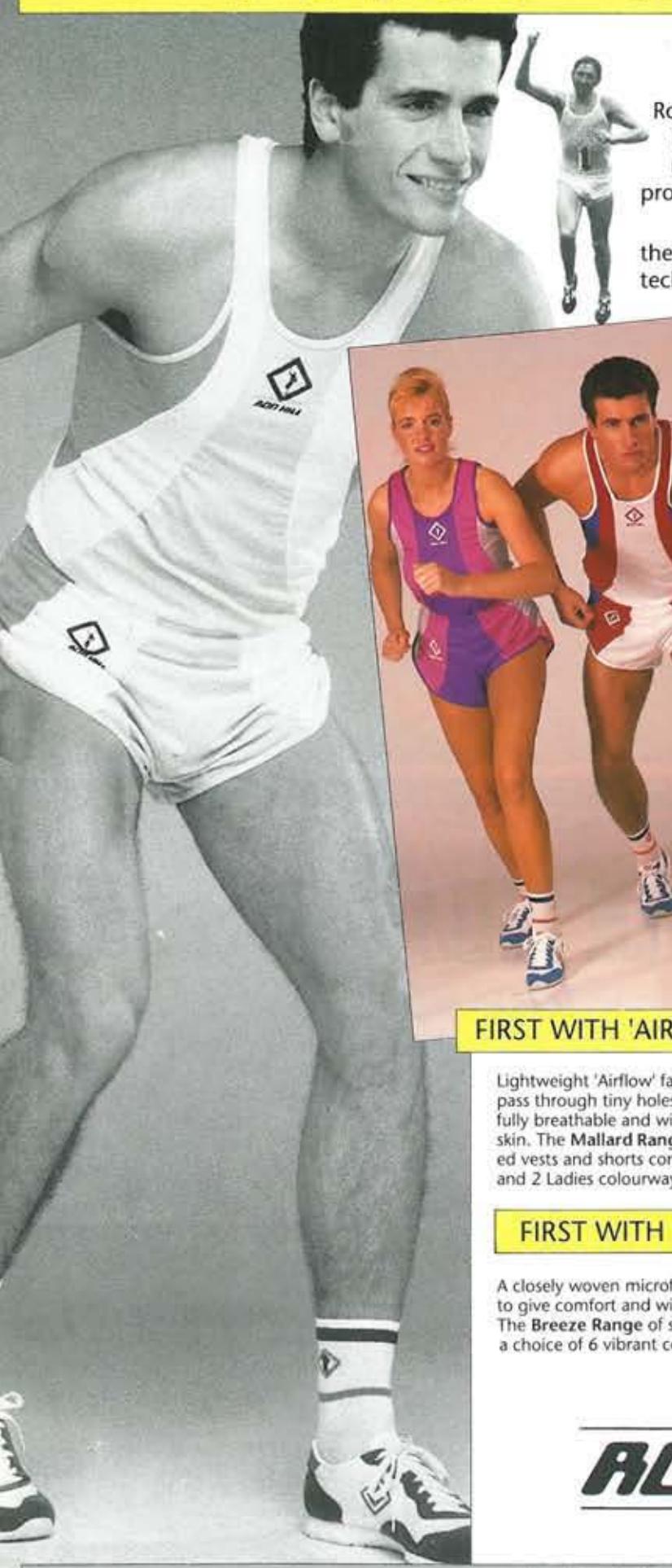
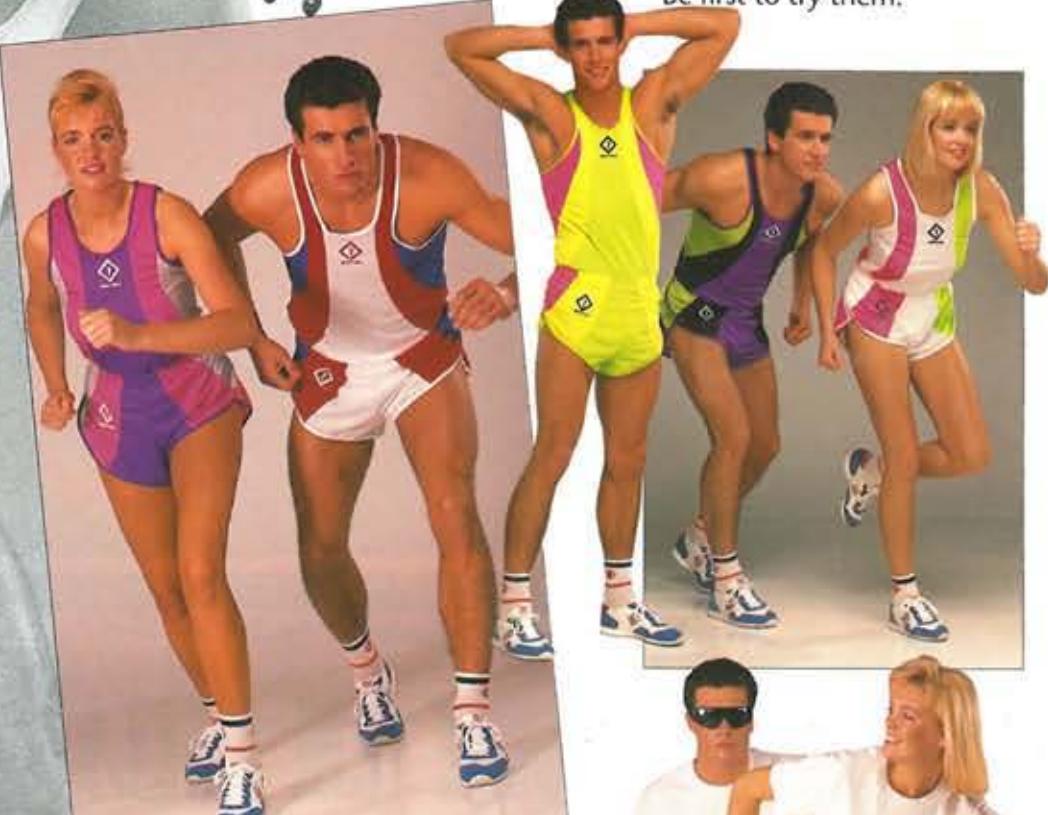


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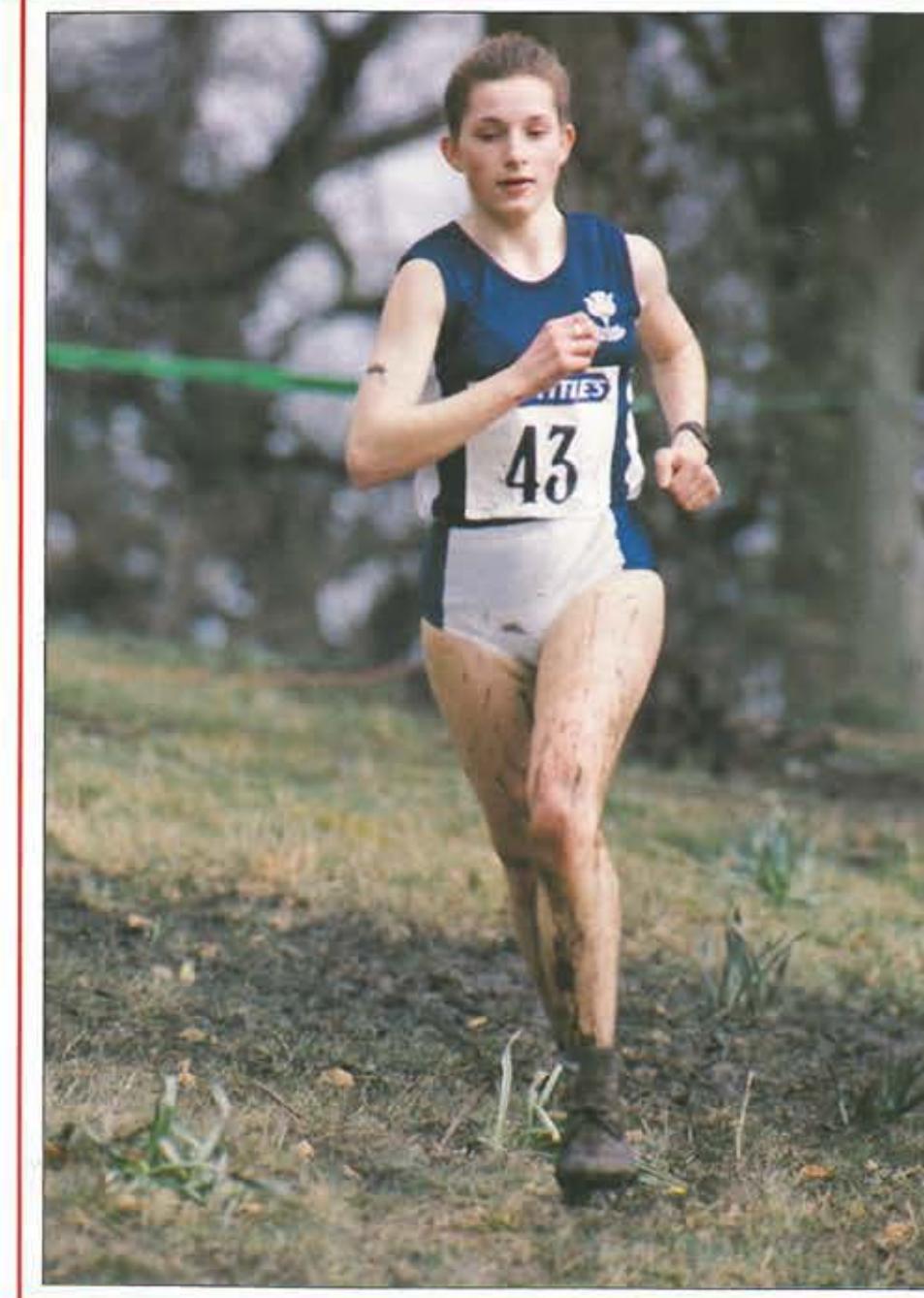
SCOTLAND'S RUNNER

MAY 1990

\$1.20

ISSUE 45

1990 INDOOR RANKINGS



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SCOTLAND'S RUNNER

MAY 1990

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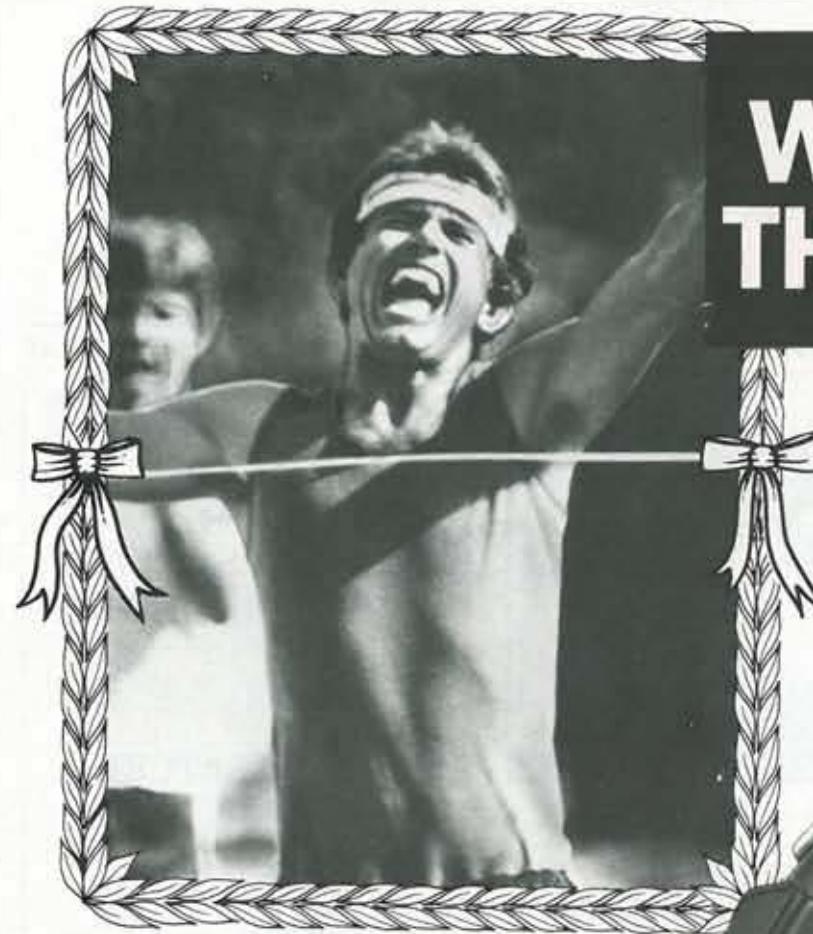
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INSIDE LANE

SCOTLAND, whose sporting status is continually being eroded at senior level, has just won a notable victory in schools' representation.

The upshot of a three year battle is that Scotland will be represented in four sports, including athletics, at the World Schools Games in Belgium from May 21-25.

Previously the International School Sports Federation (ISSF) had only accepted entries from "Great Britain" - which, according to Scottish Schools' Athletic Association secretary Alex Jack, effectively meant England. However, by forming a Federation of Scottish School Sports Associations (FOSSA) and lobbying effectively, Scotland has been accepted as an associate member of the ISSF.

The victory gained, 14 top schools athletes will represent Scotland in Bruges,

helped by sponsorship from Scottish Power and the Scottish Sports Council. Qualification standards for the Games, which are restricted to those under 17, are very high, particularly for the boys (two metres for the high jump, 1-53 for the 800 metres).

The other sports being represented by Scotland at the World Games are swimming, gymnastics and sailing, and it is terrific to see the schools taking the initiative in this manner - instead of cowering to international pressure like some of their senior counterparts.

Perhaps it is no coincidence that much of the impetus for this victory has come from the Kingdom of Fife, where enlightened local authorities and educational establishments such as the Fife Sports Institute have spawned a number

of activists who are prepared to fight tooth and nail for their respective sports - and for the best competition for Scottish youth.

The need for this competition is well illustrated in this issue by Hugh Muir and David Watt - it is becoming harder and harder for Scots to compete on equal terms with their Commonwealth counterparts.

Craven selection policies and a hopelessly inadequate investment in sporting excellence are only two of the reasons - but at least there is still a future while victories like representation at the World Schools Games - however small they may appear to be - are being won.

So, well done again to the unlikely-sounding FOSSA!

Alan Campbell



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Boost for Fife with Challenge

FOLLOWING the news of a Hebridean Three Race Championship (see previous issue), a Fife Half Marathons Challenge has been inaugurated to further stimulate the Scottish road race season.

As expected, the Challenge features all four popular Fife half marathons - starting with Glenrothes on May 20 and followed by East Neuk (June 3), Dunfermline (June 10) and Kirkcaldy (June 24).

Admittedly it will be survival of the fittest with all four races taking place within a six week spell, but the organisers are confident that the Challenge will boost entries: "It could be that runners of a more modest ability will triumph overall!" says Crawford Mackie of the Kirkcaldy Half Marathon.

There is no formal entry system for the event, but all those who finish at Glenrothes will automatically be entered for the Challenge.

Meanwhile those entering at Glenrothes have until May 6 to take advantage of the initial £4.50 entry fee. After that it is £5, with entries on the day being charged at £5.50.

At least 1000 runners are expected in the new town for the seventh running of the race, which is again being sponsored by Hughes Microelectronics and supported by a number of local companies. Every runner who pre-enters will be given a car sticker, a swimming voucher and a discount voucher for the Intersport chain of sports shops. There will also be cash prizes on offer for the male and female senior and veteran winners, as well as new trophies for M60, m40 and M50 winners.

For the final Challenge race in Kirkcaldy, a new course has been agreed with the police and road authorities.

The course will now be two lap, starting and finishing at Beveridge Park, and added attractions include the introduction of a 10K race and a street mile. In what sounds like an ideal day out for the athletic family, there will also be a charity fun run in Beveridge Park for children and joggers.

upFRONT

NORTH EAST NOTES

ABERDEEN'S Ray Creswell found his 1500m track speed a useful asset when he retained his Round-the-Castles cross country series title with a brilliant five mile win at Haddo House on March 18.

The dry underfoot conditions inspired the only sub-27 minute run of the day from a 26 year old athlete approaching peak form for the track season.

The measure of Creswell's winter form in recent years can be judged from the fact that he has lost only one of nine castles' race over the past three years. That reverse came at Crathes in January when Fraserburgh's Charlie McIntyre shaded the verdict by nine seconds.

Creswell redressed the balance with a 19 second win over Aden Country Park's six mile circuit in February - before adding the finishing touch with a 29 second triumph at Haddo. Creswell clocked an overall 80-04 for the three race 15 miles in the Bank of Scotland-sponsored series.

The top three placings in the men's series were: 1, R Creswell (Aberdeen AAC) 80-04; 2, C McIntyre (Fraserburgh RC) 80-43; 3, C Farquharson (Hunter's Bog Trotters) 85-02.

Graham Milne (Peterhead AAC) was an equally convincing winner of the over-40 prize, clocking 85-02 to match Farquharson's overall third place.

But Milne's success was not without its moments of panic. He duly won at Haddo - just hours after running the first leg of the Alloa-Bishopbriggs veteran relay.

Aberdeen AAC clubmates John Gallon (90-20) and Ally McDonald (91-06) filled second and third places in a veteran Castles' confrontation that saw Mel Edwards (Aberdeen AAC) dominate the over-45 ranks with a three race 88-38.

The women's races threw up a predictable Fraserburgh double.

Marie Duthie, back in action after the birth of a baby, won all three races for a nine-mile total of 53-08, finishing well clear of Aberdeen's Debbie Porter (55-55) and Jackie Shand (Fleet Feet) 56-47.

Duthie's clubmate Heather Wisely, runner-up at all three castles venues, clocked a winning 54-52 in the over-35 ranks. Aberdeen duo Jackie Nuttal (60-43) and Nancy McKinnon (60-52) finished second and third respectively.

THE new Metro Aberdeen club has taken its first tentative steps along the road to staging a running event, having organised a short fun run as a self-publicising medium.

More than 50 runners turned out for the event at the local Norwood Hall. The end result was equally satisfying as the club recruited a number of new faces, boosting their number to more than 50 members.

Watch this space for news of the Metro's progress to a more positive race input on the North-East fixture list.

PETER Jennings, meanwhile, gave the new Metro club its first taste of championship success.

Jennings, a regular on the road running scene, is the new Gordon District cross country champion on the strength of a 28-26 run over the five mile Haddo House course on March 18.

Scottish intermediate 1500m champion Katy Rice produced a storming three-mile 19-34 to take her age group title - finishing six seconds clear of new Gordon women's champion Debbie Porter.

SCOTLAND'S longest-running marathon is on course to celebrate its tenth anniversary.

The City of Aberdeen Milk Marathon, which takes place on Sunday, May 27, will carry the added incentive of medals specially designed to commemorate the non-stop ten year run.

The Granite City race - the first in Scotland to offer medals to all finishers - is an outstanding example of a successful joint sponsorship married to the services of a local athletic club.

Aberdeen District Council and the Aberdeen and District Dairy Council provide the financial and material resources. Aberdeen AAC produce the official know-how under the direction of joint race directors Ian Morrison and Graham Milne.

