

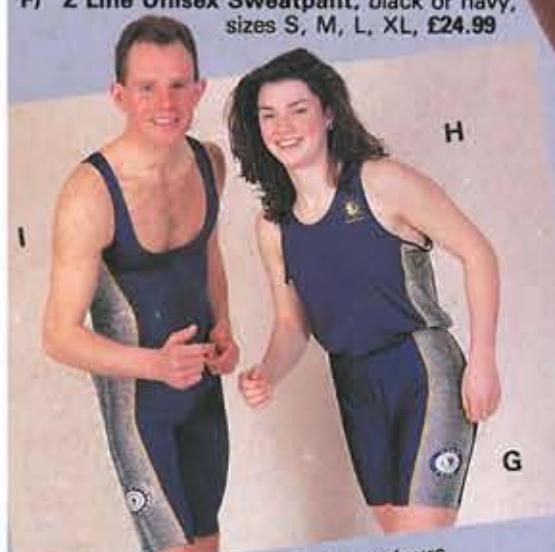


A) FM T-Shirts, 3 colourways, A, B or C, £9.99
B) sizes S, M, L, XL.
C)

VIEW · FROM



D) Crew Z Line Sweatshirt, black or navy, sizes S, M, L, XL, £21.95
E) Hooded Z Line Sweatshirt, black or navy, S, M, L, XL, £26.99
F) Z Line Unisex Sweatpants, black or navy, sizes S, M, L, XL, £24.99



G) Unisex Z Line Lycra Shorts, colours navy/white/gold, black/white/red, cobalt/white/jade, S, M, L, XL, £18.99
H) Unisex Z Line Vest, colours navy/white/gold, black/white/red, sizes S, M, L, XL, £11.99
I) Z Line Sprint Suit, colours navy/white/gold, sizes S, M, L, XL, £28.99



J) Graphic Runner T-Shirt, colours gold/navy, navy/gold, red/black, S, M, L, XL, £8.99



K) Z Line Shell Trainer (Official Training Suit for the Great North Run), colours navy/white/gold, cobalt/white/jade, sizes S, M, L, XL, £79.99



L) FM Black T-Shirt, S, M, L, XL, £9.99
M) Z Line Speed Pant, cobalt/white/jade, navy/white/gold, black/white/red, S, M, L, XL, £18.99
N) Track Line Vest, cotton lycra, black/gold, sizes S, M, L, XL, £11.99
O) Track Line Short, black/yellow or navy/gold, S, M, L, XL, £11.99



Bourne Sports, Church Street, ST4 1DJ. Telephone: 0782 410411. Stoke-on-Trent. Fax: 0782 411072. Send cheque/postal order or telephone your orders, quoting Access, Visa, American Express or Diners Card. All orders value £40 and over post free, other orders plus £3 post and packing.

SCOTLAND'S Runner

SEPTEMBER 1991

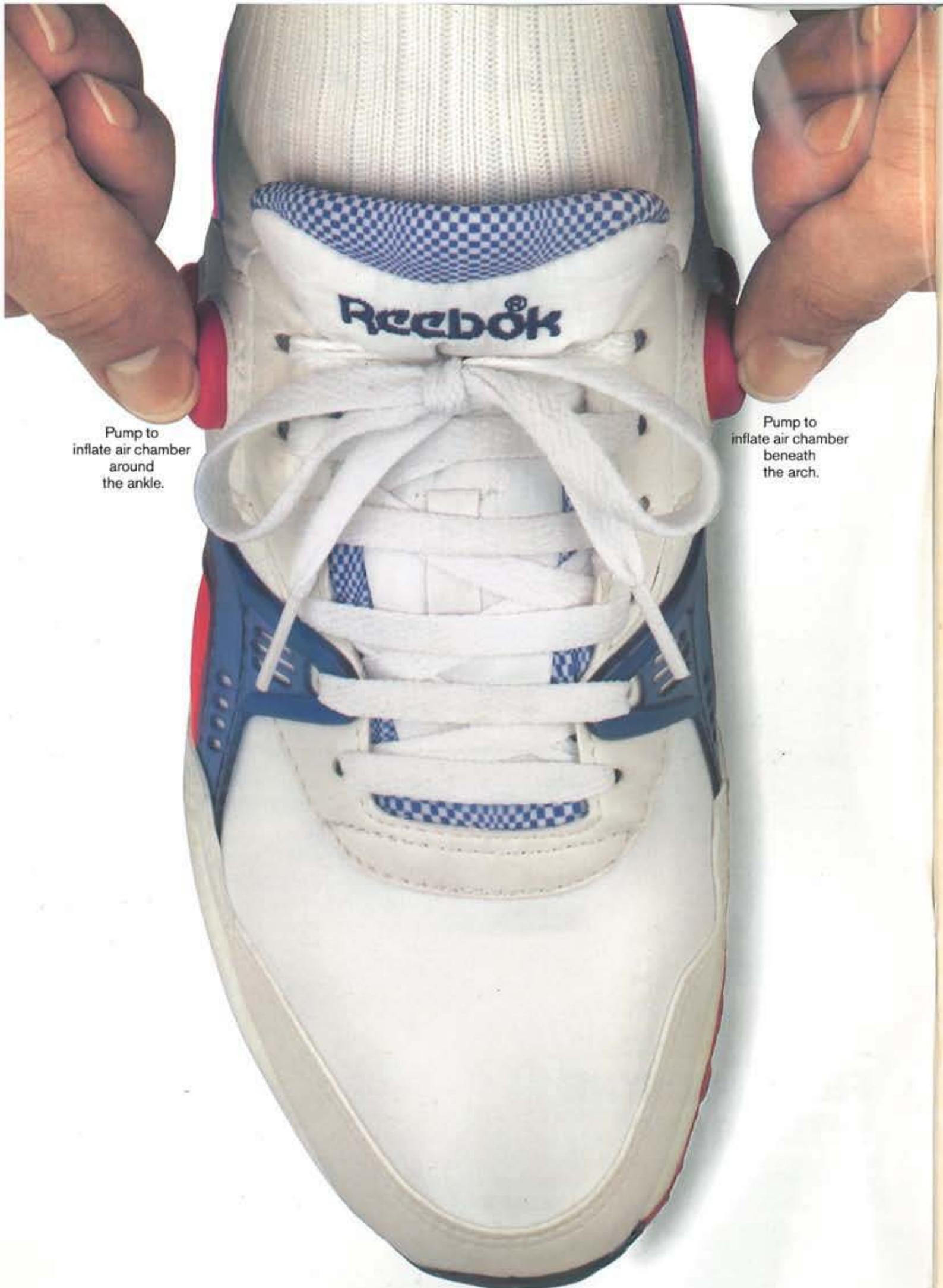
£1.40

ISSUE 61

PERTH ROAD RUNNERS PROFILE

TRIATHLON FEATURE





THE NEW REEBOK PUMP RUNNING SHOE.

(If you're after a perfect fit, give it the thumbs down.)

Even a made-to-measure shoe can't measure up to our latest road-runner.

This one actually moulds itself to the exact size and shape of your foot at the touch of a button.

Correction, two buttons.

One inflates an air-chamber around your ankle, gently cradling the heel without nipping the Achilles tendon. So, no more heel lift, no more heel blisters.

A second controls a chamber beneath the all-important arch.

This is the first time that one shoe can adapt to anything from the highest to the most fallen arch.

In other words, Pump technology means that two of the most vulnerable parts of a runner's foot are given unique support and overall protection.

And an unprecedented degree of comfort, to boot. Up until now, you see, shoe size has been a compromise.

For starters, no-one has a perfectly matched pair of feet. But, at last you can customise each shoe individually.

Similarly, you know how your feet swell after a serious bit of pavement-pounding?

Well, with the Pump, you won't.

You simply deflate the chambers as required and you're off and running again without feeling the pinch.

The forefoot supports are of Pellathane, a material with just the right amount of give to hold your foot firmly in place.

And, as you'd expect, we've used ultra-lightweight Hexalite in the heel.

Its honeycomb structure disperses impact across the midsole, providing you with unrivalled cushioning.

Everything about the shoe is designed to keep the foot stable and snugly in-touch with the purpose-built shock-absorbers.

A breakthrough as important as the Pump shouldn't be the sole prerogative of runners. So there are specialised forms in our tennis, cross-training, basketball and aerobics shoes.

Try a Pump shoe out for size, and feel the difference. Right now, nothing else comes even a close second.

Reebok
THE EDGE



SWEATSHOP'S 20TH BIRTHDAY SALE IS STILL RUNNING



SAUCONY JAZZ 2000: An excellent training shoe for the runner with a normal foot plant, who trains on all surfaces. The Jazz 2000 has one of the best outsoles for running in the country. Made from Carbon rubber, the triangular studded sole gives excellent grip when you are off the road and is very long-lasting if you train on the road. Cushioning is provided by the dual density EVA midsole, with its harder section in the midfoot, giving increased stability. The upper, made from suede and nylon mesh, supports the foot, as does the external flexibility; a matched achilles heel tab and scotchlite reflective tape at the heel for night time visibility. Colour: White/Black/Turq. Sizes US 7-13. Weight 328g (U.S. 9). WAS £44.99. NOW £19.99.



NIKE AIR SPAN 2: An excellent lightweight anti-pronation training shoe, designed for the runner who wants stability and cushioning, without having to wear a heavy, 'clumpy' shoe. The Air Span 2 has a full length compression moulded E.V.A. midsole, with a footbridge stability insert, to inhibit pronation and flex grooves at the forefoot to aid flexibility. A hard-wearing carbon rubber waffle outsole, is long lasting and gives excellent traction both off and on the road. Additional features include: a notched achilles heel tab; variable width lacing and a straight last to give additional support. An excellent bargain as the current Air Span 2 sells for £25 more, and the only difference is the colour. Colour: White/Black/Pink. Sizes US 7, 9, 10. WAS £59.99 NOW ONLY £34.99.



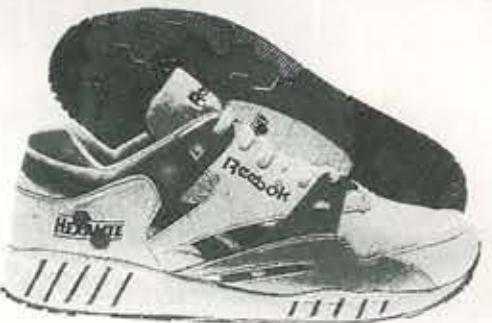
NIKE MEN'S AND WOMEN'S AIR 180: Nike's top-of-the-range running shoe, which gives exceptional cushioning, due to 50% more Air in the heel of the shoe than ever used previously. The Air 180 is ideal for the heavier runner or the runner requiring maximum shock absorption. A low profile 'Air-Sole' unit, with flex grooves in the forefoot, gives excellent forefoot shock absorption and flexibility. The anatomically correct 'PU' surround' supports the foot and the air. The upper, made from nylon and synthetic suede, supports the foot, as does the unique 'lycra dynamic-fit' sleeve. Additional features include: a hard-wearing studded BRS 1000 carbon runner outsole, giving good grip on the road and country; an external heel counter for additional rearfoot support; variable width lacing and a notched achilles heel tab. An ideal shoe for the runner wanting maximum long lasting cushioning. MEN'S: Colour, White/Red/Blue. Sizes, US 7-13. WAS £89.99 NOW ONLY £69.99. WOMEN'S: Colour, White/Yellow/Blue. Sizes, US Women's 5-10. WAS £89.99. NOW ONLY £69.99.

MAIL ORDER: Unit 9, Shannon Commercial Centre, Beverley Way, New Malden, Surrey KT3 4PT. Tel: 081-949 0044

33 Broad Street,
Teddington,
Middlesex
TW11 8QZ
Tel: 081-943 0239

23 High Street,
Woking, Surrey
GU21 1BW.
Tel: (0483)
729221

44 Station Hill,
Reading, Berkshire
RG1 1NE.
Tel: (0734)
573826



REEBOK CONCORDE: Reebok's top of the range running shoe in 1990, has now been discontinued, hence we can bring you this excellent offer. Designed for the normal runner who wants a light responsive training shoe, or for the heavier runner who wants a shoe for running marathons, the Concorde has Reebok's exclusive Hexalite cushioning system in the heel and forefoot. Further cushioning is provided by the 'Hi-elvaloy' midsole, which is a mixture of compression moulded E.V.A. and P.U. ensuring that the shoe is lightweight, yet retains its cushioning. The upper is made from man made suede and nylon, with hytral straps at the forefoot for increased support. The sole unit is made from carbon rubber; additional features include a cut down achilles heel tab, variable width lacing and slip lasting. An excellent shoe at this price. Colours: White/Fuchsia/Turq. Sizes UK 7, 7½, 8, 8½, 9, 9½, 10½, (no 9). Weight 240g (U.S. 9). WAS £69.99. NOW ONLY £39.99.



NIKE AIRCRAFT: The lowest price shoe to feature Nike's exclusive 'air' cushioning. The Aircraft is ideal for the runner with a normal foot plant, who weighs up to 11½ stone. A compression moulded E.V.A. midsole, together with an air bag at the heel, gives excellent rearfoot cushioning. While the man-made suede and nylon upper, together with the thermo-plastic heel counter, support the foot. Combination lasting ensures good forefoot flexibility and the notched achilles heel tab inhibits tendonitis. Variable width lacing ensures a good fit and the outsole made from BRS 1000 carbon rubber is hard-wearing and suitable for the road and country. Colour: White/Black/Royal. Sizes: US 7½-12. WAS £42.99. NOW ONLY £26.99.



NIKE AIR MAX 3: One of our most popular shoes of the last two years, the Air Max has previously set the standard for cushioning in training shoes. A large Air bag in the heel and forefoot, surrounded by PU, provides outstanding long lasting cushioning, while the carbon rubber BRS 1000 waffle outsole gives excellent grip both on and off road. The upper, made from nylon mesh and synthetic leather, ensures excellent breathability and gives the foot good support. Additional features include: variable width lacing, a notched achilles heel tab and slip lasting for excellent flexibility. Colour: White/Red. Size US 10 (UK 9) only. WAS £59.99. NOW ONLY £39.99. **SAUCONY ARROW (sizes US 10-12) WAS £49.99 NOW ONLY £29.99.** **SAUCONY LADY COURAGEOUS (sizes US women's 6-7½, 8, 9) WAS £34.99 NOW ONLY £29.99.** **REEBOK WORLD XC (sizes UK 6, 7, 8, 9-11) WAS £34.99 NOW ONLY £19.99.**

P&P £1.50

SWEATSHOP

SEPTEMBER

1991

EDITOR
Alan Campbell

ASSOCIATE EDITOR
Doug Gillon

SUB EDITOR
Margaret Montgomery

CONTRIBUTORS
Arnold Black
Jeff Carter
Derek Parker
Gordon Ritchie
Colin Shields
Allan Wells

DESIGNER
Crawford Mollison

ADVERTISING MANAGER
Fiona Ross

NEWS AND VIEWS

9

NORTH EAST NOTES
12

READERS LETTERS
13

COACHING CLINIC
16

JUNIOR PROFILE
19

SCOTTISH CHAMPIONSHIPS
20



Scottish Championships. Page 20.

contents

CLASSIFIED SALES

Maureen Mulligan

ADMINISTRATION
Gillian McCallum

ENGLISH SALES AGENCY
S.M.S. Ltd
061-839-6265

COMMERCIAL DIRECTOR
Tim New

TRIATHLON FEATURE

22

RESULTS

29

RANKINGS

32

FRASER CLYNE INTERVIEW

34

EVENTS LISTINGS

37

DIARY

41



SUBSCRIPTION RATES: UK £18.00. EUROPE, EIRE & WORLDWIDE SURFACE MAIL £28.50. AIRMAIL £40.00.
PUBLISHED BY SCOTRUN PUBLICATIONS LTD, APPLEJAK STUDIOS, 113 ST GEORGE'S ROAD, GLASGOW G3 6JA.



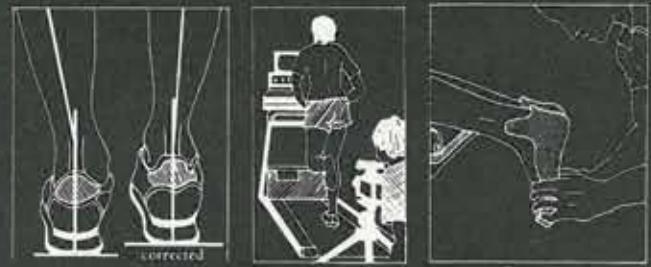
Fraser Clyne. See Page 34.



SPORTS ORTHOPAEDIC SUPPORTS

We offer the following services

- ** Video running analysis
- ** Custom made insoles
- ** Thermal Sports Supports
- ** Expert Advice on injuries



**SOS MARCO'S
LEISURE CENTRE
GROVEST. EDINBURGH**
Opening Mon-Thurs 6.30 - 8.30 pm
Tel. 0831 372145

RUN FOR THEIR LIVES INTERNATIONAL



AMNESTY



This Moroccan can't run.

We all know about the great Moroccan athlete Said Aouita, perhaps the outstanding middle-distance runner of recent times. The Moroccan government are understandably happy to be associated with this superb athlete. Equally understandably they are less keen to discuss people such as Ali Idrissi Kaitouni. Adi Idrissi Kaitouni was sentenced to 15 years' imprisonment in 1982. His crime? Publishing a collection of his poetry. The poems deal with social justice and political oppression and Kaitouni was indicted for "insulting the King's dignity". After his arrest in March 1982 Ali Idrissi Kaitouni was held incommunicado for over a month. During this time he was subjected to torture by electric shocks. He could be a free man tomorrow; all he needs is a decree from the King of Morocco. Run for Amnesty and help our struggle to defend basic human rights; to seek the release of prisoners, to oppose the death penalty and torture of all prisoners and to oppose prolonged detention without charge or trial for all political prisoners.

I would like more information on Amnesty International

I would like to run for Prisoners of Conscience

I wish to make a donation of £.....

(We'll send sponsor forms and Amnesty Running Vest)

Name.....

Address.....
Ref: 598

AMNESTY INTERNATIONAL, 99-119 ROSEBURY AVENUE, LONDON EC1R 4RE. TEL: 071-278 6000

I wish to join Amnesty International (Family £15; Individual £12; Students/
Claimant/OAP £5)

Tel No.....

Postcode.....

.....

.....

.....

GRAHAM & SIBBALD CHARTERED SURVEYORS

FOR SALE

RETAIL BUSINESS
"RUNNING NORTH"
5 SOUTH MOUNT STREET,
ROSEMOUNT,
ABERDEEN.

"RUNNING NORTH" is a specialist footwear and leisurewear business focusing on the athletics and roadrunning sector of the market. Leasehold interest within established retail location.

Gross Internal area 460 ft² (approx)

38 Carden Place,
Aberdeen AB1 1UP
Tel: (0224) 625024 Fax: 625026

McColgan decries "grossly exaggerated" remarks about Murray

THE power which Andy Norman wields over the fortunes, figurative and literal, of British athletes was exemplified when Tom McColgan and Brian Whittle went, uncomplaining, to the start line of the 800 metres in the great Britain v USSR McVitie's Challenge, writes Doug Gillon.

Norman had pulled off a major marketing coup by lining the Scottish rivals up at Meadowbank track - but he did not tell the two athletes before announcing it.

He did another outstanding promotional job by bringing the big two of British women's athletics, Yvonne Murray and Liz McColgan, together over 3000 metres. The difference was that the two women had always agreed to race there.

McKean and Whittle, however, had been reluctant to run in an 800m which fell just a week before they were to meet again over the same distance in a crucial shoot-out at the AAA Championships.

Both were surprised when Norman announced their participation without reference to them, but in the end they raced without complaint, doubtless in the knowledge that there was no profit in rebelling against Norman, race-arranger and effective paymaster for the sport in Britain, and capable of making life difficult for any athlete who rocks the boat too much.

Whittle did his best to torpedo McColgan, but gave him too much of a lead off the final bend, and could not close it despite a final 100m of 12.4 sec.

The times, 1-47.16 to 1-47.31, were modest by their standards, but both denied that they had made any pact to hold back in the light of the next week's race.

Murray and McColgan certainly gave each other nothing.

European 3000m champion Murray, having shadowed her rival closely, went on to beat the Commonwealth 10,000m champion by three seconds, all of it taken out of McColgan in the final 300m, with 8-36.05.

