The NBX '840' by New Balance is quite simply a remarkable training shoe. Remarkable because it has been designed for speed — without compromising on comfort and stability.

Consider the NBX's highly technical midsole construction. It features a full length unit of C-Cap" — which provides exceptional cushioning, a forefoot acceleration pad and, in the critical area of the heel — a rebound wedge which helps to reduce compression set.

New Balance Xclusive

Our innovation doesn't rest at the midsole either. For the upper is constructed from 'Finese' — a new, exceptionally lightweight material which is non-stretch and easy-clean.

Furthermore, a new compound — XAR1000 — incorporated in the outsole gives unsurpassed durability.

The New Balance Xclusive series — light years ahead in performance, light years ahead in technology and light training years ahead for you.

NBX = New Balance Xclusive

new balance

Scottish Men's and Women's Rankings

Caledon Park Harriers Profile
NEW FREE SUBSCRIBER OFFER

LIMITED PERIOD ONLY

Start your 12 months subscription to Scotland's Runner now and you'll receive the benefits of the exciting new Mallard vests and shorts range from Ron Hill Sports. Yours totally free. R.R.P £21.98

Sizes - S M L XL (MEN)
S M L (WOMEN)

Men's Colourways:
white/red/blue
purple/black/acid green
fluorescent green/fluoro yellow/
fluoro pink

Women's Colourways:
purple/pink/grey
white/pink/lemon

Please fill in the form opposite or telephone 041 - 332 5738 for a subscription form. Send completed forms (£15.00 to cover the next 12 issues of Scotland's Runner) to ScotRun Publications, 62 Kelvingrove St, FREEPOST, Glasgow G3 7BR, and you will receive your Mallard vest and shorts. Please remember to state size and colourway wanted.
...but one day he might have trouble even walking!

It's a sad fact that sporting injuries can lead to arthritis in later life. If you are one of those athletes who suffer from arthritis, you are not alone. Over 8 million people in the UK have the disease, including 13,000 children and a quarter of over 65's. And so far, although we've made many advances in treatment, there's no cure. With your help, though, we'll find one.

We are the Arthritis and Rheumatism Council, the only UK charity financing medical research into every aspect of the disease.

Currently we spend over £8 million annually on arthritis research, with a mere 3p in the £ going on administration. We receive no State aid whatsoever and rely entirely on voluntary contributions. Please give us a sporting chance of finding the cure by putting yourself to the test and supporting us in your marathon. We'll provide you with an ARCs running singlet, official sponsor forms and badges. Just fill in and return the coupon below.

THE ARTHRITIS AND RHEUMATISM COUNCIL FOR RESEARCH
Working to find an earlier cure

Please return the coupon and 3p to Chequers Travel Ltd., 300 Newgate Street, London, EC1 2BP. Chequers Travel Ltd. is a registered charity. The following companies are offering accommodations and other services to Chequers Travel:

Virgin Atlantic Airways - London to New York for £450 return (4 days, 3 nights)

Chequers Travel Ltd. is a registered charity. The coupon is for a 3-night stay in New York on 1st November 1990. The price is £450 return. The coupon must be returned by 30th September 1990.

Paris - Versailles
30 Sept, 1990
23 Nights by coach and air options
From £97

Paris - 20 km
October 14, 1990
23 Nights by coach
Air options
From £97
ESPC lose Archibald, but go top of league after recount

ESPC AC, the Scottish League First Division champions, have lost another athlete to the professional ranks.

But at least they had one consolation last month - scrutiny of the results in the Fannanview First Division match at Crownpoint Stadium on June 17 resulted in a recount and they in fact won the meeting from Dundee Hibs 1-0. Terriers were two points, instead of losing by one.

This means now the division by one league point and 73 match points, and will be little favourites to retain their title at the final meeting at Meadowbank next month.

The "defector" is former Scottish 1500m champion Ian Archibald, who finished second in his 1500m to John McKay at the Commonwealth Track and Field Championships at Cardiff last month.

He follows British 200m international Willie Fraser, a former New Zealand professional sprint winner, who returned to the professional ranks last month as he feels he no longer has the time to train properly for the serious amateur side of the sport.

A 29-year-old statistician with British Gas, Archibald won the Scottish title in 1980 and went on to represent Britain the same year. "I haven't had a personal best for seven years and I've done all I can at amateur ranks," said the Glasgow University physics graduate, who took a Ph.D at Durham and had a kidney removed in 1980.

"I can't run in both types of event but the so-called professional meetings are great events and I'm looking forward to running for the sheet competitions and not just running for time trials," he said.

Archibald, who is a life member of East Kilbride AC and who is missing for his third finish, believes he will have more tactical racing "on the other side" provided he is handicapped on his actual form now, and not on his past record.

"I think it's more genuine - league races and open graded meetings are too artificial - the actual competitive times have gone," he claimed.

Archibald is advised by well-known "yes" coach Dave Campbell and on June 13 ran his fastest time of the season, 3:52:54 in the 1500m at the Caledonian Park opened graced meeting at Meadowbank.

Big prize money for new event

A £250,000 stage race from Glasgow to London, covering 350 miles, is to take place between September 21-23.

Over the 21 consecutive days there will be stages of between seven and 16 miles, with the winner being the athlete with the fastest aggregate time at the finish at Westminster. The Scottish stages are Glasgow to East Kilbride (11 miles), East Kilbride to Motherwell (10 miles), Lockerbie to Annan (11 miles) and Gretna to Carlisle (12 miles).

Scotland's John Grahame is expected to take part in the event, which promises £20,000 to the winner with the best aggregate time, £12,000 to the second, £5,000 to the third, £2,000 for the fourth runner. In addition, there will be stage prizes ranging from £500 to first down to £100 for sixth.

There will also be a team race, with 20 runners to the winners, £15,000 to second, £12,000 to the third, down to £500 for tenth. The event is being sponsored by Sea Life Assurance Company and is being covered throughout by British Satellite Broadcasting (BSB). Among the runners who have committed themselves are Dave Moorcroft, Mike McLeod and the current world 10,000m champion, Paul Kipkerech.
ATTENTION ALL RUNNERS!

RACKETS and RUNNERS
(The Specialist Shop For Serious Sportsmen!)

OPENING AT 81 HOPE STREET, GLASGOW, ON SATURDAY 1st SEPTEMBER 1990

ALREADY OPEN INSIDE KELVIN HALL INTERNATIONAL ARENA, ARGYLE STREET, GLASGOW (Phone 041 - 339 2482)

Stockists of NIKE * REEBOK * BROOKS * ASICS * SAUCONY * ADIDAS * NEW BALANCE * RON HILL *
* SUB 4 *

Footwear for Road-Running, Track and Cross Country Specialist Clothing including Goretex Suits, Thermal wear and Lycra

Hugh bags the Munros record - by 16 days!

FELL runner Hugh Symonds from Cumbria has knocked 16 days off the Scottish Munro (total 3,000 feet) record. Hugh, 37, reached the summit of Ben Lawers on schedule on June 25, having covered 1,250 miles and climbed the 272 Munros in just 97 days. The only setback on the adventure was the loss of a contact lens - blown out by the wind in the Fannich Mountains. This cost them 62 hours. But he managed to break his great adventure, which is being undertaken on behalf of the charity Intermediate Technology, which helps Third World communities acquire the tools and techniques they need to work their way out of poverty.

Ronnie Anderson (Dumbarton RO) took the victory in 7 hours 18 minutes, ahead of Graeme Wallace (Greenock) and Stuart Grieve (Argylle). The winner's next target is to bag all 15 Welsh mountains over 3,000 feet. He was due to finish his record-breaking journey at the top of Snowdon on July 11, but he was forced to press on. During his time in Scotland, Hugh averaged 20 miles a day. He described his greatest challenge as the 11 peaks in Skye, although the longest day was the 13 hours it took to bag the three Torridon peaks, which he achieved in the company of the man whose Scottish record he took away, Martin Moran. To help him for each day's tail, Martin consumed 8,000 calories a day. His back up team included his wife Pauline, herself an experienced fell runner, who was looking after the couple's three young children as well as her husband in their camper van. Also helping were two regular climbers Lord Kent and Chris Reilly. As a result of the Muinros race, the Scottish leg of the journey cost Hugh 10 pairs of socks and six pairs of running shoes, but at least replacements came free from sponsors Reebok.

Livingston Incentive

A PRIZE of £2,000 will be won (in the admittedly unlikely) event of any runner beating the current record of 62 minutes at the Livingston Half Marathon on August 26. The event, which also features a women's international between Scotland, England and Wales, starts at Hawwood Park, Livingston, at 3pm, and is followed ten minutes later by a fun run from the same venue.

Mary runs her back back into condition

MARY Anderson (Erskine, AC), surely one of Scotland's most talented all-round athletes having won the national heptathlon, 400 metres and shot put titles in the past, is slowly coming back into competition after a bad injury. Mary has taken part in six Sri Chaimay Summer series races at the Meadowbank, as well as Longcudby 4 miles and the Fort William 20-mile race and has won at least four. Her time at Portobello was 24.4, which placed her 4th overall. Men's winner was local Charlie Smith (Portobello RC), who had just turned 40 the previous Saturday and clocked 29.28 to beat Colin Scott (Erskine AC) 21.41. First veteran was Les Kay (Portobello) in 22.18.

Cystic Fibrosis

now we've burst through to win

Some of the best amateurs run for money.

Many people - young and old - are dependent on others to look after them. You can do something about it. You can make a difference. Cystic Fibrosis is a hereditary disease which affects the lungs, pancreas and digestive system. It is caused by abnormal secretions which can cause blockages in the lungs and leads to chest infections and progressive lung disease. The lung damage can be so severe that patients with cystic fibrosis are unable to breathe. The digestive system can also be affected and may mean that people are unable to absorb enough nutrients to grow properly. There is no cure for cystic fibrosis. But there is a great deal we can do to help. For many people, treatment can mean a very good quality of life.

To help the Cystic Fibrosis Campaign, please make a donation. Money given to Cystic Fibrosis Campaigns is spent on improving the lives of people with cystic fibrosis. The campaign also aims to fund research into a cure for cystic fibrosis.

Cystic Fibrosis Campaign
1 Joel Street
London WC1H 9SL
Tel: 0171-637 0222

How about giving CF a run for your money? We've found the gene - at last. Only with your help can we now conquer Cystic Fibrosis - the most common, life threatening, inherited disease.

Free Entry to Arthritis Care 5km Run in the West End of Edinburgh.

Address:

Postal Code: Registered Charity Number 205795

Scotland's Runner August 1990
THE CHEST HEART AND STROKE ASSOCIATION

There is so much ground to cover - please run for us and help us in our aim to prevent chest, heart and stroke illnsses.

ALL MONEY RAISED IN SCOTLAND IS SPENT IN SCOTLAND

For sponsorship forms, free running vest and details of our work in Scotland, contact:

Suzanne Donnan, Chest Heart & Stroke Association (Scotland) (SIR) 65, 5 Eastcastle Street, Edinburgh EH2 2LT Tel: 031 225 6963.

