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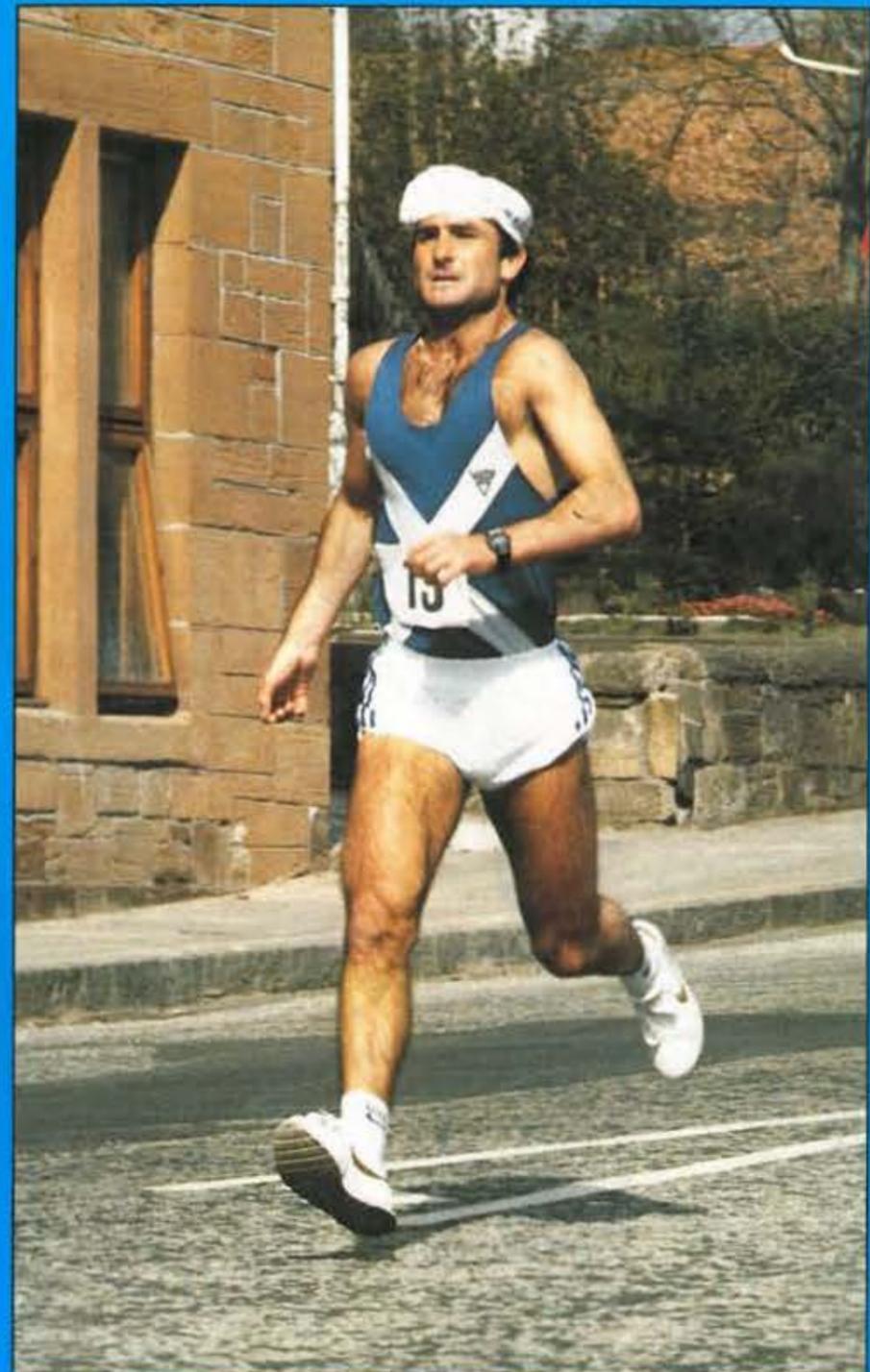
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SCOTLAND'S RUNNER

May, 1988

Issue 21

Editors:

Alan Campbell
Doug Gilion

Experts:

Jim Black MChS
Prof John Hawthorn
Greg McLatchie MB ChB FRCS
Lena Wighton MCSP

Contributors:

Carolyn Brown
Gareth Bryan-Jones
Diana Caborn
Bill Cadger
Fraser Glyne
Graham Crawford
Connie Henderson
Bob Holmes

Fiona Macaulay
Stewart McIntosh
Michael McQuaid
Henry Muchamore
Graeme Smith
David Watt
David Webster
Mel Young

Charity News:

Fiona Caldwell

Events and results compiler:

Colin Shields

Advertising Manager:

Jim Wilkie

Administration Manager:

Alice Lynn

Art Editor:

Russell Aitken

Front cover:

Andy Daly of
Bellahouston Harriers
on his way to fourth
place in the Tom Scott
Race on April 9, the first
event in the 1988
Scottish Road Race
Championship.

Photograph by
Peter Devlin.



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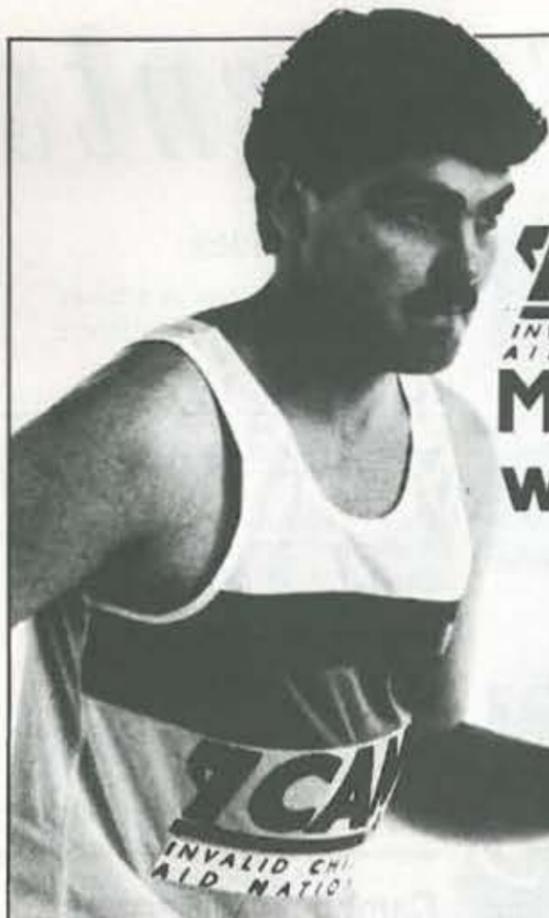
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The British Association of Cancer United Patients and their families and friends was founded in October 1985, by Doctor Vicky Clement-Jones, herself a cancer patient. BACUP aims to help cancer patients and their families understand more about the illness and its treatment. And to advise on the support services and financial assistance available. Since BACUP'S launch, we have helped over 40,000 families. We also produce booklets and leaflets. Our Cancer Information Telephone Service is permanently staffed by seven trained nurses, providing a vital lifeline to those who need advice and support in difficult times.

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Inside LANE

THE wind was snell, the day was dreich - and the results for Scotland were just as depressing. The youngsters who took part in the Schools' International cross-country at Irvine Beach Park on March 26 ran themselves into the ground for their country, but for many of them it must have been a dispiriting experience.

They were keen, enthusiastic and tried their hardest - but nothing could stop the flood of white England vests dominating every race from start to finish. In the girls' under 15 race, ALL eight English runners finished ahead of our first!

If we are to give our talented youngsters an incentive to strive for even better results, this annual hammering of the Scots does not seem to be the best way of going about it.

Why don't we do better? What have the English got that we haven't?

They have a numerical advantage in

their population, which is about nine times greater than ours, but that is by no means the whole story. The very structure of cross-country at schools level in Scotland seems to be unsuitable for nurturing the best of our young talent.

In England (as well as Wales, Northern Ireland and the Republic of Ireland) there is no automatic entry to the School's national cross-country championships. Whereas in Scotland any youngster can be entered for the national, south of the border they do things in a much more structured way.

Promising pupil athletes move up through a structure from their own school events to area, district and county schools' cross-country events. The best

eight from each county final are then selected for the English schools' cross-country championships.

"That means that the English Schools' Athletic Association has had the chance to sort out those who are showing real promise - as well as those who seem to be permanently injured or who produce the occasional flash of inspiration, but little consistency," says Alex Jack, secretary of the Scottish Schools' Athletic Association.

"Many of our best youngsters come straight from school level to national level - and if they have a good race on that day they'll find themselves selected to run for the Scottish Schools'. That's two giant strides for any youngster to cope with," says Jack.

It would appear for the moment that those two strides are too much, too soon. Jack believes that the backwash of the teachers' industrial action is still having a major impact on the sport in Scotland. There are still many parts of the country where athletics has not gained the ground lost during the dispute - some observers believe that some of that ground is lost forever.

Prior to the dispute, the Scottish Schools' Athletic Association's 17 affiliated areas all had their own area cross-country championships - providing a vital stepping-stone between school and national level.

Jack believes that Scotland will continue to flounder in the wake of the English until we get one or two intermediate steps put back into our structure.

"It's those intermediate steps that bring out the winners. Putting more money into coaching would also be a great help, but I'm convinced that the single most important thing we could do is to re-institute those intermediate events," says Jack.

He might also have added that Scotland's complicated athletics structure means that there is very little emphasis on the development of cross-country for youngsters.

If we feel that international experience is of use to youngsters then it is important that we give them a fighting chance. Last month at Irvine Beach Park showed all too clearly the structure and development was letting down the youngsters who ran their hearts out - to say nothing of sponsors Girobank and the volunteer officials.



Suzanne Kennedy (Kings Park Secondary) led the surge up the first hill in the under 15 race at Irvine, above, but the pattern thereafter was of the all-powerful English pack storming ahead, below. Pics: Peter Devlin.



Stewart McIntosh



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Up Front

Budd blow to British Olympic prospects

THE OLYMPIC hopes of Britain's top athletes - and indeed the UK's participation in world athletics - were thrown into utter confusion by the International Amateur Athletic Association's decision on April 16 to suspend Zola Budd for a month and decree that the British Amateur Athletic Board ban her for a further year.

The decision came too close to our printing deadlines for us to gauge the reaction of leading officials and athletes, but the scenario was already depressingly similar to the convoluted circumstances which brought Budd to Britain in the first place.

The charge against Budd, that her presence as a spectator at an event in South Africa was in effect an endorsement of a suspended athletics federation, seems unlikely to be interpreted as sufficient cause for a ban by a British court of law in the event of the British Board imposing one and Budd contesting it.

On the other hand, failure of the British Board to suspend Budd



Zola Budd

would mean the UK being ostracised as an athletics nation.

More about the subject next month when the issue becomes clearer, but in the meantime the only comment we would like to make is that as usual it is the athletes themselves who are likely to suffer, in this instance from the meddling of a Fleet Street newspaper and the nauseating connivance of the Home Office - not to mention the subsequent behaviour of Budd herself, who has cocked a snook at her new found, and artificial, British status.

Benefactor gifts £10,000 to athletics in Scotland

ATHLETICS in Scotland has been gifted with £10,000 by an anonymous benefactor to help the development of the sport over the next three years, writes John Fairgrieve.

The particular area to benefit is the layer of talent just below international level. The Scottish Schools AA will get £3,000 towards their next three annual coaching days, while the Scottish Women's AAA will receive £5,000 to fund the operation of their development squad for the next three years and to help them form a "reserve".

The Scottish Amateur Athletic Joint Coaching Committee will be funded in two areas with a total of £2,000. Of this, £1,400 will go towards the cost of event squad days, expanded to include members of the men's and women's development squads, and £800 will enable the national coach to purchase additional specialised equipment, such as vaulting poles and javelins.

The benefactor making this donation is to be applauded and it is hoped he will gain satisfaction and enjoyment by seeing some of the athletes assisted benefitting from this generous support.

Rotterdam and Dinsamo steal the marathon thunder as Kristiansen loses out

THE BIGGEST weekend in the marathon calendar again produced a world record when 30 year old Ethiopian policeman Belayneh Dinsamo recorded a fantastic 2-06-50 in winning the Rotterdam Marathon on April 17. The time knocked 22 seconds off the previous world best, also set in Rotterdam, established by Carlos Lopes of Portugal three years ago.

Dinsamo and Djibouti's Ahmed Saleh ran almost stride for stride for most of the race, and Saleh's time of 2-07-07 was also inside the old Lopes record. As Dinsamo is unlikely to be competing at the Olympics, Saleh must have established himself as the early favourite for Seoul.

The Rotterdam times were certainly much more impressive than those of London the same day, where the race was won by Denmark's Henryk Jorgensen in a time of 2-10-20 after he broke away from the large pack chasing Brazilian Jose da Silva and went ahead at 22 miles. Second was Kevin Forster of Gateshead (2-10-52), and third Japan's Kazuyoshi Kudo - ironically not considered good enough to represent his country at the Olympics but ahead of all but one of the Britons chasing marathon spots.

Hugh Jones secured the second available British place by finishing fourth, with Allister Hutton agonisingly out of the frame for Seoul in sixth place (fourth Briton) in a time of 2-11-14.

Still, Hutton's chances may not entirely be lost should some misfortune befall the three chosen runners as there were poor performances in Boston the following day from both Steve Jones (2-14-07) and Barrie Smith (2-16-34).

Boston was won by Kenya's Ibrahim Hussein in 2-08-43, emphasising the current African dominance at most events from 5,000 metres upwards. Second was Tanzanian Juma Ikanga, but Irish eyes were smiling thanks to a sparkling third place from John Treacy (2-09-15).

For the women, the talking point of the weekend was Ingrid Kristiansen's failure again to seriously challenge the two hours, twenty minutes barrier in London. In view of family commitments and the fact that she has had so many attempts at the record and is not getting any closer, it must now be assumed that the Norwegian is not going to crack this particular target.

Apart from Hutton, other good Scottish performances at London included Lindsey Robertson, 26th in 2-16-26. Chris Robson was 74th in his marathon debut with a time of 2-24-28.

Meanwhile, Raymond sets his own world record!

RAYMOND HUBBARD from Kilwinning completed a remarkable set of three marathons in three days when he ran Belfast, London and Boston - and did the lot within two hours, 50 minutes.

In doing so, physical education teacher Hubbard beat the previous triple marathon best by almost 26 minutes. A splendid achievement, and Scotland's Runner adds its congratulations to Raymond.

Springburn triumph at last

SPRINGBURN HARRIERS won their first national senior title in March when a tremendous performance took them home in the Royal Mail Letters National Six Stage Relay Championship. In the team were two members allegedly suffering from stress (see Page 22!), but in the end the high blood pressure belonged to Cambuslang Harriers who missed out on a clean sweep of cross-country senior titles.

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Up Front Up Front Up Front Up Front Up Front

AS MENTIONED briefly in our March issue, the highly successful Scottish Road Race Championship - initiated in 1987 by Colin Shields and Scotland's Runner - has been taken over by the SAAA and the SWCC&RRA as an official Scottish Championship for senior men and women.

The convener will continue to be Colin Shields in his SAAA capacity, but while Scotland's Runner will, of course, provide regular monthly updates, participants should note that correspondence on the championship should be addressed to the organising bodies and not to ourselves, as we have had no input whatsoever to its format.

The championship will again be over three distances this summer - short (10K/6 miles); medium (10 miles/15K) and long (half marathon). But this year there will be only two counting races from five championship races in each category, with 16 points for first, 13 points for second; 11 points for third, nine points for fourth, seven points for fifth, and then down to two points for tenth. All other finishers receive one point.

In the event of a tie between two or more athletes, the person receiving the greatest number of

Scottish Road Race Championship resumes under SAAA control

points in the Scottish People's Half Marathon Championship at Dumfries will be declared the winner.

The fifteen events chosen by the organisers are:

Short: Adidas 10K, Glasgow; SAAA Kodak 10K, Glasgow; Roevin 10K, Aberdeen; Runsport 10K, Stirling; Inverness 10K, Inverness.

Medium: Tom Scott 10 Miles, Motherwell; Haddington 10 Miles, Haddington; Edinburgh 10 Miles, Crammond; Ferranti 10 Miles, Aberdeen; Round Cumbrae 10 Miles, Cumbrae.

Long: Luddon Half Marathon, Kirkintilloch; SAAA Dumfries Half Marathon, Dumfries; British Airways Half Marathon, Glasgow; Adidas Half Marathon, Aberdeen; Land O' Burns Half Marathon, Ayr.

The first of these events was held on April 9, when Cambuslang's Alex Gilmour held off Peter Fox of

Motherwell in a thrilling climax of the Tom Scott Memorial Race. Gilmour is therefore the early championship leader with 16 points, ahead of Fox (13), Doug Frame (Law and District, 11), Andy Daly (Ballahouston, 9), Frank Harper (Pitreevie, 7), and Jim Brown (Motherwell, 6).

Similarly, the success of Sharon Sinclair of Irvine in the same race gives her 16 points, ahead of Eileen Masson (Kilbarchan, 13), Jane Walker (Glasgow AC, 11), Rose MacAleese (Monkland Shettleston, 9), Carolyn Brown (Nith Valley, 7), and Betty Hall (Westerlands, 6).

The next counting race was also due to be a ten miler - at Haddington on April 17 - with the shorter Glasgow 10K's to follow in early May.

TO COMPENSATE veterans, especially, for the new format of the

National Road Race Championship, Scotland's Runner will be organising an unofficial Half Marathon Championship over the next six months.

The rules and point scoring will be identical to last year, with four categories - senior men and women, veteran men and women. The winner in each race will receive 30 points, then 26, 23, 21, 19 and 17, with other finishers getting one point less until 20th receives two points.

The final race will again be the Falkirk Half Marathon in Grangemouth in October - but it will be a final race and not a final, with normal points structure instead of doubled up as happened last year.

Our first events are the Luddon and Glenrothes half marathons on May 15, followed by Motherwell (May 29), Clydebank, Dumfries and Dunfermline (all June 12!), British Airways Glasgow (August 14), Livingston, Land O' Burns, and Adidas Aberdeen (all August 28!). Dundee (date to be confirmed), and Falkirk (October 23).

In view of the heavy clash of dates - underlining the points made in last month's Inside Lane column - three races will be used as championship counters.

They're off... middle of the pack in the Tom Scott Memorial Race, the first in the 1988 Scottish Road Race Championship.



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IN 1987 over 150 people died in Scotland from asthma, a distressing, disabling complaint which effects one on every 10 children in Scotland.

The Asthma Research Council is responding to these challenging statistics by increasing its research programme in Scotland. Research work is already ongoing in Edinburgh and Glasgow, while a special treatment centre in Aberdeen is helping those who suffer from the disease. In 1988 the charity is planning to provide £150,000 for research in Scotland alone.

The disease is very complex with a number of causes, and in Edinburgh researchers are examining ways in which asthmatics suffer because of the work in which they are involved. In Glasgow, research is concentrating on ways in which certain substances cause muscles of breathing tubes to contract and cause breathing problems.

ARC Director Hugh Falconer expresses his thanks to Scottish runners, saying: "The generosity in Scotland is well known, and we are inviting runners to raise funds to help asthma sufferers."

Special Olympics happen every day

SPECIAL Olympics Grampian Region Group is a voluntary organisation, providing the opportunity of various sports to mentally handicapped children and adults in the area.

The charity is just a small part of a large organisation formed in America in 1968 by the Kennedy family. There are now over 80 special Olympics in the U.K, each with one ultimate aim in mind - to give every mentally handicap person the chance to run, jump, swim and enjoy all the thrills of achievement in physical activities.

Sue Pearce, athletics co-ordinator for the group explained, "We organise local events and training, as well as participating in various national events. We are presently attempting to improve

Edited by
Fiona Caldwell

and expand our athletic training opportunities and to train a variable squad to take part in a national event in Birmingham this year."

Special Olympics is not something that happens once every four years - it happens every year, every month, every week and day through athletes taking part in sport and training events.

Substantial amounts already raised

BACUP British Association of Cancer United Patients is a fairly new charity, and it was only last year that they emerged on the running scene.

However, this has not stopped runners and supporters raising substantial amounts of money in this short space of time for the charity.

Paul Glynn, the assistant to the fundraiser at BACUP said, "We raised more than £4,000 during the year from running events and we are grateful to David Bedford, the former World 10,000 metres record holder, who backed our team."

Much of the sponsorship money has gone towards the upkeep of the Cancer Information Service which has been "running" since October 1985. Over the last three years BACUP has helped a staggering 38,000 families, providing information, practical advice and emotional support to the patients, their families and friends.

The charity is very enthusiastic to help people who run for them. They will give lots of help and advice to interested runners, as well as the usual sponsorship forms and running vests.

Helping people to help themselves

"FIND OUT what people are doing and help them do it better" - that is

how Dr E.F. Schumacher, author of the book *Small is Beautiful*, described the work of the charity Intermediate Technology.

The charity was formed in 1965 by Doctor Schumacher to provide, "a positive and long term solution to problems faced by many desperately poor people in the Third world."

It makes technology work for the skilled workmen and small businesses which produce the goods and services needed in rural areas. Information is gathered from around the world on ways in which to improve productivity. Numerous local organisations run development projects directly aimed at helping the people most in need.

Examples of Intermediate Technology's help include training carpenters to make their own tools, rather than having to buy expensive imported equipment. They also support the development of more efficient wood stoves to save scarce fuel resources.

The aims of the charity can be summed up in one sentence - "They help people to help themselves."

Over £260,000 to research in Scotland

MULTIPLE Sclerosis is the most common disease of the central nervous system. It leaves its victims totally paralysed and in need of care and nursing for the rest of their lives.

In 1987, the Multiple Sclerosis Society in Scotland received £3,848.45 in sponsorship money from 36 people who ran on their behalf.

Colonel Bisset, organising secretary for the charity, said, "On top of that sum, we had many runners raising money which they gave directly to one of the society's 39 branches here in Scotland."

Naturally, the society is delighted with such support and

believes that the public are becoming more aware of the disease and its problems.

"Multiple Sclerosis is a cruel disease that affects some 50,000 people in Great Britain today. It can play havoc with muscular co-ordination, most sufferers have difficulty getting around, and some are chairbound or even bedridden," explained Colonel Bisset.

Given funds, the MS Society in Scotland can continue to ease the troubles of families with this burden to bear. Their aim is to fund medical research into finding the cause of MS, and, importantly, a cure for it.

The society began in 1988 with an outstanding commitment of over £260,000 to research in Scotland.

A free service to cancer sufferers

THE MARIE Curie Cancer Care is a nationwide charity providing a free service to cancer sufferers through research, community nursing and residential homes.

Two of the largest of these homes are in Edinburgh and Glasgow. Secretary Peter Laidlaw, of the Scottish committee, says: "The amateur athletes and runners in both Glasgow and Edinburgh have contributed many times towards the fundraising here at the foundation."

Each person who runs for the charity receives a special running vest with the Marie Curie cancer care logo. "Next time you see a runner in a blue vest with our logo on it, you will know that a very good cause is being served by another benefactor with generosity in both money and sweat," Mr Laidlaw says.

Plans already underway for cream of 1994 to rise to the Commonwealth surface!

SCOTLAND'S first-ever "junior commission" met in Glasgow on April 9 and 10, when 27 of the country's most promising juniors enjoyed an all-expenses paid weekend in a city hotel.

A visit to the Kelvin Hall for an informal training session followed on the Sunday morning, but SAAA treasurer John Brown was at pains to stress that the commission - to be known as the Dairy Crest Scottish Junior Commission after its sponsors - was not a coaching vehicle.

"It is more of an information bureau and for promoting international competition," says Brown, who has been quietly working away on the scheme for about 18 months. The plan is to take a team to the AAA Junior

Championships, instead of individuals making their own way, and plans for other top class competition are also underway.

