

WE'RE BEHIND  
BRITISH ATHLETICS.  
BUT WE'RE  
IN FRONT ON  
EVERYTHING ELSE.



Vauxhall are proud to be major sponsors of British Athletics.



**VAUXHALL** *Once driven, forever smitten*



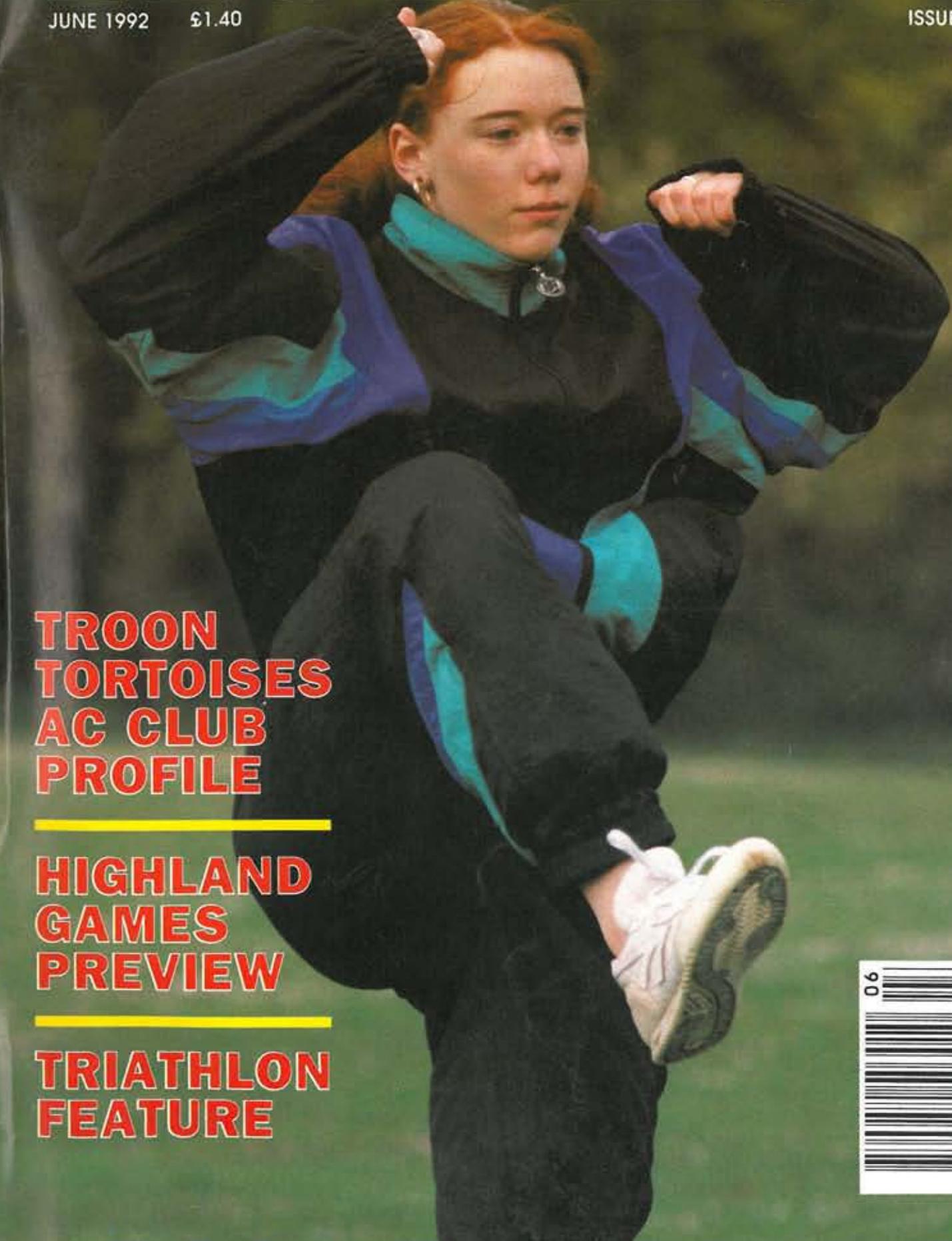
VAUXHALL IS BACKED BY THE WORLDWIDE RESOURCES OF GENERAL MOTORS

# SCOTLAND'S RUNNER

JUNE 1992

£1.40

ISSUE 70



**TROON  
TORTOISES  
AC CLUB  
PROFILE**

**HIGHLAND  
GAMES  
PREVIEW**

**TRIATHLON  
FEATURE**



# ATHLETE'S FOOT.



While you're hurtling along a race track, the bones in your feet are also on the move. In all the wrong directions, unfortunately.

They hit the ground with such force, the ligaments can only just keep them in any semblance of order. No wonder then, that sprains,

abrasions, even stress fractures are an occupational hazard. Or, should we say, were.

Because now there's The Pump™ technology from Reebok. The ultimate in damage limitation for an athlete's foot.

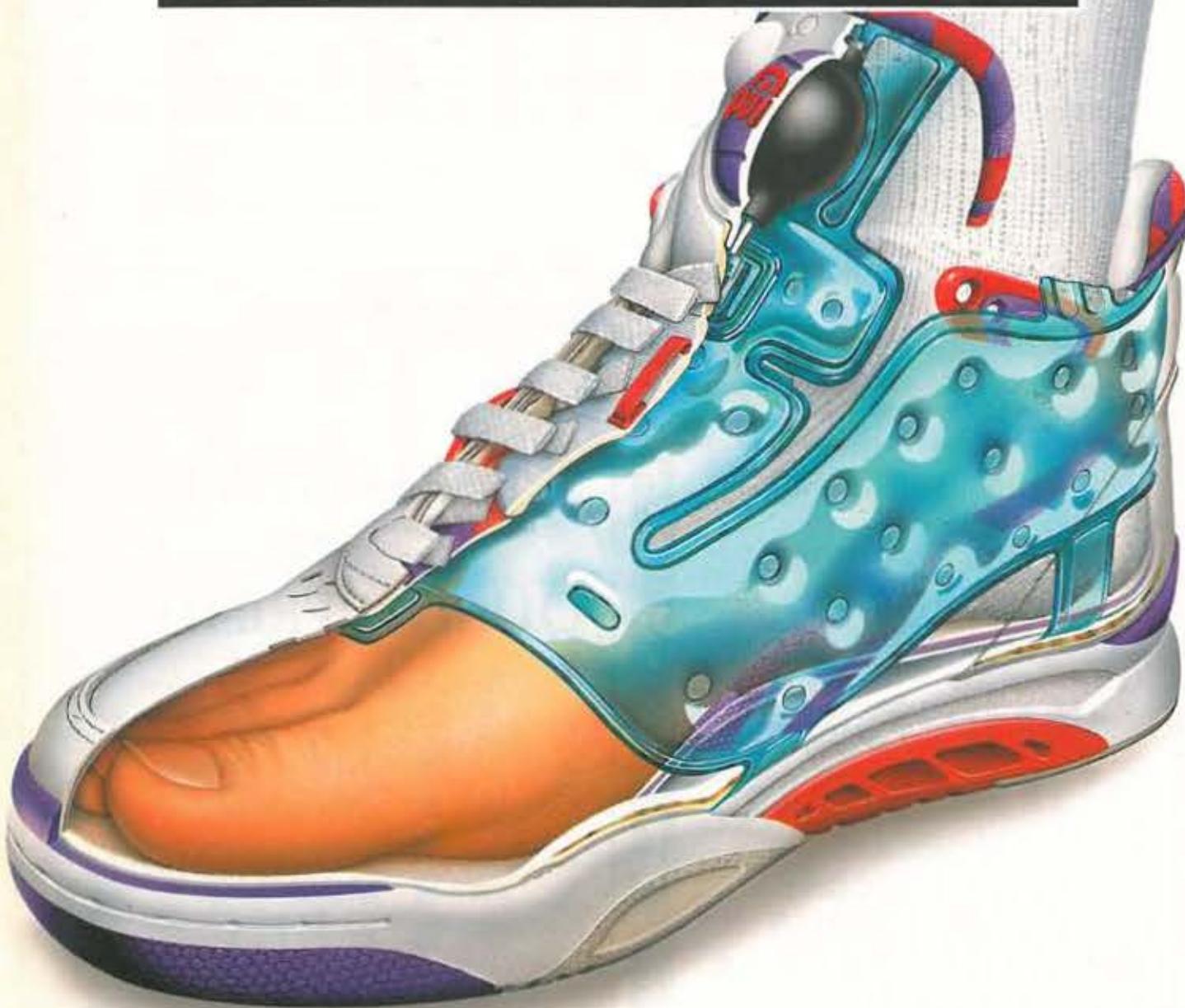
Air chambers built into the shoe

can be inflated or deflated to fit perfectly around each foot.

Every bone, joint and tendon is firmly but gently supported and held in place. The heel is particularly at risk for a runner.

So our new Pump™ Graphlite HXL has a collar-chamber to prevent

# HOW TO TREAT IT.



slippage. It doesn't even matter that each of your feet are a different shape and size.

Or that they'll swell during a stint of running. You can adjust each shoe accordingly.

Every part of your foot will stay fully in touch with our other tech-

nologies, from the Graphlite bridge to the Hexalite cushioning.

You'll notice the extra comfort immediately. Then, after a couple of runs, you'll appreciate the absence of aches and chafing.

But the real advantage of The Pump™ breakthrough is long-term.

At last, years of serious running needn't spell serious injury problems for your feet.

Isn't that a great step forward?

**THE PUMP™**  
**THE EDGE™**  
**Reebok**



# Run and Become Become and Run

## EDINBURGH'S SPECIALIST RUNNING SHOP

at 56 Dalry road, Haymarket EDINBURGH EH11 2BA Tel: 031-313 5300  
(One minute jog or two minutes walk from Haymarket Station)

Monday - Saturday open 9.30am - 6.00pm  
OPEN LATE ON FRIDAYS UNTIL 7.00PM

Track Runners...Road Runners...Triathletes...Orienteers...Hill Runners...Fun Runners...Serious Runners...are all running to Run & Become...Come and join them.

It's getting warmer! Come and see our extensive range of shorts and vests.  
Heading for the hills? Studded shoes from E.T.A., Walsh, Reebok, Ron Hill - will keep you on the right track.

See us at the City of Edinburgh 10K Road Race, Meadowbank. Sunday 14th June.  
**"WE'RE KEEPING THE CAPITAL RUNNING"**

RUNNING RUNNING RUNNING RUNNING

THINK RUNNING

THINK

DUNDEE RUNNER

THINK

RUNNING GEAR

THINK

**DUNDEE  
RUNNER**

THINK

NIKE • SAUCONY

MIZUNO • ADIDAS

REEBOK • WALSH • E.T.A.

You'll know us by the company we keep.  
Hope to see you in the store soon!

Dundee Runner  
116-118 Logie Street,  
Dundee DD2 2PY.  
Telephone (0382) 65915.

Open Mon-Sat 9.15 - 5.30pm.  
Sunday 12.30 - 4pm.  
Closed Wednesday.

RUNNING RUNNING RUNNING RUNNING

## WE LEAD THE FIELD IN QUALITY PRINTING!

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

- Brochures
- Leaflets
- Letterheads
- Magazines
- Programmes

PHONE: 041 429 4537



McNAUGHTAN  
& SINCLAIR LTD

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

JUNE

1992

NEWS

6

READERS' LETTERS

11

COACHING CLINIC

12

JUNIOR PROFILE

15

CHARITY FEATURE

17

CLUB PROFILE

18

Junior profile. Page 15.

# contents

ADMINISTRATION

Katy Rhodes

ENGLISH SALES AGENCY

S.M.S. Ltd  
061-839-6265

COMMERCIAL DIRECTOR

Tim New

TRIATHLON FEATURE

24

RESULTS

28

HIGHLAND GAMES FEATURE

32

SCHOOLS AND UNIVERSITIES

34

EVENTS

35

CLASSIFIED

40



Cover  
photograph  
of Hazel  
Melvin by  
Robert  
Perry.

Triathlon feature. Page 24.



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.

## Sponsorship deal for the Davidsons

ABERDEEN athletes Mark and Linda Davidson have secured a major sponsorship to help them in their bid to compete in the Commonwealth Games in Canada in 1994, writes Graeme Smith.

Chartered accountants Pannell Kerr Forster have given them £1000 each to help them with this year's preparations to become the first brother and sister to compete for Scotland since Ian and Mary Stewart in 1974.

Both athletes have been chosen for Scotland's preparation squad for the Victoria Games and the money will enable them to travel and compete in appropriate events throughout the country without financial worries.

Mark, a 23 year old engineering student, won a silver medal in the 1990 Commonwealth Games as a member of the 4x400 relay squad. He is, however, a 400 metres hurdler and holds the Scottish record in the event in which he is ranked fifth in the UK.

Recently, he broke his own league record for the event at the Chris Anderson Stadium with 52.7.

In spite of facing his finals examinations at the end of May, Mark has his sights set on winning an Olympic team place in Barcelona by turning in a top performance at the trials in July.

Linda (21) specialises in long and triple jump and has represented Scotland in a variety of age groups.

"The sponsorship money will be particularly helpful for me because there are only a few meetings in Scotland which include triple jump so I have to travel all over the place to find the level of competition I require," she said.

This is the first time that the Aberdeen-based company has ventured into athletics sponsorship although their London office supports 400 metre hurdler Sally Gunnell who works for them and who won a silver medal in last year's world championships.

"We recognise that these youngsters are on the verge of great things in their respective careers and, as a locally based operation, we wanted to play our part to aid local athletes," said Pannell Kerr Forster managing partner Peter Campbell.

The sponsorship package is to be reviewed after a year and Mr Campbell said he hoped the arrangement could continue long after that.

Both athletes are coached by Aberdeen teacher Bob Masson.



Mark and Linda Davidson with Peter Campbell.

## Record broken after 12 years

JOHN McFadyen, a Strathclyde University student, equalled the five year old course record to win Greenock Glenpark Harriers' Chisholm Memorial Mile in 4-11 and also took 800m silver in the British Universities Championships with 1-50.89. Then he helped the Scottish Universities to their first win in the representative match at Grangemouth with a lifetime best of 1-50.5, writes Doug Gillon.

Reinstated pro Doug Walker also gave the students maximum points with his winning 21.9 in the 200m, and Aberdeen's Dinkar Sabnis won the triple jump with 13.43m. But star turn of the Grangemouth match was 17-year old Ian Mackie, just 17, who won the B 400m with a time of 48.9secs., the fastest time by a Scottish youth since his Pitreavie clubmate, Iain Cuthbertson, some 12 years ago.

Mackie, unemployed since leaving school two years past Christmas, was given a week's holiday in Lanzarote by his father as a present after having won the Scottish youth indoor 200m title during the winter.

He was watched during a training session by Ade Mafe, and was advised by the former European indoor champion and Olympic finalist to try the 400m. He said he had never seen anyone so relaxed for the distance. "Yet I don't train for 400 metres at all," said Mackie.

On his return, in only his second race at the distance, Mackie broke Cuthbertson's Pitreavie club record that had stood since 1978.

Scottish Universities' Select (178.5 points) won the match against selects from Scottish League Divisions one and two (156), Scottish Juniors (114.5), and Divisions three, four, and five (73).

## Hill runners pleased at initiative

SCOTLAND'S leading hill racers have welcomed a new development initiative. Brian Potts, bidding for a third World Cup vest in Italy this year, complimented the move which saw a Glasgow seminar, backed by SAAA national coach Andy Vince and specialist hill running adviser, Bill Blair, give advice on intensive physiotherapy and nutrition.

"There's no reason why Scotland's squad in August should not be the best prepared ever. I think we all found the seminar very helpful," said Potts.

The Clydesdale runner, winner of Screef, Criffel, and the Whanglie Whizz, capped the early season honours with a fine Ben Lomond win over former Scottish champion Dermott McGonigle of Shetland.

Potts clocked 68.45, winning by 21 seconds from McGonigle who had won Stuc A' Chroin the previous week. The 4.5-mile descent from the 3192 foot peak took under 23 minutes!

The record for the Dumbarton AC event, backed by Polaroid, was set back in 1983 by Jimmy Wild, with 62.18. It is now unlikely to be broken except by Superman. Further restrictions imposed by the National Trust for Scotland ban competitors from leaving the path.

He was watched during a training session by Ade Mafe, and was advised by the former European indoor champion and Olympic finalist to try the 400m. He said he had never seen anyone so relaxed for the distance. "Yet I don't train for 400 metres at all," said Mackie.

Tricia Calder (Edinburgh AC), won the women's race in 80.15 with Joyce Salvona second in 86.16 and Helene Diamantides third (87.15). Most of the leading contenders will contest the British team's world trial at Dallard on June 6.

## Zurich snub for Bunney

ELLIOT Bunney is angry after having been passed over for a British relay training session in Switzerland, writes Doug Gillon. Caledon Park's Bunney was an Olympic relay silver medallist four years ago in Seoul, and ranked fifth fastest in the UK last year.

But when national coaching director Frank Dick took eight sprinters to Zurich, Bunney was excluded. Clarence Callender, who had finished seventh to Bunney's third in the UK League 48 hours earlier was in the squad, and so, too, was Marcus Adam who had placed last in the B race.

European record holder Linford Christie won the opening UK League 100m in a hand timed 10.3 with European indoor 60m champion Jason Livingston clocking 10.4 and Bunney 10.6. Adam, just back from the USA, was timed at 11.7 in the B event.

"Elliott has all season to prove himself," said Dick, insisting: "He was not consistent last year, but is by no means ruled out for Barcelona."

Bunney is unconvinced. "I beat several of these seven guys last year, and admittedly did not run well at the world trials. But I would have thought I merit a place in an eight-strong relay squad. I will discuss the matter with my coach, Bob Inglis, before having a go at Frank. I am not happy."

Dave Barnetton took the high jump with 2.10m, beating Dalton Grant (2.05) in his first UK League appearance for Caledon. George Mathieson won the 3000m steeplechase in 9-13.66, and John McFadyen the B 800m in 1-55.5.

Caledon, depleted by call-offs for the Universities' Cup match, were last in the A and B 400m, and both hammer contests, and now have relegation worries. In the hammer, to secure a single point, Stuart Dempster reached 6.36m - somewhat short of a respectable long jump.

Edinburgh AC, relegated from Division 2 last year, won their opening Division 3 match in Cardiff. Ian McKay's winning 4.40m in the pole vault was their best performance.

SCOTTISH internationalist Caroline Black won three events in the Edinburgh Woolen Mill senior championships at Meadowbank, but field event specialist Alison Dutch claimed the overall title. Black won the 100m in 12.4secs, 100m hurdles (16.00), and high jump (1.55m) while Dutch won the long jump (4.84m) and shot (10.83m), and had seconds in the javelin and discus plus fourth in the 100m. The winner of the youngest age group title was 10 year old Lindsey Maguire whose mum, Moira Walls, was a Commonwealth Games medallist.

## Sharp appeal boosted

THE AAA of England have launched a £10,000 benevolent fund "for athletes in real distress" and the first £5000 of that has been given to the Cameron Sharp appeal launched by Scottish athletics, and whose target is the £49,000 which would secure the family home, writes Doug Gillon.

The AAA decision has prompted the British Athletic Federation to promise some financial input.

