Tale of two cities.

Take any city in the world and put it alongside Glasgow. You'll discover that Glasgow is rich in assets that compare favourably with the best. It's more than a tale or two. As any visitor to Glasgow will tell you, there's a lot to smile about.

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

New York/Glasgow
New York is one of the world's leading art centres with its many exquisite galleries and masterpieces. On Glasgow, R W Apple Jr, wrote in the New York Times: "The Burrell Collection is one of the most remarkable assemblages of works of art ever brought together". It's not surprising that The Burrell Collection is now Scotland's leading tourist attraction.

Sydney/Glasgow
The famous Sydney Opera House attracts the world's greatest performers. But so too, does the Theatre Royal in Glasgow. It's not surprising that Glasgow is the home of Scottish Opera and Scottish Ballet and the Citizens' Theatre Company!

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

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

GLASGOW'S MILES BETTER
Charities
Stewart McIntosh explains why a special affinity has developed between runners and deserving causes.

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

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

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

Running In Israel
Pam Ratray continues our series of articles on running experiences abroad.

Edinburgh Special
Mel Young gives a three page report on running in the capital including Harmony AC profile.

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The heart research charity

Scotland's Runner

Inside LANE

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

In this issue, several charities are appealing through advertisements for your support in 1987.

There are many different causes to choose from, and, as McTosh points out, the combined efforts of Scottish runners in marathons and half-marathons. £10s and fun runs this summer can make a major impact on the funds of charities.

So, if you can, back those less fortunate in the months ahead.

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

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

Crawford Mackie explains why Fiona McMillan and Men's Athletic Club have joined forces under the FMC banner in our Up-Front pages, and then, just to prove his versatility, contributes a feature on the nutritional value of oats, including recipes, on Pages 34 and 35.

This month we are delighted to introduce a number of new features. On Pages 42 and 43, David Webster, director of training and recreation at Cunninghame District Council, starts a regular column on Highland Games.

On Page 57 there is a prize crossword — another regular feature — and a quiz, plus a word game for younger readers, also starts contributing a regular column on schools athletics.

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

Scotland's Runner
JOG DOWN TO YOUR LOCAL SPORTS SHOP AND . . .

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Dunlop Footwear's high technology experience has paid off with the runaway success of the premium running range. In a variety of materials and styles, the Whitewind range features the innovative ventilation system which has helped consolidate Dunlop Footwear's position out front. The SR and GTI runners also feature the Flextek system for additional flexibility.

It is the £25.99 Whitewind Flextek SR which heads the range. It comes in rubbing leather which is highly fashionable in use. Both the SR and GTI have other clothing, steel rubber soles incorporating the Flextek system which enables the foot to flex freely through its natural range of movements.

The GTI at £24.99 features a plastic external counter for improved motion control and rear of foot support. Shock absorbing material attached to the insole and the shock absorbing bone to reduce the risk of injury.

The Whitewind range, in an attractive colour combination is a high quality running shoe at less than £25. The shoe has the ventilation system of its brethren plus an extra-protective shock absorber.

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It’s the boy who is the star of the show, who spawned Dunlop’s “up-to-the-minute range of sporting footwear.”

What is that sport shoe called?

First 19 correct answers win a pair of Dunlop runners.

Send your answers on a postcard to:

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

Scotland was a founder member of the International Cross Country Union at the beginning of the century but that is ancient history. The only Scottish runner in the very first world championships, “Cross de Nation”, was staged in 1903.

Hamilton Racecourse.

The four home countries were the founder members of the I.C.C.U. and the revival championship had been built up by 1975 when the I.A.A.F took over the role of staging the championships. When they did so they agreed to stick to the venue which had agreed by the I.C.C.U. and England was selected as an additional year to permit them to celebrate the centenary of the English C.C.U. with the world event at Gateshead.

There had been concern at passport seeking and hotels being permitted to continue international events in their own right, since it runs counter to the I.A.A.F’s constitution.

But assurances given to UK delegate Bob Daigleish in Paris in normal times are start to be doubted.

Glasgow’s Games?

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

Only days after learning that Birmingham had received British Amateur Athletic Board approval to seek the 1990 championships, effectively snapping Scottish ambitions to hold the 1981 event Glasgow fought back.

