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of the most remarkable assemblages of works of art ever brought together".

It's not surprising that The Burrell Collection is now Scotland's leading tourist attraction.

San Francisco/Glasgow

The world traveller will know that San Francisco has much in common with Glasgow. Not least being its many superb eating places, and its not dissimilar architecture. The traveller will also know that Glasgow almost certainly has the finest Victorian architecture in Europe.

Park Circus Glasgow

1987



Sydney/Glasgow

The famous Sydney Opera House attracts the world's greatest performers. But so too, does the Theatre Royal in Glasgow.

It's not surprising that Glasgow is the home of Scottish Opera (and Scottish Ballet and the Citizen's Theatre Company!).



Copenhagen/Glasgow

Copenhagen's Tivoli Gardens are truly magnificent. There's no doubt. There's also no doubt that there is only one other city in Europe that boasts as many parks and recreation grounds. Glasgow; (and fourteen golf courses!)

Kelvingrove Park Glasgow



With its renaissance now in full swing Glasgow is blooming with a new pride and vigour. And with the Garden Festival in 1988 is surely now the Flower of Scotland.

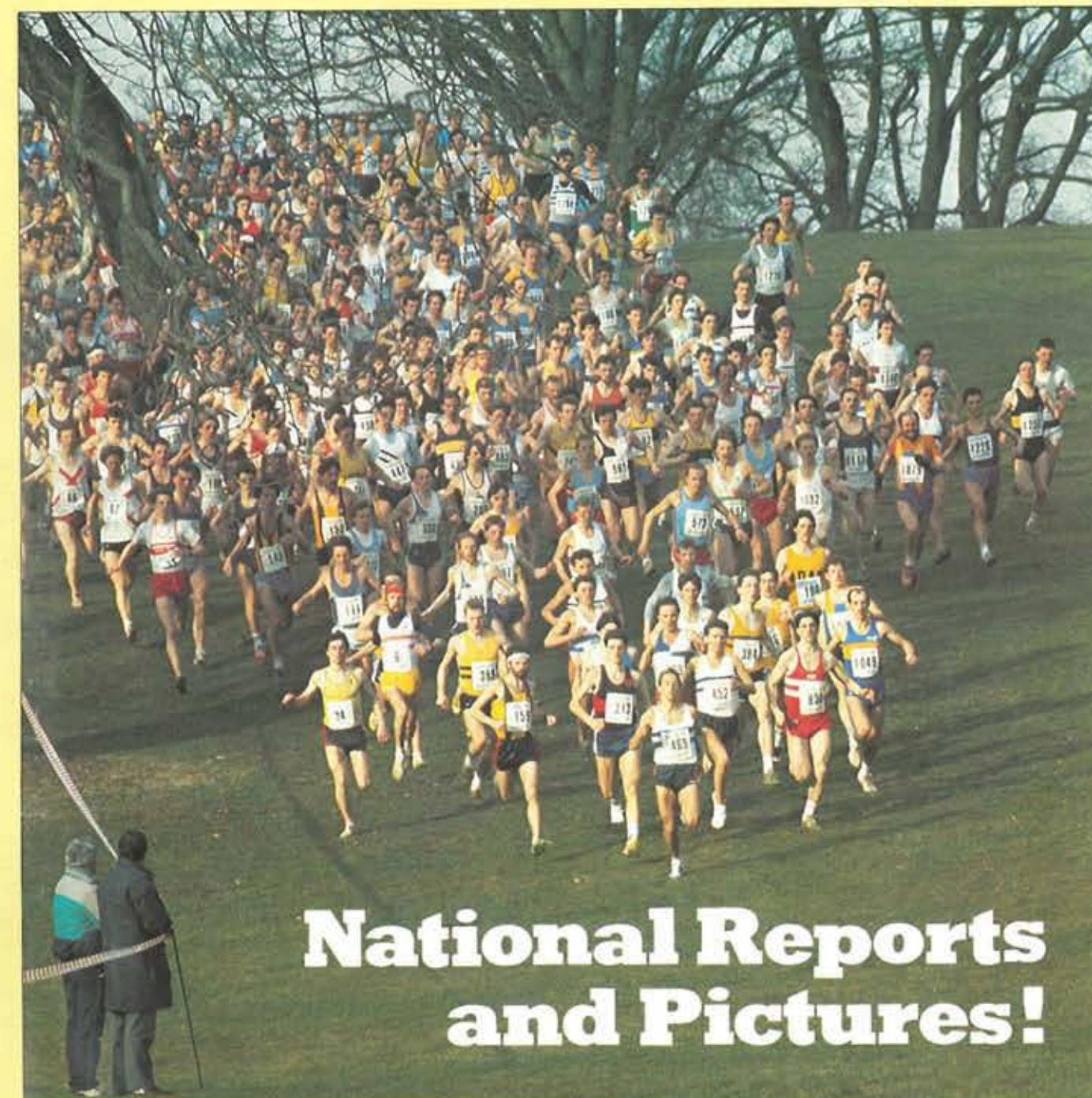
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SCOTLAND'S RUNNER

APRIL 1987

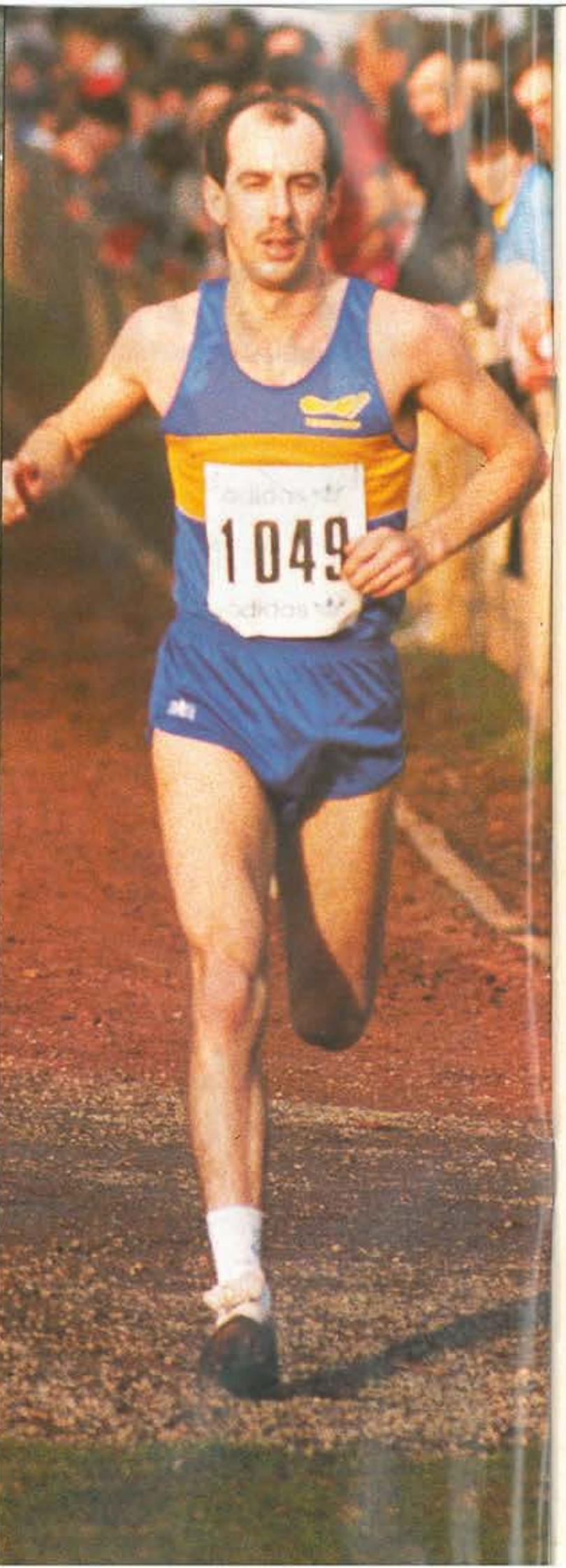
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SCOTLAND'S RUNNER

April, 1987

Issue 9

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They're off... the start of the National at Callendar Park, Falkirk, on February 21. Photograph by Scott Reid.



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Contents

19 Charities

Stewart McIntosh explains why a special affinity has developed between runners and deserving causes.

21 Aspirations

In which our contributors outline their hopes and fears for 1987.

24 Getting Your Oats

A subject to which many aspire, but Crawford Mackie outlines their nutritional qualities.

29 National Championships

Doug Gillon and Scott Reid look back at the biggest date on the Scottish XC calendar — at Callendar Park.

36 Running In Israel

Pam Rattray continues our series of articles on running experiences abroad.

39 Edinburgh Special

Mel Young gives a three page report on running in the capital, including Harmeny AC profile.

On other pages . . .

| | |
|-------------------------------|--------------------------|
| 5 Inside Lane | 42 Highland Games |
| 7 Up front | 44 The Veteran Scene |
| 17 Letters | 45 Hill Running |
| 18 Running Sores and Ewan Mee | 46 Yesterdays |
| 23 Well-fed Runner | 47 Results |
| 27 Women on the Run | 51 Events |
| 28 Running Psychology | 57 Crossword |
| 34 More Aspirations | 58 Next Month's Contents |

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1961 1986

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Place and date of race _____

British Heart Foundation
The heart research charity.

As Stewart McIntosh explains on Page 19, a strong affinity has evolved between runners and charities over the past ten years. This is borne out by the estimate that £20 million has been raised by runners for charities in Britain since 1981.

In this issue, several charities are appealing through advertisements for your support in 1987. There are many different causes to choose from, and, as McIntosh points out, the combined efforts of Scottish runners in marathons, half marathons, 10K's and fun runs this summer can make a major impact on the funds of charities. So, if you can, back those less fortunate in the months ahead.

Our spotlight falls on Edinburgh this month, and on Pages 39, 40 and 41, journalist Mel Young and photographer Jonathan Hampton visit another fast-moving, ambitious club — Harmony AC. Young also suggests popular running routes in the capital, and highlights initiatives by Edinburgh District Council to further popularise the sport in the city.

The National Cross Country Championships are captured in print and picture by Doug Gillon and Scott Reid, both on our covers and in the centre spread. Congratulations to all the medal winners, and in particular Clydebank AC, who won no fewer than three categories — junior and senior boys, and youths.

Crawford Mackie explains why Fife Southern Harriers and Fife Athletic Club have joined forces under the Fife AC banner in our Up-Front pages, and then, just to prove his versatility, contributes a feature on the nutritional value of oats, including recipes, on Pages 24 and 25.

This month we are delighted to introduce a number of new features. On Pages 42 and 43, David Webster, director of leisure and recreation at Cunningham District Council, starts a regular column on Highland Games. On Page 57 there is a prize crossword — another regular feature — and a quiz, plus a word game for younger readers. Linda Trotter also starts contributing a regular column on schools athletics.

Suggestions for other regular contributions will be welcomed at the usual address.

Inside LANE



three. But by the time this issue is published, the ladies' and mens' teams should be winging their way to Warsaw, and within three days of publication the outcome of the World Cross Country Championships will be known.

However the women do — and dare we hope for truly spectacular results — the achievements of Lynch, Murray and, to a lesser but still important extent, the support team led by Karen Macleod, the new Scottish champion, have already brightened the winter months.

By beating Ingrid Kristiansen, and then running the world's fastest 10,000 metres on the roads, Lynch has in the shortest time possible fulfilled the rich promise of 1986. Murray, meanwhile, completed her three steps to indoor European heaven by adding the 3000 metres gold to her bronze and silver.

A million financial and metaphorical miles away from the glitter of Bali, Lievin and Florida, Karen Macleod travelled from Bath to Cowdenbeath — even our photographer who lives only five miles away had difficulty finding it — and provided the championship with the class it very badly needed in winning the senior title.

Behind these tremendous achievements, however, lurks the unpleasant fact that — outside the top dozen or so — there is no depth whatsoever to Scottish women's distance running. Not surprising, really, because until very recently the sport had no popular appeal among Scottish women — rather the very opposite.

Now, however, because of the international success of Lynch and Murray, which can only stimulate and encourage younger athletes, and the unexpected taking to the streets — in the sportiest possible way — of "mature" women joggers and runners, a potent coupling of circumstances has emerged.

Given the proper leadership — and that means people who know how to maximise in financial, sponsorship and publicity terms as well as administrate — the sport stands to explode in Scotland.

It is now more important than ever that officialdom buries its ridiculous hatchets and amalgamates to provide the budding Lynchs, Murrays and Macleods the back-up they deserve.



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AID NATIONWIDE

Up Front

SCOTLAND takes part in the world cross-country championships for the last time this year, the victim of a remarkable decision by the International Amateur Athletic Federation.

Scotland was a founder member of the International Cross Country Union at the beginning of the century but that is ancient history. So too is the fact that the first ever world championships, "Cross de nations" was staged in 1903 at Hamilton Racecourse.

The four home countries were the founder members of the ICCU and a widespread membership had been built up by 1973 when the IAAF took over the role of staging the championships. When they did so they agreed to stick to the venue rota already agreed by the ICCU, and England was allowed an additional year to permit them to celebrate the centenary of the English CCU with the world event at Gateshead.

There had been concern at non-passport issuing countries being permitted to continue as international teams in their own right, since it runs counter to the IAAF constitution.

But assurances given to UK delegate Bob Dalgleish in Paris in

Incredibly, despite the presence

Glasgow's Games?

IN A last-gasp effort to wrest the initiative from Birmingham, Glasgow has launched a bid to stage the 1989 European Indoor Championships at the city's Kelvin Hall.

Only days after learning that Birmingham had received British Amateur Athletic Board approval to seek the 1990 championships - effectively spiking Scottish ambitions to hold the 1991 event - Glasgow fought back.

An announcement on March 10 that the city would now try to get the Europeans two years earlier than planned in 1989 had still to be approved by the British Board as we went to press.

But, whatever the outcome, it was a praiseworthy effort by Glasgow, whose Kelvin Hall venue will open in the Autumn, to preempt the Birmingham bid.

Birmingham, ironically, has scrapped plans for a hydraulic track, and seems likely to install one of the portable tracks manufactured by Aberdonian Rob Hunter.

1980 seemed to defuse the situation.

In 1982 the IAAF's cross country and road running committee of which Dalgleish was a member, after detailed study recommended that the IAAF council should allow the four home countries to compete individually in the world championships "in perpetuity".

The council in general rubber stamps the recommendations of its specialist committees but this time merely noted the recommendation and never endorsed it. Without a change in their constitution it was impossible, they argued.

John Holt, the IAAF secretary, an Englishman based in London, claimed that the scrapping of the four home teams "would not significantly affect cross-country in Britain".

John Hamilton, Scotland's international cross country team manager argued vigorously against that view which of course would be correct if applied to England.

Hamilton raised the matter at a British Amateur Athletic Board meeting late last year. The Scottish CCU wanted discussion on the matter with a view to reopening the subject with the IAAF.

Incredibly, despite the presence

THE Scottish Sports Council hope that they have found the reincarnation of Solomon in the shape of Peter Radford.

If the name sounds familiar, it is because Radford was former world record holder at 200 metres (20.5 sec) and Olympic 100 metres bronze medallist in Rome. His UK junior record of 10.29 sec, set on cinders at Colombe in 1958 still stands.

All of them have agreed to go and listen, but that is as far as the commitment extends.

Radford cautiously says: "I appreciate that they are very old associations with honourable histories which they are justifiably proud of.

Skye's the limit...

STAND BY for a stampede of Americans at this year's Skye Half Marathon in June! The gruelling 13.8 mile event has just been named one of the "World's Top 50 Summer Races" by influential American magazine "The Runner".

Indeed, not only is the island half marathon in the Top 50, it also makes the "Foreign Top 10" and,

of delegates from Wales and Ireland, also disenfranchised, Hamilton's motion did not find a seconder. More remarkably, two delegates of the Scottish Amateur Athletic Association, general secretary Bob Greenock and track team manager John Brown were both present at the meeting.

Neither of them was sufficiently quick off the mark to second their compatriot's motion before the Board's Scottish chairman, Ewan Murray, passed on to subsequent business.

The failure of the Scottish duo to support Hamilton was raised at an SAAA general committee meeting where it emerged that they felt it was up to the Irish or Welsh to do the needful. In fact they were as surprised as Hamilton when that support was not forthcoming.

The fact that the IAAF pays the cost of sending teams, and that next year's event is to be staged in New Zealand is not unconnected with the timing of the decision.

Yet the four home unions, including the English, were content to accept the cost of only one team from the IAAF and share the money, making up the difference themselves... to no avail.



Bob Dalgleish

Next year a UK team will represent Britain in New Zealand. The Inter-County championships at Corby on January 30 will be the selection race and the SCCC will take a senior team of nine and youth and junior teams of six each from both the east and west districts.

These effectively will be the only Scots with a chance of gaining entry to the UK team.

The AAA will pay half of the transport and accommodation costs for these two district squads.

"But the old model of administration, with four governing bodies, cannot be right for the development of the modern sport."

Radford is a good choice, having no axe to grind on behalf of any particular Scottish branch of the sport. But he faces a tough task, because most of the governing bodies feel they are being dragged to the water. None of them will drink unless they feel it is in their own best interests... a difficult, and perhaps impossible compromise.

the weather: "You'll na seffer from th' suen".

Perhaps this remark was mixed up with the Japanese entry, the Shirkakaba Kougen Races!

A SPONSORED climb/race of Ben Lomond is being organised by the Royal Commonwealth Society for the Blind on Sunday, June 21. The annual event usually raises about £17,000 for the charity - details can be obtained from Hector MacAulay at 0738-39312.

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Up Front | Up Front | Up Front | Up Front | Up Front

Muir, Branney top rankings

NAT MUIR's victory in the Kodak 10,000 metres at Glasgow's Crownpoint put him at the head of the men's standings in the Scotland's Runner Road Race Championship for 1987.

Muir successfully defended his national 10k title in 29:08, with Allister Hutton just one second behind, an action replay of last year's finish.

Sandra Branney led home Kath Carter and Lorna Irving to top the women's standings.

The event, which is still open to sponsorship offers, has the backing of the Scottish Amateur Athletic Association, but for administrative reasons they are unable to give it official national championship status this year. But there appears to be no barrier to this for 1988. The first championship placings table will appear next month.

List of events

March

22 Highland HM, Inverness (L)

April

4 Tom Scott 10 Motherwell (M)
11 Renfrewshire 10 Miles (M)
12 Dundee 10k (S)
19 Claymore Homes 10 Miles, Haddington (M)

May

3 Pearl HM, Edinburgh (L)
6 Adidas 10k, Glasgow (S)
10 Jimmy Moore 15k, E. Kilbride (M)
13 Adidas 15k, Glasgow (M)
17 Luddon HM, Kirkintilloch (L)
23 Kirkcudbright Milk HM (L)

June

7 Govan 10k, (S) (men only)
7 Strathclyde 10k, (S) (women only)
14 Clydebank HM (L)
14 CR Smith HM, Dunfermline (L)
24 Roevin 10k, Aberdeen (S)

July

10 Runsport 10k (S)
12 Runsport HM (L)
19 Inverness 10k (S)

August

2 Edinburgh 10 Miles (M)
2 Ferranti 10 Miles, Aberdeen (M)
16 British Airways HM, Glasgow (L)
22 TSB Blairgowrie HM (L)
30 Inverclyde QM (S)
30 Adidas Mars HM (L)
30 Livingston HM (L)

September

5 Loch Leven HM (L)
6 Land O'Burns HM, Ayr (L)
13 Round Cumbrae 10 Miles (M)
26 Livingston 6 Miles (S)
26 Ness Motors 10 Miles

October

11 Dundee Half Marathon (L)
25 Falkirk CIB HM (L) The Final

Code: HM - Half Marathon; QM - Quarter Marathon; L - Long; M - Medium; S - Short.

European gold for Murray

YVONNE MURRAY set two Scottish 1500 metres records in eight days, but that proved only to be a warm up for the real thing.

A time of 4:10.62, behind Kirsty Wade at Cosford, was reduced to 4:09.15, running for Britain in Stuttgart week later, on February 1. A week after that she clocked 2:4.01 for 800 metres in Hungary, another Scottish indoor record.

As Scotland dared to hope she might add European indoor gold to the 3000 metres bronze and silver of the last two years, the Musselburgh secretary took a

week off, and on February 22 came up trumps.

Her victory in Lievin, a first European indoor title by a Scot, in a time of 8:46.06, carved a huge 14 seconds from the Edinburgh Athletic Club woman's indoor best, and a hefty seven seconds from the championship best.

But she was bitterly disappointed at her performance in Indianapolis where she finished fifth. Ironically the winner, Tatyana Samolenko (USSR) ran slower than Yvonne's winning performance in France.



FORMER Olympic 200 metres champion and six times Commonwealth Games gold medallist Don Quarrie went down a treat with young Scottish women sprinters at Meadowbank Stadium, where he held a Minolta Copiers/BAAB Coaching Clinic earlier this year.

PENNY ROTHER seized her chance in the absence of Liz Lynch and Yvonne Murray to run off with the Scottish 4000 metres closed cross country title in February, recording a gutsy 50-metre win over Chris Haskett-Price.

ALLAN WELLS took further steps to confound those who believe he is finished as a world-class sprinter when he equalled the fastest time of his life, 10.02 sec. when finishing third in a race in Western Australia.

Rules

1. The Championship is staged and organised with the approval of the appropriate men's and women's National Governing Bodies.
2. The Championship will recognise three race distances at short (6 miles/10,000 metres); medium (10 miles/15,000 metres) and long (half marathon) in counting for points towards the overall title.
3. Three races at each distance will count for points, with contestants being able to compete in any number of races nominated for the Championship. Contestants may count the races in which they score the highest number of points and discard the other races.
4. The nominated races for the
- Championship have been selected over a time period from March to October and are located geographically throughout Scotland to give the best chance of competition for all runners.
5. Points will be awarded for finishing positions in each race. The winner in each age and sex category will receive 30pts; runner up 28pts; 3rd 23pts; 4th 21pts; 5th 19pts; 6th 17pts and other finishers one point less till 20th placed received 2pts.
6. All nominated races to be held under permit from appropriate Governing body.
7. All courses to be accurately measured before the race is held to ensure accurate race distances.
8. All race organisers to print detailed results within 10 days of the race and send to the Championship Convener to allow calculation of points tables for each category.
9. A championship final will be held to decide the eventual winners. This race will be over the half marathon distance and points will count as double.
10. The top 20 runners in each category (Senior Men, Senior Women, Veteran Men and Veteran Women) - decided after adding points gained in each of the three race categories - will be eligible for free entry to the final which will be the CIB Half Marathon at Grangemouth in October.

Williamson quits

GRAHAM WILLIAMSON, Scottish record holder at the mile (3:50.64) and 1500 metres (3:34.01) has retired from competitive athletics.

Still ranked in the UK top 10 with these times, and Scottish 800 metres record holder until the assaults of Tom McLean last summer, Springburn Harrier Williamson has been forced to quit because of various recurrent injuries.