But there was a sour aftermath. A Sunday newspaper report quoted McColgan as laying the blame at the door of Murray's coach Tom Boyle: "Tommy told her to run as if she was inside my vest (coincidentally the very tactics McColgan employed in her duels with Ingrid Kristiansen

But such was the UK men's track domination that they won by 217 points to 173.

McKean helps gain club sponsorship

BELLSHILL YMCA have hit the jackpot thanks to their star athlete, Tom McKean, writes Doug Gillon.

In the report McColgan continued: "This race really opened my eyes. We always got on really well, but things will be different in the future."

Boyle, questioned by Scotland's Runner, categorically denies having told his protege to rough up McColgan, although he does admit to having told her to shadow McColgan closely.

"That's standard tactics against a world-class runner like McColgan," he said. "Liz is well used to that, and I can't see her being too upset."

McColgan, believing herself to be speaking off the record to a former athlete, admits she was critical of Murray's shadow tactics which led to several clashes of feet and heels.

"But it was in nothing like the inflammatory terms reported in the paper," said Peter McColgan. "Everything Liz said was misreported and grossly exaggerated. Liz thought she was talking in confidence to a friend, and certainly did not expect to see it reported in the press."

Liz hopes that she and Yvonne, billed as friends off the track, can remain so, but it seems likely that some lasting damage has been done.

There was an outstanding run in the 200m, a lifetime best for Aileen McGillivray, of 23.80 (wind +.50mps), and another pb by Scotland's Sue Bevan in the 800m, with 2-01.93, just missing the world championship qualifying time (2-10.3). But Murray and McColgan apart, there was little else to enthuse about in the performances of the British women who were resoundingly beaten.

Kay Morley-Brown (100m hurdles, 13.29) and Kirsty Wade (1500m, 4-09.98) were the only other winners.

Geoff Parsons showed little hint of his subsequent return to form in the AAA event, clearing only 2.10m behind Dalton Grant (2.20), one of only two UK men's field event winners. Steve Backley (88.46) was the other.

But such was the UK men's track domination that they won by 217 points to 173.

CALEDON HIT THE LEAGUE BIG TIME

CALEDON Park gained promotion to Division One of the GRE British League despite losing stars such as Mark Davidson and Duncan Mathieson on World Student Games duty. At the games in Sheffield, Mathieson was forced to pull out of the decathlon when just out of the medals, and to watch as Tony Brannen, who had been behind him, went on to collect bronze and a shock place in Britain's team for the world championships in Tokyo.

Davidson, lack of training after a hamstring injury having taken its toll,



Mark Davidson

was eliminated from the hurdles with a semi-final time of 53.28, almost two seconds adrift of his Scottish best. But Glasgow's Mel Neff collected a silver medal as part of the UK sprint relay squad.

SORRY

IN the July issue of Scotland's Runner the charity Quest was described as researching into a cure for cancer.

In fact, Quest's remit is to promote routine screening for cancer in order to allow early detection of the disease, thereby minimising the risks of its taking hold of the individual concerned.

THE STORY OF ANDY VINCE'S LIFE

ANDY Vince, who finished eighth in his final AAA championship appearance at Birmingham last month, is Scotland's new national athletic coach, writes *Doug Gillon*. The 32 year old former British junior shot putt record holder was offered the job after it had been declined by Meg Ritchie.

The Commonwealth's former discuss champion, Ritchie had twice previously won a majority vote which was insufficient under Scottish rules. But at the third attempt, when she won, the Fife woman decided that her Arizona university strength coach post promised a better future.

"If I had been given the Scottish job when I first applied last December, I would be working here now," she said. But she admitted that she was deeply concerned at the animosity to which she was subjected, which she felt would

almost certainly prevent her from being allowed at tackle the coaching post the way she wanted to.

The panel which finally offered Ritchie the job consisted of two English officials, and not one of the original six who interviewed Vince and Ritchie earlier was on the final selection committee. The British Amateur Athletic Board's chairman, Marea Hartman, despite assurances that she would do so, failed to restore Scotland's Bob Greenoak and John Brown to the panel. Greenoak and Brown were reported by fellow Scot Isobel Docherty as having resigned from the selection panel (although they never put any such resignation in writing) and the pair were replaced while on holiday.

Vince, 6ft 1ins and over 15 stones, has two degrees and was himself head strength coach at an American college.

He took up coaching when injury cost him his sports scholarship at Murray State in Kentucky.

Vince thrice finished second in the English schools shot putt, but then won two successive titles. "Not one of these guys ever beat me again," said Vince who then remained unbeaten by an Englishman for three years. Coming second made me all the more determined to be a winner."

He is convinced that the dearth of throwing talent in Scotland, which has seen the national record in the shot best remain at 18.50 (by Mike Lindsay) for nearly 30 years, need not continue.

"Finding throwers is often luck, but we must also go out and look," he says. "Support and resources have to be identified, and if resources are not there, then we have to find new ways of generating them."



Meg Ritchie with David Douglas, convenor of the joint coaching committee, following her final and successful interview for the post of national coach.

If you are a road runner and are looking for a worthwhile charity to run for, Arthritis Care might just be your answer.

Between September 14 and 22 the charity will be holding "Arthritis Care Week" to highlight the seriousness of arthritis and the affect it can have on everyday living. For the record, arthritis is the major cause of physical disability in the UK, affecting ten million people,

including one million young adults under 40 and 15,000 children. As many readers will probably be well aware, sports people are particularly vulnerable to the disease.

If you are interested in running for the charity, further information can be gathered from Fiona McPherson on 071-235-0902, or at Arthritis Care, 5, Grosvenor Crescent, London.

Send your news and views to, Scotland's Runner, Applejak Studios, 113, St George's Road, Glasgow G3 6JA

Youngsters running too far

NORTH amateur athletics officials are disturbed at reports of a professional hill race near Keith at the end of June where children as young as nine are believed to have tackled an eight and a half mile course rising to 1200 feet, and where the field included a number of amateur athletes, writes *Charles Bannerman*.

The Knock Hill Race on Saturday June 29 was part of a local gala and did not carry a permit from any of the amateur governing bodies, but had prize money which included £50 for the winner. The secretary of Keith and District AAC has confirmed that three of his male members competed in the event, and the "women's" race was won by a 12 year old from Fraserburgh with a winning time of 1.32.

"Clearly we are not complaining that this race took place outside the SAAA permit system," said SAAA north district secretary John Wilson. "Anyone is completely free to organise any race they want. But what we are concerned about is that amateur athletes appear to have taken part in such an event, and with money prizes. And although we clearly have no jurisdiction over what the organisers do, we can only condemn anyone who is irresponsible enough to allow youngsters to compete in as rigorous an event as this. I expect that we will be looking very carefully into such aspects of this affair as come under our remit."

There are strict maximum distances for races held under amateur rules, and in the case of a 12 year old girl, the figure is two miles for a cross country race. On the boys' side, even youths are subject to a four mile maximum under SAAA and SCGU rules.

The holding of an event "under SAAA rules" carries with it an obligation to subscribe to certain standards, including standards of safety which in particular help to protect youngsters from exposure to over rigorous tests of endurance.

That obviously does not carry a cast iron guarantee that the rules will be followed to the letter in each and every case, but it does at least offer a very high chance that this will happen since permitted events are almost inevitably under the control of SAAA officials.

This year the organisers of the Fyris Hill Race decided to run their race under amateur rules, and were welcomed into the fold. It transpired that the youths' race was almost six miles and included a hefty climb. A tactful intervention by the SAAA ensured a reduction, and the race looks like becoming a well established event on the North calendar.



Run for Cheryl

Cheryl can't see and she can't hear. What must our world seem like to her? Cheryl is not alone.

Please help us in our marathon task to help and support deaf-blind children and their families.

For more information, running shirts and sponsorship forms, contact:

Sense in Scotland

The National Deaf-Blind and Rubella Association

168 Dumbarton Road
GLASGOW G11 6XE
041-334 9666/9675



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

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

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

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

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

Next time you're running please consider finding sponsors to help the Multiple Sclerosis Society.

It will cost you a little time and effort, and your friends a little money.

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



We can only find the cure if we find the funds

The Multiple Sclerosis Society in Scotland, 2a North Charlotte Street, Edinburgh EH2 4HR. Tel: 031-225 3600.

OH NO, IT'S THE



..... BIGGEST, BESTEST, EVER IN THE WHOLE WIDE WORLD
RUNNING

SALE -

* REEBOK, NEW BALANCE, NIKE, SUB 4, RON HILL, ASICS, ETC.

* LOWEST PRICES AROUND.

* SOUND SPECIALIST ADVICE

"You'd think we were a charity..."

'Honest' Dave Clark (Owner)

"...Commercial Suicide..." Our Accountant.

"I always buy at INSPORT..." Dave's Mum.

Craigpark,

Curiosity Street,
Newcraighall,
EDINBURGH

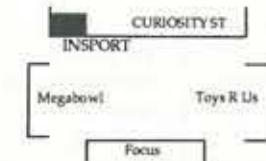
Tel: 031-657 4558

Fax: 031-657 4558

Open MON - FRI 10 - 6pm

WEEKENDS 10 - 5.30 pm

INSPORT : TAKING RUNNERS SERIOUSLY



Young talent at Auchterellon Primary

TOP North East coach Miller Mathieson had no sooner moved from Aberdeen to Ellon than he had achieved high office with one of the few clubs to use a quarter track.

Miller, father of Scotland's decathlon record-holder, Duncan, and guide to the highly promising Louise Paterson, has been elected president of Ellon AC.

And the club supremo has already gathered together a useful squad of youngsters who might otherwise have gravitated to the ranks of Aberdeen AAC.

The Ellon track, the third of its kind to be opened in Scotland, has become the focal point of several competitions designed to unearth the talent of the future at an early age.

And the local Auchterellon Primary could be a rich source for the future - judged on the outcome of the second HRH Princess Royal Athletics Challenge held at the track recently.

The school produced both the boys' and girls' winners, namely Deborah Dowding and Lee Thompson, from a field of 40 chasing the prizes in an event sponsored by Gordon District Council's leisure and recreation department to commemorate the fact that the Princess Royal officially opened the quarter track.

The challenge, based on a 100m sprint, is part of a three series athletics package which includes an athletics meeting in August and a multi-events meeting in September.

And Gordon District have moved up a notch in the sponsorship stakes by getting car manufacturing company Peugeot Talbot to underwrite the coming Ellon events.

Impressed by what he saw when his son Ian won the 1990 challenge, car sales manager Bill Smollett asked Hatton garage owner Andy Smith if he would be interested in sponsoring an Ellon event - hence the Peugeot connection.

Financially aware Metro

THE Aberdeen Metro club has failed to persuade the powers that be that its members should cross the great divide between East and North District cross country competition.

Being based in the city, Metro should logically compete in East District events.

But alert to limited finances, the club asked the Scottish Cross Country Union to approve an application to join next season's Keyline North District League.

But it is understood that the SCCU has rejected the move despite Metro's observation that traditional North East clubs Fraserburgh and Peterhead do compete in the North District.

NEW DIRECTION FOR HALF MARATHON

ABERDEEN'S popular August half marathon is taking off in a different direction.

The race which has for several years concentrated on the King Street Beach Esplanade circuit is to follow the City of Aberdeen Milk Marafun 10K route up Union Street, down Holburn Street and back to the seafront.

The extra distance will be found on the run to the Bridge of Don before turning back to the start/finish area in the Chris Anderson Stadium.

A local newspaper now supports an event which began life as Scotland's only contribution to the Adidas Half Marathon series.

And the local identity is to be increased by the award of a new medal depicting the city's St Mark's Church. Successive race medals will feature the Central Library and His Majesty's Theatre.

The leading male wins the Clark Auto Centre trophy and a prize value of £225. The first female collects the Budget Rent-a-Car trophy and a prize value of £175.

Brave Ben

SCOTTISH marathon international Jim Doig's long time training partner Ben Preece emerged as the hero of what many see as the most gruelling events on the northern sporting calendar.

Having finished fourth in the notorious Highland Cross biathlon just seven days earlier, the Aboyne based Aberdeen AAC veteran recharged the batteries in time to win the devastating 28 mile Lairig Ghru hill race from Braemar to Aviemore in a time of 3:27:45.

Ben, a London Marathon competitor for many years, was more adept at the running-cycling discipline than a more famous marathon name.

Former Commonwealth Games 26 mile runner Graham Laing, now living in Inverness, finished 57th.

And work this one out for yourself!

Ginny Pollard, the English-born Scottish triathlon star who lives in Stonehaven and teaches maths in Banchory, won the women's race as a Fleet Feet triathlete wearing a Deeside Thistle Cycling Club vest.

ON FORM HALL

NO prizes for naming the on-form North East road runner of the wet and windy early months of summer.

Fresh from his win in the first City of Aberdeen 10K Championship, Dundee Hawkhill's Chris Hall moved on to set a new record of 30:26 for the Bo'ness equivalent.

The Aberdeen-based Welshman, who elected to leave Aberdeen AAC in favour of the "Hawks"

in order to find a more competitive edge, then repeated his record breaking feat in the Dornoch 10K, knocking 48 seconds off the previous best with a run of 29:40.

VICTORIOUS VETS

ABERDEEN AAC's star vet Colin Youngson was collecting his tenth Scottish over-40 title since gaining veteran status when he clocked a winning 15:24.8 in the 5000m at Grangemouth. Not to be outdone, his club president Trevor Madigan collected five medals - a gold, three silvers and a bronze - for sterling work in the over-45 ranks at the same meeting.

Tough Stuff

THEY breed 'em tough in Fraserburgh, judging by 12 year old Vickie Anne Cowie's performance in the Knock Hill Race at Cornhill, near Portsoy. A time of 92:54 gave Miss Cowie the women's, under 16 and under 13 prizes!



Ginny Pollard

DENIS HITS THE LIMELIGHT - AGAIN

ONE finds it difficult to keep Aberdeen AAC coach, competitor and team official Denis Shepherd out of the news.

Word has it the near vet is claiming yet another personal best for a third place in the annual Keith Bothy Ballad Festival with a rendering of the old Willie Kemp classic "Ye canna pit it on tae Sandy."

RUSSELL SMITH

IS SCOTLAND KEEPING UP WITH THE TIMES?

22, Craiglockhart Terrace, Edinburgh.

SIR - It was with great interest that I read the article relating to the making of Yvonne Murray. It struck me as a mixture of extensive extrapolations from minimal data and what bordered on "science fiction".

I would immediately take issue with the statement "a runner of times" not a "winner of races" since as my last letter showed, she had a fine racing record.

I always advocated winning with the least possible effort, pointing out that I wasn't concerned about her time if she won - only if she didn't. I've noted over the past few seasons her declarations to be "going for the record", something I never did, as it puts too much additional strain on the runner.

At the SWAAA meeting times were given out exact to the one hundredth of a second, but at the schools meeting, all times, including sprints, were rounded up to the next tenth of a second. I clocked Matthew at 4:24.86 and I know of at least three others who clocked him under 4:25.00.

I am sure that it is only a typographical error that Somolyenko aged ten years overnight in 1988.

Let us consider the evaluation exercise of Yvonne's fitness in October 1987.

I was interested to note that her weight had gone up almost 2kg from her mid-summer racing level and attribute this to several factors such as an increased social life, and starting the contraceptive pill in mid July, with its related tendency to weight increase and water retention before the body becomes fully adjusted.

In this age of technology, watches and equipment measure much more exactly.

Is there some reason for some time keepers giving exact times, and others rounding them up? Surely there are standard procedures to govern this practice.

Scottish time keeping is not highly regarded, and, in this instance, it's easy to see why.

John Wands

Too much in one day

14, Caledonia Crescent, Gourock.

SIR - I am writing to express my disappointment that for the second year running heats for the 5000m have been arranged at the Scottish Championships.

These are few enough chances for our athletes to compete against top class opposition without making the event closed. As a compromise I would favour a closed championship in June with a Scottish Games (including non-Scottish athletes) in July.

Could I suggest that next year standards are applied in order to keep the numbers down. Alternatively, if the organisers are serious about holding heats, why not have them on the Friday evening.

After all, the reasons that heats are held on Friday for the 1500m is to allow athletes time to recover before

BOYLE'S "SCIENCE FICTION"

20kg, squat and press behind neck sets, 12 x 15kg, and leg curls - both single and double.

We are not told whose figure the 80K/week is (50mpw). In 1987 (February) Yvonne reached a maximum of 45 miles one week and generally did 35 to 40.

Yvonne - as Tom (McKean) is reported to have said after her European Cup 3K - is strong willed and this led to problems with advice over social life in the latter stages of our relationship, although she always took to heart advice regarding diet, sleep and attitude.

It is not clear when her cycle was erratic from heavy workloads, as my diaries show an acceptable fluctuation of 26-29 days over a five year period, hardly highly erratic.

Received knowledge of the time advocated staying off the pill except for good medical reasons because of possible long term side effects - I believe Dr Nimmo delivered a paper to this effect about 3 years ago!

Yvonne in fact, races very well at all points in her cycle - her Olympic 1500m trial in 1984 on the first day was a pb by over two seconds and on the second day she did a ten mile pb of 54:49.

One can't quite see the relevance of height measurement since one is always taller first thing in the morning anyway and an "exciting" dream could elevate a waking pulse - what is the tolerance band?

Weight fluctuates. A recent experiment in which two athletes of almost identical age, weight and range of abilities were given identical food and carefully monitored in their activities for a week gave a difference of about 2kg at the end of that time.

The opposition was always assessed with reference to their past performances and methods using videos of their races, where available, and Yvonne's. Mine go back to 1982. Alternative "game plans" were formulated producing a more flexible approach.

Tactics of bursting at various distances or mid-race were always put of my programme. Yvonne has claimed that she doesn't want to be "predictable". Decker was predictable - sit in the pack and then sprint past everyone in the last 150-200m. It did not do her much harm.

I told Yvonne in 1986 that she was capable of at least bronze in the 1988 Olympics with better to come, so it was no surprise to me that she was third.

All in all, I feel Boyle drew conclusions from one set of readings from an athlete in an atypical physical condition and let himself be trapped into believing that this was her general condition.

If she was so "unfit" how did she run so fast, so young, with me?

William Gentleman

RAKER'S COMMENTS "CHILDISH"

62, Sydenham Court,
Kels.

SIR - I have been a loyal reader of Scotland's Runner since its inception, finding it balanced and informative.

I have to comment on Mr Raker's comments in the current issue. The man has courage or has he? Never in 20 years of club and international athletics has anyone written in print that they hoped I would be beaten. I for one will dig deeper when I compete for my club in future races in the coming months and years, just to disappoint Mike.

Since our club was formed we have had snide comments in most of the issues of Scotland's Runner in the back page. Why do we have to suffer this? There is an opening for comment when we compete. We don't need childish remarks in what is for the most part an excellent publication.

If you want to keep a loyal reader let's improve the back part of your magazine.

John Robson

Stop the complaining please

23, Thorkel Road,
Thurso.

SIR - I am one of the younger athletes who enjoys reading your magazine and as such I feel I have the right to make a not-so-small point.

The issue over the formation of the Reebok Racing Club has now surely been in the headlines for too long.

Smaller clubs such as Caithness Amateur Athletic Club, to which I belong, have suffered over the years with athletes moving to bigger clubs when they improve.

Such clubs do complain but certainly not to the extent that they have in this latest battle.

Surely clubs such as EspcAC should stop complaining, accept the situation for what it is, and instead put that energy where it is deserved.

This means putting it into the development of up and coming athletes who are, after all, the future of Scotland's athletics.

Pauline Johnstone

CONSTRUCTIVE POINTS ONLY

51, Stoneybank Drive,
Musselburgh.

SIR - In recent months, a number of articles have appeared in your magazine, written by Mike Raker, which have led me to conclude that he is not entirely happy about the recently formed Reebok Racing Club.

His attitude places him firmly among those Scots, whom he keenly observes, "have a history of knocking those that do well and get on".

Rather than ask such a vacuous question as, "What makes a boy in pink?" (May issue), wouldn't it be more constructive for him to address the question of why Reebok Racing Club came into being at all?

Be it simply because of the sponsorship opportunity or for other reasons associated with the athletes' former clubs, the people to answer are the athletes themselves. Why does he not ask them?

George Smillie

A MOST MOVING ISSUE

118, The Oval,
Stamperland,
Glasgow.