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

But, whatever the outcome, a successful bid would be welcomed by Glasgow, whose Kevin Hall venue will open in the Autumn, to prevent the city’s bid.

Glasgow, ironically, has accepted as many as 250,000 by Glasgow, whose Kevin Hall venue will open in the Autumn, to prevent the city’s bid.

Glasgow, ironically, has accepted as many as 250,000 by Glasgow, whose Kevin Hall venue will open in the Autumn, to prevent the city’s bid.

The Scottish Sports Council hope that they have found the recipe for the stagnation of Solomons in the shape of Peter Radford.

If the name sounds familiar, it is because Radford was former world record holder at 200 metres (20.5 sec) and Olympic 100 metres bronze medallist in Rome. He is the holder of the record of 10.29 sec, set on cinders at Colombes in 1959 still stands.

For the past 11 years he has been director of physical education at Glasgow University.

Overall, the “Fabulous Fifteen,” The race, which starts and finishes in Putney, needs alongside such events as the Rio de Janeiro Marathon and Ballylron Marathon, the Stockholm Marathon, and events in Japan to be equally successful.

Given such a prestigious ranking, the 1988 event is not to be treated as a spandrel. This is the real event – as Glasgow and Edinburgh know only too well – and the unannounced local runner being quoted as saying in a reference to the weather: “You’ll never beat them.”

Did you keep track of this race? Perhaps thisremark was mixed up with the Japanese entry, the Grand National, the 1981 race. The country details can be obtained from Rector MacAskill at 0292-30212.
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Run your Marathon on behalf of Intermediate Technology

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You will receive by return a T-shirt and sponsorship forms.

Muir, Branney top rankings

RAY Muir's victory in the Rodial 10,000 metres at Glasgow's Commonwealth Games are the highlights of the Scottish Runner Race Championships last weekend.

Muir successfully defended his national title by 9.00 G.S. with Allan Hunter just one second behind, an action replay of last year's final.

Sandra Burnley led home Ruth Campbell and Gena Gordon in the women's standings.

The event, which is a popular for sponsorship offers, has been backed by the Scottish Amateur Athletic Association, but for administrative reasons they are unable to give it official national championship status this year. But there appears to be no lack of entries to this for 1988. The first championship place was won last month.

European gold for Murray

YVONNE MURRAY set two new Scottish records in the 10,000 metres at Solon during the European Championships in Rome.

Her victory in the first European indoor title by a route, in a time of 3:19:15, to be won in 14 seconds from the Edinburgh Athletic Club women's indoor team, is followed a half hour later that she clocked 2:51:00 for 800 metres in Hungary, another Scottish indoor record.

As Scotland dared to hope she might add European indoor gold to a 10,000 metres bronze and all of the last two years, the Musselburgh secretary took a week off, and on February 22 came up trumps.

Williamson quits

GRAHAM WILLIAMSON, Scottish record holder in the mile (3:53.84) and 1500 metres (3:42.91), has retired from competitive athletics.

Still ranked in the UK top 10 with these times, and Scottish 1000 metres record holder until the assault of Tom McKean last summer, Springburn Harrier Williamson has been forced to quit because of various recurrent injuries.

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

Next month we talk to Williamson about his future and the frustrating career which saw the former world junior 3000 metres champion never quite match his rare talent.

THE Ayr Lead O'Hare Half Marathon is renowned for its fast times - some living below the Scottish best for the last year and Alec Clunie recorded a very fast 64:02 - and entrants for the 1987 event will have to be quick off their markes as well.

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

The fast and untrammelled route allows spectacular views as well as holding the splendour of Ayrshire country with such landmarks as the Auld Hazelwood, the Great House and the Auld House, the Ayrshire golf course and the Winton, the largest and most entertaining spot for family and friends.

As Rabbit himself would have said, there be, or be, or be.

Runners and Bikers Guide to the Commonwealth Games

The Commonwealth Games are the biggest multi-sport event in the world, and their appeal is worldwide.

The Games are held every four years, and the next one will be held in 1990 in Auckland, New Zealand.

The Games are open to athletes from all Commonwealth countries, and the events include track and field, swimming, gymnastics, cycling, and lawn bowls.

The Games are also a major tourist attraction, with many athletes coming from all over the world to compete.

