowing how to use their legs. These features, added to the fact that this, of course, the highest mountain in Britain, make it the personal ambition of many runners - not just hill runners. Some come back annually to improve a personal best, some come once, just to be able to say they've done it.

Colin Donnelly was strongly tipped to win and took an early lead which he held all the way to the summit, taking the brunt of punishing gusts of wind and navigational decisions - not easy with visibility down to 50 yards and sleet driving in your face. It wasn't long before the first retirals were being relayed by the Highland Raynet Group, who were acting as marshals. When local runner Colette Chrystal, winner of the mixed supervet category in the Scottish Mountain Trial, returned saying, "It's going to be awful up there," the mountain rescuer I was with said: "If she's dropping out, it must be bad."

I helped the first casualty to a cup of coffee from a cheery member of the Lochaber Mountain Rescue Team and saw him on his way down. "You'd be surprised how much that wee drop of warmth will help him," I was told.

If runners haven't reached the summit within two hours, they are turned back, and confirmation came through shortly before 4pm that all runners were to be turned back at 16.12 (the start had been delayed by 12 minutes.) There are two reasons for this rule. The summit party leaves Fort William at 8am and do not leave their posts until the last competitor is reported down and safe, usually at about 5pm. Were

there no time on the ascent, they may not be back before dark. From the runners' point of view, fit competitors run fast enough to keep up body temperatures and are only exposed to the Ben's weather for a couple of hours. Slower runners are obviously at greater risk.

One hour, 30 minutes, and 10 seconds after the start, Gary Devine of Pudsey and Bramley, who took advantage of the wind behind him three quarters of the way down and leapt past a tired Donnelly, steamed across the finish line. No records broken this year. First lady was newcomer Sara Taylor of Horsforth Fellandale in a time of 2:05:23.

Those who finished did so with a real sense of achievement; those who turned back showed sensible caution, for the race was also over for many others still on the mountain. Some staggered around aimlessly, some wept with exhaustion, some were blown over by gusts of wind and thence crawled on hands and knees. Those who were fit enough to keep running had to do so for in the sub-zero temperatures.

To stop was to risk serious trouble. Yet what do you do when the guy in front collapses at your feet? One man, in agony with cramp, was given waterproof trousers, a hat and gloves by three runners who

then carried him to the nearest rescue station. Personal bests were sacrificed as people struggled to help fellow runners, and members of the mountain rescue teams were beginning weary descents with exhausted runners draped round their shoulders.

By 6.45pm, five teams were on the mountain - the local Lochaber team, RAF Kinloss, Glencoe, Lochiel and RAF Leuchars. Helicopters from Leuchars and Lossiemouth were operating in what had become storm force winds gusting to 70 m.p.h. and driving rain to evacuate sufferers from exposure, hypothermia and, in one case, a broken ankle.

Donald Watt, leader of the Lochaber Mountain Rescue team, claimed that eight runners were within half an hour of death and were only saved by the skill of the rescue services. Fortunately, of 18 hospitalised, only two had to be detained overnight and they were released on Sunday.

The race has only been cancelled once, in 1980. Conditions were worse this year, but secretary George MacFarlane pointed out that the weather deteriorated much earlier in the day in 1980.

Chairman Alastair MacIntyre said at the prizegiving: "There's a theory that the Ben Nevis race can be run as a little afternoon jog up to the top and back down again - and there are some who believe that's the way it should be - but without the back-up that we had today we would not be standing here as happily as we are tonight - so I think we've laid to rest that theory."

Should the race have been run at all? Yes, because runners were warned of the conditions before the start and 450 out of 488 completed it successfully. Those who were fully fit and adequately prepared (thermal tops and tights, kagoules, hats and gloves, whistles) even enjoyed it. Although members of the mountain rescue teams were out on the hill from early on, they made no attempt to influence the organisers to abandon the race. As usual, it is only a minority who get into difficulty - although "difficulty" on the Ben has to be recognised for the serious nature it can take.

The only question is: Should those who did not have full body cover have been refused permission to start? If Dick Wall can turn back inadequately dressed starters at Chapelgill, (2 miles, 1400 feet and an average time of half an hour) runners at Ben Nevis must surely accept this too.

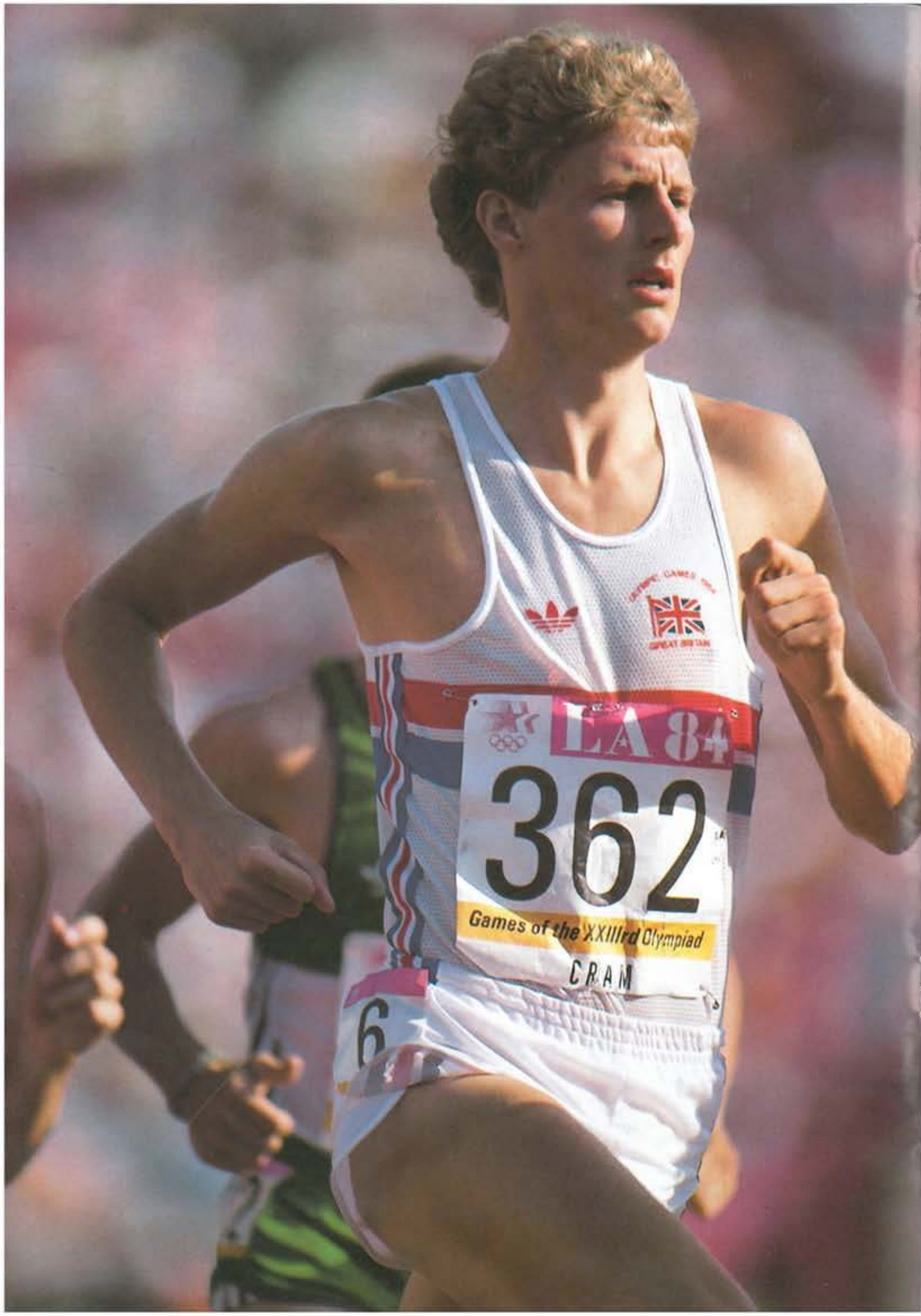
**Susan Bailey**





## Scotland's Runner October 1988





# OLYMPICS 1988

*Alan Campbell talks to John Anderson and Tommy Boyle about the fears and aspirations of their outstanding athletes, Liz McColgan, Yvonne Murray and Tom McKean. Photographs of Los Angeles by Mark Shearman.*

IN THE TWO months leading up to the Olympic Games, Britain's track and field medal prospects suddenly started to appear... well, a little less rosy than they had earlier in the summer. On the evidence presented by the North Americans in particular, the chances of athletes like Linford Christie and John Regis (100 and 200m) and Colin Jackson (110m hurdles) were firmly put into perspective. Outstanding though all three are in British and European terms, racing against people like Ben Johnson, Carl Lewis, Calvin Smith and Roger Kingdom is a definite step up in class again.

Given that we saw little of the Soviets and East Germans (whose "preparation" seems without fail to give their athletes an edge they were unable to produce in domestic competition), and that some

the Scots, do not take the opposition seriously enough and have an unrealistic expectation of their own athletes. It is very much the syndrome whereby the continental football coach comes to Scotland to "spy" on the home team before a big match and then gives interviews after the game insisting that his own outfit has no chance of beating such a splendid side. The suckers fall for it every time, and by the time they've made the travel arrangements for the round after the next round their team is out of the competition!

McColgan, however, has got to be

viewed objectively as a "probable" for a medal - assuming that is, and it's a big assumption, that everything else is equal. Having witnessed the spectacular successes of the Italians in the distance events in Stuttgart two years ago, and the subsequent allegations of blood doping, nothing, but nothing, should be taken for granted.

Nevertheless, McColgan's form this summer has stood her on a different plane from her rivals. Ingrid Kristiansen, who set the 10,000 metres world record of 30-13.74 in Oslo in July 1986, has lost to the Scot on all three occasions they have met this season (Belfast 3,000; Oslo 10,000; Berlin 5,000). Indeed, discounting Belfast which is at the bottom of her range and for which she may not have been properly prepared, it could fairly be said that Kristiansen was

*"We have 15 possible medals. If we score with one out of three shots that will be a good rate"*

unknown quantities will probably come out of Africa, the task facing British athletes is awesome.

Tommy Boyle, coach to Yvonne Murray and Tom McKean, reckons Britain will do well to come home with five medals. Before leaving for Seoul with fellow coach Stuart Hogg, Boyle predicted to Scotland's Runner: "We have 15 possible medals. If we score with one out of three shots that will be a good rate. The biggest problem is that television will be building up people's hopes to expect more British success.

"Take Liz (McColgan). Everybody is being led to believe that Liz has only to step on the track to win the 10,000 metres gold medal. That's rubbish. It's all about pressure and how the athlete can take it."

Boyle says that the British, including



*Coe: a medal "certainty" if he had been selected says John Anderson*

*"I think Ingrid has had such unremitting success that she may have got careless"*

humiliated by McColgan in front of her home crowd in Oslo, and again in Berlin. It certainly can't have boosted the Norwegian's confidence to have had a younger woman running alongside her for lap after lap before taking off at will.

I asked John Anderson, who admittedly as McColgan's coach is perhaps not the most impartial witness, whether the great world champion was not just fooling us all once again - as she did in her build up to Rome last year.

"There is no question that she has been conning anybody," insists Anderson, who as British multi-events coach will be available to assist McColgan in Seoul. "I watched her through binoculars at both Oslo and Rome and she was certainly running flat out. In any case, there is no



# OLYMPICS 1988

way that Ingrid Kristiansen would allow herself to be upstaged in front of her home crowd over her favourite distance by some jumped-up little nobody."

Anderson believes that Kristiansen and her coach made big mistakes in running too many events last winter.

"I think Ingrid has had such unremitting success that she may have got careless," he said. "In my view they embarked on an extraordinarily competitive programme last winter - they did everything! I can't understand the logic of that unless they thought it was a relatively easy matter to go back on the track and beat the others." (The cynical might believe that coining it in before Old Mother age won the unequal battle was perhaps also a motive!)

Whatever the reason, Anderson says:

*"With hindsight, both Yvonne and Tom realise that it doesn't matter how fit you are physically - it's getting mentally fit that is important."*

"It has caused them problems over since. It's a bit like Seb (Coe) - they made an error of judgement.

"That doesn't mean to say that her talent or her ability to run fast has gone for ever. But since Liz beat her convincingly over 5,000 metres with only a few weeks to go to the Olympics it would be extraordinary if she were to return to her old form in time."

The self-rejoinder, though, was not long in coming: "She holds the record over 10,000 metres and she always manages to run well in major competitions. Last year was a classic example. If I were Kristiansen and it crossed my mind that I might have a better chance in the marathon, I would take the gamble on running well in the 10,000 metres rather than take on Rosa Mota in the longer event. After all, looking at it from Kristiansen's side, what happened to Liz in Rome might happen again in Seoul."

Summing up Kristiansen's prospects, Anderson says: "If she runs to her best, the others will have to be in new territory. However, her confidence must have taken a huge knock."

Anderson is adamant that, whatever happens, McColgan won't make the mis-

takes of Rome. "She is a lot more mature now, and there is a significant change in her belief in herself. She is confident and assured, whereas last year she wasn't sure she was capable of winning the race."

Not, of course, that it is a two women event. There is the little matter of the trio of Eastern Europeans who finished second, third and fourth ahead of McColgan in last year's World Championship final.

None of the three, to the best of Anderson's knowledge, has this year threatened the 31-06 recorded by McColgan in beating Kristiansen in Oslo in July, but nevertheless having posted 31-09.40 and 31-11.34 respectively behind Kristiansen's 31-05.85 in Rome, Olena Zhupiyova (USSR) and Kathrin Ullrich (GDR) are obviously potent threats. With a last lap of 61 seconds that day, Zhupiyova has a kick which is

time to Tatyana Kazankina's 8-22.62, the Soviet athlete achieving this in Leningrad in August, 1984.

Last year the World Championship 3,000 metres was won by Tatyana Samolenko in a much slower 8-38.73, and Boyle says: "Times don't matter in the Olympics."

It will cost Boyle and Stuart Hogg about £3,500 each to be with their athletes at the Olympics. Both are going to the holding camp, the Nihon Aerobics Centre in Japan, prior to flying to Seoul, where Boyle says it will be a "through the wire job" to speak to McKean and Murray in the Olympic village. Unlike Anderson, they are not official coaches to the team.

"Until we see what the Russians are going to do," says Boyle, "we won't have a clear picture of how the final is going to

not, in Anderson's delicate phrase, "to be sniffed at". The other Soviet athlete, Olga Bondarenko, has a personal best of 30-57.21 from the European Championships in Stuttgart, although she managed "only" 31-18.38 in Rome.

WHILE JOHN ANDERSON was quite happy to talk about the main threats to his athlete's medal prospects, Tommy Boyle preferred to take the approach that there was little point in discussing the opposition until he saw how they were running in the heats at Seoul. In the case of the women's 3,000 metres, in which Yvonne Murray is a distinct medal possibility, Boyle made one exception to single out Mary Decker-Slaney. "She's been running well and she's got the greatest desire to win for obvious reasons," says Boyle in a reference to the infamous clash with Zola Budd in Los Angeles which left a tearful Decker-Slaney on the side of the track in the most dramatic - and certainly histrionic - moment of the 1984 Olympics.

Decker-Slaney is the fastest women in the world over the distance going into the Seoul Olympics, her 8-25.83 set in Rome in September 1985 being the second best of all

go. The number one objective for Yvonne is to qualify for the final, because you don't go into these things assuming you're going to get to the final."

There are three heats in the 3,000 metres, and these are being held two days before the final. Samolenko and Decker-Slaney are two medal "probables", and if the very impressive Paula Ivan of Rumania doubles up in the 1500 and the 3,000m, then the latter final is shaping up to be one of the races of the Games.

