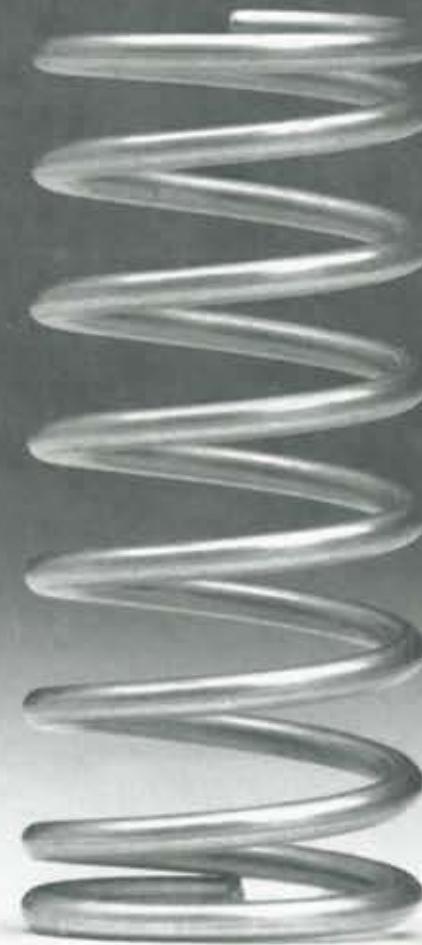


Add stability, and you've got the basic idea.



The New Balance 595 combines advanced midsole components in a way no running shoe has ever done before.

The shoe's unique Rebound wedge helps propel a runner through his or her gait cycle by returning energy to the runner upon impact. A feature of this sort might be



accomplishment enough for most running shoe companies. But not New Balance.



PRO-FIT—New Balance shoes come in multiple widths.

Consider that the Rebound wedge is part and parcel of the 595's C-Cap® midsole—a unit that provides a superb level of cushioning and acts as a platform for our patented Encap® wedge. Encap is an exclusive New Balance process that encapsulates

EVA within a shell of polyurethane. The result of this combination of components is extraordinary comfort and virtually compression-proof stability.

In short, the 595 is a surprisingly lean, technologically advanced performance running shoe.

We suggest you visit your local New Balance retailer, and spring for a pair.



SCOTLAND'S RUNNER

JULY 1989

£1.20

ISSUE 35



DUNDEE HAWKHILL PROFILE
MARY ANDERSON CHANGES TRACK
1989 SCOTTISH MEN'S RANKING LISTS



BROOKS
SETTING THE
STANDARD



BOURNE SPORTS

Church Street, Stoke-on-Trent ST4 1DJ Telephone: 0782 410411
All orders £30 and over Post Free, other orders plus £2 post and packing.
Send cheque/postal order or telephone your order quoting Access,
Visa, Diners Card or American Express.

1. Brooks Crystal Mountain Rainsuit. Colour: black/royal/mid blue. Suit has integral hood, 2 side pockets on jacket and trousers, rear pocket on trousers with zip, tie cord and elasticated waistband, mesh lining on jacket and long leg zips for ease of removal on trousers. Sizes: S, M, L, XL. Price £29.99

2. Brooks Conquest Deluxe Rainsuit. Colour: charcoal with jade/royal/yellow trim. This full lined top quality Rainsuit has integral hood zipped neatly into the collar, 2 zip pockets on jacket and trousers, embroidered Brooks logo, long zips on trousers for ease of removal. Sizes: S, M, L, XL. Price £34.99

3. Brooks Brush Stroke Rainsuit. Colour: black with red, royal and jade trim. The suit has an integral hood, 2 side pockets, in both jacket and trousers, the trousers also have a zip on rear pocket, a tie cord and elasticated waist, jacket has a vented back with mesh lining and the zips on the trousers are extra long for easy removal. Sizes: S, M, L, XL. Price £29.99

4. Brooks Long Sleeve T Shirt. Fabric 50% cotton/50% polyester. A wash easy comfortable lightweight training shirt with Brooks logo on front and sleeve. Colours: white, grey or blue. Sizes: S, M, L, XL. Price £9.95

5. Brooks Collegiate Logo Jog Suit. Colours: black/jade/china. Sizes: S, M, L, XL. Price £29.99

6. Brooks Lightweight Training Pants. 100% stretch polyester, reflective tape on rear legs, ankle stirrups, elasticated and tie waist, hip pocket. Colours: black, navy or royal with white piping. Sizes: S, M, L, XL. Price £10.95

7. Brooks Ladies Shorts in 6 colours, manufactured from 100% lightweight nylon. Features include key fob pocket and inner brief with Brooks embroidered logo. Colours: jade, black, royal, red, navy, pink and white. Sizes: S, M, L, XL. Price £9.95

8. Brooks Mens Running Shorts. Manufactured from 100% lightweight nylon. Features include fob key pocket, inner brief, Brooks logo. Colours: red, black, white, navy, royal. Sizes: S, M, L. Price £9.95

HydroFlow

THE BRAINS BEHIND HYDROFLOW. HydroFlow provides custom cushioning for athletes of different weights, training at different paces. The pressure built up inside Chamber 1 at heel strike is released as Dow Corning silicone fluid flows into Chamber 2. The pressurised fluid cannot escape through the perforations in the wall separating the two chambers beyond a certain rate, so that with a heavier or faster athlete the pressure within the HydroFlow unit increases, causing it to act as a stiffer spring. With a lighter athlete or one who strikes the ground at a slower pace, less pressure builds up inside the HydroFlow unit, causing a softer cushioning response. Therefore, you achieve custom cushioning.

9. Regent. Colour: white/purple/neon yellow. Special features - exclusive HydroFlow cushioning system - TPR counter - Outsole with wear plus - kinetic wedge and rollbar - comfort crafted. Sizes: 7-12 inc. 1/2 sizes + 13. Price £59.99

10. Regent HydroFlow Training Shoe. As above but colour white/light grey/china blue. Sizes: 7-12 inc. 1/2 sizes + 13. Price £59.99

11. GFS 100 Training Shoe. Colour: white/black/teal. Special features - exclusive HydroFlow cushioning system - Slip lasted - Curve last - Comfort crafted - TPR counter - kinetic wedge. Sizes: 7-12 inc. 1/2 sizes + 13. Price £54.99

HydroFlow T Shirt. £8.99

12. Chariot KW Training Shoe. Combination straight-lasted shoe, with blown and carbon rubber outsole, diagonal roll-bar to counter pronation after heel strike, kinetic wedge. Mens sizes 6-11 inc. 1/2 sizes + 12 & 13. Price £39.99. Ladies sizes: 3-8 inc. 1/2 sizes. Price £39.99

13. Brooks Supernova Training Shoe. Colour: white/royal/black/grey. Quality road shoe at reasonable price. Features - Slip lasted, carbon heel pad, external heel counter. Removable insole. Sizes: 7-12 inc. 1/2 sizes + 13. Price £29.99

14. Mens Sock Ref. 725B. Polypropylene quarter cushioned training sock. Price £3.25 pair

15. Brooks Ref. 707B. Thin Skin Racing Sock. Price £2.50 pair

16. Ladies Ref. 724B. Polypropylene quarter cushioned running sock. Price £3.25 pair

17. Brooks Ladies Ref. 706B. Thin Skin Racing Sock. Price £2.50 pair

18. Brooks Argent Training Shoe. Colour: white/blue/royal. Features include: kinetic wedge, blown and carbon rubber outsole. Sizes: 6-12 inc. 1/2 sizes + 13. Price £49.99

19. Brooks Chariot CC. Training Shoe. The third generation Chariot shoe, maintains its reputation as a good motion control shoe. It is recommended for the heavier runner for those seeking motion control to counter any over-pronation tendencies. The diagonal roll-bar offers increasing support as the foot pronates and further support is provided by the motion control device around the base of the heel. Sizes: 6-12 inc. 1/2 sizes + 13, 14 & 15. Price £44.99

20. Brooks Chariot CC Ladies Model. Features as mens. Hardwearing, stable, supportive. Sizes: 3-8 inc. 1/2 sizes. £44.99
RACING, TRACK & CROSS COUNTRY SHOES (Not illustrated)

21. National XC Cross Country Spike. Sizes: 6-12 inc. 13. Price £24.99

22. Conquest Racing Shoe, with kinetic wedge, recommended for lighter runners, any distance, 193 gms. slip lasted. Sizes: 6-12 inc. 1/2 sizes + 13. £44.99

23. Conquest DS Racing Track

Spike. Colour: white/aztec blue/yellow. Lightweight mid/long distance track shoe. Sizes: 5-12 inc. 1/2 sizes + 13. £44.99

ACCESSORIES

24. Comfort Crafted replaceable

Insoles. Sizes: 5-12. Price £3.50 pair

25. Gatorade Isotonic Sports Drink (33 servings) Price £4.95

SCOTLAND'S RUNNER

JULY 1989

CONTENTS

ISSUE NO 35

REGULARS

5
INSIDE LANE

7
UP FRONT

13
LETTERS

17
ALLAN WELLS

19
COACHING CLINIC

22
MOTHERWELL'S RUNNERS

26
WOMEN IN SPORT



Injuries feature: Page 32

FEATURES

23

CLUB PROFILE

Alan Lorimer profiles 100 year old Dundee Hawkhill Harriers

30

UK CHAMPS

Doug Gillon reports from a good championship in Jarrow

32

SPORTS INJURIES

We all get them. Paul MacIntyre looks at facility provision

37

MARY ANDERSON

Rhona MacLeod talks to this versatile athlete from Tranent

REGULARS

29
MEN'S RANKINGS

40
JURA FELL RACE

41
RESULTS

47
EVENTS

54
JUNIOR PAGES

56
SPORTS NETWORK

58
AD FEATURE

Editor:
Alan Campbell

Events and results:
Colin Shields

Columnists:
John Graham
Fiona Macaulay

Associate Editor:
Doug Gillon

Photographer:
Peter Devlin

Henry Muchamore
Allan Wells

Reporter:
Rhona McLeod

Designers:
Jim Divine/Tom Hanlon

Front Cover Photo:
Pat Divine (Peter Devlin)

Advertising Manager:
Alex Hall

Sales Executive:
Fiona Caldwell

Administrator:
Jan Hamilton

SCOTRUN PUBLICATIONS LTD. 62 KELVINGROVE STREET, GLASGOW G3 7SA. TEL: 041-332-5738

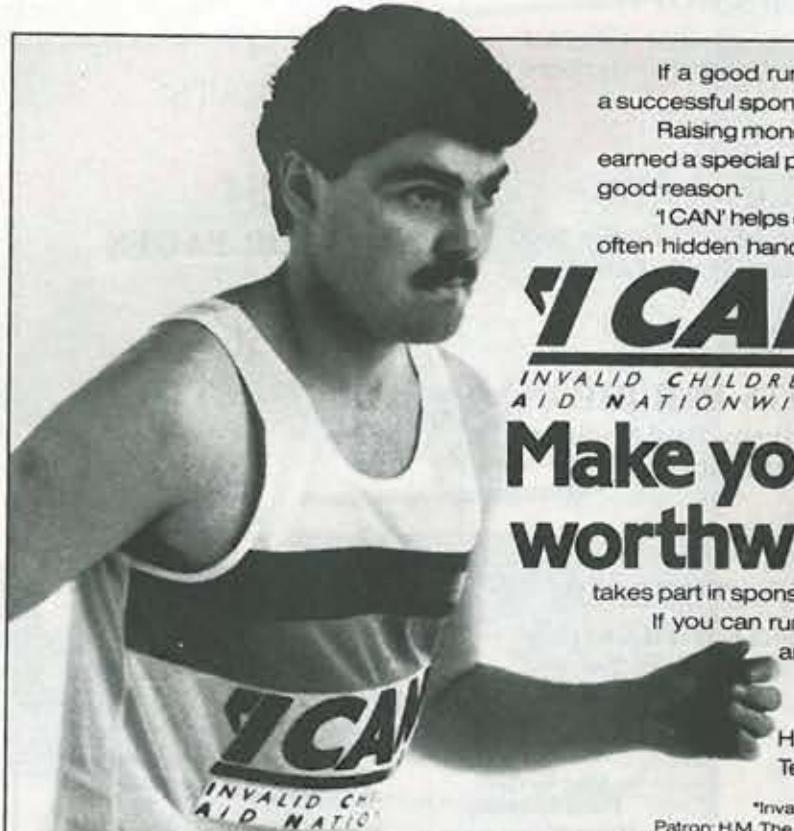
POST OFFICE COUNTERS SCHOLARSHIPS – BAAB LOUGHBOROUGH SUMMER SCHOOL



12 Post Office Counters scholarships (value £150) are available to be awarded to BAAB qualified coaches who wish to apply, or have already applied, to attend the International Course for Coaches at the BAAB Loughborough Summer School from 22-31 July 1989. The full cost of the course is £344 (Tuition £200/Accommodation £144).

One scholarship will be awarded to a coach in each of the six areas and the remaining six awarded on a discretionary basis.

Applications for these scholarships, which should outline the coaches' background and reason for applying, should be sent to the BAAB Director of Coaching, BAAB Coaching Office, Edgbaston House, 3 Duchess Place, Hagley Road, Edgbaston, Birmingham B16 8NM. Applications will only be accepted from BAAB qualified coaches.



If a good run makes you feel terrific, just imagine how fulfilling a successful sponsored run can be.

Raising money for 'I CAN' (Invalid Children's Aid Nationwide) has earned a special place amongst many big-hearted runners. And with good reason.

'I CAN' helps determined youngsters overcome many difficult and often hidden handicaps. Fuelling their hopes for a bright future with pride and self respect. Letting them take a responsible place in society.

Perry Hinton pictured here knows both sides of the coin. As a child his chronic asthma and eczema stopped him even walking to school.

Now, thanks to his perseverance and the organisation behind 'I CAN' he has run a marathon and takes part in sponsored events whenever possible.

If you can run for us, we will gladly provide sponsorship forms and running vests.

Perry always says 'I CAN! How about you? Write to: Ramona Brown, 'I CAN', Allen Graham House, 198 City Road, London EC1V 2PH. Tel: 01-608 2462.

*Invalid Children's Aid Association. Reg. Charity No. 210031.
Patron: H.M. The Queen President: The Princess Margaret, Countess of Snowdon.

I would like to run for I CAN in my next marathon.

Please send me Sponsorship Forms Vests.

Name _____

Address _____

SR9 Postcode _____

INSIDE

L A N E

IT WOULD seem that the appalling and discourteous behaviour of "amateur" athletics towards "professional" athletes continues apace.

Most of our readers will by now be aware of the disgraceful manner in which the SAAA replied to George McNeill's application for reinstatement as an amateur a decade ago. In the words of one of Scotland's greatest athletes: "My letter . . . asked for guidance and stressed the thoughtlessness of my teenage entry into (professional) football. I did not get a letter in reply, just the Association's rule book, with an underlined passage."

All water under the bridge now, you might think, except that the same rudeness and discrimination is still very much alive. As readers will also be aware, professionals - including McNeill - have recently been allowed to compete in closed Scottish Veteran Harrier Club events. The great man duly entered this month's SVHC track and field championships at Dundee's Caird Park - but had his cheque returned with, in the words of our veterans correspondent, Henry Muchamore, "a covering letter simply saying that his entry had not been accepted".

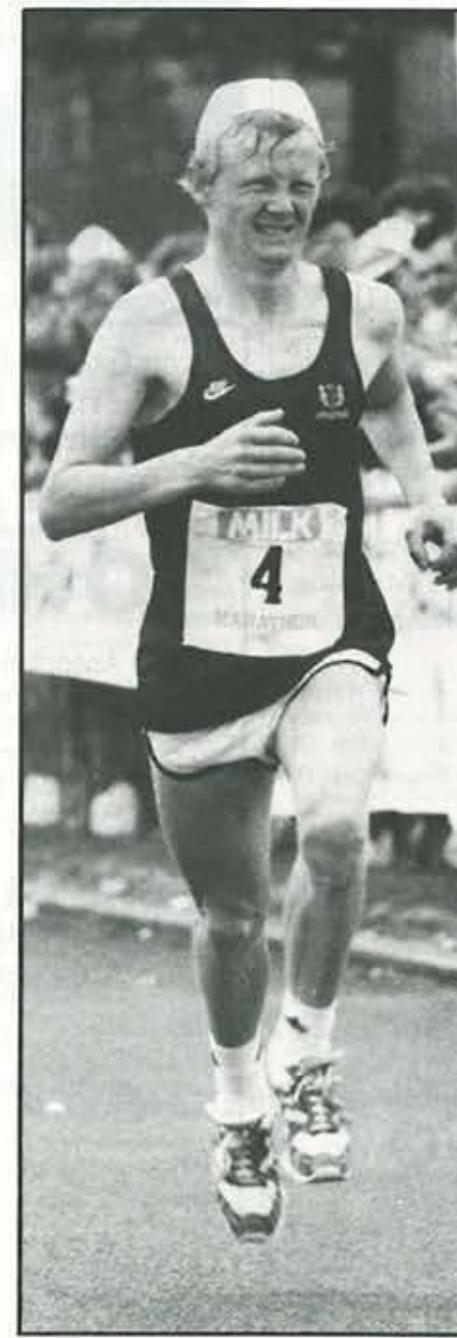
McNeill then had to waste more money on stamps asking why. Back came the reply from the SVHC: "At our recent committee meeting a decision was taken to preclude known professionals from the Dundee event."

According to Henry Muchamore, the committee of the SVHC has arrived at this decision in contravention of SAAA rules of competition - and the SVHC applied for, and received, an SAAA permit for Caird Park. Again, according to Muchamore, the SAAA rules of competition state that athletes (like McNeill) who are normally ineligible for amateur competition can compete against amateurs without affecting the status of an amateur in a competition confined to veteran age groups (as the SVHC Championships obviously are).

It is understood that both the acting president of the SVHC and the meeting convener were not in favour of excluding professionals from Caird Park.

Despite this, a majority of the committee apparently took it upon themselves to alter the rules of competition as laid down in the SAAA permit. No wonder Muchamore (whose column will resume next month) asks in exasperation: "Just who do some of the SVHC executive think they are?"

So, we have two issues here. One, the



apparent disregard of SAAA rules of competition by a majority of the SVHC executive, and, two, the manner in which McNeill's quite legitimate application for entry was dispensed with.

As two excellent letters in our columns this month point out, these people within "amateur" athletics who persist in treating professionals so contemptuously are not only swimming against the tide, they are practising a form of sporting apartheid which many of us find increasingly obnoxious and unacceptable.

Perhaps the views of reasonable people are of no matter to the traditionalists within "amateur" athletics. What, though of the political masters of the stadia in which the "amateur" athletic bodies (and the SVHC) hold their meetings?

What, for example, would Dundee District Council do if they learned that a coloured athlete was being excluded from an athletics meeting at Caird Park? Or Edinburgh District Council at Meadowbank? Or Glasgow District at Crownpoint? Or Aberdeen District at the Chris Anderson. Or Kyle and Carrick District at Dam Park?

I think we all know the answer to that one.

Is there any difference between discriminating between an athlete because of the colour of his skin on the one hand, and discriminating against him because he was a professional on the other? In 1989 I doubt it very much.

Alan Campbell

Left, reinstated amateur Terry Mitchell (Fife AC) finishing second in the Aberdeen Milk Marathon last month, leading the Scots team home (2-24-53). See Letters Pages for Mitchell's comments on the farcical discrepancies between "amateur" and "professional" athletes.

**RUN LIKE ME -
FOR A WINNING TEAM**



**JACK BUCKNER, EUROPEAN 5000M CHAMPION
AND
WORLD CHAMPIONSHIP BRONZE MEDALLIST**

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, of the Imperial Cancer Research Fund now for your race sponsorship pack.

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

YOUR NAME (Mr/Mrs/Miss/Ms)

ADDRESS

POSTCODE

Name and date of event

.....

Vest T-shirt

Size

Inches

**IMPERIAL
CANCER
RESEARCH
FUND**

SEEING IS A COLD WET NOSE



**Guide Dogs for The Blind
have 6,000 wet noses,
The Blind need thousands more!**

PLEASE RUN TO HELP THEM

The Association needs your contribution towards breeding, training and maintaining Guide Dogs. The funds you raise will be devoted to giving the Blind the eyes they need. Eyes with a cold wet nose!

Please complete the coupon below.

THE GUIDE DOGS FOR THE BLIND ASSOCIATION

PRINCESS ALEXANDRA HOUSE, DUNDEE ROAD,
FORFAR DD8 1JA. TEL: (0307) 63531

Please send me a T-shirt size - Large/Medium/Small and a supply of Sponsorship forms.

I would like to run for you in the

Marathon



Name

Address

Signature

up FRONT

Cracking Miller Lite meeting in prospect on July 7

"BIG TIME athletics are here to stay in Scotland!" So says Dave Bedford, promoter of the Miller Lite IAC Invitation Meeting at Meadowbank on July 7, which promises to be a spectacular with a host of world class athletes in attendance, writes Rhona MacLeod.

Highlight events include a clash between Olympic high hurdles champion Roger Kingdom and silver medalist Colin Jackson. Kingdom, who was unbeaten in 1988, is confident of victory. Asked the outcome of the race he replied, "I know I'm the best and I'm happy to meet Colin anywhere, anytime." Jackson, however, enters the race knowing that he beat Kingdom in March over 60 metres hurdles at the Kelvin Hall. Jackson also holds the fastest time in the world this year for the 110m hurdles.

World 1500 metres record holder Said Aouita will be returning to Edinburgh to face the Olympic champion, Kenya's Peter Rono. The two will race over the mile.

If Tom McKean takes part in the 800m as hoped, he will face the Olympic champion and world indoor record holder, Paul Ereng of Kenya. Ereng, who will surely sooner rather than later break Seb Coe's outdoor record, will be joined in Edinburgh by countryman Yobes Ondieki, the fastest in the world this year over the 3000m, and who is scheduled to race, among others, Dave Moorcroft, Tim Hutchings, Eamonn Martin, Gary Staines, and Jack Buckner.

Yvonne Murray will meet with a strong international field as she faces Rumania's Doina Melinte among others in the mile. Liz McColgan will be taking part in the 3000m and will meet Olympic finalist Natayla Artynova.

Linford Christie will be competing in the 100m and he will also be chasing a new world record for the 150m.

At the time of going to press no more details of competitors were available but a world class field has been promised for the men's 200m and long jump. Bedford has also promised, "the best field events competition seen in Scotland for many years."

Bedford believes last year's Miller Lite was very successful - "and that was with a temperature of eight degrees and a 400 mile gale!" He added, "At a meeting like this we need luck with the weather to bring excellent performances. However, the field is stronger than last year and we should have the best international competition seen in Edinburgh for many years."

Tickets for the event are selling well and remaining tickets can be bought at Meadowbank Stadium, or by phoning their special "tickets" number (031-661-1079).

THE ATHLETE of the month award for May in the HFC Bank Scottish League has been won by Aberdeen AAC's Gordon Smith.

Smith won his shot putt event with a distance of 14.60 metres, which was 57 centimetres better than his previous personal best. If he had been able to putt 14.60m last year at the Scottish Championships he would have improved on his third placed performance by winning the event. As it is, he now receives £100 for his trust fund.

A doctor who was also taking part in the race had promptly reached Gary after his collapse at 10.30am, and began to attempt resuscitation. The time of death was pronounced as 11.15am and the cause has been given as inhalation of gastric content. Gary had been running for the Hillsborough Appeal.

MANUFACTURERS HI-TEC warn that reject shoes are being illegally exported from the Far East to this country and put on sale.

SSEB boosts SSAA funds

A MAJOR sponsorship deal has been struck between the Scottish Schools Athletic Association and the SSEB. The Board have pledged £25,000 to support the SSAA over the next two years.

In launching the sponsorship, the chairman of the SSEB, Donald Miller, said: "It is the duty of business and commerce to work closely with other authorities to provide opportunities for them to display and develop their talents."

One of the main aims of the sponsorship is to create a wider range of competitions and training opportunities for Scottish schoolchildren. The president of the SSAA, Sandy Robertson, said that the SSEB's support, "means that we will be able to develop athletics in schools in a very positive manner."

This sponsorship greatly exceeds the SSAA's previous sponsorship deal with Girobank Scotland, which was worth £13,000 over two years.

Brightside for new race

A NEW 10K race will be run in Glasgow on July 9. The Brightside 10K will be routed around the east end of the city and is being sponsored by East End Initiative.

Area recreation officer Chris McLean said: "We are keen to encourage active participation in the East End and we want everyone from serious athletes to fun runners to take part."

The organisers say they are aiming to attract "between 2000 and 3000" competitors. Entry forms have been sent to athletic clubs and are also available from Crownpoint Road track and various Glasgow District outlets.

The race will begin and end at Crownpoint, and will follow a route through London Road, Tollcross Park and the Gallowgate. Nat Muir is one of several top athletes who have already expressed an interest in the event and the organisers were also

New track for East Kilbride

EAST KILBRIDE are to play host to an international athletic meeting on July 29. The triangular match between Scotland, the Republic of Ireland and Northern Ireland will mark the official opening of the newly built East Kilbride Stadium.

The eight-lane, all-weather track has been built jointly with the help of the East Kilbride Developments Corporation and East Kilbride District Council. It will be used in conjunction with the adjacent John Wright school where changing facilities and a pay-counter can be found.

After the day's events on the 29th, a civic reception will be given to the three teams. The following day, the track will be the site for a special family fun day. There will be many different types of events for all members of the family.

Jayne wins place

HAVING achieved the points total of 5510 in Prague at the beginning of June, heptathlete Jayne Barnetson can rest on her laurels for Commonwealth Games selection. But despite scoring higher than Scotland's qualifying "A" standard of 5500 points, Jayne was disappointed with her overall performance in Czechoslovakia.

"It was a relief to get the points that were needed," she said, "but the score was less than I achieved last year in the same competition."

Last year's event brought Jayne a new Scottish record of 5606 points in only her second heptathlon. "If I had managed to long jump the 6.07 metres I did last year then I would have broken the Scottish record again," she explained. "As it was, I only managed to jump 5.78 metres so I lost 96 points on my long jump compared to last year."

After a successful first day Jayne was optimistic of a good score, but with her second day long jump performance she knew it would be hard to get back again. "The javelin and 800m are after the long jump, and they are not high scoring events. These along with my shot are the events I have to do most work on," she says.

STRAINS, PAINS, BREAKS & BRUISES - HELP TREAT AND BEAT THEM

MO JOHNSTON



LINSEY MACDONALD



PHILLIP MATTHEWS



J.P.R. WILLIAMS



SANDY LYLE



NIGEL MANSELL



VIRGINIA WADE



ADRIAN MOORHOUSE

The Arthritis & Rheumatism Council helps train the rheumatologists who treat our sports injuries. It also funds research into improving the treatments and preventing the injuries resulting in long term damage.

That's why we're happy to support ARC's Sports Injuries campaign. But we need your help, too. Please fill in the coupon for more information.

THE ARTHRITIS & RHEUMATISM COUNCIL FOR RESEARCH

Patron: HRH The Duchess of Kent.

Head Office: 41 Eagle Street, London WC1R 4AR

Registered Charity No. 207711

Scotland: 29 Forth Street, Edinburgh EH1 3LE

N. Ireland: 17 Celand Park South, Bangor, Co. Down BT20 3EW

Wales: 8 Ford Taffan, Garden Village, Gorseinon, Swansea SA4 4HN

*We/ I would like to raise funds for ARC's Sports Injury Campaign. Please send us/me (tick appropriate boxes):

- A sample pack (plus Order Form) of ARC's free publicity and promotional material.
- Information on ARC's nearest Regional Organisation contact.
- *We/ I am unable to hold a fundraising event but would like to donate £ _____ to ARC's Sports Injury Campaign. (Please make cheques/P/Os payable to ARC).

Name of Club/Individual
(BLOCK LETTERS)

Address
(BLOCK LETTERS)

Postcode

Signature

Date

BSR



A JOINT CONCERN

upFRONT

THE NINTH MAN COLUMN

TO RUN for your club in the heated competition of the European Clubs Championships must be one of the top honours of any athlete's career. Certainly Chris Hall of Aberdeen AAC thought so when he travelled out to Belgrade with his English club Haringey.

Hall was down to run the 10,000 against no less a competitor than Boutayeb, the Olympic 10,000 champion from Morocco. Boutayeb runs for Larrios, who can also number the great Said Aouita among their ranks.

As luck would have it, Chris was struck down by a particularly heavy cold on arriving in Belgrade and was unable to run his event. Haringey's fine club spirit came to the fore, with Steve Harris doubling up over the 5000 and 10,000.

In spite of not competing, Chris enjoyed his time in Belgrade rubbing shoulders with the elite of European athletics. He has plenty of memories of the weekend, including Boutayeb absolutely demolishing the 10,000 field - he was running round clapping the long jump competitors and still finding time to run a last lap in the region of 52 seconds!

But top of the memories for Chris has to be when he was enjoying a spot of post-meeting refreshment with Seb Coe and the great man asked Chris if he knew anything about a magazine called Scotland's Nippler! Chris quickly filled Seb in on some of the details, and promised to pass copies on to him. It's not known whether Seb plans to base his political career on a Nippler platform, or whether he's just jealous of the exclusive interview the Nippler carried out with his deadly rival Mr Ovett ...

THERE cannot be an athlete who is not delighted at the re-emergence of Kilbarchan's Robert Quinn as a front runner. A couple of years ago Robert's promising track career was almost wrecked when he was knocked down by a motorcycle in an accident that left one leg shattered. Numerous operations, many "running" sessions in the swimming pool, and lots of guts later, Robert is showing a return to the form that had him tipped for Commonwealth Games selection in 1986.

When I spoke to Robert recently about his hopes for this very important summer season, it was obvious that he was determined to go for the Commonwealth 5000 place that cruelly eluded him last time round. He has already run 3:54 and 14:13 for 1500 and 5000 this season, but is under no illusions about the fact that he will need to run considerably faster yet. Robert ideally needs several fast races to help him sharpen up for the Scottish Championships and his all out assault on the Commonwealth qualifying time. But he has a problem.

"There aren't enough quality races in this country for Scottish athletes who are on the verge of really breaking through. Athletes should be taken on small trips on the continent to encourage attempts on fast times. Even taking people to the likes of the Stretford Open Meetings in England, which have a history of fast times, would be a start," he says.

But since none of these alternatives are open, he got together with Adrian Callan of Springburn and Robert Fitzsimmons of Bellahouston to strike up an agreement to chase a fast time at the Edinburgh Southern Open Meeting on June 14. The plan was for all three to work together in search of a time around 3:45.

I can only hope they were successful in their attempt. This still leaves the question of why athletes as talented as Robert Quinn and Adrian Callan are left to their own devices with little or no SAAA support. The pair have already intimated that they may have to adopt the same "time trial" approach to an open 5000m if no better race prospects come along.

Many people would be satisfied to be able to walk again after such a sickening accident, but it seems Robert Quinn was born to run. Scotland's Runner will be focusing on the rise and fall and rise of this inspirational athlete next issue.

CAPTION COMPETITION



A NUMBER of entrants to last month's competition commented on the similarity between the student high jumper in the picture and British "sportsman" Eddie "The Eagle" Edwards.