MENTION MULTIPLE SCLEROSIS AND PEOPLE RUN A MILE!

TO JOIN THEM AND RECEIVE SPONSORSHIP FORMS AND A FREE 1990 EVENT T-SHIRT PLEASE WRITE TO:-

MUSCULAR DYSTROPHY GROUP FREEPOST, GLASGOW G2 6BR Tel: 041-221 4111

Registered Charity No. 205395

WE'VE FOUND THE CAUSE. HELP US FIND THE CURE.

SIR - I feel I must respond to correspondence appearing in Scotland's Runner over the past year (it seems like the past year anyway) from J. Brown, I. Callender and others concerning the coaching methods of Mr Tommy Boyle in relation to the performance of his international athletes.

As much as I (among others) one of the north east's many international athletes, I would stress the individual and group training given to any athlete in unique to each coach, athlete, coaching group and circumstance, and anyone without inside knowledge of all of this is not qualified to comment.

On one occasion as a youth, my athlete undertook a double session of uphill sprints (with hurdles), followed by a fartlek type track session, on the evening before competing in the in the GRE Cup.

I would not have twisted comments from any other country from their first being aware that the athlete was getting up on vital training for important competitions in the weeks ahead, and that his coach the next day would have no consequence as the team was, by way of getting out of the cup at that stage.

The session, in fact, has had beneficial long-term effect as he now has the stamina to compete quite comfortably in 13 events over a league match.

On the front of integrating cross-country and indoor competition into the winter training programme, I am sure that Boyle, like any other competent coach, will have examined all the possibilities and used them for the good of his athletes where appropriate.

As to exposure to top competition in the majority years, a good coach will know what constitutes the best level of competition for the athlete's development. My athlete is fortunate that I realize he can cope adequately with the "top" competition when called up to internationals abroad - fortunate because he cannot afford to compete abroad at any other time.

At the appropriate points in his career, however, I submitted him to the junior categorising at Newtonmear Highland Games in preparation for what is now the finest competition of his season. Glenurquhart Games, where the "heavies" are fiercer than can be found anywhere else in the world.

This venue also provided me with the opportunity to develop his tactical sense (another topic of the correspondence by entering him in the "Auld Scottish" (killed) one-up race and deliberately not telling him that in this, the gun is fired without so much as "On your marks" - far less a "Set.

The result was that he had to charge through a horde of killed "heavies" but failed to catch the lead and won the race. Ever since, he has been more determined competitor as he knows if you can't trust your coach, who can you trust?

I must, finally, mention two details of my coaching methods on which I withheld information.

Firstly, when his technical performances in training or competition are obviously not quite up to his desired high standards although they are invariably better than anything I myself am capable of, and he is expected to have some constructive comment on how to improve, I simply say stately "It's not very good, you know.

On his natural reaction in "All, it must be bad if it's not good by my standards," and this motivates him to spend more hours studying books and videos until substantial improvement is effected.

His favourite, however, is the technical advice I give him when he asks precisely why a certain aspect of his event is not as good as it might be. "Well, we just don't know.

This phrase, said in Patrick Moore's immortal voice, conveys the suggestion that the answer is in the stars, that there is no logical method of improvement, and inevitably forces him to an absolute determination to prove himself wrong and to rescue himself from the seemingly without desperate situation.

My point is, therefore, that Mr Brown and others would have a field day if they were to discover similar details about Mr Boyle's methods without having explained this to the possibility logically perfectly reasonable and effects.

If, however, they wish to comment in public, they should spend at least two years in the squad, observing at first hand the coach and athletes in action, and ideally to do all the training themselves in order to comprehend fully its effects.

J. Orange, Club coach.

SIR - I read with interest and horror the possibility that some races in the future may end up on rosettes instead of medals to finisher.

For one, and many others I'm sure, will confine for the races which offer medals. Although the medal is not necessarily the reason for running, taking part being as important as anything, I do not wish to receive a rosette as if I was a horse.

Could one see Seb Coe accepting a gold rosette on the Olympic Podium? If there is an alternative race on the same day, that's where I'll be going.

Kenneth J. Clark

P.S. I have run in many races all over the country. May I take this opportunity of thanking all those who organise and help out - without them I would not have any medals at all.

PSH did their best to fulfill GRE Gold Cup fixture

Graeme Farn, Kinross, Perth.

SIR - As team manager for Perth Strathall Harriers, one of the teams who did "not bother" to compete at the GRE Gold Cup meeting at Peebles (Letters, July issue) I would like to say that I worked hard to get our team there on the day.

For us, Saturday afternoon, as I am sure it is for other teams, but the week before I had a small, strong, band of athletes ready to compete. However, injury, illness and changes of work schedule prevented the already small band of athletes, and although team managers are meant to work miracles, this was out of my powers.

Might I add on behalf of the whole club that we conveyed the meeting with a full compliment of officials.

When Perth Strathall enter competitions we mean to be there and I did not like having to withdraw, please would your letter writer not give the impression that our club did not bother to turn up.

Janet Smith, Men's team manager, Perth Strathall Harriers.

Neigh to rosettes

3, Collington Mains Road, Edinburgh.

SIR - I read with interest and horror the possibility that some races in the future may end up on rosettes instead of medals to finisher.

For one, and many others I'm sure, will confine for the races which offer medals. Although the medal is not necessarily the reason for running, taking part being as important as anything, I do not wish to receive a rosette as if I was a horse.

Could one see Seb Coe accepting a gold rosette on the Olympic Podium? If there is an alternative race on the same day, that's where I'll be going.

Kenneth J. Clark

P.S. I have run in many races all over the country. May I take this opportunity of thanking all those who organise and help out - without them I would not have any medals at all.

PSH did their best to fulfill GRE Gold Cup fixture

Graeme Farn, Kinross, Perth.
**Thanks for a good time in Stornoway**

95, Pelacey Road, Renfrew.

SIR - My brother John and I have just completed the Hebridean 10Ft Marathon. Thankfully, we were able to say how much we enjoyed the travel and friends, especially at Stornoway. The atmosphere and entertainment were excellent, we were picked up from and to ferry by minibus, accommodation £50 per night. Pasta Party delicious. Good chance of free races, running party afterwards, a barbecue, taken Island's sights.

I'd like to thank Stornoway Running Club and all race organisers. Transport to and from ferry terminal at Lochmaddy for Islay, registration, maps, &c &c. The Speys da for itself, easy access plenty of entertainment.

- Andy McKechnie, Kildonan A.G.C.

---

**Writing in a similar vein**

Here's Next, Laurence Place, Edinburgh.

SIR - I read with interest the letter from Alex Cunningham in your June issue, and with his colleague on their charity run. It should provide good training, so we should expect some good things from Alex this year.

I agree with Alex that a sports magazine would be of interest - probably on how to avoid injury rather than just all about racing, which I suspect many serious runners would know anyway.

As regards your wondering whether hill running has had its various trials, it is similar problems a year or so back following an unexpected overnight jog over the Laurens Range.

After a call on a friend and having done the 40 miles and 19 tons of milk, I treated this as a training opportunity - although I must confess I'd have waited if I'd known it wasn't the last but.

As I said, my varicos veins submerged swallowed up, and I'm the road at present following surgery. Alex's legs don't need such a dastard cure as one of my friends who's into alternative medicine suggests eating a couple of bananas before a run. It's not as drastic as friends. Apart from their energy value, bananas are high in potassium. This makes blood less likely to clot, apparently, so helping avoid the problem.

I've tried to impress it and my friend hasn't got varicose veins, so I've gone on a mission. If anyone tries he'll be interested to know how they got on.

G. Hirst

---

**WELL DONE!**

44, Fortigg Place, Kildonan, Glascow.

SIR - I would like to thank the organisers of the Stuc A Chlasie Hill Race for a well-organised, enjoyable event.

Many smiling, friendly, helpful people put in a great effort to make the event a success. The organisation, the way the runners were guided, the meals and refreshments offered were all most welcome. The weather was great and the prize at the end finished off a perfect day.

Thanks to all who made it enjoyable.

Sheelah A. King

---

**Striders have got their act together**

23 White Cart Tower, St Leonards, East Kilbride.

SIR - Last year I wrote a letter telling your magazine how much I enjoyed the running in Scotland. This year I was delighted to find Strathaven Striders. Having finished second in both, I'm even more in favour of short races.

The main thing that I find is that I feel that Strathaven Striders have really got their act together over short races. I would like to participate in their races, but as Strathaven Striders don't advertise widely I would be very obliged if one of the club could contact me to inform me whether or not they would accept my application to join the club.

J. H. Whist, Club Secretary

---

**Coaches slagging off other coaches**

16, Sefton Avenue, Leith, Edinburgh.

SIR - I purchased a copy of the July issue of Scotland's Runner hoping that it would contain more information on the discipline of athletics. I regret to say that it did not.

It seems to be a magazine devoted to coaching and is written for very derogatory terms about other coaches and is such a manner as to be of interest to coaches. I am sure that the vast majority of your readers are finding these letters tedious.

Of more interest is for the reader to understand your policy regarding revenue from advertising and the events list. Could you not compete and make a small charge, say £5 or £10, for each entry in the list and if an event organiser wishes to advertise a better page, they could go for a present few in the event list.

This way I am sure you will satisfy runners and maintain or hopefully increase your revenue.

Jo Harris, Anser Haiddies.

---

**What is happening in the world of athletics when somebody wants so badly to run for their country that they apply to be reinstated and then, having achieved their ambition, decide to turn their back on the whole thing and run professionally again?**

Certainly it appears to be a bit strange. If we compare the two systems then these certainly are very different as far as the sprinters are concerned.

In the "open" system there are clearly-defined goals. The first one is to run for your country, then for Great Britain, and finally into major championship. If the athlete is good enough then the rewards are high - he can travel all the world, earn a lot of money from the sport, and if major championship medals are won there is plenty of publicity and the chance to become a well-known public figure.

The only snag is that you have to be among the elite in the world to achieve this status and very few athletes ever do.

Most of the road is broad, the peak is very narrow. In major competitions you have to be able to compete and sometimes this selection process leaves a large number of people out. But at the end of the day everyone starts together, tries their best, and the fastest man wins.

In the professional system, there is one major championship in Scotland and one in Australasia. Both happen every four years as opposed to every year in the "open" system, which gives everyone more chances to win a "major", and there is also the Commonwealth circuit in which to impress or try not to impress the handicapper.

There is no national team, no team effort required, as the athletes do not belong to clubs. But they do belong to "schools", and if it is not you but a team that you are then you must not win it. It may be that you are trying to hold your form from the handicapper and give do not give you a bigger start in the next race.

In the final trial it was decided that someone had a better chance "off his mark" than you did and so the betting money has gone on him.

The main difference in professional racing is that in order to achieve a chance of winning you must always run to your personal best as that is partly when the handicapper judges your mark on, and the fastest man normally does not win. Because everyone can "get a start" then everyone has the right to race.