Although Murray's best time is the 8-37.15 recorded when winning the silver medal at the 1986 European Championships in Stuttgart, Boyle believes that the new, improved model is capable of running under 8-30 if necessary at the Olympics. "Having said that she could be blown away and run 8-40," he says quickly, as if frightened to say anything that would increase the pressure on his athlete.

"In the end it's down to how the athlete feels and how determined they are once they get to the final. It's what's in their brain that counts. With hindsight, both Yvonne and Tom realise that it doesn't matter how fit you are physically - it's getting mentally fit that is important."

Boyle makes the point that, Stuttgart

# OLYMPICS 1988

apart when she memorably beat Zola Budd on the final straight, Murray has always disappointed in major competitions. "If I was a bookie she's not going to be in my top five or eight for the 3,000," he says disarmingly.

You get the impression that the experience of Rome last year not only left a mark on Tom McKean, but on Tommy Boyle also. McKean went into that race as favourite according to the British press, and you sense from Boyle's defensiveness, and remarks like the above, that he is terrified one of his athletes is going to enter the paddock in Seoul as a favourite. "People get built up and then get knocked down," he says bitterly.

No way is McKean going to be a favourite in Seoul, and despite the disappointment that he hadn't recorded a faster time going into the Olympics, Boyle is probably relieved about that.

"Physically, Tom is as well prepared now as he was for Rome, given that he had an Achilles injury for six weeks," Boyle reports. "Tom has always done well in the major competitions, with the one exception in Rome."

"We'll start to see the lie of the land in the 800 metres by the semi-finals. You never know what will happen because Johnny Gray got knocked out in the second round last time holding the fastest time in the

world. But the people who get the best times and qualify for the final are the favourites."

Although Boyle insists that times are not important at the Olympics, it will be a surprise if McKean is not forced at some stage to run inside 1-44.45, the Scottish record he set at Lausanne in September last year. The speed endurance training he has undergone since the AAA trials in Birmingham, when he was nearly caught by Steve Heard in the final straight, makes Boyle confident that his man will be capable of sprinting off a fast pace, such as the one he encountered at Birmingham and which so nearly caught him out in the last 100 metres.

Looking beyond the Scottish interest to Britain's other medal prospects, Boyle says: "Steve Cram's obviously on form. He's put himself up there and had definitely got to be one of the medal possibilities. But he is now a possible rather than a probable, unlike 1985-86 when he was in absolutely brilliant form, and you have to say that Daley Thompson has also moved from a probable to an outsider. Linford Christie and Colin Jackson are only possibles, and so is Eamonn Martin."

John Anderson believes that Steve Cram is a gold medal contender, but adds: "He'll have to run his socks off, it's difficult

to see how anybody is going to beat Aouita."

On Thompson, he says: "If it was anybody other than Daley I would say, 'forget him, he's a back number'. He hasn't had the psychological edge: mentally you have to want the gold medal or its better not going at all. I have heard from a friend, though, that he might finally be getting his act together."

The man who, in Anderson's opinion, would definitely have won a medal in Seoul is Seb Coe. "He is one of the few in the world capable of doubling up in events and doing himself justice in both. He would undoubtedly have won a medal," says Anderson. (Incidentally, he regards Yvonne Murray as, "an unknown quantity" for the 3,000 metres and Tom McKean, "might just do very well if the pressure is off him.")

"If we get two or three gold medals and half a dozen or so silvers and bronzes we could be very happy with that," says Anderson, whose view of the Games envisages a more profitable haul than Boyle's.

The message from both men is very simple and can be paraphrased thus: "All you can expect an athlete to do in an Olympic Games is perform to the very utmost of his or her capabilities. If they do that, but fail to win a medal, it is a reason for pride, not recrimination."



Will either our World champion Fatima Whitbread or Olympic champion Tessa Sanderson repeat their javelin success of Rome or Los Angeles? Better not ask Petra Felke!



# Seoul Schedules

A guide to the athletics programme in Seoul, which start on September 23. Remember that the times quoted are NINE hours AHEAD of British Summer Time.

## September 23

09.00 100H Heptathlon  
09.10 SP (q,m)  
09.30 **Marathon (w)**  
09.50 100m (R1,m)  
10.00 HJ Heptathlon  
10.10 TJ (q,m)  
11.00 400mH (h,m)  
12.40 400m (R1,w)  
13.25 100m (R2,m)  
13.30 SP Heptathlon  
13.50 **20K walk (m)**  
14.00 800m (R1,m)  
14.40 3,000m (h,w)  
16.00 200m Heptathlon  
16.10 SP (f,m)  
16.30 10,000m (h,m)

## September 24

09.30 400m (R1,m)  
09.40 JT (q,m)  
09.45 LJ Heptathlon  
10.30 400m (R2,w)  
11.00 100m (R1,w)  
12.00 100m (sf,m)  
12.00 HJ (q,m)  
12.30 TJ (f,m)  
13.30 100m (f,m)  
13.40 100m (R2,w)  
14.00 JT Heptathlon  
14.10 800m (h,w)  
15.10 800m (R2,m)  
16.00 400mH (sf,m)  
16.30 **800 Heptathlon**

## September 25

09.00 HT (q,m)  
10.30 400mH (h,w)  
11.20 110mH (R1,m)  
12.00 JT (f,m)  
12.00 100m (sf,w)  
12.10 HJ (f,m)  
12.20 400m (R2,m)  
12.45 400m (sf,w)  
13.00 LJ (q,m)  
13.05 110mH (R2,m)  
13.35 400mH (f,m)  
13.50 100m (f,w)  
14.15 JT (q,w)  
14.20 800m (sf,w)  
14.50 800m (sf,m)  
15.20 3,000m (f,w)

## September 26

09.00 PV (q,m)  
09.10 10,000m (h,w)  
11.00 200m (R1,m)  
12.30 400mH (sf,w)  
12.40 HT (f,m)  
13.00 110mH (sf,m)  
13.25 800m (f,w)  
13.40 800m (f,m)  
14.00 200m (R2,m)  
14.05 LJ (f,m)  
14.30 3,000m s/c (h,m)  
15.00 JT (f,w)  
15.30 110mH (f,m)  
15.45 400m (sf,m)  
16.05 400m (f,w)  
16.20 10,000m (f,m)

## September 28

09.00 100m Decathlon  
09.10 DT (q,w)  
09.50 LJ Decathlon  
10.30 200m (R1,w)  
11.30 SP Decathlon  
12.30 PV (f,m)  
12.35 400mH (f,w)  
12.55 400m (f,m)  
13.10 HJ Decathlon  
13.15 200m (R2,w)  
13.40 200m (sf,m)  
14.00 1500m (h,w)  
14.30 LJ (q,w)  
14.40 5,000m (h,m)  
16.00 200m (f,m)  
16.20 3,000m s/c (sf,m)  
17.00 400m Decathlon

## September 29

09.00 110H Decathlon  
09.15 HJ (q,w)  
09.50 DT Decathlon  
10.30 110mH (R1,w)  
12.30 PV Decathlon  
13.00 LJ (f,w)  
13.15 DT (f,w)  
14.25 200m (sf,w)  
15.15 1500m (h,m)  
15.30 JT Decathlon  
15.50 100mH (R2,w)  
16.15 1500m (sf,w)  
16.40 200m (f,w)  
17.00 5000m (sf,m)  
17.45 1500m D'athlon

## September 30

08.00 50K Walk (m)  
09.30 DT (q,m)  
09.40 4 x 400m (h,w)  
10.10 4 x 400m (h,m)  
11.00 100mH (sf,w)  
12.30 SP (q,w)  
12.40 1500m (sf,m)  
13.00 HJ (f,w)  
13.10 100mH (f,w)  
13.25 4 x 100 (h,m)  
13.50 4 x 100 (h,w)  
14.20 3,000m s/c (f,m)  
14.45 4 x 400 (sf,m)  
15.10 4 x 400 (sf,w)  
15.40 10,000m (f,w)

## October 1

12.15 4 x 100m (sf,w)  
12.25 SP (f,w)  
12.35 4 x 100m (sf,m)  
12.45 DT (f,m)  
12.55 1500m (f,w)  
13.10 1500m (f,m)  
13.30 5000m (f,m)  
13.55 4 x 100m (f,w)  
14.15 4 x 100m (f,m)  
14.35 4 x 400m (f,w)  
15.00 4 x 400m (f,m)

## October 2

14.35 Marathon (m)

## Times to be awake!

September 23  
5.00am 800m (R1, m)  
5.40am 3000m h, w

September 24  
12.30am 400m (R1, m)  
6.10am 800m (R2, m)

September 25  
3.20am 400m (R2, m)  
5.50am 800m (sf, m)  
6.20am 3000m (f, w)

September 26  
12.10am 10,000 (h, w)  
4.40am 800m (f, m)  
6.45am 400m (sf, m)

September 30  
6.40am 10,000m (f, w)

## Follow your favourites

### 800m Round One

#### Qualifiers

### 800m Round Two

#### Qualifiers

### 800m Semi-finals

#### Qualifiers

### 800m Final

1.....2.....3.....

### 3,000m Heats

#### Qualifiers

### 3,000m Final

1.....2.....3.....

### 10,000m Heats

#### Qualifiers

### 10,000m Final

1.....2.....3.....

# OLYMPICS 1988

Sandra Whittaker, who broke the Scottish 200m record in Los Angeles, describes her excitement four years ago on arriving in America for the Olympic Games, and the conflicting emotions she felt following her record-breaking run.

IT SEEMS just like yesterday I was packing my bags and departing for the Olympic Games in Los Angeles.

What a terrific feeling, I was so full of excitement.

To a certain degree I was nervous about the opposition, but what took over from the nervousness was the sheer delight and honour to be competing for my country in an Olympic Games. I arrived at Los Angeles Airport on the day of the opening ceremony (which I regretfully did not take part in), and then was taken to San Diego, which was where I was to stay until I went up to the Olympic village a week and a half later.

The point of the holding camp was to take the athletes away from the pressure of being in the Olympic Village in Los Angeles and being near or with the people from other countries whom they would be competing against.

In my case, I felt there was a danger of it working the other way. For example, in San Diego at the holding camp, it was just a case of ticking over as regards training, so this gave us a lot of time on our hands. We had the opportunity, which I wouldn't have missed, to go to places like Sea World, Universal Studios, and Disney Land.

Suddenly I found myself in a scary situation - I felt like I was on my holidays. I was worried that I was getting out of touch and that I would forget what I was really there for.

The idea was that each athlete would stay at the holding camp for about three days before his/her competition. I spoke to Frank Dick (who was up at the Olympic village), and told him how I was feeling and perhaps that I would like to come up early. He advised me that it was pandemonium up there and that I would be better off staying where I was in a more relaxed atmosphere.

I remember arriving at the Olympic Village, and being totally mesmerised by the facilities they had for us there, and the security surrounding the place. We had all to be checked on arrival - buses, people and luggage - which took quite a considerable time. I felt very tired after the long journey in the heat.

After settling in to my accom-



modation, I then had to start thinking about my competition, and preparing myself mentally. I was ready physically for what was to be the race of my lifetime and indeed my athletics career.

The day of my 200m I felt great. Team management had arranged with each individual athlete when they would like to go to the track etc. Since I was competing relatively early in the morning I had to be wakened around 6.30am.

At 6.30am there was a knock on my door. It was Mary Peters, the women's team manager. I was already awake and up and dressed in my GB kit. We arrived at the track about 90 minutes later, after breakfast and travelling. I felt really good within myself and felt very fit. I suppose it was a mixture of fitness and the good weather, which I felt made my muscles far more relaxed.

All of a sudden time had gone by and before I knew it I was reporting for the first round. At the check

in point I met another team member who said to me: "Whatever you do, when you get out to the track do not look up." I think what was meant was that with such a massive crowd I would perhaps get a fright and not run well.

So of course when I had finally gone through all the check points and down the tunnel to the edge of the track, I automatically looked up. I couldn't believe it, it was an incredible sight. I actually felt that the sight of all these people and all the cheering and atmosphere lifted me higher than I have ever been before.

We progressed to the start of the 200m, where on my way round people in the crowds (obviously British) were shouting: "Go on Sandra, give it your best." It was so nice to know that someone in that crowd was there shouting for me.

After the first round I went back to the report and rest area, I had qualified for the second round. I was delighted, and although the

rounds were very close, that didn't seem to bother me. I had been in one of the last heats in the first rounds and found myself in one of the first heats in the second round.

Once again it was back to the track to run my race. My coach had advised me that I had to run these rounds like a final, because for me it was my final. With such a high class of competition, I could not afford to ease down in any way.

I made my way to the stadium. It was very, very hot, over 100C in the bowl of the stadium. Now was to come the most disappointing and most pleasing run of my athletics career.

It was the first four to qualify for the semi-final. With Valerie Brisco-Hooks out in front, the next four people, of whom I was one, crossed the line almost together. The three people in front of me had times of 22.97 seconds, I had a time of 22.98 seconds. I had missed the semi-final by 100th of a second.

What I felt at this point was bitter disappointment - at the end of the race I never realised that I had just set a Scottish record, and to be honest, at that point it didn't really mean a thing to me anyway. My biggest goal of the Games was to try to reach the semi, and I had failed to do so.

Yes, I did cry, it was an emotional moment. Nothing anyone could say helped, and what hurt most of all was the fact that the two other British girls did slower times than me, in different heats of course, and they qualified. It's just a matter of which heat you draw!

One person who was very good was Kathy Cook. She had been there before. She told me what it was like to compete in an Olympic Games, and the sort of experiences she had gone through. It was nice to hear, and on that particular day she consoled me and told me she knew exactly how it felt, because the same kind of thing had happened to her before.

After a couple of days or so I came round and felt quite pleased that I had set a new Scottish record. At least I felt that I had run to the best of my ability.

All in all I had a terrific time and it was a fabulous experience, something I will never ever forget as long as I live.

**"What I felt at this point was bitter disappointment..."**



## Hunter the Bakers

*offers congratulations to the Teviotdale Harriers on the occasion of their 100th Anniversary.*

*Best wishes to all at the club, players, officials and supporters for the next 100 years.*

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## Club Profile Special

# Teviotdale Harriers

Teviotdale Harriers, who claim to be the third oldest athletics club in continuous existence in Scotland, celebrate their centenary in January, but the festivities start this month, prior to the opening of the cross-country season. John Coltman, a former club sprint champion and journalist who writes under the pseudonym "Spikes" in the local Hawick News, has written a book to coincide with the centenary, and the club profile this month consists of excerpts from "First Hundred".

ON SATURDAY, January 12, 1889, nine Hawick men met at Deanfield on the outskirts of the town and took part in a cross-country run over some eight miles. Those who took part were John R. Turnbull and Findlay Purdom, acting as hares; George H. Wilson, "whip"; John Purdom, "pace"; Douglas Oliver, Robert and James Blair, Harold Evers and J. Robson. The day was, according to the record, "fine and bright, and the race was much enjoyed".

Twelve days later, at the Round Room of the Tower Hotel in Hawick, 12 gentlemen formed themselves into a club. J. Robson dropped out, but the other eight were joined by Robert Anderson, Charles Purdom, and Willie and Robert Laing. According to the minute book: "It was resolved to call the club the Teviotdale Harriers. Its object to be the promotion of athletics, especially in the prosecution of cross-country running during winter months."

Thus were the origins of Scotland's third oldest club in continuous existence (the others being Clydesdale Harriers (1855) and, of whom more next month, Maryhill Harriers (1888). "So began a club," writes John Coltman, "which, over the years, has overcome times when it was on the point of being disbanded, only to emerge stronger until now, in this its centenary season, is recognised as one of Scotland's leading clubs."

As if to prove that nothing ever really changes where human nature is concerned, the club was in trouble as early as February 1890 through the apathy of its members.

By that December the turnout was so poor that no more runs were held during the 1890-91 season, and

Teviotdale Harriers down the ages. Top, Tuesday section circa 1912. Middle, founder member John Purdom with 1932 members. Bottom, the colts of 1988.