Earlier they declined a request to pay off the family's outstanding mortgage, merely indicating they would support the Scottish appeal. Until the AAA announcement, they had done nothing.

Former Commonwealth relay gold medallist and European 200m runner-up Sharp suffered multiple injuries in a vehicle accident which almost killed him.

His sight is severely impaired, he has perceptual and memory difficulties, and can walk unaided only with difficulty.

The BAF attitude provoked outrage among many Scots, and an angry outburst from former Olympic 800m champion Steve Ovett.

The Englishman, who lives near Sharp, has along with his wife, Rachel, been most supportive to the Sharps.

Of the BAF he said, "How can athletics, which promotes a family image, turn its back on a man in this situation? This is a body that deals in millions of pounds; I can't understand how they can be so unfeeling."

A recreation officer with Annandale and Eskdale District Council, he is now on half pay which will cease altogether in the autumn, giving concern over his ability to maintain the repayments on the family home in Lochmaben where he lives with his wife Carol and daughters Carly, four, and Lynsey, 21 months.

AAA secretary Derek Johnson, the 1956 Olympic silver medallist at 800m, said: "This fund is only a start. Bearing in mind that Gordon Pirie recently died in penury, it is that kind of thing that we will try to cover in future."

The Southern Counties AAA have contributed a further £1000, and the fund has now topped £15,000.

The Lynx Group from Aberdeen covered their annual 100 kilometre charity track run in Aberdeen in 5-02.24, raising more than £500.

SINEAD Dudgeon won four events - 100m, 12.2; 200m, 25.8; 300m hurdles, 46.7; and high jump, 1.35m, in Edinburgh AC's championships at Meadowbank.

Other winners: Men. Senior - Scott Hill. Junior - Scott Guasden. Youth - Simon Toland. Senior Boys - Alan Ford. Boys - Neil McConnachie. Colts - Roddy Pitt. Women. Senior - Carol-Ann Gray. Girls - Donna Palmer. Minors - Gillian Stewart. Under-11 - Lisa Campbell.

## McColgan does it again

AN Edinburgh-based sports management company backed by Rangers supremo David Murray, which recruited leading sports personalities such as golfer Sam Torrance (formerly with Mark McCormack's IMG), champion bowler Richard Corsie, and European sprint champion Jason Livingston has found it hard to get off the mark in attempting to move into the business of club athletics, writes Doug Gillon.

Racing Club Edinburgh gave the

£250

from his trust fund - winnings from the Scottish half marathon championship at Ayr last year - towards the expense of the trip.

Carnegie's majority shareholder is

Rangers chairman Murray. The

company was formed last July. "Our

aim is quality, not quantity," said Laura

Dick, spokesman for Carnegie.

"There is not a lot of money around just

now, the market place is tight, and

athletics is a narrow field. It has

completely different requirements from

golf, for example, where employees and

corporate clients can be entertained. It is

harder to get them involved in running a

half marathon.

"I have actively been sending letters,

and making phone calls, but if you get

the cold shoulder you just have to walk

away and try elsewhere. I am still

convinced we can act for athletic clubs."



Alan Robson (front right) with John Robson, Tom Hanlon and Brian Kirkwood following the 1991 Alan Scally Memorial Race.





### RUN FOR FUN OR RUN FOR FUNDS?

Haemophilia is an inherited blood disorder in which there is a life-long defect in the clotting mechanism of the blood. If untreated it can lead to severe disability. This means constant anxiety, especially for parents of young children.

There is no cure.

The Haemophilia Society exists to CARE for people with haemophilia, their families and those who treat them by providing information, education and welfare support – all to ensure the best possible quality of life.

Funds are urgently required so that the Society can maintain its vital work and we are looking for people to run and raise money on our behalf.

If you would like to RUN FOR FUNDS please contact:

Douglas Jack  
The Haemophilia Society  
123 Westminster Bridge Road  
London SE1 7HR  
or telephone 071 928 2020

Yes, I would like to RUN FOR FUNDS. Please send me further information and sponsorship forms.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel (day) \_\_\_\_\_

Tel (eve) \_\_\_\_\_

5

## RUNNING FOR STARLIGHT

The Starlight Foundation grants wishes for critically/chronically and terminally ill children.

We shall soon see our 750th wish come true and are now organising 5 wishes a week. But we need YOUR help to ensure we never say no to any of our 'special children'. Please help us.

Name \_\_\_\_\_ SR692

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel No. \_\_\_\_\_

We will send you a sponsorship form and a T-shirt

STARLIGHT FOUNDATION (SCOTLAND)  
31A, HOWARD PLACE, EDINBURGH, EH3 5JY.

Reg. Charity No. 296058

There are many thousands of people in Scotland who do not enjoy a comfortable old age.

Having spent a lifetime working, many of them are denied needs as basic as a bath in their own home.

It is to this hard-pressed section of society that Age Concern Scotland directs its efforts.

Age Concern groups visit old people in their own homes bringing important outside contact and a helping hand.

We petition Government and work with local authorities and health boards to see that the needs of older people are not overlooked.

As much as possible we provide cash that can help with anything from funding a day care centre to providing minibus transport for frail elderly people.

## You don't have to be old to appreciate our concern

We do all this because we believe that any caring society should look after its elderly citizens. We make every effort to ensure that every penny we can raise is put to its fullest use.

Right here in Scotland.

Challenge your colleagues to raise funds for Age Concern Scotland. Ask your company to help by matching the sum you raise. Age Concern Sponsorship forms can be obtained from the address below. We will also be happy to supply you with a free Age Concern Running Vest to wear with pride."

## AGE CONCERN SCOTLAND

Scottish Old People's Welfare Council  
Room 6, 54A Fountainbridge, Edinburgh EH3 9PT.  
Telephone: 031 228 5656.

## A jolly good laugh

55, St Kilda Crescent,  
Kirkcaldy.

SIR - Thank you for the best laugh I have had this year.

In a recent article on Fife AC, Eric Simpson was described as "mercenary".

The dictionary definition of this word is "working merely for money or other reward".

The most common usage is monetary gain.

I have been an "athletics widow" for the last twenty five years and I can assure you that mercenary is the last word I would use to describe Eric; maverick or mug maybe, but not mercenary.

Luckily, for a great bunch of athletes all over Scotland, Eric has shrugged off this comment and will continue to do it his way - with my full blessing.

Hilda Simpson

**Send your letters to:  
Scotland's Runner,  
113, St George's Road, Glasgow G3 6JA.**

## Credit where due please

Institute of Physiology,  
The University of Glasgow.

SIR - Very many thanks for publishing the results of our investigation into whether or not there is a link between the distance covered in training and the sex of a runner's offspring.

We are most grateful for your assistance in getting our appreciation circulated to those who participated in the study. Unfortunately, however, the letter containing the results neglected to include Eddie Crawford's name, although it was on the original.

As the study was in fact Eddie's Honours project for his Physiology and Sports Science Degree, and it was Eddie himself who did most of the work, I would be grateful if you could acknowledge this.

Des Gilmore

## Congratulations to Alloa

124, Woodside Road,  
Glenrothes,  
Fife.

SIR - Having run a half marathon at Camberley, Surrey on March 8, and a full marathon in Barcelona on March 15, I did the half marathon at Alloa on March 29.

I had to write and say Alloa was as well organised and enjoyable as the other two, and the people friendly and helpful. A big thank you to the organisers.

The soup at the end was also great!

A Chalmers

## Refreshing observation

18, Redford Avenue,  
Edinburgh.

probably only full independence sooner or later can guarantee Scottish sport the finance and resources it requires and deserves.

At a time when much of the sporting establishment is too timid or mealy-mouthed to face political realities, such a public declaration by "Scotland's Runner" was most refreshing.

Your magazine is to be congratulated for stating that

Neil R MacCallum

## 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 to help and support deaf-blind children and their families

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



# Sense

The National Deaf-Blind and Rubella Association

# Scotland



8 Elliot Place, Clydeway Industrial Estate, Glasgow. G3 8EP. Tel: 041 221 7577

Online at registered Charity No. 202918

**Team Oxfam**

*Cycling  
Running  
Swimming  
Exercising  
Jogging for a Fairer World*

Join our special team and raise money for people in the Third World through our sport.

Get sponsored for Oxfam and help us to create a Fairer World.

As a member of the team you will get sponsorship forms, project information, regular newsletters and, when you let us know which event you are doing a FREE running vest.

**the race for life**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_  
West size \_\_\_\_\_  
Please return this form to: Human Resources, Oxfam, 274 Banbury Road, Oxford OX2 7EL

**Team Oxfam**

Training schedules should take into account the amount of anaerobic to aerobic exercise your event requires.

Derek Parker explains.

**A** KNOWLEDGE of the three basic energy sources is essential in the compilation of an athletics training programme. It is also important to know the predominant energy systems in each individual running event.

The three sources are (1) aerobic or O<sub>2</sub>; (2) lactic acid/anaerobic or LA-O<sub>2</sub>; and (3) lactic acid/adenosine triphosphate or ATP-CP/LA. The third system also involves a process described as alactic anaerobic i.e. the production of energy in the absence of oxygen and lactic acid.

A scientific, detailed analysis of these processes is impossible in a single article. Explanations can be obtained in many of the excellent text-books and training manuals now available. These should be consulted by all serious coaches and athletes.

Basically, long-distance events are fuelled by the aerobic energy system while short-distance ones rely on anaerobic energy processes. Aerobic energy production takes place in the presence of oxygen. Anaerobic energy processes occur in the absence of oxygen. Aerobic energy involves little or no lactic acid production. Anaerobic running creates significant quantities of lactic acid.

Thus the marathon is 98 per cent aerobic and two per cent anaerobic in its energy sources. The 100 metres race is virtually 100 per cent anaerobic at the highest levels of performance. Aerobic processes are minimal or non-existent. Percentages for other distances include:—half-marathon (95 per cent aerobic/5 per cent anaerobic); 10K (90 per cent aerobic/10 per cent anaerobic); 5K (80 per cent aerobic/20 per cent anaerobic); 3K (60 per cent aerobic/40 per cent anaerobic); 1500 metres (50 per cent aerobic/50 per cent anaerobic); 800 metres (33 per cent aerobic/67 per cent anaerobic); and 400 metres (17



*Susan Crawford leads the 1500m at the Scottish Indoor Championships*

per cent aerobic/83 per cent anaerobic).

These figures should determine the training emphasis and must be

specific to each individual event. Thus a marathon runner's programme would emphasise long, steady runs over 5 to 25 miles as well as longer repetitions such as 5 x 2 miles with 2 to 5 minutes rest to develop aerobic endurance. Crouch starts over 30 metres would, because of their total lack of specificity, be

inappropriate in the training of a marathon runner.

Likewise, 10-miles' runs would have no place in a sprinter's competition specific programme. To compete successfully in predominantly aerobic events, an athlete must emphasise aerobic work in training. Similarly, to fulfil

# All in the balance

*Right: The Scottish Indoor Championships. Elliot Bunney takes the 60m from Martin Waldron and Dave Clark.*

one's potential in predominantly anaerobic races, one must train anaerobically. The golden rule of coaching theory is that athletics training must be specific to the physiological, psychological, and tactical requirements of the race being prepared for.

Aware of the three basic energy sources involved in the fuelling of the human athletic endeavour, the discerning coach and athlete will want to take an awareness of the aerobic and anaerobic processes a stage further in the quest for perfection of performance. Let us consider a training programme for a 5000-metres' runner.

As I stated earlier, the 5K event is 80 per cent aerobic and 20 per cent anaerobic. A knowledge of sports physiology informs us that the anaerobic aspect of running 5K can be further classified as 15 per cent lactic acid/anaerobic (LA-O<sub>2</sub>) and 5 per cent lactic acid/adenosine triphosphate (ATP-CP/LA).

Armed with this information, the coach and athlete can then devise a schedule which can train these three basic energy systems proportionately and with the proper emphasis on each.

The aerobic or O<sub>2</sub> energy source (80 per cent) will be developed by aerobic activity such as (1) long, steady running over 10 to 20 miles at a heart rate of approximately 130 to 150 beats per minute; (2) faster, short steady runs of 4 to 6 miles at a heart rate of approximately 150 to 180 beats per minute; and (3) repetition running sessions such as 4 x 1600 metres at 5K pace with recoveries of between 60 and 120 seconds.

The lactic acid/ anaerobic or LA-O<sub>2</sub> energy system (15 per cent) is best improved by repetition runs at a fairly fast tempo over distances ranging from 400 metres to 800



*Left: Des English of Havering AC wins the 1500m at the Scottish Indoor Championships.*



metres with recoveries of approximately 60 to 180 seconds. Typical sessions would be 4 x 400 metres at 800 metres pace with 2 to 3 minutes recovery OR 5 x 600 metres at 1500 metres pace with 90 to 150 seconds recovery. It is important to remember that 5K athletes, in common with all other distance competitors, must train at under-distance and over-distance pace to develop the requisite speed and stamina to achieve their potential.

The best form of training for increased efficiency of the ATP-CP/LA systems (5 per cent) of our hypothetical 5K aspirant is to sprint over distances ranging from 100 to 400 metres with jog recoveries equivalent to twice the fast distance run. Typical sessions include 4 x

200 metres at 400 pace with two to three minutes jog recovery or 3 x 300 metres at 400 metres pace with three to five minutes recovery. It is advisable to keep moving during recovery phases to prevent the muscles from becoming stiff.

The alactic anaerobic processes referred to earlier can be improved by flat-out sprinting over 50 to 100 metres with slow walk-back recoveries. Typical sessions are 3 to 4 sets of 6 x 50 metres from rolling starts with walk-back recoveries between repetitions and 3 to 5 minutes easy jogging between sets. Alternatives include 2 to 3 sets of sprinting flat-out for 5 to 8 seconds in series of four to six with 60 seconds jogging between repetitions and 3 to 5 minutes between sets.

It is essential to remember that shorter, faster race distances involve greater incursions into anaerobic processes compared to longer events. Thus the 1500 metres is approximately 50 per cent aerobic (O<sub>2</sub>), 30 per cent lactic acid/anaerobic (LA-O<sub>2</sub>), and 20 per cent lactic acid/adenosine



*A close finish in the 400m at this year's Scottish Indoor Championships.*

programme should be given precedence. The skill, art and science of coaching depends on the ability to ascertain main energy sources utilised in each individual event and then devising a schedule which will develop the various systems in their proportionate quantities in accordance with the specific requirements of individual athletes.

Training is specific to the event being prepared for. That vital principle must never be forgotten in the quest for success and the realisation of each athlete's sporting and personal potential.

triphosphate (ATP-CP/LA) in its sources of energy fuelling. For 3000 metres, the ratios are approximately 60/25/15 per cent respectively while the figures for 800 metres are approximately 33/37/30 per cent.

There will always be considerable overlap in these

proportions and much will depend on the fitness levels, health and performance capacities of individual athletes. They do, however, enable the coach and athlete to determine where the main training emphases lie and which aspects of the preparation

*Photographs of the Scottish Indoor Championships by Robert Perry.*

## DEREK PARKER'S SCHEDULES

### EXPERIENCED

#### Week One

Sunday: 90 to 120 mins co/grass/parkland. Monday: 75 to 90 mins fartlek inc 15 x 60 secs fast (jog recovery 30/60 secs alternately). Finish with 2 x 30 secs full-effort (60 secs jog) starting 3 to 5 mins after final 60 secs repetition. Tuesday: 5 miles/30 mins road run. Wednesday: 10 miles steady road run. Thursday: 6 x 800 metres at 5K pace (30 to 45 secs recovery) + 1 x 200 metres starting 30 to 45 secs after final 800. Friday: Rest of 30 mins easy recovery run. Saturday: 12 to 15 miles steady. Morning runs of 20 to 30 mins can be done four to six times weekly.

#### Week Two

Sunday: As Week One. Monday: 75 to 90 mins fartlek inc 30 secs fast (30 secs jog) + 45 secs fast (45 secs jog) x 12 sets. Finish with 6 x 10 secs stride + 10 secs full-effort (60 secs jog) starting 3 to 5 mins after final 45 secs. Tues, Wed and Fri: As Week One. Thursday: 8 x 400 metres at 1500 metres pace (60 to 90 secs recovery). 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 2 mins at 5K pace (45 secs jog) + 4 mins at 5K to 10K pace (90 secs jog) x 3 sets. Finish with 3 x 20 secs full-effort from rolling start (60 secs jog) starting 3 to 5 mins after final 4 mins repetition. Tues, Wed and Fri: As Week One. Thursday: 20 x 300 metres at 3K pace (20 to 30 secs recovery).

#### Week Four

Sunday: As Week One. Monday: 75 to 90 mins fartlek inc 30/60/90/120/150/180/150/120/90/60/30 secs fast (jog recovery half the time of preceding fast repetition i.e. 15/30/45/60/75/90/75/60/45/30 secs). Friday: Rest. Saturday: 8 to 12 miles steady. Morning runs, if done, should be of 20 mins duration two to four times weekly.

### CLUB ATHLETES

#### Week One

Sunday: 75 to 90 mins grass/cco/parkland running. Monday: 60 to 75 mins fartlek inc 45 secs fast (20 secs jog) + 15 secs fast (60 secs jog) x 10 sets.

Tues, Wed and Fri: As Week One. Thursday: 10 to 15 x 300 metres at 3K pace (30 to 45 secs recovery). Saturday: 8 to 12 miles steady. Morning runs as Week One.

#### Week Two

Sunday: As Week One. Monday: 60 to 75 mins fartlek inc 20 secs fast (20 secs jog) + 40 secs fast (40 secs jog) + 60 secs fast (60 secs jog) x 6 sets. Tues, Wed and Fri: As Week One. Thursday: 6 x 400 metres at 1500 metres pace (90 to 120 secs recovery). Saturday: Race or 8 to 12 miles. Morning runs as Week One.

#### Week Three

Sunday: As Week One. Monday: 60 to 75 mins fartlek inc 45 secs fast (20 secs jog) + 15 secs fast (60 secs jog) x 10 sets.

Tues, Wed and Fri: As Week One. Thursday: 10 to 15 x 300 metres at 3K pace (30 to 45 secs recovery). Saturday: 8 to 12 miles steady. Morning runs as Week One.

#### Week Four

Sunday: As Week One. Monday: 60 to 75 mins fartlek inc 10 secs fast (10 secs jog) + 20 secs fast (20 secs jog) + 30 secs fast (30 secs jog) x 10 sets. Tues, Wed and Fri: As Week One. Thursday: 2 x 4 x 200 metres at 800 metres pace 45 to 60 secs recovery between repetitions/5 to 10 mins between sets. Finish with 6 x 50 metres sprinting from rolling start (walk-back recovery).

Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

## JUNIOR PROFILE



NAME: Hannah Clare Norman.  
DATE OF BIRTH: June 6, 1981.  
SCHOOL: Aberdour Primary.  
ATHLETICS CLUB: Pitreavie AC.  
COACH: John Gibson.  
STARTED ATHLETICS:

EVENTS: PERSONAL BESTS:

ENJOY MOST: LEAST ENJOY:

AMBITION IN SPORT:

HIGHLIGHTS SO FAR:

ATHLETES YOU MOST ADMIRE: Liz McColgan and Tom McLean.

OTHER HOBBIES: Tennis and art.

YOUR FAVOURITE BOOK: "Jessie Come Home".