In addition to the sporting events, the Games also feature a cultural programme, which includes music, dance, and art exhibitions.

The majority of the events take place in the host country, with Auckland hosting the 1990 Games.

The Games are a major event in the sporting calendar, and are eagerly anticipated by athletes and spectators alike.
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**Up Front**

**Up Front**

**Up Front**

**Up Front**

**Up Front**

**Schools coaching pays dividends**

EMMA Lindsay (Sciences High School) and Zander Cassie (Mackie Academy) represent the new wave of talented Scottish school’s athletes who have come to the fore through Scottish Schools Athletic Association coaching days.

It had been anticipated that two coaching days would be held under the auspices of the SSA this April - one for the under-17 athletes (as a follow up to a course held at Gleneagles in October), and another designed to reinvigorate athletes “lost” through the teachers’ industrial dispute.

Unfortunately, because hoped-for financial aid from the parent bodies did not materialise, and also due to the SSA being unrepresented as yet this year, both coaching days had to be cancelled at Crangemouth on March 8. Coaches were conducting a “coaches and fires” exercise to cater for 150 top school athletes, including Emma (400 metres) and Zander (sprints).

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**Milk Seven-Up?**

HOPE is high for a field of over 1000 in the Aberdeen 13K Run, being held this year for the first time in association with the City of Aberdeen Mil Marathon.

The 6.25 mile event on May 24 is expected to appeal to families and first-time runners, particularly the youngster through the city’s schools as part of United Steel “I expect the run on one of Scotland’s most beautiful streets to have tremendous support,” says race committee chairman Edwin Read.

Meanwhile, the marathon itself will be looking for its first Scottish man’s winner since Graham Laing in 1980. England’s Max Colley, Gerry Holmes, Kevin Johnson, Mark Dibbens, David Collier and Ray Masle have all taken the honours in the past six years, with Holmes’s 2:18:16 in 1992 still remaining the record.

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

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

The only runner to have completed every marathon since the event was inaugurated in 1960, Noble says: “Only a broken leg would keep me out of the race. Aberdeen is the nearest major marathon to Fraserburgh, and I think you should always attempt to support your local races.”

The women’s race has been won in recent years by Anglo-Scott Kay, Finburgh, Anne Curtis, Weislerwoman Jacqueline Hallert and twice winner and record holder (2:50.59) last season Lynne Raine.
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Scotland's Runner

Up Front

SCOTLAND'S oldest RUNNER

BY THE time mile bottle are being lifted from doorsteps, Andrew McLean will have run anything up to 14 miles. He can cover a half marathon in just over two hours, and also works out regularly with a small but extremely heavy set of weights. Andrew McLean is 70.

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

In last year's 648 Half Marathon, he saw an "oldest" competitor in the distance.

"I just peeped him back into view," relates Andrew. "As I passed him, I asked how he was doing. He replied 's拓ce', but that he was getting a bit old. I'm 69," he told me, I never said anything."

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

"Yes, the running keeps me fit and healthy, I don't have to go to hospital," he explains.

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

"I found myself realizing that my feet were in a lot better shape than when I retired."

Amazingly, it was not until his retirement at 64 that the former coal boss found his running days started to show. "After a lifetime of physical work, I feel just like anyone else."

So I started dating at four in the morning in the run. It's lovely in the summer, and you have the place to yourself."

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

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

"I looked after myself as I did the dogs, and I went well."

Some of today's obsessive trainers could learn from Andrew McLean's commonsense ideas. "Enough as good as a feast. A meal to make a profit. (Well, even Liz Lynch did that sort of thing once)"

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

Lewis half

ENTRIES for the Western Isles Half Marathon at Bornemouth, Isle of Lewis, on May 30 can be taken advantage of special accommodation rates at the local school hotel, which has two, three and four person bedrooms with a games room, television lounge and kitchen.

For competitors in a hurry, bookings will allow them to arrive in Bornemouth at 8.00pm on Friday evening, run the race the following morning, and depart by ferry at 1.00pm on Saturday afternoon.

Bed and breakfast in the hotel (for up to two nights) is £35 per night person. With a course record of 1:18:20 (1978) to beat, it's even possible to pay for the hotel, the return ferry fare and the accommodation and still make a profit. (Well, even Liz Lynch did that sort of thing once!)"