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# Club Profile Special

only an appeal to members in October 1891, at the Tower Hotel in Hawick, seemed to save the club from an ignominious extinction. By 1893, though, the club was back on its feet and growing in numbers (although a measure of what the pioneers were up against is best illustrated by the fact that the first-ever race for a trophy, the Teviotdale Harriers Cup, was postponed because the date clashed with a Gala-Hawick rugby match!).

A further indication of how "alien" the sport was to the Borders is provided in an item from the Hawick News of January 1886. "An old woman who had never heard of the Harriers was walking 'up the Crescent' the other night when three redoubtable rushed past her. She came home and told her friends that she had got 'an aufu' fricht. Threi men cam past an' aw'm sure they must have broken oot o' the asylum, for they were half nakit an' rinnin' as if for their verra lives."

By 1894 the Harriers were well and truly established with 150 members and double that figure by the following year! In December 1885 Teviotdale joined the Scottish Cross-Country Union, and two years later the Scottish Border Amateur Athletic Association.

TEVIOTDALE'S only Olympic athlete has been R.H. Burton, described in newspapers in 1909 as, "the best half-miler Scotland has yet produced, his strong finishes being a special feature of his running." He was selected for the 1912 Olympic Games in Stockholm, but writing home said: "I turned out in my heat in the 800 metres but could not do what was asked of me." As John Coltman says: "The occasion may have been too much for the humble Scot, who, up till then, had set the athletics track on fire with some outstanding performances."

Burton ran for Scotland six times in the half mile, five times against Ireland and the sixth against an Irish-American team; he won the Scottish half mile championship in 1908, 1909, and 1910; and broke the Scottish native half mile record when finishing third in an invitation race at the Celtic FC Sports in 1910, knocking two-fifths of a second off the existing 1-58.8 which had stood since 1905.

On September 8, 1914, 30 Harriers from the then membership of 130 responded to the call to Lord Kitchener's forces. At the annual general meeting on the same day it was decided that due to the war office-bearers should remain en bloc and subscriptions be voluntary.



CRAIG Douglas's international cross-country career started in 1962 when, along with fellow Teviotdaler Arthur Moody, he was a member of Scotland's junior team in the international championships at Sheffield. The following year he finished tenth in the European Junior Championships in Spain. On the track, he won the Scottish 880 yards championship in 1-55.2, representing Scotland against Belgium in 1963 and Sweden in 1964. Further honours and a lowering of his 880 yards personal best to 1-49.9 followed, until in 1967 he left the club to join Edinburgh Southern Harriers and continue his international career.



Top, the men's section in 1939, and below the first-ever women's section, photographed before the inaugural run in October 1930.

THE WAR OVER, but minus members such as internationalist W.R. Sutherland and the club secretary, A. Anderson, killed in action, the club restarted in September 1919. By the end of the following decade membership had risen to 200, and in 1923 the club started its evening sports meetings at Volunteer Park, which became a regular feature of its activities.

The main item of note in 1930, as far as the club was concerned, was the formation of a ladies' section. A special meeting was held in St James' Hall on September 8, to which ladies interested in cross-country running and athletics were invited. Thirty women turned up, office-bearers were chosen, and then the club treasurer, Mr R. Crawford, who was presiding over the meeting advised them not to overdo it in the first year. They would fall into the routine of cross-country runs very easily, and it would be an exhilarating way of spending their Saturday afternoon. He did not think there was any harm in girls wearing the regulation shorts.

The first run attracted 36 women, accompanied by three male instructors, and according to the centenary book: "The event caused considerable interest in the town, there being several hundred spectators anxious to see the new venture."

Meanwhile, the club's founding captain, John Purdom, died in 1936 - two years before the Teviotdale jubilee season of 1938-39.

The jubilee was celebrated at a dinner in the Tower Hotel, with guests from sporting clubs in the Borders and other parts of Scotland - "and even the Spanish Vice-consul from Edinburgh, Senor Jose Lopez Roura, who came as a guest of William Jardine, Edinburgh, a member of Teviotdale 46 years previous."

Just two months later Teviotdale had further grounds to celebrate when the youths' team won the club's first ever national championship. Teviotdale saw off the challenge of 22 clubs from the West, finishing 25 points ahead of nearest challengers Motherwell. Writes John Coltman in his book: "Those 'in the know' in Harriers circles locally, however, were not unduly surprised at the team's success. It had been recognised that not for many years had they possessed so many promising young runners."

Sadly, yet another war was to prevent any follow-up success...

ON THE RESUMPTION of the club's activities in March 1946, a minute's silence was observed in token of respect for six Harriers who had fallen in battle. A lull then seemed to fall over proceedings, as, "the Harriers in the late 1940's and early 1950's could be termed as more of a social club than an athletics club, especially during the cross-country season."

Among the prominent names of the 1950's were Willie Gray, Vic Law, Ian Bell, Jake Coltman (the



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The story of Teviotdale Harriers, the oldest athletics club in the Eastern District and the third oldest in Scotland in continuous existence. Read about Eric Liddell's controversial race in Hawick; how the Wyoming Cup came from America to Hawick and ended up being presented for a Scottish track championship; and the Royal message of congratulations.

Publication of this book has been made possible by the generous sponsorship of Lyle & Scott of Hawick, a leading international sportswear manufacturer and one of Hawick's world famous knitwear companies.

First Hundred is available from John L. Coltman, Leabank, 33, Marmion Road, Hawick, Roxburghshire TD9 9PE, price £3.50 (plus £1 post and packing), 200pp, including 150 photographs.

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Full details of Teviotdale Harriers' centenary celebrations can be obtained from:

Mrs Kathleen Pringle, Secretary, 31, Chay Blyth Place,  
Hawick, Roxburghshire. Tel: 0450-72703.

WITH THE start of Teviotdale Harriers' centenary season round the corner, the big count-down has begun. Right from the launch of the centenary fund, Borders businesses have been quick to come forward with sponsorships.

At the start of the new cross-country season, all members of the club will receive a specially-struck commemorative medal. Hawick knitwear manufacturers Lyle and Scott then launch the centenary in earnest with a mannequin parade and exhibition in Hawick Town Hall on Wednesday, September 28.

That night will also see the unveiling of a joint venture - the exclusive sponsorship of the publication of a book covering the 100 year history of the Hawick Club, comprising 200 pages and including over 100 photographs.

With the book is a special marketing package entitled, "The Teviotdale Quartet". This is being sponsored by the Teviotdale Design Company in association with Teviotdale Whisky and Teviotdale Leisure Centre. The Border branch of the National Federation of Retail Newsagents has agreed to sell the book without taking the usual commission - this being their contribution to the centenary.

From October 29 until March 5, an exhibition entitled, "100 years on the Trot," comprising 200 photographs, as well as trophies, medals and Harriers' memorabilia, will be on show in the Scott Gallery, Hawick Museum. On Sunday October 23, specially invited guests will attend a reception sponsored by Barrie Knitwear as a preview to the exhibition being opened to the public.

Teviotdale's 21st annual open cross-country races on November 12 will be a "first class" affair thanks to sponsorship by the Royal Mail. Some 500 runners representing 40 clubs from all over Scotland and the north of England will be taking part in what is now recognised as one of the top events of its kind in the Scottish calendar. A reception will be held in the Scott Gallery prior to the start of the races.

On January 24, 1889, a meeting was held in the Round Room of the Tower Hotel in Hawick at which the club came into being. To mark the occasion, a smoker will be held on January 24, 1989, in the Marina Function Suite, when past and present Harriers will join in a nostalgic night of celebration. Pies are being donated by Jock Smith, proprietor of Hunter Bakers. The Marina is nearest to the now closed Tower.

As a reenactment of the first official run in 1889, members will set off along Hawick High Street on Saturday, January 28, in costumes of the period. Vests and long drawers will be on loan to members game enough to join in. Later the same day, the Hawick Knitwear firm are sponsoring a buffet for all participants in the spectacle.

A major celebration is the staging of the Scottish Cross-Country Union National Championships on Saturday, February 25, 1989 - which will come to Hawick and the Borders for the first time in their 92-year history. The championships are being sponsored by Pringle of Scotland. That day there will be 2000 competitors, which has resulted in the championships being given exclusive use of Wilton Lodge Park's sporting facilities. The sponsors are hosting a reception that day prior to the races. Guests and officials will be given a civic reception by Borders Regional Council afterwards. The local authorities are making their contribution to the centenary. Full assistance is coming from Roxburgh District Council, and Borders Regional Council is also lending support.

Hawick Archaeological Society are to include the Harriers centenary in their syllabus next session. In April next year a lecture night is being devoted to the club's anniversary and will take the form of a pictorial record of one of the town's sporting institutions.

The principle social occasion will be the centenary dinner in the Town Hall on April 7. The prestigious affair, a men-only function, will have leading officials from the sport's governing bodies and local VIP's among the guest list. The main toast, "Teviotdale Harriers", will be given by Jack Hogg, a club member in the 1940s and 1950s. The TSB Bank have requested that the donation to the club be associated with the dinner and for the top table a case of the well known local blend of whisky, appropriately named Teviotdale, has been donated by Provost Myra Turnbull of James Turnbull (Exports) Ltd.

The Teviotdale Half Marathon in centenary year will have Teviotdale Design Company as the main sponsor. Financial assistance is also coming from the Royal Bank of Scotland, Taylormade Knitwear, Bank of Scotland and Harrier Ronnie Hodgins.

Though Teviotdale is first and foremost a cross-country club, the summer season will not be forgotten in centenary year. The club's track and field championships will be held as usual at the all-weather track at Tweedbank, with the medals being donated jointly by the 1514 Club, Mosstroopers' Club and the Ballants' Club. A bus to the championships is being provided by R.J. Nichol as their contribution.

Other centenary season sponsors include Hawick Knitwear companies Glenmac, Peter Scott, Hawico and John Laing; Carlsberg; and Edinburgh Wollen Mill. The celebrations will be brought to a close with a buffet dance in the Town Hall in September 1989.

J.C.

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## Club Profile Special

book's author), George Gibb, Harry Murphy, Jim Glendinning, Charlie March, Ronnie Pringle (the present president), Rob Crozier (reinstated professional), Bruce Glendinning, Billy Riddell, John Hamilton, and Keith Harley. But probably the prominent performers of this period were Douglas Campbell, who won the senior and junior club championships simultaneously for three successive years when aged 16, 17 and 18; Paddy Lawrence ("the first Teviotdale Harrier to indulge in extensive training"), who won every road race he entered in 1954 and beat British marathon champion Joe McGhee's record by half a minute in the Aberfeldy 14-miler, and Jim Jack, a middle distance runner successful on the track and over cross-country.

It was in the early 1960's, however, that Teviotdale recorded their most notable achievements to date, inspired by their outstanding runner, Craig Douglas. Having finished second in the East District

Cross-Country Championships in 1960 and 1961, the club went one better the following year by becoming the first team from outwith Edinburgh to win the title. Their counterparts that day were: 3, Keith Harley; 4, Craig Douglas; 7, Brian Mather; 15, Jim Jack; 20, George Meikle; 25, Peter Roden. As Douglas was the first under-21 runner home he won the individual junior title - Harley having won that title the previous year.

In 1963 Teviotdale finished third, and Douglas, still eligible as a junior, won the senior title (although the race officials refused to award senior and junior trophies to the same runner). To illustrate the club's strength in depth during this time, Raymond Nicholl won the boys' title at the same championships and another Harrier, Joe Raeburn, was second in the youths' championship! Similar successes in all age groups continued at the same championships in 1964 and 1965, and

there were numerous other titles during this period, not least of which was the juniors' title at the 1961 Scottish Championships.

During this period the women - whose section had disbanded for five years in the late 1950's - also enjoyed successes, with Eleanor Petrie, Betty Jarvis, Anne Wilcox and June Green among those to the fore.

THE FINAL DECADE in the first 100 years of Teviotdale Harriers has seen numerous individual and team successes for the club, most of them - which augers well for the future - from younger members. At senior men's level, however, the club again won the East District Cross-Country Championship in the 1986-87 season, and with runners of the calibre of David Cavers, Brian Emmerson, Keith Logan, Alastair Walker and Rob Hall, Teviotdale can count themselves among the



Top, the 1962-63 team with trophies. Above, the Rolling Stones disguised as Teviotdale junior boys in 1974.

top ten Scottish cross-country clubs as they will doubtless be anxious to demonstrate during this, their centenary season.

With the opening of the all-weather Borders track at Tweedbank in - whisper it - Galashiels in 1984, first class facilities have been provided for the generations of future Harriers to bring further honours to the club.

HOW HAS IT come about that a trophy which originated in America and was put up for competition in the Borders prior to the First World War is now presented annually to the winners of the Scottish 4 x 100 metres senior relay championship? The conclusion is surely that it belongs to Teviotdale Harriers.

The story behind this claim started back in 1909 when the Wyoming Silver Challenge Cup was donated by Hawick Gallants in Wyoming, USA, for competition at Hawick Common Riding Amateur Games in a one mile medley relay (1 x 440 yards, 2 x 220 yards, 1 x 880 yards). Valued then at 22 guineas, the solid silver cup weighing over 70 ounces was supplied by T. E. Rutherford, a jeweller in Hawick at the time.

Intimation of the handsome 18 inch high trophy in the form of a loving cup with three handles was sent by Tevi "exile" Mr Frank Deans who had taken a great interest in athletic events when he lived in Hawick. His initiative in procuring 20 subscribers was evidence of the interest he and the other "exiled" Tevies had of their native town. According to the rules, the event was, "open to all amateur harriers clubs in Great Britain and Ireland".

From the outset, custody of the cup developed into a real ding-dong affair. West of Scotland were the winners in 1909, second were Heaton Harriers, with Teviotdale Harriers third. The Hawick club won the following year, with Heaton again runners up and West third. In 1911 West won again, with Teviotdale second, and the following year these positions were again reversed. The situation prior to the race in 1913 was such that each club had two wins to

their credit and the rules stated that three wins would give absolute custody. That year it once again went to West of Scotland, with Teviotdale second.

The Teviotdale quartet that year was T. Bell, J. Anderson, W.R. Sutherland, and R.H. Burton. Sutherland, "Suddy" as he was locally known, was a star of both the athletics track and rugby field. The Hawick RFC captain played 13 times on the wing for Scotland and was in a Scottish vest in the sprints on various occasions just prior to the First World War. Burton's achievements are chronicled in the main profile.

But returning to that medley relay in 1913. Investigation later revealed that the West team (J.H. Rodger, R.C. Duncan, H.J. Christie and G. Dallas), contrary to the rules laid down for the competition, did not comprise a full complement of first-claim members, the last named being from Maryhill Harriers and so in actual fact should have lost the cup by default.

The cup was put up for competition by the West of Scotland in their area, was subsequently won outright by another club, is now in the hands of the SAAA, and, as already mentioned, presently competed for in the national sprint relay. It would be a fitting gesture on the part of the SAAA if, in honour of Teviotdale's centenary, the cup could be on loan to the Hawick club for the evening of the centenary dinner in April next year.

Wyoming Cup winners in 1910: W.R. Sutherland and A.J. Grieve (standing), and J.S. Turnbull and R.H. Burton (seated).

## Wyoming Cup back on Teviotdale sideboard in time for centenary dinner in April?







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# On The Veteran Scene ...

THIRTY YEARS ago one of my athletic heroes was "Puff Puff" - Gordon Pirie - and just before he left to go to New Zealand for the first time I had the privilege of being in the same relay event at the Chiswick Stadium in London.

He was unequivocal then, and repeated it later in his controversial book "Running Wild", published in 1961, about the hypocrisy of British amateurism. He said: "Amateurism in British athletics is a sham and a hypocrisy which prevents us from competing on equal terms with athletes abroad... the only possible remedy for the dishonest muddle in which we are involved is to sweep away the ridiculous distinctions of amateur and professional and start again with a new definition of what is an athlete."