YOUR IDEAL MEAL: Steak pie followed by fruit salad.

ALL-TIME FAVOURITE FILM: Home Alone.

FAVOURITE ACTOR: Tom Hanks.

FAVOURITE MUSICIAN: Bryan Adams.

AMBITIONS OUTSIDE SPORT: If I don't make running my job then I want to be a mechanical engineer.

## He spoke to someone who cares

Morag rang because she had been sexually abused by a neighbour. Donald rang because he was being bullied at school. Kirsty rang because her parents had been arguing and she was afraid they would split up. Ian rang because he was being beaten up by his father.

Every day, ChildLine Scotland, the free helpline for Scottish children in trouble or danger, speaks to hundreds of children and young people who ring to talk with someone in confidence about all sorts of problems. But we know that many more do not get through. By running for ChildLine Scotland, you can help us raise the money we need to open more phone lines and train more volunteer counsellors, so that more Scottish children can get comfort and protection they urgently need.

ChildLine is the free national helpline for children and young people in trouble or danger.

ChildLine provides a counselling service for any child with any problems, 24 hours a day, 365 days of the year.

ChildLine  
0800 1111  
Scotland



ChildLine is able to offer Scottish children a local service at peak hours every afternoon and evening.

As funds allow this time will be increased.

Do you care enough to run for the children of Scotland? By running for ChildLine Scotland you will be helping the hundreds of children and young people who call us every day. For every £100 raised, we can provide 10 hours of counselling.

**Please complete the coupon, or write to: ChildLine Scotland, FREEPOST 1111, Glasgow G1 4BR.**

I wish to run for ChildLine Scotland in the (event)..... on (date).....

Please send me (quantity)..... sponsorship forms and a running vest (size).....

Name.....

Address.....

Postcode..... Tel No. ....

**Send to:** ChildLine Scotland  
FREEPOST 1111,  
Glasgow,  
G1 4BR.

## 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.

## SHAPE UP SHOPS

We are official stockists of  
Royal Jelly  
Cod Liver Oil  
Vitamin E Vitamin C  
Ginseng  
Male & Female Hormone  
Odourless Garlic

Evening Primrose Oil  
Sea Cure  
MultiVitamins  
Herbal Diuretic  
Replacement  
Figureform

We also stock Bath Oils & Shower Gels  
Plus various other useful products  
None of our products are tested on animals

SHAPE UP SHOP  
Unit 2, 319 Gallowgate, Glasgow 041 550 0605

### 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



## RUN-A-WAY SPORTS

Discount to members of Clubs and Associations.

Road, Fell and Field Stockists. Try your shoes out on our treadmill before you buy.

### Exclusive to Run-A-Way Sports



A6 - Gel  
Save £10.00  
Normally £49.99  
Run-A-Way Sports Price

### LIMITED OFFER

£39.99

Ladies 3 1/2 - 8  
Gents 6 - 14

With every pair of Asics shoes sold - you have the chance of winning an Asics goodybag - more details when you visit Run-A-Way Sports!

**RUN-A-WAY SPORTS WILL BE AT THE POLAROID ROAD RACES - SEE YOU THERE!**

Scotland's 'PURE DEAD BRILLIANT RUNNING SHOP'

86 Dumbarton Road, Glasgow - 041-339 1266 Mon-Sat 9.30am - 5pm Wed & Fri 7pm Open every Sunday 12-4pm.

ORGANISERS PLEASE SEND YOUR ENTRY FORMS

# The wholehearted approach

*Scotland's Runner takes a look at some of the charities which could benefit from your support.*

THREE babies a week in Scotland die of cot death. Their parents will experience the trauma and pain of finding their apparently healthy baby dead, with no warning and no explanation, even after exhaustive medical investigations.

The effect on parents, older siblings, grandparents and others is incalculable.

The Scottish Cot Death Trust desperately need to find the reason for these deaths. The trust is currently funding nearly £200,000 of research and more money is urgently needed to expand this work.

While working towards prevention of cot death, the Trust meantime offers support to bereaved parents, including ensuring that a breathing monitor is available for any subsequent siblings born into the family.

By running for the Scottish Cot Death Trust you could help in one or other of these vitally important areas.

Similarly, running for ChildLine Scotland you can help fund and develop the free helpline for Scottish children in trouble or danger.

Last year, Scotland's runners raised more than £4,000 for ChildLine Scotland, logging over 6,000 miles in races across the country, including the Great Scottish Run and the 10K Milk Run.

ChildLine Scotland Appeals Coordinator William Douglas explains, "Our goal this year is to double the amount raised by runners - from £4,000 to £8,000.

"This money will be towards the extra £50,000 we need to raise this year to keep the phone lines open for nine hours every day, so that Scottish children have a greater chance of getting through to a ChildLine counsellor who can comfort, advise and protect them."

Currently, ChildLine Scotland takes calls for six hours each day. Running clubs are also encouraged to adopt ChildLine as their charity, running in established races or organising a running event



especially for ChildLine.

William added: "We would be delighted to help any runner or club interested in raising money for ChildLine. We can provide fundraising ideas, and in some cases organisational support through a local Friends of ChildLine."

For more information or for official ChildLine sponsorship forms and running vests, contact ChildLine Scotland Appeals Coordinator, William Douglas, on 041-552 1123.

The Starlight Foundation is a

registered charity that grants wishes to some very special children - those who are seriously ill.

It was founded by the actress Emma Samms and her cousin Peter Samuelson in 1982, when they flew a British boy suffering from a brain tumour, together with his mother, to California because his greatest wish was to visit Disneyland.

Starlight now has nine branches in the USA, plus two in Canada, one in Australia, and since 1987 one here in the UK.

The Starlight Foundation aims to bring a ray of happiness into the lives of children between the ages of four and 18 who are critically, chronically, or terminally ill.

"Wish" children are asked to choose three wishes in order of importance to them and Starlight endeavours to grant their first wish.

Starlight includes the child's parents, and brothers and sisters under the age of eighteen in every wish.

The wishes requested by the children fall into four broad categories:

- Celebrity Wishes (i.e. meeting famous people)
- Experience Wishes (e.g. a ride in a racing car)
- Gift Wishes (e.g. a computer or toy)
- Travel Wishes (e.g. visiting relatives abroad or going to theme parks such as Legoland).

Wishes range from feeding the pigeons in Trafalgar Square to more complicated ones, like wanting to walk on the moon.

Starlight always try their best to help each "special child". For example, the latter travelled to Florida to visit the NASA Centre.

Starlight rely solely on private donations from individuals, companies and trusts for finance.

You can help this charity to make even more suffering children happy by running on its behalf.

T

# TOON TORTOISES AC

Photographs by Robert Perry.

The Tortoises, May 1992.



TOON'S reputation as a golfing town and as the home of top professional Colin Montgomerie is well established. Less well known, but also worthy of note, is the town's history of producing fine athletes, an achievement which local club Troon Tortoises AC can claim a lot of the credit for.

The club was formed in 1976 at the instigation of a small group of local people who happened to have athletics enthusiasts for children.

With no club in existence in the immediate area, Troon children who found they had a talent and interest in track and field at school faced the prospect of either confining their involvement in athletics to PE lessons or joining a club in another town. Neither option was, needless to say, entirely satisfactory and hence the idea of Troon Tortoises came to fruition.

Among the founders of the club were Hugh Muir and Ian Whittle, the latter being the father of a rather

promising lad by the name of Brian! Together with Hazel Melvin, who is currently the top ranked high jumper in her age group in Britain, Marsella Robertson, who was a Commonwealth Games finalist in the 1500m, and Vicki MacPherson, who recently came second at the World Student Cross Country Championships and first in the Scottish Cross Country Championships, Brian is one of a number of internationalists to have started their athletics careers with the

Tortoises.

Apart from a brief period between 1977 and 1980 when they amalgamated with a number of other clubs in the area to become Ayrshire AC, the Tortoises have remained a relatively small organisation.

The current membership stands at approximately 120, with 75 youngsters and 45 adults.

The club's older contingent is headed up by the formidable duo of Margaret and Sandy Robertson who, apart from being the parents of

*Troon Tortoises have produced some of Scotland's finest athletes. Margaret Montgomery examines their success.*



From left to right: Sandy Robertson, Margaret Robertson, John McKinley, Bruce Walker, and George McGregor.

former middle distance international Marsella, are internationalists themselves. Margaret currently holds the British 1500m record in the over-50 female vets category and represented Scotland at the vets cross country home international in Aberdeen in October. Sandy also represented Scotland at the same competition in the men's over-60 category.

Another older club member who deserves mention is Tortoise secretary John McKinley, veteran of 66 marathons. Five years ago he and another prominent club member, Ray Hubbard, decided to take up the challenge of completing two marathons in 24 hours.

The marathons chosen were Benbecula and London.

The athletes managed both within their target time of three and a half hours and McKinley won the Benbecula event into the bargain!

Among other Tortoises who stand out is the Rev. John Webster.

Originally a minister in Troon, he is now the minister at St John's Renfield in Glasgow but continues to be a member of the Tortoises.



Above: Troon Tortoise and top ranked UK high jumper Hazel Melvin.

While the club's road and cross country runners have no shortage of suitable places to train, its track enthusiasts face difficulties. The club's training base is Marr College playing fields, where only a grass track exists, and even this isn't marked out all year round.

"We set up a fund for a tartan track a few years ago," explains club coach John Melvin. "We managed to raise about half of what we needed, but the idea was opposed and we ended up putting the money towards some new equipment instead."

The net result is that while the club has, for example, excellent high jump equipment, it still does not have anywhere near adequate facilities for its aspiring sprinters and middle distance runners.

Another difficulty is that the club is too small to compete in the leagues - a fact which has caused some members to leave and join other clubs.

John Melvin, however, remains philosophical about the situation. As he points out, the new ruling concerning second claim membership should put an end to the

problem.

"Under this, our members will be able to help out other clubs which do compete in the leagues by offering to compete second claim for them when they are short," he says.

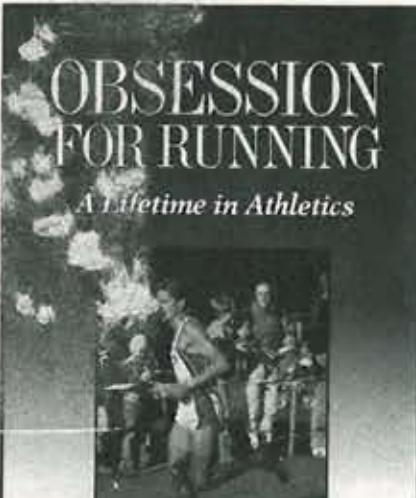
"Mind you, at the end of the day I don't think competing in the leagues is essential. It's enough to compete in the West Districts, East versus West, and so forth. We've produced several good internationalists on this basis."

With Hazel Melvin and Vicki MacPherson now on a wider stage, the club is hoping to foster new talent.

A number of youngsters are already looking promising. Mary Anne Frew, who at just 15 is jumping 1.45m in the high jump, made it into the national schools squad last year and won the "Best Performer" at the Ayrshire Championships a few weeks ago. Meanwhile, 13 year old Claire Wright is a talented javelin thrower whose performances last year earned her a place in the team competing at the East versus West meeting.

Among the very young, John

## NEW SUBSCRIBER OFFER FOR SCOTLAND'S RUNNER



FRANK HORWILL

Start your 12 months subscription to  
*Scotland's Runner*  
now and receive this FREE Book.

Written by senior BAAB coach Frank Horwill, "Obsession for Running" is an entertaining and informative work which relates his lifetime's experience in running.

To receive your free book, simply complete the coupon below.

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



### CLUB PROFILE

Melvin has his eye on nine year old Gerard McKeating and ten year old Neil Lockie (son of professional golfer Bill Lockie), both of whom show promise in the middle distances. Another name to watch out for is that of Jill Pittam.

Just twelve years of age, she holds the Ayrshire record in the long jump for her age group and also performs well in the 100m and shot putt. At the recent Ayrshire Championships she picked up gold in the long jump, silver in the 100m, and bronze in the shot - not bad for a day's work.

Earlier in the year she also took second and third in her age group in the 200m and long jump respectively at the Scottish Indoor Championships.

With a senior coach in the shape of Sandy Robertson, a club coach in John Melvin, and three assistant clubcoaches in Margaret Robertson, Billy McColl, and Norman Leitch, Troon Tortoises has a high athlete to coach ratio which helps to make up for any absence of facilities.

"We are lucky in the amount people willing to help out at the club," agrees John Melvin. "Apart

from having five coaches we also have three qualified field officials, a starter, a place judge, a course measurer, and a number of parents willing to assist when need be."

A mark of how conscientious the Tortoises are is the smooth organisation which underlines their annual 10K and Fun Run. Instead of taking part in the event, all Tortoises are consigned to marshalling duty, a practise which has helped the event to be one of the most efficiently marshalled in the Scottish road running calendar!

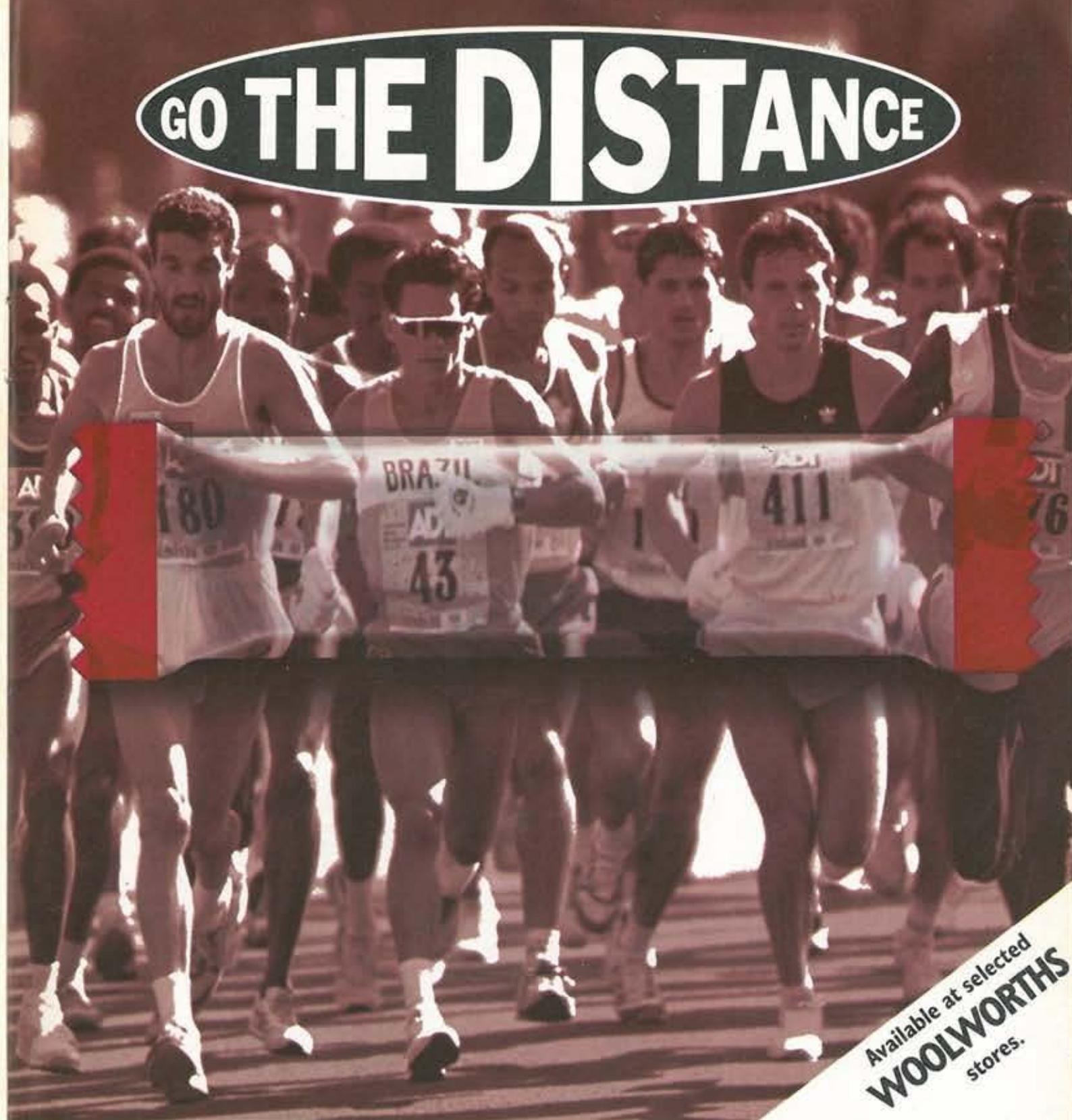
"The race has a good reputation for its prizes too," adds John McKinley, citing the success of last year's t-shirts.

In 16 years the Tortoises have come a long way and are now firmly marked out as one of Scotland's more successful up and coming athletics clubs. What's more, with so much help to hand and an obvious wealth of young talent to tap, it seems certain the club will continue to strengthen its profile for many years to come.

*Below: Up and coming Tortoises Jill Pittam and Claire Wright.*



# GO THE DISTANCE



Available at selected  
**WOOLWORTHS**  
stores.

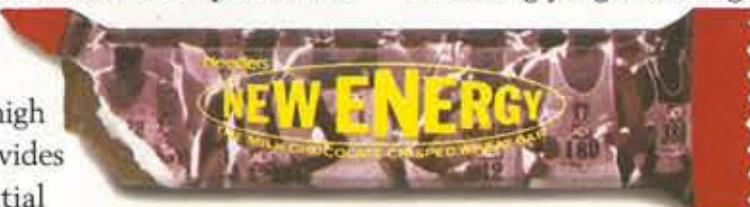
Keep going with New Energy - the delicious, new, milk chocolate-covered, caramel and crisped wheat bar with the healthier energy balance.

Its special reduced fat, high carbohydrate formula provides athletes with the essential

carbohydrates needed to build vital stores of muscle glycogen during training.

Go the distance. Eat to win with New Energy.

For further information contact the New Energy Hotline on 0482 42435.



**FOOD FOR SPORT**



# SURPLUS ADIDAS OFFICIAL SOUVENIR SPORTSWEAR FOR THE ADT LONDON MARATHON 1992

adidas  
EQUIPMENT

HURRY  
WHILE  
STOCKS  
LAST!!

LAST  
CHANCE  
TO  
ORDER

Adidas London Marathon Rucksack, dimensions 30 x 13 x 40 cm, features include padded shoulder straps, adjustable waist strap, padded/reinforced carry handle, large zipped main compartment, separate zipped front pocket with organiser, £12.99, £6.95.



Official London  
Marathon  
Souvenir  
Badge,  
£2, £1.80.



London Marathon T-Shirt, 100% cotton, colours white or heather grey, sizes S(38"), M(40/42"), L(42/44"), £12.99, £9.95.

Adidas London Marathon Shorts, white/racing green, 30", 32", 34", 36", £14.99, £9.95.

ADIDAS RUNNING SHOES  
Tech Super Training Shoes  
LADIES sizes 4, 5, 5½, 6, 6½,  
7, 8, £34.99, £24.95.

MENS sizes 6-12  
inc. ½ sizes  
£24.99,  
£29.95.

adidas



Ladies Oregon Ultra Tech  
Training Shoe, sizes 4, 5, 5½,  
6, 6½, 7, 8, £39.95, £29.95.