Now based in London, he is doing a post graduate qualification including some research for Alan Pascoe Associates which could change the face of British athletics.

Next month we talk to Williamson about his future and the frustrating career which saw the former world junior 1500 metres champion never quite match his rare talent.

THE AYR Land O'Burns Half Marathon is renowned for its fast times - Lorna Irving beat the then Scottish best time last year and Alec Gilmour recorded a very fast 64:02 - and entrants for the 1987 event will have to be quick off their marks as well.

Entry forms, including one in this issue, have already been published for this popular event on September 6, and entries are being limited to a first come, first served basis.

The flat and untaxing route affords spectacular sea views as well as taking in the splendour of Burns country, with such landmarks as the Auld Haunted Kirk and Burns Cottage. The finish at Ayr's esplanade is a convenient and entertaining spot for family and friends.

As Robbie himself would have said: Be there, or be square.

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Up Front Up Front Up Front Up Front Up Front

Fast, talented
- and rich!

LIZ LYNCH became not only the world's fastest 10,000 metres woman on the roads, but also Scotland's richest athlete ever, with two brilliant victories in February.

In Bali she beat Ingrid Kristiansen, the world 10,000 metres track record holder, earning £20,000 for her trust fund in the process. The Dundee Hawkhill (yes, she has returned to her old club) woman's time of 31:57.65, beat that of Kristiansen, world marathon and half marathon record holder, by six seconds.

If there were any lingering doubts as to just how well Lynch was running, these were removed a fortnight later in Florida where, on a certified course, she beat Kristiansen's world best with 31:07, this time picking up £21,500.

Coolly she turned down some lucrative road race offers, preferring to concentrate on Warsaw and the world track championships in Italy. "Rome will be the scene of my only 10,000 metres on the track this year," she said.

THE Scottish Veteran Harriers Club is holding a "Highland Welcome" weekend at Inverness on Saturday 18 and Sunday 19 April. Saturday kicks off with a 10k road race along the banks of Loch Ness, followed by a ceilidh in the evening - survivors can then take part in a pack run on Sunday morning to clear their heads.

BRIAN Davidson, secretary of Dundee YMCA Road Runners Club, asks us to point out that he lives in Pitkerro Road, Dundee, not Pitkerro Road as we stated erroneously in our Dundee Special last month. We also gave his telephone number as 0382-45401, instead of 0382-45401. Apologies, Brian!

Glasgow aims high: Dalgleish

ENTRIES for this year's Glasgow Marathon have got off to a sluggish start. At the time of going to press, just over 2000 entries had been received - 50% of last year's entry at the same stage.

"We are not panicking, although it looks as if we will have difficulty in attaining last year's 14,000 entries," admits race director Bob

Schools coaching pays dividends



EMMA Lindsay (Kinross High School) and Zander Carnie (Mackie Academy) represent the new wave of talented Scottish schools' athletes who have come to the fore through Scottish Schools Athletic Association coaching days.

It had been anticipated that two coaching days would be held under the auspices of the SSAA this April - one for the best under-17 athletes (as a follow up to a course held at Glenrothes in October), and another designed to recapture athletes "lost" through the teachers' industrial dispute.

Unfortunately, because hoped-for financial aid from the parent bodies did not materialise, and also due to the SSAA being unsponsored as yet this year, both coaching days had to be combined at Grangemouth on March 8. Coaches were conducting a "loaves and fishes" exercise to cater for 150 top schools athletes, including Emma (400 metres) and Zander (sprints).

★ ★ ★

TALKING of talented youngsters, the SSAA is delighted that the first-ever Primary Schools' Cross Country Championships will be held at Queen Victoria School, Dunblane, on April 25.

Over a fairly testing course involving a dense forest, raging burn and mini-Mount Everest (don't worry, this is just to make it sound more interesting), two trophies, six plaques, medals and certificates are up for grabs.

Although the closing date for entries is April Fool's Day (and believe me, this course is no Huntie Gowk), already dozens of entries have been received. So, if you've nothing better to do, why not come along and see the future Murrays, Lynchs and Muirs ...

★ ★ ★

RESULTS and pictures from the Secondary Schools' Cross Country Championships at Irvine on March 14 will appear in the May issue of Scotland's Runner.

Linda Trotter

Dalgleish. But officials are optimistic that steady publicity for the event, plus the impact of television coverage of the London Marathon, will guarantee a healthy response in the end.

Talks are still going on with two or three companies about sponsorship, but a final deal has not yet been agreed.

Meanwhile, the Association of International Marathons (AIMS) has elected Dalgleish as its world

president at February's meeting in Manila. Among the three vice-presidents elected was Chris Brasher, director of the London Marathon and the man credited with launching the running boom in Britain.

AIMS also agreed to broaden its remit to cover major international road races as well as marathons. This decision could extend its coverage from about 70 marathons around the world to more than

Milk Seven-Up?

HOPES are high for a field of over 1000 in the Aberdeen 10k Fun Run, being held this year for the first time in association with the City of Aberdeen Milk Marathon.

The 6.25 mile event on May 24 is expected to appeal to families and first-time runners, particularly the stage through the city's imposing Union Street. "I expect the run up one of Europe's most famous main streets to have tremendous appeal," says race committee chairman Edwin Reid.

Meanwhile, the marathon itself will be looking for its first Scottish men's winner since Graham Laing in 1980. Englishmen Max Coleby, Gerry Helme, Kevin Johnson, Mark Burnhope, David Catlow and Ray Maule have taken the honours in the past six years, with Helme's 2:15:16 in 1982 still remaining the record.

With England again sending a four man team to compete in the annual international against Scotland and Wales, the odds must be on an English seven-up. British marathon team manager Alan Storey's continuing policy of sending a team to Aberdeen is seen by the organisers as an indication that criticism of the course's "back 13" is over-stated.

The marathon, sponsorship of which has been taken over by Aberdeen and District Milk Marketing Board, has one of its staunchest supporters in Charlie Noble, 36 year old secretary of newly formed Fraserburgh AAC.

The only runner to have completed every marathon since the event was resuscitated in 1980, Noble says: "Only a broken leg would keep me out of the race. Aberdeen is the nearest major marathon to Fraserburgh, and I think you should always attempt to support your local races."

The women's race has been won in recent years by Anglo-Scot Katy Fitzgibbon, Anne Curtis, Welshwoman Jacqueline Hulbert and twice winner and record holder (2:50:29), local heroine Lynda Bain.

300 leading events.

Glasgow failed in its bid to host the 1988 AIMS Congress. The decision went to Melbourne, which is handily placed for delegates to attend immediately after next year's Seoul Olympics. Glasgow instead won the consolation prize of hosting the next AIMS board meeting, which will take place on Monday September 21, the day after the Glasgow Marathon.

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Up Front Up Front Up Front Up Front Up Front

SCOTLAND'S oldest RUNNER

BY THE time milk bottles are being lifted from doorsteps, Andrew McLean will have run anything up to 14 miles.

He can cover a half marathon in just over two hours, and also works out regularly with a small but extremely heavy set of weights.

Andrew McLean is 79.

The super-grandad from Stirlingshire, with a body to shame men half his age, reckons he is Scotland's oldest runner. And he gets a great tickle beating the youngsters.

In last year's Falkirk Half Marathon, he saw an "oldish" competitor in the distance.

"I just pegged him back inch by inch," relates Andrew. "As I passed him, I asked how he was doing. He replied 'alright', but that he was getting a bit old. I'm 66," he told me. I never said anything."

Andrew laughs at his story, but then he finds a lot of life funny. Like the time a bus driver wouldn't believe he was old enough for a concessionary fare.

"Aye, the running keeps me fit and happy. I don't feel right if I can't run," he says, adding, "I feel better now than when I retired."

Amazingly, it was not until his retirement at 66 that the former coal board plate-layer donned training shoes. "After a lifetime of physical work, I had all this spare energy.

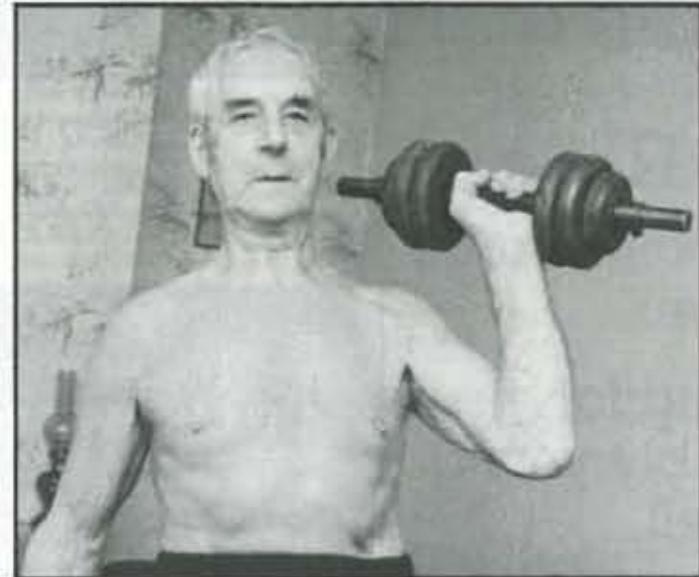
"So I started rising at four in the morning to run. It's lovely in the

Lewis half

ENTRANTS to the Western Isles Half Marathon at Stornoway, Isle of Lewis, on May 30 can take advantage of special accommodation rates at the local school hostel, which has two, three and four person bedrooms with a games room, television lounge and kitchen.

For competitors in a hurry, ferry connections will allow them to arrive in Stornoway at 9.30pm on Friday evening, run the race the following morning, and depart by ferry at 1.30pm on Saturday afternoon.

Bed and breakfast in the hostel (for up to three nights) is £3.25 per night per person. With a course record prize of £25 on offer (70:52 to beat), it's even possible to pay for the petrol, the return ferry fare and the accommodation - and still



Andrew McLean, still on the move at 79.

summer, and you have the place to yourself."

Suddenly picking up the knees with the pension was not as hard as it seems for Andrew. "I'd always kept myself fit in my job and walking the dogs," he explains.

Andrew had raced greyhounds around Stirlingshire flapping tracks for 45 years, and he quickly applied his knowledge of four legs to his own two.

"I've looked after myself as I did the dogs, and it's worked well," he says. "That meant looking after the muscles and doing everything in moderation. Train hard when you are feeling good, and ease off when you don't, that's the answer."

Some of today's obsessive trainers could learn from Andrew McLean's commonsense ideas.

"Enough's as good as a feast. A

make a profit. (Well, even Liz Lynch did that sort of thing once!).

The half marathon is now BARR-approved, and the on-the-ball organisers will meet you at the ferry to take you to your accommodation. A video of the race, with your personal finish, is also on offer at cost price.

Six in a row

MARYHILL Harrier Michael Gallacher won his sixth successive club championship when the club held their seven mile event on January 31.

Gallacher thus overhauled the five in a row of both Dunky Wright and Jimmy Brennan. But he still has some catching to do on Bill Yate, who had nine successive victories (1973-81), or the incredible John Emmet Farrell - 17 victories between 1936-57, and still running!

dog, and I figure a man as well, wants just enough exercise to keep him on the peak," he says. "Wind a watch too much and the spring will snap. Stop winding and it will eventually seize up."

"I made sure a dog went to the track wanting to race. Eager to run. It should be that way with people. You have to want to compete."

Andrew likes to massage his legs before and after a run as well as stretching. "The dogs loved the massage, and I've never had more trouble than a sore knee from pounding the roads. But you've got to know what you are doing," he asserts.

Andrew, who lives in the mining village of Fallin, just a stone's throw from the River Forth, is currently training for the Alloa Half Marathon on March 29.

And, while he has remained

Race revival

ENTRIES for the Galloway Marathon, which at one stage last year looked in danger of disappearing from the calendar, are already at the level where the organisers feel happy about the 1987 event.

Although a circular to clubs had yet to be posted out and advertisements - including one in Scotland's Runner - were just appearing, the marathon had attracted almost 100 entries by mid-February.

Given that the total last year was 215, it appears that the Galloway is well on the way to reversing the decline in its fortunes since its 1984 peak of over 500 entries.

An imaginative Christmas Card and questionnaire to 350 previous entrants at the end of last year drew an excellent response from runners with fond memories of the



consistently close to his best time for the distance of two hours 16 minutes, he has no cares about the clock.

"I'm just keeping myself handy enough to get round. If I go on looking after myself, I can be running for years to come."

"And, of course, I've still my big garden to look after."

Graham Crawford

Well, is Andrew McLean Scotland's oldest runner? We'll assume that he is until you contradict us at 62, Kelvingrove Street, Glasgow G3 7SA.

event. Glowing testimonies were received from Aberdeen to London.

This year's marathon has Sealink as its major sponsor, and prizes worth up to £600 are on offer in the way of ferry tickets to the continent. The scenic marathon is sensibly on May 31 instead of the end of April - last year it clashed with the Dundee Marathon, the Lochaber Marathon and the Belfast Marathon!

AN OFFICIAL newsletter representing the Scottish Hill Runners Association was launched in February. The Scottish Hill Runner is to be mailed quarterly to all SHRA members, and marks a further step upwards for the hill racing fraternity in Scotland. The SHRA was founded on February 19, 1984.

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Action for Aid

SCHOOLCHILDREN in the Gambia, West Africa, will be the unlikely beneficiaries of this year's CR Smith Dunfermline Half Marathon on June 14.

For every 500 entries received, the event will sponsor one school in the Gambia. This year's target is 2,500 runners.

The half marathon, one of the most go-ahead in the country, is the first in Scotland to receive British Association of Road Races Grade 1 status – in recognition of its high standards of organisation, planning and routing.

CR Smith are sponsoring the event for the third year – this year to the tune of £3,500 – and managing director Gerard Eadie is seen here making the presentation of the cheque to Dunfermline Provost Robert Mill.

The Gambian sponsorship will be administered by Action Aid for Scotland. An entry form for the half marathon appears in this month's Scotland's Runner.



THE Loch Rannoch Marathon – now in its sixth year and surely one of the most scenic in Britain – will be staged as usual in June. An added attraction this year is a half marathon to be run on the same day – June 28.

Entry forms can be obtained from Arthur Andrews, Rannoch School, By Rannoch Station, Perthshire PH17 2QQ (enclosing a stamped addressed envelope).

IT IS always sad when an athletic club's name is lost, writes Crawford Mackie, but Fife Southern Harriers' recent decision to disband and join forces with north Fife neighbour Fife AC will almost certainly produce a Fife AC with better competitive potential.

It will be difficult to weld the two together socially at first. Fife AC on its own had its difficulties knitting together Cupar and St Andrews with Newport, Tayport and the East Neuk towns; and Fife Southern had problems linking runners in Kirkcaldy with those in Glenrothes – still regarded by Kirkcaldy as an upstart community, though only eight miles away.

The new town, bustling with the energy of young families and young industries, will now be an asset for both ends of the new Fife AC. It has a synthetic track and a sports centre, and is a good base for event coaching. In-between areas like Levenmouth, perhaps neglected by both clubs, may now receive more attention.

What does each club bring to the marriage?

Fife AC, with its limited facilities for coaching, has been a club mainly held together by its distance runners, inspired by its great marathon gun, Donald Macgregor, and reliable organisers like John Hendry, Ronnie Morrison, long-serving secretary David Cowles, Tony Stapley, and others.

Stapley refused to call the new developments a merger, preferring to see it as mass Hara Kiri by Fife Southern members. Most other Fife AC members I have spoken to welcome the idea.

Fife Southern have perhaps had more difficulty sustaining their administrative strength. A mainstay for many years, secretary Lita Allan died tragically in 1981. Stan Robb was president 1981-6, and since then prospective Labour MP Dr Lewis Moonie has taken over the leadership. Other stalwarts are committee members Mike Hogg and Jim Doig, and for links with Balwearie School, assistant rector Ron McGill and Brian Hughes.

In the past, Fife Southern won the Scottish Young Athletes League twice, but were never able to achieve much with their senior men. Like Fife AC, they experienced a drifting away of promising athletes when they began to achieve success. A recent example was Tom Ritchie, the Scottish 800 metres international, who joined Pitreavie. Among the girls who moved on were Kim Hogg and Alison Thomson.

Fife Southern's failure to remain in Division 2 of the men's league has underlined their shortage of good athletes at senior level. But it is fun to speculate what the two clubs together could achieve, especially in distance running. Fife Southern's 21 year-old international Steven Doig (3:44 for 1500 metres) gave me his opinion:

New look for Fifers

Clayton-le-Moors Harriers in the north of England have come fell runners Gifford Kerr and John Reid.

Neither club has been prolific in providing big events for the public, both missing out on organising a popular half marathon – which was left to the Fife Institute in Glenrothes. But events like the "Cupar Six" and "Cupar 11" within the Cupar Highland Games (both Fife AC) and the "Lita Allan Memorial Cross Country" (Fife Southern) have been popular with club runners from all over Scotland.

Fife Southern's Beveridge Park course for the Lita Allan and the East District Championship is one of the very best traditional cross-country experiences in Scotland (it has hills, track, ploughed fields, stream, and grass). My own personal favourite is Gauldry Community Council's Gauldry Cross Country Race in November. Set on a hill-top and buffeted it seems by perpetual gales, it should be known to a wider public!

Fife Southern club-members also give crucial help to the Kirkcaldy College of Technology Road Races in May, which started in 1983 and have got bigger each year. Sponsors Barnets are offering six week's of car hire (worth about £400) as a prize in the six-mile race in 1987. Steven Doig won the race last year.

Many details remain to be sorted out by members of both clubs if they are to pull together in management and competition this season. The sequence of events leading to the transition started with a series of meetings between committee members from both clubs. Then in late January, Fife Southern members voted at their agm to dissolve the club, this being put to the meeting as the easiest way technically to make the transition.

A meeting of coaches and team managers was due on March 6, and it was hoped that the new enlarged club would be competing from the start of the new track season. Watch out for the new Fife challenge!

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SIR — I enjoy your magazine very much, and believe you have given fair reportage to the Nigel Barge permit dispute. I'm not one to labour a point, but as the problem will recur again, and as I think it may set an example to other race organisers, I think it is important for the running public to know why they were deprived of a race which has been a regular on the calendar since 1943.

In June 1986, as honorary secretary of Maryhill Harriers, I received the permit application form from the SCCU and replied by return post, thus being the first to apply for January 10, 1987. We had already advertised this date in the "Runsport Race Guide 1986", our Nigel Barge Results in 1986, and some of the popular running magazines — i.e. it was clear which date we required.

In October 1986, I received a letter from Ian Clifton (SCCU secretary) informing me that I had applied for the wrong date! Springburn had been given

January 10, and we should apply for January 3.

I replied, explaining that January 10 was the date we wanted, informing the SCCU that January 3 was a statutory holiday for employees of the Community Centre of Gairbraid (Strathclyde Regional Council — Glasgow Division) and therefore impossible for us to get accommodation. (All other possible race centres in the area — schools etc., are also run by the regional council. Maryhill Baths, our former race HQ, has been closed for two years).

In past years, when the first Saturday fell within the public holidays, all the month's races moved up one week as there was still another four Saturdays.

The last time this happened, in the early 1970's, permits were issued to both Springburn and Maryhill. Not so in 1987.

More letters changed hands over the coming months, but we

Junior schedules

17, Loganbarns Road,
Dumfries.

SIR — I competed in the recent National Cross Country Championships at Falkirk in the Junior Boys race.

I was very impressed with Eddie McCafferty's run and disappointed with my own performance, even though I finished in the top 75.

I should be most grateful if you could print a training schedule for "up and coming" junior runners. I have only recently got your magazine, having noticed it on stands at cross country races throughout the season.

I would like to say how much I enjoy reading your magazine, and would like to wish you all the best for the future.

Keith McIlwraith

AND best wishes to you too, Keith, and good running in the summer season. We have now started a regular column for schools' athletes (see Up Front pages), and will try to introduce the type of training schedules you request at a later date.



Plea for pre-selection

97, Kilmacolm Road,
Greenock PA15 3LF.

SIR — I would like to express my disgust at the method the Western District committee used to select a team in the English Inter-Counties Championships.

They had asked athletes to compete in the 7 1/2 mile Western District cross country race on January 24, held over a tough and muddy course, and then expected the first nine finishers to travel down to Derby the following Saturday to run another 7 1/2 mile cross country over a tougher and more demanding trail.

Why couldn't the West District have at least pre-selected six athletes, allowing them to prepare for the Inter-Counties, and put the other three up for grabs? Or is this too logical?

Thomas Murray.

have already been told, unofficially of course, that Springburn already have next year's January 9 booked! (The date we intend applying for).

If, in fact, it is no longer the case of applying for permits, why do they bother issuing permit application forms? If two clubs want the same date and can't agree a formula, then why not issue the two permits? The SAAA issued up to five half marathon permits for some Sundays — why can't the SCCU issue two permits for two races (one Lanarkshire AAA and the other Dunbartonshire AAA)?

Surely it should be up to the individual runner to decide which race suits him or her best. I feel personally that all those runners who regularly attended the Nigel Barge are now being deprived of the right of choice.

Can I finally say that any opinions — as apposed to facts — expressed above are my own, and may not necessarily be those of Maryhill Harriers. And that our dispute is with the SCCU, not Springburn Harriers.

Stevie Lyndon

Food for thought

12, Robertson Street,
Hamilton.

SIR — Seeing issue Number 7 of Scotland's Runner on the newsagents shelf, and seeking some extra inspiration to sustain my training over the Christmas holidays (a difficult time in any runner's calendar), I bought the magazine and started to read it.

As I read, I halted at the end of the article on Page 17, for it was perfectly obvious that it was completely contrary to the article on Page 18, the adjacent page.

It was Ronnie Scott (Green Party), advocate of fresh unprocessed foods, pure clean water, fresh clean air and German beer (!), versus John Hawthorn (Chemicals for Christmas), campaigning on a processed food, artificial flavouring, colouring-and-other-chemicals-do-you-no-harm ticket — coupled with eat, drink and be merry over the festive season.

It would be interesting to ask the gentlemen in question to don shorts, singlets and shoes, with the appropriate handicap worked out, and send them to battle it out over a measured distance.

Alan Ritchie.

Letters...

Postscript on Barge row

were told no way could we be given a permit. After many debates within the club, it was finally decided to hold the race on January 10 as a club race.

Before this, we received "unofficial" cautions as to what would happen if we dared go against the SCCU. One such example was that of Tommy Harrison (an ex-secretary of the club) waiting in the finishing funnel at the Glasgow University Road Race in November and being approached by a well known Western District SCCU committee member who publicly chastised him with threats of what would happen if and when we broke the rules!

Can I make it quite clear that at no time did Maryhill Harriers consider going outwith the rules. This official was well outwith his remit to publicly challenge a competitor at the end of a race with club business.

The point of writing is that we

RUNNING SORES

To Lena Wighton

I was an active club runner until aged 23. After an absence of 20 years I again returned to running. I am now 45, and for the last three years since starting again I have been plagued by a tear in my left calf muscle.