Some 65 athletes were invited to the Glasgow weekend, including all eligible winners and second placed juniors and youths in last year's respective Scottish Championships. It must be of some concern that less than half turned up, but Brown is anxious that the positive aspects should be underlined.

"I feel very strongly about this scheme," Brown explained. "We don't want to see youngsters exploited but we want to make sure all opportunities are explained and made available to them." Brown feels that recent British athletic achievements, including the European Championship medal

10K-OK under orders again

THE STRATHCLYDE Women's 10K-OK comes under starters orders again on June 5. Organised by the Prince and Princess of Wales Hospice, the event promises to be just as successful as previous years with a hopeful estimate of 3,000 women expected to take part this time.

As ever, the race prides itself on encouraging all standards of runners, from beginners through to internationalists. This year it is again incorporating the Scottish women's national 10 kilometre road race championship and international race, with teams from N. Ireland, Wales, England and Scotland taking part.

As Liz McColgan, the winner in 1985 and 1986 explains: "It's for a good cause and the organisers are great. Although there are many competitive athletes, it's the runners at the back raising money for charity who I really admire."

The race starts at 11.30 am outside the Strathclyde Region's headquarters, and the age limit is 15 years and upwards.

Naked cheek

DUNDEE University Harriers finished eighth in the CRIC International Student Relays in Paris on March 19, and to complete a fine day for the university club the

"B" team finished 23rd. The Scots were competing against Birmingham, Oxford, Liverpool and Sheffield, as well as teams from France, Belgium, West Germany, Sweden, Spain and Algeria.

In the best (or worst) student tradition, Dundee went on to excel themselves in the apres-race activities - according to captain Paul Coyle the Dundonians made a considerable impression in the Y-front 4 x 400 metres and the nude 200 metres sprint.

Glasgow bids

GLASGOW will compete against Ghent of Belgium for the privilege of hosting the 1990 European Indoor Championships.

The Kelvin Hall will be presented as the best venue by the British Amateur Athletic Board at a meeting of the European Athletic Council in Stavanger on May 5.

If Glasgow gets the nod, the event would of course coincide with the City of Culture celebrations in two years time.

APOLOGIES to our orienteering readers for the lack of the usual column in this month's magazine. Our correspondents, Gareth Bryan-Jones and Richard Jones, have been very closely involved in preparations for the World Cup event and Scottish Championships in the Trossachs in May. Normal service will resume next month.

haul in Stuttgart two years ago, originate from the work of the British Junior Commission in the 1970's.

The Scottish commission is a tightly-knit unit, but at the weekend the juniors were able to quiz people such as Cambuslang's Des Yuill, Ken McKay, the commission secretary, and Dr Malcolm Brown on a number of issues.

"I've been employed in local government for many years, and we'll use their system of bringing in pertinent experts on a one-off basis when necessary," says Brown.

Brown is hopeful that, once underway and working, the commission will expand to include more juniors - and possibly junior girls as well.

For the sponsors, Dairy Crest's head of communications, Jenny Bradley, says: "From our point of view it is a nice extension to what we do already with British junior athletics."

Paddy the Poacher

AN ABILITY to run has always been a useful talent for poachers. This is well illustrated in a report of a trial in the Argyllshire Herald of August 10, 1912, writes Argyll and Bute District Council archivist Murdo MacDonald.

The accused was a character familiarly known in the Campbeltown area as Paddy, a drainer and fencer to trade, and "a local well known long distance runner", we are told. A gamekeeper giving evidence claimed that he had spotted a poacher 300 yards in front of him, had then pursued the poacher in a cross-country run of three miles, had closed the gap between them to 100 yards, and so got close enough to identify Paddy.

Paddy seized on this as a line of defence. "Do you mean to say you are a better runner than I am?" he demanded. He appealed to the court to dismiss the claim that any gamekeeper could have come within 100 yards of him after a race of three miles with a 300 yard start. No, it was impossible: Paddy it could not have been, and besides - perish the thought - he, Paddy, would never dream of poaching.

The Sheriff, not a runner, was unconvinced. He fined Paddy £1, with the alternative of seven days imprisonment.



PRINCESS Anne shares a joke with sprinter George McNeill as she is shown round the facilities of the new Flying Scots Club in Edinburgh. Both are pictured with Brian Adair, chairman of the trustees of the Royal Scots club.

The new club includes three gyms, ladies and gents saunas, steam room, changing rooms and mixed spa area.

Who is Scotland's champion charity runner?

Write to Scotland's Runner at 62, Kelvingrove Street, Glasgow G3 7SA, and we'll publish your nominations on this page.

How can we improve our half marathon times?

I have been active in a variety of sports over the past three decades and still play rugby and golf, along with some tennis and swimming. I started running in January 1986 and have run 89 minutes for the Glenrothes Half Marathon, 94 minutes for the Falkirk Half Marathon, and 3-30 for the Glasgow Marathon - all in 1987. During the winter I ran 15 to 18 miles per week, then moved up to 20 to 30 miles weekly in preparation for the Alloa Half Marathon.

For the full marathon distance, I cover 45 to 55 miles per week. I am aged 39, a teacher of physical education, and my resting pulse rate is 62 beats per minute. How do I improve?

James D. Crichton,
Dunfermline.

I am active in several sports, including rugby, golf, football, and swimming, as well as running which I took up in January 1986. My best times for the half marathon are 95 minutes and 98 minutes which I achieved in 1986 at the Glenrothes and Dunfermline events respectively. I run 15 miles per week during the winter, stepping up to between 20 to 25 miles per week for general fitness and half marathon training.

I am 38, a planner by profession, and my pulse rate at rest is 66 beats per minute. How can I improve my times?

Alan W. Hunter,
Dunfermline.

DEREK PARKER REPLIES:

I ASSUME that you both do much of your training together so one reply will suffice. The key to successful half marathon running is a balanced, regular training programme including one long run and one semi-long run per week, along with some shorter, varied pace, and recovery sessions.

The long runs should be between 12 and 15 miles, and the semi-long efforts should be between eight and 10 miles. If this principle is adhered to, you will see that you will both need to increase your mileage if you want to improve - especially Mr Hunter.

Be careful to do this gradually, however, as too many miles too soon can lead to injury and stress-related ailments. Try to do some of your running on soft ground such as a park or on the country - and do not train constantly on the same road camber as this can cause debilitating knee problems such as chondromalacia patellae.

It is always important to remember that an athlete who trains at the same pace all the time will only be able to race at that pace in competition, so be certain to include regular fartlek and repetition running sessions. Above all, do not neglect rest days and allow the body and mind to replenish their physical and mental resources.

Depending on the time you have available for training and your commitment to improvement, I would suggest that you work along the following lines over a two-week cycle:

WEEK ONE

Sunday: 60-90 minutes cross-country or grass run.

Monday: 75 minutes fartlek including 10 to 15 x 1 minute fast, with alternative 1 and 2 minute recovery jogs + 15 to 20 minutes warm-up/cool down jogs.

Tuesday: 20 minutes easy recovery run.

Wednesday: 10 miles steady.

Thursday: 20 to 30 minutes easy recovery run.

Friday: Rest or 10 to 15 minutes light jogging.

Saturday: 12 miles steady.

WEEK TWO

Sunday: 60 - 90 minutes cross-country or grass run.

Monday: 2 to 4 x 1 mile (5 minutes recovery) + 15 to 20 minutes warm-up/cool down jogs.

Tuesday: 20 minutes easy recovery runs.

Wednesday: 8 miles steady.

Thursday: 20 - 30 minutes easy recovery run.

Friday: Rest or 10 to 15 minutes light jogging.

Saturday: 15 miles.

I would advise a build-up period of 12 weeks for a half marathon to enable you both to get the necessary mileage done. During these three months, you should try to fit in one or two under-distance events to sharpen yourselves up. Races over 5K and 10K are ideal for this purpose, but you cannot afford to compete too often during this stage otherwise your training will suffer - especially the weekend long runs which are the most important sessions on the schedule.

Future articles in the Scotland's Runner features for beginners will be aimed at helping athletes to compete successfully at half-marathons in late August and early September. I would encourage you to read them. You should also find this month's article on different training methods helpful.

Alan Ferguson,
Nairobi,
Kenya.

Training TIPS

GOT A training or injury problem? Want to improve your time, or worried by a medical ailment? If so, write to Training Tips at the usual address. But please remember the following points:

1. Letters should be accompanied by a current black and white photograph of the sender.
2. There is a gap of five or six weeks between receipt of your letter and publication. Bear this in mind when asking advice.
3. Give your experts as much background as possible about your experience, age, sex, previous best times, training routine etc. The more you help them, the more they can help you!
4. No private correspondence will be entered into, and Scotland's Runner accepts no responsibility for advice offered.

Problems with bruised toes...

I wonder if you could suggest a reason (and solution) for a problem I'm having with bruised toes.

I've been running regularly for the past six or seven years, wearing various models of New Balance shoes, which I find comfortable and supportive. Currently I'm using NB 735's with a normal width fitting. They are extremely comfortable, but I notice that, on running distances of around 12 miles or upwards, I'm getting bruises on my toes, particularly the second toe of both feet. At the moment I have lost both nails from the second toes and yet I feel no discomfort or pressure when I'm actually running.

My second toes are "normal" in that they are shorter than the big toes so I can't see how this is happening. The only theory is that, running in temperatures of around 70 degrees farenheight my feet are expanding more than usual.

Any Ideas? The worry is that I'm going to step up distances soon to prepare for the Glasgow Marathon (if its still on!) when I'm home on leave in September. I'd be grateful for any advice - I'm 6'2" and about 70kg with size 9 feet, if that's any help.

JIM BLACK REPLIES:

BRUISING of the apices of the toes, particularly the second, third and fourth toes, is a common problem for many distance runners. Frequently this bruising occurs under the nails, and often results in the nails being shed. In extreme cases, repeated trauma to the nail causes thickening of the nail known as onychogryphosis.

The shape of the foot is contributory, and the long narrow foot is much more susceptible to this type of problem. The most significant factor is over-elongation of the foot during prolonged exercise. A recent study carried out by staff and students at the Luddon Half Marathon measured feet before and after the run, and in some cases the feet elongated by two sizes - equivalent to two-thirds of an inch. This will be the most likely cause of the problem and is likely to be exacerbated in extremes of temperature.

When buying shoes, always remember the "rule of thumb". There should always be at least one thumb's breadth between the end of the shoe and the top of the longest toe.

Excessive pronation can also be a contributory factor, since pronation cause the foot to become mobile and relaxed. If this is a problem, try building up the medial longitudinal arches of the shoes with chiropody felt. It may be that custom-made orthoses are necessary to control the problem, and a visit to a sports chiropodist/podiatrist will confirm this as the underlying cause.

Give us more Alf!

9, Erroll Street,
Peterhead.

SIR - I can understand your reasons for the extremely pointed reply to the letter penned by Mr James Workman. No doubt you feel that being Scotland's only athletics magazine, every effort is being made to satisfy the tastes of all your readers.

While sympathising with the plights of other minority sports as regards media coverage, the fact of the matter is your magazine is called Scotland's "RUNNER". Although the tone of Mr Workman's letter was extremely provocative, and as you pointed out didn't speak for all of your readers, I must agree with him in his statement that the majority of runners want to read about their own sport.

Admittedly this opinion is not based upon an official poll, but on conversations with many runners I have come into contact with at races throughout Scotland. Personally I would like to see major events on the road racing and cross-country scene reported in much more depth and subsequently including a more detailed results service.

Also articles which focused on athletes from different backgrounds which you featured in earlier editions are becoming less noticeable. Those which spring to mind in particular are the interviews highlighting the successes of runners such as Bill Robertson of Bellahouston, who took up running after years playing football, and Allan Adams of Dumbarton, who completed the transition from fell racing to top-class marathoning. Also, Graham Crawford's coverage of Robert Quinn's fightback after serious injury provided inspiration for us all. A return to regular reports such as these would be most welcome.

Nevertheless, I must say that the good points still outweigh the bad and therefore wish you every success in your continuing efforts to provide a running magazine which we all will find worthwhile reading.

Scott MacMillan,
Lochaber A.C.

P.S. Great to see Alf Tupper, but why not a completed story in each edition. I can't stand the suspense!

Scotland's charity champ?



RSSPCC,
41, Polwarth Terrace,
Edinburgh.

SIR - I would like to nominate Ronnie Sloan as Scotland's champion charity runner.

Ronnie, alias "Superman", has been running in aid of Royal Scottish Society for Prevention of Cruelty to Children funds for six years, and has to date raised in excess of £50,000 which I am sure you will agree is truly a magnificent effort.

Needless to say, the Royal Scottish Society for Prevention of Cruelty to Children is deeply indebted to Ronnie, who is totally dedicated to our cause.

Mary Mackay,
Voluntary Network Manager.

Living and running in Ayrshire...

7, School Road,
Kilbirnie,
Ayrshire.

SIR - I feel I must put pen to paper as far as the contents of Scotland's Runner are concerned. As in the title I would have thought there would be more about grass roots "running" and runners in Scotland. Instead, we read of Highland Games heavyweights, Gymnastics, Orienteering, Squash, features on areas in Scotland telling us about water sports, golf and fishing facilities all of which I find completely unrelated to "running" and also uninteresting to me living and "running" in Ayrshire.

Also, when the first thing I look for is the results section I find none but can turn to page 33 and read about the exploits of one Alf Tupper to compensate. I was also very dismayed at the editor's scathing, sarcastic and personal attack on James Workman for airing his views on which, having spoken to runners at a recent meeting, he has plenty of backers. I think and sincerely hope for the continued future of the magazine, Scotland's Runner will listen to the runners of Scotland.

James F. White

Resist the killjoys!

28, Elgie Avenue,
Balmedie,
Aberdeen.

SIR - Any competitive athlete, such as myself, must be tempted to take part in that challenging contest - the Great Scotland's Runner Cross-Letter Championships!

Having suffered in March the vitriolic epistle by J. Workman Esq., I managed (just) to restrain myself from replying. Indeed, on reflection, I was delighted that my short story which was published in February,

(admittedly with a more sensational title than my original "Getting On"), was deemed by no less an expert than the Guru Workman to be suitable for Woman's Own! In future I must submit my humble fictional efforts to that prestigious publication - just think of the fortune to be made!

However, having scanned the Letters section in your (much improved) April number, I feel compelled to comment - the killjoys must be resisted! I detect an elitist, narrow-minded, boorish lack of tolerance and humour in several letters. Surely these cannot be representative of the views of the majority of your readers?

In a magazine of over fifty pages, there is plenty of room to allow other Scottish minority sports a voice. Why don't triathletes etc. contribute "competition experience" articles like Richard Jones' fascinating orienteering account? Next time - even more detail Richard!

Yet, no one can be in any doubt that Scotland's Runner is indeed a specialist magazine for Scottish Runners - and now that the "technology problem" is solved, once more a very good publication, which should be valued and supported by everyone in the sport.

Tommy Murray is a tough dedicated successful racer - but perhaps he hasn't discovered the other side of running - the comradeship and "mischievous" humour that is obvious when runners get together. Satirical articles and classic comic strips SHOULD have a definite place in a magazine catering for an inevitably wide range of tastes. (For example, I would enjoy the reprinting of a few Alf Tupper or Great Wilson stories from the days before the drawings were added!) As an English Literature graduate, I could claim that such stories are part of our popular cultural heritage - and then admit that they're good fun too!

Finally, a word of that Margaret Thatcher of letter writing, the great dictator himself, that arch-killjoy, Mr James Workman. (All work and no play makes James...) Do please try to develop more tolerance and a less strident tone, dear Sir. Of course, it IS such a shame that you yourself cannot obtain the post of editor of this magazine. I wonder how sales might be affected if you DID take over.....?

Colin Youngson

Send your letters on any subject, to Scotland's Runner, 62 Kelvingrove Street, Glasgow G3 7SA.

Lending support

43, Iona Street,
Edinburgh.

Sir - I wish to lend my support to the letter from James Workman printed in the March issue of "Scottish Runner". The balance of your magazine is wrong. No more than a page per issue should be devoted to non-running activities. In March, I counted twelve (and I include in that four pages of comic strip!).

I was staggered to learn that you had enough material to fill the magazine twice over - I had assumed, like Mr Workman, that lack of copy could be the only reason for dredging up such an irrelevant bunch of articles!

Finally, if you really want to encourage criticism of your magazine don't you think you are mis-using your editorial privilege by devoting twice the number of column inches (Inside Lane and Letters page) to an "intemperate" reply to a very fair criticism? Or are you only interested in letters of support?

Kevin O'Carroll

More fun run details required

15, Campsie Gardens,
Clarkston,
Glasgow.

SIR - I have just received my copy of your April issue and would like to make the following observations and comments.

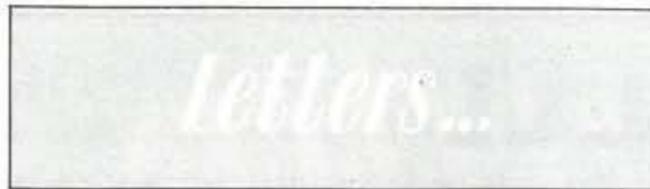
Firstly, as someone who only started running for fun a few years ago in my late forties, I welcome the first of the articles for beginners and novices by Derek Parker. He indicates, near the end of his article, that running should be designed to enhance one's quality of life. It certainly has enhanced mine - however, I run for fun only and not necessarily to better my previous time, although there is a great sense of achievement when I do.

This brings me to my second point. On scanning your Events Diary pages, I note the complete absence of fun runs. Come on, fun run organisers, let's have details of your events!

Finally, I am interested in taking part in the East Kilbride Summer 10K run, or the Lillias Day run on June 4, and the Govan Garden Festival 10K on June 5, but where do I get my entry form - no details are printed and I think this is a serious omission.

Jim McCreery

P.S. I also think that Alf Tupper should be given the heave - it's a complete waste of space.



Central Belt clubs unwilling to leave doorsteps?

Airdmhoire Cottage,
Kirkmahoe,
Dumfries.

SIR - Dumfries AAC would like to endorse Teviotdale Harriers' anger at the remarks of the Scottish and North Western League officials after their withdrawal from the League.

Teviotdale's estimated travelling costs and times are entirely reasonable. Travelling to the Borders or South West Scotland would not seriously inconvenience any of the league clubs, even once a season.

Have the Central Belt clubs become too used to having all their competitions on their doorsteps? Let them experience the inconvenience which some clubs suffer at almost EVERY event in which they participate.

Were the remarks of the league officials purely personal, or did they actually consult the clubs who might be involved before making statements? This has certainly occurred since the League A.G.M. in December.

Joyce Rammell,
Dumfries AAC Perm Secy.

P.S. Your magazine is terrific, but please retire Alf Tupper!



Six in a row for Maryhill

75, Friarton Road,
Merrylee,
Glasgow.

SIR - In a recent issue of your magazine, you stated that Maryhill Harriers first won the National Cross Country Championships in 1938. In fact, Maryhill Harriers' first team victory in the championships was in 1927. They then proceeded to win the national title the following five seasons, making a total of six successive titles - a record which has never been surpassed.

Robert Stevenson,
Secretary,
Maryhill Harriers.

Medal found at Inverness.

6, Richmond Terrace,
Aberdeen.

SIR - During the recent Inverness Half Marathon while in the changing rooms I picked up by mistake a fellow runner's cherished medal thus ending up with two medals. I would be delighted to return the medal to its rightful owner. Perhaps if the runner in question were to read in Scotland's Runner about his loss he could get it back again. Hoping you can help me get the medal back to its owner.

Raymond Smith

SIR - Whilst I hate disagreeing with an old friend, I must point out with reference to Ron Macdonald's letter in the April issue that the Scottish Cross Country Union Handbook for 1987-88 does contain all the historical details of former championship winners since 1886.

Ron Macdonald is right, Maryhill Harriers did win the National Championships six years in a row from 1927-1932, and the record has never been beaten, but it has been equalled by Edinburgh Southern Harriers 1982-87, who also won in 1979-80 (pages 18/19).

An interesting fact about 1927-32 was that J. Suttie Smith of Dundee Thistle Harriers won the individual title five times in a row from 1927-31, and that record has never been beaten either, but has been equalled by Nat Muir, 1983-87. It's all there to be read and enjoyed for the small sum of £1.

J.E. Clifton,
General Secretary,
Scottish Cross Country Union.

The start of the Inverness Bank of Scotland People's Half Marathon. Has anyone lost a medal (see Raymond Smith's letter above)?

Women in SPORT

Do we run better after pregnancy?

THERE IS quite a lot of information to be found, often conflicting, regarding the effects of running and other exercise on pregnancy. Scientific research into this subject is necessarily restricted due to the fact that it would be very rare for a mother-to-be to allow her unborn child to be used as a guinea-pig for experiment.

It was not all that long ago that doctors strongly advised against physical activity during pregnancy for fear of miscarriages and birth defects. I can remember when I was expecting my first and an elderly neighbour shot out of her flat to hang my washing out for me, telling me I shouldn't be raising my arms above my head. The reluctance generally to encourage strenuous activity at this time is understandable given the lack of concrete proof that the foetus will not be adversely affected.

This idea that keeping physically active is beneficial to pregnancy, helps a woman cope better with labour, recover faster after the event, and so on, for the most part comes from personal accounts of mothers who carried on training while pregnant, and is not really scientifically linked. And the same is true about information gathered on the reciprocal effect, that pregnancy and birth improves running ability.

That is not a new concept, and it has been suggested that Eastern Bloc countries for a long time have encouraged their athletes to use the nine month period to their sporting advantage. Valerie Brisco-Hooks is just one athlete for whom pregnancy would appear to have enhanced ability as her performances at the 1984 Olympics testify, and Gabriella Dorio, Ingrid Kristiansen and Ulrike Bruns among others all have put in world class performances after childbirth. We have yet to see mothers Mary Decker-Slaney and Evelyn Ashford back at their top-of-the-world spots, but both have been plagued with injury.

Whether or not a woman works out during pregnancy, the body nevertheless still has to prepare and

strengthen itself in order to carry the extra and increasing weight of the growing baby, often up to two stones, which includes the fatty deposits that are laid down in preparation for the mother to feed her offspring. The muscles have to strengthen to carry this extra weight, but even more so if the mother is exercising at the same time. A pregnant woman also finds herself short of breath, so if she can do some sort of physical activity through this, and the increased weight, then in theory it should follow that a higher level of fitness should be able to be attained after pregnancy.



Mary Decker-Slaney

The maximum benefit that a pregnant athlete could exact would result if she was able to train as normal throughout the nine months, but for obvious reasons this is just not possible. A session of 3 x 3 x 300 metres in 43 seconds, with three minutes between runs and ten minutes between sets, is hardly possible, let alone advisable for a mother-to-be in her eighth month. But in theory, if she could train as normal, then it would follow that she would enjoy much increased athletic ability after, as Adrian Mole's geriatric friend Bert Baxter would put it, she "dropped that sprog".

Running improvement after pregnancy could perhaps be put down to psychological reasons, such as an enforced lay-off making the athlete far more enthusiastic and eager to return to normal.

training (as is often reported by injured athletes making a comeback). It has also been suggested that because women feel a great sense of fulfillment and achievement after giving birth, and because life suddenly takes a back seat to this newly arrived bundle of

joy, the athlete may have a far more relaxed attitude that may manifest itself in improved performances.

It might also be true to say that having gone through childbirth, a woman's pain threshold is increased so that she is able to endure more intense training than before, and perhaps increased work-load which would seem to auger for better results. It has also been widely reported that after pregnancy women are far more mobile around the pelvic area which would surely enhance running and hurdling ability.

Whether exercising or not during pregnancy, it is probably true to say that after the event the body is healthier physically and mentally (excluding those poor women who suffer from post-natal depression) although this could well be difficult to take advantage of in view of the tremendous demands a new baby makes of its mother, especially a nursing mother, which can result in a feeling of being constantly fatigued and with a dose of the "baby blues".

