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# Scotland's RUNNER

JULY 1993 ISSUE 83 £1.60

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Reebok



# Scotland's RUNNER

ISSUE 83

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JULY  
1993

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Inset: Alexander O'Hare sprints to the finish in the Dunfermline half-marathon. Picture: Robert Perry

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### APPOINTMENTS

ScotRun Publications Limited, publishers of Scotland's Runner, Scottish Golf and Scottish Rugby, are pleased to announce two appointments which will strengthen the company as it embarks on a period of further expansion.

**Sean R. Lineen**, previously responsible for the successful development of the rugby magazine, and company marketing, has been appointed managing director.

**Kevin Ferrie**, of the Dundee Courier has been appointed editor in charge of all three magazines.

Next month's issue marks completion of seven years publication of Scotland's Runner and the company is confident that with the support of enthusiastic staff and contributors, they will continue the solid progress all the magazines are making in winning readers and advertisers for their fresh approach to quality coverage of Scottish sport.

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### COMMENT

## Probation period heralds overdue end of old war

You may have heard the trumpets, or the crash of tumbling masonry, but the walls of Jericho came tumbling down last month when the world governing body, The Amateur Athletic Federation, finally sanctioned open competition between amateurs and professionals in Scotland.

Officials of the Scottish Athletics Federation and their pro counterparts at the Scottish Games Association are to be commended on ending a feud which dates back more than a century, but we hope this is not a false dawn.

There is a six-month probationary period, but SAF secretary Bob Greenoak is confident that will prove to be just a formality. We hope so.

Brawls and betting scandals last century created the rift, but by a remarkable twist, news of open athletics came just 24 hours after one leading bookmaker had threatened to withdraw sponsorship of athletics in England unless they were allowed to offer free bets as prizes.

Sixteen-point joint guidelines mean professionals can compete in this year's SAF championships at Grangemouth on July 10, and amateurs may enter the traditional New Year professional meeting. This creates the potential for the world's leading amateurs to compete in the meeting, large scale sponsorship, and TV coverage. Hopefully Frank Hanlon, who has kept the pedestrian meeting alive these past two years will now be able to capitalise and recoup his losses.

Former Scottish national coach and author Tom McNab — who served a ban for competing in a pro Highland Games — former UK 100m champion Menzies Campbell QC, MP, and world pro sprint record holder George McNeil were among those who celebrated the news. The tragedy is that they had to wait so long.

THE TSB have taken over sponsorship of the Scottish Schools AAA in an 18-month £100,000 deal — that is more than the parent SAF receives from the Scottish Sports Council in core grant aid. Half of the money came from the TSB, the remainder from the government's Sportsmatch scheme, which provides pound for pound backing — provided the money is new funding, and not an extension to an existing deal.

We applaud the emergence of the sponsors as major players in the sport here — they already backed the District championships. But we hope the initial 18 month deal — to bring the package in line with existing support of schools athletics in England and Wales — does not rebound on the schools and leave them hunting for new backers at that time.

The deal has a one-year option, but if the sponsors are not prepared to increase their backing from £50,000 next time, this would effectively halve the sponsorship, for it would not be new money and would consequently be ineligible for Sportsmatch. The TSB would have to increase their backing to £75,000. The additional £25,000 would qualify for matching and keep the £100,000 level intact.

The Sports Council say there has been a huge response to Sportsmatch, but Scotland's Runner understands that athletics clubs — with the exception of Leslie Deans Racing Club — have been slow off the mark to take up this opportunity. The council will gladly provide advice.

NATIONAL coach Andy Vince makes some hard-hitting and courageous comments in this issue about an unwillingness to take responsibility for Scotland's static standards. He puts the onus firmly on coaches to take the sport out of the doldrums. His views have already upset some of them but should be required reading for anyone who wishes to do more than just play at the sport.

DOUG GILLON

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## No reprieve for Morris but Murray has her way

**Y**VONNE Murray and Darrin Morris were the only Scottish winners in the Pearl UK championship meeting at Crystal Palace, but both soon found themselves embroiled in selection rows.

Murray booked her place for both the World championships as well as the Europa Cup when she won the AAA 3000m title at the meeting in 8min 52.28. She emphatically wants to run the 3000m title at the worlds in Stuttgart, but was chosen, in defiance of her wishes, for the Europa 3000m. Motherwell's Murray wanted the 1500m in Rome, preferring no early meeting with her Stuttgart rivals. The selectors immediately bowed to her wish, giving her the Europa 1500m by trading her place with Alison Wyeth.

But there was no reprieve for Morris, who won the UK discus title with 57.70 metres beating Bob Weir into second.

National coach Andy Vince hit out at the failure of the selectors to chose Pitreavie's Morris for two internationals - against Hungary at Portsmouth and for the Europa event. "This is no encouragement to Scottish throwers succeeding at the

highest level in Britain" said an angry Vince.

Pitreavie's Morris had beaten Weir in their only two meetings, but was overlooked. At the time of going to press Morris was still waiting for an official explanation and justification for the decision.

Scottish record-holder Geoff Parsons finished third in the high jump with 2.20m but Brian Whittle's 40m hurdles bid ended in disaster when he damaged a hamstring nerve. Aberdeen's Mark Davidson, the Scottish record-holder, finished fourth in 51.75. Jane Low recorded a life-time best of 59.22 to reach the women's hurdles final, then took the bronze, Scotland only other medal of the meeting. There were several fourths: Graham Croll (steeplechase, 8-43.33), Ruth Irving (long jump, 5.87m), Karen Hambrook (triple, 12.72m), Alison Grey (shot, 14.54m), and comeback woman Diane Royle (javelin, 53.62m); and three Scots Gillian McIntyre (6th 54.87) Angela Baxter (7th, 535.17) and Leigh Perrier (8th, 55.17) all reached the final of the 400m.

Pat McNab, the 50-year-old wife of the author and former Scottish national coach, Tom McNab, was fifth in the inaugural women's pole vault, with 2.90m.



Alison Grey came fourth in the UK Championships shot putt.

## GB Scots

**SEVEN** Scots have been chosen for the Great Britain team for the European Youth Olympics at Valkenswaard from July 3 to 9. They are Des Roache (Victoria Park) 800m; Kevin Daly (EAC) 200m steeplechase; Martin Pate (Victoria Park) high jump; Bruce Robb (Pitreavie) shot and discus; Sinead Dudgeon (EAC) 100 and 200m; Julie Robin (City of Glasgow) shot and discus; and Lisa Brown (Lochgelly) high jump.

## TSB champs

**THE** joint men's and women's TSB district championships were rocked by fearsome weather - rain, hailstones, snow on the nearby hills, and strong winds.

Elliott Bunney took the East 100m in 10.65 to Colin McRobert's 11.36 at windier Dam Park, but generally performances were ruined by the weather.

Pitreavie's Bruce Robb scored an excellent throws treble, including the East's only championship record, 45.88m in the discus while in the West there was a fine double by Mark McDonald in the senior shot and discus (13.05/46.66).

The Baillie brothers, Ross and Chris, claimed five titles between them in the West event, while Mel Fowler won four events: 100, 200, 400 and long jump in the North. (See results section.)



Bruce Robb

## Stewart and women win in Israel

**AFTER** all the controversy over the selection of Glen Stewart for Scotland's international in Tel Aviv, Stewart had the last laugh and vindicated the selectors when he won the 1500m in the match against Israel, Turkey and Wales.

But Stewart's success - one of only three enjoyed by the men - could do little to stem the flood of points lost in the field events where the Israelis had the benefit of several new recruits from the former Soviet states - almost 80% of their men's team.

More disconcerting, since this was the nucleus of the team for next year's Commonwealth Games, is that the Scottish men could finish only third behind a Welsh team which managed to persuade their leading runners to compete.

Encouragingly, however, the Scottish women's team snatched a narrow win, with 52 points to the 48 of both Turkey and Wales.

Team captain Geoff Parsons, won a jump-off to take the high jump with 2.19m, and Gary Brown scored an excellent front-running success in the 800m with a time of 1-47.72. There were notable performances from Aberdeen's Duncan Mathieson in the long jump, Dave Allan in the hammer, and Tom Murray in the 5000m.

The women's team won against all the odds. Apparently beaten at the start of the second day, they had superb wins from veterans Jocelyn Kirby and Carol Sharp, and a final-event success by team captain Karen Hambrook.

Sprint hurdler Kirby, 35, clocked 14.01 when winning by just one hundredth of a second, while Sharp took the 800m in 2-12.03. These were the pair's first international wins for Scotland.

Hambrook having jumped 5.88m for second in the long jump, took the last event, the

triple with 12.54m for overall victory.

Edinburgh AC teenager Sinead Dudgeon produced the best 100m run of her life, 11.99. First string runner Aileen McGillivray managed only second behind Sally Ann

Short, but the Scottish champion's 11.94 was run while suffering from food poisoning. Several members of the team objected to an 11pm curfew imposed on them even after they had competed. Some responsibility to those yet to perform is clearly essential, but the competitors doubt if this is the way to achieve it.

## Heavyweight underweight

**MARK** Hunter, a former body-builder and training partner of international thrower Mark McDonald at Dumfries, lost a Scottish record when the 56lb weight he had tossed over the bar was found to be five ounces under weight. Hunter seemed to have broken the 17-year old record set by Paul Buxton when he reached 4.65m at Shotts.



Glen Stewart

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### Blairdardie School

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Athletics Roadshow	Thu 22 July and Thu 5 Aug	10-12 noon	8-12 yrs
Startrack Athletics	Wed 11 and Thu 12 Aug	10-12 noon	8-12 yrs

### Castlemilk Sports Centre

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Startrack Athletics	Mon 9 and Tue 10 Aug	11-1 p.m.	8-12 yrs

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## Reebok award winners both

From this month Reebok, in association with Scotland's **RUNNER**, will be sponsoring an award to the **Junior Athlete of the Month** for the Scottish male and female athletes who record the most outstanding athletics performance. This month the honour goes to two of the juniors who have been chosen to represent Scotland at the Eric Liddell Foundation in China from August 26 to September 6. Shot putter **Stephan Hayward** of Scottish Borders/Edinburgh AC and 400 metre hurdler **Alison Curbishley**, the Anglo-Scot who runs out of Middlesbrough and Cleveland AC. Each month the winners, chosen with the help of the Junior Commission, will receive a pair of Reebok running shoes, socks, shorts and vest.

With a build not unlike his childhood hero, Werner Gunther, Scotland's Runner /Reebok Young Athlete of the Month Stephan Hayward can give the impression you ignore him at your peril.

But the amiable 18-year-old's brawn tends to disguise the keen brain of an up-and-coming athlete who holds your attention quite easily without threatening behaviour.

Like many of our younger athletes, Stephan displays a healthy concern for the future of his sport and the state of Scottish athletics — but one which in no way taints his enthusiasm and competitive ambition.

He laments the condition of track and field sport in Scotland which he feels "lacks depth, coverage and promotion".

Stephan says: "If you took away the top two athletes in most events you would see

just how much of a gap there is. This is especially true of field events, which usually come a poor second to running in terms of coverage and promotion."

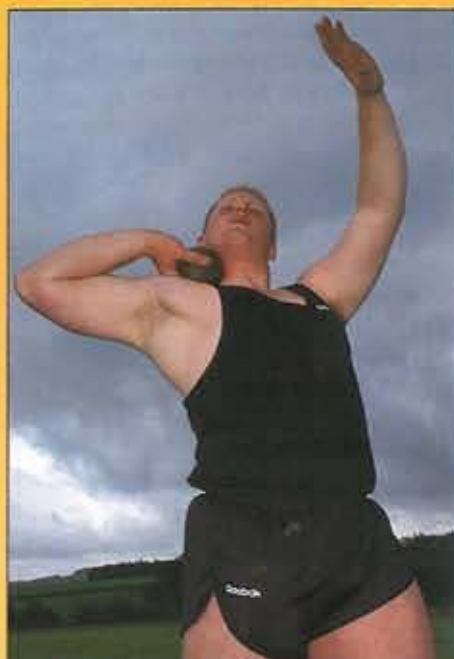
Meanwhile, he enthuses: "I love competing. I get a real thrill out of ordinary competition — just going out to beat the field and better your last efforts."

What he likes least, however, are the endless hours spent on board coaches bound for UK-wide events.

"I don't mind travelling abroad, mind you!" he adds, with an eye on his selection for the Eric Liddell training camp in China.

He relishes the opportunity the trip will give to train with foreign athletes: "It should give some great experience and hopefully I'll pick up some useful tips."

Since leaving Galashiels High School last year, Stephan has embarked on a



career as joiner. He took up discus and shot put in his early teens but has competed in earnest for only two years. Having started out with the now defunct Melrose club, he then joined Edinburgh AC and his second club is Scottish Borders.

This season he has made a smooth transition into senior ranks — winning the Scottish Under-20 championships and the East District Seniors. Added to this he finished second in the AAA indoor U-20s in Birmingham and third in the Scottish Seniors.

His personal bests stand at 15.21m in the shot and 43.60m in the discus (both senior weights), and he has now set his sights on winning the AAA U-20 championships in July. Surprisingly, given the quality of recent showings, he feels success might depend on shedding a few pounds. To this end he has been working hard with coach Stuart Sibbald. "I'm a little on the heavy side right now and Stuart's been making me pay for it," he jokes.

And in the more distant future? "I hope to be able to win a major seniors' championship and, more than anything, I like to think I could make the 1998 Commonwealth Games in Kuala Lumpur."

A glance at Stephan's summer training schedule confirms that "big" does not always mean "unhealthy". A typical week involves competition at the weekend, medicine ball sessions and repetitions on Monday; Tuesday as a day of rest; and technique work, weight-training and speedwork spread throughout the rest of the week.

Stephan is "surprised, but delighted" to have won the Reebok prize, but the fittings of his new gear come as no surprise — "extra large in everything, please," was his request.

## off to fulfil eastern promise

Alison Curbishley was slogging her way through A levels in Biology, Sociology and Sports Psychology at Stockton Sixth Form College when we spoke, striving to get them out of the way before heading off to compete in the International Schools Cup in Italy.