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

Six in a row

MARTINHILL Harrier Michael Galbraith won his sixth successive Savill Fields club championship when the club held their seven races at Lanark on January 31.

Galbraith thus overshadowed the five in a row of both Dunsy Wright and Jimmy Bremner, but he still has some catching to do to Bill Yule, who had nine successive victories (1972-81), or the incredible John Ennert Farrell, 17 victories between 1936-57, and still running!

Andrew McLean, still on the move at 70

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

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

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

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

And, while he has remained consismtly close to his best time for the distance of two hours 16 minutes, he has no cures about the clock.

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

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

Graham Crawford

Andrew McLean, Scotland's oldest runner? We're sure that he is until you contrast us at 62, Ralchington Street, Glasgow CI 2 5AA. No. We may be 12 years younger, but we will not let you down with our first class service of post production, racing results, and the top ten runners. We are the only ones who can give you a real experience of the Scottish Road Running Association. We have been providing quality road running since 1986, and we are excited to announce our latest event. Running through the picturesque Scottish Highlands, our race will take you through stunning landscapes and breathtaking scenery.

Race revival

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

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

Given that the total last year was 315, it appears that the Galloway is well on the way to reversing the decline in its fortunes since 1984 peak of 500 entries. An imaginative Christmas Card and questionnaire to 500 previous entrants at the end of last year drew an excellent response from runners with fond memories of the event. Glowing testimonies were received from Aberdeen to London.

This year's marathon has Saltoun as its major sponsor, and prizes worth up to £600 are on offer in the way of ferry tickets to the continent. The scenic marathon is sensibly on May 31 instead of the end of April - last year was clashed with the Dundee Marathon, the Lochaber Marathon, and the Scotland Marathon.
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We are looking for agents (possibly young athletes) to sell Scotland's Runner on a regular monthly basis to athletic clubs. Good commission offered, which can be pocketed either by the agent or go into club funds.

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If you are interested and want further details, telephone Sandra Whittaker at: 041-332-5738 on Mondays, Wednesdays or Fridays.

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Up Front

Action for Aid

SCHOOLCHILDREN in the Cambria, West Africa, will be the unlikely beneficiaries of the 1987 CR Smith Donnington Hall Marathon on 14 June.

For every 500 entries received, the event will sponsor one school in the Gambian. This year’s target is 5,000 runners.

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

CR Smith are sponsoring the event for the third year - this year to the tune of £1,500 - and managing director Gerard Sale is seen here making the presentation of the cheque to Durden Provost Robert Mill. The Gambian sponsorship will be administered by Action for Scotland. An entry form for the half marathon appears in this month’s Scotland’s Runner.

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

Entry forms can be obtained from: Annie Andrews, Rannoch School, By Rannoch Station, Perthshire PH17 9QZ (enclosing a stamped addressed envelope).

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

Entry forms can be obtained from: Annie Andrews, Rannoch School, By Rannoch Station, Perthshire PH17 9QZ (enclosing a stamped addressed envelope).

THE European Club Cross-Country championship was not memorable for the Scott. Southern men’s, with Alfie Blatter setting the pace, suffered yet again and the team finished 14th, were nowhere near to the Irish girls, the Irish girl Alison Jenness, who recently moved to Edinburgh from the south, was won the Wood’s Nelson squad to finish, nineteenth, helping her club to sixth overall.

It’s always sad when an athlete’s name is lost, writes Clairete Aliceau, but File Southern Harriers recent decision to dihard and pin forces with north File neighbours File AC will mean certain pockets of club strength would be impacting potential competitive enemies.

It is a boost to win the two together at the same time. File AC in its own right has different end goals. Croom players with Newport, Toppert and the East Kent teams, and File Southern had problems finding runners in Kirkcaldy with those in Glenrothes - still regarded by Kirkintilloch as an up-and-coming club. File AC has already eight runners away.

The new team, built on the energy of young fencers and young industry, will now be an asset for both sides of the new club. File AC 3 has a synthetic track and a sports centre, and in a good base for event coaching. In both areas like Levenouth, perhaps neglected by both clubs, may soon result in needing a transplant.