A high-quality 10K Milk Fun Run, a race for handicapped athletes, and events for youngsters of all ages, complete a hectic programme based on the city's seafront.

The Aberdeen race will again count as the official SAAA championship event - in the knowledge that the title will surely go to one of the international runners in the annual Scotland-England-Wales team contest.

Greenock's Hammy Cox (1988) is the only Scot to have won the marathon in the past 10 years.

England have made it something of a tradition to field quality runners in Aberdeen, resulting in wins for athletes such as Ray Maule, Mark Burnhope, Ian Corrin and Gerry Heime.

Russell Smith

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LETTERS

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I AM ME, SAYS J. BROWN, AS HE DEFENDS EARLIER LETTER

"Marchmont",
Edinburgh.

SIR - I wrote to Scotland's Runner in February because I felt very strongly about what I saw as the possible harmful effects on young runners of the hype surrounding Boyle and his training methods - hype which seemed to suggest that this was the only way to produce a top runner - and what I saw as the unfairness of the attitude that McKean alone was responsible when something did not work out as expected.

It was in no way intended as a personal attack on Mr Boyle, and I did not suggest that he himself was responsible for the Press's attitude. I knew that what I had to say was controversial, and if printed would undoubtedly produce correspondence refuting it. What I did not expect was the sarcastic and very personal attack by one of your columnists, whose article actually bears out much of what I said, since he has clearly not read my letter closely and has included facts that are not supported by the evidence.

As regards J McGrane's letter, I have only these remarks to make:

1. I am not somebody else, I am me.

2. I did not attack Mr Boyle's dedication and commitment.

3. Apotheosis means deification, and cannot be used as it is in his letter, in a meaningful way.

4. I do not feel as sanguine as he/she does about the future of Scottish athletics. Statistically we do not have strength in depth and various things happening in the athletics world could further affect this. Cross country is already showing the effects of Scotland not being allowed to compete in the World Cross Country Championships for instance.

5. If my mathematics are correct, J McGrane's letter seems to suggest a total readership of 200 for your magazine. I hope this is not true.

When it comes to Mr Wells, he seems to believe that non-participating is the same as uninformed; a fallacy if there ever was. Before I deal with his article in detail, I should like to mention that in my original letter I said:

"Three reasons have been advanced for McKean's seventh place" - a small but significant difference. I do not know if this error was the result of a typing error of my own, or the magazine, but I should like to correct it now.

I do indeed get my information from interviews that appear in newspapers, etc. However, these are interviews with reputable journalists, e.g. Doug Gillon of The Glasgow Herald, whom I do not believe would put words into the mouths of their interviewees.

What Mr Wells has to say about McKean's mental state during the 4 x 400m may well be true, but from what McKean himself has said, the converse is every bit as probable. Further evidence that McKean was possibly not race fit has emerged with his indoor runs. He has looked better with every race, unlike most of the CG athletes, till in the AAA's a more balanced pace might well have seen him take Ereng's world indoor record.

I did not say that McKean had no tactical sense. In fact, I pointed out instances where McKean not only showed tactical awareness, but dictated how the race was run. Furthermore, in a recent interview in the Glasgow Herald, Mr Boyle himself said that McKean was not at his best when he could not run freely.

Nowhere in my letter did I say that cross-country and/or indoors were necessary for a middle distance runner. Referring to preparing an athlete for an out-of-season championship like Auckland, I said, "a quick survey of the British medal winners shows, almost without exception, that either they or their coaches - or both - have had the experience of integrating a good quality indoor or cross-country season into their winter's training"; very different from what Mr Wells said I said.

As regards Steve Ovett, I always understood that as an up and coming athlete he ran, and ran very effectively, over the country. Perhaps my memory is playing me tricks, as Mr Wells says it did over McKean's victory at Crystal Palace last year. My

memory of that race was that it was in no sense a tactical race for McKean. He either had to stick with the fast pace that Ereng set and try to outkick him, which he did, or lose forever any claim to be world class and, as we were told later, his coach and all his back-up.

Although in general I would agree that a coach and an athlete are normally in the best position to work out the solution to a problem, it is a truism that being very closely involved can prevent a really objective look at the problem. It is also true that the cause of a problem may lie buried in the past, and the simple steps which would have led to the problem never appearing can not be taken at a later date - this was one of my reasons for suggesting young runners compete more often than McKean did or does.

As regards Mr Wells' remarks about McKean's training and my lack of understanding and knowledge of what happens, first of all I did not say that McKean has no knowledge of running a fast first 600m. My remarks referred to the World Championship final, and I do not remember McKean running a fast 600m in a race prior to that.

Although running a fast 600m in training is, I believe, quite common for 800m runners, and I can accept that a coach might ask a runner to run very fast for 600m and then coast for the last 200m, I find it difficult to imagine Mr Boyle asking McKean to go through 600m in around 1.16, and then sprint the last 200m. With a runner of McKean's potential, you would run the risk of him having a flat turn and breaking the world record in training.

Similarly, I cannot see any coach being foolhardy enough to try to reproduce the ferocity of the rough and tumble of some races in training. No responsible coach would risk having one or more of his athletes sidelined by the injuries that could occur.

Whether a young athlete's club is or is not a member of the British League is really irrelevant to competing in England. It is very unusual even for second year

junior middle distance runners to compete in the British League or the GRE Cup unless the match is in Plymouth and it is the start of Trades. As regards the financial aspects of competing in England, I understood that this was one of the things that the Junior Commission, with which Mr Wells is associated, is helping to alleviate.

Finally, though I am not any more of an expert in psychology than Mr Wells, I have always understood that it is perfectly possible for something that happened eight years ago to affect someone psychologically.

When it comes to Miss Murray, Mr Wells has most certainly not done his homework. Undoubtedly and unsurprisingly, Miss Murray is now more controlled in her approach to her races, but it was her physical capabilities that I was referring to when I said she had been on a plateau since 1987, and nothing in his article really disproves that.

World class sprinters may find it difficult to improve their times by more than a few hundredths of a second, but over two years an athlete like Miss Murray, who still has years of natural development to come, would expect better than that. Indeed, in the aforementioned Crystal Palace race McKean improved his PB by over half a second.

Secondly, his claim that Miss Murray is now beating world class runners who used to beat her, does not hold water. I spent half an hour this afternoon producing a sheet from the results of the 3000m races that Miss Murray ran over the last four seasons. I believe it shows that Mr Wells is wrong, and I have asked the editor to pass it on to him (mission accomplished - Ed.)

As for what I had to say about science, if Mr Wells had read my letter carefully he would see that he, Mr Boyle - as reported by Mr Wells - and I agree that science is a useful back up tool for a coach, not the be-all and end-all of successful coaching as those "ill-informed press men" seem to suggest.

Finally, can I assure Mr Wells

Continued on next page

LETTERS

that far from being envious of Mr Boyle, my enjoyment in athletics lies in spectating, reading about it, and comparing and collating statistics, which does not make me better than whatever Mr Wells believes I am claiming to be, but certainly makes me far more informed an observer than anyone reading the last issue of your magazine has been led to believe.

J. Brown

P.S. I realise that this letter will not see the light of print, but in view of your unprecedented action, for reputable journalism that is, of giving a columnist free rein to attack a letter writer, you should pass on copies of it to Mr Wells and J McGrane, who should know exactly what I think of them, and their opinions.

"5,000 would disagree"

No address supplied

SIR - With regard to Mr Brown's letter in the March issue of your magazine, all good coaches take it on themselves, whether outwardly admitting it or not, to be at least partly to blame for their athlete's performance and look for ways to overcome identifiable problems. Does Mr Brown honestly believe that a coach of Tommy Boyle's standing hasn't explored all avenues in his quest for success with Tom McKean.

Mr Brown's comments on tactics for a "keen observer" would suggest that he does not observe very well. Yvonne Murray's old "head down and go" tactics did her little good, when time after time she was gobbed up by the opposition long, long before the winning line. I do not think you can accuse her of that now.

David Scott

Alan Campbell writes: Fascinating though this correspondence has become, we cannot accept further letters without full addresses supplied.

While we have no evidence to suggest that Mr J. Brown is not who he says he is, we are unable to trace him at the incomplete address at the top of his letters.

We accept, though, that Mr Scott's omission of address was probably an oversight on his part.

races in Auckland all had problems in the 1989 season. None of them had full seasons, e.g. Peter Elliott, Diane Edwards, Eamonn Martin, Chris Cahill and Liz McColgan.

If Mr Brown is only a keen observer of running, does he honestly think that he is properly qualified to judge athletics of the highest level? I do not work at such a level, but having helped out Yvonne Murray in certain training sessions I realise that there are many aspects that you do not get out of coaching books or running magazines.

As for Mr Brown's statement that Tommy Boyle has had, "almost hysterical adulation", I think his words are a bit over the top.

We have two very dedicated athletes and an equally dedicated coach competing successfully in world athletics, and all Mr Brown can do is to try and knock them down (a typical Scottish trait). I haven't read where Mr Brown has praised for good performances and there have been many from Tom and Yvonne.

Mr Brown already lays the blame for Tom McKean's bad performances at Tommy Boyle's door. I do not read in his letter that he gives Tommy the praise for Commonwealth Games and European Championship silvers, three Europa Cup wins, World Cup win and Grand Prix final win - or is that just a convenient oversight?

Has Mr Brown ever thought where Tom McKean would have been had he never met Tommy Boyle? Most likely out of the sport at junior level like so many of our talented youngsters. Possibly Mr Brown thinks Scotland would have been better off without Tom McKean - however, judging by public response at Kelvin Hall on Friday February 23, before he ran, 5000 people would disagree.

The fifth man on the outside

12, Crawford Gardens, Burnside, Glasgow.

SIR - Now, I'm a very appreciative athlete. I seldom complain - except perhaps when at a Highland Games I didn't hear the starter's gun at the 200m and I didn't know the race had started till Des O'Reilly passed me!

But, though the 200m at a Highland Games is like chasing a loose ball at Murrayfield, and we all come back arm in arm because the caber didn't hit us this time, it is what it promises to be on the entry form - namely 200m flat.

At Kelvin Hall these days they run a two-hill race which they describe as "drawn in the fifth lane". The distance from start to finish may be 200m, but many of the techniques of 200m running are impossible.

Can I question whether it is a "fair" race? Do all runners have an equal chance? If not, it has no function in the sport we all love.

Could I ask please for a series of test runs by 200m runners of known calibre. Could they test each lane under race conditions and report please.

Perhaps it's okay. Maybe it's an optical illusion. Maybe running "at altitude" helps you. Maybe strating on a hill and at an angle is just like starting on the flat.

I'd like to be convinced!

Alan Graham, Cambuslang Harriers, Inland Revenue AC, Civil Service A.A.

Crackerless . . .

Kirkcaldy High School, Dunnikier Way, Kirkcaldy, Fife.

SIR - A number of the finishers' certificates from the Kirkcaldy "Christmas Cracker" 10K race are unclaimed. We have been unable to mail them out to runners because, in the haste to get them registered, many did not get their entry forms properly completed.

If any of these runners would like to claim their certificates, they should contact me at the above address.

On behalf of the organisers, I would like to thank all of those who took part in the race despite dreadful weather conditions. I am sure they will be pleased to know that, thanks to their efforts, over £100 was raised for the MacMillan Cancer Relief charity.

David S Cameron, Race secretary.

... and keyless

Castlebank House, Anstruther Road, Ceres, Fife.

SIR - A large bunch of car keys was left behind at the Cupar 6. If the owner wishes to contact me on 0334-82-457 I will return them.

Graham Bennison, Fife A.C.

32, Woodend Road, Alloway, Ayr.

SIR - I would like to draw your attention to what I believe are inaccuracies in Rhona McLeod's article in the April issue entitled, "Get on the right track in 1990".

This year's SAAA Decathlon Championships are being held on July 7/8 at Dam Park Stadium, Ayr, not in the Chris Anderson Stadium, Aberdeen. The SAAA Relay Championships are being held on June 3 to complement the SWAAA Multi Events and Relay Championships on June 2/3 at Grangemouth.

I am concerned that these inaccuracies may confuse clubs as to the dates and venues for these championships, and hope that you can draw prominent attention to this in your next issue. This might help athletes "Get on the right track in 1990".

Helen Spankie, SWAAA Championship & Match Secretary.

(Apologies - Ed)

LETTERS

Time for dogs to be muzzled

24, Sheepburn Road, Uddingston, Glasgow.

SIR - I am surprised that there has been little or no correspondence in your excellent magazine regarding the danger posed to runners by dogs.

I have had several close, but relatively painless, encounters with unleashed dogs in 25 years of cycling and running but, until this week, had never been unduly worried by dogs on a lead.

It is an unfortunate fact that some vicious breeds of dog are becoming more popular as "pets", and there has been considerable publicity regarding attacks by uncontrolled dogs. I am now writing from bitter experience to let readers know that some of these dogs cannot be controlled, even by an adult using a chain lead.

While running through Rutherglen I passed a youth walking with a fairly small Rottweiler, which leapt up and sank its teeth into my thigh. Perhaps with the advancing years my reflexes have slowed, but the attack was so sudden and unexpected that neither I nor the dog's owner had a chance to prevent it.

I suffered a severe gash, requiring emergency treatment, and am unlikely to be running again for a few weeks - therefore I am using some of my spare time to do what I can to speed up the introduction of legislation for compulsory muzzling of such dogs in public.

David Fairweather, Cambuslang Harriers.

Ewan the runner

21, Bogton Avenue, Muirhead, Glasgow.

SIR - In March's issue (Letters) Jackie Foster required information about Ewan Murray's athletic background. I am pleased to satisfy his request in this matter.

As a youth, Ewan Murray was a runner of Scottish class. In 1949

he finished eighth in the Scottish Youth Cross Country Championships, and led Garscube Harriers to third place in the team championship. He had earlier finished third in the Dunbartonshire County Championship with Garscube winning the team contest, and taken sixth place in the Midland Championship with Garscube second team.

On the track he was a good 440 and 880 yard runner, with successes at county championships. He was a member of Garscube's successful medley relay team, and on occasions showed good speed, running a fast 220 yard leg for his team.

Jack Foster mentions coaches John Anderson and Tommy Boyle as having an influence on the sport. I can trace no record of athletic competitive success for either of them, but maybe Mr Foster has details of their competitive ability. However, it is not necessary to have been a successful runner to coach running successfully.

It has become fashionable, regrettably, to praise people over 40 who are still competing, and to accept people who coach, but to be scornful and sarcastic about people of that age who are officials and administrators in the sport - and take every opportunity to decry their efforts.

I feel this to be unfair to men who are contributing to their sport, as their efforts at administration and officiating are every bit as valuable in their own way and should be recognised and acknowledged as such by competitors.

"Live and let live" should be the motto for all in our sport. Please let us adopt this attitude and be more tolerant in future.

Colin Shields

Winning all the way for charity at twelve minutes a mile

192, Kirkton Avenue, Knightswood, Glasgow.

SIR - I write to your magazine to say thanks to all your staff and readers, staff of the Kelvin Hall, TSB branches in Partick, Scotstoun and Hillhead, all my friends, and many, many others who have sponsored me in the past three years for various charities, e.g. Cancer and Heart Disease, Leukemia, MS and Motor

Neurone illness, Help the Aged, Erskine Hospital, Childrens' Handicapped Homes, Leprosy and many more.

I am always willing to run for any charity, but would point out that I also suffer from a slight heart complaint, therefore am unable to run faster than twelve minutes to the mile with safety in mind.

Having run in the SAAA Cross Country Championships at Irvine, Ireckon I could run in any weather, but do not enjoy these conditions.

I prefer warm and sunny weather.

The total sum collected last year was over £200 for all charities.

Previous year £150. Hopefully I will collect more this year.

Finally, I have sponsor sheets in hand for Oxfam and Cancer next on my list.

I rely on support from friends, relatives and newspapers, etc.

Joseph Cascarina, age 71 plus, Victoria Park AAC.

Is the selection procedure ensuring best athletes run?

19, Whitecraig Avenue, Musselburgh.

SIR - I would like to protest strongly on the way the Scottish Schools' Athletic Association select their cross country teams, leaving out a 13 year old who had beaten their under-17 champion on every occasion they met this year, and that included the SWCC&RRA National Championships two weeks earlier at Aberdeen.

Lorraine insisted on running at the schools' championships in Irvine against our wishes to prove herself to the selectors, even though she had an ear and throat infection along with a heavy cold. She actually led the race for the first quarter of a mile but, through her illness and taking penicillin, ran out of steam in the middle of the race but still managed to come from the mid-twenties to fourteenth in the run in to the finish.

She felt so ill at the end of the race we had to rush her home, then we were told unofficially not to worry because the selectors hold back a couple of places for such cases as Lorraine's, as they did last year for Alison Cheyne and Debbie McInally, these two athletes having run very well, the same as Lorraine, over the cross country season.

I feel very strongly about this because out of the 16 runners selected in the under-17 and under-15 age groups, only three have regularly beaten Lorraine this year, and only one of these is in her own age group.

How can you omit a runner who was first Scot home and fourth in the race at Halifax in the Inter-League in 1989, and third Scot home in the under-15s at Telford this year, East of Scotland champion in 1989, and third in the under-15's this year, and never outside the first six in the Inter-League qualifying races?

It's no wonder that the Scots hold their own in the Inter-League yet finish away down the field at the British Schools.

Last year she was snubbed after winning the Scottish Schools Under-13 Championship because she was too young, yet girls were selected to the under-15 team whom she had beaten all season.

This year it is exactly the same, but if it's up to me she won't be snubbed a third time - after all, how do you explain to a top junior internationalist that she isn't good enough for a schools' team, most of whom she is beating week in and week out, not just in her own age group, but the older one.

I think it's about time that these so-called selectors asked some advice from the SWCC&RRA on how to select national teams for the sake of the athletes and Scotland.

James Stewart



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ALLAN WELLS

WITH the arrival of the athletic season and competitions looming up thick and fast, the sprinter is faced with the dilemma of which competitions he/she will actually take part in. Some people take part in every one possible, some take part in only a few major domestic ones, but how do you choose which ones are necessary and which ones can be left out?

The answer is backwards!

The first thing a sprinter has to ascertain is where the peak of the season occurs. It may be the Scottish Championships, it may be the club championships, but whatever it is the rest of the season has to be planned round it. It is sometimes possible to have a little peak at the beginning, with the major peak occurring later on in the season.

It is normally an individual preference as to how many days before competition an athlete rests, and how long before a major competition their last race occurs. In my case, I always did something the day before a competition, and if it was an evening meeting I would do a session in the morning.

Don't get me wrong, I did not go out and run three x 300m (I never ran 300's anyway!) but I liked to do strides and stretching in order that my body felt ready to perform.

Some people do not like to do anything up to two days before a competition. Similarly, I never competed two weeks before a major championship as there were usually eleven races to be run, which tends to use up a lot of mental and physical energy.

The important thing is to find out what is right for you and stick to it. A competition plan is almost as important to a sprinter as a race plan is to a middle-distance runner.