Since bursting onto the British track scene in 1991, such a level head has aided the 400 metre hurdler's outrageous running prowess, which this month make her the winner of the first Scotland's Runner/Reebok Junior Athlete of the Month.

Displaying the kind of thinking that will no doubt ensure her the place at a Sports Psychology degree at university she hopes for, she remembers discovering an early talent for her event.

"I won the English schoolgirls 300 metres hurdles in 1991 after three months in the event, so there was no pressure on me. I just went out, ran it and won it," she said.

Smart thinking has been important in her rise in the running world. Speaking from Stockton-on-Tees, emitting as broad a north-England accent as you can get, the fact that such a uniquely talented athlete has chosen to run for Scotland — her father hails from New Lanark — some would see as surprising.

But she explains the decision to run in the Scottish Junior team has helped her progression. "It came about a couple of years ago after helping out at a local meetings and running in Open Meetings in

Scotland, they found out I was eligible. Isobel Docherty contacted me and the whole thing has just snowballed from there.

"Scotland have a lot more matches, and although I get a lot of jokes thrown at me from friends at my home club, I've got a lot of family, and now friends, all over Scotland and I feel Scottish. I've definitely picked the best team to run for," she says.

Scotland's selectors would agree the English Schoolgirl runner made the right

move. This season, shrugging off a knee operation on torn cartilage in February, Curbishley ran her first competitive 400 metres hurdles of the year in the U-20 Northern Championships in Derby on May 30 in a staggering 59.90 — the first time she has broken 60 seconds. This was followed up with a personal best in the 400 metres of 55.95.

While admitting that "everything is happening so quickly", the 17 year old is now setting her sights high.

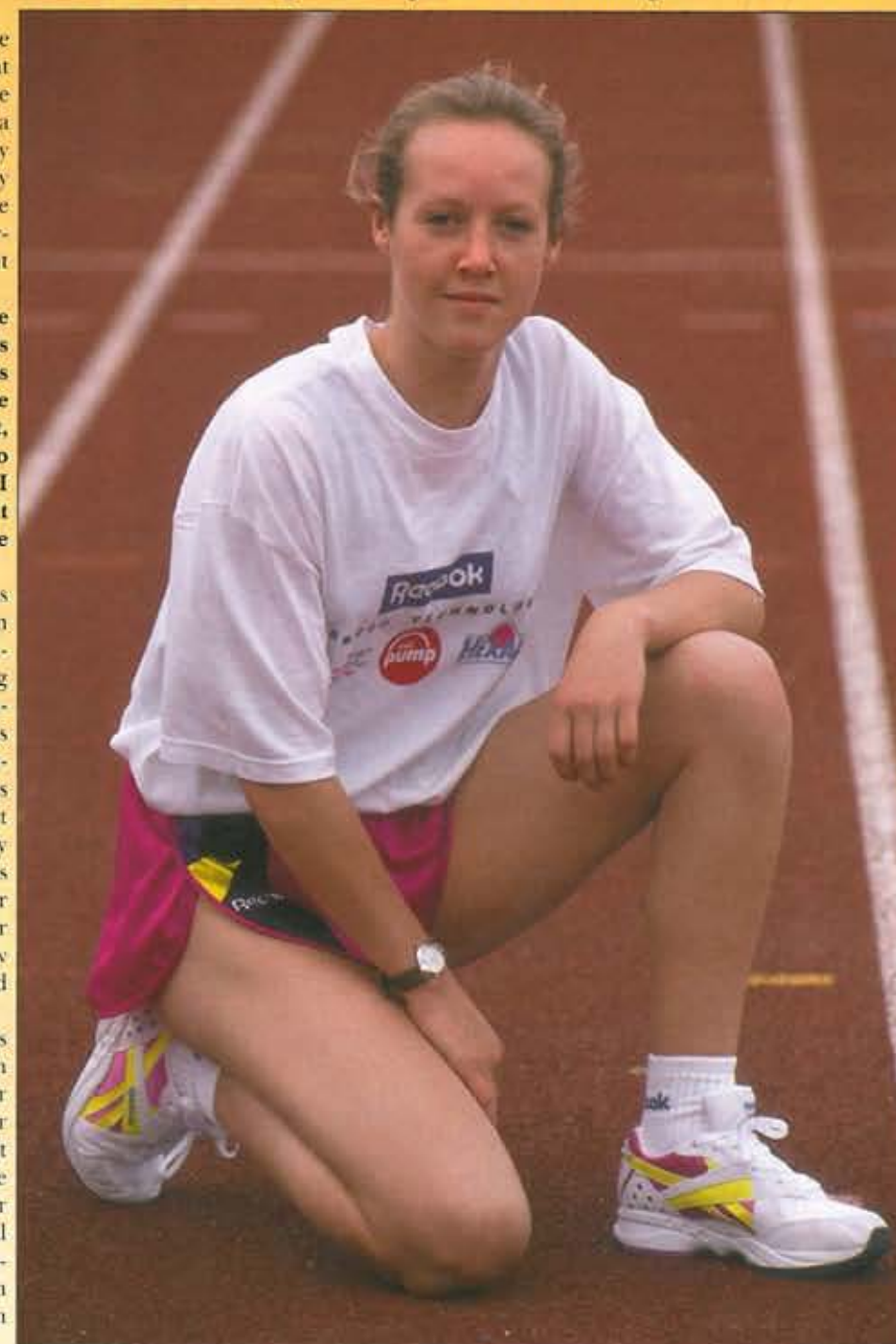
She revealed: "I feel I can now get faster and I'm only .7 off the 59.2 seconds you need to get into the European Junior Championship. I'm really looking to get a good race in a senior meeting, to give me a chance — even just to go as a reserve in my first year as a junior would be great. I'd love that to happen."

Even if she doesn't make the team Curbishley has three years in the age group and a maturity that belies her years — indicating that she is prepared to wait and achieve her goals in time.

"I feel I'm still quite young, and I need a couple of years to gain a bit more maturity on the track, become a bit more sensible. I'm sure if Sally Gunnell got on the same track as me I'd just collapse. But at the moment I get a great buzz out of the run, and out of a win and when that stops I'll pack up."

But Joss Kirby who runs at my club, she's an athlete I admire and I'd love to be still competing on the track when I'm her age."

Well Alison — so do we!





## Master plan for Scottish athletics

The job of Scotland's national coach carries many responsibilities and these have changed drastically from the days of the first man to hold the post, Tony Chapman.

My job is simple. It is to provide opportunities and pathways for Scottish athletes to fulfil their ultimate potential. This can only be achieved by working within the Scottish Athletics Federation, along with others who possess specialist expertise, to develop a support system that can deliver, at each key stage, the needs of the athletes.

Success will be measured in terms of Scottish athletes' performances at World, Olympic, European, Commonwealth and British national level. The last two years have seen a drastic change with the formation of the SAF. This has given me the opportunity to have an unbiased look at what, in particular, coaching has to offer in Scotland, then review, and plan forward.

"If you fail to prepare — prepare to fail".

A consolidation period from November 1991 until October 1992 took place where many views were sought from coaches, athletes, clubs, administrators and others. Each was asked their opinions, and these therefore reflect views and attitudes within Scotland, forming the picture of "where Scottish athletics is now". A plan was produced: "Genesis" (nothing to do with Phil Collins). Translated, this means "The beginning or rebirth". This strategy maps out the direction of both coaching and the performance preparation of the national teams.

The thrust of this article is to inform, raise awareness, and most important of all, recruit coaches, athletes, parents and club officials into Scotland's blueprint for success in the future.

Let me explain.

### THE PICTURE

The last twenty years has seen sport in Britain go through rapid change, from the way it is introduced in our schools (if at all) to the rewards for successful performers. The response to change in athletics at a national level has been very positive, producing a high profile image, financed primarily by television contracts and corporate sponsorship.

The professional organisation which controls our sport, the British Athletics Federation, faces tremendous competition from other sports not only to entice financial resources to athletics,

but drawing children into the sport at the grass roots level, and importantly, keeping them involved through the 13-18 year age group.

The implications for Scottish athletics are simple:

1) The SAF has an important part to play in keeping British athletics at the forefront of world standings, achieved by Scots on international teams.

2) Providing competitive opportunities within Scotland, which develops the growth of club athletics.

3) Ensure that children have the opportunity to participate in fun athletics at both school and in clubs.

"Hard things take time to do while impossible things take a little longer".

### GENESIS SOLUTION

The purpose of the "Genesis Solution" is to define clearly the aim of Scotland's coaching and performance initiative, outlining an effective strategy which addresses the whole athlete development cycle, expressed in terms of input, output and impact.

### INPUT

The appointment of Scotland's first national full time development officer (Graham Ross) paves the way for a concerted drive into recruitment, training and development of people to work closely with young children.

The input of these specially trained helpers (Pacesetters) will make training night at the club an educational, enjoyable experience which will keep youngsters hooked on our sport, and hungry to progress to track and field events.

The onset of Star Track last year recruited 8,000 children throughout the UK into our sport. The venues for Scotland (nine so far) will encourage our youngsters, after having seen Scotland's best strike gold at the World Championship in Stuttgart in 1993, to ignite their aspirations along the road to achieving their dreams of sporting success.

A development plan is currently being worked upon by the development officer. This plan will be linked to the coaching performance plan, and give complete support from grass root participation to excellence.

### OUTPUT

At or around the age of 13-15, children become more committed and event specialisation begins, including formal coaching.

The BAF coaching scheme which is run in Scotland by the

coaching service manager progresses coaches from introduction (assistant club coach) through to event-specific proficiency (club coaches) and, finally, to proven competence (senior club coaches).

The "Genesis" plan has overhauled the coach education programme, increasing the quality of delivery, and making many elements more practically relevant to coaching in the club. The introduction of the Club Youth Award this winter will fill the void of general proficiency in all events (application forms now available from Marion Restrict, coaching service manager).

The specific event expertise accessible to athletes and their coaches is available through the Council of Coaches and they form the cutting edge of coaching personnel on the ground.

National event coaches are appointed in each discipline by the coaching committee, including the new appointments in disability and strength conditioning. Additional appointments, expected soon, are advisors for hill running and cross country. These final additions will mean all aspects of our sport, other than walks and tug of war, will be supported by specialist coaches/advisors.

### EVENT PLANS

National event coaches have written four-year performance plans for their event (available on request from the coaching office). Elements of these plans have provision for development days, come-and-try sessions etc. Included in group plans jumps, throws, sprints, for example, are workshops and clinics staffed by visiting successful coaches/lecturers. Details of these events will be published in Scotland's Runner, but more information is available from group organisers on request.

The success of the national performance plan rests with everybody involved, from the coaches to athletes, all taking responsibility for their commitment to success. The Genesis plan clearly builds networks of communication and support, but every strand of athletics, must have a clear understanding of common purpose. A belief in Scotland's ability to succeed must be shared by all.

### IMPACT

The full impact of the Genesis strategy will not be fully realised until at least 1998. A measurement will be performance at the Commonwealth next year in

## National coach Andy Vince explains the Genesis Solution

Victoria, compared to what is achieved in Kuala Lumpur, Malaysia in 1998.

Momentum is slowly gathering: the first positive step being the formation of the SAF, putting years of decline behind us, but there must be no complacency, otherwise the good work will diminish.

Coaching is adapting fast and positively, taking new opportunities and forcing the pace in an attempt to get to the front of the field in British Athletics. The boulder will start to move up the hill, but we need more bodies behind it, to increase speed and reach the summit.

The success of the Star Track programme will be followed by the emergence of the new dynamic Pacesetters. This will allow club coaches to concentrate on producing quality coaching and support for athletes in the club. The ball will be picked up from the club by the national structure — planning and providing a quality programme, specifically targeting coach education along with performance-enhancing opportunity. The final push into free fall and success must come from the SAF in identifying appropriate high quality competition for Scottish athletes, enabling them to bridge the gap to international level.

This is my vision of the future for Scottish Athletics, one which offers exciting prospects, achievable if we all pull together and just work that little bit harder to fulfil our common dreams — more Scottish athletes winning medals at major championships.

If you would like to know more about the "Genesis" plan write to myself at the Coaching Office, SAF, Caledonia House, South Gyle, Edinburgh, EH12 9DQ or attend a Roadshow in your area. These will be given by myself and Graham Ross.

We would like to hear your views.

The national coach's blueprint has certainly made moves — but apparently not as wide as was suggested last month. While leading endurance coaches Malcolm Brown and Alex Naylor are disaffected, Rowland Hill remains group jumps coach, and Bill Blair has merely given up a temporary appointment to fill another middle distance coaching role.

## Peebles and Drumochty pioneer new era of 'open' Scottish athletics

A unique press release, jointly issued by the Scottish Games Association and the Scottish Athletics Federation, heralded the historic decision that from June 25, 1993, professionals and amateurs might compete in athletics meetings under the auspices of either body.

The move, piped in at the Peebles Highland Games and the Drumochty Highland Games on June 26, now opens the way for the lucrative televised sponsorship of events — including the New Year professional sprint which was run at a loss for the last two years.

Although the integration will go ahead on an experimental basis, being reviewed at the International Amateur Athletic Federation Council Meeting in January, representatives from both sports believe finalisation is just a formality.

Greeting the "long, long awaited decision", which was made at the May meeting of the IAAF, secretary of the SGA Andrew Rettie said: "They've given us an eight month period to prove it can work and I see no reason why it can't happen and be successful."

Similarly SAF secretary Bob Greenoak has said he thinks the move will be approved next year.

Since the decision to follow the lead taken by Australia, who have competed jointly for over a decade and make Scottish athletics "open" was initially approved by the old Scottish Amateur Athletics Association over two years ago red tape has held up the move (somewhat belatedly reported in last month's Scotland's Runner).

Guidelines of the move were laid out in the press release. The main points are:

- Professional Games promoters wanting amateurs to compete apply to the SAF for a £25 permit through the SGA.

- An amateur wanting to compete in a professional event must pay £7.50 for a SGA registration fee to ensure their amateur status is recognised by both bodies.