It wasn't the easiest of pictures to caption, but one international athlete, who disgracefully insists on remaining anonymous, came up with the goods.

His caption was:

Extinct Species No. 47: a "bending over backwards" SAAA official.

Whatever can he mean?

Entries for next month's competition, below, have to be with us by July 6.



Everyone's personal best.

When you're going for gold, it's no good having just a watch, you need a Casio Sports Watch!

The Casio DWG30 sets new standards in sports watch technology with all the features the dynamic sportsman demands. Triple LCD graphics and digital display keep you in control of its 10 hour professional stopwatch, 30 lap split time memories, 100 hour countdown alarm, twin counters and a sports timer that's preset to 9 different sports including basketball, soccer and American football.

The EXW50 on the other hand is a miniature training aid, able to measure steps to calculate distance as well as calories consumed against set targets. It has 30 memories with elapsed time, date, distance covered, number of steps, average speed per hour and calories consumed. There are also pacer signals, Km/miles conversion and $\frac{1}{100}$ second stopwatch, daily alarm and countdown alarm.

Whilst the JP100W is the perfect running mate to the EXW50. It actually measures your pulse so you can monitor your fitness level, in addition to having 3 independent alarms, $\frac{1}{100}$ second stopwatch and a pacer stopwatch with interval pacer, countdown alarm with repeat, pulsecheck alarm and ten run time memories.

Everyone's after these winners from Casio.

DGW30
PRICE GUIDE
£29.95



CASIO

GUIDE PRICES CORRECT AT TIME OF GOING TO PRESS. THE WATCHES SHOWN ARE ONLY A SMALL SELECTION. SEE A COMPREHENSIVE SELECTION AT: ARGOS, BEAVERBROOKS, FRED HILL JEWELLERS, F HINDS, M. M. HENDERSON, ERNEST JONES, JOHN LEWIS PARTNERSHIP, JOHN MENZIES, NORTHERN GOLDSMITHS, RATNERS, REGENT JEWELLERS, H. SAMUEL, SYMINGTONS GOLD SHOPS, JAMES WALKER, ZALES AND MOST OTHER LEADING JEWELLERS AND DEPARTMENT STORES. SOME MODELS MAY NOT BE STOCKED BY ALL OUTLETS. DEPTH INDICATORS ARE BASED ON STATIC WATER PRESSURE IN ACCORDANCE WITH ISO STANDARDS.

SUBSCRIBE TO SCOTLAND'S RUNNER AND WIN

**A TRIP FOR TWO TO NEW
ZEALAND FOR THE 1990
COMMONWEALTH GAMES!**

To become eligible, fill in the form below

SUBSCRIPTION ORDER FORM

Please enter my name for the Commonwealth Games prize draw and start my subscription to Scotland's Runner magazine.

Name _____

Address _____

Name of your bank _____

Bank Sort Code (if known) _____

Bank A/C No. (if known) _____

Bank Address _____

Date _____

Signed _____

Standing order (UK residents only). Please pay to the order of ScotRun Publications Account No. 00255246 at Royal Bank of Scotland, Dowanhill (83-21-37) the sum of £15.00 on the date shown and annually thereafter the same sum on the anniversary of that date being my subscription to Scotland's Runner magazine and debit my/our account accordingly until countermanded by me in writing.
Return to ScotRun Publications, FREEPOST, Glasgow G3 7BR. NO STAMP REQUIRED

BUILDING INDUSTRY GREAT PARK, WINDSOR HALF MARATHON

1pm, Sunday 1 October, 1989

Sponsored by

HIGGS & HILL
CONSTRUCTION • PROPERTY • HOMES

LAING

RMC

Redland

BUILDING



All proceeds to THE SPASTICS SOCIETY

Dear Half Marathon Runner,

Welcome to the Building Industry Half Marathon in its new location, Windsor Great Park, and to those who have run in Windsor over the last seven years.

- The Race is open to all-comers: international and club athletes, company teams, fun runners and wheelchair competitors - BSAD and pushed.
- The Race will start at 1pm. The majority of the route is within the Great Park and is safe, scenic, undulating to hilly!
- Your signed entry form will signify compliance with AAA rules. Competitors must be a minimum of 17 years old.
- **Closing date for entries**
6 September 1989. Late entries will be accepted at organiser's discretion for £1 extra!
- Prizes will be awarded.
- All finishers will receive a memento of the race.

**Entry fee: £5 affiliated
£5.50 unaffiliated**

- The biggest prize of all, however, will go to the people who would find it very difficult to compete. For people with cerebral palsy our target this year is to raise £50,000, so they can live independently. We're banking on you!
- Fill in your entry form and give The Spastics Society your sponsorship.
- Each £25 raised gives FREE entry to prize draw for a CD player: £100 receives a special award and the highest figures raised will give you a chance of a trip to the New York Marathon.
- Children's Fun Run over 2.5 miles for 8-16 year olds. Ask for separate entry form.

Alysia Hunt, Race Director
The Spastics Society
PO Box 42, Windsor, Berks SL4 2NN
Tel: 0753 857979

APPLICATION FORM

(Please complete this form, using BLOCK CAPITALS and then detach and return to the address above)

Surname _____ First name _____

Address for correspondence _____

Post code (essential) _____

Phone number (and STD code) Work _____ Home _____

Date of birth _____ Age on 1 October 1989 _____ Male/ Female _____

Are you representing an athletic club? If so please give name _____

OR running for a company or other team? Please give name _____
(eight to a team; four fastest score) Teams must register on a form which is available from the race director

Are you a member of the construction industry? YES/NO

Are you a wheelchair competitor? BSAD - YES/NO, PUSHED - YES/NO

Are you willing to raise sponsorship for The Spastics Society? YES/NO
(Certificates and awards of appreciation are presented to those raising over £100.)

I enclose a cheque /postal order payable to The Spastics Society and two second class stamps. Not SAE.
(£5 for affiliated athletic club members, £5.50 for non-athletic club members.)

Signed _____ Date _____

LETTERS

Please send your letters, on any subject, to Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA

Steps which must be taken if we are to emerge from present cross country mediocrity

75, Victoria Street,
Larkhall.

SIR - Over the last couple of months a variety of people have expressed their opinions regarding the exploits of Scottish athletes - or should I say the lack of exploits!

I would like to return to the topic of Scottish representation in the British cross country team. The only good point that I can find is that the problem has been identified and it will not magically disappear. So what can be done, if anything?

I do not think we as coaches, officials, and athletes should be looking for scapegoats. We are all to blame for this situation. But the time has come for a fresh new positive attitude, to work together as a team for the benefit of cross country running in Scotland. The governing bodies are obliged to take note and act on the concern shown, or lack as the case maybe, about the failure to have Scottish representation in the national cross country team.

A formulation of ideas should be put into a realistic working plan. This would provide a framework, so that we prepare the athletes for the future. If we fail to prepare, then be prepared to fail!

Let us look at three phases: grassroots introduction; intermediate age groups; senior/internationalist.

At grassroots we must be prepared to encourage long-term interest in cross country running for all our young male and female athletes. We need a large base to work from. There is also a need to acknowledge effort and prowess in the spirit of cross country running.

To this end there is, dare I say, an "English" cross country award scheme which is an ideal way to introduce cross country running.

The next level is the intermediate age groups which are

more complex. The athletes are already interested in cross country running but they still need a lot of encouragement and incentives. A squad system would be of great benefit in helping to identify potential cross country runners who show the necessary qualities to make the senior grade. Mr Alex Naylor has already produced two papers regarding this area which go into greater detail.

The final phase is the senior/internationalist - the fruits of our labour (that's the theory). We must pay close attention to detail, i.e. individual needs of the athletes etc.

What is required is the maximising of the training and racing programme of the athletes (assuming they are doing the correct training in the first place). And it would help to have the medical and financial backup as and if required.

We train to race, so we must have a complementary structured race programme that will provide the level that is required. This can be found in England.

A five point starting programme would include the following:

1. Encourage grassroot participation
2. Structural squad system
3. Appoint coaching team
4. New racing programme
5. Commitment from athletes

A final thought is that a goal without a plan is nothing but a dream. Dreaming will not win medals, results will only come from hard, progressive training and long-term intelligent planning.

And, if you are going to achieve your goal(s), then you have to be able to see yourself doing it in your quietest, loneliest and most despairing moments.

David John Nugent

LETTER OF THE MONTH

14, Caledonia Crescent,
Gourock.

SIR - I refer to recent correspondence concerning the lack of continental competitive opportunities for the top Scottish athletes and the connection between that and the present poor standard of Scottish distance running, and would make the following constructive comments:

1. If the goal which top Scottish athletes aim for is to become the best (or one of the best) in Scotland and, given that the best are relatively poor, then surely the goals set by these athletes are relatively poor?
2. There is a proliferation of events within Scotland every weekend and it is therefore easy for the top runners to avoid each other (intentionally or otherwise). The incentive of a comfortable victory and the resultant prizes can outweigh the desire to have an eyeballs out encounter with one of your rivals.
3. Due to Scotland's small population there is little depth at the sharp end of the rankings. As a result, a "pecking order" develops which leads to athletes knowing where they are going to finish before the race even starts.

One of the powerful arguments in favour of racing on the continent is that athletes can compete in a race where they have little idea of who they are racing against, and as a result do not get involved in personal battles with long time rivals; rather, they race against the whole field.

What are the solutions?

1. I feel top Scottish athletes should look outside Scotland when setting their goals. If they made their goal to become one of the best in Britain, then becoming the best in Scotland would be just one step on the road to achieving this goal.
2. To achieve the first point these athletes are going to have to travel south in order to get the required standard of opposition. The North East of England is only three hours away from Central Scotland by car, and can provide top class opposition.

Many of the top runners will not be known to the visiting Scottish athletes and vice versa, thus providing a stimulus seldom, if ever, present in Scottish athletics.

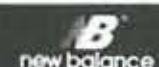
3. Scottish athletes could join one of the large English clubs (as a first claim member in England) and therefore get access to competition of the highest standard in either leagues or area/national championships. If the athlete is of a high enough standard the club, I am sure, will be prepared to subsidise the athlete's travel - and if the athlete is not, does he need to go abroad to get the required standard of competition?

(Personally, this option does not appeal to me as it could lead to the clubs with the fattest cheque books winning the titles, but this option is being used by Scottish athletes at present.)

I realise the above observations will not find favour with those who feel that top Scottish athletes should support all club, country and district championships, but then these are often the people who are the first to complain when our athletes are nowhere in sight in the major trials or championships.

Alan Puckrin

Alan, of course, is no mean athlete himself, and in our opinion he's proved just as pacy with his pen this month. This month's chosen letter is sponsored by New Balance, and Alan wins NB shoes of his choice.



LETTERS

It's a poor deal for youngsters

57 Balquhidder Court, Airdrie.

SIR - I would like to voice my opinion of the Kodak 10K race. Many children entered for the fun run, plus the 3,000 metres.

Firsttrace was the fun run. There were about six or seven boys before the first girl, but according to the announcer, first girl was about 20th. After the mistake was pointed out, it was one mistake after another.

1. Wrong numbers given.

2. All children were told they would receive first six places.

3. Not by post.

4. Two weeks after event still no prize.

After the 10K all big and well known athletes got their prize plus television coverage, but no word about all young and future senior athletes who ran a 3,000 uphill - and anyone who looked at or ran the course will know what I mean. At least my father got a bum bag.

My team mates and myself have still nothing to show for this. By the way we finished, first, fourth, and fifth.

Susanne Carson, Age 12.

.. and adults too

35/7 Caledonian Crescent, Edinburgh.

SIR - I read with interest Digby Guy's comments in your June issue regarding the revelation that the Adidas 10K at Pollok Park on May 10 was not the full distance. I too competed in this event, my

10K was extremely enjoyable with, for example, the Caird Hall being opened up to competitors before and after the race and with free coffee, biscuits, soft drinks etc provided.

Isn't it time the so-called wealthy sponsors such as Adidas, Kodak and British Airways got their respective acts together after several years of trying and made a genuine effort to cater for the athletes instead of simply promoting themselves?

David M Edgar

Campbell D Joss, Secretary, Bellahouston Harriers.

NEWSAGENT ORDER FORM

Please reserve me a copy of Scotland's Runner each month.

I will collect it

Please deliver it to my home

Name:

Address:

Oh no, it's not

26, Lochiel Road, Thornliebank, Glasgow.

enjoyment of which has been similarly diminished on learning that the course was "short". Irrespective of where the fault lay, I agree with Digby Guy (and no doubt other readers) that it is fundamental that race entrants should be able to depend on an accurately measured course.

I also appreciate Digby Guy's sentiments when he states that he has run too many short/long courses and is "tired of it". I recall Liz McColgan's televised incredulity when being told after the 1988 Kodak 10K in Glasgow that she had been "slower" in the second half of the race. The viewer was left in little doubt that this was not the case and the only possible explanation was that the course was "long".

In particular a special mention should be made to Eugene Donnelly, whose tireless efforts in preparing events is well known and very much appreciated by all.

I am now going to have a shot at the June caption competition. In fact, I remember the incident well - it occurred at the Seoul Olympics and the athlete turning to the Irish official said: "Are you sure this is the way to carry out a dope test?"

Jim Gallagher, Giffnock North AAC.

Wrong line

25, Speirs Road, Bearsden.

SIR - With regard to the article about the Adidas 10K in Up Front (June issue) I would like to point out that there was an error in the quote from myself.

When asked for my comment, I had of course referred to the starting banner being in the wrong place, not the finishing area. Incidentally, the British Airways 10K will be over the same course on August 13 - with the start in the correct place.

Campbell D Joss, Secretary, Bellahouston Harriers.

Can anyone help a fatty!

11, Broombank Terrace, Edinburgh.

SIR - Can anyone help a fatty?

I am 5'10" and about 15 stone. I want to return to peak fitness and appeal to anyone who can help with a dietary and exercise programme.

I have run two marathons with a personal best of 3:38 in 1984. I have run numerous half marathons with a PB of 1:32 in 1986. Also in 1986 I was on target in training for a sub three in the Glasgow Marathon until contracting a virus three weeks before the event. At that time I was about 12 stone.

I recovered from the virus within a few months, but was out of the way of training. Consequently my weight ballooned.

My aim is to run a 10K and then two half marathons at the end of August, September and October respectively. My goal is to finish the distance without incurring coronary arrest, train through the winter, and start chasing PB's next year.

At the moment I can manage 20 minutes non-stop covering about two miles. Clearly there is a long way to go, but I am well motivated. Are there any coaches, sports medicine specialists or researchers out there willing to help me change from fat to fit?

Alex Williamson

The next issue of Scotland's Runner will be published on July 20.

Letters for inclusion in the next issue should reach us not later than July 3.

LETTERS

Sorry, Derek, but you've got it wrong on this occasion!

33, Cleeves Avenue, Dalry, Ayrshire.

SIR - Derek Parker's reasons for the lack of success of present day Scottish athletes in comparison with those of the past (in your May issue) cannot be allowed to be left without comment. Personally, I am not sure why this demise has occurred but his ideas are, quite frankly, well off target.

He sounded like a party political broadcast on behalf of the Conservative Party when he talked of, "negative influences being deliberately created", and that, "younger members of the community are being brainwashed into believing that much of the employment available is slave labour".

On these two points, I would say to Derek that negative influences do not have to be created and that young people do not have to be brainwashed, because young people, especially those 16 and 17 year olds, know that these conditions exist in Scotland today. How many young people are on a YTS programme as opposed to a real job? Incidentally, Derek, 16 and 17 year olds who cannot get a YTS place get no money. That is not brainwashing, but a hard fact.

As for politicians being, "mainly to blame for this atmosphere of dissatisfaction, despair and negativism", I would argue, that these politicians are merely reflecting Scottish society as it is - except, that is, those right wing politicians who try to brainwash us into believing that we have no reason to be whining and moaning.

Derek Parker suggests that we should not be looking for scapegoats, but surely he is contradicting himself here by blaming our lack of success on television, newspapers and politicians.

Where I do agree with Derek Parker is in that success will not come if the athlete's attitude is wrong. Our better athletes need to be positive and go for glory. Go for faster times, go for more first places and personal bests, and this way some of our younger (and older) athletes can use the sport to lift themselves out of the depression and misery which some of them are experiencing at home. This, in turn, will help them to forget their problems for a short time at least, whilst out competing and/or training.

One final point for Derek Parker to ponder: athletics is not the cheapest of sports, in terms of buying running shoes, vests, shorts, equipment, entry fees, membership of a club etc, and if you are a member of a family whose income is low, of which there are a lot in Scotland, then taking part may not be so easy. For this reason, it may well be the case that many naturally talented people cannot take part, or have to think twice about spending money out of their limited incomes.

As a runner myself, who loves the sport, I would like to see many more Scottish athletes coming through and taking top honours - but I am also aware that there is more to life than athletics.

Jim Hodgart

No water stations is "unacceptable"

15, Campsie Gardens, Clarkston, Glasgow.

SIR - I took part in Johnstone Rotary Club's 10K run on May 21 - on an extremely hot and dry day. I wrote officially to the organisers to complain that there were no water stations and was told that as it was an approved SAAA and SWAAA event they were not allowed to provide water stations as this would "assist" the runners and this was "strictly forbidden".

Jim McCreery

That is perhaps alright for serious runners who are covering the course in half the time of more modest runners such as myself. However, in a race of this nature where there is a big mix of abilities, all participants should be catered for. Moreover, the organisers ran the risk of having dehydration problems due to the excess heat.

As an organiser of many fun runs, I find this health and safety risk quite unacceptable.

Jim McCreery

One law for the rich and famous - and the rule book for the rest

44, Langlands Road, St Andrews, Fife.

London Marathon. I know what I got - nothing - but he can command massive money and we can't run for a bit £20 here and there. Are we both still amateurs?

Terry Mitchell

Utter hypocrisy

15, Frankfort Street, Glasgow.

SIR - "Open" athletics in Scotland - forget it!

The SAAA are against it. They are dominated by the West of Scotland where the tradition of professional athletics has all but been wiped out and there is therefore no pressure for change. The image of corruption in the sport still lingers on even although the sport is "clean" and has had its own governing body since 1947.

Good luck to him, but then if I or any other amateur runners run in a non permitted race in Scotland we would be hounded out of amateur racing.

The SAAA waive their own rules to suit, to the extent that the term "amateur" is no longer appropriate. Star athletes earn a good living by their athletic ability.

"Amateurs" can compete in road races for prize money. Yet if an amateur were to compete in a professional meeting they would have, in the eyes of the SAAA, committed a cardinal sin and would be barred from their sport for life. Talented "professionals" cannot challenge for national honours unless they are granted a "pardon" and then reject their traditional background.

In Australia, where in some states there is a strong tradition of professional athletics, akin to Fife, Lothians and the Borders in this country, their amateur body has taken a liberal attitude and declared an "open" policy. Our own amateurs can, without penalty, now compete in professional meetings there and presumably, God forbid, indulge in some gambling. Yet they cannot do this here.

There appear to be traces of hypocrisy and bigotry in the attitude of the SAAA, and no end to their archaic "apartheid" policy.

Max Reid

9 am - 6 pm Mon-Sat
10 am - 4 pm Sun

SWEATY FEET

0702 460620
144 EASTERN ESP.
SOUTHEND SS1 2YH

BROOKS	Was	NOW
Regent	59.99	FREE SHIRT
GFS	54.99	44.99
Argent	49.99	44.99
Chariot CC	44.99	39.99
Nexus	49.95	34.95
Chariot KW	39.95	34.95
Conquest DS	39.99	35.95

NIKE	Was	NOW
Air Stab	64.95	55.00
Air Max Light	54.95	49.95
Air Flow	49.95	44.95
Air Pegasus	39.95	34.95
Air Mariah	44.95	39.95
Duelist	39.95	34.95
Air Wind Runner	34.95	29.95
Waffle Trainer	29.95	26.95
High Jump	39.95	35.99
Shot & Discus	39.95	35.99
Javelin	44.95	44.99
Long Jump	39.95	35.99

TURNTAC	Was	NOW
Road Warrior	54.95	49.95
Supreme	49.95	44.95
Road Warrior II	49.95	44.95
Impulse	47.95	44.95
Quikote Plus	39.95	29.95

ASICS	Was	NOW
GT III	89.99	81.99
GT II	79.99	72.99
Gel Striker	64.99	59.99
Gel Lyte	59.99	54.99
Gel 101	54.99	49.99
Gel 100	49.99	44.99
Gel Racer	49.99	44.99
Gel Marathon	39.99	36.99
Miramar	39.99	34.99
Lady Gel Lyte	49.99	44.99
Lady Gel 100	44.99	39.99

NEW BALANCE	Was	NOW
1500	100.00	89.99
996	69.99	63.99
676	59.99	55.99
595	47.99	46.99

RON HILL TRACKSTERS	Pink, Jade, Emerald, Black, Navy, Royal, Grey, Purple, Red, Yellow, Corn Blue, S.M.L.XL	11.50	10.50
NIKE	Black, Royal, Navy, S.M.L.XL	11.50	10.50
REEBOK	Red, Black, Navy, S.M.L.XL	11.50	10.50
BROOKS	Black, Maroon	11.50	8.99

SAME DAY DESPATCH FOR SHOES ORDERED BY
VISA/ACCESS BEFORE 4 pm
P&P 1 pair £1.50. 2 or more pairs £2.00

YOU DO BETTER WITH
SWEATY FEET

Run to help those who often can't even walk.

Multiple Sclerosis is a cruel disease that affects some 50,000 people in Great Britain today.

It can play havoc with muscular co-ordination. Most sufferers have difficulty getting around; some are chairbound, or even bedridden.

Every year the Multiple Sclerosis Society commits £1 million to research.

It's the only way we'll ever find the cure. And we could well use your help.

Next time you're running, please consider

finding sponsors to help the Multiple Sclerosis Society. It will cost you a little time and effort, and your friends a little money.

But it will mean so much to those who live with MS every day of their lives.

MS MULTIPLE SCLEROSIS

We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland,
27 Castle Street, Edinburgh EH2 3DN.
Tel: 031-225 3600.

CHEQUERS RUNNING TRAVEL INTO 1989

ABTA 1905X

European Road Races

MARRAKESH MARATHON & HALF MARATHON	BENIDORM MARATHON & HALF MARATHON	LOS ANGELES MARATHON	LE TOUQUET 10 & 20km
14 Jan 1990	SUNDAY 26 Nov	4 March 1990	FRANCE 26 Aug from £79

PARIS-VERSAILLES Oct 1 £89 **ENQUIRE FOR GROUP RATES** **PARIS-20km** Oct 15 £89

★ Central 3-star Hotel
★ 3 days by coach

New York City MARATHON

SUNDAY 5th NOVEMBER

- ★ Guaranteed entry
- ★ Choice of 3 grades of hotel
- ★ 4, 5 or 6 night stays
- ★ Flight and entry only
- ★ Extended stays possible

JOIN US IN THE 'BIG APPLE' THIS AUTUMN

BERLIN Marathon

SUNDAY 1st OCTOBER

- ★ 4 days by air
- ★ 3-star hotel
- ★ Breakfast run
- ★ Pasta party

FLAT FAST COURSE
Price £239

Complete the coupon and post to:
Chequers Travel Ltd., Newbridge House,
Newbridge, Dover, Kent CT16 1YS. OR...
call our 24 hour answer service on (0304-204515) quoting ref. SR 6

Please rush me a copy of the 1989 Chequers Running brochure

NAME

ADDRESS

ALLAN WELLS



HAVE THE cycling shorts, which I made a fashion cult, finally run their last race on the track? What started as a possible cure to protect my aging hamstrings has turned into a major discussion on certain parts of the male anatomy - not least mine when I finally joined the rich and famous by appearing on Spitting Image.

If I may, I will take you back to that fateful day on August 2, 1986. I had been excluded from the Scottish Commonwealth Games team - having been out of it, in it, and finally out of it again. To complicate matters, I had the honour of carrying the Queen's message round the track and this just seemed to make everything worse. I, the current defending Commonwealth champion, was not allowed to defend my titles in front of my home supporters.

Anyway that is another story. I had hit form at the right time for the Games but the wrong time for the selectors. So, the best thing was to compete in the next available competition. This just happened to be Gateshead. It was not planned as a revenge, grudge, or any other type of race and I did not realise it at the time, but it was my last chance to qualify for the European Championships. But back to the shorts.

A friend who had been helping nurse me back to peak fitness suggested I wore the shorts to protect my legs against the notoriously cold Gateshead wind. It seemed like a good idea and he proceeded to cycle all the way from Linlithgow to Peebles and back to acquire samples of cycling attire to try. My main concern was that with my large thighs I normally found tights etc. too restricting, but he assured me this would not be the case due to the special type of material that they were made from.

If you thought the shorts were bad you should have seen what I rejected! A Harlequin style all-in-one bodysuit with the panels coloured lime green and black! Bright orange and yellow! Bright red - very revealing. So think how lucky you were just to witness the black ones!

Because cyclists have to sit on a bike for hours and hours they have a large padded suede pouch built into the shorts. I removed this as it served no purpose in a sprint. Anyway, the rest is

AS FOR the shorts, they continued their notoriety when the rest of the British athletes decided to follow suit and wear similar clothing, and the fashion cults extended their fame to include them in every day wear.

So what has gone wrong? The competition seems to be not only who can wear the most gaudy and distinct athletic gear - but also who dares to wear the most revealing!

Those shorts were never meant to be worn without underwear, jock-straps, boxer shorts or frilly panties (depending on your preference). And apart from Flo-Jo, who no longer graces the track with her presence, the ladies seem to have kept their gear well under control. Is this male-lib gone haywire?

Come on chaps. The athletic public are only interested in one performance and that is the one on the track. Your physical attributes are of no interest to any one else.

By the way, why is it that the middle distance prima donnas of the track have not followed suit? Is it that they are not

followers of fashion, too aloof to lower themselves to wear something started by a lowly sprinter - or perhaps they are not as well endowed as the big guys and like to keep their little packages well wrapped up! Well Tom?

PERHAPS the Scottish team can save the shorts from being banished back to the bike, by including them in their official kit for the Commonwealth Games? It would certainly make a change from the ill-fitting, badly designed vests and shorts of the past.

One cannot help think back to the vests tied with string at the back, to prevent them falling off your shoulders! The Fossy Bear suits which had trousers that ended halfway up your legs and tops that would have engulfed me and Chris Black together.

Why is it that the Scottish team always ends up looking like the poor relation? Part of performing well on the track is to look and feel good - not to try and beat your opponents because they laughed at your tracksuit.

I can recall many an occasion when the Scottish thistle wilted in embarrassment. Standing on the rostrum wearing an assortment of kit (which my in-laws suggested had been retrieved from the nearest Salvation Army hostel) never bothered me, but wouldn't it have been nice to trade tracksuits with the rest of the Commonwealth instead of being left holding the only unswappable clothes at the Games!

NEVISPORT
U
N
N
I
N
G

261 SAUCIEHALL STREET
GLASGOW
WAVERLY MARKET
EDINBURGH
HIGH STREET
FORT WILLIAM

Nevisport
SCOTLAND

IN 1989...
run to give someone a



to LIVE

Second Chance is the campaign to increase the numbers of transplants being carried out.

Please help us to achieve this and to give as many people as possible a second chance at life by running for SECOND CHANCE this year.

For further details contact
Transplant Co-ordinator

Western Infirmary
Glasgow G11 6NT
041-339 8822 ext 4177

WE LEAD THE FIELD IN QUALITY PRINTING!

Consult our highly skilled "team" for all your print requirements.

- Brochures
- Leaflets
- Letterheads
- Magazines
- Programmes

PHONE: 041 429 4537



**McNAUGHTAN
& SINCLAIR LTD**
PRINTERS

ROSYTH ROAD, POLMADIE INDUSTRIAL ESTATE,
GLASGOW G5 0XX. TELEPHONE: 041-429 4537

if you think cancer doesn't concern you, think again. Cancer will strike one person in every three. Add to this number their family and friends, and you'll get some idea of how many people cancer affects.

if you think patients, their families and friends might need information, emotional support, and practical advice to live and cope with cancer, you'll understand the need for BACUP.

if you think a national Cancer Information Service staffed by professionals, providing free, confidential support to those most in need is a good idea, you'll be thinking of BACUP.

if you think we can run this kind of service without more people like you, please think again. We depend on voluntary contributions.



(British
Association of
Cancer United
Patients)

Telephone:
01-608 1785 (Office)
01-608 1661 (Cancer
Information Service)

if...
(it's a very big 'if...')

We would be pleased to send you more information about how BACUP is helping more than 100 cancer patients and their families every day.
If you would like to know more about BACUP or would like to make a donation to help us continue our work, please write to: BACUP, 121-123 Chancery Lane, London EC1M 5AA.
Thank you. Charity Registration No. 270526

COACHING

• CLINIC •

By Derek Parker

COMPETING in 5000 and 10,000 metres races is an important part of an athlete's build-up to his or her chosen marathon, half-marathon, or 25K event.

The shorter distances, along with the required training, provide a vital element of speed work and varied-pace running. If athletes train at the same pace all the time they will run at that same pace in races. This leads to the creation of speed barriers and retards progress.

A successful training programme includes runs of varying pace and intensity, raising the heart rate to the requisite level which will result in an improvement of performance. Shorter, faster runs of around five miles, elevating the heart rate to around 160 to 180 beats per minute, along with longer, slower runs of around 10 miles at a heart rate of around 130 to 150 beats per minute, all have an important role to fulfil in producing optimum training stimulus.

Athletes competing in 5K and 10K races as part of their preparation for longer events will include both the short fast, and the long slow, runs in their training. Both forms are aerobic in content and the 5K and 10K events are primarily aerobic orientated. (Note: aerobic running means that the oxygen requirement is being met by the amount of oxygen breathed in during the run. Anaerobic running means that the oxygen requirement is not being accommodated by the amount of oxygen breathed in during the run and the athlete is racing or training in a state of oxygen debt).

The aerobic to anaerobic ratio in the 5000 and 10,000 metres events is approximately 75/25 per cent and 90/10 per cent respectively. This means that the athlete who hopes to do well in these events must allocate the appropriate percentage of training time to ensure that the aerobic and anaerobic energy requirements are being catered for. For example, using the 75 per cent/25 per cent ratio, a 5000 metres runner training twelve times a week would do nine aerobic sessions (75 per cent) and three anaerobic sessions (25 per cent).

One of the principles of training theory is that sessions and coaching programmes must be specific to the physiological, psychological, and tactical demands of the event which the athlete is preparing for. This basic principle applies to all athletes, whatever their aspirations or levels of

ability. It is particularly important in 5K and 10K races where the athlete must be able to assess pace accurately to avoid going too fast too soon and consequently building up debilitating oxygen debt - and to avoid going too slow early on and subsequently failing to achieve the performance he or she was capable of.

It is also worthwhile mentioning that anaerobic running involves raising the heart rate to more than 180 beats per minute, while aerobic running is done at a heart rate of less than 180 beats per minute. Obviously there is a good deal of overlap between aerobic and anaerobic running and other factors such as age, ability, and maximum heart rate must be taken into consideration. Generally speaking, however, anaerobic running occurs when the leg muscles feel heavy and stiff with lactic acid accumulation as a result of oxygen debt. Aerobic running is taking place when an athlete is capable of normal conversation during exercise and when breathing is easy and rhythmic.