I have tried ice, rest, exercise, physiotherapy and the advice of my local GP, who is of the opinion I should give it up.

The pattern is that immediately after the calf muscle tears, I start using ice packs and rest treatment, then after a week I return to a gradual build up of walking and jogging until I again can run comfortably.

This usually lasts 12-14 weeks until once again the muscle tears. As stated previously, this has been the pattern for three years.

UNFORTUNATELY you don't give me a lot of important information about these repeated injuries which keep

To Lena Wighton

I have two problems. Firstly my heels ache, especially during and after training. They feel as if I had stood on pebbles. I try to keep to grass, but this is not easy. Sitting on a chair with my heels on the floor gives pain which is only eased when I rest my legs with heels off the floor.

Secondly, sometimes after about two miles I get sharp pains on the outside of both knees. When this happens it usually means the end of running for that day or even two. To get back I have to restrict my distance severely.

I hope you may have some advice which could help, especially with my heels which have been x-rayed but no bone damage found. I have had the cartilages in both knees checked and they appear to be fine.

Rain. Through my hair, down my neck, along my spine, into my cotton-clad nether regions. I cautiously squeezed; a fistful of water cascaded over my feet. Sinking ever-deeper, I gloomily observed the mud oozing through the laceholes of my borrowed cross-country shoes. And we hadn't even started yet!

It is important, even from day one following an injury, to contract the muscles — initially without moving neighbouring joints, but these are included as soon as the tear permits (dependant on the extent of tear). At most, by one week walking should be back to normal.

During the period of resolution, if there is any obvious bruising or swelling, shaped tubular bandage is useful, as it conforms to the shape of the leg and applies even pressure throughout its length. This should be discarded when the swelling disappears, and the rate of movement increases.

Ask a friend or fellow runner to check whether you are turning one or other of your feet out or in as you run, as this can affect the calf

I SUSPECT the cause of your problem is ill fitting shoes, and, before you complain that you have very expensive or special shoes, by that I mean shoes that not only fit you, but fit the task you are asking them to deal with.

I was now repeating this mantra of advice as the rain continued to stream down. "Finish. Own pace. Ignore everything else." It worked: I didn't hear the starting pistol and was jostled, knocked flat, and then trampled into the mud as everyone surged past. Disoriented, blinded, I struggled up and started to run. "The other way!" a spectating voice bellowed. I about-turned just in time to see the last runner disappear over the first rise.

Dispirited after my befuddled start, I unevenly plodded round as instructed, watch beeping steadily. I was unprepared for the amazing sight as I crested the penultimate hill, last runner of all.

Runners. A threshing orgy



Ewan Mee

Mud in Mee's eye...

of runners writhed desperately in the narrow muddy hollow. Only one-third had finished! (I was informed later that several runners slipped simultaneously; their pursuers had cannoned into them — they in turn were thrust into the clinging mire by even later arrivals.)

Meanwhile, runners pulled and pushed and cursed each other frantically to escape this clutching quagmire, only to wallow ever-deeper.

How to cross? Inspiration, from years of watching comic cartoon heroes crossing crocodile-infested rivers, came to me as I careered down the hill: use the runners as stepping stones! Yelling, Tarzan-like, I accelerated for the nearest posterior. Ten bumped bums and I was through!

I recognised Bob's jubilant voice, "Come on Ewan! We'll be first team!" Fifty yards, 40. 30. Recalling my dream, I raised a hand, Ovett-style, and glanced round to confirm my margin of victory.

Disaster! I tripped in a rabbit-hole, and sprawled, stunned. Just as I rose unsteadily to my feet, mud-caked runners trampled all over me, sprinting for the line. I finally finished, last once more.

"No heroics." The words had a bitter ring. Crestfallen, I could barely look Bob in the face. But he put a consoling arm around me. "Well, you finished, as I asked. Forget about the fall."

He suddenly grinned, handed me my post-race drink, and raised his own, ironically: "Here's mud in your eye!"

Let's all be fund-runners!



Stewart McIntosh

One of the biggest effects of the health and fitness boom is that fun-running has become fund-running. Just as the runners in mass marathons dig deep into their resources to finish the course, so their friends, relatives and workmates are often willing to dig deep into their pockets to boost the coffers of charities.

British runners have raised an estimated £20 million for hundreds of charities since the first London Marathon in 1981. Glasgow does its share by raising about £1 million through its annual marathon, to say nothing of the cash earned by thousands of Scots in other events and fun runs throughout the country.

Charities are keen to get involved with running because, apart from the money they raise through sponsored marathons, the runners provide a strong, healthy link between the fit in our society and those who are not so able.

Appropriately perhaps, it is the medical and disabled charities which are the most popular with many runners, who are attracted to the idea

of using their health and fitness to help those not so fortunate.

Scottish Spina Bifida, Holidays for the Disabled, the Scottish Council for Spastics and Cancer Relief for Scotland are among the many medical and disabled charities which will be hoping to boost their income in the long runs this summer.

New heart will be put into coronary research as charities like the British Heart Foundation and the Chest, Heart and Stroke Association tap the great vein of enthusiasm among runners for finding a cure for Scotland's number one killer.

Children's charities have also totted up the advantages of running a string of sponsored runners. The Anthony Nolan Bone Marrow Appeal, The Scottish Cot Death Association, Dr Barnardo's and the Invalid

Children's Aid Association are all seeking runners to boost their coffers this year.

The Imperial Cancer Research Fund estimated last year that each of their sponsored runners raised an average of £79.80. This represents a very good investment for well organized charities which usually invest about £2-£3 in T-shirts, postage and administration for every runner.

Charity does not always begin at home. Organisations like Intermediate Technology have used mammoth events like a run along the Himalayas and a mountain bike assault on Africa's highest mountain, Mount Kilimanjaro, to raise enough money to make a real impact on a good cause.

Scotland's Runner reader Crawford Gilliland, a Glasgow hairdresser, raises cash each year for the disabled — and as a fancy-dress runner he squeezes a little extra cash out of his sponsors for every television appearance that he manages to make.

Last year's Sport Aid was probably the charity which had the greatest hunger for success. Just as the cynics were saying that the running

boom was over, millions of people poured through world capitals, towns and cities across the globe to raise millions for the starving and feed a while new wave of runners into the sport.

The gold medal for individual achievement in fund-running has to go to Jimmy Saville. The ageing DJ, who runs in every Glasgow Marathon, breathed new life into Stoke Mandeville hospital by raising more than £10 million in two years to build a new unit for dealing with serious spinal injuries.

Few sponsored runners could aspire to those giddy heights of fund-raising. But most Scots know that "mony a mickle maks a muckle", that their effort combined with that of hundreds of others can raise enough money to make a real impact on a good cause.

Scotland's Runner reader Crawford Gilliland, a Glasgow hairdresser, raises cash each year for the disabled — and as a fancy-dress runner he squeezes a little extra cash out of his sponsors for every television appearance that he manages to make.

And it is not just the pantomime horses and jogging gorillas that attract the television cameras. Many charities are aware that television coverage of big marathons can help to advertise their cause — that is why so many of them are only too happy to give their sponsored runners T-shirts emblazoned with the name of the charity.

All of the charities mentioned are looking for Scottish runners to boost their reserves this year, as are the Royal Commonwealth Society for the Blind, Friends of Arms (which provides relief for victims of multiple sclerosis), the Marie Curie Foundation, Tenovus Scotland, Sense in Scotland, British Deaf Association and The Leprosy Mission.

So, as well as enjoying the health benefit of running, why not help those most in need of your support?

Coasting 5000 miles for charity

A TEAM of runners is limbering up for what will be the biggest British charity run of all time. The Steel City Striders from Sheffield intend to run a 5000 mile relay round the coast of Britain in a bid to raise more than £60,000 for the British Deaf Association's £1 million appeal.

A team of eleven men and one woman will complete the whole tour, backed up by a dozen men and women who will take part in a shorter event. To offset the loneliness of long distance running, and to help boost the charity's coffers, the organisers are inviting Scottish runners to join in and run a few miles with the relay team as it passes through.

The event starts in London at 7.30 am on Thursday, April 9, from the TV AM studios and, if they stick to their schedule, the 12 runners will be back in London 36 days later to finish at the Grosvenor Hotel.

Running "anti-clockwise" round Britain, the team will cross the border at Berwick on Tuesday April 14. Covering 140 miles a day, they will be in Scotland for a fortnight, their route taking them up the east coast across the Forth and Tay bridges, up through Aberdeen and along the Moray Firth coast to Inverness, before heading north again for John O'Groats which they hope to reach on Easter Sunday.

The long indentations of the west coast mean that it will take them another week to reach Ayrshire, before crossing the border at Gretna Green and back into England on Tuesday April 28.

After that, the route takes them on a long swing southwards, round the coast of Wales and the West Country, before the long haul back into London. The rules of the run are that they should remain within eight miles of the sea at all times

— except where the laws of trespass or the barriers of Ministry of Defence property prevent access.

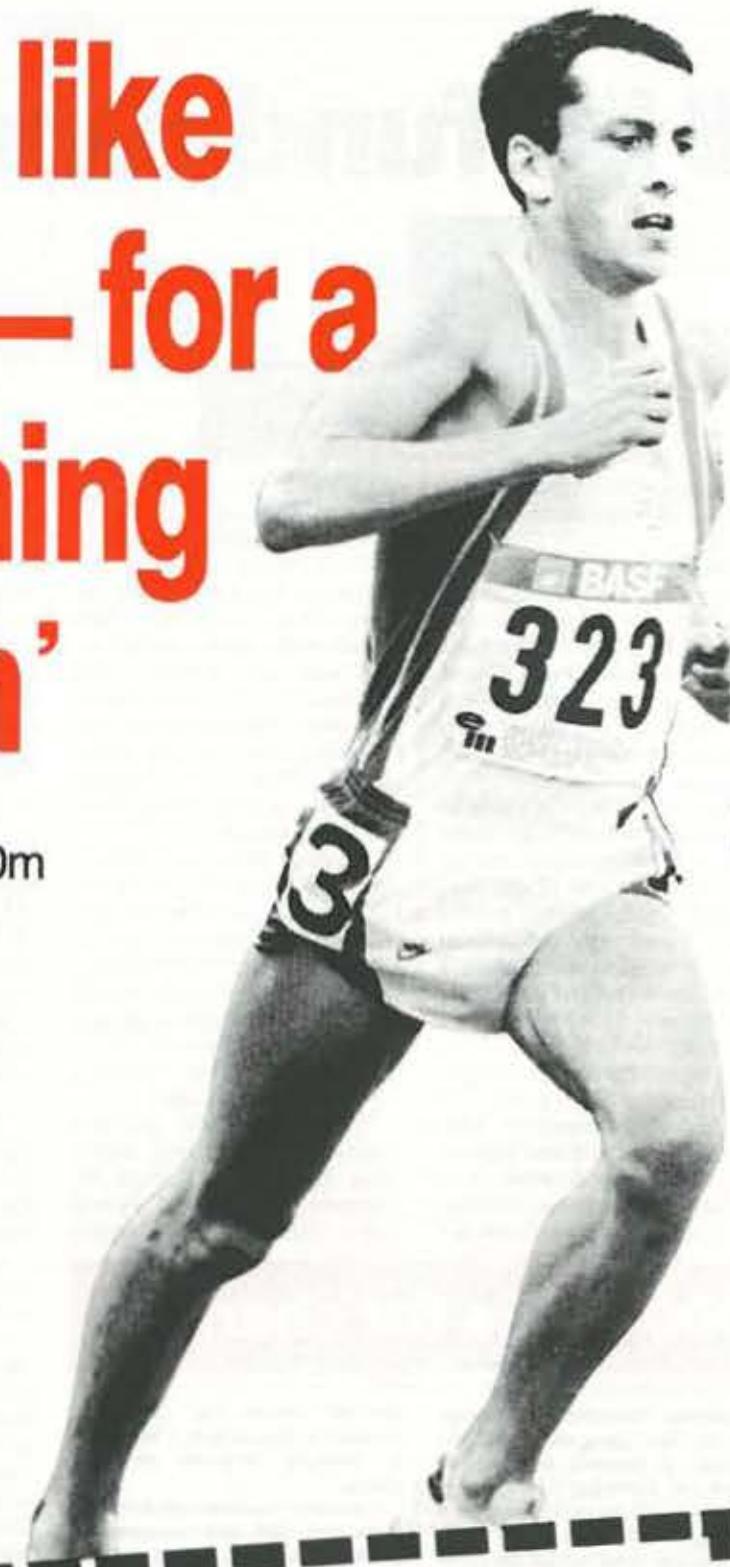
The event was first conceived in November 1985, and represents a considerable feat of planning and organisation for Steel City Striders, which is a "new wave" road running club founded at the height of the marathon boom. Most of the runners are giving up the whole of their 1987 holiday entitlement to take part in the relay.

The run is being sponsored by the Ford Motor Company and Ron Hill Sports. Major fundraising events will be organised in the main towns through which the runners pass.

Individual runners or clubs who want to accompany the relay for a few miles, while raising some sponsorship cash for the British Deaf Association, should contact: Ian Shepherd, 68, Norton Lees Crescent, Sheffield S8 8SR.

'Run like me — for a winning team'

Jack Buckner,
European 5000m
champion.



The Imperial Cancer Research Fund is Europe's largest cancer research institute employing over 900 scientists and technicians in our own laboratories and hospital units. We are winning the fight against cancer, especially children's cancers, but it is a long hard road. Your running on long hard marathons and fun runs helps us by raising money — the charity is totally dependent upon donations and our own fund raising activities.

We are a winning team. Join the winning team and run for us. Write to me, Jack Buckner, at the Imperial Cancer Research Fund now for your race sponsorship pack.

IMPERIAL CANCER RESEARCH FUND.

Registered Charity No. 209631

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

Your Name _____

Address _____

Name and Date of Event _____

Vest T-shirt

Size _____ inches _____

PICTURE COURTESY OF
STEWART KENDALL SPORTS PHOTO AGENCY
SCARBOROUGH

IMPERIAL CANCER RESEARCH FUND.

Aspirations

In the last issue, the editors went public with their plans for 1987. This month, our contributors and experts follow suit...



Henry Muchamore Age 48 Weight 10st 10lbs.
Personal Bests: Junior: 800m 1:58:8 (1957); 1500m 4:10:4 (1958); 5k 15:06 (1958). Vet.: 800m 2:19:6 (1981); 1500m 4:37:4 (1983); 5k 16:46 (1982); 10k 34:57 (1982); 10 miles 58:20 (1986); Half marathon 76:47 (1985); Marathon: 2:39:32 (1984).

HAVING just completed 21,000 miles in training by the end of 1986 — of which 18,000 has been since 1980 when I returned to athletics after a break of nearly 20 years — my main target for 1987 is to give the "old" bones a bit of a rest.

The marathonitis bug got to me like many others, but with 24 behind me I intend to do only one more, when I'm 50, and make it my last. So for 1987 it's no marathons, and consequently what used to be a minimum of 45-50 miles a week can now become a maximum.

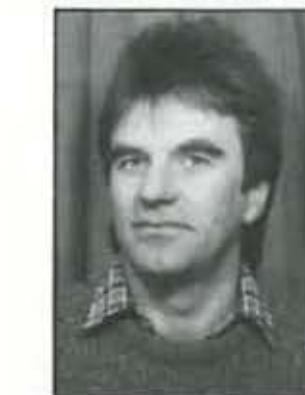
Key to 1987 is to do stretching exercises every day to increase mobility. Hopefully this recipe will at least have me running pain free again.

As a newly qualified assistant club coach, my target is the club coaches award for the multi-events, and I'm looking forward to working with a small bunch of young athletes interested in the multi-disciplines. After 35 years of sport of various kinds, I find athletics has the

most to offer and I'm looking forward to learning more. I'm also hoping to include at least one disabled athlete in my group.

If, as a consequence, I can gain a personal best at one of the shorter distances of 10k or below I shall be delighted. Lastly, if by giving up marathons I do not go round looking like a famine refugee, my wife, for one, may take a little more interest.

PS: It has been rumoured that I might set a new mass craze for veteran race walking in Scotland. Keep your eyes on the Vets Scene and see what develops.



Jim Wilkie Age 38 Weight 12½ stone.

I SPUNTED for the school athletics team when I was younger, but could never run distance. My worst fears were confirmed when I tackled my first half marathon in the hills around Portree last year. "Tactically naive", I believe, is the current euphemism.

At one point I was overtaken by an elderly local named MacKenzie, who appeared to be out for a walk — although it later transpired that this bodach* (who is apparently a consultant to the whisky trade and etches in his spare time) had previously

completed a marathon but was disqualified for using his bathchair and failing the breathaliser.

My half marathon time was marginally better at Grangemouth (1:51) but there is still plenty room for improvement. If I can break 1:40 this year, I suppose I will be doing well by my own standards. My favourite record is "Living in the Past".

*bodach — old man.



Graham Crawford Age 30 Weight 10st.
Personal Bests: 800m 1:58:4; 1,500m 3:50:7; 3,000m, 8:10:7; 5,000m 14:11; half marathon 63:46.

I HOPE to improve (what more could a body ask for), but I have no specific targets. Repeated disappointments after laborious preparation have taught me the futility of making exact plans.

As Burns (the poet, not the coach) so rightly said: "The best laid schemes o' mice and men, gang aft agley". An' lea'e us nought but grief an' pain, for promis'd joy."

A runner is too much at the mercy of the fates. Months of training for a specific race can be turned over with an ankle or by a virus. And even if you make it to the start line, sometimes the desired per-

formance just doesn't happen. Why? Perhaps the loftier the dream, the greater the chance of falling into the trap of overtraining.

I've been an obsessive and extreme trainer in the past. You know the kind of stuff, wearing ankle weights and doing hill repetitions in a ploughed field. Yet it was never justified by my results. Often I knew only fatigue and frustration (getting beaten by slower runners doing a third of my mileage) and a greater susceptibility to injury and illness.

Following a virus which reduced me to jogging for four months, I have been a racer instead of a trainer since the summer of 1985, and never had such consistently good results. Bad patches can be pinpointed to slipping into the old habit of training too hard.

By letting my body dictate what I do between races, I have become happier and more relaxed a person, yet a more competitive racer.

This new approach gave me a memorable and spontaneous 1986 season, running half marathons but also 1,500s, 3,000s and anything else I could find up to 15 miles. I had more fun and satisfaction than ever. And is that not what sport is about? To hell with chronic depression because an injury has reduced 130 miles a week with three quality sessions to a 'mere' 80 miles of steady running.

So, I don't have any plans for 1987. Just some rough ideas which I am willing to be flexible about. It's presumptuous and foolish to say more. We are not machines.

I intend doing fewer half marathons and more shorter and track races. Despite my numerous "halves" last year, I have no intention of tackling a marathon. But I have a hunch

that when I do tackle 26 miles, I will be best served by returning to a lengthy period of high mileage and taking my chances with my old friends, fatigue and frustration.



David Carter Age Nearly 50.

ABOUT five years ago, when I was planning my first Glasgow Marathon (I've done two), a friend gave me one of those freebies you sometimes get from some running magazines I could name. It was a wallchart on which you were supposed to keep a record of your mileage. One column was headed P and the adjoining one A. I gazed at it in horror.

"Does this mean I'm supposed to run twice a day?" I asked. I thought the columns meant pm and am. In fact they meant *proposed* (mileage) and *actual*, and this turned out to be just as unpleasant and unrewarding as running twice a day would have been. Every week I fell short of my mark. Every week I felt a failure.

Now, as I near 50, my attitude to running has matured. There are, mercifully, no targets. No positions, no proposals. Its only direction is where my nose will take me.

My running in 1987 will consist of solitary, peaceful padding through the lovely Morayshire countryside. No stopwatch will record or prophesy. My mind will slip into neutral and if I get the temptation to put on a bit of speed (and the temptation is occasionally still there) I shall resist it.

That's the reality. I think. Now for the ridiculous.

I would actually quite like to run the Glasgow Marathon again. For those of you who haven't run the Glasgow Marathon, there's a housing estate at about 17 miles, and the women there set out tables and trays with goodies for passing runners. Cups of tea, sweeties... doughnuts.

I shall never forget a doughnut I savoured and hoarded on my palate all the way to 22 miles and Pollok Park. That was the Glasgow Marathon for me. Thank you, lady.

Proposed (mileage) would be 28.2. *Actual* would be 26.2. Previous best: 3:24. *Proposed* (time) 3:15.

See how I never learn?



Carolyn Brown Age 30 Weight 7st 11lbs. Personal bests: 10k 37:15; Half Marathon (Stranraer) 81:20; Marathon (Glasgow '85) 3:07.

AMIDST the New Year celebrations, my next door neighbour turned to me, grinned in a somewhat villainous manner, and exclaimed that by the end of the running season, he would "have my scalp". Thus, my all-important aim for this year must be to never allow this wretch the satisfaction of attaining victory over me! I would rather move house than face his smug expression and listen to a heap of patronising remarks!

Seriously, I harbour a superstitious dread of predicting my race performances — I hate having something to live up to! However, to progress in anything, one must strive towards certain goals I suppose, so by the end of September, I hope to have

achieved the following — round about thirty-six minutes for 10k; in the half marathon, I would hope to repeat my personal best time on an accurately measured course, as I suspect (albeit regrettably) that the course may have been short. If I manage that, I might try for around eighty minutes over a fast course.

Breaking the three hour barrier in the Glasgow Marathon will, however, be my ultimate goal. My half marathon times suggest that such an aim should be within my capabilities but, as yet, those last six miles have always beaten me!

Proposed (time) 3:15.

See how I never learn?

Finally, during 1987 I would like to reduce my weight just a smidgen — my stocky wee body and legs unfortunately look nothing like the slinky slimness of Liz Lynch!



Fiona Macaulay Age 28 Weight (should be) 9st 7lbs. Personal Bests: 400m hurdles: 58:00; 100m hurdles: 13:9; Long jump: 6:00; 200m hurdles: 27:7; 800 metres: 2:14:1; 100 metres: 11:7; 400 metres: 55:3; Javelin: 11m (1). Scottish International, 1974-1982. British International - 100mH and 400mH.

TRYING to get fit after five years away from the sport is no laughing matter, especially at my athletically advanced age when looking at a track gives me a pulled hamstring, and the sight of someone doing a circuit is enough to make me throw up.

Attempted come-backs have been thwarted by various circumstances both within and without my control.

For example: two pregnancies during which I gladly put my feet up, stuffed my face, and gained the permissible two stones no problem — not for me this swimming, aerobics and jogging down to the labour ward when the waters break; the subsequent many months resembling Orca the killer whale, resulting in an all too short ownership of an upper torso like Samantha Fox which made jogging extremely uncomfortable; and a husband starting a job with such long hours that I had to book up three weeks in advance for a jog to the front gate and back without being pursued by two weans and a dog.