Having established where in the season the peak is to occur, you then start to build the other races around it. Depending on your fitness it should be possible to hold the peak for around three weeks in the year! It means that



given the right conditions you will run faster than at any time in the season.

The build-up to this peak should be a tried and tested programme. My pre-race week was always the same.

It was the same for the Scottish Championships as it was for the Olympic Games.

The hardest part of the programme to get right is reaching the plateau - the level where you are consistently running fast. From there it should be relatively easy to peak off the plateau.

In order to reach a plateau of consistently fast running one has to condition the body with a lot of speed endurance work. This is done by gradually increasing the speed and shortening the distance.

This is followed by keeping the increase in speed but lengthening the distance and so on until the athlete is able to run flat out over a long distance. At the end of this period the athlete should feel more powerful than fast.

Do not get me wrong, they should not feel slow, but they should feel that they may take a bit longer to reach top speed and are not as sharp as they could be. This is done during the peaking part of the season.

The important thing to remember is to taper the work right down until a session could be 4 x 300 metres! During this period all work done should be flat out from a gun with a long recovery. Running from a gun is good practice, not only in practising starting, but also in becoming disciplined to wait for the gun and getting used to various lengths of hold in the "set" position.

A false start is not only a waste of time but it is a waste of nervous and physical energy. Not only does the start use up a lot of stored adrenalin, there is more energy burned up at the start than at any other time during a race. If you are so dependent upon your start that you have to try and anticipate the gun, I suggest you look to other areas of your training in order to balance your sprinting.

If you wish to have a small peak and a major peak in the same season, then all you have to do is to do some more speed endurance work after the small peak to bring you back to plateau level and come back to the peak using the same method as before.

Racing during a plateau can be frustrating, but as long as the main aim is firmly in your mind, then it does not matter too much if you are beaten occasionally because someone else's peak occurs at a different time to yours.

I always peaked late in the season as this was normally when my "big" races occurred in the calendar. This often caused friction with selectors and clubs, but you have to have your own goals and stick to them no matter the pressure from outside influences.

Occasionally was persuaded, against my better judgement, to race when I did not feel I was ready and it never worked in my favour.

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NOW that another track season has dawned, most athletes will be planning their race and training programmes for the summer if they have not already done so.

Targets are essential, so by now you should have a clear idea of: 1, which events you wish to peak for; 2, what placings you hope to achieve in these races; and 3, what times you believe you are capable of recording in the quest for seasonal and lifetime bests.

Commensurate with the answers to these questions, you will then be in a position to formulate your training schedules and to allocate the correct blend of aerobic-anaerobic running that will help you attain your goals.

All athletes should spend some time at the beginning of each track, road, and cross-country season to decide exactly what they are looking for in the weeks and months ahead. Their plans of action should be written down in their training diaries, along with provisions for rest and recovery periods which are important aspects of the peaking process.

Obviously some degree of flexibility will have to be allowed for to accommodate family, work, study, and social obligations. And, for many athletes, unexpected opportunities such as invitations to race at short notice in representative matches or to attend training weekends may well arise during the course of the season. Very often, these unplanned-for intrusions will require the initial plan to be modified or reassessed in the overall interests, both short-term and long-term, of the athlete.

For top-class athletes, national championships or major international competitions will be the target. But for the vast majority, doing well in their club championships or in the local fun run could be the ultimate goal.

The chance to record a personal best time over a particular distance or course will also be a primary stimulus. But whatever the target, each athlete must identify the main dates when he or she wants to be in peak form. The entire training and racing programme will be constructed around these dates.

Compiling schedules to enable the athlete to be at peak form when it matters most requires careful consideration. It is a mistake to train and race haphazardly

By Derek Parker

week-in, week-out, and hope for the best that you will be in top form on the big day.

Your training schedule must be designed to strengthen your strong points and minimise your weaknesses. How do you know if you are doing too much or too little track work? Are you running too far or not far enough in your long road runs? Are you achieving the correct balance between speed, speed endurance, strength endurance, and general endurance running? Is your training specific to the physiological, psychological, and tactical requirements of your event - or are you merely doing what everyone else is doing in training sessions and not working to an individual schedule? These are all questions which you must ask yourself, and for which you must find the correct answers.

In their book, "The Complete Middle Distance Runner", published by Stanley Paul, coaches Frank Horwill, Dennis Watts, and Harry Wilson produced a formula based on practical experience to enable athletes to compare their performance over various distances.

For example, if a male athlete added 5.5 seconds to his personal best 400m time and doubled the result he would have a projected time for 800m upon which to base his training for the two-lap event. So, someone with a best 400m time of 56 seconds should be capable of 2.03 for 800m.

Similarly, by halving his best 800m time and deducting 5.5 seconds, the athlete arrives at his equivalent 400m time. The 400/800m conversion figure for women is 6.5 seconds.

Other statistics from the Equivalents Table, as the formula is known, reveal that: 1, by adding 11 seconds to the 800m time and doubling it, the male athlete's one mile time can be reliably estimated. Women should add 14 seconds; 2, to convert the one mile time to 1500m, deduct 18 to 20 seconds for men and 20 to 22 seconds for women; 3, by doubling the estimated 1500m time and adding 30 seconds the potential 3000m time can be calculated; 4, by multiplying the one mile time by three

and adding 105 seconds the 5000m time can be estimated.

By using the Equivalents Table, athletes can learn how their performances over the different distances compare. Discrepancies can be the result of: 1, not enough speed work; 2, not enough stamina work; 3, insufficient races over the weaker distances; and 4, a lack of specific training over the weaker distances.

For example, a male athlete capable of running 400m in 52 seconds should, according to the Equivalents Table, be able to run 800m in 1.55; one mile in 4.12 (1500m in 3.54); 3000m in 8.18; and 5000m in 14.21. If the athlete can achieve, or come close to these times, he is said to be a balanced athlete.

It is only fair to say that the Equivalents Tables, which are widely used by British Milers' Club coaches, including myself, have been criticised by some people who claim it is not possible to use an athlete's time at one distance to predict how he will fare at another.

However, according to Horwill, Watts and Wilson, the figures are 90% accurate for milers/1500m runners moving up or down an event; 90% accurate for 400m athletes moving up to 800m; and 75% accurate for 800m runners moving up to 1500m.

More recently, Frank Horwill expanded on these equivalents by launching his Four Second Theory, published recently in the *Athletics Weekly* magazine. According to Frank, once an athlete knows his 800m time, he can work out his potential times for distances up to the marathon.

Assuming an athlete has a personal best time of 2.02 for 800m, this means he is covering each lap in an average of 61 seconds. So, for every distance upwards, the athlete will run approximately four seconds per lap slower. This means that his lap times for 1500m will be 65 seconds, giving him a predicted time of 4.04. For 3000m, the lap times will be 69 seconds, giving a predicted time of 8.37.5. For 5000m the predicted time, based on 73 seconds per lap, will be 15.12.5. The same formula of adding on four seconds per lap is used all the way through the 10K, half-marathon, and marathon events.

Another top UK coach, Bruce Tulloch, in his book, "The Complete Distance



Runner", uses the following formulae to estimate an athlete's marathon time: 5 miles time x 6; 6 miles time x 5; 10 miles time x 3; half marathon time x 2 + 10 minutes; 10K time x 4.66; 20K time x 2.1 + 10 minutes; and 20 miles time x 1.33.

Estimating your times for several events based on your performance at one event obviously has some drawbacks. For example, did your performances over the key distances represent your best effort - or was it impoverished by weather, track conditions, inadequate preparation, lack of specific race fitness, faulty tactics, or inexperience?

The advantages far outweigh any disadvantages, however. The procedure provides athletes with an opportunity to assess their potential over distances other than their normal events. It gives them realistic targets to aim at in other events. It lets them know if they are lacking in speed or stamina - and gives them a greater insight into their individual strengths and weaknesses.

Today's athlete, particularly at international level, must possess a high all-round range of running abilities and tactical ploys. Modern training methods have ensured that it is now virtually impossible for a man or a woman with lots of stamina but little speed to run rivals into the ground with a fast, steady pace from the very start of the race. The tremendous finishing sprint by Eamonn Martin over the final 200m in the Commonwealth Games 10,000m in Auckland shows just how important speed is to a long-distance runner. A distance-runner with no speed is always going to be highly vulnerable to injections of pace or fast finishes by rivals.

Similarly, the days of the fast final lap after several at virtual jogging pace have long been a thing of the past. At one time it was customary for athletes in events such as the mile or three miles to take matters as easily as possible during the earlier stages so that they could conserve as much energy

as possible for the fast finish over the final lap. They even deliberately slowed down on the penultimate lap to save themselves for the final 400m.

Now the best 800m and 1500m runners all have top-class times over distances in excess of their normal events. Seb Coe is a former European Indoor 3000m champion, Steve Ovett has an excellent half-marathon time, and Mary Slaney recorded world-beating 1500m and 3000m performances.

Athletes must avoid stereotyping themselves into believing they are either too slow or too much lacking in stamina. This is self-limiting and will only retard the development of athletic potential.

The slowest athlete can always increase his or her speed to some extent - and the person who is apprehensive about distance will invariably surprise himself or herself by gradually increasing the length of the runs.

It is not just club or "fun" runners who can benefit from this advice. The message is just as relevant at international level. Some top-class 5000/10,000m runners mistakenly believe that 800/1500m training is unimportant. These are invariably the men and women who cannot cope with the fast finishes or sudden injections of pace several seconds faster than level tempo.

Likewise, there are some 800m athletes who question the validity of 1000m and 1200m repetitions in their training schedules. These are invariably the ones who decelerate rapidly during the final 50 to 100 metres of a race in which the first 400 or 600 metres has been run fast.

Some time ago, the British Milers' Club discovered that Britain's top three miles/5000m runners were recording more sub-four minute miles than specialist milers did. They also learned that 800m athletes moving up a distance were breaking the four-minute barrier as frequently as the specialist milers. This led to the promulgation of the Equivalents Table and also to the concept of the multi-tiered or

varied pace training system. Among leading advocates of this system are Horwill, coach to innumerable British track champions, and Peter Coe, coach to his son, Sebastian, twice winner of the Olympic Games 1500m title.

As its designation implies, this system requires the athlete to train at several different paces, depending on his or her choice of main event.

For example, a 1500m runner would, over a ten to fourteen days cycle, train at 5000, 3000, 1500, 800, and 400m paces. These sessions would be interspersed with steady runs over distances ranging from three to fifteen miles, depending on the distance of the athlete's main event.

By using the Equivalents Table, he or she can gauge the speed at which to run the fast repetitions during the varied pace sessions. The main advantage of the multi-tiered system is that by running at different tempos, the athlete is utilising his or her aerobic and anaerobic energy sources, along with the white, fast-twitch and the red, slow-twitch muscle fibres. In short, he or she is on the way to becoming a balanced athlete.

The number of fast repetitions should add up to the distance of the specific event being trained for, and should not normally double it, eg. 5 x 1000m reps = 5000m for a 5K pace session; 8 x 400m reps = 3200 metres for a 3K session; and 2 x 4 x 200m = 1600m for an 800m session.

The recovery interval between repetitions is crucial to the physiological and psychological effectiveness of varied pace sessions. The British Milers' Club, an organisation which in my opinion has done more than any in the country to further UK distance running interests, has produced a rest table to enable athletes to work out their rest times between repetitions.

These are: 5000m pace (jog one-eighth of distance run, eg. 50m after 400m repetition); 3000m pace (jog one-quarter of distance run, eg. 100m after 400m

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repetition); 1500m pace (jog half the distance of repetition); 800m pace (jog equal to distance run); 400m pace (jog twice the distance run).

It is worth remembering that if sets are used during 1500m sessions the recovery phase should be reduced to a quarter of the distance run in the fast repetitions, eg. 2 x 4 x 400m with 100m jog. If sets are used during 800m sessions, the recovery jog should be half the distance of the fast repetitions, eg. 2 x 2 x 400m with 200m jog. If the athlete prefers to jog on the spot rather than over set distances, the recovery equivalents are: 100m (30 to 45 seconds); 200m (60 to 90 seconds); 400m (2 to 3 mins).

The principles of the multi-tiered training system can be applied to schedules for longer races. For example, someone intending to run a good half-marathon would benefit from 1500/5000/10,000m pace sessions, along with steady efforts over five, ten and twelve miles at faster than half-marathon pace and longer runs

over fifteen and eighteen miles at slower than half-marathon pace. This provides a judicious blend of under and over-distance training. (note: the recovery jog for 10K track sessions should be one-sixteenth the distance of the fast repetitions, eg. 5 x 2000m with 125m jog).

Finally, a typical training cycle for the balanced athlete can be illustrated by referring to the athlete mentioned earlier in this article whose targets were 2:02 (800), 4:04 (1500m), 8:37.5 (3000), and 15:12.5 (5000). He should also be capable of 55.5 seconds for the 400m.

A suitable training cycle for this particular athlete would be: Sunday: 75 to 90 minutes grass/country; Monday: 30 minutes medium pace; Tuesday: 5K session, eg. 5 x 1000m (jog 125m/60 to 75 secs); Wednesday: 6 to 10 miles; Thursday: 1500m sessions, eg. 2 x 4 x 400m (jog 100m/30 to 45 secs after reps and 800m/5 to 10 mins after sets); Friday: Rest or 20 to 30 minutes easy run; Saturday: 800m session,

eg. 2 x 4 x 200m (jog 100m/30 to 45 secs after reps and 800m/5-10 mins after sets).

Sunday: 75 to 90 minutes grass/country; Monday: 30 minutes medium pace; Tuesday: 3K session, eg. 10 x 300m (jog 75m/20 to 30 secs); Wednesday: 6 to 10 miles steady; Thursday: 1500m session, eg. 2 x 3 x 500m (jog 125m/45 to 55 secs after reps and 800m/5 to 10 minutes after sets); Friday: Rest or 20 to 30 minutes easy run; Saturday: 400m session, eg. 4 x 200m (jog 400m or 2 to 3 minutes). This two-weekly training cycle then begins all over again for another fortnight.

This sample training programme is only a guide and much will depend on the individual circumstances of each athlete. Allowances will have to be made for recovery and regeneration phases as well as races and ease-down days in preparation for important competition. Finding the right blend is all part of the vital process of developing and producing the balanced athlete.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 minutes cross-country.
Monday: 75-90 mins fartlek inc 3 x 8 x 45 secs fast (30 secs/4 mins jog recovery).
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 5K session (5 x 1000m with 45 to 75 secs recovery).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady. Morning runs of 20 to 30 minutes will assist recovery and provide additional mileage.

Week Two

Sunday: As Week One.
Monday: 72-90 mins fartlek inc 3 x 12 x 30 secs fast (15 secs/3 mins jog recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 5K session (3 x 1600m with 60 to 90 secs recovery + 1 x 200m full effort).
Friday: As Week One.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75-90 mins fartlek inc 2 min fast (1 min jog) + 4 x 1 min fast (1 min jog) + 3 min fast (1 min jog) + 4 x 1 min fast (1 min jog) + 1 x 2 min fast.
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 5K session (6 x 800m with 30 to 45 secs recovery + 1 x 200m full effort).
Friday: As Week One.
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75-90 mins fartlek inc 30 secs fast (15 secs jog) + 60 secs fast (30 secs jog) + 90 secs fast (45 secs jog) + 2 mins fast (60 secs jog) x 3 sets.
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 5K session (12 x 400m with 20 secs recovery + 1 x 200m full effort).
Friday: As Week One.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75-120 mins grass/cross country.
Monday: 75-90 mins fartlek inc 15 secs fast (30 secs jog) x 10 repetitions x 4 sets with 3 minutes between sets.
Tuesday: 30 minutes steady.
Wednesday: 5 to 8 miles steady.
Thursday: 5K session (5 x 1000m with 60 to 90 secs recovery).
Friday: Rest or 20 to 30 mins easy.
Saturday: 8 to 10 miles steady. Morning runs, if done, should be restricted to 20 to 30 minutes easy running two or three times a week.

Week Two

Sunday: As Week One.
Monday: 75-90 mins fartlek inc 10 secs fast (20 secs jog) + 20 secs fast (40 secs jog) + 30 secs fast (60 secs jog) x 8 sets.
Tuesday and Friday: As Week One.
Wednesday: 5 to 8 miles steady.
Thursday: 5K session (12 x 400m with 30 to 45 secs recovery + 1 x 200m full effort).
Saturday: Race or 8 to 10 miles steady.
Morning runs as Week One.

Saturday: Race or 8 to 10 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75-90 mins fartlek inc 20 x 30 secs fast (60-45-30 secs jog).
Tuesday and Friday: As Week One.
Wednesday: 5 to 8 miles steady.
Thursday: 5K session (6 x 800m with 45 to 75 secs recovery + 1 x 200m full effort).
Saturday: 8 to 10 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75-90 mins fartlek inc 15 secs fast (30 secs jog) + 30 secs fast (60 secs jog) + 45 secs fast (90 secs jog) + 60 secs fast (2 mins jog) x 4 sets.
Tuesday, Friday: As Week One.
Wednesday: 5 to 8 miles steady.
Thursday: 5K session (12 x 400m with 30 to 45 secs recovery + 1 x 200m full effort).
Saturday: Race or 8 to 10 miles steady.
Morning runs as Week One.

ADVERTISEMENT FEATURE

Wishaw in good condition to face the new season after £20,000 facelift

WISHAW Sports Centre and athletic track, built by Motherwell District Council in 1982, has recently undergone a major facelift.

Around £20,000 has been spent in upgrading the centre and athletic track, repairing and remarking, as well as financing a host of new facilities including a throwing cage and up-to-date international standard weighted hurdles.

The manager of Wishaw, Brian Johnston, explains: "All the repairs and upgrading were done in consultation with the Scottish AAA's. Everything is to international standard and we provide an ideal venue and services for all sporting requirements."

The centre is used frequently by the Lanarkshire schools and

associations, as well as the general public. Wishaw centre attracts and hosts a large number of international sporting events including athletics, basketball, volleyball, badminton and a forthcoming UK boxing competition - Scotland versus England.

Frequent users of both the indoor and outdoor facilities are Tom McKean and Yvonne Murray, who with coach Tommy Boyle and the other members of his squad use Wishaw as their training venue.

Charges for the athletic track for individuals are 75p for adults, 55p for juniors, and 25p for Wishaw leisure passport holders.

Wishaw athletic track and centre has an extensive programme of all kinds of sports events in 1990. Here is

a diary of some of the pending athletic events:

- April 28: Scottish Universities Athletic Championships
- April 29: Bank of Scotland Women's Athletic League
- May 13: Scottish and North West League match
- May 22: Lanark Division Schools Athletics Primary Relay and Sprint event
- June 6: Lanark Schools Secondary Athletic Championships
- June 10: Scottish Young Athletes League West
- June 14: Lanark Schools Secondary Athletic Championships
- June 24: Scottish and NW League
- August 19: Scottish and North West League

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MOTHERWELL DISTRICT - THE LEADERS IN LEISURE

club PROFILE

DUMFRIES RUNNING CLUB

A SMALL athletics club operated for a few years from Dumfries High School playing fields in the late 1940's, culminating in Scottish champion, the late Emma Anderson, a Dumfries schoolteacher, representing Scotland in the long jump in the 1950 Empire Games, as well as several Scottish champions at different events being produced. Apart from that period, with minor exceptions, Dumfries has been a virtual desert as far as athletics at senior level is concerned.