What does each club bring to the marriage? File AC, with its limited facilities for coaching, has been a club mainly built by its distance runners, inspired by its great marathon gilt, Dorna MacGregor, and runner in the memorable European Club Cross-Country championship.

For many related to call the new developments a merger, preferring to see it as a lease. Ken Hubby File Southern members. Most other File AC members, have seen to have spoken to the issue. File Southern have perhaps had more difficulty managing their own affairs. File Southern have been president for many years, secretary Lita Allan died tragically in 1984, Filing was president in 1941-4, and since then prospective Labour MP Dr John Leveson was president.

Other stalwarts are committee members Mike Stagg and Jim Doig, and its competitive Schools, assistant secretary Rod McGill and Brian Rhyugs.

It was the new club who would surely have won promotion to the men’s Scottish Division I.

Doig, an enthusiastic supporter of the “new” File AC, looks forward to competing for a place in a distance running squad which could contain his 22-year-old running partner John Mollett, an ex-Shetland runner close to international standards - and from the “old” File AC, East District cross-country champion Terry Mitchell, Dundee Harriers winner Murray Moreleight and upcoming younger runners like Matthew Scharman from St Andrews University. Neil Martin, Richard Alexander and Walter Kay. Richard Hadden has just joined File from Dundee Roadrunners, and from


No club has been profitable in providing leg events for the public, both making out on organising a popular half marathon - which was held to the File Institute in Glenrothes, but events like the “Caper 11” and the “Caper 111” will be continued.

File Southern’s failure to remain in Division II of the men’s league has underscored their shortcomings of good athletes at senior level. But it is far to speculate what the two clubs together could achieve, especially in distance running. File Southern’s 31-year-old international Steven Doig (3:43 for 1500 metres) gave him his opinion.

In the past, File Southern won the Scottish Young Athletics League victory, but were recent able to achieve much wider with their senior men. Like File AC, they experienced a drifting away of promising potentials when they began to achieve success. A recent example was Tom Ritchie, the Scottish Lines international, who joined Pitvears. Among the girls who moved on were Karen Hedges and Alison Patmore.

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Sense in Scotland is a charity representing the needs of deaf blind children and their families. We organise references, courses, family get togethers, holidays, post school provision and various other services.

Many of our children and families are isolated, so it is very important that they meet and share experiences. Holidays allow young people to get away while giving their parents a welcome and well earned break.

We desperately require funds to help us continue our work and if anyone feels they can 'Run for Sense' we would be delighted if they could contact us at:

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Ben Lomond
Sponsored Climb and Race
In Aid of
The Royal Commonwealth Society for the Blind
Sunday, 21st June, 1987

Food for thought

10, Robertson Street, Hamilton.

SEEDING Issues Number 7 of Sense's Runner on the newsgroups. Shell and seeking some extra inspiration to sustain your training over the Christmas holidays (is a difficult time for runners), I bought the magazine and started to read it.

I read. I enjoyed the article on page 17, for it was perfectly obvious that it was completely contrary to the article on page 16, the adjacent page.

It was Robert Scott (Green Party), advocate of free unprocessed foods, plain clean water, fresh clean air and German beer (0% alcohol), John Newbaker (Chemicals for Christmas), champions of a processed food, artificial flavouring, colouring and other chemicals disinfectant ticket coated with salt, drink and be merry over the festive season.

I would be interested in asking the gentlemen in question to don single swords, shoes and the appropriate hampers worked out, and send them to battle it out over a measured distance.

Karen Ritchie.

17
To Lena Wighton

I was an active club runner until aged 23. After an accident in my 20s I again returned to running. I am now 45, and for the last 10 years since starting again I have been plagued by a tear in my right knee.

I have tried ice, rest, exercises, physiotherapy and the advice of my GP, who to my opinion I should give up.

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

This usually lasts 13-14 weeks until such time as the calf muscle returns. As stated previously, this has been the pattern for three years.

Unfortunately you don’t give me a lot of important information about these injuries which keep interrupting my running programme. I do have in mind the damage occurring in the large cystic granulomata muscle masses, which form the large bulky part of the calf.

It is important, even from a distance, to follow an injury to contract the muscles around the tear, which helps to keep the swelling down. Yet these are included as soon as the tear permits (dependent on the extent of tear) At most, by one week walking should be back to normal.