Nevertheless, with careful timetabling I have managed to get into reasonable shape. Often this means having to take the kids to the gym, inevitably resulting in a disrupted circuit as the youngest tries to sit on my head or gets crushed under a squat jump along with a remote-controlled Thomas the Tank Engine, while the eldest follows me around going "Mummy, I need the toilet/a drink of juice/packet of Smarties" — or has to be extracted from the top of the wallbars.

If I can get on to the track this season and run one race, any distance (tracksuit bottoms on of course — nobody's going to see my stretch marks), I'll feel very pleased with myself. The only trouble is, I now have to contend with a rekindled and violent passion in my coach/husband who growls under his breath at each training session: "A fit woman is a real turn on!"

I just don't have the energy these days!

MORE

Aspirations

On Page 33

The vegetarian runner

THE WELL-FED Runner

THERE are no fancy short-cuts to good nutrition. The human race uses a wider range of foods than any other animal, so for athlete or slouch, the idea of an optimum diet is wrong-headed. Variety is the spice of life and of eating, and the reasoning running aims rather at an optimum intake of nutrients. This can be achieved with different diets, any one of which will do the trick. The vegetarian athlete is likely to be just as healthy as the usual omnivore — and some think more so. Are there advantages in being a vegetarian? Professor JOHN HAWTHORN discusses the pros and cons.

We modern human beings have inherited our bodies from our ancestors. Trace the family tree back far enough and we were all vegetarians. But we took to flesh-eating when climatic changes made the vegetarian way of life impossible, and we have been omnivores for more than one and half million years. So it is not surprising that most of us like meat. Equally it is certain that meat is a valuable and concentrated protein source.

Folk-lore and tradition says that meat is essential for building lusty bodies, and that power men need it for muscle. In World War II soldiers were given extra meat rations to increase their fighting spirit; heavy-weight boxers have trained on 3lb steaks; and he-men of every sort have eaten animal muscle to build up human muscle.

This is more superstition than science. The idea has the same roots as cannibalism which believed that you took the courage of your dead enemy by having his heart for supper. Meat is a good food but no more needed for super-fitness or super-strength than sawdust.

Vegetarians come in many guises and sizes. Strict vegetarians (vegans as they are called) hold that all life is sacred and that to use animals for food involves unnecessary cruelty. Exploiting the



John Hawthorn

products of their bodies, like milk and eggs, even if no pain is involved, is a gross violation of their natural dignity. As a result, they will not eat meat, fish, milk in any of its forms, or eggs. Some of them will not even use leather footwear. Their diet therefore consists of cereals, nuts, fruit and vegetables, with pulses as the main source of protein.

Vegans are determined folks who stick rigidly to this austere diet as a matter of religious or ethical principle. They provide mutual support for each other through the 43-year-old Vegan Society.

Veganism in the UK is not all that common, but it becomes a way of life for its enthusiasts. To be a healthy vegan requires a combination of culinary skill and nutritional understanding. For

example, vitamin B₁₂ is absent from a purely vegetable diet and must be taken as a supplement.

At one time nutritionists were puzzled by Indian vegans who had remained reasonably healthy over many generations without an apparent source of vitamin B₁₂ in their food. However, a careful study of the grain and pulses they were using showed that it was commonly contaminated with insect fragments and mouse droppings which contained just enough to keep them going!

If you are thinking of becoming a vegan, keep off the mouse droppings and consult your local pharmacist about vitamin B₁₂ tablets!

I cannot advise a vegan diet unless you really know what you are doing. Vegan infants are prone to suffer stunted growth and are often breast-fed for two years, solid foods being very gradually introduced during this period. But vegan parents who do understand the limitations of their diet raise very healthy children even if the children tend to be shorter and slimmer than their omnivore counterparts.

In contrast, ordinary vegetarians (sometimes known as lacto-vegetarians) do use dairy products and eggs but only avoid meat and fish. They have no trouble whatsoever in balancing their diets. This seems to appeal to many recreational and distance runners.

In a recent study of the eating habits of 98 male and 42 female runners aged between 16 and 56 years, it was found that one in 10 were vegetarians. While a vegan diet is monotonous and short on calcium, vitamin D and vitamin B₁₂, the ordinary vegetarian gets these in plenty from milk and eggs. Since vegetarians eat lots of vegetables and fruit, their diets are high in protective foods although they tend to be lower in protein than those of the omnivore.

So finally, what about protein and muscle building? If your food gives you just over one tenth of total calories as protein you will have all you need for muscle building and this amount is easily obtained on a lacto-vegetarian diet.

Such a diet appeals to many distance runners since it is easily digested (a steak may take up to 10 hours to completely digest, while most carbohydrates are safely tucked away in two). Also the high cereals intake of this kind of diet boosts the intake of B-group vitamins and helps with the glycogen reserves. The extra vegetables used by most lacto-vegetarians are also a plus in raising resistance to minor ailments. And, just as important, this kind of vegetarian food need not be in the least boring.

Dietary hint

Don't take up the vegan or vegetarian kick without getting advice from the Vegan Society, 33-35 George Street, Oxford, OX1 2AY or the Vegetarian Society, Parkdale Road, Altrincham, Cheshire. Both publish recipe books and detailed practical and recipe advice for vegans and vegetarians. Ordinary vegetarianism, avoiding meat and fish but taking milk and eggs, is much easier in practice than veganism and many athletes seem to thrive on it.

If you feel inclined, there is no reason why you should not have a go at it for a few weeks and see how you feel. But always remember to mix your diet so that you have cereals, vegetables, fruit and milk every day and at least two of these with every meal. Have an egg dish for a bit of variety from time to time. And pulses (peas, beans and lentils) are almost essential ingredients since they are high in protein.

OAT CUISINE!

By
Crawford
Mackie

In the 18th century Dr. Samuel Johnson, in his dictionary of the English language, defined the oat as "a grain, which in England is generally given to horses, but in Scotland supports the people".

It was an English gibe, but also quite true. Oats were — and are — a splendid, well-balanced food which maintained horses (north and south of the border) and people too in fine fettle.

The Scots, particularly those soldiering abroad, were known for their hardiness and stamina. The people at home also, were dependent on oats as a staple to a remarkable degree. Oats acquired a currency value, and the stipends of both ministers and teachers, to name only two occupations, were linked to the prevailing price of the crop, as fixed in the Fairs Courts. For teachers, this was still government practice in Victoria's day.

For runners looking for a stamina food, oats are still worth a look. Oatflakes, which most of us use for making porridge, are today a vital ingredient in food aid programmes for developing countries. The aid planners have found that, taken with milk, oatflakes provide all the requirements for human nutrition.

As the table shows, oats are a

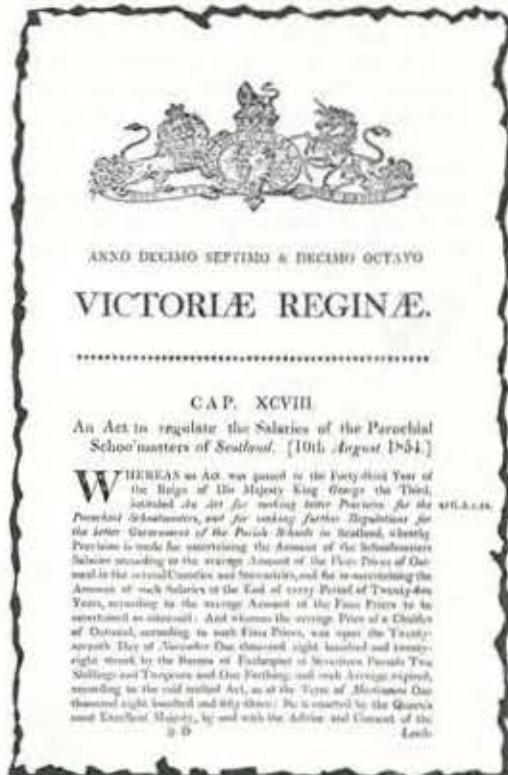
carbohydrate-rich food, but are better balanced than other grains because the protein percentage and the vegetable fat percentage are both significantly higher.

The protein is of high quality because of its excellent amino acid composition. Human metabolism requires eight essential amino acids, and if even one is missing, the building of body protein comes to a halt. Oat protein contains all eight, six of them in such amounts that our requirements can be met.

Oats are also rich in B-complex vitamins and vitamin E. The table also shows that calcium, phosphorus, iron and potassium are present in amounts that greatly exceed other cereals.

Oats are not particularly rich in insoluble fibre, but then they are a wholemeal product, so the fibre — which we are constantly told is good for us — is not milled out. Additional oat or wheat bran can easily be added to porridge, if desired. Patersons of Livingston add it to one version of their oatcakes.

Then there is soluble fibre, for which oats are one of the best sources. American research by Dr. Ian Anderson of Kentucky University has shown that soluble fibre gives health benefits by regulating fats in



1854 . . . and teachers' pay was index-linked (to the price of oats).

the blood — reducing excess cholesterol (a factor in heart disease) — and sugar level.

At the moment, the Oats Information Bureau in Milton Keynes is spreading the gospel about soluble fibre in the quality papers, but it is a difficult communication issue. "Soluble fibre" sounds like a contradiction in terms. Oats are also gluten free, so that oat products are a boon to those whose stomachs will not tolerate wheat gluten.

What then, of the prospects for oats in the market place? One enthusiast is Robert Black, who bought the Edington Oat Mill on the River Whiteadder, near Duns in Berwickshire, in 1981. It dates back to the 18th century, and is the last independently owned mill in Scotland processing oats exclusively. Mr. Black is optimistic about the oat business, although he does get irritated by one or two things.

"The EEC system does not help us," he claims, "because wheat, maize and barley go into intervention, whereas oats do not."

The nutritive value of some grain cereals in 100 grams product.

| Unit | Oat-flakes | Wheat-meal | Maize-grits | Rice, uncooked, polished | Millet, polished |
|-------------------|------------|------------|-------------|--------------------------|------------------|
| Energy kcal | 363 | 311 | 357 | 345 | 365 |
| Energy kJ | 1519 | 1301 | 1494 | 1443 | 1527 |
| Protein (g) | 13 | 10 | 9.5 | 7 | 11 |
| Fat (g) | 7 | 2.5 | 0.8 | 0.5 | 0.5 |
| Carbohydrates (g) | 62 | 62 | 78 | 78 | 79 |
| Calcium (mg) | 70 | 30 | 4 | 10 | 25 |
| Phosphorus (mg) | 400 | 350 | 75 | 100 | 300 |
| Iron (mg) | 4 | 4 | 1 | 0.4 | 7 |
| Potassium (mg) | 300 | 400 | 80 | 100 | 280 |
| Sodium (mg) | 5 | 5 | 1.1 | 2 | 3 |
| Vitamin B1 (mg) | 0.6 | 0.4 | 0.13 | 0.04 | 0.37 |
| Vitamin B2 (mg) | 0.05 | 0.15 | 0.04 | 0.03 | 0.08 |
| Vitamin B3 (mg) | 1.3 | 6 | 1.2* | 1 | 4 |
| Vitamin B6 (mg) | 0.12 | 0.35 | 0.04 | 0.12 | 0.4 |
| Vitamin E (mg) | 3.7 | nil | 0.5 | 0.4 | 1.8 |

*The amount of vitamin B3, which can efficiently be utilized is only 0.1mg in maize.

Yet oat producers have to pay levies supporting the food mountains."

He would also like to re-educate the housewife, who wants, so the marketing people say, a bland product. Robert Black says:

"Oats are not bland, and it is that strong, distinctive flavour, which we produce through the kilning process, that we are trying to sell. We also need to emphasise that oats are an instant cereal, taking no longer to make than a cup of tea."

Mr. Black's method for porridge, though he does not like the word, is as follows: Add half a cup of medium oatmeal to cold water and salt, bring through the boil, and then cook no longer than two to two and a half minutes, to best preserve that nutty-sweet flavour.

As a geriatric runner I would like to add a personal note at this point. I tend to be a traditionalist, and favour coarse oatmeal for the best texture.

I soak it overnight, as the housewife will not do, and I have, of course, all the oatmeal gear. It is essential to have a wooden bowl, and a horn spoon. In the morning they (porridge are traditionally plural) are stirred with a spurtle (long stick with carved head), and always in a clockwise direction.



... the direction was established in the time of the druids ...

The direction was established in the time of the druids, and it is not a tradition one likes to argue with — like that peculiar distance for the marathon. It could be that I will graduate to the age-old practice that gives us the Scots name "pieces" for a snack — the porridge used to be cooled off into a drawer to set, slices being cut off as required!

The recipes

Athole Brose

(A splendid Aperitif)

Soak a quantity of pinhead oatmeal overnight; drain off the liquor, and add honey to taste; add an equal amount of whisky, and serve with some of the oatmeal in each glass.

Crannachan

(A delicious sweet)

3oz (75gm) of porridge oats
½ pint whipping cream
1 teaspoon honey
Whisky
qtr. lb (100gm) raspberries

Toasting the oats gently over a low heat, stirring frequently, for about three minutes until lightly browned; beat the cream until it

forms peaks; gradually add the honey and lightly fold in the toasted oats and berries; sprinkle the mixture with whisky and serve.

Skirlie

(Mealy pudding without the skin)

2oz (50g) butter or beef dripping

one finely chopped onion

Porridge oats

Seasoning

Melt butter or beef dripping over medium heat and add onion; Stir until onion is lightly browned; add oatmeal slowly until all the fat is absorbed and the mixture is fairly firm; add seasoning and keep stirring for about eight minutes. Serve with potatoes, fish, or mince.

The commercially produced oatcake has an image problem, since it is thought of outside Scotland as a dull, grey Scottish thing. Today's manufacturers have, however, surrounded it in their advertising with a plethora of fashionable epithets, like "natural", "sugar-free", "traditional", "an ideal source of dietary fibre", and "ideally suited for today's natural diet".

The oatcake is now alive and well as a health food. It is also of course very versatile, going well with cheese, and both sweet and savoury spreads. There are also regional variations with the Orcadians, for example, favouring a softer, whiter oatcake, made with finer oatmeal.

Scottish cooking is of course rich in items using oatmeal as a staple ingredient. Why not try your hand at one or more of the three recipes which accompany this article?



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WOMEN on the RUN

Only three months to go till the Prince and Princess of Wales Hospice 10k-OK women's race in Glasgow on June 7. It may sound a long way off, but as the day will arrive before you know it, don't delay training any longer.

The race, which covers an undulating course through Glasgow city centre and west end, is the biggest of its kind in Britain — last year more than two thousand women took part. Many runners compete in aid of the hospice; others run for their own chosen charity.

Perhaps the greatest attraction for many women is that there are no male runners to leave them lagging behind. They feel less inhibited and less pressure in a race for women only. Some women say it's more fun (and less competitive) if there are no men on the field.

Personally I prefer running in mixed races — if only for the rare occasion when I run past a male competitor!

But whatever the attraction, the 10k-OK is now an acknowledged success. Around three thousand are expected to take part this summer, with entries already arriving on the desk of race organiser, Jack Kerr, at 73, Carlton Place, Glasgow. The entry fee is £4.

This year, for added interest, Mr. Kerr has organised an international team event including Scotland, England, Ireland and Wales to run parallel with the 10k-OK and



Connie
Henderson

the Scottish Women's 10km road race Championship, which is part of the event.

"They're for the serious competitors," he said. "But those just wanting a good run and lots of fun will enjoy the 10k-OK race."

Scotland's Runner has produced a specially designed schedule for beginners who want to take part in the 10k-OK. Those who have grown a bit rusty over the winter months will also find it a useful aid to get back into training. Further installments will appear between now and June.

But remember, schedules like these should only be used as a guide.

Meanwhile, as Glasgow makes preparations for the 10k-OK, Liverpool is following in its footsteps. Mersey Regional Health Authority, Liverpool City

Council, the Sports Council and the British Heart Foundation have organised a 10k women's race which they claim will become the biggest in Britain.

They're hoping for five thousand entries, and say they have already received several hundred entry forms from all over England. (Like the 10k-OK, an entry form appears in this issue.)

It remains to be seen whether the event on May 31 will take over from Glasgow as the largest British 10k women's race. I understand that the target was originally ten thousand competitors, but it seems the organisers decided that was too optimistic.

However, the Liverpool group remain confident of success. "Entries are flooding in daily," said a spokeswoman. "It certainly looks like we will get five thousand competitors."

It's just unfortunate, though, that no kind car dealer feels strongly enough to donate a Mini Metro to the women's winner if she breaks a given marathon target.

After all, she will put as much effort and energy into the achievement as her male counterpart who'll drive off in

10k schedule

If you find the schedules too tough, cut a few minutes off each training session. You should finish "pleasantly tired" rather than exhausted. Use the "talk test" — if you can't chat comfortably to your training partner slow down, as you are going too fast.

BEGINNERS:

Week 1: You have to get your

body used to jogging. So, jog for a few minutes till you are out of puff, wait till you get your breath back, then jog for another few minutes and so on. Go out alternate days and walk/jog for 15 minutes.

Beginners should not plunge in too quickly — rest days are an important part of your training as your body gets used to the new demands that you are placing on it.

Week 2: Alternate days jog for 15 minutes (walk/jog if you have to). Week 3: Jog 15 minutes for four days, with a rest day in between.

Week 4: Jog 20 minutes for four days, with a rest day in between.

EXPERIENCED RUNNERS

This is for women who have already completed a 10k but who have got out of condition over the winter.

Hats off to Glasgow businessman Joe Quinn. He's the man who has added £250 to the Glasgow Marathon prize money, giving the women's winner parity with the first man past the post — £1,000.

Mr. Quinn, who runs a health food store in Glasgow's Argyle Street, was so outraged though at this obvious discrimination he offered to make up the difference.

"I thought it just wasn't fair that the male winner should get more than the woman winner. £250 was such a small sum, I decided to donate it to the marathon organisers," he said.

Already a few women customers at his shop have congratulated Mr. Quinn on his generous act. But the incident does beg the question why didn't the organisers offer the winning woman the same as the winning man in the first place?

Bob Dalgleish, the race organiser, replies: "We only had so much money to play with, and we had to decide who received what on a strict financial basis. We are grateful to Mr. Quinn for his offer and will be accepting it."

It's just unfortunate, though, that no kind car dealer feels strongly enough to donate a Mini Metro to the women's winner if she breaks a given marathon target.

After all, she will put as much effort and energy into the achievement as her male counterpart who'll drive off in

Stewart McIntosh

MIND GAMES



Last month, after a fairly gruelling cross-country event, I staggered home filthy and bedraggled, looking as if I'd narrowly escaped death. I was greeted with the remark: "You must be off yer chump!" but I was happy.

It is clear, more than most other sports, that running has addictive qualities which appear to affect our psychological processes. Why else would we continue to run despite adverse conditions, or even nagging injuries?

Philosophers have long discussed the effects of the mind on the body, but until relatively recently there was precious little consideration about *how the body affects the mind*.

American researcher Dorothy Harris has entitled this approach the somatopsychic theory in her book: "Involvement in Sport, A Somatopsychic Rationale For Physical Activity". (Roughly translated, the soma is the equivalent of the body, while the psyche is the mind.) Harris's premise is based on the hypothesis that bodily experiences, such as running regularly, produce in the individual a variety of positive outcomes which affect his or her physical and psychological well-being.

Firstly, she argues, the activity of running affects the body in such a way that many individuals are further motivated to increase the intensity of their training regimes. It would appear that the increased

efficiency of the body to perform in a physical context serves as a catalyst which acts on the individual's conscious awareness, and tends to make him or her strive to further increase the capabilities of his or her body.

Secondly, there is the outright pleasure which many experience in using their bodies to transport themselves from A to B (i.e. "runner's high"), and common sense and psychological theory tell us that pleasurable experiences tend to be repeated. Furthermore, the "runner's high" is not usually experienced on every running occasion; such a form of intermittent reinforcement is, in terms of psychological theory, the most potent of all reinforcers and may render our behaviour extremely resistant to extinction.

Following on from this is the notion of how runners perceive their own bodies. Several research papers (e.g. Joesting and Clance, 1979) have reported that runners record much higher levels of satisfaction about their bodies than non-runners. In turn, this satisfaction level continues into the area of the runner's perception of him or her *self*.



Carolyn Brown

Consequently, the person who runs regularly tends to possess more positive attitudes not only about his or her body, but also about himself or herself as an individual.

Thus, there is the almost predictable report from the runner about "feeling great" after a run (not to be confused with the "runner's high" which is normally experienced *during* a run). There appears, therefore, to be what has been called "psycho-biological phenomena" at work.

Many researchers over the last 15 years have been keen to point out that such psycho-biological factors are common to both males and females. Thus the traditional role of the female in society as being non-competitive, disinterested, and largely incapable of rigorous physical exercise is simply not true. It is becoming increasingly recognised that women, just as much as men, report many positive feelings about themselves as a result of running.

"Men and women live themselves in their bodies. The importance of having good bodily experiences which enhance self is equally necessary to both sexes." (E. Gerber, "My Body, My Self", 1979).

The interrelationship between physical and mental feelings of well-being can be extended beyond realms of running into various other areas such as work, academic study, and general sociability. The runner may well be more able to make decisions, control and

master anxiety, and face challenges be they psychological or physical.

Ultimately, there is the individual's experience of competing in a race. One doesn't need to be at the front of the field to be aware of the tensions which exist between the mind and the body. Every competitor battles against himself or herself to reach whatever goal has been set.

Many runners will, therefore, push themselves as far as they can, because what is important is not just what their bodies can do, but rather their bodies as part of an integral self. If the body fails to live up to an individual's expectations, that individual has also failed as a person in his or her own eyes.

We are becoming increasingly aware of the complication of factors involved in the activity of running. Many individuals will continue to run and be largely oblivious to many of the psychological processes which undoubtedly occur while we build up our training schedules and compete, to a greater or lesser extent, in a variety of races.

The somatopsychic theory, amongst others, cannot be dismissed because the evidence is simply too powerful. Witness, for example, the growing sense of desperation and frustration the runner experiences when circumstances prevent him or her from running; or analyse the expressions on many runner's faces as they cross the finishing line for the first time in their lives.

They may have experienced acute pain and discomfort, but the act of using their bodies to conquer an uncertainty in their minds makes them happy and secure in their knowledge of themselves.

Home or away, the Scots grab headlines



Doug Gillon

Pictures by Scott Reid and John Scott.

In the quiet corner of a dressing room in Warsaw, scene of the world cross country championships, it will not be surprising to see a few nostalgic tears shed.

The dark blue vest of Scotland will be worn for the last time in the event, thanks to an appalling betrayal by the International Amateur Athletic Federation and the feckless failure by British officials to mount a counter attack.

It is certain that the athletes will run with more passion, aggression and pride. And all the indications are that Scotland's competitors in Poland will go out not with a whimper, but a resounding bang.

The headlines from one of the most dramatic weekends in Scottish athletics history point the way.

Saturday, February 21.