This knowledge is the basis of all the specific training sessions pertaining to that particular athlete. To run for 12.5 laps at a pace of 66 seconds per lap he must train at that pace for his programme to be specific to the physiological and psychological demands of the event. And during specific training he will keep his recovery to as short a period as possible so that in the race he will be able to string all the laps together without taking any recovery between these laps.

A further point to remember is that in training the total distance of the fast repetitions should at least equal the race distance but not more than double that distance. Thus a specific session for our Commonwealth Games hopeful would be 12 x 400 metres in 66 seconds, plus 1 x 200 metres as fast as possible, with 20 seconds recovery between all repetitions.

Founder member of the British Milers' Club, Frank Horwill, suggests that during specific 5000 metres training the recovery times for repetitions should be the equivalent of a jog amounting to one-eighth of the distance run, eg 50 metres jog in 20 seconds after 400 metres reps, 100 metres jog in 45 seconds after 800 metres reps, 200 metres jog in 90 seconds after 1600 metres reps, and 250 metres jog in around 2 minutes after 2000 metres reps. Practical experience indicates that these recovery



COACHING

• CLINIC •

jogs/times are highly effective in obtaining optimum fitness levels.

Again it must be emphasised that recoveries must be tailored to accommodate the individual requirements of the athlete and may be more or less than the aforementioned figures. But it is essential that during the specific training phase the athlete should be running his or her repetitions at racing pace.

Other sample sessions for our 13-45 aspirant would include 6 x 800 metres in 2-12 plus 1 x 200 metres full effort with 45

seconds recovery between repetitions; or 5 x 1000 metres in 2-45 with 60 to 75 seconds recovery; or 3 x 1600 metres in 4-24 plus 1 x 200 metres full effort with 90 seconds recovery; or 16 x 300 metres in 49.5 seconds plus 1 x 200 metres full effort with 15 to 20 seconds recovery.

Specific training is very arduous and normally no more than two specific 5000 metres sessions would be done in a seven-days cycle. An athlete aiming for a Commonwealth Games place would also include specific 1500 and 3000 metres

sessions at least once every 14 days, along with forays into specific 800 metres and 10,000 metres training at least once every 28 days.

According to physiologists, the most economical method of running distance events is to complete the course at even pace, ie without any fluctuations or variation in pace. While this is factually correct, and provides the basis of a fundamental training programme, it does not take into account the increasing use of surge or varied-pace tactics by some

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

SESSIONS marked (A) are suitable for those competing in the Inverclyde Marathon; sessions marked (B) are for the Glasgow 25K.

Week One

Sunday: 90-120 minutes grass run. Monday: 5K session eg 5 x (800m at 5K pace with 45 secs recovery + 200m at 1500 pace). Take 75 secs recovery between each 800/200 set. Tuesday: 8 miles steady. Wednesday: 12 miles steady (A); 10 miles steady (B). Thursday: 3 to 5 x 1 mile fast with 5 mins recovery. Friday: 45 to 60 mins easy run. Saturday: 18 miles steady (A); 12 miles steady (B). Note: 3 to 6 morning runs of 3 to 5 miles per week will assist recovery and provide additional mileage.

Week Two

Sunday: As Week One. Monday: 5K session eg 12 x 400m at 5K pace with 20 secs recovery. Tuesday and Friday: As Week One. Wednesday: 15 miles steady (A); 12 miles steady (B). Thursday: 2 to 4 x 1.5 miles with 5 mins recovery. Saturday: 20 to 22 miles steady (A); 15 miles steady (B). Morning runs as Week One.

Week Three

Sunday: As Week One. Monday: 5K session eg 10 x (300 metres at 5K pace with 20 secs recovery + 200m at 1500 pace). Take 45 secs between each 300/200 set.

Tuesday and Friday: As Week One. Wednesday: 15 miles steady (A); 12 miles steady (B).

Thursday: 2 to 3 x 2 miles fast with 5 mins recovery.

Saturday: 20 to 24 miles steady (A); 12 miles steady (B).

(If competing on following day, 30 to 60 minutes easy running). Morning runs as Week One.

Week Four

Sunday: As Week One. OR 10K/ half-marathon stepping stone race.

Monday: 5K session eg 5 x 1000m at 5K pace with 90 to 120 secs recovery or post-race 30-60 mins recovery run.

Tuesday and Friday: As Week One. Wednesday: 13 to 14 miles steady (A); 10 miles steady (B).

Thursday: 2 x 1.5 miles fast with 5 mins recovery.

Saturday: 17 to 18 miles steady (A); 12 to 13 miles steady (B).

restricted to easy 20 minutes jogging no more than three times a week.

Week Two

Sunday: As Week One.

Monday: 5K session eg 12 x 400m at 5K pace with 20 to 30 secs recovery.

Tuesday and Friday: As Week One.

Wednesday: 13 to 14 miles steady (A); 10 miles steady (B).

Thursday: 2 x 1.5 miles fast with 5 mins recovery.

Saturday: 17 to 18 miles steady (A); 12 to 13 miles steady (B).

Week Three

Sunday: As Week One.

Monday: 5K session eg 10 x (300m at 5K pace with 30 secs recovery + 200m at 1500 pace). Take 45-60 secs recovery between each 300/200 set.

Tuesday and Friday: As Week One. Wednesday: 10 miles steady (A); 8 miles steady (B).

Thursday: 4 x 800m fast with 3 mins recovery.

Saturday: 20 to 22 miles steady (A); 15 to 16 miles steady (B).

If competing next day replace the long run with easy 20 min jog.

Week Four

Sunday: As Week One or 10K/ half-marathon stepping stone race.

Monday: 5K session eg 5 x 1000m at 5K pace (90 to 120 secs recovery) OR post-race recovery run.

Tuesday: 30 mins recovery run.

Wednesday: 12 miles steady (A); 8 miles steady (B).

Thursday: 3 x 1 mile fast with 5 mins recovery.

Friday: Rest or 10 to 15 mins jog.

Saturday: 15 miles steady (A); 10 miles steady (B).

SOME EXPERIENCE

Week One

Sunday: 75 to 90 mins grass run.

Monday: 5 x (800m at 5K pace with 45 secs recovery + 200m at 1500 pace). Take 75 secs recovery between each 800/200 set.

Tuesday: 30 mins recovery run.

Wednesday: 12 miles steady (A); 8 miles steady (B).

Thursday: 2 x 1 mile fast with 5 mins recovery.

Friday: Rest or 10 to 15 mins jog.

Saturday: 15 miles steady (A); 10 miles steady (B).

Morning runs optional although it is recommended these, if done, be

NOVICES

Week One

Sunday: As Week One.

Monday: 16 x 15 secs striding/45 secs jog + 10 mins warm-up/cool down.

Tuesday: Rest or 10 to 15 mins jog.

Wednesday: 4 to 5 miles steady.

Thursday: 15 mins easy jog.

Friday: Rest.

Saturday: 5 to 6 miles steady.

Week Two

Sunday: As Week One.

Monday: 12 x 20 secs striding/45 secs jog.

Tuesday: As Week One.

Wednesday: 4 to 5 miles steady.

Thursday and Friday: As Week One.

Saturday: 6 miles steady.

Week Three

Sunday: As Week One.

Monday: 10 x 30 secs striding/60 secs jog.

Tuesday: As Week One.

Wednesday: 5 miles steady.

Thursday and Friday: As Week One.

Saturday: 6 miles steady.

Week Four

Sunday: As Week One.

Monday: 12 x 15 secs striding/30 secs jog.

Tuesday: As Week One.

Wednesday: 20 mins easy.

Thursday: 10 mins jog.

Friday: Rest.

Saturday: Time trial over 3 miles/ 5K (Compare performance with that of Week 4 of last month).

COACHING

• CLINIC •

athletes. So obviously the discerning coach and athlete must be able to devise training programmes to combat these tactics should the need arise.

For example, instead of running a session of 5 x 1000 metres at level pace (i.e. in 2-45) the first 800 metres alone could be run at level pace followed by a very short recovery before moving on to a final section of 200 metres at 3000/1500 metres pace.

After each 200 metres section a longer recovery would be taken and the series repeated four more times. Therefore on the athlete's training schedule the session would be written: 5 x 800 metres at 5K pace ie 2-12 (45 secs recovery) + 200 metres at 1500 metres pace ie 30 to 31 seconds (75 secs recovery).

The list of variations is endless and could include similar sessions such as 10 sets of alternate 300 and 200 metres at 5K and 1500 metres paces respectively with 20 seconds and 45 seconds recoveries; or eight sets of 400 metres at 5K pace with 20 seconds recovery alternating with 200 metres at 1500 metres pace with 30 to 45 seconds recovery; or 2 x 2000 metres at 5K pace with 30 seconds recovery, plus 1 x 500 metres pace with 90 seconds recovery.

This latter session is particularly demanding and was used very effectively by Robert Quinn, Great Britain junior internationalist and Scottish junior cross-country champion in 1984 and 1985. The successful completion of demanding sessions such as these instil in the athlete a confidence and belief in his or her ability to withstand injections of pace during race situations and develop the power to put in surges of his or her own at crucial stages which may prove vital in "breaking" an opponent.

Another form of varied pace specific training which Great Britain Olympic coach Harry Wilson describes as "pace increasers" is also very arduous but effective. Again the list of variations is endless, and the creative and inventive coach or athlete can devise innumerable sessions designed to combat tactical surges by opponents, as well as to improve one's own capacity to inject increased tempo into an already fast, steady pace.

One example quoted by Wilson for a 5000 metres runner aspiring to 14 minutes 25 a session comprising 4 x 1200 metres with the first lap in 70 seconds, the second lap in 67 seconds, and the third lap in 64 seconds. Plenty of time for full recovery is allowed.

A similar session involving pace

injection would be for the athlete to run 4 x 1200 metres as follows: 400 metres at race pace; 400 metres at 3 to 4 seconds faster; then 400 metres at race pace. In his book, "Running My Way", Wilson cites Steve Ovett as doing this particular session with 400 metres splits of 63, 58, and 63 seconds respectively, with four to four and a half minutes recovery between sets.

The art of coaching lies in ones ability to formulate a training programme for individual athletes in accordance with correct physiological, psychological, and tactical principles. I shall conclude this article by illustrating how an imaginative session can be devised to assist an athlete to develop his or her ability to cope with increases or injections in tempo in an already fast steady tempo.

An examination of previous races has shown that our imaginary athlete is capable of a fast, sustained pace of 66 seconds per lap for 5000 metres but finds difficulty in maintaining contact when his opponents surge. He is also regularly outkicked in the finishing sprint by faster rivals. So instead of just running all his track sessions at the

one pace ie 12 x 400 metres in 66 seconds with 20 seconds recovery, his schedule could be varied along the following lines:

Lap One: 1st 200 metres in 32 secs; 2nd 200 metres in 34 secs.

Lap Two: 400 metres in 66 secs.

Lap Three: 400 metres in 66 secs.

Lap Four: 1st 200 metres in 32 secs; 2nd 200 metres in 34 secs.

Lap Five: 400 metres in 66 secs.

Lap Six: 400 metres in 64 secs.

Lap Seven: 400 metres in 68 secs.

Lap Eight: 1st 300 metres in 51 secs; final 100 metres in 15 secs.

Lap Nine: 400 metres in 66 secs.

Lap Ten: 1st 100 metres in 18 secs; 2nd 100 metres in 15 secs; 3rd 100 metres in 18 secs; 4th 100 metres in 15 secs.

Lap Eleven: 400 metres in 66 secs.

Lap Twelve: 1st 200 metres in 34 secs; 2nd 200 metres in 32 secs.

Final 200 metres: Full effort.

There is a 20 seconds recovery between each lap and the final 200 metres full effort run.

The objective of such a session is to get the athlete used to an initial fast start and to a flat-out final half lap. In between there is a series of pace injections and variations to accustom the athlete to increases and decreases in pace - and to make him or her more aware of pace judgement which is an essential tool in the middle-distance runner's armoury.

So, the message is simple: if you want to be able to cope with specific race situations you must create these situations in training so that you can handle them when they occur in competition.

Post office club runner Jim Neave (left) finished 83rd in the Aberdeen Marathon on May 28. Jim works in the Aberdeen sorting office.

On Page 19, our picture shows Linda Trahan coming in third in the same event. It was 31 year old Linda's third marathon within a month, and her Aberdeen time of 3-14-42 represented a 20 minute improvement over the period!

The winner at Aberdeen was England's Ian Bloomfield (2-22-30), with Fife AC's Terry Mitchell second (2-24-53). First Scottish woman (second in the race) was Margaret Stafford of Aberdeen AAC (3-06-36). First male and female vets were Colin Youngson (2-31-23) and Margaret Robertson (3-15-07).

PICTURES BY ROY DONALDSON



Motherwell's Runners

RAVENS CRAIG HALF MARATHON: SUNDAY, MAY 28



Name: Phyllis Wilson
Town: Motherwell
Age: 33
Job: Clerk of court
Club: Unattached
Time in race: 1:40
PB: 1:34 (Ayr)

Started running? 1984
Fav distance: Half-marathon
Average weekly mileage: 45
Plans for '89: To try to get my time down to 1:35 again. If I get 1:35 my boyfriend has promised me a new pair of running shoes!
Comments on race: It was a bit too hilly and it was hard going into the wind.



Name: David Fairweather
Town: Uddingston
Age: 44
Job: Quality control manager
Club: Cambuslang Harriers
Time in race: 1:15
PB: 1:09 (Cumnock)

Started running? 1974
Fav distance: 10K
Average weekly mileage: 70
Plans for '89: To get a PB in the marathon
Comments on race: I thought it was well organised but a tough course. I found it heavy going as I'm recovering from an operation.



Name: Elaine McKay
Town: Cambuslang
Age: 24
Job: Physiotherapist
Club: Shettleston
Time in race: 1:29
PB: That's it, that was my first half-marathon.

Started running? 1975
Fav distance: 3000 metres
Average weekly mileage: 50
Plans for '89: To improve my 3000m time.
Comments on race: I was pleased to last the distance and surprised when I won the women's race.



Name: Terry McCartney
Town: Dundee
Age: 23
Job: Milkman
Club: unattached
Time in race: 1:22
PB: 1:18

Started running? 1986
Fav distance: Half-marathon
Average weekly mileage: 40-45
Plans for '89: To try to break 1:18 for the half-marathon.
Comments on race: It wasn't well supported by the crowds. It was a bit hilly so I think I did a reasonable time for the type of course it was.



Name: Gordon Low
Town: East Kilbride
Age: 44
Job: School teacher
Club: Unattached
Time in race: 1:30
PB: 1:25

Started running? About 20 years ago I think!
Fav distance: Half-marathon
Average weekly mileage: 25-30
Plans for '89: To train enough miles to be able to run a half-marathon comfortably.
Comments on race: Well organised and stewarded but a dour course - not very stimulating.



Name: Patricia Allen
Town: Wishaw
Age: 40
Job: Hairdresser
Club: Unattached
Time in race: 1:45
PB: That's it.

Started running: 1984
Fav distance: 10K - half-marathon
Average weekly mileage: 48
Plans for '89: To get better and knock 2 or 3 minutes off my PBs.
Comments on race: It's one of the hardest races I've ever done - there were too many hills!



Name: Alistair Adamson
Town: Mossend
Age: 22
Job: unemployed
Club: Unattached
Time in race: 1:42
PB: 1:30 (Glasgow)

Started running: 1982
Fav distance: Marathon
Average weekly mileage: 30
Plans for '89: To train for the 1990 London Marathon.
Comments on race: I quite enjoyed it - it was a bit of fun, I've done the race before.



Name: Peter Ward
Town: Airdrie
Age: 40
Job: Parts-sales consultant
Club: Unattached
Time in race: 1:39
PB: 1:27 (Falkirk)

Started running? 1981
Fav distance: Half marathon
Average weekly mileage: 35-40
Plans for '89: To get inside 1:25 for the half-marathon, to do the Great Scottish Run.
Comments on race: I was frustrated as my shoe burst halfway round. It's difficult running with one shoe!

club PROFILE

DUNDEE HAWKHILL HARRIERS

ONE HUNDRED years ago a group of working lads in Scotland's fourth city got together to form a club to promote their deep interest in running. They persuaded a pub owner at the corner of the Hawkhill and Perth Road to let them meet in his premises on a regular basis. Dundee Hawkhill Harriers had been born.

In fact, the title Dundee Hawkhill Harriers is only a comparatively recent adjunct to the original club name, which left out any reference to the city. The original enthusiasm was not sustained as the town faced difficult economic times (not to mention the loss of young men during the first World War), but in 1924 the club was

ALAN LORIMER reports on the Hawks who are flying high into the 1989 season.

reformed and four years later a women's section came into being.

During the Second World War the club joined up with Dundee Harriers and although each went their separate ways at the end of this conflict, the name Dundee Hawkhill Harriers stuck.

Although primarily a road and cross country club, Hawks have some

distinguished names in their track and field history. That conversion to track and field occurred at a time when Hawks faced yet another rival organisation in the city - Dundee Amateur Athletic Club, run almost single-handed by a dedicated coach, John Lyons, whose talents helped produce the likes of former Scottish hammer champion Lawrie Bryce and a clutch of very good sprinters.

While the Commonwealth 10,000 metre champion Liz McColgan is undoubtedly the most famous of Hawk's athletes, they were able to boast of another Olympian some 25 years ago. Fergus Murray had been a pupil at Dundee High School, and



The wide spectrum of age groups that attend training at Caird Park. All pictures by DAVID MARTIN.

DUNDEE HAWKHILL HARRIERS

as a keen runner had been persuaded to join the local club to develop his talents. While at university in Edinburgh, Fergus was selected to run for Britain at the Tokyo Olympics in 1964. Like his successor McColgan, Fergus ran in the 10,000 metre event, the start of a top class career which saw him compete in two Commonwealth Games in Kingston and Edinburgh, numerous cross-country internationals, and the World Student Games in which he

won a bronze medal in the 5000 metres.

The name Fergus Murray appears in quite a few of Hawks' records, some others of which have stood for a considerable period of time, resisting the challenges of the present generation. One of the longest standing of these records is the triple jump which is held by George Duffus, the Scottish comedian whose athletics involvement 20 years ago was certainly not done for laughs.

It is not surprising that track and field



The clothing may have changed, but the Hawks men still enjoy posing as much now as they did 93 years ago.



was always in the shadow of cross country given the facilities at Dundee's Caird Park, which were a nightmare for those weaned on a normal sized track. Not only was it a cinder track of the kind that wore out a new pair of running shoes in a matter of weeks, but it was only 352 yards - or five laps to the mile to give it arithmetic credence. The bends were accordingly so tight that any sprinter with normal length legs struggled desperately against enormous tangential forces. Even so, Hawks did produce a couple of sprinters in the early seventies - Robin Reilly and Brian Johnston, who jointly hold the 100 metre record of 10.8 seconds.

The old Caird Park finally came to an end in 1982 when Dundee District Council responded to the clamour for modern facilities which would match those of numerous other communities throughout Scotland, where synthetic surfaces tracks had been constructed.

The new track was built adjacent to the old, which meant that Hawks could still benefit from the proximity of their clubrooms. In many ways, Caird Park is an ideal siting, set as it is in relatively rural countryside on the periphery of the city and accessible by the fast roads which skirt Dundee. This kind of setting has now become the blueprint in many minds for the hyper stadia of the future following recent tragic events in football.

The track itself has a reputation for fast times as was shown in the first big meeting at the stadium when the three "Macs" - Drew McMaster, Gus McCuaig and George McCallum - all posted exceptional times. Caird Park has been a major feature in Hawks recent revival, and has helped to rewrite a few of the records, including that by sprinter Tony Barrie who set the club record in the 400 metres of 49.9 on the track two seasons ago.

Their resurgence did not come in time to stop Hugh McKay switching allegiance to Fife AC, whose consistently higher standing in the Scottish League persuaded him of the need to change clubs. McKay's 1985 records of 1-52.20 and 3-48.3 for the 800m and 1500m still stand, but given the present rise in standards at the club these figures could be under threat.

Although it is the men's section who are the more upwardly mobile, it is the women's team which currently enjoys Division One status in the Bank of Scotland women's league. Being able to call on the services of the Olympic 10,000m silver medalist does of course help their cause, but amongst their senior ranks Hawks have their other middle distance star, Chris Price, who still holds their 400m record of 56.9 seconds set back in 1972. Chris, who

DUNDEE HAWKHILL HARRIERS



Some of the Hawks club committee and office bearers. Left to right: Eileen Morrison, Fiona Silver, Bill Findlay, John Oulton, Jim Penman (President), Doug Thoms, Ian Silver and Joe Brannan. Below, Hawkhill Harriers, unique clubhouse.

established something of another record in running in both the Edinburgh Commonwealth Games, also holds the mile record at 4-44.08 and was the first Scot to break the five minute barrier.

These apart, all the other records from 800m upwards stand to Liz McColgan whose career began in Dundee under the guidance of the late Harry Bennett. Bennett also helped promising 400m runners, whose combined efforts put them second ranked in Britain for the Euro-Junior age group 4 x 400m.

After a comparatively lean spell, Hawks have built up a good reservoir of coaching expertise which includes Andrew Winnie, Ian Silver, Jim Penman, Bill Findlay, Jack Wilson and John Oulton, while passing on her experience is former Great Britain and Commonwealth Games sprinter Barbara Oliver. Although never a first claim member of Hawks, Barbara, who started her athletics career with Tayside before moving to Edinburgh Southern, was always a second claim member of the Dundee club, and so in a sense her 400m time of 54.1 might reasonably be considered as another commendable club best.

This season saw a flying start for the men's team, who finished winners in the opening round of their Division Two match of the HFC League in Aberdeen. Yet only a few seasons ago Hawks were sliding towards extinction. The remarkable turnaround has been engineered by senior coach Andrew Winnie, who has not only worked hard in a technical sense, but has also proved to be an efficient administrator. The men's team is now beginning to realise the enormous potential which Dundee undoubtedly possesses, and for the first time in their history they are showing strength in most disciplines.



Their sprint squad, which includes former Perth Strathtay runner Paul Ewing, Graham Cook, Doug Thom, Tony Barrie and Nicol Connacher is now competing for places, and that can only be healthy for a club more used to press-ganging unwilling volunteers. At 800m Graham Mitchell, who finished equal first with Glen Stewart at Aberdeen, is emerging as one of Hawks' brightest prospects. The Dundee Club has a rich mine of middle distance talent from which to choose, including Peter McColgan, Peter Fox, Brian Cook, Paul McCormack and Duncan Storrie.

What has made the big difference is the addition of decathletes Don Darroch and Eric Fleischer, and thrower Steve Aitken, who all helped Hawks win that first league match so decisively. Already sights are set

on promotion to Division One at the end of this season, and that surely would be the best way for Dundee Hawkhill Harriers to celebrate their centenary.

Footnote: Hawks will be holding a centenary dinner on September 15 in the Stakis Earl Hotel in Dundee and any present or former members wishing to attend should contact Ron Oliver, 4 Lethnot Street, Barnhill, Dundee.

WOMEN in SPORT

With Fiona Macaulay

THE YEAR was 1978 and we were in Larvik for match against Norway. We were enjoying the scenery and staying in a posh hotel where the Bulgarian men's team were patrolling the corridors, making the most of seeing so many young and relatively unchaperoned girls in one place at one time - why a lot of them did not have laces in their shoes is a bit of a mystery.

Oh, we had a great boat trip round the fiords, and the Norwegians as always were tremendously hospitable, and we were looking forward to the reception after the second day of the competition. So it was a bit of a shock when the then Scottish national coach, Frank Dick, got us all congregated for a team talk on the morning of the second day's competition and told us how disgraceful our performance as a whole had been so far - and if we did not start pulling the finger out, Scotland would find itself with no countries willing to take it on in international matches. After all, who would want to give costly hospitality to an extremely mediocre team?

Well, I don't know about the rest of the girls, but it fairly shook me up, being one of the baddies who always thought of trips abroad with Scotland as a jolly first, and competition second. As I remember, Norway ended up beating us by only one point.

Now, eleven years further on is it time for another shake up and a few home truths? We have, after all, been blaming the coaching and the administration in Scotland for a somewhat lean period in athletics. Should we now be looking also at the athletes just in case they have become a bit complacent and lackadaisical?

Is it time to introduce standards for the Scottish team, so that, for example, Scotland would not take a 400 metre hurdler who could not break 60 seconds, or a long jumper who could jump at least six metres? Perhaps Scotland should only look to send small teams abroad if it is not capable of fielding a strong all-round team.

Would this policy just be cutting our own throat? Would it make youngsters strive to attain that coveted Scottish vest, or would it make them give up, thinking it is out of reach?

HAVING written an article on the Scottish women's team manager, Ruth Booth, it could very well turn out that Ruth might not be taking a team to New Zealand next year due to the actions of the Scottish Rugby Union in saying their players can compete in South Africa if they so wish, in direct contravention of the Gleneagles Agreement.

I find it difficult (but others, knowing the SRU far better than me, might not) to believe that any sporting authority can be so blatantly selfish in jeopardising the chances of so many fellow countrypeople hoping to take part in the Commonwealth Games. What makes it worse is that it is a MALE sport that is jeopardising our FEMALE athletes (to get a bit feminist for a moment!)

I am sure the SRU would be absolutely delighted if a tour of New Zealand was cancelled because members of Glasgow AC took up the invitation extended by the Johannesburg Joggers for a short tour of South Africa.

YES, I was at Hampden to see Scotland play Cyprus in the World Cup match.

"We'll beat this lot four nil," said my companion over a lasagne somewhere in Glasgow's West Regent Street, after which we joined the queue for the Mount Florida "Special" at Central Station.

"When does the train leave?" my companion asked of a uniformed man standing on the platform. He shook his head slowly and gravely and pointed to a St John's ambulance badge on his cap.

We stood outside Hampden and surveyed the scene - Ian St John, Jim White et al looking like a bookies' convention in long coats with velvet lapels. "Brilliant evening. We'll hammer seven past these amateurs," said my pal.

Ten minutes into the game and no sign of even one of the predicted seven.

"It's the first 20 minutes that count."

Another ten minutes further on.

"It's the first half hour that's crucial."

Mo Johnston's goal was greeted with as much relief as expectation.

Denny and Dunipace pipe band proved more exciting than the football in

the first half - and a lot less stressful. Not long after they marched off, the Cyprus goal was met with stunned silence. My companion blinked as if to clear his eyes and said in hushed tones: "Tell me it isn't true." A short while later, a number of Scottish shirts all chasing the same ball prompted a spectator near me to stand up and shout in an apoplectic way: "One of yez! One of yez! - ohmagoan any of yez!"

I amazed myself by shooting to my feet when McCoist scored the winning goal. I always pride myself by remaining on my behoof at football matches while all around revel in undignified fashion.

"Forget the seven - two'll dae fine," said my mate wiping his face with his bunnet. Back at Queen Street Station, having one for the road, he said to a half-cut punter in a Scotland jersey and tartan scarf: "Well, are you going to Paris then?"

"Naw," he said looking at his watch. "Stirlin'."

While the post and pre-match banter was probably more entertaining than the football that night, for entertaining football you could not beat the Women's FA Cup Final.

At first the male personage I was watching it with (not the same one who shared the Hampden agony with me) was in hoots of derisive laughter as the goalies dived about, and the women tanked round the park placing more accurate passes than Scotland, and jumped on each other after each goal. And why not? - as Barry Norman would say. It is surely more surprising to see grown men running round a field cuddling each other - when the very same are scared stiff to show any emotions towards each other off the park for the fear of any sexual connotation.

Anyway, the male personage and I enjoyed the women's FA Cup Final, although it was spoilt at times by the commentators inane and chauvinistic remarks such as: "Ooooh Mark Hughes would have been proud of that one!"

Why women's football should not be as good, if not better than men's football is beyond me - after all, the gap is closing rapidly with more women taking up the sport, and schoolgirl football is taking off. I should have been ready for the inevitable remark at the end of the game: "Right, now swap shirts!" bellowed the MCP with great gusto.

COMFORTABLE!
AFFORDABLE!
COLLECTABLE!

bring you The TRICOLOR Collection

The FASTRAX TRICOLOR COLLECTION brings you co-ordinated athletics gear which incorporates the latest lightweight fabrics for extreme comfort and easy care at sensible prices. You can choose to buy one, several or even all items in a colourway as we continue to advertise the TRICOLOR RANGE over the months.



ORDER: YELLOW-WHITE-ROYAL

ORDER: ROYAL-WHITE-RED

ORDER: GREEN-WHITE-BLACK



QUALITY CLOTHING AT SENSIBLE PRICES!

ALL ITEMS ARE UNISEX EXCEPT FOR VESTS.

LADIES VEST. Lightweight polyester, solid/mesh. 34", 36", 38"	£8.95
SHORTS. Lightweight polyester with briefs. S, M, L, XL	£8.95
T-SHIRT. Polycotton; with 2-colour print. S, M, L, XL	£5.95
KNEE SHORTS. Lycra/nylon with tiecord. S, M, L	£12.95
TRACKSUIT. Sheen polyester; hood; 2 pockets; 12" leg zips. S, M, L, XL	£34.95
SWEATSHIRTS. Polyester/cotton, with 2-colour print. S, M, L, XL	£11.95
TIGHTS. Lycra/nylon with tiecord. S, M, L	£16.95
MALE VESTS. Lightweight polyester, solid/mesh. 36", 38", 40", 42", 44"	£8.95

IF YOU ARE SETTING UP A NEW CLUB OR CHANGING YOUR CLUB IMAGE WHY NOT CHOOSE THE TRICOLOR COLLECTION? ALL ITEMS CAN BE PRINTED ON A 'NO MINIMUM ORDER' BASIS FOR CLUBS.

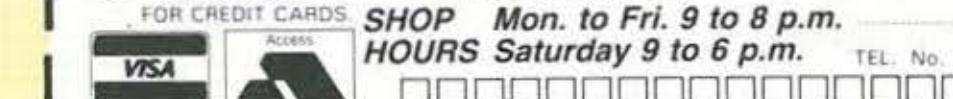
DESCRIPTION	SIZE	COLOUR		QUANTITY	PRICE	TOTAL
		First choice	Second choice			
FASTRAX CLOTHING						
is available by						
MAIL ORDER (or to personal callers)						
From: TERRY LONERGAN SPORTS						
at: THE COMPLETE RUNNER						
LEEDS ROAD, ILKLEY,						
W. YORKS. LS29 8EQ						
Tel: 0943 601581						
FOR CREDIT CARDS						
VISA						
Access						
SHOP Mon. to Fri. 9 to 8 p.m.						
HOURS Saturday 9 to 6 p.m.						
TEL. No.						
POSTCODE						

TO ORDER Simply write stating above details plus name and address or use this order coupon. Cheques payable to TERRY LONERGAN SPORTS or use CREDIT CARD POST FREE DELIVERY

NAME

ADDRESS

POSTCODE



FASTRAX
RUNNING LINES

VISUAL COMMUNICATIONS

GRAPHIC DESIGN & SCREEN PRINTING

a full line of low-cost equipment for garment printers and others that wish to start their own textile printing business. Primatek prints screen making screen printing is also suitable for small shops and for just entering the sportswear market. Leading of the line are the T-Printer. These one-color and four-color printers are in sizes of 15 x 24". And for begin printing there's the T-Printer one-color, two-color and four-color models. Rototex.