During the period of resolution, if there is any obvious bruising or swelling then more ice should be used, as it forms to the shape of the leg and applies even pressure throughout its length. This should be continued as long as the swelling disappears, and the rate of movement increases.

Ask a friend or fellow runner to check whether you are taking one or other of your feet out as you run, as this can affect the callus forming of your muscle. I suspect the cause of your problem is ill-fitting shoes, which would not only be a problem to me but will not be of your own feet. This can be avoided by strengthening the muscles around the heel, which may reduce the risk of re-injury.

Disorders can get very painful and may not be too wide or too narrow at the heel — either causing the heel to stick in the shoe or pinch at the point which causes pain.

I have found that a medium width shoe, even if it is a half size larger, can give adequate protection. If this is not possible, a medium width with such as the “Euro” or “M” width can give adequate protection. If this is not possible, a medium width with such as the “Euro” or “M” width can give adequate protection.

To Lena Wighton

I have two problems. Firstly, my knee aches, especially after running, especially after long runs. I feel as if I had stood on it for an hour. I then try to keep to grass, but this is not easy, as the chair with my knee on the floor gives pain which is only eased when I rest my legs with heels off the floor.

Secondly, sometimes after about two miles I get sharp pains in the outside of the little toes. When this happens it usually means the end of running for that day. I then have to rest for a couple of weeks to get back. I have a severe injury in my knee, with bones damage. I have had the cartilage in both knees checked and they appear to be fine.

Ran through my hair, pulling the ring, along my spine, into my cotton, which absorbs the sweat, I cautiously squeezed; a fistful of water cascaded over my head. I was deeply immersed in the coolness of the water, which I gratefully noticed, as a person going through the lacustrine of my head carried, like the one, to this calm.

And we even have seen how the health benefit of running, why not help those most in need of your support?
The Imperial Cancer Research Fund was set up in 1980 to research the causes and treatment of cancer, and now also supports the study of genetics and molecular biology. The Fund is supported by donations from the public, and it has raised over £200 million since its inception.

Jack Buckner, European 5000m champion.

**Run like me — for a winning team**

**Imperial Cancer Research Fund**

Registered Charity No. 209601

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**Henry Muchamore Age 48 Weight 16st 6lb**

*Personal Bests: Junior: 800m 1:54.8 (1987); 1500m 4:04 (1986); 5km 15:05 (1985); 10km 31:54 (1981); 20km 1:03:49 (1983); 30km 1:35:40 (1985); Marathon: 2:39:32 (1984).*

**HAVING just completed a 21,000 mile training block by the end of 1986 — of which 18,000 has been since 1980 when I returned to athletics after a break of nearly 30 years — my main target for 1987 is to give the "old" bones a bit of a rest.**

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

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

As a newly qualified assistant coach, my target is the club coaches awarded for the multi-events, and I'm looking forward to working with a small bunch of young athletes interested in the multi-disciplines. After 35 years of sport of various kinds, I find athletics has the most to offer and I'm looking forward to learning more. I'm also hoping to include at least one disabled athlete in my group.

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

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

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

**Graham Crawford Age 30 Weight 18st 6lb**

*Personal Bests: 800m 1:54:4; 3,000m 8:10:7; 5,000m 15:44:4; half marathon 1:35:46.*

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

As Burns (the poet, not the coach) so rightly said: "The best laid schemes of mice and men, gang all agley. An' then we throw'bought and grieve an' pain, for promised joy."

A runner is too much at the mercy of the fates. Months of training for a specific race can be turned over with an ankle or by a virus. And even if you make it to the start line sometimes the desired performance just doesn't happen. Why? Perhaps the hester the dream, the greater the chance of failing into the trap of overtraining.

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

Following a virus which reduced me to jogging for four months, I have been a racer instead of a trainer since the summer of 1986, and never had such consistently good results. Bed patches can be pinpointed to slipping into the old habit of training too hard.

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

This new approach gave me a memorable and spontaneous 1986 season, running half marathons but also 15,000, 30,000, and anything else I could find up to 15 miles. I had more fun and satisfaction than ever. And is that not what sport is about?

To be with chronic depression because an injury has reduced 130 miles a week with three quality sessions to a mere 80 miles of steady running.