Orlando

World's fastest 10,000 metres and £21,000 for Liz Lynch.



Top - Nat Muir (right) the eventual winner, and runner-up Chris Robison lead from Peter Fleming in the early stages. Below - A view of the future as the junior boys' race gets underway.





Twelve of the best . . . Clydebank Athletic Club's squad which cleaned up the junior and senior boys' and youth titles. Back row (from left) - David Ashton, Colin McShannon, Mark Docherty, Gavin Harvey, Glen Stewart and John Divers. Front row - David Fotheringham, Scott Simpson, Andy Russell, John Cullen, Danny McGinley and Martin McBride. Docherty stood in for Ally Thain who improved from seventeenth in the West District Championships to take the bronze. Also among the individual medals was McGinley who actually led the youth race at one stage.

Falkirk
Runaway victory and record eighth senior national cross country title for Nat Muir.
Sunday, February 22

Lievin
European gold and championship record over 3000 metres for Yvonne Murray.

Cowdenbeath
Karen Macleod ploughs a lone furrow to win the women's national cross country crown.

The Muir production line rolled off title No.12, his eighth senior one and fifth in a row to equal a 55-year-old record. And Edinburgh Southern also equalled a 55-year-old record with their sixth successive team triumph. They were so confident they did not even bring the trophy with them!

Although Chris Robison (Spango Valley) fought hard to stay in touch with Muir, there was only ever going to be one winner. But the team result might have been different if Cambuslang's Alex Gilmour had run.

The Lanarkshire club finished third behind Bellahouston (last victory 1947).

but Gilmour, who had been threatening to quit the sport, would surely have been good enough for a top-20 place which would have given Cambuslang a first-ever victory.

The sun shone on a perfect, windless spring day which saw 1606 runners finish. The course round Callendar Park was scenic, and more crucial, perfectly marked and generally firm underfoot.

If it was a little too gruelling and slightly over the prescribed $7\frac{1}{2}$ miles, the only ones to complain would be those who felt it was too radically different from the course to be found in Poland.

Muir was always in the leading group, which initially boasted last year's runner

up: Neil Tennant, Robison, Tommy Murray and Terry Mitchell - but not eventual bronze medallist Alister Hutton.

The Scottish marathon internationalist, and the only man to have broken Muir's nine-year monopoly, was buried as deep as twenty third after the opening mile, but worked his way calmly back.

The selectors deserve credit for giving a chance to Tennant, ultimately twenty eighth, by naming him in the Warsaw team. But they lost Brownie points when they omitted Aberdeen's Fraser Clyne, seventh overall.

They felt that Clyne, due to run for Britain in the World Cup marathon in Seoul, might not have total commitment to the cross-country event. Clyne, livid at being left out for the second year running (sic), argues that a good hard race three weeks before the Korean event was exactly what he wanted. Edinburgh AC's Lindsay Robertson, Clyne's Seoul teammate, was nineteenth.

Alister Russell's nine-second victory over Tom Hanlon in the junior race may not have been as convincing a margin as Muir's 22-second senior one, but it was almost as noteworthy.

The young Law farmer has now



Above - The junior girls shortly after the off at Cowdenbeath. Below - World Cup marathon woman Sandra Branney of McLaren Glasgow leads world cross-country Anglo Kate Fitzgibbon

World Squad

Women's team: Yvonne Murray, Karen Macleod and Dr. Penny Rother (all Edinburgh A.C.), Liz Lynch and Chris Haskett-Price (both Dundee Hawkhill), Kate Fitzgibbon (London Olympiades). Travelling reserve - Sharon Sinclair (Irvine A.C.).

Senior men: Nat Muir (Shettleston), Chris Robison (Spango Valley), Alister Hutton, John Robson and Neil Tennant (all Edinburgh SH), Tommy Murray (Greenock Glenpark), Terry Mitchell (Fife A.C.), Ross Copstake (Dundee Hawkhill), Peter Fleming (Bellahouston). Reserves - George Braithwaite (Bellahouston), Charlie Haskett (Dundee Hawkhill), Ed Stewart (Cambuslang).

Junior men: David Arnott (Pitreavie), David Donnet (Springburn), Gary McFadzean (Nith Valley), John Quinn (Motherwell YMCA), Alister Russell (Law & District), Mark Wallace (Victoria Park). Reserves - Ray Foley (Cambuslang), Terry Reid (Dundee Hawkhill).

compiled a record of national titles that not even Shettleston Harrier Muir can boast . . . Russell was junior boy champion in 1982, senior boy winner in '84, and youth champion for the past two seasons.

If you had to identify Muir's potential successor, look no further. And yet those round Quothquan who know something of the sport swear that his brother David, national senior boy champion in '81, but subsequently injured, was an even better prospect. Happily we can report that after surgery and a three-year lay off, David is now back in training.

Russell heads a junior team for Poland which youth winner Terry Reid (Dundee Hawkhill) is unfortunate not to be in.

Edinburgh Athletic Club could be forgiven mixed feelings at Cowdenbeath for the women's championships the following day.

The news of the victory by Murray, their brightest star, was speedily followed by an equally comprehensive win (24 seconds) for clubmate Karen Macleod. But when the team points were tallied, EAC found themselves on 22 points, the same as their city rivals, Edinburgh Woollen Mill, who won on a count back.

The crucial action proved to be the





Above - No easy route on the steep hill up from the loch at Callendar Park. Left - Vicky Vaughan, the British Universities bronze medallist who won the young seniors title at Cowdenbeath and was unfortunate not to have been picked for Warsaw. Below - Juniors at the off, with eventual runner-up Tom Hanlon (36) extreme right.

sprint which took the Woollen Mill's Violet Blair past Sandra Branney and into tenth place just before the line, as Blair proved to be her team's third counter. And a similar battle, which EAC's Paula Hawtin lost, surrendered twelfth place.

Lorna Irving, ninth, was a vital cog as the Mill ground its way to victory. With a marathon trip to Boston in the offing, and an eye on the veteran's prize there, she had already put in 80 miles during the previous six days, but stayed well over a gruelling switchback course on plough and playing fields.

Chris Haskett-Price, a gutsy runner-up — she caught and passed Alison Jenkins in the last 100 metres — lands a record 14th world championships vest at the age of 34, while a newcomer emerged in the long-striding Gordonstoun-educated Kate Fitzgibbon. A half-miler on the track, she is a training partner of Lesley Watson, coached by John Anderson, and could

prove to be the dark horse in Scotland's women's team.

MacLeod's victory brought her tally of Scottish titles to three — she won the closed championship in '85 and '86 — and it was only a fourth cross-country run of the season for the flame-haired woman from Skye.

With Lynch, for my money looking a potential winner, and Murray certainly a medal candidate, the women could be climbing on the plane home clutching the team trophy. If the IAAF ask very nicely, they might even get it back in time for Auckland next year.

INSIDE front cover ... Karen Macleod en route to victory in the women's national championship. And Nat Muir approaches the tape for his record eighth senior title in the men's. **INSIDE back cover** ... the glauzy girls in the women's national at Cowdenbeath. Pictures: Scott Reid.

Detailed results: Page 49.



MORE

Aspirations

From Page 22



Sandy Sutherland. Age 43. Weight 14st 12lbs (first thing in the morning...).

fun run for the less adventurous.

All results seem to have been censored from Scotland's Runner, thus sparing the blushes of the majority of mere He-men, who finished behind Yvonne Murray. She covered the course, despite a freezing east wind, in 1957 — only four men beat her, including winner Adnan Weatherhead.

Now my other ambition is to finish within ten minutes of Yvonne.



Connie Henderson. Age 25. Weight 9st 11lbs. Personal Bests: Marathon (Glasgow) 4:25; Half marathon (Kirkcudbright) 1:57.

IN GOOD weather I have a regular route to the end of Portobello Promenade and back from my house, a distance of approximately three miles. With the wind behind me in both directions (I'm always looking for divine intervention at the halfway point) I can get under 21 minutes but I honestly cannot remember the last time. These days, sub-22 minutes means I've been "flying".

My great ambition is to get down to sub 20 minutes by training every day but, whenever I do, I seem to pick up colds, sore throats etc. etc. — (is my body trying to tell me something I ask?) and I had my tonsils out for the third time last September in the, alas vain(?), quest for elusive fitness.

Fear of fifteen stone and a middle-age spare tyre is the main incentive but, at the pace I run, I can admire the view and the birds — Porty prom is great for bird-watching!

I thought I would inflict my torture on others last New Year so, in a new form of sadism, devised the Porty Promethon on New Year's Day — from Seafield to Eastfield and back, a distance of four miles, with a two miles

In the short term, my target for the next few months is just

to get back to regular running. By May I intend to be running five or six times a week, with average weekly distances of 40-45 miles. If I manage nothing else this year, I'll be happy achieving that. I've grown so lazy since last winter, I often think I dreamed that I ran the 1984 and 1985 Glasgow Marathons!

Last year I ran few road races, partly due to pressure of work. But in a way the break has been beneficial, as I am now hungry to get back into 10ks and half marathons.

A few years ago, I ran the Kirkcudbright Half Marathon in 1:57. Since then I've run a number of halves, mostly in times of two hours or more. This year, I'd like to do one in 1:55 (or less).

I'm going to stop now before I get carried away. You'll only use it in evidence against me!



Graeme Smith. Age 34. Weight 12st 8lbs. Personal bests: 10k 44:29; Half marathon 1:35:49; Marathon 3:44.

IT'S THE world marathon record I'm after this year, and if I don't make it in Aberdeen I'm sure I will in Glasgow.

Not the world record, you understand — our world record. I belong to a childish but happy group of reformed

layabouts who have their own competition where the only prize is telling the others your time.

Originally 2:15 was our marathon target, but we have much improved and often finish around 1pm. I was the proud holder of the title with a 3:54 finish in Glasgow in 1985, a 47 minute improvement on my previous best, until it was torn from me by one Patrick Collins with a brave 3:33 in strong winds at Aberdeen last year.

I couldn't match it in Glasgow in September — although I set a personal best — but 1987 is the year I intend smashing the 3:30 barrier (so was 1986).

With my new lithe body honed to physical perfection (as it was meant to be in 1986), I will set a whole series of personal bests. In the Dyce and Aberdeen half marathons, the stone I plan to lose will help me make my 1:35 best look pathetic. My new lighter frame will glide along Aberdeen's beach this summer to take my time in the Roevin 10k well inside 44 minutes.

Yes, 1987 is going to be my year (as 1986 was meant to be) — look out Patrick Collins.



Ronnie Summers. Age 31. Weight 10st 10lbs.

I'VE BEEN running for only two years, and my best times currently stand at 42:35 for 10k, 1:28:18 for the half marathon, and 3:21:08 for the Glasgow Marathon. Having

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Aspirations

knocked six, 15, and 45 minutes respectively off these distances last year from 1985. I hope to continue seeing them fall in 1987, perhaps to nice round figures of under 40 minutes, under 1:25, and under the magical (for me) three hours.

To achieve this, I'm planning to increase to a plateau of 65 miles per week, balancing hard/easy days, doing more interval sessions which I find hard going but undoubtedly benefit from; and slowly increasing the pace of my steady runs throughout the season as I get stronger. I'll probably try to race more frequently throughout the year — I enjoy the atmosphere, the competition and the camaraderie.



Jim Black.
Personal Bests: 100yds 9.8 secs.;
200yds 22.4 secs.; Half marathon
1:42; Marathon 4:15.

AS I walked along to my local rugby club, Cartha Queens Park, one Sunday in January, I happened upon the start of the Pollock 10k. It was a bitterly cold day with the remains of the snow still thick on the ground.

In such a situation, I was glad that I could genuinely say, "Well, if I went out and ran on a day like this I would only irritate my knee".

In fact, as I looked at the runners as they prepared for the off, I'm sure that my knee started to ache as if to convince me that I would be far better off quaffing a few pints of the brown nectar.

But then sanity returned. I knew the autograph signing sessions couldn't last, and what would I do without

running? Anyway, the old trust fund would soon be in need of another boost.

So, I donned the gear again, and was soon cut down to size as the speed training group I run with paid no attention to the fact that there was now a celebrity in their midst. They simply put their heads down and went faster than ever.

Anyway, what about 1987? With a shield from Penicuik now sitting proudly alongside the deodorant and talc in the cupboard, I've developed a definite taste for silverware, but I think my ambitions should be limited to improving my personal bests — such as 1:13 for the half marathon, 55 minutes for 10 miles and 15:39 for 5,000m on the track.

I might also find time to tackle the Two Breweries fell race in the Borders again — if only so that I can sample some of that brilliant free Greenmantle Ale afterwards! And, of course, there's Penicuik in December.

Maybe I'll get an invitation to that one this year!



Michael McQuaid Age 24
Weight 10st.

HAVING finished 1986 in a blaze of glory, I wasn't going to bother running at all in the coming year. I astonished myself — and probably everyone else who knows me — by finishing third in the Penicuik cross country event just before Christmas and, enjoying the subsequent admiration of my Central Region AC clubmates, thought about quitting at the top.

I am often disappointed. Couple my outlook with a slothful desire to stay in my bed/at my desk/in the pub, and you have a person who will be happy to say that any

sustained bout of running is progress.

But in order not to appear too lazy, and perhaps to force myself to keep promises made so publicly, I will rashly outline a few targets for this year.

ONE: In 1987 I'll lose one of my 12% stones. It's possible — in 1985 I lost a stone and a half, although, it has to be admitted, I put most of it back on again last year.

TWO: In 1987 I'll get back up to running five miles every second day, which I was doing last autumn until my resolve dwindled, and I took to going for long walks — often to the pub — instead.

THREE: In 1987 I'll take part in a 10k race. I don't like competitive sports, having never done well in them, but this could be the year in which all that changes.

FOUR: In 1987 I'll climb Ben Nevis, all 4,406 feet of it. I've already booked the incomparable services of Brian "Sherpa" McKay to ensure a safe journey, so I've no real qualms about tackling Scotland's highest mountain. And if I keep to promise number two, I should be fit enough to tackle the Ben.

FIVE: In 1988 — I know, I know — I'll celebrate the turning of the year with a Ne'erday run ... and it'll be my fourth January 1st run in a row!

I'll probably spend the rest of January 1, 1988 laughing at all the resolutions that the editors and others contributors have foolishly committed themselves to on these pages.

INTERESTED in water sports? If so, the National Water Sports Training Centre at Cumbrae in the Firth of Clyde is the place to go this summer.

Run by the Scottish Sports Council, and staffed by Royal Yachting Association coaches and instructors, Cumbrae offers about 50 different courses in water sports for beginners upwards. Details are available from the sports council at 1, St. Colme Street, Edinburgh EH3 6AA.

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On the run – below sea level!

PAM RATTRAY reports from Israel on the Tiberias marathon, which, she reckons, follows "the most beautiful course in the world."

I arrived in Tiberias, Galilee, at 6 pm on December 16 last year. After a hard day teaching English and music at the Scottish school in Jaffa, Tel Aviv, and then the two and a half hour bus journey north, I was tired and did not relish running 42.2km the next day.

However, there was a full moon, and it rose over beautiful Lake Kinneret (Sea of Galilee). The lights of the kibbutzim on the east side of

the lake twinkled below the Golan Heights. The serenity and beauty of the countryside counteracted my fatigue, nerves and pre-marathon mental battle.

The Tiberias Plaza Hotel, which hosted the race, provided a pasta party and I went into the melee of runners in shorts and tracksuits, the familiar smell of embrocation mixing with that of the pastas and fresh fruits. As with any group of joggers,

there were people of all shapes, sizes and ages, and I spoke to a 79 year old who was taking part, fully aware that he would probably finish before me, despite being half a century older.

The next morning, I was wakened by the sound of the wind rushing through the window. It was a *sharakiya*, a dry desert wind which blows hot in summer and cold in winter. In December's chill, I knew it was going to be a hard run.

Out of the 500 or so runners, there were only about 30 women; my pink shorts and vest were somewhat conspicuous. Nine o'clock approached and we lined up for the countdown: shalosh, shtayim, chat, and we were off. I ran behind a man who had "Run, Grandad, Run!" written in Hebrew on his T-shirt, and I reckoned that old grandad would beat me too.

We ran through the historic Roman town of Tiberias, founded in the days of Jesus. It was the Crusader capital of Galilee, and for hundreds of years the centre of Jewish learning. We passed the steaming hot sulphur springs and then we were out on the open road.

flowers of many exotic colours and varieties eased the way with their beauty.

As I ran, I was joined by Steve from New Zealand, who was in Sinai as part of the peace-keeping forces. I wasn't sure I wanted company, but I'd no option and very soon had his life history. I made appropriate grunts in reply to his questions, in an attempt to conserve energy.

The course went south, to the foot of Kinneret, over a tel which was the only hill in the race. A tel is an archaeological mound in which the ruins of ancient cities are buried. As I climbed up and over it, I was aware of 5,000 years of civilisation beneath my feet.

Then, like Joshua, we crossed the Jordan river where it exits from the lake at the southern end. Turning east, we headed straight into the wind, and it was hard work. The *sharakiya* dried me out and I had to drink as much as possible at each water station — fortunately, there was one every three kilometres.

At this point in the race, I had the encouragement of the crowds. All the children and their teachers on the kibbutzim had come out to watch the race, and when they saw me they gave a special cheer for the female effort. It felt good, and I quickened my pace as I ran past saying "Toda", thank you. We passed Kibbutz Deganya, the first kibbutz to be established, and the birth place of Moshe Dayan, the course was steeped in history.

both recent and ancient.

After battling against the wind along the foot of the lake, we turned north and ran up the east side, the wind buffeting us from the side now. It was very beautiful; grasses, palm trees, fertile farm land, flowers, fruit trees and an ostrich farm bordered the road. Above us towered the Golan Heights. At this point, though, there were long straights on the road, no spectators, and many kilometres still to be covered. I was glad of Steve's company.

I found the fact that the course went 13 miles out and then back again psychologically helpful. I knew exactly where I was. It was also encouraging to see the first runners on their way back, then the first woman, looking remarkably fresh; a blind man being led by a friend, and a man in a wheelchair. I was able to spectate as well as participate in the race.

At last, in just under two hours, I reached Ein Ger, the turning point. Kibbutz Ein Ger

is a community of music lovers. Every spring they have a festival in which the world's greatest musicians take part.

There was a video camera at the turning point, as well as other number checks along the route. I made sure my number had been seen and then turned to retrace my steps. In the marathon programme it said "One of the advantages of our marathon is that you get twice the

pleasure by going back and enjoying all the sights a second time." This was certainly so, but as I continued, my knee joints began to ache, and my skin rubbed painfully against my vest. I longed to be finished.

Our pace slowed, and Steve and I were joined by two of his colleagues, one from New Zealand and the other from Fiji. The Fijian sang, and we told each other that this would come to an end.

Eventually, we managed to quicken our pace when Tiberias came into sight. A young woman standing by the road had a basket of apples, and she handed me one as I went past. It was sweet and crisp, counteracted my dehydration, and gave me

the necessary energy for a final sprint as I rounded the corner and ran up the finishing straight.

On the loud-speaker, my name was announced: "This is Pam Rattray from England". I shook my head, but felt charitable at this point in the race, and forgave him. (To prevent a similar mistake occurring however, my father has since sent me a "Scotland's Runner" tee-shirt!)

I was over the line in four hours 13 minutes — not my best time, but it had been an enjoyable run. I was handed carnations, was wrapped in tin foil and then the medal was placed round my neck. I'd completed the Sea of Galilee Marathon, surely the most beautiful course in the world.

For anyone who wants to combine a delightful holiday in Israel with an outstandingly beautiful and well-organised marathon, I'd recommend the Tiberias run. A large group of British runners, on a running holiday, took part this time. The next Tiberias Marathon will be on December 9.

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PAM RATTRAY is all smiles, above, after finishing the Tiberias Marathon, left. "An enjoyable run," she says.

Running round the clock

Round the clock running makes a welcome return to Scotland in October when the Sri Chinmoy 24 hour race is staged in the illustrious confines of Meadowbank Stadium — and the country's outstanding ultra marathoner of his generation could be among the contenders.

Don Ritchie has been understandably reluctant to indulge in athletic excesses on quite this scale whilst retaining sufficient speed to dip regularly under 2:30 for the standard marathon, and though he took part in the 24 hour race at Coatbridge in 1983 (where he collected the world 200 kilometre record), the Forres Harrier's efforts have been largely concentrated on those relatively abridged versions between 40 and 100 miles. But the Meadowbank event could be the occasion the unassuming university lecturer finally unleashes himself at the daunting 176 mile, 388 yard total set by Greece's Yiannis Kouros.

"I used to think it was within my capabilities," he says, "but now I'm not so sure. Anyhow, I wouldn't mind another crack at it — my previous attempt was a bit of a disaster."

By his own high standards a total of 136 miles probably was, and not even the 16:32:30 he clocked for 200km offered much compensation. But in addition to his usual solid mileage foundations, this time Ritchie should have the formidable cornerstone of having run from Land's End to John O'Groats in April, while his customary quota of more conventional summer "sharpeners" could see him in peak condition by the autumn. However, he and the anticipated two dozen other competitors will be at the tender mercies of the east wind.

Cannily avoiding the elements were the 26 ultra marathoners who took part in the second Road Runners Club 24 hour race held in the marble arcades of Milton Keynes shopping centre over the weekend of February 15/16. And even though



Don Ritchie, aiming for a record.



Bob Holmes

his weekend that had begun at 8pm on Saturday and saw him pocket his world marks by midnight. Ironically, they were for what he considers "short" distances — a mere 30 miles which he passed in 3:30:51 and 50km (3:37:58) — before a bad patch almost spoiled his smooth progress to another notable triumph.

Stott, one of the organisers, says: "We would like a quality field, but also hope to attract several newcomers — of whom a few might be Scots."

Whatever the weather, Zarei is likely to be there. "I intend to run everything this year," he said, "and would like to rewrite the record books."

A bold statement for this otherwise unassuming man, but even Ritchie, himself, will not be able to take the determined Iranian lightly. A recent convert to distance running, he ran 162 miles, 454 yards in Chorley, Lancashire, last August for the eighth best of all time, and not even the Siberian snows of mid January stopped him.

"I enjoyed training even more then," he said, "as I wanted to make the most of those conditions — it could be a long time before we experience them again."

Maybe he doesn't know Meadowbank, but whatever the weather, if the new Ayatollah of ultra running meets the old one there in October, it could be one of the races of the year.

Of the 20 doughty souls who survived after the surface and monotony had taken their

inevitable toll, three were Scottish-based: one, Jimmy Shaw, a former disc jockey who has run three ultras but is yet to run a standard marathon, is a dinkum Scot from Lanarkshire and posted the creditable total of 109 miles, 1,422 yards to finish 12th. Adrian Stott is a Cornishman who has lived in Edinburgh long enough to claim a Scottish national record with his 119 miles, 1,129 yards, while New Zealander Bryan Mist can be forgiven for not knowing how to address a haggis, having only just moved to the Scottish capital, but that didn't stop him clocking 136 miles, 594 yards to come third.