You do not have to be selected, you enter the race and then are given a handicap mark.

You have to be selected, you enter the race and then are given a handicap mark. You then have to win 20 times the amount of your handicap mark. The races must be within 20 miles of the person at the back, depending on the ability of the runners. At all times, everyone is trying to get their mark lifted to a better one in order to have a greater chance of winning.

So why choose the second option as opposed to the first? Perhaps it is the excitement of trying to fool the handicapper into thinking that you are not as good a runner as you are! Or the enjoyment of running with a handicap system where you have targets to aim at all the way up the track instead of winning or being beaten in the first 30 yards.

One thing is for certain: professional racing is certainly exciting to watch as normally the races are won or lost in the last five metres. There are old men and young boys competing in the same race, all enjoying their athleticism and being allowed to compete freely wherever and whenever they chose to do so.

In defence of the "open" system which I competed in, I enjoyed the match against man competition, but in saying that I also know a lot of athletes who could not handle the added pressure of sitting down on their marks level with seven other people. There is definitely a pressure on the athlete in the handicap system, and there is always the excuse that you had handicapped out of the race.

There can be no excuses in the "open" system, as everyone has an equal chance of winning and it can show up any weakness in the athlete's character. I was also fortunate to be one of the one's who "made it" into the top flight of the world sprinting and reaped the rewards. It can be pretty soul destroying turning up week after week with no hope of winning the race. I know I have been beaten.

At the end of the day there are horses for course, but it is interesting to note that before the professional sprinters were given the chance to compete in the "open" system, people said that given the chance then the "pros" would win major championship medals and could compete alongside the best of the "amateurs".

It is easy to say these things when you know that you do not have to prove it, and now what is happening is that the "pros" system is being scrapped and people are returning to the one they started with.

Perhaps in the case of the other man's grass is always greener. Perhaps those people thought that they could win a lot of the races and be making a career of it, and having found that this isn't the case unless you are among the elite - they then have returned to a system where it is possible to win some money and the hardest person to beat is the handicapper.
Coaching

Clinic

NOT surprisingly, sprinters frequently claim they are regarded as the poor relations of running. Coaching articles in athletics magazines tend to feature middle and long distance runners and their training and racing programmes, whereas sprinting and competition seems to attract little publicity.

The main reason for this is obviously that many more athletes are involved with distance running rather than in sprinting. Mass marathons, half marathons, 10K road races, and local fun runs entice thousands of participants of all ages and backgrounds. Sprint races, because they can accommodate only a few competitions per race and because they are very often held directly in front of favourite spectator stands, have until fairly recently been the domain of younger contestants. Sprints in athletics magazines lend themselves more to popularise sprinting, and local events are no longer the domain of the more relaxed, carefree atmosphere of races such as the Glasgow Marathon or community fun run.

But now more people are taking up sprinting. The enthusiasm of veteran athletics elongated with the success of Scottish and other British 100 and 200 metres athletes, has helped to popularise sprinting. These events are no longer the prerogative of the younger man or woman. The lure of competition in the veteran ranks, along with the prospect of participating in Scottish and UK indoor and outdoor track and field, has enticed many to consider sprinting as a sport for them.

For example, it is estimated that although 10 litres of oxygen are required for a 100 metres sprint, only half a litre or less can be breathed in during the 10 or 11 seconds needed to complete the distance. Translated into physiological terms, it can then be said that a 100 metres sprint is virtually 100 per cent anaerobic in content, i.e. the effort is performed in the absence of oxygen.

As the distance and time of running increases, however, the athlete is able to breathe more frequently and take in a larger amount of oxygen and circulate it around the body to the working muscles before the finishing line is reached.

In sprinting, the lactic acid system for providing energy is extremely demanding and it can only last for around 40 to 65 seconds before the athlete becomes too tired that he or she grinds to a complete standstill.

In physiological parlance, the athlete is in a condition of anaerobiosis, i.e. existing in an environment where the working muscles are without oxygen. More popularly, hour is said to be "reading water". It must be born in mind, however, that events such as the 100, 200, and 400 metres utilise both the anaerobic lactic and the anaerobic lactic systems. All that differs in each event is the relative proportion of one system to the other.

An athlete is primarily anaerobic in physiological terms, it should not be forgotten that aerobic (i.e. activity with oxygen demand being met by oxygen intake) running fulfills a role - albeit a relatively minor one in preparation for the short distance events. This refers especially to the 400 metres, where aerobic energy processes make a 17 per cent contribution to the total energy output of the race.

In addition, a sound aerobic background is essential, especially during the winter months. "An adequate supply of skeletal muscles (i.e., a combination of strength x speed sometimes referred to as power) which is such a vital aspect of sprinting. Elastic strength or power can also be developed by weight training where the athlete lifts fast and explosively in series of three to four sets of six to eight repetitions, using exercises such as bench presses, arm curls, trunk curls, vertical rowing, calf raises, leg presses, quadriceps curls, and hamstring curls. Weight-training should only be done, however, under the guidance of an experienced coach and should normally begin before the age of 16 for boys and 14 for girls as the spinal column is not properly developed until then.

Uphill sprinting, using sessions such as 3 x 4 x 50 metres with a walk-back recovery between repetitions and five minutes between sets is also an excellent method of improving elastic strength as well as leg and arm drive. It should be emphasised, however, that weight-training, uphill running, harness running, and hopping and bounding exercises (known as plyometrics) ought to be confined to the winter months and well away from main competitive periods. Otherwise a slowing down effect will be felt and the athlete could become more vulnerable to injury if he or she attempts to graft technique and quality speed sessions onto muscles tired, exhausted, and weakened by heavy strength work. One form of hill running during the summer competitive phase is to sprint down a slightly-inclined slope, preferably on a level grass surface. This creates an artificial speed-up of the legs and legs which is carried over into sprinting on a normal flat surface and can improve speed by 0.5%.

Sessions such as 6 x 50 metres down hill from a rolling start can produce a marked improvement in leg and arm speed.

In future articles, I shall discuss winter training for sprinters in greater detail. But at this point of the year, with several top-class track races still ahead, it is important to remember that the main training emphasis will be speed, skill, technique, mobility, and the maintenance of the endurance base developed so assiduously during the winter months and onto which the summer speed element is so carefully constructed.

Therefore, bearing in mind that the adenine-ribosephosphate and creatine phosphate energy systems which provide fuel for around five seconds of intense activity are of vital importance to the

By Derek Parker

a successful training programme can develop the coordination between the brain and muscles by establishing neuro-muscular pathways which are used by all athletes to improve whatever speed they have got.

The second part of the answer to the above question means that sprint events are run under conditions of oxygen debt. Basically, this involves the release of energy from glycogen (stored glucose) in the muscles without the process being fuelled by oxygen. Oxygen is drawn in from the atmosphere and diffused via the lungs into the arteries for circulation to the working muscles in order to produce intracellular movement.

Anaerobic is a physiological term used to describe a state of being without oxygen. It can be better understood when one realises that a 100 metres race is over so quickly that most athletes are able to breathe on or only two occasions before the finishing line is reached. So obviously the race will be won before the breathed-in oxygen has been transmitted via the blood circulation to the working muscles.

The shorter the distance run, the less oxygen the athlete breathes in during these brief seconds of maximum, or near to maximum, effort.

For example, it is estimated that although 10 litres of oxygen are required for a 100 metres sprint, only half a litre or less can be breathed in during the 10 or 11 seconds needed to complete the distance. Translated into physiological terms, it can then be said that a 100 metres sprint is virtually 100 per cent anaerobic in content, i.e. the effort is performed in the absence of oxygen.

As the distance and time of running increases, however, the athlete is able to breathe more frequently and take in a larger amount of oxygen and circulate it around the body to the working muscles before the finishing line is reached.

For sprint-related activity involving running 1,000 metres, events such as the 200 metres and 400 metres are still primarily anaerobic in content. For example, of the 16 litres of oxygen required to run a good 200 metres, only one litre can be inspired and circulated around the body.

Physiologically, a 100 metres sprint said to be approximately 95 per cent anaerobic and five per cent aerobic. The 400 metres, with an oxygen intake of around 300 litres, is roughly 85 per cent anaerobic and 17 per cent aerobic.

It is impossible to estimate which is the maximum oxygen debt which a trained athlete can tolerate is around 17 litres. This formula extends right up to the marathon, where the 650 litres of oxygen intake along with a maximal oxygen debt tolerance of 17 litres makes the event roughly two per cent anaerobic and 98 per cent aerobic.

It is my own opinion to try to battle anyone with science. However, I am a firm believer in the concept of explaining physiological terms and responses incurred during training so that athletes know WHY they are performing each session. The role of the true teacher is to load the pupil to the point of interpretation of who he or she acquires wisdom and knowledge and becomes his or her own teacher.

The body's source of chemical energy to be transformed into mechanical energy is adenosine triphosphate (ATP), a compound stored in the phosphate bonds which hold together atoms in the human body as molecules. But, because ATP can provide energy for a very short period (approximately 0.5 second), it must be resynthesised by another high energy compound called lactic acid in.

This process yields energy for intense muscular activity as in sprinting for an approximately 0.5 second interval where the working muscles are without oxygen. More popularly, hour is said to be "reading water". It must be born in mind, however, that events such as the 100, 200, and 400 metres utilise both the anaerobic lactic and the anaerobic lactic systems. All that differs in each event is the relative proportion of one system to the other.

An athlete is primarily anaerobic in physiological terms, it should not be forgotten that aerobic (i.e. activity with oxygen demand being met by oxygen intake) running fulfills a role - albeit a relatively minor one in preparation for the short distance events. This refers especially to the 400 metres, where aerobic energy processes make a 17 per cent contribution to the total energy output of the race.

In addition, a sound aerobic background is essential, especially during the winter months. "An adequate supply of skeletal muscles (i.e., a combination of strength x speed sometimes referred to as power) which is such a vital aspect of sprinting. Elastic strength or power can also be developed by weight training where the athlete lifts fast and explosively in series of three to four sets of six to eight repetitions, using exercises such as bench presses, arm curls, trunk curls, vertical rowing, calf raises, leg presses, quadriceps curls, and hamstring curls. Weight-training should only be done, however, under the guidance of an experienced coach and should normally begin before the age of 16 for boys and 14 for girls as the spinal column is not properly developed until then.

Uphill sprinting, using sessions such as 3 x 4 x 50 metres with a walk-back recovery between repetitions and five minutes between sets is also an excellent method of improving elastic strength as well as leg and arm drive. It should be emphasised, however, that weight-training, uphill running, harness running, and hopping and bounding exercises (known as plyometrics) ought to be confined to the winter months and well away from main competitive periods. Otherwise a slowing down effect will be felt and the athlete could become more vulnerable to injury if he or she attempts to graft technique and quality speed sessions onto muscles tired, exhausted, and weakened by heavy strength work.