Club treasurer Dave McNaught, a founder member of Dumfries Running Club, looked over his beer and eye glasses at a recent social event and imagined that the young lady in the group belting out a number was winking at him, but managed to recover his normal composure to reflect how the club had progressed and

flourished since its early beginnings on June 4, 1979, when a local fun run was organised.

Tom McGowan, present member, helped organise the meeting and the run was from Nithsdale Rowing Club boathouse. Before the run had even commenced a man tripped and fell downstairs and twisted his ankle, never to be heard of again!

Among other involved in the early beginnings were Graham Dawson, Tony Pelham, George McBurnie, Sheila Howat and current chairman, Roy Cheeseman. A liaison with the local Nith Valley Athletic Club, who joined us for training, was formed. The club was first named Nith Valley Athletic Club Joggers, and in 1980 the membership was 26.

Sheila Howat was appointed race

organiser of the first Dumfries "Peoples" Half Marathon, which was part of the "Guid Nychburris" celebrations in 1981. It is recalled that the first event was about a half mile short following redirection after a road accident. Sheila was to successfully organise the event for nine consecutive years, and is now an honorary life member for her sterling service to the club.

Dumfries Running Club is now a section of various clubs, with diverse sports coming under the mantle of Dumfries Sports Club, all of whom share excellent sporting and social facilities at Nunholm, Dumfries, formerly occupied solely by Dumfries Cricket Club. The club moved there in 1984, and the membership now numbers 50.

Road running is the main preoccupation, but a hard-core competitor

cross country events, leading up to the Western District and Scottish Championships, and in the odd hill race.

Meetings are on Tuesday and Thursday evenings and Sunday mornings, with speed work done at the new David Keswick Running Track on Mondays. All members set off together for the first couple of miles which, according to Tom McGowan, is an unwritten club rule.

Sometimes, though, one of the better runners such as Steve Head "winds up" the pack too early, and veteran Tom is apt to shout "too fast", or, "you should nae be running at race pace". Wily Tom stays mainly at the back of the pack. He recently managed to hoodwink club handicapper, Les Hill, who keeps a "Don Revie" type

dossier on performances, into believing that he was struggling. Tom won the event "looking round" and mentions the fact at every club night. There's one at every club!

After showering, the wise meet upstairs in the bar, where all the past glories are retold and plans hatched for races on the horizon. We organise two open road races and we never stop discussing race organisation. Over a pint, Mike Rogerson is usually the subject of much ribaldry as he describes his latest catalogue of injuries in such descriptive terms that he is often

Above, members pose for club photographer John Moffat; below, race organisers Steve Mohan and Steve Head.

compared with Dame Edna Everidge with "his" gynaecological problems. There's one of these in every club too!

The Dumfries Half Marathon is the major summer road race in the Dumfries and Galloway region, and although not an easy race, attracts around 700 runners and will be held on June 24 this year. The finish

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Scotland's Runner May 1990

club PROFILE

DUMFRIES RUNNING CLUB

in the tree-lined Dock Park on the banks of the River Nith is full of local people who roar you on to the finish, and lift the runners to a final effort, as if in a scene from "Chariots of Fire".

The Dumfries 10K, to be held on September 4, is a contrast as it is run on a very flat course and finishes on the excellent new David Keswick track with first class facilities for changing and getting a well earned cuppa. This event, in its third year, attracts over 250 runners, and has become a very popular open event.

We are very fortunate in having main sponsors for these two races, the half marathon by leading South of Scotland home builders, Robison & Davidson, part of the Lilley Group, and the 10K by Gates Rubber Company, Tredaire Division. Both these successful local companies are very enthusiastic in their financial and material support of the events.

We have two new race organisers - in the half marathon Steve Mohan, and in the 10K Steve Head, neither of whom is afraid to accept the responsibility, and they are ably backed up by an enthusiastic committee, chaired by Roy Cheeseman. Because our membership numbers are relatively small and are involved in organising two events each year amongst other business to be transacted, each committee person can be carrying out two or three tasks continuously and trying like blazes to farm others out to other members!

Club captain Les Hill joined in 1985, having moved from East Kilbride, and has made a large impact. The mainly fun runners had been caught up in half marathons and several had sub-three-hour marathons to their credit. Les mooted the idea of affiliation to the SAAA and suggested that a change of name from Nith Valley Joggers Club might attract more serious runners. These changes took place in January 1986, leading to a substantial growth of members in quality and number. One of these members is Sandy Shankland who was a top runner in the area but despite sustaining injury still retains his interest by assisting the club whenever possible.

The following year Les captained the club in their first national championship, the 6-stage relay at East Kilbride, after coaxing, pushing and bullying everyone. The team was 32nd, and has been



■ Mike Rogerson: medical blackspot?

represented at other district and national events, with the realistic target of improving on previous positions. As a result, our teams celebrate as much as the event winners. This year's 6-stage relay at Livingston saw our club achieve a respectable 25th place, our best ever.

Last year he picked on the veterans and bullied them into the Alloa to Bishopbriggs SVHC 8-man relay, which was thoroughly enjoyed. They enjoyed the event, and returned this year without persuasion, slicing 30 minutes off last year's time.

He also introduced several handicap races of much shorter distances, and we now have three annual handicap races. He is always willing to listen with a sympathetic ear and offer a spot of advice, but oh boy can he talk through races of the past, inch by inch!

In the autumn the main trophies are presented at the annual club dance. The club champion is the runner who is first home amongst the club runners in a selected open race. The "Best All Rounder" Trophy is presented to the person who gains most points in eight selected races in road, hill and cross country open events during the season. The winner of both trophies for 1989 was Brian Grieve. The veteran's trophy in the "Best All Rounder" category was won by Jimmy Kerr, who had a very consistent season.

The other major trophy was presented

to treasurer Dave McNaught, who jealously guards club finances. He was "athletically reborn" in the last two years, when, without the assistance of strong drink, he began to cut down on the calories and to train diligently as if on permanent marathon training, to such an extent that he was awarded the trophy for "most improved athlete" for 1989, after greatly improved race performances.

Success at our club at the highest level has not yet arisen, although Carolyn Brown did win the Dumfries Half Marathon four times between 1981 and 1988, and many other races at a local level. She also was first woman home in the Leeds Marathon in 1986. Regrettably she has now moved away from this area, and has become a member of Fife AC. We have a small section of women members whose numbers are slowly increasing.

Brian Grieve, aged 21, was fifth in the recent Criffel Hill Race in Dumfries, and was second only to Steve Ovett at the Stewartby cross country event. Like Colin Kinnear, whose credits include second in the Galloway Marathon in 1988, he is usually well placed in most races.

These two represent our present successes, but David Logue, a former Irish internationalist at various distances, now lives in Dumfries. Despite not training seriously for two years, he was nevertheless 12th in the recent Scottish National Veterans Cross Country Championship at Dumfries. His experience will be most welcome and should act as a spur to Brian and Colin.

Over the years we have been joined by Doug Brown, Jimmy Kerr, Steve Foster, Andrew Llanwarne, Drew Burgess, Jim MacConnachie, Jim Brown, Dave Chadderton, Murray MacPherson, Donald Anson, Jim McDougal, Dave Barrat and John Moffat, who are now competing in events nationwide.

As the facilities have improved in Dumfries over the years, so has the standard of athletics at school and junior level, and Dumfries Running Club is well placed to gain some of these future senior athletes, and be in a position to compete at the highest level. It is only a matter of time, so other clubs, be warned!

Tony Davers

O · P · E · N FORUM

SCOTTISH Athletics - Directive to schools from the Commonwealth Games Council.

DUE to the realisation that we cannot reasonably expect to compete with distinction against the black Commonwealth athletes who have both the benefits of climatic advantage and genetically have a greater proportion of fast twitch muscle fibres, it has been decided that no events below 800m will be contested in future championships. Schools with promising sprinters, hurdlers, long jumpers, etc, should encourage these individuals to convert to other sports where such "disadvantages" are not inherent.

We would recommend other sports considered include:

1. Swimming. Competition here is virtually restricted to whites, due to black buoyancy and extreme lack of swimming pools in Third World Commonwealth countries.

2. Cycling. The absence of roads and cycling tracks in the same countries.

3. Shooting. The cost of "proper equipment" virtually ensures that this will be a Brit/white dominated event.

4. Badminton. The lack of facilities abroad once again ensure our ability to compete with distinction.

5. Curling. As few Jamaicans or Kenyans have ever seen ice, we feel sure that the introduction of this sport would be of great advantage to our medal aspirations, etc, etc.

Far fetched? Unbelievable?

Probably, but surely this is a natural development from the selection policy of the last Commonwealth Games Council where the standards set for Scottish sprinters and hurdlers meant that only Mark Davidson qualified and ran in Auckland in an event below 800m.

With due respect to the other sports included in the mock directive, it is not unreasonable to assume that the lack of facilities in the great number of competing nations assisted Scots to be potential medal contenders to quite an unrepresentative degree in other sports.

In athletics, however, probably every school in the Commonwealth has a sports day, with running, jumping and throwing events being easily competed in and subsequently encouraged and developed.

Because of this enormous base, athletics is the one sport in which all nations can be represented and, therefore, the one in which excelling will be by far the most difficult. In Scotland, with a colder climate than most of the other Commonwealth nations, it is

matches (some also competing for Great Britain) were left out of the Games team for reasons they found difficult to understand.

They and their coaches have a feeling of being betrayed, and the current mood of many young hopefuls who were targeting the 1994 Games is one of despondency resulting in a "why bother" attitude creeping in.

As a coach, I feel frustrated that one of the major incentives for most of my athletes has been taken away, and I now wonder how to inspire athletes who have for several years devoted an enormous amount of time and effort developing their potential.

How do we change the selection criteria?

This will be difficult: as stated in last month's article, athletics, although the major sport of the Games, has a minority say in the Games Council and the "competing with distinction" idea is a concept that may be difficult to overcome.

But I would propose that the numbers be dramatically increased to reflect the importance of athletics as the major discipline, and to encourage the further development of the sport in Scotland.

To this effect, I would anticipate the numbers being around 50-60 and comprising all Scottish champions, plus others who have demonstrated an ability to reach the semi-final stage of the track events and top ten in field events, also relay teams, men and women, in the 4 x 100's and 4 x 400's.

A number selected on this basis will not "compete with distinction". However, I contend that these are not championships, but "Friendly Games", and the whole concept is for the "taking part and developing" of the various sports.

In John Brown, Barry Craighead and Bob Greenoak we have representatives who, I am sure, will be strong enough to promote positively the above case for athletics representation.

It is up to the grass roots in Scotland to advise them whether or not that is the mandate they have and encourage their efforts.

Remember, it will be too late in 1994. Any action must start now.

Next month: the role of the coach.



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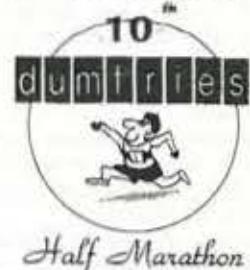
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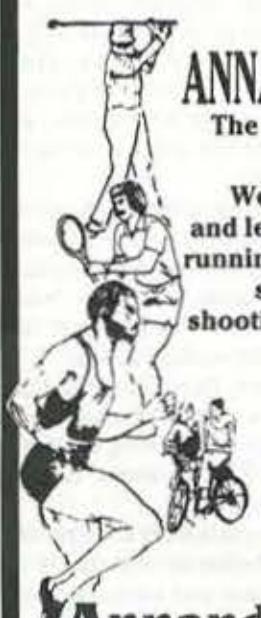
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Excellent athletics and recreational facilities abound in the South West

By Robin Mathison

SERIOUS athletes and "fun-runners" alike from Dumfries and Galloway should not be stuck for somewhere to train this summer, with no less than three new "satellite" tracks having been built over the last couple of years in Annandale and Eskdale, Nithsdale and Wigtown districts, plus the sub-national David Keswick Centre in Dumfries.

If, however, you prefer to escape from the confines of a running track, Dumfries and Galloway is the ideal place according to Andrew Llanwarne, director of Dumfries and Galloway Tourist Board.

Speaking as a runner himself, Llanwarne says, "The advantages of running in this area are the quietness of the roads and, wherever you're based, you have a wide choice of routes to follow.

"If you're in the area for a short while you can always fit in a 30 minute or hour run on the quiet roads, or move onto the forest tracks," he continued.

"There's a lot of good sightseeing in the area with a good mix of attractions, ideal for family outings," says Llanwarne, who picked out the Solway Coast Heritage Trail as a must for any visitors to the area.

Around the time of the Dumfries Half Marathon, on June 24, there will also be a programme of events to mark the anniversary of the invention of the first bicycle - invented in Dumfries 150 years ago.

In the South West, as well as roads and forest tracks, Nithsdale District boasts the district's major venue - the David Keswick Centre run by Dumfries and Galloway Regional Council. In addition to this, Nithsdale District Council owns the new running track at Sanquhar, which is to be given a higher profile, with the appointment of a sports development officer and, equally importantly, the completion of new storage and changing facilities. The council is keen to encourage athletes to travel to the area and assists the Dumfries Running Club with the mailing of entry forms for the Dumfries Half Marathon and September's 10K race.

There is ideal terrain for off-road running including a section of the Southern Upland Way from Wanlockhead through Sanquhar in the north of the district. In the south the Criffel Hill race starts and finishes

to and from the track, at "subsidised cost", for people who want to use the facilities on Sundays.

Meantime in Annandale and Eskdale District, Cameron Sharp - head of the leisure and recreation department - is very pleased with the new sports centre in Moffat which attracted 10,000 people in its first eight months.

"This is tremendous, given the size of the area," says Sharp, who also points to Annan as a hive of athletic activity - centred around the new sports complex which includes a six-lane running track, two football pitches, two rugby pitches and a hockey field.

A new putting green should be in place by the end of May, and, indoors there is a well-equipped multigym. The council also has an arrangement to use Annan Academy's swimming pool on evenings and weekends.

This summer's opening meeting is the Edinburgh Woollen Mill Invitation Trophy meeting on June 2. The men's trophy will be contested by a Solway League Select, Johnny Walker Kilmarnock Harriers and Shettleston Harriers, and the women's by Solway League Select, Glasgow Athletic Club and Edinburgh Woollen Mill.

The council have ensured that all age groups are catered for in the district, including the very young, and play areas have been built in Annan and Lockerbie, the latter funded by the disaster fund.

Stewarton was the only district not to build a satellite athletics track - due to its close proximity to the David Keswick Centre in Dumfries - preferring instead to use the money for grants to local organisations such as Stewarton AC. The popular Kirkcudbright Half Marathon will go ahead on Saturday May 26.

Aside from running, watersports are very popular in the area around Loch Ken and Carlingwark.

All in all, whether you live in Dumfries and Galloway or are planning a visit, you should certainly not be stuck for good sport and recreation.

SCOTTISH JUNIOR MEN:

All-time best lists compiled by JEFF CARTER

100m		800m		14-16.4y Eddie Knox 3 miles time plus 28 secs		14.78 Neil Fraser 14.83w (15.17) Stew't McCallum 14.90w (15.55) Alan Sumner 15.18w (15.54) Alan Erskine 15.21w Andrew Thain 15.22 Paul Warrillow 15.26 Iain McGillivray 15.43 John Wallace 15.59 Doug's Campbell	
10.21	Jamie Henderson	1-47.53	Gr'm Williamson	10,000m		14.4	Angus McKenzie
10.29w (10.38)	Elliot Bunney	1-48.45	David McMeekin	30-29.8	Lawrie Reilly	14.6w (14.9)	David Wilson
10.43w (10.66)	Stephen Graham	1-48.45	Nick Smith	30-38.2	Allister Hutton	14.8	Alan Sumner
10.52w (10.73)	Brian Ashburn	1-48.84	David Strang	30-45.0	Alan Puckrin	14.8	Geo McCallum
10.69	Cameron Sharp	1-48.9	Stuart Paton	31-09.8	Ian Gilmour	15.0	Alistair Grant
10.75	Mark Learmonth	1-49.01	Tom McKeon	31-13.4	Ian Matheson	15.0	Charles Luxon
10.80	Drew McMaster	1-49.4	Terry Young	31-45.4	Doug Gunstone	15.1	Alan Erskine
10.80	Peter Little	1-50.0	Paul Forbes	30-30.6y	Paul Bannon	15.1w (15.6)	David Findlay
10.86	Jonathon Stark	1-50.2	Alistair Currie	31-01.0y	Thomas O'Reilly	15.2 (120y)	Robert Davidson
10.86w (11.25)	Brian Connell	1-50.42	Ian Archibald	31-01.2y	William Mullet	15.2	Andrew Thain
Hand		1500m		31-12.0y	James Brennan	3'3"	
10.4w (10.5)	Drew McMaster	3-37.70	Gr'm Williamson	31-23.6y	Hugh Barrow	14.54	Andrew Thain
10.4w (10.7)	Peter Little	3-42.86	Stuart Paton	31-34.2y	John McGow	14.78	Neil Fraser
10.5	Roger Jenkins	3-42.89	Alistair Currie	31-40.0y	Ian MacPherson	14.86	Iain McGillivray
10.5w (10.8)	Drew Hislop	3-45.0	John Robson	6 miles times plus 60 secs.		14.92	Alan Erskine
10.5w	Cameron Sharp	3-45.6	Sam Wallace	1500m s/c		14.95w	D'nc'n Mathieson
10.5w (10.7)	Jonathon Stark	3-46.96	Alan Currie	4-19.8	Rod'ck Campbell	15.09	John Wallace
10.5w (10.8)	Doug Anderson	3-47.6	Nat Muir	4-20.4	Thomas O'Reilly	2000m s/c	
10.6	David Jenkins	3-47.6	Ian Gillespie	4-23.2	Alistair Blamire	3000m	
10.6	Bruce Livingston	3-48.0	Frank Clement	4-24.2	Douglas Gillon	3000m s/c	
200m		3-48.09	Tom Hanlon	2000m s/c		200yH	
20.67	David Jenkins	3-53.15	Gr'm Williamson	5-32.84	Tom Hanlon	22.8	Frank Dick
20.94w (21.16)	Drew McMaster	4-02.4	Brian Scally	5-54.0	Gordon Faulds	22.8	Norm'n Paterson
21.08w (21.30)	Elliot Bunney	4-03.7	Alistair Currie	5-54.8	Ian Steel	22.8w (22.9)	Andrew Leach
21.11	Jamie Henderson	4-04.0	Ron Macdonald	5-55.41	Ken Stirrat	22.9w (23.2)	John Jackson
21.31w (21.97)	Stephen Graham	4-06.0	Ian Archibald	5-55.6	Nigel Jones	23.0	Alex Robertson
21.60	Mark Learmonth	4-07.7	Hugh Barrow	5-55.8	Ric'd Charleston	23.0	Douglas Bruce
21.63	Roger Jenkins	4-07.9	Ian Stewart	5-56.8	Paul Forbes	200mH	
21.70	Bruce Livingston	4-07.9	Alan Currie	5-57.1	Stuart Kirk	24.90	John Wallace
21.71	Robert Denham	4-07.9	John Robson	5-58.8	Andrew McKay	400mH	
21.75	Iain Cuthbertson	4-07.96		5-59.8	Robert McKim	110mH	
21.76	Peter Little			3000m s/c		51.91	Peter Campbell
Hand		3000m		5-41.8	Ian Kilpatrick	52.86	Gary Brown
20.6	David Jenkins	8-00.7	Gr'm Williamson	5-49.2	Ian White	52.9	Ricky Taylor
20.8w (20.9)	Drew McMaster	8-01.2	Ian Stewart	5-50.0	Jim Brown	53.15	Mark Fulton
21.1w (21.4)	Robert Denham	8-01.43	Nat Muir	5-57.6	Peter Stewart	53.17	James Gillespie
21.2w	Brian Ashburn	8-07.2	Ron Macdonald	Pre 1974, over 21 barriers not 23.		53.92	Mark Hardie
21.3	Mike Hildrey	8-08.4	Jim Brown	3000m s/c		3'6"	
21.3i (21.5)	Peter Little	8-09.4	Paul Bannon	8-47.49	Tom Hanlon	110mH	
21.3w	Roger Jenkins	8-10.6	Laurie Reilly	9-02.4	Jim Burns	53.92	Angus McKenzie
21.5	Gr'ham Malcolm	8-10.9	Alistair Currie	9-07.4	Paul Forbes	200yH	
21.5	Drew Harley	8-11.27	Tom Hanlon	9-07.89	Andrew McKay	400mH	
21.5w (21.7)	Gus McKenzie	8-13.12	Steven Marshall	9-11.24	Ken Stirrat	3'0"	
21.5w (21.9)	Cameron Sharp			9-12.1	Nigel Jones	51.91	Peter Campbell
400m		5000m		9-14.45	Robert Carey	52.86	Gary Brown
45.45	David Jenkins	13-49.1	Nat Muir	9-15.2	A'gus Henderson	52.9	Ricky Taylor
46.7	Roger Jenkins	13-53.30	Ian Stewart	9-18.2	William Mullet	53.15	Mark Fulton
46.95	Iain Cuthbertson	14-03.4	Jim Brown	9-19.5	Ian Steel	53.17	James Gillespie
46.97	Mark McMahon	14-05.0	Paul Bannon	110mH		3'6"	
47.27	Peter Hoffman	14-10.2	Laurie Reilly	200mH		53.92	Mark Hardie
47.7	Andrew Kerr	14-16.40	John McNeill	400mH		3'0"	
47.9	Tom McKeon	14-24.6	Ron Macdonald	110mH		51.91	Peter Campbell
47.9	John Rigg	14-24.8	Robert Quinn	3'6"		52.86	Gary Brown
48.12	James Nicol	14-27.12	Mic'm Campbell	200yH		52.9	Ricky Taylor
48.16	Brian Whittle	14-29.0	Bill Sheridan	400mH		53.15	Mark Fulton
48.17	Mark Davidson			14.46	Angus McKenzie	53.17	James Gillespie