SIR - Feeling very moved (excuse the pun), I decided to write this letter in the hope that toilet facilities at 10K events and other road races could be improved somewhat.

In recent times, it seems your gear should not only include good running shoes, running vest and shorts, and sweatband, but something even more essential - toilet paper!

Some events are more guilty than others. As the recent Inverclyde 10K, toilets were provided, and so armed with my Andrex, I joined the increasing queue.

Now, so far, so good, but the fact that it was a hot day and the flush didn't work well... enough said.

Another similar incident involving a friend of mine, Ian Robertson, was at the General Portfolio 10K in

Edinburgh. Again toilets were provided but in this case they were shut.

The race map named other nearby toilets which were also shut. After a hasty dash to Meadowbank he arrived with three minutes to go before the start of the race after one of the longest warm-ups in athletic history!

Needless to say, his time was way below his best and others probably suffered the same fate. I'm not saying the race organisers should maintain the public toilets, (that's the district council's responsibility) but people rely on toilets being open prior to a race, as stated in the race literature.

Unless working toilets are provided, a 10K can be spent running as if you are holding a 20p piece between your buttocks.

So come on, race organisers, get the finger out before we runners have to put a cork in!

Alistair Liddell

"A GEM" OF A SPORTS MEETING

15, Frankfurt Street,
Glasgow.

SIR - Charlie Russell of Innerleithen is to be congratulated on highlighting and organising a gem of a sports meeting in the Borders village of Walkerburn on the evening of Wednesday, June 26.

The setting was idyllic, the sun shone, and there was a full programme of competitive races which ran like clockwork. The programme included a "special" race for the disabled which was greatly enjoyed by both spectators and participants alike.

Max Reid

The highlight of the evening was the final of the 110 metres sprint which carried a first prize of £1000, and was won in a time of 11.24 seconds by R. Carson of Kinglassie who was handicapped off a mark of 5.5 metres.

The star of the meeting was undoubtedly Keith Douglas of Jedburgh who, running off the scratch mark, came third in the final - class running on a rugby field and probably equivalent to at least a 10.5 seconds (in amateur terms) for the 100 metres.

Time and money are of course key fundamentals and to realistically challenge British level very few can maintain full time employment. If success is achieved, then we see the rise of the "professional" athlete who picks and chooses meetings towards major championships and of course attempts to keep the trust fund up to scratch on the way.

The difference between this preparation and life style and the lifestyle of the everyday Scottish athlete is of course vast. I feel at present Scottish athletics may well be afraid to look at its true reflection in the mirror.

W

We have few world class Scottish athletes. These athletes did not choose to run in their championship for preparation/personal reasons or for the simple fact, as in Brian Whittle's case, of not wishing to turn down an offer to run in the Bislett Games which would have been the proverbial shot in the foot.

The remaining athletes who achieve Scottish level and fill up the events in the leagues are more commonly working

full time, are students, or are unfortunately unemployed. Theirs is a far cry from the trust fund and the Grand Prix. Hence, perhaps it is unfair to restrict our view towards quotes by Tom and Yvonne hailing the presence of the foreign competitors.

Yes, for them the presence of international opposition would prove useful, but in providing this opposition

Send your letters to:
Scotland's Runner, Applejak Studios, 113, St George's Road, Glasgow, G3 6JA.
(Please note new address)

CHAMPIONSHIPS SHOULD ATTRACT MORE COMPETITORS

Larchknowe,
Tulloch Hill,
Perth.

SIR - Having read various media reports following this year's Scottish Championships at Crownpoint, I would like to contribute the following thoughts for discussion. The discussion itself will extend from opinions limited to the men's sprints.

As a male competitor in the sprints at this championship over the last ten years, I felt disappointed to observe the ever thinning turn out of Scottish competitors, in particular in the 400m.

Prior to leaving the championships I took time to read a Scotland's Runner magazine placed on my car windscreen. A letter in the magazine dated January, 1990, by Lorraine Campbell, attracted my attention.

In this letter she suggested that in order to overcome obvious selection problems observed prior to the 1990 Commonwealth Games, young Scottish athletes should best set their sights on British vests in order to be sure of satisfying selection in the future.

This basic problem appears to derive from a general lack of awareness or acceptance of Scottish standards at senior level. As we know, at present British athletics at international level is going through a purple patch.

To attain recognition requires performance at a world class level in the majority of events, in particular the men's sprints.

To achieve the necessary level of performance requires talent, excellent guidance, and management in all major areas of preparation, including physiological, biomechanical, and psychological aspects.

Time and money are of course key fundamentals and to realistically challenge British level very few can maintain full time employment. If success is achieved, then we see the rise of the "professional" athlete who picks and chooses meetings towards major championships and of course attempts to keep the trust fund up to scratch on the way.

The difference between this preparation and life style and the lifestyle of the everyday Scottish athlete is of course vast. I feel at present Scottish athletics may well be afraid to look at its true reflection in the mirror.

W

We have few world class Scottish athletes. These athletes did not choose to run in their championship for preparation/personal reasons or for the simple fact, as in Brian Whittle's case, of not wishing to turn down an offer to run in the Bislett Games which would have been the proverbial shot in the foot.

The remaining athletes who achieve Scottish level and fill up the events in the leagues are more commonly working

full time, are students, or are unfortunately unemployed. Theirs is a far cry from the trust fund and the Grand Prix. Hence, perhaps it is unfair to restrict our view towards quotes by Tom and Yvonne hailing the presence of the foreign competitors.

Yes, for them the presence of international opposition would prove useful, but in providing this opposition

Are we really motivating the majority of Scottish performers to participate against the best in their country by offering open championships? Or are we in doing so trying to create an image acceptable to those who only associate athletics with the popular television circus promotions of elite performers? If the latter, then the attempt is obviously failing as observed by falling attendances of Scots both on the track and in the stands, accentuated by a general lack of media and complete lack of television attention.

Interestingly, the best turn out of Scots was in the 100m which was not as restricted as the 200m or 400m by qualifying standards. If there is true concern for falling attendances by Scottish athletes then qualifying standards should be adjusted each year to include the top fifty performers in at least the track events. Those who have just fallen off the chairs at such a suggestion obviously did not observe the turn out at Meadowbank Stadium on the Wednesday following the Scottish Championships, when over 30 senior and junior men participated in a Caledon Park open graded 200m event. Interestingly the times achieved by 95% of performers in this event were well out with the necessary national qualifying standard.

It is time for real efforts to be made to encourage not only developing young athletes but also those of 18 years and over to remain in a sport which has so much to offer physically, mentally, and socially. Scottish athletes at British level have many domestic and international meets to choose from, where top quality opposition is found in abundance.

The rise of the Kelvin Hall has encouraged competition for Scottish teams to compete against opposition that at present they can handle, e.g. previous indoor meetings against the North, South, and Midlands teams from England, the combined services, and Wales.

Why not more of this level of competition in the outdoor season and why such little national competition? A simple remedy to satisfy all would be to have a closed national championship to encourage domestic competition and family support, followed by an invitational meeting where top Scottish athletes in each event could compete in a meeting with British and international opposition.

Are we simply unprepared to attempt general development from our true level? If so, good luck to the incoming national coach who must first strive towards realistic goals derived from our present position and in conclusion present this true picture to those who fail or refuse to recognise it.

Malcolm Fairweather



Elliot Bunney en route to gold in the 100m at the 1991 national championships.

A Question of Balance

Derek Parker explains the importance of finding the correct balance between anaerobic and aerobic training.

WITH the advent of the outdoor track season the importance of specificity, high quality, suitable recovery, and proper progression in training sessions becomes of paramount importance. By now all athletes should have formulated their own time targets for various race distances. These objectives will determine the training loads and emphasis of each work-out.

For example, the 800 metres runner will concentrate on anaerobic work during track sessions while the 5000 metres athlete will focus primarily aerobic efforts. Those athletes hoping to run personal bests in the 1500 metres will aim for a judicious blend of aerobic and anaerobic running in their training.

Anyone unfamiliar with these basic physiological terminologies which I have described fully in previous *Scotland's Runner* articles should be aware that anaerobic training or racing produces high oxygen debt, large amounts of lactic acid in the muscles, a pulse rate in the 180+ beats per minute range depending on age, and an increase in the efficiency of the white, fast-twitch muscle fibres.

Anaerobic running is a major ingredient in sprinting events where it initiates between 83 per cent (in the 400 metres) and 98 per cent (in the 100 metres) of the energy requirements. The anaerobic ratio in the 800 metres' race is approximately 67 per cent. Anaerobic means "running without oxygen", that is in oxygen debt.

Aerobic running, on the other hand, develops the oxygen uptake and transport system, trains the red, slow-twitch muscle fibres, and is performed at pulse rates of around 150 beats per minute. Lactic acid production is negligible unless there are sudden pace injections during the run. Aerobic means 'running with oxygen'. Aerobic training is the prime constituent of the 5K, 10K, half marathon, and marathon runner. For 5000 metres, the aerobic ratio is around 75 per cent, depending on fitness, while there are corresponding increases as the race distance lengthens. The 1500 metres event is approximately 50 per cent aerobic and 50 per cent anaerobic in its energy requirements.

So when planning sessions, the athlete must firstly clarify the pace he or she intends to train at for example 400, 800, 1500, 3000 metres. The training pace will determine whether the athlete is seeking a predominantly aerobic or anaerobic response - or a balance of both.



Generally and relatively speaking, aerobic sessions involve a large number of repetitions, short recoveries, and low intensity pace. Anaerobic work-outs reflect a low number of repetitions, long recoveries, and high intensity pace. Mixed aerobic-anaerobic sessions require a blend of both approaches.

Thus, a typical session for an athlete aspiring to run 10,000 metres in under 30 minutes would be 25 x 400 metres in 70 to 72 seconds with 15 to

25 seconds recovery. A typical session for an athlete hoping to clock 1.52 for 800 metres would be 4 x 400 in 55 to 56 seconds with two to three minutes recovery. An athlete aiming to run 1500 metres in 3.45 would be prescribed a session of 8 x 400 metres in 59 to 60 seconds with 60 to 90 seconds recovery.

A physiological evaluation of each of these three sessions would reveal that the 10,000 metres work-out is primarily aerobic in content, the 800



metres session is primarily anaerobic, and the 1500 metres session is approximately 50 per cent aerobic and 50 per cent anaerobic. So it can be clearly seen that the aerobic and anaerobic requirements of the race distance must be reproduced in specific training sessions. Failure to take these physiological facts into consideration will mean that an athlete is improperly physically and psychologically equipped to fulfil his or her potential over the chosen race distance.

How many repetitions? How long should the recoveries be? How fast should the repetitions be run? These are vital questions which must be answered accurately and in accordance with scientifically based coaching principles.

At first glance it may seem that, of the three training examples I have described, the 10K athlete has been prescribed the hardest work-out. He is running 25 x 400 metres repetition while the 800 metres athlete is only doing 4 x 400 metres. The 10K runner is being allowed just 15 to 25 seconds recovery between repetitions while his two-lap counterpart is being given two to three minutes respite. Even the fact that the 800 metres' athlete is running his laps 15 to 16 seconds faster than the 10K man hardly seems to compensate.

But what is not too readily recognised is that these comparisons are totally meaningless. It is as absurd to compare the severity of a 10K schedule to one for 800 metres as it is to argue that a runner is fitter than a thrower or a jumper.

To make meaningless comparisons of this nature is to ignore one of the most basic coaching principles. This proclaims that **FITNESS IS SPECIFIC TO THE PHYSIOLOGICAL, PSYCHOLOGICAL, AND TACTICAL REQUIREMENTS OF THE EVENT WHICH THE ATHLETE TRAINS FOR AND COMPETES IN.**

So by running 4 x 400 metres in 55 to 56

seconds with two to three minutes recovery, the 800 metres athlete is aspiring to the specific fitness (that is primarily anaerobic) which will enable him to cover the distance in 1.52 seconds during races. Similarly, by running 25 x 400 metres in 70 to 72 seconds with 15 to 25 seconds recovery, the 10K athlete is cultivating the specific fitness (that is primarily aerobic) which will enable him to cover his chosen distance in under 30 minutes.

The 1500 metres session of 8 x 400 metres in 59 to 60 seconds with 60 to 90 seconds recovery is likewise designed to equip an athlete with the physiological, psychological, and tactical armoury to run 3.45 laps in 3.45. Thus it can be seen from these three sample sessions that the aerobic and anaerobic ratio of each of each athletic event is of prime importance when formulating a training session which is specific to the demands of that event.

By training at 800 metres pace, the two-lap runner is developing the mental and physical capacity to cope with high oxygen debt and vast quantities of lactic acid in the muscles which the physiological demands of the event produce.

By training at 10K pace, the 10K athlete is developing the heart-lung, oxygen uptake, and oxygen transport systems which fulfil such a vital role in high quality aerobic running. And by training at levels which exercise both the aerobic and anaerobic energy provision systems, the 1500 metres' athlete is ensuring that he will be equipped for the physiological requirements of his race.

(Note: In some scientific coaching manuals aerobic running is referred to by the abbreviation O2; anaerobic running is referred to by the abbreviation LA-02. In a future article I shall describe the difference between lactic anaerobic and alactic anaerobic running.)

Having determined the training pace by taking into account the physiological and psychological aspects of the race distance, the next step is to decide on the number of repetitions.

The general rule, according to current coaching theory, is that the total distance of the fast repetitions should at least equal the race distance. For example, a 10K athlete running a series of 25 x 400 metres covers a total of 10,000 metres during his session. This is equal to his race distance. An 800 metres' athlete completing a work-out of 4 x 400 metres covers a total of 1600 metres during his session. This amounts to twice the race distance.

Likewise, an athlete training at 1500 metres pace would run a total of 1500 to 3000 metres during a session; an athlete training at 3000 metres pace would run a total of 3000 to 6000 metres during a session; and one training at 5K pace would cover a minimum of 5000 metres in single session.

Generally speaking, the total distance of most 800 and 1500 metres training sessions amounts to twice the race distance. Repetitions can be done "straight through" (that is 8 x 400 metres) or in "sets" (that is 2 x 4 x 200 metres). But when training at 3000 metres and the various distances above paces a considerable deal of flexibility is required.

Tackling twice the race distance at 3K, 5K and 10K pace can be extremely demanding mentally as well as physically. In such a situation the risk of injury or physiological and psychological stress can never be ignored. So the coach and athlete must monitor these situations very carefully.

Personally, I would be prepared to prescribe sessions amounting to twice the race distance for 3000 metres training provided (1) the athlete was of international standard; (2) he had been training and racing for several years; and (3) the overall distance (that is, 6000 metres) was completed in sets (for example, 2 x 6 x 500 metres) with each set equalling the race distance.

For sessions at 5K pace, I would recommend that the total distance covered should be between

equal the race distance and seldom more than 1000 metres above it (eg 5 to 6 x 1000m). For sessions at 10K pace I would recommend that the total distance covered should be between equal the race distance and not more than 2000 metres above it (eg 25 to 30 x 400 metres).

These recommendations are based on my own personal experiences and the principles of coaching and training principles. I am fully aware that athletes such as the incomparable Emil Zatopek (gold medallist at 5K, 10K and marathon in the 1952 Olympic games - marathon pb, 2:23.02; 10K, 28:54.2; 5K 13:57.0) did work-outs such as the following IN A SINGLE SESSION: 20 x 200 metres in 34 seconds (jog 200 metres recovery in 60 secs) + 20 x 400 metres in 56 to 75 seconds (jog 200 metres recovery in 60 secs) + 20 x 200 metres in 34 seconds (jog 200 metres, recovery in 60 seconds).

The art of coaching is, however, based on the ability to tailor sessions and schedules to the training requirements and capacities of each individual athlete. There will always be occasions when coaches and athletes have to rely on intuition and a "feel for the situation" in determining training loads and recoveries.

What is correct for one athlete is not always correct for others. Because some athletes - notably Emil Zatopek - achieved 5K and 10K success by running repetitions totalling one and half times the respective training distances, most emphatically does not imply that such practices should apply to everyone.

Having established, therefore, the training pace and overall distance of the training session, the next task for athlete and coach is to determine the recovery phase. The work of Frank Horwill, founder member of the British Milers' Club and

coach to several UK internationalists, has had a profound impact in calculating recovery periods. Briefly stated, the theory is as follows: (1) when training at 5K and 10K pace, the recovery between repetitions should be a jog equivalent to one eighth of the distance of the fast repetitions; (2) when training at 3000 metres pace the jog recovery should be one quarter of the distance of the fast repetitions; (3) when training at 1500 metres pace the jog recovery should be one half of the distance of the fast repetition; and (4) when training at 800 metres pace, the jog recovery should be equal to the distance of the fast repetitions.

This means that a 10K athlete doing a series of 5 x 2000 metres would jog 250 metres between each repetition; a 5K runner doing a series of 12 x 400 metres would jog 50 metres between each repetition; a 3000 metres runner doing a series of 5 x 600 metres would jog 150 metres between each repetition; a 1500 metres runner doing 8 x 400 metres would jog 200 metres between each repetition; and an 800 metres athlete doing a series of 8 x 200 metres would jog 200 metres between each repetition. If the "set" system of repetitions is being utilised the recovery phases should be subsequently modified.

Thus a 1500 metres runner doing 2 x 4 x 400 metres at 1500 pace should use a recovery jog of one quarter the distance of the fast repetitions, for example, 100 metres. The recovery between sets should be two laps jog in between 5 and 8 minutes.

Further progression can then be made by increasing the pace by around two to four seconds and manipulating the recovery period between 60 and 45 seconds.

If all goes to plan, the athlete, should, under the stimulus of competition and the resultant high adrenalin flow, ultimately be able to string his 5 x 1000 metres together at race pace with no recovery, thereby achieving his ultimate 14:10 target.

should use time equivalents as his recoveries.

The time equivalents for 100 metres jog are 30 to 45 seconds; for 200 metres they are 60 to 90 seconds; and for 400 metres they are 2 to 3 minutes. Thus, an athlete doing a session of 2 x 4 x 200 metres at 800 metres pace can either (1) use a jog recovery of 100 metres in 30 to 45 seconds; or (2) jog near the start of the next repetition for 30 to 45 seconds. Progression is important in forming a training schedule.

Once the athlete has mastered one phase of the programme he must move on to a higher level of training or stagnation of performance will ensue. By subjecting the body and mind to carefully monitored higher levels of effort the athlete is able to increase tolerance to the effects of exercise - and to progress to higher spheres of training and racing performance. This is known as the general adaptation syndrome (GAS).

It can be illustrated briefly by the following example. A 5000 metres athlete aspiring to 14:10 (for example, 5 x 1000 metres in 2:50 with NO recovery) could start his preparation by running a session of 5 x 1000 metres in 2:50 with 75 seconds recovery. When he can achieve this he subsequently reduces the recovery to 60 then 45 seconds, using the same number of repetitions and maintaining the same pace.

An athlete running 2 x 4 x 200 metres at 800 metres pace should use a jog recovery equivalent to half the distance of the fast repetitions, for example, 100 metres. If the athlete does not wish to jog a set distance during the recovery phase he

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 minutes cc or grass running.
Monday: 75 to 90 mins fartlek inc 1 min fast (30 sec jog) + 2 mins fast (1 min jog) + 3 mins fast (90 secs jog) x 5 sets at 5K to 10K pace.
Tuesday: 5 miles or 30 mins steady road run.
Wednesday: 10 miles steady road run with hills.
Thursday: Track session (8 x 400 metres at 1500 metres pace with 60 to 90 secs rec).
Friday: 30 minutes easy recovery run.
Saturday: 12 to 15 miles steady.
Morning runs, if done, should be of 20 to 30 mins duration four to six times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 secs fast (30 secs jog) + 90 secs fast (90 secs jog) x 8 sets at 3K to 5K pace.
Tuesday, Wednesday, and Friday: As Week One.

Thursday: 12 x 400m (20 to 30 secs recovery) at 5K pace + 1 x 200m full effort starting 60 secs after final 400m.

Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 x 30 secs fast (30 secs jog) at 1500 to 3K pace.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 8 x 200 metres (60 to 90 secs recovery) at 800m pace.
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 8 x 3 mins fast (60 secs jog) at 10K pace.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 20 x 300 metres (20 to 30 secs recovery) at 3K pace.
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

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

Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 10 x 60 secs fast (60 secs jog) at 3K pace.
Tuesday: Rest or 20 to 30 mins easy recovery run.
Wednesday: 8 to 10 miles steady.
Thursday: 8 x 400 metres at 1500 metres pace (60 to 90 secs rec).
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 5 x 2 mins (jog 1 and 2 mins alternately).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 15 x 300m at 300m pace (30 to 45 secs rec).
Saturday: Race or 8 to 10 miles steady. Morning runs as Week One.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 15 x 45 secs fast (45 secs jog) at 3K to 5K pace.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 12 x 400 metres at 5K pace (30 to 45 secs rec).



JUNIOR

PROFILE

| | |
|-----------------------------|--|
| NAME: | Matthew Kelso. |
| DATE OF BIRTH: | October 5, 1974. |
| SCHOOL: | Queen Anne High, Dunfermline. |
| ATHLETICS CLUB: | Babcock Thorn Pitreavie. |
| STARTED ATHLETICS: | September 1984. |
| EVENTS: | 800m, 1500m, 3000m, 1500m steeplechase, and 2000m steeplechase. The two steeplechases are my championship events. |
| PERSONAL BESTS: | 800m, 1:58.60; 1500m, 4:08.20; 3000m, 8:59; 1500m steeplechase, 4:25; 2000m steeplechase, 6:15.06. |
| ENJOY MOST ABOUT THE SPORT: | I enjoy meeting other people and the feeling of winning. |
| LEAST ENJOY: | The abrasive attitudes and comments of some competitors when they want to beat me. |
| AMBITION IN SPORT: | At the present time I'd particularly like to win the 1500m and 1500m steeplechase in the youth category at the AAA's. |
| HIGHLIGHTS SO FAR: | Being made captain of the under-17 (boys') team at the schools international held in Wrexham this year. Another was winning my first 1500m steeplechase title at Meadowbank as a senior boy. |
| FAVOURITE STADIUM: | Pitreavie and Meadowbank. |
| MOST EMBARRASSING MOMENT: | Finishing 62nd in the Scottish Cross Country Championships as a second year senior boy two years ago. (It was an event I was expected to do well in.) |
| FAVOURITE ATHLETE: | Peter Elliot. |
| FAVOURITE MUSIC: | Techno dance. |
| FAVOURITE ACTOR: | Sean Connery |
| FAVOURITE ACTRESS: | Patsy Kensit. |
| OTHER HOBBIES: | Football - I used to play with Dunfermline Athletic's youth squad and played as a reserve for the senior team. I also like going out to The Rave in Dunfermline on a Saturday night. |
| AIMS FOR THE FUTURE: | To go as far in athletics as I can and - jobwise - to be an electrician. |

THE DAY THE AUSSIES INVADED CROWNPOINT

AILEEN McGILLIVRAY made the biggest single contribution to stemming the invasion which carried off 25 of the 33 Scottish national championship titles, writes Doug Gillon.

It was a third successive senior win at the distance, and completed a double for the Edinburgh Woollen Mill woman who is still just 20.

McGillivray won the 100 in 11.90 into a breeze, having already taken the 200m in 24.64. The runner-up in both races was the Australian, Melissa Moore, by .02 and .05 respectively.

McGillivray, coached by Stuart Hogg, has improved steadily all year, and went even better at the WAAA championships in Birmingham. Although finishing only seventh in 100m final, she clocked a legal 11.68 in the semis, the fastest run of her life.

Dave Clark, for the third time in four years, had to accept silver the men's 200m, Commonwealth finalist Paul Greene doing the damage.

The Australian recorded 21.74 to Clark's 22.16, the wind blowing at -1.25mps. Lynne McIntyre, ankle tendons stripped and mended by surgery last year, showed more than a glimmer of the form which made her a Los Angeles Olympic 1500m finalist at 19. She sprinted clear of vet student Hailey Haining to win the 3000m by four seconds in 9.24.23. McIntyre says she is just taking her comeback slowly - "I'm 26 and can't afford to lose another year" - and hopes to challenge for a Barcelona Olympic place next year.

Jamelle Currie had a personal best of 46.64m to keep the javelin title at home, but Roger Harkins (14.53) fell victim to two Aussies in the triple jump. Robert Quinn, after doing much of the donkey work, also had to settle for third (29-46.34) behind two Englishmen in the 10,000m; and Darrin Morris (55.34) was topped in the discus by a British veteran record and championship best of 56.50 from the Geordie Peter Gordon.

Anglo Karen Hambrook won the first of three medals (but her only title) with 12.58m in the triple jump followed by Linda Davidson with a native record of 11.50m. But a Davidson family double was thwarted when her brother, national 400m record holder Mark, was forced to withdraw from his final through injury.



Lynne McIntyre wins the women's 3000m title



Aileen McGivern winning the 200m, with Australia's Melissa Moore in pursuit.

Keep Scotland's Runner in mint condition!



In response to readers' requests, we are pleased to be able to offer top quality binders to keep your copies of *Scotland's Runner* in pristine condition. The attractive dark green binders have the *Scotland's Runner* logo embossed on the spine, and are designed to hold 12 issues. Makes a most attractive gift!

Each binder costs £5.50 (inclusive of post and packaging). To order your binder(s), please fill in the box below.

| | |
|----------------------------------|--|
| Name: _____ | Please send me _____ Scotland's Runner binder(s) |
| Address: _____ _____ _____ | <input type="checkbox"/> Access No <small>(Please tick applicable)</small> <input type="checkbox"/> Visa No |
| Post code: _____ Tel: _____ | Cheques and postal orders should be made payable to Scotland's Runner. |

Changes and postal address should be made possible to Postmaster Bureau.

Access No
(Please tick applicable)



Cheques and postal orders should be made payable to Scotland's Runner.

SRUN 4

Send your order(s) to: ScotRun Publications Ltd, AppleJax Studios, 113 St. Georges Road, Glasgow G3 6JA

Three in One

The triathlon, a combination of running, cycling and swimming, is one of Scotland's fastest growing sports. **Eddie Murray**, membership secretary of the Scottish Triathlon Association, outlines its development and gives some tips for those interested in taking up the sport.



THE news that the sport of triathlon is to become an official event in the Olympics signifies the ultimate acceptance of this multi-discipline endurance sport by the international sporting community.

The triathlon has come a long way in Scotland from its first faltering steps in the early 1980's. The sport was then already firmly established in America and on the European continent, and also

Australia and New Zealand, although in a slightly different format.

The first events in Scotland were organised and promoted by John Higgins at the Dollar Baths, in East Kilbride, and Lesley Kelly at the Tryst centre in Cumbernauld.

The Cumbernauld event was, for a number of years, the only half-ironman triathlon. The distances are taken from the Hawian Ironman Triathlon. Recognised as the toughest race in the world, it consists of a 2.4 mile open water swim, a 112 mile cycle through undulating

country, and then, to top it off, a full marathon of 26.2 miles. All this takes place in a hot and humid atmosphere at altitude.

Scottish triathlons are raced over three distances - to cope with the development and abilities of countless number of triathletes and would be triathletes. They are novice, category A and Grand Prix. Novice distances are a 400K swim, 10K cycle and 2.5K run, and



category A distances a 750K swim, 20K cycle and 5K run. Grand Prix distances are the Olympic distances of a 1500m swim, 40K cycle and 10K run.

The sport of triathlon in Scotland is governed and controlled by the Scottish Triathlon Association. This is a democratically elected body drawn from Scottish triathletes. The executive comprises of five highly experienced and respected triathletes, supported by other equally dedicated and enthusiastic committee members.

The sole aim of the STA is to encourage the development of the sport throughout Scotland.

The scheme is based on the ironman distances and is as follows:

Gold:

15K swim, 600K cycle, 200K run.

Silver:

10K, 400K, 100K.

Iron:

5K, 200K, 50K.

Bronze:

2.5K, 100K, 25K.

Tin (for juniors):

1.75K, 50K, 12K.

The STA is keen to encourage the formation of triathlon clubs, in order that triathletes can meet, train and assist each other to develop and to build on the expertise necessary to compete successfully in each of the disciplines.

emphasis on their relative position in the triathlon. The idea behind the scheme is that coaches will be able to attain a recognised national triathlon coaching certificate, based on scientific and proven techniques. Thus, the triathletes of tomorrow will be able to benefit from coaching by recognised coaches with bona fide credentials.

Scottish triathletes, in spite of the odds stacked against them, have attained a remarkably high standard in a comparatively short space of time, though it is accepted that it will longer before we produce genuine world class triathletes.

The Scot is a pure amateur among many "professional"

has enthusiastically supported most events on the triathlon calendar, producing in the process two Scottish senior champions in the shape of Jim Paul and "Bud" Johnston, veteran champions Eddie Murray, Ray McDonald and Bob Mair, and lady veteran champion Mary Welsh.

The East of Scotland from Aberdeen to Edinburgh puts the West of Scotland to shame by virtue of the number and size of its clubs.

The names come to mind easily - Kings, Fleetfeet, Fairport, Bruce, Kinloss, Stirling, and the two Edinburgh clubs.

The West depends for its support on East Kilbride, Port



Glasgow, Ayr, Lanark, and the new Glasgow University club. The West have the population but the East have the triathletes.

The successful televising of the Heiniken (Portsmouth) and the Porta Ferry (Ulster) triathlons has been of great assistance to the executive committee of the STA in their efforts to promote the Scottish Championships at Monzie Country Park near Dundee on Sunday.

August 18. The championships are being televised for the first time.

The vent has been organised by Gary Kilcullen and his band of hardworking enthusiastic triathletes from Fairport Triathlon Club in Dundee. The television coverage is in the hands of Ann McQuaid of McQuaid International and David Bromley of TSL Group (Television, Sport and Leisure).

The championships will also incorporate the Home Countries international with six competitors in each class from England, Wales, Ireland and, of course, Scotland.

If proper sponsorship is forthcoming, as we all hope it will be, then the prize money on offer should ensure some of the top names in the sport coming to compete in Scotland.

The message from all Scottish triathletes is loud and clear: come along in numbers and ensure the success of this event. This in turn will lay the foundations for an annual repeat of the television coverage, with its attendant benefits for Scottish sport and athletes.

Beginners' Triathlon Tips

Realise your time starts from when the gun goes for the start of the swim and does not stop until you cross the line at the end of the run. It is therefore essential to make your transitions from one discipline to the next as smooth as possible.

After completion of the swim do not try to

GLASGOW TEAM TRIATHLON 1991

GLASGOW TEAM TRIATHLON 1991

CANOE... 3 km
CYCLE... 20 km
RUN... 10 km

HOGGANFIELD LOCH, GLASGOW
SUNDAY 6th OCTOBER 1991 AT 2 P.M.

ENTRY FORMS FROM: Department of Parks and Recreation
20 Trongate, Glasgow G1 5ES. Telephone 041-227 5118

Parks and
Recreation

City of Glasgow

BENNACHIE HILL RACE

- Sunday 6th October 1991
7.25 Mile

AND

- Sunday 27th October 1991
Category A & Novice Event

ALFORD Triathlon

For Further information contact:
Leisure & Recreation, Gordon
District Council,
Blackhall Road, INVERURIE
AB51 9WA. Tel: 0467 - 20981 Ext 267



Inexperienced but full of youthful enthusiasm

IRONICALLY, on the day when Meg Ritchie turned down the post of national athletics coach, Scotland's only gold medalist in the British Schools' Track and Field International in Wrexham on July 20 was Julie Robin (Hermitage Academy) in the discus with a throw of 38.70m. The youngest ever SIAB discus gold medalist, 14 year old Julie led the competition from round one, and won by over a metre, with Helen McCreadie (Dumbarton Academy) taking bronze.

A lot may be written about the poor standard of Scottish schools' athletics, especially in the technical events, and the hard task that Andy Vince has in front of him, but this young team showed excellent attitude and effort. In all, 16 of its athletes improved their pbs. The SSAA is certainly proud of our athletes and wish them all success in the future.

The final result was: girls - 1, England 199, 2, Ireland 114, 3, Scotland 99, 4, Wales 93; boys - 1, England 245; 2, Ireland 157; 3, Wales 123; 4, Scotland 121.

At risk of being criticised for "sour grapes", it is only fair to report that Scotland was "morally" third in the boys' event. In the 400m relay, Hugh Kerr (Kyle Academy) ran splendidly, to pass on to Colin Wilson (Gordon Schools) in second place. However, the finishing English runner stepped in front of Hugh, effectively knocking the baton out of his hands. With great presence of mind, Colin picked it up and set off in pursuit, 30 metres behind the third placed athlete. Brian Watson (Queen Anne High) ran brilliantly, as did anchor man Euan Craig (Edinburgh Academy), so that Scotland was less than three seconds adrift at the finish. England were disqualified, but instead of a likely silver medal, Scotland was given third place by default.

The girls' sprint relay team of Karen Sutherland (Broughton High), Louise Paterson (Gordon Schools), Sinead Dudgeon (St Augustine's High) and Linzie Kerr (Kilsyth Academy) also took second place to England in 47.86 to the winner's 47.38.

Both captains played an excellent part in the match - Alison Potts (Williamwood High) taking silver in the 800m in 2-12.22 (.22 seconds off her pb) and Matthew Kelso (Queen Anne High) repeating last year's bronze medal performance in the 1500m steeplechase. Although disappointed, Matthew did his best and ran very close to his pb of 4-25.00 with 4-25.68.

Scotland's first medal of the day came from cross country internationalist Yvonne Reilly (Monifieth High) in the 1500m, taking five seconds off her pb to come third in 4-38.81. Another excellent result was that of Karen McInally of Dumfries Academy who took four seconds off her pb to take fourth place in 4-41.09. An unexpected, but very well deserved medal was that of St Aloysius

Captain Alison Grey (West Calder High) won the shot in 14.02 and the discus in 44.22 and Hazel Melvin (Marr College) won the high jump in 1.73.

Finally, a resounding thank you to Alison Grey, outstanding for the past six years. Alison won her final schools' vest in Brecon and we wish her every success in the future.

Scottish success at World Student Games

THE World Student Games in Sheffield have brought some success to Scots and some notable performances, writes Gordon Ritchie.

On the track, Vicki MacPherson continues to reduce her times over both 1500m and 3000m, the latter now being under 9-30 for the first time. Despite this improvement, she still has a long way to go before becoming a 4 x 400m relay runner!

Looking to the future, there are

two young ladies about to begin

their university careers who will make a significant impact on students' athletics.

Dawn Burden is due to begin her studies at Glasgow University, while Alison Potts is matriculating at Strathclyde. Dawn will join



Kathleen Lithgow, Val Foster, and Jane Fleming in the Scottish Universities sprints, while the middle and long distance events will be covered by Alison, Lindsay MacDonald, Joanna Cliffe, Vicki MacPherson, Hayley Haining, Cathy Cecil, and Katy Rice.

Perming any two from that list to cover 800m, 1500m, and 3000m makes a formidable team, and the cross country will also benefit.

Of the athletes leaving, Henderson will be the biggest loss. He has supported university sport throughout his studies and will be a difficult man to replace.

Perth Road Runners

In this month's club profile, **Stuart Tedcastle** takes a look at his own club Perth Road Runners - "more than just a running club".



Perth Road Runners 1991. Left to right, standing: Chris Bond, Donald Burns, Derek McIntosh, Malcolm Nash, Gregor McMeechan, Mike Wade, Ricky Martin, Colin Thompson, Keith Robinson, Dave Sherman, Jim Halkett, Neil Cobb, Jim Davidson, Ewan Lardner and Neil Muir. Left to right, kneeling: John Mulholland, Bob Brown, Joe Gaia, Sue Brown, Alan Booker, Jim Simpson, Janine Robertson, Jim McAndrew, Stuart Tedcastle and Bernard Wilkie.

THE Perth Road Runners club established eight years ago has now grown in stature to be one of the premier road running clubs in Tayside. From a small group of interested adults meeting in Glover Street Fitness Centre, they have progressed to a new meeting place in Bells Sports Centre. The club now boasts of a mixed membership of 50.

The club is run and managed by

a committee of eight, and has over the years had a number of presidents. The present day incumbent James McAndrew is the most popular to date. As well as being an ideal ambassador for the club at various functions and social events, he is also one of the leading runners.

Over the years the club has had a number of outstanding personalities who have competed in events outside of the United

Kingdom. These have included the Paris Marathon, Majorcan Half Marathon and, the most recent, the Boston Marathon. James McAndrew, James Davidson, and David Sherman competed for the club. Although suffering from a recurring injury, James put up a brave performance and finished the course in style.

These three runners are now setting their sights on competing in

the Chicago Marathon in two years time from now.

The club itself operates on a Tuesday and Thursday and these are the main training nights. Special sessions have also been arranged in the past for Sundays and they have consisted of up to three hours running cross country. The training sessions consist mainly of up to four groups of runners at different levels so no one is left out or behind.

The emphasis is put on encouragement and opportunity for all runners and the club makes no distinction between beginners and experienced runners - the needs of all are taken into account.

The club aims to be more than just a running club and to that end organises a number of social evenings to which partners and friends are invited.

On the more serious side, the club has a number of events and trophies that are competed for. The Inveralmond Cup for the club's half-marathon championship has been keenly contested over the years, and two names come to mind in Bob Brown, the club's number one runner, and Derek McIntosh, at present the club's number two. These runners have had enthralling duels over the years, with Bob slightly ahead on wins.

The Invertay Glass Shield for the club 10K is another popular trophy and has winners such as Neil Muir (an Anglo-Scot) and John Johnston, the ever popular youngster.

The club is unique in that 75% of the members are veterans who compete for the Cleghorn and Gibson Shield Half Marathon. This conjures up past winners names such as Dave Sherman, Joe Galla, and Berne Wilke - all very good club athletes and popular members of the club.

The McAndrew and Keay trophy for the vets 10K and the Garvie and Syme Shield for the marathon have been won by such club vets as James McAndrew and Bob Brown.

In the ladies section, the FCA Sports Cup for the 10K and half marathon trophy has seen runners like Norma Scott, Cathie Lynam,



Leading members of Perth Road Runners, left to right, Bob Brown, Janine Robertson and Derek McIntosh.

Jill Simpson, and Janine Robertson as past winners.

The last of the trophies, but not least, is the Super Vets Trophy for the over-55 and this has been won for the last three years by one of the

most popular fellows in the club, John Mulholland. John's commitment and dedication to the sport is unquestionable.

A few names have been mentioned as trophy winners, but the club is not only about winners but also achievers - ordinary people

who enjoy running for various reasons, who are not first but are the salt of the earth as far as being club members goes.

Names like Donald Burns, who has improved his times over the last year come to mind. Likewise Bob

THE WORLD'S FIRST CHOICE

* * 041 226 5577 * *

500 Argyle Street
Glasgow
G3 8RR

Holiday Inn®
GLASGOW

BELL'S SPORTS CENTRE
HAY STREET, PERTH PH1 5HS.

The centre for sport in Perth
open 7 days.

Something for all the family
Come along and try us!

Restaurant, bar, national and international events.

• Located close to town centre • Adjacent to N. Inch

TELEPHONE 0738 22301

Campbell, Ricky Martin, Keith Robertson, and Steve Dalton. Runners like Neil Cobb, whose greatest thrill was getting a personal best in the Aberfeldy Half Marathon of 1:29, are typical of this breed.

The club has also had a number of headlines in the local press which have had the community taking an interest in the club.

These include "McAndrew stays all the way with Frank Bruno in the Great North Run", "Johnstones' Duel with Muir in the Sun", "Lindsay Reeves wins the Perth Road Runners Handicap Race", "Janine Sparkles in the Sun" and "Bob Brown Breaks the Club Record".

Events and achievements have been the hallmark of the club in the past year.

In 1990 the club hosted the Eddie Hartley Relay Trophy, which was organised superbly by Stuart Tedcastle, and all 12 teams who competed agreed it was a very successful event. The event itself was run over 13 miles with 13 runs for each club taking part.

In 1991 we saw the

amalgamation of the Blairgowrie Road Runners with Perth Road Runners and this has made the club a much stronger unit in the world of road running.

One of the major tasks of the committee has been to change the image of the club and to say to the public "it's not just for the good runners, but for you". A public relations exercise was held and is now starting to pay dividends.

James Davidson was given the task of designing new gear for the club and he has come up trumps, with some new exciting ideas for everything from tracksters to vests.