Ladies Advance Training Shoe,  
size 8 only, £44.99, £29.95.

Adidas Equipment  
Junior Running Shoes,  
sizes 2, 3, 4, 4½, 5, 5½,  
£14.99,  
£14.99.



RUNNING ACCESSORIES  
Reflective Bib, £2.95.  
Eurosport Adjustable Hat, £4.95.  
Runner Rub, £2.  
Run Aid Feed Bottle, small £1.95, large £2.95  
World Student Games Squeeze Bottle £3.50  
Falke Marathon Socks, sizes 3-6, 7-9, 10-12,  
£4.95.  
Sorbothane Heels, £4.95, special offer  
£2.95.  
Bison Marathon Repair Adhesive, £3.95.  
Thorlo Roll Top Running Socks, model J13,  
with protection at impact zones, quote shoe  
size, £6.95.

Bourne Sports, Church Street  
Stoke-on-Trent, ST4 1DJ  
Tel: 0782 410411. Fax: 0782 411072

All orders value £40 and over post free. Other orders plus £3 postage and packing. Send cheque/postal order or telephone your order quoting Access, Visa, American Express or Diners Card.

Reebok



Ladies Pump Graphilite, sizes 3-8 inc. ½ sizes, £79.99.

Mens Pump Graphilite, sizes 6-12 inc. ½ sizes + 13, £79.99.

Mens Inferno HXL, sizes 6-12 inc. ½ sizes + 13, £59.99.

Ventilator HXL, mens white/turquoise/black, sizes 6-12 inc. ½ sizes + 13, Ladies as illustrated, sizes 3-8 inc. ½ sizes, £54.99.

SPECIAL OFFER  
PB 800 Spike, sizes 1, 2, 3, 4, 4½, 5 and 5½, £18. Sizes 6½, 7, 7½, 8, 8½, 9, 10, 10½ and 11, £20.

Pump HXL, mens as illustrated, sizes 6-12 inc. ½ sizes + 13. Ladies white/turquoise/purple, sizes 3-8 inc. ½ sizes, £99.99.

Royale, junior sizes 1, 2, 3, 4, 4½, 5 and 5½, £24.99. Adults 6-13 inc. ½ sizes, £32.99.

Grenada Mens Global Lycra Tight, Coolmax lycra, flatlock seam stitching, inside drawcord, sizes S, M, L and XL, £29.99.

Polo Ladies Lycra Tight, sizes 10-16, £29.99.

Cavalier Mens Global Lycra Short, sizes S, M, L and XL, £27.95.

Also available

Senator Mens Global Unitard, £31.95.

PB 1500 Spike, lightweight performance track spike featuring a flexible but durable polyurethane spike plate with a notched heel tab for rear foot comfort, sizes 6-11½, 12½, 13½, £34.99.

World Distance, an ultra lightweight shoe designed to perform over longer track distances. Upper provides comfort, breathability and support. PU spike plate and EVA heel wedge provide excellent traction and cushioning, sizes 4-5½, £42.95. Sizes 6-11½ and 12½, £49.99.

Splatter T-Shirt, cerise or navy, 'Reebok Pump it up' print, sizes S, M, L and XL, £13.99.

Impact T-Shirt, white or turquoise, 'Reebok Pump it up' print, sizes S, M, L and XL, £13.99.



Passat Mens Global Shellsuit, Microfibre fabric, Global logo, storm flaps on front zip, reflective strips, sizes S, M, L and XL, £94.99.

Esprit Ladies Global Shellsuit, Microfibre fabric, Global logo, storm flaps on front zip, reflective strips, sizes 10, 12, 14 and 16, £94.99.



Uno Ladies Global Running Singlet, sizes 10, 12, 14 and 16, £14.95.

Tipo Ladies Global Running Short, high cut legs, inside brief, inside drawcord, sizes 10, 12, 14 and 16, £14.95.



Reebok

Reebok Training, Racing, Track & Field



# TRIATHLON RACES AHEAD IN POPULARITY

*Scotland's Runner* previews this year's major triathlon events.

TRIATHLON is one of Scotland's fastest growing sports. At the last count, Eddie Murray, membership secretary of the Scottish Triathlon Association, had 250 people on his books but he reckons there are about double that number of men and women actually taking part in triathlons regularly.

"The increase in interest in the sport over the last year has been quite phenomenal," he says. "It's only the beginning of the season so it's difficult to quantify exactly but I know that I've already had double the number of requests for STA membership application forms I had last year."

According to Murray, the acceptance of the sport as an Olympic event has helped to bring about this surge of interest, as too has increased TV coverage. Last year both the Scottish National



Championships and the Home Countries International were shown on TV throughout the UK.

The Distance Award Scheme has also helped to encourage grass roots participation. Instead of evaluating performance in the usual fashion of taking times, this scheme is designed to reward

triathletes for the total distances they have covered in each discipline over the full season's calendar of events. Hence, it means athletes who wouldn't normally feature in medal ceremonies receive some form of reward for taking part and training.

The first of Scotland's triathletes to line up for the gruelling combination of swimming, cycling, and running which constitutes a triathlon did so on May 9 in Mallaig. Highlights in this year's calendar include a special East Kilbride triathlon to mark the 25th anniversary of the erstwhile new town, and the Lomond Masters, a new event which will kick off the STA's 1992 Grand Prix series on May 24.

Also worth noting are the Scottish Short Course Championships which will be held at Monikie on August 16 and the long course equivalent scheduled to take place at Aberfeldy on September 6.

#### TRIATHLON CATEGORIES

Swim	Cycle	Run
NOVICE		
400m	10K	2.5K
CATEGORY A		
750m	20K	5K
GRAND PRIX		
1500m	40K	10K
"SHORT COURSE"		
HALF IRONMAN		
3000m	80K	20K
"LONG COURSE"		



Bud gets on his bike! At present he is concentrating on cycling in the hope of improving his pb.

**Margaret Montgomery talks to accomplished road runner and top triathlete Bud Johnston.**

MANY runners would be delighted to have a 10K pb of 30-40 but Bud Johnston, Scotland's reigning triathlon champion over both Olympic and "long course" distances, isn't quite so happy with it!

"It's good enough for triathlons," he explains. "But not good enough to make me a really good runner."

Johnston, who is 33 years of age, first took up the sport of triathlon almost 10 years ago, after entering the 1983 Glasgow Marathon. Although he has run the occasional standard 10K or half marathon since then, most of his competitive road running has taken place within triathlons. (For the uninitiated this usually means running 10K immediately after completing a 1500m swim and a 40K cycle.)

Whatever he modestly says about his own potential as a thoroughbred athlete, Johnston is no slouch.

His one and only marathon as a 24 year old back in 1983 was completed on the basis of seven weeks training in which he took to the roads only three or four times each week, never covering more than seven miles at one time. Despite this, he still pulled off the respectable time of 3:15.

On joining Calderglen Harriers a year later the East Kilbride man came on in leaps and bounds, reducing his average 10K time to under 31 minutes and pulling off a

10 miles pb of 50:38.

He hasn't looked back since, consistently performing well by national road running and cross country standards as well as in triathlon terms.

At last year's Scottish Triathlon Championships he completed the seven and a half mile cross country run which followed on from a 1500m swim and 40K cycle in 40 minutes. It was a performance which earned him the prize for the fastest run of the day, no mean feat when you consider that the run also doubled up as a home international on the athletics calendar and therefore featured some of the country's top runners.

Johnston also maintains that cross training actively improves his running times by building up body strength.

"Both swimming and cycling have helped to give me a slightly more powerful frame," he says. "The added muscle really helps to push you through during the last stages of a road race."

A talented and natural runner, Johnston openly admits that he has more problems with the other triathlon disciplines of cycling and swimming. Able to cover 25 miles in 58 minutes on his bike, Johnston is among the top 30 cyclists in Scotland. Nonetheless he feels there is considerable room for improvement and is hoping to increase his pb in the coming season.

Where swimming is concerned the triathlete's pb for 1500m is 21:04, a time which he describes as "not bad for a basic swimmer" but well down on the sort of time which

Despite this, Johnston has seen

# In the running for the World Championships



the top Scottish internationals are capable of (usually around the 16 minute mark).

"Swimming is definitely my weak spot," he says glumly. "There is very little you can do to improve on it as an adult. After a certain point, fitness is no bonus. Technique is the key and unless you master this as a child you basically don't stand a chance."

As the single parent of a 14 year old daughter Debbie and a full time transport supervisor for local company Transcare Distribution, Johnston has his work cut out managing the various facets of his training programme. Personalised coaching is, he maintains, out of the question.

"I work shifts and need to be in at certain times for my daughter," he says. "It would take a rather remarkable coach to be able to fit in with my hours."

To this end, Johnston makes do by following programmes set for him by other members of East Kilbride Triathlon Club, training partly on his own and partly at official club training nights.

"I'm quite self-disciplined really," he says. "If somebody sets me a programme I'll just get on and do it, I don't need a coach from the point of view of having someone looking over me. Perhaps it might help me to improve some of my times though - you never know."

Presently training between two and three hours a day, seven days a week, Johnston believes this is enough for someone who works full-time.

"You need time to recover between sessions," he says. "If I wasn't working then it might be possible to fit in five or six hours training and get the necessary rest,

but with work on top of training I think to do any more would be stupid."

As major triathlon events are split into "elite" and "age group" categories, Johnston's inability to train full-time means that he is unable to compete in the former. However, in the age-group races he is a consistently high achiever, in Britain and the world.

A regular at all the big events on the triathlon calendar, Johnston represented Scotland in the Commonwealth Games in New Zealand. Sadly his performance there was marred by mechanical problems with his bike, which caused him to lose almost ten minutes and fall to a disappointing 83rd place out of a field of 180.

"You don't get mechanical backup during the cycling section of the triathlon as you do in the sport of cycling itself," explains Johnston.

"If something goes wrong with your bike you have to fix it yourself or give up. In this case a spoke broke and I was about to start pushing my bike back when a spectator came out of the crowd and



**"To do any more training than I do at present would be stupid."**

At last year's British Triathlon Championships which acted as the qualifying race for the World Championships Johnston finished first in his age-group and seventh overall. However, since places were only given to the first six home, he just failed to make the British team.

This year the event will again act as the World Championships' qualifying race but instead of going to the first six competitors, 1992 British team places will go to the top six elite competitors plus the first three in each age-group. As a result Johnston is almost certain to make the grade!

"The ironic thing is that I think I'd have stood a better chance under the 1991 qualifying criteria this year," he smiles. "I'm working towards a new pb in cycling and that might just help to get me into the top six."

Some indication of just how well Johnston might do at the World Championships can be gauged from the fact that at the recent Duathlon World Championships (a running and cycling event) he finished fifth in his age-group and 38th overall

I was a bit annoyed because at the time of the incident I was in the top 30 with my strongest discipline - the running - still to come."

## GLASGOW TEAM TRIATHLON 1992



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

HOGGANFIELD LOCH, GLASGOW  
SUNDAY 20th SEPTEMBER 1992 AT 2 P.M.

ENTRY FORMS FROM: Events Section, Department of Parks and Recreation  
20 Trongate, Glasgow G1 5ES. Telephone 041-227 5190

DIRECTOR: BERNARD M CONNOLLY

## Nicholson's Cycling Centre

Nicholson's Cycling Centre, 2 Forfar Road, Dundee DD4 7AR.  
Tel: (0382) 461212, Fax: (0382) 461010.

### DAVE SCOTT CLOTHING BY IN SPORT

#### TRI

DAVE SCOTT MANIAC TRUNKS £20.25  
- CANNIBAL TOP £28.50  
- CANNIBAL SHORTS £34.50  
- LADY'S HOT PANTS £35.50  
- SIZZLE TOP £23.95  
- SIZZLE TRI SHORTS £35.20  
- BARRACUDA GOGGLES £16.95

#### RUN

TRI SPORT SHORTS £14.95  
HILO SPLIT £23.99  
DAVE SCOTT CAP £14.99  
BIKE

KAMIKAZE BIB SHORT £42.25  
THUNDERDOME HELMET COVER £10.95

#### HELMETS

SPECIALISED - GIRO - BELL - ETTO - VETTA -

## DYNA-TECH

ROAD BIKES THAT ACCELERATE FASTER, CLIMB BETTER AND HANDLE MORE CRISPLY

Model	Gear	Frame Size(cm)	Dealers Retail inc. VAT £	Model	Gear	Frame Size(cm)	Dealers Retail inc. VAT £
DYNA-TECH RACE				FRAMESETS RACE			
300 2055	14	54.5, 57, 59.5, 62	375.00	600 2060	-	49, 52, 54.5, 57, 59.5, 62	299.00
400 2055	14	52, 54.5, 57, 59.5, 62	435.00	700 2070	-	52, 54.5, 57, 59.5, 62	335.00
500 2060	14	54.5, 57, 59.5, 62	536.00	Lo-Pro 2070	-	50, 53, 56, 59	350.00
600 2060	14	52, 54.5, 57, 59.5, 62	695.00	Pro- 2125	-	32, 34, 36, 38, 40	480.00
605 2060	16	52, 54.5, 57, 59.5, 62	740.00	Titanium			
700 2070	14	52, 54.5, 57, 59.5	830.00				
701 2070	14	52, 54.5, 57, 59.5	895.00				
705 2070	16	52, 54.5, 57, 59.5, 62	875.00				

ACM  
ACADEMY OF CYCLING

**"Because I'm still working my heart and lungs it doesn't matter that I'm not running very much."**



out of a total field of 1000.

"It was a tough race," he reflects. "Most of running was done in a sandy desert in extreme heat."

The duathlon which usually consists of a 10K run, followed by a 38 mile cycle and then another 10K run, is particularly well suited to Johnston. However, despite this and the fact that he has performed well in those he has entered, Johnston has no ideas of giving the triathlon up in its favour.

"The duathlon is basically an off-season event for triathletes," he explains. "There are even fewer duathlons here than triathlons. To get a decent amount of competition

I'd have to go abroad much more and that would cost!"

Johnston finds the costs of competing extremely hard to meet. Sponsorship from his employers helps to meet most travelling expenses and goes some way towards paying for clothing and equipment but even with this help he still finds himself out of pocket.

"The sport isn't big enough to live off," he reflects. "As far as I know there are only a few triathletes - the top ten or eleven in the world - who manage to do this. The most I've ever won in ten years is £300."

An indication of just how high Johnston's outgoings are can be

gained from the price of a recently acquired bike frame - \$1200, and a bargain at that.

"I bought it in the States because it's cheaper there. If I'd bought it here it would have been well over £1,000," he says.

Johnston's main targets for the coming season are the Scottish and British championships, with qualification for the World Championships at the latter being a priority.

Also on the agenda are the British Long Course Championships and the possibility of a three-quarter "Ironman" in Nice in June, a race which consists of a 4000m swim, 75 mile cycle, and 20 mile run.

To do longer triathlons Johnston admits that his low running mileage will have to increase.

"I will increase to about three or four 25 to 30 mile sessions a week," he says. "It doesn't bother me. I'm fit enough."

Certainly he doesn't seem to have much to be worried about. While on holiday in Italy during April the brother of his girlfriend, leading female triathlete Ginny Pollard, entered him for the Valencia 7K Road Race.

Despite not being prepared and having laid off running almost completely in the weeks prior to the race, he managed a respectable 22-23 and fifth place overall.

"To manage five minute mile pace on no real training was fine," he says.

"Hopefully it's a good omen for the coming season."

## Weekly Training Programme

Sunday: 10am: Cycle, 70 miles steady. (Average time approx 4 hours.)  
5pm: Swim, 2,500m. (Approx 1 hour.)

Monday: 12.30pm: Swim, 1600m easy pace.  
8pm: Steady 7 mile run, 6-30 pace.

Tuesday: 12.30pm: 1500m swim, inc drills.  
4pm: 30 mile cycle, steady pace (18-20 miles/hour).

Wednesday: 12.30pm: 1000m swim.  
4pm: 15 miles cycle, easy pace.  
6pm: 2,000m swim inc intervals.

7.15pm: 6 miles running. (2 miles warm up, 2-3 miles intervals, 1 mile warm down.)

Thursday: 12.30pm: 1000m swim, steady pace.  
4pm: 20 mile cycle, steady pace (18-20 miles/hour).

Friday: 12.30pm: 1000m swim, steady.  
4pm: 25 mile cycle, steady.

Saturday: 10am: 40-50 mile cycle.

### Total distances covered per week -

Swimming: 12,500-13,000m. Cycling: 200 miles. Running: 13 miles. Using what is known as "caloric conversion", 4 miles cycling = 1 mile running and 1 mile swimming = 4 miles running. By converting his weekly swimming and cycling distances and adding these to the road running he currently does, Bud estimates he does the equivalent of 90-100 miles running a week!

## The East Kilbride



## Triathlon

a Scottish Grand Prix Series Event  
(swim 1.5K, cycle 40K, run 10K.)

at

The Dollar Baths, East Kilbride  
Sunday 20 September 1992  
commencing 11.00 am



Entry forms and details available  
from The Leisure Services  
Department, East Kilbride  
District Council, Civic Centre,  
East Kilbride G74 1AB.

## ENTER NOW

### HUNTLY TRIATHLON

#### GRAND PRIX

SUNDAY 21 JUNE 1992

S: 1500 C: 40K R: 10K AND THE

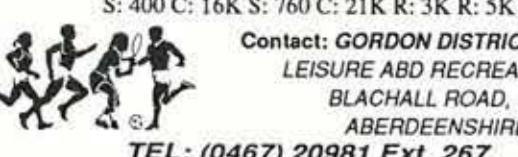
### ALFORD TRIATHLON

#### NOVICE & CATEGORY A

SUNDAY 25 OCTOBER 1992

S: 400 C: 16K S: 760 C: 21K R: 3K R: 5K

Contact: GORDON DISTRICT COUNCIL  
LEISURE AND RECREATION DEPT.  
BLACHALL ROAD, INVERURIE.  
ABERDEENSHIRE AB52 9WA



TEL: (0467) 20981 Ext. 267



## March

22

## Falkirk DC Pre Season, Grangemouth

Men: 60: 1, R Kerr (Cum) 7.6; 2, D Harvey (DHH) 7.7; 150: 1, C Krievs (Both) 17.4; 2, J Gilbert (FVH) 18.4; 300: 1, D Clelland (FVH) 36.5; 2, A Barker (Kil) 37.1; 600: 1, T Nimmero (ESP) 1-19.4; 1000: 1, R Fleming (Ctr) 2-40.9; 3000: 1, K Rankin (FVH) 9-34.3; HJ: S Mill (ESP) 1.90m; LJ: M Crawford (Ctr) 5.18; TJ: S Robertson (J) 12.31; DT: 1 Large (Ur) 25.34; HT: S Bunker (Mel) 43.32. Youth: 60: 1, D McRae (Ctr) 7.4; 2, I Hamilton (Cum) 7.6; 'B': 1, A McDougall (FVH) 7.4; 1500: 1, D McRae 17.7; 2, I Hamilton 17.7; 600: 1, A McDougall 1-27.4; 2, T Winters (ESP) 1-28.2; 1000: 1, K Daley (ESP) 2-35.2; 2, T Winters 2-37.9; LJ: 1, I Hamilton 5.68; DT: 1, D McAuley (Bath) 22.86; HT: 1, C Taggart (Ur) 27.3. Women: 60: 1, S Paterson (EMW) 7.9; 2, C Frell (FVH) 8.2; 150: 1, S Condie (Str) 19.4; 2, D Gallagher (ESP) 20.0; 3, C Frell 20.2; 300: 1, S Condie 43.0; 2, J Beveridge (ESP) 43.6; 600: 1, C A Gray (ESP) 1-35.7; 2, C Simpson (ESP) 1.44.6; 1000: 1, C A Gray 2-56.9; 2, C Simpson 3-08.3; HJ: 1, L Gordon (CG) 1.65; TJ: 1, C Frell 10.09; 2, J Gibson (Lass) 9.95; DT/SPT: S Freebain (CG) 38.00/9.32; HT: 1, L Low (ESP) 34.06; 2, S Freebain 23.48. Inter: 150: 1, S Paterson 19.3; 2, K McLean (CG) 19.8; 300: 1, S Paterson 43.7; LJ: 1, K McLean 5.18; DT/SP: A Stewart (Ctr) 23.04/8.16.