This newly acquired strength and mobility, reported from all levels of athletes, would presumably have to be taken advantage of fairly soon after birth. Athletes have been reported back in training within a week of childbirth, and Olympic marathon champion Joan Samuelson (nee Benoit) was up to 90 miles a week within a month. The norm, however, is generally for the new mother to give herself six weeks, the time of the post-natal check-up, before getting down to strenuous training.

Of course, the question still remains: would these mothers who show increased athletic talent after giving birth have done so anyway, and was pregnancy coincidental to their success? Do fitness runners suddenly find themselves able to run for five miles rather than the two miles runs before pregnancy, not so much because of enhanced running ability but rather because they are making the most of getting out of the house and away from Diddums and his constant clamouring for attention?

It would appear that the reports of the benefits of pregnancy on running, from the experts - that is the mothers themselves - are too widespread and too common to be ignored.

Smoked out of the Cup at Tynecastle

AND NOW, not so much Women in Sport as Women at Sport. I was at Tynecastle last month watching Hearts play Dunfermline in the quarter finals of the Scottish Cup. After coughing up for a £5 stand ticket (on an uncomfortable wooden bench) I then coughed my way through the match which I viewed from within a cloud of smoke due to the woman in front chain-smoking her way through the whole game - no doubt, like me, an anxious supporter of the extremely unpredictable Pars who can put Rangers out of the Cup and then go down by three goals in the next round as they did against Hearts.

I am always far more neurotic about inhaling other peoples' cigarette smoke when I am pregnant, and perhaps if I had been a more assertive type of person I would have leant forward and requested that the lady extinguish her cigarette or eat the remainder of the contents of her packet or something like that, or

but in actual fact she was well within her rights to puff her way through the match, or any game at Tynecastle, which is quite surprising when you consider that Tynecastle has a wooden stand and the horror of Bradford is still fairly recent.

Fire hazard apart, having to inhale cigarette smoke is for me and no doubt many others an absolute misery. The close proximity of spectators means that it is impossible to escape from the fumes if someone lights up and the breeze is blowing in the wrong direction.

While people have a right to smoke if they want to, I also have the right not to inhale smoke, and enjoy a sporting event without finding myself on the verge of aerobic debt because of fellow supporters.



Fiona Macaulay

Alloa success gratifying in centenary year

It was pleasant to see teams from Alloa Gymnastics Club take both first and second places in the team section of the junior men's Scottish Championships recently, as well as second and third in the individual section.

It is fitting that the club records this notable success in its centenary year. Alloa has real historical roots in the sport in Scotland, predating the national governing body by two years.

The most intriguing fact about Alloa is not, though, its longevity, but rather its exceptional record of interest, success and involvement.

Recent achievements have been outstanding. In addition to the junior championships victory, several club members have made numerous international appearances; victories in individual sections of district and national competitions; representation at the British finals of national competitions biggest achievement of all, the seventh place in the British men's junior team championship against 18 teams from all over Britain - the cream of the UK's young male gymnasts.

Over the last few months, Steve Frew has become one of Scotland's best known gymnasts. Now Alloa has another gymnast catching up on him - Steven Dickson, who beat Steve in the junior championships - and Paul Johnston, Bruce Lawrie, Barry McGrath, David Arbuthnot and Roger Walker are other rising stars.

This current crop of talented male gymnasts is a great credit to Alan Lawrie, the club coach. He has worked very hard since starting in this post in 1979 and now trains the boys four days a week.

The tradition of participation and success which pervades the club must be a great incentive to the youngsters of today. The club started 100 years ago in a builder's yard before moving to the upstairs gymnasium of the public baths building in Primrose Street, Alloa, in the 1890's. Four years ago, the gymnasts were moved out due to the poor state of the building.

However, it is reassuring to know that Clackmannan District Council has done extensive renovation and improvement work which will allow the gym club move back "home" in their centenary year. The return will be to a specialised

gymnastics facility, constructed out of the old swimming pool, which ranks amongst the very best in Britain.

The main strength of the club has been on the male side of the sport. Indeed, the female aspect did not form part of the club until 1929. The basis of the club was founded on physical exercise and training in the early days. Gymnastics was for the working man, and the emphasis was on the participating, not competing.

The sport in these days included many sections including some we now consider separate sports. Boxing and fencing were both part of the Scottish Gymnastics Championships of that era. Also included were rope and Indian club work.

Many took part then, and still do just for the exercise. Gymnastics was the "aerobics" or "fitness room session" of the late nineteenth and early twentieth century.

Alloa Gym Club has contributed many fine gymnasts and famous names to the sport in Scotland. Few, even nowadays, are familiar with the name of Frank Roy - six times Scottish senior champion - in the sixties. Many others have added to the rich tapestry of Alloa's history. Jack Bundy, still a regular in

the gym though over 60; Jimmy Taylor, PE teacher in Alloa and a major inspiration to the club in days gone by; or the late Jack Harrower, one of Scotland's foremost gymnastics historians and greatest enthusiasts.

With the commitment shown by these past stalwarts now being followed through by the talent and dedication of today's promising young men, the next hundred years for Alloa Gymnastics Club look as bright as the previous hundred.

● **KAREN WILLIAMS** of Meadowbank and Derek Callahan of Falkirk School of Gymnastics are the new Scottish Junior Gymnastic Champions.

Both were leading after the first night's set exercises at Falkirk on March 18. On the Saturday they consolidated their lead when the competition moved to Lasswade High School for the voluntary routines.

Karen had a lead of less than one mark after the compulsories over clubmate Fiona Whitson. A good all-round performance on the Saturday saw her pull away to victory over the eventual silver medallist, Laura Hilton from Aberdeen. Sonia Allan from Cumbernauld finished with the bronze medal.

In the boys competition, Derek Callahan took a sizeable lead to Lasswade and went on to take the title for the first time. Steven Dickson of Alloa took the silver with clubmate Steve Frew lifting the bronze.

The individual titles were keenly contested. On the girls side, Williams lifted asymmetric bars and beam, Allan took vault, and Laura Hilton floor.

As for the boys, overall winner Callahan won half of the individual pieces - rings, high bar and vault, with Dickson winning floor, and Frew pommel. Dickson also took the Army Careers Shield for the best individual score of the competition after his fine display on floor.

● **THE FIRST** gymnastics international in the Kelvin Hall produced a superb event, if not correct results as far as Scotland was concerned.

The hall looked great, the apparatus was good, and there was a capacity crowd. However, Wales beat Scotland in all four sections of the event.

On the whole, the Scottish teams were considerably younger and less experienced than their opponents, so the defeat is not as bad as it may have seemed.

Indeed, in the junior men's event Steve Frew (48.40) and Steven Dickson (48.2) took the first two individual places but the team lost by the narrowest of margins 0.3 of a mark.

The Welsh victories in the other sections were more convincing, but Faith Arnott lifted the bronze medal in the seniors women's competition.

The sponsors, Royal Mail Letters, and the Scottish Gymnastic Association were all well pleased with the spectacle, if a little disappointed with the result.

● **FOR THE** first time ever, international gymnastics will be staged in Glenrothes on May 7 when a junior women's match between Scotland and Norway will be held at the Fife Sports Institute.



David Watt

Cycling

Scotland's mountain king Robert Millar has the first few weeks of the new season under his belt and the long haul to racing fitness is well under way with several promising performances. The target ahead for Millar is to hit his peak in time for the greatest race of them all, the Tour de France.

Millar has linked up with Stephen Roche in the French Fagor team which also includes Britons Malcolm Elliott and Sean Yates. Another key member of the squad is Belgian Eddie Schepers, who has given Irishman Roche such stalwart support as a team mate.

Earlier this year, Millar visited Scotland to take part in a two-day seminar at Stirling University. His presence gave the course a big boost, but Millar was unable to get on his bike as he had just had an operation.

However, he took time to talk about the sport he lives and breathes, and his hopes for the future. Millar is often misunderstood because of apparently rash statements he makes to the press, but he showed another side to his nature - the helping professional only too willing to pass on his knowledge and experience.

"I was happy to help out Sandy Gilchrist and his coaches when they approached me about coming to the course," he told me in the beautiful surroundings of the Stirling campus. "I started as a youngster in Glasgow and was given help on my road to the continent."

What did he think of Scotland's current potential? "I think the talent is there, but you need dedication and the will to work hard. Riders like young Brian Smith are doing the right thing by going to France for experience," he went on.

● **SANDY** Gilchrist is fairly clocking up the miles on behalf of cycling. Last month he was in Porta Pollensa, Majorca, with a plane-load of riders and coaches in search of sun and fitness. He had already been out to the island earlier this year, checking that everything was in order for the annual camp. In between he spent a week in Hong Kong on business. Not the sort of man to hang about, as riders found when they tried to catch him in his racing days...

Smith has joined the same amateur club in Paris which gave Millar his first continental racing. It is a road which could take the boy from Johnstone, Renfrewshire, to the top. But, as Millar points out, only with total effort.

How does Millar see 1988? "The target is the Tour de France and everything before then is basically preparation." He will not be riding the Tour de Italy this year. Last year he finished second to Roche, who was then with the Italian team, Carrera. Now they are team-mates.

"We have a strong team on paper and the sponsors are looking for results. I am happy with Stephen as number one and myself as number two," he says.

Millar, who is moving home from Belgium to Troyes in France, will be concentrating on three races - the Dauphine Libere, the Tour de Romandie and the Midi Libre.

As a vegetarian, Millar has very definite views on how to prepare as an athlete. He looks frail in civilian clothes, but has proved he is no nine stone weakling, particularly in the Alps. He has no coach, prefers to train on his own, and the only person he consults about his fitness is his doctor who checks his blood periodically.

Will we see him racing in Britain this year? "I am not sure, it is up to the team manager. I would be happy to race here," he replies.

At 29, Millar is looking for

more success in this ruthless sport which drains the energies of the fittest as they strive for glory. And he is hoping he will reach his peak at the right time

during the Alpine climbs in the Tour de France later this year.

Mountain man Millar is a man of few words, preferring to do the talking on the road. Let's trust he leaves them all breathless in his path to the top and the coveted polka dot jersey of King of the Mountains.

Bill Cadger

Robert Millar



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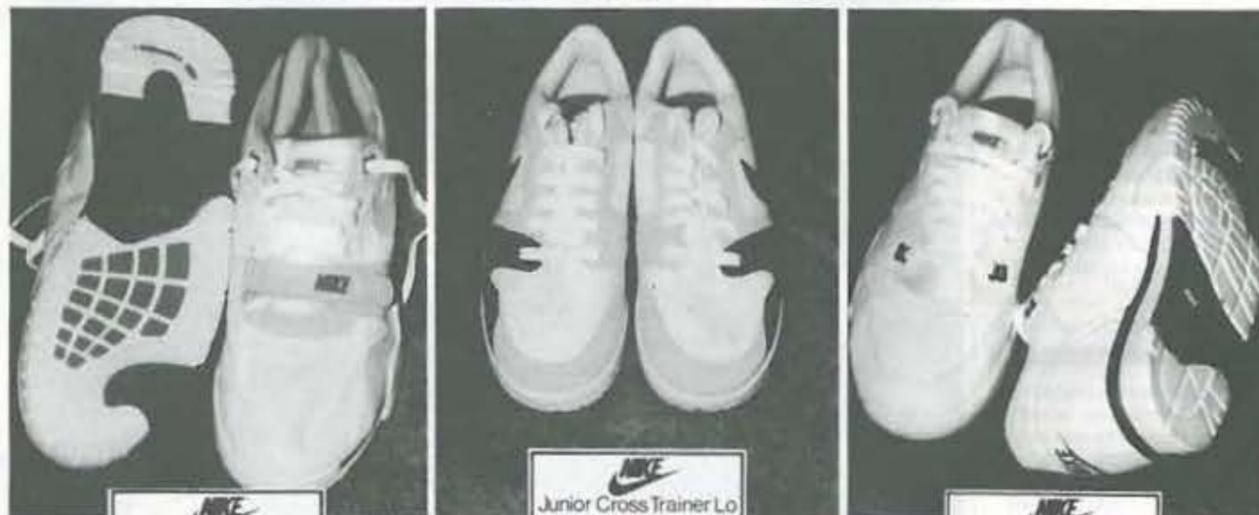
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Specialist Shops for Scottish Runners

Donald Robertson visits some of the leading running retail outlets to find out what the experts are stocking this summer.

IF RUNNING in Scotland is to continue to thrive, it must be well served by sports retailers - shops which understand the specialist requirements of runners in terms of footwear, clothing and ancillary equipment.

With this in mind, I recently took a trip round some of the country's specialist running shops. What kind of places are they? What sort of people are their proprietors and specialist sales staff?

The "elder statesman" of sports retailing is surely GREAVES SPORTS of Gordon Street in Glasgow. Founded in the 1890's as a family business, it originally sold India rubber goods - rainwear, and so forth - and it was not until the post-Second World War diversification of the Dunlop Rubber company that Greaves likewise moved into sports supplies.

Its policy has always been to carry as wide a range of sports goods as possible, and in shoes alone there is a stock which ranges from baby size 1 to basketball size 17! Greaves can supply virtually anything sporting, and as Sandy Greaves is now an integral part of the management structure, the plan is obviously to keep it as a family business for the foreseeable future.

Sandy, however, is also aware of the shop's proud record concerning staff relations. On a busy Saturday, up to fifty people might be employed, and priority is given to those with an interest in sport. Douglas MacGregor and Lachie May are his lieutenants in footwear and clothing respectively.

"In most of the specialist shops," says MacGregor, "you'll find the same story. Nike, Reebok and New Balance are the big sellers while Adidas have got the street fashion market stitched up (groan). The specialist runner will perhaps be looking at Brooks Chariot or Turntec, and everyone, this year, is keeping an eye on Asics Tiger."

Lachie May concurs in the clothing department. "Names like Viga, Goretex and Cyclone sell themselves and everything is becoming more geared to fashion", he says.

The sheer size of the Greaves operation means that it can cope with changing fashions but, at the other end of the spectrum - in the DUNDEE RUNNER, for example - the idea of shoes being "flavour of the month" is anathema to proprietor John Quinn.

"Liz Lynch opened the Logie Street shop in 1982," says Mr Quinn - a sports retailer of many years experience, "and we remain the only specialist running outlet in Dundee. If you go to any of the others, don't ask about supination."

Reebok and Nike are his top-selling shoes, with Tiger coming strongly. Less fashionable names like Saucony, however, also appear, while in clothing it's much the same mix - with the best-selling Ron Hill Tracksters alongside relative newcomers, Helly Hansen and Sub 4.

Like a number of sports shop

proprietors, Mr Quinn also sponsors a local event, a women's three and six mile run which will attract up to 500 entrants in September.

In Ratcliffe Terrace, in Edinburgh's south side, the sports specialist is a former Premier League footballer. COLIN CAMPBELL SPORTS, as a result, know their way around the football market and, indeed, stage special promotion evenings at Edinburgh's Tartan Social Club, but Colin himself is equally enthusiastic about running.

"The boom is, perhaps, over," he says, "and more and more shops are pulling out of running but, if anything, we're going in the opposite direction! We carry a range of 50 models of running shoes and specialise in accessories. As a result, I think we have established our reputation and can now contemplate mail order."

RUNNING NORTH in Aberdeen is also making inroads into the mail order business - and sports travel, courtesy of their "name" director Fraser Clyne. Manager Charlie Seaman is originally from Fort William and ran for Lochaber Athletic Club. Like John Quinn, he is making sure that the serious runner is well-catered for.

"I like the specialist shoes," says Charlie, "not the poseurs, although we stock all the big names, and Asics have given us a new option. We also carry a wide range of clothing, including the local waterproof, from Hiltrek of Aboyne."

I think the climate must have something to do with it, for there's also a brisk trade in all-weather suits elsewhere above the Highland Line. In the Isle of Skye, local entrepreneur Jan Nicolson has shown great initiative in opening JANSPOUT, a first class sports shop in Portree's Wentworth Street, and his range of stock can match that of many mainland stores.

Shop assistant manager Willie MacRae has played top level Highland football and shinty and, as a result, is conversant with the local sporting requirements, including those of hill-walkers and climbers who flock to the Cuillins throughout the year.

"We're also sponsoring the Glamaig Hill Race this summer," says MacRae, "so we're experiencing some demand for fell-running shoes."

Back in Inverness, TURNBULL SPORTS is also well known for race organisation - in this case the Inverness Half Marathon which it stages with the assistance of Inverness Harriers.

"We began as a specialist running shop six years ago," says proprietor Brian Turnbull, "and at that time there were only two such shops in Scotland."

"Today, we have to be conscious of fashion, for the running scene has changed a lot in the last three years and Inverness has improved greatly as a retail centre. Above all, however, we want to retain our reputation as the Highland specialists in running and athletics."





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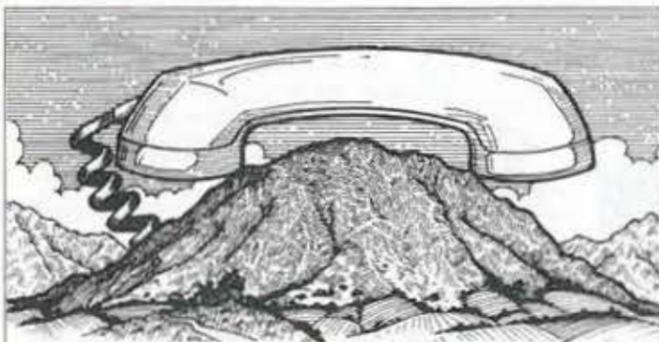
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Island Bank Road, Inverness.

Whin Island Boating Pond

Go-Kart Track (incorporating pool, videos, small electric bikes for 4-8 year olds and large quad cycles)

Miniature Railway - Whin Park

For further information, please contact
The Department of Leisure & Recreation,
Town House, Inverness. Tel: 239111 Ext. 224.

"NAIRN, in Darkness and Light" is perhaps an obvious introduction to this month's feature, but strangely appropriate when leisure and recreation is something of a "grey area" at NAIRN DISTRICT COUNCIL - the joint responsibility of technical services and law and administration.

"With a population of only 11,000," says Andrew Cook, director of technical services, "we obviously operate on a limited scale but, so far, we are coping quite well financially."

"There is a 25 metre swimming pool in the town which was commissioned by the regional council, tennis and squash courts, and we are hoping to provide a grass athletics track with ancillary facilities in the next financial year."

Nairn AAC is the local club charged with fund raising and their total will, hopefully, be augmented by the council or the Highlands and Islands Development Board (of whom more later).

Nairn Highland Games is perhaps the district's best-known sporting day out. The largest free Games in Scotland, it was established in 1867 and this year's event takes place on August 13.

Whereas Nairn District is small and self-contained, her next-door neighbour, INVERNESS DISTRICT COUNCIL, sprawls over 1100 square miles from Culloden in the east to Beauly in the north, and Fort Augustus in the south west. This geographical spread could be something of an administrative nightmare but the district's first director of leisure and recreation, Alan Jones, and his chairman, Bill McAllister, are undaunted.

"There is a municipal golf course in Inverness, a first-class all-weather running track at Queen's Park, and numerous pitches for football, rugby, cricket and shinty. In fact, the Camanachd Cup Final takes place at the Bught Park on June 4," says Jones.

Inverness is of a tourist boom-town, and her art gallery and museum was the eighth most popular attraction in Scotland in 1987, with 175,000 visitors. The swimming pool and fitness room are also available to locals and tourists alike, as is the splendid Eden Court Theatre.

In sporting terms there have been some notable achievements of late. Inverness Harriers now have about 400 members (hurdler Neil Fraser is a local athlete) and 80 clubs are affiliated to the district sports council. Eight new all-weather tennis courts are planned for Bellfield Park this summer, and the sporting season has already taken off with the outstanding Inverness Half Marathon.

FOCUS ON THE HIGHLANDS

This month, David Inglis visits the Highland districts of Nairn, Inverness, Ross and Cromarty, and Skye.

Inverness district also has some splendid natural sporting facilities in her rural areas, and the HIGHLANDS and ISLANDS DEVELOPMENT BOARD is also well to the fore in Highland leisure and recreation.

From its headquarters in Inverness, the HIDB last year ploughed £400,000 into 125 sports-related applications. Besides helping a wide range of clubs, it has re-surfaced tennis courts, assisted in taking junior curlers to Denmark, and even given American football a helping hand in Fort William. Senior tourism marketing executive, Mike Young, took part in last year's Highland Cross.

"Research shows that most people come to the Highlands for peace and quiet," says Young, "but we must also make provision for leisure seekers, especially as we seem to be on an upward swing at the moment."

The HIDB has a £1.5 million

tourism marketing budget and besides co-ordinating the work of fifteen tourist boards, it offers grants and loans to businesses involved in tourism. Its overall remit, of course, is much wider, covering every aspect of economic life in the Highlands and Islands.

Moving west, the districts of ROSS and CROMARTY and SKYE and LOCHALSH have more of a Gaelic cultural "feel" and this is reflected in their general programmes.

"Before 1987," says Ross and Cromarty leisure depute, Ian Murray, "Leisure and recreation in this district was something of a one-man band, with current director, Jock Watt, playing the instruments."

"From that base, however, he has built up a well-balanced department which includes museums and arts development officers, and three recreation assistants."

Dingwall Leisure Centre has a

25 metre swimming pool and new gymnasium. At Invergordon there is a SASH-model Sports Centre with main hall, squash courts, projectile range and fitness room, and the schools at Alness and Tain make their pools available to the public.

In athletics, Black Isle AAC has a track at Muir of Ord, and the annual running festival held each autumn at Fortrose - marathon, half marathon, 10K and Fun Run - is well known not only in the Highlands, but throughout the country. During the season, there is also a Dingwall 10K (June 4), Dingwall - Evanton Road Race (July 23) and Knockfarrel Hill Race (September 10). There are also a number of Highland Games on the west coast, and Ullapool is hopeful that it will soon have a new gymnasium, courtesy of the district and regional councils.

On reaching SKYE and LOCHALSH, in local government terms we are back where we started - a small district but one which would be difficult to administer from anywhere else. Prior to local government re-organisation, the provision of leisure and recreation was virtually nil.

That is not to say, however, that sportsmen and women do not exist in these parts. Both Skye and Lochalsh boast senior shinty teams and recently rugby and basketball have joined football at competitive league level.

In athletics, the island is perhaps best-known for its half marathon (14.1 miles). The first "local" home last year was district council chief executive David Noble! A Glamaig Hill Race is also planned this summer, for July 26.

"There is a severe shortage of playing-field space," says Noble, himself a Skye and Lochalsh Harrier, "but the Clan Donald Estate is trying to encourage runners and orienteers. We also have a problem getting runners to serious competition, although 16 year old Calum Jack from Dornie is currently doing well at cross-country."

Geography is, in fact, the major hurdle in this part of Scotland. There is a swimming pool in Portree, tennis and squash courts, and an arts centre in the pipeline, but the village is distant from many communities.

"There is much to be done," Noble says. "We are under pressure to find novel ways of raising money and we must concentrate on joint projects. Tourism is very buoyant but we must also provide improved facilities as well as managing our natural assets better."



Skye and Lochalsh chief executive David Noble, first local in last year's Skye Half Marathon.

Stress: is it the curse of the modern day runner?

By Graham Crawford



That "virus" feeling stayed with me for nearly four months, until I moved to another paper. Immediately I began to run faster and further.

Was it coincidence? Maybe. But I don't think so. My new works levels are totally different. They are sane. Intense periods are followed by healthy lulls which allow recovery. Before I had effectively been running interval session day after day after day.

A friend put the whole stress thing in a nutshell: "I can be halfway through my morning's work and really looking forward to my lunchtime run until someone or something gives me a lot of hassle. By 12.30pm all the energy has gone out of me and the run is a real effort," he says.