The years 1990-91 have seen the club's members compete throughout Scotland and England, flying the flag in the London Marathon, Liverpool, the Great North Road Race, and Glasgow Half Marathon, to name a few.

Just recently Bob Ellis, "the iron man" of the club, competed in the Highland Way race and took an hour off his own personal best. What a tremendous competitor he has proven to be for the club - like

James Davidson, a valuable asset.

GOOD LUCK FOOD PALACE COUNTER or SELF SERVICE RESTAURANT SIT IN or TAKE-AWAY

VEGETARIAN FOOD IS OUR SPECIALITY

SET LUNCH MENU ONLY £2.90
(served 12 noon - 3 p.m.)

SET DINNER MENU ONLY £4
(served 5 p.m. - 8 p.m.)

Winter opening hours: Mon.-Thurs. 10 a.m. - 10 p.m.

Fri.-Sat. 10 a.m. - 11 p.m. Sunday 1 p.m. - 10 p.m.

181 SOUTH STREET, PERTH. TEL. 31519

Call in for a copy of our menu - telephone
orders taken.

The club and its members have not only been involved in road running but in other sports, for example the Highland Cross, a biathlon event which consists of a 20 mile run and a 30 mile cycle. Janine Robertson, the number one woman in the club, was first home for Perth Road Runners with a time of 4:32. James Davidson was second home in 4:40, a vintage performance by Jim.

Gregor McMeechan was first home in the Perth Triathlon. This makes him the number one all-round sportsman in the club.

The club championship is now being eagerly contested with Bob Brown and Derek McIntosh the two front runners. In all, the Perth Road Runners are a very successful club, well organised and managed.

Their motto might well be "we care"!

ARE YOU IN THE RUNNING TO BE A SIGHT SAVER?

HELP THE ROYAL COMMONWEALTH SOCIETY FOR THE BLIND RESTORE SIGHT

* Every year the Society restores sight to around 250,000 people and prevents blindness in one and a half million
* In spite of this success over 20 million people await the services of the society and the chance of having their sight restored.
* For just £5 we can perform a cataract operation.
* For £160 we can set up an eye camp restoring sight to around 40 people and preventing blindness in many more.
* You can help us to achieve this in 42 of the underdeveloped countries where we work.

YOUR SPONSORED RUN CAN MAKE YOU A SIGHT SAVER
ROYAL COMMONWEALTH SOCIETY FOR THE BLIND
49 SOUTH METHVEN ST. PERTH PH1 5NU

Tel: 0738 39312

PERTH LEISURE POOL

Where Summer
never ends...

THE
BIRMINGHAM
MINT

The Birmingham Mint Ltd., Medals Division,
Icknield Street, Birmingham, B18 6RX.
Tel: 021-236 7742. Fax: 021-236 0624. Telex: 336991.

At The Birmingham Mint
we've been manufacturing
sports medals of the highest
quality for some time.



Whatever
the event, medals
are highly prized and
live on as a permanent
symbol of achievement. Our staff
will be happy to visit you and help
with design ideas and advise on the
wide selection of presentation cases
and ribbons available.



The Birmingham Mint Ltd., Medals Division,
Icknield Street, Birmingham, B18 6RX.
Tel: 021-236 7742. Fax: 021-236 0624. Telex: 336991.



June

19

Schoolboys Inter Area Champs, G'mouth

U/17: 100 (-1.15m/s): 1, D Colville (Fif) 11.5; 2, I Wallace (N) 11.6; 3, C Hopkins (Cen) 11.7; 200 (-1.09m/s): 1, G Morris (N) 23.9; 2, B Watson (Fif) 23.9; 3, R Craig (G) 24.1; 4, A Tulloch (Cen) 24.1; 400: 1, C Wilson (NE) 52.7; 2, D Colville 53.3; 3, Sutherland (N) 53.6; 4, B Middleton (S Group) 53.6; 800: 1, M Kelso (Fif) 1.58.6; 2, K Daley (Ed) 2.00.1; 3, M Cruden (North) 2.01.7; 1500: 1, S Mackay (N) 4.07.9; 2, T Winter (ed) 4.08.4; 3, M Gill (G) 4.13.4; 100H: 1, -1.19m/s: 1, I Hamilton (Dum) 14.7; 2, J Michie (Fif) 15.1; 2, A Stewart (WC) 15.4; 4, D Montgomery (Ren) 15.6; 5, I Gordon (N) 15.6; 4 x 100R: 1, North 45.4; 2, Glas 45.3; 3, Cen 46.8; HJ: 1, G Morrison (Ren) 1.85m; 2, M McDougall (N) 1.80m; 3, R Craig (G) 1.80m; 4, C Brims (Ed) 1.80m; LJ: 1, S Milne (N) 6.25m; 2, J Gilbert (Cent) 5.96m; 3, J Wharnby (G) 5.89m; TJ: 1, S Milne 12.68m; 2, G Morrison 12.21m; 3, S Buist (Fif) 12.10m; SP: 1, A MacKenzie (N) 13.52m; 2, M Muqit (G) 12.89m; 3, D Ablett (ed) 12.50m; DT: 1, A MacKenzie 32.22m; 2, D Ablett 32.84m; 3, C Sanger (G) 29.46m; JT: 1, T Flaws (N) 42.16m; 2, G Brookie (Ed) 39.30m; 3, C Fullerton (NE) 37.06m.

U/16: 1, R Girvan (ESP) 12.5; 200: 1, R Girvan 25.6; 200B: 1, P Divine (ESP) 25.8; 400: 1, P Divine 54.9; 800B: 1, C A Gray (ESP) 2.15.0; 1500: 1, C A Gray 4.37.5; 100H: 2, L McCullough (Pit) 14.7; HJ: 1, J Gilchrist (Pit) 1.55m; SP: 1, A Grey (ESP) 14.15m; SP B: 1, M Anderson (ESP) 12.94m; DT: 1, A Grey 42.30m; JT: 2, M Anderson 40.96m; 4 x 100 and 4 x 400 R: 1, ESP 49.1/3-54.09.

GRE BAL Div 2 match L'don -
100: 1, E Bunney 10.7; 200: 1, E Bunney 21.6; 200B: 2, N Turnbull 22.0; 400: 2, S Leary 49.2; 400B: 1, G Newlands (ESP) 49.3; 800: 3, A Walker 1.54.1; 4, G McCann (ESP) 1.55.0; 800B: 1, B Murray 1.55.5; 1500: 1, K Indessane 4.01.5; 2, M Fallows (ESP) 4.03.2; 1500B: 1, P Duffy 4.03.9; 5000: 2, A Puckrin 15.01.9; 3, J Garland (ESP) 15.12.8; 110H: 1, G Smith (ESP) 15.6; 2, D Mathison 15.7; 110H: 1, N Fraser (ESP) 15.3; 2, P Wambsl 15.5; 400H: 2, D Hutchcock 55.5; 3000 a/c 1, G Mathieson 9.19.9; 2, M Ferguson (ESP) 9.42.4; 3000 s/c 1, D Ferguson (Pit) 1.60m; 2, S Fulton (Cent) 1.60m; 3, R Hay (Ed) 1.55m; SP: 1, B Robb (Fif) 14.03m; 2, N Chalmers (NE) 11.59m; 3, L McIntyre (Dum) 11.47m; JT: 1, P Annal (N) 36.46m; 2, P Fraser (S) 31.06m; 3, S Annand (G) 30.64m.

Match: 1, North 109pts; 2, Glas 66; 3, Ed 56; 4, Fif 55; 5, D'shine 51; 6, Renfrew 42; 7, Cott 31; 8, NE Grampian 22; 9, S Grampian 17; 10, West Lothian 8; 11, East Lothian 5.

Schoolgirls Inter Area Champs:
U/17: 100 (-1.97m/s): 1, E Young (ed) 12.9; 2, J Ewart (N) 13.4; 3, C Douglas (Fif) 13.4; 200 (-2.00m/s): 1, K O'Donnell (Dum) 26.0; 2, E Young 26.4; 3, F Geddes (N) 27.2; 400: 1, M Fraser (N) 60.7; 2, L Coenack (EL) 63.0; 3, V Smart (NE) 63.4; 800: 1, L Linaker (Fif) 2.16.0; 2, A Cheyne (W) 2.25.1; 3, S McCracken (N) 2.30.0; 1500: 1, A Potts (Ren) 4.50.0; 2, S Macrae (North) 4.55.1; 3, H Parkinson (Fif) 4.55.6; 80H (-0.90m/s): 1, C Burr (Ed) 12.5; 2, C Douglas (Fif) 12.9; 3, J Ross (Ren) 13.0; 4 x 100R: 1, Dumfries 51.5; 2, Edinburgh 51.7; 3, North 52.3; HJ: 1, J Reid (Ren) 1.55m; 2, H Pirie (SG) 1.50m; 3, G Taylor (Glas) 1.50m; LJ: 1, L Kerr (Dum) 5.14m; 2, F Geddes 4.79m; 3, D Burr 4.66m; TJ: 1, J Donald (N) 9.56m; 2, J Gibson (EL) 9.32m; 3, J McLeod (Ren) 9.30m; SP: 1, L Cunningham (Fif) 10.18m; 2, S Robin (Dum) 10.17m; 3, L Marshall (EL) 8.23m; DT: 1, H McCreadie (Dum) 33.88m; 2, L Cunningham 27.20m; 3, C Rutler (Ed) 25.10m; JT: 1, A Cheyne 30.72m; 2, N Sloan (Dum) 30.44m; 3, E McQueen (N) 28.10m.

U/18: 100 (-0.71m/s): 1, F Lumsden (SG) 12.8; 2, F Hutcheson (G) 12.8; 3, N Hynd (Fif) 13.5; 200 (-2.78m/s): 1, N Hynd 27.9; 2,

100H B: 4, J Sharp (EWM) 15.58; 400H: 6, S Wood (EWM) 62.50; 8, F Watt (CG) 64.21; 400H B: 5, E Lindsay 64.96; 4 x 100 R: 1, C of Glasgow 47.08; 6, EWM 47.82; 4 x 400R 7, C of Glasgow 3.52.04; 8, EWM 3.53.65; HJ: 3, N Murray (CG) 1.65m; 4, J Ainslie (EWM) 1.60m; HJ: 3, L Gordon (CG) 1.60m; LJ: 4, C Black 5.79; LJ: 2, J Ainslie 5.69m; SP: 5, A Dutch (EWM) 11.42m; 6, A Rhodie (CG) 11.06m; DT: 4, C Cameron (CG) 40.20m; 5, K Neary (EWM) 39.88; DT B: 2, S Freebairn (CG) 37.28m; JT: 5, J Currie (CG) 39.98m; 6, B Sutherland (EWM) 37.84m.

100H B: 4, J Sharp (EWM) 15.58; 400H: 6, S Wood (EWM) 62.50; 8, F Watt (CG) 64.21; 400H B: 5, E Lindsay 64.96; 4 x 100 R: 1, C of Glasgow 47.08; 6, EWM 47.82; 4 x 400R 7, C of Glasgow 3.52.04; 8, EWM 3.53.65; HJ: 3, N Murray (CG) 1.65m; 4, J Ainslie (EWM) 1.60m; LJ: 4, C Black 5.79; LJ: 2, J Ainslie 5.69m; SP: 5, A Dutch (EWM) 11.42m; 6, A Rhodie (CG) 11.06m; DT: 4, C Cameron (CG) 40.20m; 5, K Neary (EWM) 39.88; DT B: 2, S Freebairn (CG) 37.28m; JT: 5, J Currie (CG) 39.98m; 6, B Sutherland (EWM) 37.84m.

100H B: 4, J Sharp (EWM) 15.58; 400H: 6, S Wood (EWM) 62.50; 8, F Watt (CG) 64.21; 400H B: 5, E Lindsay 64.96; 4 x 100 R: 1, C of Glasgow 47.08; 6, EWM 47.82; 4 x 400R 7, C of Glasgow 3.52.04; 8, EWM 3.53.65; HJ: 3, N Murray (CG) 1.65m; 4, J Ainslie (EWM) 1.60m; LJ: 4, C Black 5.79; LJ: 2, J Ainslie 5.69m; SP: 5, A Dutch (EWM) 11.42m; 6, A Rhodie (CG) 11.06m; DT: 4, C Cameron (CG) 40.20m; 5, K Neary (EWM) 39.88; DT B: 2, S Freebairn (CG) 37.28m; JT: 5, J Currie (CG) 39.98m; 6, B Sutherland (EWM) 37.84m.

100H B: 4, J Sharp (EWM) 15.58; 400H: 6, S Wood (EWM) 62.50; 8, F Watt (CG) 64.21; 400H B: 5, E Lindsay 64.96; 4 x 100 R: 1, C of Glasgow 47.08; 6, EWM 47.82; 4 x 400R 7, C of Glasgow 3.52.04; 8, EWM 3.53.65; HJ: 3, N Murray (CG) 1.65m; 4, J Ainslie (EWM) 1.60m; LJ: 4, C Black 5.79; LJ: 2, J Ainslie 5.69m; SP: 5, A Dutch (EWM) 11.42m; 6, A Rhodie (CG) 11.06m; DT: 4, C Cameron (CG) 40.20m; 5, K Neary (EWM) 39.88; DT B: 2, S Freebairn (CG) 37.28m; JT: 5, J Currie (CG) 39.98m; 6, B Sutherland (EWM) 37.84m.

100H B: 4, J Sharp (EWM) 15.58; 400H: 6, S Wood (EWM) 62.50; 8, F Watt (CG) 64.21; 400H B: 5, E Lindsay 64.96; 4 x 100 R: 1, C of Glasgow 47.08; 6, EWM 47.82; 4 x 400R 7, C of Glasgow 3.52.04; 8, EWM 3.53.65; HJ: 3, N Murray (CG) 1.65m; 4, J Ainslie (EWM) 1.60m; LJ: 4, C Black 5.79; LJ: 2, J Ainslie 5.69m; SP: 5, A Dutch (EWM) 11.42m; 6, A Rhodie (CG) 11.06m; DT: 4, C Cameron (CG) 40.20m; 5, K Neary (EWM) 39.88; DT B: 2, S Freebairn (CG) 37.28m; JT: 5, J Currie (CG) 39.98m; 6, B Sutherland (EWM) 37.84m.

100H B: 4, J Sharp (EWM) 15.58; 400H: 6, S Wood (EWM) 62.50; 8, F Watt (CG) 64.21; 400H B: 5, E Lindsay 64.96; 4 x 100 R: 1, C of Glasgow 47.08; 6, EWM 47.82; 4 x 400R 7, C of Glasgow 3.52.04; 8, EWM 3.53.65; HJ: 3, N Murray (CG) 1.65m; 4, J Ainslie (EWM) 1.60m; LJ: 4, C Black 5.79; LJ: 2, J Ainslie 5.69m; SP: 5, A Dutch (EWM) 11.42m; 6, A Rhodie (CG) 11.06m; DT: 4, C Cameron (CG) 40.20m; 5, K Neary (EWM) 39.88; DT B: 2, S Freebairn (CG) 37.28m; JT: 5, J Currie (CG) 39.98m; 6, B Sutherland (EWM) 37.84m.

100H B: 4, J Sharp (EWM) 15.58; 400H: 6, S Wood (EWM) 62.50; 8, F Watt (CG) 64.21; 400H B: 5, E Lindsay 64.96; 4 x 100 R: 1, C of Glasgow 47.08; 6, EWM 47.82;

(FVH) 10.85 heat); 200 (+2.1m/s): 1, D Campbell 21.31w... 4, D Walker 21.65w; R Sister (22.16wht); 400G Purves (50.51 heat); 800: 1, N Edwards (team) 1-51.70; 4, J McFadyen (GHH) 1-52.48; C Young (CAC) 1-57.18 ht; 1500: 1, C Robb (LIV) 3-49.69; 5, G Graham (VP) 3-52.00; 3000 s/c: 1, R Haugh (Medway) 9-10.60; 4, S Burch (Pit) 9-23.67; 110H (+0.4 m/s) R Harbour (Car) 14.67; 1 Dickie (Ayr) 16.46 ht); 400H: 1, G Jennings (Yeo) 52.26.
Heats: P Simpson (Pit) 56.42; K Pearson (Cly) 57.77; HJ: 1, B Reilly (Cly) 2.25m; 3, W Wylie (FVH) 2.10m; 8, J Allan (Cly) 2.00m; PV: 1, W Siley (W&B) 5.10m (CBP); 4, A Greig (FVH) 4.50m; LJ: 1, S Phillips (Rug) 7.31m; 8, D Sabris (Ab) 6.57m; TJ: 1, T Fassino (Hill) 16.19m (CBP); 10, D Sabris 13.74m; SP: 1, S Hayes (Haver) 15.00m; 9, J Grundy (Hel) 12.48m; HT: 1, S Sparte (Read) 56.44m; 8, C Edger (FVH) 48.56m. Women: 400: 1, K Reeves (Ton) 55.85; 4, D Burden (CG) 56.71; 1500: 1, N Tait (Croy) 4-25.97; 5, I Linaker (Pit) 4-34.42; 3000: 1, H Haining (NV) 9-31.52; 100H (+1.4m/s): 1, K Maddox (C&S) 13.34; 7, S Richmond (Pit) 14.45 (14.43ht); 400H: 1, V Rhodes (Holl) 60.26; 5, S Wood (EWM) 63.27; HJ: 1, L Hagger (Croy) 1.84m; 8, H Melvin (Troon) 1.65m; LJ: 1, L McCoy (Win) 6.12m; 2, R Irving (Win) 5.97m; 4, C Black (EWM) 5.74m; SP: 1, A Grey (ESP) 14.28m; 4, L Barnett (PSH) 11.96m; DT: 1, E Merry (Croy) 48.66m; 2, A Grey 46.84m.

June

8

Frank Sinclair Memorial 9 mile RR

1, J Duffy (SV) 41-57; 2, G Gaffney (GWH) 41-58; 3, D McFadyen (GWH) 42-24; 4, S Hodge (SV) 43-53; 5, P Black (Dunoon) 45-48; 6, F Wright V1 (Sp) 46-31; 7, J McMillan V2 (Kil) 48-12; 8, E Watt (SV) 48-17; 9, R Boyd V3 (GWH) 49-18; 10, W Stoddart VO/60 (GWH) 49-47.

Isle of Benbecula Marathon: 1, S Jeffrey 2-43.32. Half Marathon: 1, E Grant (Mor) 73-47; 2, N Watson (PSH) 78-33; 3, B Nicolson (Fer) 80-03; 4, C Allan (Storn) 80-59; 5, A Cameron V1 (West) 82-39; 6, J Craib (Beebe) 83-04; 7, J Robertson (Mor) 82-53; 8, D DRummel V3 (Ham) 85-23; 9, K. Prosser (Mor) 85-23; 10, J Adkin (Len) 86-40; 11, C Reid (Glas) 1-34-05; 12, W Jones (Kinloss) 1-35-42; 13, I. Davidson (Mor) 1-39-39.

Dunfermline Half Marathon

1, W McNeil (Pit) 72-03; 2, G Lightwood (ESP) 72-22; 3, M McCreadie (Fif) 72-46; 4, R Doig (CSO) 72-47; 5, W Adam V1 (Ab) 73-32; 6, C Smith V2 (ESP) 74-37; 7, G Brodin (Fif) 74-54; 8, P Simpson (Pit) 75-05; 9, A Bosch (Ger) 75-17; 10, A Hrycyn (Ger) 75-36; 11, M McHale (Pit) 75-47; 12, P Baxter (Pit) 75-53; Team 1, Pitlochry 20pta. LJ, J Stevenson LV1 (FVH) 1-21-01; 12, A Rose (EWM) 1-22-13; 13, J Ferrati LV2 (Pit) 1-24-22.