- Monetary prizes won by an amateur will be paid to the SGA treasurer who will account to the SAF treasurer before passing on the money

to the athlete. Amateurs will not be allowed to make more than £500 a year competing in professional events.

- Professionals taking part in amateur events must wear plain vests. Advertising messages are restricted by the IAAF.

- Suspension from either body will be recognised by the other.

These guidelines will be monitored and developed by a standing committee with three representatives from either governing body.

The interest from amateurs in competing in profes-

sional events is a bit of an unknown entity but Mr Rettie believed that the interest could be gauged from the debacle at the New Year professional meeting when the move was given the go-ahead — then the decision reversed.

"The very near miss at New Year when it was announced then very quickly retracted can be used to indicate the interest," he said. "The interest was astronomical, the number of amateur runners wanting to take part in the event was large, to say the least."

As we went to press the first open competition event at Peebles was about to be held and the expected initial surge of interest had materialised.

Heading the charge was Edinburgh Southern's Jamie Henderson who was glad to endorse the change.

"Look at it this way," he said, "without the extra races coming up now we would have three to four weeks before the Scottish Championships at Grangemouth without any competitive events."

"This creates a greater number of better quality races through the season to complement my training schedule, and it's a bit of variety as well".

A number of professional events will not be of any real interest to amateur athletes but it will be interesting to see how top professional heavyweights compete when they return to the fray in this year's Scottish Championships at Grangemouth and the likes of Elliot Bunney and Linford Christie are already being pencilled in for the New Year sprint 1994.



Nothing hidden in new era of open competition



## Brian Whittle's mail order sports business - giving something back to Scottish athletics

A unique "cashback" scheme for Scottish club athletes is among the innovative services offered by Scotland's very first home-based mail order sports supplier, Brian Whittle Sports Ltd.

Commonwealth 4x400m silver medalist Whittle, devised the brand new scheme to help bolster the finances of hard-up Scottish athletics clubs by donating 10% of each individual sale to the customer's own club.

"Most clubs are a bit strapped for cash," said the 28 year old, Troon-based athlete, "and this is one way in which we can return money to the grass-roots of Scottish athletics, as a thank-you to our clients."

Cashback payments for each club will be totted-up on a quarterly basis and are sure to be a welcome incentive for all affiliated competitors in Scotland, given the current financial climate.

Whittle oozes enthusiasm for a new business venture which he sees as filling a gaping hole in the Scottish market.

In the past, athletes looking for a specialist mail order service would have to turn to more anonymous and distant English-based suppliers. Now, Whittle believes he can provide a trustworthy, local focus for the varied requirements of competitive athletes.

The company offers anything from shoes, spikes and wetsuits to starting blocks, weight-training equipment, judges' results weatherboards and aqua-joggers for injury rehabilitation. It also prides itself on responding to the varied needs of individual athletes.

Brian continued: "The idea behind the business is to be able to cater for all the needs of Scottish athletes. We respond to the demands of our customers which are not always met by mass production and already we've supplied several Scottish internationalists."

"We have access to just about everything and if we can't supply it then, basically, it can't be made."

With a competitive career which took him from early days at the Ayr

Seaforth club, to a Bell's Junior International relay gold in 1983 and onwards to Olympic and World Championship heights in the later eighties, Brian Whittle believes his reputation enables Scottish athletes to trust the fledgling company.

Whittle is famed for losing a shoe as his lightning sprint helped clinch the 4x400m European championship gold in 1986.

He took the 400m gold in the 1988 UK championships, reaching the Olympic semi-finals that year, and has a further five Scottish championship golds, having set Scottish 400m records in 1985, 1986 and 1989.

But perhaps his finest moments have come in European and Commonwealth competition with two Europa Cup 4x400m golds in 1989 and 1991 and a silver in 1990 at the Auckland games where he recorded the fastest 400m leg.

More recently Whittle concentrated on 800m distance, but despite some success indoors, failed to

achieve his main goal - Olympic selection.

"I was really disheartened for a while and came close to quitting the sport altogether," he revealed.

Now, though, with business on the up Whittle is enjoying a new lease of life and has turned his hand to 400m hurdles.

Although still in the early stages of preparation, he already has grounds for some confidence, having recorded a new personal best running for Haringey in the GRE British League match in Birmingham. There he pipped fellow Scottish international Mark Davidson to win in 50.91 sec.

Happily, for Whittle, his new business gives the security necessary to build a challenge in his new event, while allowing him to be more philosophical about the ups and downs the sport may throw his way.

He added: "My efforts at 400m hurdles are no longer a case of make or break, although they could be made. I'm delighted with the way both my business and athletics careers are developing now."

## Bunney bids for fifth title

*Elliot Bunney's historic bid to equal Eric Liddell's five national sprint titles will not be the only excitement at this year's Scottish Championships, reports Matthew Lindsay.*

In the Scottish domestic athletics scene over 100 metres Elliot Bunney is, virtually untouchable, and his historic bid to join Flying Scotsman Eric Liddell with five Scottish sprint titles would, in the normal course of events, be a forgone conclusion.

However, this season has unfortunately not seen a normal course of events for Bunney, fighting off an injury to travel to Israel with the Scotland team only to pull out with another one. Despite his keenness to match Liddell's remarkable record things look ominous - Roddy Slater filled in well for him in Tel Aviv and Dave Clark is displaying the kind of form that won him a place in the 1990 Commonwealth Games team.

Those ten-plus seconds at Grangemouth's six lane track on July 10 are shaping up to be among the most exciting in years.

Elsewhere the action will be just as fraught, nowhere more so than in the 400 metres hurdles, where recent convert Whittle was struggling to shake off a nerve injury sustained at the UK Championships as we went to press. Mark Davidson may be thankful, as the Scottish record holder may now win the race between the two men, to be the first Scottish man to break 50 seconds. Whittle at his best looked capable and although injured, as ever, he feels he will be at Grangemouth fully fit.

Tom McKean and training partner Gary Brown will be a surprise faces, unlikely to contest in the event which will interrupt their preparation for the World Championship trials - AAA Championships in Birmingham - the following weekend.

The 1500 metres looks set to produce the best field in years. World Championship silver medalist David Strang is now residing in Glasgow and is likely to be pitted against Emsley Carr four minute miler Ian Gillespie, Rob Fitzsimmons and possibly Tom Hanlon, who may compete, though not in the steeplechase where Graeme Croll, fresh from an impressive UK championship outing is the likely victor.

Personal rivalries will resume in the 110 hurdles where sixth place UK championship runner Ken Campbell looks set to keep the Indian sign over Neil Fraser. On the field Dave Barnetson and Geoff Parsons look likely to hit the heights, while Duncan Matheson is knocking on the door of the longest standing record in Scottish athletics - the long jump, achieved by Dave Walker in 1968. Anglo-Scot Steve Whyte heads the shot and hammer with David Allan of Inverness pushing hard in the latter and Darrin Morris can vent his frustration on being overlooked for the Great Britain team by throwing the discus the international



**Happier times for Elliot - can he win the 100 metres to add to his indoor title?**

**Below: Carol Sharp is on the crest of a wave after Israel.**



her monopoly in the High Jump as does Alison Grey in the shot and discus.

### SCOTTISH RANKINGS as of June 7, SENIOR MEN

**100 metres**  
10.65 Elliot Bunney (ESH)  
10.77 Roddy Slater (TVH)  
10.79 Douglas Walker (EAC)  
10.8 Ian Mackie, U20 (Pit)  
10.9 Jamie Henderson (ESH)

**200 metres**  
21.25 David Clark (ESH)  
21.63 Roddy Slater (TVH)  
21.72 Neil Turnbull (ESH)  
21.74w Philip Lewis (EU)  
21.76i Brian Whittle (Har)



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## 400 metres

47.13i Brian Whittle (Har)  
48.2 Gordon Newlands (EAC)  
48.29 Gregor MacMillan (Har)  
48.68 Mark Davidson (ESH)  
48.9 David Gilmour (EK)

## 800 metres

1:45.86i Tom McKean (M'Well)  
1:47.72 Gary Brown (Caber)  
1:50.8 Paul Walker (EU)  
1:50.87i David Strang (Har)  
1:51.5 John MacFadyen (ESH)

## 1500 metres

3:40.71 David Strang (Har)  
3:44.46i Ian Gillespie (Bir)  
3:44.86i Rob Fitzsimmons (Kil)  
3:47.29 Gary Brown (Caber)  
3:49.6 Kevin Downie (EK)

## 5000 metres

14:08.82 Tommy Murray (SV)  
14:13.63 Chris Robison (SV)  
14:15.45 Alan Puckin (ESH)  
14:17.62 Rob Fitzsimmons (Kil)  
14:26.7 Ian Hanks (CU)

## 10000 metres

30:39.54 William Coyle (She)  
30:51.86 Neil Wilkinson (MU)  
30:57.68 Keith Lyall (ESH)  
31:10.78 Alan Robson (RCE)  
31:26.52 Duncan Scobie (Dum)

## 3000 metres steeplechase

8:49.9 Graeme Croll (Cam)  
8:56.39 Ken Shirat (BU)  
9:04.08 Duncan Storey (DHF)  
9:08.91 George Mathieson (ESH)  
9:11.99 Gordon Crawford (RCE)

## 110 metres hurdles

14.49 Kenneth Campbell (ESH)  
14.8 Neil Fraser (ESH)  
15.23 Graeme Smith (EAC)  
15.4 - 1.4 Paul Warrilow (Sol)  
15.4 David Barnetson (JH)

## 400 metres hurdles

50.91 Brian Whittle (Ayr)  
51.37 Mark Davidson (ESH)  
53.19 Malcolm MacPhail (Ayr)  
54.83 Andrew Douglas (ESH)  
54.84 Derek Paisley (Pit)

## High jump

2.19 Geoff Parsons (BC)  
2.11 David Barnetson (ESH)  
2.05 Jason Allan (Cly)  
2.05 Alan Scotie (EAC)  
2.01i William Wyllie (Bir)

## Pole vault

4.60 David McLeod (Bel)  
4.60 Douglas Hamilton (ESH)  
4.20 Michael Nicoll (Sul)  
4.20 Ian McKay (EAC)  
4.00 Five athletes

## Long jump

7.49 Duncan Mathieson (ESH)  
7.16i Brian Ashburn (Cam)  
7.14i Eric Scott (She)  
7.05 Darren Ritchie, U20 (EAC)  
6.99 Melville Fowler (IH)

## Triple jump

14.75 Neil McMenemy (Cen)  
14.13 Melville Fowler (IH)  
13.85i Hugh Watson (She)  
13.72i Stuart Jamieson (EAC)  
13.70w Rod Mackay (EAC)

## Shot putt

17.45i Steve Whyte (Lut)  
15.50 Gordon Smith (Ab)  
15.28 James Mason (Le)  
15.21 Stephen Hayward, U20 (EAC)  
15.05 Mark McDonald (Dum)

## Discus

56.74 Darrin Morris (Pit)  
48.86 Russell Devine  
48.40 Michael Jemi-Alade (ESH)  
48.24 Mark McDonald (Dum)  
45.98 Steve Whyte (Lut)

## Hammer

64.40 Russell Devine  
59.54 Steve Whyte (Lut)  
59.14 David Allan (IH)  
52.96 Paul Barnard (EAC)  
52.86 Andrew Hall (Hil)

## Javelin

66.96 Roddy James (ESH)  
60.48 Stewart Maxwell (Wir)  
58.20 Jamie Grant (StAU)  
57.04 Stewart McMillan (Pit)  
56.40 George Dingwall (She)

## SENIOR WOMEN

## 100 metres

11.8 Aileen McGillivray (EWM)  
11.99 Sinead Dudgeon, U20 (EAC)  
12.0 Morag Baxter (COG)  
12.0w Angela Baxter (COG)  
12.09 Joan Booth (EWM)

## 200 metres

24.3 Aileen McGillivray (EWM)  
24.4 Angela Baxter (COG)  
24.42i Sinead Dudgeon, U20 (EAC)  
24.70i Melanie Neef (COG)  
24.7 Jocelyn Kirby, V35 (Midd)

## 400 metres

55.0i Gillian McIntyre (COG)  
55.6 Leigh Ferrier (Wig)  
55.7 Wendy Steele (EWM)  
55.95 Allison Curbishley (Midd)  
56.1 Angela Baxter (COG)  
56.1 Patricia Devine (EWM)

## 800 metres

2:09.10i Mary Anderson (EAC)  
2:09.74i Carol Sharp, V35 (COG)  
2:10.3 Susan Bevan (Ess)  
2:10.8 Vicky Lawrence (Bla)  
2:12.2 Jan Stewart (COG)

## 1500 metres

4:12.37 Yvonne Murray (Moth)  
4:22.5i Karen Hargrave (Mans)  
4:26.7 Kirsten Scobie (Le)  
4:29.57 Carol-Anne Gray (EAC)  
4:29.7 Sheila Gollan (EWM)

## 3000 metres

8:50.55i Yvonne Murray (Moth)  
9:24.77i Karen Hargrave (Mans)  
9:30.7 Susan Ridley (EWM)  
9:52.65i Sheila Gollan (IH)  
9:54.4i Carol-Anne Gray (EAC)

## 10000 metres

33:49.29 Vikki McPherson (GU)  
34.00.12 Laura Adam (Par)

## 100 metres hurdles

13.9 Jocelyn Kirby, V35 (Midd)  
14.3 Katy Skelchley (Col)  
14.37w Gail Murchie (Ab)  
14.58w Lorna McGulloch (EWM)  
14.62 Clare Mackintosh (GU)

## 400 metres hurdles

59.7 Jane Low (COG)  
59.9 Allison Curbishley, U20 (Midd)  
61.3 Fiona Laing (COG)  
62.3 Joanna Cadman (EWM)  
62.8 Hazel Edgar (EWM)

## High jump

1.80i Rhona Pinkerton (COG)  
1.75i Emma Lindsay (EWM)  
1.74i Lisa Brown, U20 (Loc)  
1.70i Gemma Samphire (Dor)  
1.68 Hazel Melvin (COG)

## Long jump

6.17 Ruth Irving, U20 (Wir)  
5.96 Karen Hambrook (Ash)  
5.90i Emma Lindsay (EWM)  
5.88i Linda Davidson (COG)  
5.81 Caroline Black (EWM)

## Triple jump

12.54 Karen Hambrook (Ash)  
11.81 Linda Davidson (COG)  
11.43i Nicola Barr (EWM)  
11.04 Fiona Allan, U20 (Not)  
11.02 Fiona Watt (COG)

## Shot putt

15.70i Allison Grey (COG)  
14.24 Helen Cowe (Ab)  
12.44i Karen Costello (COG)  
12.39i Allison Dutch (EWM)  
12.32i Julie Robin, U17 (Hel)

## Discus

46.74 Allison Grey (COG)  
45.82 Helen Cowe (Ab)  
43.22 Susan Freebairn (COG)  
41.98 Helen McCreadie, U20 (EWM)  
41.82 Julie Robin, U17 (Hel)

## Hammer

47.68 Jean Clark (MK)  
39.56 Linda Low (EAC)  
37.28 Helen McCreadie, U20 (EWM)  
36.52 Helen Cowe (Ab)  
36.26 Aline Cross (EU)

## Javelin

55.98 Diane Royle (Sa)  
52.52 Lorna Jackson, U20 (EWM)  
46.18 Karen Costello (COG)  
44.18 Janell Currie (COG)  
44.08 Diane Sutherland (EWM)

## SAF must curb hooligans

AN INVESTIGATION has been called for over the continuing disgraceful behaviour of a small minority of members of Greenock Glenpark Harriers.