This extraordinary event, which attracted the customary collection of curious onlookers and faithful officials, was an undoubted success and a valuable filler of the winter fixture void. But if the elements are kind, Meadowbank could see more records tumble — whether or not Ritchie is in the line-up.

Stott, one of the organisers, says: "We would like a quality field, but also hope to attract several newcomers — of whom a few might be Scots."

A sales manager in a ladies handbag store, Zarei was on his feet until seven hours before the start, but that was unlikely to affect a man who regularly runs four hours before breakfast — every day!

The membership has doubled over the past two years and Harmeny now has over 120 members. It's no longer a small venture. The club was founded in 1977 as part of Harmeny School in Balerno, on the western outskirts of Edinburgh. In 1980 the club opened its doors to

the public but retained the name Harmeny AC and now members come from all over the city.

It's appeal is its open friendliness, mixed with a determined desire to succeed. Many sports clubs, particularly the successful ones, can unwittingly make new members feel out of place and unwanted. At Harmeny, the fresh welcoming approach is sincere and endearing. As a result, of course, they have attracted and nurtured some promising young talent and they have galloped up the league running tables.

Last year, the club won the Division 3 title of the highly competitive Scotland and

SPOTLIGHT ON EDINBURGH

WORKING IN HARMENY



SPECIAL REPORTS BY
Mel Young

Pictures by Johnathan Hampton.

North-West England League, and were promoted to Division 2. They only joined the league for the first time in 1985, when they won Division 4. Remarkable progress by any standards.

Last year, Harmeny also retained the Edinburgh and District Athletic League championship. They were runners up in 1984. And this year Harmeny will take part in the Scottish Athletic League for senior men for the first time, starting at the bottom rung in Division 4. If past form is anything to go by, they won't stay there for long.

Harmeny adopt an attitude of everyone being as important as everyone else.

But they do have one or two potentially outstanding athletes.

One is Simon May, a strapping 15 year-old local sprinter from Balerno who recently won the Halifax Young Athlete of the Year award. With a bit of luck, Harmeny could well have a new Allan Wells on their hands.

For the record books, he is the 100 and 200 metres Scottish 13-16 senior boys champion. Last year, he set a Scottish record in the 200 metres (22.53 secs) at the Edinburgh Southern Harriers graded meeting for youths and senior boys. He also holds the second fastest time ever for a senior boy in Scotland in the 100 metres (11.46). Already he is impressing the Scottish selectors with some excellent runs in the under 17 categories, and in February he captured the senior boys' under 60m record with a time of 7.24 at Meadowbank.

Simon is philosophical about his performances, which in many ways epitomise the Harmeny image.

"I just really enjoy running, and I'd like to continue and see where I go," he says. "I was introduced to Harmeny three or four years ago by some friends, and the friendly atmosphere makes running

Edinburgh Club Contacts

Corstorphine AC (formerly North Merchiston)
Stephen Reynolds,
15/2, Murrayburn Place,
Edinburgh EH11 2RR.
031-442-4580.

Carnethy Hill Running Club
Peter Crane,
20, Roseneath Place,
Edinburgh EH19 1JD.
031-228-1181.

Edinburgh Athletic Club
Men - Robin Morris,
Edinburgh.

33, Morningside Road,
Edinburgh EH10 4DR.
031-447-8846.

Edinburgh Woollen Mill SH
Mrs E Murray,
031-441-3615.

Harmeny Athletic Club
Colin Dale,
32, Greenbank Gardens,
Edinburgh EH10 5SN.
031-447-3581.

Edinburgh Southern Harriers
1 McKenzie,
146, Avontown Park,
Linlithgow,
W. Lothian,
Linlithgow B44 811.

Hunter's Bog Trotters
R.H. Thomas,
12/10 Dreghorn Drive,
Edinburgh.
031-441-6219.

Continues on the next two pages

and training that much easier."

Simon now takes additional specialised coaching for sprinting at Meadowbank. So is Harmeny too small for the likes of Simon May? It's a point I put to Harmeny's keen publicist, Colin Dale.

"Our coaches can takes everyone up to a certain level, but Simon is an exceptional talent and it would be wrong of us not to encourage him to have additional coaching elsewhere. We have been promoted in the league, and that will bring stiffer competition which should bring the best out of youngsters like Simon. Strong competition is good for good people."

It's a problem for most small sports clubs, more usually associated with football. As soon as any young talent emerges it is snaffled up by the bigger clubs who seem

more attractive to ambitious youngsters. The big stay big, the small stay small.

But, like many of his club associates, Simon has no plans to leave Harmeny and the club can only benefit. "I'm now receiving specialist coaching from David Gibson at Meadowbank but I'll be running for Harmeny," he says.

According to Colin Dale, it's reversing the chicken and egg scenario. "We have a core of good enthusiastic youngsters who we want to hang on to, so we can build up our reputation and grow from there."

Good clubs aren't made up solely of talented athletes. Harmeny has the essential organisational and administrative back-up from a dedicated committee, with a backbone provided by keen coaching. "We're a family club

Harmeny. But it is just as important for recruitment of new members. Promising youngsters with no previous experience can be spotted, and older fun runners or previous athletes who had given up are tempted to join the club.

"I believe the social side of the club is very important as well, and my 17 year old daughter helps organise a couple of discos a year and the summer barbecue along with the younger athletes in the club. It's important the youngsters do it for themselves. Parents or adult athletes become involved in other areas of the club too."

"We'll take anyone on here who is prepared to enjoy themselves and try and better themselves. It's as simple as that," says coach Ross Innes.

Harmeny personifies the atmosphere of the eighties running boom. One thing is certain. They will continue to grow as their reputation spreads and success will surely follow.

For information, phone Colin Dale on 031-447-2581.

OPENING UP ...

HARMENY AC are at the forefront of Edinburgh District Council's bold initiative to put the city back on the running map. On March 18 and April 1, the club is hosting special athletic events at Saughton Sports Centre which are open to non-club runners only.

"We came forward with the idea to try and attract unattached runners into athletics after we heard the district council were keen to promote running," Colin Dale from Harmeny told me.

Registration starts at 8 p.m. with the events (100m, 200m, 800m, and 1500m) starting at 6.45 p.m.

Bill Walker from Edinburgh District Council says: "We're linked with this event because it fits into line with our new policy of backing all meetings or events which encourage athletics in the broadest sense of the word."

So, the message to the city clubs is clear; come up with ideas for races and runs and the district council will back you. Similarly, the council is also keen to help community organisations with running events, so if you want financial backing you know where to go.

More exciting proposals for city athletics were announced by the council's recreation department at a press conference on February 9. The theory is: "Everyone should have the opportunity to participate in athletics if they want."

As a result, comprehensive leaflets will be produced with details of how to join clubs, and giving an outline of the yearly race programme.

The publicity will be aimed at all ages from the youngest school child right through to the pensioner. Youngsters in particular will be encouraged to come forward so they can enjoy the benefit athletics has to offer. The authorities are now recognising that schools are way short of the mark when it comes to coaching and encouraging schoolchildren.

An instructive coaching programme comes into operation immediately, aimed at existing and new coaches. A resource centre will be opened for specialist coaching equipment, and a medical centre will be available at Meadowbank for all athletes who have running injuries. Plans to start a fitness assessment laboratory for genuine physiology tests are also on the table.

As I stated in the last issue, a wide range of running events will take place in the city throughout the summer, including a Princes Street Mile as part of the annual Festival.

So, if you want to run in Edinburgh this year, you can't really go wrong.



NEW WAVE . . . You've got to hand it to the enthusiastic youngsters of Harmeny AC.

An ideal town . . .

Edinburgh is an ideal town for running. Built on seven hills, you can pick any route and be guaranteed some hill work on your run. Naturally picturesque, you can find yourself in the shadow of the Castle in the old town, or picking your way throughout the side streets of the trendy Georgian New Town.

If I was to pick an ideal area for running, then I would recommend Queens Park with the city's towering landmark, Arthur's Seat, smack in the

middle. It is a beautiful park with the Queen's Scottish residence, Holyrood Palace, at the entrance.

Meadowbank is also situated nearby, so there is a purpose-built stadium for changing and showering only 400 metres from the park.

A road, accurately measured to 3½ miles, circumnavigates Arthur's Seat in its centre.

Many city dwellers use this route because it is accurately measured and because it has long steep stamina-sapping

hills which are ideal for marathon training. Clockwise or anti-clockwise you're still going to encounter a long ascent.

It is a quiet route, with one-way tourist traffic restricted to 20 mph. You'll see joggers from dawn to dusk. The road lends itself to training - pushing up the hill, a breather round the top, speedwork downhill and a breather before going up again!

By cutting off you can head through Duddingston Village,

Hill Running: Recently completed gruelling Carnethy Five Hill race in 1:21. Finished Seven Hills (1985) in 2:20.

Reason for Running: Caught marathon craze and wanted to complete Edinburgh Marathon.

Club: Unattached. Started and organises running group at Wester Hailes Sports Club. Fifteen runners regularly meet every Sunday between 9-11 a.m. for runs followed by a swim. Coaches other runners of same standard who are interested in fun running. Runs bus trips to races during season.

Fun Run: Founder committee member of Wester Hailes Fun Run which now attracts over 800 entrants.

Triathlon: Organised first ever triathlon in Edinburgh last year.

or run down into the disused "Innocent Railway" line, which has been made into a cycle track. If you wanted some harder routes, then you could take off through some of the many hill paths leading up to Hunters Bog and Arthur's Seat itself. This takes you off hard road surfaces and lets you train on some steeper hills.

One of my good running mates, recently visiting from London where he now lives, told me he wished he had something like Queen's Park on his doorstep, as opposed to the monotonous flat roads of the south.

It's true - sometimes we don't know how lucky we are, and we should make use of nature's gifts when they're available. After all, the legendary Eric Liddell used to train on the famous hill.

By way of a difference, Edinburgh has a well developed pattern of interlinking cycle paths made up from disused railway lines and old canal paths. To the west of the city you can pick up the Water of Leith walkway near Balerno and run virtually unhindered all the way to Leith - nearly 12 miles.

Once again, it's a question of exploring a little and improvising to make your own route.



Simon May, a potential champion



DAVID WEBSTER has been associated with Highland Games and the heavies for some 40 years and is still as enthusiastic now as when he saw his first Gathering. He is a former champion strength athlete, author of more than 30 sports books, and is director of Leisure, Recreation and Tourism for Cunningham District Council. Here he begins a regular feature on Highland Games.

NEWS IN BRIEF

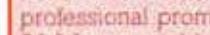
THE GOOD news for the Games circuit is that Chris Black, the leading amateur hammer thrower for many years, will turn professional this season. Always a bit of an extrovert, he could produce a few surprises when he joins the paid ranks. I can't see him beating the likes of Grant Anderson in 1987, but he is training hard and should be right there at the top alongside the legendary Bill Anderson MBE and the fascinating Hamish Davidson.



THERE WILL be some new faces from overseas on the Scottish circuit this year, one of these being a US army captain, John D Roehr. Based at the appropriately named Highland Falls in New York State, he is a big, athletic lad at 6'5" and 18½ stones. Although I have been asked to keep his throwing distances under wraps meantime, I didn't make any promises regarding his strength training, which gives some indication of his abilities. He is currently military-pressing well over 300lb, bench-pressing 430 and going up fast.



IN future articles I will be telling which overseas stars have accepted invitations to compete, and where amateur and professional games can be seen. I have already been given full lists of fixtures from the SGA and the international series from Victor Ludorum, the most active professional promoters. Unfortunately the SAAA are unable to provide such a list just yet — let's hope that can be rectified soon.



I EXPECT to see big Alan Pettigrew from Saltcoats continuing as a major force on the amateur scene, with the well-respected veteran Walter Weir and his sidekick Stuart Menzies being much in evidence. Henry Naismith is another evergreen with a very wide background in strength athletics and he just can't resist the Games so we can look forward to seeing him again during 1987. I have a feeling that George Patience could be a great Highland Games heavy if he set his mind to it, but I understand his back gives him a lot of trouble when he does the full battery of heavy events.

Highland GAMES

By David Webster

events in other parts of the globe. I will be visiting a number of these in 1987, so I will be able to touch on some aspect of interest to Scottish readers.

Looking ahead to the summer, there will be several significant changes and developments, and these will be covered in more depth in future articles.

The recent controversy between Geoff Capes and the Scottish Games Association saddens me, and I have a different view to that given and hinted at by the media. I believe it is not about drugs, but more about personality clashes and, in a way, about money.

Capes had announced his intention of cutting out SGA events long before the matter of random drug testing was declared. He had previously had a row over judging at Cniff and took this very hard. To have his "wrist slapped" after complaining was more than he could bear. That much is fact and I have had this direct from both sides.

I imagine, though, that as a full-time professional, *if there had been enough incentive*, Capes may well have simply been very selective and continued at



Geoff Capes . . . centre of controversy.

some Games. The row at Braemar, where the big Englishman had to stop throwing to await the Queen's arrival, appears to have been blown up out of all proportion, and again I believe the whole story has not been told.

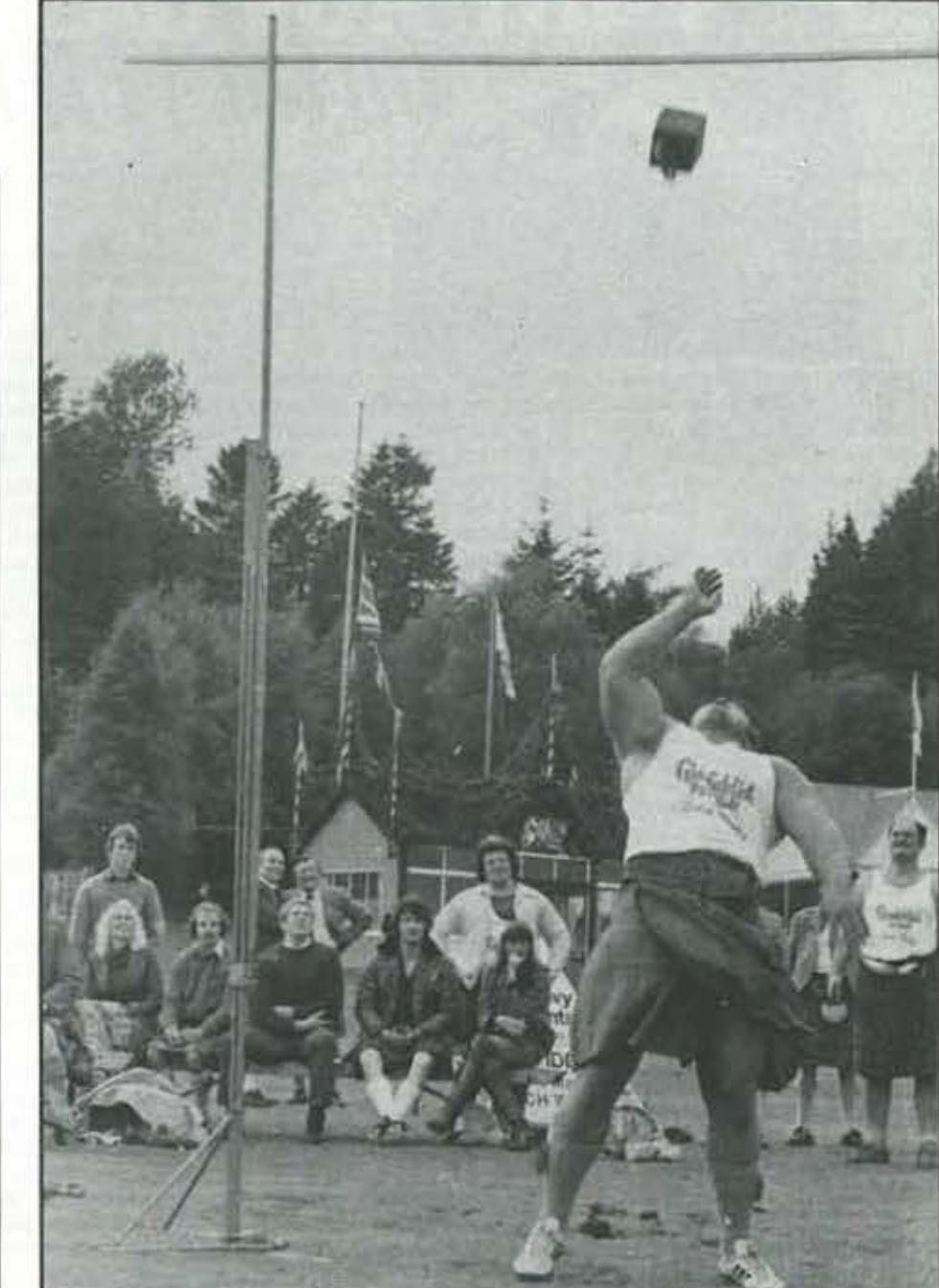
Last year, on behalf of the Caledonian Club of San Francisco, I personally invited Geoff Capes to go to Santa Rosa, but disliking flying and time away from home and work, and liking Braemar, he chose to go there instead. Malcolm Ramsay, the dynamic exiled Scot who organises the heavy events in California, then spoke to Capes in midsummer and again before the end of the season, a good deal of progress being made.

Clearly the Americans can fork out a good deal more than Scottish Games can afford, so it was no surprise to me that Capes elected to go to hot, hot Santa Rosa and California's sun and surf next autumn instead of the Royal Gathering.

As for the remainder of the season, he is a very busy man and can be highly selective, so he seems to have chosen the 12 events north of the Border which will not only pay him more but will also give him a higher level of competition over the season.

I am not overlooking the fact that there is hostility between the SGA and Geoff Capes. That cannot be denied, and the public who follow the Games are the losers. Both have a worthwhile contribution to make, so let's hope time heals the wounds.

Perhaps if in future prize money catches up with inflation we will see a different attitude, and that would also have a beneficial knock-on effect for Scottish heavy athletes, who are often out of pocket after a day at the Games.



May

10 Cowrock Highland Games

24 Atholl Gathering & Games
Organiser Dr D Edmunds
20 Kitchenside Road,
Cumnock,
Glasgow
Tel 041-644-4823

Oxon Professional Games
Organiser Ian Brady
12, Henotfield,
Oxon.
Lauder

30 Bathgate Highland Games
Garnock International Highland
Games, Kilbirnie
Organiser Dr D Edmunds
Cunningham House,
Friarscroft,
Irvine

Blackford Highland Games
Organiser Peter Dobbie,
Ballantrae,
Moray Street,
Blackford
Tel Blackford 343

31 Blantyre Games
Organiser Bev Brown
Tel 041-644-4529

GAMES DIARY

June

6 Strathmiglo Highland Games
Organiser Mr John Pierson
88, High Street,
Portobello
Tel 0294 602617

13 Selkirk Common Riding Games
Championships, Clarkston
Rugby Club, Clarkston,
Glasgow
Organiser Dr D Edmunds
Tel 041-644-4823

7 Atholl Highlander's Parade,
Blair Atholl
Organiser Brian Nodds
Blair Castle,
Blair Atholl
Tel 079881-207

Carrick Lowland Gathering,
Girvan
Organiser Mr J Davidson
Coffee Pot,
Dalmrymple Street,
Girvan
Tel 0465 320617

14 Markinch Highland Games
Organiser David D Law,
20, Selkirk St.,
Markinch
Tel 0592-758449

15 Ardrossan Highland Games
Organiser A Clark
25, Montgomerie
Cres.,
Saltcoats
Tel 0294-602617

Forfar Highland Games
Organiser Margaret Ross,
Forfar
Tel 0307-62965

20 Lesmahagow Highland Games
Organiser Mr D McLaren,
9, Broompark Drive,
Lesmahagow,
Tel 0555-893234

Peebles Beltane Sports
Organiser Andrew A Fraser,
1, Dalatho Crescent,
Peebles
Tel 0721-22024

Newburgh Highland Games
Organiser Mrs M Kidd,
12, Tolbooth Close,
Newburgh,
Fife
Tel 0337-40163

21 Oldmeldrum Sports
Organiser Robert A Forsyth,
2, Rosebank,
Oldmeldrum,
Inverurie, AB5 0BE
Tel 06512 3909



On the VETERAN scene...

The recent conversion of Edinburgh Race Course to National Hunt racing has meant the introduction of steeplechase fences and hurdles at the famous Musselburgh venue.

Fortunately, the Scottish Veteran Cross Country Championship, held with the support of the East Lothian District Council, did not require the runners to jump the fences. The field was, however, faced with a flat but very tough course, which included not only the five furlong straight with its long uneven grass, but also detours around SSEB lagoons - where runners were warned that straying off could prove disastrous!

Of the record entry of over 360, some 220 lined up across the course and charged off in a multi-coloured mass. The sharp end quickly took shape, with Brian Scobie, Allan Adams, Brian Carty, Jack Knox and the diminutive Dave Fairweather all jockeying for position.

By the time the first circuit of

the lagoons was complete Scobie had taken charge, and as he entered the long home straight for the first time, the defending champion was 50 yards clear and looking comfortable. The chasing pack has broken into pairs with a clear gap to Carty and Fairweather, then Adams and Keith Duncan of Pitreavie, and then Rod McFarquhar of Aberdeen and newcomer Colin Martin (Dumbarton).

Scobie, watched in the grandstand by his marathon protege Veronique Marot, ran the first 5k in 15:57 and never looked threatened over the second lap, winning by 28 seconds from Carty, who bravely held off the challenge of Fairweather (Law & District).

With teams points now vital, Duncan (Pitreavie) held off Martin's challenge from Dumbarton, and Aberdeen started to make their bid through McFarquhar in sixth place. Knox, the former professional from Selkirk running for Gala, took seventh spot as just behind another

great battle raged in the team race.

This time it was Adams of Dumbarton who held off Aberdeen's ultra man Don Ritchie, with 47 year old John Linaker giving Pitreavie their second scorer and picking up the over-45 SVHC award. Less than 20 seconds later came the decisive battle in the team race, with Bill Ewing, now 44 but looking ten years younger, holding off his equally youthful looking contemporary Mel Edwards (Aberdeen), to give Pitreavie, surprise winners in 1986, victory again with the same trio.

In the age group battles, Linaker finished 16 seconds ahead of former champion Martin Craven (Edinburgh Southern) with John Moses (Bellahouston) third in the over-45 category.

Jim Irvine, also Bellahouston, finished only five seconds behind team-mate Moses to take the over-50 category, two minutes clear of Hugh Gibson from Hamilton and Dave Fraser, another Bellahouston vet.

Perhaps the most notable of the age group battles came in the over-55 section, where Bill Stoddart of Greenock Wellpark finished in 28th position overall and took his tenth veteran title since 1972. Even

so, he finished only 16 seconds ahead of his great rival Willie McBrinn, now of Shettleston Harriers. Tom Stevenson (Greenock Wellpark) had a great run and took third spot.