The ideal way to promote sports meetings, sponsorships or fund-raising is printed t-shirts or sweatshirts by Visual Communications design and print service.

BLOCK 3, UNIT 45, 42 EASTMUIR STREET,
ANNICK ST. IND. ESTATE, GLASGOW G32 0HS.

CALL JOHN OR TIM ON 041-778 7131
FAX: 041-763 0338

**OMEGA
SPORTS TIMING**
Omega offers a comprehensive range of marathon clocks for hire for as little as £50. These clocks are totally self-contained and come in a range of sizes. The best is not expensive!

Contact Sylvia Borgerson
Marathon Co-ordinator
Tel: 0703-616600
Fax: 0703-629127

For your complete
Road Race Package
please contact

RUNNING IMP U.K.

Call Dick or Roz Hughes
on 0778 342947 (anytime)
or 0778 343977 (9-5 p.m.)
• Medals & Trophies our speciality •

All types of running
shoe repairs. Established
Glasgow business
S. McFarlane & Sons

590, Dalmarnock Road
Glasgow G40
(junction Springfield Road)
041-554 5030

HOW DOES IT FEEL TO HAVE ASTHMA?

Taking part in a fun-run or marathon could be out of the question for many people with asthma. They have to live with the fear of sudden attacks that leave them struggling to breathe.

And every year asthma kills more than 2,000 people. That's why we need your help to raise money for urgent medical research.

ASTHMA
RESEARCH COUNCIL
WE'RE FIGHTING FOR BREATH

Return this coupon to Sponsorship Dept. 158400

Asthma Research Council, 300 Upper Street, London N1 2XX

Please send me an ASTHMA sponsorship form

Please send me my FREE T-shirt

Name: _____

Address: _____

Date of Event: _____

Postcode: _____

MULTIPLE SCLEROSIS

Let your legs work for
ARMS.

ARMS, a charity founded and run principally by people with multiple sclerosis and their close families, stands for Action for Research into Multiple Sclerosis.

Your action in sponsored running on our behalf will ensure the continuity of funds for our vital research projects into the significance of diet, exercise and other therapies in slowing, even stopping, the progress of this crippling disease. Many thousands of people with MS have been helped by the work of ARMS.

Ring us on 0279 815553 or write to us at 4a Chapel Hill, Stansted, Essex CM24 8AG, and we'll send you your free running vest or T-shirt, our information pack and the sponsorship forms. Please give us a run for our money.



All types of running
shoe repairs. Established
Glasgow business
S. McFarlane & Sons

590, Dalmarnock Road
Glasgow G40
(junction Springfield Road)
041-554 5030

SCOTTISH MEN'S RANKINGS

100 metres

CGA = 10.38

10.42w	Jamie Henderson	(ESH)
(10.45)		
10.43	Elliot Bunney	(ESH)
10.6w	Alan Doris	(EAC)
(10.78)		
10.79	David Clark	(ESH)
10.9	Richard Levin	(Bella)
10.9	Norman Shute	(ESF)
10.9	Mark McMahon	(ESH)
11.03	Stephen Shaw	(EAC)
11.05	Willie Fraser	(EAC)

3000 metres

CGA = 13.45.00

13-39.95	Tom Hanlon	(ESH)
13-54.85	Ian Hamer	(EAC)
13-57.37	Alan Puckrin	(CGH)
14-01.73	Peter McColgan	(DH)
14-05.42	Neil Tennant	(ESH)
14-09.28	Adrian Callan	(S'brn)
14-13.27	Gary Grindlay	(ESH)
14-13.56	Robert Quinn	(Kilb)
14-26.58	Chris Hall	(Ab)

200 metres

CGA = 20.80

21.5	Neil Turnbull	(ESH)
21.6w	Mark McMahon	(ESH)
21.7	Willie Fraser	(EAC)
21.73	Alan Doris	(EAC)
21.9	Mark Davidson	(Ab)
21.94	David Clark	(ESH)
22.0	Steve Shanks	(CAC)
22.0	Jamie Henderson	(ESH)
22.1	Mal Fairweather	(Sale)
22.1	Stephen Shaw	(EAC)

400 metres

CGA = 46.75

47.28	Brian Whittle	(Ayr)
47.29	Mark McMahon	(ESH)
48.6	Jim Nicoll	(PSH)
48.7	David Mulheron	(Shett)
49.1	Mark Davidson	(Ab)
49.1	David Young	(B'hill)
49.2	George Fraser	(S'will)
49.5	Iain Cumming	(Pit)
49.55	Andy Walker	(ESH)
49.7	Ian McGurk	(CAC)

800 metres

CGA = 147.00

1-48.08	Nick Smith	(Shaft)
1-48.36	David Strang	(Har)
1-49.2	Tom McKean	(Bells)
1-50.6	Andrew Murray	(JWK)
1-50.8	Brian Whittle	(Ayr)
1-51.1	Steve Ovett	(AnD)
1-51.2	Tom Ritchie	(Pit)
1-51.9	Peter McDevitt	(Bella)
1-52.2	Iain Cumming	(Pit)
1-52.3	John Divers	(CAC)

1500 metres

CGA = 340.00

3-43.4	Tom Hanlon	(ESH)
3-45.1	Robert Cameron	(CR)
3-45.5	Hamish McInnes	(OG)
3-46.9	Alan Smith	(ESH)
3-47.9	Alastair Currie	(Dum)
3-48.40	Don McMillan	(Dur)

3000 metres

CGA = 8.38.00

8-25.77	Tom Hanlon	(ESH)
8-52.32	Geo Mathieson	(ESH)
9-01.88	Ian Steel	(ESH)
9-13.9	Graeme Croll	(EK)
9-16.0	John Pentecost	(FVH)
9-16.8	Jim Orr	(Cam)
9-22.70	Martin Ferguson	(EAC)
9-23.35	Ken Stirrat	(Ox U)
9-27.0	Robert Carey	(Bord)
9-28.13	John Moodie	(Pit)
9-30.7	D Storrie	(DH)

High jump

CGA = 2.18

2.10	David Barnetson	(D'all)
2.10	Geoff Parsons	(Lon)
2.08	James Stoddart	(Bella)
2.05	Ben Thomson	(EAC)
2.03	Stephen Ritchie	(Pit)
2.00	Alan Scobie	(Irv)
2.00	Neil Robbie	(HW)
1.95	Scott Hill	(EAC)
1.95	Dunc Mathieson	(Ab)

High jump

CGA = 2.18

2.10	David Barnetson	(D'all)
2.10	Geoff Parsons	(Lon)
2.08	James Stoddart	(Bella)
2.05	Ben Thomson	(EAC)
2.03	Stephen Ritchie	(Pit)
2.00	Alan Scobie	(Irv)
2.00	Neil Robbie	(HW)
1.95	Scott Hill	(EAC)
1.95	Dunc Mathieson	(Ab)

2.10	David Barnetson	(D'all)
2.10	Geoff Parsons	(Lon)
2.08	James St	

Cram, Walker, May and Adam might have made the headlines at the UK Championships in Jarrow, but, as DOUG GILLON relates, there was a most encouraging spread and depth of performance at the event

A YEAR can be a lifetime in athletics, yet some things remained unchanged in the 12 months separating the HFC Bank UK Championships of 1988 and 1989.

A year ago, with the flame of Olympic ambition burning brightly, three Scots won titles at Derby. Twelve months later, three Scots carried gold from Jarrow's six lane track, where the only flame in evidence was the burn-off flare of Monkton Cokeworks.

But the only common denominator was Liz McColgan. Winner over 5000 metres last year, as an overture to Olympic silver at twice that distance, she was in even more devastating form at Jarrow. Leading Karen Hutcheson (9.00.61) and Laura Adam (9.12.33) to a unique Scottish clean sweep of the medals, Liz made a championship record of 8.51.55 look a formality.

With the assembled scribes still breathless, Dundee Hawkhill Harrier McColgan had more than enough puff to describe in detail how she proposes to assault the world 5000m best, not once, but thrice. She is convinced that Ingrid Kristiansen's mark of 14.37.33 is within her capabilities. "I think I can go below 14.30, perhaps close to 14.20," predicted Liz. "If it goes well in Stockholm, then I will have further attempts in Belfast and Brussels."

To achieve her 14.30 target, Liz would have to run 1000 metres splits of 2.54, or inside 70 seconds per lap. And 14.20, put in perspective, was a time achieved by only five Scottish men last year - Neil Tennant, Adrian Callan, Allister Hutton, Peter Fleming, and Chris Hall. If she succeeds, Scotland will be more than proud of Liz. But a lot of male athletes worldwide are going to be very embarrassed.

The Scottish men's 5,000 metre contingent at Jarrow recorded the following times: 13.39.95 (inside the Auckland qualifying standard) by Tom Hanlon, 14.09.28 by Callan, 14.13.27 by Gary Grindlay, and 14.13.46 by Robert Quinn. Liz's husband, Peter, bidding for selection by Northern Ireland, was timed at 14.01.73, while Heriot-Watt student Ian Hamer clocked 13.54.85.

Welsh internationalist Hamer had much to complain about. The 5000 metres was split into two races, despite all the entrants having paid to enter the championship event.

The division was somewhat arbitrary. Hamer, no doubt accurately, claimed never to have been beaten at the distance by Hanlon, so when the Edinburgh graphic artist was allowed to run in the "A" race with Steve Cram, Hamer was furious. "No disrespect to Tom, but this is not fair," said Hamer with a logic that was difficult to fault.

He was furious at being relegated to the "B" event along with all the other Scots, and his justified wrath boiled over as he entered the home straight. His actions then would be found offensive by many. Poised for a stylish and impressive victory, and looking well capable of recording a faster time in more illustrious company, he raised a v-sign at the stands.

Forty metres from the line both hands were wagged in a furious double two-fingered

gesture. And finally, forked furiously at officialdom as he raced to the line, he roared: "Fuck you."

Afterwards, his wrath only slightly diminished he said: "Their decision cost me the chance of qualifying for New Zealand. I had prepared specially for this race, and I'm disgusted." Then he demanded his entry money should be returned.

It was all very unfortunate, for the Edinburgh-based student, who has distinguished himself during his stay north of the border, looked well capable of his target. Especially as his last race at the distance had been a British League victory over... Tom Hanlon.

Last year Brian Whittle and Geoff Parsons climbed to the top of the podium along with McColgan. This year neither made it. Parsons has been toppled as UK No 1, and his career is in the doldrums. Whittle, finding the transition to 800 metres harder than he had hoped, was in Belgrade, recording his slowest 400 metres since 1985 while running for Haringey in the European club event.

The new Scots on the gold standard were Lynn McIntyre (1500 metres), clearly almost

"Steele denies allegations that, as part of a ploy to upset McKean, he was paid to run in such a fashion. But despite these denials, he has been consistently cold-shouldered by contemporaries."

back to the form which earned her an Olympic final place in Los Angeles, and the least predictable championship winner, Nick Smith, in the 800 metres.

Smith, just turned 20, timed his run to perfection, winning in 1.48.08, and striking a revenge blow for a perceived attempt to upset Tom McKean. For the man he passed in the home straight was Martin Steele, sent to Coventry by many athletes for his tactics last year when he ran a personal best for 600m in the Olympic 800m trial at Birmingham.

Steele denies allegations that, as part of a ploy to upset McKean, he was paid to run in such a fashion. But despite these denials, he has been consistently cold-shouldered by contemporaries.

Smith, a Scottish junior cross country and track internationalist, can now look forward to senior honours. He had done no speed training at the stage, and was confident of making the Auckland standard of 1.47.

McIntyre was rewarded with 800m selection for the International Select at Portsmouth the following week, while Dawn Kitchen, third in the women's 400m (54.70), made the UK team for the same meeting.

There was a sprint double in the 100m by

Edinburgh Southern duo Elliot Bunney (10.43) and Jamie Henderson (10.45) - but these times were good enough only for silver and bronze as yet another UK sprint star was born. Belgrave's Marcus Adam won the 100m in a legal 10.31 and then followed up with a tremendous and only slightly windy 20.37 in the 200 for a quality double. But Bunney and Henderson would doubtless like to know what they have to do to enjoy a warm-up spell in Brazil, as Adam did in preparation for the event.

Alistair Currie showed signs that he is on target for the Games qualifying time at 1500m. He showed a fair turn of speed in the closing stages of the 3000m with third place in 7.53.39, a time beaten last year only by Nat Muir among the Scots.

Sandra Branney displayed commendable pace for a marathon woman, winning her first UK championship track medal at the age of 35. She gave Olympian Susan Tooby a run for her money over 5000m and was rewarded with silver in 16.08.15. Behind her were Karen McLeod, fifth in 16.34.34, and Lynn Harding, newly crowned as Scotland's fastest marathon woman who found track transition traumatic, finishing eighth in 16.58.56.

A championship of high quality suffered from small crowds, doubtless partly due to Jarrow's 29% unemployment, the highest in Britain.

Those who could afford the entry saw two brilliant and only marginally wind-aided runs of 13.18 by Colin Jackson over 110m hurdles, and a championship debut victory over 5000m by Steve Cram (13.28.58) - sufficient to hint that he may have found another event in which to challenge the world.

Three Britons (Forsythe, Simpson and Faulkner) over eight metres in the same long jump contest was a milestone, and so too was the second best long jump by a British woman (6.98m from Fiona May). And the evergreen Dave Moorcroft, Commonwealth 1500m champion 11 years ago, suggested with a 3000m win in 7.50.76 that he might even have another major Games in his 36-year-old body.

Other Scottish performances included a 6.11m long jump by Lorraine Campbell, a personal best 800m by Mary Anderson (2.05.41), a 43.76 javelin effort by Monklands' Janelle Currie, and a steeplechase best of 8.52.32 by George Mathieson in his 79th running of the event.

Elsewhere, Jayne Barnettson claimed that the Commonwealth heptathlon standard with 5510 points in Prague, and her schoolboy brother, David, cleared a near UK junior record height of 2.10m in the high jump. Roger Harkins, despite some good debut runs over 400m hurdles, still has a bit to go before making the Auckland standard, but the minor calf injury to Tom McKean will only have delayed the inevitable booking of his passage.

Smith, a Scottish junior cross country and track internationalist, can now look forward to senior honours. He had done no speed training at the stage, and was confident of making the Auckland standard of 1.47.

McIntyre was rewarded with 800m selection for the International Select at Portsmouth the following week, while Dawn Kitchen, third in the women's 400m (54.70), made the UK team for the same meeting.

There was a sprint double in the 100m by

TRACK AND FIELD REVIEW



Nicola Emblem



PICTURES BY PETER DEVLIN



Michelle McGuinness

THE WOMEN'S East and West District Championships produced a total of 15 championship best performances in warm, sunny conditions on May 20.

In the senior events at Meadowbank, Mary Anderson showed her versatility by winning the unusual combination of the 800m (2.07.98); discus (41.90m); and the shot (13.37m).

Janice Neilson showed early form winning the sprint double with the times of 11.82 for the 100m; and 23.97 for the 200m.

In her first long jump appearance of the season, Lorraine Campbell produced a concrete start with a leap of 6.10m.

Despite the efforts of the senior athletes, all eight of the championship best performances came from the younger age-groups;

Pitreavie's Isabel Linaker won the junior 800m with a time of 2.13.96, a time which beat that of the West District senior winner by almost five seconds!

The Euro junior 1500m was won by Sonia Granger (4.47.46) and Suzanne Wood (EWM) also produced a championship best with her time of 47.10 in the intermediate 300m hurdles.

A total of five throws records fell, with Eleanor Garden (Pit) claiming both the girls shot (10.05m) and discus (29.44). Euro junior Nicola Emblem produced a throw of 45.94m in the javelin, while Louise Thompson (EWM) threw 26.00m in the girls event. To complete the collection of throws best performances, intermediate Alison Grey (EpscAC) putted the shot 13.87m.

THREE events were cancelled in the West District Championships at Crownpoint Road. The senior high jump, 100m hurdles and javelin did not go ahead due to a lack of participants. Nevertheless, there were nine new championship best performances - again, all outwith the senior age group.

Senior sprint honours were shared between Morag Baxter (MSL) and



Linda Smith (8), Carol Sharp (5) and Alison Campbell (6).

Kathleen Lithgow (Nith). Baxter came first in the 100m (12.56) while Lithgow won the 200m (24.66).

The Euro juniors managed to produce two new best performances with Lindsay Cairns (JWK) winning the 3000m (10.40.16) and Alyson MacGregor (MSL) long jumping her way to the distance of 5.56m.

The two intermediate hurdles records fell as Catherine Murphy (GAC) ran into a -2.54m/s wind to record the time of 11.74 for the 80m hurdles, and Fiona Watt (MSL) won the 300m hurdles in a new best time of 46.76.

Junior Linzi Kerr (GAC) had a successful day winning the high jump in a new best performance (1.62m), the long jump, and placing third in the 100m. Helen McCreadie (HAAC) set a new discus best performance with her throw of 31.36m.

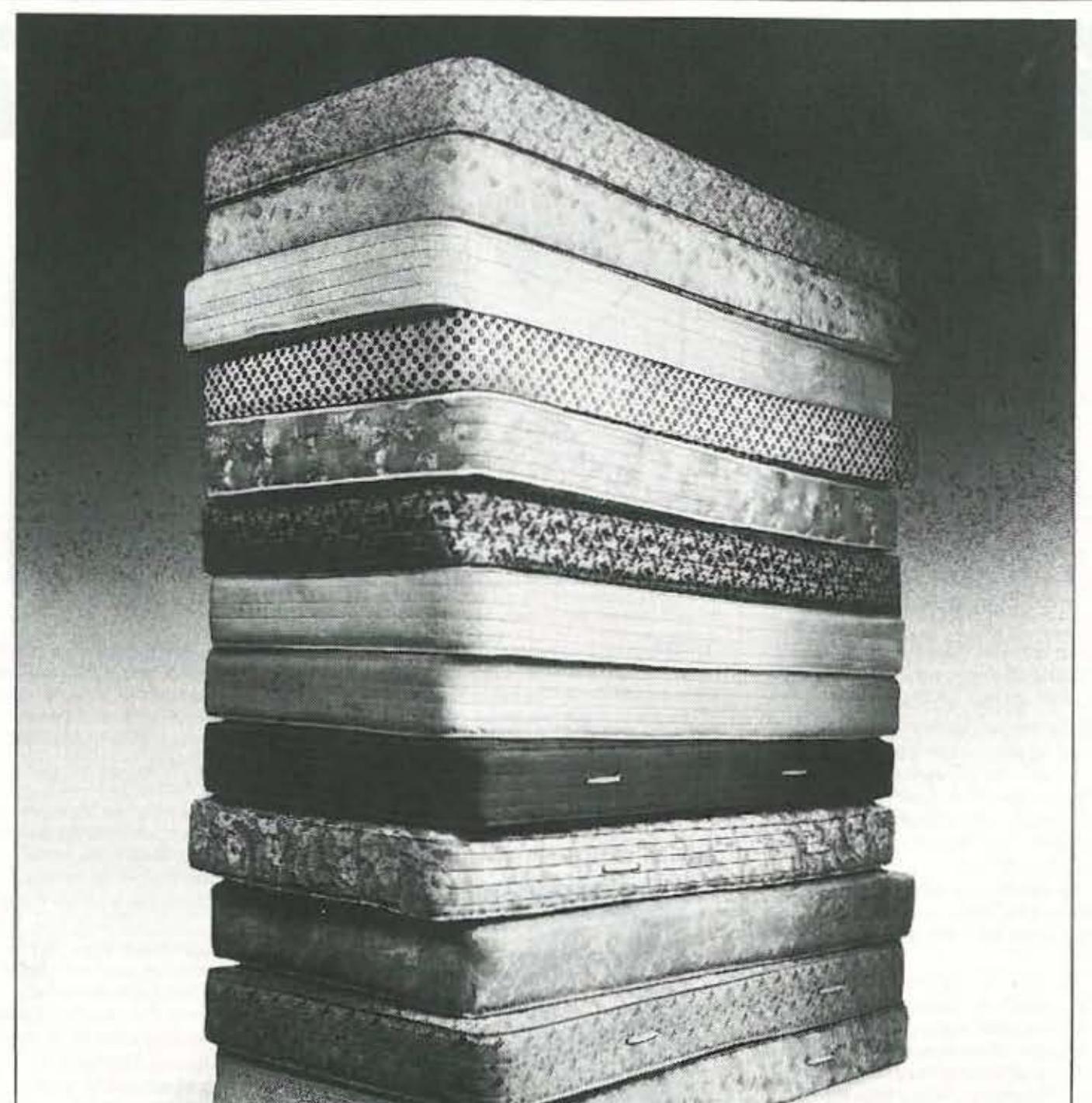
In the girls age group a new record was set in all three throws events. Julie Robin (HAAC) had a double victory, winning the shot (9.37m) and the javelin (25.92m). To round up a day of record-breaking girls throws, Heather Lang (Cen Reg) claimed a new best in the discus with her throw of 21.52m.

A NEW 400 metre league record was set by Brian Whittle in the HFC Bank Scottish League Division One match at Dam Park the following day. Whittle's record time of 47.6 was set only 90 minutes after he had won the 800m (1.51.6). A league record also fell to Tom Hanlon in the 1500m, his winning time being 3.43.4.

In only his second race in the distance, Roger Harkins won the 400m hurdles in a time of 52.4 while Neil Fraser won the 110m hurdles in the time of 14.9.

In the Division Two match, Charlie Haskett (DHH) was awarded an inaugural league record in the 10,000m, his winning time being 30.28.8.

Continued on Page 45



NOBODY PUTS THIS MUCH PROTECTION INTO A SHOE, SO WE'VE PUT IT INTO AN INSOLE

The facts speak for themselves.

Every sportsman or woman in the course of their chosen activity puts their body under tremendous stress. Specifically to every joint and muscle each time a foot hits the ground.

For instance, a runner of average weight absorbs an incredible 100 tonnes of impact in every stride. Or the equivalent of a 30 mph car crash.

Sorbothane cushions that. Absorbing upto

94.7% of impact and causing no reverberations between strides. No running shoe alone can offer the same performance. No football boot. No skiing boot. No tennis or squash shoe. No argument.

For better sports performance choose Sorbothane. Available from all quality independent sports retailers.

Please send me further details about Sorbothane insoles.

Name: _____

Address: _____

Post Code: _____



SRF

SORBOTHANE

Please post to: The Leyland and Birmingham Rubber Co.,
Golden Hill Lane, Leyland, Preston, Lancashire, PR5 1UB. Tel. 0772 421434



Each year, hundreds, if not thousands, of Scots injure themselves taking part in athletics, from fun runners to top athletes like Scottish long jumper Ken McKay (above). But, as Dr Paul MacIntyre reports, the treatment of sports injuries is still in its infancy in Scotland.

MANY athletes, from my own observations, have an obsessive approach to their training. A close friend and colleague, a Scottish international athlete, once told me that he went out for a training run which he had intended to last for an hour. When he arrived back his watch recorded 55 minutes, so disappointed that his training time was short he proceeded to run on the spot, on his doorstep, for the remaining five minutes! And I suspect he's not alone.

This attitude is even more apparent in the approach which runners have to their injuries. Are athletes' expectations of the medical profession in the treatment of sports injuries too great, or are we, as doctors, failing to provide adequate care to a group of highly motivated individuals?

I hope to present a case for the latter, and argue that the provision of adequate sports medical facilities is of benefit not only to individual athletes but to society as a whole.

Firstly it is important to stress that the treatment of sport injury is only a component of the much larger field of sports medicine. Sports medicine has

the specialities of orthopaedics, exercise physiology, cardiology, physiotherapy, psychology and preventative medicine as its major contributors. In addition to providing a sports injury service, sports medicine centres in the future could also provide the following:

1. Informed medical advice to sportsmen/women suffering from various medical conditions: e.g. arthritis or asthma. Such advice on suitable exercise regimes can be therapeutic to the patient, as well as preventing the harmful effects of inappropriate sport.

The centre should also be capable of accommodating the physically handicapped, both in terms of access to facilities and expertise in their unique sports-related problems.

2. Medical assessment of individuals embarking on regular exercise for the first time. This may allow "high-risk" candidates for coronary artery disease to be identified, and thus prevent some of the sudden deaths that occur during vigorous activity.

3. Advice on the prevention of

sports injury and to act as a catalyst for health education in general.

4. Coordinate the provision of sports medicine facilities at major sporting events in the area, as it acts as a focus for those locally interested in sports medicine.

5. On a topical note, such centres could act as doping control stations for out-of-season testing of international athletes. Instead of sending officials to obtain samples in competitors' homes, the procedure could be centralised and standardised under the supervision of a doctor, thus improving efficiency and cost-effectiveness.

Is there a need for such a service?

Fifty-four percent of the Scottish adult population take exercise at least once a month. It is now firmly established that certain types of regular exercise can reduce the risk of developing coronary artery disease, which is the major cause of death in Scotland.

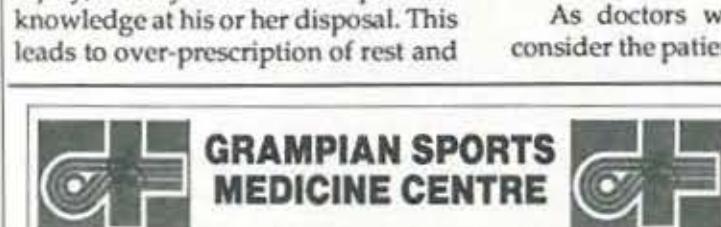
Exercise programmes have been used successfully in the treatment of various medical conditions - such as childhood asthma, chronic depression,

drug addiction, arthritis, and cardiac rehabilitation.

As doctors, we are - or should be - prescribing exercise to patients. We have a duty to prescribe appropriately, and to treat any related adverse reactions, i.e. a sports injury. Both of these undertakings require specialist knowledge.

A compromised and under-funded National Health Service at present views this service as a low priority, and will not, in the foreseeable future, allocate resources to accommodate the increasing and often obsessive demands of the wounded competitor. NHS hospitals currently do cater for sports injury through referral from the general practitioner and casualty services.

However, this treatment is usually inadequate, inappropriate, and not cost effective. The busy GP may not have the time fully re-evaluate a sports injury, or may not have the specialist knowledge at his or her disposal. This leads to over-prescription of rest and



The Grampian Sports Injury Clinic has been established to provide a very necessary support service for the individual injured as a result of participation in sport.

The Clinic is manned by highly qualified specialists, experienced in and knowledgeable of the treatment of sports injuries and sympathetic to the needs of individual sportsmen and women.

The Clinic offers you:
★ Prompt attention and therefore a speedy return to action.
★ Direct contact with experienced enthusiastic specialists.
★ An economical service which is within the reach of sportsmen and women.

Hours of Opening:

Medical Clinic: Monday 7 p.m. - 8 p.m.
Physiotherapy Clinic: Monday 7 p.m. - 9 p.m.
Thursday 7 p.m. - 9 p.m.

Further Information:

Northern College of Education
Hilton Place
Aberdeen Campus
AB9 1FA • (0224) 482341 (Ext) 298
or Mrs Olga Robertson
(0224) 641681



anti-inflammatory drugs: both have potential hazards.

Orthopaedic clinics have waiting lists in terms of months rather than weeks. Consultants in them have mixed feelings about sports injury. The majority are interested and try to accommodate the athletes' needs within the confines of their over-worked departments. Some, unfortunately, view sportsmen as inherently suffering from minor psychiatric disorders, and their injuries as self-inflicted trivial inconveniences which further undermine the NHS.

Dissatisfaction and frustration with our attempts to treat sports injury may cause the athlete to abandon his form of exercise indefinitely, or to pay large sums of money for private health treatment.

As doctors we have a duty to consider the patient as a whole, and if

regular exercise is an integral part of that patient's life, then we are ethically bound to expedite a return to that lifestyle by means of appropriate treatment.

We also have an academic responsibility to follow other countries in advancing the scientific boundaries of sports medicine. Our rivals appear light years ahead in sports medicine research and provision of services. We are all too familiar with top international competitors seeking foreign solace for their injuries.

I would maintain that there is no lack of ability or expertise in the field of sports medicine in this country. But there is an obvious lack of funding and organisation. The British Association of Sports Medicine (BASM) is rapidly gaining momentum, and with the assistance of the Sports Council is attempting to fill this void.

The Scottish Sports Council immediately recognised that the lack of a sports medical service was an obstacle in the development of Sport



For All by the year 2000. That is why they have helped finance the establishment of 23 sports medicine centres in Scotland, with a view to providing an accessible and affordable service.

While this is a welcome step in the right direction, it has not fully solved the problem. Sports Council grants last normally for only three years, after which the running costs of the clinic must be met elsewhere, often by increasing charges to patients. Some clinics may even be forced to close, thus wasting the initial investment.

Clinics which are financially viable are usually housed in district council accommodation, a benefit which nevertheless disguises the true cost of the service.

But is it the responsibility of councils to accommodate or provide health care?

The opening of the Sports Medicine Centre in Glasgow was initially opposed and delayed by Glasgow District Council, who labelled the

venture "private medicine" and argued that the provision of health care was not their remit. It was only after doctors offered their services on a voluntary basis, thus removing the stigma of private medicine, that the centre was opened.

Sports clinics throughout Scotland are staffed by doctors and physiotherapists who have an interest, but who do not necessarily have any formal training in sports medicine.

The service provided is therefore basic and variable. The Scottish Sports Council do monitor the service by means of standard forms, but have so far not attempted to standardise treatment or formally train those who run them by means of organised further education.

Furthermore, the cost to patients and payment to staff varies from clinic to clinic. I feel this hobby-like approach,

albeit by well intentioned interested parties, is detrimental to progress towards an adequate service. Nobody is formally employed to administer and market such centres, and many clinics are run inefficiently on a shoestring budget. This prevents any development of the service.

Attempts to increase public awareness can paradoxically undermine one of our main objectives, by creating waiting lists if the centre cannot handle an increased turnover. I have personal experience of several Canadian clinics which had a turnover of some 40 new patients in a four hour period, as well as treating return patients simultaneously. Admittedly staffing levels were higher, but their internal efficiency and organisation were also superior.

Can we not learn from our foreign competitors?

If there is the normal delay in transatlantic trends taking off here, we should, from North American figures, be able to predict the

SPORTS INJURIES CLINIC

- UNEVEN/EXCESSIVE SHOE WEAR?
- PERSISTENT INJURIES?
- OVER PRONATING?

SEND 19p STAMP FOR FREE BOOKLET

OR TELEPHONE FOR APPOINTMENT

3, HIGH STREET,
LESLIE, GLENROTHES,
FIFE KY6 3DA.

(0592) 742504 (any time)



BIOMECHANICAL ASSESSMENTS & ORTHOTICS

"Within the next 10 years no one will make it to the top in sport without taking nutrition very seriously." J. D. Potter

Are you going to wait while others take the lead? Get in first by studying our

6 MONTH TRAINING IN SPORTS NUTRITION

For athletes and coaches alike

Centre for
Nutritional
Studies

Training with the best at the leading independent nutritional training school. For further details contact:
The Garden House
Rufford Abbey
Newark, Notts
0623 822004

13/197



Glasgow
Sport and
Medicine
Centre



Parks and
Recreation
City of Glasgow

The Centre

The Centre is staffed by doctors and physiotherapists with an active interest in sport and medicine and is equipped to treat most injuries. Individuals of any level of ability can attend.