Monklands Festival 7 mile RR, C'bridge

1, N Muir (She) 33-03; 2, A Douglas (VP) 33-05; 3, J Cooper (Sp) 33-34; 4, I Moncur (DHH) 33-42; 5, T Graham V1 (Fif) 34-18; 6, D Williams (CAC) 34-33; 7, D Thom (West) 35-09; 8, J Brown (Mor) 35-21; 9, J Brockett (Mor) 35-28; 10, D McAvan (FVH) 35-50; 11, R Young V2 (Cly) 36-21; 12, W Mitchell V3 (Cam) 36-32; 13, T Anderson (Kil) 36-48; 14, I Gordon (V4) (Cly) 36-32; 15, J Norton (She) 37-15; 16, S McCrae (V5) (Cumb) 37-16; 17, J Rose (Mor) 37-29; 18, J Quinn (Cly) 37-47; 19, M McGinley (Kil) 38-06; 20, J Morrison (She) 38-12. V40, T Graham; 2, W Mitchell, 3, I Gordon. V45: 1, R Young; 2, H Barrow (VP) 39-52. V50: 1, T Dunsmuir (Sp) 40-06; 2, J Cairney (She) 43-42 V55: 1, J Findlaystone (Un) 45-54; 2, J Sheerin (Un) 50-55 V60: 1, J McConnell (Air) 51-22; 2, R Donald (Gars) 53-10 V65: 1, J Smith (SVHC) 55-98 L1, K Paton (G) 40-02; 12, E McKay (She) 42-04; 13, J Byng (LIV) 43-12; 14, A Hughes (ESP) 43-18; LV0/35: 1, V Stewart (Un) 50-55; 2, M Young (Un) 54-26; O40: 1, M Ward (Un) 45-48; 2, E Devine (Un) 51-43; O/45: 1, J Byng; 2, V Duffy (Un) 54-40; 3, B Corrie (Un) 63-22; O/54: 1, M Middleton (Un) 63-22.

15

Skye 1/2 Marathon

1, P McCavans (DHH) 71-01; 2, S Axon (HBT) 71-43; 3, M Gommey (Cam) 74-49; 4, P Fox (DHH) 75-40; 5, B Pattison (DHH) 75-46; 6, R Brown (HBT) 78-09; 7, E Grant (Mor) 78-27; 8, H Watson V1 (Cly) 78-38; 9, J Jarvis (HBT) 79-56; 10, C Love V2 (DHH) 80-35; V8/50: R Mawer (Low) 81-04; Team: 1, DHH 10 pts; 2, HBT 17 pts; LJ, J Robertson (Ayr) 1-26-30; L2, J Harvey (CG) 1-28-53; L3, S Hales-Pattison (DHH) 1-29-56; L4, D Everington (LIV) 1-34-22; L5, M O'Neill (West) 1-35-56; LV1, M Sutherland (Sweden) 1-43-13.

12

Kilwinning Academy Milk 10K RR-1, G Wright (Ayr) 31-19; 2, T Murray (GHH) 31-21; 3, S Gibson (HBT) 31-41; 4, T Thomson (Cly) 31-49; 5, D Murray (JWK) 32-52; 6, B Craig (Irv) 32-55; 7, C Miller (Irv) 33-



18; 8, J Goldie (JWK) 33-23; 9, S White (JWK) 33-29; 19, D Logue V1 (Ayr) 32-52; 11, J White (Irv) 34-07; 12, J McNamee (Irv) 34-08; 13, J Strawhorn (Ayr) 34-24; 14, B Johnstone (Irv) 34-38; 15, G Young V2 (Ayr) 34-52; 16, D King V3 (Irv) 35-08; 17, A McDowell (Dalry) 35-18; 18, R McClymont (Irv) 35-11; 19, J McKenna (Irv) 35-13; 20, A McIatchie (Irv) 35-16; V4, I Dunham (JWK) 36-00; V5, D Ward (Ayr) 36-16; V6, J Carruthers (GHH) 36-36; V7, G Halliday (JWK) 36-59; Team: 1, Irvine Cable 36pts; 2, Seaford 39' 3, JWK 51.

Leamahagow Highland Games, 10 mile, RR 1, R Ronald (EK) 2, J Brockett (Moth); 3, J Rowley V1 (Law).

16

Peterhead 1/2 Marathon

1, F Clyne (Met) 69-54; 2, C Youngson V1 (Ab) 71-19; 3, G Phillips (ESP) 73-39; 4, M Thomas (HBT) 73-41; 5, C Noble V2 (FRC) 73-44; 6, S Hastie V3 (Pet) 75-47; 7, I Williamson (Ab) 78-48; 8, I Duguid V4 (Pet) 80-35; 9, R Marioni V5 (Ab) 80-54; 10, J Ingram V6 (FRC) 81-20; L1, M Duthie (FRC) 1-27.56.

Isle of Hoy 1/2 Marathon

1, A Cook (Unat) 72-06 (rec); 2, A Askew (H) 76-23; 3, G Harcus (Firk) 80-56; 4, E Taylor (H) 84-26; 5, E Cusiter (H) 84-59; 6, A Findlater (TA) 86-46; V1, R Rogers (Unat) 1-34-38; L1, D Leonard (Kirk) 1-40-20; L2, L Leslie (Unat) 1-42-03; L3, B Morrison (Unat) 1-50-06.

S'clyde Runners 10K, RR, Pollok Park, Glasgow

1, E Wilkinston 32-14; 2, J Brockett 33-35; 3, K White V6 (Hel) 34-29; 5, J Harrison (Kil) 34-31; Team 1, Victoria Park 13pts; V2, J McMillan 7th 35-10; Team 1, Strathclyde Police 28 pt. LJ, K Hancock (GN/guest) 40-08; L2, A Doonelly 43-26; L3, P McAdam LV1 43-42; L4, A Harvey 44-20; L5, J Wall 47-03; Special Olympics 1, S Roger 39-13.

New Cumnock 10 mile, RR, Cumnock

1, G Wight (Ayr) 53-47; 2, G Tenney (Kil) 54-55; 3, I Elliott V1 (Tev) 55-08; 4, D Murray (JWK) 55-31; 5, S Gibson (HBT) 56-54; 6, D Fairweather V2 (Cam) 56-56; 7, R Hubbard (Ayr) 57-30; 8, S White (Ayr) 57-46; 9, A Mann (Unat) 58-28; 10, W Weir (Unat) 58-29; V3, P Smith (Cly) 60-30; V4, G Young (Ayr) 60-51; V5, I Pollock (Ayr) 61-00; V6, D Ward (Ayr) 63-22; L1, J Armstrong (Cly) 67-38; L2, L Cains (JWK) 69-24; L3, J Strachan (Loud) 71-53; L4, G Cragg LV1 (Str) 73-59; L5, M Robertson LV2 (Troon) 82-15; L6, M Allison (Str) 82-25; Team: 1, D. H. 1, Loudoun Runners.

Hunters Bog Trot, Edinburgh

1, A Kitchin (LIV) 22-36; 2, R Rogers (Newt) 23-03; 3, P Hyman (LIV) 23-13; 4, A Gartside (Ayr) 23-25; 5, J Jarvis (EDU) 24-19; LJ, J Robertson (Ayr) 27-49; L2, D Etherington (LIV) 29-30; L3, K Gould (LIV) 31-05.

20

Bo'ness 10K, RR

1, C Hall (DHH) 30-26 (record); 2, R Hall (Tev) 31-37; 3, R Lee (LIV) 31-41; 4, G Akland (LIV) 31-44; 5, T Graham V1 (Fif) 31-46; 6, F Harper (FVH) 31-53; 7, J Cooper (Sp) 31-58; 8, J Evans (She) 32-26; 9, C Smith V2 (ESP) 32-28; 10, P Carton (She) 32-22; 11, A Fair (Tev) 32-47; 12, P Hyman (LIV) 32-53; 13, C Scott (ESP) 33-00; 14, A Stirling V3 (FVH) 33-09; 15, N Maitman (LIV) 33-10; Team: 1, Livingston 19pts; LJ, R Brown (HBT) 78-09; 7, E Grant (Mor) 78-27; 8, H Watson V1 (Cly) 78-38; 9, J Jarvis (HBT) 79-56; 10, C Love V2 (DHH) 80-35; V8/50: R Mawer (Low) 81-04; Team: 1, DHH 10 pts; 2, HBT 17 pts; LJ, J Robertson (Ayr) 1-26-30; L2, J Harvey (CG) 1-28-53; L3, S Hales-Pattison (DHH) 1-29-56; L4, D Everington (LIV) 1-34-22; L5, M O'Neill (West) 1-35-56; LV1, P McLaughlin 60th (West) 38-21; L2, N Hinton 61st (Call) 38-40; LV3, I Campbell 65th (Call) 40-49.

15

Skye 1/2 Marathon

1, P McCavans (DHH) 71-01; 2, S Axon (HBT) 71-43; 3, M Gommey (Cam) 74-49; 4, P Fox (DHH) 75-40; 5, B Pattison (DHH) 75-46; 6, R Brown (HBT) 78-09; 7, E Grant (Mor) 78-27; 8, H Watson V1 (Cly) 78-38; 9, J Jarvis (HBT) 79-56; 10, C Love V2 (DHH) 80-35; V8/50: R Mawer (Low) 81-04; Team: 1, DHH 10 pts; 2, HBT 17 pts; LJ, J Robertson (Ayr) 1-26-30; L2, J Harvey (CG) 1-28-53; L3, S Hales-Pattison (DHH) 1-29-56; L4, D Everington (LIV) 1-34-22; L5, M O'Neill (West) 1-35-56; LV1, P McLaughlin 60th (West) 38-21; L2, N Hinton 61st (Call) 38-40; LV3, I Campbell 65th (Call) 40-49.

22

The Eldon 2 Hills Race, Melrose

1, R Bergerstrand (Man) 27-05; 2, J Wilkinson (Gala) 27-26; 3, B Potts (Cly) 28-10; 4, H Lorimer (HLLP) 29-19; 5, S Bennett (West) 29-24; 6, A Schofield (Ross) 30-11; 7, A Shanahan (Tev) 31-11; 8, W Knox (Tev) 30-25; 9, R Morris V2 (Cly) 30-51; 10, E Rennie V3 (Aber) 31-06; VO/50: A. Phillipson (Gala) 31-54; J1, K Fotheringham (Gala) 32-29; Team: 1, Tev 29pts; 2, Gala 36pts; LJ, M Roberts (Man) 36-15; L2, K Moore (Cly) 41-34; L3, S King (Cly) 41-33.

RESULTS

23

Arbroath Half Marathon

1, T Mitchell (Pit) 68-59; 2, H McKay (Pit) 70-50; 3, B Cook (DHH) 70-55; 4, I Campbell (DHH) 73-59; 5, L Perera (Gla) 74-03; 6, A Munro (DHH) 74-29; 7, C Noble V1 (FRC) 74-40; 8, D Knight (PSH) 74-43; 9, S Wynn (Ab) 74-55; 10, B Anderson (DRR) 75-23; V2, B Headley (LHR) 76-45; V3, S Hastie (Pet) 77-15; L1, A Harley (Pit) 1-31-05; L2, J Farmer (Arb) 1-31-44; L3, A McLean (Mon) 1-34-39; LV1, S Carter (DHH) 1-43-00; LV2, M Rafferty (Mon) 1-46-25; LV3 S Ruark (Arb) 1-53-04.

Simmer Dim Half Marathon, Scalloway

1, N Martin (Pit) 72-51; 2, S McMillan (RAF) 75-00; 3, G Nicol (She) 84-00; 4, M Lixing (She) 87-51; 5, S Holland (Ken) 89-59; V1, F Miller (She) 1-34-41; L1, S Routley (Exm) LV1 1-32-30; L2, P Dick (She) 1-38-02; L3, E Matheson (She) 1-40-28. Team: 1, Shetland RR.

Dumfries Half Marathon

1, N Muir (She) 30-21 (rec); 2, A Douglas (VP) 30-23; 3, H Cox (GCM) 30-46; 4, J Duffy (SV) 30-50; 5, S Gibson (HBT) 30-50; 6, T Murray (GCM) 31-13; 7, R McCulloch (Kil) 31-39; 8, J Garland (Ed) 31-40; 9, I White (FVH) 31-42; 10, W Richardson (Irv) 31-53; V3, C Martin 16th (Dum) 32-28; Team: 1, GGH 23 pts; 2, SV 32 pts; 3, VP 56 pts. LJ, S Crawford 58th (CG) 35-48; L2, A Rose 89th (Ed

Scottish Rankings 1991

ONE surprise of the season has been the sudden emergence at the Scottish Championships of David Gilmour, who came from nowhere to take the top prize in the 400 metres.

Going into the Scottish with a best of only 50.0, the improvement to 49.56 in the heats was pleasing enough, but chasing three Australians from the outside lane in the final saw a stunning improvement in his time to 48.05 and a first international appearance in the Welsh Games.

In the women's events Hayley Haining has improved from last year's 9.50.4 to 9.12.28 in the 3000m, Sarah Richmond tops the 100 metres hurdles and Suzanne Wood in the longer hurdles is within striking distance of the long standing junior best of 61.3 in her first season out of the intermediates. It is also pleasing to record two young long jumpers over six metres - Ruth Irving and Caroline Black.

The lists reflect results reported as at July 26. If your performance is missing, then it is most likely due to (a) the results not being circulated or (b) incompetence on my part. Whatever the reason, all additions and corrections are welcome. My thanks to George Young and Iain and Lorraine Campbell for providing information for the women's events.

Arnold Black

Men

| | |
|--------|---------------------------|
| 100m | |
| 10.4w | Elliot Bunney CPH (10.43) |
| 10.55w | Ewan Clark ESP (10.78) |
| 10.69 | Douglas Walker ESP (J) |
| 10.7w | Brian Ashburn Cam |
| 10.79w | x David Lawson CPH |
| 10.8 | Stephen Shanks CAM |
| 10.8 | David Clark RRC |
| 10.8 | Jamie Henderson CPH |
| 10.8 | Colin McRobert Cam (Y) |
| 10.85 | Roddy Slater FVH (J) |

| | |
|--------|--------------------------------|
| 200m | |
| 21.1 | Elliot Bunney CPH |
| 21.30 | David Clark RRC |
| 21.6 | Stephen Shanks Cam |
| 21.65w | Douglas Walker ESP (J) (21.86) |
| 21.72i | Neil Turnbull CPH (21.9) |
| 21.78 | Ewan Clark ESP |
| 21.88i | Jamie Henderson CPH (21.93) |
| 21.88w | Grant Hodges ESP |
| 21.90 | * Alan Doris |
| 21.9 | Mark Davidson CPH |
| 21.9w | David Mulheron She |

| | |
|-------------------|----------------------|
| 300m Steeplechase | |
| 8-16.34 | Tom Hanlon RRC |
| 8-27.93 | x Peter McColgan DHH |
| 8-54.32 | George Mathieson CPH |
| 8-58.2 | Graeme Croll Cam |
| 9-01.5 | John Steel CPH |
| 9-03.6 | Ken Stirrat OU |
| 9-08.11 | Steven Wright Ab |
| 9-11.6 | John Pentecost FVH |
| 9-12.85 | David Ross CPH |
| 9-16.80 | James Austin CAC |

| | |
|--------|---------------------|
| 400m | |
| 46.14 | Brian Whittle Ayr |
| 48.05 | David Gilmour EK |
| 48.09 | Grant Hodges ESP |
| 48.17 | Mark Davidson CPH |
| 48.22 | Elliot Bunney CPH |
| 48.47 | Malcolm McPhail AYR |
| 48.47 | David Mulheron She |
| 48.67i | George Fraser Sand |
| 48.85 | x Simon Leary CPH |
| 48.89i | Gregor McMillan RRC |

| | |
|---------|--------------------|
| 800m | |
| 1-41.41 | Tom McLean BYM |
| 1-46.48 | Brian Whittle Ayr |
| 1-48.29 | David Strang HGY |
| 1-49.42 | Allan Murray JWK |
| 1-49.53 | Khene Idessane CPH |
| 1-49.57 | Gary Brown RRC |
| 1-49.9 | Glen Stewart CBK |
| 1-50.36 | Brian Murray CPH |
| 1-51.01 | Andy Walker CPH |
| 1-51.36 | Nick Smith Shaf |

| | |
|-------|-----------------------|
| 400mH | |
| 51.50 | Mark Davidson CPH |
| 52.62 | Malcolm McPhail Ayr |
| 53.3 | Mark Fulton W&B |
| 54.6 | x David Hitchcock CPH |
| 54.79 | Tom Nimmo ESP |
| 54.8 | Douglas Thom RRC |
| 55.49 | Alistair Taylor INV |
| 55.5 | Peter Simpson Pit (J) |
| 55.5 | Peter Campbell Stoke |
| 55.60 | Stuart Dempster CPH |

| | |
|---------|---------------------------|
| 1500m | |
| 3-39.21 | Tom Hanlon RRC |
| 3-43.70 | x Ian Hamer ESP (3-56.19) |
| 3-44.57 | Ian Gillespie Birch |
| 3-45.39 | Tom McLean BYM |
| 3-47.01 | Larry Mangeshot WGN |
| 3-47.19 | Arthur Reilly Herc |
| 3-47.55 | John MacKay She |
| 3-48.06 | Khene Idessane CPH |
| 3-49.1 | Glen Stewart CBK |
| 3-49.92 | Rob Fitzsimmons Bel |

| | |
|-----------|------------------------|
| High Jump | |
| 2.24i | Geoff Parsons BC |
| 2.15 | David Barnetson INV |
| 2.10 | William Wyllie FVH (J) |
| 2.10 | James Stoddart Bel |
| 2.10 | Stephen Ritchie Pit |
| 2.05 | Neil Robbie RRC |
| 2.03 | Duncan Mathieson CPH |
| 2.01 | Jason Allan CAC (J) |
| 2.00 | x Andrew Edgar CPH |
| 2.00 | Alan Scobie ESP |

| | |
|-----------|----------------------|
| 5000m | |
| 13-27.12 | x Ian Hamer ESP |
| 13-41.33 | Paul Evans BLG |
| 13-52.78i | Callum Henderson CPH |
| 13-53.49 | Tom Hanlon RRC |
| 14-06.21 | x John Sherban FVH |
| 14-09.79 | Robert Quinn Kil |
| 14-14.37 | Ian Matheson TVH |
| 14-19.5 | Nigel Gemmell SOT |
| 14-27.24 | Malcolm Campbell SOT |
| 14-27.35 | Peter Fleming RRC |

| | |
|------------|------------------------|
| Pole Vault | |
| 4.61 | Alex Greig FVH (J) |
| 4.50 | Ian McKay ESP |
| 4.40 | David McLeod Bel |
| 4.30 | Andrew Buchanan ALD |
| 4.20i | Iain Black CPH |
| 4.20 | Michael Nicoll SOTON |
| 4.20 | William Wyllie FVH (J) |
| 4.10i | Adam Anderson CAM |
| 4.10 | Duncan Mathieson CPH |
| 4.05 | Allan Leiper ALD |

| | |
|----------|---------------------|
| 10000m | |
| 28-35.61 | x John Sherban FVH |
| 28-56.69 | Paul Evans BLG |
| 29-40.1 | John Robson RRC |
| 29-45.92 | Robert Quinn Kil |
| 29-51.42 | Chris Robison SV |
| 29-58.25 | Allan Puckrin CPH |
| 30-03.38 | Hamilton Cox GGH |
| 30-05.38 | Doug Runciman Cam |
| 30-18.53 | Alistair Walker Tev |
| 30-25.85 | Mark Gormley Cam |

| | |
|-----------|-----------------------------|
| Long Jump | |
| 7.59w | Duncan Mathieson CPH (7.29) |
| 7.36w | Brian Ashburn CAM (6.82i) |
| 7.21 | William Wyllie FVH (J) |
| 7.01 | John Scott ESP |
| 6.91 | Mark Craig CAM (J) |
| 6.87 | Ian Paget VP (J) |
| 6.79w | Anthony Harrison She |
| 6.77w | David Barnetson Inv |
| 6.74i | Richard Burnett ESP |
| 6.73 | Melville Fowler Inv |
| 6.73 | Rory Birbeck Hynd (J) |

| | |
|--------------------|----------------------|
| 3000m Steeplechase | |
| 8-16.34 | Tom Hanlon RRC |
| 8-27.93 | x Peter McColgan DHH |
| 8-54.32 | George Mathieson CPH |
| 8-58.2 | Graeme Croll Cam |
| 9-01.5 | John Steel CPH |
| 9-03.6 | Ken Stirrat OU |
| 9-08.11 | Steven Wright Ab |
| 9-11.6 | John Pentecost FVH |
| 9-12.85 | David Ross CPH |
| 9-16.80 | James Austin CAC |

| | |
|-------------|------------------------------|
| Triple Jump | |
| 14.53w | Roger Harkins She (14.14) |
| 14.39 | Neil McMenemy Cen |
| 14.32i | John Scott ESP |
| 14.26w | Stuart Jamieson ESP (14.03i) |
| 14.14w | Russell Brown CPH (13.95) |
| 13.85 | Ian Beattie Cly |
| 13.82 | Dinkar Sabnis Ab (J) |
| 13.72i | William Leung ESP |
| 13.57 | Melville Fowler Inv |
| 13.50 | John Briefly N'ham |

| | |
| --- | --- |
| 110mH | |

<tbl_r cells="2" ix="2" maxcspan="1" maxrspan="1" usedcols="2

Fraser forces the pace

Fraser Clyne tells **Russell Smith** why he thinks the overall standard of road running within Scotland has dropped over the last decade.