During the Inverclyde Festival of Road Running, in which Alan Puckrin, of Glenpark, beat IBM Spango Valley's Tom Murray for the West District 10,000 metre title, expletives and abuse were poured on former Glenpark member Murray.

A letter of complaint has been sent by Murray to the West District secretary of the SAF.

"You'd have thought it was the Olympic Games, the way they were carrying on," said Murray, thrice national cross country champion.

"Puckrin admitted he was only interested in meeting me, but he also said he was embarrassed by what he heard from spectators during the race.

"I was subjected to a torrent of swear words and abuse in

front of my parents, wife and children, friends and work-mates. This is not what our sport is about".

Spectators, officials and the sponsors IBM all commented on the scandalous behaviour. Future potential sponsorships within the sport can surely not be encouraged by such behaviour.

One member of Glenpark's committee had previously been censured for shouting: "Break a leg f\*\*\*face", at Olympic steeplechaser Tom Hanlon during the 1990 Scottish Cross Country Relay Championships at Alloa, and the same club has been officially criticised by the SAF for having flouted the law of the land by the manner in which they removed Murray from honorary life membership earlier this year.

Murray insists that incident has nothing to do with his complaint. "I just want to get on with the sport in the traditional manner, without acrimony," Murray said.

## Plugging the drain

SOME of the funds from the Scottish Schools Athletic Associations £100,000 deal with TSB and Sportsmatch will be used to plug the drain of school leavers who never reach the club system. The SSA will fund Scottish under-17 (school pupils) but also under-20 (some of whom are not pupils) at a forthcoming international. But mainly the new income (which replaces Scottish Power's input) will be used to address the problem of the decline in area associations.

## McKean fourth

TOM McKean could finish only fourth, behind UK champion Martin Steele, in his first 800m run of the outdoor season in the Pearl International Games in Belfast. But his time of 1:46.17 was the fastest start McKean has ever made to a season and he was confident all would be well when he bid for a fifth consecutive Europa Cup win in Rome. He is due a rematch against Steele, and David Sharpe who beat him twice indoors, when they team up in the GB v USA match at Meadowbank.

## Red Stars in record books

TWO Lanarkshire spina bifida victims, both members of Glasgow's Red Star AC, rewrote the record books when competing in a British wheelchair racing team in Ireland.

Karen Lewis, from Overtown, broke her own Scottish bests at 200, 400, and 1500 metres, and set a British junior best at 5000m.

And Carluke's Ross Low set British junior records at 200, 400, 800, and 5000m. In the 800 his time of 1 min 59 sec made him the first Scot inside two minutes.

One of their clubmates, Sam Howie, won the 400m for the partially sighted in the UK championships for the blind at Wolverhampton.

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Picture courtesy of Evening Echo, Bournemouth

# World's best bound for Glasgow again

Organisers of the 1993 Unicorn Leisure Great Scottish Run are in the midst of negotiations to attract two of the world's finest runners to the Glasgow race on August 12.

Having already secured the highest-ever prize fund of £83,600 for this, Scotland's largest participative sporting event, race promoter Peter MacLean is confident of luring a world class field.

He revealed: "We are talking to a couple of big names at the moment and, given the international reputation the race now enjoys, the calibre of athletes should be even higher than last year."

On that occasion Liz McColgan took the women's honours, having decided to run as late as race morning. But MacLean was remaining tight-lipped as to whether she

and last year's overall winner, Ethiopian Bedeso Turbea, were the athletes in question.

In any case, a lucrative deal struck with American Airlines should help attract some of the very best over the half-marathon distance.

"They have put up £10,000 of first class air travel for the first male and female to cross the winning line," said Peter, "and, for the first time in the history of the run, they are putting up a further £25,000 to both the first male and female runners if they break the AIMS World half-marathon record.

"This is a tremendous incentive for top class athletes to take part," he added.

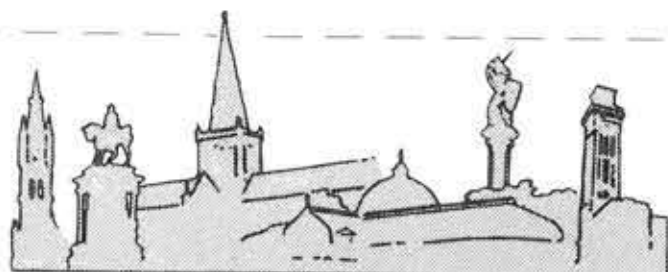
An anticipated 8,000 pairs of feet will pound the streets of Glasgow for this year's run, as the event continues to buck



Jimmy Savile, here limbering up and signing autographs in the Kelvin Hall is just one of the celebrities who have taken part.



All races are held under IAAF, AIMS and SAF Rules.



## OFFICIAL ENTRY FORM

FOR OFFICIAL USE ONLY

REF.

ENTRY

### UNICORN LEISURE GREAT SCOTTISH RUN GLASGOW, 1/2 MARATHON, AUGUST 22nd 1993

1 SURNAME

2 FORENAMES

3 ADDRESS

4 TOWN/CITY

5 COUNTRY

6 POST CODE  TELEPHONE (9AM-5PM)

7 REGISTERED ATHLETIC CLUB (if applicable)

9 NATIONALITY

10 CITY OF BIRTH  AGE  DATE OF BIRTH

11  12  13

17 SEX: M = MALE F = FEMALE ☐

18 WHEELCHAIR ENTRANT (TICK ONE CATEGORY ONLY)

☐ RACING SPECIALLY ADAPTED RACING CHAIR ☐ SELF PROPELLED ☐ PUSHED/ESCORTED

19 'X' IF YOU HAVE A MEDICAL CONDITION ORGANISERS NEED TO KNOW ABOUT INFORMATION WILL BE TREATED IN CONFIDENCE ☐

20 'X' IF YOUR PARTICIPATION STORY WOULD BE OF INTEREST TO READERS ☐

21 WHERE DID YOU GET YOUR ENTRY FORM?

22 DID YOU RUN THE GREAT SCOTTISH RUN IN 1992? ☐

23 HOW MANY TIMES HAVE YOU RUN THE GLASGOW RACE SINCE 1981?

24 PROFESSION?

25 RUNNING SHOE TYPE?

26 RUNNING SHOE SIZE?

27 NUMBER OF PAIRS OF RUNNING SHOES PURCHASED IN 1992?

WE REQUIRE

1 ENTRY FEE PAYABLE TO GREAT SCOTTISH RUN, £8.25 REGISTERED CLUB MEMBER, £8.75 NON CLUB MEMBER, £17.00 OVERSEAS ENTRIES (includes T-Shirt and Medal) ☐

2 A STAMPED ADDRESSED ENVELOPE MINIMUM 9" x 6" ☐

3 COMPLETED ENTRY FORM ☐

14 T-SHIRT SIZE ☐ 38 ☐ 42 ☐ 44 ☐ 15 PREDICTED TIME  HRS  MINS  SECS 16 PREVIOUS BEST  HRS  MINS  SECS

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against The Organising Authorities, and any and all Sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I hereby declare that I will be the correct age or over on the day of the race and have not competed in any athletic (track and field, road race, cross country or road walking) events as a professional, or having done so, I have been reinstated to amateur status.

Further, I hereby grant permission to use the Name and Address given on this form for the purpose of sending advertising material from relevant sports goods manufacturers, companies associated with this event or to the media for the promotion of the event. I hereby declare that the above details are COMPLETE and CORRECT in every detail.

SIGNATURE

### Important Information and Instructions — READ CAREFULLY

- How to Enter:** Carefully fill in all sections of the entry form in ball point pen and send with the correct entry fee to the address shown.
- Entry Fee:** is £8.25 for members of SAF affiliated clubs and £8.75 for non-affiliated members, £17.00 for overseas entries. Cheques, postal orders or International money orders shall be crossed and made payable to Great Scottish Run. Please put the runner's name and address on the back of the cheque. This enables the correct entry to be deleted if cheques are not honoured.
- Acknowledgement of entry** will be notified as soon as possible.
- Address:** Print the address to which you wish all mailings to be sent — any change of address please notify as soon as possible.
- Closing date** is shown next to the race address.

- All finishers** will receive a commemorative medal and T-shirt.
- All finishers** will be sent a certificate.
- Age:** Minimum age 18 years or over on day of race.
- Wheelchair entrants:** Wheelchair racers will be allocated a position in relation to their estimated finishing time. All wheelchair entrants should tick the appropriate box above.
- For reasons of safety,** please no entries from people on roller skates, in beds, wheelbarrows, pushchairs, carrying various objects for charity, etc. Only genuinely disabled people in wheelchairs, otherwise on foot!
- No pets, dogs or horses** — only blind people with a guide dog will be permitted and if we are advised, a position at the rear of the field will be allocated.
- All competitors** are subject to random drug testing.

### ENTRY ADDRESS AND CLOSING DATE

Unicorn Leisure  
Great Scottish Run  
Glasgow City Council  
37 High Street  
Glasgow G1 1LX  
Telephone: 041-227 5576

Closing Date Friday  
July 16th 1993

Organised in conjunction with



Association of  
International Marathons  
and Road Races



GLASGOW SPORTS  
PROMOTION COUNCIL



IF YOU WISH TO ENTER

GLASGOW CITY COUNCIL DEPARTMENT OF PARKS AND RECREATION DIRECTOR BERNARD M. CONNOLLY

the downward trend experienced elsewhere.

Despite this, promoters Glasgow City Council are keen to bolster female participation which accounted for only a quarter of last year's field. This year, joggers networks have been formed to allow women to train safely.

Last year's entry represented a leap of 25% to 7,003 runners, and MacLean believes a mixture of shrewd marketing and

the Glasgow race's special atmosphere will ensure another rise in '93.

With well over 2,000 entries already received organisers are well on course to reach that target.

"Intensive promotion at home and abroad are paying dividends," suggested Peter, who has organised advertising deals with top international events such as the Las Vegas and Amsterdam races.



Truly a people's race — the thousands of ordinary runners who take part, seen here in the High Street in the year the Glasgow Marathon became the Great Scottish Run, 1989, have stamped the city's character on the event

The humour and warmth of crowds at the Great Scottish Run have also served to spread the race's reputation far and wide — among last year's field were runners from Japan and Africa.

Said Peter: "It's no myth that there's a unique feel to competing in Glasgow — overseas competitors are always amazed by the reception they get."

"There's one lady, in particular, we always hear about who hands out scones and jam outside her house some distance along the course. By that stage it's the last thing the runners want, but it goes down well all the same!"

There is also a piper at each of the mile markers to stir the weary and inspire the leaders.

### RUN FOR STARLIGHT IN THE GREAT SCOTTISH RUN AND YOU COULD EARN A FREE TRAINING WEEK IN PORTUGAL



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- \* £500 gets you a FREE pair of Mizuno running shoes
- \* £1,000 and get a FREE training weekend at Waltham Abbey
- \* £2,000 and you get a FREE training week at Acoutais in Portugal.

Please send me further details of your Runners' Incentive Scheme. BLOCK CAPITALS PLEASE.

Name

Address

Postcode

Tel. No.  T-shirt size M L XL

☐ Event Great Scottish Run ☐ Other (if known)  Date

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31A Howard Place, Edinburgh, EH3 5JY  
Reg. Charity No. 296058.

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Twenty four hours a day



Scottish Society for the Prevention of Cruelty to Animals,  
19 Melville Street, Edinburgh EH3 7PL





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If you are participating in the  
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Why not run to win against cancer.

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For sponsor forms and free running vest please contact:

Norma Henderson  
Scottish Appeals Manager  
ICRF Scottish Centre  
19 Murray Place  
Stirling FK8 1DQ  
Tel: 0786 479137



**Imperial Cancer  
Research Fund**

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Tel: 041 427 4911

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Address .....

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Please help us to help them run the race against time.

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as well as a smile

For sponsorship form and a t-shirt, write to  
Zoe Micklewright at  
Rainbow Trust, Surrey House,  
31 Church Street, Leatherhead, Surrey KT22 8EF.  
Or call 0372 363438

Name .....  
Address .....  
Postcode .....  
Tel. No. (daytime) .....  
Name of event .....  
Date of event .....  
T-Shirt size M ☐ L ☐ XL ☐



Registered Charity No. 295338

# Invitation to record-breakers

**A**nother facet of the  
race's attractiveness lies  
in the route's speed.

Liz McColgan holds the current AIMS half-marathon world record for her 67:11 run in the Tokyo City half-marathon in January 1992, but the opportunity is there for her or other top names to challenge that time. The men's record of 60:08 — set by Australian Steve Moneghetti — could also be up for grabs.