One form of hill running during the summer competitive phase is to sprint down a slightly-inclined slope, preferably on a level grass surface. This creates an artificial speed-up of the legs and legs which is carried over into sprinting on a normal flat surface and can improve speed by 0.5%.

Sessions such as 6 x 50 metres down hill from a rolling start can produce a marked improvement in leg and arm speed.

In future articles, I shall discuss winter training for sprinters in greater detail. But at this point of the year, with several top-class track races still ahead, it is important to remember that the main training emphasis will be speed, skill, technique, mobility, and the maintenance of the endurance base developed so assiduously during the winter months and onto which the summer speed element is so carefully constructed.

Therefore, bearing in mind that the adenine-ribosephosphate and creatine phosphate energy systems which provide fuel for around five seconds of intense activity are of vital importance to the...
Handicap races with winners’ and losers’ finals are also excellent for developing the ATP/CP energy systems and to provide good competition - specific tuition, in addition. Another good exercise for sprinters is to jog for 30 metres then stride for 30 metres and sprint full-out for a further 30 metres. Six series of these, followed by 6 x 30 metres full-effort, followed by 30 metres easy-pace, then 30 metres full-effort, will help the athlete to maintain good form and technique under conditions of accumulating fatigue.

As the race-distance progresses to 200 and 400 metres, the lactate acid energy system becomes more important. So, training sessions must take into account this physiological factor. The 200 metres specialists will include lots of work over distances such as 150 metres, while efforts over 300 metres will constitute a large part of the 400 metres athlete’s programme. These can either be done in the form of 5 x 150 metres full effort with five to ten minutes recovery and 5 x 300 metres with 15 to 25 minutes recovery, or varied in the following fashion: 50 metres fast + 30 metres recovery + 30 metres fast + 30 metres recovery + 30 metres fast + 30 metres recovery + 30 metres fast + 30 metres recovery.

A useful session for 400 metres runners is 2 x 2 x 200 metres at 400 metres effort with 20 to 30 seconds recovery between repetitions and 15 to 20 minutes recovery between sets. An athlete aiming for 400 metres in 50 seconds would run the first 200 metres of each set in around 24 seconds and the second 200 metres in around 26 seconds from a rolling start. The reason for the long recovery between repetitions and sets in sprint training is to enable top-quality efforts to be produced. And, while there is a place in the sprinter’s programmes for short-recovery work to develop qualities such as strength and speed endurance, if he or she is making sheer or pure speed the training objective then longer recoveries are essential to accentuate the nervous and muscular systems to function and integrate at maximum level.

One must never forget that training is specific to the goal of activity. A distance runner will run several repetitions over distances such as 300 metres with a short recovery but at a slower tempo in order to develop cardiovascular-endurance qualities (e.g. 16 x 300 metres in 51 seconds with 20 seconds recovery). A sprinter’s 3 x 300 metres on the other hand will be completed in less than 40 seconds normally because he/she is training the neuro-muscular systems and incurring a high oxygen debt. So, the sprinter’s work-out will be anaerobic while the distance-runner’s session will be aerobic. The importance of the right sprinting technique in the June issue of Scotland’s Runner & Coach is crucial.

In the "set" position, the athlete should be able to run fast, such as 20 to 30 metres in 2.5 times a week. The formation of the running technique already discussed in the June issue is valuable to all athletes, but by constant practice the athlete learns to repeat the moves and improve his speed. The most important points are:

1. To maintain a low body position.
2. To be in a good running position.
3. To use the full range of movement in the legs.
4. To use the full range of movement in the arms.
5. To use the full range of movement in the core.

If you have not read it and want to back numbers available from the offices of the magazine. Since I did not mention starting practice and its role in the 100, 200, and 400 metres I shall do so now. A good start is crucial to good performance in the sprint. Everyone has a slightly different technique from everyone else, since so much depends on limb and trunk length, height, weight, arm, hand, and finger strength, and personal comfort. A few basic points are observable, however. The foot in the crouch position should be between 1 and 2 inches from the starting line and there should be between 11 and 21 inches between the front foot and the rear foot. The arms should be slightly more than shoulder width apart to allow the legs to come through unimpeded once the starter’s gun is fired. The front starting block should be set at an angle of approximately 60 degrees and the angle of the rear starting block should be around 45 degrees. The arms should be kept straight, but not locked, and the fingers and thumbs should form a high bridge. The fingers must be behind the starting line and the shoulders should be directly above or slightly behind or in front of it, depending on arm strength and comfort.

In the "set" position, the athlete should have his or her hips to a point some three inches above the starting line. This is so that the body will come into the direct line of the leg thrust once the body rises up out of the starting blocks. In the "set" position, the angle between the upper and lower rear leg will be approximately 115 degrees while in the front leg it will be around 90 degrees.

In the "set" position the athlete should take a fairly deep breath and concentrate on picking the hands up quickly from the track rather than listening for the gun. This focus of attention on the motor response rather than the sound stimulus – which the athlete will hear instinctively – is thought to speed the overall race time by around 0.1 second.

When the gun goes, he or she must drive vigorously with the arms to build up acceleration. If the hands are still on the ground when the leg begins to go there will be an obvious braking effect at a crucial stage of the race. Once the hands have left the ground, the rear leg must be pulled through its arc as quickly as possible.

The front foot, because it is in the starting block for a longer duration of time than the rear foot, should be driven hard against the block so that the athlete is propelled forward with as much velocity as possible. This is in accordance with Newton’s principle that for every action there must be an equal and opposite reaction. All this takes place automatically, but by constant practice the athlete learns to integrate the sequences (i.e. arm drive, fast rear foot pull-through, and front leg drive) in cohesive whole. An athlete clears the block the body should be kept low with the knees coming up fairly high to assist start length. The first 30 metres are vital and the athlete must endeavour to hit top speed as quickly as possible.

Once top speed has been attained, the athlete cannot run any faster and all here she can do is to maintain maximum speed for as long as possible and minimise the subsequent deceleration process as little as possible.

This is done by holding form and technique to the best of one’s ability, maintaining relaxation, concentrating on the quality, and running right through and beyond the finishing tape. Races can be won or lost during the final stage, so it is worthwhile practising your dip finish to gain the slight advantage which could prove decisive. However, if the finish is not completed smoothly the athlete should be incentivised to train even harder to ensure that the decisive moment is handled effectively.
Paul puts athletics ahead of exams!

NOTHING, it would appear, stands between Paul Allan and his quest for a higher level of decathlon performance. Not even a pressing matter like two third year exams lovingly waiting for him at Aberdeen University. “I can always run in September,” said the 20-year-old Aberdeen AAC competitor, explaining his surprise decision to bypass his studies in favour of a crack at the recent Czechoslovakian Multi-Event Championship held in Prague. The calculated gamble paid off when Scotland’s top junior decathlete at the time won his senior challenge with a second place finish in the course of the present season. It was a great boost to reach the top first time out in Prague.

Five to eight
THERE’S nothing like forward planning. Paul Allan (Aberdeen) and Kirkhill Forest Foe - the cross-country event staged on the outskirts of the old hallowed grounds of the sport. Margaret Robertson (Aberdeen) has been invited to take fourth place - and the leading veteran prize.

Very bad news indeed
DENVER Hawkish Hatters extended their grip on Aberdeen’s Devonian Charity 10K where Dave Beattie edged out English international Eric Whitaker and Fraser Clarke (Merricks Park) to win their respective races.

Hawks extend grip
CENTRAL Isla’s William Do is the new leader of the west coast scene as he took the 10K and 5K races both weekend.

Badly there would appear to be no real prospect for the undoubted background runners which have followed in the footsteps of the Metro Aberdeen club on the North-east athletics scene. One wasn’t a trip to the pub at the ‘Beko’ office and three to the pub at the ‘Beko’ office which resulted in the following: “I was a bit too big to support my own club and the realisation that there were other things that were more important.” At the end of the day it is all about freedom of choice - even when it comes to political hot potatoes.

Russell Smith’s North-east Notes

INSCIRNESC THE first of my articles on the Commonwealth Games, two events have occurred which give a slight glimmer of hope that in 1994 the Commonwealth team may not be leaving in an atmosphere of controversy and ill feeling similar to 1990.

Firstly, the Games chairman was ousted by the SAAA. One must assume from this that the selection policy for the Commonwealth team was felt to be unsatisfactory in respect of athletics, and that in 1994 a more realistic and less intransigent approach will prevail.

Secondly, the Great Britain invitations to the Commonwealth Games. Does this mean that “officialdom” accepts everything I say (hardly likely) - or perhaps if ignoring the Commonwealth Games is a real policy question, then there should be a process of accountability? Even the British Sporting Association, does this mean that this is an unacceptable situation? Even the British Sporting Association, does this mean that this is an unacceptable situation? Even the British Sporting Association, does this mean that this is an unacceptable situation?
JACK BUCKNER, EUROPEAN 5000M CHAMPION AND WORLD CHAMPIONSHIP BRONZE MEDALLIST

The Imperial Cancer Research Fund is Europe's largest cancer research institute employing over 500 scientists and technicians in our own laboratories and hospital units. We are winning the fight against cancer, especially children's cancers, but it is a long hard road. Your running in long hard marathons and fun runs helps us by raising money - the charity is totally dependent upon donations and our own fund raising activities. We are a winning team. Join the winning team and run for us.

Write to me, Jack Buckner, of the Imperial Cancer Research Fund now for your race sponsorship pack.

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

NAME (Mr/Ms/Miss/Ms): ____________________________

ADDRESS: ______________________________________

POSTCODE: ____________________________

Name and date of event: ____________________________

Post ☐ Fafiit ☐ Size: _______ inches: _______

Imperial Cancer Research Fund

---

In 25 years Forfar has harnessed some of Scotland's finest talent.

---

A SLEEPING giant that needed an injection. No, that's not a description of some tired old thrower (no prizes for names!), it's how club secretary Ian McKenzie sees the revamped Edinburgh Southern Harriers.

The 93 year old Harriers have a brand new glossy title, Caledon Park, the name of the Edinburgh property development company now sponsoring them.

"The sponsorship has given us the jolt we needed," says McKenzie, the secretary for the last seven years. "We'd become slightly stale, but this has livened the whole club and pulled them together."

The club consists of some 200 members, a figure which has remained fairly constant for a number of years, although there is currently an influx of younger members due to a number of factors.

"There's an exciting trend -

---

DAVID NAPIER reports on a revitalised Edinburgh club.

the team spirit at the last British League match was fantastic - it's like being back to the days of Fernieside. (The club's original headquarters in the Gilmerton 'Southern' area of the city.

"People want to be part of a team that looks like it's going somewhere.

Going somewhere has long been part of the Southern success story: first Scottish club to enter the British League, they so nearly won the First Division in 1976 (an unfortunate clash of fixtures)

---

Scottish club to win the British Cup in a 1975 double triumph with the now independently-sponsored women's section, Edinburgh Woodmill. As a deliberate policy, Caledon Park are now taking non-competing youths with them to their away British League Matches to give them a flavour of the atmosphere. And with Jack White back with his bagpipes in full flow at the Division Two match at Wythenshawe in June, the atmosphere was infectious and helped create a result which should guarantee their divisional status for next season with two matches left.