Stephen Ritchie . . . second to Geoff Parsons in the high jump.

BRIGHT, multi-coloured sportswear and shoes will again be essential wearing for the fashion conscious runner this summer, but the shops which stock them will also make sure that he or she gets the clothes or shoes which is right for them, in terms of comfort and safety.

Specialist sports shops not only offer a runner a wide range of products, but also expert advice and a great deal of specialist knowledge, often due to the fact that the staff are active athletes themselves.

One such shop is C&G Sports in Dunfermline, which is run by husband and wife team, Gill and Chris Morris - both members of Pitreavie AAC. This has enabled them to find out what runners require, through mixing with fellow club members.



Gill reports "everything" to be selling well this year, but especially New Balance and Reebok.

To make sure that the shoe is absolutely right for a customer, C&G Sports offer the facility of "test running" the footwear before purchase, and, by May, they should have a treadmill installed in the shop.

C&G Sports, who are moving to a new address in the High Street in May, are continuing with their organisation of

to varying degrees, with manager Ian Smith being a keen half-marathon man.

Most of the shoes are actually tested by staff, and their best selling lines are Reebok and Nike.

In Inverness, Brian Turnbull, managing director of Turnbull Sports, believes that road running is going through a tough period compared with that of four or five years ago.

"Then, immense national and even local media coverage for the grass roots activities in sport caused thousands to

the annual Auld Toun 10K, and are also sponsoring The Two Bridges Race, which takes in Kincardine Bridge and the Forth Road Bridge.

Nevisport in Glasgow's Sauchiehall Street (and Fort William) are also specialists in the running field. They operate a policy whereby all their staff are runners

start running," said Brian. "Now that media interest has waned, so has that of the ordinary Joe Bloggs who is guided by fashion."

Taking into account these developments, Turnbull Sports set about diversifying into other sports and particularly sport fashion, so that the profits made from these areas would enable the company to continue to cater for the serious runner and athlete.

In addition to a wide range of sports clothing, Turnbull Sports stock over 60 models of running shoes, and their staff are also active in the sport, with all taking a role in the organisation of the Inverness 10K and the Inverness Half Marathon.

Recently, they have also expanded by taking control of Running North in Aberdeen and Brian Turnbull has big plans for it: "Running North is a



tremendous shop in that it has a huge reputation within the sport in the North and North East. It has an incredibly large range of running shoes and, importantly for a specialist, offers personalised advice.

Back to Glasgow, and Kelvin Hall Sports are also establishing themselves as running specialists, with the advantage of being situated within the Kelvin Hall Sports Centre.

They confirm that bold, bright

patterns on lycra will once again be in fashion and they will also be stocking a new cotton lycra material from Ron Hill, which will be much cooler.

Nike Peagus (£44.99), Reebok Conquer (£49.99) and a new shoe, the New Balance NBX840 (£59.99)

are the top sellers for this year. They also stock Frank Shorter leisure wear. Kelvin Hall Sports have been busy through the winter, but business slows down a little in the summer when people run outside. However, the shop will remain open all hours.

All in all, whichever shop you visit, the staff will make sure you come away with the shoe that is right for you - running-wise as well as in the fashion stakes.



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SCOTLAND: ARE WE FALLING BEHIND?

Yes, says David Watt, president of the Scottish Gymnastics Association, who observed other countries' attitudes towards sport at the Commonwealth Games in New Zealand.

I WAS fortunate enough to be in Auckland for the 1990 Commonwealth Games. I say fortunate, because it allowed me to learn many lessons which I hope may be passed on and benefit my own and other sports in Scotland.

It has got to be admitted that Scotland was, relatively speaking, unsuccessful in Auckland. While their number of medals in gross terms compares with achievements in previous years, the number of medals available at the Games has increased considerably.

Any lessons learned are not criticism of any of the athletes or coaches representing Scotland. If such criticism is necessary, then that is a matter for each individual sport itself to handle; not that I saw much evidence of any poor coaching or lack of effort on behalf of performers in New Zealand - I didn't see anyone just "there for the trip"!

The first lesson to be learned is that, at present, we are miles behind most of the other "First World" countries. We have probably always considered ourselves a relatively small nation behind most in sporting terms when it comes to world championships or Olympic Games, but we have always felt some pride and potential achievement in Commonwealth Games terms. This, I am afraid, appears to be no longer true, and judging by Edinburgh and now Auckland, the trend will continue downward unless something serious is done within Scottish sport.

Some sports like judo, weight lifting and boxing may be reasonably happy with the medals they won, and some of the individuals may be more than delighted with their own performance - with some justification. All I would say is that they too could join some of the rather more disappointing disciplines unless serious action is taken to improve the standard of Scottish sport.

It is interesting to compare Scotland with other countries involved in the Commonwealth Games and draw some conclusions about the way in which they approach sport in these countries.

The noted differences come in a number of ways - one is financial. Some countries seem more willing to spend money on

see sport as important and put a considerable amount of money in to it - countries like Australia and Canada in particular. There is also a public willingness to fund sport. For example, no-one in Auckland said to me, "You're leaving this city with a 15 year catch-up period through the rates and taxes to fund these Games." Rather, there was an enjoyment of the honour of hosting the Games and the pleasure it gave 2,500 participants and over half a million spectators. This reflects an attitude that sport is important, and worth paying for as individuals.

This is further reflected in the attitude of the media - who, for example, when Canada won gold medals in gymnastics were crowding round looking for interviews for up to an hour afterwards, and had about five photographers in the arena constantly trying to get pictures of the Canadian gymnasts.

The contrast when England won their gold medals was noticeable - there were no interviews, no press, no photographers for what was an excellent achievement against top class opposition.

There is also the "minority sport" mentality - that gymnastics, for example, is a minority sport. I would argue only that there were no minority sportsmen or women in the Scottish Commonwealth Games team at all. In most sports the team were almost all Scottish champions, past or present. They had all put a tremendous amount of work into getting to the Games, and wanted to do their very best once there. They were certainly not "minority" sports people in commitment.

Certainly gymnasts are not thought to be minority sports people in Canada, and Nicki Jenkins, who won a vault gold medal for New Zealand, became a national hero overnight, *not a minority sports person*.

So the attitude of other countries is different, the attitude of the media is different, as well as the attitude of the public. I have got to say that perhaps the attitude of the sportspeople is different as well.

"Sport," as Bill Shankley almost said, "is not a matter of life and death - it is much more important than that."

The amount of time put into training

far outweighs, in lots of cases, the amount of time put in by our sports people and sports coaches in this country.

Perhaps sadly, one has got to say that gone, in most sports, are the days of the amateur who spends a casual ten to fifteen hours a week in training. No-one spending that amount of time will breakthrough into the top ten of the Commonwealth, let alone any other world arena. My observation of Auckland is that this is true in swimming, gymnastics, possibly athletics, and a number of other sports.

In gymnastics, Scotland was the *only* country not training their gymnasts full time by one means or another. If we are going to compete, this is an issue we have to grasp and solve if we hope to be amongst the medal winners in future Commonwealth Games.

I am sure it is true of other sports - considerably more time on the track, in the water, or whatever has to be achieved or at least more useful time must be spent in training and practice.

It is interesting that Jim Blair, the All Blacks physical training guru (a Scot himself) was very critical of our training methods on a recent visit to Scotland and the UK. By coincidence, during my stay in Auckland I met Grant Fox, who was equally critical of training for rugby in Britain. He said that the All Blacks train at top speed and they directly for the game. Physical fitness is the players' own problem, and he has to produce the goods as far as that is concerned. He felt that our training was incorrect.

I applaud the developments currently in coach education being assisted by a number of national governing bodies and the National Coaching Foundation. I welcome the initiatives of the Scottish Sports Council in developing a number of new specialised facilities throughout Scotland, and I applaud initiatives by local authorities like Dunfermline in creating new sports centres and new specialised facilities.

The only problem is that it may well be too little too late, unless we take our sport a little more seriously and are prepared to commit more time, thought, and money to it.

I am not sure whether we want to go to a payment-by-result system such as exists in Canada; or whether we want to adopt a centre of excellence and institute of sport approach like Australia; or compel people to go to one club or another as in New Zealand. All I know is that all of us want to



Does Scotland give its youngsters a fair chance? Write and tell us what you think.

be more successful, and we must realise that to be more successful a radically different approach is required, because what we are doing at present (on the evidence of 1986 and 1990) has not been successful.

One other issue which I think is important is rationalising our relationship within the British and world scene. I would suggest that one reason that Scotland can compete (perhaps not win) in the football World Cup is that they are allowed to compete freely in the European Championships on a club or national level; whereas in gymnastics, athletics, and a number of other sports, competitors at European level must look to compete as Great Britain, thus making it harder for our sports people to get exposure to top competition.

This is a key factor, and there is no question that quite a number of our younger sports people were overawed by the occasion and by the class of the

opposition, the likes of which they had never previously had the opportunity to compete against.

It is interesting to note that the New Zealanders took young Nicki Jenkins, their artistic gymnast gold medalist, to the last World Championships as a reserve. They had no intention of competing her, but the experience allowed her the type of exposure she would have when it came to the Games in Auckland. Oh, how it paid off!

What is certainly needed is a change of attitude - a working together of all parties. We do not need a witch hunt or a blaming (I believe wrongly) of individual coaches. We have to devise a nationwide plan of unified action if we want to achieve.

The New Zealand Herald quoted the Australian Prime Minister Bob Hawke, crediting the Australian Institute of Sport for his country's success in Auckland:

"Talent is one thing - but it needs funding and direction."

We have the talent!

ALL-TIME SCOTTISH INDOOR RANKINGS

COMPILED BY
ARNOLD BLACK

Men		High jump			400m				
60m		2.30	Geoff Parsons	Cosford	1986	54.05	Karen Ford		
6.62	Elliot Bunney	Cosford	1987	2.15	David Barnetson	Glasgow	1990		
6.66	Cameron Sharp	Paris	1985	2.10	James Stoddart	Glasgow	1989		
6.66	Jamie Henderson	Cosford	1987	2.06	Ben Thomson	Cosford	1987		
6.68	Allan Wells	Cosford	1978	2.05	C Fairbrother	Stanmore	1961		
6.83	Steven Graham	Cosford	1983	2.05	Brian Burgess	Cosford	1978		
6.84	Peter Little	Cosford	1978	2.05	Graham McAslan	Glasgow	1989		
200m		Pole vault			800m				
21.55	Willie Fraser	Glasgow	1988	5.10	Graham Eggleton	Haringey	1983		
21.81	Peter Little	Dortmund	1981	4.63	Andrew Wake	Gateshead	1987		
21.86	Jamie Henderson	Glasgow	1990	4.60	Dick Williamson	Cosford	1979		
21.94	Brian Whittle	Glasgow	1988	4.57	David Stevenson	Stanmore	1964		
22.09	Steve Scott	Glasgow	1988	4.50	Allan Leiper	Cosford	1981		
400m		Long jump			1500m				
45.98	Brian Whittle	Budapest	1988	7.38	David Walker	Seattle	1970		
47.65	Mark Davidson	Athens	1989	7.38	Stewart Atkins	Cosford	1972		
47.82	Mark McMahon	Glasgow	1989	7.28	Ken McKay	Cosford	1986		
47.89	Andrew Kerr	Berlin	1979	7.22	Craig Duncan	Glasgow	1989		
48.2y	David Walker	Pocatello	1971	7.13	Rod McKay	Cosford	1982		
48.36	Gregor McMillan	Glasgow	1990	7.12	Mel Fowler	M'bank	1986		
800m		Triple jump			3000m				
1-46.22	Tom McLean	Glasgow	1990	15.71	Craig Duncan	Cosford	1986		
1-47.55	Paul Forbes	Dortmund	1983	15.00	Willie Clark	Cosford	1976		
1-48.97	Brian Whittle	Glasgow	1990	14.92	Stuart McMillan	Glasgow	1988		
1-50.1	David Strang	N Orleans	1988	14.76	Peter Knowles	Cosford	1975		
1-50.8y	Duncan Middleton	Cosford	1967	14.71	Roger Harkins	Glasgow	1988		
1-50.9	Graeme Grant	Cosford	1971	14.61	John Scott	Glasgow	1988		
1500m		Shot putt			60mH				
3-38.28	Grah'm Williamson	Cosford	1982	18.73	Paul Buxton	Pullman	1977		
3-42.8	John Robson	Vienna	1979	17.94	Mike Lindsay	Kansas	1961		
3-43.75	Tom Hanlon	Budapest	1988	17.78	Steve Whyte	Lincoln	1989		
3-44.67	Ian Archibald	Dortmund	1983	16.00	Paul Mardle	M'bank	1983		
3-44.7	Adr Weatherhead	Cosford	1977	15.88	Chris Black	M'bank	1985		
3-45.26	Alastair Currie	Cosford	1990	Women			High jump		
3000m		60m			Long jump				
7-50.0	Ian Stewart	Cosford	1972	7.56	Kaye Scott	Glasgow	1988		
7-52.56	Tom Hanlon	Stuttgart	1989	7.58	Aileen McGillivray	Cosford	1989		
7-53.6	Peter Stewart	Sofia	1971	7.62	Gillian Hackney	Cosford	1982		
7-55.85	Alastair Currie	Glasgow	1989	7.63	Natalie Byer	Cosford	1982		
7-56.2	Ian McCafferty	Lyon	1967	7.67	Morag Todd	Glasgow	1988		
7-58.38	John Robson	Ghent	1988	7.68	Donna Brown	Glasgow	1990		
60mH		200m			Shot putt				
7.90	Neil Fraser	Glasgow	1988	24.20	Linsey Macdonald	Cosford	1982		
7.97	John Wallace	Cosford	1990	24.6	Alison Reid	Cosford	1981		
7.99	David Wilson	Cosford	1980	24.70	Dawn Flockhart	Cosford	1985		
8.18	Alan Sumner	Cosford	1981	24.87	Kathleen Lithgow	Athens	1989		
8.2	Nick Winter	Cosford	1969	24.96	Gillian McIntyre	Glasgow	1990		
8.2	Angus McKenzie	Cosford	1979	25.04	Mary Anderson	Glasgow	1988		

LETTERS

Why do some race organisers not advertise their events?

41, Braeside Street,
Maryhill,
Glasgow.

and Caithness Half Marathon to name only a few, yet there is no contact number or address which to get application forms off organisers. Don't they want people to attend these races?

A good idea is when the forms are printed in the magazine like the Forth Rail Bridge Half Marathon or Land O' Burns. Unfortunately, you would have to be a midget to fill in the application form for Cumbernauld Half Marathon. Also, why don't organisers have their forms distributed through the magazine like we get with these advertising features.

My final point concerns the starting times of races, particularly on the East coast. Last year most of the races I ran were on the west coast or surrounding Glasgow. This year I hope to do more on the east of Scotland but most of the races start before the first train gets in from the West, i.e., Dunfermline, Glenrothes, Kirkcaldy and Stonehaven.

In April's issue of Scotland's Runner we have notice of the Campsie 10K, Golspie 10K, Goatfell Hill Race, Johnstone Rotary 10K, Troon Tortoises 10K

It is difficult to make a lot of

races when you don't have your own transport, so surely organisers could check public transport times, especially on a Sunday, and have a larger field of runners from outwith their own region. No doubt people from the East experience the same when travelling to races on the West coast.

All the best with your magazine. It may not be as flashy as "Running" or "Today's Runner", but it serves Scotland well and is overall an interesting magazine.

Iain McKee

are encouraged to "loosen up" their rules.

If this letter is representative of the views of professional athletes, then the answer is not a matter for the clubs who decide the rules of the SAAA, but for the governing body of professional athletics.

Throughout the world, money is pouring into sport. The back pages of newspapers are monopolised by sport. Television is saturated by it. Specialist sports magazines abound. Satellite television has channels devoted exclusively to it.

Yet, professional athletics diminish yearly. The sport has failed to capitalise on the enormous growth of sports sponsorship, and failed to develop a publicly recognised championship structure. Hence the call for open athletics. Not for altruistic reasons, but as the answer to failure, in an age of plenty.