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

I intend doing fewer half marathons and more shorter and track races. Despite my numerous "halves" last year, I realized that there was no intention of tackling a marathon. But I have a hunch...
that when I do tackle 26 miles, I will be best served by returning to a lengthy period of high mileage and taking my chances with my old friends, fatigue and frustration.

David Carter Age Novelty 90.

ABOUT five years ago, when I was planning my first Glasgow Marathon, I've done two, a friend gave me one of those freebies you sometimes come across in some running magazines. I never wanted it, but I didn't want to cut the memories and hoard it on my palate all the way through. The friend was the Glasgow Marathon for me. Thank you, lad.

Proposed (mileage) would be: 70m, 138m; 26 miles. Present best: 32m. Proposed (time) 315; See how I never learn?

For example two pregnancies during which I might play my feet up, stuffed my face, and perhaps even surge a few more stones no problem - not for this swimming, aerobics and just as good in the labour ward as the waters break. In the subterfuge, I would have seen the two, yet I might try for around eighty minutes over a fast course.

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

Finally, during 1987, I would like to reduce my weight just a nudge - my stocky wee body and legs unfortunately look nothing like the slender slimness of Liz Lyde.

Carolyn Brown Age 30 Weight Tel 115s. Personal bests: 10s: 37:15; Half Marathon (Braehead): 62.56; Marathon: (Glasgow) 5: 30T.

AMIDST the New Year celebrations, my next door neighbour turned over the golden inside of the running season, he would 'have a go'. Thus my all-important aim for this year must be to never allow this to happen. I was not aware of his training the racing season, he would be "out of shape". Thus my all-important aim for this year must be to never allow this to happen. In the racing season, he would be 'out of shape'.
OAT CUISINE!

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

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

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

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

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

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

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

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

Then there is soluble fibre, for which oats are one of the best sources. American research by Dr. Ian Anderson of Kentucky University has shown that soluble fibre gives health benefits by regulating fats in the blood—reducing excess cholesterol (a factor in heart disease)—and sugar levels.

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

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

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

The recipes

**Athole Brose**

(A splendid Aperitif)

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

**Cranachan**

(A delicious sweet)

3oz (90g) of porridge oats
1 pint whipping cream
1 teaspoon honey

Whisky

gnr. lb (100g) raspberries

Toast the oats gently over a low heat, stirring frequently, for about three minutes until lightly browned; add oatmeal slowly until all the oat is absorbed and the mixture is fairly firm; add seasoning and keep stirring for about eight minutes.

Serve with potatoes, fish, or mince.

By Crawford Mackie

Other basic oat products are of course haggis—basically a mixture of oatmeal and offal, and oatcakes. Fresh oatcakes are best and they can be made at home on a griddle or girdle, which was invented and first made at Culross. Fife James Bosh granted the kingly exclusive privilege of manufacturing girdles. Not many people know this.

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

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

Scottish cooking is of course rich in items using oatmeal as a staple ingredient. Why not try your hand at one or more of the three recipes which accompany this article?
RUNNING NORTH PROMOTIONS
GREAT NORTH RUN
HALF MARATHON
on June 21st, 1987

Britains Largest Road Race in Newcastle
Luxury Bus leaving Peterhead 9 a.m.
Saturday 20th June
Leaving Aberdeen 10 a.m. and pick up on route south as required.
Top Quality City Centre Hotel near race start.
Guaranteed Race Entry
Limit 50
Cost: £59 Aberdeen Area
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Please contact: Graham Laing, Running North, 5 South Mount St., Aberdeen.
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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?

Sponsorship forms and T-shirt transfers from:-
THE SCOTTISH COT DEATH TRUST
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I would like to support the Scottish Cot Death Trust by obtaining sponsorship-
Please send me .......................... Sponsorship forms.
Name ...........................................
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If you find the schedules too confusing, we offer a counter part (don't worry) to help you plan your training.

BEGINNERS:
Week 1: You have to get your body used to jogging. So, jog a few minutes till you are out of puff. Walk for 5-10 minutes before and after the run. If you are new to exercise then it is recommended that you gradually increase your level of fitness over a few weeks. It is important to listen to your body and not to push yourself too hard. Incorporate stretching and cool down exercises into your training routine.