"It's like the 1970's all over again. The athletics appreciated the fact that at long last they've got a team management who are getting things together," says McKenzie. "It's not enough just

---

ESL, or CPV as they now are, go back a long way in the British Athletics League, and one of their stalwarts over these years has been Allister Flaxton (7). Photograph by PETER DEVLIN.
"We're looking to provide competition for everyone who joins us, and that's why we've kept our commitment to the Scottish and North West League, as well as the Scottish League where our policy is to give everyone a run and not go out to win at all costs."

Every Tuesday and Thursday a group of road runners meet at Berughoum's rugby grounds at Meggetland to go for a pack run, and there have been several recent team successes in road races such as Haddington and North Berwick.

The record racing section of the club has had a terrific boost from the London Marathon success of Allister Hutton.

Says McKenzie: 'His win generated immediate interest - we got a lot of calls from people with youngsters who see him doing it and think: 'There's something to aim at.'"

Lack of coaches, especially at the younger levels, used to be a valid criticism of the Southern set-up, but not any more according to McKenzie, who points to the improving fortunes of the youngsters in the Scottish Young Athletes League, who are looking for promotion from the Second Division.

Like so many sports, athletics lost a decade of children through the industrial problems in schools, and Edinburgh state schools have not recovered. Southern relied heavily on the private schools to supplement their ranks, but are now actively pursuing plans to extend links with the state schools.

'We've had discussions with Edinburgh District Council and have even looked at the possibility of helping to promote the Edinburgh Schools' Championships - not to take the cream, but to stimulate interest,' says McKenzie.

The immediate beneficiaries of a three year sponsorship worth £20,000 from Caledon Park are the club members, who are to receive free travel to all events in all age groups, but the package will no doubt have more far-reaching effects.

It was in 1987 that the students of a Kirk kible class formed the Edinburgh Southern Athletic Club and subsequently changed the name to Edinburgh Southern Harriers a year later.

Their most notable early achievement was winning the East District Cross Country League in 1988, although nationally they did not obtain team success in cross-country championships.

However, in the last twenty years Harriers have firmly established themselves as the best, and certainly the most successful, Scottish athletics club in cross-country and track and field events.

Their list of recent successes across the entire athletics spectrum conveys one word quite clearly - domination, and you easily mistake their list of past and present members as a 'Who's Who' of Scottish men's athletics.

Their most famous athlete is Allan Wells, winner of the 100 metres gold at the Moscow Olympics in 1980, and a four-times Commonwealth gold medal winner. He is also Scotland's only living Olympic athletics champion.

On the Olympic front, however, Wells certainly doesn't stand alone, and Caledon Park Harriers, as they are now to be known, can boast an impressive list of names from the past, the present, and one would imagine, the future.

Names such as hammer-thrower Chris Black, and sprinters Elliot Bunney and Jamie Henderson spring easiest to mind, but there are many others who have worn the club's colours with distinction.

The question of who will wear the colours in the future, and what they will be able to achieve, is the reason behind the need to seek a sponsorship deal. As athletics moves further and further away from its amateur status, and cash becomes increasingly hard to find - yet ever more necessary - it was an inevitable that a sponsor would eventually be sought.

The idea was certainly not a new one, but to attract the financial package required led to the prospect of changing the name. This in itself was also not new to Edinburgh Southern Harriers as their women's section who were formed in 1949, changed their name to Edinburgh Woollen Mill in 1984 in what was then a precedent for a Scottish club.

Ken Ballantyne, a former club president who ran close to four minutes for the mile in his heyday, admits that the benefits for the women's team had a large bearing on the decision to accept Caledon Park's offer.

"You have to cut your cloth according to your costs," he said. "Competing at the highest level is essential for the athletes, and therefore for the club so we can continue to attract athletes. The higher the level you compete, the higher the cost."

In the past Southers have had to rely on money from dances, raffles and other fund-raising events, but the sponsorship will give them a more concrete base to build from.

Athletics has certainly moved on from the early '60s, when Ken competed. As he says, "In my day you thought going to Glasgow was a big event."

Nowadays, particularly in the British League, travelling afar is part and parcel of a club's existence. "This year," says Ken, "has been a great one, and the team spirit has been excellent."

Add to that the sponsorship package and the future for Caledon Park Harriers looks not only secure but very promising.

---

**COT DEATHS IN SCOTLAND**

A baby dies of cot death every second day in Scotland. These babies will never run.

**WILL YOU RUN FOR THEM?**

---

**ABBOT TRAVEL**

Coach Hirers for All Your Requirements
Fleet of Granadas for Weddings, etc.

**UNIT 6, ELDIN ESTATE, EDGEFIELD ROAD, LOANHEAD, MIDLOTHIAN**

**EH20 9DX**

**Telephone 031 - 440 3878**

Compliments of J. A. Cannon

**Whilst one of Edinburgh's Great Sporting Institutions HAS changed its name, ONE HASN'T**

---

**55 RATCLIFFE TERRACE, EDINBURGH 068 2532**
On right, athletes Jamie Henderson and Allister Hutton flank Hamish Henderson, while behind are club officials Iain Ross and Sandy Cameron (president).

SPONSORSHIP

DONALD BELL looks at some of the companies which are sponsoring athletics in Scotland.

the shape of medical assistance, back-up, and the best advice available. Darren, for example, is in the second year of a three year plan which hopefully will see him selected for the UK team at next year's European Junior Championships.

It's clear that Alec Moir, himself a former Glasgow Schoolboys' sprint champion in the early 60's, has more than a passing interest in athletics, but he sees the sponsorship of the club, as opposed to individuals, as a community benefit.

"Athletics is a family sport. It develops the right attitude in children and can develop them as people. There's plenty of sponsorship for football teams in the area, but athletics was lacking in sponsorship."

While it can do no harm whatsoever to have his company's name prefixed to the club's, Moir insists that as "medium-sized" builders his company is not looking for any direct commercial return from the sponsorship.

"We build factory units and sheltered housing - we wouldn't do an extension to a house because we're not that size of builder," he says.

Nor is Caledon Park that size. Hamish Henderson assured me when I tentatively asked him if his company built houses. They are in fact commercial developers, taking on projects such as new shopping centres.

Like Alec Moir he has a (somewhat better known) son who is a member of the club he has sponsored, but, like Alec Moir, Hamish Henderson says that this factor was not a consideration in committing Caledon Park to the £30,000 sponsorship.

"If we get a lot of benefit from the community, and without meaning to sound pompous or pious we were looking to put something back in," he says.

"ESB came to us informally and asked for advice about sponsorship - not a major sponsorship but support for an open graded meeting or a league match and it grew from that."

I asked Henderson what the return would be to his company from the name Caledon Park Harriers over the next three years. After all, a letter in this magazine last month made the point that while people throughout Britain knew ESF, not many had heard of Caledon Park.

"It's difficult to quantify the publicity from the name change," he said. "But if we looked at it in these terms think of the coverage we would have got two months earlier when Allister Hutton won the London Marathon!

"Our business is not like selling beans or beer. People don't go out to buy our product because it's at the front of their minds through hearing it so often. But the sponsorship does put our name to the fore and there is a certain amount of status."

Over at Kilmarnock, Johnnie Walker sponsor the Harriers purely as a gesture of support to the community. Company representative Gilmour Burnett doesn't have the same personal involvement in athletics as Alec Moir and Hamish Henderson, but nevertheless takes a healthy interest in the activities of the club, one of the more progressive in Scotland.

The Scottish Milk Marketing Board, meanwhile, continue to support road races at places such as Ayr, Kirkcudbright, Dunfermline, Kilwinning, and Livingston.

"Anything with a high energy and fitness level is appropriate to associate with milk," says Gray.

A.C. MOIR LTD

BUILDING CONTRACTORS

3 ALLOWAY PLACE, AYR

TEL: (0292) 263108

SPONSORS OF AYR SEAFORETH ATHLETIC CLUB.

General Building Contractors - House Builders

QUALITY AND PROFESSIONAL WORKMANSHIP ASSURED ON EVERY JOB

Commercial / Industrial / Domestic Building Work

Aileen McCullivray of EWM.

Carrruthers Rosette Co

Concerned about the cost and appearance of your medals?
Why not try rosettes instead?

Rosettes are:
DIFFERENT, INEXPENSIVE, ATTRACTIVE - AND LESS LIKELY TO END UP BEING DUMPED IN A DRAWER.

Club or Sponsor's colours and logos an added attraction - all for as little as 40p.

* Permanent Display on show - pop in and see or phone for a free sample *

Garchell Farm, By Buchlyvie, Stirlingshire.
Tel: (0360) 85289

Johnnie Walker

Best wishes to Kilmarnock Harriers from their official sponsors

Scotland's Runner August 1990

Scotland's Runner August 1990
The end of June marks the completion of the season for many younger athletes, twelve Jeff Carter. The national championships at Meadowbank on June 21 produced some good performances (particularly in the wind-assisted sprint), but the lists do not show much quality as expected by this time of year. There is evidence of some athletes being over-trained. The considerable success of schools athletes in recent years means perhaps a surplus of races for these young athletes who are also in clubs. With the continued expansion of language, this will require some sensitivity by team managers with limited resources.

The number of meetings is also proving difficult for some venues - who cannot get enough officials. The expansion of indoor meetings is leading to a year round commitment being required, and this is proving unattractive to some. As one wonders delighted by the increased opportunities for young athletes, and by the growing entries for the championships, I find it hard to admit it all too much of a good thing - but I wonder. I am sure the editor would be grateful to receive readers' thoughts and comments. (He would - Ed.)