FRASER Clyne could, if he so wished, sit back on the glory of being the reigning SAAA road race series champion - a title he has held for three years - and the knowledge that he has been the North East of Scotland's most successful athlete of the past decade.

But that is not his style.

Like his marathon colleague Allister Hutton, the 35 year old Metro Aberdeen AC star is never backward at coming forward when he thinks he has a pertinent athletics point to make.

Take the decline in the quality of Scottish marathon performances since the heady days of 1984 when some 22 Scots dipped below the 2-20 mark.

Highlighting the fact that only two runners - Hutton and Aberdeen's Jim Doig - achieved the same level of time success in 1990, Clyne says, "Sadly, there do not appear to be the runners around who have the potential to break 2-20."

"Setting aside the old guard of Allister Hutton, John Graham, Hammy Cox, Peter Fleming, and

myself, all of us in our thirties, there are really not all that many distance runners coming through. The quality and depth we had in the early 1980's simply isn't there any more."

"You have to say that is partly due to the fact that there are few opportunities for up and coming marathon runners, certainly few domestic openings now that all the city marathons have fallen by the wayside."

"And it is also the case that Scotland doesn't really offer anybody the chance to run in foreign internationals in road running."

By contrast, Clyne recalls how a foreign assignment led to his own marathon breakthrough. "I was given the chance to run in Oakland - and won. Had I not have been given that chance I might never have gone on to achieve what I did."

"It gave me the springboard to work to better things," adds the runner whose personal best of 2-11-50 in 1984 makes him the fourth fastest marathon Scot of all time.

Continues Clyne, "Incentive is the all important thing. As things stand, you can be the best in Scotland today and it won't necessarily lead to anything in road running. I can't really think of any opportunities for road runners to run abroad being offered through the governing body structure."

And the Aberdeen runner illustrates the point by adding: "I've won the Scottish title for the last three years but it hasn't led to anything beyond that. I think you should be looking to offering your Scottish champion - and here I'm not speaking personally - something or it defeats the object of having a championship."

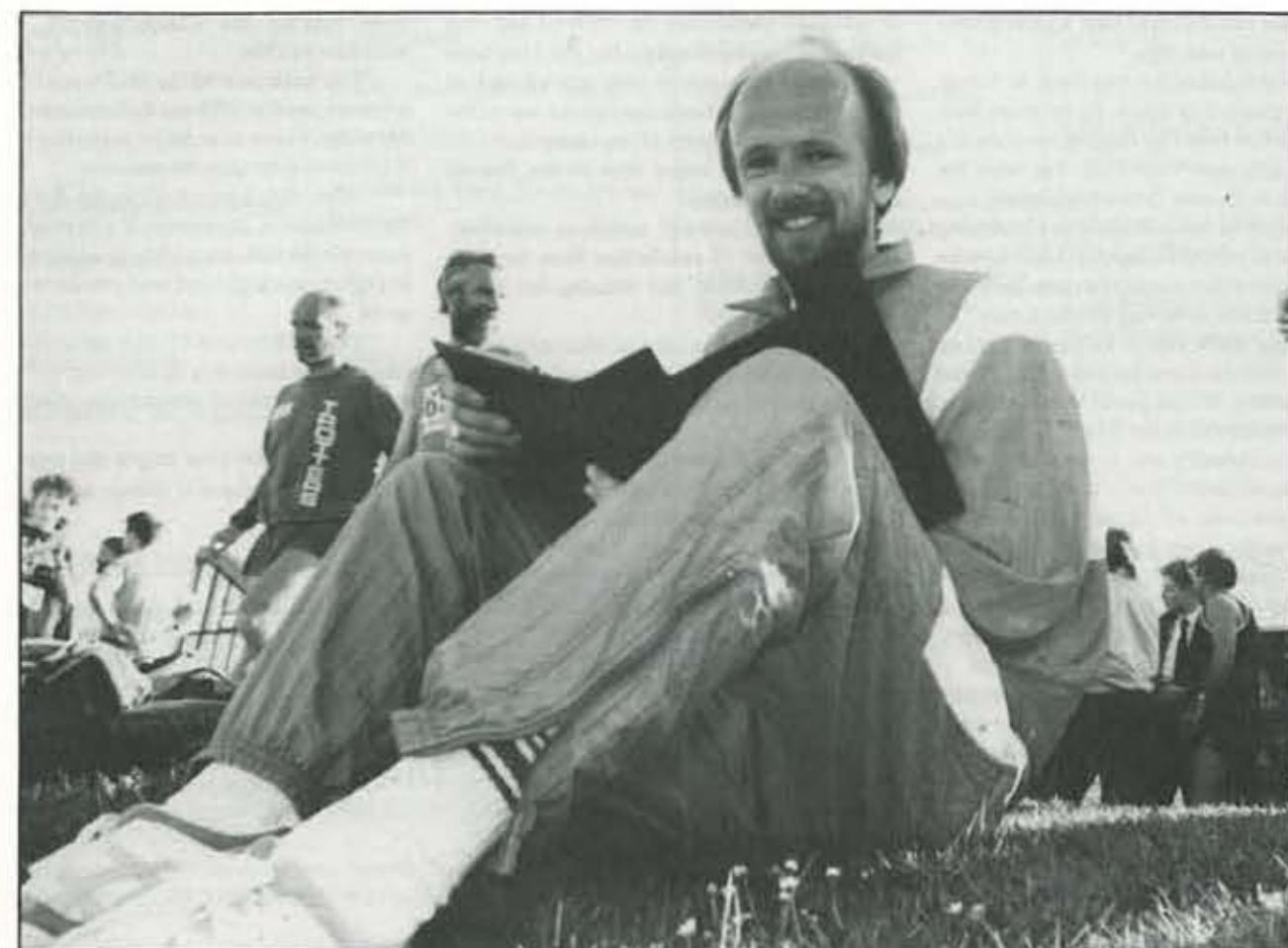
Clyne is equally critical of the lack of promotion behind the road race series. "It is simply set up and left," he says. "A lot of people don't enter because they are not even aware it is on."

"Again, they might not see any point in competing if the championship isn't going to lead to anything else."

"I would even go as far as to say that the time may have come when we should look at the possibility of approaching agents who are now legalised by the IAAF as a relevant part of athletics, and ask that they find races for up and coming runners. It may well mean that the powers that be have to pay for the privilege. But we have to do something to get our better runners into better races."

Looking at the Scottish road running scene in general, Clyne says, "One of the problems of the road running boom is that there are too many races. As a result, you get athletes running here, there and everywhere and winning in pretty poor times. The emphasis isn't so much on quality as winning."

Candidly he adds, "I would include myself in



A runner in another role... Fraser Clyne about to act as a timekeeper for an Aberdeen four mile race organised by Metro Aberdeen AC.

that. Sometimes you tend to go to a race knowing full well that you are not going to have to pull out all the stops to win."

"Ten or twelve years ago it was difficult to find a race and you turned up knowing that probably eight of the top ten road runners in the country would be chasing the prize. Nowadays your top ten runners can be competing at ten different races - and all can win."

Asked if he thought there was still a case for a major Scottish marathon - even if it meant moving the event from city to city on a four or five year rotation, Clyne says, "I would argue that it is important for Scotland to have a major marathon."

"And the idea of moving such an event around the country holds certain merit."

"Adopting this idea on a North East basis, I see some sense in Aberdeen and Dundee getting together and promoting a race on alternative years. It would certainly take the pressure off the organising committees and police if they knew they would only be involved every second year."

"Aberdeen was never a top line marathon simply because there was always going to be bigger and better things for top runners to tackle. Yet it played a very important role in attracting second tier runners, the guys who were aiming for better things at a later date."

"If you look at the history of the Aberdeen marathon you will see that it did serve as a

stepping stone for a lot of people. Gerry Helme won it the year before he finished second in London, running 2-15 in Aberdeen. Iuen Ellis, the Welshman, went on to run in the Commonwealth Games."

"Indeed, a whole host of people ran Aberdeen as one of their first internationals and it gave them the right level of race at that time. After all, there is no point in putting someone who has run 2-20 into a 2-08 or 2-09 marathon. A 2-20 runner coming into Aberdeen and winning in say 2-18 could then look to taking a step up to better things."

And Clyne is still convinced that the organisers did the Scottish road running scene no favours when they pulled the plug on the Glasgow Marathon.

He says, "In its last year it had 5,500 competitors and yet was portrayed as a flop."

"The trouble was that people were comparing the race with its peak year when there was an entry of 20,000, even though only 11,000 actually ran."

"Yet if you look back to Glasgow's first year you will find that the race only attracted 5,500 and it went down as the greatest sporting spectacle that Scotland had ever seen."

"Let's face it, 5,500 people in a Scottish marathon is really the equivalent of 55,000 in London."

Turning his attention to a more domestic

issue, the Aberdeen runner reflected on his somewhat shock decision to join Metro Aberdeen AC after many years as a leading light with Aberdeen AAC.

"Setting aside the personal issue, I firmly believe that a second Aberdeen club was inevitable," he says. "We had reached the stage where there was a vacuum in the sense that there was no club serving the interests of people interested only in road running."

"It was, in my view, inevitable that there would be a need for a club specialising in road running, one which would prove attractive to those drawn into the sport by the road running boom. At the same time it would be attractive to people like myself who had come into the sport through the traditional scene but who felt that their interests had moved to the road running scene."

"I did a lot of serious thinking before deciding it would be better to join Metro. At no time since have I regretted taking that decision. What people should recognise is the fact that Metro Aberdeen was never intended to be a rival to Aberdeen AAC, simply a club catering for another branch of the sport."

"If there is anything to be learned from what happened then it is that the traditional clubs have really got to look at what they are offering. There is always a reason for breaking away. In this case the move stemmed from a changing athletics

scene and the fact that road running had grown into a sport in its own right."

Currently fighting his way back to fitness after a year plagued by injury, the Arbroath born athlete, who first found his running vocation as a student at Aberdeen University, has used the time to look at his own future in athletics.

"Obviously the last year has been a frustrating one because of injury. Unhappily, I still have an injury problem which means I can train hard only every so often before having to take it easy."

Admitting that visits to various specialists have so far failed to come up with a cure, Clyne says: "Hopefully, if I can get rid of this problem, I still have ambitions in the sport."

"I would certainly aim to get back on the marathon scene and I don't deny having set myself targets, one of which is to make the Commonwealth Games team again in 1994."

"Right now my sights are set on the Californian International Marathon in Sacramento in December as a logical date for my return to the 26 mile scene."

A crack at some of Scotland's better quality hill races also rank high in the plans of a runner who names Mel Edwards and North East distance running legend Alastair Wood as the inspiration behind a marathon career which stretches back to his debut in Aberdeen in September of 1981.

But the memory which lingers on is that of crossing the finishing line in Sacramento in 1984 with a personal best which still stands today.

"I remember looking up at the clock and thinking that someone, at last, had broken Woody's Aberdeen record."

Clyne has now completed 23 marathons, 21 of them inside 2:20, in a running career which has encompassed three IAAF World Marathon Cup appearances for Great Britain in Hiroshima (1985), Seoul (1987), and Milan (1989).

His Scottish international career has taken in the 3000m steeplechase, 5000m and 10,000m on the track, five world cross country championships, and a tenth place run in the 1986 Commonwealth Games.

But there have also been the disappointments - like his failure to make the Scottish squad for the 1987 World Cross Country Championships, despite having finished seventh in the national championships and having captained the 1986 team in Neuchatel.

"That was a particularly bitter pill to swallow," admits Clyne, relating how he had set his heart on appearing in what was Scotland's championship swansong before the four home countries were supplanted by Great Britain.

The Scottish selectors, in their wisdom, decided that Clyne could not be guaranteed to give 100% commitment to Scotland's cause in view of the fact that he was to run for Great Britain in the World Cup Marathon in Seoul three weeks after the cross country championships.

The Aberdeen runner still finds it difficult to be diplomatic in his reaction to the decision.

He says, "I thought to be treated with that sort

of mistrust, particularly in view of my five previous appearances and the fact that I had been team captain the previous year, was a breach of faith. The whole episode represented one of the biggest disappointments of my career."

So how much longer does he see himself remaining in the sport?

"Although I am still ambitious marathon-wise, I get a lot of satisfaction from far more minor achievements, like winning the Scolty Hill Race ten times."

"I suppose it is a case of readjusting your targets and when you get into the second half of your thirties you do begin to think of the veteran scene."

"I've never ever put an end date on it. But to be honest I'm really looking to the next three or four years with a number of specific aims, one of

them making the Commonwealth Games marathon in 1994."

"One milestone will be 1995 when I become a veteran, another 1996 and the hundredth Boston Marathon. I have an ambition to run that because it is bound to be quite an occasion."

"After that, I just don't know. But I don't suppose there is any reason, if you avoid injury and retain the enthusiasm, why you can't continue to perform at a high level until you are at least 43 or 44."

"Donald Ritchie is 47 this year and he is still churning out these ultra distance records without showing any marked deterioration over the last ten years."

He adds, "Set your targets and retain your enthusiasm and there is always something for you in athletics."

ATHLETE PROFILE

Fraser Clyne

Representative Honours:

REPRESENTED Scotland at the World Cross Country Championships, 1981 (Madrid), 1982 (Rome), 1983 (Gateshead), 1984 (New York), and 1986 (Neuchatel). Captained the team in 1986.

Represented Scotland in track internationals at 3000m steeplechase, 5000m and 10,000m. Represented Scotland at the marathon in the 1986 Commonwealth Games (finishing 10th). Represented Great Britain at the IAAF World Marathon Cup in 1985 (Hiroshima), 1987 (Seoul), and 1989 (Milan).

Marathon Status:

FOURTH fastest Scottish marathon runner of all time (personal best time of 2:11:50).

Ranked in the top four in Scotland every year since 1983.

1983 4th (2:14:29)

1984 1st (2:11:50)

1985 3rd (2:14:20)

1986 3rd (2:15:03)

1987 3rd (2:17:27)

1988 2nd (2:16:04)

1989 3rd (2:16:11)

Winner of the Oakland Marathon (USA) in 1983 and 1984.

Runner-up in the US Marathon Championship at Sacramento in 1984.

Runner-up in the Melbourne Marathon in 1985.

Fifth in San Francisco Marathon 1987

First equal in the Casablanca International Marathon in 1988.

Fourth in the Twin Cities (Minneapolis-St Paul) Marathon 1988

Ninth in Houston Marathon 1989.

Fourth in California International Marathon 1989

Completed 21 marathons to date faster than 2:20:00 (the second best record ever achieved by a Scot and fourth best by a Briton).

Local Status:

1987-88 Aberdeen Sports Council male (amateur) sports personality of the year.

Aberdeen AC record holder at 3000m, 10,000m, and marathon.

Aberdeen road race series champion 1987, 1988, 1989, and 1990

Recent National Achievements:

1988, 1989, and 1990 Scottish AAA road race champion (based on results of six races over 10K, 10 miles, and half marathon).

Winner of 1989 Morpeth to Newcastle RR (one of Britain's oldest and most prestigious road races).

AUGUST

10

BRODICK HG, Isle of Arran D-(0770) 2568.

CELTIC International, N. Ireland.

MERRICK Hill Race, Glen Trool.

GRE Cup Final, Crownpoint.

WOOLWORTHS SYAL Final, Crownpoint.

11

DALCHULLY Hill Race, Laggan Bridge.

EDINBURGH & Dist League, Tweedbank.

GILENTROOL Hill Race/Forest Jog.

HADDINGTON Road Races, Half Marathon, Haddington. D - 0620-822043.

INVERCLYDE Marathon, Greenock D-0475-894151. Incs SAAA/SWAAA Marathon Champs, D-031-317-7321.

SAAA Meday and Octavian Relay Championships, Meadowbank.

GENERAL Portfolio 10 mile Road Race, Aberdeen. D-(0224) 636299.

14

CAERKETTON Hill Races, Edinburgh.

MARYMASS 10K, Irvine D-(0294) 822053.

CITY of Edinburgh OGM, Meadowbank.

MILL Lum Race, Kinghorn, Fife. D-(0592) 873178.

17

FALKIRK Young Athletes Meeting, Grangemouth. D - (0324) 486711.

LARGO Law Hill Race, Lower Largo, Fife.

MOTOROLA FUN RUN

SUNDAY 8 SEPTEMBER

Start 2pm Strathclyde Park

T-SHIRTS TO ALL FINISHERS

Entry Adults £3 Under 16£1.50

On the Day £3.50 and £2.00

Fancy Dress, Category and

Spot Prizes

For Entry forms phone East Kilbride 39101 or enclose S.A.E. to Motorola Fun Run, Colvilles Road, East Kilbride.

NAIRN Highland Games & Half Marathon, D - (0667) 52974.

ORKNEY Islands Open T&F Champs.

SCOTTISH YAHs, Livingston.

ST MUNGOS Heavy Events Champs, Bellahouston.

18

ARGYLL Championship, Oban.

ESPCAC 10K Road Race, Edinburgh

JUNIOR Highland Games, Everholm, Annan. D-(0461) 203311 x306.

SWAAA East v West, Meadowbank.

GRAMPIAN TV League (East) Peterhead; (North) Inverness.

PANASONIC Scot. Athletic League (4) Div. 1 & 2, Coatbridge; Div 3,4,5, C'point.

TWO Inches 10K Race and Fun Run. D - Perth & Kinross District Council Leisure & Rec. Dept, 3 High Street Perth PH1 5JU.

20

CLOBA Geig 5 mile Road Race, Linwood.

21

CAERKETTON Hill Races, Edinburgh.

MARYMASS 10K, Irvine D-(0294) 822053.

24

BUTE Highland Games (inc Road Race), Rothesay, D - (0700) 83610.

GREAT Wilderness Challenge, Poolene, Wester Ross. D - (0445) 731238.

IAAF World Champs (to 1 Sept), Tokyo.

LANARKSHIRE T&F Champs, Wishaw.

30

COWAL Highland Gathering, Dunoon

SCOTLAND v N Ireland v Wales (u-20 men/women), Antrim, N Ireland.

TWO Bridges RR (Forth/Kincardine)

UK Women's League 3, various.

JSB Plumbing Forth Valley League D1&2 Final, Grangemouth. D-031-663 0573.

LONACH Highland Gathering, D-(09752) 302.

25

SEVEN Mile Beach Run, Irvine.

MARYMASS Sports, Irvine D-(0296) 8220653

MIDArgyll 9K Road Race & Fun Run, Lochgilphead, 3pm Start. Entry £2, E accepted on the day. E forms & info from Mr F Johnston, Kilmory Road, Lochgilphead (0546) 2024 Evenings.

SAL Inter District Match, Grangemouth. D - (0324) 22526.

UK Women's League, various.

EVENING Express Aberdeen Half Mara.

26

JW Kilmarnock H & AC Festival 10K RR and Fun Run, Kilmarnock.

MILTON Keynes Straight Mile. D-David Abbott Publicity, 8, The Office Village, Scirocco Close, Moulton Park, Northampton NN3 1AP. Tel: 0604

28

LANARKSHIRE Track League, Coatbridge.

30

BEN Nevis Race, Fort William D - (0397) 704189.

EASTER Ross People's 10K RR and Fun Run, Tain.

LOCH Leven Half Marathon, Kinross D - (025981) 491.

SCOTTISH YAHs, Livingston.

31

CARLUKE "10" miles Road Race, Carluke D - (0555) 70358

Glenashdale Road Race (9.1m), Isle of Arran D - (07707) 445.

GLENURQUHART Highland Games (inc 15 mile RR), Drumnadrochit, D-04562481.

HOME Counties Combined Events International, Middlesbrough.

UK Young Athletes League Final.