Now, while that was all written before the days of trust funds and sponsorship, there is a sense in which I feel we have to some extent made the gap wider. The elite can clearly make themselves a living from the sport but are still deemed to be amateur, while, particularly in Scotland, the youngster who gets caught up in his local Highland Games events and runs for a cash prize of a few pounds is automatically condemned.

Much is made of the "secret earnings" of the professional "school" and the prohibitive dangers of betting on athletes, and yet I can walk into any High Street bookies' shop and get a bet on the Olympic Games. I get told of the "shocking" stories of athletes who are paid to lose races in the professional ranks, and yet I regularly watch and hear commentators talk about men in the amateur ranks who get vast sums of money for not finishing races - the so called "pacemakers".

I certainly know of athletes who have been "leaned on" or deliberately blocked in or elbowed at key parts of races, and thanks to video recorders these tactics are clear for any sharp-eyed spectator to see. Finally we now to our peril, especially as coaches, see the potential dangers that young athletes are exposed to with drugs - and the David Jenkins saga makes us all the more sensitive to how easy it is for someone dedicated to winning to get drawn into this field.

Would going open make any difference? I feel it would, because we could then structure athletics in similar ways to golf, tennis, soccer and other sports. The rules laid down by the governing body could be made much stricter with the threat of athletes losing their livelihood. Equally, it could then help

bring money back into the sport for developing the grassroots club structure as well as recognise the skills and talents of administrators and officials and reward coaches.

In fact, it is my belief that the amateur aspect of the sport for youngsters and the schools could improve remarkably because athletics would be accepted at last as an honest sport. Road running, hill running, cross country and race walking could each develop their own image in athletics rather than always be the poor relations.

Anyone who has watched on television the range of different films and documentaries in the build-up to the Olympics cannot have failed to identify the clear distinction that has grown up in our sport in rela-

both myself and the sponsors, who were very keen to help.

At a time when, particularly in Scotland, we are wanting to boost the image of athletics, the key factor has to be - eliminate the hypocrisy that surrounds it. All summer local papers have been reporting on Highland Games. East Lothian was no exception, and on a piece of land reclaimed by the NCB the public of Prestonpans, Tranent and East Lothian in general enjoyed their afternoon of sport. The pictures showed the winners, including the youngsters, but they have committed the SIN of taking part in a non SAAA-permitted meeting and are liable to be prohibited from school and club athletics. A fun run, such as the Chest Heart and Stroke event in Ed-



Jack Carr

tion to the haves and have-nots. Even my favourite tear jerker, "Chariots of Fire", highlights this point in lighthearted ridicule when the champagne glasses are placed on the tops of the hurdles in contrast to the baggy breeks of the Scottish runners.

More poignant for me was the documentary on Said Aouita, "An Arabian Knight", who has come from the relative poverty of the back street to live in what can only be described as a Palace of sporting luxury. Let me say I think he totally deserves it; his contribution to athletics is phenomenal and he is rightly reaping the rewards for being a great athlete and entertainer - but he cannot be described as an amateur, can he?

At the other end of the spectrum I can only relate how my small endeavours to get some help for one of our Scottish Olympic team with a local sponsor made what on the surface was a simple deal a maze of legal ramifications that dismayed

inburgh, is officially banned by the SAAA for club runners, as it doesn't meet the required regulations set down by this antiquated governing body of our sport.

The time has come for sane and sensible-minded sportsmen and women to stand up and be counted. Open athletics can only point the way forward. It will bring its challenges and dangers, and no one is denying that. Instead of trying to tinker with a constitution that at best is going to leave the English, with all their supposed concessions, in the ascendancy and the Celtic countries the potential beggars at the table, we should be going all out for an open and honest constitution giving all athletes the opportunity to make a living from their sport.

That does not prohibit an amateur arm of the sport being able to develop its own structure - but hopefully without the boundaries, barriers, and worst of all the attitudes that currently makes such a transition so difficult to achieve.

ALTHOUGH THE Scottish Veteran Harrier Club recorded their first-ever victory over their rivals from North East England at Grangemouth on Saturday August 27, it was sportsmanship that was the real winner.

The outstanding athlete of the day was 50-year-old John Ross, who comes from Lothian AC and is a regular team member in Scottish league events. His outstanding range of events was reflected in his winning no less than nine individual events and helping the Scots to a narrow victory in the relay event.

However, it was a Tyneside "laddie" of 60 who really inspired the whole event. Four weeks previously Jack Carr was in hospital having a heart pacemaker fitted - and had over 30 stitches to prove it which restricted his left arm movement - but Carr was out to test himself and finished third in the 800 metres, less than two seconds behind the winner Willie Temple; second in the 1500 metres in 5-16.6 seconds; putted the shot; and then had another run in the opening 800 metres of the medley relay!

Colin Youngson, former Scottish marathon champion, showed a clean pair of heels to the largest race of the day, the over 40's 5000 metres, which he won in 15-38.4. Falkirk District Council, who sponsored the event, provided all the athletes and officials with a buffet reception afterwards. With former and current professionals running alongside their amateur compatriots, the whole day set standard and tone that athletics very much needs among its younger members in these troublesome days.

JOHN ROSS continued his successful run in multi-event competitions when he duly won the Scottish Veteran Pentathlon event at Grangemouth the following weekend with an adjusted score of 3560 points - just below his British record set earlier this summer in Stoke. The SVHC annual general meeting is due to take place at Coatbridge Stadium on Sunday, October 23, and will be preceded by the annual one mile time trials at 1pm. Come along and have a run and have your say about how you feel veteran athletics should be run in Scotland.

**Henry Muchamore**





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| <input type="checkbox"/> Fashion    | <input type="checkbox"/> Classical music                 |
| <input type="checkbox"/> Pubs       | <input type="checkbox"/> Art/Literature                  |
| <input type="checkbox"/> Sport      | <input type="checkbox"/> Live theatre                    |
| <input type="checkbox"/> Pets       | <input type="checkbox"/> Science or Technology           |
| <input type="checkbox"/> Folk music | <input type="checkbox"/> Creative writing/painting       |
| <input type="checkbox"/> Jazz       | <input type="checkbox"/> Poetry                          |
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| <input type="checkbox"/> Cinema     | <input type="checkbox"/> History/Archaeology             |
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##### 3.

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# Women's Rankings

## 100 metres

11.59	Janis Neilson	EWM
11.62w	Kathleen Lithgow	NV
11.69w	Melanie Neef	GAC
11.75	Aileen McGillivray	MSL
11.90w	Alison Edmonds	INV
12.10	Lorraine Dick	MSL
12.17	Wendy Thompson	PIT
12.18	Kaye Scott	EWM

## 200 metres

24.09	Janis Neilson	EWM
24.10	Melanie Neef	GAC
24.16	Kathleen Lithgow	NV
24.34	Aileen McGillivray	MSL
24.41	Dawn Kitchen	EWM
24.90	Alison Edmonds	INV
24.91	Emma Lindsay	EWM
25.00	Ruth Grivan	NV
25.00	Mary Anderson	EAC
25.00	Wendy Thomson	PIT

## 400 metres

53.79	Mary Anderson	EAC
54.27	Dawn Kitchen	EWM
55.97	Gillian McArthur	MSL
56.27	Wendy Steele	EWM
56.35	Alison Hodgson	EWM
56.66	Emma Lindsay	EWM
56.67	Fiona Meldrum	GAC
56.69	Sue Burgis	EU
56.91	Elaine Henderson	EWM
57.10	Denise Knox	M&C

## 800 metres

2-01.98	Yvonne Murray	EAC
2-04.3	Chris Whittingham	GAC
2-05.46	Lynne MacIntyre	GAC
2-06.97	Karen Hutcheson	BHM
2-07.97	Sue Bevan	ESL
2-08.8	Liz McColgan	DHH
2-10.25	Carol-Ann Gray	EAC
2-10.92	Linsey Macdonald	PIT
2-11.67	Dawn Kitchen	EWM
2-11.70	Laura Wright	SNH

## 1500 metres

4-06.34	Yvonne Murray	EAC
4-08.15	Liz McColgan	DHH
4-12.50	Lynne MacIntyre	GAC
4-15.65	Chris Whittingham	GAC
4-15.85	Karen Hutcheson	BHM
4-22.20	Laura Wright	SNH
4-28.1	Sue Bevan	ESL
4-28.3	Alison Jenkins	EWM
4-29.75	Valerie Clinton	Inv
4-30.63	Karen McLeod	EAC

## 3000 metres

8-37.22	Yvonne Murray	EAC
8-42.50	Liz McColgan	DHH
9-10.6	Elspeth Turner	GAC
9-36.18	Karen McLeod	EAC
9-37.6	Louise Vandeyck	ESL
9-37.39	Alison Jenkins	EWM
9-38.58	Christine Price	DHH
9-41.00	Audrey Sym	GAC
9-41.74	Valerie Clinton	Inv
9-44.00	Celia Duncan	AFD

## 5000 metres

15-10.17	Liz McColgan	DHH
16-26.57	Karen McLeod	EAC
16-41.55	Elspeth Turner	GAC
16-51.21	Louise Vandeyck	ESL
17-06.12	Celia Duncan	AFD

## 10,000 metres

31-06.99	Liz McColgan	DHH
33-05.43	Elspeth Turner	GAC
34-52.20	Louise Vandeyck	ESL
36-54.10	Eileen Masson	Kilb
37-17.00	Jo-Ann Scott	Darl

## Marathon

2-38.18	Shiela Catford	Leeds
2-41.02	Heather McDuff	EAC
2-47.23	Eileen Masson	Kilb
2-52.16	Wanda Sosinska	EWM
2-53.29	Jill Danskin	LO
2-56.21	Leslie Watson	LO
2-49.01	Celia Duncan	AFD

## 100 metres hurdles

14.33	Jocelyn Kirby	NSP
14.36	Jane Low	GAC
14.86	Andrea Chambers	GAC
14.86	Jayne Barnetson	Inv
14.87	Ashley Brown	MSL
14.90	Claire Reid	EWM
14.96	Shona Urquhart	EWM
15.00	Elizabeth Dempsey	Colz
15.00	Donna Brown	EWM
15.20	Catriona Boyle	MSL

## 400 metres hurdles

61.40	Alison Hodgson	EWM
62.11	Ashley Brown	MSL
62.41	Jayne Barnetson	Inv
62.77	Carey Spiers	GAC
64.62	Isobel Donaldson	Colz
64.70	Tracy Wilson	Loch
65.06	Aileen McDermid	GAC
65.20	Maureen Green	AyrS
65.70	Yvonne Liddle	EAC
65.70	Kirsty Baird	KO



Performance of the month was unquestionably that of Jayne Barnetson. The Inverness Harrier, in only her second heptathlon, beat the Scottish record by 58 points in an international match in Prague. As can be seen from the rankings, Barnetson now also figures prominently in several individual events. A full profile of this multi-talented athlete from the North will appear in next month's issue.

## High Jump

1.86	Jayne Barnetson	Inv
1.80	Caris Henderson	EWM
1.80i	Rhona Pinkerton	GAC
1.76	Nicola Murray	GAC
1.75	Jackie Gilchrist	Pit
1.75	Emma Lindsay	EWM
1.65	Shona Urquhart	EWM
1.65	Hazel Melvin	Troon
1.65	Fiona Hall	VP
1.63	Lisa Paton	GAC

## Long Jump

6.16	Lorraine Campbell	EWM
6.07	Jayne Barnetson	Inv
6.03	Rhona McLeod	GAC
5.87	Janice Ainslie	EWM
5.87	Caroline Black	EWM
5.74	Andrea Jackson	MSL
5.68	Emma Lindsay	EWM
5.59	Linda Davidson	Ab
5.53	Nicola Barr	CR
5.53	Shona Urquhart	EWM

## Shot Putt

13.85	Mary Anderson	EAC
13.38	Helen Cowe	Ab
12.85	Alison Grey	EAC
12.71	Marlene Murphy	GAC
12.63	Ashley Morris	Pit
12.53	Nicola Emblem	EAC
12.47	Janmarie Thompson	Sale
12.38	Shona Urquhart	EWM
12.21	Heather Yule	New

## Discus

44.88	Clair Cameron	GAC
44.52	Ashley Morris	Pit
43.08	Helen Cowe	Ab

42.20	Karen Neary	EWM
41.92	Lesley Adams	PSH
40.10	Alison Hammerton	MSL
39.72	Rosemary Chrimes	(vet)
39.04	Alison Grey	EAC
38.58	Mary Anderson	EAC
38.24	Susan Freebairn	Colz

## Javelin

52.46	Nicola Emblem	EAC
51.46	Shona Urquhart	EWM
46.60	Mary Anderson	EAC
44.88	Janell Currie	MSL
40.32	Karen Savill	Lass
39.26	Jayne Barnetson	Inv
38.66	Isobel Donaldson	Colz
38.62	Marlene Murphy	GAC

## Heptathlon

5606	Jayne Barnetson	Inv
5531	Shona Urquhart	EWM
5174	Mary Anderson	EAC
4763	Isobel Donaldson	Colz
4473	Emma Lindsay	EWM
4310	Alison Grey	EAC

## 4 x 100 metres relay

45.50	Scotland
46.80	East District
47.21	Edinburgh Woollen Mill
47.70	Monklands Shett
48.00	West Dist

## 4 x 400 metres relay

3-44.31	Scotland
3-49.90	Ed. Woollen Mill
3-51.90	East Dist
3-56.20	Scottish Schools
3-58.10	Monklands Shett

Ian Steedman



# Congratulations!



## Competition

In our August issue we invited you to enter our competition to win 15 pairs of Avia running shoes with a retail value of £600.

There was a very good response with over 100 correct answers, and many more who answered incorrectly.

The athlete who came second to Liz McColgan in the Commonwealth Games 10,000 metres at Meadowbank was Ann Audain of New Zealand; Eamonn Martin beat Brendan Foster's eight year old British 10,000 metres record at the Bislett Games in Oslo; and Tom McKean had beaten Steve Cram more often than not at 800 metres following his victory over the Geordie in Nice.

The winners, 14 men and one woman, who receive the Avia shoes of their choice are:

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42, Buckstone Drive,  
Edinburgh.

M.S. Hogley,  
6, Franklin Road,  
Stromness,  
Orkney.

Louis Boyd,  
3, Broom Hill,  
Bowmore,  
Islay.

Robin Sutherland,  
27, Woodend Crescent,  
Aberdeen.

Mr M. McCartney,  
34/2 Calder Gardens,  
Edinburgh.

Duncan Campbell,  
16, Hillneuk Drive,  
Bearsden.

Ian Moncur,  
Reigate,  
Meethill Road,  
Alyth.

Alan Wilson,  
299, Pappert,  
Bowhill,  
Alexandria.

Alan Robson,  
3, Comely Bank Row,  
Edinburgh.

Alan Russell,  
4, Chestnut Grove,  
Dunfermline.