There were also comments:...
### 1990 SCOTTISH TRACK AND FIELD RANKINGS

#### Men

**100m**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.39w</td>
<td>David Clark</td>
<td>CPH</td>
</tr>
<tr>
<td>10.41w</td>
<td>Ian Henderson</td>
<td>CPH</td>
</tr>
<tr>
<td>10.53w</td>
<td>Elliot Bunney</td>
<td>CPH</td>
</tr>
<tr>
<td>10.57</td>
<td>Alan Doris</td>
<td>ESP</td>
</tr>
<tr>
<td>11.07</td>
<td>Darren Galloway</td>
<td>AyR</td>
</tr>
<tr>
<td>11.20w</td>
<td>Neil Turnbull</td>
<td>CPH</td>
</tr>
<tr>
<td>11.29w</td>
<td>Douglas Walker (Y)</td>
<td>ESP</td>
</tr>
<tr>
<td>11.29w</td>
<td>Brian Asheim</td>
<td>CAC</td>
</tr>
</tbody>
</table>

**500m**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00,09</td>
<td>John Robinson</td>
<td>CPH</td>
</tr>
<tr>
<td>1:00,41</td>
<td>Dave McLeod</td>
<td>Bell</td>
</tr>
<tr>
<td>1:00,64</td>
<td>Russell Devine</td>
<td>Inv</td>
</tr>
<tr>
<td>1:00,70</td>
<td>Darren Calloway (J)</td>
<td>Ayr</td>
</tr>
<tr>
<td>1:00,80</td>
<td>David Clark</td>
<td>CPH</td>
</tr>
<tr>
<td>1:01,07</td>
<td>Stuart Paton</td>
<td>ESP</td>
</tr>
</tbody>
</table>

**Pole Vault**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.40</td>
<td>Ian McKay</td>
</tr>
<tr>
<td>4.41</td>
<td>Dougie Allan</td>
</tr>
<tr>
<td>4.42</td>
<td>Stuart Ryan</td>
</tr>
<tr>
<td>4.43</td>
<td>Michael Nicoll</td>
</tr>
<tr>
<td>4.44</td>
<td>John MacRae</td>
</tr>
</tbody>
</table>

**Long Jump**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.55</td>
<td>Brian Asheim</td>
<td>CAC</td>
</tr>
<tr>
<td>7.59</td>
<td>McVeigh Fowles</td>
<td>Inv</td>
</tr>
<tr>
<td>7.65</td>
<td>Paul Allan</td>
<td>Ab</td>
</tr>
<tr>
<td>7.68</td>
<td>Eric Scott</td>
<td>JG</td>
</tr>
<tr>
<td>7.68</td>
<td>Mark Craig</td>
<td>CAC</td>
</tr>
</tbody>
</table>

**Triple Jump**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.90</td>
<td>Neil Menzies</td>
</tr>
<tr>
<td>15.92</td>
<td>Rodger Harkins</td>
</tr>
<tr>
<td>15.98</td>
<td>Brian Bland</td>
</tr>
<tr>
<td>16.06</td>
<td>Russell Brown</td>
</tr>
</tbody>
</table>

**Shot Put**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.24</td>
<td>Stephen Whyte</td>
</tr>
<tr>
<td>17.25</td>
<td>Robert Smith</td>
</tr>
<tr>
<td>17.30</td>
<td>Bill McDonald</td>
</tr>
<tr>
<td>17.38</td>
<td>Stuart Deacon</td>
</tr>
<tr>
<td>17.45</td>
<td>Murray Morris</td>
</tr>
<tr>
<td>17.45</td>
<td>Adam Whyte</td>
</tr>
</tbody>
</table>

**Discus**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name (Scottish record)</th>
</tr>
</thead>
<tbody>
<tr>
<td>58.26</td>
<td>Darrin Morris</td>
</tr>
</tbody>
</table>

**High Jump**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name (Scottish Record)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.49</td>
<td>Graeme Parsons</td>
</tr>
</tbody>
</table>

#### Women

**100m**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.80</td>
<td>Janis Neilson</td>
<td>EWM</td>
</tr>
<tr>
<td>11.92w</td>
<td>Alisen Gillivray</td>
<td>EWM</td>
</tr>
<tr>
<td>11.98w</td>
<td>Alasdair Edmonds</td>
<td>EWM</td>
</tr>
<tr>
<td>12.06w</td>
<td>Donna Brown</td>
<td>New</td>
</tr>
<tr>
<td>12.33w</td>
<td>Karen Lappin (Y)</td>
<td>Ab</td>
</tr>
<tr>
<td>12.41w</td>
<td>Melanie Morrice</td>
<td>Gia</td>
</tr>
<tr>
<td>12.52</td>
<td>Lorraine Nicholson</td>
<td>Gia</td>
</tr>
<tr>
<td>12.54</td>
<td>Claire Reid</td>
<td>EWM</td>
</tr>
</tbody>
</table>

**200m**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>24.23</td>
<td>Sandra Leigh</td>
<td>Ste</td>
</tr>
<tr>
<td>24.46</td>
<td>Gillian McCreary</td>
<td>MSL</td>
</tr>
<tr>
<td>24.67</td>
<td>Ruth Gavrin</td>
<td>Nis</td>
</tr>
<tr>
<td>24.74w</td>
<td>Louise Paterson</td>
<td>Ab</td>
</tr>
<tr>
<td>24.98</td>
<td>Dawn Robertson</td>
<td>EWM</td>
</tr>
</tbody>
</table>

**400m**

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>52.35</td>
<td>Dawn Kitchen</td>
<td>EWM</td>
</tr>
<tr>
<td>53.88</td>
<td>Sandra Leigh</td>
<td>Ste</td>
</tr>
<tr>
<td>54.22</td>
<td>Gillian McCreary</td>
<td>MSL</td>
</tr>
<tr>
<td>54.57</td>
<td>Pat Divine</td>
<td>ESP</td>
</tr>
<tr>
<td>56.65</td>
<td>Fiona Meldrum</td>
<td>Gia</td>
</tr>
</tbody>
</table>

### COMPILED BY: ARNOLD BLACK

#### Hammer

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>60.78</td>
<td>Stephen Whyte</td>
<td>Left</td>
</tr>
<tr>
<td>1:53.57</td>
<td>Yvonne Murray</td>
<td>ESP</td>
</tr>
<tr>
<td>1:54.43</td>
<td>Lynne McIntyre</td>
<td>Gia</td>
</tr>
<tr>
<td>1:57.05</td>
<td>Laura Adam</td>
<td>ESP</td>
</tr>
<tr>
<td>1:59.01</td>
<td>Liney Macalland</td>
<td>Pit</td>
</tr>
<tr>
<td>2:07.26</td>
<td>Susan Bevan</td>
<td>EWM</td>
</tr>
</tbody>
</table>

#### Javelin

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>62.04</td>
<td>Stewart Maxwell</td>
<td>Pit</td>
</tr>
<tr>
<td>58.46</td>
<td>Alex Black</td>
<td>CPH</td>
</tr>
<tr>
<td>58.57</td>
<td>Chai Hunt Ng</td>
<td>She</td>
</tr>
<tr>
<td>60.74</td>
<td>Stewart Maxwell</td>
<td>Pit</td>
</tr>
<tr>
<td>60.88</td>
<td>Lynne McIntyre</td>
<td>Gia</td>
</tr>
<tr>
<td>62.22</td>
<td>Yvonne Murray</td>
<td>EWM</td>
</tr>
<tr>
<td>64.10w</td>
<td>Karen Hutchences</td>
<td>BHM</td>
</tr>
<tr>
<td>64.10w</td>
<td>Karen Hutchences</td>
<td>BHM</td>
</tr>
</tbody>
</table>

#### Long Jump

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>65.97</td>
<td>Caroline Black</td>
<td>CPH</td>
</tr>
<tr>
<td>67.02</td>
<td>Maureen McHale</td>
<td>EWM</td>
</tr>
<tr>
<td>67.21</td>
<td>Stuart Minto</td>
<td>MSL</td>
</tr>
</tbody>
</table>

#### Shot Put

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>68.52</td>
<td>Linda Duff</td>
<td>Pit</td>
</tr>
<tr>
<td>69.04</td>
<td>Lesley Adams</td>
<td>Pit</td>
</tr>
<tr>
<td>70.32</td>
<td>Shona Urquhart</td>
<td>EWM</td>
</tr>
<tr>
<td>70.32</td>
<td>Shona Urquhart</td>
<td>EWM</td>
</tr>
<tr>
<td>70.32</td>
<td>Shona Urquhart</td>
<td>EWM</td>
</tr>
</tbody>
</table>

#### Discus

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>74.17</td>
<td>Julie Vine</td>
<td>EWM</td>
</tr>
<tr>
<td>74.57</td>
<td>Jennifer Sharp</td>
<td>EWM</td>
</tr>
<tr>
<td>75.6</td>
<td>Catherine Murphy</td>
<td>Gia</td>
</tr>
<tr>
<td>75.6</td>
<td>Shona Urquhart</td>
<td>EWM</td>
</tr>
</tbody>
</table>

#### Javelin

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>65.96</td>
<td>Nicola Emerson</td>
<td>EWM</td>
</tr>
<tr>
<td>66.52</td>
<td>Gillian McCreary</td>
<td>MSL</td>
</tr>
<tr>
<td>67.51</td>
<td>Carol Clibon</td>
<td>EWM</td>
</tr>
<tr>
<td>68.26</td>
<td>Hollie Wills</td>
<td>W</td>
</tr>
<tr>
<td>69.4</td>
<td>Shona Urquhart</td>
<td>EWM</td>
</tr>
</tbody>
</table>

### Amendments should reach us by July 30 to catch the next issue.
May

26


30

Garsington Road Race, E. J. Robson (18:10), T. M. Robson (18:13), L. J. Robson (18:12), J. M. Robson (18:14), D. J. Robson (18:15)

31

Run the North, M. J. Robson (26:30), T. J. Robson (26:32), L. J. Robson (26:34), J. M. Robson (26:36), D. J. Robson (26:38)

June

2


11


16


23


27


30

HIGHLAND GAMES

RESULTS

Panasonic Scottish Athletics League

Results after three matches

<table>
<thead>
<tr>
<th>Division</th>
<th>Team</th>
<th>Track</th>
<th>Field</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Div 1</td>
<td>BBC</td>
<td>3</td>
<td>2</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Celtic</td>
<td>2</td>
<td>3</td>
<td>198</td>
</tr>
<tr>
<td></td>
<td>Rangers</td>
<td>4</td>
<td>1</td>
<td>195</td>
</tr>
<tr>
<td></td>
<td>Dundee United</td>
<td>5</td>
<td>2</td>
<td>192</td>
</tr>
</tbody>
</table>

Scottish Cup

<table>
<thead>
<tr>
<th>Division</th>
<th>Team</th>
<th>Track</th>
<th>Field</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Div 1</td>
<td>Celtic</td>
<td>1</td>
<td>2</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Rangers</td>
<td>2</td>
<td>3</td>
<td>198</td>
</tr>
<tr>
<td></td>
<td>Dundee United</td>
<td>3</td>
<td>1</td>
<td>195</td>
</tr>
<tr>
<td></td>
<td>St Johnstone</td>
<td>4</td>
<td>2</td>
<td>192</td>
</tr>
</tbody>
</table>

Scotland's Runner August 1990

SCHOOLS

OVER 700 competitors took part in the Scottish Schools SSK Championships at Crowpoint, and there were 100 entries for the British Schools SSK Championships.

The two outstanding athletes at the British Championships were World School Games silver medallist Catherine Murphy and Isla McCollum.

Catherine won the hurdles trophy in 1989 and this year she won the British Schools SSK title with a time of 15.27, running 24 seconds faster than in 1989. Isla McCollum was also the winner in the under-15s event, and she won the British Schools SSK title with a time of 15.27, running 24 seconds faster than in 1989. Isla McCollum was also the winner in the under-15s event.

The boys' championships, which interest centred on the 1500m and 2000m, were won by John Gourley and John Watson respectively.

The Scottish Power Trophy went to John Macdonald, Dunoon Grammar, winner of the over-17 1500m.