BORDERS Athletic League, Galashiels.

BANK of Scotland Womens League D1-5.

STEWARTON 2nd Charity 6 mile and 11.5 mile races. Medals to all finishers. Pre-entry preferred. Details from M Dean (0560) 84814.

NEW SUBSCRIBER OFFER FOR SCOTLAND'S RUNNER



Start your 12 months subscription to **SCOTLAND'S RUNNER** now and receive a **FREE** Scotland's Runner T-Shirt.

These 100% cotton white t-shirts are embroidered with the purple and green *Scotland's Runner* thistle logo and are available in all sizes.

To receive your free t-shirt, simply complete the coupon below indicating your size. Payment can be made by Access/Visa card or cheque for £18.00.

Send to: ScotRun Publications Ltd,
FREEPOST, Glasgow G3 7BR.

From Mr Mrs Ms (please print address below)

Name: _____

Address: _____

Post Code: _____ Tel No: _____

Access No
(Please tick applicable)
 Visa No

SIZE: SMALL MEDIUM LARGE XL XXL

EVENTS

Marathon Champs, Ayr D - 031-3173142.

EDINBURGH and District League, Pitreavie.
MONKLANDS Scottish Cup Final.

MORAY RR 10K, start 2pm, Elgin Cooper Park. E on day till 1.30pm, £2.00 (Club) £3.50 (unatt). Further details: Anne Ains, 10 Brumley Brae, Elgin (0343) 541543.

OBAN Half Marathon. D - (0631) 72432.

GRAMPIAN TV League Final, Aberdeen.

GRE Cup - Plate Final, New River, Haringey, D - 021-456 4050.

NEWTOWN Mast Race, 9 miles and 2K Fun Run for all ages. 11am start Meldwyn Leisure Centre, Plantation Lane, Newton. Changing and shower facilities provided. D - David Wright, (0938) 552828 x 290 or (0938) 553651.

14

CAIRN William HR, Monymusk, Inverurie.

MINI Minor Highland Games, Grangemouth, D - (0324) 486711.

15

BT Company Challenge 10K & Fun Run, Lochinch, Pollok Park, 11am start, E - £1.50, usual facilities. Team prizes. Info - John Montgomery 041-637-0703.

CORRIEYAIRACK Pass H/R, F1 Augustus.

IBM 'Round Arthur's Seat Race' 10K & 5K Fun Run, D - 031-556 9292.

SCOTTISH & N West League D1,2,3,4,5&6.

STRANRAER People's Half Marathon, Stranraer D - (0776) 2151.

UK Women's League Qualifier.

BANK of Scotland NE League, Glenrothes.

MCVITIES Challenge, Sheffield.

18

LIVINGSTON & District AAC Open Grades Meeting, Craigewood, D - (0506) 32789.

21

TWO Ferries Race, 11 mile Race, Trestaig to Ardgor. Details from - J Maitland, St Monance, Ardgor, By Fort William, PH33 7AA. Tel (08555) 267.

JUNIOR Great Scottish Run - D - 041 227 5093.

22

COCKLENBO Hill Race, Linlithgow.

GREAT Scottish Run - City of Glasgow Half Marathon - D - 041 227 5093.

INVERNESS 10 mile RR, Queen's Park Stadium, 2pm. Prizes and ceramic medals to all finishers. Prizes in all categories. E - £4.50 (£5.00 unatt). Max limit 200. Closing date 16 Sept. Entries to Paul Cowie, 50, Old Edinburgh Road, Inverness IV2 3PG. Tel: (0463) 221535.

BOS WAL Qualifier, Grangemouth.

28

GEORGE Cummings Rd Relay, Kilbarchan.

KNOCKFARRELL Hill Race, Strathpeffer.

LIVINGSTON & Dist AAC Road Race, D - (0506) 32789.

KALL Kwik Blaigowrie '500' Half Marathon, Blaigowrie D - (0250) 3899.

October

6

HARVIES Annual Triathlon D - (0294) 605126.

GLASGOW Team Triathlon, Hogganfield Loch, D - 041-227 5116.

LINWOOD Community 5K Fun Run, Entry forms and details from (0505) 29219 (day) or 041-638 3341 (evening). Closing date for entries is 29th September.

BANNACHIE Hill Race, 7.25 mile, D - 0476 20981.

12

SUTHERLAND Triathlon, Golspie, D - Dave Bicket, Sutherland District Council Office, Golspie.

13

LOCHABER People's Half Marathon, 12 noon, fee £4. D and E forms: E Campbell, Kleinmuil, Alma Road, Fort William.

27

RUBY Young Memorial Race - Ladies only - 4 miles, 11am start, Howard Park, Kilmarnock - D - Kate Todd, 9 Belvedere View, Galston, Ayrshire (0563) 820127.



MINOLTA BLACK ISLE
ATHLETIC CLUB
in association with
ROSS & CROMARTY DISTRICT COUNCIL
PRESENTS



THE 1991 BLACK ISLE FESTIVAL OF RUNNING

featuring
MARATHON, HALF MARATHON,
10K & FUN RUN
SATURDAY 2 NOVEMBER 1991

Further information and entry forms available from Leisure Services, Ross & Cromarty District Council, Ross House, Dingwall. (tel: 0349 - 63381, daytime) or Ray Cameron, 5 Rose Croft, Muir of Ord (Tel: 0463 - 870805, evenings)

PRE RACE DAY ENTRIES WOULD
BE APPRECIATED.



Round Arthur's Seat Race

THE ROUND ARTHUR'S SEAT
10K and "FUN RUN"
(under SAAA and SWAAA Laws)
SUNDAY 15th September 1991
Sponsored by IBM in Scotland & Scottish Equitable

- * 10am START for the 10K
- * 11.30am START for the FUN RUN
- * Medals to all 10K Finishers
- * Certificates to all FUN RUN Finishers plus Spot Prizes
- * In aid of The Royal Hospital for Sick Children (Edinburgh)
- * Scenic and breathtaking route within Holyrood Park

Block Capitals Please

SURNAME

FIRST NAME

ADDRESS

TOWN/CITY

TELEPHONE NO.

POST CODE

Event (please tick)
FUN RUN Fee £1.50
10K RACE Attached £3.00 Unattached £3.50
(10K race open to those aged 16 or over
on the day of race)

AGE SEX M/F Name of Aff. Club

I enclose a fee of £..... and a 9" x 6" Stamped Addressed Envelope

Please make all cheques payable to "Round Arthur's Seat Race" before posting to: IBM, Round Arthur's Seat Race, 21 St Andrew Square, EDINBURGH, EH2 1AY. Telephone 031-556-9292.
FINAL RACE PACKAGE WILL BE SENT OUT IN THE SAE.
ENTRIES CLOSE 2nd SEPTEMBER 1991

Please enter me for the above event. I am medically fit to run and understand that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. I hereby declare that I have not competed in any athletic event as a professional or having done so have been reinstated to amateur status.

Signed..... Date



3RD
HARVIES ANNUAL
BIATHLON
THE AUCHENHARVIE CENTRE,
SALCOATS ROAD, STEVENSTON,
AYRSHIRE



Sunday 6th October 1991
SWIM/RUN

ENTRY CATEGORIES

Men & Women 17 years + and 40 years + 1000m swim
10,000m run

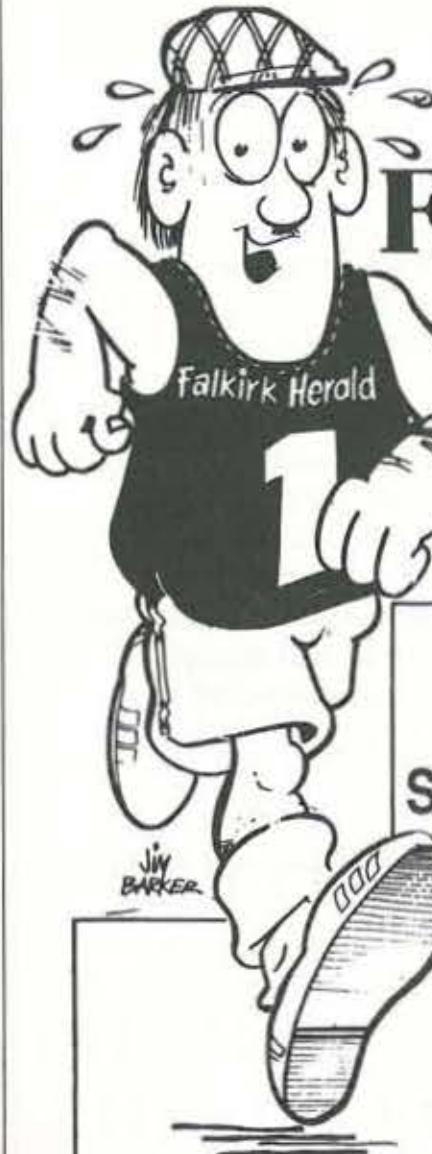
Boys & Girls 15-16 years, 14s and under 400m swim,
4,000m run

PLUS

Fun Event for all ages
400m swim, 4,000m run

for further details and application forms contact:
Liam Griffin, The Auchenharvie Centre,
Salcoats Road, STEVENSTON
AYR (0294) 605126





THE FALKIRK HERALD

and Scottish Midlands Journal

PEOPLE'S HALF MARATHON

PROMOTED BY FALKIRK DISTRICT COUNCIL

LEISURE SERVICES DEPARTMENT

Sponsored by THE FALKIRK HERALD

Under SCUU and SWCC & RRA Rules

Incorporating Final Race in Scottish Road Running Championship

Sunday, October 20, 1991 (start 10.30 a.m.)
OFFICIAL ENTRY FORM, FEE £4. LIMIT 3000

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

Surname

| |
|------------------|
| For Official Use |
| |
| |
| |
| |
| |
| |

Christian Name and other Initials

| | |
|---|---|
| M | F |
| | |
| | |

Address

| |
|--|
| |
| |
| |
| |
| |
| |
| |

Town or City

| |
|--|
| |
| |
| |
| |
| |
| |
| |

Post Code

| |
|--|
| |
| |
| |
| |
| |
| |
| |

Country

| |
|--|
| |
| |
| |
| |
| |
| |
| |

Age on day of Race

| |
|--|
| |
| |
| |
| |
| |
| |
| |

Date of Birth

| |
|--|
| |
| |
| |
| |
| |
| |
| |

Club or Team name (if any)

| |
|--|
| |
| |
| |
| |
| |
| |
| |

Anticipated time for $\frac{1}{2}$ Marathon

| |
|--|
| |
| |
| |
| |
| |
| |
| |

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

I enclose herewith my Cheque/P.O. No. value £4, being the amount of entry fee made payable to Falkirk District Council.

(A stamped (27p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

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

Entries will not be accepted on the day of the race.

Entries close on October 7, 1991, or on receipt of 3000 entries

SIGNED DATE

Please send your entry form along with entry fee to: THE RACE SECRETARY,
 LEISURE SERVICES DEPARTMENT, KILNS HOUSE, KILNS ROAD, FALKIRK FK1 5SA

Cort-ma-Law, lack of communication, and petty bickering

IT happened again. Last year at the Cort-ma-Law race, many of the runners were in danger of not getting a run because they were not armed with a map and compass.

This year substantial group of runners, including Brian Potts of Clydesdale, one of the pre-race favourites, were left to enjoy a run in the Campsie, but not as part of the race.

Race organiser, Alastair Campbell, maintained that he did not want to be responsible for ill equipped runners getting lost and having to be rescued.

All of this is fair enough but for the following points.

Firstly, unless you read last year's "Scotland's Runner" (not everyone is wised up to this yet!) or were lucky enough to read the entertaining pre-race pamphlet, you were not likely to know that you needed to have a map and compass. The Scottish Hill Race calendar lists races which do require runners to carry equipment. Cort-ma-Law is not one of them.

Secondly, no check was made of those runners who did have a map and compass to see if they could actually use them. I know of some who admitted that they couldn't!

Thirdly, the race organiser's manner in enforcing his rule was, let's just say, a bit undiplomatic. What made things more heated, and almost farcical, was that it was a beautiful evening, with no change likely in the weather and thus no need for maps and compasses.

Cort-ma-Law is a good race. It shouldn't be spoiled by lack of communication and petty bickering. If the race organisers require runners to carry a map and compass, then they should say so in the Scottish Hill Race calendar.

They should also say that whilst the registration is only half a mile along the race route away from the start, they are several road miles apart - I know this caused some runners to be late.

Out of pocket pro's

I WAS training at our local track with some professional runners one night last week. They were taking it easy (I was struggling to keep up) because they are in the middle of their season. Three of them had just had a good week. Between them they had won about £300. A respectable amount, but when you take of the costs of pulling their caravan around the circuit as well as modest living costs, they are still out of pocket.

Compare this with the astronomical amounts that some "amateur" runners can collect and it shows just how ludicrous the rules are that prevent all runners from competing together. Come on all authorities - sort this silly anomaly out and let everybody compete together.

Foregone conclusion

WAS I in a minority of one in thinking that the result of the race between Liz McColgan and Yvonne Murray was likely to be a foregone conclusion? Certain elements of the press were hyping the race up into the clash of the century when in fact it was a race between two world class athletes, but world class in different events. They would never reach the same level of hysteria about a race between world class 200m and 800m runners, would they?

It was a great race to watch and it was good to see Yvonne get the tactics right this time. I have no doubt that Liz ran to win but I am quite sure that even she knew that she had little chance of beating Yvonne over that distance.

Good luck to Andy

EVEN at the last gasp, after all the rule changes, there was an element of farce about as Meg Ritchie was photographed kissing Frank Dick before she left to ponder the job, only to turn it down. Best wishes then go to Andy Vince. He has a hard job. I hope he is given the time and support he needs to make a success of it.

Weather matters

I NEVER thought that I would be glad of temperatures around 15 degrees to 20 degrees.

At the beginning of July I was in Germany for about ten days. I was on a tight schedule anyway, and getting much running in was always going to be difficult. It was actually impossible. The temperature never fell below 25 degrees, and that was first thing in the morning, and constant high humidity meant that I was always bathed in sweat - even at the breakfast table. I don't think I'll moan again about our weather.

Now if we could just do something about the midges!

MIKE RAKER



CHEST, HEART & STROKE SCOTLAND

THERE IS SO MUCH GROUND TO COVER - PLEASE RUN FOR US AND HELP US IN OUR AIM TO PREVENT CHEST HEART AND STROKE ILLNESSES

ALL MONEY RAISED IN SCOTLAND IS SPENT IN SCOTLAND

For sponsorship forms, free running vest and details of our work in Scotland, contact: Liz Gardiner, CHSA (Scotland), 65 North Castle St, Edinburgh EH2 3LT Tel: 031 - 225 6963

RACE SERVICES

BEEKAY
FOR
NUMBERS
TABARDS
SIGNS

BANNERS
152 ILDERTON ROAD
LONDON SE15 1NT
TEL 071 732 8608
FAX 071 277 6996

SUPPLIERS TO
1991 WORLD CHAMPIONSHIPS IN
TOKYO - SEVILLA - ANTWERP - SAN JOSE
S.A.E. FOR DETAILS OF OUR NEW 'FARTEX' NUMBERS

RUNNING
IMP U.K.

FOR ALL
YOUR RACE
REQUIREMENTS

Contact: Dick, Roz or Lisa Hughes,
on 0778 342947, anytime any day.
Fast, friendly, family service that gives
you the best prices.

SPORTING EQUIPMENT

SPORTS TIMING

Omega offers a comprehensive range of
marathon clocks for hire for as little as £50.
These clocks are totally self-contained and
come in a range of sizes.

The best is not expensive
Contact Sylvia Borgenson
Marathon Co-ordinator

Tel: 0703-616600
Fax: 0703-629127



Kelly's Workshops
Wobblieboards, 41 Jerome Close, Marlow, Bucks, BL7 1TX.
Wobblie Board £14.00 + P&P (£3.00)

The Wobblie Board is suitable for strengthening leg and
ankle muscles, providing better co-ordination, balance
and after injury exercise. For more information contact
Kelly on the telephone number below, or alternatively
write to her for advice. Tel: 0628 474966.

COURSE MARKING/BARRIER TAPES

Red/White & Black/Yellow Striped Ex-stock
SPECIALTY PRINTED TAPES -
COMPETITIVE PRICES

Ring us for a price list & catalogue
Boddingtons Ltd, Unit 10, Chelmsford Road,
Ind. Est., Dunmow, Essex CM6 1HF
Tel: (0371) 875101

SPEEDMAN

STARTING BLOCKS

Special Introductory Offer
£50.00 plus p&p. RRP £93.50

Phone for further details:

Riverside Precision & Sheetmetal Ltd, Ford Lane, Ford,
Nr Arundel, West Sussex, BN18 0DF
Phone: 0243 551018/0243 553731

SHOE SPECIALISTS

All types of running
shoe and hiking boot repairs.
Established Glasgow Business

S. McFARLANE & SONS

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

RUNNING SHOE REPAIR SERVICE - Postal Service

Available. All makes - Walsh, Nike, N.B., etc. Edinburgh.
031-667 9071

SPORTSWEAR

WASP
SKINSUITSLEADING THE FIELD FOR
QUALITY AND COMFORT

Full range of lycra
sportswear - 34 colours -
printing service

Large S.A.E. to Wasp Sports,
22 School Lane, Brereton Green,
Sandbach, Cheshire CW11 9RN
Tel: (0477) 33506 (anytime)

JACKETS
BODYWARMERS
TEES, POLOS
SWEATSHIRTS
RUGBY SHIRTS
PULLOVERS
FORMAL SHIRTS

CLUB CLOTHING - NEED A CHANGE?
PROMOTIONAL JACKETS AND EXTENSIVE RANGE
OF LEISUREWEAR FROM STOCK! KEEN PRICES.
GOOD SERVICE. YOUR CLUB CREST AT NO
EXTRA COST.
Phone or write for free brochure:
CUTTING EDGE, 29 Ley Lane, Mansfield Woodhouse, Notts.
NG19 8JU PHONE 0623 25394

CUTTING EDGE

Club colours - vests, shorts, tracksuits, badges, holdalls, shell suits & leotards.
Small order welcome. Douglas Sports, Fairfax House, Fulwood Place, London
WC1V 6UB. Tel: 081-876 5818.

SPORTS PSYCHOLOGY

**THE HUMAN
PERFORMANCE CLINIC**
Sports Psychology, NLP and Hypnosis.
Mental training for relaxation,
competition, concentration,
positive pre-programming etc.
Iain Thomson BA DIP E HYP. NLP.
DIP ASC.
3a Kirkles Terrace, Glasgow G12 8TQ.
Tel: 041-337 3327.

IF you want to
discuss advertising in
our classified section
contact Maureen on
041-332 5738

MEDALS/TROPHIES

**Winner Displays
Limited**
**MEDAL CASES
FOR RUNNERS**
(As seen London Marathon)

- Beautifully finished in polished wood
- Easy to pin backboard
- Removable plate glass front
- Small wall attachments
- Best designer cabinet in country
- Will enhance any room
- Large size 24" x 17" (holds 70-80 medals)
- Club Discounts

FOR COLOUR LEAFLET TEL: 0785-40644

PLEASE MENTION SCOTLAND'S
RUNNER WHEN REPLYING TO
ADVERTISEMENTS

Perhaps you've seen it subduing the
curves of the Route de Vins in Burgundy. Or
making light work of the Mall in London.

It's not a car. It's a shoe: the New Balance
NBX850, a high performance vehicle
for people who run.

| W I D T H | S I Z I N G | C H A R T |
|---------------|-------------|-----------|
| MEN'S RUNNING | 2A | 8 |
| M1500, M421 | • | • |
| M997, M580 | • | • |
| NBX850 | • | • |
| NBX840 | • | • |
| M740 | • | • |
| M677, M530 | • | • |

It cushions and cradles your feet with
some of the most technologically advanced
equipment available: a 3-Density C-CAP®
midsole and counter reinforcer.

And it does so while providing a perfect fit. Like all New Balance shoes, the NBX850

comes in a variety of widths.

Its most significant attribute,
however, is this: the NBX850
belongs to New Balance's exclusive
Lightweight Performance Series.

Which means it offers all of our legendary durability and support, but at a weight markedly less than all comparable competitive shoes.

Were it a car, such praise would necessitate a test drive. In the NBX850's case, we recommend a test run.

new balance

A more intelligent approach to building shoes