The over-60's produced the greatest surprise when William Temple, an unattached runner from Galashiels, romped home nearly a minute clear of the favourite, Ben Bickerton (Shettleston). However, as Temple was unattached, Bickerton still took the SVHC award for his efforts. Alex McInnes was third (second SVHC award), and Hugh McGinlay held off a late challenge from 1986 winner Murray Scott for third SVHC spot.

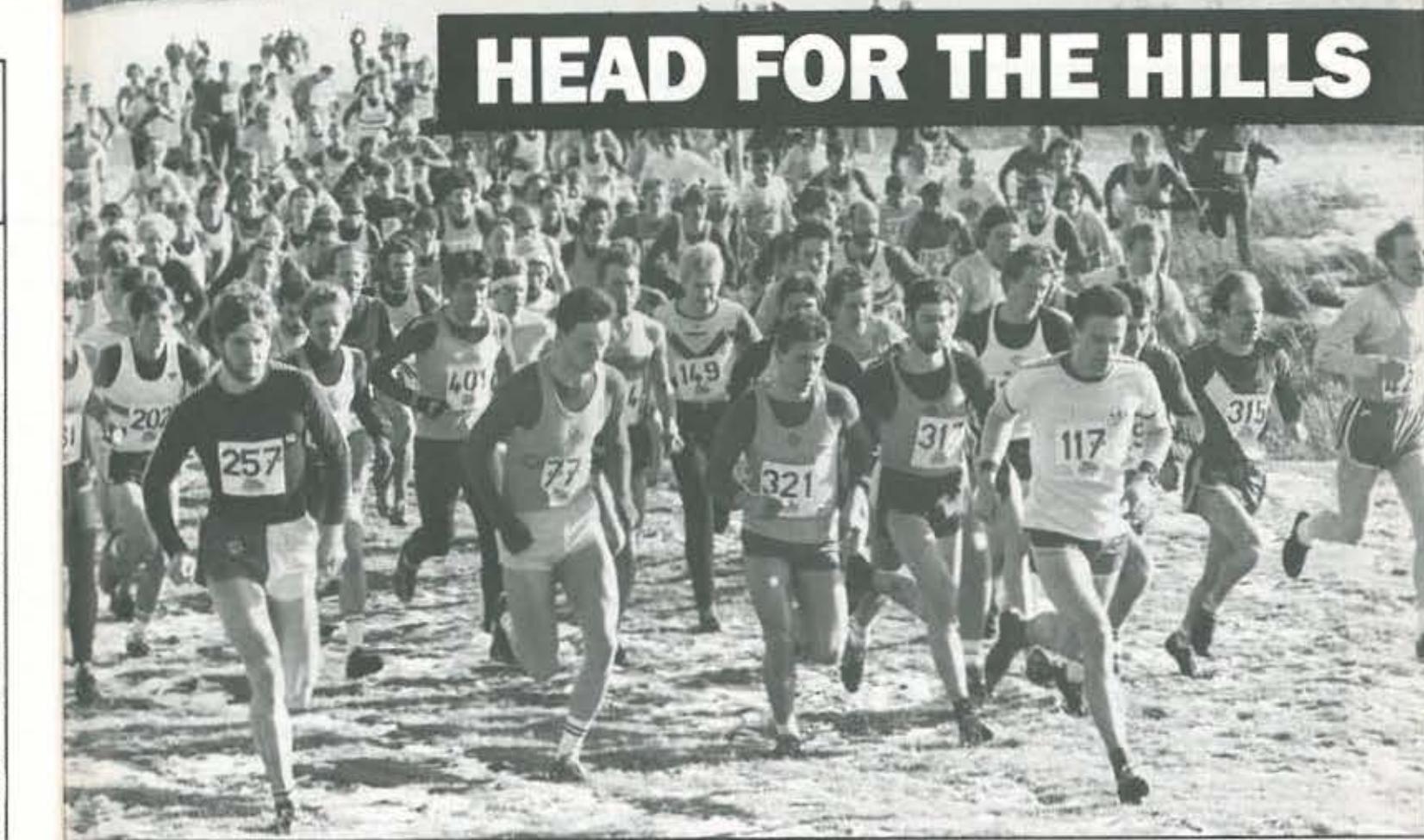
Finally, but by no means least in achievement, David Morrison's win in the over-70 category proved the 1985 world 10k road champion was fully back to form.

The sun shone throughout the afternoon, and the convivial atmosphere and teamwork meant that even the convenor could compete in the race. The welcome given by the district council seems certain to see future SCCU events held at this ideal venue - if the horses agree! But they don't mind vets, do they?

Henry Muchamore



This superb study - adopted by Scotland's Runner as our On the Veteran Scene logo - of sprinters Douglas King, Andy Coogan, Ernie Plimer and Allan Bowdler won the Sport for All title for Glasgow Herald photographer Edward Jones at the prestigious Scottish Sports Council Sports Photographer of the Year Awards. It was taken at the Commonwealth Veterans Gathering on July 19.



HEAD FOR THE HILLS

The 1987 Carnethy Five Hill Race gets under way.

If the first two races of the year were anything to judge by, 1987 is going to be another record year on the Scottish hills.

On January 2, 179 hardly runners started the Broughton Brewery Greenmantle Dash - 40 more than the previous highest for this short sharp festive race designed especially for the beer connoisseur! Anglo Scot Jack Maitland, the 1986 British champion now living in Leeds, regained his title in convincing style, but his 1984 record was never in danger on the snow covered course.

The season really started at Penicuik on February 14, with the Carnethy Five Hill Race. An unbelievable total of 453 entered this well established race, now in its seventeenth year.

Although "only" 369 started, it must rank behind the Ben Nevis Race as the biggest and best hill race field assembled in Scotland - a fine epitaph to Charlie Gordon, the local joint founder and organiser of the race who died very suddenly in January.

By repute, the race has become very popular with the fell running fraternity south of the border, especially as the early season date sets it

apart from the fixture congestion which builds up later. Three English internationalists filled the top places in the men's race - Malcolm Paterson of Dark Peak Fell Runners (4847), Hugh Symonds (Kendal AAC, 4923), and Rod Philbeam (Keswick AAC, 4951). Jonathon Musgrave (Aberdeen AAC) finished fourth in 5030.

In the women's race, Penny Rother (Edinburgh AC), better known as a track and cross-country international, set a new record of 6026 and has now won her first two outings on the hills. Keswick won the team prize from Cumberland, with Carnethy HRC third.

Well timed for release at Carnethy, the Scottish Hill Runners Association issued their 1987 (and fifth) Scottish Hill Race Calendar, which is again sponsored by Tiso. It contains full details of amateur hill races in Scotland, the length and breadth of the country from Kirkwall and Thurso to Melrose and North Berwick. This year there are a record 57 races of every variety - apologies to Heinrich - including six new races.

The Scottish Hill Running Championship is held over a series of nine pre-selected top "A" category races during

the season. There are three races from each specified distance of short, medium and long - of which the best two results from each category count towards scoring for the championship and the coveted engraved glass Tiso Trophy.

Dermot McGonigle (Dundee Hawkhill) is the 1986 holder, and his form at Carnethy showed he will again be hard to beat. Young hopefuls who could challenge the established front runners, especially in the shorter races, include Ross Hope (Carnethy HRC) and Ian Davidson (Edinburgh University H&H), an orienteering international.

Veteran Jimmy Shields (Clydesdale H) - vet winner at Carnethy in 5242 - will be out to show up his younger rivals for the senior title, let alone the veteran prize. Ann Curtis (Livingston AAC), the women's champion for the last three years, will have close competition from Rother, Christine Menhennet (Bellahouston H) and Hazel McNee (Ayr Seaforth).

The first championship race was the Criffel Hill Race on March 15, at New Abbey, Dumfriesshire, a medium race over seven miles with 1800 feet of climbing and a stern test of fitness, skill and ability on the hills.

Robin Morris

Scotland's Runner will publish results and positions from the 1987 Tiso SHRA Championship throughout the season. For a copy of the 1987 calendar, send a s.a.e. to The Secretary, SHRA, 33, Morningside Road, Edinburgh EH10 4DR.

yesterdays...

The Olympic Games were scheduled to make their first New World appearance in Chicago, in 1904.

This presented problems for the growing city of St. Louis, for the cotton capital founded by French traders had, the previous year and for financial reasons, postponed its Louisiana Purchase Exposition (a World Fair to celebrate the one hundredth anniversary of Jefferson's acquisition of Louisiana from Napoleon) and the postponement meant that a clash with Chicago was now imminent. By taking the matter to arbitration, however, (Theodore Roosevelt), the Missouri politicians succeeded in subverting the Games to their own ends, with the result that St. Louis staged one of the most peculiar Games in Olympic history.

For a start, the levels of athletic participation plummeted to a mere 617 men from twelve nations, and no women. Meanwhile, some reports claimed as many as 9000 competitors. What the hell was going on?

The first problem was that events were spread over a period of three months and, as a result, became less important than the Fair itself. Secondly, Tom McNab and others have



Jim Willkie

described them as American inter-club championships rather than Olympics and, indeed, in track and field athletics there was only one non-US winner - Etienne Desmarteau of Canada, who won the 56lb weight throw. Britain, which was anticipating an escalation of the Russo-Japanese War, sent only one athlete, and he was Irish.

The confusion over numbers arose because all manner of events were held under the Olympic banner. There were interscholastic races open only to schoolboys from the State of Missouri, and YMCA championships.

At one stage, there was an exhibition of pole-climbing by a Filipino and a mud-throwing contest between Pygmies. You don't believe this, but apparently someone had the idea of incorporating "Anthropological Games" - competition

between ethnic minorities - although, significantly, their imagination did not stretch to synchronised swimming.

There were only three (official) non-American medalists, and in track and field events the US had four triple winners: Archie Hahn, the "Milwaukee Meteor" in the 60, 100 and 200 metres; James Lightbody (from Chicago but of Scottish origin) in the 800m, 1500m and steeplechase; Harry Hillman (400m, 200 and 400m hurdles); and Ray Ewry, who repeated his 1900 Paris hat-trick of high, long and triple jumps.

Monsieur Coubertin, the Olympic father-figure was, on the whole, philosophical. Of the "Anthropological" days, he is reported to have said:

"As for that outrageous charade, it will of course lose its appeal when black men, red men and yellow men learn to run, jump and throw, and leave the white men behind them".

Conditions caused 17 of the

25 Years ago

MARTIN HYMAN of Britain, an Olympic athlete, gained a magnificent victory in the New Year's Eve "Round the Houses" road race at São Paulo, Brazil. He beat Abebe Bikila (Ethiopia) the Olympic marathon champion, with a time of 21:24:7 - one of the fastest times in the history of the event.

Hyman, third two years ago, is the second British winner of the event which was inaugurated over 30 years ago with Ken Norris the first winner in 1956. Hyman won by about 50 yards from Bikila 21:29:8 with H. Clerck (Belgium) third in 22:03:8. Large crowds lined the city streets to watch the race which attracted more than 400 entries. (Martin Hyman is now headmaster at Livingston School and takes part in orienteering, road and country running with Livingston & District AC).

A SPECIAL jury will meet just before the International Cross Country Championships at Sheffield to consider whether Bruce Tulloch can run for England. Tulloch had run for Scotland for the previous two years, but that country's selectors decided that he was no longer eligible. (Tulloch went on to become one of Britain's best distance runners, winning the European Championship 5000 metres title).

50 Years ago

ALTHOUGH Scotland only finished fourth in the team contest at the Six Nations Cross Country Championships at the Stockel Racecourse, Brussels, their national champion J.C. Flockhart scored a magnificent individual triumph. He covered the course of about 9 miles in 29 min 54 4/5 seconds to finish 65 yards in front of the Frenchman A. Sicard 50:03 and J. Grundy (England) third in 50:13.

Flockhart's victory was one of the most convincing of the series and after his many disappointments in the event it was most encouraging to see him outpace such noted rivals. The most satisfactory feature, however, was the excellent tactics he revealed. Several times it looked as though he might be tempted to follow the impetuous continental runners in their spasmodic bursts, but he restrained himself admirably. When he did make his big effort in the last 1 1/2 miles, no one could match his pace. King Leopold of the Belgians was an interested spectator throughout, and immediately the race was finished, Flockhart was escorted to the Royal Box and presented to the King.

Team result: 1. England 55pts; 2. France 70pts; 3. Belgium 56pts; 4. Scotland (Flockhart 1; A. Dow 17; R. Sutherland 20; J.E. Farrell 22; W. Wylie 30; C. Smith 31) 122pts.

100 Years ago

THE Glasgow merchants, holding a sports meeting at Celtic Park, wished to stop betting at their sports. The club wrote to Glasgow Chief Constable Boyd, requesting that police stop any bookmaker inside the ground offering odds to the public on the athletic races. They proposed to post bills inside and outside the ground intimating that "Betting is strictly prohibited", making it a condition of entry to the Park.

The Chief Constable was asked to give instructions to constables on duty to assist in enforcing these regulations by ejecting and, if thought desirable, apprehending the offenders. The merchants receive a surprising reply from the Chief Constable who stated:

"I regret I cannot instruct the police, should such be present, to comply with your request, for the reason that betting under the circumstances referred to has been decided *not to be illegal*. You may take whatever steps you think fit yourselves as a Committee, but the police cannot assist you in enforcing *your regulations*. You have my sympathy in what you desire to do but I regret that officially, I cannot assist you". However a few police constables, positioned in the space between the stand and the iron railing had a subduing effect.

Results

January

24

SCCU Eastern District Cross Country Championships, Beveridge Park, Kirkcaldy - Senior 6 Miles: 1. D. Arnott (Pitreavie AAC) 36:56; 2. J. Freed (Aberdeen AAC) 38:11; 3. C. Nicholl (Teviotdale H) 38:56; 4. M. Card (Abdn AAC) 39:06. Teams: 1. Abdn AAC 12pts; 2. Edinburgh 40pts.

Youths 4 Miles: 1. T. Reid (Dundee Hawkhill Harriers) 22:32; 2. S. Rankine (Falkirk Victoria H) 23:09; 3. I. White (Falk Vic H) 23:11; 4. E. Cameron (Edinburgh Southern H) 23:24; 5. G. Riddell (Abdn AAC) 23:30; 6. A. Kinghorn (Edin AAC) 23:34. Teams: 1. Falk Vic H 16pts; 2. Edin SH 28pts; 3. Shett H 41pts.

Youths 10 Miles: 1. D. McGinlay (Clydebank AC) 19:27; 2. M. Morgan (E Kilb AC) 19:37; 3. A. McBeth (E Kilb AC) 19:55.

Teams: 1. Clydebank AC 10pts; 2. E Kilb AC 16pts; 3. Kirk Oly AC 22pts.

Senior Boys: 1. G. Reid (Kilmarnock AC) 13:17; 2. G. Simpson (Cambuslang H) 13:27; 3. S. Barrett (Vic Pk AAC) 13:34. Teams: 1. Camb H 18pts; 2. Vic Pk AAC 26pts; 3. E Kilb AAC 42pts.

Junior Boys: 1. E. McCafferty (Camb H) 10:42; 2. J. Ferguson (Ayr Seaforth AC) 10:44; 3. D. Strong (Camb H) 11:01.

Teams: 1. Camb H 17pts; 2. Colzium AC 24pts; 3. Clydebank AC 43pts.

Junior Boys: 1. M. Kelso (Pitreavie AAC) 14:19; 2. J. Crowans (Tayside AAC) 14:23; 3. R. Sutherland (Abdn AAC) 20:02; 4. B. Gorman (Falk Vic H) 20:16; 5. M. Pawlowski (Geo. Heriot's School) 20:31; 6. W. Gibson (Pitreavie AAC) 20:41.

Teams: 1. Pitreavie AAC 20pts; 2. Falk Vic H 32pts; 3. Central Region AC 43pts.

Junior Boys: 1. M. Kelso (Pitreavie AAC) 14:19; 2. M. Drummond (Colzium AC) 5:29; 3. J. Douglas (Bellshill YMCA) 5:29.

Teams: 1. Colzium AC 24pts; 2. Vic Pk AAC 32pts; 3. Shett H 34pts.

Dumbarton AAC 8 Mile Cross Country Championship, Dumbarton -

1. Alastair Currie 43:32; 2. A. Adams (V) 44:17; 3. C. Martin 45:23; 4. B. Pitt 45:57.

Third Eastern District Cross Country League, Riccarton, Edinburgh -

Seniors: 1. J. Pentecost (Falk Vic H) 26:56; 2. B. Emmerson (Teviotdale H) 26:59; 3. A. Walker (Tev H) 27:03; 4. D. Covers (Tev H) 27:14; 5. C. Hall (Aberdeen AAC) 27:15; 6. I. Elliott (Tev H) 27:20; 7. J. Knox (Gala H) 27:56.

Teams: 1. Tev H 43pts; 2. Edinburgh AC 90pts; 3. Falk Vic H 147pts; 4. Gala H 168pts; 5. Pitreavie AAC 203pts; 6. Haddington ELP 26pts.

Overall League Placings: 1. Tev H 208pts; 2. Edin AC 331pts; 3. Falk Vic H 341pts; 4. Pitreavie AAC 701pts; 5. Edin SH 731pts; 6. Gala H 834pts; (Tev H 208pts; 2. Monk Shett L 29pts; 3. Vic Pk AAC 40pts).

Juniors: 1. J. Anderson (Tev H) 9:25; 2. L. Svansand (Pitreavie AAC) 9:32; 3. A. Kelly (Vic Pk AAC) 9:45.

Teams: 1. Pitreavie AAC 15pts; 2. Vic Pk AAC 17pts; 3. Vale of Leven AAC 54pts.

Girls: 1. J. Stirling (Vic Pk AAC) 9:26; 2. G. Slaven (Ayr Seaforth AC) 9:38; 3. J. Grundy (Hel AC) 9:58.

Teams: 1. Vic Pk AAC 10pts; 2. Ayr Sea AC 23pts; 3. Strath L AC 51pts.

Minors: 1. H. Brooks (Ayr Sea AC) 6:14; 2. C. Friel (Col AC) 6:15; 3. P. Raspson (Irvine AC) 6:16.

Teams: 1. Ayr Sea AC 15pts; 2. Irvine AC 20pts; 3. Col AC 32pts.

City of Edinburgh Cross Country Races, Jack Lane Sports Centre, Edinburgh -

Senior: 1. R. Arbuckle (Keith and Dist AC) 23:29; 2. A. Russell (Law & Dist AC) 23:32; 3. A. Robson (Edin SH) 23:32.

Senior Ladies: 1. S. Campbell (Inv H) 17:10; 2. M. Green (Cairn AAC) 17:53; 3. A. Dundas (Inv H) 18:13.

Team: 1. Inv H.

Youths: 1. D. Young (Forres H) 22:22; 2. A. Bell (Inv H) 24:02; 3. A. Bone (Inv H) 24:08.

Senior Boys: 1. S. Jarvis (Culloden Acad) 15:03; 2. C. Stewart (Inv H) 15:45; 3. G. McDowell (Inv H) 15:57.

Team: 1. Inv H.

Junior Boys: 1. D. Sutherland (Inv H) 9:42; 2. I. Murray (Inv H) 9:45; 3. D. Hards (Inv H) 10:02.

Team: 1. Inv H.

Senior Ladies: 1. S. Campbell (Inv H) 17:10; 2. M. Green (Cairn AAC) 17:53; 3. A. Dundas (Inv H) 18:13.

Team: 1. Inv H.

Juniors: 1. J. Rankine (Inv H) 11:08; 2. L.

28

Scottish Civil Service Cross Country Championships, Riccarton, Edinburgh -

Mens 5 Miles: 1. W. Nelson (B Tel) 26:49; 2. W. Robertson (PO) 27:13; 3. A. Daily (In Rev) 27:15.

Teams: 1. In Rev 13pts; 2. B Tel 21pts; 3. PO 31pts.

Ladies 2 1/2 Miles: 1. J. R. Carthy (In Rev) 15:53; 2. P. Fairlie (Nat Sav Bank) 18:35; 3. C. McLeod (DHSS) 19:00.

Overall championship, for all age groups - East District League Cup: 1. Edin AC 833pts; 2. Tev H 1589pts; 3. Pitreavie AAC 1674pts; 4. Edin SH 1689pts; 5. Falk Vic H 1718pts; 6. Cent Reg AC 2053pts.

Overall championship, for all age groups - East District League Cup: 1. Edin AC 833pts; 2. Tev H 1589pts; 3. Pitreavie AAC 1674pts; 4. Edin SH 1689pts; 5. Falk Vic H 1718pts; 6. Cent Reg AC 2053pts.

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Overall championship, for all age groups - East District League Cup: 1. Edin AC 833pts; 2. Tev H 1589pts; 3. Pitreavie AAC 1674pts; 4. Edin SH

Results

McIntosh (Phead AC) 1128. 3. M. Sinclair (Inv H) 1129. Team: 1. Inv H. Girls: 1. R. Davidson (Inv H) 825. 2. A. Forman (Phead AC) 841. 3. L. Milne (Phead AC) 846.

British Universities Cross Country Championships, Bellahouston Park, Glasgow -
Men's 10,000 Metres: 1. N. Appleby (Birmingham Uni) 3124. Scots placings 4. A. Douglas (Glasgow Uni) 3139. 10. H. McInnes (Loughborough Uni) 3208. 17. P. Dugdale (Dundee Uni) 3232. 28. R. Cameron (Lough Tech) 3317. 42. D. Donnett (Glas Uni) 3435. 44. D. Ruttiman (Abdn Uni) 3446. Scottish Universities Championships: 1. Douglas 2. Dugdale 3. Donnett.

Teams: 1. Lough Uni 149pts. Scots Placings 5. Glas Uni 363pts. 15. Edin Uni 772pts. 24. Abdn Uni 1089pts. Scottish Universities Championships: 1. Glasgow, 2. Edinburgh, 3. Aberdeen.
Ladies 5,000 metres: 1. S. Vinali (Lough Uni) 1541. Scots Placings: 3. V. Vaughan (Oxford Uni) 1548. 9. A. Sym (Glas Uni) 1624. 14. A. Ridley (Glas Uni) 1645. 17. E. Chelleur (S. And Uni) 1648. 50. C. MacFadden (Edin Uni) 1809. Scottish Uni Champs: 1. Sym. 2. Ridley. 3. Chelleur.

Teams: 1. Lough Uni 15pts. Scots Placings 5. Glas Uni 153pts. 10. Edin Uni 242pts. Scottish Uni Champs: 1. Glas. 2. Edin.

Clydebank AC Cross Country Championships, Dalmuir, Clydebank -
Seniors: 1. J. McKay 29.22. 2. K. Orr 31.32. 3. A. McKay 3203. 61. J. McLaughlin 3306. 71. M. O'Hagan 3301. 71. Y. M. McBride 1441. Senior Boy: 1. A. Thain 1438. Junior Boy: 1. D. Fotheringham 7.38. Colt: 1. C. James 520.