In the field events, youth championship winner Malcolm McNicol, of Edinburgh Academy, took first place in the long jump with 6.37m, beating the school's own record of 6.34m.

Best performance of the day came from Richard Craig, St Alphonsus College, Glasgow, with a vault of 3.92m, and he also won the hammer throw with a distance of 27.3m, the best in the country for the past 15 years.

As usual at this time of year, university athletics has been dominated by the annual meeting of the Scottish University Senior Championships at the University of Edinburgh, where the teams of the University of Edinburgh and the University of Glasgow met to compete for the annual university championship.

Finally, Ian Small, Brodick Games local champion and chairman, twisted his arm for a write-up for his games. Brodick Games on August 4 and 5. The games have a following of 2000 spectators, who enjoy the atmosphere and the quality of the games.

Something is stirring in the world of athletics as Glasgow dominate the field.

Scottish Runner August 1990

August always sees the zenith of the Highland Games season in the Southern Highlands. The events at Blair Atholl, Dunoon and Cowal are on weekend.

In the North, the smaller yet equally enjoyable games such as Glenurquhart, Nairn, Arisaig and Castle Douglas have always been a fixture on the student's calendar.

Since Strathtayns moved to a Sunday, a number of events have been moved to the Tuesday and Wednesday, and these have now become the main events of the week.

In the South, the major events are the traditional Heavy Championships to be held in Belladrum this year at the pipe band championships. These are an important Sunday competition. Cowal is the largest amateur Games, it usually tends to produce the best quality players and the best atmosphere from America, Ireland and England taking part.

The Cowal Highland Games, traditionally held in Belladrum at the time of the writing was uneventful at any Games this year. Steven Aitken could have provided some much needed competition for McDonald but the Dundee Fireighthill man has to concede support on mainstream athletics and support for his club.

One of the features of the amateur Games in the South has been the drift away from a handicap system to a championship format. The system is designed to give a fair distribution of prizes, relating directly to the performance.

Pressure for change has come from the athletes themselves. The handicap system was said to encourage lesser, lesser athletes into the sport, but it is often only benefited the senior legon who know how to hide from the system. More than half the competitors are on the field at a handicap competition. Most injuries were injured, but were not enough. I remember Alex Valentine winning the Cowal Championship after a year of treatment.

Games in the North circuit have retained the handicap system, and officials seem happy with it. But these Games are probably losing out on the pleasures from the South. Injustice in the handicap system is always charged to be carried out.

In the professional Games, George Patience (Tain) is the man of the moment. Recent results include a 16-72m (40'10") shot, 10'1" in 55b for height and a 23m (75') jump for distance.

George, of course, is an ex-ccan man who threw in the 1986 Commonwealth Games. He had not reached anywhere near his true potential in that event, so his recent form was not unexpected.

In the professional Games, these events, Edinburgh will suffer from the loss of this man and later events will see an enormous number of possible permutations of points, depending on other events.

In the Galaad Games this year the one championship most would be to win. It has a long, long, long history. The games are not a new athletic event.

The Galaad Games is the one championship most would be to win. It has a long, long, long history. The games are not a new athletic event. The Galaad Games is the one championship most would be to win. It has a long, long, long history. The games are not a new athletic event.

The Galaad Games is the one championship most would be to win. It has a long, long, long history. The games are not a new athletic event. The Galaad Games is the one championship most would be to win. It has a long, long, long history. The games are not a new athletic event. The Galaad Games is the one championship most would be to win. It has a long, long, long history. The games are not a new athletic event.
EVENTS

July

14
ARISAG-Maiga (Fisherman Pierce To), Arisaig

BRITISH Vet Track and Field Labs, Crowpoint

INVERNESS Highland Games, Inverness. Tel 0463-293111 for details.

15
AYRSHIRE Track and Field Champs, Dalm Park, Ayr. Tel 0295-50609 for details.

BRITISH Vet Track and Field Champs, Crowpoint

CAMPBELTOWN Festival Week Half Marathon, Campbeltown

INVERNESS 10k People's Race. Tel 063-2215225 for details.

OPEN Hill Race Champs, Oban

16
ROUND The Houses Race, Saltires. D from 0294-213104.

WHITE Ash Hill Race, Fochabers, Morayshire

17
OGM, Everdell, Annan

SRI Chimney SK Road Race, Meadows, Edinburgh. Tel 031-334-3349 for details.

20
ROYAL Mail Games, Clyde Palace

BRITISH Schools Home International, Meadowbank

DAVID Shopper Glamis, Hill Race, Skye

DINGWALL-Dinver-Dingwall 10 mile Road Race, Dingwall

ELGIN Highland Games

CB & France v Spain v WG (U-28), France

STROMNESS Shopping Week 13 mile Road Race, Orkney

EUROPEAN Special Olympic, Crowpoint

22
HELENSBURGH Half Marathon. E - Sheila Ramsay, Ml, East Argy Street, Helensburgh G81 TE.

FALKIRK Young Athletes Meeting, Grangemouth. Details from 0502-486771.

IRVINE Harbour Festival Half Marathon and Highland Games, Irvine. Tel 0502-3101 for details.

SHIRE Harriers Open Meeting, Aberdeen. Details from Mr S Poltie on 0224-33106.

25
SRI Chimney 1 mile Road Race, Meadows, Edinburgh. Tel 031-334-3349 for details.

SCOTRAIL Championships, Crowpoint. Details from 041-354-8721.

28
DUNDONELL Three Tops Race, Gairloch

GB v Italy v Austria (Union), Horsham

HALF Nevis HR, Fort William

LOCABER Highland Games, Fort William

PAISLEY International Highland Games, Paisley

SCOTTISH 5K Track Walk Championship, Crowpoint

WELSH Games, Llandudno

SCOTRAIL Championships

29
CRE Semi Final, Birmingham

MELANIE Hill Race, Fort William

SCOTTISH Young Athletes League D/Final, Pitmavie

STRATHCLYDE Tug of War Championships, Irvine

DARFORD Half Marathon. Details - Fairfield Ford, Lowfield Street, Dunblane, Kent DAI1 1JR

30
COW Hill Race, Fort William

August

1
FALKIRK OCM, Grangemouth. Details from 0502-486771.

NORTH Berwick Law Race

3
KODAK AAA/WAA Champs, Birmingham

4
BRODICK Highland Games, Arran

GB v France v West Germany v Italy (U-19), France

ISLAY Half Marathon, Bowmore, Islay. Details from 048-461-479.

ORD Hill Race, Nookscoot

KODAK AAA/WAA Champs

5
BALLART 10, 2pm start, Monifieth Park, Enrines on day £4. Infor from 03397-55959. Medal/white for all finishers.

BRIDGE of Allan HIG

BURNSWARK Race, Ecclefechan

DONKEY Baie Race, Arran

LASSFACE AD Women's 10K Road Race, Benromo, Edinburgh

MONKLANDS Half Marathon, Coatbridge. Details from Leisure and Recreation Dept, Monklands District Council. Tel 0206-32135

CORRIE Capers Round Arran Road Relay Race, Isle of Arran. Tel 0504-32271 for details.

SCOTTISH Young Athletes League Final, Crowpoint

2090 - 9000

DRIFTWOOD Eymouth Half Marathon. Details from Mrs Lough on Eymouth 50143.

HFC Bank Scottish Athletic League D3 & 4, Meadowbank: D3 & 4, Crowpoint

THE Macallan Moray People's Marathon and 10K, Elgin. Details from Moray District Council, Tel 0592-87117.

CENTRAL Scotland Tug of War Champs, Bridge of Allan

SVHC 10K, Lochinch

TYNESIDE Scottish League, Whitley Bay

7
BILL Elder Memorial Road Race, Gretna

MORIL Grand Prix Final, Aldens

8
MILL Lon Road Race, Kilmarnock, Free. Info from 036-872178.

SHETTLESTON Harriers Open Graded Meeting, Crowpoint

WORLD Junior Athletic Championships (30 Aug 12), Bulgaria

11
ABERNETHY Highland Games, Nethy Bridge

BRITISH Athletic League Div 2, Wolverhampton

LAYBRIDGE Race, Bauld

LARGO Law HR, Lower Large

SCOTTISH Heavy Events Championship, Glasgow

MOTOROLA FUN RUN

SUNDAY 9th SEPTEMBER

Start 2pm Strathclyde Park

MEDAL TO ALL FINISHERS. Enter Ad)> or contact 0631-72220. For entry forms phone East Kilbride 35910 or enclose £1.50 to Mr Smith, Minerva Cottage. East Kilbride. PRIZES AND HANDICAPS.

WEST LOTHIAN AND LIVINGSTON SPORT AND RECREATION ASSOCIATION presents the LIVINGSTON HALF MARATHON 1990 and MILK FUN RUN

Assisted by Bathgate Amateur Athletic Club SUNDAY 26th AUGUST 1990 at 10 a.m.

Start/Finish at Howden Park, Livingston.

- Commemorative Medals and Certificates to all finishers
- Trophies in all categories (incl. best fancy dress)
- Extensive veterans prize list
- Changing/parking facilities
- Wheelchair entries welcome
- Entry fee £4.50 (families) £5.00 (non-affiliates)

Please enter me for the Livingston Half Marathon 1990. I am medically fit and understand that I enter at my own risk, and that the organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee includes participation in the Half Marathon prior to 1200 on 25th August. No acknowledgment - cash Bank statement for confirmation of entry.

Signed: ........................ Date: ........................

KYLE AND CARRICK DISTRICT COUNCIL

CATEGORIES

For your information the running categories are: Men: 18 to 39, Veteran Males 40 & over; Women: 18 to 34, Veteran Females 35 & over. Please enter me for the "Milk Fun Run". Please enter me for the "Ay Land O' Burns Fun Run". Please enter me for the "Livingston Half Marathon 1990". I am medically fit and understand that I enter at my own risk, and that the organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee (inclusive) of the Livingston Half Marathon before 1200 on 25th August. No acknowledgment - cash Bank statement for confirmation of entry.

Signed: ........................ Date: ........................

Make it in Livingston
EVENTS

MERRICK 8 mile Hill Race, Glen Trow
CEL TIC Countries Women's Young Athletes Int, Waterford, Ireland
SCOTTISH National Tug of War Championship, Bellshouth Park
12
EDINBURGH and District Athletic League, Tweedbank
HADDINGTON Half Marathon, Haddington. Further info to Joe Fenti Sports, Tel 062-082-0323.
OCTAVIAN Relays, M\bank
SAAA Medal Relay Championships, Meadowbank
SCOTTISH Heavy Events Championships, Bellshouth, Glasgow
GENERAL Portfolio 10 mile Road race, Aberdeen. Entry forms from Running North, Aberdeen, Tel: 0221-012-299

LOCHABER PEOPLES HALF MARATHON
Sunday 14th October - 12 Noon - Fee £4
Details and forms: E. Campbell
Kiminlal
Alma Road
Fort William
Start and Finish: Railway Station * Ideal course for P.B.'s * Medals and Certificates *

FORCROMING EVENTS
JUNE 9 - Aberfeldy Half Iron Man Triathlon
SEPTEMBER 16 - Aberfeldy Half Marathon
OCTOBER 14 - Grand Prix Triathlon
Mountain Bike Race - Date to be fixed in September
Watch out for further details in future issues, or write for entry forms enclosing SA E to:
Race Organiser, Aberfeldy Rec. Centre, Crief Road, Aberfeldy PH15 2DU Tel: 0897 - 20922

100 ANNIVERSARY

GLASGOW 25KM SEPTEMBER 30TH 1990

SUNDAE 5TH AUGUST 1990
Starting at Manderston, nr. Duns at 11.30 am.
(By kind permission of Mr. & Mrs. A. Paterson)
Generous Prize List plus Medals and Certificates to all runners.