So, maybe the "viruses" that so many of us seem to be struck by these days are no more than body closing down as a safety valve in response to mental and/or physical overload - or

HOW FREQUENTLY seems these days that we hear of athletes coming back from a long absence explaining that they have had a virus. I've been that athlete both recently and around three years ago, blaming a "virus" for inexplicably dropping from 60-80 useful miles a week to 30 miles of pathetic arduous jogging.

The first time, my doctor took a few tests for symptoms like glandular fever. They showed nothing, so that was that. If I was Seb Coe, doctors would be tripping over themselves to find out what was wrong.

After my latest "virus", which lasted the best part of four months, events led me to reconsider. Perhaps something else was the cause of me being dead on my feet.

When three years ago I went from almost peak fitness to stumbling jogger overnight, I was convinced it was viral. I had, after all, "recovered" from a heavy bout of flu only six weeks earlier. Clubmate Harry Gorman, who was then advising me, was sceptical about the virus idea and suggested it could be stress.

I thought that was ridiculous.

However, Harry explained that in the space of a few months I had returned to full employment in journalism after an absence of almost two years, bought a flat and, not least of all, got married (Harry was the best of best men). I also created a lot of extra work for myself campaigning on a complicated story I felt strongly about.

On top of all this, I was of course trying to train very hard, which we all know is about physically increasing stress loads.

Respecting Harry's views and judgement, his stress theory stayed in my mind to re-surface summer when I began to view an extremely relentless workload in the office as a treadmill.

Grossly understaffed in my view when I joined the newspaper, holidays kept numbers at impossible levels. But papers still had to be filled and deadlines met.

I had a couple of terrible races just when I thought I was coming into form, and then it went from bad to worse. I stayed tired and it became a real effort to stumble four or five miles. Days off made no noticeable difference.



maybe viruses are a problem, but too much stress makes you more susceptible.

There are other forms of stress to watch for outside your job - such as domestic or emotional upheavels - but from my point of view it was interesting to learn recently that journalism sits very high in the league of stressful occupations.

The most stressful, in order, were: coal miners; construction workers; police officers; pilots; prison officers; and advertising executives. How many top athletes do you know in these occupations?

Graham at work, above, and out training, top left.

Stress or virus, the response from the normally aggressive athlete has to be the same. If you are struggling in training, you have to give in to it. Your body is most definitely telling you something.

To ignore the signals is to ask for trouble. Another friend of mine genuinely had a virus, but in his keenness he ignored all the signs and drove himself on. He wound up an emergency case in hospital undergoing a barrage of tests on his heart, which he damaged seriously.

George's season fell apart as 1987 pressures built up

GEORGE BRAIDWOOD, one of Scotland's top middle distance runners, is convinced stress ruined his track season last summer.

His form fell apart as he became involved in setting up a business and there were complications in the birth of the Braidwoods' first child.

The former Scottish 5,000 metres champion had been warned months earlier by his coach, Harry Gorman, to expect a backlash from career and domestic changes, but in the end was unprepared for the upheaval and stress.

George says his problems started last April when, as a dental technician, he and a partner set up business. It meant a lot of extra hours at first.

"I had started worrying before that, and I was beginning to think about the baby that was due," he recalls.

Then, in mid-June, George's wife, Linda, gave birth to a boy. Four weeks premature, the child spent the next 10 days in intensive care, and it was many months before the couple could relax about his health.

George's already disturbed routine was turned upside down. "I was rushing to the hospital at every opportunity, working till 10pm and 11pm at night, and then starting early in the morning," he says.

On top of all the activity and worry, he was still training as often as possible. He made it to the line for the national 5,000 metres at the end of June in reasonable physical shape - but that was all. "Utterly drained" mentally, he stepped off before half distance (and incidentally was back in his office that evening).

"I thought I had put the baby at the back of my mind and that I was eager to race, but there was nothing there," he explains.

A few weeks later, after a disastrous interval session and a road mile in which he felt dead after 50 metres, George and Harry agreed to forget the rest of the season.

It was frustrating for coach as much as athlete, but at least Harry had seen it coming.

"We had a good winter's preparation," he explains. "But when George told me about going into business and that his wife was pregnant, I warned him to expect little of the coming season."

George has built up his running gradually again this winter, and with his work and home life more settled, he and his coach will now try and get it right this summer.

Cambuslang Harriers

It took them 40 years to win the Scottish National Cross-Country title, but for Cambuslang Harriers life is just beginning.

When the Lanarkshire club ran away with the senior title at Irvine Beach Park in February it set the seal on the club's best ever season - a fitting way to mark the year in which the club reaches "veteran" status, having been founded in 1948.

Clubs like Cambuslang are the backbone of Scotland's running scene. In good years and in bad, they are out there ensuring that the life-blood pulses as vigorously as ever in the heartland of Scotland's running scene.

Cambuslang's strength has always been over the country and on the road. While some members will have a serious go on the track during the summer, most see winter as the true backdrop to their best running.

In many ways it's a rags to riches story. Until 12 years ago the club operated from the shower room of the Dalton Special School - an ideal setting for cross-country, but so remote from the town of Cambuslang, on the south-east fringe of Glasgow, that only the keenest of Harriers had the stamina to keep up their club membership. The result was a small, struggling club - seemingly permanently dwarfed by the then giants of Shettleston, Springburn and Victoria Park.

The club had it's

Stewart McIntosh, himself a Cambuslang Harrier, spotlights the club presently enjoying unprecedented success. Pics: Peter Devlin.

successes in the 1950's and 60's, with runners like Gordon Eadie winning the Scottish marathon title, and men like Andy Fleming, Willie Kelly and Jim Brownlie keeping the club going. But the tiny membership meant puny team performances - and some of the vets in the club can recall days when it was difficult to field a full senior team.

The picture changed radically 12 years ago when the club switched its venue to Burnside, near Rutherglen, where facilities were shared with Cambuslang Athletic Club - which is actually a rugby club.

It was to be starting point for a long run of gradually increasing success, which took Cambuslang Harriers all the way to that senior title at Irvine Beach Park this year.

"The move to Burnside was absolutely crucial," says club president Des Yuill. "It brought us much nearer the centre of population, making it much more convenient for people to participate in the club. It also puts us on the doorstep of three secondary schools from which we could draw talent. But perhaps the

most important thing was that it gave us a permanent year-round base - people always knew where to find us."

Yuill believes that many Scottish clubs, especially those that lease different facilities at different times of the year - or whose premises close over the festive period - suffer both in training terms and in holding members.

Two years ago Cambuslang were on the move again and they now share facilities with Cambuslang Rangers Junior Football Club. Not only that, but club members chipped in £1600 to convert a store area at the football ground into a Harriers club room.

"Achieving a good club atmosphere is vital," says club secretary Jim Scarborough. "After training sessions there are social facilities here where the youngsters can play pool while the older guys have a pint or a soft drink. It means that people don't disappear immediately after training, so we can organise teams and transport for races without having to chase people up. It's also good for morale to have the lads sticking

around afterwards - and it means that the youngsters aren't left out."

The club's run of success started with Davie McShane, when he became the youngest ever Scottish cross-country champion in 1978, having won the title as a first-year junior boy. McShane still holds the distinction of being the only Scottish runner ever to have won Scottish titles as first year junior boy, senior boy and youth.

Following in his trail, the senior boys took the Scottish cross-country title in 1979.

"Much of our success has been built on the influx of youngsters who came into the club around that time," says Yuill. "As those boys have made their way up through the age grades they have given us a string of successes. We were also very lucky about ten years ago to gain Rod Stone, Alex Gilmour, Eddie Stewart and the Rimmer brothers as members. They put us on the map giving us our first national title - the Scottish cross-country relays at Inverness in 1980."

But winning the occasional title is rarely enough to keep a club strong. Cambuslang has been kept on the road through the tireless efforts of men such as Robert Anderson and Dave Cooney who act as talent scouts, hunting out potential

Tuesday training night, and Cambuslang Harriers face the camera.





It's only a sport, says Eddie . . .

WHEN YOU force Eddie Stewart to talk about his training system, whole dressing rooms fall apart with mirth.

"Nobody ever believes me when I tell them about my weekly mileage, but I've got no reason for lying," he says ruefully. Most of his words are drowned out by derisive laughter from the showers.

Eddie is a key element in Cambuslang's success story. A true runner's runner, he has never made it to the big time but has earned the respect not only of his club, but of Scottish athletes everywhere.

Eddie rarely wins races - but he is always "there or thereabouts". No Scottish athlete, no matter how good his talent or track record, can take it for granted that he is on to a winner when men like Eddie line up at the starting post beside them. As part of a team, he can be devastating.

Always somewhere near the front of the field, Eddie finished seventh in the

Scottish Cross-Country Championships in February - to nobody's great surprise. His consistency over the country has always been remarkable.

How does he do it? "On average of about 20 miles a week," he says - to the sound of more disbelieving laughter from the showers. "When I'm training hardest, during the winter, I do about 35 miles a week - never more than that. I find that if I do any more I just go backwards. During the summer I do hardly any running at all, as my job as a gardener for Ayrshire and Arran Health Board takes a lot out of me during those months."

Not surprisingly, the hardy harriers of Cambuslang greet these figures with scornful disbelief or incomprehension - after all, the average Harrier thinks: "If I could do what Eddie can do, I'd run 70 miles a week and be a star."

Eddie shrugs it all off. "Sure, I'd do a lot more if I thought I was good enough to earn the kind of money that Cram can

pick up. But I'm not that good. It's all a question of appetite - it's only a sport and I get a great deal out of it. Too many guys get too intense. I don't let any particular performance become a question of life and death."

Eddie's hardest session of the week is the club's tough Tuesday night road session. He hardly bothers about rep sessions or the grind of track work. "I do the occasional 5 x half mile session, but that's about all," he admits.

His next target is the Kodak 10K where he will be aiming to beat his road personal best of 29:35 by at least five seconds (interestingly his track P.B. for the same distance is 29:54!)

As a cross-country man par excellence, Stewart believes that Scotland's loss of status at international level is a numbing blow. "It's not so bad for guys like me who have had the chance of running against international competition, but for people coming through it's demoralising," he says.

members wherever they can be found.

Entry lists for "people's" events mysteriously wind up in their hands, and any unattached runner who puts in a good performance is likely to find himself getting a phone call.

Until the sheer flood of joggers made it impossible, Anderson was particularly prone to stopping anyone he met jogging in the street with a brisk enquiry about their club affiliation.

"There's no doubt that paying attention to recruitment has paid dividends for this club," says Scarborough. "Now every school-teacher for miles around knows that we are in the market for any youngster who wants to get into the sport."

Club membership stands at around 120 - despite the close proximity of two clubs in East Kilbride and Shettleston - only three miles away across the Clyde.

Interestingly, the club resists getting drawn into colts events. "They're too young for competitive races," says Yuill emphatically. "We prefer all our members to be of at least secondary school age. When you look at some of the youngsters who perform well at colts level, you tend to find that they have left the sport before they reach youths age."

The only Scottish cross-country team title which has so far eluded Cambuslang is

junior boys. Yet, in spite of their strength and their consistency on the road and over the country, the club has no formal coaching policy.

Indeed, Mike Johnston is the only SAAA-registered coach operating at the club. The rest of the work is taken on by seniors and veterans who make themselves responsible for individuals and for different groups of youngsters at various times.

"We've also had a lot of help from top coaches from other clubs, like Alec Naylor and Brian McAusland," says Yuill. "In the end, running is about running - and most runners are prepared to help each other out - no matter what club they come from."

Training at Cambuslang tends to take the form of a track session at Crownpoint Road on Monday evenings, and road sessions on Tuesdays and Thursdays. The Tuesday night session is usually a very hard run. Everybody who turns up expects to have their eyeballs popping out after three miles of the six or eight mile road session.

It is hard to avoid the conclusion that much of Cambuslang's consistency over the country and on the roads comes from those hard Tuesday sessions.

The approach to training tends to be an unsophisticated one of getting in plenty of miles, with two or three really hard sessions per

week. Not a lot of attention is paid to sprint drills, timed reps or so on. When a Cambuslang Harrier pulls on his running shoes he knows he is in for a long hard grind, rather than a series of spurts.

It's a philosophy that does not breed track stars but, as Cambuslang have proved, it can make you the best club in Scotland over the country.

"Hard running and a good club spirit, that's how to do it," says Yuill. It's a simple philosophy, but it has significant advantages - interestingly Cambuslang Harriers tend to stick with the club even when they move out of the district.

With the Scottish title behind them, Cambuslang is not resting on its laurels. "It's a hard act to follow, but we'll be giving it our best shot," says Jim Scarborough. "We've got a lot of strength in depth with runners like Sam Wallace, Davie McShane and Jim Orr, with youngsters like Mark McBeth coming through."

But nobody is allowed to get complacent about success. On the evening Scotland's Runner visited the club, the talk in the dressing room was all about a blast in the local "Rutherglen Reformer" newspaper from president Des Yuill. Under the heading, "Flak for absent stars", Yuill made clear his feelings about a poor turn-out from top Cambuslang runners for the Scottish Six Stage Relays in March.

Having won the Lanarkshire relay and championship, the West district relay and championship, and four man relay at Galashiels, the Edinburgh to Glasgow relay, and the National Championships at Irvine, it was a golden opportunity to complete their ascendancy over the rest of Scotland.

However, in the absence of some of the club's top runners the title went to Springburn while Cambuslang came in fifth. "The lads who turned out ran well, but some of our top runners let us down," says Yuill. "Sadly, a great chance was lost and the club supporters must be concerned at the lack of loyalty and club spirit shown by some of the club's stars."

There is no reason why Cambuslang's run of success should not continue, however. Committee member Dave Cooney is looking around for some sponsorship backing for the club's participation in the European Club Championships in Portugal next winter. "We'll put on a good show - and as our press cuttings file for this year shows, we can offer a sponsor plenty of publicity in the Scottish press," he says.

Forty years old this year, the club that was founded by ex-servicemen returning to civvies after the war has shown that it knows how to fight for survival - and how to conquer the heights. ☐



Harriers (left to right): Eddie Stewart, Charlie Thomson, Robert Anderson, Davie McShane, Eddie McCafferty, Mark McBeth and Jim Orr.



It's life and death, says Robert . . .

ROBERT Anderson is the kind of athlete on whom our whole tradition of club running in Scotland is founded. He has been out there running, week after week, for about 25 years - boy, youth, junior, senior and now (at 41) - veteran.

When he first came into the sport from a footballing background (fervent Rangers supporter), Robert would work up his adrenalin at the starting line by identifying those lads who were

crossing themselves and vowing to himself: "I'll beat you, you ****".

Well, we all need time to mature. And as Robert matured as a runner his attitude towards those of other faiths mellowed. After all, they were all runners - so they were still there to be beaten! But he has never lost his killer instinct against those who showed any weakness on the field.

During the youths race at national cross-country championships held in Edinburgh a few years ago, Cambuslang's team was lying fourth. An athletics journalist, standing beside Robert on the second lap, watched a youngster from the team that was lying third drop out - amid the usual tears of nervous confusion and excuse. Robert hailed a Cambuslang youth who was plodding round the course with no obvious sign of serious intent. "Right you, you ****! That bastard there (points to sobbing youth) just gave you a medal - pick your ***** pace up and collect it!" He did.

It was not one of the most tasteful exchanges of the afternoon - but it was all about Robert's role at Cambuslang. The hustler; always pushing, shoving, cajoling - never letting anybody lie back on their laurels. Even the star youngsters in the club know that nobody tries harder than Robert. He's always there to tell you what he thinks.

Sometimes this can go over the top - he still shakes his head ruefully when reminded of the time he got a little physical with a star runner whom he felt had not put everything he could have into a key race.

But it is more than that. He lives, eats, breathes and drinks the sport. As a promising youngster in the 1960's he would spend a hard morning carrying coal sacks up closes on a Saturday morning, finishing work well after one o'clock, before rushing off to a race at a time when Cambuslang had little hope of any real success.

Like many traditional harriers, he is now suffering the injurious effects of more than 25 years in the sport - many of them spent pounding the pavements in inadequate footwear, something that many youngsters tend to forget in these days of high-tec footwear.

"I still manage about 35 miles a week. More than that and I seem to get injured. Who knows, maybe next year ...?" he says wistfully. But despite the seemingly constant injuries, he has managed a run every day this year.

Anderson never gives up. A current Member of Parliament (and Cambuslang Harrier) claims that Robert gave him the hardest run of his life.

It was the day after the Mamore Hill Race when a Cambuslang pack, under

Robert Anderson's guidance, decided to do a 90 minute run through the mountains.

Robert had the watch. But, being a ruthless coach, he stopped the clock each time any of the hungover lads was compelled to visit the bushes. Unfortunately, being hungover himself, he got the timing wrong. All too soon Robert was starting the watch whenever anyone had a call of nature and stopping it whenever the pack actually started running.

A massive running commitment to the Scottish mountains had been made before the dreadful truth emerged ... the denouement involved two hours more than scheduled and a chest-high fording of a mountain torrent.

They still talk about it at Cambuslang (in hushed tones) with the sort of admiring horror that every true harrier reserves for those killing days when, somehow, against all the odds, you make it home.

Yet, the Robert Andersons of this world claim that it was all part of their master plan to take the club onto winning the Scottish senior cross-country title four years later! Without them, our sport would drop dead.

Running: A Beginners' Guide

By Derek Parker, senior BAAB and Kilbarchan coach.

IN THE APRIL ISSUE we discussed the basic elements in a training programme for beginners. I would advise you to read that article and assimilate its contents if you have not already done so. However, assuming that you are able to run for 30 minutes non-stop four or five times a week without any undue strain or discomfort, we can now consider other forms of training - and look ahead to your first race.

Beginners are frequently advised to run at a pace which will enable them to carry on a conversation. While this is undoubtedly true, it is not always practical - especially if you train alone, if you are of taciturn disposition, or if your training colleagues do not take too kindly to your incessant chatter. A far more reliable and trustworthy guide is to take your pulse regularly as an indicator of heartbeat.

Generally speaking, people who do not indulge in athletic activity have a resting heart rate of around 70 to 80 beats per minute (bpm). With regular exercise, this figure will decrease as the heart becomes stronger and fitter pumping out more oxygen-carrying blood to the working muscles at a greater stroke volume. The heart rate will eventually plateau at a figure of around 45 to 65 bpm depending on your age, fitness, and training capacity.

The maximum heart rate which each individual athlete can achieve is generally calculated by subtracting his/her age in years from the figure, 220. Thus someone aged 40 would be deemed, using this formula, capable of attaining a top rate of 180 bpm (200-40=180). It can be deduced from these figures, therefore, that athlete "A" whose resting heart rate is 60 bpm can increase his/her cardiac capacity threefold (60 x 3 = 180) and would have a distinct advantage over athlete "B" whose heart rate was 80 bpm at rest and could accordingly increase his/her capacity by little more than double the resting rate.

One other factor is important in the value of heart rate as an indicator to fitness - a certain minimum figure must be reached in training if the effect of exercise is to be of real benefit. This figure is usually computed on the Karvonen formula along the following lines: maximum heart rate in bpm - resting heart rate + 60 per cent of the difference added onto the resting heart rate. It's not as complicated as it sounds.

Our 40-year-old athlete, for example, would subtract his resting heart rate (60) from his

maximum of 180, giving a difference of 120. Sixty per cent of the difference (72) added on to the resting rate of 60 gives a figure of 132 bpm, which that athlete must achieve in training if it is to be effective.

Most people calculate their heart rates by counting the number of pulse beats at the wrist or neck in 15 seconds then multiplying by four to ascertain the number of beats per minute. A more accurate and valid method is to use a stop-watch and time eleven pulse beats, starting the watch on the first beat and stopping it on the eleventh. This gives the time for 10 complete cardiac cycles. The exact figure can then be calculated e.g. 11 beats in five seconds would indicate a heart rate of 120 bpm (60 seconds divided by five seconds = 12 x 10 cycles = 120).

Apart from enabling you to assess the effects and benefits of your training, establishing your heart rate provides you with safety checks which let you know if you are putting too much into your session. If, for example, your heart rate has not fallen to around 110 to 120 beats in five minutes after the cessation of exercise, you have probably been running too hard - and if normal resting pulse starts to show an increase first thing in the morning for three consecutive days the cumulative effects of your training programme are almost certainly leading you into a state of stress.

In both instances, the solution is simple. Reduce the intensity of your schedule and have more rest days or lighter sessions.

Irrespective of how easily or slowly you are running, however, it is imperative to stop exercising immediately if you ever experience irregular heart beats, palpitations, or fluttering sensations in the chest, throat, or shoulder areas - or if you feel dizzy, faint, light-headed, or break out in a cold sweat.

The recommended advice for anyone who finds himself/herself in these situations is to sit down with the head between the legs until symptoms go away, and then to consult a doctor as soon as possible. Also, it is a wise

precaution to seek medical advice before embarking on a training programme if you have had any history of heart trouble, high blood pressure, or obesity.

A letter from a reader in a recent issue of Scotland's Runner requested that articles about coaching should not be couched in technical language or physiological jargon. If the preceding paragraphs are thought by some readers to fall into that category - and I sincerely hope they do not - all I can say is that it is not my intention to try to blind anyone with science. The heart is, along with the lungs, the organ most affected by a running programme, and it is important for athletes, especially beginners, to have at least a basic knowledge of how to interpret and utilise the information which it imparts during the course of a training session/schedule. Coaches have a duty to make the athlete aware of certain medical facts pertaining to the acquisition and maintenance of good health, along with the enhancement of the quality of life.

And athletes also have responsibilities - to themselves, to their families, to their friends, and to the sport itself. That is why it is so important that they listen to and understand their own body language, and why they must work to their own schedules, modifying and adapting the programme where necessary, and above all not taking any unnecessary risks.

Having clarified the function of the heart in determining training performance and gauging fitness, we can now consider some different forms of running which will help the beginner to improve - again assuming that he/she is capable of running for about 30 minutes four or five times a week without incurring undue stress or abnormal fatigue symptoms.

1. Jogging: This is the simplest and most basic form of running and is performed at a heart rate of around 80 to 120 bpm, depending on your fitness. It exercises the heart and lungs and is the type of running usually done by complete beginners or as part of a warm-up or cool-down. The Karvonen formula does NOT apply to jogging, which is regarded

by its adherents - and there are many - as a pleasurable activity not requiring too much physical effort.

2. Long slow distance running (LSD): As the name suggests this involves running relatively long distances at relatively slow speeds at a heart rate of around 120 to 150 bpm. (Athletic terminology such as LSD and slow speed are relative to the standard, ability, and fitness of each individual athlete, even within the context of his/her training group.)

LSD is performed at around 50-70 per cent of the athlete's maximum oxygen uptake (VO2 maximum), i.e. the amount of oxygen that can be inhaled and transported to and used by the various working muscle groups. This form of training helps to reduce the resting heart rate and develops the cardio-vascular, i.e. heart-lung endurance system. A typical example of LSD would be a 10-mile run in around 60-75 minutes.

3. Fast continuous running: Although done over shorter distances, this type of training is more demanding and should only be introduced when you have attained a high degree of fitness. The heart rate would be in the 140 to 180 bpm range, and you would be running at around 70-95 per cent of your VO2 maximum.

Whereas in LSD the muscles work aerobically, i.e. with oxygen, in the fast continuous running there is greater degree of muscular anaerobic involvement, i.e. without oxygen and causing higher concentrations of lactic acid. This form of training increases the stroke volume of the heart and makes the athlete capable of running at a higher percentage of his/her VO2 maximum, i.e. he/she can run at a high steady state without getting into oxygen debt. A typical fast continuous session would be five miles run in around 27-30 to 31-30.