How to make an Appointment

Appointments may be made by phoning or calling at Crownpoint Sports Park (041-554 8274 or 041-556 5424). The initial appointment will be with one of the doctors unless a letter of referral is obtained from your own G.P. Children under 16 must be referred by their parents or guardians.

Membership and Fees

In order to be seen at the Centre you must become a member. Membership covers a twelve month period from the date of issue after which it should be renewed. There are several categories of membership.

INDIVIDUAL

	CLUB	
Juveniles/OAPs/Unemployed	£2.50	Clubs based in Glasgow
Adults	£5.00	
Non Residents		
Juveniles/OAPs/Unemployed	£5.00	Clubs which are affiliated to
Adults	£10.00	the Sports Council for Glasgow
		£40.00

prevalence of sports injury in this country and future trends.

THE WAY FORWARD

AS THE demands on top athletes are ever-increasing, our future success in international sport may depend on the development of a sports medical service to create an interface between science and the coach, and provide treatment for the injured athlete. The development of sport in the community, with its associated potential for preventative medicine, may also depend on such a service.

How should such a service be run, and who should foot the bill? Scotland being small and self-contained, would be an ideal launch pad for such a service within the U.K. It seems sensible to centralise resources, with a major clinic in each of the main cities, thus maximising availability. The major centres should liaise with smaller satellite centres in the periphery, where running costs could be subsidised.



The service should function as a whole, with the co-ordination of available facilities and educational development the responsibility of a single committee. The location of major centres should be linked to university departments of exercise physiology, colleges of physical education, and teaching hospitals to facilitate academic development.

I believe that health care is a right, and is the responsibility of the NHS. However, in the present political climate NHS resources will not be allocated to a new programme unless it satisfies stringent economic criteria.

I believe a service such as outlined above to be cost effective within the NHS, as it will avoid unnecessary expense with casualty referrals, inappropriate X-rays, orthopaedic and physiotherapy referrals. However, more importantly, if it allows us significantly to reduce coronary artery

diseases and other chronic illnesses in the future, the long-term financial saving would be large: prevention is better than cure.

Therefore the NHS should contribute to this service at least by meeting the staffing costs. Sport development is a prime objective of the Sports Council. They have already declared their support for a sports medicine service by the numerous grants they have awarded. I applaud this initiative, but they must be prepared to follow up that initial investment.

Lastly, as this service would provide a gold mine of research material, I would advise a link to university departments of physiology and sport science, with some financial input from university budgets.

At the moment we have the beginnings of an ideal service, but we have a long way to go before your great expectation of us as sports medics is realised.

STIRLING DISTRICT COUNCIL SPORTS INJURIES CLINIC

Opening Hours: Monday, Tuesday & Thursday (7 pm - 8.30 pm)

Doctor and Physiotherapists on Monday night.
Physiotherapists Tuesday & Thursday.

One of the top Sports Injuries Clinics and the place to go if ever you are injured in Stirling.

All enquiries to:

The Rainbow Slides Leisure Centre
Goosecroft Road, Stirling
(0786) 62521

HAVE YOU CHECKED YOUR PULSE LATELY?

NEW
PU-701
£37.50
fully inclusive



**YOUR ON-BOARD
COMPUTER!**
THIS WRIST WRAPPED PEDOMETER ALSO DOUBLES
AS A STOPWATCH & DISPLAYS
• DISTANCE RUN • AVERAGE & MAXIMUM SPEED
• TIME & ALARM
• LAP AND SPLIT STOPWATCH • 12 MONTH WARRANTY

THE PU-701 PULSE MONITOR IS SUPPLIED
COMPLETE WITH FINGER SENSOR,
WHICH PLUGS INTO MONITOR.
FUNCTIONS DISPLAYED:
• PULSE METER • PRE-SETABLE
UPPER & LOWER PULSE ALARM
• CARDIAC RECOVERY • STOPWATCH
• TIME & ALARM
• 12 MONTH WARRANTY

Full refund on all models if returned within 14 days. Please send cheque or postal order to:
Alp Electronics, Unit B, Bank Buildings, Chesham Road, Heathfield, Sussex TN21 8JT. Tel: (04032) 4163 & 6467
(Please allow up to 28 days for delivery). New Blood Pressure Monitor also available - send for details.
TRADE ENQUIRIES WELCOME

4th Annual Sports Medicine Conference

"Managing Fitness & Sports Injuries"

2 Day Conference and Exhibition

September 12 & 13 1989 at U.M.I.S.T. Manchester

Residential - 2 days + 1 night £93 inclusive

Non Residential - 2 days £68; 1 day £36

To give choice, there are parallel sessions throughout most of both days. There will be a group of talks on "Nutrition in Sport" (Tues.) and "Drugs & Sport" (Wed.). Other topics include swimming, running and throwing injuries; stress & training, particularly in the young; assessment of fitness; as well as demonstrations of manipulative techniques.

The Conference is of particular interest to athletes, coaches, therapists & medical practitioners.

Further details from:
Dr P.A. Gardner, 31 Batty Ave., Huddersfield HD9 5PW

CLUBS AND SCHOOLS SUPPLIED DIRECT!

**NO MINIMUM ORDER
YOUR CHOICE OF COLOUR AND STYLE**
★ CUSTOM MADE TRACK SUITS, RUNNING VESTS AND SHORTS
★ HOODED TOPS ★ TROPHIES
★ PRINTED SWEAT SHIRTS AND T-SHIRTS ★ PRINTED SPORTS BAGS

**EXCELLENT PRICES
RELIABLE DELIVERY TIMES**

DIRECT SPORTS

20 RENFREW STREET, GLASGOW
Open 9 a.m. - 5 p.m. Monday-Saturday 041-332 7849

MARY TAKES TO THE TRACK - WITH AN INDEPENDANT AIR

Rhona McLeod talks to the Edinburgh AC athlete who has won nine senior Scottish titles, in four different events, in the past four years.

DESPITE the fact Mary Anderson has dominated the Scottish shot putt scene and won the national title for the past four years, she wants to give up throwing. The 21 year old from Tranent, outside Edinburgh, sees her past as an international thrower, developing into a future as an international 800 metres runner.

When she took up athletics as a 10 year old, Mary was a runner. "I'd always liked running - when I was young I used to do the 100 metres at gala day races. Then I decided to join Edinburgh Athletic Club as my uncle knew a coach there. That was Arthur Groundwater, and I trained with him for the next eight years."

In those early days Mary was training and competing for EAC in middle distance events, but then, like so many other athletes have done, she tried a new event to fill a gap in the club team.

"The club needed a shot putter and as I was only doing two other events I was asked to do it. I was quite successful and so I kept on doing the shot and then started doing other events too," she says.

As an intermediate Mary was still throwing well. In fact, she won her first senior Scottish vest as a 15 year old. The following year, 1984, she won the WAAA's intermediate shot putt title. For the next three years her major achievements were in the throws events, her running having been put on hold.

"Now I wish I'd kept on running instead of taking up throwing," she says. "I enjoyed it at the time, but I think I lost a number of years in my running through concentrating on throwing. I want to go back to running and get away from the throws. I have to start thinking about myself. It's not possible to do too much at a meeting - your

performances just aren't so good doing loads of events."

As throwing and running are conflicting at meetings, I asked Mary if her training was also conflicting for the two disciplines. "I haven't done any throwing training for the past two or three years, I've only thrown in competition. I put in a lot of technique work when I was younger which I still use. It's a bit rusty now but I get by."

How is it possible that a thrower who hasn't trained for the event for over two years is still managing to dominate the Scottish shot putt scene? Mary is asking the same question herself.

"There is absolutely no reason why throwers shouldn't be beating me, they just don't seem to be coming through. There

should be far more of them throwing 13.50m plus for the shot. Alison Grey (ESPC AC) is getting there. She has thrown 13.89m, but she's the only one."

While Mary would like to see more women in Scotland reach 13.50m, they would still have to achieve far greater improvements to be competitive with her PB of 15.48m. Mary believes one of the differences between her and other throwers lies in the training she does. "I think half of them are kidding themselves with their training. They need to get out and run and sprint a lot more. I know that some of them are not suited to that because of their build, but they should try to do some more."

Heavy weights, the traditional throwers' diet, have no place in Mary's training. "I do light weights with high reps for about a minute at a time. I don't do heavy weights at all. I do lots of strength work by running on sand and doing hill runs."

At 11 stones, Mary is fairly light to be a thrower. "When I was at my best I was 11st 10lbs. Throwers have to be heavier but they have to be muscular, not fat."

In her days of concentrating on being a thrower, Mary admits her attitude towards her athletics was not as serious as it is now. "It used to be just fun. I was much younger and I liked to have a good time. I also did other sports like cycling, swimming and squash but there's no way I'd do any of these now. It's just not worth the risk of injury. When you are throwing you can get away with a lot more; when you are running you have to think well in advance about what you are doing - you have to watch a week or two before a race about the state your legs are going to be in."

Having now realised the attitude that is necessary



to cope with international competition and its assorted demands, Mary believes her refusal to take a fitness test for the 1986 Commonwealth Games was probably one of the best decisions she has ever made.

Prior to selection, athletes were told that one basis for selection would be on overall Commonwealth ranking. "I was ranked ninth or tenth in the shot," Mary recalls, "and so I was fairly confident of being selected. I had a slight elbow injury but I had been throwing all season with it. It wasn't keeping me back."

At the Scottish Championships that year Mary won the shot title. That, along with her high Commonwealth ranking, meant that her eventual absence from the selected team was a major surprise and disappointment. "My family were also really upset. I just couldn't understand it - there were girls in the team who were only ranked about 34th in the Commonwealth. I had also achieved the "B" standard for selection 14 times," she says.

Dianne Royale, the javelin thrower, was one of those athletes who were selected, but when she failed to comply with a drug test demand she barred herself from the



Mary winning the national 400 metres title last year ahead of Angela Piggford and Dawn Kitchen.

competition. The Scottish team had not selected a shot putter, and so just three days before the start of the Games, Mary was telephoned and asked to take a fitness test. "I'd just had enough of it by this stage. I hadn't been selected and so I didn't want to compete. I told them to forget it," she explains.

A coach who has helped to train an athlete to Commonwealth Games level must surely be keen to see her compete. Mary was by this stage training with Brian Wilkie. "Yes, Brian put a bit of pressure on me to compete. Lots of people thought I was to daft to refuse, but lots of people agreed with me. My Mum kept saying 'aye, aye hen' when I said I was going to refuse the fitness test. I don't think she believed me. She was a bit stunned when in the end I didn't go."

When the Games were taking place at Meadowbank, Mary was sitting at home watching them on television. "My family had gone along to watch at the stadium. Obviously I wanted all the Scots to do well and I supported them, I just didn't want to be there."

In retrospect she believes her decision

was correct, not only because of the situation surrounding her absence from the team, but also because at that stage she feels she may not have been able to cope completely with the competition. "I can handle myself now at competitions. Now I can be single-minded enough to do what I want to do and succeed."

A brave decision indeed from an 18 year old with a very bright and lengthy future in Scottish and British athletics. Inevitably Mary was going to have to cooperate with the SWAAAs in subsequent seasons - was she not worried her actions would jeopardise future selection? "You have to do what you want, I didn't care what effect it had on officials."

In the middle of May, Mary appeared in the pages of the Sunday Mail, apparently challenging a statement made by the SWAAAs regarding the wearing of club strips and colours during competition. A photo of Mary in competition showed her preference of outfit for competition - long and loud cycling style shorts. I asked if she felt the press had labelled her as a 'moult' when they wanted a comment against the SWAAAs. "No I don't think so, anyway, I



didn't say all the things they said I did. I just said that as long as you wear a club vest, I think you should be allowed to wear what you feel most comfortable in down below. You definitely feel better when you wear something maybe a bit daring or different. I think these leotards are worse than creeps up your backside! I hate those things!"

Motivation to succeed in her athletics is not a problem for Mary. Since she left Ross High School in 1985, she has been training full time, twice a day. "I really enjoy training - if I have a good session with fast times and I can see an improvement then I feel good. The next day you can really feel you have accomplished something."

Training twice a day must surely get repetitive at times. I asked Mary if she ever found it boring or became disillusioned with it all.

"It's hard going if I'm on my own, I really need a squad to train with. If it's getting boring I'll change my morning session. I'll maybe add hill runs or something like that."

Mary's coach for the past two years has been Davie Gibson, with whom she's happy. He works out her track sessions for Monday, Wednesday, Thursday and Saturday nights, and she devises her own morning sessions. "I have a habit of overtraining, but in the mornings I really just tick over. I do circuits or road running or maybe hill work." Gibson, her coach thinks "she is a winner!" When she turns her full attention to the 800 metres, he believes she is capable of running sub two

minutes for the distance. "At the moment I think she has a slight mental block about 800s, but this is fairly common in 400 metre runners who move up to the 800 metres. Once they have run a few of them they are okay." As athlete and coach, Gibson says they have a good relationship although he says Mary is very independent. "I don't think this is a bad thing," he said, "as you have to be independent to be a good athlete." Of her reluctance to throw in the future, he believes she has reached her optimum distance for the shot, "unless she bulks up and she doesn't want to do that."

Heptathlon is an event where it might seem Mary would be a natural with her tremendous talent in throwing and running. But after winning the Scottish heptathlon title twice, Mary decided to retire from the event. "I just can't jump or hurdle. I enjoyed it but I just can't do it," she admits candidly.

Her concentration then was fixed on running. In 1987 and '88 she won the Scottish 400m title, and this year received her first GB senior vest at the Great Britain versus West Germany indoor international at the Kelvin Hall when she and Angela Piggford ran the 400m.

Mary now wants to chase the 800 metres. "I want to run a really good 800 this season," she says. "I'll have to run 2:02.00 to qualify for the Commonwealth Games but I want to get close to 2:00.00. Later on in the season I'll run 400 metre races once I've got the strength of the 800 behind me. I'll try for one distance or the other for the Commonwealth Games."

The opportunity to take part in a major Games on the other side of the world does not seem to excite Mary as much as it would do other athletes. "I hope to make it to the Commonwealth Games," she says, "but it won't change anything if I don't. It's okay to go to competitions abroad, but I'm always glad when I get home. I really prefer training to competing."

As far as plans for the future go, Mary says she will probably concentrate on the 800m after the Games. At 11 stones, with a powerful frame, she does not portray the familiar picture of the sylph-like middle distance runner. "The 800m is more a power event now. If I get down to 10st 7lbs then I'll still have strength but my weight will be better."

This year may also see Mary's first move towards a career. Having been a full time athlete for nearly four years she feels it's about time she looked towards her future outwith athletics.

"I've applied to go to Telford College to do a two year catering course. I thought

about doing a sport and recreation course, but with all my training it might be best to do something different."

So how does the prospect of going back to the class-room take her? "I think I'll just be dying to get outside to train!" she laughs.

If her present enthusiasm is anything to judge, it seems Mary Anderson will be running until she's about 90! She says she will be running "till I can't run any more!" Perhaps on a more realistic note, she thinks she will keep going until she gets "fed up", but with her huge appetite for athletics, there's more chance of cows getting fed up with grass.

Anderson's Attributes

Occupation: unemployed

Height: 5'9"

Weight: 11st

PB's: 100, 12.1; 200, 24.6; 400, 53.68; 800, 2-07.28; SP, 15.48m; Disc, 41.48m; Jav, 49.08m

Typical week's schedule:

Mon: am: 15 mins easy road run, light weights. pm: track, 5x300m (42.5 sec)

Tue: am: 15 mins easy road run, strides on grass. pm: 2x7 mins road runs (15 mins recovery)

Wed: am: strides on grass. pm: 2x600m (90 secs with 30 mins recovery)

Thu: pm: 10x100m relaxed (80% effort)

Fri: am: 20 min run, circuit. pm: grass work, 10x300m (60 sec, 1 min recovery)

Sat: afternoon: 6x200m (28 sec), night: 20 mins cross country run (easy).

Sun: Rest



Mary wearing 'those' shorts, Wendy Steele wearing 'that' leotard!

Jura enhances its hill race status

DID YOU hear the one about the Manxman, the Englishman, and the Scottish island?

No, it's not another joke, but the story behind one of the most challenging races in the country - the Bens of Jura Fell Race. Each year hardened hill runners make a pilgrimage to wild, beautiful, Jura for a gruelling test of strength and stamina over a 16-mile course which includes seven summits and a total climb of 7,500 feet.

For the vast majority who travel from England, the journey should be tiring enough - a six hour car trip followed by two hours on the ferry to Islay, another crossing to Jura, and then the island minibus to their base for the weekend, Craighouse. But, come the race day, they all seem fresh as a daisy, ready for the hills and the celebratory ceilidh that follows.

The idea for the race came when a student from the Isle of Man studying at Edinburgh University visited Jura as part of a Gaelic research project. An active member of the Fell Runners' Association, he saw the potential for a race, and in 1973 the inaugural event took place. However, it was not a crowd-puller in those days before the running boom, and was abandoned in 1975.

But one man who remained enthusiastic was Donald Booth, from Holmfirth near Huddersfield, and in 1983 he revived the race with backing from Invergordon Distillers and their Isle of Jura Distillery.

"And since then it has gone from strength to strength with the numbers going up from 65 in 1983 to around 140 this year - which is about the most we feel we can cope with," said Donald, who was third in the 1973 race and finished a respectable 20th this time.

The Friday afternoon ferry from Kennacraig on the mainland seemed full of runners, most with rucksacks that held what amounted to survival kits for the weekend. I felt rather guilty knowing I would be living in the comparative luxury of Jura's only hotel while others roughed it in tents nearby.

MICHAEL McQUAID travelled to Jura for a weekend of warm sunshine and hospitality.

It is not long before Jura comes into view. Not being a particularly mountainous island, the famous three Paps are all the more distinctive as they rise dramatically from sea level. What the first sighting did not reveal was the treacherous boulder-strewn surface which adds to the runners' difficulties.

Saturday morning was sunny and warm and I did not envy the competitor's task. No, I didn't care for a late entry, I told my hosts. A jog to the second checkpoint would satisfy my running requirements for the day and provide me with a fine vantage point.

Among the tents where the runners camped at the shore, just yards from the start, the talk was of Colin Donnelly and his prospects of a course record for the second year in a row. In 1988 Glaswegian Donnelly, an RAF storeman in Wales, clocked three hours seven minutes, knocking nine minutes off Andy Styan's four-year-old record.

This year his preparation was hardly ideal as he had competed in the Bruichladdich Islands Peaks Race the previous weekend - dashing up mountains on Mull, Jura and Arran in between spells at sea.

"I came here on Tuesday and did some walking. Two days before the race I was feeling shattered," said Donnelly. But the 29-year-old British Fell Race champion for the past two years is made of stern stuff and he swept aside the opposition to win by nearly 10 minutes in three hours 11 minutes, the second fastest winning time ever.

"The race doesn't start in earnest until the

third summit - before then it's more of a steady run," said Donnelly candidly. "Given a faster start I'm sure my record can be broken. And I believe three hours will be beaten sometime.

On this occasion Donnelly broke away from his challengers on the first of the three Paps in the middle of the race and was never threatened thereafter. Even on what can be a tortuous three mile stretch of road at the finish he looked fresh.

But the dry, hard ground had hampered him. "I felt my feet were on fire and could not descend as well as last year," he commented.

Donnelly was amused at the battle for second place behind him. "There were a couple of English boys who had not done the race before and they were relying on Andy Styan, who has run every year, to show them the best way," he explained.

In the event Bingley Harriers Ian Ferguson (3-21) and Ian Holmes (3-22) were second and third, Ferguson managing a cartwheel as he crossed the line.

Styan (Holmfirth), whose shoe was ripped during the race, had to settle for fourth (3-23), but was the first veteran. Another Bingley man, Bob Whitfield, was fifth as his club easily took the team prize. Andy Curtis of Livingston and David Rodgers (Lochaber) were sixth and seventh respectively.

Donnelly, running for Eryri Harriers, collected six bottles of Jura's single malt whisky for his efforts. Over the years he has been an excellent cross country runner for Cambuslang Harriers. In February he was the club's leading runner as they retained their national title at Hawick, but hill running remains his number one pursuit. Whatever the secret of his success is, it's not high mileage. "For me 60 miles a week is high and it's more likely to be 45 or 50," he says.

"If I was running, say, 80 miles a week I would probably get just as tired or injured. Anyway, if you have a hard hill race at the weekend you might be knackered and unable to train properly for a few days. I do a lot of cycling and enjoy that also. I suppose I am a bit of a masochist and I push myself hard when training - and very hard in races!"

Like Donnelly, leading woman Christine Menhennet (4-16), ran in the Islands Peaks Race the previous weekend.

"Today I started slowly behind about seven girls and kept being surprised at how much I had left," said the 32-year-old Bellahouston Harrier from Shawlands, Glasgow.

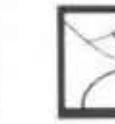
"Having done the Paps for several years in the Islands Peaks Race I was not overawed. At the base of the third Pap I overtook the leader, Ruth Pickvance, and from then I just concentrated hard and kept going."

Menhennet took up hill running five years ago and found she preferred it to running marathons on the road. Runner-up twice in the Scottish Championship, she trains regularly on



Continued on Page 44

RESULTS



May

3

Adidas Torsion 8K RR, Glasgow

1, R Quinn (Kilb) 22-51; 2, P Fleming (Bella) 22-54; 3, T Murray (GGH) 23-00; 4, W Robertson (Bella) 23-31; 5, K Rankin (FVHD) 23-46; 6, D McFadyen (GWH) 24-49; 7, G Fairley (Kilb) 23-53; 8, K Perrice (Ayr) 24-03; 9, S Conaghan (Spango) 24-21; 10, A Douglas (VP) 24-30; V1, C Martin, 23rd, (Dum) 25-34; V2, J McMillan, 23rd, (Kilb) 25-58; V3, I Stark, 27th, (Spring) 26-06; V1, S Brannen (GAC) 29th, 26-15; V2, J Robertson (Ayr), 67th, 28-14; V3, R Murray (LV1) 104th, 30-09; V1, E McGarry (Irv), 131th, 31-02; V2, L. McCarvey (Motorola), 134th, 31-06.

6

Campsie RC 10K RR, Lennoxtown

1, R Quinn (Kilb) 29-54 (rec); 2, G Grindlay (ESH) 30-13; 3, H Cox (GGH) 30-35; 4, G Fairley (Kilb) 30-44; 5, F Harper (Pit) 30-57; 6, K Rankine (FVHD) 31-58; 7, A Douglas (VP) 32-06; 8, D Long (Cam) 32-13; 9, P Dolan (Clyd) 32-21; 10, M Gallagher (Mary) 32-22; V1, C Martin (Dum), 12th, 32-32; V2, W Day (FVHD), 15th, 32-51; V1, J Donnelly (GAC) 38-02; V2, L. Brown (KO), LV1, 40-37; V3, M Gemmell (Strathkelvin) 41-35.

10

Adidas 10K (short course), Glasgow

1, T Murray (GGH) 28-48; 2, W Robertson (Bella) 28-57; 3, K Rankin (FVHD) 29-00; 4,

S Gibson (HBT) 29-18; 5, C Thomson (Cam) 29-24; 6, D McFadyen (GWH) 29-28; 7, K Perrice (Ayr) 29-48; 8, G Fairley (Kilb) 30-05; 9, A Douglas (VP) 30-07; 10, I White (FVHD) 30-26; V1, C Martin (Dum), 23rd, 31-41; V2, G Gilbert (Ayr) 31-44; V3, J McMillan (Kilb), 27th, 31-52; V1, S Brannen (GAC), 29th, 31-58; V2, J Robertson (Ayr), 86th, 35-02; V3, H. Oliver (Law), 148th, 37-45; LV1, C McCarvey (Irv), 164th, 38-29; LV2, B Hall (West), 181st, 39-17.

13

Cooper Park 6 mile RR, Elgin

1, P McColgan (DHH) 29-56; 2, C Haskett (DHH) 30-10; 3, I Campbell 31-01; 4, I Bloomfield (CLS) 31-13; 5, G Reynolds (DHH) 31-34; 6, H McKay (Fife) 31-46; 7, S Cohen (EAC) 31-47; 8, E McColgan (LI) (DHH) 31-52; 9, B Cook (DHH) 32-40; 10, E Bell-Scott (DHH) 33-06; 12, M Muir (DRR), 42nd, 35-58.

Penicuik to Howgate and Back 10K RR

1, A Walker (Tev) 31-19; 2, J Ross (HELP) 31-29; 3, P Faulds (FVHD) 32-30; 4, A Robertson (ESH) 32-45; 5, J Elphinstone (EAC) 32-54; 6, G Faulds (EAC) 32-56; 7, I Seggie, V1, (Liv) 33-04; V0/45, J Knox (Gala) 34-36; V0/50, J Reid (Unat) 36-40; V1, I McColl (GAC) 37-46; V2, K Hogg (Pen) 40-52; V3, M Dryburgh, LV1, (Pen) 42-34; V4, FMcKinnon (Lass) 42-42; Team: 1, Teviotdale; 2, EAC; 3, Gala. Women's Team: 1, Penicuik; 2, Lasswade.

6

Golspie Peoples 10K RR, Golspie

1, J Duck (Aus) 32-02 (rec); 2, S McKenzie (Inv) 32-34; 3, M Flynn (Mor) 33-41; 4, S Wright (Caith) 33-54; 5, A MacDonald (Caith) 33-57; V1, G Ewing (Inv) 36-02; V2, D Penwick (Caith) 36-31; V3, J McMillan (BD) 37-02; V1, M McBeath (Caith) 42-08 (rec); V2, F Farquhar (Wick) 42-36; V3, A Sinclair (Unat) 42-51; Team: Caithness 16pt; 2, Inverness 22; 3, Black Isle 50. Women's Team: 1, Wick LJ.

17

Troon Tortoises 10K RR (+350 ran)

1, A Gilmore (Cam) 30-27 (rec); 2, E Stewart (Cam) 30-56; 3, S Conaghan (Spango) 31-23; 4, G Wright (Ayr) 31-34; 5, C Thomson (Cam) 31-38; 6, J Stewart (Ayr) 31-53; V1, G Gilbert (Ayr) 33-06 (rec); V2, H Rankin (JWK) 34-18; V3, D King (Irv) 34-37; V1, J Robertson (Ayr) 36-31 (rec); V2, E McGarry (LV1) (Irv) 39-47; V3, J Strawhorn (Loud) 39-56; V4, I. McCrae (Galloway) 42-14; V5, A Lucas (Girvan) 44-26; V6, P Young (Ayr) 46-46; V7, C Webster (HBT) 32-54.

19

Strathclyde FBI 5.5 mile RR, Glasgow

1, I. Ostolozago (NY) 26-04; 2, C Thomson (guest) (Cam) 26-05; 3, D Cameron (guest) (Shett) 26-54; 4, E Wilkinson (guest) (C glen) 26-59; 5, A Norman (Man) 27-07; 6, J van Hoeven (Neth) 27-14; V1, L Brown (KO) 33-50; V2, A Donnelly (SRC) 34-05; V3, A Harvey (SRC) 37-00; V4, I. Ranicar, 7th (Man) 27-18; V5, I. Perrow (Lancs) 27-55; V6, P Spaans (Neth) 28-04; Int Teams: 1, Eng 29pt; 2, Neth 54; 3, Scot 77; 4, US 97.

DOUGLAS Frame notched up his third win in a row in the Mauchline 9 on May 14, to beat his own course record by just five seconds. In the women's race Jane Robertson smashed the record by over five minutes, writes John Strawhorn.

Blustery but dry conditions met the runners on the start line for the race around the scenic, but hilly, countryside in the heart of Burns country. After a cautious start over the first couple of miles, a group of three, Frame, Alan Robson and Graham Wight, broke away. By 3.5 miles Robson had dropped off the pace, leaving Wight trying to stay with Frame into the wind towards Sorn Castle. A mile later, however, the race was won and the holder never faltered, coming home with a minute's lead. Behind him there was quite a tussle with Robson clawing his way back by eight miles, and in a tremendous battle to the line he beat the Ayr Seaforth man by a second.

In the women's race, a fast early pace by Janet McColl was not enough to burn off the endurance of Jane Robertson, who overtook the Glasgow runner at five miles and won by just under two minutes. Kate Todd took the veteran prize when finishing third, in a time which was also inside the course record.

There were popular local winners in the male vet ranks with the consistent Jimmy Kyle winning the over 40, and Adam Park taking the appropriately named Supervet award. A strong Ayr Seaforth presence ensured that both team prizes stayed locally.

20

Portland Arms 10K RR, Lybster

1, S Wright (Caith) 32-34 (rec); 2, A MacDonald (Caith) 32-58; 3, H Adamson (Unat) 35-22; 4, J Swanson (Li) (Caith) 35-32 (rec); 5, W Bruce (V1) (Caith) 36-01; 6, G Ewing (Caith) 36-20; 7, M McBeath (Caith), 10th, 39-16; LV1, R Bruce (Wick), 15th, 45-31.

21

Cumnock Half Marathon (+300 ran)

1, B Emmerson (V1) (Tev) 69-10; 2, D Frame (Lass) 69-55; 3, T Anderson (Kilb) 72-15; 4, G Tenney (Kilb) 74-05; 5, P O'Kane (West) 74-10; 6, C Martin (V2) (Dum) 75-24; V3, G Gilbert (Ayr) 76-32; V1, S Branney (GAC) 76-20; 8, J Robertson (Ayr) 84-48; 9, L. Strawhorn (Loud) 91-57; V4, I. McGill (Irv) (LV2) 93-05; V5, K Hancock (Giff) 94-17; V6, K Todd (JKW) (LV3) 95-17; V7, C Kyle (Cumnock), 12th, 77-47.

Glenrothes Half Marathon (+1000 ran)

1, T Mitchell (FAC) 68-01; 2, D Harper (P10) 68-34; 3, R Johnston (C glen) 70-36; 4, M Coyne (FVHD) 71-24; 5, T Martin 72-27; 6, E Wilkinson (C glen) 73-01; V1, I. Seggie (Liv) 73-05; V2, W Adam (Sl) 75-49; V3, J Holden (Clen) 78-04; 11, C Brown (FAC) 88-09; 12, M McLaren (Kirk) 93-17; V4, A Harley (Pit) 94-47; V5, L. Bright (HELP) 96-19; V6, S Kelly (Leslie) 96-44; V7, J Bauchop (HELP) 99-25.

Johnstone Rotary Club 10K RR

1, D McFadyen (GWH) 32-26; 2, R Thomas (HBT) 34-22; 3, J Wight (Ayr) 34-49; 4, J Hannigan (Kilb) 35-23; 5, C Baker (Unat) 35-31; 6, F Wright (Spring) V1, 35-42; V1, D Moore (Unat), 19th, 40-28; V2, M Moore (Kilb), 19th, 42-34; V3, S Todd; V4, C Bishop.

Oban Half Marathon

1, J Bennett (Spango) 73-20; 2, T Timms (RAF) 75-00; 3, R McLeary (Ob) 75-10; V1, P Cartwright (FVHD); V2, G Paul (Ed) 103-18; V3, S Stoddart (Ob) 114-58; Team: 1, RAF Machrihanish 4-08-15.