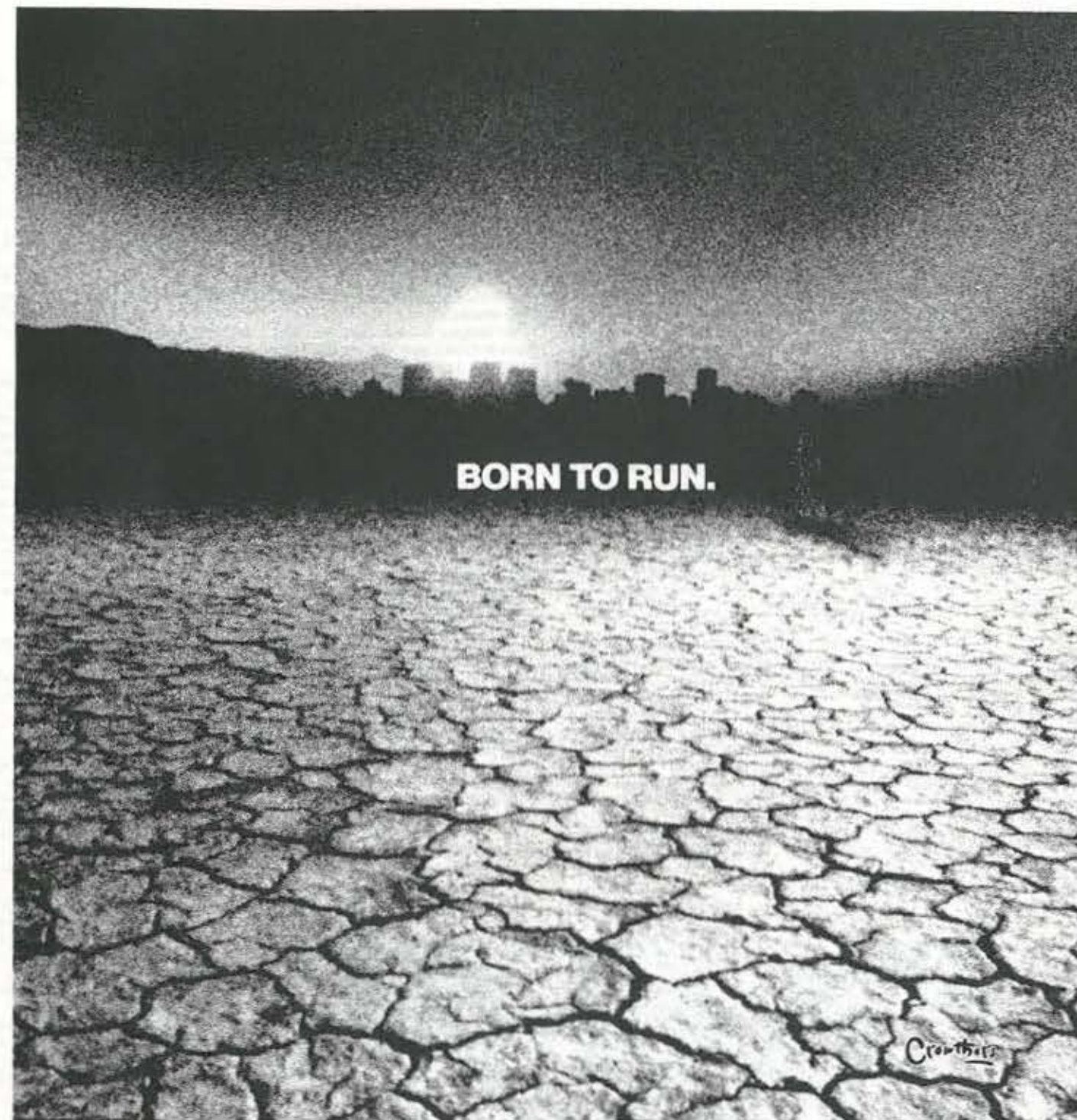
Robert Jardine,  
46, Corbiehall,  
Bo'ness.

Alan Smith,  
Tigh-na-Choille,  
Roberts Avenue,  
Selkirk.

Nigel Pennie,  
25, Highland Road,  
Crieff,  
Perthshire.

William Reid,  
36, Woodside Road,  
Banchory.

Mr G. McCulloch,  
9, Ivanhoe Walk,  
Aberdeen.



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\*US Patent No. 4,372,058. Foreign patents pending. Avia UK, Ascot Road, Nottingham NG8 5AJ



# Results

## August

3

**Lanarkshire AAA Leas League, Wishaw**  
**Seniors:** 100/200: S. Shanks (L'hall) 11.2/22.7; 800: A. Harkins (Shett) 2:00.2; 1500: B. Nelson (Law) 4:00.9; SP/JT: H. O'Connor (Shett) 11.58m/39.82m; LJ: D. McBride (Shett) 6.15m; Youths 100/200: D. Clelland (Forth) 11.3/22.8; 400: I. McGurk (Ham) 52.1; 800: S. Cunningham (Lark) 2:03.3; 1500: G. Hart (Bell) 4:27.7; 3000: M. Gallacher (Cambus) 9:30.8; SP/JT: B. Hill (Cambus) 12.80m/46.40m; LJ: B. Johnston (Shett) 5.78m. **Senior Boys:** 100: S. McGowan (Cambus) 12.1; 800: E. McCafferty (Cambus) 2:05.7; 1500: M. MacBeth (Cambus) 4:33.4; LJ: K. Walls (Cambus) 5.45m. **Teams:** 1. Shettleston H 395 pts; 2. Cambuslang H 384pts; 3. East Kilbride AC 283 pts; 4. Stonehouse AC 232; 5. Law & District AC 226; 6. Larkhall YMCA H 196.

7

**The Macallan Moray Peoples Road Race Meeting, Elgin -**  
**Marathon:** 1, M. Francis (Forres) 2:40.35; 2, R. Hubbard (SMC) 2:41.03; 3, R. Davidson (DRR) 2:45.46; 4, R. McDonald (Fraser) 2:52.04; 5, B. Edridge (Glasgow) 2:52.39; 6, M. McCredie (Fife) 2:54.01; LJ: M. MacDonald (Peterhead) 33rd 3:22.45; LJ: M. Ainslie (Letham) 42nd 3:25.44; LJ: L. Trahan (Aber) 48th 3:28.21; LJ: M. Taylor (Brechin RR) 70th 3:43.21; LJ: S. Bennett (Aber) 89th 4:10.40; Team 1, Fraserburgh RR 38pts; 2, Aberdeen AAC 90; 3, Moray RR 197.



The strain is telling in the Ayr Land O'Burns Half Marathon, but women's winner Jane Robertson (3046) puts her best tongue forward as she leads these males along.

**Half Marathon:** 1, C. Youngson (Aber) V1 69-18; 2, C. McIntyre (Fraser) 72-59; 3, W. Adams (Shet Isles) V2 73-23; 4, P. Cowie (Aber) 74-27; 5, L. Harding (houghton) 74-58; 6, B. Preece (Aber) V3 75-22; LJ: V. Allan (Aber) 30th 85-49; LJ: M. McLaren (Kirk) 57th 90-37; LJ: S. Bauchop (SVHC) LV1 84th 93-52; LJ: J. Woodhall (Stourport) 106th 96-30; LJ: A. Reilly (Aber) 110th 97-07; LJ: S. Cluley (Forfar RR) 112th 97-25; Teams: 1, Aberdeen AAC 11 pts; 2, Moray RR 92; 3, RAF 97.  
**10,000 metres:** 1, C. Hall (Aber) 29-46; 2, B. Chinnick (Forres) 30-09; 3, R. Arbuckle (Keith) 30-45; 4, G. Laing (Aber) 31-26; 5, M. Strachan (Fife) 31-56; 6, R. Taylor (Aber) 32-21; V1: R. McFarquhar (Aber) 9th 34-32; LJ: M. Duthie (Fraser) 36th 39-25; LJ: S. Lamb (Aber) 44th 41-28; LJ: E. Hare (FFT) 59th 43-34; LJ: A. Hills (Fyvie) 66th 45-12; LJ: P. Arbuckle (Forres) 67th 45-14; LJ: M. Wallace (Nairn) 68th 45-20; Teams: 1, Aberdeen AAC 11 pts; 2, Inverness H 61; 3, Keith & District AC 96.

10

**British Milers Club Races, Crownpoint**  
**800 metres Men:** 1, T. Ritchie (Pit) 1:50.7; 2, A. Murray (Kilm) 1:52.6; 3, G. Stewart (C'bank) 1:52.6; 4, A. Currie (Dumb) 1:52.8; 5, J. Linford (Vic Park) 1:53.0; 6, J. McKay (C'bank) 1:53.1; 7, G. Gibson (Kilb) 1:54.0; 8, A. Bryce (FVH) 1:54.1; 9, C. Little (Vic Park) 1:54.1.  
**800 metres Women:** 1, M. Anderson (EAC) 2:13.3; 2, M. Wylie (GAC) 2:14.6; 3, K. Baird (Kirk Oly) 2:17.5; 4, M. Sprang (Monk Shett) 2:18.2.

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**Stakis 5 mile Road Run, Kincaig -**  
 1, B. Rex 28-08; 2, K. Rudd 28-57; 3, I. Woods 29-50; 4, M. Hamilton 30-21 (all British Biathlon Team); 5, A. Brown (Grantown) 30-52; V1: G. Brown (Grantown) 31-34; LJ: G. Liddell (Kincaig) 37-04.

**Fort William Shinty Club Cow Hill Race, Fort William -**  
 1, W. Rodgers 19-43; 2, J. Maitland 20-05; 3, D. O'Neill 20-11 (all Lochaber AC); V1: E. Orr (Loch) 10th 23-05.

**Falkirk Young Athletes Graded Meeting, Grangemouth (400 entries) -**  
**Youths:** 100/200: D. Clelland (Forth) 11.5/23.2; 800: N. Innes (Linth) 2:05.4; 2,000 s/c 1, B. Gorman (FVH) 5:23.3; 2, C. Russell (FVH) 6:26.4; LJ: J. Hill (Forfar) 1.88m; Senior Boys 100/200: LJ: A. Cowie (Banchory) 12.4/25.7/5.43m; 800m: 1, A. Tulloch (FVH) 2:12.8; 2, S. Russell (FVH) 2:12.9; LJ: D. Seebnis (Banchory) 1.55m; HT: S. Bunker (Helens) 46.20m.  
**Junior Boys:** 100/200: R. Wilson (Cen Reg) 12.7/26.2; 800m: A. Smith (Ayr Sea) 2:22.6; Intermediates: 100: L. Chuckla (Lass) 14.0; 200m: A. Shane (Bath) 28.9; LJ: L. McMullen (Bo'ness) 1.60m; Juniors 100: M. Lowe (Banchory) 13.3; 800m: H. Wilson (FVH) 2:26.3; LJ: C. Scott (Cen Reg) 1.40m; LJ: F. Smith (Ayr Sea) 4.55m; DT/JT: P. Brigain (EWM) 25.12m/18.75m; Girls: 100/200: S. Patterson (Linth) 14.1/29.8; 800m: J. McDowell (Colz) 2:27.1; SP: L. Herd (EAC) 8.86m; DT: C. Gordon (Pit) 21.92m.

**Nairn Highland Games Half Marathon, Nairn (121 ran) -**  
 1, C. McIntyre (Fraser) 73-04; 2, R. Aiken

(Coasters) 74-45; 3, D. Murray (FVH) 75-29; 4, A. Stewart (Moray) 75-53; 5, D. Young (Forres) 77-57; 6, D. Bow (Nairn) 78-34; V1: J. McWilliam (Moray) 81-11; LJ: H. Wiseley (Fraser) 89-39; Team: 1, Moray Roadrunners.

**Heavy Event Thrus O'all: 1, B. Shepherd (Elgin) 34pt; 2, G. Cameron (Badenoch) 32pts; 3, A. Munro (Inver) 27pts; SP: B. Shepherd; 28lb Wt for distance G. Cameron; 56lb Wt for height A. Munro; Caber R. Colquhoun (Inver).**

**Glasgow Highland Gathering, Bellahouston Park -**  
**Handicap Events:** SP 1, A. Pettigrew (Shett) 17.10m; 2, A. Anderson (Ayr Sea) 16.63m; 3, W. Robertson (EAC) 16.36m; 28lb Wt for Distance: 1, J. Freebairn (Colzium) 25.20m; 2, W. Robertson 25.06m; 3, A. Pettigrew 24.52m; Scots HT: 1, W. Robertson 37.24; 2, J. Freebairn 36.78m; 3, W. Weir (Cen Reg) 36.70m; 56lb Wt for Height: 1, A. Pettigrew 13'8"; 2, W. Robertson 12'8"; 3, A. Anderson 12'2"; Caber: 1, W. Weir; 2, A. Pettigrew; 3, J. Freebairn.

**20K Road Walk, Sutton Coldfield, Birmingham -**  
 1, L. Morton (Sheffield) 88-25; 2, M. Bell (Annan) 89-56 (Scottish National record).

14

**Bonnie Prince Charlie Half Marathon, Montrose -**  
 1, P. Briscoe (DHH) 71.00; 2, B. Anderson (Dundee); 3, D. Lancaster (RAF Leuchars); V1 W. Adams (Shet Isles); V2 J. Gallon (Aber); V3 J. Pirie (Strath); LJ: M. McLaren (Kirkcaldy); LJ: L. Trahan (Aber); LJ: G. Blake (Dundee); LJ: V1: J. Gibson (DRR); LJ: V2: M. Taylor (Ellon); LJ: V3: M. Storie (Forfar); Local 1, R. Cope (Montrose) Teams: 1, Aberdeen AAC; 2, Arbroath Footers; 3, Mathieson Factory.

**Dalchully 5 mile Hill Race, Laggan Bridge -**  
 1, D. O'Neill (Loch) 30-52; 2, E. Rennie (Aber) 31-38; 3, I. Hope (Loch) 32-07; 4, S. Ilunas (Liv & Dist) 32-23; 5, A. Banks (J1) (Loch) 32-47; 6, J. Blagie (Loch) 34-05; LJ: L. Hope (Loch) 40-14.

**Haddington Half Marathon, Neilson Park, Haddington (+220 ran) -**  
 1, A. Robson (ESH) 69-28; 2, J. Pentecost (FVH) 70-52; 3, R. Stone (HELP) 71-18; 4, B. Wright (ESH) 72-19; 5, A. Graham (HELP) 72-23; 6, I. Seggie (Liv & Dist) V1 72-28; 7, K. Chapman (HELP) 72-32; V2: P. Marshall (HELP) 75-54; VO/45: G. Armstrong (HELP) 80-28; VO/50: H. Muchamore (HELP) 80-55; VO/60: M. Scott (HELP) 113-321; LJ: L. R. McAleese (Monk Shett) 86-19; LJ: L. Barclay (Pit) 89-04; LJ: M. Taggart (Pit) 94-59; LJ: E. Bright (Lass) 96-53; Teams: 1, Haddington 15 pts; 2, ESH 22.  
**Haddington 3 race series result (10K; 10 miles and Half Marathon time totals):** 1, J. Pentecost 2:27-07; 2, R. Stone 2:29-52; 3, B. Wright 2:29-53; Veteran 1, J. Knox (Gala) 2:44-05; Ladies 1, R. Carthy (I Rev) 3:15-27; LJ: A. Newbigging (Bo'ness) 3:17-01; LJ: A. Dickson (Law) 3:20-25.

# Results

## Marymass Sports (including Marymass Miles), Marress Park, Irvine -

**Senior 1, S. Murray (Kilm) 4-34.0; 2, S. Conaghan (SV); 3, J. Strawhorn (Ayr Sea); Youth: 1, C. Caltens (Irvine) 4-54.0; 2, R. McClymont (Irvine); 3, E. Cairns (Irvine). Women 1, E. Graham (Airdrie) 6-10.0; Intermediates: 1, S. Loach (Irvine) 5-54.0.**

**Gramplan TV League, Peterhead -**  
**Men:** 1, Black Isle AC 430 pts; 2, Aberdeen AAC 380; 3, Banchory & District AC 378; 4, Peterhead AC 326; 5, Nairn & District AC 262; 6, Elgin AAC 82 pts.  
**Women:** 1, Banchory & District AC 352 pts; 2, Black Isle AC 344, 3, Aberdeen AAC 282; 4, Nairn & District AC 226; 5, Peterhead AC 190; 6, Elgin AAC 66.  
**Men:** 100/400: G. Cook (Banch) 11.9/52.6; 1500: G. Laing (Aber) 4-10.4; 4 x 100 R: Aberdeen 46.0; LJ: J. K. Lyon (Aber) 6.23m/40.56m; Youth LJ: N. Lorrie (B. Isle) 6.12m.  
**Women:** 100 L. Herrington (Banch) 13.00; 400/800: P. Ronney (Aber) 63.1/2:27.3; Overall Winners: Men: Aberdeen AAC; Women: Banchory & District AC.