4. Medium pace continuous running: As the name suggests, this lies between LSD and fast continuous running in terms of distance and speed. The heart rate will probably be between 130 and 160 bpm and you will be running at around 55 to 75 per cent of your VO2 maximum. A typical session would be eight miles in 45 to 55 minutes. Assuming that your long run (LSD) is done at the weekend, your medium pace continuous session could take place in mid-week, probably on the Wednesday.

5. Interval running: Although this type of training will enable you to get fitter a lot quicker than LSD, its training gains are not so lasting as steady running. It is important, if this form of running is used, to maintain an aerobic (i.e. with oxygen) pace and not to go too fast otherwise the session becomes anaerobic in nature, i.e. oxygen debt and lactic acid levels are created.

Interval training is so named because the training effect comes during the RECOVERY phase when the heart fills with oxygenated blood, thereby improving its functioning ability. It is imperative that during interval work the pace of running is strictly controlled. The favourite distance used is 200 metres and each run must be done at a pace

True fartlek means running as fast and as far as you want, interspersing fast sprints with longer, steadier efforts and with walking or jogging recovery intervals. It is best done in a park or along forest or woodland paths - although nowadays a combination of urban clutter and dark, winter nights means that it is invariably done on the roads.

Ideally, the heart rate should be between 150 and 180 bpm at the end of the fast sections, and between 130 and 150 on the slower stages. If done in a group of athletes, it is usually a good idea to adapt the session to a series of timed runs over different distances, following a full warm-up.

A typical fartlek session using this method would be: 10 x 30 seconds fast (60 seconds jog

aerobic, which differentiates it from speed endurance running, a high-intensity anaerobic exercise utilised by 800 to 5000 metres competitors involving several repetitions over distances such as 200 metres to 600 metres at a race pace with 20 to 90 seconds recoveries - or faster than race pace efforts with recoveries of up to 20 minutes. For beginners or newcomers intending to race over 10K or half marathon distances, however, speed endurance is best left alone as it causes dramatic and sudden increases in the heart rate and is of limited benefit for longer events.

8. Hill running: This can be done in the form of several efforts up a fairly steep hill over distances such as 150 to 300 metres,

give the mind and body an opportunity to replenish their mental, spiritual, and physiological resources after hard efforts. Recovery-type sessions can vary from athlete to athlete, but generally involve 15 to 60 minutes easy running, jogging, or walking.

Let anyone think the contents of the preceding paragraphs are too physiologically-orientated, I would say that the more a person knows about the different training approaches the more he/she will benefit from his/her work-out.

If an athlete trains consistently at the same pace every day, he/she is only going to be able to race at that pace - and, more important, personal progress and achievement is going to be very limited. A varied training programme involving the running of different distances at different speeds, interspersed with adequate recovery periods, is the key to maximising your potential as an athlete.

Future articles in this series will concentrate on specific training for the half-marathon leading up to a race over that increasingly popular distance at the end of August or the beginning of September.

In conclusion - and still assuming that you have been running for around 30 minutes five times a week for at least a month - your training programme over a two-weekly cycle should now be along the following lines:

Sunday: (Weeks 1 and 2) - 60-90 minutes steady running on grass or country.

Monday: (Week 1) - 6 to 8 x 2 minutes fast (2 minutes jog recovery); (Week 2) - 3 x 1 mile (5 minutes recovery). Warm-up/cool down 15 minutes before/after each session.

Tuesday: (Weeks 1 and 2) - 20 to 30 minutes easy recovery run or jog.

Wednesday: (Week 1) - 15 minutes steady + 8 x 150 metres uphill (jog down recovery) + 15 minutes cool down. (Week 2) - 15 minutes steady + 15 minutes continuous hill running + 15 minutes steady.

Thursday: (Weeks 1 and 2) - 20 to 30 minutes easy run.

Friday: Rest day.

Saturday: (Week 1) - 45 to 60 minutes long slow distance run. (Week 2) - 60 to 75 minutes long slow distance run. □



six to eight seconds slower than your best 200 metres time. The recovery period should be no more than 90 seconds and normally no less than 45 seconds. The heart rate should be between 150 and 180 bpm at the end of the run and should drop down to 110 to 120 bpm by the end of the recovery interval.

A typical interval session for an athlete with a 200 metres personal best time of 24 seconds would be 15 to 25 x 200 metres in 30 to 32 seconds with 45 to 90 seconds recovery.

6. Fartlek: This term is a combination of two Swedish words meaning "speed" and "play". Fartlek was popularised four decades ago by great Scandinavian athletes such as Gundar Haegg who did most of his training in the vast firwoods of his homeland, running almost entirely on forest paths carpeted with pine-needles.

recovery) + 5 minutes steady + 5 x 2 minutes fast (2 minutes jog recovery) + 5 minutes steady + 8 x 15 seconds fast (45 seconds jog recovery) + cool down jog.

7. Repetition running: This is another form of hard training, and you should have attained a good standard of fitness before attempting it.

Repetition running is done over relatively long distances such as one mile or two miles at a tempo faster than race pace. Longer recoveries are taken between efforts than those used in interval training, e.g. 3 to 5 minutes. Thus an athlete hoping to better a personal best of 60 minutes for 10 miles (e.g. 10 x 1 mile in six minutes with no recovery) would perform typical sessions such as 5 x 1 mile around 5.30 pace with two to four minutes recovery or 3 x 2 miles at around 11 minutes with three to five minutes recovery. Repetition running is primarily

with a jog back recovery, or as a continuous circuit. Personally, I prefer to use the continuous circuit method where the athlete runs out to the training venue, completes the hill session, then jogs back.

My own particular favourite course for continuous hill work is a loop 500 metres in length which allows the athletes to run 200 metres uphill, followed by a 300 metres downhill stretch back to the start. Fifteen minutes of this develops the cardio-vascular system and the athlete's ability to run at a fairly high percentage of his/her VO2 maximum. It also strengthens the legs as well and the mental determination and willpower which fulfil such important roles in training and racing performance.

9. Recovery running: This is every bit as important as hard sessions. Recovery runs allow the athlete to consolidate and assimilate training gains, and

Results

February

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Dundee Hawkhill Harriers Open Road Race -

Seniors 5.1/5 miles: 1, A. Hutton (ESH) 27-48; (new record); 2, T. Mitchell (Fife) 27-55; 3, C. Haskett (DHH) 28-23; 4, P. Fox (Moth) 28-40; 5, H. McKay (Fife) 28-57; 6, T. Ross (Fife) 18th 31-58.

Ladies: L1, C. Price (LV1) (DHH) 19-23; 2, J. Robertson (BRR) 21-13; L3, M. Robertson (LV2) (DRR) 22-14. Youths: 1, S. McKendrick (Dumb) 19-15; Senior Boys: 1, B. McCreadie (Dumb) 12-28; Junior Boys: 1, A. O'Hare (Dumb) 11-12; Colts: 1, G. Gatherer (DHH) 7-10; Inters: 1, S. Duncan (PSH) 24-58; Girls: 1, S. Couits (DHH) 12-25; Juniors: 1, S. Hannan (DHH) 12-26; Minor: 1, N. Clark (Tay) 7-50.

Eastern District Cross Country League, Riccarton, Edinburgh -

Senior 5.1/2 Miles: 1, S. Axon (Aber) 28-19; 2, D. Cavers (Teviot) 28-22; 3, D. Bain (FVH) 28-25; 4, M. Turner (Aber) 28-32; 5, J. Pentecost (FVH) 28-38; 6, R. Hall (Teviot) 28-41. Teams: 1 Aberdeen AAC 81 pts; 2, Teviotdale 109; 3, Edinburgh AC 144. O/all Championship: 1, Teviotdale 284 pts; 2, Aberdeen AAC 335; 3, Edinburgh AC 423; (for George Sandilands Shield.)

Youths: 1, S. Rankin (FVH) 20-45; 2, I. White (FVH) 21-04; 3, C. Murphy (Teviot) 21-12; Teams: 1, Falkirk VH 13 pts; 2, Aberdeen AAC 25; 3, Pitreavie 33. O/all League Champ for Geo. Aithie Shield: 1, Falkirk Vic H 43 pts; 2, Aberdeen AAC 82 pts; 3, Edinburgh AC 127.

Senior Boys: 1, P. MacArthur (Cent Reg) 12-56; 2, S. Burch (Pit) 13-00; 3, A. Short (Pit) 13-09; Teams: 1, Pitreavie 11 pts; 2, Falkirk H 33 pts; 3, ESH.

O/all League Champ: 1, Pitreavie 48 pts; 2, Cent Reg 86; 3, Haddington 123.

Junior Boys: 1, A. Tulloch (FVH) 8-01; 2, S. Meldrum (FVH) 8-05; 3, M. Kelso (Pit) 8-12; Teams: 1, Pitreavie 37 pts; 2, Bathgate AC 19; 3, ESH 27. O/all League Champ: 1, Pitreavie 37 pts; 2, Bathgate AC 139; 3, Falkirk VH 154.

Colts: 1, R. Hay (EAC) 4-49; 2, S. Bruce (Aber) 4-53; 3, K. Daley (Corst) 4-56; Teams: 1, Haddington 31 pts; 2, Aberdeen AAC 32; 3, Corstorphine AC 32.

O/all League Champ: 1, Haddington 95 pts; 2, Corstorphine AC 114; 3, Aberdeen AAC 156. League Champions (all age groups) for Eastern District League Trophy 1, Aberdeen AAC 941 pts; 2, Edinburgh AGC 1149; 3, Falkirk Victoria H 1278.

Scottish YMCA Cross Country Championships, Bellshill -

Seniors: 1, J. Houston 30-51; 2, J. Quinlan 31-00; 3, D. Gardner 32-35 (all Motherwell) Team: 1, Motherwell; 2, Bellshill.

Senior Boys: 1, G. Hart 11-32; 2, A. Cameron 11-49 (both Bellshill); 3, M. McEwan (Moth) 12-17; Teams: 1, Bellshill; 2, Motherwell. Junior Boys: 1, G. Johnston 8-57; 2, R. Houston 9-00; 3, J. Douglas 9-10 (all Motherwell) Teams: 1, Motherwell; 2, Larkhall.

Scottish Veterans Valentines 10,000 metres Promenade Road Race, Girvan -

1, R. Shields (Clyd) 29-50; 2, D. King (Kilb) 30-03; 3, W. McCann (EK) 30-57; 0/50: J. McCafferty (Law) 34-00; 0/60: A. McGuinness (Vic Park) 37-32; L1, M. McCann (EK) 42-11.

Victoria Park AAC Cross Country Championships Milngavie -

Seniors: 1, C. Little 29-24; 2, B. McKay (J1) 30-15; 3, G. Dick (J2) 30-41; V1 = D. Low and G. Smith (both 36-38).

Youths: 1, S. Barnett 30-52; 2, F. McGowan 32-46; 3, R. Blair 33-02. Senior Boys: 1, G. Graham 12-23; 2, S. Low 12-28; 3, C. Greenhalgh 12-30.

Junior Boys: 1, C. Alexander 14-29; 2, C. Humphrey 14-33; 3, C. Allison 16-24. Colts: 1, S. McNellin 13-38.

Clydesdale Harriers Cross Country Championships, Clydebank -

Seniors: 1, J. Austin 38-44; 2, P. Dolan 39-49; 3, P. Doran 39-52; V1, J. Shields 5th 41-30.

Senior Boys: 1, J. Beaton 21-06; 2, P. McNicol 22-10; 3, M. Dugher 22-40. Junior Boys: 1, D. Gallagher 10-59; 2, M. Govan 11-10; 3, S. Baillie 12-42.

Colts: 1, J. Hood 6-44; 2, R. Armstrong 6-52; 3, C. Lyle 7-00.

Greenock Glenpark Harriers "Willow Bowl" 7.1/2 miles Cross Country Race, Greenock -

1, A. Puckrin 42-58; 2, C. Wallace 45-05; 3, P. Russell 45-50; J1, A. Johnston 48-07; V1, R. Hodelet 54-53; L1, E. O'Brien 58-52; L2, S. Curran 59-25.

Scot Select v Midlands Counties Representative Indoor Match, Kelvin Hall - (Scots performances)

Men: 60m: 2, S. Robertson (Guest) 7-0; 4, S. Scott 7-0; 5, S. Forrester 7-2; 400m: 1, B. Whittle 47-5; 2, A. Murray 48-4; 800m: 2, A. Bryce 1-53.7; 3, K. Cameron 1-54.7; 1500m: 1, T. Hanlon 3-44.2; 2, J. MacKay 3-53.3; 300m: 3, A. Douglas 8-20.4; 4, G. Harker 8-22.3; 60H: 1, N. Fraser 7-9; 4, I. Moore 8-5; 5, S. Dempster (Guest) 9-3; HJ: 3, P. Sudiskas 2-03m; 4, D. Barneton 2-00m; PV: No clearances for A. Leiper and A. Wake; LJ: 3, D. Mathieson 6-70; 4, I. Snowball 6-52; TJ: 1, S. McMillan 14-92m; 3, R. Harkins 14-7m; SP: 2, A. Pettigrew 13-79m; 3, G. Smith 12-47m.

Mens Match: 1, Midlands Counties 64 pts; 2, Scottish Select 51. Ladies: 60m: 1, M. Todd 7-6; 2, L. Campbell 7-7; 5, E. Lonsay (Guest) 7-9; 400m: 2, M. Anderson 56-3; 3, P.

Clark 57-20; 800m: 1, D. Kitchen 2-10.2; 3, L. Svaansand 2-16.4; 4 x 200 relay: 1, Scottish Select (M. Todd 25-31; E. Lindsay 24-99; P. Clark 25-06; M. Anderson 24-69) 1-40.1; HJ: 3, R. Pinkerton 1-75m; 4, N. Murray 1-72m SP 1, M. Anderson 13-92m; 4, N. Emblem 12-04m.

Ladies Match: 1, Scottish select 34 pts; 2, Midland Counties 28.

O/all Match results: 1, Midland Counties 92 pts; 2, Scottish Select 85.

Greenock Wellpark Harriers "McLaren Cup" 9 Mile Cross Country Race -

1, G. Gaffrey 53-22; 2, J. Duffy 53-52; 3, H. Mooney 59-48.

14

Falkirk "Round the Houses" Meeting, Grangemouth -

Senior 10,000m: 1, A. Gilmour (Cambus) 29-58; 2, R. Arbuckle (Keith) 30-10; 3, E. Stewart (Cambus) 30-21; 4, B. Scally (Shett) 30-30; 5, J. Orr (Cambus) 30-38; 6, D. Bain (FVH) 30-40; V1, A. Weatherhead (EAC) (7th) 30-58; V2, W. Day (FVH) (23rd) 32-36; V3, A. Stirling (FVH) (25th) 32-40; L1, J. McCoil (GAC) (105th) 37-05; L2, S. McDowell (Pit) (109th) 37-16; L3, E. McKay (Monk Shett) (123rd) 37-46; LV1, J. Stevenson (FVH) (138th) 38-08; LV2, S. Bauchop (S. Vets) (209th) 41-47; LV3, L. Hills (Lilnithgow) (228th) 44-01.

Team: 1, Cambus H 9 pts. Youths: 1, G. Stewart (C'bank) 15-53; 2, S. Rankins (FVH) 15-59; 3, I. Falconer (Harmeny) 16-26; Teams: 1, Clydebank AC 11 pts; 2, Kirk Oly Ac 28; 3, Hamilton H 57.

Senior Boys: 1, D. Hill 8-19; 2, A. Thain 8-29 (both Clydebank); 3, P. McArthur (Cent Reg) 8-32; Teams: Clydebank AC 9 pts; 2, Cent Reg AC 28; 3, Colzium AC 50.

Junior Boys: 1, I. Forbes (S'house) 7-11; 2, D. Whiffen (nith V) 7-17; 3, A. Bruce (C'bank) 7-20; Teams: 1, Clydebank AC 12 pts; 2, Bathgate AC 26; 3, Colzium AC 37.

Colts: 1, S. McNellan (Vic Park) 5-03; 2, P. Scott (Bo'ness) 5-08; 3, M. Smith (Vic park) 5-11; Teams: 1, Vic Park 11 pts; 2, Colzium AC 31; 3, Springburn H 32.

Inters: 1, L. Svaansand (Pit) 14-58; 2, A. Totten (Airdrie) 15-05; 3, P. Kelly (Bathgate) 15-11; Teams: 1, Kirk Oly AC 22 pts.

Juniors: 1, S. Telfer 9-40; 2, G. Slaven 9-55 (both Ayr Sea); 3, C. Roy (Bathgate) 9-58; Teams: 1, Ayr Sea AC 16 pts; 2, Monk Shett 53; 3, Cent Reg AC 56.

Girls: 1, A. Cheyne (Bathgate) 8-02; 2, J. McDowall (Colzium) 8-05; 3, L. Pope (Bathgate) 8-11; Teams: 1, Bathgate AC 8 pts; 2, Colzium AC 38 pts; 3, Lasswade AC 57 pts.

Minors: 1, M. Brooks (Ayr Sea) 5-31

2, J. Brown (Harmeny) 5-37; 3, S. Scott (Ayr Sea) 5-40; Teams: 1, Ayr Sea AC 16 pts; 2, Airdrie H 23; 3, Kirk Oly Ac 38.

Castle Series Cross Country Races, Haddo House, Tarves -

Men 4.1/2 miles: 1, R. Cresswell (Aber) 26-27; 2, S. McMillan (RAF) 26-45; 3, G. Laing (Aber) 26-48; 4, C. McIntyre (Fraser) 27-00; 5, G. Milne (Defer) (V1) 27-01; 6, A. Reid (Coasters) 27-23; V2, M. Edwards (14th) 28-28; V3, J. Gallon 23rd 29-23 (both Aberdeen); 3, G. Pirie (Unatt) 19-54. Senior Boys: 1, M. Simpson 12-15; 2, D. Richardson (Fraser) 12-31; 3, R. Bond (Unatt) 12-39.

Junior Boys: 1, S. Sutherland 13-07; 2, G. Ramsay 13-12; 3, M. Carmichael 13-43 (all Black Isle AC). Senior Ladies: 1, G. Pollard (FFT) 19-27; 2, M. Duthie (Fraser) 19-37; 3, S. Lamb (Aber) 20-07; LV1, H. Wisely (Fraser) 4th 20-14; LV2, D. Gernison (FFT) 21-58; LV3, J. Hogg (Aber) 23-20; Int 1, F. Gerrie (Elian) 29-57.

Juniors: 1, E. Ramsay (B1) 14-10; 2, A. Gallon (Aber) 14-38; 3, S. Reid (Unatt) 14-46. Girls: 1, N. Clarkston (Aber) 14-33; 2, L. Forman (Peter) 14-38; 3, L. Gayton (B1) 15-08.

20

Motherwell Harriers "Round the Loch" Races, Strathclyde Park -

Seniors 6 miles: 1, H. Cox (GGH) 29-35; 2, B. Scally (Shett) 29-59; 3, J. Brown (Moth) 30-02; 4, W. Coyle (Shett) 30-23; 5, A. McLellan (C'glen) 30-33; 6, K. Penrice (Vic Park) 30-37; V1, R. Hodelet (GGH) 31-51; V/O/50: H. Gibson (Hamilton) 35-00.

J1, G. McMaster (FVH) 30-39; L1, T. Knox (Liv & Dist) 38-33. Youths: 1, R. Blair (Vic Park) 18-36; 2, P. Clark (Airdrie) 20-13; 3, P. Campbell (Hamilton) 20-23.

Senior Boys: 1, M. Hand (Law) 10-01; 2, D. Slyth (HELP) 10-02; 3, B. Stewart (Ayr Sea) 10-24; Team: 1, Hamilton H 43 pts.

Junior Boys: 1, J. Ferguson (Ayr Sea) 10-21; 2, M. McCormick (Shett) 10-45; 3, J. Wright (Bellia) 10-51; Team: 1, Shettleston H 29 pts. Colts: 1, S. McNellan (Vic Park) 6-22; 2, M. Smith (Vic Park) 6-28; 3, XV. Tierney (Spring) 6-40; Team: 1, Victoria Park AAC 16 pts.

Carnethy Five Hills Race, Penicuik 1, M. Patterson (DPFR) 48-31; 2, I. Davidson (Carnethy) 49-18; 3, D. Bell (HELP) 49-55; 4, G. Schofield (Blackburn) 49-57; 5, A. Farningham (Gala) 49-59; 6, J. Maitland (Pudsey) 50-13; V1, R. Shields 23rd 53-13; V2, J. Shields 24th 53-15 (both Clydesdale H).

V/O/50: H. Blenkinsop (Keswick) 60-42; L1, P. Rother (EAC) 106th 60-08 (record); L2, J. Salvona (Liv & Dist) 61-37; L3, T. Calder (EAC) (LV1) 62-04.

In the under 13 age group, Debbie McNally (Park Mains High) looked impressive, beating Isobel Linaker (Queen Anne High) by 10 seconds. In the senior girls race, Nicola Allison (St Aloysius College) added yet another gold medal to her overflowing collection, but to

revert to the under 13 age group, the three medallists from the 1987 Primary Championships, Leigh Forman, Aileen McManus and Lynette Duffy, all finished in the top ten. Yet of the boys who figured in the Primary races, none have reappeared in the secondary results. Why?

In the under 15 races, the only athlete to reappear from last year's international team was Balwearie High's Alasdair Moonie, recording his first outright victory in a box and cox situation, over his rivals in the top half dozen places. Sadly, Alasdair's "peaking" in March was deflated by a flu virus, and he was unable to finish the international event. It was left to Mark McBeth (St Aloysius College), seventh in the Schools' Championships, to excell himself in the international, with fifth place, the best Scottish result.

In the under 17 Boys' team award, Balwearie High won the trophy with one of the lowest ever totals scored at the event - 65 points - a result that speaks volumes for the hard work and dedication of their coach, Brian Hughes, who was co-opted as SSAA team manager for the Schools' international.

Continued page 31

Results



Action from the under 17 girls' 3800 metres race at Irvine (above) with, (clockwise), grit and concentration in the under 17 boys' 6000 metres; over 17 boys' winner Stuart Barnett; and under 17 winner Ross Cook (Queen Anne High). All photographs by Peter Devlin.



THE NATIONAL SCHOOLS' Championships, sponsored by Girobank Scotland, were held in Irvine on March 12, and with the Beach Park courses being adapted to the length laid down by the British Schools' International Athletic Board for the Schools' International a fortnight later, it was hoped that home advantage would prove that Scotland at least was ahead of her Celtic rivals, England, as expected being in a league of her own.

In the under 13 age group, Debbie McNally (Park Mains High) looked impressive, beating Isobel Linaker (Queen Anne High) by 10 seconds. In the senior girls race, Nicola Allison (St Aloysius College) added yet another gold medal to her overflowing collection, but to

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In the under 15 Girls' race, Alison Cheyne, Bathgate Academy, both won the schools' event and was the highest placed non-English athlete (ninth) in the international race - a superb run. The international event was inevitably won by Charlotte Mayock (third in 1987), with the English team taking first eight places. The disparity in standard is seen all too clearly here, with the added irony that the runners who finished seventh and eighth in an international Schools' event were actually "non counters" for their country.

Scottish "form" again proved accurate in the under 17 Boys' race, with Queen Anne High's Ross Crook following in his Schools' victory with eighth place in the international. Queen Anne High has three pupils in the international and 14 in the SSAA Championships.

In the under 17 Girls' event, Hayley Haining's continued absence was a cruel blow, but Mary McClung, fifth in the nationals, did a sterling job as team captain, and young Sheena MacDonald, one of the most popular-ever Scottish Schools' athletes followed up her

magnificent victory on March 12 with eighth place in the international (16-43) - just pipped by Rowena Lynch of Ireland (16-42) for first "Celt". To me, Sheena epitomises all that is good and sound and worth working for in Schools' athletics - enthusiasm, talent, humour, parental support, stability - no prima donna here.