Radically altered last year, the route remains the same this time around having proved a resounding success. At the Saltmarket, the starting gun will fire at 11 am with runners heading up the fast and flat High Street into Duke Street.

It has been officially measured by the Association of International Marathons and Road Races, so as to be eligible for any world record performance and also takes in:

Bellgrove St, Abercromby St,  
Arcadia St, Kings Dr, Ballater

St, Norfolk St, Nelson St,  
Morrison St, Paisley Rd,  
Paisley Road West,  
Bellahouston Park, Mossbank  
Boulevard, (back into)  
Bellahouston Park, Nithsdale  
Rd, Nithsdale St, Pollokshaws  
Rd, Queens Dr, Cathcart Rd,  
Myrtle Park, Aitkenhead Rd,  
Hamilton St, Polmadie Rd,  
Rutherglen Rd, Shawfield Dr,



There is also a big  
participation by  
wheelchair athletes

Main St, Newhall St and  
Glasgow Green.

In addition to awards for international, Scottish, Glasgow, veteran, wheelchair and disabled athletes, the Junior Great Scottish Run starts at 9.30 am.

Open to runners aged eight to 17 and sponsored for the first time by the Spectra Group, the event adds a family flavour to the proceedings.

Last year the run raised in the region of £300,000 in sponsorship, and charities such as the Imperial Cancer Research Fund and Whizz Kidz, the movement for non-mobile children, are working hard to beat that total this year.

Meanwhile ScotRail is offering competitors three other

family members, half-price travel to the race.

Others contributing to this year's record sponsorship are Unicorn Leisure, the Daily Record, Nike UK, Campsie Litho, Pillans and Wilson, Alna Printing, Geest (bananas), Baxters of Speyside, Tunnocks, Vicarey Davidson, Weir Toyota and Peoples.

Peter MacLean commented: "Without the support of companies, large and small, the Run would not be the success it is."

Entry fees are £8.25 for club runners and £8.75 fun-runners. The closing date for entry forms is July 16. Entries are available from all sports centres, leisure clubs, and other outlets or by calling the hotline number 041-227 5576.

## SCOTTISH WILDLIFE TRUST



The Great Scottish Run  
22nd August 1993

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Cramond House  
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Cramond Glebe Road  
Edinburgh EH4 6NS  
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SAM is fighting HIV in Scotland by providing preventative education and by offering direct support to people with HIV and Aids and their families. Edinburgh, Glasgow, Dundee and Inverness provide the bases from which we operate, but our work extends nationwide. Supported by a professional staff team, 250 volunteers and numerous consultants, SAM is a large agency which nonetheless stresses the personal approach and the privacy of the individual.

If you would like to raise money for SAM by collecting  
sponsorship for the GREAT SCOTTISH RUN please ring

Sandy Day on 031 555 4850 for sponsorship forms.

Head Office: 26 Anderson Place, Edinburgh EH6 5NP



OFFICIAL  
ENTRY FORM

EDINBURGH

10K SUNDAY 3rd OCTOBER 1993, 10.00 am

Entrants must be 15 years or over on day of run. Print clearly in BLOCK CAPITALS. Use a Ball Point Pen.

EDINBURGH

1. SURNAME or FAMILY NAME

2. FIRST NAME IN FULL

3. ADDRESS

4. POSTCODE

5. WORK TELEPHONE NUMBER

6. AGE on day of race

HOME TELEPHONE NUMBER

7. "X" IF YOU ARE A FEMALE ENTRANT

8. FILL IN YOUR OCCUPATION CODE.

- |              |                            |                   |               |
|--------------|----------------------------|-------------------|---------------|
| 01 Clerical  | 04 Manual                  | 07 Retired        | 10 Student    |
| 02 Housewife | 05 Non Manual              | 08 Self Employed  | 11 Unemployed |
| 03 Labourer  | 06 Professional/Managerial | 09 Skilled Manual |               |

9. "X" IF YOU HAVE A MEDICAL CONDITION ABOUT WHICH YOU THINK THE ORGANISERS SHOULD BE INFORMED

10. INDICATE YOUR T-SHIRT SIZE IN BOX  
(ONLY FOR SUCCESSFUL FINISHERS)

S	M	L
38"	42"	48"

11. "X" IF BUPA MEMBER

12. "X" IF YOU WOULD LIKE DETAILS OF THE FOLLOWING

JOINING BUPA

BUPA FITNESS TESTING

BUPA HEALTH SCREENING

BUPA SPORTS INJURY &amp; PHYSIOTHERAPY SERVICES

13. "X" THIS BOX IF YOU DO NOT WISH TO RECEIVE ANY DIRECT MAILING FROM BUPA

14. ESTIMATED RUNNING TIME

hr. mins.

15. "X" IF BAF CLUB MEMBER

16. BAF CLUB IF APPLICABLE

17. "X" IF YOU ARE A SELF PROPELLED  
WHEELCHAIR ENTRANT

18. "X" IF OVERSEAS ENTRANT

19. "X" IF YOUR PARTICIPATION STORY  
WOULD BE OF INTEREST TO READERS

CLOSING DATE SEPT. 17th 1993

## WE REQUIRE

- ENTRY FEE PAYABLE TO:  
GREAT CALEDONIAN RUN.  
RUNNERS NAME AND ADDRESS  
ON BACK OF CHEQUE  
£6.00- BAF CLUB MEMBERS  
£6.50- NON ATHLETICS CLUB MEMBERS.
- THIS ENTRY FORM.
- ENCLOSE A S.A.E MIN 9" X 6"  
Post to: GREAT CALEDONIAN RUN,  
49 AVONTOUN PARK  
LINLITHGOW  
EH49 6QG

I accept all conditions of entry and that the organisers shall not be liable for accidents, injury, loss or damage as a consequence of my training or participation in the Great Caledonian Run.

SIGNATURE

## RACE DETAILS AND CONDITIONS OF ENTRY

- Your alphabetical listing relies on the first character, do not prefix with any rank or title.
- Please print clearly the address which you want ALL correspondence posting. If you anticipate moving house before the final mail-out then use an address where you know you can collect all your mail.
- Anyone who is disabled or has a medical condition about which we as organisers should know, is requested to tick the box. The computer can readily identify you and you will be sent additional information with your number.
- Please complete ESTIMATED RUNNING TIME in hours plus minutes. This prediction HELPS in the allocation of numbers hence your place on the starting grid. Estimate as accurately as possible.
- WHEELCHAIR ENTRANTS:** SELF PROPELLED wheelchair racers will be allocated a start time ahead of the field so it is important to tick the box if you are a wheelchair entrant. Assisted wheelchair entrants **do not** tick the box. It is strongly recommended that only experienced wheelchair racers attempt the distance unaided.
- Only entries on 1993 official forms will be accepted. Please use only 9" x 6" envelope for all correspondence.
- Only one entry per person is permitted. Multiple entries will be rejected.
- ENTRY FEES** Make cheques & P.O.'s payable to "Great Caledonian Run" no cash or credit cards. (If you send a P.O. entry fee, ensure that you retain the counterfoil as proof of payment).
- If your entry is accepted your fee is NOT refundable. Non participants are NOT eligible for event benefits.
- ONLY FINISHERS** will receive a commemorative item, T-shirt and certificate. Numbers are NOT interchangeable.
- FOR REASONS OF SAFETY:** Please no entries from people on roller skates, in beds, wheelbarrows, pushchairs, carrying various objects for charity, etc. Only genuinely disabled people in wheelchairs otherwise on foot.
- NO PETS, DOGS OR HORSES:** Only blind people with a guide dog will be permitted and if we are advised, a position at the rear of the field will be allocated.
- If you are planning to run for charity then please DON'T recruit sponsors until your entry has been acknowledged.

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IN ASSOCIATION WITH



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**GREAVES SPORTS,**  
Glasgow (Sauchiehall St & Gordon St)

**RUN & BECOME** Edinburgh

**COLIN CAMPBELL SPORTS** Edinburgh

**RACKETS & RUNNERS** Glasgow

**DAVID LOW SPORTS** Dundee

**CAMPUS SPORTS** Perth

**THE RUNNING SHOP** Aberdeen

**GT SPORTS** Berwick



## Training Schedule

THIS countdown training schedule for the Great Scottish Run, devised by Glasgow City Council, is for runners who have already built up to around 15 miles a week. One particular day should be selected for mileage build-up and two rest days should be taken each week.

Before starting this schedule you should be able to run two miles comfortably, and should ensure your running shoes will last. It is inadvisable to buy new ones half-way through the schedule or for the race. All runs should be completed at a relaxed pace and slowly when the runner loses breath. Do not feel guilty if you finish a run and are not absolutely exhausted. The name of the game is to complete the schedule before August 22.

### Seven

(weeks to go) — run 18 miles: including one 5 mile run, averaging three miles.

### Six

19 miles: one 5 miles, average 4.

### Five

21 miles: one 6 miles, average 4.

### Four

23 miles: one 7 miles, average 4-6.

### Three

25 miles: one 8 miles, average 4-8.

### Two

25 miles: one 10 miles, average 4.

### One

7 miles, rest two days prior to race.



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# Scotland

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adults

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## Carroll tames heat and hills

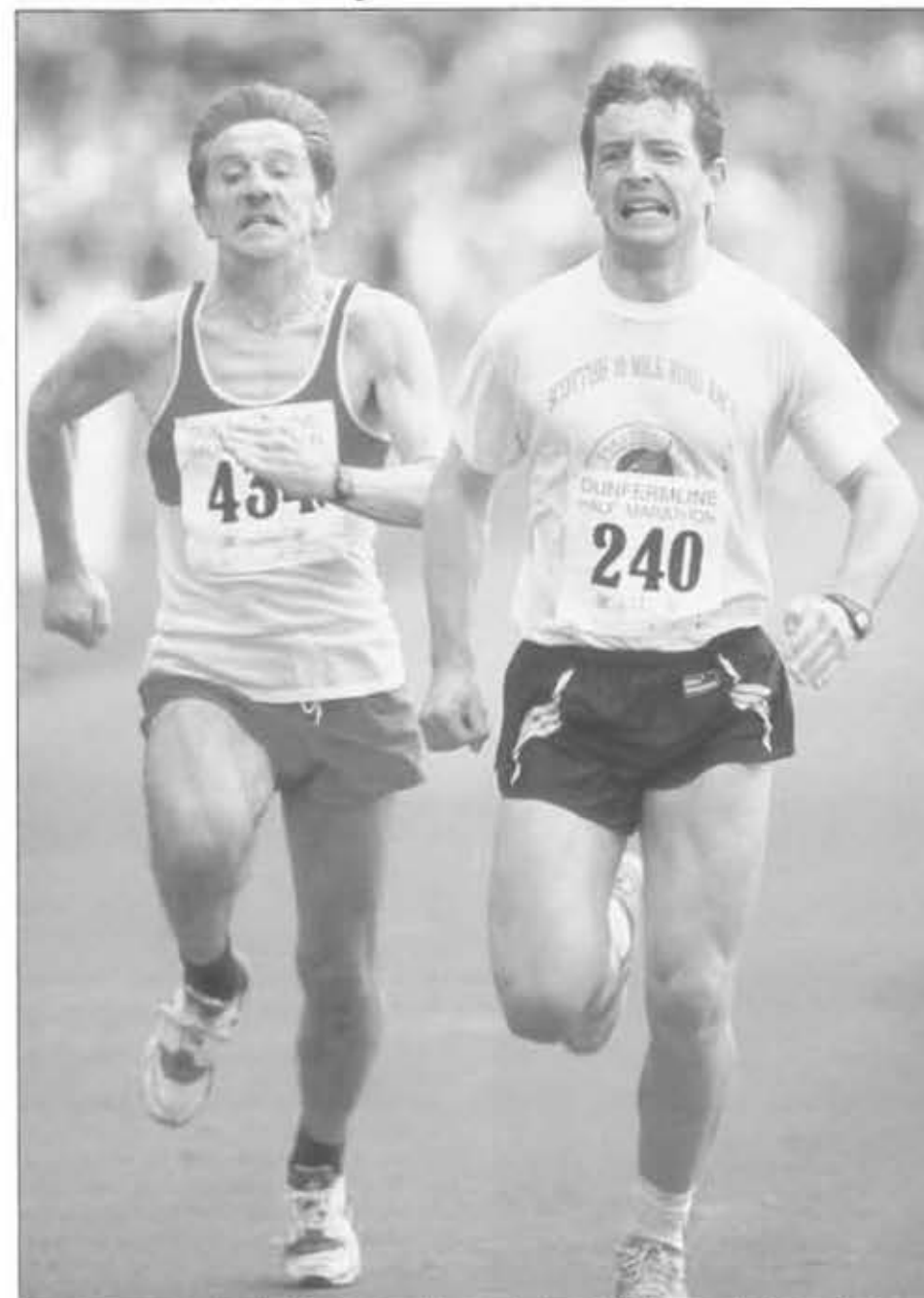
A three page review by Doug Gillon,

Alasdair Fraser and Matthew Lindsay of  
major road running events in Aberdeen,

Kirkintilloch, Dunfermline and Helensburgh.

Pictures by Mark Shearman

and Robert Perry.



Honour and 162nd place at stake as John Mylchreest (left) and Peter Doherty sprint for the line at Dunfermline.

Photograph by Robert Perry.

In burning sun and across a revised and very much hillier Dunfermline Half Marathon course, Scottish Marathon internationalist Mike Carroll surged clear of almost 1300 competitors to clip the old record by 44 seconds.

Powering home to Pittencrieff Park in 66-05, the Annan and District runner had broken free after only two miles and was not seriously challenged thereafter.

A healthy crowd lined the streets in anticipation of a repeat tussle between Carroll and last year's winner Terry Mitchell, of Fife AC. This did not materialise, although Mitchell did hold on to second place with 69-24 despite struggling in the heat.

Having trailed his rival by eleven seconds last time around revenge was sweet for Carroll, but he admitted: "The second half of the course was murder. I was hoping for around three minutes faster, but by the end I was just happy to stay ahead."

"I was neck and neck with Terry after two miles and thought 'here we go again', but he slipped away soon after. I felt a win was on the cards, but I expected a stronger challenge from him."