RESULTS

1, H Forgie (Law) 30-32; 2, I Donnelly (Law), V1, 51-16; 3, D Murray (FVH) 51-23; 4, A Letham (Forth), V2; L1, H Oliver (Law) 61-42; L2, K Dodson (Law), LV1; 5, J Rowley (Law), V3; 6, J Gourley (Law), V4; Team 1, Law 14pts; 2, Muirhall 27. Fun Run: Boys: 1, P Todd; 2, S Chalmers; 3, C Leslie (All Lanark GS). Girls: 1, C Thomson; 2, H Froud; 3, H Dodson (All Lanark GS).

27

Western I Half Marathon, Stornaway - 1, R Thomas (HBT) 73-59; 2, P O'Donoghue (Ach) 75-14; 3, R Brown (HBT) 77-21; 4, J Wilson 78-01; 5, D Knight 78-21; 6, P White (Shett) 78-36; V1, D Morgan (DRR) 79-56; L1, I Bruce (Giff) 100-15; L2, A McAvoy (Storn RC) 103-32; L3, L Norgrove (Unat), LV1, 105-16; L4, R Gardner (GAC) 108-48.

28

Aberdeen Milk Marathon, Aberdeen - 1, I Bloomfield (Eng) 2-20.30; 2, T Mitchell (Scot) 2-24.53; 3, M McGeough (Wales) 2-25.57; 4, N Barlow (Eng) 2-26.09; 5, R Hall (Scot) 2-29.35; 6, A Lewis (Wales) 2-30.51; 7, C Youngson (Scot), V1, 2-31.23; 8, D Bond (Eng) 2-32.24; 9, E Williams (Eng) 2-33.16; 10, C McIntyre (Coast) 2-40.46; 11, D Ritchie (Forth), V2, 2-41.42; 12, C May (Moray RR) 2-42.34; 13, R Hubbard (SMC) 2-43.25; 14, F Duguid (Ab), V3, 2-44.55; 15, R Taylor (Ab) 2-45.08; 16, S Park (Ab) 2-45.39; 17, B Howie (ESHD) 2-46.16; 18, K Hogg (Ab) 2-46.28; 19, I Tack (Unat) 2-46.53; 20, D Dawson (Ab) 2-47.26; L1, E Hughes (Wali) 32nd, 2-54.24; L2, M Stafford (Ab), 44th, 3-06.36; L3, L Trahan (Inverurie), 62nd, 3-14.41; L4, M Robertson (DRR), LV1, 63rd, 3-15.07; L5, D Germison (Ab), 66th, 3-15.52; Teams: 1, England 13pt; 2, Scotland 14; 3, Wales 42. 10K RR, Beach Boulevard - 1, S Axon (Ab) 32-10; 2, J Farquhar (Ab) 32-16; 3, M Murray (Ab) 32-17; 4, I Williamson (SI) 32-54; 5, R McFarquhar (Ab), V1, 33-03; 6, B Maroney 33-31; 7, J Harlon 33-34; 8, R Gatenby 33-39; 9, D Armour (Ab) 33-43; 10, C Farquharson (Ab) 33-57; L1, L Bain (Ab) 35-48.

FOR THE first time since its inception in 1983, the Hughes Glenrothes Half Marathon on May 21 enjoyed burning sunshine, writes David Watt. The enjoyment was probably more on the part of the spectators than the runners.

While the start and finish at the Fife Institute enjoyed a cooling breeze, other parts of the course which ran through sheltered parks and paths in Glenrothes had baking heat which caused the times (from leading runners to those trailing towards the end) to be down quite a bit on what most were aiming for.

The hot weather, however, did not stop Fife AC's Terry Mitchell returning a very creditable time of 68-01, to be followed home by Frank Harper (Pitavie) 68-34 and Raymond Johnston (East Kilbride) 70-36. Mitchell is the record holder for the Glenrothes event, but was unable to improve on his time of two years ago.

The women's event was won by Carolyn Brown (Fife AC) in a time of 88-09, with Margaret McLaren (Kirkcaldy) second in 93-17 and third, local Ann Harley at 94-47. It was nice to see a Fife AC double in what really is their 'home event'. The veterans trophies went to Ian Scott (Uphall) in a time of 73-45 and Liz Bright (Dalkeith) 96-19.

Overall the event seemed as well organised as ever by a very competent and now well experienced committee - no hitches were apparent in the organisation.

A nice touch was shown by the principal sponsors - Hughes Microelectronics - who took out a full page advertisement in the local paper congratulating Terry Mitchell and all the other runners, as well as thanking the organising committee and all stewards and helpers who put in a lot of work to make the event such a success. (If only all sponsors responded so well to the work of hard pressed volunteers.)

Sadly though, this year's numbers were a little down, but the organisers are confident that with the continuing success of an enjoyable event, the numbers next year will pass the 1200 mark at the very least.

Caithness Half Marathon, Thurso - 1, S Wright (Caith) 74-47; 2, A Cook (Ol) 75-22; 3, A MacDonald (Caith) 75-45; 4, J Gunn (Caith) 75-56; 5, A Mathieson (Caith) 78-42; 6, J Oman (Unat) 82-44; V1, W Bruce (Caith) 83-46; V2, P Robertson (Ol) 87-25; V3, F Bremer (Caith) 88-16; VO/50 A Mathieson (Caith) 94-03; L1, F Farquhar (Wick) 93-49; L2, E Oag (Caith) 99-20; L3, K Dunnett (Caith) 105-58.

Motherwell Ravenscraig Half Marathon 1, J Quinn (Moth) 70-06; 2, P Carton (Shett) 70-23; 3, A McLelland (C'glen) 70-45; 4, R Ronald (EK) 71-11; 5, C McLelland (C'glen) 71-23; 6, W Weir (Moth) 71-47; V1, A Adams (Dum) 72-11; V2, D Fairweather (Cam) 75-47; V3, I Burke (Bella) 76-10; L1, E McKay (GAC) 89-40; L2, C McGarvey (Mot) 93-47; L3, P Kelly (GAC) 94-32; LV1 I Carroll (Mary).

4

Larkhall to Wanlockhead 35 miles Relay 1, Hamilton H "A" (J Fallon 46-13; SWylie 39-51; A Mair 42-00; R Laird 41-14; B Campbell 43-02) 3-32-20; 2, Hamilton H "B" (A McLinden 46-33; B Smart 44-42; D Adams 37-48; A Morwood 45-04; G Neilson 52-38) 3-46-45; 3, Biggar AC (P Kelly 47-42; I Langford 50-01; J Tervit 44-22; J Nolan 43-51; A Letham 41-32) 3-47-24; 4, Larkhall YMCA H.

Fastest Stages: Stage 1, J Fallon (Ham "A") 46-13; Stage 2, S Wylie (Ham "A") 39-51; Stage 3, D Adams (Ham "B") 37-48; Stage 4, R Laird (Ham "A") 41-14; Stage 5, A Letham (Biggar) 41-32.

Govan Festival 10K RR, Glasgow - 1, W Robertson (Bella) 31-50; 2, A Thompson (Bella) 32-07; 3, R McQuat (C'bank) 33-00; 4, M McDonald (Clyd) 33-19; 5, P McGregor (VP) 33-53; 6, FWright (Spring), V1, 34-10; 7, R Keltie (Cam) 36-18; 8, G Leiper (Bella) 36-19; 9, A Speirs (Barr & S) 36-44; 10, J Sorrie (Shett) 36-57; V2, J Harkness (Bella) 37-35; L1, M McCall (GAC) 37-42; L2, R Murray (Giff), LV137-54; L3, M Sinclair (GAC) 43-26.

Ross-shire Peoples 10K RR, Dingwall - 1, R Bowman (Inv) 31-05; 2, A Reid (Coast) 31-06; 3, S McKenzie (Inv) 31-37; 4, C Vickers (Nairn) 31-58; 5, A Mathieson (Caith) 32-33; 6, M Wright (Caith) 32-35; V1, R Wilby (BD) 33-51; L1, J Swanson (Caith) 34-57; L2, J Noble (Nairn) 45-31; Teams: Men: 1, Inverness H; Women: 1, Nairn & Dist.

Lillies Day Festival 5mile RR, Kilbarchan 1, G Fairley (Kilb) 24-12; 2, G Tenney (Kilb) 24-19; 3, K Vose (Stirl) 24-28; 4, A Elder (Ayr) 25-40; 5, J White (Irv) 25-54; 6, J Harrigan (Kilb) 26-04; V1, R Crawford (Unat), 13th, 30-32; V2, P McLaughlin (GWH) 30-45; L1, J Armstrong (Giff), 12th, L1, B Bain (Ab) 35-48.

Cumbernauld Half Marathon (+300 ran) - 1, M Carroll (Annan) 63.55 (course record); 2, K Moss (Chorley) 66.47; 3, A Daly (Bella) 68.16; 4, W Adams (SI), V1, 72.15; 5, B Grieve (Dumfries RC) 73-29; 6, L Hill (Dumfries RC) 75.02; 8, D Service (Edin) 75.07; 9, R Johnstone (Solway ST) 75.34; 10, A Samuel (Tev), V2, 76.11; V3, I Pollock (Aston Water), 12th, 76.51; V4, J Paton (Forth), 21st, 79.38; VO/50, J Paton (Forth) 79.38; L1, C Brown (Fife), 50th, 91.54; L4, A Bates (Alloa), 101st, 92.16; L5, M Graham (Annan), 109th, LV2, 93.43; 6, I McCall (Dumfries), 123rd, 96.15; LV3, P McLaughlin (West), 135th, 97.15; L6, J Carter (Solway ST) 82.31; 2, A Strang (Kirk) 100.15; 3, M Armstrong (Kirk) 101.42; Team: 1, Dumfries RC 222 pt; 2, Chorley AC 239; 3, Solway Strollers 279.

TAKING full advantage of the fine conditions and a fast course in the Helensburgh Advertiser 10K on Thursday, May 25, Carol-Ann Barclay sliced half a minute from her PB in winning the women's race and finishing in 22nd place overall in 36-42, writes Wilson Hamilton.

Winner of the race, in 32-03, was John Stephens, sporting the colours of host club Helensburgh AAC for the first time and relegating last year's winner John Duffy (Greenock Wellpark Harriers) to second place, 20 seconds adrift. Not surprising this since, as a physiotherapist, Stephens has been treating an injury which has curtailed Duffy's recent training, and for which he is soon to undergo surgery.

In the 200 strong field, Allan Adams was first veteran and Peter Walsh and Colin Martin packed well in fourth, fifth and sixth positions to carry the team prize along the road to Dumbarion. The women's team race went to Glasgow AC with Isabella McEwan and Pauline Kelly joining Carol-Ann Barclay. And to make it a clean sweep for GAC, Maggie Sinclair won the women's vets prize.

RESULTS



May

27

SAAA West District Champs, Dam Park, Ayr -

Seniors: 100 (-3.07m/s): 1, S Robertson (Bell) 11.2; 2, D Slater (Law) 11.4; 3, J Corrigan (Shett) 11.6; 200 (-3.50m/s): 1, S Robertson 22.5; 2, D Slater 23.0; 3, J Corrigan 23.0; 400: 1, D Mulherron (Shett) 49.1; 2, A Murray (JWK) 49.8; 3, A Bryce (FVH) 51.2; 800: 1, T McLean (Bell) 149.2; 2, B Whittle (Ayr Sea) 1-50.8; 3, P Duffy (GWH) 1-52.6; 4, G Gibson (Kilb) 1-53.3; 5, A McBeth (J) (Glas U) 1-54.1 (1-53.6 pt); 6, P McDevitt (Bella) 1-56.9 (1-56.3 pt); 7, R Welsh (JWK) 1-57.4 (1-55.5 pt); 8, G Stewart (C'bank) 1-59.8 (1-54.9 pt); 1500: 1, R Fitzsimmons (Bella) 3-57.1; 2, I Johnstone (FVH) 3-57.9; 3, W Coyle (Shett) 3-58.2; 4, C Little (VP) 3-59.6; 5000: 1, R Quinn (Kilb) 14-23.5; 2, T Murray (GWH) 14-34.5; 3, W Robertson (Bella) 14-46.9; 4, D McFadyen (GWH) 14-51.2; 5, D Runneman (Cam) 15-00.0; 110H (-2.03 m/s): 1, J Pender (Kilb) 16.3; 2, F McGlynn (Shett) 16.4; 3, A McClure (Strath U) 16.6; 400H: 1, R Harkins (Shett) 53.5; 2, M McPhail (Ayr) 53.7; 3, K Anderson (Nith) 56.1; 3000 s/c 1, J Pentecost (FVH) 9-16.0; 2, K Lawler (Clyd) 9-38.3; 3, R Blair (VP) 9-42.3; 4, J Kennedy (VP) 9-54.6; 4 x 100: 1, Shettleston 43.0; 2, Ayr Seaforth 43.7; 3, Larkhall YMCA 47.1; HJ: 1, J Stoddart (Bella) 2.08m; 2, A Scobie (Irv) 1.95m; 3, D Parrott (KO) 1.85m; PV: 1, A Wake (Bella) 4.10m; 2, S Ryan (Spano) 4.00m; 3, A Anderson (Nith) 3.60m; LJ: 1, M Hammill (C'bank) 6.51m; 2, D Forrest (Law) 6.26m; 3, A McClure 6.13m; TJ: 1, R Brown (Glas U) 13.59m; 2, S Harland (FVH) 13.56m; 3, I Beattie (C'bank) 13.47m; SP: 1, I MacDonald (Dum) 14.78m; 2, S Ryan 12.21m; 3, I Carter (Clyd) 11.76m; DT: 1, M MacDonald 44.78m; 2, S Ryan 37.28m; 3, I Carter 36.84m; JT: 1, S Ryan 49.70m; T C a r i n (Clyd) 46.64m; 3, G Dingwall (Shett) 45.36m.

SAAA East District Championships, Meadowbank

Seniors: 100 (-1.05m/s): 1, A Doris (EAC) 10.87; 2, S Shaw (EAC) 11.21; 3, S Scott (EAC) 11.30; 4, M King (Ab) 11.37; 5, E Clark (Pit) 11.37; 200 (-0.51m/s): 1, A Doris 21.73; 2, N Turnbull (EAS) 21.77; 3, M McMahon (EAS) 22.03; 4, M King 22.57; 800: 1, I Campbell (EAS) 1-54.06; 2, P Wyman (EAC) 1-54.30; 3, C Neill (EAC) 1-54.54; 4, K Logan (Teviot) 1-54.64; 5, G Mitchell (DHF) 1-55.55; 6, G Harker (EAC) 1-55.85; 5000: 1, I Mathieson (Ab) 14-20.61; 2, C Hall (Ab) 14-26.58; 3, M Ferguson (EAC) 14-28.7; 4, R Creswell (Ab) 14-46.06; 5, N Thin (EAS) 14-56.11; 6, H McKay (Fife) 15-04.28; 110H (-1.03m/s): 1, N Fraser (EAC) 14.66; 2, C Hogg (EAC) 15.71; 3, G Smith (EAC) 15.94; 4, A Taylor (EAC) 16.36; 400H: 1, M Davidson (Ab) 52.37; 3, S Ledingham (Ab) 55.10; 5, D Dempster (ESD) 55.47; 4, D Thom (DHF) 55.69; 5, A Taylor 55.87; 3000 s/c 1, J Moodie (Pit) 9-28.13; 2, R Boyd (Edin U) 9-31.86; 3, D McConigle (DHF) 9-46.68; 4 x 100: 1, Aberdeen 43.07; 2, DHI 43.75; 3, Cen Region 45.17; HJ: 1, B Thomson (EAC) 2.05m; 2, S Ritchie (Pit) 2.00m; 3, D Mathieson (Aber) 1.95m; 4, P Masteron (EAC) 1.90m; PV: 1, D Hamilton (EAS) 4.60m; 2, I Black (ESD) 4.20m; 3, J Johnstone (EAS) 4.00m; 4, D Darroch (DHF) 4.00m; 5, E Flizor (DHF) 4.00m; 6, R Pentland (EAC) 4.00m; 7, M Smith (EAS) 4.00m; 8, G Reid (Cen Reg) 3.80m; LJ: 1, D Mathieson 7.06m; 2, B Thomson 6.78m; 3, I Snowball (EAC) 6.64m; TJ: 1, S McMillan (Dun U) 15.03m; 2, D Rooney (EAC) 14.26m; 3, N McMeney (Cen Reg) 13.50m; SP: 1, G Smith (Ab) 14.52m; 2, N Mason (Fife) 13.81m; 3, S McMillan (Pit) 12.38m; DT: 1, A Black (EAS) 39.66m; 2, A Nisbet (Pit) 37.08m; 3, P Crawford (MA) 35.72m; JT: 1, A Black 56.42m; 2, A Whyte (EAC) 53.04m; 3, S McMillan 52.34; 4, F Hunter (EAC) 52.04; 5, A McIntosh (EAS) 50.40m; HT: 1, R Devine (EAC) 54.72m; 2, D Aitchison (PSH) 47.36m; 3, D Grisby (EAS) 46.32m; 4, A Whyte 46.08m; 5, A McIntosh 45.64m.

Juniors: 100 (-1.1m/s): 1, M Avis (EAC) 11.41; 2, B Connell (Cen Reg) 11.48; 3, E Samal (Unat) 11.56; 200: 1, S Shaw 22.10; 2, B Connell 23.02; 3, D Esamal 23.12; 4, P Allan (Pit) 23.56; 400: 1, A Bruce (Pit) 50.24; 2, I Cumming (Pit) 50.65; 3, C Westwood (Cen Reg) 52.02; 800: 1, I Cumming (Pit) 1-56.44; 2, K Leitch (Cen Reg) 1-57.92; 3, A Kinghorn (EAC) 1-58.48; 4, I Campbell (Ab) 1-58.52; 1500: 1, M McCartney (EAC) 4-07.13; 2, T Mendum 0 4-07.44; 3, I Falconer (Harmony) 4-09.92; 110H (-2.44m/s): 1, N Renny (DSMC) 15.74; 2, N Conacher (DHF) 16.06; SP: 1, N Mason (Fife) 13.95m. Youths: 100 (+0.80m/s): 1, P Kennedy (EAC) 11.31; 2, A Carnie (Ab) 11.66; 3, S Cumming (EAS) 11.69; 4, F Thain (MCS) 11.74; 200 (+1.32m/s): 1, A Carnie 23.17; 2, S Cumming 23.37; 3, S Mathers (Ab) 23.38; 4, J Anderson (MCS) 23.48; 800: 1, J Gill (CH) 2-02.01; 2, R Hooton (DSMC) 2-02.09; 3, E Calvert (Ab) 2-02.40

RESULTS



May

20

Airdrie HG, Rawyards Park, Airdrie - Scottish Heavy Event Throwing Competition: SP: 1, M McDonald (Dumfries) 14.06m; 2, G Cameron (Badenoch) 11.52m; 3, J Freebairn (SVHC) 10.80m; 56lb wt overbar: 1, M McDonald 3.70m; 2, Cameron 3.60; 3, Freebairn 3.30; Scots HT: 1, Cameron 29.02m; 2, McDonald 27.50m; 3, Freebairn 26.52m; Caber: 1, Freebairn; 2, A McDonald (Badenoch); 3, Cameron; Overall: 1, G Cameron 17pt; 2, M McDonald 16; 3, J Freebairn 15.

Inter Club Contest for Sharelle Rowan Trophy: 1, Airdrie H 487pt; 2, Avonside AC 456; 3, Hamilton H 140; 4, M'well YMCA 69.

Scottish YAL NE Section, Aberdeen - Youths: 100: S Mathers (Ab) 11.7; 100H: M Smith (Inv) 15.0; 800: I Murray (Inv) 2.05.6; 3000: J Gowans (Tay) 9.28.2; LJ: S Whyte (Inv) 5.96m; DT: D Murray (Ab) 32.84m; 4 x 100: Inverness H 46.5.

Senior Boys: 80H/T: I Lind (Ab) 12.7/11.66m; 100/LJ: P Williamson (Inv) 12.4/5.74m.

Teams: 1, Inver 575pt; 2, Aber 543; 3, Arb 474; 4, DHH 413; 5, Tay 242; 6, Banch 224. Girls: 1, Aber 186pt; 2, DHH 166; 3, Arb 157; 4, Banch 147; 5, Tayside 70. Colts: 1, Arb 109pt; 2, Aber 105; 3, DHH 104; 4, Banch 97; 5, Tay 83; 6, Inverness 74.

27

Bens of Jura 16 mile HR, Craighouse - 1, C Donnelly (Cam) 3-11.59; 2, I Ferguson (Bing) 3-21.18; 3, I Holmes (Bing) 3-22.05; 4, A Styson (V1) (Holm) 3-23.23; 5, B Whifford (Bing) 3-24.23; 6, A Curtis (Liv) 3-26.17; V2, J Holt (CM) 3-43.15; V3, C Taylor (CM) 3-55.13; L1, C Menhennet (Bella) 4-16.15; L2, R Pickvance (CM) 4-28.24; L3, P Gibb (Tel) 4-29.00; LV1, A Curtis (Liv) 4-35.38; LV2, P Hannaford (Car) 5-47.43; Teams: 1, Bingley 10pt; 2, Clayton-le-Moors 19.

Vets Cairnpapple 5 mile HR, Bathgate - 1, I Seagie (Liv) 33-04; 2, B Carty (Shett) 34-19; 3, I Briggs (Liv) 34-40; 4, P Cowan (Shett) 35-31; 6, I Leggett (Liv) (V50) 35-55; V60, A McInnes (VP) 44-01.

28

Tiso Campsie 4.5 mile HR - 1, S Bennett (West) 29-13; 2, P Marshall (HELP), V1, 30-33; 3, R Nicoll (Fife), V2, 31-27; 4, D Petrie (Kilb) 31-58; 5, S McKenzie (Unat) 32-07; 6, G Pryde (Lomond) 32-10; V3, J Shields (Clyd), 8th, 32-56; Loc1: J, Brough (SVHC) 40-31; Team 1: Kilb 21pt.

June

3

Kinnoul 4.5 HR, Perth - 1, S Hale (PSH) 23-59 (rec); 2, D McGonigle (DHH) 24-09; 3, D Crowe (DHH) 25-22; 4, D McGuinness (Read) 25-28; J1, K Smith (PSH); V1, T Ross (Fife); L1, C Whalley (Liv), 43rd, 29-35.

(Gala) 23-26; 3, D Bell (HELP) 23-33; 4, W Rodgers (J1) (Loch) 23-36; 5, A Bennett (West) 23-45; 6, A Farningham (Gala) 23-56; 7, D McGonigle (DHH) 24-00; 8, P Marshall (V1) (HELP) 24-01; 9, R Hope (Gala) 24-32; 10, D Davies (V2) (Hebog) 24-33; V3, R Nicol (Fife), 13th, 25-42; L1, T Calder (EAC), 33rd, 27-14; L2, A Curtis (Liv); L3, C Menhennet (Bella); Team: 1, Gala 17pt; 2, Lochaber 33.

Craigie 5 mile HR Barrhead - 1, R McCulloch (Kilb) 37-07; 2, T Hearie (Kilb) 37-14; 3, D Stewart (Bella) 39-14; V1, J Harkness (Bella).

4

Saugh Hill 3 mile HR, Girvan - 1, I Auchie (Dal Th) 20-33; 2, J Beech (Unat) 21-14; 3, H Finnegan (Girv) 21-41; L1, M McMurrin (Girv) 32-44.

Scolty HR, Banchory - 1, F Clyne (Ab) 30-30; 2, D McGuiness (Read) 31-48; 3, B Moroney (Ab) 31-52; 4, D Duguid (Ab) 32-01; 5, E Arrowsmith (Ab) 32-11; 6, C Youngson (Ab), V1, 32-25 (vets rec); V2, B Mahon (HBT) 34-09; V3, D Grubb (Ab) 34-49; VO45: 1, M Edwards (Ab), 9th, 35-02 (rec); VO50: 1, M Dickson (Ab) 35-54 (rec); J1, S Wright (Ab) 34-10; L1, I Bain (Ab) 34-47; L2, D Porter (Reeb) 40-28; L3, J Nuttall (Shet RR), LV1, 41-35 (vets rec); L4, J White (Banch) 43-06; LV2, C Blyth (Ab) 44-43; LV3, M Dickson (Unatt) LV40: 44-53; LV50, S Topps (Ab) 64-45; Teams: 1, Aber 8pts; 2, HBT 59.

Jura enhances its hill race status

the Campsie and Kilpatrick hills and travels to the Borders and Argyll for more strenuous sessions.

Although she doesn't mix road and hill racing, she has been working on her speed at the Crownpoint track in Glasgow. Her targets this summer include the Bob Graham Round, the famed Lake District mountain ultra marathon.

Behind Menhennet (51st overall) came Pickvance (Clayton le Moors) in 4-28, Polly Gibb (Telford) in 4-29 and veteran Ann Curtis (Livingston) in 4-35.

First in the men's over 50 category was Joss Naylor, the fell running legend from the Lake District. Completing the course in four hours two minutes, he was almost twelve minutes up on Carnethy's Bill Gauld and just missed out on an engraved glass which each sub-four-hour performer receives.

The battle for island supremacy resulted in a victory for Jura over neighbouring Islay. Crofter Davie Mack led the way and was presented, for the third year in a row, with the trophy for the top runner from Jura or Islay.

Mack belongs to Jura AAC, possibly the smallest athletic club in Britain. "The club was formed about six years ago and there are half a dozen of us who compete in this race," Davie explained after finishing the course in 4-08.

"There is so much local interest in the event that we had to make an effort! This is the fourth

year I've done it. But we all find it difficult to get to other races on the mainland." Jura also retained the islands team trophy.

There were also a couple of bizarre prizes.

Steve Frisk, of the nearby American naval base at Machrihanish, was first overseas runner and received a mounted set of deer antlers from a Jura islander.

And the last runner to finish, Richard Robertson (Penicuik YMCA - over 50) received a pair of quilt socks knitted by one of the island's oldest residents. He completed the course in just over seven and a half hours and, like all the others, he crossed the line to the sound of pipes. Last woman Pat Hannaford (Carnethy) received a similar "prize".

Donald Booth, changing quickly into a collar and tie for the prizegiving, was pleased with another successful day.

"It has been a great week for me personally," he said. "I took a week's holiday, ran the Goatfell race on Arran last week and came here for a few days. It's certainly the way to do it.

"But I must say that we could never run the race without the help of the local people. They put runners up in their homes, man the checkpoints, make the tea and generally show great enthusiasm.

"The only problem now is that with so many locals wanting to run in the race we are beginning to struggle for helpers! However it's good to see

the islanders competing, and the friendly rivalry between Jura and Islay."

Tim Hailey, group marketing director with Invergordon Distillers, commented: "The race helps put Jura firmly on the map, encourages more people to visit the island, and gives the locals some business, as well as a lot of excitement."

As the runners tucked in to tea and sandwiches in the glorious afternoon sunshine, it was easy to see why so many of them are prepared to travel so far.

"It's not because the race is the hardest they'll find - there are others equally difficult or even harder," says Colin Donnelly. "They come to savour the atmosphere and the beauty of this place."

And with that, the king of the hills faced up to a challenge of a different type - how to squeeze six bottles of whisky, glasses and a decanter into an already packed rucksack!

TRACK AND FIELD REVIEW

Continued from Page 31

May 28

DAM PARK was the setting for the SAAA West District Championships while the East Districts were held at Meadowbank on May 27.

The West event saw Tom McKean and Brian Whittle lining up together for the 800 metres. Using his strong finishing kick, McKean got away from Whittle and recorded a victory with the time of 1-49.2.

Rodger Harkins (Shett) narrowly beat local internationalist Malcolm MacPhail (Ayr) in the 400m hurdles. Harkins time for the event was 53.5sec, just two hundredths ahead of MacPhail's 53.7sec.

In the 5000 metres, Robert Quinn beat Tommy Murray by 11 seconds. Their respective times were 14-23.5 and 14-34.5.

In the youth's long jump Eric Scot produced a leap of 6.85m. This jump was not only far enough to win the youth's title - it would have won the senior event also.

AT THE East District Championship there were a number of double winners. 42 year old Alex Black (brother of Chris) won both the discus and javelin events. His distances of 39.66 in the discus and 56.42 for the javelin would have brought him little success in his days as a younger athlete, but they were enough to win this year.

Alan Doris (ESPC AC) recorded the sprint double winning the 100m in 10.87 and the 200 in 21.73. The 200m event brought a close finish as Doris was challenged by Edinburgh Southern's Neil Turnbull. Turnbull's time of 21.77 was only four hundredths slower.

Ian Campbell (ESPC) captured the next two distances, winning the 400m in 49.73, and his 800m time was 1-54.06.

In the 400m hurdles, Aberdeen's Mark Davidson became the fastest man in Scotland this year. He won the event in 52-37 secs.

June 4

A SPRINT double was the order of the day for Lorraine Dick (West) in the SWAAA East v West match at Meadowbank. Her times of 12.67 and 25.22 were both recorded into stiff headwinds.

In the junior age-group Myra McShannon (West) also achieved the sprint double, with times of 12.71 and 25.83 which would have been competitive in the senior event.

The trend of the day seemed to be with the West's strengths on the track and the East's on the field. Alison Grey (East) recorded a new match best performance in the intermediate shot (13.33m), as did Eleanor Garden (East) in the girls discus (29.54m).

The overall match result produced a victory for the East District with 530 points to the West's 499 points.

June 10

CONTROVERSY was the flavour of the day as there were three disqualifications at the Scotland/Greece/Ireland women's triangular international.

The Greeks received disqualifications in the 200m and the sprint relay and an Irish 400m runner was disqualified for running out her lane.

The match was won by the Scots with six individual victories to their credit. Karen Hutchison dominated the 1500m to win the event in 4-17.64. The sprint hurdles was won by Anglo-Scot, Jocelyn Kirby, her winning time being 14.41. Alison Edmonds scored a surprise victory in the 200m (25.12) after the Greek Patoulidou, having crossed the line first, was disqualified for running out her lane. The second placed Edmonds thus received the winning points.

The only field event victory was recorded by Lorraine Campbell as she won the long jump with a distance of 6.02m.

The remaining victories for the Scots came in the relays, they won the 4 x 100m in 46.83, and the 4 x 400m in 3-42.12.

June 11

YVONNE Murray and Liz McColgan came together to contest the 1500m at the Pearl Assurance Great Britain/International select/Hungary triangular international in Portsmouth.

The race proved to be a slow one with the first 800m run in 2-30. In the third lap the pace increased dramatically with McColgan and Murray both blasting away at full throttle - but over this distance there was never any doubt about who was going to win. Murray's winning time was 4-19.03, McColgan finishing in 4-21.45.

Lynne McIntyre emphasized the domination of the Scots in the women's middle distance events as she scored another victory for the British team in the 800m. (2-05.08)

Tom Hanlon, competing in the 3000 metres steeplechase, recorded the time of 8-35.77, and beat Olympic champion Julius Kariuki in the process. The race was won by the Seoul silver medalist, Peter Koech (8-34.59).