**Octavians Relay meeting, Meadowbank Stadium -**

**Scottish AAA National 1600 metres Medley Relay Champs:** 1, Bellahouston H (McDevitt, Rutherford, O'Donnell, McMillan) 3:29.1; 2, Pitreavie AAC (Ritchie, Farquharson, Wallace, Simpson) 3:29.6; 3, Aberdeen AAC (Mackland, Davidson, King, Mathieson) 3:32.0; 4, Clydebank AC 3:33.9; 5, Dundee HH 3:36.7; 6, Ayr Seaforth AC 3:37.9.  
**Men 4 x 100:** 1, Aberdeen 42.1; 2, Bellahouston 43.5; 3, Ayr Seaforth 44.0; Youths 4 x 100 1, Edinburgh AC 44.1; 2, Ayr Seaforth 44.5.



More action from the Ayr Land O'Burns, this time a study in concentration as the runners negotiate a right hand bend.

## Abernethy Highland Games, Nethy Bridge -

**10 miles Road Race:** 1, G. Reynolds (RAF/DHH) 55-00; 2, M. McCulloch (Forres) 55-22; 3, M. Flynn (Moray) 55-26; V1: G. McKay (Inver) 65-15; LJ: G. Liddell (Nethy Bridge) 73-50.  
**Heavy Events Competition:** 1, B. Shepherd (Elgin) 13 pts; 2, G. Cameron (Badenoch) 12.

## Scotland v Northern Ireland Junior International Match, Dam Park Stadium, Ayr -

**Scottish Performances:** 100m: 2, B. Milne 11.3; 3, B. Connell 11.3; 5, P. Campbell 23.0; 200m 1, S. Shanks 22.5; 4, E. Clark 22.9; 5, P. Campbell 23.0; 400m: 1, G. McMillan 48.8; 2, G. Simpson 50.0; 4, P. Shannon 50.7; 800m: 1, I. Cumming 1:54.8; 5, K. Idessane 1:50.9; 6, J. McFadyen 2:00.0; 1500m: 3, A. McBeth 4:00.1; 5, J. Divers 4:05.8; 6, G. Stewart 4:11.8; 3000m: 4, S. Rankine 9:05.0; 5, F. McGowan 9:08.0; 6, A. Kinghorn 9:16.0; 110H: 1, P. Warrilow 15.3; 3, N. Taylor 16.3; 4, B. Watson 16.5; 400H: 1, P. Campbell 52.9; 2, G. Brown 54.5; 4, N. Taylor 56.6; 2000 s/c: 1, J. Moodie 6:09.7; 2, A. Russell 6:10.3; 4, S. Wright 6:11.9; 4 x 100 Relay: 1, Scotland (Clark, Shanks, Connell Milne) 43.2; 4 x 400 Relay: 1, Scotland (Campbell, Shannon, Cumming, McMillan) 3:22.6; LJ: 2, D. Barnettson 2:00m; 3, S. Ritchie 1:90m; PV 1, I. Black 4:10m; 2, P. Pentland 4:10m; LJ: 2, B. Milne 6.85m; 4, E. Clark 6.62m; TJ: 3, R. Brown 13.08m; 4, I. Beattie 13.00m; SP: 1, S. McMillan 14.53m; 2, N. Mason 13.97m; DT: 2, D. Allan 41.16m; 3, A. Nisbet 38.30m; JT: 1, R. James 62.32m; 2, S. McMillan 52.68m; HT: 1, D. Allan 46.16; 3, S. Irvine 33.92m.

20

**Ciba Geigg 5 mile Road Race, Linwood**  
 1, G. Fairley (Kilb) 25-17; 2, G. Tenney (Lin Rent) 26-12; 3, C. Wallace (GGH) 26-22; 4, P. Russell (GGH) 26-27; 5, P. Duffy (GGH) 26-43; 6, A. Curran (GGH) 27-07; J1, D. Tambarini (GGH) 30-48; V1, D. Crumpton (Lin Rent) 27-47; LJ: L. McGarry (Irvine) 33-01; Team: 1, Greenock Glenpark H 12 pts; 2, Linwood Pentastar AC.

**Match Result 1. Scotland 163pts; 2. N. Ireland 137 pts;**  
**Invitation Youths Events:** 100m: 1, H. Kilpatrick (Irvine) 11.7; 2, D. Breakell (KO) 12.0; 3, G. Smith (EAC) 12.1; 200m: 1, H. Kilpatrick 24.2; 2, I. Pritty (C'bank) 24.3; 3, S. Johnston (Ayr Sea) 24.6; 400m: 1, S. Wallace (C'bank) 50.6; 2, J. Divers (C'bank) 51.3; 3, B. Gallacher (Nith V) 53.7; 800m: 1, M. McBride (C'Bank) 2:00.8; 2, M. Farren (N. Ire) 2:01.7; 3, K. Leitch (Cen Reg) 2:02.1; 1500m: 1, S. White (Dumfries) 4:15.3; 2, G. Fegan (E.Kilb) 4:15.6; 3, G. Graham (Vic Park) 4:17.2.

20/21

## Home Countries International Decathlon Match, Wrexham -

1, B. Walsh (Ireland) 7,375 pts; 2, A. Brannen (Eng "B") 7,234; 3, J. Garner (Eng) 7,099.... Scots placings 11, D. Mathieson (Jun) 6,405 pts; (11.20 100m) 7.00 (LJ); 11.19 (SP); 1.88m (HJ) 50.45 (400m) 1st days total 3678pts; 16.10 (110H); 32.10m (DT); 3.30m (PV); 48.10m (JT); 5:09.32 (1500); 15, A. Leiper 6027pts (11-47; 6:35m; 9.51m; 1.85m; 54.22 (3180pts) 15.57; 30.96m; 4:00m; 40.38m; 5:07.57).... 16, C. Orr 5990pts (10.97; 6.78m; 11.71m; 1.91m; 50.39 (3738pts); 15.92; 30.18m; No height; 38.50m; 4:49.48).... 18, P. Allan (Junior) 5961pts (Personal best) (11.45; 6.25m; 10.90m, 1.76m; 51.37; (3290pts); 17.79; 36.10m; 3:20m; 39.72m; 4:37.37).  
**Intermediate Team Contest (2 Seniors/1 Junior to count):** 1, England 20,854 pts; 2, England "B" 20,598 pts; 3, Ireland 19895; 4, Scotland 18,422; 5, Northern Ireland 17,314; 6, Wales 16,852.

21

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

1, G. Grindlay (ESH) 30-43; 2, K. Rankine (FVH) 31-56; 3, K. Dawson (Unatt) 31-58; 4, I. Seggie (V1) (Liv & Dist) 32-06; 5, R. Stone (HELP) 32-07; 6, A. Graham (HELP) 32-12; Local 1, W. Botten (FVH) 33-39; LJ: V. Blair (EWM) 36-46; LJ: E. McKay (Monk Shett) 38-55; LJ: E. Tinney (Bathgate) 39-41; Local Lady 1, B. Brodie (FVH) 42-56.

**Teams:** Men 1, Haddington 21 pts; 2, Falkirk Victoria H 21; 3, Central Region AC 52; Women 1, Polmont Jogging Club.

## Midlothian Half Marathon -

1, A. Robson (ESH) 66-39; 2, J. Connolly (Gala) 68-34; 3, D. Ross (ESH) 70-28; 4, D. Craig (HELP) 71-11; V1: J. Knox (Gala) 74-34; LJ: K. Farrell (Clyd).

**Isle of Man Half Marathon, Castledown**  
 1, T. Mitchell (Fife) 73-44.

We apologise for results having had to be curtailed due to the effects of the postal dispute.



# Race Profile



From top left clockwise: Number 582 looks relieved to have reached the finish; congratulations are exchanged at the end (but black marks to the man with the cigarette dangling out of his mouth); second woman Carolyn Brown (right) and third woman Julie-Ann Armstrong (left); Polmont to the fore at the start; and finally Tommy Murray, the race winner, doesn't hang around for the bus.

# Race Profile: Ayr Land O' Burns Half Marathon

THERE WAS A record entry of 2300 for the Ayr Land O' Burns Half Marathon on August 28 despite half marathon opposition from Livingston and Aberdeen and a number of other attractions elsewhere. Although Livingston, in particular, suffered badly from the ridiculous and unnecessary clash of dates, Ayr organiser Nick Larkin is of the opinion that if enough effort is put into the marketing side of the operation then events can continue to flourish despite the proliferation of competition all around. Other organisers take note!

The esplanade was the venue for the start/finish of the race, and a very lovely backdrop it provided too, even if the wind coming off the Irish Sea was a trifle snell. This is a race which caters for the runners, and at the end I was impressed to see bananas and bin liners being handed out to all and sundry, in addition to an assortment of hot and cold drinks. These things count.

Although the route had been slightly altered this year, there appeared, from the starting line-up anyway, to be no threat to the course records of Fraser Clyne (64-51) and Lorna Irving (71-44). Indeed, having achieved such a high entry, the fast end of the event was a disappointment, with Clyne in Aberdeen and Peter Fleming in Livingston among other notable absentees. Which just goes to show that the present policy of allowing three (or more) major half marathons in Scotland in the same day is a complete nonsense whichever end of the field you view it from. When is it going to be sorted out?

The starter's gun went off at 10.30am sharp, and the big field bobbed down the esplanade. With nobody prepared to take the initiative, a huge group of at least 20 formed at the front, remaining that way until well after the first mile, which was reached in a slow 5-22.

Even by the second mile marker, reached in 10-42, there were still some 15 athletes in the leading pack, and at the third mile (16-02) a very tightly bunched group of 10 were making each other's pace. Among these were Tommy Murray, who had won the 3,000m at the Cowal Games the day before, Dumbarton veteran Allan Adams, Alan Robson, Andy Daly, Martin Coyne and Euan Wilkinson. All very predictable, but one surprise face - for me at least - was Graeme Croll, the new Scottish 3,000m steeplechase champion.

In fact, Graeme tells me he ran the Land O' Burns in 1986 (finishing ninth) and 1987 (sixth), although these are the only two he has run. "I find it a good end to the season, and I step my mileage up from 25 a week to around 47 for the event," he says.

Still only 22, Croll reckons he might need to compete in England next summer to bring his steeplechase times down from the personal best of 8-51.11 achieved at the Scottish Championships. The "B" qualifying standard for the Commonwealth Games in Auckland is 8-45, and Croll intends to be on the plane along with Tom Hanlon.

Back in Ayr, a very slight increase in the pace had found out half of the leading pack. The four mile marker was reached in 21-12, and suddenly we were left with Murray, Daly, Croll, Robson and Gregor Booth. It was first Daly's turn to feel the heat, then Booth's, and then Robson's as Murray took the bit between the teeth and threw in a 4-49 mile between four and five (26-01).

Croll, who had long left steeplechase territory behind, stayed on the shoulder of Murray through mile six, reached in 31-04, perhaps relishing the hills more than the Greenock runner. The halfway point was passed at 34-03, and shortly after that marker Murray managed to ease open a gap, before arriving at mile seven in 35-51. The strain of trying to keep pace with Murray on the fastest mile of the race (4-47) told on Croll, with



A happy Jane Robertson reaches the tape in 80-37.

the gap between the two runners widening perceptibly thereafter. From that point on Murray was the only winner, facing a long solo run home through scenic Ayrshire countryside (including Burns' Cottage at Alloway and the banks of the Doon). Perhaps it was the memory of Tam O' Shanter which inspired him to run the second half of the race alone in a nippy 32-31.

Robson, meanwhile, having decided to let Murray get away at a much earlier stage, had the strength and the pace to pass Croll between miles 10 and 11 to secure second place. The winner's time was 66-34, with Robson timed at 67-28 and Croll at 68-02 (38 seconds better than the year before).

First veteran, and seventh overall, was sprightly Allan Adams in 70-46, followed by David Fairweather (71-26) and James Russell (75-46).

In the women's race there was a popular local win for Jane Robertson, a 24 year old programmer with Ayrshire and Arran Health Board who is running in the colours of Ayr Seaforth although also having an allegiance to Westerlands Cross Country Club (she was involved in the cross Scotland relay reported in our previous issue).

Robertson said she thought her time of 80-37 "reasonable" given she had found the conditions a bit windy. She broke away from second placed Carolyn Brown - a Scotland's Runner contributor - at around five miles, the Nith Valley runner finishing in 82-14.

The race proved quite a breakthrough for Julie-Ann Armstrong, a 32 year old Marie Curie nurse who runs for Giffnock North. Sitting on a personal best of 87-30 before the gun, Armstrong finished third woman in 84-25; if she keeps on improving at that rate she'll be running 75-10 by the time she's a veteran in three years time!

Speaking of which, Renee Murray took the veteran women's title in a very respectable 86-45, followed by S. Owen (89-08) and Claire McGarvey (another who featured in our last issue), whose time was 90-23.

Now firmly established as one of the biggest events in Scotland, Nick Larkin is hinting that it might be time to put together a really first class field for both the men's and women's races. An excellent idea, and if I may make a suggestion it would make a pleasant change from watching the same runners at the front end of the race month after month if athletes from England, Wales and Ireland could be tempted to Ayr (and other Scottish races) to break up the current monopoly.