SUNDAE 5TH AUGUST 1990
Starting at Manderston, nr. Duns at 11.30 am.
(By kind permission of Mr. & Mrs. A. Paterson)
Generous Prize List plus Medals and Certificates to all runners.

GLASGOW 25KM SEPTEMBER 30TH 1990

1. SURNAME
2. FIRST NAMES IN PULL
3. ADDRESS
4. POSTCODE
5. REC. ATHLETIC CLUB
6. AGE
7. PREDICTED TIMES/TIME EVENT
8. PLEASE 'Y' IS DHB
9. BIB/DEAL DISTANCE
10. 'Y' NO
11. 'Y' PERMITTED TO REGISTER CLUB
12. 'Y' MAILING ADDRESS/UK
13. 'Y' SELF PRINTED/WHOLESALE ENTRANT
14. 'Y' IF YOU HAVE MEDICAL CONDITION ORGANISERS NEED TO KNOW ABOUT...
15. 'Y' IF YOUR PARTICIPATION STYRE WOULD BE OF INTEREST TO TEARERS TELEPHONE (STD)

SPONSORS:
1. DET COKE GREAT SCOTTISH RUN
2. DET COKE GREAT SCOTTISH RUN
3. DET COKE GREAT SCOTTISH RUN
4. DET COKE GREAT SCOTTISH RUN
5. DET COKE GREAT SCOTTISH RUN
6. DET COKE GREAT SCOTTISH RUN
7. DET COKE GREAT SCOTTISH RUN
8. DET COKE GREAT SCOTTISH RUN
9. DET COKE GREAT SCOTTISH RUN
10. DET COKE GREAT SCOTTISH RUN

In conclusion of your acceptance this entry, please understand, in to be totally honest, that if you accept, you are accepting and acknowledging, waive and release any and all rights to the damaged, injured, estranged, deceased relatives or next of kin to any and all damages and injuries sustained in the event or occurring as a result of the event, which may in any way be caused by the negligence, carelessness or fault of the entrant. THE PARTICIPANTS AGREE TO COMPLY WITH THE OFFICIALS AT ALL TIMES.

ENTRIES AVAILABLE FROM: Mrs Lough, 2 Seaford, Eyemouth. Tel: Eyemouth 30146
### PEOPLE’S HALF MARATHON

**PROMOTED BY FALKIRK DISTRICT COUNCIL**

**AMENITY AND RECREATION DEPARTMENT**

**Sponsored by THE FALKIRK HERALD**

**Under SCCU and SWCC & RRA Rules**

**Sunday, October 21, 1990** (start 10.30 a.m.)

**OFFICIAL ENTRY FORM, FEE £4. LIMIT 3000**

**PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.**

<table>
<thead>
<tr>
<th>Surname</th>
<th>For Official Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christian Name and other Initials</td>
<td>M F</td>
</tr>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>Town or City</td>
<td>Post Code</td>
</tr>
<tr>
<td>Age on day of Race</td>
<td>Date of Birth</td>
</tr>
<tr>
<td>Club or Team name (if any)</td>
<td>Work Telephone No.</td>
</tr>
<tr>
<td></td>
<td>Home Telephone No.</td>
</tr>
</tbody>
</table>

**Anticipated time for Marathon** | Are you a disabled person? | If yes, please advise of disability |

---

**Marymass Festival Run and 6 Mile Road Race, Irvine.**

Details from Finlay Denvir on 0346-822593.

**24/25**

**Cowal Highland Gathering, Dunoon**

**25**

**Forth Valley League Final (D1A/2, Pitreavie**

GR v W Germ v USSR (Cons. Events-Junior), West Germany

**Glenurquhart Highland Gathering and Games**

**Two Bridges (Firth/Kircarline**

Road Race, Dunfermline

**Access UK Women’s League Div 1, Birmingham**

**Scottish Open Tug of War Championship, Dunoon**

---

**Aberdeen AAC Veterans Championship**

JUNIOR 1st Match, Scotland v Wales v N Ireland, Antrim

**26**

**Livingston Half Marathon, Livingstone.**

Details from Race Secretary on 0506-419700.

**Marymass Festival 7 Mile Sand Run, Irvine.**

Details from 0506-33011

**Mid-Argyll 9K Road Race and Fun Run, Lochgilphead**

**Scottish League Inter Area Match all ages, Grangemouth**

**Solvay League, Anstran**

**Access UK Women’s League Div 2, Coatbridge**

**Div 4, Pitreavie**

**Evening Express Aberdeen Half Marathon, Aberdeen**

**Falkirk District Tug of War Champions, Collowden Park, Falkirk**

---

**Events**

**Easter Ross People’s 10K and Fun Run.**

**2**

**Lanarkshire 10m RR Championships.**

Sat 3 Race Director, 24, Mansefield, Calderwood, East Kilbide.

**Border League**

**Grangemouth Charity Chase, Tel: 0254-557609.**

**Scottish Wildlife Trust 10K Road Race, Aberdeen.**

**Bank of Scotland W.D. 1, Grangemouth, Ed Pitrcavie D3, Crownpoint D4, Coed Parc D5, Coatbridge.**

**4**

**Dumfries Treadle 10K, Limit 150, starts 7pm (£2.50-£3.00). Flat, fast route, starting and finishing on stadium track, D from Stephen Head, 4, Cwigh Drive, Cawbole, Dumfries**

---

**The Macallan Moray People’s Marathon and Half Marathon and 10k Race**

**Sunday 5th August 1990**

**Barr

GRADE 1 11am. START**

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

---

**The 1990 Black Isle Festival of Running**

Featuring **Marathon** Half Marathon 10K and Fun Run

**Saturday 3 November 1990**

Further information and entry forms available from Leisure Services, Ross & Cromarty District Council, County Buildings, Dingwall. (Tel: 0349-653801) or Ray Cameron, 5 Rose Croft, Mail of Ord (Tel: 0663-890305 - evenings)

**Entries Limited to 800. Closing Date for Entries Monday 29 October.**

---

**Minolta Black Isle Athletic Club**

In association with ROSS & CROMARTY DISTRICT COUNCIL presents

**The 1990 Black Isle Festival of Running**

Featuring **Marathon** Half Marathon 10K and Fun Run

**Saturday 3 November 1990**

Further information and entry forms available from Leisure Services, Ross & Cromarty District Council, County Buildings, Dingwall. (Tel: 0349-653801) or Ray Cameron, 5 Rose Croft, Mail of Ord (Tel: 0663-890305 - evenings)

**Entries Limited to 800. Closing Date for Entries Monday 29 October.**

---

**Scotland’s Runner August 1990**

---
SPORTS TIMING
Omega offers a comprehensive range of marathon clocks for hire for as little as £50. These clocks are totally self-contained and come in a range of sizes. The best is not expensive.
Contact Sylvia Borgerson
Tel: 0703-616600
Fax: 0703-629272

ATHLETIC SHOE RENOVATION
REPAIRS TO
ROAD RUNNING * ADISTAR TRACK
SPECIALIST IN
HAMMER * DISCUS * SHOT
LARGEST SELECTION OR RUNNING SOLES IN THE U.K.
SEND FOR BROCHURE AND PRICE LIST TO:
A.S.R., 63 HIGH STREET,
CHEALBE, CHESHIRE OR TELEPHONE 061-428-0067

MAIL ORDER SPECIALISTS

PROMOTIONAL & SPORTS CLOTHING
FOR ATHLETES & EVENTS

TEL: 0202-413774
FAX: 0202-413595

MARATHON CO-ORDINATOR

FULL MATCH REPORTS FROM ITALY

TIMING

HIBS SURVIVAL ISSUE
- 18 PAGE SPECIAL

SCOTLAND'S WORLD CUP
- FULL MATCH REPORTS FROM ITALY

JULY ISSUE ON SALE NOW

SPORTS TIMING
Omega offers a comprehensive range of marathon clocks for hire for as little as £50. These clocks are totally self-contained and come in a range of sizes. The best is not expensive.
Contact Sylvia Borgerson
Tel: 0703-616600
Fax: 0703-629272

ATHLETIC SHOE RENOVATION
REPAIRS TO
ROAD RUNNING * ADISTAR TRACK
SPECIALIST IN
HAMMER * DISCUS * SHOT
LARGEST SELECTION OR RUNNING SOLES IN THE U.K.
SEND FOR BROCHURE AND PRICE LIST TO:
A.S.R., 63 HIGH STREET,
CHEALBE, CHESHIRE OR TELEPHONE 061-428-0067

MAIL ORDER SPECIALISTS

PROMOTIONAL & SPORTS CLOTHING
FOR ATHLETES & EVENTS

TEL: 0202-413774
FAX: 0202-413595

MARATHON CO-ORDINATOR

FULL MATCH REPORTS FROM ITALY

TIMING

HIBS SURVIVAL ISSUE
- 18 PAGE SPECIAL

SCOTLAND'S WORLD CUP
- FULL MATCH REPORTS FROM ITALY

JULY ISSUE ON SALE NOW

SPORTS TIMING
Omega offers a comprehensive range of marathon clocks for hire for as little as £50. These clocks are totally self-contained and come in a range of sizes. The best is not expensive.
Contact Sylvia Borgerson
Tel: 0703-616600
Fax: 0703-629272

ATHLETIC SHOE RENOVATION
REPAIRS TO
ROAD RUNNING * ADISTAR TRACK
SPECIALIST IN
HAMMER * DISCUS * SHOT
LARGEST SELECTION OR RUNNING SOLES IN THE U.K.
SEND FOR BROCHURE AND PRICE LIST TO:
A.S.R., 63 HIGH STREET,
CHEALBE, CHESHIRE OR TELEPHONE 061-428-0067

MAIL ORDER SPECIALISTS

PROMOTIONAL & SPORTS CLOTHING
FOR ATHLETES & EVENTS

TEL: 0202-413774
FAX: 0202-413595

MARATHON CO-ORDINATOR

FULL MATCH REPORTS FROM ITALY

TIMING

HIBS SURVIVAL ISSUE
- 18 PAGE SPECIAL

SCOTLAND'S WORLD CUP
- FULL MATCH REPORTS FROM ITALY

JULY ISSUE ON SALE NOW