## April

1

Falkirk DC Open, Grangemouth  
Men: 200: 1, R Slater (J) (FVH) 23.4; 800: 1, T Nimmero (ESP) 1-54.7; 3000: 1, K Downie (Cam) 9-06.1; TJ: 1, S Robertson (Y) (FVH) 11.69; JT: 1, D Goodwin (Ctr) 42.70; HT: 1, W Robertson (Vet) (ESP) 37.60; 2, C Taggart (Y) (Lass) 31.62. Women: 200: 1, S Robertson (EWM) 27.0; 2, A Deuchars (FVH) 28.5; 8W: 1, C A Gray (ESP) 2-16.6; 2, C Simpson (ESP) 2-20.7.

4

Falkirk DC Young Athletes Meeting, Youths: 100/200: A McDougall (FVH) 11.7/23.6; 800: 1, D Wightman (Tay) 2-10.2; Senior Boys: 100/200: S Addie (Cum) 12.0/25.0; 800: 1, A Young (VP) 2-10.1; LJ: M Munro (ESP) 4.23; DT: C Brownlie (Cum) 28.40. Inter: 100/200: S Dudgeon (ESP) 12.2/25.8; 800: C Simpson (ESP) 2-24.4; Girl: 100/200: L Dodds (ESP) 13.6/28.3; 800: M Hastie (Str) 2-33.7; 75H/SP: J Reid (Banch) 12.6/9.03m.

5

Aberdeen AC Track and Field Trials, Men: 60/300: M Davidson 7.4/35.1; B Jump 52.68m. Youth: 100H/200B Middleton 15.0/

23.7; LJ/DT M Spark 6.05/24.78; Sen: 80H/200/U/SP12.0/24.5/1.76m/12.38m. Inters: 60/200/300 L Paterson 8.0/25.9/42.0.

City of Glasgow AC Club Champs, Coatbridge  
Seniors: 100/100H: FWatt 13.0/16.2; 200A: Baxter 24.2; 400 J Low 61.8; 800: C Fairweather 2-23.8; DT: S Freebain 38.30; Inters: 100/200: F Hutchison 12.4/26.4.

MacRae the Homemakers OGM, Queens Park, Inverness

Men: 100 C Buchanan (Inv) 11.4; 800 G McDowell (Inv) 1-58.9; 300 A Reid (Pet) 8-49.4; SP/DT B Shepherd (Elg) 14.21/40.4; JT: A Kemlo (Inv) 48.10; HT: 1, D Allan (Inv) 55.56; 2, D Minty (J) (Ab) 46.24; 3, B Shepherd (Elg) 46.16; Youths: 100: T Black (Inv) 11.4; 3000: S Allan (MBI) 9-58.7; Senior Boys: 100: S Fraser (Inv) 11.8; 400: S Sutherland (Inv) 56.2; 80H: D Cotter (Nai) 12.6. Women: SP/DT: M Cowe (Ab) 14.00/44.74; JT: L Low (Strom) 40.44; HT: 1, L Low (Strom) 40.44; IT: 1, L Low 33.62; 2, M Cowe 28.54; 3, F Pine (Ab) 21.80. Girls: 100: P Wilks (Nai) 13.2; 75H: K McKenzie (Cai) 13.5.

Solway League Meeting, David Keswick Centre, Dumfries

Match: 1, Nith Valley AC 817 pts; 2, Dumfries AC 725; 3, Stewarton AC 472; 4, Annan & District AC 456; 5, Stranraer H164. Men: 400: K Anderson (NV) 51.4; DT/JT: S Armstrong (NV) 29.98/43.22. Youth: S Rac (Ann) JT/DT: 33.76m/29.30. Sen: I Douglas (Dun) DT/JT: 33.34m/36.68m.

Women: 400: H Edgar (NV) 59.1; 300/1500: K McInally (NV) Int 44.6 (rec) 4-56.5; Girls: 100/LJ: L Armstrong (NV) 13.7/4.54m; SP/JT: L Ross (NV) 9.73/22.06m.

Cambuslang H 603; 3, AAC 502; 4, East Kilbride AC 4071/2; 5, Irvine Cable 388; 6, Kilbarchan 332; 7, Shettleston 308; 8, Dumfries 1961/2.

Man of the Match Div 1: A Young (VP); Senior 400: 54.5; 800: 2-06.2

Youth: 100/200: S Moir (Ayr) 11.3/23.0; 400/800: G Forbes (Clyd) 53.5/200.6; 1500: C Clelland (Cam) 4-12.3.

Sen: 100/200: J Campbell (Ayr) 13.2/27.7; Div 2: 1, Cumnock & District AC 593; 2, JWK 465; 3, Clydesdale 450; 4, Law & District 433; 5, Kirk Olympians AC 312; 6, Helensburgh 307; 7, Nith Valley 289; 8, Bellahouston 126.

Man of the Match: Div 2: Phil Dennis (Mel); Youth: K Mason (Cum) 200/1500/JT: 25.3/4-26.6/35.72m Jun: 200/400 R Buchanan (KO) 27.5/66.1

Scottish Young Athletes Handicaps Track Meeting, Craigswold Track, Livingston - Boys: 100: 1, M Restrick (Liv); 2, A McMichael (Both); 3, N Byles (Both); 200: 1, R Pitt (ESP); 2, R Schiavone (Loch); 3, N Byles (Both) 400: 1, M Restrick; 2, G Moodie (Dun); 3, B McTaggart (Lark) 800: 1, A Arthur (B'burn); 2, S Leek (Liv); 3, M Munro (ESP); 1500: 1, A Brown (CPH); 2, R Love (Lark); 3, I Brunton (Liv).

Girls 100: 1, K Boyle (Whit); 2, P Thomson (EWM); 3, J Richardson (Loch) 200: 1, S Serry (Loch); 2, L Fitzpatrick (Loch); 3, J Richardson; 400: 1, E Reid (Loch); 2, L Fitzpatrick; 3, G Robertson (ESP); 800: 1, A Shaw (CG); 2, Y Simans (Dun); 3, E Harding (Fir); 1500: 1, Johnston (Dun); 2, Richardson (Loch); 3, C Corrie (Dunbar).

## 12

## First match of Scottish and North West League

Div 1 at Dam Park, Ayr: 1, Ayr Seaforth 1104 pts; 2, Hammeny 1091; 3, Cumnock 1090/2, 4, Derwent 1012; 5, EWM/CPH: 10081/2, 6, Nith Valley 1005/2; 7, Kilbarchan 972; 8, Victoria Park 969/1/2.

Men: 100/400: G Purves (B'hill) 11.5/51.3; LJ/TJ: T Leighton (Mel) 6.38/13.19 (rec); Youth: 100/400: D Wrigley (Bell) 11.9/58.9.

Livingston AC OGM, Craigswold Track - Men: 100/400: C Krievs (Both) 11.5/50.0; 800: F Boyne (Ab) 1-58.4; 3000: 1, M Gormley (Cam) 8-44.2; 2, P Hyman (Liv) 9-11.0; 400H: J Malcolm (Muss) 61.1; SP: J Clelland (ESP) 12.92m; DT: J Kennedy (Ayr) 21.02m

Sen: 100/400: A Donaldson (Rit) 12.2/54.4; Women: 100: 1, S Paterson (EWM) 12.9; 2, M Anderson (ESP) 12.9; 400: 1, M Anderson 58.2; 2, H Parkinson (Sch) 62.4; 800: 1, C A Gray (ESP) 2-16.1; 2, H Parkinson 2-23.0; DT: A Marshall (Lass) 32.14m.

## 11

## Central District Champs, Grangemouth

Men: 100/200: A McDougall (FVH) 11.5/23.4.

Women: 100/200: S Paterson (EWM) 12.6/26.3; SP/DT/HT: S Freebain (CG) 8.76m/38.10/25.06; JT: K Saville (ESP) 42.14.

## Panasonic League Qualifying Match, Coatbridge

Match: 1, Dumfries ADC 108 pts; 2, Montrose 87; 3, Harlequins 50; (First 2 clubs qualify for Div 5 this season)

Scottish Universities Athletic Championship, Grangemouth

MEN 100: 1, D Walker (H) 11-3; 2, G McMillan (G) 11-3; 3, J Imode (A) 11-6; MEN 200: 1, D Walker 22-1; 2, G McMillan 22-5; 3, C McDonald (E) 23-2; MEN 400: 1,

1, Pritty (D) 50-8; 2, J McFadyen (S) 50-8; 3, C Sanders (St A) 51-5; MEN 800: 1, E Calvert (S) 1-58-0; 2, K Leitch (HW) 2-00-6; 3, P Fettes (G) 2-02-6; 1500: 1, G Stewart (G) 3-55-9; 2, D Donnet (Guest) 3-58-1; 3, P Mowbray (E) 4-03-2; 4, C Greenhalgh (Jun) (G) 4-07-6; 5000: 1, J Garland (Guest) 15-26-4; 2, R Hemmings (A) 15-28-5; 3, J Pyrah (E) 15-31-7; 4, A Moss (Jun) (St A) 15-44-7; 110H 1, G Smith (HW) 15-2; 2, F McGlynn (St A) 16-7; 3, D Govan (S) 16-7; 4, A Scarlett (HW) 16-7; 400H 1, K Pearson (St A) 57-8; 3000 S/C 1, S Burch (E) 9-59-8; 2, D Ball (A) 10-92-3; 3, D Sharkey (A) 10-25-1; 4, 100R 1, Glasgow 45.7; 2, Aberdeen 46.0; 3, St Andrews 46.7; 4, Cumnock & District AC 593; 5, Kirk Olympians AC 312; 6, Helensburgh 307; 7, Nith Valley 289; 8, Bellahouston 126.

Man of the Match Div 1: A Young (VP); Senior 400: 54.5; 800: 2-06.2

Youth: 100/200: S Moir (Ayr) 11.3/23.0; 400/800: G Forbes (Clyd) 53.5/200.6; 1500: C Clelland (Cam) 4-12.3.

Sen: 100/200: J Campbell (Ayr) 13.2/27.7; Div 2: 1, Cumnock & District AC 593; 2, JWK 465; 3, Clydesdale 450; 4, Law & District 433; 5, Kirk Olympians AC 312; 6, Helensburgh 307; 7, Nith Valley 289; 8, Bellahouston 126.

Man of the Match: Div 2: Phil Dennis (Mel); Youth: K Mason (Cum) 200/1500/JT: 25.3/4-26.6/35.72m Jun: 200/400 R Buchanan (KO) 27.5/66.1

23.7; LJ/DT M Spark 6.05/24.78; Sen: 80H/200/U/SP12.0/24.5/1.76m/12.38m. Inters: 60/200/300 L Paterson 8.0/25.9/42.0.

City of Glasgow AC Club Champs, Coatbridge

Seniors: 100/100H: FWatt 13.0/16.2; 200A: Baxter 24.2; 400 J Low 61.8; 800: C Fairweather 2-23.8; DT: S Freebain 38.30; Inters: 100/200: F Hutchison 12.4/26.4.

Man of the Match Div 1: A Young (VP); Senior 400: 54.5; 800: 2-06.2

Youth: 100/200: S Moir (Ayr) 11.3/23.0; 400/800: G Forbes (Clyd) 53.5/200.6; 1500: C Clelland (Cam) 4-12.3.

Sen: 100/200: J Campbell (Ayr) 13.2/27.7; Div 2: 1, Cumnock & District AC 593; 2, JWK 465; 3, Clydesdale 450; 4, Law & District 433; 5, Kirk Olympians AC 312; 6, Helensburgh 307; 7, Nith Valley 289; 8, Bellahouston 126.

Man of the Match: Div 2: Phil Dennis (Mel); Youth: K Mason (Cum) 200/1500/JT: 25.3/4-26.6/35.72m Jun: 200/400 R Buchanan (KO) 27.5/66.1

23.7; LJ/DT M Spark 6.05/24.78; Sen: 80H/200/U/SP12.0/24.5/1.76m/12.38m. Inters: 60/200/300 L Paterson 8.0/25.9/42.0.

Livingston 296 pts; 4, Hammeny 251 pts; 5, Airdrie 186 pts; 6, Lasswade 157 pts. Man of the Match J Michie (Fife) Youth 100H 15-1; LJ 5.50m; 500 55-4.

Border Athletic League, Tweedbank Stadium

1, Melrose 537 pts; 2, Blackhill 502 pts; 3, Teviotdale 458 pts; 4, Eyemouth 242 pts; 5, Berwick 178 pts.

100/200/LJ D Reid (Jun) (B'hill) 11-5/23-3/6-10m; 400 G Purves (B'hill) 51-2. HJ/JT N Robbie (Mel) 1.95m/45.46. Youth 100/400 D Ritchie (Mel) 11.9/54.0; DTR Hislop (Mel) 30-34m.

Livingston 296 pts; 4, Hammeny 251 pts; 5, Airdrie 186 pts; 6, Lasswade 157 pts. Man of the Match J Michie (Fife) Youth 100H 15-1; LJ 5.50m; 500 55-4.

Border Athletic League, Tweedbank Stadium

1, Melrose 537 pts; 2, Blackhill 502 pts; 3, Teviotdale 458 pts; 4, Eyemouth 242 pts; 5, Berwick 178 pts.

100/200/LJ D Reid (Jun) (B'hill) 11-5/23-3/6-10m; 400 G Purves (B'hill) 51-2. HJ/JT N Robbie (Mel) 1.95m/45.46. Youth 100/400 D Ritchie (Mel)

performances: 7, C Morris 13:00; 14, C Clarkson 13:23; 16, C Vetrano 13:28; 17, Scott 13:30; 19, H Steedman 13:37; 20, J Tonner 13:56; 22, I McLatchie 14:06; 23, C McCluskie 14:07.

Teams: 1, England 21 pts; 2, Wales 79; 3, Scotland 93.

British Police CC Champs, Balgowlie Playing Fields, Aberdeen. Men 10,000m: 1, M Hickin (Met) 31:22; 2, N Schofield (GMC) 31:35; 3, I Campbell (Met) 31:38.

Teams: 1, Metropolitan 74 pts; 2, Greater Manchester; 3, Sussex 151.

Vets 1, S O'Callaghan (WY) 33:05.

Teams: 1, West Yorks 2561/2 pts; 2, Strathclyde 257 (T Petrie 66; J Harper 84; N Scott 107).

Women 5,000m: 1, S Gollan (North) 16:54 (3rd win in a row); 2, C Houghton (Kent) 17:42; 3, P Trott (Met) 18:05.

Team: 1, Hampshire 22 pts.

## April

25

Scottish Power Primary Schools Cross Country Championships. SEN Boys Primary 7 A to M split race: 1, C Barnsby (Inver) 6:58; 2, G MacGregor (G Watsons) 7:01; 3, P Watson (Lawmuir) 7:08; 4, F McHardie (Alva) 7:09; 5, O. Greene (Lawhead) 7:15; 6, G Lawrence (Braidbar) 7:19; 7, S Muir-Simpson (Cargilfield) 7:20; 8, R McQueen (Canongate) 7:21; 9, G Souter (Lenzie) 7:22; 10, S McLean (Conon Bridge) 7:23; 11, J Fyfe (Dingwall) 7:23; 12, A Johnston (Kinross) 7:25; 13, A Broadbent (Homs) 7:27; 14, W Bell (Lawmuir) 7:28; 15, S Gilliland (Giffnock) 7:29.

Teams: 1, Canongate 50; 2, Lawmuir 61.3; Dingwall 72; 4, Bridgend 94; 5, Giffnock 97; 6, Hutchisons' 97; 7, Braidbar 101; 8, Kinross 108; 9, Glasgow High 117; 10, Lawhead 143. SEN Boys Primary 7 M to W split race: 1, D Cumming (Newmarch) 7:06; 2, D Melville (Maryburgh) 7:11; 3, C Pratt (Milngavie) 7:13; 4, C Houston (Mauricewood) 7:14; 5, J Lafferty (Lochee) 7:17; 6, M Jameson (St Matthew's) 7:18; 7, G Brown (Sinclairtown) 7:18; 8, C Quigley (St Matthew's) 7:23; 9, E McLoone (St. MacLean's) 7:26; 10, B Smart (Newmarch) 7:26; 11, C Kintrea (Q. Victoria) 7:28; 12, S Owen (St Matthew's) 7:29; 13, S Fyfe (Westerton) 7:30; 14, S Matheson (Newmarch) 7:32; 15, M Orr (St Joseph's) 7:34.

Teams: 1, St Matthew's 38; 2, St Machan's 46; 3, St Joseph's 59; 4, Robert Gordon's 84; 5, Merchantston Castle 93; 6, Q Victoria 100; 7, St Matthew's 110; 8, Milngavie 117; 9, St Combe 145; 10, St David's 151.

JUN Boys Primary 6

1, M Stephen (Fraserburgh) 7:17; 2, K Brown (Lawmuir) 7:24; 3, C Baillie (Gavinburn) 7:30; 4, Allan Fraser (Aberdeen) 7:33; 5, D Ferrie (Lawmuir) 7:36; 6, B Wilsoe (Quarryhill) 7:38; 7, A Christie (Stewart's Melville) 7:39; 8, F Wood (Hope) 7:40; 9, S Brechin (St Matthew's) 7:41; 10, J McDonald (St Matthew's) 7:44; 11, D Boyle (St. Matthew's) 7:44; 12, A Wyllie (Tarrasdale) 7:45; 13, D Sweetman (George Watson's) 7:46; 14, G Mackin (Glasgow Academy) 7:47; 15, L Juskowiak (St Columba's) 7:49.

Teams: 1, St Matthew's 30; 2, Lawmuir 31; 3, Stornoway 69; 4, Stewart's Melville 78; 5, Morrison's 93; 6, Glasgow Academy 105; 7, Kelvinside Academy 138; 8, Macduff 159; 9, George Watson's 167; 10, Hillside 178.

SEN Girls Primary 7- Individuals: 1, S

McLean (Strichen) 7:19; 2, C Linden (St David's) 7:26; 3, L Harrison (Westburn) 7:28; 4, H Tulloch (Stronness) 7:37; 5, L Conway (Crosshill) 7:40; 6, D Mc Moran 7:43; 7, C Thompson (Maxwellton) 7:48; 8, S McCarron (Whiffield) 7:56; 9, H Baker (Morrison's) 7:57; 10, S Paterson (Pitcorthie) 7:57; 11, F Menzies (Wallace) 7:58; 12, J. Ross (Kilmerton) 7:59; 13, Z Richardson (Kinross) 8:00; 14, L Wigham (Lenzie) 8:02; 15, A Church (St Patrick's) 8:06.