The international match was deemed an organisational success, and in no small measure is this due to the tremendous help given by parents and pupils in Ayrshire and from Boclair Academy who hosted visiting competitors. Masterminded by Jim Young, the courses at the Beach Park were pursued by all four countries.

Entry forms for all Summer events (closing date of entry May 25, together with the 1988 SSAA Year Book, should be in all Secondary Schools by now. If anyone would like a copy of the Year Book, please write to me at 14, Heriot Court, Glenrothes, Fife, KY6 1JE, enclosing 50p to cover postage.

Linda Trotter

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Results

Mens Team: 1, Carnethy 42 pts; 2, Ambleside AC 49 pts.
Ladies Team: 1, Livingston & District AC; 2, Carnethy Ladies.

IBM Spango Valley AC "Cunningham C up" 5.1/4 mile Road Race -
1, P and S Conaghan both 27-42; 3, E. Mckee 27-51; V1, R. Hyett 30-15; L1, S. Muir 40-09.

28

Lochaber AC Marine Harvest 10,000 Metres Road Race, Fort William -
1, J. McRae 32-54; 2, I Smith 33-24; 3, D. Rodger 34-03; V1, J. Maitland (7th) 34-58 (all Lochaber); L1, L. Brown (Kirk Oly) (23rd) 41-16.

Womens Open Graded Indoor Meeting, Kelvin Hall -
60: 1, D. Brown (EWM) 7-7; 2, K. Lithgow (Nith) 7-7; 200: 1, K. Lithgow 25-5; 2, D. Brown 25-5; 400: 1, A. Hodgson (EWM) 56-7; 60H: 1, D. Brown 9-1; Jun HJ: 1, H. Melvin (Troon) 1-65m; Jun LJ: 1, A. Grant (Pit) 5-02m; SP 1, H. Cowe (Aber) 12-06m; 2, A. Rhodie (Shett) 11-23m

March

5

Fife AC 5.5 Mile Road Race, Cupar (133 ran) -
1, A. Hutton (ESH) 27-55; 2, T. Mitchell (Fife) 28-14; 3, C. Haskett (DHH) 28-20; 4, J. Doig (Aber) 28-24; 5, H. McKay (Fife) 28-45; 6, D. Bain (FVH) 28-53; V1, T. Ross (Fife) 31-13; V2, B. Preece (Aber) 31-53; V3, D. Macgregor (Fife) 32-02; L1, J. Salvona (Liv & Dist) 36-38; L2, K. Fisher (EAC) 38-34.

Dunbartonshire AAA 12 Mile Road Race, Balloch to Clydebank (350 ran) -
1, A. Douglas (Vic Park) 62-02; 2, P. Conaghan (Spango) 62-04; 3, H. Cox (GGH) 62-15; 4, A. Daly (Bella) 62-16; 5, R. Ronald (E. Kil) 63-14; 6, M. Coyne (FVH) 63-51; V1, A. Adams (Dumb) (9th) 64-53; V2, C. Martin (Dumb) (16th) 66-36; V3, B. McGonagle (Shett) (25th) 67-46; L1, S. Branney (McL GAC) (23rd) 67-27; L2, E. Masson (Kilb) (84th) 72-57; L3, L. McIntyre (McL GAC) (98th) 73-45; V 0/50 1, W. McBrinn (Shett) (61st) 71-00.

Teams: 1, Clydesdale H 25 pts; 2, Dumbarton AAC 36; 3, East Kilbride AC 55.

Greenock Wellpark Harriers Elliot Cup 5 Mile Cross Country Race -
1, E. Cafferty (11-00) 42-34; 2, G. Gaffney (Scratch) 43-07; 3, D. McNeil (4-00) 43-59 Fastest Time: G. Gaffney 26-07.

6

Lasswade AC Novaphone 10 Mile Road Race, Bonnyrigg -
1, A. gDobson (ESH) 49-28; 2, J.

Connolly (Gala) 50-07; 3, P. Cunningham (EAC) 51-10; V1, A. Stirling (FVH) 52-20; L1, P. Rother (EAC) 56-37; L2, V. Blair (EWM) 56-59; L3, R. McAleese (Shett) 60-09; LV1, Y. Fillsell (Unatt); Teams Men 1, Gala H; Ladies 1, Penicuik H.

Aberdeen AAC Cross Country Championships, Balgowrie -
Senior Men: 1, I Mathieson 20-53; 2, D. Duguid 21-14; 3, M. Caird 21-53; V1, J. Gallon 22-42; V2, C. Summers 24-35; V3, D. Grubb 25-09. Youths - 1, C. Davidson 21-42, 2, S. Wright 21-51.

Senior Boys: 1, M. Simpson 10-42; 2, G. Main 11-21; 3, D. Doussias 11-21. Junior Boys - 1, M. Baker 11-40; 2, B. Middleton 11-56; 3, M. Reid 12-06.
Senior Ladies: 1, S. Lamb 12-00; 2, D. Mockland 12-04; 3, C. Sheehan 12-15; LV1, N. McKinnon 13-05; LV2, J. Hogg 13-34; Int 1, A. Cowie 14-23. Juniors - 1, D. Simpson 12-03; 2, A. Gallon 12-36; 3, L. Davidson 12-46. Girls - 1, A. Ashman 13-00; 2, H. Pirie 13-18; 3, L. Carroll 13-52.

12

Clydesdale Harriers "Dunky Wright" Memorial 5.5 Mile Road Race, Clydebank (200 ran) -

1, A. Hutton (ESH) 25-34; 2, E. Stewart (Cambus) 26-07; 3, T. Murray (GGH) 26-21; 4, B. Scally (Shett) 26-28; 5, A. Puckrin (GGH) 26-34; 6, P. Fleming (Bella) 26-45; J1, G. McMaster (FVH) (20th) 27-37; V1, R. Blair (Vic Park) (33rd) 28-35; V2, W. Scally (Shett) (42nd) 28-47; V0/50 1, J. Haldane (Milburn); 2, D. Hendry (Bella); L1, S. Branney (McL GAC) (46th) 29-08; L2, J. Walker (McL GAC) (95th) 31-52; L3, C.A. Bartley (McL GAC) (99th) 32-00; LV1, C. Jones (Clydesdale); Teams: 1, Cambuslang H 17 pts; 2, Bellahouston H 28; 3, Greenock Glenpark H 34.

Scottish Schools AA Girobank Boys and Girls National Cross Country Championships, Irvine -

U19: 1, S. Barnett (Vic Drive) 23-23; 2, A. Kinghorn (Musselburgh) 23-34; 3, A. Russell (Douglas) 23-46. Teams: 1, Glenalmond 74 pts; 2, Lorretto 85; 3, St Cols. Clydebank 146. Boys U/17: 1, R. Crook (Queen Anne) 23-58; 2, N. White (Sanquhar) 24-18; 3, G. Reid (Kilmarnock) 24-23; Teams: 1, Maxwellton 122 pts; 2, Boclair 133, 3, Queen Anne 201. U/15: 1, A. Moonie (Balwearie) 18-25; 2, D. Whiffen (Sanquhar) 18-19; 3, M. McEwan (St Aidans) 18-25; Teams: 1, Balwearie 65 pts; 2, Dollar 230; 3, St Aloysius 265.

U/13: 1, N. Williams (Portabello) 13-30; 2, P. Burgess (Dollar) 13-34; 3, D. Hughes (Hawick) 13-38; Teams: 1, St Cols 121 pts; 2, Queen Victoria 183; 3, Edinburgh Acad 224. Girls U/19: 1, N. Allison (St Aloysius) 16-37; 2, M. Green (Thurso) 17-09; 3, C. Sheehan (Aberdeen) 17-12; Teams: 1, Lorretto 91 pts; 2, Lenzie Acad 106; 3, St Leonards 109. U/17: 1, S. McDonald (Greenwood)

16-15; 2, S. Telfer (Belmont) 16-29; 3, R. Houston (Dalziel) 16-41; Teams: 1, Loudon 146 pts; 2, Queen Anne 156; 3, George Watsons 156. U/15: 1, A. Cheyne (Bathgate) 14-03; 2, C. Roy (West Calder) 14-11; 3, A. Potts (Williamwood) 14-22; Teams: 1, Bearsden 233 pts; 2, Glasgow HS 254; 3, Queen Anne 259. U/13: 1, D. McNally (Park Mains) 9-33; 2, I. Linaker (Queen Anne) 9-43; 3, G. Fowler (Eamock) 9-52; Teams: 1, Glasgow HS 111 pts; 2, Balwearie 166; 3, Dingwall Acad 193.

Inverclyde Schools Glenpark Trophy Road Races, Greenock -
Senior: 1, J. Dunn (St Cols) 18-32; 2, S. Donald (St Cols) 18-49; 3, M. Muir (Cowdenknowes) 19-15; Teams: 1, St Columbas 8 pts. Juniors: 1, S. McGratton (Green Acad) 12-43; 2, D. Kerr (Notre Dame) 12-47; 3, E. Dobbin (St. Cols) 13-02. Team: 1, St Columbas 12 pts.

13

Criffell 7 Mile Hill Race, New Abbey (112 ran) -

1, I. Davidson (Carnethy) 52-47; 2, B. Potts (Clyd) 53-20; 3, K. Anderson (Ambleside) 53-23; 4, D. Bell (HELP) 53-25; 5, G. Russell (Amble) 54-03; 6, R. Jamieson (Amble) 54-14; V1, J. Shields (6th) 54-20; V2, R. Shields (12th) 55-24 (both op). Clydesdale (33rd); V3, I. Jackson (Liv & Dist) (32nd) 61-07; L1, P. Rother (EAC) 61-09; L2, J. Darby (Carnethy) (49th) 64-59; L3, J. Robertson (West) (53rd) 66-13; Team: 1, Ambleside AC 14 pts.

Castle Series Cross Country Meeting, Fyvie Castle -

Senior 5 Miles: 1, R. Cresswell (Aber) 25-09; 2, A. Reid (Coasters) 25-38; 3, C. McIntyre (Fraser) 25-40; 4, G. Laing (Aber) 25-52; 5, S. McMillan (RAF) 26-18; 6, M. Murray (Aber) 26-18; V1, B. Maher (Aber) 28-00; V2, J. Gallon (Aber) 28-15; V3, A. McDonald (Aber) 28-42.

Youths: 1, C. Davidson (Aber) 20-45; 2, R. Mcleod (Black Isle) 22-50. Senior Boys: 1, P. Watt (Elgin) 14-42; 2, M. Simpson (Aber) 14-50; 3, S. Reid (Aber BB) 14-51. Junior Boys: 1, S. Sutherland (BI) 15-52; 2, J. Duffy (Peter) 16-17; 3, M. Anderson (Fraser) 16-45. Senior Ladies: 1, L. Bain (Aber) 22-17; 2, H. Wisely (Fraser) LV1 23-24; 3, M. Duthie (Fraser) 23-36; 4, S. Lamb (Aber) 24-14; LV2, D. Germison (FFT) 24-54; LV3, O. Fraser (Aber) 26-49; Inter 1, F. Duncan (Ellon) 27-37.

Juniors: 1, D. Simpson (Aber) 16-32; 2, A. Robertson (Fraser) 16-46; 3, A. Gallon (Aber) 17-01. Girls: 1, L. Forman (Peter) 17-19; 2, L. Gayda (BI) 17-53; 3, N. Clarkson (Aber) 17-59.

British Veterans Cross Country Championships, Irvine -
40:49 10,000 metres; 1, A. Roper (Swansea) 31-23; 2, C. Youngson (Aber) 31-47; 3, B. Williams (Staffs)

32-04; + 45: 1, B. Little (Bolton) 32-19; 2, T. Davies (AFD) 32-23; 3, R. McFarquhar (Aber) 32-29. Teams: 1, Altringham 61 pts; 2, AFD 62; 3, Aberdeen (C. Youngson 2, G. Milne 11, R. McFarquhar 21, D. Ritchie 42) 76.

Over 50's 10,000 metres: 1, S. James (South Port) 33-27; 2, C. Leigh (Wigan) 33-29; 3, T. Issacs (Wirral) 33-46. + 55: 1, G. Spinks (Bingley) 35-39; 2, W. Stoddard (GWH) 36-22; 3, E. Appleby (Heaton) 36-33. +60: 1, W. Marshall (Moth) 38-31; 2, R. Belmore (Vets) 38-41; 3, W. Temple (SVHC) 39-41. + 65: 1, I. Johnston (Coquet) 44-25; 2, J. Kennedy (Duncairn) 46-55; 3, T. Harrison (Maryhill) 47-41. + 70: 1, D. Morrison (Shett) 46-43; 2, G. Porteous (Maryhill) 48-21. + 75: 1, J.E. Farrell (Maryhill) 47-32. Ladies 5000 metres: 1, C. Price (DHH) 19-20; 2, J. Stevenson (FVH) 21-32; 3, L. Pausey (Bournemouth) 21-46.

16

Scottish Police Cross Country Championships, Tulliallan -

Seniors 10,000 metres: 1, R. Hawkins (Strath) 34-59; 2, G. Phillips (Lothian) 36-56; 3, J. McMillan (Strath) (V1) 37-45; V2, E. McIvor (Strath) (6th) 38-20. Teams: 1, Strathclyde "A" 10 pts; 2, Tulliallan College 21; 3, Strathclyde "B" 30.

Ladies 6,000 metres: 1, S. Halliday (Strath) 35-30. Cadets Championship 10,000 metres (Men) 1, E. Graham (Central) 46-30; 2, C. McKercher (Cen) 46-54; 3, C. Dorrance (Dumfries) 46-56 (Ladies) 1, A. Fleming 39-49; 2, K. Lawson 41-37 (both Grampian).

Barcelona International Marathon
1, H. Diaz (Spain) 2-19.59 - Scots placings 5, A. Daly (Bella/Glasgow) 2-23-32; 20, B. Carty (Vet) (Shett/Glas) 2-30-28; 42, G. Fairley (Kilb/Glas) 2-35-06.

Teams: 1, Spain; 2, Wales; 3, Glasgow.

18

Greenock Glenpark Harriers "Singlehurst Shield" 5 Mile Road Race -

1, A. Puckrin 24-58; 2, P. Russell 26-19; 3, B. McGuinness 26-39; V1 R. Hodellet (6th) 27-24; L1, S. Curran 33-34; L2, E. O'Brian 34-45; L3, J. Gallagher (LV1) 36-20.

Cumbernauld Inter Area and Open Cross Country Meeting -

Senior 10,000 metres: 1, E. Stewart (Lanark) 35-55; 2, W. Robertson (Ren) 36-08; 3, G. Braidwood (Lanark) 36-31; 4, D. Bain (FVH) 36-39; 5, A. McClelland (Lanark) 37-04; 6, G. McMaster (FVH) (J1) 38-00. V1, J. Shields (Dunbarton) (18th) 39-48. Teams: 1, Lanarkshire 50 pts; 2, Dunbartonshire 85; 3, Ayrshire 159. Youths: 1, S. Barnett (Dumbarton)

Results

17-25; 2, J. Moodie (Fife) 17-55; 3, S. Rankin (FVH) 18-04 Teams: 1, Dunbartonshire 24 pts; 2, Lanarkshire 54; 3, Ayrshire 84.
 Senior boys: 1, G. Reid (Ayr) 11-00; 2, G. Graham (Dumbarton) 11-01; 3, M. McBeth (Lanark) 11-04 Teams: 1, Dunbartonshire 25 pts; 2, Lanarkshire 36; 3, Ayrshire 61.
 Junior Boys: 1, J. Ferguson (Ayr) 11-25; 2, A. Casey (QUS) 11-28 3, D. Kerr (Renfrew) 11-30. Teams: 1, Lanarkshire 44 pts; 2, Ayrshire 68; 3, Dunbartonshire 71.
 Colts: 1, S. McNeillan (Vic Park) 7-46; 2, M. Smith (Vic Park) 7-48; 3, J. Cairns (Colzium) 7-51 teams: 1, Haddington 64 pts; 2, Springburn 74; 3, Queen Victoria Sch 79.
 Senior Ladies: 1, V. Clinton (Ayr) 20-00; 2, R. McAleese (Lanark) 21-07 3, M. Taggart (Fife) 21-10; 4, M. Gremmell (Dumbarton) 21-22; 5, J. Robertson (Ayr) 21-54; 6, A. Totten (Lanark) Teams: 1, Lanarkshire 15 pts; 2, Ayrshire 16; 3, Dunbartonshire 26.
 Juniors: 1, S. Teller (Ayr) 12-35; 2, R. Pollock (Ayr); 3, J. Roxburgh (Ayr) Teams: 1, Ayrshire 6 pts; 2, Dunbartonshire 20; 3, Lanarkshire 45.
 Girls: 1, D. McNally 12-42; 2, G. Fowler 12-52; 3, J. McDowell 12-54 (all Dumbarton) Teams: 1, Dunbartonshire 6 pts; 2, Ayrshire 18; 3, Lothian 33.
 Minors: 1, H. Brooks 8-22; 2, S. Scott 8-35 (both Ayr); 3, C. Hand (Dumbarton) 8-39 Teams: Ayrshire 11 pts; 2, Lanarkshire 15; 3, Dunbartonshire 32.

Beith Harriers Cross-Country Championships.
 Senior 6 miles: 1, B. Cunningham (Beith H) 34-41; 2, J. Sloss (Vet) (Beith H) 35-55; 3, J. Swindale (Beith H) 38-10.
 Junior Boys: 1, C. Wilson (Kilbirnie) 5-11; 2, J. Todd op (Kilbirnie) 5-13; 3, J. Millar (Kilbirnie) 5-38.
 Senior Boys 1.5 miles: 1, G. Marshall (Beith) 10-25; 2, C. Crosby (Beith) 12-45; 3, S. Morley (Beith) 13-35.

Scottish Veterans 8 Stage Relay Race from Alloa to Bishopbriggs
 1, Cambuslang H (J. Christie 28-48; T. Dolan 28-00; A. Bain 30-05; R. Anderson 29-15; E. McIvor 28-42; D. Fairweather 28-58; A. Hughes 27-16; P. Bradley 28-19) 3-49-30;
 2, Shettleston H (W. McBrinn 29-54; H. Hogg 29-43; B. Carty 28-14; W. Scally 28-40; B. McMonagle 29-46; P. McMahon 30-40; J. McDonald 27-43; J. McMonagle 28-37) 3-53-17;
 3, Victoria Park AAC (W. Parker 31-04; G. Greenhalgh 28-56; P. McGill 30-59; J. Moore 28-59; R. Wood 30-11; R. Blair 29-37; R. Sandilands 28-08; H. Barrow 26-56) 3-54-50;
 4, Pitreavie AAC 3-56-07; 5, Gosforth H 3-58-18; 6, Fife AC 4-01-36;
 Fastest Stage Times: 1, K. Duncan (Pit) 27-16 (record); 2, J. Adair (Bella) 26-26; 3, B. Carthy (Shett) 28-14; 4, A. Stirling (FVH) 27-58; 5,

E. McIvor (Cambus) 28-42; 6, W. Day (FVH) 28-35; 7, A. Hughes (Cambus) 27-16; 8, A. Nixon (Gosforth) 26-32.

Tayside Cross Country Meeting, Arbroath -
 Seniors: 1, T. Mitchell (Fife) 26-06; 2, R. Barrie (DHH) 26-35; 3, D. Arnott (Pit); J1, J. McMaster (FVH) (4th) 26-49; V1, J. Gallon (Aber) Team: 1, Fife AC.
 Youths: 1, S. Barnett (Vic Park) 17-40; 2, I. Falconer (Harmeny) 17-43; 3, R. Blair (Vic Park) 18-46 Team: 1, Victoria Park AAC 8 pts.
 Senior Boys: 1, S. Burch (Pit) 15-49 2, A. Short (Pit) 15-54; 3, I. Clark (Vic Park) 16-00 Team: 1, Pitreavie AAC 9 pts.
 Junior Boys: 1, S. Meldrum (Pit) 9-13; 2, M. Dobbin (Bath) 9-23; 3, I. Murray (ESH) 9-38 Team: 1, Pitreavie AAC 12 pts.
 Colts: 1, M. Smith (Vic Park) 8-29; 2, P. Scott (Bo'ness) 9-28; 3, S. McNeillan (Vic Park) 9-29 Team: 1, Victoria Park AAC 14 pts.
 Senior/Intermediates: 1, M. McDonald (Peter) 19-01; 2, T. Know (Liv & Dist) 19-11; 3, G. Hanlon (DRR) 19-26 Inter 1, P. Kelly (Bath) Team: Bathgate AC.
 Juniors: 1, C. Roy (Bath) 10-08; 2, M. Douglas (Pit) 10-20; 3, A. Ramsay (Black Isle) 10-37 Team: 1, Pitreavie AAC 19 pts.
 Girls: 1, A. Cheyne (Bath) 8-37; 2, J. Liddle (Whit) 8-55; 3, L. Forman (Peter) 9-00;
 Team: 1, Bathgate 17 pts;
 Minors: 1, M. Smith (B1) 6-46; 2, J. Donald (B1) 6-48; 3, V. Clark (Tayside) 6-48. Team: 1, Black Isle AC 8 pts.

Bank of Scotland Peoples Hill Marathon, Inverness (796 ran) -
 1, C. Hall (Aber) 66-10; 2, A. Walker (Teviot) 66-31; 3, G. Laing (Aber) 68-54; 4, R. Taylor (Aber) 70-55; 5, S. Wright (Caith) 71-14; 6, G. Milne (Peter) (V1) 71-20; V2, D. Ritchie (Forres) 71-29; V3, R. Wood (DgRDR) 71-53; L1, M. Muir (DRR) 81-12; L2, M. Duthie (Fraser) 81-37; L3, B. Hall (West) 87-20; L4, V. Fyall (DRR) 89-48; L5, D. Leonard (Kirkwall) 90-00.

Open Graded Indoor Meeting, Kelvin Hall -
 60m: 1, B. Milne (C'bank) 7.1; 2, I. McGurk (Ham) 7.4
 200m: 1, I. McGurk 23.9; L1, B. Milne 6.40m; HJ 1, D. Parrott (KO) 1.85m.

SCCU National 6 Stage Relay Championships, Livingston -
 1, Springburn (A. McIndoe 15-54; D. Donnett 30-20; G. Crawford 15-37; A. Callan 28-53; J. Cooper 16-38; G. Braidwood 29-51) 2-17-31.
 2, Edinburgh AC 2-17-50; 3, Bellahouston H 2-18-24; 4, Aberdeen AAC 2-18-46; 5,

Cambuslang H 2-19-27; 6, Dundee Hawkhill H 2-21-31; 7, IBM Spango Valley AC 2-22-07; 8, Falkirk Victoria 2-22-48; 9, Teviotdale 2-22-56; 10, Kilbarchan AC 2-23-06.

Fastest Stage Times: 1, A. Donnachie (Glas Un) 15-20; 2, D. Bain (Falk) 29-40; 3, G. Crawford (Spring) 15-37; 4, A. Callan (Spring) 28-53; 5, I. Hamer (EAC) 15-03; 6, C. Hall (Aber) 29-14.

Chapelgill 2 Miles Hill Race, Broughton -
 1, C. Donnelly (Cambus) 18-55 (Record); 2, M. Patterson (Dark Peck) 19-02; 3, S. Livesey (Ross) 19-12; 4, G. Schofield (Blackburn) 19-14; 5, R. Pilbeam (Keswick) 19-23; 6, J. Maitland (Pudsey) 19-49; V1, W. Bland (Keswick) (7th) 19-55; V2, R. Shields (23rd) 21-17; V3, J. Shields (31st) (both Clydesdale H); L1, C. Crofts (Dark Peak) (43rd) 22-47; L2, A. Carson (Elgin) (50th) 23-27; L3, P. Rother (EAC) (61st) 24-29; V0/50 1, D. Hughes (CFRA) (51st) 23-33; V0/50 2, P. Brooks (Loch) (68th) 24-55.
 J1, B. Roger (Loch) (38th) 22-37 Team 1, Keswick AC 25 pts.