Does anyone think that pros would be writing to a magazine devoted to amateur athletics if there was sufficient money, and recognition, in professional athletics?

Not on your nelly.

Alex Muir

Pro athletics has not capitalised

46 Riverside Gardens,
Clarkston,
Glasgow.

SIR - Your April issue carries yet another letter from a professional, bemoaning the fact that there's more money in amateur athletics than in the pro circuit. The SAAA

Johnnie Walker



Best wishes to Kilmarnock Harriers from their official sponsors

THE eighth year that the Scottish Power SSAA Cross Country Championships have been held at the Magnum was undoubtedly the worst, weatherwise, with strong winds and driving rain throughout the eight races on March 10. Indeed, many teams must have felt very dubious if the event could even go ahead, as minibuses negotiated bad floods on the way to Irvine!

The entry was up on that of 1989, with 182 schools entering 2,306 pupils, of whom about 1600 actually ran. The conditions certainly took their toll on the times - e.g. Isabel Linaker (Queen Anne) won the U/15 race in 1989 in 13.02, but took 14.08 to win the same race in 1990.

Probably the two outstanding competitors were Isabel and U/17 winner, Mark McBeth (St Aloysius), both of whom went on to run extremely well next day in the World Cross Country Championship trials.

The biggest margin of victory was that of Boclair's Grant Graham, who was 41 seconds clear of Nick Freer (St Aloysius) in the O/17 race. St Aloysius was the most successful school, with two firsts, a second and a third team place, and an individual silver and gold.

After the championships, the teams for the British Schools' Cross Country Championships in Rugby on April 7 were selected, based mainly on the Schools' results but also taking into account national performances.

Linda Trotter

REPORTS....REPORTS....REPORTS....REPORTS

Hutton makes it three in a row at Cupar

ALLISTER Hutton tuned up for the London Marathon by registering his third consecutive victory in Fife AC's Cupar 6 on March 3, writes Graham Bennison.

Hutton was always in control, and had already established a lead over Charlie Haskett at the turning point on this out-and-back course. Hutton extended his lead to 32 seconds at the finish, with Haskett and Brian Kirkwood filling second and third places.

Evergreen Don Macgregor (M50) led home the veterans in 14th place, with Fife AC colleague Tom Graham second veteran in 20th position, four places ahead of first junior Donald Shaw of Dundee University (24th).

Valerie Fyall of Dundee Roadrunners was the winner of the women's race in 91st position, with team-mates Gill Hanlon (first veteran) and Margaret Robertson taking the other individual prizes, as well as the women's team prize.

Dundee Hawkhill took the men's team award, six points ahead of Fife AC.

Sponsors Donald Heggie (Cupar) Ltd announced that they would be increasing the backing next year when it is hoped that the YMCA Sports Hall will be back in operation following renovations to the roof and ceiling. Next year's Cupar 6 will take place on Saturday, March 2.

Universities at last make it to Antrim!

AFTER an aborted attempt at a trip to Antrim in 1989, the eight Scottish universities will be sending teams to compete in the annual British Universities Championships in Ireland this year, writes Gordon Ritchie.

The championships, traditionally held on circuit at the beginning of May, always represent the highlight of both the sporting and social seasons for the students. Last year, however, there was much bitterness and controversy surrounding the political decision by the English universities not to hold the fixture in Antrim due to the travelling expenses involved. As a result, we settled for second best with a trip to the luxurious surroundings of Derby!

After much debate, however, the Scots and Irish, supported it must be said by many English universities, won a common sense victory and this year approximately 70 athletes will be heading off for foreign (?) parts.

Among those who will be trying to win medals rather than merely enjoying the social scene will be Iain Hamer (newly crowned World Student Games cross country champion) in the 10,000m, Jamie Henderson in the 100m and 200m (where he will be renewing his rivalry with European Indoor finalist Andy Carrot of Loughborough), and old-timer Linsey Macdonald in the 800m.

There are also many past winners seeking to defend or regain their titles, including James Stoddard (high jump winner in 1989), Dave Hitchcock (400m hurdles winner in 1988), Janice Ainslie (defending long jump champion) and Joan Booth, who won the 100m when Adam was a boy and the writer had a full head of hair! On the whole, the Scots have been very successful over the years, and there is every indication that this success will continue in 1990.

Away from the track, past BUSF exploits have passed into legend. An earlier visit to Derby ended with an unusual version of the "Chunder" mile. Such was the condition of the athletes (and that term is used loosely) participating, that the race was abandoned after 400m. The post-competition festivities always result in embarrassment for some students, most recently a well-known middle distance runner who returned home without his left eyebrow. After the excellent team spirit created by the trip to France in January, BUSF 1990 should be no exception to this rule.

After the Irish trip, the students return to the highlight of the domestic scene with the cup final at Crownpoint on May 12. The recent domination by Edinburgh University may end this year after their surprise defeat by Glasgow in the Appleton Trophy. It is some years since Glasgow last won the cup - indeed it is some years since anybody defeated Edinburgh - but a new decade may mark the start of a new era in the sport.

Don't wait to be asked! Send your report to:
Scotland's Runner, 62, Kelvingrove St, Glasgow G3.

Peter keeps McGregor colours flying

WHETHER or not Victoria Park's Peter McGregor is descended from those members of his clan who defeated the Colquhoun's in the battle of Glen Fruin in 1603 is not known, but on April 1 he created a little bit of history himself in the modern equivalent - Helensburgh AAC's Polaroid-sponsored 14.6 mile Glen Fruin Road Race, writes Wilson Hamilton.

The mist-shrouded hills and the sound of the bagpipes as he passed the monument to that earlier victory for his clansmen must have been the inspiration for his new veteran's course record of 81:44.

Race winner, for the second year in a row, was Bellahouston Harrier Andy Daly, in 77:10, having been pushed most of the way by George Fairley (Kilbarchan) who eventually finished 40 seconds adrift, with his club-mate Gordon Tenney another eight seconds behind. Fourth place went to the much-improved John Harrison from Milburn Harriers.

Runner-up last year, Jane Robertson, went one better this year to win in the women's race in the Westerlands colours. Thirty-fourth overall, her time of 88:34 gave her a comfortable victory over Maureen O'Neill, also of Westerlands, 97th overall in 1:41:53.

McGregor (12th overall) edged out Clydesdale Harriers Hugh Watson (14th, 82:08) and Bobby Young (16th, 82:53) in the veteran category. First V50 was John Gormley, Bellahouston Harriers, 42nd in 91:13, while Kilbarchan's Jane Murray was first woman veteran, 137th in 1:51:03.

Thomas Anderson's 13th place secured the Royal Bank of Scotland team trophy for Kilbarchan, while William Galdie's 20th place ensured the runners-up spot for Clydesdale.

Some of the runners in the 200 strong field may have been disappointed that the mist obscured the "panoramic views" promised in the race preview, but they nonetheless enjoyed HAAC's traditional hospitality - a warm welcome, a cold shower and a hot cup of tea!

One world record and two British

ALTHOUGH the overall entries for the 1990 Scottish Veteran Indoor Championships was down on the 1989 inaugural event, and none of the "professionals" chose to defend their titles, organiser David Morrison of SVHC went home feeling happy as the event had one world record and two British records to celebrate, writes Henry Muchamore.

In the later stages of the afternoon, John Linaker, former Scottish steeplechase champion and all-comers record holder in 1966, set a blistering pace in the super vets (M50) 3K event, coming home in a British record time of 9:16.6, which was also 1.7 seconds faster than the winning time of the M40 race! He towed Hugh Rankin to a world record in the M55 category, Hugh knocking six seconds off the old mark with a time of 9:37.9 seconds. In the next 3K event Willie Marshall (M60) improved his 1989 mark by nearly 14 seconds, in turn helping Janette Stevenson (W40) to a best Scottish performance, and David Anderson (M65) to a new British record of 13:41.8. In fact the only 3K mark not to be improved on was Colin Youngson's British record of 8:58.7 in the M40 class.

Overall analysis showed that of comparable events, 30 were improved on from 1989; 38 events did not have better performances, and seven were equal. Bearing in mind that it is always difficult to improve once standards are set, whatever was lacking in quantity was certainly made up for in quality, especially among some of the women's events which showed improvement in standards in both track and field events.

Among the most prolific winners were Jack Swinton (M65), who took titles in 60m, 200m, high, long and triple jumps. Ian Steedman (M60) led his Lothian trio to take home nine gold medals, picking up the 60mH; 60m; 200m; and 400m, with team mates Jack Gelder (M40) winning the 60mH; long and triple jumps, and John Ross winning the M50 titles in the 200m and 400m events, and just getting pipped in the 60m.

Multi winners among the women included Audrey Munro (W35), who had a clean sweep in the sprints, 60m, 200m and 400m; Janette Stevenson (W40), who took the 800m, 1500m and 3000m; Christine Brown (W35), who won the 60H and triple jump; and Joyce Ramall (W40), who won the shot and long triple jump titles.

Please accept our apologies for the absence of results in this issue. They will appear next month.

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NEW FOR 1990!

NEW DATE

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9.10 a.m.

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Numbers sent out to pre-entrants.

PLUS TWO NEW RACES

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1-lap, start and finish in Beveridge Park

THE SAAB STREET MILE (10.00 a.m. start)
A fast point-to-point finishing in the Beveridge Park

and for children and joggers, a bigger and better fundraiser

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Start/finish in the Beveridge Park
FREE pre-entry by sponsor form

SAE for application form to HALF-MARATHON EVENTS.
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Kirkcaldy KY1 1EX.

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FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE

EVENTS

April

21

BEN Rha Hill Race, Reay, Thurso.

CENTRAL District Championships, Grangemouth. Details - (0324) 486711

CRAIG Dunain HR, Inverness

DUNDEE Uni OGM, Caird Park

22

ADT London Marathon.

DORA Stephen Memorial Meeting (Open Graded), Coatbridge.

EDINBURGH and District Athletic League, Tweedbank.

SCOTTISH Young Athletes League West Div 1&2, Ayr.

STANDREW'S Half Marathon and Fun Run - Entries £4.00 from Fun Run Convenor, Students Union, St Mary's Place, St Andrews, Fife. 11.30am start.

GRAMPIAN Television League (East), Aberdeen; (North) Elgin.

SHAKESPEARE Marathon and Half Marathon. 12.45pm start. Details from A Kenyon c/o Barclays Bank, Market Cross, Bridge Street, Stratford-upon-Avon. (0789) 296501.

25

DAVID Keswick Centre OGM, Dumfries. Details - (0387) 69423

28

SCOTTISH Unis Championships, Wishaw. Details (7) 355821.

SRI Chinmoy Runners are Smilers RR Series, Meadows, Edinburgh. Noon, 5K. Tel 031-336-2349.

29

FORTH Rail Bridge Centenary Half Marathon and Fun Run - 11.30 am start, Hawes Pier, South Queensferry. Entries from Jim Faulds, c/o 17 Linn Mill, South Queensferry.

BRIGHTSIDE Festival 10K - 10am start. Details from Cronpoint

Road Sports Park. Tel 041-554-8274.

BANK of Scotland WAL D1, Coatbridge; D2, Wishaw; D3, Pitreavie; D4, Grangemouth; D5, Dundee.

HFC Bank SAL D1 & 2, Dam Park, Ayr; D3 & 4, Crownpoint

May

1

RENFREWSHIRE AAA 10K Track Championship, Crownpoint.

2

FALKIRK OGM, Grangemouth. Details - (0324) 486711.

SRI Chinmoy 5 mile RR, Meadows, Edin' h. 7pm. Tel 031-336-2349.

5

CAMPSIE Recreation Centre 10K.

EASTER Ross Half Marathon, Tain.

GRE Cup, Round 1.

6

SCOTTISH Young Athletes League West D1 & 2, Crownpoint

STRANRAER People's 10K Road Race and Fun Run, Stranraer. D - Wigton District Council, Client Services Dept, (0776) 2151 x 244.

THE Cunningham Canter (10 mile RR). Details - (Largs) 686786.

8

RENFREWSHIRE Track Champs.

9

SRI Chinmoy 2 mile RR, Meadows. Tel 031-336-2349.

BLEBOCRAIGS 5 Mile RR, Cupar.

10

FORTH Valley League D1 Pitreavie; D2, Grangemouth.

12

BEN Lomond Hill Race.

BAL, D2, Meadowbank.

FALKIRK Young Athletes Meeting, Grangemouth. Details from 0324-486711.

GOLSPIE Peoples 10K, Golspie.

PENICUIK-Howgate 10K Road Race, Penicuik High School. Starts 2.15pm, decs close 1.45pm. £2 inc snack, £2.50 on day. Limited to 300, creche available by appointment. Race sec, Anna Graham, 36, Mairicewood Rd., Penicuik 0968-77617.

UK Women's League D1, Manc'ster.

CITY of Dundee People's Health Marathon & 10K, Dundee. Details - Race organiser - (0382) 23141.

GOUROCK HG, Gourock. Details - Rec. Services, Inverclyde Dist. Council, Greenock PA15 1LQ.

DERBY Ramathon. Full and half marathon and family fun run. Further info from 0332-255910.

MAUCHLINE Nine Road Race.

SCOTTISH and NW League D1, Dumfries; D2, Meadowbank; D3 & 4, Crownpoint; D5 & 6, Wishaw.

UK WL D2, Wigan; D3, Plymouth.

BANK of Scotland NEL, Aberdeen.

GRAMPIAN Television League, East, Peterhead; North, Elgin

LUDDON Strathkelvin Half Marathon, Kirkintilloch. Details from Strathkelvin Dist. Council, Tel 041-772 3210.

KIRCUDBRIGHT Academy Milk Half Marathon, Kircudbright.

16

SHETTLESTON H OGM, Cpoint.

SRI Chinmoy 2 mile RR, Meadows. Tel 031-336-2349.

TROON Tortoises 10K RR.

SAL v Unis v Juns, Grangemouth.

18-21

BRUICHLADDICH Islands Peak Race, Oban-Troon. Details - Curly Mills, 5, Seafield View, Kinghorn, Fife. Tel: 0592-890408.

19

GOAT FELL Race, 2.15pm start,

Ormidale Park, Brodick. Details - (0770) 2140.

SAAA N District Champs, Inverness. Further info: 031-317-7320/1.

STUC A' Chroin Hill Race, Strathyre, Perth.

20

JOHNSTONE Rotary Club 10K and Fun Run, Johnstone.

MOTHERWELL Ravenscraig Half Marathon, Wishaw. Details - Race Director, Wishaw Sports Centre, Wishaw, ML2 0HB.

SOLWAY League, Annan.

SWAAA E v W match, Coatbridge.

HFC Bank SAL, D1 & 2, Glasgow/ Aberdeen; D3 & 4, Meadowbank.

HUGHES Glenrothes Half Marathon, Glenrothes. For details call (0592) 771700.

23

KINNOULL Hill Race, Perth.

SRI Chinmoy 2 mile RR, Meadows. Tel 031-336-2349.

26

BATHGATE & West Lothian Highland Games and Hill Race, Bathgate.

BENS of Jura Fell Race, Isle of Jura.

KIRCUDBRIGHT Academy Milk Half Marathon, Kircudbright.

THE ROTARY CLUB OF JOHNSTONE in association with KILBARCHAN HARRIERS 10KM AND 3KM FUN RUN (under SAAA & SWAAA, SWCC & RRA)

SUNDAY, 20th MAY 1990

1.45 p.m. - Ludovic Square, Johnstone

IN AID OF EUROPEAN SPECIAL OLYMPICS

JULY 20th - July 27th

Applications must be

returned by May 5, to:

IAIN G. COSGROVE

25 BURNS DRIVE,

JOHNSTONE PA5 0HA.

INVERNESS 10K PEOPLE'S RACE & FUN RUN

SUNDAY 15th JULY 1990

Under SAAA/SWAAA/SWCCU & RRA Rules

Fast, flat course through the streets of the Highland Capital, forming part of the official Scottish Road Race Championship. Course records: Men 29-29 (Peter Fox); Women: 31-56 (Lisa Martin). £2000 in prizes for all categories, including individuals, vets, athletic clubs, pub and works teams, with medals to all race finishers. Strong spectator participation.

Entry forms from all sports shops in Scotland, or with SAE to Turnbull Sports, 10 Church Street, Inverness. Entries close 9th July.

SPONSORED BY
TURNBULL SPORTS



THE CUMBERNAULD HALF MARATHON

SUNDAY JUNE 3RD 1PM

Organised by
Recreation Leisure Services

ENTRY FORM

Office Form Form - please include all payments in the CUMBERNAULD and RECREATION AND LEISURE SERVICES, COMM. OFFICES, BRACKENHILL, CUMBERNAULD, G61 1ZC

Numbers are to be reduced to 1,000 entries on these adult races. If a club which is not represented, you will be notified as soon as possible and you are invited to register.

Please note the race entries will not be acknowledged, but race details will be issued to you by May 1st. ALL ENTRANTS MUST PAY £10.00 & £1.00 stamp - addressed envelope with Entry Fee to ensure you receive your race number and race pack.

NAME _____

ADDRESS _____

POST CODE _____

DATE OF BIRTH _____

AFFILIATED CLUB (if applicable) _____

ARE YOU A SKYE RESIDENT? YES NO

ARE YOU ENTERING IN A TEAM? YES NO

Team Name _____

HAVE YOU ENTERED THE HEBRIDIAN 3 RACE CHAMPS. YES NO

I DO/DO NOT REQUIRE A SKYE WEEK HALF MARATHON T-SHIRT @ £5

SIZE ... Small / Medium / Large / X. Large

I enclose a cheque/P.O. for £10.00

to cover the cost of the T-shirt and my entry fee to the half marathon ...

I enclose a cheque/P.O. for £5

as my entry fee to the half marathon ...

(cheques payable to Skye Week '90 Half Marathon)

Please enter me for the Skye Week '90 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.

Signed _____

Your Registration Card and further information will be forwarded on receipt of this application form and entry fee.

CLOSING DATE for entries is 18th June 1990

Return this form together with a stamped addressed envelope not smaller than 10" x 6" to:

NIGEL WILSON, PORTREE HOUSE, PORTREE, ISLE OF SKYE IV51 9LX

Isle of Skye Hotel Association



Isle of Skye Hotel Association

SKYE WEEK '90 HALF MARATHON

(Permit applied for)

SATURDAY 23rd JUNE 10.30 a.m.

- Unique Medal to all finishers •
- Extensive prize list, including Spot Prizes •
- Entry Fee £4.50 (Att) £5.00 (Unatt)
- Half Marathon open to all over 18 •
- Free swim for all participants •

4.5 MILE FAMILY FUN RUN •

(entry on the day)

assisted by

SKYE & LOCHALSH

SPORTS COUNCIL

The Royal Bank of Scotland plc

ENTRY FORM

FIRST NAME _____ SURNAME _____

ADDRESS _____

POST CODE _____ HOME PHONE _____

DATE OF BIRTH _____

Polaroid SPONSORED
"10K PEOPLES RACE"
 (under S.A.A.A. and S.W.A.A.A. Laws.)