Teams: 1, Maxwellton 40; 2, St Brigid's 99.3. Mouthead 131; 4, St Matthew's 136; 5, Lenzie 170; 6, Milngavie 170; 7, Kilmerton 173; 8, Conon Bridge 189; 9, Glasgow High 190; 10, George Watson's 194.

JUN Girls Primary 6 - Individuals: 1, H Norman (Aberdour) 7:38; 2, C McIlholland (St David's) 7:44; 3, L Campbell (Conon Bridge) 7:48; 4, G Kyles (Whiffield) 7:52; 5, M Eadie (St David's) 7:54; 6, C Curtis (Burntisland) 7:55; 7, K. Montador (Claremont) 8:00; 8, L Murdoch (Crosshill) 8:02; 9, I. McAllister (Lawmuir) 8:05; 10, C Johnston (Dunbar) 8:06; 11, I. Ross (Bonar Bridge) 8:11; 12, R Gibson (Dean Park) 8:13; 13, K Gourlay (Mill of Mains) 8:17; 14, K Bryant (Abbey) 8:18; 15, C McShane (Penrindie) 8:20.

Teams: 1, Conon Bridge 47; 2, St David's 48; 3, Pennyland 65; 4, Lawmuir 79; 5, Dunbar 85; 6, Craighill 108; 7, St Margaret's 149; 8, St Columba's 168; 9, Robert Gordon's 201; 10, Morrison's Academy 210.



## March

15

Inverness Peoples 1/2 Marathon

1, A Reid (Pet) 66:38; 2, C Hasketh (DHH) 66:39; 3, S Axon (HBT) 67:42; 4, T Thomson (Cur) 68:22; 5, R Simpson (Com) 69:34; 6, R Taylor (Met) 70:04; 7, K Vamey (Met) 70:06; 8, S Cassells (Ab) 70:49; 9, G Sim VI (Mor) 70:49; 10, J Baird (HELP) 71:05; 11, D Armour (Car) 71:29; 12, G Fairlie (Nai) 71:41; 13, W Adams V2 (Ab) 71:53; 14, D Crichton (For) 71:54; 15, A Stephenson (Car) 72:04; 16, R Mardle (Mory) 72:14; 17, S Borland (DHH) 73:18; 18, P Jennings (Met) 73:37; 19, S Proctor (ESP) 73:39; 20, S Green (Uni) 73:42. VO/45 1, D Ritchie (For) 74:24; 2, G Mitchell (Inv) 74:34.

22

British Fire Brigade 10 mile RR

1, T Wigglesworth (Yorks) 53:10; 2, S Kenyon (GMC) 54:11; 3, D Manson (Yorks) 54:15; Scots... 7, D Buchanan (Strath) 55:37; 21, P Ogden V2 (Strath) 59:31; 22, R Brown V3 (Strath) 59:59; 25, T Scott (Strath) 61:14. Team: 1, Great Manchester; 2, West Yorks; 3, South Yorks; 4, Strathclyde.

24

Fire Brigade Tayside 10K, Arbroath

1, P Butcher (Tay) 32:59; 2, D Buchanan (Str) 33:38; 3, S McCabe (Tay) 34:17; 2, B Watt V1 (Loth & Borders) 35:33. Teams: 1, S'cylde 23 pts; 2, Tayside 24.

29

Alloa Advertiser 1/2 Marathon, Alloa (850 ran)

1, A Robson (ERC) 66:49; 2, I Brown (FVH) 67:19; 3, D Ruggles (Canada) 67:25; 4, M Gomley (Cam) 68:06; 5, W Weir (Moh) 69:08; 6, K. Moss VI (Chorl) 69:24; 7, M Greally (Rit) 69:40; 8, G Lightbody (ESP) 69:45; 9, M Coyne (ERC) 69:51; 10, K Chapman (HELP) 70:05; 11, R Lippit (Pit) 71:10; 12, A Stewart (Ayr) 71:27; 13, D McMillan (FVH) 71:58; 14, D MacGregor V20/50 (Fif) 72:11; 15, G Tenney (Kil) 72:22; 16, A Martin U3 (Fif) 72:46; 17, P Baxter (Pit) 72:50; 18, W Scally V4 (050 (She) 72:53; 19, R Jardine (BRC) 72:54; 20, J Douglas (Ctr) 73:01; 21, A Stephenson (Com) 73:25; 22, J Brown (Cam) 73:34; 23, J Forre (HELP) 73:45; 24, J Smith V5 (HELP) 73:49; 25, R Hubbard (Ayr) 74:00; 26, A McDonald (KO) 74:13; 27, R Milton (Ca) 74:16; 28, J Bates (Cam) 74:18; 29, I Stewart (CA) 74:21; 30, A Stirling Vr (BRC) 74:27; V7, J McMillan 40M (Kil) 75:26; V8, A Duncan 43M (Rit) 76:30; V9, J O'Donnell 47M (FVH) 77:42; V10, A Nicol 48M (Cur) 77:48. Teams: 1, Cambuslang 32 pts; 2, Pitreavie 35; 3, FVH 50. L1, J Stevenson LV1 (FVH) 9:46; 12, E McKay (She) 1:22:24; 13, J Armstrong LV2 (GN) 1:24:26; 14, J Harvey (CG) 1:25:09; 15, A Wilson (DHH) 1:25:17; 16, L Barclay (Pit) 1:27:12; 17, C Cadger LV4 (PSH) 1:31:36; 18, A Paterson (Pit) 1:32:28; 19, F Blair (Un) 1:33:14; 1:10, J Morrison (Un) 1:33:17; LO/501, G Wainwright 1:55:18; 2, I Fordyce (GN) 1:59:40. VO/50 1, R Andrews (Un) 1:57:57; 2, R Campbell (Un) 1:58:57; 3, A Smith 83:50; VO/55 1, T King (DRR) 85:14; 2, D Munroe (Un) 89:45; 3, A Nicholson (Un) 91:16. L1, E McBrinn (She) 1:20:29; 12, N Roberson LV1 (DRR) 1:24:57; 13, S Clive (HBT) 1:28:40; 14, M Adamson LV2 (Inv) 1:30:28; L5, S Clarke LV3 (Un) 1:30:56; L6, S Bennett (Un) 1:31:52; L7, L Coleman (Garioch) 1:34:13; L8, R McKay (Un) 1:36:23; LV4, L McGill (DRR) 1:37:47; LV0/45 L Gray (Inv) 1:39:46; LV0/45 M Lorimer (Un) 1:37:21; LV0/50 C Crystal (Loch) 2:02:00. Women's Teams: 1, Dundee RR 814 pts; 2, Carnegie 1283.

## April

4

Dunbar Boundary 10K RR, Deepark, Dunbar

1, A Robson (ERC) 31:03; 2, J Ross (HELP) 31:16; 3, K Chapman (HELP) 32:40; 4, C Law (Cam) 32:40; 5, J Graham (ERC) 32:55; 6, J Beard (HELP) 33:14; 7, J Taylor (Cam) 33:35; 8, R Thomas (HBT) 33:44; 9, S Hogg (Cam) 33:54; 10, D Forrest (Cam) 34:05; 11, P Morrison (Car) 34:21; 12, D Slyth (ESP) 34:21; 13, J Forre (HELP) 34:22; 14, N Renton (Car) 34:18; 15, S Wallace (V1) (HELP) 35:01; 16, H Lorimer (Lough) 35:12; 17, C Scott (ESP) 35:27; 18, M Colligan (Un) 35:36; 19, A Jenkins (HBT) 35:39; 20, T Smith (Eye) 35:43; V2 J Gavin (Tev) 35:48; V3, L Kay (ERC) 36:38; V4, R Martin (Forth) 37:17; L1, T Calder LV1 (ESP) 36:37; 12, K Fisher (AP) 38:47; L3 A Douglas (AH) 40:55; LV2 M Dryburgh (Per) 42:11.

Dunbar Boundary Chase 10K

Men: 1, A Robson (RCE) 31:03; 2, J Ross (HELP) 31:16; 3, K Chapman (HELP) 32:40; 4, C Law (Car) 32:52; 5, J Graham (RCE) 32:55; 6, J Baird (HELP) 33:14; 7, J Taylor

(Car) 33:35; 8, R Thomas (HBT) 33:44; 9, S Hogg (Car) 35:54; 10, D Forrest (Car) 34:05; 11, P Morrison (Cam) 34:18; 12, D Slyth (ESP) 34:21; 13, J Forre (HELP) 34:22; 14, N Renton (Gala) 34:52; 15, S Wallace (HELP) 35:01; 16, H Lorimer (Lough) 35:12; 17, C Scott (ESP) 35:27; 18, M Colligan (Un) 35:36; 19, A Jenkins (HBT) 35:39; 20, T Smith (Eye) 35:43; V2 J Gavin (Tev) 35:48; V3, L Kay (ERC) 36:38; V4, R Martin (Forth) 37:17; L1, T Calder LV1 (ESP) 36:37; 12, K Fisher (AP) 38:47; L3 A Douglas (AH) 40:55; LV2 M Dryburgh (Per) 42:11.

2, Giffnock North 510, 3 Liv & District 617. (Bel) 20:15; 3, S McCoone (GGH) 21:01

2, Dundee Hawkhill Harriers 10K RR, Caird Park, Dundee

1, M Strachan (DHH) 31:24; 2, C Hasketh (DHH) 31:30; 3, D Knight (PSH) 31:40; 4, D Ruggles (Cam) 31:45; 5, C Ross (Un) 32:32; 6, I Moncur (DHH) 32:37; 7, R Bell (DHH) 32:49; 8, K Harkness (Fif) 33:01; 16, H Lorimer (Lough) 33:12; 17, C Scott (ESP) 33:18; 18, R Hanlon (Fif) 33:06; 10, B Law (Tev) 33:10; 11, A Moss (Cam) 33:19; 12, P Butcher (Aris) 33:41; 13, D Crowe (She) 34:07; 14, J Hanlon (DRR) 34:14; 15, D Hamilton V1 (DHH) 34:19; 16, D Sullivan (DRR) 34:57; 17, R Caldwell (Pit) 35:20; 18, J Hanlon (Fif) 35:31; 19, G Reid (E) 35:38; 20, E Watt (SV) 35:07; 21, C Hendry (Green) 35:36; 22, E Caldwell (Dum) 35:40; 23, R Craig (She) 35:49; 24, T Quigley (Kin) 36:52; V8, G Angus (DHH) 37:25; V9, S Hastie (Pet) 37:40; V10, D Elder (Un) 38:09.

Renfrewshire AAA 10 mile RR, Champs and Open Road, Spango Valley, Greenock

1, D Ross (ERC) 51:05; 2, G Goffney (GWH) 52:55; 3, G Fairley (Kil) 53:31; 4, C Spence (V1) (SV) 53:43; 5, C Miller (Inv) 54:09; 6, W Richardson (Inv) 54:15; 7, T Anderson (Kil) 54:24; 8, C Leck (SV) 54:55; 9, B Craig (Inv) 55:02; 10, I McDougal (Kil) 55:13; 11, B Howie V2 (CPH) 55:36; 12, G McGregor (Green) 55:40; 13, P Walsh (Dum) 55:58; 14, J McLaughlin (Gar) 56:28; 15, P McGregor V3 (UP) 56:37; 16, R Guthrie V4 (Bel) 57:23; 17, R McIntyre (Cly) 57:58; 18, J Hanratty (Cly) 57:59; 19, G Reid (E) 58:03; 20, E Watt (SV) 58:07; 21, C Hendry (Green) 58:36; 22, E Caldwell (Dum) 58:40; 23, P Cunningham (E) 58:56; 24, T Wilkie (SV) 59:20; 25, T Kelly (Oun) 59:40; V5, R Boyd (GHH) 60:20; V6, R Martin (SV) 60:37; V7, D Campbell (SV) 60:56; V8, R Kodelet O/50 (Green) 61:09; V9, J Davidson (Inv) 63:11; V10, H Barrow (VP) 63:54; L1, M Blaikie 47 (SV) 65:36; L2, A M McKee (SV) 66:55; L3, I Reid (Motorola) 67:49.

SVHC Indoor Champs, Kelvin Hall-Vets 6/40: 400: 200; M Hemmings

*The Highland Games season has just begun.*

*Margaret Montgomery previews the action.*

IT'S often overlooked in the press, but the Highland Games circuit offers some fine athletics and 1992 looks like being no exception.

This year's amateur Scottish Championships will be held in Inverness on July 11. Last year's champion Mark MacDonald looks likely to retain his title but will face stiff challenge in the form of Lawrie Nisbet.

In 1991 MacDonald was given a practically clear run at the championship owing to Nisbet having torn a muscle in his arm. However, this year Nisbet is looking much stronger and is being tipped to break the current weight for height record (15ft 3" with a 56lb ball).

Another likely contender is Alan Pettigrew, who looks as if he may break the amateur hammer record this summer. The current record of 39.59m was set two years ago by

Pettigrew at Bridge of Allan.

However, he will have to watch that Russell Devine does not get there first. A formidable "heavy", Devine is noted for his strength rather than his technique, but rumour has it he has been working on the latter and the net result could be the record falls to him rather than Pettigrew.

The "young heavies" scheme which was introduced two years ago continues to act as a springboard for the senior champions of the future.

Under the guidance of John Freebairn in the south of Scotland and Ken McDonald in the north, talented heavies-in-the-making are going through their paces at least once a week, training centres for each group being in Inverness and Milngavie.

"The scheme is bringing a lot of youngsters to the sport," says George Spence, convenor of the Highland Games Commission.

"There is always the chance that they might go professional, but with open athletics round the corner this isn't such a worry to us as it would have been a few years ago."

This year's north versus south young heavies' competition is at

the Bridge of Allan Highland Games. Rivalry between the two "warring factions" is likely to be intense, the north seeking revenge



**Joe Quigley**

for a some what unexpected defeat last year.

The professional games circuit is also thriving, attendance at most events being anything between 2000 and 15,000.

"We get a lot of people who turn amateur coming back to the professional side again purely because of the size of the crowds," says the Scottish Games Ass-

ociation's Andrew Rettie. "Even at quite major track and field events you don't get the same size of crowd and the atmosphere that you get at most Highland Games."

Likely contenders for the professional league running events look like being Willie Beattie of Wick in the sprints, and Clive Bell in distances over 600m, with Wayne Macintosh of Kelso a good bet for youths events over 600m.

Championship events up to 400m were dominated in 1991 by Keith Douglas of Jedburgh. Ian Archibald dominated those upwards of 400m and should be hard to beat again this year.

As usual, a number of world class athletes will be competing in the professional heavyweight circuit.

The 1992 World Championships will take place at Callander on July 1 and 2. Competitors to look out for include Californian Jim McGoldrick and Australian Olympic hammer thrower Joe Quigley.

Jim McGoldrick, who is defending champion, is likely to face stiff opposition for the title from Quigley.

Although Quigley just failed to depose McGoldrick from the number one spot last year, he has

# HIGHLAND GAMES

since shown he more than capable of beating his older rival on a number of occasions, the most notable of these being at the Fergus Games in Ontario, Canada, and at the Santa Rosa Games in America.

Other notable entrants include England's Jamie Reeves and Iceland's Jon Paul Sigmarsson, a duo liable to dominate the caber and the weight for height.

The leading Scottish contender in the 1992 World Series looks set to be Huntly's Gordon Martin.

Tain's George Patience, who previously dominated the home scene is not competing this year, offering a perfect opportunity for the younger man to pick up the mantle.

Eric Irvine, a Commonwealth medalist in the shot putt, is also likely to feature prominently.

According to World Series secretary David Webster, the international circuit is growing in

popularity every year. The television coverage of the World Championships last year and the high media profile of World Series stalwarts such as Jon Paul Sig-



McGlashen Stones of Strength' is a prime example. It's an adaption of an old Scottish test of manhood in which young men were required lift a single stone known as the manhood stone, or 'Clach Cuid Fir', on to a wall to prove manhood.

"The heavies simply substitute stone walls with whisky barrels and the test is to put as many stones as possible on the barrels in a predefined length of time."

Like his colleagues in the amateur side of the sport, Webster thinks open athletics can only improve the level of competition throughout both Highland Games circuits.

"It seems daft that Olympic throwers from other parts of the world can compete at our 'professional' games without jeopardising their status and yet our own top throwers can't," he says.

"Our top amateur throwers are missing out in this respect."

The BAF have agreed to the idea of open athletics in principle and are now awaiting a decision from the IAAF before allowing the SAAA/SWAAA to thrash out the finer details of the idea with the professional side of the sport.

It does, however, seem likely that within the next two years amateurs will be able to compete in professional events and vice versa...

## BUTE HIGHLAND GAMES

at the PUBLIC STADIUM, ROTHESAY  
SATURDAY 22nd AUGUST 1992

Commencing at 11 a.m. approx.

Open Athletics 1.30 p.m. approx.

Athletics (male/female), Highland Dancing, Wrestling, Pipe Band Contests (all grades), Drum Majors' Contest (Adult and Juvenile)

ADMISSION (NON COMPETITORS): Adults £2.00; OAP & Children £1.00

GRANDSTAND EXTRA

Entries close Monday 5th August 1992

Sec: MR GORDON SUTHERLAND, BIRGDALIE, KINGARTH, ISLE OF BUTE,  
PA20 9PE. TEL: 0700 - 83610

## PITLOCHRY HIGHLAND GAMES

SATURDAY, 12th SEPTEMBER 1992

Commencing 11.00 a.m.

RUNNING \* CYCLING \* JUMPING \* SOLO PIPING \*  
HIGHLAND DANCING \* HEAVY EVENTS \* TUG-OF-WAR  
\* GRADE 1 PIPE BAND COMPETITION \*

Handicapper: Mr Andrew Mitchell, 10 Aitken Ave, Queensgate,  
Keltie KY4 OBE. Tel: 0383 830245

Secretary: D. McLaughlin, Easter Auchlatt, Pitlochry.  
Tel: 0796 2207

NO TRADE STALLS

## KINCARDINE AND DEESIDE DISTRICT COUNCIL STONEHAVEN HIGHLAND GAMES

Sunday 19th July, 1992, at 11.00 a.m.

Mineralwell Park, Stonehaven  
Entries accepted on the field for Heavy Events, Light Events, Piping and Dancing (S.O.B.H.D.)

## TAYNUILT HIGHLAND GAMES

at Sports Field, Taynuilt on

SATURDAY 25th JULY

Open & local Piping commences 12 Noon

Highland dancing (S.O.B.H.D.) commences 12 Noon  
Local Heavy weights and Final of Argyll Junior Championship commences 11a.m. - Pipe Band march 1p.m. - Track & field events follow - Prize money £1000 \* Admission £2.00 \* OAP/Child £1.00

\* Additional prize money if any Field Records broken in heavy events  
\*\* £50 Bonus for Tossing the Taynuilt Games 'untossed' Caber!