Alan Campbell



# Junior Rankings

Jeff Carter

## JUNIOR

**100m**  
10.44 J. Henderson (ESH)  
10.7 (w) S. Shanks (L'hall)  
10.8 (w) S. Walker (AbAAC)

**200m**  
21.46 J. Henderson (ESH)  
21.6 (w) S. Shanks (L'hall)  
22.00 P. Campbell (Stoke)

**400m**  
48.8 G. McMillan (Bella)  
49.51 N. Smith (Shaftsbury)  
50.01 D. Mathieson (Ab AAC)

**800m**  
1-48.45 N. Smith (Shaftsbury)  
1-52.29 G. Stewart (C'bank)  
1-53.02 I. Cumming (Pit.AAC)

**1500m**  
3-53.2 C. Murphy (Pit AAC)  
3-56.89 F. McGowan (Vic.Park)  
4-00.76 G. Stewart (C'Bank)

**5000m**  
15-13.29 C. Murphy (Pit)  
15-40.8 B. McEwan (JWKH)  
15-56.6 C. Davidson (Fraser)

**2000m s/c**  
6-07.08 J. Moodie (Pit.AAC)  
6-08.49 D. Tunc (C. of Hull)  
6-17.8 A. Russell (Douglas)

**110m H**  
14.93(w) D. Mathieson (AB.AAC)  
15.24(w) B. Watson (Inv.H)  
15.3 P. Warillow (Plymouth)

**400H**  
51.91 P. Campbell (Stoke)  
52.86 G. Brown (Pen.H)  
56.6 N. Taylor(Y) (Bearsden)

**High Jump**  
1.98 J. Stoddart (Bell H)  
1.95 D. Mathieson (Ab.AAC)  
1.95 C. Talbot (Pit.AAC)

**Pole Vault**  
4.35 J. Elliott (EAC)  
4.30 I. Black (Ed. Acad)  
4.10 P. Pentland (EAC)

**Long Jump**  
7.21 D. Mathieson (AB.AAC)  
6.85 B. Milne (C'bank)  
6.77 E. Clark (Pit.AAC)

**Triple Jump**  
14.15 J. Milne (ESH)  
13.58 S. Harland (FVH)  
13.50 I. Beattie (C'bank)

**Shot Putt**  
14.53 S. McMillan (Pit.AAC)  
13.97 N. Mason (Y) (Fife)  
13.39 R. Kirkum (Fife)

**Discus**  
41.60 R. Kirkum (Fife)  
41.16 D. Allan (Merchiston)  
38.30 A. Nisbet (Pit.AAC)

**Hammer**  
50.10 D. Allan (Merch CS)  
47.16 D. Kerr (Bedford)  
42.92 A. Nisbet (Pit. AAC)

**Javelin**  
65.22 R. James (ESH)  
56.22 S. McMillan (Pit.AAC)  
55.38 P. Nicolson (Y) (EAC)

## YOUTHS

**100m**  
10.7 S. Shaw (EAC)  
10.90(w) D. Galloway (Ayr S)  
11.0 (w) M. Avis (EAC)

**200m**  
21.8 S. Shaw (EAC)  
22.03(w) D. Galloway (Ayr S)  
22.6 G. Simpson (C'Lang H)

**400m**  
49.5 S. Shaw (EAC)  
49.65 G. Simpson (C'lang)  
50.1 P. Kennedy (EAC)

**800m**  
1-55.14 A. Kinghorn (EAC)  
1-56.0 J. McFadyen (GGH)  
1-56.4 A. McBeth (EKAC)

**1500m**  
3-57.00 A. Kinghorn (EAC)  
4-00.1 A. McBeth (EKAC)  
4-04.6 M. McBride (C'bank)

**3000m**  
8-43.3 A. Kinghorn (EAC)  
9-02.1 C. Jack (Plockton HS)  
9-05.96 S. Barnett (VPAAC)

**1500 s/c**  
4-25.6 A. Thain (DSMC)  
4-34.66 N. Freer (Winch)  
4-35.7 D. Hill (Lenzie)

**2000 s/c**  
6-10.3 A. Russell (C'bank)  
6-11.9 S. Wright (AB.AAC)  
6-22.55 A. Thain (C'bank)

**100m H**  
13.74 (w) G. Smith (EAC)  
13.87(w) G. McNair (C'bank)  
14.2 (w) R. Taylor (Cathkin)

**400m H**  
55.45 N. Taylor (VPAAC)  
56.87 A. Bruce (Pit.AAC)  
58.8 D. Macrae (Merchiston)

**High Jump**  
2.06 D. Barnetson (Inv H)  
2.06 S. Ritchie (Pit AAC)  
1.91 M. McVie (Ed Acad)

**Long Jump**  
6.66 E. Scott (Helensb)  
6.61(w) M. Hamill (Colz)  
6.60 D. Gormley (EKAC)

**Triple Jump**  
12.98 K. Wood (Hamilton)  
12.84 S. Whyte (Golspie)  
12.66 S. McGeoch (Castlehead)

**Shot Putt**  
15.91 N. Masson (Fife)  
13.16 A. Bryce (Glenalmond)  
12.92 A. Mack (VPAAC)

**Discus**  
42.98 P. Crawford (Morrisons)  
41.70 B. Wilkie (Fife)  
40.60 S. Irvine (Merch Cas)

**Hammer**  
46.68 D. Fraser (Ding Acad)  
45.00 A. Mack (VPAAC)  
41.40 S. Irvine (Merch. Cas)

**Javelin**  
55.04 P. Nicolson (EAC)  
51.62 B. Hill (C'lang)  
50.38 P. Crawford (Morrisons)

**Pole Vault**  
3.00 C. Cook (Ed Acad)  
3.00 E. Hunter (Ed Acad)  
2.90 G. Monaghan (Q.Vic.S)

## SENIOR BOYS

**100m**  
11.2 (w) C. Allen (Inv H)  
11.4 (w) C. Joiner (Pit AAC)  
11.5 (w) S. McGeoch (Castlehead)

**200m**  
23.27 (w) C. Joiner (Pit AAC)  
23.42(w) S. Cumming (ESH)  
23.53(w) R. Brown (CR)

**400m**  
51.63 G. Purvis (Blackhill)  
52.4 I. Murray (Inv H)  
53.9 R. Dale (Ayr Sea)

**800m**  
2-03.0 E. McCafferty (C'lang)  
2-03.13 D. Halliday (Shett H)  
2-03.7 C. Young (C'bank)

**1500m**  
4-16.53 C. Greenhaigh (VPAAC)  
4-17.7 E. McCafferty (C'lang)  
4-24.10 M. Kelso (Pit. AAC)

**3000m**  
9-13.8 E. McCafferty (Cambus)

**1500m s/c**  
4-44.2 E. McCafferty (C'lang)  
4-50.2 D. Hands (InvH)  
4-53.57 M. Kelso (PitAAC)

**80m H**  
12.2 M. Smith (Inv H)  
12.2 (w) G. Lockett (Glenalmond)  
12.3 (w) D. Brown (Inv H)

**400m H**  
63.7 D. Thompson (Hutch GS)  
66.0 M. Milne (Castlehead)  
69.8 B. Singh (Boclair)

**High Jump**  
1.73 G. Lockett (Glenalmond)  
1.72 G. Smart (VPAAC)  
1.70 G. Woods (Stonelaw)(JB)  
1.70 M. McDowell (Stranraer)

**Pole Vault**  
2.91 N. Hanna (Ed Acad)  
2.50 M. Vidler (Ed Acad)

**Long Jump**  
6.07 D. Stephen (Peterhead)  
5.97 R. Dale (Ayr S)  
5.80 M. Lorrain-Smith (MA)

**Triple Jump**  
12.49 S. Allan (Pit AAC)  
11.66 M. Findlay (Douglas)  
11.50 C. Muir (Douglas)

**Shot Putt**  
12.62 S. Harkin (QVS)  
12.60 D. Minty (Peterhead)  
12.30 N. Martin (GH)

**Discus**  
36.00 D. Ridland (Ed. Acad)  
35.44 K. McCann (Merchiston)  
34.60 S. Bunker (Helensb))

**Hammer**  
41.76 S. Irvine (Merch CS)  
28.28 R. McKinnon (QVS)

**Javelin**  
41.76 S. McLanachan (C'nauld)  
41.72 B. McLeod (Chryston)  
40.26 S. Peters (C'lang)

JUNIOR born 1969-70  
YOUTH born 1971-72  
BOY born 1973-74

Readers should note that as SAAA and SSAA ages are different, some boys appear in two age groups, having thrown different weights of implement (for running/jumping they are ranked according to SAAA age group).

# Events Diary

## September

24

GEORGE Cummings Road Relay Race, Kilbarchan.

OLYMPIC Games, Athletics, Seoul, Korea.

SCOTTISH Dairy Farm Livingston Roads Races, Livingston.

TWO Breweries Fell Race, Traquair to Broughton.

25

FOUR Mile Road Race, Hurford.

BLACK Meldon Hill Race (relays also), Peebles.

COCKLEROI Hill Race, Linlithgow.

STAKIS Kingussie fun Run. Entry forms available by contacting 0479-811431.

## October

1

DAY 6 of athletics at Olympic Games, Seoul.

VICTORIA Park AAC McAndrew Trophy 4 x 3.1/4 miles Road Relay Race, Scotstoun, Glasgow. Details - J. Wallace Crawford, 83 Clarence Gardens, Glasgow G11 7JW. Entry on day of race.

Lanarkshire Relay at Coatbridge (NOT E. Kilbride) Details - J. Radigan, 44 Laburnum Avenue, Greenhills, East Kilbride.

2

FORRES Harriers Alves to Forres 6 miles Road Race, Forres Details M. Francis, 5 North Street, Forres, Morayshire. IV36 OAD. Entry on day of race.

FINAL day of athletics at Olympic Games, Seoul.

8

EASTERN District Cross Country League (all age groups), Entry - A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

NORTH District Cross Country League (all ages Men/Women) Entry - W. Banks, 16a Ballifearey Road, Inverness IV3 5PS.

AYRSHIRE County Cross Country Relay Championships.

DUNBARTONSHIRE County Cross Country Relay Championships.

RENFREWSHIRE County Cross Country Relay Championships, Details - D. Burt, 7 Kirkhill Road, Holmrae, Uddingston, Glasgow. G71 6BW.

STAKIS 5 mile Fun Run, Laggan Bridge. For entry forms, contact 0479-811431.

9

PENTLAND Skyline 16 mile Hill Race, Edinburgh. Entry - A.

Curtis, 3, Ramsay Place, Penicuik (start 11am).

VICTORIA Park AAC Open Cross Country Meeting (all age groups Men/Women) including opening meeting of Scottish Womens Cross Country League. Entry - J. Wallace Crawford, 83 Clarence Gardens, Glasgow. G11 7JW and Mrs. J. Ward, 144 Canberra Avenue, Dalmeir West, Clydebank. G81 4EW.

FRASERBURGH F.C. Half Marathon, Fraserburgh Details - C. Noble, 43 Saltown Place, Fraserburgh, Aberdeenshire. AB4 6UW.

CITY of Dundee Peoples Half Marathon, Dundee.

15

IAAF World Mountain Racing Cup at Keswick (Day 1).

DISTRICT Cross Country Relay Championships.

East Entry - A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

North Entry - W. Banks MBE 16a Ballifearey Road, Inverness. IV3 5PS.

West Entry - J.A. Innes, 73 Woodvale Avenue, Bearsden, Glasgow. G61 2NX.

16

IAAF World Mountain Racing Cup at Keswick (Final Day).

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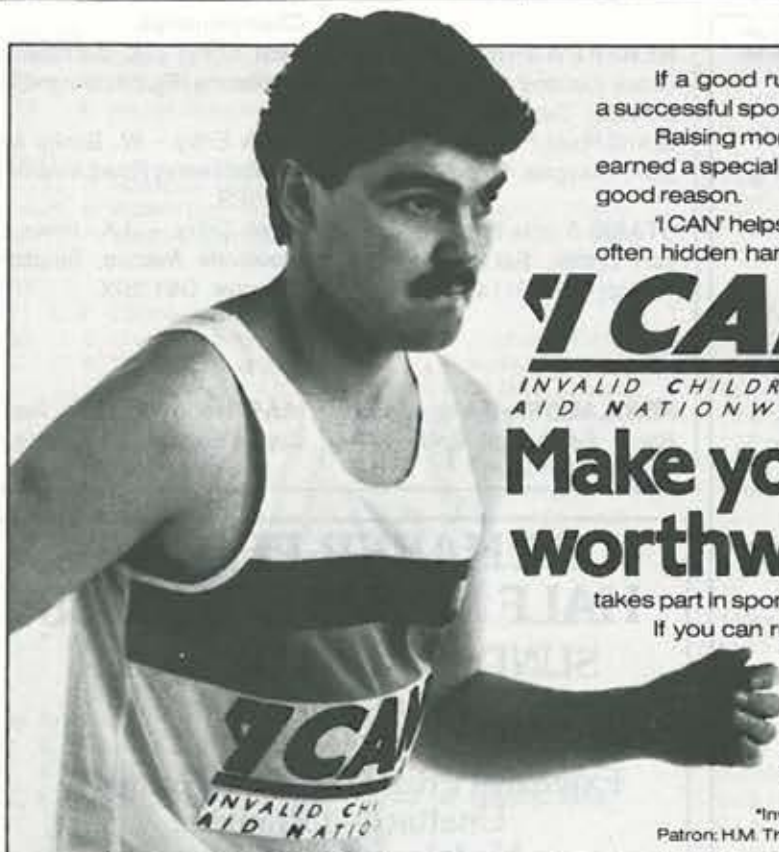
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## Events Diary

**SCOTLAND'S** Unattached  
Runners Championship, Fort  
William. Entry - E. Campbell,  
"Kisimul", Alma Road, Fort Wil-  
liam.

**COASTERS** Running Club  
10,000 metres Road Race,  
Buckie. Entry - Derek Summers,  
20 Skene Street, MacDuff. AB4  
1RN.

22

**SCCU** National CC Relay Cham-  
pionships

**FALKIRK** District Council  
Peoples Half Marathon,  
Grangemouth Stadium. Entry -  
J. Fairgrieve, Race Director,  
Grangemouth Stadium,  
Grangemouth.

**STAKIS** 5 Mile Fun Run, Roth-  
iemurchus, Aviemore. Entry  
forms from 0479-811431.

23

**BROOKS** Open 5 Mile Handi-  
cap race - E - Running North  
Sports, 5, South Mount Street,  
Aberdeen.

29

**BLACK** Isle Festival of Distance  
Running (Marathon, Half Mara-  
thon and 10,000 metres races,  
all start 10.30am) Entry - R.  
Cameron, 15 Rosecroft, Muir of  
Ord, IV6 7RH (Closing date for  
entries 15 October).

**SCOTTISH** National YMCA RR  
Championships, Bellshill.

**SHETTLESTON** Harriers Allan  
Scully Memorial 4x5 miles Road  
Relay Race, Bannerman High  
School, Baillieston, Glasgow.  
Entry - W. Scally, 437 Duke  
Street, Glasgow. G31 (Entry on  
race day).

## One, two, three...



The exhaustion of running a half marathon flat out is all too graphi-  
cally expressed by Sheila Catford, Sandra Branney and Lorna Irving,  
the first three runners home in the Great Scottish Run. Unusually for a  
road race of this distance, all three ran alongside each other between  
miles three and ten before Catford's strength allowed her to pull away  
and win in 72-49, a personal best. Branney, who like the winner will be  
chasing a Commonwealth Games marathon place in New Zealand, also  
ran faster than she has ever before, recording 73-02; Irving was 73-26.

## DUBLIN MILLENNIUM MARATHON

Monday 31 October 1988  
Weekend Package from £109.00

*Price includes:*

- Return air fare from Scotland
- Two nights' Guest House accommodation
- Entry to marathon
- Service charge and taxes

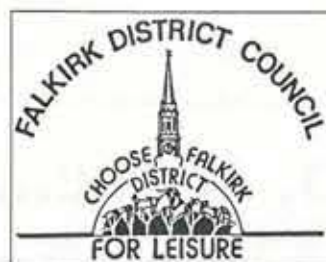
Special Package also available to  
**New York Marathon**  
Sunday 6th November

For details and bookings contact your  
Travel Agent or Aer Lingus.

**Aer Lingus**

041-248 4121  
031-225 7392



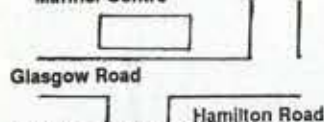


## GUIDE TO YOUR FALKIRK DISTRICT SPORTS CENTRES AND HOW TO USE THEM

### The Mariner Leisure Centre

Glasgow Rd, Camelon, Falkirk  
Tel: (0324) 22083

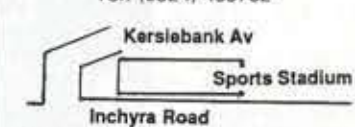
#### Mariner Centre



Bookings taken from 9 a.m.  
Leisure Pool, Games Hall, 2 Squash Courts, Creche, Cafe, Bar, Sauna, Conditioning Room, Sunbeds.

### Grangemouth Sports Stadium

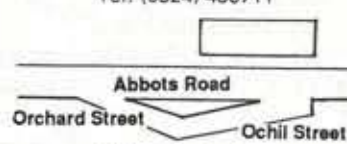
Kersiebank Ave, Grangemouth  
Tel: (0324) 483752



Bookings taken from 9 a.m.  
Six Lane Running Track, Cycle Track, Field facilities, Football, Gymnasium, Cafeteria.

### Grangemouth Sports Complex

Abbots Rd, Grangemouth  
Tel: (0324) 486711



Bookings taken from 9 a.m.  
Swimming Pool, Teaching Pool, Two Games Halls, Conditioning Room, Sauna, Gymnasium, 3 Squash Courts, Sunbeds, Cafe, Creche, Coffee Lounge

### Polmont Centre

Salmon Inn Rd, Polmont  
Tel: (0324) 712654



Bookings taken from 12 noon  
Games Hall, Squash Court

### Hallglen Centre

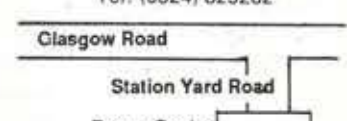
Islands Cres, Hallglen  
Tel: (0324) 35425



Bookings taken from 9 a.m.  
Games Hall, Community Hall, Committee Rooms, Sunbed, Conditioning Room

### Denny Centre

Station Yard, Denny  
Tel: (0324) 825262



Bookings taken from 12 noon  
Games Hall, Squash Court

There are many Sports Centres located throughout the Falkirk District which offer everyone a wide range of sports and activities in which to participate.