The stocky, shock-blond figure of Mitchell appeared jaded at halfway, suggesting that a busy work and competitive schedule were taking their toll. But, afterwards, he was making no excuses.

"I'm maybe not quite one hundred percent at the moment, but I've absolutely no complaints. It was a great run by Mike - I just couldn't catch him."

Third was Tillicoultry runner Martin Coyne (Leslie Deans RC), while 40 year old Dennis MacAra, enjoying his first season in the upper age bracket, took the Veterans prize and fourth overall with 71 min. 18 sec.

Veteran Jeanette Stevenson (Falkirk Victoria) won the women's race for the second time in three years, striding two minutes clear of Spango Valley's Margaret Blaikie in a fast time of 1-23-40.

Both runners found the heat and hills a testing experience. Runner-up Blaikie, who won a special prize for being the first Margaret home on the centenary of St Margaret, commented: "I was looking for 1-23 but the new course caught me by surprise. I like hills but not as many as that!"

Another veteran, Margaret Robertson of Dundee Road Runners, finished third.

Meanwhile, local club FMC Carnegie flooded the upper finishing positions to take the team event ahead of Pitreavie.



# Yvonne throws down the gauntlet, Liz warns her off

**C**lose encounters of the road running kind threw Scotland's two queens of athletics, Yvonne Murray and Liz McColgan, into the headlines when McColgan boiled over after losing the 5000 metres event in the BUPA Grampian International Festival of Road Running.

Murray broke clear with an impressive late surge to win the race in Aberdeen's Duthie Park by 11 seconds. Her time, 15 min 20 secs, was 23 seconds outside the world mark set by McColgan in Chicago the week before her New York Marathon win. Ireland's world cross-country runner-up, Catherine McKiernan was third and Glasgow's Vikki McPherson placed sixth.

But there was frequent bodily contact between the two top Scots during the race. McColgan, initially reluctant to make a fuss, was so upset at the distraction that she threatened retaliatory action.

"It's ridiculous," she said. "Yvonne knows it annoys me — I suppose that's one advantage to her."

When world indoor and European outdoor 3000m champion Murray responded that she was merely seeking the shortest racing line on a tight course, McColgan retorted: "There were the straights as well. I have got to respect Yvonne as a runner. But on the track it will be different — I've got elbows you know."

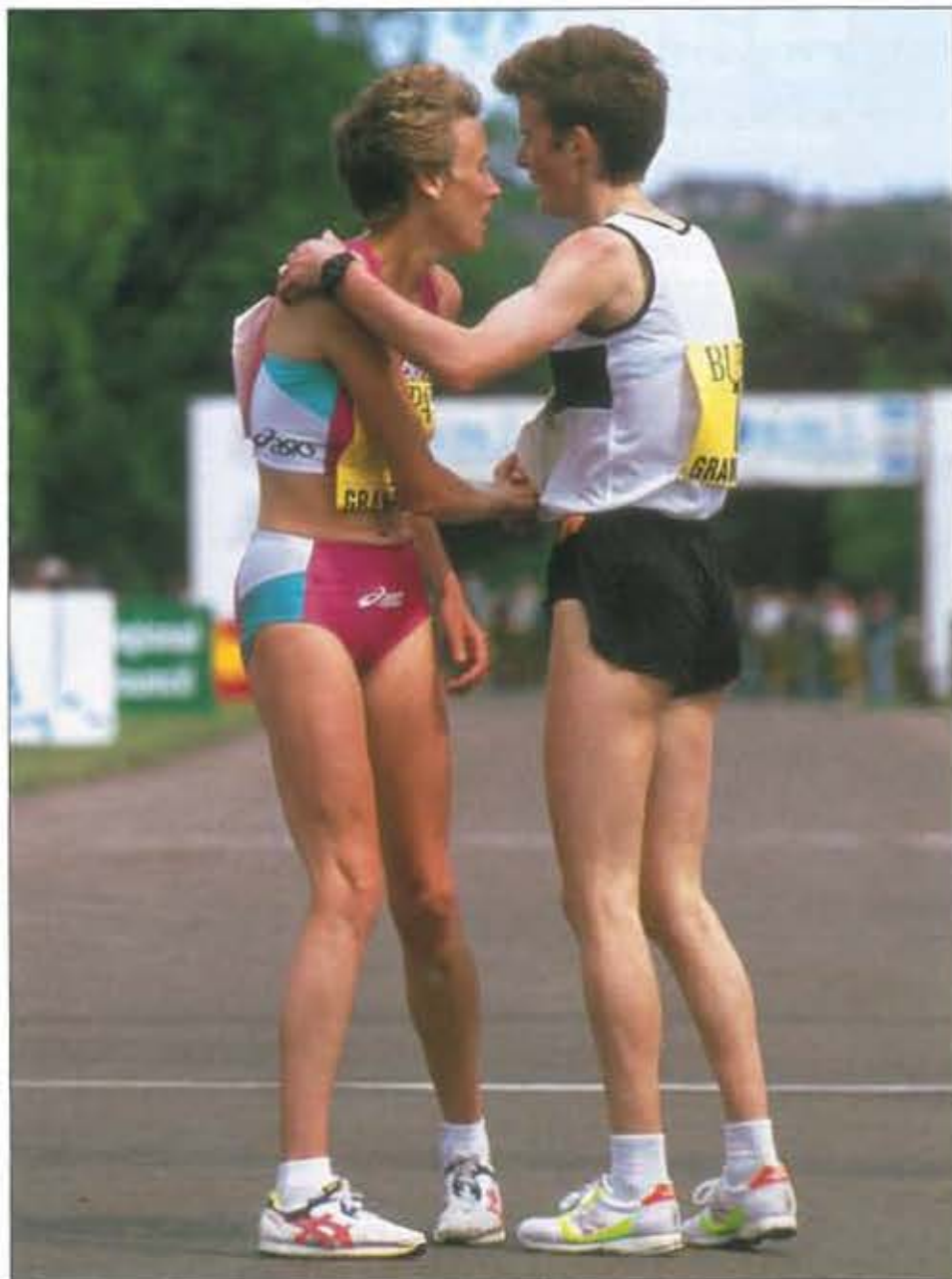
In their recent track meetings, Murray has also remained intimately close, and also made contact several times, but she was upset by the outburst from world 10,000m champion McColgan.

"I thought Liz would know me well enough to realise I could never seek an unfair advantage," said Yvonne. "I would never dream of that. I thought I beat her fair and square, in a super race."

And she revealed that the reason had a lot more to do with an eye problem than simply observing the elementary tactical lesson of never giving rivals room to get the jump on you.

Murray wears contact lenses — bought with the rewards of an early road race win — because she has problems with peripheral vision. "That's why I always run tight on peoples shoulders," she confessed. "It has nothing to do with trying to unsettle anyone."

What may unsettle McColgan more is the indication from this race that Murray looks set to make a successful transition to the 10,000m for the Atlanta Olympics.



Comfort and warm congratulations between Yvonne Murray and Liz McColgan after the Grampian Race but soon the chill had descended.

Photograph by Mark Shearman

The last time the pair had raced at this distance, in 1986, McColgan won by 15 seconds. In Aberdeen she conceded that racing just three days after returning from altitude in New Mexico was to soon, to have recovered from the flight, or readjust to sea level.

Scotland 5000m race, but could offer no challenge to Khalid Skah whose boast that he is in world record shape may soon be proved after his 21 second win in 13-39.

BBC television blundered during the men's mile when they caused the disqualification of Benson Koech. The Kenyan was first home, but a member of the BBC course management team had removed a set of bollards to allow their camera buggy to cut a corner.

Koech followed the buggy, shortening the course by some 40-50 yards. "The BBC had no right to move any cones," said a spokesman for the event organisers, Nova.

"It was entirely their fault Koech went the wrong way."

The Kenyan, who crossed the line in 3min 57 secs, lost the £400 first prize which went instead to Curtis Robb. But Nova chief Brendan Foster later confirmed that they had paid Koech £400 as "a gesture of goodwill."

The Aberdeen race was Liz's first under the coaching guidance of Kim McDonald. Husband Peter has stepped down in order to give his own career more of a chance. The 1991 world championship steeple-chaser has been plagued by viral problems, and had been on the brink of retirement from serious athletics.

"But in Albuquerque Liz and I talked it through," said Peter. "She thought it fairer to let me get some decent running in without worrying about her programme."

He finished eleventh behind Olympic champion Skah, showing a hint of rejuvenation that continued with a fine run in the Reebok grand prix finals organised by Strathkelvin District in Kirkintilloch.

## Helensburgh

**W**atch Charlie Thomson, he'll win", they all said at the starting line and, sure enough, at the finishing line their predictions proved to be true as the Cambuslang road runner crossed the Helensburgh 10K finishing line in 30min 18sec. to get his 1993 Polaroid 10K Road Race Series off to a perfect start.

In mild and breezy conditions on May 27 Thomson's win capped his gradual progression in the event. First entering two years ago he was sixth and last year he was third.

Afterwards he said: "I'm slightly improving every year so I don't know what what I'll do next year. It's quite a good time I ran tonight."

Running into the wind Thomson pushed up the hill on the finishing stretch to pull away from Shettleston's John MacKay.

## Kirkintilloch

**R**elease from matrimonial coaching duties bore fruits for Peter McColgan in Kirkintilloch, when, jetlagged just three days after returning from Florida, he finished an unexpected sixth — a place behind leading Scot Chris Robison who came home in 14-08.

But the Kenyans completed their clean sweep in the streets of Kirkintilloch on June 3 when, headed by Josephat Mutchaka, they collected the honours in the final leg of the Reebok Grand Prix.

World class running saw Josephat, infamous for his swipe at the Ethiopian who

robbed him of a gold in the final of the World Junior Championships, perhaps fortunately never came near any other competitors as he stormed to his second win in the series, a winner's cheque for £750 and the additional championship prize of £1,500.

Mutchaka had to win the event to overtake compatriot Joseph Kaino and crossed the line in just 13-35 to overcome the challenges of Lazarus Nyakeraka, runner-up 20 seconds behind, and Jimmy Mundi, the World Junior Steeplechase champion.

There was yet another Kenyan clean up in the women's race. Esther Kiplagat was

already the overall women's champion after victories in Bath and Sheffield. But world cross country junior champion Gladys Ondofo fought off fierce opposition from Jane Omoro to win in Scotland with a time of 15-52, with Lynn McIntyre top Scot, coming home in a commendable fifth place.

Ondofo, just 17, is confident that she can achieve the Kenyan qualifying time of 32-10 for the 10,000 metres at the world championships, and a crack at Liz McColgan's crown. The time the Kenyan is chasing is 30 seconds faster than Vikki McPherson needs to confirm her place.



Josephat Mutchaka's Grand Prix victory at Kirkintilloch left Peter Fleming and Peter McColgan (right) in his wake.

Photograph by Robert Perry.



# Reserving essential speed

*Whether you are a "front runner" or a "waiter" Derek Parker stresses the importance of a sprint finish.*

**A**lthough endurance is the prime requisite of the distance-runner the importance of speed should never be under-estimated. Basic sprinting ability is influential at all levels of performance. For top-class athletes it is essential.

Speed, properly defined, refers to the maximum velocity which an athlete can attain over very short distances ranging from approximately 15 to 30 metres from flying starts ie. progressive accelerations over 20 to 30 metres before entering the maximum velocity phase. For practical purposes, however, the basic speed of distance-runners focuses on their ability to sprint 100 metres.

If, for example, an athlete's best time for 100 metres is 13.0, he will quite clearly be unable to run 400 metres in 52.0 as this involved running 4 x 100 metres in 13.0 with no recovery. The fastest 400 metres time he could realistically hope for would be 54.0. This, in turn, affects his ability to run a fast 800 metres. If his best 400 metres time is 54.0, he will be hard-pressed to record 1.56 for two-laps as this requires him to run 2 x 400 metres in 58.0 with no recovery.

According to the British Milers' Club conversion tables published by founder member Frank Horwill, a more likely time would be 1.59. This project time is based on the BMC formula of adding 5.5 seconds to an athlete's personal best performance for 400 metres then doubling the result ie.  $54.0 + 5.5 = 59.5 \times 2 = 1.59$  for 800 metres.

The lesson to be learned is that, despite a good endurance base, a distance-runner's performance is ultimately limited by his basic speed. This is corroborated by Soviet authority Nicolai Ozolin who refers to what he describes as a distance-runner's speed reserve. Briefly stated, this means that if two athletes possess the same endurance levels, the competitor with the greater speed reserve is more likely to triumph in a sprint finish.

Speed reserve is calculated by assessing the athlete's average time for each 100 metres of his race distance then comparing it with his personal best time over a single 100 metres.

For example, an athlete capable of running 800 metres in 1.46 covers each of the eight 100 metres sections in 13.2 during a race. If his best time for 100 metres is 10.8, a simple calculation reveals that his speed reserve is 2.4 seconds ( $13.2 - 10.8 = 2.4$ ).

Conversely, an athlete capable of running 800 metres in 1.46 and 100 metres in 11.5 will have a speed reserve of just 1.7 seconds ( $13.2 - 11.5 = 1.7$ ). Although the second athlete must obviously have considerable endurance reserves, he will be at a disadvantage in a close finish against the man with the vastly superior 2.4 seconds speed reserve. Apart from the fact that the first runner (with the 2.4 SR) will be better equipped physiologically to succeed in a fast finish, he will also have the greater

improvement potential as it is easier to develop endurance than it is to develop speed. Thus in training, particularly in the early stages of a distance-runner's career, it is important to devote training time to increasing speed.

The speed reserve principle and the advantages it confers is equally evident in races over longer distances. Athletes capable of running 5000 metres in 15.00 are performing the equivalent of 50 x 100 metres in 18.0 per 100 metres without any recovery (50 x 100

metres = 5000 metres). If one athlete, however, has a personal best 100 metres time of 11.8 and another has a personal best of 13.8 the advantage quite clearly lies with the first in a sprint finish as he has a superior speed reserve (ie.  $18.0 - 11.8 = 6.2$  compared to  $18.0 - 13.8 = 4.2$ ). The first athlete also has the greater improvement potential because it is easier to develop endurance than speed which, to a large extent, is genetically determined by the composition of a person's muscle fibres (white, fast-twitch muscle fibres are responsible for speed capacity. Red, slow-twitch fibres are responsible for endurance capacity).