Free Car Parking Contact:  
**MRS THOMSON (TAYNUILT) 431**

## CUPAR HIGHLAND GAMES

\*Duffus Park, Cupar, Fife\*

1.00 p.m. 5th July, 1992.

(under SAAA, SWAAA, SOHDA, SWCCA, KRA Rules)

PIPING, DANCING, HEAVIES, TUG OF WAR, TRACK & FIELD, REFRESHMENTS AND AMUSEMENTS.

SEC: David Martin,  
Edenwoodend,  
Cupar, Fife  
(0334) 52069  
(0334) 54195

Entries to: Jack Weir,  
16 Tarvit Ave,  
Cupar, Fife  
(0334) 53451  
(0334) 53215

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

Trade Stalls:  
L. Sharpus-Jones,  
Old Largowood Cottages,  
(Largowood) 376

THE first weekend in May was looming and 55 Scottish students headed for the British Universities Championships, writes *Gordon Ritchie*.

Cardiff was the destination for one of our most successful championships ever, 17 medals returning north of the border.

The first final was the men's hammer where Scottish hopes rested on the bulky frames of Glasgow's David Allan and Lachie Carter. Allan looked out of touch in the early morning but came good in the last round with a throw of 55.62 to finish second. Carter managed a pb of 48.84 to finish fourth.

The first day belonged to Glasgow, with Jane Fleming winning bronze in the 100m (12.39) before anchoring a scratch relay team to an unexpected silver in the 4 x 100m. Glasgow were the pre-championship favourites, having broken the meeting record last year, but the absence of Mel Neef, Sarah Richmond, and Dawn Burden made it unlikely that they would even have a team. It was only when discus thrower Hilde Markus was persuaded to run in borrowed spikes that they made it to the start line.

Sunday began with another medal. Edinburgh's German hurdler Brigit Kreuckles came second in the 400m hurdles in 63.13, and might have taken the title had she not demolished the last hurdle.

Strathclyde continued the Scottish success story with two outstanding performances in the 800m. Alison Potts showed good early season form when finishing second in 2:11.26. Meanwhile, John McFadyen who shattered his pb but was just pipped by six hundredths of a second to take the silver in 1:50.89.

Despite the flow of medals and pb's, there were still no titles in the bag. The pole vault put an end to that. The question was not whether a Scot would win, but rather which Scot would win. At the end of the day Iain Black's 4.00 was enough to edge out Adam Anderson (3.90).

While this was going on, Nikki Barr completed the second of her three successes of the weekend when winning the triple jump in a windy 12.17 to become the first native Scot to clear 12.00. This followed her earlier silver in the long jump (5.47) and preceded her off-track success with Gregor McMillan.

Glasgow had been having a quiet

Sunday morning, but the afternoon brought another rush of medals starting with another close finish in the 400m where Gregor McMillan had to settle for second in an impressive 48.23.

Glen Stewart added another silver in the 1500m with 3:48, having gambled by taking the lead with two laps remaining. He was partially successful, as he dropped most of the medal candidates, but Loughborough's Matt de Freitas proved to have the finish.

In the equivalent women's race Joanna Cliffe returned to form with 4:32.76 to take bronze, and then turned agony aunt to dish out advice to one of the party on how to become a big hit with the girls. Joanna's flatmate Markus landed another bronze with 40.88 in the discus.

Heriot Watt's Graeme Smith was the defending champion in the 110m hurdles and clocked a windy 14.97 when winning his semi-final. Unfortunately the wind changed direction before the final and his time of 15.41 was only good enough for yet another silver medal.

The championships had been Edinburgh's weakest for years, but they chipped in with two late medals - Scott Burch (3000m steeplechase silver in 9:17.30) and junior cross country champion Phil Mowbray (5000m bronze in 14:38.09).

After the match, the traditional festivities began. One unfortunate pasta house was offering as much as you could eat for £2.49. After feeding Messrs Allan, Carter, and Kubota, they ran out of pasta and, more importantly, Budweiser.

Having been thrown out of the pubs, the party adjourned to the hotel where the aptly named Hugh Watson had to be tucked into bed by a rather concerned landlord.

The gossip of the trip was the bonding of Nikki Barr and Gregor McMillan. Any girl that can endure Gregor for more than five minutes deserves more than a British Universities medal.

One question remains unanswered. Who was the devilishly good-looking hunk talking to Alison Potts on the journey home?

Finally, there is the presentation of the celebrated "Twit of the Tour" award. Gregor McMillan made a brave attempt to retain his title, but this year the award goes to Nikki Barr for falling for Gregor and for being stupid enough to suggest that Heriot Watt would win more medals than Glasgow. Well done Nikki!

THE sixth SSAA Primary Schools Cross Country Championships, sponsored by Scottish Power, were held at Kirkcaldy High School on April 25, 1992, writes the SSAA.

Edinburgh, fourth in the primary six race in 1991, moved up to take the bronze medal in this year's primary seven race.

Helga Tulloch of Stromness in Orkney, who finished fifth in 1991, finished fourth.

The team trophy, as expected, went to Maxwellton, East Kilbride, who followed up last year's primary six victory and 1991 road relay success with a very low points total of 40. Claire Thompson was seventh, and twins Catriona and Rhona Kerr 16th and 17th.

New entrants St Brigid's of Wishaw were second and Mosshead in Glasgow third in the team competition.

In the boys' races, St Matthew's in Bishopbriggs distinguished themselves with two first places in the team competitions while Lawmuir in Bellshill took two second places to add to a bronze and a silver in the individual competitions.

The primary six boys' race was won by Martin Stephen of Fraserburgh Central, from Kenny Brown of Lawmuir and Christopher Baillie of Gavinsburn in Clydebank.

The first primary seven boys' race was won by Christopher Barnsby of Inver, Ross-shire (fifth in 1991), who held off last year's primary six champion, Gavin McGregor of Watson's, by three seconds.

Third was Paul Watson of newcomers, Lawmuir. Pre-match favourite, Owen Greene of Lawhead, fell during the race but still came fifth.

Canongate in St Andrews won this half of the age group, from Lawmuir, with Dingwall adding to Ross-shire's success in third place.

In the second race (M-W) Douglas Cumming, of Newmachar in Aberdeen, took the gold medal from 1991 bronze medallist, David Melville of Maryburgh (third).

St David's Plains, by Airdrie were second in the team event with their first counter, Cheryl McIlhatten, second in the individual race. The Pennyland team from Thurso were third. The individual bronze medal went to Louise Campbell, of Conon Bridge.

Such is the enthusiasm and ability of primary schools' cross country athletes that it is hard not to be optimistic about the future of secondary schools' cross country.

Yet, from the results of the Schools International in Alness on April 4, it is clear that there the Scottish secondary athletes of the future have their work cut out!

Lianne Harrison of Westburn in

## May

21

HELENSBURGH 10K, Helensburgh. D - 0436 74471.

23

FALKIRK Young Athletes Meeting, Meadowbank Stadium. D - 0324 24911 Ext 2395.

24

KIRKCUDBRIGHT Academy Milk Half Marathon.

BANK of Scotland Stornoway Half Marathon & Fun Run, Stornoway, Lewis. D - 0851 870863.

25

ABERDEEN 10K RR.

STRATHKELVIN 10K, Kirkintilloch. D - 041-772 3210.

NEWTONMORE 10 mile RR. Starts 2pm. D - 0540 673461.

26

CAU Inter County Championships, Corby.

JOHNNIE Walker 10K, Kilmarnock.

27

BABCOCK Thorn Pitreavie OGM, Pitreavie.

AULD Toun 10K, Dunfermline. D - 0383 737712.

LANARKSHIRE AAA League, Wishaw.

SRI Chinmoy 1 Mile race, Edinburgh.

2

COOPER Park Road Races, Elgin.

WIGTOWN DC OGM, Stranraer. D - (0776) 2151, ext 245.

3

AYR Seaford 10K Road Race, Dalm Park.

FALKIRK OGM, Grangemouth.

HILL of Tarvit 5 mile RR, Ceres, Fife.

SRI Chinmoy 2 Miles Race, Edinburgh.

4

DUMBARTON Academy 500 10K RR.

EUROPEAN Relays, Sheffield.

30

AAA U-20 Multi Events Champs, London.

BENS of Jura Fell Race, Craighouse, Jura.

EUROPEAN Clubs' Cup, Birmingham.

MAMORE Hill Race, Kinlochleven.

SAAA East District Champs, Meadowbank. West District Champs, Dam Pk, Ayr. D - 031 317 7320.

SCOTTISH Young Athletes H'cap Scheme.

BATHGATE Highland Games.

31

AAA U-20 Multi Events Champs, London.

CAITHNESS Half Marathon, Thurso. D - 0847 52375.

EUROPEAN Clubs' Cup, Birmingham.

MONKLANDS Scottish Cup s/f, Coatbridge.

MOTHERWELL 10 mile RR, Wishaw. D - 0698 355821, inc SAAA 10 mile RR Champs.

GRAMPIAN TV League (East), TBC.

GRE Cup Round 2, Various.

ABERFELDY Recreation Centre Half Marathon, Aberfeldy. D - 0887 20922.

June

2

KILWINNING Academy Milk 10K.

SRI Chinmoy 10K, Edinburgh.

10

COOPER Park Road Races, Elgin.

WIGTOWN DC OGM, Stranraer. D - (0776) 2151, ext 245.

11

FORTH V. Lge: D1, L'ston; D2, Pitreavie.

13

AAA Multi-Events Championships, TBC.

BEARSDEN & Milngavie Highland Games.

GLEN Rosa Horseshoe, Brodick. D - 07706 597.

HAMILTON District Sports Festival.

6

BENBECULA Marathon, Western Isles.

EAST Kilbride 5 mile RR. Senior men & ladies. Ballerup Recreation Centre. Starts 2pm. D - S. MacDougall, (0353) 2978.

FRANK Sinclair Memorial RR, Greenock.

SHOTTS Highland Games, inc 10 mile RR. Male, female, vets, and team prizes. Awards to all finishers. E - (0501) 20493. D - (0555) 50051.

UK Championships, Don Valley.

REEBOK RR, Haddington.

WOOLWORTHS League, E, D1&2, Pitreavie.

7

AIRDIRE Highland Games, Airdrie.

AONOCHE Mor Hill Race, Fort William.

DEXTAT Half Marathon, Galston.

DUNFERMLINE Half Marathon. D - 0383 723211.

SCOLTY Hill Race, Banchory.

SWAAA Half Marathon Champs, Dunfermline.

THE Cairnstable Race, Muirkirk.

UK Championships, Don Valley.

WOOLWORTHS League, W D1&2, Pitreavie.

ISLE of Skye Half Marathon, Portree. D - 0478 2341.

SSAA Pentathlon Champs, Grangemouth.

TRAPAIN Law Hill Race, East Linton.

14

AAA Multi-Events Champs, TBC.

CITY of Edinburgh 10K.

EDINBURGH Athletic League, Pitreavie.

FALKIRK Highland Games, Callendar Park.

HOY Half Marathon, Hoy, Orkney.

INVERCLYDE Marathon & Half Marathon, Greenock. D - (0475) 892160.

MONKLANDS Festival 7 mile RR.

BOS League: D1, Pitreavie; D2, TBC; D3, G'mouth; D4, Dundee; D5, Dumfries.

PANASONIC League: D1&2, Crownpoint.

PANASONIC League: D3, 4&5, Coatbridge.

16

BABCOCK Thorn Pitreavie OGM.

17

EASTER Anguston 4 mile RR, Aberdeen.

SRI Chinmoy 2 miles race, Edinburgh.

**NEW CUMNOCK 10 MILE ROAD RACE & MILE FUN RUN**  
SUNDAY 14th JUNE, 1.00 p.m.

**Entries £3.00 (£4.00 Race Day)**  
**Fun Run £1.50**

Small, friendly, scenic run.  
T-Shirt or Medal for all finishers.  
Free tea & snacks plus sports socks.

**Prizes:** 1st Man £50, 1st Woman £30  
2nd Man £30, 2nd Woman £20  
3rd Man £20, 3rd Woman £10  
Plus prizes & trophies for all categories in both races.

**Details:** D. Sanderson, 5 Buriton Place, New Cumnock.  
Tel. (0290) 38538

## EVENTS

### July

1	10	SCOTLAND v Greece v France U-21 (women), Athens.	LINLITHGOW AAC 10K RR, Linlithgow.
	11	AAF Grand Prix, Crystal Palace.	SIAB Schools International, TBC.
	19	DAVID Shepherd Memorial Glamaig Hill race, Sligachan, Skye.	ANNANDALE & Eskdale DC Open Graded Meeting, Everholm, Annan.
	29	INVERNESS Highland Games, Inverness.	EUROPA Cup (Under 23), Gateshead.
2	11	LIVINGSTON & Dist. AAC Open Graded Meeting, Craigwood.	FALKIRK Young Athletes Meeting, Grangemouth.
	19	ROSS-SHIRE 10K, Muir of Ord.	HALF Ben Nevis Hill Race, Fort William.
3	12	SAAA Heavy Events Championship, Inverness.	IRVINE Harbour Festival 10 Mile Road Race, Irvine.
	19	GRE British Athletic League Div 1, West London.	NORWAY v Great Britain (Multi-Events), Trondheim, Norway.
4	12	BRIMMOND HILL RR, Aberdeen.	SAAA/SWAAA Combined Events Championships, Dumfries.
	20	FORRES Highland Games, Forres.	SCOTLAND v Greece v France U-21 (Women), Athens.
	20	GERMANY v USSR v GB (under-23), Chemnitz, Germany.	GRE Cup Semi Final, TBC.
	20	SAAA/SWAAA Senior Champs, Meadowbank.	WELSH Games, TBC.
5	14	ASDA Dyce half marathon, Aberdeen.	COW Hill Race, Fort William.
	22	EDINBURGH Woollen Mill 15K RR, Moffat.	BRIDGE of Allan Highland Games, Bridge of Allan.
	22	WHITEASH Hill race, Fochabers Moray.	DONKEY Brae Run, Aberdour.
	25	SRI Chinmoy 2 miles Road Race, Meadows, Edinburgh.	MONKLANDS District Half Marathon, Coatbridge D - (0236) 441460.
6	15	SHISKINE Valley-Isle of Arran Half Marathon, Isle of Arran. D-077086 427.	DRIFTWOOD Eyemouth Half Marathon D - Eyemouth 50140.
	17	STONEHAVEN Half Marathon, Stonehaven.	OLYMPIC Games athletics (to 9 August), Barcelona.
	18	WOOLWORTHS Young Athletes League West D1&2, Crownpoint.	SAAA Marathon Championships, Elgin.
8	18	BELFAST Games, Belfast.	HIGHLAND Games Cow Hill Race, Fort William.
	26	STEWARTON Third 6 Mile Charity Fun Run. Also 1.5 mile mini run. Medals to all finishers- pre-entry preferred. D - Mr & Mrs Dean, Stewarton (0560) 84814.	THE Macallan Moray Peoples Marathons & 10K, Elgin D - (0343) 541543.
	26	EUROPA Cup (Under 23), Gateshead.	LOCHABER Highland Games, Fort William.
	26	ISLE of Harris Half Marathon, Harris.	OLYMPIC Games (Opening Ceremony), Barcelona.
	26	MELANTEE Hill Race, Fort William.	SNOWDON Hill Race, Llanberis, Wales.
	26	NORWAY v Great Britain (Multi-Events), Trondheim, Norway.	STROMNESS 13 Mile RR, Stromness, Orkney.
	26	SRI Chinmoy 5 miles race, Meadows, Edinburgh.	4 BILL Elder 10K Road Race, Greenock.
	26	SAAA/SWAAA Combined Events Championships, Dumfries.	Send your events details to: Scotland's Runner, Applejak Studios, 113, St George's Road, Glasgow G3 6JA.

Polaroid

asics

SPONSORED BY RON HILL SPORTS - ADAIRS - SCOTLAND'S RUNNER DUMBARTON DISTRICT SPORTS COUNCIL - LUCOZADE - VALE OF LEVEN HEALTH PROMOTION PROJECT

### Polaroid 10K ROAD RACE SERIES

(UNDER S.A.A.A. & S.W.A.A.A LAWS)

#### HELENSBURGH 10K

THURSDAY 21st MAY @ 7.30PM

SPONSORED BY  
THIRD  
EYE  
SYSTEMS

#### DETAILS ALEX STEWART

POLAROID (UK) LTD  
TEL 0389 - 22222 or 22297

MEDALS TO ALL FINISHERS

#### DUMBARTON "500" 10K

THURSDAY 4th JUNE @ 7.30PM

DETAILS

#### ALEX STEWART

POLAROID (UK) LTD -  
TEL 0389 - 22222 or 22297

MEDALS TO ALL FINISHERS

#### VALE OF LEVEN 10K

SUNDAY 28th JUNE @ 10:00AM  
DETAILS

POLAROID (UK) LTD  
TEL 0389 - 22222 or 22297

ALSO  
10K WHEELCHAIR RACE

SPONSORED BY  
ADAIRS  
PLUS

\*\*FUN RUN (2 MILES)  
\*\*MINI RUN (1 LAP OF PARK)  
SUPPORTED BY VOL HEALTH  
PROMOTION PROJECT  
\*\*REGISTER ON THE DAY  
MEDALS TO ALL FINISHERS

SCOTLAND'S  
**Runner**  
**Lucozade**  
**SPORT**

RON HILL Polaroid RON HILL

RUN-A-WAY SPORTS  
Scotland's 'PURE DEAD BRILLIANT RUNNING SHOP'

SCOTLAND'S  
**Runner**  
**Lucozade**  
**SPORT**

#### UNIQUE DESIGN T-SHIRTS TO PARTICIPANTS IN ALL THREE RACES

USE THIS FORM TO ENTER 1, 2 OR ALL 3 RACES.

£1.00 OFF IF YOU ENTER ALL THREE RACES NOW. (SERIES ENTRY)

PLEASE TICK THIS BOX IF YOU DO NOT WANT TO RECEIVE MAILINGS

SURNAME

FORENAME

ADDRESS

POST CODE

DATE OF BIRTH

NAME OF AFF/NON-AFF CLUB

PLEASE TICK WHERE APPROPRIATE :-

MALE  (17 & over) FEMALE  (16 & over)

MALE VET  FEMALE VET

PLEASE TICK AS APPROPRIATE  
FOR EACH RACE ENTERED

AFFILIATED NON-AFF

HELENSBURGH £2.50 £3.00  
21/5/92

DUMBARTON £2.50 £3.00  
4/6/92

VALE OF LEVEN £3.00 £3.50  
28/6/92

**TOTAL =**

**SERIES ENTRY £7.00 £8.50**

PLEASE MAKE  
ALL CHEQUES  
TO POLAROID

TO POLAROID EMPLOYEE

REGISTERED DISABLED

I WISH TO ENTER THE RACE(S) AS STATED. I AM MEDICALLY FIT TO PARTICIPATE AT MY OWN RISK  
AND CANNOT HOLD THE ORGANISERS RESPONSIBLE FOR ANY INJURY SUSTAINED BY MYSELF, OR  
FOR ANY LOST PROPERTY DURING THE RACE, OR FROM CHANGING ROOMS.