Coaching and instruction are available in many activities ~ these mentioned below are just a few...

**Trampolining · Squash · Badminton · Netball · Swimming · Gymnastics · Karate · Volleyball · Judo · Modern Dance · Lifesaving**

Details of times, dates and locations where these activities are available can be obtained from the addresses given. So, if you fancy learning to play a new sport or become involved in a new activity, phone for further information.

Your local sports centre can be of use even if you feel you don't want to join a club or attend coaching classes. If you want to get together with a group of friends to play indoor football, badminton, table-tennis, squash or any other activity, then your local sports centre is available for this purpose.

You don't have to be a member of a club or even hold a membership of the centre ~ the facilities are available for *everyone*, no matter what activity or sport you want to play.

All facilities are open seven days a week and most are available from 9 a.m. until after 10 p.m.

If you decide to use the facilities available, you can book by telephoning the centre concerned at the time stated. Bookings can be taken up to 7 days in advance.

If you are still unsure of what your local sports centre has to offer why not pop along to have a look around. You will find the staff most helpful and willing to give you the information you require.

**David J.G. Mould, The Director of Amenity & Recreation, Falkirk District Council, Kilns House, Kilns Road, Falkirk FK1 5SA. Tel: 24911.**



# THE FALKIRK HERALD

and Scottish Midlands Journal

## PEOPLE'S HALF MARATHON

IN ASSOCIATION WITH FALKIRK DISTRICT COUNCIL

Incorporating the final race of the Scotland's Runner Half Marathon Championship

Sponsored by THE FALKIRK HERALD

**Sunday, October 23, 1988** (start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £3.50. LIMIT 5000  
PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

Surname

For Official Use

Christian Name and other Initials

M F

Sex ☐ ☐

Address

Town or City

Post Code

Country

Age on day of Race

Date of Birth

Work Telephone No.

Club or Team name (if any)

Home Telephone No.

Anticipated time for ½ Marathon

Are you a disabled person? ☐ If yes, please advise of disability

I enclose herewith my Cheque/P.O. No. .... Value £3.50 being the amount of entry fee made payable to Falkirk District Council.

(A stamped (24p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organisers Falkirk District Council for injuries suffered by me in the event. I attest and verify that I am physically fit and have sufficiently trained for the event and that my fitness has been verified by a doctor. I declare that I will be age 17 years (for female) 18 years (for male) or over, on or before the day of the race, and that I have not competed as a professional in any athletic, track, field, road race, cross-country or road walk race or having done so have been reinstated to an amateur status.

Entries close on October 10, 1988 or on receipt of 5000 entries.

SIGNED ..... DATE .....

Please send your entry form along with entry fee to: THE RACE SECRETARY,  
GRANGEMOUTH SPORTS COMPLEX, ABBOTS ROAD, GRANGEMOUTH



# Sports Network

**ABERDEEN AMATEUR ATHLETIC CLUB**  
Sec - W. H. Watson, 14, Burnieboozle Place,  
Aberdeen, AB1 8NL. Tel: 0224-310352

**ABERDEEN SISTERS NETWORK**  
District Organiser - E. McKay, 71, Braeside  
Place, Aberdeen. Tel: 0224-314861

**ARBROATH FOOTERS**  
All shapes and sizes, young or old,  
welcome. Meets every Thursday 7.30pm,  
Sundays 10.30am at Arbroath Sports  
Centre. All distances catered for. Secretary  
- Alan Connelly, 37, Duncan Avenue,  
Arbroath, Angus.

**ARDROSSAN ATHLETICS CLUB**  
Small friendly club invites novices or  
experienced runners with an interest in  
cross country and/or road racing. Contact  
Sean Warden on Ardrossan 61970.

**BEITH HARRIERS**  
Tuesdays 7-9pm, Ladies and Gents,  
Bellsdale Park Pavilion. Wednesdays 7-  
8.30pm ladies only, St Columba's Church  
Hall, Kilbirnie. Serious runners, novice  
runners and fun runners all welcome.  
Secretary - J. Swindale, 29, Braehead,  
Beith, Ayrshire. Phone Beith 4156.

**BLAIRGOWRIE ROAD RUNNERS**  
Sec - Mrs Maggie McGregor, Glenferriate,  
Enochdhu, by Blairgowrie, Perthshire  
PH10 7PL. Tel: 025081-205.

**CAMBUSLANG HARRIERS**  
All age groups and standards welcome,  
young or old, serious or social, we cater  
for everyone. Meets every Tuesday and  
Thursday 7pm; Saturday 2pm; Sunday  
11.30am. Further information: Robert  
Anderson, 63, Montcastle Drive, Cam-  
buslang. Tel: 041-641-1467.

**CLYDESDALE HARRIERS**  
Road, track, cross country, field events,  
hill running, jogging, coaching available  
in all aspects of athletics: social events. If  
you are looking for a friendly club which  
caters for all grades of athletes contact:  
Male Sec - Phil Dolan, 1, Russell Road,  
Duntocher. Tel: Duntocher 76950. Female  
Sec - Josephine Giblin, 1, Lyon Road,  
Linnburn, Erskine. Tel: 041-812-2706.

**CUMBERNAULD ROAD RUNNERS**  
Secretary - Mrs Maureen Young, 63,  
Thornicroft Drive, Condorrat, G67 4JT.  
Tel: (0236) 733146. We cater for all abilities  
from absolute beginner. Males/females  
aged 16 and over are welcome to contact  
the secretary or call at Muirfield  
Community Centre Wednesday and  
Thursday at 7pm and Saturday at 10am.

**CUMNOCK AMATEUR ATHLETIC CLUB**  
Meets every Monday and Wednesday at  
Broomfield Park, Cumnock, from 7pm to  
9pm. All ages from 9 years upwards  
catered for. Very friendly and enthusiastic  
club. Separate adult jogging section.  
Secretary: Tom Campbell, 14, Bute Road,  
Cumnock. Tel: 0290-24876.

**DUNDEE HAWKHILL HARRIERS**  
Track, field, cross country and road for  
male and female, coaching available. All  
age groups nine and upwards catered  
for. Contact: Gordon K. Christie, 767  
Dalmahoy Drive, Dundee, DD3 9NP. Tel:  
0382-816356.

**DUNDEE ROADRUNNERS ATHLETIC CLUB**  
Secretary - Mrs Gill Hanlon 9, Lochinver  
Crescent, Dundee.

**HARMONY ATHLETIC CLUB**  
Sec. Ken Jack, 21 Corslet Crescent, Currie,  
Edinburgh.

**GARSCUBE HARRIERS**  
Training every Tuesday and Thursday  
evenings at Blairdardie Sports Centre,  
Blairdardie Road, Glasgow G13 starting  
at 7pm. Male and female all age groups  
and standards welcome. Contact Stuart  
Irvine, 189, Weymouth Drive, Glasgow  
G12 0FP. Tel: 014-334-5012.

**KIRKINTILLOCH OLYMPIANS**  
Age 9 to 90, all welcome, (Track, Field,  
road, cross country). Girls and Women:  
Sec - John Young, 12 Dromore Street,  
Kirkintilloch. Tel: 041-775-0010. Boys and  
Men: Sec - Henry Docherty, 22, Applecross  
Road, Langmuir Estate, Kirkintilloch. G66  
3TJ Tel: 041-775-1551.

**LOCHGELLY AND DISTRICT AAC**  
Small friendly club looking to become  
larger and friendlier club. All age groups  
required, male and female, track and field,  
road and cross country, also anyone with  
coaching skills, all very welcome. Train-  
ing four nights weekly, Pitreavie Stadium,  
Monday and Wednesday. Please contact  
Mrs Sheena MacFarlane, Tel: 0383-739681.  
(Memb Sec)

**MARYHILL HARRIERS**  
Glasgow's oldest athletic club based at  
John-Paul Academy in Summerston.  
Meets every Tuesday and Thursday  
7.00pm. All ages and abilities most  
welcome. Further info: Stephen Lydon,  
Nurses Home, Gartnavel Royal Hospital,  
Glasgow G12 0XH.

**MILBURN HARRIERS**  
All standards of runners welcome.  
Friendly 18 month old club with plenty of  
social functions. For information contact:  
Geoff Lamb, 7, Golfhill Drive, Bonhill,  
Dunbartonshire. Tel: Alexandria 59643.

**MOTOROLA JOGGERS**  
New members welcome, including those  
from outside the company. Contact: Clare  
McGarvey on East Kilbride 99999.

**SCOTTISH HILL RUNNERS ASSOCIATION**  
Sec: Alan Farningham, 13, Abbotslea,  
Tweedbank, Galashiels, TD1 3RZ.

**VALE OF LEVEN AMATEUR ATHLETIC CLUB**  
Nine years to veterans: All age groups  
and abilities, male and female, very  
welcome. Track and field, road and  
cross country. Further details from:  
Ben Morrison, Secretary, 71, McColl  
Avenue, Alexandria, Dunbartonshire,  
G83 0RX. Tel: 0389-53931.

**SCOTTISH TRIATHLON ASSOCIATION**  
Membership secretary - Mike Joiner,  
11, Scotland Drive, Dunfermline. Club  
affiliation forms now available from  
STA, Bowmont House, Stonehaven  
(affiliation fee £10).

**BRUCE TRIATHLON CLUB**  
Secretary - Andrew Laing, 40 Morar  
Road, Crossford, Dumfermline, KY12  
8XY. Training - Dumfermline Commu-  
nity Centre. Telephone 0383-733370  
day: 731063 evening.

**EAST KILBRIDE TRIATHLON CLUB**  
Sec - Morag Simpson, 6 Rutherford  
Square, Murray, East Kilbride. Tel: EK  
45780.

**FAIRPORT TRIATHLON CLUB**  
Sec - Dieter Loraine, 9, Millgate,  
Friskirk, Arbroath, Angus DD11  
4TW.

**FLEET FEET TRIATHLON CLUB**  
Sec - John O'Donovan, Bowmont House,  
Arbuthnot Place, Stonehaven. Tel:  
0569-62845.

**WESTER HAILES TRIATHLON CLUB**  
Sec - Andrew Grant, Wester Hailes  
Education Centre, 5, Murrayburn Drive,  
Edinburgh, EH14 2SU. Tel: 031-442-  
2201.

# Win a copy of the International Track and Field Annual!

**CRICKETERS HAVE** their Wisden, the bible and  
reference book of the sport without which any  
buff would feel in the buff. The athletics  
equivalent, which for sheer volume of detail  
must far outscore Wisden, is unquestionably The  
International Track and Field Annual, a 579-page  
tome which takes in just about every major (and  
not so major) athletic event in the world, with  
the possible exception of the Rhum Highland  
Games.

Unlike cricket, which is played to  
international standard only where it was handed  
down by the British Empire, athletics in all its  
forms is truly global; thus, between the report  
of the 1987 IAAF/Mobil Grand Prix and the World  
Marathon Cup you can read how the South Pacific  
Games fared last year.

To break up the statistics there are special  
features, including topical items on drugs and  
international selection by the annual's editor,  
Peter Matthews. But it is as a reference book,  
in a sport where performance is measured by sec-  
onds, minutes and hours, that the annual is such  
an invaluable companion.

Particularly useful, for example, are the  
potted biographies of national champions and  
leading athletes, which give a year by year  
progression (or regression) of their best times.  
I often wondered why some people were so phe-  
nomenally knowledgeable about the performances  
of all sorts of (to me) obscure athletes, but I  
now see that a quick swotting up of the annual  
can make armchair experts of us all.

While the huge lists of world best times  
(both for 1987 and all time) are hardly required  
reading at your average open-graded meeting in  
Scotland, again they are a source of shining en-  
lightenment when it comes to major televised  
meetings. For Olympic, European and World Cham-  
pionships, the annual obviously comes into its  
own.

Assuming that anybody seriously interested in  
athletics must already be a devoted reader of  
the annual, I would without hesitation recommend  
its purchase to anybody interested in widening  
their horizons about the sport. It's hard to  
explain why a reference book should be fascinat-  
ing, but without question this one is. **A.C.**

**Scotland's Runner has ten copies of the 1988-89 International Track and Field Annual to give away to readers. With this invaluable guide in your bookshelf, you need never be stuck for a solution to any athletics puzzler!**

Underneath are the names of five athletes who were picked to represent Great Britain in the Seoul Olympic Games. The letters of their Christian and surnames - but not middle names - have been jumbled up. When you have identified the athletes, write their names in the space supplied and send to: Annual Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

1. RACEVESTM

Answer.....

2. YELWDYSN

Answer.....

3. SSONDAREATSNS

Answer.....

4. KERJABCNUCK

Answer.....

5. HORGNESIJ

Answer.....

The first ten correct answers open on Monday, October 10 will each receive a copy of the International Track and Field Annual. The usual competition rules apply, and the winners' names and addresses will be published in our next issue.

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## Has YOUR club got too many members?

Our Sports Network listing is free to all Scottish athletic  
and sports clubs, and also to individuals who wish to  
communicate with other runners and athletes.

Is there a reason why YOUR club does not appear above?

To join the Sports Network listing, simply write the message  
you want to put across on a piece of paper and send to:

Sports Network,  
Scotland's Runner,  
62, Kelvingrove Street,  
Glasgow G3 7SA.



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C&G Sports, 23, Guildhall Street, Dunfermline. Tel: 0383-737545.

Colin Campbell Sports, 55, Ratcliffe Terrace, Edinburgh. Tel: 031-668-2532.

Dundee Runner, 116, Logie Street, Dundee. Tel: 0382-65915.

Jansvans, Wentworth Street, Portree, Isle of Skye

Running North, 5, South Mount Street, Aberdeen. Tel: 0224-636299.

Runsport, 97, Barnton Street, Stirling. Tel: 0786-70694.

Sports Locker (Dundee), 22, Overgate, Dundee. Tel: 0382-22810.

Turnbull Sports, 10, Church Street, Inverness. Tel: 0463-241625.

West Coast Outdoor Leisure, 102, High Street, Fort William. Tel: 0397-5777.

Robin Williamson Cycles, 26, Hamilton Place, Stockbridge, Edinburgh. Tel: 031-225-3286.

Nevisport Ltd., 261, Sauchiehall Street, Glasgow. Tel: 041-332-4814.

Nevisport Ltd., 72, High Street, Fort William. Tel: 0397-4921.

Sporting Club, 87A, John Finnie Street, Kilmarnock. Tel: 0563-21606.

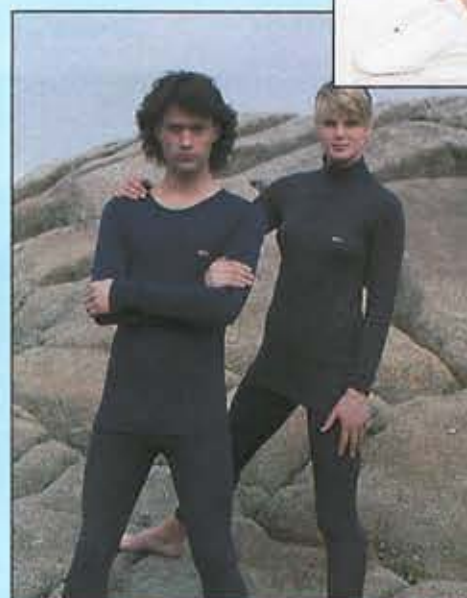
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