On the hills...

WITH TWO of the nine possible scoring races, Carnethy and Chapelgill completed, the Tiso Scottish Hill Runners Association 1988 Championship is well under way. Both results certainly point to a very close competition for the senior and veteran men, with a new name ultimately on the fine cut glass senior trophy at least.

Unless the Anglo Scots, reigning and previous British Champions Colin Donnelly and Jack Maitland, mount the season long challenge as required, the early indications show a three man race between the experienced Denis Bell and Alan Farningham, and rising star Ian Davidson. Andy Curtis, three times and reigning champion, dogged by injury again, will not give up without a fight as usual.

The "terrible twins", Bobby and Jimmy Shields, as expected are doing battle for the veteran title. Reigning champion Bobby is just in front at present.

If Penny Rother maintains her new found addiction for the hills, the women's championship could well be decided by the next race at Ben Lomond in May. Unbeaten, with three records this year before Chapelgill, Penny was only beaten by two very experienced exponents - "foreigners" Clare Croft and Angela Donnelly, all three well inside the previous record. With previous champions Ann Curis and

City-Pier-City International Hall Marathon, The Hague -
 1, M. Ten-Kate (Holl) 62-20 - Scots Places 3, N. Tennant (ESH) 63-05; 4, A. Hutton (ESH) 63-33; 14, T. Mitchell (Fife) 65-59; 24, H. Cox (GGH) 69-10 Ladies Placings: 7, K. McLeod (EAC) 76-27; 8, C. Price (DHH) 76-30; 11, H. McDuff (EAC) 76-55; 18, A. Sym (GAC) 83-01.

Scottish Boys Brigade Jubilee Cross Country Championships, Riccarton, Edinburgh (500 ran) -
 Seniors: 1, A. Kinghorn 19-18; 2, R. McClymont (N. Ayr); 3, J. Douglas (Ayr); Teams: 1, N. Ayrshire; 2, East Kilbride; 3, Falkirk.
 Intermediates: 1, I. Clark (Miln & Bearsden); 2, J. Fotheringham (E. Lothian); 3, C. Greenhalgh (Glas); Teams: 1, Edinburgh; 2, Airdrie & Coatbridge; 3, Glasgow.
 Juniors: 1, S. McKay (Inver); 2, M. Kelly (Dundee); 3, M. Gray (W. Lothian); Teams: 1, Edinburgh; 2, Inverness; 3, Miln & Bearsden.

Christine Whalley not fully fit yet, her main challengers are Joyce Salvona and Tricia Calder.

The junior competition has only had one event but should be encouraged by the first-ever SAAA Junior Hill Race Championship with the seniors at Newtonmore in August. Brian Rodger (Lochaber) and Trevor Hughes (Fife) have started well.

Points in SHAA Championship after two events:

Senior Men	
1, I. Davidson (Carnethy)	38
2, D. Bell (Haddington)	37
3, J. Maitland (Pudsey)	36
4, A. Farningham (Gala)	34
5, A. Curtis (Livingston)	28

Women	
1, P. Rother (E.A.C.)	22
2= T. Calder (E.A.C.)	17
2= J. Salvona (Livingston)	17

Veteran Men	
1, R. Shields (Clydesdale)	22
2, J. Shields (Clydesdale)	18
3, T. Ross (Fife)	15

Robin Morris

On the VETERAN scene...



Martin Hyman

A man who believes profoundly in the enjoyment of running for its own sake is former internationalist Martin Hyman, now 55 and coach to the British orienteering squad as well as enthusiast extraordinaire at Livingston AAC. I spoke with Martin, wife Margaret, and son Patrick (better known as Packet) at Edinburgh's Meadows, where on a Tuesday night they meet a squad of 40 to 50 runners at precisely 7.55pm to complete a session of interval training.

Martin claims he was never a "natural" athlete (indeed his high knee lift seemed both ungainly and uneconomical to many of the purists of style), but he has always had two important ingredients in his approach - an uncanny ability for pace judgement and timing, and a determination to apply clear thinking logic to the task ahead.

Hyman told me that of all his achievements - including fourth in the Empire Games at Cardiff in 1958, eighth in the Rome Olympics 10K behind Bolotnikov, and being the first Briton to break the 28 minutes barrier for six miles - that ducking under the 15 minute barrier for three miles for the first time, and then going on to break the 14 minute barrier in a grass track at Eastleigh in Hampshire, were among the most satisfying moments of his life, because everything went to plan.

A zoologist by degree, and science teacher at Inverlmond Community School, Hyman came to Scotland from Swinden in 1979. He finds the spirit and fraternity of Scottish athletics "uplifting" and does much to promote that spirit by staging a range of unusual events which emphasise scenic routes and friendly rivalry. However, he is equally very critical of the unnecessary bureaucracy in athletics - he points out the list of "thou shalt nots..." you tend to find in race programmes, and feels this counters the general goodwill that there is in the sport.

He is certainly very critical when officials get things wrong, and was scathing of the veterans 10K track championship held at Livingston when the lap markers ran the race one lap short - he was the only man to carry on running, while others, including myself,



Henry Muchamore

With hindsight, Martin and Margaret both reflect that seeing the world and meeting so many different people has meant a great deal more than the financial rewards top athletes get these days. Indeed Martin, who did receive some limited sponsorship from one shoe company, tells how he cycled to London from Southampton to buy his first new pair of spikes so he could run at the White City. They cost him £5, more than he could really afford, and then he suffered torn blisters in the race and kept himself going by saying, "I'll just do one more lap". He was told after the race by Gordon Pirie, no less, that his spikes were too long for distance running!

A BAAB senior coach at middle and long distance, Martin does not believe in setting out detailed schedules for runners to follow, feeling that his best contribution is being able to help athletes with reflective advice on their own training. He certainly seemed to have gained the confidence of a number of Scottish middle long distance women, among them Penny Rother of EAC, who has had a very satisfactory winter and could do well in the coming season.

Regrets, Martin has a few but again he has no bitterness. He certainly feels that his non-selection for the British team to go to the 1964 Olympics in Tokyo was not based on performance (he was fifth fastest in the world over 10K in that year), but rather his being chairman of the International Athletes Club and asking awkward questions about bureaucracy and the way British athletics was being run.

One thing is certain, both Scottish and British athletics needs the searching integrity of men like Martin Hyman. The Scottish veteran movement need to heed his cautionary comments about becoming overwhelmed with bureaucracy as it gets bigger. At its heart must be the friendship and fraternity that makes our sport so enjoyable.

Medals and records can be lost, but the memories of happy days remain, and as Martin says about beating Abebe Bikila in Sao Paulo in 1960's New Year's Race: "I did it my way and won!"

consider she had any natural aptitude but found that she enjoyed the freedom of running.

That first London Marathon was something of a family affair. While Martin came home under three hours, Margaret's time of four hours at 45 years of age was really remarkable. Since then she has run seven marathons, her best being 3-33 in 1984 in Dundee, but her most memorable marathon was San Francisco in 1982.

Like many I have spoken to, Margaret thinks that lady veterans should start at 40, the same age as the men, and Martin fully agrees with her on this point. At the other end of the age spectrum, Margaret feels that women can be put off coming into athletics at a mature age by the "Madge Sharples image" as she calls it - believing that many women would want to take up running competitively if they were encouraged to do so.

Like Martin, she both supports and inspires the Livingston Club, especially the women's section which now has Ann Curtis, who does so well on the hills, Joyce Salvona and Val Dempsey, who together with Packet won the elite mixed pairs award in last year's Karrimor Mountain Marathon.



THE 10K OK
THE PRINCE AND PRINCESS OF WALES HOSPICE



**STRATHCLYDE WOMEN'S
 TEN KILOMETRE ROAD RACE**

(Scottish Women's Cross Country and Road Running Association Rules)

INCORPORATING SCOTTISH WOMEN'S NATIONAL 10 KILOMETRE ROAD RACE
 CHAMPIONSHIP AND INTERNATIONAL TEAM RACE

11.30 a.m. SUNDAY 5th JUNE, 1988

Start/Finish — Strathclyde Regional Headquarters, Charing Cross, Glasgow

OFFICIAL ENTRY FORM

BLOCK CAPITALS PLEASE

Surname

First Name

Address (use abbreviations if required)

Address (Line 2) Postal Code (must complete)

Registered Athletic Club (if applicable)

Age Group on Day of Race (Tick)

15-17	<input type="checkbox"/>
18-34	<input type="checkbox"/>
35 and over	<input type="checkbox"/>

Competitors must be 15 years and over on day of race.

ENTRY FEE £4.00 (inclusive of all postage) must be enclosed

Cheque/P.O. made payable to:-
"THE PRINCE AND PRINCESS OF WALES HOSPICE"

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



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

Signed Date Entry No.
 (Official use only)

CLOSING DATE: Friday 29th April, 1988 or when entry reaches 3,500.

I will seek sponsorship for the Hospice.

Please send forms.

Tick

I estimate that I will complete the course within —

45 minutes	<input type="checkbox"/>
50 minutes	<input type="checkbox"/>
55 minutes	<input type="checkbox"/>
1 1/4 hours	<input type="checkbox"/>
1 1/2 - 2 hours	<input type="checkbox"/>

Events Diary

April

30
 EASTER Ross People's Half Marathon, Tain
 RENFREWSHIRE AAA Championships, Crownpoint Road

May

1
 BUSF/UAU Championships, London (CP)

EDINBURGH Peoples Half Marathon, Edinburgh
 GRAMPIAN Television Athletic League, Banochry
 MONKLANDS Scottish Cup - Semi Final, Coatbridge
 SCOTTISH Athletic League (1) D1 & 2, Crownpoint Road; D3 & 4, Wishaw
 CUNNINGHAM Canter 10 Miles, Saltcoats

2
 BUSF/UAU Championships, London (CP)
 3
 SPRINTING for Britain Challenge, Pitreavie
 4
 ADIDAS Challenge Series, Pollock Park E - Race Director, 53, Anchor Crescent, Paisley
 AHCA Young Athletics Meeting, New Cumnock
 LANARKSHIRE AAA Track league, Coatbridge
 SPRINTING for Britain Challenge, Crownpoint Road
 SRI Chinmoy 2 ML Road Race, Glasgow Green
 SRI Chinmoy 5K Road Race, Meadows, Edinburgh
 7
 ACCESS UK Womens League (1)
 BEN Lomond Hill Race, Rowardennan
 BENBECULA Run, Benbecula
 COOPER Park Road Race, Elgin
 EDINBURGH to North Berwick Road Race, Meadowbank
 SCOTTISH Universities Cup Final

SVHC Glasgow '800 10K Road Race, Garscadden
 8
 DALBEATTIE Forest Run, Dalbeattie E - C Robertson, 16 High Street, Dalbeattie DG5 4AA
 KODAK Garden Festival 10K and Young Athletes Races E - Kelvin Hall International Sports Arena, Argyle Street, Glasgow G3
 ACCESS UK Womens League
 BORDER Athletics League, Tweedbank
 GOUROCK Highland Games and Half Marathon, Gourrock, E - Hon Sec., Gourrock Highland Games, Municipal Buildings, Greenock PA15.
 GRE BAL Cup: Round 1, Wishaw
 SCOTTISH Young Athletes League East 1 & 2, Livingston
 SCOTTISH Young Athletes League West 1 & 2, Crownpoint D3, Ayr
 JIMMY Moore Trophy 15K Road Race, East Kilbride
 10
 RENFREWSHIRE/Dunbartonshire AAA Track League, Crownpoint
 11
 ADIDAS Challenge Series, Pollock. Details as before

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**IRVINE VALLEY
 HALF-MARATHON**
Loudoun Academy, Galston
 (Off A719 Galston-Glasgow Road)
Sunday, May 29, 1988, 11am

- ★ FREE EMBROIDERED RACE BADGE
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 3 Maxwood Road, Galston, KA4 8JJ
 (PLEASE ENCLOSE A S.A.E.)

**EAST NEUK OF FIFE
 HALF MARATHON**
 Sunday 5th June 1988
 at 2.15pm

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

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

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SEVENTH LOCH RANNOCH MARATHON

(INCORPORATING THE SECOND LOCH RANNOCH
HALF-MARATHON)

Sunday June 12th 1988 at 11 a.m.

(under SAAA and SWAAA Rules)
(BARR grading applied for)



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Arthur F. Andrews, Loch Rannoch Marathon,
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2QQ.

(PLEASE SEND S.A.E.)

WHY NOT MAKE A DATE NOW FOR THE FRIENDLY RUN
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Gourock Highland Games

at Gourock Park

ON

Sunday 8th May 1988

Athletics programme commencing at 2.30 pm

Athletics events include:

100m Open Handicap, 200m Open Handicap,
800m Open Scratch, 1500m Open Handicap,
3000m Individual and Team Race,
1600m Medley Relay Race, Shot, Caber, and
Weight for Height

and

Half Marathon

Other activities include Highland Dancing, Tug-of-War, Pipe
Band Competitions and Wrestling

Further details from:

Hon. Secretary, Gourock Highland Games,
Municipal Buildings, Greenock PA15 1LQ.
Send a S.A.E. with your request.

Events Diary

DUMYAT Hill Race, Stirling

HEINZ Schools Marathon Relays,
Meadowbank

LIVINGSTON Evening Meeting,
Livingston

SRI Chinmoy 2 ML Road Race, Meadows,
Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow
Green

KINNOULL Hill Race, Branklyn

12

FORTH Valley League D1, Grangemouth;
D2, Livingston

13

SCOTTISH Island Peaks Race, Oban to
Troon

14

KAIM Hill Race, Fairlie

GOATFELL Hill Race, Brodick

GOLSPIE Peoples 10K, Golspie

KILMALCOLM Agricultural Show Hill
Race, Kilmalcolm

PENICUIK Howgate Open 10K Road
Race, Penicuik

SWAAA East District Championships,
Pitreavie/Meadowbank

SWAAA West District Championships,
Crownpoint Road

15

EDINBURGH & District Athletic League,
Saughton

FORREST of Cairnry 10 Mile, Keith

GLENROTHES Half Marathon,
Glenrothes, SAE File Institute, Viewfield
Road, Glenrothes, File.

INTER District Challenge Meeting, Oban

KAIM Hill Race, Fairlie

LUDDON Half Marathon & Street Mile,
Kirkintilloch, E - Race Secretary, Leisure
and Rec Dept., Strathkelvin District
Council, 14 Springfield Road,
Bishopbriggs.

MAUCLINE Nine, Mauchline

SCOTTISH Universities Championships

SCOTTISH Young Athletes League West
D1 & 2, Ayr; D3 Coatbridge

18

OPEN Graded Meeting, Tweedbank

SCOT Univ v Scot League v SAAA
(Junior) (M), Grangemouth

SCOT Universities v EWM v CRAC (W),
Grangemouth

SHETTLESTON Harriers Open Graded
meeting, Crownpoint

SRI Chinmoy 2 ML Road Race, Glasgow
Green

SRI Chinmoy 2 ML Road Race, Meadows,
Edinburgh

TROON Tortoises 10K Road Race

21

BRITISH Athletics League (1)
Meadowbank

GLASGOW University Sports Day

KIRKCUDBRIGHT Academy Milk Half
Marathon, Kirkcudbright

SAAA North District Championships,
Inverness

22

CITY of Aberdeen Milk Marathon,
Aberdeen, E - Dept of Leisure and
Recreation, St Nicholas House,
Aberdeen.

FORTH Bridges Half Marathon, South
Queensferry

GRAMPIAN Television Athletics League,
Nairn

LANARK Road Race, Lanark

KIRKCALDY HALF-MARATHON

Sunday 29 May, 11 a.m.

Fast point-to-point. £100 value first prize
donated by

Booker Cash & Carry, Kirkcaldy

For application forms, send s.a.e. to:

**Kirkcaldy College of Technology
St. Bryceland Avenue, Kirkcaldy K71 1EX**

BRITAIN'S MOST BEAUTIFUL AND
CHALLENGING COURSE



LAKES MARATHON
AND HALF MARATHON - SATURDAY
OCTOBER 1ST 1988



OVER £2,000 IN PRIZES

Starting from Cockermouth in Cumbria the Sealy
Posturpedic Lakes Marathon and Half Marathon are
something you can boast about running! A restricted
entry event climbing 500 feet in the first four miles then
following a scenic route around Basenthwaite Lake,
this is an event every runner should have under his belt.
Over £2,000 worth of prizes, including a first prize of free
entry into the 1989 New York Marathon, with travel
and accommodation, plus medals and certificates for all
finishers. Team entries welcome. Under A.A.A. rules.

HAVE A
GREAT WEEKEND
IN THE ENGLISH
LAKE DISTRICT.

- ENTERTAINMENT FOR ALL THE FAMILY.
- BEER TENT ● REFRESHMENTS.
- MARSHALLED THROUGHOUT.
- FULL DRINKS AND MEDICAL SUPPORT.
- SHOWERS/CHANGING FACILITIES.
- PARKING NEARBY.

ALL RUNNERS MUST BE 17 YEARS
OLD OR OVER UNDER A.A.A. RULES.
FOR FURTHER DETAILS INCLUDING
ENTRY FORMS SEND AN S.A.E. TO:



FREEPOST SEALY MARATHON
COCKERMOUTH SPORTS CENTRE
CASTLEGATE DRIVE
COCKERMOUTH, CUMBRIA CA13 9H
OR TEL: 0900 823596



OFFICIAL A.A.A. EVENT-PERMIT No. 1896.

KINCARDINE & DEESIDE DISTRICT
COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 3rd July

Main Sponsors: Kincardine &
Deeside District Council

† Entries limited to 2000 runners

† Entry Fee £4.00

† Medals to all finishers

† Free swim in Scotland's only outdoor heated
swimming pool

Entry forms, send S.A.E.: Race Administrator,
Leisure & Recreation Section, Kincardine &
Deeside District Council, Viewmount, Stonehaven.

Closing Date 17-6-88

DUMFRIES HALF MARATHON ROAD RACE

Incorporating
THE SCOTTISH PEOPLES
HALF MARATHON CHAMPIONSHIP

SUNDAY JUNE 12th, 1988

2.15pm Start from Dock Park, Dumfries

Organised by Dumfries Running Club

"The biggest event in S.W. Scotland"

(Under SAAA & SWAAA Rules)

Grade II - BARR

Measured to IAAF Standards

Medals and Certificates to all finishers

Sponsored by S.M.T. Garage Ltd.,

Nithsdale District Council, Dumfries Standard, Gates Ltd.,

Northern Rock Building Society,

Individual, Tea

Entry Fee - £4-00

Men, Vet Men 40-50, Vet Men 50-60, Vet Men 60+

Ladies 18-35 yrs, Vet Ladies

Entry forms from Race Organiser, Ms Shiela M Howat,

4, St. Michael's Terrace, Henry Street, Dumfries DG1 2LJ

Closing date - 31st May, 1988

2.5 mile Primary & Secondary Fun Run, Certificates
to all finishers. No entry form, No entry fee -
Come along ready to run.

111th Nairn Highland Games

On the links, Nairn
Saturday 13th August

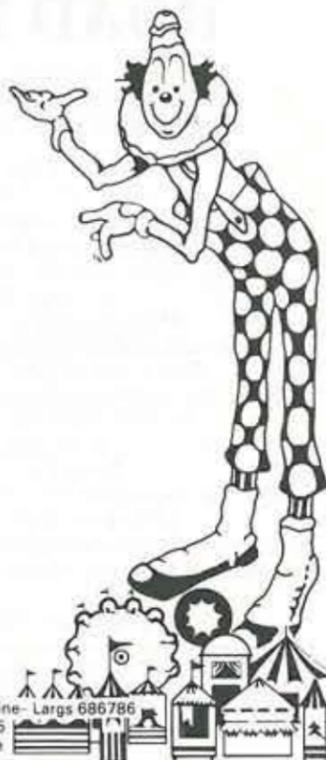
Invitation Tug-Of-War, Nairn Half Marathon, Athletics, Piping, Dancing, Cycling, Nairn Pipe Band and, of course, the Heavies

Further information from the Secretary,
D. Farrell, 67, Harbour Street, Nairn.
Telephone Nairn 53642.

CUNNINGHAME

coasts ahead...

- Sunday 1 May The Cunninghame Canter (10 Mile Road Race)
- Saturday 14 May The Goatfell Hill Race, Arran
- Sunday 12 June Ardrossan Highland Games' Largs to Ardrossan Road Race
- Monday 18 July Saltcoats Round-The-Houses - Road Race
- Sunday 24 July Irvine Harbour Festival Half Marathon
- Sunday 7 August The Corrie Capers Round Arran Relay Race
- Sunday 4 September The Round Cumbrae Road Race



For Race Information & Entry Forms Contact:
Cunninghame District Council,
Department of Leisure, Recreation & Tourism,
25 Montgomerie Crescent, Saltcoats:
Tel: 0294-602617.

For details, phone Cunninghame Coastline - Largs 686786 or Cunninghame Infoline - Largs 673765 or Visit Largs Tourist Information Centre

Looking for a weekend of sporting fun and challenge then look to Aberdeen.

● FULL PEOPLES MARATHON

● 10K FUN RUN. START 11-20 AM

● SPECIAL ACCOMMODATION TERMS

● ENTERTAINMENT INCLUDING "BLISTER BALL"

For your FREE Information Pack simply contact:
CITY OF ABERDEEN MILK MARATHON DEPT. OF LEISURE AND RECREATION ST. NOCHOLAS HOUSE ABERDEEN
Tel:(0224) 642121

CITY OF ABERDEEN
MILK MARATHON
& 10K FUN RUN

11-20 am
SUNDAY 22nd MAY 1988



MILK - WHAT MORE COULD A BODY ASK FOR

THE CUMBERNAULD HALF MARATHON

Sunday 5th June

Entry Fee £3.50; Over £1000 in prizes
Commemorative medal to all finishers

Entry forms from:

Stephen Robertson
Cumbernauld and Kilsyth District Council
Council Offices, Bron Way
Cumbernauld G67 1DZ.



Sponsored by:

Cumbernauld Development Corporation
Cumbernauld and Kilsyth District Council
Cumbernauld News and Kilsyth Chronicle

Events Diary

SCOTTISH & N West League, D1 & 2, Ayr; D3 & D4, Crownpoint Road; D5 Dumfries

24

RENFREWSHIRE/Dunbartonshire AAA Track League, Eyemouth

25

SRI Chinmoy 2 ML Road Race, Meadows, Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow Green

28

BENS of Jura Fell Race, Jura

BATHGATE Highland Games, Bathgate

CARINAPPLE Hill Race, Bathgate (vets only)

SAAA East District Championships, Meadowbank

SAAA West District Championships, Coatbridge

SCOTTISH Youth Athletics Handicap Scheme, Bathgate

WESTERN Isles Half Marathon, Stornoway, Lewis. SAE Peter MacDonald, 25a, Lewis Street, Stornoway, Isle of Lewis

29

IRVINE Valley Half Marathon E - Neil Gibson, 3, Maxwood Road, Galston, Ayrshire

MOTHERWELL Half Marathon, E. - Race Director (SR), Motherwell District Council, Civic Centre, Motherwell ML1

KIRKCALDY College of Technology Half Marathon, Kirkcaldy

SCOTTISH Border Championships, Tweedbank

SWAAA East v West Match, Crownpoint

TISO Campsie Hill Race, Lennoxton

CAITHNESS Half Marathon, Caithness

June

1

AHCA Young Athletes Meeting, Kilmarnock

FALKIRK Open Graded Meeting, Grangemouth, E - Grangemouth Stadium, Grangemouth, Tel: 0324-483752

SRI Chinmoy 10K Road Race, Meadows, Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow Green

4

"Y" Olympiad, Meadowbank

CARLUKE 10 Mile Road Race, Carluke

CRAIGIE Hill Race, Barrhead

EAST Kilbride Summer 10K Road Race, East Kilbride

HADDINGTON Festival 5 ML Road Race, Haddington E - Joe Forte Sports, 65, High Street, Haddington, E. Lothian

HFC UK Championships, Derby

LILIAS Day Road race, Kilbarchan

SCOTTISH Mountain Trials

ROSS-SHIRE People's 10K Road Race, Dingwall

SAAA Decathlon & Relay Championships, Ayr

5

AIRDRIE Highland Games, Airdrie

ANSTRUTHER Half Marathon, Anstruther

BORDER Athletics League, Tweedbank

CUMBERNAULD Half Marathon, Cumbernauld, E - Stephen Robertson, Cumbernauld and Kilsyth District Council, Bron Way, Cumbernauld

Will Alf Tupper return? DORNOCH FESTIVAL HALF MARATHON AND 10K Saturday 2nd July - 3pm

- ★★★ Over £250 in vouchers plus other prizes ★★★
- ★★★ Commemorative engraved glass and medal ★★★
- ★★★ Team and Individual Trophies ★★★

Entry forms from:
Judith Green,
41 Clashmugach, Clashmore,
Sutherland IV25 3RQ.