ROAD RACE REVIEW

May 21

BRIAN Emmerson won the Cumnock Half Marathon after running the event for six years without tasting victory. The Teviotdale Harrier beat 300 other competitors to win in the time of 69-10. Second placed Douglas Frame (Law & Dist) finished the course 45 seconds later in 69-45. First in the women's race was Sandra Branney (GAC) who finished the course in 72-20. Sandra was second man home (66-07), and Bellahouston's Andy Daly was third (68-16).

May 28

THE ABERDEEN Milk Marathon produced a team victory for England as they narrowly beat the Scots. The individual winner was Ian Bloomfield (Chester-le-Street) who recorded the victory

time of 2-22-30. In second place Terry Mitchell of Fife AC ran the time of 2-24-53 to be the first Scot home. Second for the home team was Rob Hall (2-29-35) who finished in fifth place overall.

THE FASTEST time by a Scot to date this year, was recorded at the Kircudbright Academy half-marathon. Mike Carroll of Annan established himself well clear of injury problems to complete the course in 63-55. Ken Moss of Cheshire was second man home (66-07), and Bellahouston's Andy Daly was third (68-16).

June 3

THE GOVAN Festival 10,000 metres road race was won by marathon internationalist Willie Robertson. The Bellahouston athlete won the race in the time of 31-50, ahead of his clubmate Alastair Thomson who came home in 32-07. The first woman in the race was Glasgow AC's Janet McColl who finished thirteenth overall with the time 37-42. The second woman across the line

EVENT TALK

"A FAST course," is the promise of Livingston Half Marathon organiser Andy Colquhoun. The event takes place on August 27 and is known for producing one of the best half marathon fields in Scotland.

The course runs mostly through the town of Livingston. "There are a couple of small hills and a larger one at around five miles. Apart from that there are long downhills which give good recoveries - it's a good course," says Colquhoun. "In a previous race we had 20 guys who ran under 70 minutes, so if you want a fast time, Livingston is a great race to do."

As usual this year there will be the competitiveness of the international event with teams from Scotland, England, Northern Ireland and Wales taking part. The teams will be announced nearer the time of the event.

Sponsorship from Gore-tex and Reebok has meant a healthy increase in prizes this year. First prize in the race is £300 worth of Reebok vouchers and a Gore-tex suit worth £140. The first woman past the post will receive £150 of vouchers and a Gore-tex suit. The prizes continue down to tenth female (£25) and 20th male (£15). There are three male vets age-groups and three female groups also. First home in each group will receive a £50 voucher and a Gore-tex suit. The prizes continue down to fifth placed male in the 40-49 and 50-59 groups (£20) and third place in all other groups (£30).

Prizes will also be awarded to first wheel chair competitor (£25), and best fancy dress (£15). A large selection of spot prizes will also be awarded - a minimum of £200 worth of Reebok vouchers, £400 worth of sports wear and £120 worth of Scotland's Runner subscriptions.

As well as this valuable prize-

Continued from previous page

June 11

was Rene Murray (Giffnock North) who recorded a time of 37-54. The vet's victory went to Frank Wright (Springburn Harriers) with his overall sixth place time of 34-10.

SHETTLESTON'S Willie Coyle won the Cumbernauld Half Marathon in 67-46 well ahead of the rest of the field. Second placed John Duffy (Greenock Wellpark Harriers) finished the course more than three minutes later in the time of 70-56. The women's race also produced a convincing victor with Rose McAleese (Shettleston) finishing well up on the field with a time of 78-44. A new course record was set in the veteran ranks as overall third placed John Stirling (FVH) recorded the time of 71-36.

TRIATHLONS

list, the organisers are currently looking at the possibility of awarding a major cash prize if a new record of a particular standard is set. More details of this will follow when they are available.

Last year, due to an infamous clash of events, the race received only 800 entries. In its first year (1986) there were 1800, so Colquhoun hopes that this year's figures will more resemble those of three years ago. As an incentive to get in early entries, there will be a prize draw for all entries received by July 16. The prize is again a Gore-tex suit.

It is possible to enter on the day, but Colquhoun appeals against doing so. "This causes problems with the security of the entry money, and the hassles of trying to process data at the last minute. If you want to give the race organisers a chance then enter before the day."

Andy is keen that the Livingston Half Marathon does well for the sake of the general decline in Scotland. "We've seen the demise of the Glasgow and Stirling half marathons this year. It's up to the rest of us to keep going!" he says.

Another feature of the day will be a 1.3 mile fun-run which anyone over nine years old can enter. The race is open to adults as well as children and all finishers will receive one of the excellent commemorative medals which will be awarded throughout the day's events.

The race starts at 10am at Howden, and ends at Howden Park. For accessibility, Livingston is easy to get to from both east and west so if you are looking for a fast time and some marvellous prizes, the Livingston Half Marathon could be the one for you!

SIX nations contested the Gilbeys International Triathlon in Londonderry, Northern Ireland, on June 3. The distance was 1K swim; 35K bike; and 10K run.

Holland, Hungary, England, Scotland, Wales and Ireland chose their best triathletes for the occasion, and on paper it looked like the Dutch, English or Irish would be fighting it out for the gold medal as they all had experienced teams, including European Championship athletes.

The Eastern block representatives, Hungary, were of course, an unknown quantity, while Wales had their problems with some of their stronger team members pulling out at the last minute.

Scotland's team was made up of three members of the Fleet Feet Triathletes Club, Stonehaven, and East Kilbride's Bud Johnston. Scottish champions John O'Donovan and Ginny Pollard were providing plenty of experience, but the junior team member, Lachlan Campbell from Montrose was competing in his first International event.

The event also formed part of the Irish Grand Prix Series and was organised in six starts every 30 minutes, with the internationalists off last at 2pm.

Wales' Stuart Morrish set a storming home ahead of England's Jeff Standley, with Pollard and Campbell of Scotland finishing in great style to give the Scottish team overall victory from Ireland by just four seconds.

Johnston, Pollard and O'Donovan will now compete in the Blackpool Triathlon on July 2 in an attempt to gain selection for the World Championships in Avignon on August 6.

Results: 1, Scotland (John O'Donovan, Ginny Pollard, Lachlan Campbell, Bud Johnston) 7-08-57; 2, Ireland 7-09-01; 3, England 7-09-39; 4, Wales 7-28-51; 5, Hungary 7-33-42; 6, Holland (disqualified)

Hobson soon powered into the lead and was first to reach the

shores of Lough Swilly and the turn point on the out and back course.

The two Dutchmen, Nick Marijnissen and Frank Heldoorn were 20 seconds back, followed by Scotland's Bud Johnston and Emhoe Balazo (Hungary) and Desi McHenry (Ireland).

Top Dutch woman Thea Sijbesma was just behind this bunch after a great swim, while Ginny Pollard was chasing hard on the bike a minute down.

The rules were strictly enforced and when Nick Marijnissen unfastened his helmet before the changeover he was disqualified. John O'Donovan had meantime pulled right through the field and had caught everyone except Hobson, Heldoorn and Balazo by the changeover from bike to run.

Hobson enjoying a clear lead, ran very strongly and finished well clear of Dutchman Heldoorn. Bud Johnston, meanwhile, was picking off triathletes at great speed setting the fastest run split of the day, and working his way up to third place overall. Julian Bunn, Wales, finished just behind Balazo, while O'Donovan, having faded after his effort on the bike, was behind Ireland's McHenry and Holland's Martin Den Otter.

Sijbesma, meantime, came storming home ahead of England's Jeff Standley, with Pollard and Campbell of Scotland finishing in great style to give the Scottish team overall victory from Ireland by just four seconds.

Johnston, Pollard and O'Donovan will now compete in the Blackpool Triathlon on July 2 in an attempt to gain selection for the World Championships in Avignon on August 6.

Results: 1, Scotland (John O'Donovan, Ginny Pollard, Lachlan Campbell, Bud Johnston) 7-08-57; 2, Ireland 7-09-01; 3, England 7-09-39; 4, Wales 7-28-51; 5, Hungary 7-33-42; 6, Holland (disqualified)

of the women with her winning time of 85-33. Paga, from Dunfermline's twin town in West Germany, was also the first woman vet home.

WILLIE Robertson (Bella) was rewarded for his efforts at the Clydebank Half Marathon with a PB of 66-08. Second placed Euan Wilkinson (Calderglen) finished in 68-50 and Dumbarton's Allan Adams won the vets race (70-23). The first woman was Rosalind Kay of Glasgow (87-56).

GREENOCK'S Duncan McFadyen was the winner of the 8.5 mile Frank Sinclair Memorial Trophy. He led the field for the entire course and his winning time of 40-59 was just four seconds outside the course record. Hammy Cox (GGH) finished in second place (41-10), 11 seconds behind McFadyen, and Eddie McKee (Spango Valley) was third in 42-24.

EVENTS

June

22

SSAA Inter Area Match, Grangemouth

23

McVITIES Challenge GB v USA v USSR v West Germany, Birmingham (Day 1)

24

BENBECULA Half Marathon

CAIRNGORM 10 mile Hill Race

WEST Highland Way Race, 95 miles Fell Race, Milngavie to Fort William. Entries now closed.

SCOTTISH Hill Race Championship, Melrose

McVITIES Challenge GB v USA v USSR v West Germany, Alexandria Stadium, Birmingham (Final Day)

ACCESS UK Womens Athletic League (Div 1), Essex

GLEN ROSA Horseshoe 12 mile Hill Race, Brodick Castle, Isle of Arran

BALLACHULISH Gala Day Hill Race

EILDON 2 Hills 4.5 miles Hill Race, Melrose

25

DUMFRIES Half Marathon, Dumfries. E - Sheila Howat, Race Secretary, 4, St Michaels Terrace, Henry Street, Dumfries by 19/6.

LOCH Rannoch Marathon and Half Marathon, Loch Rannoch. E - Arthur Andrews, Rannoch School, Rannoch Station, Perthshire.

ARBROATH Half Marathon, Seaton Park, Arbroath. Starts 10.30am, entry fee £4. Details from Mr Barnett, 14, Andrewie Road, Arbroath. Tel: 0241-79934.

BUCKIE & District Round Table Half Marathon, Buckie

WOMANS Own Run 10K, Grangemouth. Details from: 0324-483752.

POLAROID People's 10K Road Race, Alexandria

SCOTTISH & NWestern Athletic League D1 at Meadowbank, D2 at Crownpoint, D3 & 4 at Dam Park, Ayr, D5 & 6 at Coatbridge. North East League at Chris Anderson Stadium, Aberdeen

GRAMPiANTV Athletics League (South at Arbroath, North at Elgin)

FALKLAND Festival 3 mile Hill Race, Falkland. Info from: Ken McGuire, Tel Falkland 57449.

LAIRIG Ghru 28 mile Hill Race from Braemar to Aviemore

26 KNOCKHILL 3 mile Hill Race, Crieff

27 SRI Chinmoy 1 Mile RR, The Meadows, Edinburgh. Details as before.

28 ANNAN 6 mile Road Race, Annan

SRI Chinmoy 2 Mile Road Race, Glasgow Green. Details as before.

DUNFERMLINE Open Graded Meeting. Further info from C. McKinley, Tel: 0383-621706.

30

SMALL Nations (N Ireland v Scotland v Cyprus v Israel v Wales v Catalonia) International Match, Antrim Forum (Day 1)

July

1

SMALL Nations International Match (Scotland v N Ireland v Wales v Cyprus v Israel v Catalonia) at Antrim Forum, N Ireland

SWAAA Dairy Crest National U/20 Junior, Youth and Boys Championships, Meadowbank

SWAAA Dairy Crest National U/19 Championships, Grangemouth

JUNIOR International match (GB v West

Course Record Male
Female 1hr 05.08 Steve Kenyon
1hr 15.41 Sharon Astley

Prizes: Special for 1st man and woman (Plus Additional Prize to 1st Man and 1st Woman if Course Record is Broken)

1st - 25th Men

1st - 10th Women

1/2 Male, 1/2 Female Teams

Prizes for ALL Vet Groups

Commemorative Tee-Shirts to 20th-100th Men

1st-25th Women

FYLDE BOROUGH COUNCIL'S
7th WINDMILL 1/2
MARATHON
under AAA and WCCA laws

SUN 3rd SEPTEMBER 1989

Applications limited to 3,000
Closing date 14th August 1989. Strictly no late entries

- OPEN TO ALL OVER 17 years
- Accurately measured fast flat course
- Mile marked throughout; Medical Facilities
- 3 Feeding Stations on Course
- Caravan and Camping facilities available

Complete and send with entry fee of £4.00 (registered or affiliated) £4.50 non-affiliated and SAE for numbers and details to the address below.
ONE ENTRY PER SAE WHICH MUST BE 10" x 8". APPLICATIONS NOT COMPLYING WILL NOT BE ACCEPTED. CHEQUES PAYABLE TO "WINDMILL HALF MARATHON", MARATHON HQ, TOWN HALL, LYTHAM ST. ANNES, FY8 1LW. TEL: (0253) 721222 NUMBERS AND DETAILS TO BE DISPATCHED WEEK COMMENCING 14th AUGUST 1989. NO ACKNOWLEDGEMENTS WILL BE SENT.
ALL 1988 FINISHERS WILL RECEIVE APPLICATION FORM DIRECT

Leave blank	First name	Surname	Club leave blank if unattached
Address	Fee enclosed		
County			
Post Code	Tel No.	Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part nor for any loss of property. I am medically fit and am an amateur as defined by the AAA/WCCA	
SIGNED		Date	



Assisted by:



EVENTS

Germany v Sweden, Ipswich

JUNIOR (U/21) Multi events International Match (GB v West Germany v Switzerland, Altdorf, Switzerland (Day 1)

WEST Kilbride Open Meeting and 10K

DORNOCHE Festival Half Marathon and 10,000 metres Road Race, Dornoch. E - Judith Green, 41, Clashmudach, Clashmore, Sutherland.

MAMORE 16 mile HR, Kinlochleven

IAAF Grand Prix Bislett Games, Oslo

IAN Skelly/Carluke 10 Mile Road Race. Details from R Benyon, 0555-70358.

2

JUNIOR International match, Ipswich (Final Day)

JUNIOR Multi Events International Match, Altdorf, Switzerland (Final Day)

GRE Cup 2nd round Matches, various venues

CUPAR Highland Games and Road Race, Duffus Park, Cupar. E - Jack Weir, 16, Tarvit Avenue, Cupar (0334) 53451.

INVERNESS Open Graded Meeting, Queens Park, Inverness

SCOTTISH Young Athletes League, West Divs 1 & 2, Crownpoint

STONEHAVEN Half Marathon. E - Leisure and Rec Section, Kincardine and Deeside District Council, Viewmount, Stonehaven.

STAKIS Dulnain Bridge Fun Run. Contact 0479-811431 for details.

CIVIC Week Block Hill Race, Earliston

MOFFAT Weavers Chase 18 mile Hill Race, Moffat

ISLE of Mull Half Marathon.

5 FALKIRK District Council Open Graded meeting, Grangemouth. Details: 0324-483752.

SRI Chinmoy 10K Road Race, Edinburgh, and 5 Miles RR, Glasgow. Details from 031-336-2349 or 041-429-1946.

6 BRIMMOND Hill Road Race, Aberdeen

7 IAAF Grand Prix Miller Lite IAC Meeting, Meadowbank. Details from 031-661-5351.

8

SAAA Multi Events Championships (Day 1) and Relay Championships, Chris Anderson Stadium, Aberdeen

SWAAA Combined Events Championships (Day 1), Grangemouth

DUNS Sports Meeting

FORRES HG and 11 mile Road Race

SCOTTISH Mountain Trial Race

9

SAAA Multi Events Championships at Aberdeen (Final Day)

SWAAA Combined Events Championships (Final Day) and Relay Championships at Grangemouth

MYSTERY Tour 10 mile Scottish Mountain Trial

GENERAL Portfolio City of Edinburgh 10,000 metres Road Race, Edinburgh

11 STAKIS Boat of Garten Fun Run. Contact 0479-811431 for details.

12 EWM 15K Road Race, Moffat

13 ESH OGM, Meadowbank

14

PEUGEOT Talbot Games, Crystal Palace

15

BRITISH Schools International Track and Field Match, Dublin

EUROPEAN Cup Combined Events Final (Day 1); Mens final at Tonsberg, Norway; Womens final at Helmond, Holland. Field Events (Jumps and throws) Int Events (GB v Norway v Holland at Norway)

16 GRE BAL Match (Div 2) at Meadowbank

JUNIOR International match (Scotland v Northern Ireland v Eire) at Dumfries

INVERNESS Highland Games at Bught Park, Inverness. Details from 0463-239111 Ext 224.

STAKIS Boat of Garten Fun Run. Contact 0479-811431 for details.

CREAG Bheag 6.5 mile HR, Kingussie

17 EUROPEAN Cup Combined Events Final Matches (Men, Norway, Women Holland)



MILLER LITE/I.A.C. INTERNATIONAL EDINBURGH '89

ORGANISED BY THE INTERNATIONAL ATHLETES' CLUB UNDER IAAF RULES

FRIDAY 7th JULY, 6.30pm,
MEADOWBANK STADIUM, EDINBURGH

FOR TICKETS RING: 031-661-1079
(CREDIT CARD FACILITIES AVAILABLE)

FURTHER INFORMATION FROM MEADOWBANK.

TEL: 031-661-5351



THE CITY OF EDINBURGH DISTRICT COUNCIL
FRINDUP
SUPPORTING SPORT

IBM GREENOCK

FESTIVAL of RUNNING

MEDALS TO ALL FINISHERS

INVERCLYDE ATHLETIC INITIATIVE
AND PARTNERSHIP THE INVERCLYDE MARATHON

SUNDAY 20th AUGUST 10.30am
ENTRIES CLOSE 3rd AUGUST 1989

10k Marathon Fun Run

MARATHON MALE 1st £500	10K MALE 1st £150	MARATHON FEMALE 1st £300	10K FEMALE 1st £70
---------------------------	----------------------	-----------------------------	-----------------------

With assistance from Inverclyde District Council

SEND TO: Mr. J. Gallagher, Mail PT 08K, IBM UK Ltd, Inverkip Road, Spango Valley, Greenock, Scotland PA6 0AH.

NAME
ADDRESS

NAME OF
CLUB OR
UPATTACHED

DATE OF
BIRTH

CATEGORY
 MALE FEMALE

Entry Fee - Marathon £4, 10K £2, Fun Run £1

I enclose my cheque/PO for £_____ being the entry fee for the Run.

I agree to the organisers right to refuse any entry without being bound to assign a reason.

I declare that I am physically fit and capable and renounce any rights and claims for damages I may have against the Organisers for any injury or damage sustained as a result of participation in the event.

I will be 18 years of age or over on the day of the race.

The race is promoted under the jurisdiction of the SAAA and the SWCOL and RRA.

SIGNATURE _____ DATE _____

ScotRail NATIONAL CHAMPIONSHIPS

ORGANISED UNDER S.A.A.A. AND S.W.A.A. RULES



► 21-22 JULY 89 ◀

CROWNPOINT SPORTS CENTRE, GLASGOW

DOORS OPEN 17.00 FRIDAY AND 11.00 SATURDAY.
ADMISSION: FRIDAY 50p, SATURDAY £1.00.
HALF PRICE FOR D.A.P.S AND CHILDREN.
FOR INFORMATION PHONE 041-554 8274.

ScotRail



EVENTS

July 16 cont

INVERNESS Peoples 10K Road Race, Inverness. Send sac for entry form to: Turnbull Sports, 10, Church Street, Inverness. Closing date 10/7.

CAMPBELTOWN Festival Week Half Marathon. Details from Race Sec, Kintyre Place, Stewart Road, Campbeltown.

KILDOON 3 mile Hill Race, Maybole, Ayrshire.

TYNSIDE Scottish Athletic League at Meadowbank

17

GIROBANK Games, Antrim Forge, Belfast

SALTCOATS "Round the Houses" 4 miles Road Race, Laighdyke Park, Saltcoats

18

WHITE Ash Hill Race, Fochabers

19

SRI Chinmoy 2 Mile Road Races, Glasgow Green and Edinburgh. Details as before.

21

SCOTRAIL Joint SAAA/SWAAA National Senior Athletics Championships at Crownpoint (Evening)

22

SCOTRAIL Joint SAAA/SWAAA National Championships, Crownpoint (Final Day)

26

ELGIN Highland Games and 10 mile Road Race, Elgin

28

GLAMAIG 4.5 mile Hill Race, Isle of Skye

30

DINGWALL to Evanton and back 10 mile Road Race

31

STROMNESS Shopping Week 13 mile Road Race

31

GLENASHDALE 9 Miles - 1.30pm, medals and certificates to all finishers. Entry day. More info from John McGovern, Ashton Grove, Whiting Bay, Arran.

23

GRE Gold Cup and Jubilee Cup Semi Final Matches, various venues

24

FALKIRK District Council Young Athletes Meeting at Grangemouth. Details from 0324-483752.

Boost YOUR event's entries by advertising in this section.

For full details, contact Fiona Caldwell on: 041-332-5738

ABERDEEN AAC SHIRE OPEN MEETING

Sunday 23rd July
Chris Anderson Stadium Aberdeen
Total prize value £1200 (all age groups)
Main sponsors: Whyte's Coach Tours
Enquiries: Mr S. Peddie
Telephone (0224) 313498

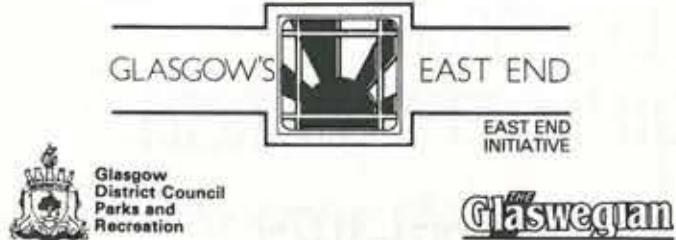
August

1

GATEHOUSE Gala "Roon the Watter" 10 Miles. Entry info from: Gayle MacNamara, 10a Catherine Street, Gatehouse of Fleet. Tel: 0574-594.

Bright Side 10K Bright Side Fun Run

on
SUNDAY 9th JULY 1989
STARTING FROM CROWNPOINT SPORTS PARK



- PRIZES TO VALUE OF £1,500
- COMMEMORATIVE AWARDS TO ALL RUNNERS
- ALL RUNNERS WELCOME

FUN RUN STARTS — 10.00 am
10K STARTS — 11.00 am

Entries to: CROWNPOINT SPORTS PARK
183 Crownpoint Road, Glasgow.
Telephone: 041-554 8274

AGE LIMITS:

10K - 17 years and over Fun Run - 11-14 Years (No upper age limit)

ENTRY FEE: £3.00 - Bright Side 10K
50p - Bright Side Fun Run

Cheques & P.O.'s only to be made payable to:
GLASGOW CITY COUNCIL

IMPORTANT! Enclose S.A.E. Size 10" x 6" for your running number and race details.

CLOSING DATE: 26th JUNE 1989, or when limit of 3,000 entries is reached.

NO LATE ENTRIES WILL BE ACCEPTED.

Run under rules of S.A.A.A., S.W.A.A.A. & S.C.C.U.

WIGTOWN DISTRICT COUNCIL STRANRAER PEOPLE'S HALF MARATHON SUNDAY 10th SEPTEMBER 1989



Race starts 1.00pm

(Under SAAA, SWAAA, SWCC & RRA permits)

Entry fee: £4 per entrant
closing date for entries: 1st September 1989

For further details and information pack please write to:

The Leisure Office
Technical Services Department
Wigtown District Council
Church Street
Stranraer DG9 7JQ
or Telephone 0776 2151 Ext. 244



HELENSBURGH PEOPLES HALF MARATHON

(Under SAAA/SWAAA/SWCC & RRA Rules)

SUNDAY 23rd JULY 1989 STARTING AT 09.30 a.m.

REVISED FAST AND FLAT COURSE

SEAFRONT START AND FINISH

MEDAL & CERTIFICATE TO ALL FINISHERS

PRIZES AWARDED THROUGHOUT FIELD

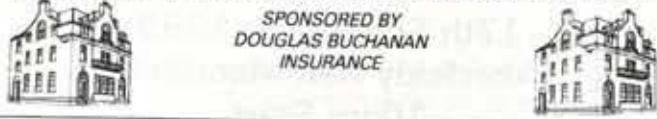
ENTRY FEE £3.50 (£4.00 unattached)

RACE LIMIT 400 - ENTRIES CLOSE 19th JULY 1989

DON'T DELAY - APPLY TODAY

TO: SHEILA RAMSAY, 38F EAST ARGYLE ST, HELENSBURGH G84 7RR

SPONSORED BY
DOUGLAS BUCHANAN
INSURANCE



DUNFERMLINE 1989 OPEN GRADED ATHLETICS MEETINGS

(Events organised under SAAA & SWAAA Rules)

- Wednesday May 31st
- Wednesday June 28th
- Wednesday August 30th

At Pitreavie Stadium

Presented by Pitreavie A.A.C.

Sponsored by Dunfermline District Council & Sports Council

Refreshments Available

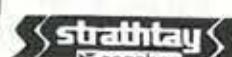
Spectators Free

For further information:

C. MCKINLEY, 18 Thane Place, Dunfermline (0383) 621706



Main Sponsors:
john strathearn & son ltd



Organised by Blairgowrie & District Town Council Association Under SAAA & SWAAA Rules

SATURDAY 19th AUGUST 1989 at 2.15pm
FROM BLAIRGOWRIE RECREATION CENTRE

Prizes for all individual Categories and Teams
1st Ten Men 1st Five Ladies
1st Three over 40's (Men) 1st Three over 25's (Ladies)
1st over 50's & 60's (Men) 1st Husband and Wife Team
1st & 2nd Men's & Ladies Affiliated Team (1st Three to Count)

SPOT PRIZES GALORE
MEDALS TO ALL 1/2 MARATHON FINISHERS
CERTIFICATES TO ALL FUN RUN (3.7) FINISHERS

Entries to Bob Ellis, 103 Perth Road, Blairgowrie, Perth PH10 6DX
Entry Fees: - 1/2 Marathon - £4.00, (inc. 50p levy to S.A.A.A.) Fun Run 50p on the day - Age 0-30
Cheques payable to Blairgowrie 500 - Please send S.A.E. if you wish acknowledgement

Registration on the day - Entries accepted on the day
If entering on the day, do so before 1.15pm - Entries limited to 500
you will be entered in a prize draw - so don't delay

Entrants are asked not to appear at the Recreation Centre until 12.30
A light snack and swiss are available and free of charge until 3pm - Prize Giving - 4.30pm

Sponsors: John Strathearn & Son Ltd - Strathtay Buses - Kell Kwik Printing - Dundee Runner
Tourist Association - Proctors Insulation - Plusboard

BLOCK CAPITALS PLEASE

Surname _____ Christian Name _____

Address _____

Town/City _____ Postcode _____ Tel. No. _____

Age _____ Date of Birth _____ Sex _____

Name of Club _____

Tick Box if: 1/2 Marathon Fun Run Husband & Wife Team Entry

Over 40 Over 50 Over 60

I certify that I am medically fit and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury or illness incurred during or as a result of the event nor for any property lost or damaged.

I hereby declare that I will be 18 years of age or over on the day of the event and have no competed in any athletic (track and field, racewalking, cross country or road walks) event as a professional, or having done so, I have been reinstated to amateur status.

Signature _____ Date _____

digital



Under S.A.A.A. and S.W.A.A.A. laws
Entry Forms from:
RACE DIRECTOR,
KYLE & CARRICK
District Council,
Parks & Recreation
Dept., 30 Miller
Road, Ayr, Scotland.

Entries Limited to
3,000 on a first come
first served basis.
ENTRY FEE £4



Ayr
Land o' Burns

HALF MARATHON



Sunday SEPTEMBER 3rd
at 10.30 a.m.

RACE ADVISER: Robert M. Dalgleish M.B.E.

SCOTLAND'S LARGEST ENTRY FOR 1987,
Fast course (Scottish record Sept 86) past
Alloway's Auld "Haunted Kirk" and Burns
Cottage — Ample car parking adjacent to
Start/Finish on Ayr Esplanade.

Winners 1988: Tommy Murray 1-06-34

Jane Robertson 1-20-37

ELECTED IN 1988

1. Scotland's most popular road race

2. Scotland's best organised race

3. Scotland's most scenic route

Surname

Forename

Address

Telephone Number

Post Code

Male Female

Date of Birth

Previous best time (Hours, mins)

Estimated running time (Hours, mins)

Are you resident within Kyle and Carrick District? YES/NO

Club (If applicable)



KYLE AND CARRICK
SPORTS COUNCIL

CATEGORIES

For your information the running categories are:
Men: 18 to 39, Veteran Males 40 & over, Women: 18 to 34,
Veteran Females 35 & over.

Please enter me for the Ayr Land O'Burns Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

•Cheque or P.O. for £4.00 payable to "KYLE AND CARRICK DISTRICT COUNCIL" •Check your bank statement for confirmation of entry •Enclose SAE with entry for written confirmation.

Please help: Check all enclosures before posting to: RACE DIRECTOR, PARKS AND RECREATION DEPT., 30 MILLER ROAD, AYR KA7 2AY. Tel: (0292) 281511

Signed

Date

HADDINGTON & EAST LOTHIAN PACEMEAKERS

in co-operation with

EAST LOTHIAN DISTRICT COUNCIL DEPT OF
LEISURE, RECREATION & TOURISM

present the
**HADDINGTON ROAD
RACE SERIES 1989**
at Neilson Park

£3.00 Sunday 13th August, 2pm - half marathon

Entry forms from: Race organiser, 65, High Street, Haddington. Tel: 062-082-4023.

Extensive prize list and commemorative awards. Unattached athletes additional 50p; all late entries additional £1.00.

All events under SAAA & SWAAA rules

THE GENERAL PORTFOLIO
ROAD RACE SERIES

10 MILE ROAD RACE

Selected as a S.A.A.A. Scottish Road Running Championship Series Event Fully permitted by all Athletic Associations.

SUNDAY 30th JULY 1989 — 11.00 a.m.

Running

ENTRY FORM



START/FINISH:
BRIDGE OF DON COMMUNITY CENTRE, BRAEHEAD WAY,
BRIDGE OF DON, ABERDEEN

EXTENSIVE PRIZES — MALE, FEMALE, VETERANS ETC.
INCORPORATING A BUSINESS TEAM TROPHY (First 3 to count)
SPONSORSHIP IN AID OF ROYAL SCOTTISH SOCIETY FOR PREVENTION OF
CRUELTY TO CHILDREN



GENERAL PORTFOLIO - Leading UK Assurance and Pension Group Langstone House, One Street, Aberdeen - Tel 211200
and 154 Victoria Street, Aberdeen, Tel 462022

Clydesdale Bank PLC

**NAIRN
PEOPLE'S HALF MARATHON
NAIRN GAMES**

SATURDAY 19th AUGUST
RACE STARTS AT 2 p.m.

Many prizes, medals to all finishers

Entry forms from:
Danny Bow
16 Glebe Road, Nairn
IV12 4ED
(0667) 52208

Entry fee: £3.50

Closing date 31st July (Entry limited to 200).