The pages of athletics history are studded with examples

of how athletes with a good speed reserve have emerged victorious in closely-contested races. Those of us who remember the 1971 European 10,000 metres championship recall the Finnish athlete, Vaatainen, producing a final lap of 53.9 to easily outspurt Britain's Dave Bedford who had led for much of the way. More recently, Eamonn Martin's fine victory in the London Marathon emphasised the importance of a high speed reserve even at the end of 26 1/4 miles.

Although the man or woman with an inferior speed reserve to a rival are at a disadvantage, however, they must never meekly accept the inevitability of defeat. The ability to produce a good sprint finish when tired can frequently give a

slower athlete the edge over one faster when both are experiencing extreme fatigue. Fast surges injected into brisk steady-state running, along with gradual or sudden accelerations at various stages of the race, are other important weapons in the armoury of the athlete who does not intend to be outspurred by a speedier opponent during the final few metres.

The psychological aspects are always important as very often the victory goes to the person who is most determined to succeed and who possesses vast resources of courage, confidence, resilience, commitment, and self-belief.

So whether one is a "front-runner" or a "waiter", speed is

essential for the distance-runner. It can be specifically developed by finishing track or steady-running sessions with a few sprints over various distances or increasing the tempo over the final stages of workouts.

Good sprinting form should be emphasised with the athlete concentrating on driving the arms vigorously backwards and forwards and producing a good knee-lift in response to the powerful, driving action of the rear leg.

The head should be kept still with the eyes looking straight ahead and the athlete working on maintaining form, technique, relaxation, and rhythm as he or she runs to and beyond the finish.



**Eamonn Martin's fine victory in the London Marathon emphasised the importance of a high speed reserve.**

Photo: Mark Shearman.

## DEREK PARKER'S SCHEDULES

### EXPERIENCED

#### Week One

Sunday: 90 to 120 mins cross-country/grass running.  
Monday: 75 to 90 mins fartlek incl. 2 mins fast (60 secs jog) + 60 secs fast (30 secs jog) + 30 secs fast (30 secs jog) x 5 sets.  
Tuesday: 5 miles steady.  
Wednesday: 10 miles steady.  
Thursday: 6 x 800 metres at 5k pace (60 secs recovery) + 2 x 200 metres full effort (60 secs after final 800).  
Friday: 30 mins easy recovery run.  
Saturday: 12 to 15 miles steady.  
Morning runs of 20 to 30 miles duration may be done four to six times weekly.

#### Week Two

Sunday: As Week One.  
Monday: 75 to 90 mins fartlek incl. 20 secs fast (10 secs jog) + 40 secs fast (20 secs jog) + 60 secs fast (30 secs jog) x 6 sets.  
Tuesday, Wednesday, and Friday: As Week One.  
Thursday: 2 x 8 x 200 metres at 1500 metres pace (30 secs jog between reps/2 laps jog between sets).

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 incl. 5 x 3 mins fast (2 mins jog) + 3 x 10 secs fast (30 secs jog) starting 2 mins after 3 mins repetition.  
Tuesday, Wednesday, and Friday: As Week One.  
Thursday: 2 x 2 x 400 metres at 800 metres pace (60 secs between reps/2 laps jog between sets).  
Saturday: 12 to 15 miles steady.  
Morning run as Week One.

#### Week Four

Sunday: As Week One.  
Monday: 75 to 90 mins fartlek incl. 10 x 90 secs fast (60 secs jog) + 6 x 5 secs fast (20 secs jog) starting 2 mins after final 90 secs repetition.  
Tuesday, Wednesday, and Friday: As Week One.  
Thursday: 12 x 400 metres at 5k pace (30 secs jog) + 1 x 200 metres full effort (30 secs after final 400).  
Saturday: Race or 8 to 12 miles steady.  
Morning runs as Week One.

### CLUB ATHLETES

#### Week One

Sunday: 75 to 90 mins cross-country/grass running.  
Monday: 60 to 75 mins fartlek incl. 30 secs fast (20 secs jog) + 20 secs fast (10 secs jog) + 10 secs fast (30 secs jog) x 10 sets.  
Tuesday: Rest or 20 to 30 mins easy running.  
Wednesday: 5 to 8 miles steady.  
Thursday: 6 x 800 metres at 5k pace (75 secs recovery) + 1 x 200 metres full effort (60 secs after final 800).  
Friday: Rest.  
Saturday: 8 to 12 miles steady.  
Morning runs of 20 minutes' duration may be done two to four times weekly.

#### Week Two

Sunday: As Week One.  
Monday: 60 to 75 mins fartlek incl. 12 x 45 secs fast (45 secs jog).  
Tuesday, Wednesday, and Friday: As Week One.  
Thursday: 8 x 200 metres at 1500 metres pace (30 secs recovery).  
Saturday: Race or 8 to 12 miles steady.  
Morning runs as Week One.

#### Week Three

Sunday: As Week One.  
Monday: 60 to 75 mins fartlek incl. 10 secs fast (10 secs fast) + 5 secs fast (20 secs jog) + 20 secs fast (20 secs jog) + 30 secs fast (30 secs jog) + 5 secs fast (20 secs jog) x 8 sets.  
Tuesday, Wednesday, and Friday: As Week One.  
Thursday: 2 x 2 x 400 metres at 800 metres pace (75 to 90 secs recovery between reps/2 laps jog between sets).  
Saturday: 8 to 12 miles steady.  
Morning runs as Week One.

#### Week Four

Sunday: As Week One.  
Monday: 60 to 75 mins fartlek incl. 10 x 60 secs fast (60 secs jog).  
Tuesday, Wednesday, and Friday: As Week One.  
Thursday: 12 x 400 metres at 5k pace (30 to 45 secs recovery) + 1 x 200 metres full effort (30 to 45 secs after final 400).  
Saturday: Race or 8 to 12 miles steady.  
Morning runs as Week One.



## MAY

# 8

## Dick Wedlock International Firefighters 10,000 metres Road Race, Glasgow —

1, D. Wyatt (Ty) 31-52; 2, D. Harrison (W. Yor) 32-16; 3, G. Bodellier (Holl) 32-18; 4, T. Wigglesworth (W. Yor) 32-24; 5, E. Wilkinson (Strath. R.) 32-24; 6, T. O'Connell (Mer) 32-35; 7, T. Merlow (GMC) 32-36; 8, P. Dent (GMC) 32-37; 9, E. McNair (Kirk) 32-51; 10, W. De Weert (Holl) 33-04; 11, E. Rannizor V45 (GMC) 33-06; 12, A. MacDonald (Kirk) 33-11; 13, C. Burns (Kirk) 33-19; 14, D. McDiarmid (M&I) 33-35; 15, P. Vlasman (Holl) 33-36. Women: 1, J. Byng V45 (Inv) 39-43; 2, E. McGarry V35 (Inv) 42-07; 3, B. Cockburn (Strath. R.) 44-21; 4, C. MacInnes (Strath. R.) 47-59; 5, L. Bull (Notts) 48-02. Teams: Fire Brigade Team: 1, West Yorks 33pt; 2, Great Manchester 38 pt; 3, Strathclyde 108 pt. International Brigades: 1, England 12 pt; 2, Holland 54 pt; 3, Scotland 70 pt. Open team: 1, Kirkintilloch Olympians 23 pt; 2, Strathclyde Police 44 pt; 3, Irvine Cable 83 pt.

**10** International Firefighters 8 5 mile Road Relay Race, Strathclyde Park, Motherwell — 1, Holland 3-35-52; 2, England 3-37-25; 3, Scotland 3-41-20 (P. Butcher 27-00; D. Buchanan 27-34; R. Brown 28-17; B. O'Neil 27-41; P. Ogden 28-59; S. Eaglesham 27-36; D. Watson 27-04; D. McDiarmid 27-09); 4, Strathclyde Police 3-48-25; 5, USA 3-54-00; 6, Germany 4-04-56. Fastest Legs — D. Wyatt 25-34; T. Barlow 25-48; T. Wigglesworth 25-56; W. De Weert 26-11; G. Bodellier 26-17; C. Bodellier and E. Rannizor both 26-36.

**12** Troon Tortoises 10K — 1, S. Wyllie (Cam) 29-49; 2, C. Thomson (Cam) 31-00; 3, G. Booth (Strac) 31-32; 4, B. Richardson (Inv) 31-38; 5, G. Tenney (Kil) 31-54. Male Veteran: J. Caird M40 (Ayr) 33-37; R. F. Cheyne M45 (Inv) 37-48; D. Campbell M50 (SV) 38-05; B. McHugh M60 (Giff) 40-09. Women: J. McColl W35 (Bla) 37-02; M. Blacker (Giff) 37-22; L. Cairns (JWK) 37-24.

**Sri Chimney 2 miles Road Race, Edinburgh** — 1, M. McCartney (EAC) 9-36; 2, M. Colligan (HW) 9-45; 3, D. Beagley (Unatt) 9-54; 4, D. Gillespie (FVH) 9-55; 5, J. Thomson (Car) 1-12-37; 6, R. Thomson (ESH) 9-57; 7, D. Garner (ESH) 9-59; 8, M. McGill (Cam) 10-06; 9, B. Howie V40 (ESH) 10-23; 10, C. Hunter (HBT) 10-25. Veteran 0/50: 1, S. McGillivray (Un) 12-00; 2, D. McGregor (EAC) 12-43; 2, A. Wild (Northam) 13-55; 3, I. Pollard (Un) 14-17; 4, B. Vetch (Lass) 14-20.

**Dumyat 5 mile/1250 climb Hill Race, Stirling** — 1, J. Wilkinson (Gala) 33-39; 2, S. Nicholson (Liv) 33-48; 3, D. McConigle (She) 33-59; 4, M. Rigby

(W'Lands) 34-12; 5, I. Murphy (Cly) 34-23; 6, R. Rodgers (HBT) 34-33; 7, D. Robertson (W'Lands) 34-39; 8, P. Bovill (Living) 34-47; 9, K. Cook (Un) 34-54; 10, P. Fox (Dun) 34-59. Veterans: W. Knox V40 (Tev) 36-36; C. Shaw (W'Lands) 37-00; T. Martin (Fife) 38-39. Women: 1, J. Salvona (Liv) 41-10; 2, M. Coleman (Liv) 42-59; 3, L. Eades (Liv) 44-18; 4, B. Hunter (Un) 44-54; 5, E. Scott (W'Lands) 45-09; 6, D. Everington (Liv) 45-30.

**13** JSB Plumbing Forth Valley Young Athletes League, Grangemouth (Division 2) — 1, Falkirk Victoria 302pt; 2, Corstorphine 299pt; 3, Penicuik 215pt; 4, Linlithgow 206pt; 5, Lasswade 197pt; 6, Boness 173pt.

**15** Goatfell 6 mile Hill Race, Brodick, Isle of Arran — 1, M. Hayman (Old G) 45-33; 2, R. Brown (HBT) 47-08; 3, A. Jones (Glo) 4-39; 4, G. Allsop (Arr) 48-24; 5, S. Bennett (W'Lands) 48-40; 6, M. Cuddy (Glo) 48-59; 7, M. Mon-Williams (Liv) 49-13; 8, D. Bowden V40 (Alt) 49-32; 9, B. Robertson (Arr) 50-21; 10, D. Calder (W'Lands) 50-57. Team: 1, Glossopdale 21pt; 2, Arran Runners 26pt. Women: 1, J. Salvona (Liv) 57-05; 2, H. Thomson (Arr) 62-10; 3, H. Searle (Loch) 63-36; 4, J. Miller V35 (Arr) 64-27; 5, L. Anrit V35 (Arr) 68-26; 6, A. Miller (Arr) 73-54.

**Girls Inter Schools Track and Field Invitation Contest, Crownpoint, Glasgow** — 1, Hutchesons GS 810pt; 2, St Georges 782.5pt; 3, St Columba's 602.5pt; 4, Craigholme 530.5pt; 5, Lomond 520.5pt; 6, Park School 498pt; 7, Glasgow Acad 413pt; 8, Laurel Bank 389.5pt.

**Forres 10K** — 1, F. Clyne (Met) 31-31; 2, S. Walford (MRR) 32-13; 3, R. Arbuckle (Ke) 32-26; 4, R. Taylor (Met) 32-39; 5, G. Bartlett (FH) 33-09; 6, G. Sim M40 (MRR) 33-12; 7, M. Flynn (MRR) 33-43; 8, S. Forbes (Met) 33-47; 9, G. Milne M40 (MRR) 34-14; M. Wright (MRR) 34-26. Women: 1, D. Kilner (AAAC) 37-45; 2, L. Bain W35 (AAAC) 38-45; 3, J. Armstrong W35 (GN) 40-29. Teams: 1, Moray RR 24; 2, Metro Aberdeen 25.

**16** Hughes Festival of Road Running: Glenrothes Half Marathon — 1, T. Mitchell (Fit) 1-09-11; 2, W. McTaggart (Cam) 1-10-02; 3, D. McCrae M41 (FVH) 1-11-49; 4, T. Thomson (Car) 1-12-37; 5, P. Simpson (FMC C) 1-13-33. Women: 1, A. Rose (EWM) 1-19-32; 2, J. Stevenson W45 (FVH) 1-22-24; 3, M. Robertson (DRR) 1-24-47.

**10K Road Race** — 1, I. Johnston (FVH) 31-53; 2, M. Turner (LDRC) 31-54; 3, M. Gormley (Cam) 31-58; 4, R. McCulloch (Gla) 32-03; 5, R. Fleming V40 (Car) Women: 1, M. Coleman (Liv) 39-36; 2, C. Brown V35 (Fit) 40-29; 3, K. Buchanan (Car) 41-40; 4, J. Ritchie FV1 (Fit) 42-05.