STARTING AT....

**10a.m. Sunday ...
 ... 24th June 1990**

Christie Park Alexandria...

SUPPORTED BY **Lucozade**
SPORT

AND **ROTH HILL SPORTS LTD**
IN CONJUNCTION WITH

Vale of Leven
HEALTH PROMOTION PROJECT
****FUN RUN****
 (ENTRY ON THE DAY)

Details & Forms from:
 Polaroid (UK) Ltd., 10K Peoples Race,
 Vale of Leven Ind. Est., DUMBARTON. Tel. (0389) 54141

PLEASE COMPLETE IN BLOCK CAPITALS

SURNAME.....

FORENAME.....

ADDRESS.....

POSTCODE.....
 Please tick M or F and V, where appropriate
 MALE FEMALE VETERAN

NAME OF ATHLETIC CLUB/NON ATHLETIC CLUB:.....

* NO AFFILIATED ATHLETES IN NON-ATHLETIC TEAM EVENT*
 DATE OF BIRTH Age on Day

Competitors must be 18 yrs of age on or before the day of the race.

I wish to enter the Polaroid Peoples 10K to be held on the 24th June, 1990. I am medically fit to participate at my own risk and cannot hold the organisers responsible for any injury sustained by myself, or for any lost property during the race, or from changing rooms.

Signed: Date:

Please answer the following questions:

1. Is this your first 10K event?
2. How did you hear about the event?
3. What is your occupation?

DETACH THIS PART, SEND WITH ENTRY FEE AND REMEMBER
 TO ENCLOSURE A STAMPED ADDRESSED ENVELOPE (9" X 6")
 TO: Polaroid (UK) Ltd.,

Vale of Leven Ind. Estate, DUMBARTON G82

ONLY PRE-ENTRIES REQUIRED FOR THE 10K

ENTRY FEE: £3.00 Affiliated Athletes

£3.50 Unattached Athletes

(50p surcharge to pay SAAA/SWAAA Levy)

Entries close 18/06/90

NO ENTRIES WILL BE ACCEPTED ON THE DAY

CUNNINGHAME
coasts ahead...

SUNDAY, 24th June

THE CUNNINGHAME CANTER
 4th May 10 Mile Road Race
SATURDAY, 19th May THE GOATFELL HILL RACE, ARRAN
SUNDAY, 10th June ARDROSSAN HIGHLAND GAMES LARGO TO ARDROSSAN ROAD RACE (13 Miles)
MONDAY, 18th July SALT COATS ROUND-THE-HOUSES ROAD RACE (4 Miles)
SUNDAY, 22nd July IRVINE HARBOUR FESTIVAL HALF MARATHON
SUNDAY, 5th August THE CORRIE CAPERS ROUND ARRAN RELAY RACE
SUNDAY, 9th September THE ROUND CUMBRAE ROAD RACE

For Entry Forms & Race Information
 (Please enclose an S.A.E.)

Contact:
 Cunningham District Council
 Department of Leisure, Recreation & Tourism
 25 Montgomerie Crescent
 SALT COATS KA21 5BT
 Tel: (0294) 602617

CUNNINGHAME
 For details, phone Cunningham Coastline - Largs 686786 or Cunningham Infoline - Largs 673785 or Visit Largs Tourist Information Centre

STRATHKELVIN DISTRICT COUNCIL SCOTTISH MARATHON CLUB
THE LUDDON HALF MARATHON
 (Under S.A.A.A. S.W.C.C.U. and S.W.A.A.A. Rules)

(incorporating 1990 Scottish Women's Championship and 1990 Scottish Veteran Harriers Club Championship)

SPONSORED BY LUDDON CONSTRUCTION LIMITED
 SUPPORTED BY Runcorn, Racket Sports & Kirkintilloch Herald

SUNDAY, 13th MAY, 1990
START 10 am

RACE VENUE: Woodhead Park, Kirkintilloch
RACE HEADQUARTERS: Tom Johnston House, Civic Way, Kirkintilloch
CHANGING ACCOMMODATION: Male - Kirkintilloch Swimming Pool
 Female - Woodhead Community Education Centre

RUNSPORT

BLOCK CAPITALS PLEASE

RECEIPT NO. (For official use only)
ENTRANT NO.

NAME _____
ADDRESS _____
NAME OF AFFILIATED ATHLETIC CLUB _____
DATE OF BIRTH _____ **AGE ON DAY OF RACE** _____
CATEGORY (Please tick box) Female under 30 Female 30 and over Member of Strathkelvin Venues Club
 Male under 40 Male 40-49 Male 50 and over

ENTRY FEES - MEMBERS OF AFFILIATED ATHLETIC CLUBS £3.00. UNATTACHED RUNNERS £3.50.

I enclose herewith my cheque/P.O. No. _____ being the amount of the entry fee (non-refundable). Note entries will not be accepted unless accompanied by the entrance fee. The organisers have the right to refuse any entry without being bound to assign a reason. Cheque/P.O. should be made payable to Strathkelvin District Council, crossed and name and address on reverse side. Please enter me for the LUDDON HALF MARATHON. I am medically fit to run and fully understand that I run at my own risk and that the organisers are not responsible for any injury or damage that may occur to my person during the race. During the race I will not accept any personal loss on the course or in the changing rooms. I declare that I am an amateur as defined by the S.A.A.A. (2) I will abide by the Laws and Rules for Competitions of the respective governing bodies.

Signature _____ **Date** _____

ENTRY FEE £3.00 for Adults - 50p for Children

Please return this application form to:

Brightside Festival of Running, Crownpoint Sports Centre, Crownpoint Road, Bridgeton, Glasgow.

EVENTS

SCOTTISH YAHs, Bathgate.

tion, Argyle Road, Dunoon. (0369) 2222.

EDINBURGH and District Athletics League, Pitreavie.

FORRES Harriers 10K, Forres.

SAAA E&W District Champs, Meadowbank and Dam Park. Tel 031-317-7320.

27

CAITHNESS Northern People's Half Marathon, Thurso. Noon start, entries accepted on day - £4. Prizes inc Caithness glass & spot prizes - tea and sandwiches after. E and info from J Cassells, 12, Lythmore Rd, Thurso, Caithness.

LIVERPOOL Womens' 10K/The Great North-West Run. Details - 051-225-5315.

CITY of Aberdeen Milk Marathon, Aberdeen. Details - Marketing Services Ltd, 4 Bon Accord Crescent, Aberdeen AB1 2DH.

COWAL Police Half Marathon, Dunoon. Entries from Police Sta-

June

2

EAST Kilbride 10K Summer Road Race, East Kilbride.

GLEN GOYNE Gallop, Blanefield.

HADDINGTON Festival Five Mile Road Race, Haddington.

HFC UK Championships.

INVITATION Meeting, Annan.

LILIAS Day Road Race, Kilbarchan.

ROSS-SHIRE 10K RR, Muir of Ord.

SHOTTS HG and Groat Road Race.

SWAAA Combined Events Championships, Grangemouth.

3

AIRDRIE Highland Games

CUMBERNAULD Half Marathon, Cumbernauld. D - Rec & Leisure Dept, Council Offices, Bon Way, Cumbernauld.

EAST Neuk of Fife Half Marathon, Anstruther. Contact David Maiden, 24, Viewforth Place, Pittenweem, Fife.

FORTH Road Runners 10K RR.

HFC UK Championships.

IRVINE Valley Half Marathon.

LARKHALL Wanlockhead Relay.

SAAA/SWAAA Relay Championships, Grangemouth. Tel 031-317-7320/1 for details.

SCOLTY Hill Race, Banchory.

6

AYR Seaforth 10K Road Race.

FALKIRK Open Graded Meeting, Grangemouth. Tel 0324-486711.

HILL of Tarvit Race, Ceres.

SRI Chinmoy 10K RR, 7pm, Meadows. Tel 031-336-2349.

8

HUNTER'S Bog Trot, Edinburgh

9

HAMILTON District Sports Festival and Gala, Hamilton.

GLEN GOYNE
 Parks and Recreation

29 April 1990

BRIGHTSIDE FESTIVAL OF RUNNING
 Incorporating the Scottish 10K Road Race Championship

RECEIPT NO. (For official use only)
ENTRANT NO.

NAME _____
ADDRESS _____
AGE ON DAY OF RACE _____
ACHIEVEMENTS _____
DATE OF BIRTH _____ **ANTICIPATED TIME: 10:15/10:30** _____
IF YOU ARE ELIGIBLE FOR THE SAAA CHAMPIONSHIP, tick here _____
DECLARATION: I enclose herewith my cheque/PO number _____ being the amount of the entry fee, and release rights and claims for damages I may have against the SAAA, SWAAA and the City of Glasgow District Council for any injury, loss or illness resulting from the event.
 N.B. Clearance of cheque is proof of entry acceptance
Signature _____ **Date** _____

Entry Fee £3.00 for Adults - 50p for Children

Please return this application form to:

Brightside Festival of Running, Crownpoint Sports Centre, Crownpoint Road, Bridgeton, Glasgow.

This fully "permitted" Half Marathon takes in some of the most picturesque and beautiful coastal and countryside scenery in Scotland. The course winds its way through the harbour town of Anstruther, before turning up into the hinterland, passing through many of the small villages and hamlets that go to make up this part of the East Neuk of Fife. A warm welcome awaits you and we're sure you'll enjoy yourself throughout the day, even during the race!

Entry forms are available from:
 The Race Convener,
 24 Viewforth Place,
 Pittenweem,
 Fife. KY10 2PZ.

- * Increased Prize List
- * Prizes for Breaking the course records
- * Included in the Fife Half Marathons Electric Competition



EAST NEUK OF FIFE HALF MARATHON
SUNDAY 3rd JUNE
 at 2.15pm

EVENTS

SSAA Pentath & Relay Champs, Grangemouth. Tel 0324-486711.

FRANK Sinclair RR, Greenock.

10 DUNFERMLINE Half Marathon, Dunfermline. Details: 0383-723211.

MONKLANDS Festival 7 mile RR.

SCOTTISH YAL, WD1&2, Wishaw.

ST Fergus Gala Road Race.

BOS WAL D1, Meadowbank; D2, Inverness; D3, Grangemouth; D4, Crownpoint; D5, Pitreavie.

13 ESH OG Meeting, Meadowbank.

KILWINNING Academy Fest of RR

SRI Chinmoy 2 miles RR, 7pm Meadows, Tel 031336-2349.

14 FORTH Valley League, D1, Livingston; D2, Pitreavie

ST Andrews Ladies 5 Mile. 11am start, Kilrymont School. D - Mitch

16 DUNBAR Civic Week Doon HR.

GLEN Rosa Horse Shoe Race, Arran

SCOTLAND v Greece v Ireland v Portugal (women), Athens.

SSAA Championships, boys, Grangemouth; girls, Crownpoint

17 AFTON Water 10, New Cumnock.

BO'NESS 10K Road Race, Bo'ness.

FALKIRK HG, Callender Park, Falkirk. Tel 0324-486711.

MID Argyll Half Marathon and Fun Run, Lochgilphead, 2pm start. Details - Mr F Johnston, Kilmory Road, Lochgilphead. (0546) 2024.

ARBROATH Half Marathon, Seaforth Park, Arbroath. Starts 10.30am, entry £4. D - Mr Barnett, 14, Andrewie Rd, Arbroath. Tel: 0241-79934/ 0241-75966.

ST Andrews Ladies 5 Mile. 11am start, Kilrymont School. D - Mitch

McCreadie, 39, Boase Avenue, St Andrews KY16 8BX.

PETERHEAD Half Marathon.

SCOTLAND v Greece v Ireland v Portugal (women), Athens.

SOLWAY League.

HFC Bank Scottish League D1 & 2, Coatbridge; D3 & 4, Crownpoint

19 ROEVIN 10K Road Race, Aberdeen.

SCOTTISH and North Western Athletic League D1, Ayr; D2, Wishaw; D3 & 4, Meadowbank; D5 & 6, East Kilbride.

CORT Ma Law Hill Race.

NATIONAL Inter Area Comp for secondary schools, Grangemouth.

SRI Chinmoy RR, Edinburgh.

21 LASSWADE AC Women's 6K RR

POLAROID People's 10K. D and forms from: Polaroid (UK) Ltd., 10K People's Race, Vale of Leven Ind Estate, Dumbarton. 0389-54141.

23 SAAA Under 20 Champs, Meadowbank; SWAAA, Grangemouth.

WOMEN'S Own 10K Run, Grangemouth. Tel 0324-486711.

BUCKIE Half Marathon, Buckie.

DUMFRIES Half Marathon. Entries from: Steve Mohan, 92, Lockie Rd, Dumfries DG1 3DL.

FALKLAND Festival Hill Race.

LAIRIG Ghru HR.

LOCH Rannoch Marathon and Half Marathon, Loch Rannoch. Details from 08822-322.

KIRKCALDY District People's Half Marathon. SAE for application to Half marathon events, Fife College of Technology, St Brycedale Ave, Kirkcaldy KY1 1EX.

Dunfermline District Council
presents

THE DUNFERMLINE HALF MARATHON OF 1990 (inc THE SCOTTISH PEOPLE'S HALF MARATHON)



Principal Sponsor
Dunfermline
Building Society

B.A.R.R. GRADE 1 & HOT 100
Extensive Prize List for
Individuals & Teams
Medal & Completion Certificates
to all Competitors



DUNFERMLINE DISTRICT
SPORTS COUNCIL
C & G SPORTS
DUNFERMLINE
MILK! IN SPORT

FULL ENTERTAINMENT PROGRAMME FOR ALL THE FAMILY

Pittencraff Park
Dunfermline
Sunday 10th June
9.30am
Entries & Enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211

HULL → 26.2 → **GRIMSBY**

Marathon

▼ Excellent Facilities
▼ Over £9000 in Training Grants
▼ Generous Category Prizes
▼ Marathon Souvenirs
▼ Specially Minted Medals

Sunday
9th September

RING NOW ON (0482) 212828
COUNTY LEISURE & TOURISM, PROSPECT HOUSE,
PROSPECT STREET, HULL. HU2 8PU

A Humberside County Council
Sponsored Event

Sponsored Climb and Race

*In Aid of
The Royal Commonwealth Society for the
Blind*

Sunday 10 June
(Provisional)



SIGHT SAVERS APPEAL

Trophys and lots of prizes to be won

Information and Sponsorship forms from:

Mrs V. Mckerrow,
5 West Argyle Street,
Helensburgh
G84 8UU
Tel: 0436-73391

THE PRINCE AND PRINCESS OF WALES HOSPICE
STRATHCLYDE WOMEN'S 10K-OK RACE
AND THE STRATHCLYDE "OPEN" 5K-RACE
(Scottish Women's Cross Country and Road Running Association Rules)
(Scottish Amateur Athletics Association Rules)
Incorporating Scottish Women's National 10 Kilometre Road
Race Championship and International Team Race
SUNDAY 17th JUNE 1990
Start time: 8K, 11.15 am 10K, 11.30 am
Start/Finish Strathclyde Regional Headquarters,
Cherry Cross, Glasgow



OFFICIAL ENTRY FORM

BLOCK CAPITALS PLEASE

SURNAME

REGISTERED ATHLETIC CLUB (if applicable)

FIRST NAME

WOMEN 10K

ADDRESS (use abbreviations if required)

Age group on day of race:
15 - 17 18 - 34 35 & Over

POSTCODE (must complete)

OPEN 5K

MALE FEMALE (Please tick)

Male competitors must be 13 years and over as at 1 January 1990.
Female competitors must be 13 years and over on day of race.

ENTRY FEE 10K-£4.00 5K-£2.00 (inclusive of all postage) must be enclosed

Cheque/P.O. made payable to:
HOSPICE ENTERPRISES LTD.



Please send to: THE RACE DIRECTOR
The Prince and Princess of Wales Hospice,
23 Carlton Place, Glasgow G5 9TD
No refund of entry fee

Please enrol me for the Strathclyde Women's 10K-Strathclyde Open 5K Road Race. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury which is incurred to my person during or as a result of the event, or for any property both on the course and in the changing areas.

Signed: _____ Date: _____ Entry No.: _____ (Initials/last name)

CLOSING DATE: Friday 25th May 1990

10K I estimate that I will complete the course within: 45 mins 50 mins 55 mins 125 hrs 125 - 2 hrs

5K I estimate that I will complete the course within: 20-25 mins 25-30 mins 30-40 mins over 40 mins

REGISTERED UNDER THE DATA PROTECTION ACT



MONKLANDS
..... VERY IMPORTANT DATE FOR YOUR DIARY

MONKLANDS DISTRICT COUNCIL
HALF MARATHON
SUNDAY 5th AUGUST
STARTS 10.00 a.m.

This years run will be over a new and improved course with part of the course passing through the Drumpellier Park and gardens.

MEDALS FOR ALL FINISHERS * EXTENSIVE PRIZE LIST
FIRST YEAR FOR TEAM ENTRIES
Application forms available from Local Sports Centres near you or by calling
Monklands Leisure Centre, Coatbridge, (0236) 31181 or
D. Morrison (0236) 66010 REMEMBER
....5th August...5th August...5th August...5th August....

Edinburgh Southern Harriers

Open Graded Athletic Meetings
Meadowbank Sports Centre
Edinburgh from 6.45 p.m.

on Wednesdays 13th June - 11th July - 15th August

Three classes: Senior/Junior
Youths/Senior boys
Senior/Intermediate Women

Entry forms/timetable from:
O.N. Dickson
4 Old Farm Place, Edinburgh EH13 0BA



Entry forms from Mr S. Grant,
Craiggelachie, Dornoch, Sutherland

FALKIRK HERALD PEOPLES HALF MARATHON
SUNDAY 21st OCTOBER

Grangemouth
Round the Houses
Road Races
Sunday 11th February

FALKIRK DISTRICT COUNCIL



Mini Minor
Highland Games
Saturday 8th
September

Falkirk Highland
Games
17th June

1990

**FALKIRK
OPEN GRADED MEETINGS**

Wednesday 2nd May
Wednesday 6th June
Wednesday 4th July
Wednesday 1st August
Wednesday 5th September

(First Wednesday of the Month)

**Grangemouth Sports Stadium,
Kersiebank Avenue, Grangemouth FK3 0EE. Tel: (0324) 482037**

ENQUIRIES TO: GRANGEMOUTH SPORTS COMPLEX. Tel: (0324) 486711

**Womans Own
Run**
Sunday 24th June

**CENTRAL DISTRICT
CHAMPIONSHIPS**
Saturday 21st April

Young Athletes Meetings
Saturday 12th May
Sunday 22nd July
Saturday 18th August

**Under SCCU
SWCC + RRA
Rules**

**Under
SAAA
SWAAA
Rules**

FALKIRK HERALD PEOPLES HALF MARATHON
SUNDAY 21st OCTOBER



FORTHCOMING EVENTS

JUNE 9 - Aberfeldy Half Iron Man Triathlon
SEPTEMBER 16 - Aberfeldy Half Marathon
OCTOBER 14 - Grand Prix Triathlon
Mountain Bike Race - Date to be fixed in September
Watch out for further details in future issues, or write
for entry forms (enclosing SAE) to:
Race Organiser, Aberfeldy Rec. Centre, Crieff Road,
Aberfeldy PH15 2DU Tel: 0887 - 20922

Incorporating Northern
Counties AA and
Derbyshire AA, Full
Marathons PLUS -
National Territorial
Army 1/2 Marathon
Championships



SUNDAY, 13th MAY, 1990 — 10.00 am
Run under AAA and WCC&RRA Laws

**FULL AND HALF
MARATHON AND
FAMILY FUN RUN**

Medals, Race Programmes and Certificates for all finishers plus Position,
Age Group and Spot Prizes
Full and Half Distances — Fast, level, interesting route through City Centre
— BARR Grade 1 — Frequent feeding and sponging stations — Full
medical surveillance — Mile distance markers

OVER £5,000 IN PRIZE MONEY

Entrance Full and Half Marathon £6.50 (£6 for AAA affiliated club
members). Family Fun Run only £2.