SIGNED

DATE

HOW DID YOU HEAR ABOUT THE EVENT

PLEASE ENCLOSE A4 SIZE SAE WITH ENTRY

SEND COMPLETED ENTRIES TO :- ALEX STEWART

POLAROID (UK) LTD (OHD)

VALE OF LEVEN INDUSTRIAL ESTATE

DUMBARTON G82 3PW

CHEQUES/PO'S PAYABLE TO POLAROID (UK) LTD

ENTRIES CLOSE AS FOLLOWS :-

SERIES : 14th MAY 1992

HELENSBURGH : 14th MAY 1992

DUMBARTON : 28th MAY 1992

VALE OF LEVEN : 21st JUNE 1992

KINCARDINE & DEESIDE DISTRICT COUNCIL

## STONEHAVEN HALF MARATHON AND FUN RUN

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 5th July, 1992

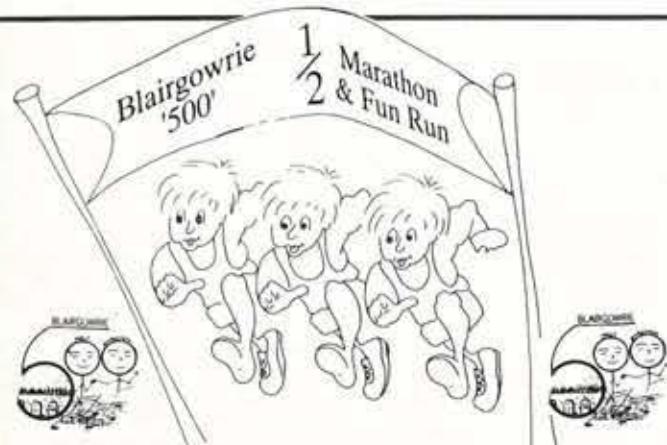
Main Sponsors: Kincardine & Deeside District Council

\* Entry fee £5.50

\* Medals and Certificates to all finishers

\* Free swim in Scotland's only outdoor 50m heated seawater swimming pool

Entry forms, send S.A.E. to:  
Race Administrator, Leisure & Recreation Section, Kincardine & Deeside District Council, Viewmount, Stonehaven AB3 2DQ.  
**Tel. 0569 - 62001 Ext. 267**  
Closing date 19-6-92



SUNDAY 27th SEPTEMBER, 1992

AT 11.00am

FROM BLAIGOWRIE RECREATION CENTRE

Entry Forms from Bob Ellis, 15 Ann Street, Blaigowrie, Perthshire PH10 6EF  
Telephone: (0250) 873899 - Please Send S.A.E.

ENTRIES LIMITED TO 300

ENTRY FEES: 1/2 MARATHON - £5 Affil. • £5.50 Non-Affil. • £6 on the Day  
3.7 MILE FUN RUN - £1 on the Day • Age 0-90

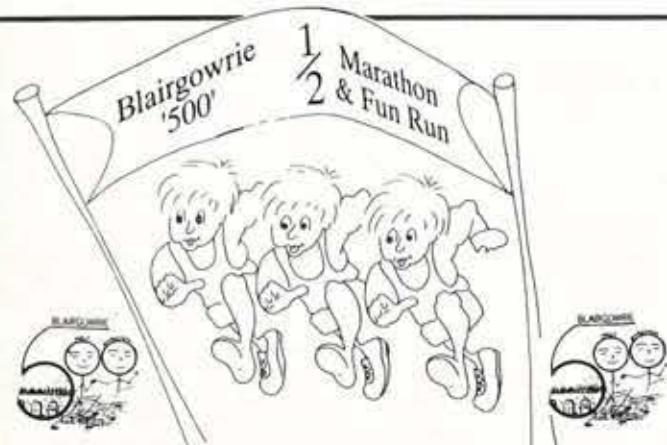
A LIGHT SNACK AND SWIM ARE AVAILABLE FREE AFTER THE RACE

### MAIN SPONSORS

Kall Kwik • Dundee Runner • Strathay Bus & Coach

"And The Committee would like to say  
"WHEN THE GOING GETS TOUGH - THE TOUGH GET GOING"

COME TO BLAIGOWRIE AND SCALE THE HEIGHTS



SUNDAY 27th SEPTEMBER, 1992

AT 11.00am

FROM BLAIGOWRIE RECREATION CENTRE

Entry Forms from Bob Ellis, 15 Ann Street, Blaigowrie, Perthshire PH10 6EF  
Telephone: (0250) 873899 - Please Send S.A.E.

ENTRIES LIMITED TO 300

ENTRY FEES: 1/2 MARATHON - £5 Affil. • £5.50 Non-Affil. • £6 on the Day  
3.7 MILE FUN RUN - £1 on the Day • Age 0-90

A LIGHT SNACK AND SWIM ARE AVAILABLE FREE AFTER THE RACE

### MAIN SPONSORS

Kall Kwik • Dundee Runner • Strathay Bus & Coach

"And The Committee would like to say  
"WHEN THE GOING GETS TOUGH - THE TOUGH GET GOING"

COME TO BLAIGOWRIE AND SCALE THE HEIGHTS



After last year's great success, the race will be over the same course with part of the course passing through the Drumpellier Park and gardens.

\*MEDALS FOR ALL FINISHERS\*

\*EXTENSIVE PRIZE LIST\*

TEAM ENTRIES WELCOME

Application forms available from Local Sports Centres near you or by calling Sports Development Unit, Coatbridge, (0236) 441460 or D.Morrison, (0236) 6010.

REMEMBER ...

... 2nd AUGUST ... 2nd AUGUST ... 2nd AUGUST ...

## OBAN HALF MARATHON & FUN RUN

Entry Fee £4

Fun Run £1

Medals to all finishers

Team event

SUNDAY 6TH SEPTEMBER 1992

RACE STARTS 1.00PM

Main Sponsor: Dunolie Health and Leisure Centre, Oban.

Entries to: Dunolie Health & Leisure Club, Breadalbane St, Oban, Argyll. Tel: 0631 65102

FAST SCENIC ROUTE

CHEQUE OR P.O. TO "O.A.A.C."



EYemouth Chamber of Trade

presents the Eight Annual

## DRIFTWOOD EYEMOUTH HALF MARATHON AND INAUGURAL 10K

(Under S.B.A.A. and S.W.A.A. rules)

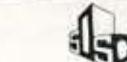


Sunday 2nd August 1992

Starting at Manderston, nr. Duns at 11.30 am.

(by kind permission of Lord & Lady Palmer)

Generous Prize List plus Medals and Certificates to all runners.



Advertising assisted by Sutherland District Sports Council.

## DORNOCH 1/2 MARATHON AND 10K

SATURDAY 8th AUGUST

START - 2pm

£750 worth of Sports Goods

Vouchers as prizes

Toughest Half Mile Marathon in the North, Downhill 10 K

Entry forms from:

MRS S. GRANT, CRAIGELLACHIE, DORNOCH, SUTHERLAND.



ENTRIES AVAILABLE FROM:

Mrs Lough, 2 Seafield, Eyemouth.

Tel: Eyemouth 50140



2nd AUGUST 1992 AT 11.00AM  
The Scottish Marathon Championship 1992



## THE MORAY MARATHON

British Association of Road Races Grade 1 Event (under SAAA, SWAAA, and SWCC & RRA rules)

Fun Day out for all the family, including entertainments, refreshments and lots more. Extensive prize list with medals for all categories.

PLEASE RETURN ENTRY FOR TO: The Moray Marathon, Box No 21, Elgin Post Office, Elgin, Moray.

SURNAME(BLOCK CAPITALS) FIRST NAME

ADDRESS

POST CODE TELEPHONE NO DATE OF BIRTH

AGE ON RACE DAY SEX M/F ATTACHED Y/N CLUB/TEAM NAME

Event (please tick)	Entry Fees	Fees Enclosed
Marathon ( )	Affiliated £6 ( )	Non Affiliated £6.50 ( )
Half Marathon ( )	Affiliated £6 ( )	Non Affiliated £6.50 ( )
10K Race ( )	Affiliated £4 ( )	Non Affiliated £4.50 ( )
Wheelchair 10K ( )	£4 ( )	

ANTICIPATED FINISHING TIME	PREVIOUS BEST TIME
hrs mins secs	hrs mins secs

CLOSING DATE FOR POSTAL ENTRIES 18TH JULY 1992 All entrants must enclose a 9" x 6" SAE with entry fee (for race pack). Cheques made payable to The Moray Marathon.

I declare that I am physically fit to run and fully understand that I enter at my own risk. I will be 18 years or over (if male) or 17 years or over (if female) for entry to the Marathon, 17 years of age for the half Marathon and 17 years or over (if male) or 15 years over (if female) for entry to the 10K.

Signature..... Date.....  
(PLEASE NOTE: BUSES LEAVE ELGIN FOR HALF MARATHON & 10K AT 10.00AM)

## TROPHIES AND MEDALS

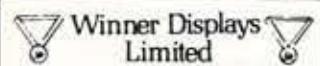
At IMI Birmingham Mint we've been manufacturing sports medals of the highest quality for some time.



IMI  
BIRMINGHAM  
MINT

For further information and colour brochure return coupon to:  
IMI Birmingham Mint Ltd., Medals Division, Icknield Street, Birmingham, B18 6RX.  
Tel: 021-236 7742. Fax: 021-236 0624. Telex: 336991.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_



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

## ATHLETIC CLUBS

MARYHILL HARRIERS - Scotland's most progressive athletic club, based at John Paul Academy, Summerston. Meets every Monday, Tuesday and Thursday. Track & Field, Road and Cross Country. All ages and abilities welcome. Further information: R. Stevenson, 7S Friarton Road, Merrylee, Glasgow G43 2PR. Tel: 041-637 7714.

PLEASE REMEMBER TO MENTION SCOTLAND'S RUNNER  
WHEN REPLYING TO ALL RUNNER ADVERTS.

## SPORTING EQUIPMENT

## SURE-START BLOCKS

## International Style Starting Blocks



Patent Pending 8911117 Copyright reserved

RRP £80 - STILL THE CHEAPEST

NO VAT TO PAY  
CUSTOM MADE HODALLS -  
PRICE - £15.00 + £3.15 P&P

ACCESS  
VISA

£69.00  
+P&P £5.35

- Full length Adjustments
- Adjustable Rubber Faced Foot Plates
- Removable screw in Spikes
- Colours: Blue or Red

Cheques made payable to  
Sure Start-Blocks,  
Unit 32, Hull Micro Centre  
Wincolmlee, Hull,  
Humberside  
Tel: 0482 218167/647564.

## ACCESSORIES



Pulse Monitor  
Seca Sportronic

£89.90



Accuracy to ECG standards - Continuous digital heart rate readings - Large, easy to read display - Personal target zone settings with alarm - Calculates of recovery pulse - Wireless Transmission - Time of day watch - Elapsed time stop-watch  
Idass, 17 Scott Close, Farnham Common, Bucks SL2 3HT.  
Tel: 0753 642961, Fax: 0753 644711.

## 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



## WASP SKINSUITS

LEADING THE FIELD FOR  
QUALITY AND COMFORT

Made to measure lycra sportswear - 38 colours, plus exclusive multicolour prints  
Printing service available

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

NATTERJACK  
RUNNING CENTRE

Everything you will ever need for running!  
Sports drink stockists - Isostar, Gatorade & Lappin

New Balance, Reebok, Nike, Asics,  
Access Adidas, Brooks, Etonic, Saucony. Visa  
77 London Street, Southport, Merseyside,  
PR9 0TX. Tel: 0704-546082.

Kelly's Workshops  
Wobblisboards, 41 Jerome Close, Mersey, Bursc, BL7 1TX  
Wobble Board £14.00 + P+P (£3.00)

The Wobble 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.

## PRINTING

SMUDGE  
T-SHIRTS

QUALITY SHIRTS  
PRINTED AT COMPETITIVE  
PRICES. NO MINIMUM  
ORDER. GENEROUS  
QUANTITY DISCOUNT

SMUDGE PRINTERS  
75a HIGH STREET,  
WEST WICKHAM,  
KENT BR4 0LS

081 776 2388

DOCTORS AGREE!  
'WEAR AN I.D.'

DAVE DOLAN  
TEL: 086035  
0204  
0 POS  
NO ALLERGIES

DON'T RUN  
WITHOUT ONE!  
Complete your kit with a MEDTAG®. Your  
MEDTAG® fits snugly on your bottom shoe  
lace, your constant companion should you  
ever need help. Crafted in featherweight  
aluminium and customised to your  
requirements. Available in trendy blue,  
green, yellow, gold or silver.

Orders to: IMPRINT SERVICES  
ONLY £2.50 EA  
+ 50p p&p (per order)  
+ Shipped Same Day  
(0204) 386035

TO ADVERTISE IN  
SCOTLAND'S RUNNER,  
PLEASE TELEPHONE  
DES ON 041-332 5738  
OR, FAX HIM ON  
041-332 9880.

## OLYMPIC TROPHIES

## PERSONALISED

FULL COLOUR PRINTED T-SHIRTS, SWEATSHIRTS,  
HOODED JOGGING SUITS. NO MINIMUM ORDERS.  
FULL RANGE OF TROPHIES.

BADGES, ENAMELLED, ACRYLIC, BUDGET RANGE,  
INCLUDING FULL COLOUR PRINTED COTTON SEW ON  
BADGE; WALL SHIELDS, BANNERETTES AND  
MUCH MORE. SEND FOR BROCHURE.

TELE 0203 312183. A. W. GREEN BROS LTD,  
THE WORKSHOP, ASTLEY, BEDWORTH, NUNEATON, CV12 0NF.

CLUB COLOURS - vests, shorts, tracksuits, badges, holdalls, shellsuits & leotards.  
Small order welcome. Douglas Sports, 9 Action Hill Mews, 310-328 Uxbridge Road,  
London W3 9QP. Tel: 081-876 5818. Fax: 081-392 9576.

## FEET FIRST

Trophy Centre - Wide Selection

Trophies - Cup Shields

Also shoe repairs

Engraving Service - Club Discounts

130 Bank Street  
Coatbridge  
ML5 1ET  
Tel: (0236) 31731

22 Station Road  
Milngavie  
Glasgow  
Tel: 041-956 3996

## LEISURE SPORT

21 BROADWALK, PINNER ROAD, N HARROW,  
MIDX, HA2 6ED. Tel: 081-861 1079

Reebok Runners at Special Prices  
For Details contact the above number



Contact Des on 041 332 5738 for all  
your classified requirements.

Or, fax him on 041 332 9880.

LEAVE IT TO THE  
PROFESSIONALS  
WHO PRODUCE  
THESE THREE  
SPORTING TITLES

SCOTLAND'S  
RUNNER  
SCOTTISH  
RUGBY

THE  
Scottish  
GOLF  
MAGAZINE

At ScotRun Publications we have the  
expertise and equipment to design  
your stationery, posters, brochures,  
leaflets, adverts, etc, to the highest  
standard at very competitive prices.  
For any requirement you may have,  
contact Crawford or Margaret on 041-  
332-5738 or fax us on 041-332-9880.

Alternatively, write to:

ScotRun Publications Ltd,  
Applejak Studios,  
113, St George's Road,  
Glasgow G3 6JA.

Please remember, no job is too small and printing  
of finished work can also be catered for.



## POST OFFICE COUNTERS COACHING AWARDS

### — CLUB CHALLENGE AWARDS —

The Post Office Counters Club Challenge Awards aim to encourage athletic clubs to meet the challenge of a given theme each year. This year's theme being:

#### “JUNIOR DEVELOPMENT THROUGH CLUBS”

Any registered club in the UK may enter and applications will be considered quarterly throughout the year. The maximum award is £1,000 for the best club-based projects thought to meet the challenge by the panel of judges.

There is no limit to the number of applications that a club may make.

### — COACH OF THE MONTH AWARDS —

The Post Office Counters Athletics Coach of the Month Awards have been developed to acknowledge the achievements of British Athletic Federation registered coaches in the UK.

One award of £500 will be presented each month to the Coach thought by the judging panel to have shown the qualities required for such an award.

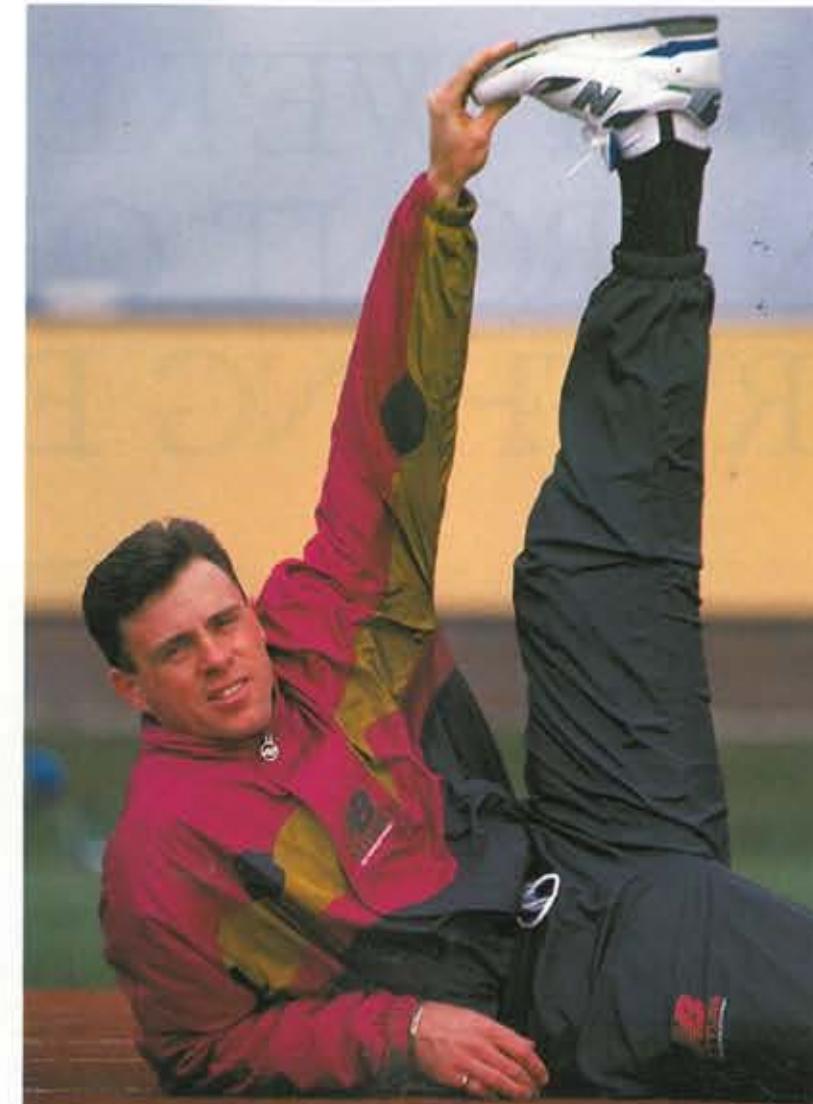
In addition, all winners will be considered for the Coach of the Year Award with a prize value of £1,500, presented at a lunch each year.

Only coaches registered with the Federation may be nominated by their respective athletes.

### HOW TO APPLY

Contact your National Coach or the British Athletic Federation office on 021 456 4050, who will be happy to provide you with a form and assist you with your application.

**new balance**   
the intelligent choice



No Pumps, Discs or Gimmicks.  
Just perfect fit.  
Tom McLean makes the intelligent  
choice.

**new balance** 