Organised by East Sutherland Running Club under SAAA, SWAAA and SWCCU & RRA rules.

THE MACALLAN MORAY PEOPLE'S MARATHON AND HALF MARATHON AND 10K RACE Sunday 7th August 1988



Scenic rural and coastal route with panoramic views of the Moray Firth. Attractive medals, prizes and trophies.

Entry forms available from
Ed McCann, Department of Recreation, 30/32 High Street, Elgin, Moray, Scotland. IV30 1BX

Boulevard Sports Park Committee (in association with Clydebank District Council)

THE TOP LADIES PRIZES
SPOT PRIZES
THE RACE WHERE ALL CASH IS RAISED FOR THE DEVELOPMENT OF ATHLETICS

CLYDEBANK HALF MARATHON

Incorporating the STRATHCLYDE REGIONAL COUNCIL HALF MARATHON
Run under SAAA/SWCC & RRA Rules

SUNDAY, 12th JUNE

ENTRY FEE U.B.40 Prizes to the Value of £1200 including £300 first Prize value £4.00 £2.00.

Entry Forms From
Leisure and Recreation Dept District Council Offices Clydebank
Clydebank District Council
☎ 041-941 1331 Ex 200



THE DUNFERMLINE HALF MARATHON 1988

PITTENCRIEFF PARK
9.30 a.m. SUNDAY 12 JUNE

Applications to:
Race Administrator
The Carnegie Centre
Pilmuir Street, Dunfermline, Fife
Telephone (0383) 723211

OFFICIAL USE ONLY

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ORGANISED BY
DUNFERMLINE
DISTRICT
COUNCIL

Entry Form

BLOCK CAPITALS PLEASE

SURNAME		CHRISTIAN NAME(S)	
ADDRESS		TOWN/CITY	
POSTCODE		DAYTIME TELEPHONE NUMBER	
AGE	DATE OF BIRTH	SEX M/F	IF DISABLED PLEASE TICK
YRS.			
TEAM ENTRY ONLY		BEST PREVIOUS TIME	ANTICIPATED RUNNING TIME
		HRS/MINS	HRS/MINS

Team Entries will be accepted in multiples of five only and must be submitted together. Four fastest finishers qualify.

I enclose my Cheque/P.O. for £4.00 being the Entry Fee for the Race.

I agree to the organisers right to refuse any entry without being bound to assign a reason.

I declare that I am physically fit and waive and renounce any rights and claims for damages I may have against Dunfermline District Council and the Organisers for any loss/injury as a result of participation in the event.

I will be 18 years of age or over on the day of the race.

The Race is promoted under the jurisdiction of the Scottish Amateur Athletic Association and the Scottish Womens Cross Country Union.

Signed

Date

Cheques should be made payable to "Dunfermline Half Marathon".

All Entry Forms must be accompanied by the entry fee and a 9" X 6" stamped addressed envelope (22p stamp) with enclosed application form.

Further Application Forms are available from the Carnegie Centre or C & G Sports (Dunfermline) and all branches of Dunfermline Building Society.

Organised in association with
Dunfermline District Sports Council
Scottish Amateur Athletics Association
Scottish Womens Cross Country Union
Pitreevie Amateur Athletic Club
Fife Regional Council
Fife Constabulary

and the Clubs, Voluntary Organisations and Societies of Dunfermline District.

B.A.R.R. Grade 1 Championship — (Approved)

This year's Half Marathon is a qualifying event in the 1988 Scottish Road Racing Championship promoted by "Scotland's Runner" magazine.



Events Diary

EAST Neuk of Fife Half Marathon. E - Race Convener, 24, Viewforth Place, Pitvenne, Fife.

CUMNOCK Half Marathon, Cumnock

GLENGOYNE Gallop, Blanehead

GOVAN Garden Festival 10K Road Race, Govan

GRAMPIAN TV Athletics League, Elgin

HFC UK Championships, Derby

NEW Glasgow Hospice 10K (SWCCRA Champ), Glasgow

SAAA Decathlon Championships, Ayr

SCOLTY Hill Race, Banchory

SCOTTISH Wildlife Trust 10K Road Race, Aberdeen

GALLOWAY Sealink Marathon. E - Meriel Walker, Clydesdale Bank House, Newton Stewart

7
RENFREWSHIRE/Dunbartonshire AA Track League, Crownpoint

8
SRI Chinmoy 1 ML Road Race, Meadows, Edinburgh

SRI Chinmoy 2 ML Road Race, Glasgow

AYR Seaforth 10K Road Race and Fun Run

11
BRITISH Athletics League (2) D2, Meadowbank

DOLLAR Hill Race, Dollar

FRANK Sinclair Memorial Road Race, Greenock

HAMILTON District Sports Festival and Gala, Hamilton

MEETING International, EAA Permit, NUM Gala Day Sports Meeting, Holyrood

SCOTTISH Schools Pentathlon & Relay Champs, Grangemouth

TRAPRAIN Law Race, East Linton

12
BRITISH Athletics League (2)

CLYDEBANK Half Marathon, Clydebank E - Leisure and Recreation Dept., Council Offices, Clydebank

DUMFRIES Half Marathon, Dumfries E - Shiela Howat, 4, St. Michaels Terrace, Henry Street, Dumfries

DUNFERMLINE Half Marathon Dunfermline E - Race Administrator, Carnegie Centre, Pilmuir St., Dunfermline.

EDINBURGH & District Athletic League, Tweedbank

FORRES 8 Mile Road Race, Forres

FORTH Road Runners 10K Road Race, Forth

LARGS to Ardrrossan Road Race, Largs

CAIRN Table Hill Race, Muirkirk

LOCH Rannoch Marathon and Half Marathon, Loch Rannoch E - Arthur Andrews, Rannoch School, Rannoch Station, Perthshire

LOMONDS of Fife Hill Race, Gateside

MONKLANDS Open 7 Mile Road Race, Coatbridge

MUIRKIRK Cairntable Race, Muirkirk

SCOTTISH Womens Athletics League - D1, Meadowbank; D2, Crownpoint; D3, Grangemouth; D4, Pitreevie.

SCOTTISH Young Athletes League North East, Dundee

SOLWAY Athletics League, Dumfries

ST FERGUS Gala 3 Miles Road Race, Peterhead

14
KINNING Park Festival Quarter Marathon, Glasgow

15
BEITH Civic Sports & Road Race, Beith

ESH Open Graded Meeting, Meadowbank

SRI Chinmoy 2 ML Road Race, Glasgow Green; 5 Mi Road Race, Meadows

16
FORTH Valley League D1, Livingston; D2, Saughton

GOSFORD Park Road Race, Longniddry

18
GB (Under 20) v Czechoslovakia, Prague

BLIZZIBERRY Hill Race, Biggar

SCOTTISH Schools Championships - Boys, Grangemouth; Girls, Crownpoint

SKYE Week Half Marathon, Portree. E - Nigel Wilson, Portree House, Portree, Isle of Skye

WEST Highland Way Race, Glasgow to Fort William

19
AFTON Water 10ML Road Race, New Cumnock

BO'NESS 10K Road race, Bo'ness



MOTHERWELL DISTRICTS RAVENS CRAIG HALF MARATHON



29th MAY, 1988 — WISHAW SPORTS CENTRE
STARTS AND FINISHES AT THE SPORTS CENTRE

MEDALS TO ALL FINISHERS

TIME 11.00 am PROMPT. UNDER S.A.A.A. AND S.W.A.A.A. LAWS
OFFICIAL ENTRY FORM

SURNAME
CHRISTIAN NAME
ADDRESS

ENTRY FEE £3.50 (NON REFUNDABLE)
CHEQUE/POSTAL ORDER No.
CROSSED AND MADE PAYABLE TO
MOTHERWELL DISTRICT COUNCIL
(Including your name/address on reverse side)

DATE OF BIRTH
MALE/FEMALE
NAME OF CLUB/UNATTACHED

I hereby declare that I will be 18 years (male) 17 years (female) of age or over on the day of the race, and have not competed in any athletic (track and field, road, race, cross country, or road walking) event as a professional. I am medically fit to run this event and I understand that I participate entirely at my own risk and cannot hold Motherwell District Council or the sponsors responsible for any injuries suffered by me in this event, or for any property lost during the race or in the designated changing areas.

IF DISABLED PLEASE TICK
AGE ON DATE OF RACE
PREVIOUS BEST TIMES HRS MINS
HOW DID YOU LEARN OF THE HALF MARATHON?

I enclose the entry fee of £3.50 together with an 12" x 9" S.A.E. for acknowledgement and race literature.

Please enclose S.A.E. approximately 12" x 9" for results if required.

Signature

Return entry to: RACE DIRECTOR,
WISHAW SPORTS CENTRE,
PO BOX 10,
WISHAW, ML2 0HB
☎ WISHAW 355821

NUMBER	DATE RECEIVED	S.A.E.	CHEQUE/P.O.	CASH	INITIALS

FOR OFFICIAL USE ONLY



Assisted by



SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W. H. Watson,
14, Burnieboozle Place, Aberdeen,
Ab1 8NL. Tel: 0224-310352

ABERDEEN SISTERS NETWORK
District Organiser - E. McKay, 71,
Braeside Place, Aberdeen. Tel:
0224-314861

ARDROSSAN ATHLETICS CLUB
Small friendly club invites novices
or experienced runners with an
interest in cross country and/or road
racing. Contact Sean Warden on
ARDROSSAN 61970.

BEITH HARRIERS
Senior members, male and female,
required, Contact: J. Swindale, 29,
Braehead, Beith.

BLAIRGOWRIE ROAD RUNNERS
Sec - Mrs Maggie McGregor,
Glenferate, Enochdu, by
Blairgowrie, Perthshire PH10 7PL.
Tel: 025081-205.

CAMBUSLANG HARRIERS
All age groups and standards
welcome, young or old, serious or
social, we cater for everyone.
Meets every Tuesday and

Thursday 7pm; Saturday 2pm;
Sunday 11.30am. Further
information: Robert Anderson, 63,
Montcastle Drive, Cambuslang.
Tel: 041-641-1467.

CLYDESDALE HARRIERS
Road, track, cross country, field
events, hill running, jogging,
coaching available in all aspects of
athletics: social events. If you
are looking for a friendly club which
caters for all grades of athletes
contact: Male Sec - Brian
McAusland, Killearn 50680.
Female Sec - Agnes Gibson,
Duntocher 76589.

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Monday and
Wednesday at Broomfield Park,
Cumnock, from 7pm to 9pm. All
ages from 9 years upwards
catered for. Very friendly and
enthusiastic club. Separate adult
jogging section. Secretary: Tom
Campbell, 14, Bute Road,
Cumnock. Tel: 0290-24876.

DUNDEE HAWKHILL HARRIERS
Track, field, cross country and
road for male and female,
coaching available. All age groups
nine and upwards catered for.
Contact: Gordon K. Christie, 767
Dalmahoy Drive, Dundee, DD3
9NP. Tel: 0382-816356.

DUNDEE ROADRUNNERS ATHLETIC CLUB
Secretary - Mrs Gill Hanlon 9,
Lochinver Crescent, Dundee.

HARMENY ATHLETIC CLUB
Sec. Ken Jack, 21 Corslet
Crescent, Currie, Edinburgh.

GARSCUBE HARRIERS
Training every Tuesday and
Thursday evenings at Blairdardie
Sports Centre, Blairdardie Road,
Glasgow G13 starting at 7pm.
Male and female all age groups and
standards welcome. Contact
Stuart Irvine, 189, Weymouth
Drive, Glasgow G12 0FP. Tel:
014-334-5012.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome, (Track,
Field, road, cross country). Girls
and Women: Sec - John Young,
12 Dromore Street, Kirkintilloch;
Tel: 041-775-0010. Boys and Men:
Sec - Henry Docherty, 22,
Applecross Road, Langmuir Estate,
Kirkintilloch. G66 3TJ Tel: 041-775-
1551.

MARYHILL HARRIERS
Glasgow's oldest athletic club
based at John-Paul Academy in
Summerston. Meets every
Tuesday and Thursday 7.00pm. All
ages and abilities most welcome.
Further info: Stephen Lydon,
Nurses Home, Gartnavel Royal
Hospital, Glasgow G12 0XH.

MILBURN HARRIERS
All standards of runners welcome.
Friendly 18 month old club with
plenty of social functions. For
information contact: Geoff Lamb, 7,
Golfhill Drive, Bonhill, Dunbarton-
shire Tel: Alexandria 59643.

SCOTTISH HILL RUNNERS ASSOCIATION
Sec: Alan Farningham, 13,
Abbotslea, Tweedbank, Galashiels,
TD1 3RZ.

VALE OF LEVEN AMATEUR ATHLETIC CLUB
Nine years to veterans: All age
groups and abilities, male and
female, very welcome. Track and
field, road and cross country.
Further details from: Ben Morrison,
Secretary, 71, McColl Avenue,
Alexandria, Dunbartonshire, G83
0RX. Tel: 0389-53931.

BRUCE TRIATHLON CLUB
Secretary - Andrew Laing, 40 Morar
Road, Crossford, Dumfermline,
KY12 8XY. Training - Dumfermline
Community Centre. Telephone
0383-733370 day: 731063 evening.

EAST KILBRIDE TRIATHLON CLUB
Sec - Morag Simpson, 6 Rutherford
Square, Murray, East Kilbride. Tel:
EK 45780.

FAIRPORT TRIATHLON CLUB
Sec - Dieter Loraine, 9, Millgate,
Frionckheim, Arbroath, Angus DD11
4TW.

FLEET FEET TRIATHLON CLUB
Sec - John O'Donovan,
Bowmont House, Arbuthnott
Place, Stonehaven. Tel: 0569-
62845.

WESTER HAILES TRIATHLON CLUB
Sec - Andrew Grant, Wester Hailes
Education Centre, 5, Murrayburn
Drive, Edinburgh, EH14 2SU. Tel:
031-442-2201.

For a free listing write to:
SPORTS NETWORK,
Scotland's Runner,
62 Kelvingrove Street,
Glasgow G3 7SA.

Events Diary

GB v USSR v France (M.W) Portsmouth

SCOTTISH Co-op Mid Argyll Half
Marathon, Lochgilphead E - MacArthur
Sports, Lochneil St. Lochgilphead, Argyll

NORTH East League, Dundee

PETERHEAD Half Marathon, Peterhead

SCOTTISH Athletic League (2) D1 & 2,
Ayr; D3 & 4, Meadowbank

SPRINTING for Britain, Crownpoint

TISO Seven Hills of Edinburgh Race,
Edinburgh

20

KILWINNING Academy Festival of Road
Running

22

CORT-MA Law Hill Race, Clachan of
Campsie

KILWINNING Academy Festival of Road
Running, Kilwinning

ROEVIN 10K Road Race, Aberdeen

SRI Chinmoy 2 ML Road Race, Meadows;
Glasgow Green

24

ENGLAND v USA (M) (Track v FRG (W)
(Field), Birmingham

25

BALLACHULISH Gala Day Hill Race,
Ballachulish

CAIRNGORM Hill Race, Cairngorm

DAIRY Crest AAA/WAAA Junior
Championships, Stoke

EILDON Hill Race & Festival Sports,
Melrose

26

ARBROATH Half Marathon, Arbroath

BRAW Lads Gathering, Galashiels

DAIRY Crest AAA/WAAA Junior
Championships, Stoke

FALKLAND Festival Hill Race, Falkland
E - K. MacGuire, 13 Liqueurstone,
Falkland, Fife.

LAIRIG Ghru Race, Braemar

MIDSUMMER Games, EAA Permit,
Lapinlahti, FIN

BENARTY Hill Race, Ballingry

NARODNA Mladeje, IAAF permit, Sofia
(BUL)

POLAROID UK 10K and Fun Run,
Balloch/Alexandria

SCOTTISH & N West League D1 & 2,
Crownpoint; D3 & 4, Ayr; D5, Dumfries

SVHC Track & Field Championships,
Coatbridge

27

GIROBANK Games, Belfast

KNOCKHILL Race, Crieff

29

ANNAN 10K Road Race, Annan

LIVINGSTON Evening Meeting,
Livingston

SRI Chinmoy 2M Road Race, Glasgow
Green; Edinburgh

July

2

ACCESS UK womens League (2) (D1),
Meadowbank

DORNOCH Festival Half Marathon,
Dornock E - Judith Green, 41
Clashmugach, Clashmore, Sutherland
IV25

MAMORE Hill Race, Kinlochleven

N. IRELAND Championships, Antrim

SHOTTS Highland Games, Shotts

WEST Kilbride BB Open Athletic Meeting,
West Kilbride

3

BLACK Hill Race, Earlston

CUPAR Highland Games, Cupar

MOFFAT Chase, Moffat.

ACCESS Womens League (2)

INVERNESS Open Graded Meeting,
Inverness

SCOTTISH Heavy Events
Championships, Cupar

YOUNG Athletes League West D1 & 2
Coatbridge; D3 Crownpoint

STONEHAVEN Half Marathon,
Stonehaven E - Race Administrator,
Leisure and Recreation, Kincardine &
Deeside District Council, Viewmount,
Stonehaven.

Orienteering

April

30

MAROC Spring Weekend Braemar and
Banchory.

May

1

GALLOWAY Galoppen, Mable Forest,
Dumfries.

MAROC Badge Event, Sluie Woods,
Banchory.

5

ROX Relivers Local Event, Bowmont
Forest, Kelso.

6-8

BRITISH Championships Weekend,
Conlston, Lake District.

15

MORAVAIN Open Event, Newtyle Forest,
Forres.

GLASGOW Galoppen, Mugdock Country
Park, Mingavie.

BL Open Event, Silverhill, Cumbria.

18

SC88 Training Event, South Achray,
Aberfoyle.

19

SC88 Training Event, South Achray.

20

SC88 Model World Cup Race, South
Achray.

21

SCOTTISH Championships and World
Cup 3, Trossachs, Aberfoyle.

22

SCOTTISH Relay Champs, North Achray,
Aberfoyle.

25

GLASGOW Primary Schools Champs,
Glasgow Zoo.

28

GRAMPIAN Mini Event, South Kirhill,
Aberdeen.

FVO Local Event, Laigh Hills, Dunblane.

29

INVOC Open Event, Achilty, Strathpeffer.

28-30

SOUTH Pennine Weekend, Sheffield &
Huddersfield.

MEDAL DISPLAYS

Don't hide your achievements in the
drawer, send now for one of our elegant
displays.

MEDAL DISPLAY CLOCKS
Featuring quartz clock, linen effect face,
brass numerals, recessed display case
with red velour background with gold or
hardwood frame surround.
To hold 5 medals £15.95
To hold 12 medals £19.50

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13.1 miles round
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To advertise your event,
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Fiona Caldwell at
041-332 5738

THE TOUGH OF THE TRACK



THEY MOVE OUT. Don McClusky, Glen Millard, and Sven Huntinger will leave together from Midhampton Airport on Saturday night. They are flying to America where they are to run next week.



The times for the first three laps were 59 seconds, 59.5 seconds and 58 seconds. As the bell rang for the last lap the runners were still together.

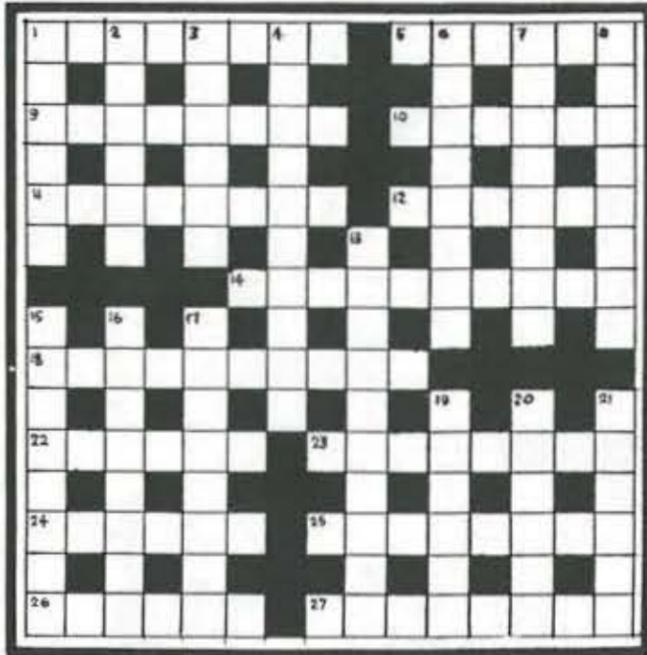


Continued next month.

£25 Prize Crossword

By Menodromos

No. 11



ACROSS

- 1 Kind of country we are for one - Peru. A Surprise? (8)
- 5 Married women date in Rome behind lines (6)
- 9 Rome - and Paris, for instance - have them (8)
- 10 The coin for six the others hold back (6)
- 11 Stir this for breakfast (8)
- 12 Streep's role is arranged in advance (3-3)
- 14 I shan't mock coat chemist designed (10)
- 18 Can you hear a little wait carol giving the news? (10)
- 22 An opening trains every one (6)
- 23 Nice to get involved in certain easy job (8)
- 24 Came down like certain gentry (6)
- 25 Say encouraging things to troubled ears? Of course! (8)
- 26 A little soda-water has a lot of publicity (6)
- 27 Dangerous material: it's wisest to put a call for help out about it (8)

- as work-shy hanging about in Dutch capital (4-6)
- 15 Pub with Scotch and gymnastic equipment (3-5)
- 16 "No foreign art", Lenin required (8)
- 17 Revives rowans (8)
- 19 If she is seen you'd get upset (6)
- 20 Emperor drops American in month of... (6)
- 21depression of vocation (6)

The first correct solution opened on May 17 wins the £25 prize. Answers, please, to Crossword Competition No 11, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA. The solution and winner's name will appear in our June issue.



Congratulations to Thomas Bryce of 8, Shiel Road, Bishopbriggs, Glasgow G64 1NS, whose was the first correct entry opened for Prize Crossword No 10. The £25 is on its way. Thomas also correctly names the source of: "Write the vision that he may run that readth it", as the Old Testament, Habakkuk, Chapter 2, Verse 2.

DOWN

- 1 Capes, for example - not G. Sally, perhaps (6)
- 2 News item about the Left (6)
- 3 Rotten place; clear out (6)
- 4 Loyalty say in new party (10)
- 6 Going to bed and dressing again (8)
- 7 500 is one number manipulation like this (8)
- 8 Leading pairs in Scottish athletics crying hysterically to break this record may be badly treated (8)
- 13 Pearl-fishers perhaps regarded

asics

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