MAKE IT A FAMILY DAY OUT

Norseman Derby Ramathon

For further information please telephone Derby 0332 255910/255901.
Application forms, Ramathon Office, Roman House, Friar Gate,
Derby DE1 1XD, enclosing a 4" x 9" SAE.

* For all your running requirements go to DERBY RUNNER

**TEVIOTDALE
HARRIERS
CLUB**



Teviotdale People's Half-Marathon

(Incorporating S.B.A.A.A. Half-Marathon Championship)

Sponsored by
* Teviotdale Design Co., Buccleuch Street, Hawick *

HAWICK, ROXBURGHSHIRE SUNDAY, 8th JULY
at 11 a.m.

Cup for winner — Cup for first lady
Medals to all finishers also many other prizes

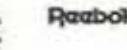
ENTRY FEE £4 Non-athletic members £4.50 Entries on day of race £4.50

Enquiries and entry forms:— Brian Neilson, 2 Elm Grove
Hawick, TD9 9JW (Telephone 0450 78698) 0450 72742 (b)

ALSO ABBEY NATIONAL FUN RUN at 11.30 a.m.

Entries (only taken on day of race) £1.50

INVERCLYDE ATHLETIC INITIATIVE



INVERCLYDE FESTIVAL OF RUNNING

10K ROAD RACE — Sunday, 17th June, 1990.

INVERCLYDE MARATHON — Sunday, 19th August, 1990

Incorporating the SCOTTISH PEOPLES MARATHON
and the S.V.H.C. MARATHON CHAMPIONSHIPS

Organised by Inverclyde Athletic Initiative with assistance from
Inverclyde District Council and REEBOK
Permit issued by SAA and SWCC & RRA

Sponsored by IBM Greenock

Competition details: Please PRINT ALL appropriate information
Surname _____ Postnom(s) _____
Street _____
Town _____ Country _____
Club Name _____

Male/Female (M/F)

Veteran (Male/Female 35 and over)

Unaffiliated (i.e. NOT a member of affiliated club)

(M/F) 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Age on Day of Race (M/F) 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Event entered (Marathon/Half)

Entry Fee £ (10K — £2.00, Marathon — £4.00 (4.50 unaffiliated))

SWCC Member (M/F — £1.00, Marathon (Championship) — £1.00)

Unaffiliated entry hours _____ mins _____

Entries will not be acknowledged but a race package will be issued of least two weeks prior to the event.

I waive any rights and claims against the organisers for any loss injury or a result of participating in the event.

Signature _____ Date _____

INVERCLYDE ATHLETIC INITIATIVE is a committee set up by THE THREE INVERCLYDE CLUBS, GREENOCK HARRIERS, GREENOCK WILDFIRE HARRIERS AND BEN SPANNO VALLEY A.C. TO HELP PROMOTE ATHLETICS IN THE INVERCLYDE COMMUNITY.

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Leisure, Recreation & Tourism

Present the

**HADDINGTON ROAD
RACE SERIES 1990**

at Neilson Park

Sunday 15th April, 2pm - 10 miles £2.00
Saturday 2nd June, 3pm - Festival 5 £2.00

Sunday 12th August, 2pm - Half Marathon
(Entries to Half Marathon £3.00)

**Entry forms from: Joe Forte Sports,
65 High St, Haddington. Tel: 062-082-4023.**
All late entries additional £1.00 - Closing

date one week prior to each event.

All events under SAAA & SWAAA rules.

SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W.H. Watson, 14, Burnieboozie Place, Aberdeen, AB1 8NL. Tel: 024-310352.

ABERDEEN SISTERS NETWORK
District Organiser - E. McKay, 71, Braeside Place, Aberdeen. Tel: 024-314861.

A.C. MOIR AYR SEAFORTH
Track and field, cross country and roads for all age groups, male and female. Dam Park Stadium, Ayr, 7-10pm on Tuesdays and Thursdays, also 11am-1pm, Sundays. Four different leagues competed for. Secretary Glen Harrower, 4 Blackburn Drive, Ayr. Tel: 0292-261956. Road race secretary Bill Boyde, 25, Heathfield Road, Prestwick. Tel: 0292-282644.

ANNAN & DISTRICT AC
All ages 9-90 and all standards catered for. Coaching in: track, field, cross country and road running. Training sessions: Tuesday, Wednesday, Sunday. More information available from sec. David Hopper, 7, Argyll Terrace, Annan. Tel: 04612 4682.

ARBOATH 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, Glenmoy Place, Arbroath DD11 5JL.

ARBOATH & 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.

ARRAN RUNNERS
New club for males and females of all ages and catering for all running interests. Training sessions Tuesdays (mixed) and Thursdays (women) and fun runs on Sunday mornings. Visitors to Arran always welcome at these sessions. Contact Colin Turbett (sec.) Tel: Shiskine 427.

BATHGATE ATHLETIC CLUB
A small friendly club for all standards of athletes from 8 years upwards taking part in track and field running and cross country. We meet for training on

Tuesday and Thursday nights at 6.30pm and Sunday afternoons at 12.30 in the Balbardie Park of Peace. Everyone is welcome so if you are interested in joining us please contact Carolyn McDonald, Cluancoil, Ballencrieff Toll, Bathgate. Tel: 0506-56831.

BEITH HARRIERS ATHLETIC CLUB
Serious runner, fun runner or novice. Do you wish event information? Phone Jim Swindale, 29 Braehead, Beith, Ayrshire KA15 1EF. Tel: Beith 4156 - Answering machine.

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 athlete 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: Mark Tulley, Barnyhill, Balrogie, Coupar Angus. Tel: 0828 27601

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. Sec: Andrew Spenceley, 26, Rankhill Street, Edinburgh EH8. Tel: 031-667-5740.

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, Dunrobin. Tel:

Dunrobin 76950. Emily Hardware, 23, Gilmour Ave, Hardgate, Clydebank. Tel: Dunrobin 76902.

CLYDESIDE ORIENTEERS
The premier orienteering club for Glasgow and surrounding area caters for competitors of all standards and abilities - from novices to internationalists - at a variety of events throughout the year. Enquiries welcome to: Shona Dickie, 57 Craiglomond Gardens, Balloch, G83 8RP. Tel: 0389 52850.

CUMBERNAULD ROAD RUNNERS
Secretary - Mrs Maureen Young, 63, Thorncroft 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 AND DISTRICT ATHLETIC CLUB
Meets every Monday at Netherthird P.S. and every Wednesday 6.30pm at Cumnock Academy Games Hall. From 9 years to adult. Qualified coaches covering all athletics events. Very friendly and enthusiastic club. 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 ROAD RUNNERS AC
Secretary - Enthusiastic, friendly club welcomes all standards of runners. Meets every Tuesday and Thursday at 6.30pm and Sundays at 10.30am at Lochie Leisure Centre. For youngsters (age 9 and upwards), the Junior Section meets each Wednesday at 6.15pm for track and field coaching at Caird Park. For further information contact: Gill Hanlon, 9, Lochinver Crescent, Dundee DD2 4UG. Tel: 67026.

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Monday - David Keswick Centre, Dumfries; Tuesday - Maryfield, Georgetown or David Keswick Centre; Wednesday - Lockerbie Academy; Thursday - Locharbriggs School; Friday - Georgetown or Laurieston. For further details please contact Angela Coupland (sec) on 0387-710816.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm. Club Secretary Brian Hendry, 8 Muir Place, Forfar. Tel: 0307 64124.

GARSCUBE HARRIERS
Training every Tuesday and Thursday evenings at Blairdardie Sports Centre, Blairdardie Road, Glasgow G13 starting at 7pm. Male and female all age groups and standards welcome. Young athletes (male 14-18) Tuesday night 7pm. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 041-334-5012. Young athletes contact Alan MacDonald, Tel: 0259 60075.

EAST KILBRIDE AAC

All age groups and standards welcome from 11 to 99, serious or social, male or female, we cater for all aspects of athletics including full conditioning room. Main club nights are Monday and Thursday (7pm) at the John Wright Sports Centre / East Kilbride Stadium. Contact: Sheila MacDougall (sec), 71, Alexander Ave, Eaglesham. Tel: Eaglesham 2978.

EDINBURGH SPARTANS

Brand new, extremely small athletic club hopes to attract sufficient members to put a team in the Fourth Division of the HFC Scottish Athletic League next season. Contact: Gerry Clement, 40, Lockerby Crescent, Edinburgh. Tel: 031-664-7146.

EDINBURGH WM

Meet every Tues and Thurs 7pm at Meadowbank. All ages catered for by qualified coaches for most events. Further information from: Elsie Morris, 5 Blantyre Terrace, Edinburgh. Tel: 031-447-4865.

ESPN ATHLETIC CLUB

Welcomes enquiries from prospective new members. All age groups catered for - male or female. Coaching by BAAB qualified coaches in most events. Training sessions at Meadowbank, Saughton or Duddingston. Contact sec: M. Reid. Tel: 031 334 6996.

FIFE AC

Covering Kirkcaldy district, North East Fife and beyond, catering for all ages and all disciplines including track and field, hill running, cross country and roads. Whether you're a beginner or serious athlete we have something for you. Depending on your area, contact: Kirkcaldy - Dave Lawson (Burntisland 874489); Ian Gordon (Glenrothes 755405); Cupar - John Clarke (Cupar 53257); St Andrews - Mitch McCreadie (St A 73593).

FORFAR ROAD RUNNERS

Youngsters, men and women of all ages who are interested in track, road, or cross country. All abilities welcome. Training night Wednesday September - March at Market Muir, Forfar (under floodlights). April - August at Forfar Academy playing fields. Contact Sec: Brian Hendry on Forfar 64124 for further details.

FORTH ROAD RUNNERS

Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm. Club Secretary Brian Hendry, 8 Muir Place, Forfar. Tel: 0307 64124.

GARSCUBE HARRIERS

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GLASGOW ATHLETIC CLUB

Youngsters and men and women of all ages who are interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches BAAB qualified. We meet on Monday nights at Scotstoun Showgrounds, Glasgow at 7.25pm, and on Weds evenings at Crownpoint Road track from 7.15pm. Further details from: Leslie Roy, General Secretary, 72, Orchy Crescent, Bearsden, Tel: 942 - 9421.

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

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.

LASSWADE ATHLETIC CLUB

Track and field events, road running and cross country. All ages 8 years to adults. Older members especially welcome. Compete in all major track and cross country leagues and national championships. Training Mon/Thurs 6.00/8.30 at Lasswade High School Centre, Bonnyrigg. Sec: Barbara Howie, 13 Kintyre Gardens, Kirkintilloch Tel: 041-776-6013.

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. McAtter on 041-887-4705, or Mr W. Toole on Johnstone 25306.

HAMILTON HARRIERS

All age groups, both male and female, welcome from 9 years to veterans. Club meets Monday and Wednesday 7-9pm, and Sunday mornings. Coaching available for track and field, road running and cross country. Women's jogging night Tuesdays 7.30pm at our own house. For further info, contact Ian Duffy (Blantyre 829661), or Sheena Smith (Hamilton 428186).

LOCHGELLY & DISTRICT AAC

Small, friendly club looking to become larger and friendlier club. All age groups required, male and female, track, road and cross country, also anyone with coaching skills very welcome. Training four nights weekly, Pitreavie Stadium, Monday and Wednesday. Details Sheena MacFarlane, Tel: 0383-739681.

LOMOND HILL RUNNERS AND AAC

Small, friendly club for hill races, roads, cross country etc. Training Tuesday 7-9pm, Sunday 8pm at Glenwood High School, Glenrothes. Sec: Allan Graham, 12, School Road, Coalton of Balgownie. Tel: 0592-771949.

RENFREW ATHLETIC CLUB

Small, friendly club. If you are a serious athlete, fun runner, jogger, or you would like to get fit, come along and join us. Meet Tues/Thurs 7.30pm at Moorcroft Sports Ground, Paisley Road, Renfrew. Contact John Morrison on 886-5853.

LOTHIAN ATHLETIC CLUB

A small club offering competition at all levels. Train Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carluke Rock Court, Tranent. Tel: 0675-612-753.

MARYHILL HARRIERS

Glasgow's oldest athletic club based at John Paul Academy in Summerston. Meets Tuesdays and Thursdays 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

MILBURN HARRIERS

Train every Tuesday and Thursday night in the Milburn Park, Alexandria from 7 till 9pm. All standards of runners welcome. For information contact: Geoff

Lamb (sec), 7, Giffhill Drive, Bonhill, Dumbartonshire. Tel: 0169 59643.

MORAY ROADRUNNERS

Welcomes all ages and abilities. Friendly, enthusiastic club with regular social events. Meet at Elgin Community Centre, Trinity Road, Elgin on Wed. at 6.30pm and Sunday at 9am. Further details from: Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-541543.

MOTOROLA JOGERS

New members welcome, including those from outside the company. For information contact: Clare McGarvey at East Kilbride 35844 after 9pm.

NAIRN DISTRICT AC

Track and field meet Tuesdays 7-9pm in Nairn Academy. Road Runners (18 and over) meet Thursdays 7.30-9pm at the Sea Scout Hut at the harbour. All welcome, and further details available from Danny Bow, 16, Glebe Road, Nairn.

PEEBLES AMATEUR ATHLETIC CLUB

Enthusiastic and friendly club. All age groups very welcome from beginner to veteran, male or female. Meets at Peebles Swimming Pool 7.30pm every Monday night. Further details from Stewart Ruffell on Peebles (0721) 20626.

PENICUICK HARRIERS

Small, friendly "grass roots" club catering for all standards and ages, from 8 years upwards. Track, field, road, cross country and hill running. Regular training Mondays and Wednesdays. Sec: Jill Sales, 45 Bavelaw Crescent, Penicuick EH26 9AV (Tel: 0968 75462).

PERTH ROAD RUNNERS

Small informal club meeting Tuesdays and Thursdays at 7pm in the Perth Fitness Centre, Clover Street, Perth. Joggers and runners of all abilities welcomed. Sec: Stuart Tedcastle, 224 Oakbank Road, Perth, PH1 1DS.

PETERHEAD AAC

Meets every Mon. and Thurs. 6-7.30pm, from March to October at Catto Park, Peterhead. October to March at the Community Centre, Peterhead. All ages welcome. Club Sec: Mrs M. Macdonald, 13, Pruner Drive, Peterhead.

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. Regular training and social events. Further info from Katy Lessells, 40, Ormidale Terrace

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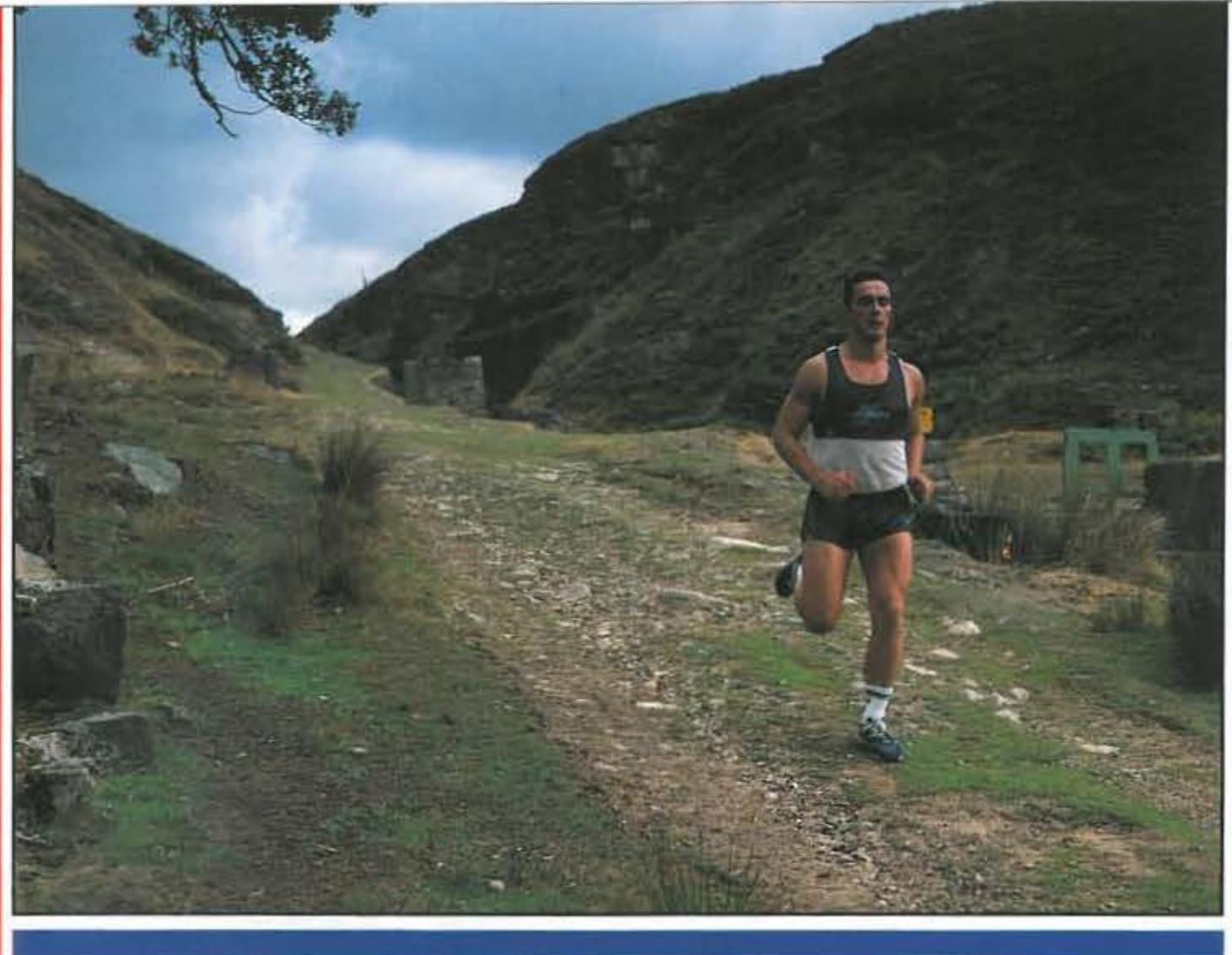
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