FORTHCOMING EVENTS

17th September 1989
Aberfeldy Half Marathon
10am Start

22nd October 1989 — Aberfeldy Triathlon
Also a Mountain Bike event - date to be advised

Watch out for further details in future issues, or
write for entry forms (enclosing sae) to:

Race Organiser,
Aberfeldy Recreation Centre,
Crieff Road,
Aberfeldy,
Perthshire
PH15 2DU
Tel: 0887-20922

LOCH LEVEN HALF MARATHON

(Under SAAA & SWAAA Laws)

Saturday 9th
September at
1pm



13.1 miles round
scenic Loch Leven

Entries close
31st July
Medals to
all finishers
Prizes in
each race class.



Main Sponsor: THE SCOTTISH HEALTH EDUCATION GROUP
Entry forms from: Tourist Information Centre,
Junction 6 M90, Kinross. KY13 7NQ. Tel: 0577 63680.

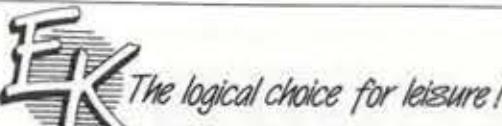
Come to Kinghorn, Fife for **Sixth Mill Lum 6 Race**

(Under SAAA, SWAAA & RRA Rules)
Wednesday August 9th at 7.40 p.m.

For the not-so-fit and younger ones there is a
1½ mile Fun Run at 7.00 p.m.

- ★ Enter on the day and changing at Kinghorn Church Hall
- ★ Many prizes and fast display of results
- ★ Scenic Farm Track Courses used for both events
- ★ Entry fee: Mill Lum 6 £1.00

Further information (0592) 873178
SPONSORED BY THE ENVIRONMENTAL SERVICES DIVISION OF
SCOTOL SERVICES LTD. TEL: 0224-573146



East Kilbride Stadium Opening Day

WHY — In a Town which has numerous excellent sporting facilities it has been long recognised that a first class all weather track was needed. The building of the track is intended to remedy this deficiency.

FUNDING — It is a joint project concerning East Kilbride Development Corporation and East Kilbride District Council with the former supplying the bulk of the capital and the latter undertaking to manage the facility on a daily basis.

NAME — The new Athletics Track is to be known as East Kilbride Stadium.

OPENING EVENTS — The official opening of the track is scheduled for 29 July 1989. A full athletics international, Scotland v Northern Ireland v Irish Select is being staged to mark the occasion. The official opening ceremony will involve dignitaries and senior officials from both the District Council and the Development Corporation. In addition to the International match we hope to secure the services of Steve Ovett as a "big name" for the event.

Attracting another "big name" is still under consideration. Admission to the event is free for all age groups and the event is scheduled to start at 1 p.m.

SUNDAY 3rd JULY — The following day we are staging a family fun day and the theme here is community participation. The following events are being offered:

- ★ 15 minute track fun runs
- ★ Long Jump
- ★ High Jump
- ★ Shot Putt
- ★ 60m Sprint

We anticipate having four age groups for the above events, each age group being subdivided into boys and girls sections.

The four age groups are:

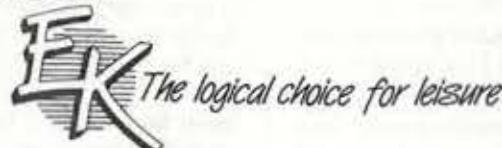
- ★ Primary School Children
- ★ Secondary School Pupils 1-3 year
- ★ Secondary School Pupils 4-6 year
- ★ People who have left School.

Again entry to the above fun day is free. All those who actively take part will receive a Certificate of Merit and special prizes are being put up for the best participants in the 60m sprint event.

We hope to have 2 good class athletes at the fun day with the specific intention of allowing the best performers in each age group in the 60m event to run off in a final against one of these athletes.

Scheduled starting time for the fun day is 12 noon and we anticipate it lasting until 3pm at the latest.

TRACK BOOKINGS — We hope to take bookings for the track from the first week in July (if the weather holds out and we finish laying the surface of the track). Anyone wanting further information about the opening events scheduled for the 29-30 July or about how to make track bookings should contact Mr William Mowbray on East Kilbride 37731.



LOTHIAN AND BORDERS FIRE BRIGADE

Presents
the



Assisted by West Lothian & Livingston Sport and Recreation Association and Livingston AAC Incorporating the Scottish People's Half Marathon Championships

Sunday 27th August 1989

at 10 a.m.

Start/finish at Howden Park, Livingston

Commemorative Medals and Certificates to all finishers.

Trophies in all categories (inc best fancy dress).

Prizes include Gore-Tex fabrics suits to 1st male, 1st female, 1st male o/40 and 1st female o/35.

Extensive veterans prize list.

Changing/parking facilities.

Wheelchair entries welcome.

Course records: Men - Bill Bedell 62-54; Women - Tricia Calder 79-05.

Entry Fee £5.00 (£6.00 after August 13; £7.00 on August 27).

Including Fun Run over 1.3 miles — medals to all finishers

— 500 — sponsored by Scottish Milk Marketing Board.

ENTRY FORM

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

Please enter me for the Gore-Tex Fabrics Livingston Half Marathon. I am medically fit and understand that I enter at my own risk, and that the organisers/sponsors shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee £5.00 cheque/P.O. to Livingston Half Marathon. No acknowledgement - check bank statement for confirmation of entry.

Signed _____ Date _____
Completed entry to Race Secretary, Livingston Fire Station, Livingston EH54 5DT.

Early entry competition: free Gore-Tex suit draw to entries before July 16.



Livingston Development
Corporation

GORE-TEX is a trademark of W.L. Gore & Associates Inc.

RHONA MCLEOD'S JUNIOR SCENE

Uni's events suffer poor turn-outs

AFTER FINISHING sixth in the British Universities Championships at Derby, it came as no surprise to anyone that Edinburgh University retained both the mens and ladies trophies in the Scottish Universities Cup Final, writes Gordon Ritchie.

What promised to be a good competition failed to live up to its billings when Glasgow, Strathclyde and Dundee failed to field full strength teams on a sunny day at Grangemouth. As a result, the strong Edinburgh team was never threatened in the most one-sided event in recent years.

Despite the lack of competition, there were several good performances on the day. Jamie Henderson excelled (as usual) in winning both sprints (10.6 and 22.0), while Dave Hitchcock triumphed in the 400m hurdles in a relaxed 55.7 seconds. In the field events, Glasgow's BUSF Champion Jim Stoddart cleared 2 metres again to win a close competition, while Andy Thain and Ed Daintith (both Edinburgh) tied for first place in the long jump (6.40m, with Andy getting the nod on the strength of his second best jump).

In the women's events, Rebecca Stevenson chalked up a double for Glasgow in the sprints (12.7 and 26.1), but undoubtedly the best performance came from Sarah Booth in the 400m hurdles with the fastest time by a Scot to date this year (62.5). She proceeded to better this with 62.2 at the Scottish Universities Championships. Karen Savill (Heriot-Watt) dominated the

field events again with a win in the javelin (39.56m) and shot (10.35m), and second in the discus (27.80m). She showed her versatility with 1.30m in the high jump, 29.1 in the 200m, 71.4 in the 400m, 17.7 in the 100m hurdles, and 76.0 in the 400m hurdles. All in one afternoon!

If the cup final was not particularly successful, the SUSF Championships were a disaster. These championships have suffered from falling numbers in recent years, and the time has come to give them a decent burial. They are proving to be an embarrassment to an otherwise booming university scene. A new form of event will begin next year in an effort to regain our reputation. More details will follow.

The flagship of the summer season for the unis is the representative match at Grangemouth. This year, the women easily defeated Edinburgh Woollen Mill and Central Region, while the men lost narrowly to the Scottish League and the Scottish Juniors. The evening started promisingly for the students with wins in the 100m (Alan Doris in a PB of 10.6s) and 400m hurdles (Dave Hitchcock in 54.4s). However, these were the only men's wins for the team.

In contrast, in the women's competition EWM won the two hurdles and the long jump, but the students won every other event in a comprehensive victory. Let's hope we see continued support for this match and an overflow into the new-look universities championships.

Benedict Graham, age 10.

Dear Rhona - I am nine years of age and I am fastest in my class. I have been to Merkland and Grangemouth and I have won a gold medal. Last year I

NAME: Alison Helen Grey

DATE OF BIRTH: 12/5/73

HEIGHT: 6 foot

WEIGHT: 11st 6lbs

CLUB: Espc AC

EVENT(S): Shot putt, discus, 100m hurdles

P.B.s: Shot: 13.89 indoors, 13.84 outdoors; discus: 44.18; 100H: 15.4sec

ATHLETIC ACHIEVEMENTS: British Schools shot champion; Intermediate British indoor shot champion; Scottish senior internationalist.

STRENGTHS: Good speed, an aggressive and competitive attitude, good shot technique.

WEAKNESSES: Bad discus and hurdles technique, lack of elastic strength and lack of power.

WHY DO YOU COMPETE: Because I enjoy taking part in

LETTERS

7, Mill Rise,
Lenzie,
Glasgow.

Dear Rhona - I enjoy running very much. I run for my school relay team and I would like to know what running clubs there are in my area.

Nicholas T Graham.

* THE closest club for you in Lenzie is Kirkintilloch Olympians. You can join if you are at least nine years old so Nicholas can go along too (if he remembers!). You will be able to train for all events from sprinting to cross country. The club secretary is called Henry Docherty and his phone number is 775-1551.

* Both Benedict and Nicholas receive Tshirts for their letters.

Athlete Profile



competitions and meeting different people. I especially like to compete under pressure. I enjoy winning, especially in big competitions.

OTHER HOBBIES: Going out, listening to music, and trying out other sports.

AIMS OUTSIDE ATHLETICS: Firstly to pass my Highers next year. Eventually I want to have my own business.

forgot to turn up for my race at my school sports, but I'll not forget this year!

Nicholas T Graham.

Pentathlon winners Katrina Dyer and Louise McMillan.

RHONA MCLEOD'S JUNIOR SCENE

The Aberdeen Account

WITH ALMOST missionary zeal, the SSAA braved the notorious elements of the north east and took the Pentathlon/Relay Championships to the excellent but windswept Chris Anderson Stadium in Aberdeen, writes Linda Trotter.

The addition of Group A (over 17) boys pentathlon considerably lengthened the day, although the relay championships, dominated by private schools, went very slickly. Is the rapid increase of non-state schools in relay events, rather than pentathlon or track and field, a subject worthy of future debate? Even the inter-area Primary Relay Championships were won by St Katherine's, representing Fife, and Hutchisons Grammar from Glasgow. In the secondary sector, the only state schools to win medals in relay events were Millburn Academy, Stranraer Academy and Greenfaulds High.

The pentathlon was a long, drawn-out, cold competition for the most dedicated of schools athletes. Eric Scott of Hermitage Academy won the inaugural over 17 boys event, considerably helped by his specialist discipline, the long jump, where his leap of 6.84m gave him a comfortable points cushion.

Two young high jumpers, Louise McMillan of Bo'ness Academy (u.17), and Katrina Dyer of Belmont Academy (u.15), were clear winners, dominating their pentathlon events and showing excellent high jump abilities.



Alastair Currie tucked behind the two Irish representatives at the Scotland/Ireland/Iceland international last year.

THE RISE AND FALL OF ALASTAIR CURRIE!

IT WAS 7.30 on a bright Saturday morning in July 1985 as I set off from the hotel at Crystal Palace on my way to Swansea to compete in the Emsley Carr Mile. I was feeling tired but still slightly elated from running a PB of 3-39.43 for 1500m at the Peugeot Talbot Games the previous evening - finishing just 0.2 seconds behind two of my boyhood idols, John Walker and Mike Boit.

The race at Swansea was part of an international match between England, Wales, Catalonia and Scotland. As an added bonus there were subventions of £1500, £1000 and £500 for the first three in the mile race - this I only discovered on the morning of the race!

On arrival at the track I was asked by one of the organisers if I would be interested in pacemaking for Steve Ovett for £100! On declining this offer I tactfully pointed out that as I was representing Scotland it would not go down too well with my team manager - anyway, I would prefer to try my luck for one of the three cash prizes.

After narrowly averting being withdrawn from the race by my team manager for not wearing the correct team shorts (which I had forgotten), I lined up alongside Messers Ovett, Rowlands and Co. (not Coef).

As the race set off I tucked in just behind Ovett in about fifth place. The pacemaker was a young local lad who, like other more experienced "hares", had gone off a little too briskly. On realising that he was about 15 yards ahead of the field he slowed down thus causing the field to bunch together. The next thing I can remember is hurdling a sprawled out Steve Ovett and finding myself about 10 yards behind the main bunch, which now of course, had increased its tempo in flight over the "crash".

Two laps later I began to wish I had fallen along with Steve - I was "dying a death" trying to catch up - with just over a lap to



the mile. Thankfully, the disappointment of the race only lasted a couple of hours. The only lasting scars were those inflicted during a mass pile-up on the waterslide at the post-competition 'pool party'.

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 10.00am at Arbroath Sports Centre. All distances catered for. Secretary - Bill Powell, 11, Glenmoor Place, Arbroath DD11 5JL.

ARBROATH & DISTRICT AC

Track and field events, road running and cross country. All ages catered for from 8 years upwards. New members in the upper age groups especially welcome. Qualified BAAB coaches available at all training sessions. Participants in the cross country leagues, women's league, and young athletes league. Secretary - Mrs Frieda Ritchie, 24, Rowan Path, Arbroath. Tel: 0241-74680.

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 JOGGERS

(and Garnock section of Irvine Cables AC) Serious runner, fun runner or novice. Do you fancy company when out for a run? Do you wish event information? Training every Wednesday at Bellside Pavilion 7-9pm. Adjacent to Beith Juniors FC Park. All welcome. Also most Sundays at 10.30am from Garnock Pool, Kilbirnie. Phone Jim Swindale at Beith 4156 for further details.

BELLAHOUSTON HARRIERS LADIES

Meet every Tuesday and Thursday at Nethercraig Sports Ground, Corkerhill Road, from 7.30pm. All ages and abilities welcome to our friendly and enthusiastic group.

BLACK ISLE ATHLETIC CLUB

Meets every Tuesday and Thursday from 7pm till 9pm. Friendly club catering for all ages from veterans and anyone who enjoys running - serious athletes or fun runner. For further information about the club, contact: Ray Cameron, 5, Rose Croft, Muir of Ord, Ross-shire (Tel: 0463-870805).

BLAIRGOWRIE ROAD RUNNERS

Sec: Maggie McGregor, Glenferne, Enochdhu, by Blairgowrie, Perthshire. Tel: 025081-205.

BRECHIN ROAD RUNNERS

New members always welcome. The club caters for the serious runner and the keep-fit jogger. Meets Wednesdays at 6.30pm and Sundays at 9.30am. For further information, contact club secretary: Mr Alan

Young, 11, Gellatly Place, Brechin. Tel: 03562-3807.

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 11.30 am. Further information: Robert Anderson, 63, Montcastle Drive, Cambuslang. Tel: 041-641-1467.

CARNETHY HILL RUNNING CLUB

For hill and cross country running in the Lothians. Regular training sessions and all standards welcome. Secretary - Andrew Spenceley, 26, Rankhill Street, Edinburgh EH8. Tel: 031-664-7146.

CENTRAL REGION AC

Large friendly club catering for all standards and ages, track and field, cross country and road running. For further information, Tel: John Dickson on Stirling 71627.

CLYDESDALE HARRIERS

Road, track, cross country, field events, hill running, jogging, coaching available in all aspects: social events. If you are looking for a friendly club contact: Phil Dolan, 1, Russell Rd, Duntocher. Tel: Duntocher 76950. Emily Hardware, 23, Gilmour Ave, Hardgate, Clydebank. Tel: Duntocher 76902.

CUMBERNAULD ROAD RUNNERS

Secretary - Mrs Maureen Young, 63, Thornecroft 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 Weds and Thurs at 7pm and Sat at 10am.

CUMNOCK AMATEUR ATHLETIC CLUB

Meets every Monday and Wednesday from 7pm at Broomfield Park, Cumnock.

All ages from 9 years upwards catered for. Very friendly and enthusiastic club. Separate adult jogging centre. Secretary: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

DUNBAR AND DISTRICT RUNNING CLUB

Training nights Tuesday and Thursday 7pm at Deer Park, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064. We cater for all abilities.

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 AC

Secretary - Mrs Gill Hanlon, 9, Lochinver Crescent, Dundee.

DUMFRIES AAC Secretary, 29, Apsley Street, Partick, Glasgow G11 7SP. Tel: 041-339-5860.

GREENOCK GLENPARK HARRIERS

New members of all ages welcome in club catering for men and women. Competition in track, road and cross country. Regular sessions from own clubhouse with all facilities. Senior men meet Tues and Thurs nights at 7pm, with boys and youths at 5.30pm. Women meet Monday 7.30pm. For details please contact Alan Puckrin, 14, Caledonia Cres, Gourock.

HADDINGTON ELP

Active, friendly, mixed club, meets Mon & Wed nights 7pm Neilson Park, Haddington (young athletes coaching, Knox Academy). Other times and places by arrangement. All ages, standards, road, cross country, hill, track and easy keep fit runs. Come along or contact Sec David Jones, 7, Letham Mains, Haddington EH41. Tel: Haddington 2685.

HAMILTON HARRIERS

The club for all seasons (road, cross country, track and field) and the club for the future. All standards of runners welcome to our friendly club. For info contact: Geoff Lamb, 7, Colthill Drive, Dunbartonshire. Tel: Alexandria 58943.

MARYHILL HARRIERS

Welcomes all ages and abilities. Friendly, enthusiastic club. Regular social events. We meet at the Deaf Institute, Institution Road, Elgin on Wednesday at 7pm and Sunday at 9am. For further details, contact Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-41543.

HARNEY ATHLETIC CLUB

Meets in south west Edinburgh every Mon and Wed. Caters for a wide range of abilities in all aspects of athletics, including track and field, cross country, road running and hill running throughout the year. For more info on track and field, contact Ken Jack on 031-449-2910; the remainder Ian Hislop on 031-441-1604.

KILBARCHAN AAC

Youngsters and men and women of all ages who are interested in track and field, road and cross country, or in coaching these disciplines, are welcome. Training nights 7pm Mondays at Thorn Primary, and Wednesdays at Johnstone High School, Johnstone. Come along or contact secretary Jason Pender at 34, Victoria Road, Brookfield, Renfrewshire. Tel: 0505-21217.

KIRKINTILLOCH OLYMPIANS

Age 9 to 90, all welcome (track, field, road and cross country). Girls and women. Sec: John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010. Boys and Men: Sec: Henry Docherty, 22, Applegreen Road, Langmuir Estate, Kirkintilloch G66 3TJ. Tel: 041-775-1551.

LINWOOD PENTASTAR AC

Training every Monday and Thursday nights in Linwood Sports Centre, Bredlin Road, Linwood. All age groups and standards welcome. Contact Mr P.

McAllister on 041-887-4705, or Mr W. Toole on Johnstone 25306.

LOCHGELLY & DISTRICT AAC

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

LOMOND HILL RUNNERS AND AAC

New members sought. Small, friendly club for hill races, roads, cross country etc. Training Tuesday 7.30pm, Sunday 8pm at Glenwood High School, Glenrothes.

Sec - Allan Graham, 12, School Road, Coaltown of Balgownie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB

A small club offering competition at all levels. Training Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carlawrock Court, Tranent. Tel: 0875-612-753.

MARYHILL HARRIERS

Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Meets every Tuesday and Thursday 7pm. All ages and abilities most welcome. Further info: R. Stevenson, 75, Priarton Road, Merrylee, Glasgow G43.

MILLBURN HARRIERS

The club for all seasons (road, cross country, track and field) and the club for the future. All standards of runners welcome to our friendly club. For info contact: Geoff Lamb, 7, Colthill Drive, Dunbartonshire. Tel: Alexandria 58943.

TAYSIDE ATHLETIC CLUB

Track, field, cross country and road running for male and female, ages 9 upwards. Qualified BAAB coaches available. Contact: Sec: Jack Ewing, 43, Hill St, Monifieth, Dundee. Tel: 0382-533945.

VALE OF LEVEN AAC

Nine years to veterans. All age groups and abilities, male and female, very welcome. Track and field, road and cross country. Further details from: Geoff Lamb, 7, Colthill Drive, Dunbartonshire. Tel: Alexandria 58943.

MOTOROLA JOGGERS

New members welcome, including those from outside the company. Contact: Clare McGarvey on East Kilbride 35844 after 9pm.

SCOTTISH TRIATHLON CLUB

Membership secretary - Geoff Buchan, 22, Lossendale Drive, Westhill, Skene, Dunbartonshire.

AYRODYNAMIC TRIATHLON CLUB

The newly formed club in Ayr for all standards and ages. Secretary - Robin Strang, 15, Seaview, Dunure, Ayrshire. Tel: 02950-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr baths (cycle).

BRUCE TRIATHLON CLUB

Secretary - Andrew Laing, 40 Morar Road, Crossford, Dunfermline KY12 8XY. Training - Dunfermline Community 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 - Peter Butcher, 7, Dalhousie Place, Arbroath. Tel: 0241-73490.

PETERHEAD AAC

Meets every Monday and Thursday, 6-7.30pm, from March to October at Catto Park, Peterhead, and from October to March at the Community Centre, Peterhead. All ages welcome. Club Sec Mrs M. Macdonald, 13, Prunier Drive, Peterhead.

RENFREW ATHLETIC CLUB

Small, friendly, recently formed club. If you are a serious athlete, fun runner, jogger, or you would like to get fit, come along and join us. We meet Tuesdays/ Thursdays 7.30pm at Moorcroft Sports Ground, Paisley Road, Renfrew. Contact Mrs Sheena MacFarlane, Tel: 0383-739681 (Memb Sec).

STIRLING TRIATHLON CLUB

Our regular training session is 8am Saturdays at the Rainbow Slides Leisure Centre.

WESTER HAILES TRIATHLON CLUB

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

EDINBURGH SOUTHERN OC

One of Scotland's biggest and oldest orienteering clubs; we cater for runners of all standards. Regular training and social events. Members mainly from Edinburgh and Midlothian. Further info and copy of club newsletter from Katy Lessells, 40, Ormrod Terrace, Edinburgh. Tel: 031-337-1144.

PERTH ORIENTEERS

Tayside's premier orienteering club! We cater for beginners and internationalists alike. For a copy of our latest newsletter, contact club sec: Yvonne Millard, 22, Ballantine Place, Perth. Tel: 031-337-1144.

SOLWAY STROLLERS

We are a small friendly club and train every Tuesday and Thursday evening between 7 and 8pm. We welcome all standards of runners, male and female. Road running, cross country and fell races all catered for. Our club premises are in Castle Douglas Squash Club, Lochside Park, Castle Douglas.

TAYSIDE ATHLETIC CLUB

Track, field, cross country and road running for male and female, ages 9 upwards. Qualified BAAB coaches available. Contact: Sec: Jack Ewing, 43, Hill St, Monifieth, Dundee. Tel: 0382-533945.

ST ANDREWS ORIENTEERING CLUB

Promoting and developing orienteering in the City of Glasgow, and Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and East Kilbride districts.

New members always welcome. Contact: Terry O'Brien, STAC, 159, Wariston Street, Carnethy, Glasgow. Tel: 041-770-76180; 774-9718 Ext PE (w).

TROSSACHS HASH HOUSE HARRIERS

New members welcomed from the Trossachs and also Glasgow and environs. We run at 12.30pm Sundays. Further info from Ainslie Kyd, Forest Hill House, Aberfoyle (Tel: 08772-269).

RUNNING PARTNER REQUIRED

I normally train four times a week, 25-30 mpw, but would like to get down to seven minute miles eventually. I know I could do this with a training partner of that speed. I have done 1-42 for the half marathon, and am female, aged 27. Please contact Donna Munro, 17, Canning Street, Dundee.

RACE ORGANISERS

Everything you need to organise a race.

Timing numbers, medals, course markings, banners, bibs, tee shirts etc

Contact Marquip, 14, Warrington Spur, Old Windsor, Berkshire. Tel: 0753-862527

winner

CLUB SPECIALS

JESTING APART WITH RUN-A-WAY RON!

RUN-A-WAY Sports is a newshop to go to if you are in the Glasgow area and you want the specialist sales attention that only an experienced runner can give.

Trying to choose the correct pair of running shoes, or the rain suit best suited to your needs, can often be a daunting task. With an abundance of sports manufacturers on the market, it can be time consuming wading through all the technical data available. On these occasions, Ron Ballantine, the owner of RUN-A-WAY sports is on hand to answer questions on the A-Z of running.

Ron started running four years ago, "my weight was overwhelming!", and he thoroughly enjoyed it. He felt relaxed by it and free of stress. Now he is addicted. "It just eats into the blood and you don't want to let go." Since those early days of running to lose weight, he has run around 25 marathons wearing a Jester's suit which has made him a well known character in

the road running scene.

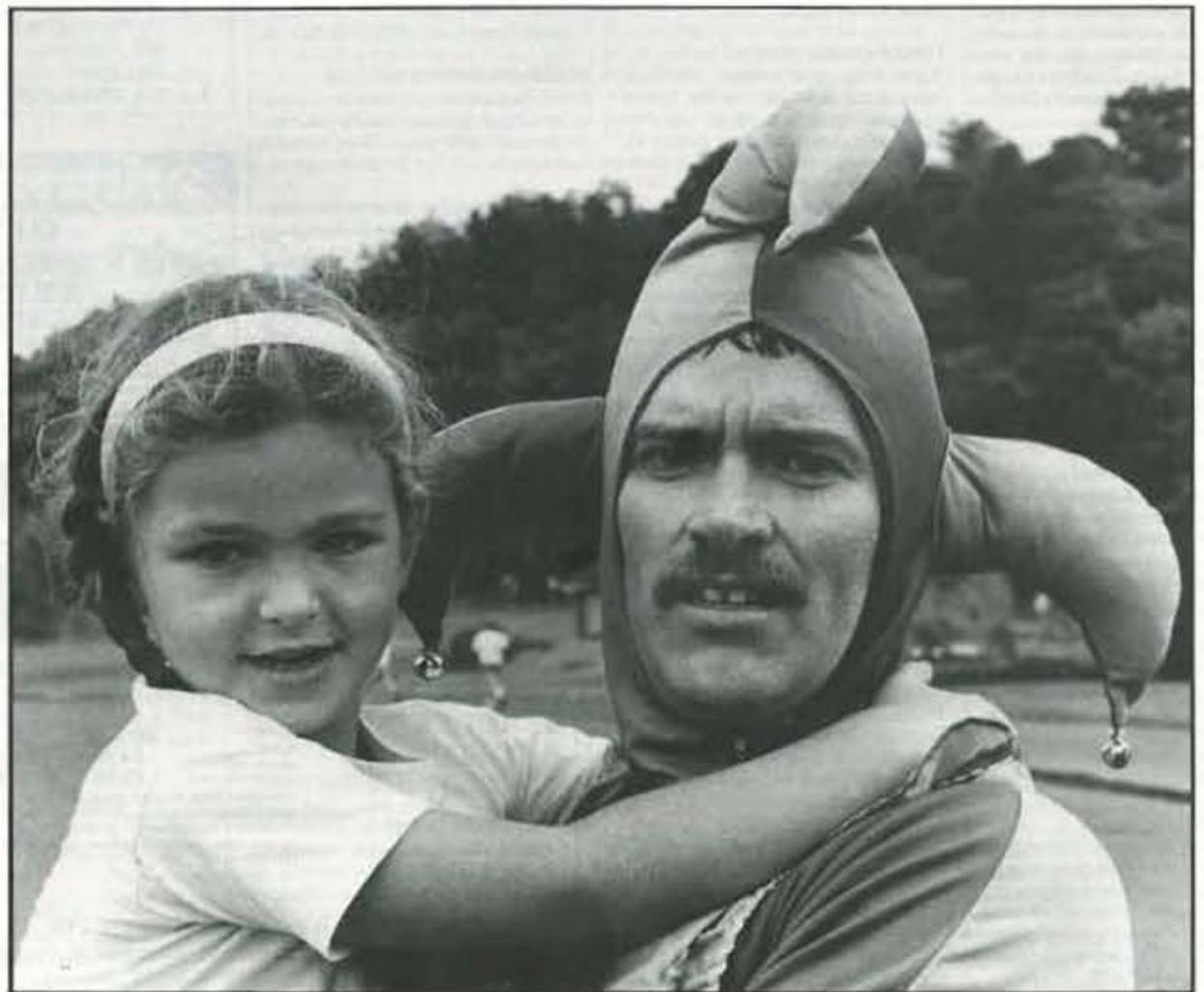
Ron feels that if you want to buy running equipment, the best people to talk to are runners. Instead of the manufacturer's blurb which is so often recited by unknowledgeable sales assistants, Ron can advise through his own experience of running miles and miles and taking part in many races. "If people come to me with an injury problem, or a pronation problem, I can advise them what to buy as I've had experience of all these kinds of runner's problems too."

One of the factors which prompted Ron to give up his job in a public house was the complete lack of Scottish sports shops selling specialist running gear at the Glasgow Half Marathon last year. "There were plenty of people there selling sportswear, but none of them were Scots." He found the same to be true when it comes to mail-order companies. "It seems that many Scots send off to mail order

companies in the south for specialist running products. I felt that Glasgow needed a similar outlet and so we set up the shop in Sinclair Drive, and the mail order service."

When it came to choosing a name for the new business there was much discussion in the Ballantine household. 'Amongst all the talking, my five year old daughter Brienne suddenly said 'call it run away sports'. I thought wait a minute, that sounds okay, so she was the mastermind behind the name."

Although the shop has only been open for a couple of weeks, Ron is pleased with business. "People have come into the shop and said it's great to see we are specialising for the runner with such a vast collection of clothes and shoes." As a special concession to club runners, Run-A-Way sports are offering a 10% discount on all purchases. They stock the most popular makes of running equipment.

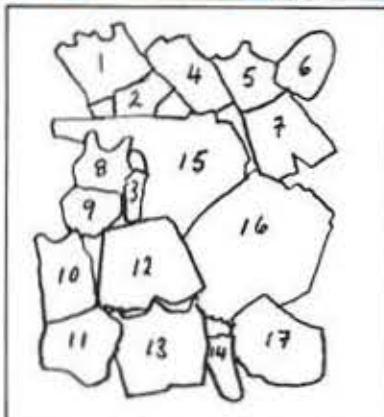


Ron and his daughter Brienne after last years Glasgow Half Marathon.

RUN-A-WAY SPORTS

MAIL ORDER AND RETAIL OUTLET. RUN BY RUNNERS
FOR THE RUNNER. LET US HELP YOUR RUN.

10% DISCOUNT FOR RUNNING CLUBS



PLEASE SEND ME Description (BLOCK LETTERS PLEASE) (ALL PRICES INCLUDE POSTAGE AND PACKING)

QUANTITY	SIZE	COLOUR	PRICE	TOTAL

Name _____	Address _____	Post Code _____
Day Tel. No: _____	<input type="checkbox"/>	<input type="checkbox"/> Please tick as appropriate
Credit Card No. <input type="text"/>	Expiry Date _____	
Signature _____		

Send your cheque/postal order
or credit card number to:



**RUN-A-WAY SPORTS
141 SINCLAIR DRIVE
LANGSIDE, GLASGOW
041-632 9579**

Open: Mon-Sat 9am-5pm • Open: Thursday late night till 7pm