THE BRITISH COAST RELAY RUN '87

THE BRITISH COAST RELAY RUN '87 is a 5,000 mile relay run being organised by the Sheffield based Running Club, Steel City Striders. It leaves London on 9th April and arrives back in the capital on 14th May. Every day, 14 runners will each run a 10 mile leg on the roads around the coast of mainland Britain.

The object is to raise money for the British Deaf Association.

HOW CAN YOU the READERS of SCOTLAND'S RUNNER, HELP?

1. By coming along and cheering the runners
2. By getting yourself sponsored and running at the side of the British Coast Relay Runner.
3. By sending a donation to the Trustee Savings Bank, Norfolk Street, Sheffield 1 a/c No 777401
For further details and sponsorship forms, 46914853
Ian Shepherd, Chairman, Steel City Striders
68 Norton Lees Crescent, Sheffield S8 8SR.



April 9th

May 14th

in Scotland from

15.4.87 to 28.4.87.

Results

Clydesdale Harriers Cross Country Championships, Clydebank -
Seniors: 1. J. Austin 3754. 2. D. Halpern 3804. 3. B. Potts 3856. 11. P. Halpern 2908. Y1. C. Divers 1342. Senior Boy: 1. S. Livingston 1418. Junior Boy: 1. M. Gowan 812. Colts 1. Hood 624.

British Universities Cross Country Championships, Bellahouston Park, Glasgow -
Men's 10,000 Metres: 1. N. Appleby (Birmingham Uni) 3124. Scots placings 4. A. Douglas (Glasgow Uni) 3139. 10. H. McInnes (Loughborough Uni) 3208. 17. P. Dugdale (Dundee Uni) 3232. 28. R. Cameron (Lough Tech) 3317. 42. D. Donnett (Glas Uni) 3435. 44. D. Ruttiman (Abdn Uni) 3446. Scottish Universities Championships: 1. Douglas 2. Dugdale 3. Donnett.

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Teams: 1. Lough Uni 15pts. Scots Placings 5. Glas Uni 153pts. 10. Edin Uni 242pts. Scottish Uni Champs: 1. Glas. 2. Edin.

AAC) 3419. O/50. L. J. Irving (Bella H) 3522. O/55. 1. W. Stoddart (Greenock W H) 3533. O/60. 1. W. Temple (Unat) 3637. O/70. 1. D. Morrison (Shett H) Teams: 1. Pitreavie AAC 29pts. 2. Abdn AAC 31pts. 3. Dunb AAC 45pts.

Stewartby AC Open Cross Country Races, Kirkcudbright -
Senior 7,500m: 1. R. Carey (Annan & Dist AC) 2841. 2. J. Whittaker (Stewartby AC) 3107. 3. R. O'Hara (A & D AC) 3124. 4. J. Boardman (Dumfries AAC) 3158. V1. D. Chadderton (Dumfries AAC) 3446. V2. S. Taylor (Galloway H) 3501. V3. D. Milligan (Solway Strollers) 3541. Team: 1. A & D AC 7pts. Vets Team: 1. Galloway H 15pts.

Youths 3,100m: 1. S. McClymont (Nith V AC) 1247. 2. S. White (Dumfries AAC) 1338. 3. A. Anderson (Nith Val AC) 1347. Team: 1. Nith Val AC 8pts.

Senior Boys 2,000m: 1. N. White (Dumfries AAC) 1009. 2. D. McDowell (Dumfries AAC) 1018. 3. G. Scott (Dumfries AAC) 1022. Team: 1. Dumfries AAC 6pts.

Junior Boys 1,800m: 1. P. Casson (Derwent AC) 847. 2. D. Howatt (Dumfries AAC) 858. 3. S. Gunn (Dumfries AAC) 903. Team: 1. Dumfries AAC 11pts.

Colts 1,200m: 1. C. McKay (A & D AC) 613. 2. W. Davidson (Derwent AC) 617. 3. M. Hughson (Dumfries AAC) 623.

Team: 1. Derwent AC 13pts.

Senior Ladies 3,100m: 1. C. Brown (Nith Val AC) 1537. 2. L. McCrae (Galloway H) 1842. 3. W. Low (Galloway H) 2123.

Team: 1. Nith Val AC 5pts. V1. J. Rammel (Dumfries AAC) 1946. LV2. K. Sherman (Dumfries AAC) 2357.

Intermediates 3,100m: 1. M. Rome (Nith Val AC) 1515. 2. J. Trotter (A & D AC) 1636. 3. S. Hanlon (Nith Val AC) 1748.

Juniors 2,500m: 1. H. Haining (Nith Val AC) 1101. 2. E. Hanlon (Nith Val AC) 1149. 3. L. Corbett (Nith Val AC) 1215.

Team: 1. Nith Val AC 6pts.

Girls 1,800m: 1. J. Stirling (Vic Pk AAC) 923. 2. L. Watson (Stewartby AC) 1023. 3. C. Henderson (Nith Val AC) 1032.

Team: 1. Nith Val AC 16pts.

Minors 1,200m: 1. A. Woodcock (Derwent AC) 640. 2. J. Rutherford (Vic Pk AAC) 649. 3. C. Metcalfe (Vic Pk AAC) 703. Team: 1. Vic Pk AAC 11pts.

Running North Autosonic 7,000 metres H'cap Cross Country Race, Ballygownie, Aberdeen -
Handicap Result: 1. A. Brown 3200. L1. C. Blyth 3516 (both Abdn AAC).

Fastest Times: 1. M. Murray 2322. 2. D. Dugdale 2410. 3. J. Frell 2414. L1. C. Sheehan 2710 (27th). 12. J. Fraser 2948. 13. N. McKinnon 3035 (All Abdn AAC).

13 Inter Services Cross Country Championships, Portsmouth -
1. S. Jones (RAF) 3142. 2. C. Robison (RN) 3148.

14 Scottish National YMCA Cross Country Championships, Larkhall -

Seniors: 1. J. Lamont (Mwell) 3606. 2. P. Cowan (Larkhall) 3618. 3. S. McCrae (Cumb) 3628. Team: 1. Mwell.

Youth: 1. J. Morrison (Cumb) 1708. 2. C. McCann (Mwell) 1716. 3. S. Cunningham (Lark) 1750. Team: 1. Mwell.

Senior Boys: 1. J. McGhee (Lark) 825. 2. B. Little (Cumb) 828. 3. S. Ferguson (Lark) 908. Team: 1. Lark.

Junior Boys: 1. M. McEwan (Mwell) 913. 2. K. Woods (Lark) 919. 3. R. Houston (Mwell) 948. Team: 1. Lark.

Scottish Vet "Valentines Day" 3½ miles Road Race, Largs -

1. B. Evans (Kilb AAC) 1729. 2. D. King (Irving AC) 1745. 3. H. Barrow (Vic Pk AAC) 1753. O/50. 1. D. Fraser (Bella H) 1813. O/60. 1. A. McInnes (Vic Pk AAC) 2119. O/70. 1. G. Porteous (Maryhill H) 2340. L1. J. Gallacher (Greenock C H) 2148. L2. S. Belford (Kilb AAC) 2150.

Spango Valley AC Cunningham Trophy 5 Mile Road Race, Greenock -

1. P. Conaghan 2627. 2. L. Spence 2639.

3. C. Leek 2828. V1. J. Conaghan 3051.

HCap: 1. G. Spence.

Dundee Hawkhill Open Races, Camperdown Park, Dundee -
Senior 5.8 miles: 1. T. Mitchell (Fife AC) 2807. 2. C. Ross (Dundee H) 2820. 3. G. Crawford (Spring H) 2848. 4. G. Reynolds (RAF/Dundee H) 2903. 5. R. Hanlon (File AC) 2932. 6. N. Martin (File AC) 2942. V1. I. Stark (Spring H) 3219. (2nd). V2. I. Davidson (Lochgoyle & Dist AC) 3543. V3. J. McCrae (SVH) 3903. V4. C. Price (Dundee H) 3322 (record). L2. M. Robertson (Dundee Roadrunners) 3812. L3. M. Anderson (Dundee R) 4253. Team: 1. File AC 12pts. 2. Dundee H 13pts.

Youths 3,100m: 1. S. McClymont (Nith V AC) 1247. 2. S. White (Dumfries AAC) 1338. 3. A. Anderson (Nith Val AC) 1347. Team: 1. Nith Val AC 8pts.

Senior Boys 2,000m: 1. N. White (Dumfries AAC) 1009. 2. D. McDowell (Dumfries AAC) 1018. 3. G. Scott (Dumfries AAC) 1022. Team: 1. Dumfries AAC 6pts.

Junior Boys 1,800m: 1. P. Casson (Derwent AC) 847. 2. D. Howatt (Dumfries AAC) 858. 3. S. Gunn (Dumfries AAC) 903. Team: 1. Dumfries AAC 11pts.

Colts 1,200m: 1. C. McKay (A & D AC) 613. 2. W. Davidson (Derwent AC) 617. 3. M. Hughson (Dumfries AAC) 623.

Team: 1. Derwent AC 13pts.

Senior Ladies 3,100m: 1. C. Brown (Nith Val AC) 1537. 2. L. McCrae (Galloway H) 1842. 3. W. Low (Galloway H) 2123.

Team: 1. Nith Val AC 5pts. V1. J. Rammel (Dumfries AAC) 1946. LV2. K. Sherman (Dumfries AAC) 2357.

Intermediates 3,100m: 1. M. Rome (Nith Val AC) 1515. 2. J. Trotter (A & D AC) 1636. 3. S. Hanlon (Nith Val AC) 1748.

Juniors 2,500m: 1. H. Haining (Nith Val AC) 1101. 2. E. Hanlon (Nith Val AC) 1149. 3. L. Corbett (Nith Val AC) 1215.

Team: 1. Nith Val AC 6pts.

Girls 1,800m: 1. J. Stirling (Vic Pk AAC) 923. 2. L. Watson (Stewartby AC) 1023. 3. C. Henderson (Nith Val AC) 1032.

Team: 1. Nith Val AC 16pts.

Minors 1,200m: 1. A. Woodcock (Derwent AC) 640. 2. J. Rutherford (Vic Pk AAC) 649. 3. C. Metcalfe (Vic Pk AAC) 703.

Team: 1. Vic Pk AAC 11pts.

Running North Autosonic 7,000 metres H'cap Cross Country Race, Ballygownie, Aberdeen -
Handicap Result: 1. A. Brown 3200. L1. C. Blyth 3516 (both Abdn AAC).

Fastest Times: 1. M. Murray 2322. 2. D. Dugdale 2410. 3. J. Frell 2414. L1. C. Sheehan 2710 (27th). 12. J. Fraser 2948. 13. N. McKinnon 3035 (All Abdn AAC).

15 Castle Series Cross Country Race, Haddow House, Tarves -

Seniors: 1. F. Clyne (Abdn AAC) 2557. 2. R. Cresswell (Abdn AAC) 2627. 3. S. Axon (Abdn AAC) 2710. 4. A. Reid (Coasters AC) 2716. V1. M. Edwards (Abdn AAC) 2906. V2. I. McKenzie (Forres H) 2953. V3. B. Maher (Abdn AAC) 3000. V4. J. Frell (Abdn AAC) 2853. V5. N. Mackland (Abdn AAC) 2927. L1. C. Sheehan (Abdn AAC) 1954. L2. S. Lamb (Abdn AAC) 2017. L3. P. Ronney (Abdn AAC) 2038. LV1. J. Hogg 2115. LV2. C. Hawthorn 2253. LV3. O. Fraser 2311 (All Abdn AAC).

Youths: 1. D. Young (Forres H) 1714. 2. G. Rodden (Abdn AAC) 1720. 3. S. Beaton (Phead AC) 1725.

Senior Boys: 1. R. Sutherland (Abdn AAC) 1218. 2. L. Colville (Abdn AAC) 1308. 3. N. Collins (Abdn AAC) 1313.

Junior Boys: 1. M. Ross (Black Isle AAC) 1401.

Junior Lady: 1. K. Rice (Abdn AAC) 1445.

Girls: 1. D. Simpson (Abdn AAC) 1714.

Grangemouth "Round the Houses" Road Races, Grangemouth Stadium -

Senior 10,000m: 1. G. Bradwood (Bella H) 2920. 2. A. Callan (Spring H) 2922. 3. L. Robertson (Edin AC) 2928. V1. A. Weatherhead (Edin AC) (5th) 2955.

V2. J. Adair (Bella H) (11th) 3105. V3. J. Knox (Gala H) (24th) 3156. VO/60. I. W. Kirkwood (Mwell H) VO/60. W. Gillespie (SVH) 3930. Team: 1. Edin AC 17pts. 2. Spring H 25pts.

Events Diary

Mars London Marathon, Greenwich Park, London.

Calderglen Harriers Jimmy Moore Trophy 15k Road Race, East Kilbride. Details — R. Stewart, The Chesters, 9, Hallside Road, Cambuslang G72 7XE.

Scottish Young Athletes League. Divs 1 & 2 (East), Livingston New Town. North East, Glenrothes.

Access UK Womens Athletic League. Div 3 - Cannock.

GRE British Athletic League Cup. Scottish Round One matches.

Dalbeattie Forest Fun Run (5 miles). E — C. Robertson, 16, High Street, Dalbeattie.

Castlemilk 5 mile Fun Run. Details — Youth Wing, St. Margaret Marys School, 65, Dougrie Road, Castlemilk, or 041-634-7084.

Renfrewshire AAA and Dumbartonshire AAA Track League Meetings, Crownpoint Sports Park, Glasgow.

Adidas Challenge Series 15k Road Race, Pollok Estate, Glasgow. E — E. Donnelly, address as above. (7.00pm start).

Sri Chinmoy Open 2 miles

Road Races at Glasgow Green and The Meadows, Edinburgh. E — B. Grassom, address as above.

Scottish AAA Junior Select v Scottish Universities v Scottish League Select, Grangemouth Stadium.

Scottish Universities (Women) v Edinburgh WM SH v Central Region AC, Grangemouth Stadium.

Dunyat Hill Race, Stirling. (5 miles, 1220 feet climb). 33.30 S. Hale (Perth Strathay H) 1986. E — Recreation Department, Stirling University, Stirling. (7.00pm. start).

14 Forth Valley Athletic League. Div 1 — Saughton Track, Edinburgh. Div 2 — Livingston New Town.

15 Scottish Islands Three Peaks Race, Oban to Troon. (Day 1). (50 miles, 12,000 feet climb). E — I. Griffiths, Carriages, Anthony Place, Crieff. Rec. 50h 18min.

16 Scottish Islands Three Peaks Race, Oban to Troon. (Day 2). Goatfell Hill Race, Brodick, Isle of Arran. (9 miles, 2,860 feet climb). Rec. 73.13. A. Styan (Lochaber AC) 1979. (215pm start). E — Tourist Officer, Tourist Information Centre, Brodick, Arran.

Inter Club Athletic Meeting, Oban.

Sri Chinmoy Open 2 miles

20 Glenrothes Half Marathon, Glenrothes. E — Race Director, Fife Sports Institute, Viewfield Road, Glenrothes.

Scottish Young Athletes League. Divs 1 & 2 (West), Coatbridge Outdoor Sports Centre, Coatbridge.

Edinburgh and District Athletic League.

Forest of Cairnby 10 miles Road Race, Keith. Details — E. Johnstone, 18, Wellington Street, Keith, Banffshire AB5 3BY.

Kaim Hill Race, Fairlie Primary School. (3½ miles, 1250 feet climb). E — J. McKendrick, 148, Sundrum Place, Pennyburn, Kilwinning. (2pm. start).

Scottish Veterans "Glasgow 800" Trophy 10,000 metres Road Race, Garscadden. Details — A. Muir, address as above.

21 Penticuik to Howgate Road Race, Penticuik.

Scottish Islands Three Peaks Race, Oban to Troon. (Final Day)

Scottish AAA team in Welsh Marathon Championships (Home Counties International Match), Bridgend, Wales.

Ladon Strathkelvin Half Marathon and British Milers Club Gallery Street Miles, Kirkintilloch. E — H. Barrow, Race Director, Leisure and Recreation Department, Strathkelvin District Council, Council Buildings, Kirkintilloch.

Bens of Jura Hill Race, Craighouse, Isle of Jura.

22 Shetleston Harriers Open Graded Athletic Meeting, Crownpoint Sports Park, Glasgow. E — W. Scally, address as above.

23 Lyn Moor Road Race, Culz, Aberdeen.

Sri Chinmoy Open 2 miles Road Races, Glasgow Green and The Meadows, Edinburgh. E — B. Grassom, address as above.

Edinburgh Community Open Graded Athletic Meeting, Saughton Track, Edinburgh.

Barnets Kirkcaldy College of Technology Open Road Races, Dunnikier Park, Kirkcaldy. E — Road Race Convenor, Kirkcaldy College of Technology, Brycedale's Avenue, Kirkcaldy, Fife KY1 1EX. (Start 2.00pm).

Cumnock Half Marathon, Cumnock. Details — R. Lowe, 14, Glen Crescent, Cumnock.

Scottish and North West League. Divs 1 & 2 — Crownpoint Sports Park, Glasgow.

Divs 3 & 4 — Grangemouth Stadium.

Div 5 — Postie's Park, Dumbarton.

HFC United Kingdom Athletic Championships, Derby. (Day 1).

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Events Diary

Argyllshire. 16 miles, 7,500 feet climb. Rec. 3hrs 16m 54sec. A. Styan (Holmfirth H) 1984. E — D. Booth, 18, Allergill Park, Upperthong, Holmfirth.

Scottish AAA Northern District Championships, Queens Park, Inverness. Championship Convenor — H. Lakeland, 76, Lagan Road, Inverness IV2 4EW.

Scottish Womens AAA Combined Events, 5,000 metres Championships and Open Track and Field Events, Grangemouth Stadium. (Day 1). Championship Convenor — Mrs. C. Thompson, 64, Inchkeith Drive, Dunfermline KY11 4HN. (E close 2/5).

Glasgow University Sports Day and Open Races, Westerlands Track, Glasgow.

GRE British Athletics League Cup Round 2, Crownpoint Sports Park, Glasgow.

Lyn Moor Road Race, Culz, Aberdeen.

Eyemouth Road Races, Eyemouth. Details — Miss Slight, 2, Merse View, Paxton, Berwick on Tweed.

Kirkcudbright Academy Milk Half Marathon, Kirkcudbright. E — Harry Marland, Kirkcudbright Academy, Kirkcudbright (1pm start).

Glenashdale 9.1 mile Road Race, Isle of Arran. E — J. McGovern, Glenashdale, Whiting Bay, Arran.

24 Scottish Women AAA Combined Events, Relays and Open Track and Field Events (all age groups) Grangemouth Stadium. (Day 2).

City of Aberdeen Milk Marathon (including Home Counties International Match) with Young Athletes Road Races, Beach Esplanade, Aberdeen. E — Department of Leisure and Recreation, Aberdeen District Council, St. Nicholas House, Broad Street, Aberdeen.

Motherwell District Half Marathon and Fun Run, Wishaw Sports Centre, Alexander Street, Wishaw. (10am start). E — Event Secretary, Wishaw Sports Centre, Alexander Street, Wishaw ML2 0HQ.

Barnets Kirkcaldy College of Technology Open Road Races, Dunnikier Park, Kirkcaldy. E — Road Race Convenor, Kirkcaldy College of Technology, Brycedale's Avenue, Kirkcaldy, Fife KY1 1EX. (Start 2.00pm).

25 Inverness Harriers "Mini" Athletic Meeting, Queens Park, Inverness. Details — Turnbull Sports, 10, Church Street, Inverness.

26 Landmar Festival 5 miles Road Race, Rutherford. Details — J. Scarbrough, 22, Burnfoot Crescent, Burnside, Glasgow G73 5DT. (E — on race night).

AAA/WAAA Combined Events Championships, Stoke on Trent. (Day 2).

27 Galloway Sealink Marathon, Newton Stewart. E — Menel Walker, Clydesdale Bank House, Newton Stewart, Wigtonshire.

Scottish Womens AAA East v West Representative Match (all age groups) Meadowbank Stadium, Edinburgh. (11am start).

Scottish Borders AAA Championships, Tweedbank Stadium.

Tiso Campsie Hill Race, Lennoxton. (4½ miles, 1,500 feet climb). Rec. 27.39 D. McConigle (Dundee Hawkhill H) 1986. E — D. Wilmoth, 49, Waterside Road, Kirkintilloch. (Start 2.30pm).

Irvine Valley Half Marathon, Galston. E — N. Gibson, 4, Maxwood Road, Galston, Ayrshire. (Start 11am, E — £4).

Cowal Police Half Marathon, Dunoon.

Sport Aid 1987. "Race Against Time".

28 Grampian Television Athletic League, Nairn.

Peebles Round Table Road Race and Fun Run, Peebles.

Claremont Church Fun Run, East Kilbride.

HFC United Kingdom Athletic Championships, Derby. (Day 2).

30 Bathgate Highland Games and Veterans Cairnpapple Hill Race, Bathgate. (6 miles, 800 feet climb) Rec. 34.33 B. Cartwright (Shettleston Harriers) 1984. E — D. Morrison, 12c, Deedes Street, Airdrie. (Start 2.30pm).

Western Isles Half Marathon, Stornoway. E — P. MacDonald, 25a, Lewis Street, Stornoway, Isle of Lewis.

AAA/WAAA Combined Events Championships, Stoke on Trent. (Day 2).

31 Scottish Womens AAA East v West Representative Match (all age groups) Meadowbank Stadium, Edinburgh. (11am start).

32 Scottish Borders AAA Championships, Tweedbank Stadium.

Tiso Campsie Hill Race, Lennoxton. (4½ miles, 1,500 feet climb). Rec. 27.39 D. McConigle (Dundee Hawkhill H) 1986. E — D. Wilmoth, 49, Waterside Road, Kirkintilloch. (Start 2.30pm).

33 Eastern District Championships, Meadowbank Stadium, Edinburgh.

Championship Convenor — J. Scott, 3, Menzieshill Road, Dundee DD2 1PS.

Western District Championships, Wishaw Sports Centre, Wishaw.

Championship Convenor — D. W. Yuill, 5, Stanhope Drive, Burnside, Glasgow G73 5AQ.

THE CUMBERNAULD HALF MARATHON

Sunday 7 June, 1987

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Start & Finish near Dunnikier House Hotel.

The Races
A. 2½ mile Fun Run (Boys and Girls Under 15) 2.00 p.m.
B. 2½ mile Fun Run (Adults, and Boys and Girls over 15) 2.15 p.m.
C. Six Mile Race 2.50 p.m.
D. 10-Mile Race 3.00 p.m.

Fun Run 50p pre-entered; £1 on day.
Races £1 pre-entered; £2 on day.

Information and Forms from Kirkcaldy College of Technology, St. Brycedale's Avenue, Kirkcaldy, Fife KY1 1EX. Tel: 0592-268591.

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