**Cumbernauld 10K Road Race** — 1, I. Brown (LDRC) 29-31; 2, K. Rankin (FVH) 30-10; 3, M. Coyne (LDRC) 30-25; 4, T. Anderson (Kil) 30-35; 5, A. Adams (VP) 30-46. Male Veterans: 1, S. McCrae V45 (Cum) 33-08; 2, P. McGregor V40 (VP) 33-13; 3, A. MacFarlane V50 (Spr) 34-14. Women: 1, S. MacDonald (CoG) 37-41; 2, M. Adamson (IH) 37-50; 3, M. Sinclair (Gla) 39-03.

**Scottish Nuclear Kaim 3.5 miles Hill Race, Fairlie** — 1, J. Brooks (Loch) 29-04; 2, S. Burns (Loch) 31-52; 3, C. Shaw V40 (W'Lands) 32-36; F. Kelly (Ochil) 33-20; 5, G. Reid (W'Lands) 34-05; 6, S. McKendrick (Un) 34-47; 7, J. White V40 (Inv) 35-05; 8, I. Auchie (Dal) 35-13; 9, R. Cheyne V40 (Inv) 35-33; 10, J. Pearson V40 (Unatt) 36-08. Team: 1, Irvine AC 2-27-30. Women: 1, E. Scott (W'Lands) 39-58; 2, H. MacPherson V35 (W'Lands) 42-03; 3, P. McLaughlin V35 (W'Lands) 46-40; 4, K. Melville V40 (Inv) 51-21; 5, J. Stevenson (Inv) 52-38; 6, F. Rodman (Un) 55-35. Team: 1, Westerlands 2-08-41.

**Motherwell District Super County Half Marathon, Wishaw Sports Centre** — 1, M. Carroll (Ann) 1-06-56; 2, G. Tenney (Kil) 1-11-33; 3, W. Weir (Law) 1-12-38; 4, J. Reid (Law) 1-12-55; 5, D. Gardiner (RCE) 1-13-01; 6, C. Ross (She) 1-14-37; 7, J. Quinn (Cam) 1-15-38; 8, P. Russell (FRR) 1-16-24; 9, J. Young (Ayr) 1-17-32; 10, I. Donnelly (V1) (Law) 1-17-46; 11, J. Quinn (V2) (CH) 1-18-49; 12, L. Callary (Gov) 1-19-40; 13, J. MacInnes (V3) (SPol) 1-19-44; 14, J. Harper (V4) (SPol) 1-19-44; 15, P. Smith (V5) (Cum) 1-20-31; 16, A. Wilson (Pre) 1-21-45; 17, T. Feeney (Udd) 1-22-18; 18, M. Hand (Law) 1-22-41; 19, J. Hood (EKAC) 1-22-42; 20, R. Shaw (Lin) 1-23-03.

Women — 22, E. Mackay (F1) (She) 1-23-35; 39, C. Reid (F2) (Giff N.) 1-27-31; 55, T. Thomson (F3) (Pit) 1-29-17; S. Young (FV4) (Win) 1-29-37; 78, A. Bruce (FV5) (SKL) 1-32-35; M. Robertson (Cam) 1-37-26; 108, Fiona McKinnon (Lass) 1-37-52; 122, J. Law (Arr) 1-39-42; P. Wilson (Luc Moth) 1-41-26; 150, L. Jordan (Glas) 1-42-42; 155, Unknown 1-43-48.

**Hollywood Stroll 5 Mile Road Race, Dumfries** — 1, D. Scobie (Dumf) 25-41; 2, C. Heaven (Ann) 25-57; 3, J. Ferguson (Dumf) 26-45. First Vet: D. Chadderton V40 (Dumf) 28-25. Women: 1, C. Legge (Ann) 35-05.

**19** Kinnoull Hill Race, Perth — 1, R. Bryson (New) 23-52; 2, D. McGonigle (She) 24-14; 3, R. Rodgers (HBT) 24-37. Women: 1, M. Coleman (Liv) 30-17. Youth: G. Mathieson (Kin) 31-07.

**Scottish Veterans 10,000m Road Race Champs, Glasgow** — 1, C. MacDougall V40 (Cam) 31-58; 2, F. Caldwell V40 (Dum) 32-37; 3, H. Watson V45 (Kilm) 32-38; 4, A. Adams V45 (Dum) 33-03; 5, R. Young V45 (C'Dale) 33-18. Age Group Winners: 0/40 — H. Watson; 0/50 — R. Brennan

(Cam) 34-38; 0/60 — W. Hammill (Ham) 39-25; 0/65 — W. Marshall (Cam) 36-52. Women: 1, J. Byung V45 (IH) 39-22; 2, K. Todd V40 (Kil) 39-39; 3, M. Menzies V35 (SVHC) 41-02. Age Group Winners: 0/35 — M. Menzies; 0/40 — K. Todd; 0/45 — J. Byung; 0/55 — M. Moore (Kil).

**Bank of Scotland Eyemouth Road Races, Eyemouth** — Senior 6 miles: 1, K. Lyall (ESH) 30-34; 2, L. Atkinson (Al) 30-39; 3, N. Maitman (Tev) 32-49. Women: 1, A. Thomson (Beru) 41-03; 2, E. Ryan V35 (EAC) 42-34; 3, M. Pate (HELP) 45-52.

Boys U/17 3 miles: 1, M. Munro (EAC) 17-47; 2, S. Blaikie (Tev) 18-09; S. Lauder (Tev) 18-35. Boys U/15 1.5 miles: R. Lauder (Tev) 11-46. Girls U/17 3 miles: 1, I. Knox (Tweed) 20-02; 2, J. Jackson (Tweed) 24-29; 3, K. Wigglesworth (Beru) 25-32. Girls U/15 1.5 miles: 1, O. Patterson (Beru) 11-46.

**Sri Chimney 2 mile Road Race, Edinburgh** — 1, K. Rankin (FVH) 9-38; 2, M. McCartney (EAC) 9-40; 3, K. Mortimer (EAC) 9-56; 4, M. Gill (Cam) 9-56; 5, R. Thomson (ESH) 9-59. Veterans: 0/50: 1, S. McGillivray (Un) 11-52. Women: 1, S. Knox (Gla) 12-10.

**22** Newtonmore Evening Flat Mile Road Race — 1, J. Mackay (She) 4-13; 2, P. Fleming (LDRC) 4-16; 3, M. Turner (Mor) 4-27; 4, R. Fleming V40 (Cam) 4-30; 5, A. Murchieson (IH) 4-32. Women: 1, S. Branney V35 (Gla) 5-06; 2, E. Mackay (She) 5-19; 3, J. Thomson (Ree) 5-42. Team: Inverness 29 pts.

**24** Johnnie Walker 10,000m Road Race, Kilmarnock — 1, C. Brash (Girvan) 33-02; 2, C. Miller (Inv) 33-35; 3, B. Boyd (Ayr) 34-12; 4, J. White V40 (Inv) 34-27; 5, J. Young (Ayr) 34-47. First vet: D. Campbell V50 (SV) 38-38. Teams: 1, Irvine 12 pt; 2, Ayr Seaford 17pt. Women: 1, L. Cairns (Kilm) 37-49; 2, J. Byung W45 (Inv) 40-00; E. McGarry W35 (Inv) 42-09; 4, A. Higgins (Loud) 43-44; 5, J. McKenna (Un) 46-29. Female Vet: M. Robertson W50 (Troon) 46-38. Teams: 1, Irvine 13pt; 2, Irvine 'B' 42pt.

**Inverclyde 4x2 mile Road Relay Race at Greenock** — 1, Greenock Glenpark 38-10 (J. Bennett 9-49; H. Cox 9-27; W. Jenkins 9-41; A. Puckrin 9-13); 2, Spango Valley 40-00 (G. Clark 10-04; E. McKee 9-51; C. Robison 9-48; C. Cromar 10-17); 3, Dumbarton 41-18 (J. Harrison 9-47; P. Walsh 10-17; B. McGuinness 10-21; G. Hanley 10-53); 4, Spango Valley Veterans 42-52; 5, Spango Valley 'B' 43-31. Women: 1, Inverclyde Ladies 49-14 (A. McKee 12-01; J. Smith 13-11; M. Blaikie 12-00; C. Gibson 12-02). Fastest: 1, A. Puckrin 9-13 (record); 2, H. Cox 9-27; 3, W. Jenkins 9-41. Fastest Veteran: F. Caldwell (Dumb) 9-57. Fastest Woman: M. Blaikie 12-00.



## .....VERY IMPORTANT DATE FOR YOUR DIARY..... MONKLANDS DISTRICT COUNCIL HALF MARATHON

**SUNDAY 8TH AUGUST**

Starts 10.00a.m.

After last year's great success, the race will be over the same course with part of the course passing through Drumpelier 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...**

...8TH AUGUST...8TH AUGUST...8TH AUGUST...

## THE WOOLWICH CITY OF GLASGOW TRIATHALON



A THREE PERSONS TEAM MUST ENTER ONE OF THE THREE DISCIPLINES:  
**CANOE.....3km  
CYCLE.....20km  
RUN.....10km**

**HOGGANFIELD LOCH, GLASGOW  
SUNDAY 19TH SEPTEMBER 1993 AT 2P.M.  
ENTRY FORMS FROM: Events Section, Department of Parks and Recreation  
20 Trongate, Glasgow G1 5ES Telephone 041-227 5190**

**DIRECTOR BERNARD M CONNOLLY**



## Livingston and District AAC Open Graded Meetings

held at  
**Craigswood Sports Centre  
Livingston  
on**

**Saturday 17th July 1993**

**1st Event 1pm**

**Wednesday 28th July 1993**

**1st Event 6.30pm**

**Wednesday 15th September 1993**

**1st Event 6.30pm**

Entry 60p per event

Further details from Ruby Small (0506) 854199  
also

The Livingston Road Race is back, at a new course, on  
Saturday 25/9/93

Further Details from Charlie Rogerson (0506) 32789

Make it in Livingston



**SUNDAY 5 SEPTEMBER 1993**

**TWO INCH'S '10K' RACE & FUN RUN**

**OFFICIAL ENTRY FORM**

10KM COURSE RATIFIED BY SAF

STARTS AT 1.00PM

NAME:  SURNAME:  FIRST NAME:

ADDRESS:

TOWN/CITY:  POST CODE:  DISTRICT:

ALL ON DAY OF RACE: ☐ DATE OF BIRTH:  SEX: ☐ ATTACHED IF YES: ☐ ENTRY FEE:

EVENT (PLEASE TICK): ☐ FUN RUN ☐ 10K RACE

Attached £ 3.00 Unattached £ 3.50

ALL CHECKS MADE PAYABLE AND SENT TO:

PREVIOUS BEST TIME:

NAME OF GROUP (PLEASE ATTACH ALL GROUP ENTRIES TOGETHER):

I declare any rights and claims against the organisers for any loss/injury as a result of participating in the event.

SIGNED:  DATE:

IF UNDER 17: Parental Signature:

ALL ENTRANTS MUST ENCLOSE A 9"x6" SAE (35p stamp) WITH ENTRY FEE

PERMITS ISSUED BY SAF

**FURTHER DETAILS: Tel. (0738) 39911 Ext.3630**

**PERTH & KINROSS DISTRICT COUNCIL  
LEISURE & RECREATION DEPARTMENT**







# KINROSS ROAD RUNNERS

10th Anniversary  
LOCH LEVEN HALF MARATHON 1993  
Venue KINROSS

Time/Date: SATURDAY 4TH SEPTEMBER AT 1.00PM  
ENTRIES £5.00

For Entry forms please send S.A.E. to  
L.L.H.M.

c/o 5George Drive, Kinross KY13 7AE  
T-shirt for all finishers

Route: A scenic measured jaunt around the perimeter roads of  
Loch Leven  
EXTENDED PRIZE LIST: Male/Female/Veteran/Local

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including  
THE CITY OF ABERDEEN  
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Chris Anderson Stadium, Aberdeen  
Sun 18th July 1993  
Events for all age groups.  
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Further information & entry forms from  
Mrs. Maureen Campbell 0224 276276 (9am - 5pm)

## Everything you need to organise a race.

Timing, numbers, medals,  
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Tel: 0243 830412  
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CLUB COLOURS - vests, shorts,  
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COMMENTARY  
MEDALS  
ROSETTES  
MUGS

## EYEMOUTH HALF MARATHON & 10K

August 1st 11am  
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Entry forms from  
Celia Lough  
2 Seaford Place Eyemouth  
Tel: 08907 50140

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Mituno H.S.T.	Were	Now
UK 7, 3 1/2, 4, 4 1/2, 5	\$69.99	\$29.99
P & P FREE. 30 WESTGATE, CLECKHEATON W. YORKS BD 19 5EY Tel. 0274 869969		

**Marathon Oil U.K., Ltd.**  
**Peterhead Half Marathon & Fun Run**  
SAF PERMIT  
Sunday 26 September 1993  
Entry fee £4.00 club  
£4.50 unattached  
For details send sae to:  
Mr J Mundie  
1 Abbotsford Rd, Peterhead  
Grampian

**STEWARTON FUN RUN**  
Sunday September 5th  
1 1/2 miles - 12.30pm  
6 miles - 2.00pm  
Medals to all finishers  
Profits to SPECIAL CARE BODY UNIT  
- Ayrshire Central Hospital - Irvine  
For Details call  
Mr/Mrs Dean 0560 484814

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on 772 7230  
Springburn  
Harriers Secretary

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**10 MILE ROAD RACE**  
12 Sept 2.40pm Start  
Contact J. Young  
0294 211304

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We've found the gene - at last.  
Only with your help can we now conquer  
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To: (367) Mr. David Arthur 'Inverlan' 26 West Argyll Street  
Helensburgh, Dumbartonshire G84 8DB Tel: 0436 76791  
I would like to raise funds for CF - please send sponsor forms and  
running vest size S/M/L/XL  
Name:  
Address:  
Post Code: Registered Charity number 261287

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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.

# Run for Scotland's development agency

For sponsorship forms and further details contact:

**SCIAF** 5 Oswald Street, Glasgow G1 4QR.  
Tel: 041-221 4447