Week 2: Alternative days jog for 15 minutes on alternate days (i.e. Monday, Wednesday, Friday).
Week 3: Jog 15 minutes for four days and walk/jog for 15 minutes on alternate days (i.e. Monday, Tuesday, Thursday, Saturday).
Week 4: Jog 30 minutes on alternate days (i.e. Monday, Wednesday, Friday).

EXPERIENCED RUNNERS:
Week 1: 15 minute jog on alternate days.
Week 2: 30 minute jog on alternate days.
Week 3: 45 minute jog on alternate days.
Week 4: 50 minute jog on alternate days.

WOMEN ON THE RUN

Connie Henderson

APPLICATION FORMS

Please fill in the form below and return by post to:-

Scottish Cancer Relief
41 High Street, Tewkesbury, Glos.
GL20 5SF

Please give me the following information:
Name ...........................................
Address ........................................
Post Code ......................................

Gullivers Sports Travel
Ask for David Hall or Lisa Weaver
10 High Street, Tewkesbury, Glos.
Telephone 0684 293175, Telex 43497
L ast month, after a fairly
gruelling cross-country
appearance, I staggered home
filthy and bedraggled, looked
as if I'd narrowly escaped
death. I was greeted with the
remark: "You must be off yer
chump" but I was happy.
It is clear, more than most
other sports, that running has
addictive qualities which
appear to affect our
psychological processes. Why else
would we continue to run
despite adverse conditions, or
ever nagging injuries?

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

American researcher Dorothy
Harris has entitled this
approach the somatopsychic
theory in her book "Involvement
in Sport: A Somatopsychic
Rationale For Physical Activity".
(Roughly translated, the soma
is the equivalent of the body,
while the psyche is the mind.)

Harris' premise is based on
the hypothesis that bodily
experiences, such as running
regularly, produce in the
individual a variety of positive
outcomes which affect his or her
physical and psychological
well-being.

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

Consequently, the person who
runs regularly tends to possess
more positive attitudes not
only about his or her body, but
also about himself or herself as
an individual.
Thus, there is the almost
predictable report from the
runner about a "feeling great"
after a run (not to be confused
with the "runner's high" which
is normally experienced during
a run). There appears,
therefore, to be what has been
called "psycho-biological
phenomena" at work.

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

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

Carolyn
Brown

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

Many runners will, therefore,
push themselves as far as they
can, because what is important
is not just what their bodies
can do, but rather their bodies
as part of an integral self. If the
body fails to live up to an
individual's expectations, that
individual has also failed as a
person in his or her own eyes.
We are becoming increas-
ingly aware of the complication
of factors involved in the
activity of running. Many
individuals will continue to run
and be largely oblivious to
many of the psychological
processes which undoubtedly
occur while we build up our
training schedules and compete,
to a greater or lesser extent, in
a variety of races.

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

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

Home or
away, the
Scots grab
headlines

Doug
Gillon

Pictures by Scott Reid and John
Scott.

In the quiet corner of a
dreaming room in Warsaw, scene of the world
chase country championships it will
probably be surprising to see a few
nostalgic tears shed.

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

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

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

Saturday, February 11
Orlando
World's latest 10,000 metres
and £2,000 for Ian Macleod.

Top - Nat Muir (right) the eventual
winter, and runner-up Chris Rollison lead from Peter
Fleming in the early stages. Below - A view of the future as the junior boys' race gets
underway.
Thirty women had run for Yvonne Murray. The Muir production hne rolled off title for Scotland's young, perfect. They fell 1ha 1 Clyne, ultimately twenty seconds) for clubmate Danny Docherty, who won the senior race may have been slightly behind Bellahouston (last victory 1947). Russell headed a junior team for Poland which youth winner Terry Reid (Dundee Harvills) is unfortunate not to be in Edinburgh Athletic Club could be forgiven mixed feelings at Cowdenbeath for the women's championships the following day. The news of the victory by Murray, their brightest star, was speedily followed by an equally comprehensive win (24 seconds) for sublime Karen MacLeod. But when the team points were tallied, EAC found themselves in 25 points, the same as their city rivals, Edinburgh Woolen Mill, who won a countback. The crucial action proved to be the

Twelve of the best ... Clydesdale Athletic Club's squad which cleaned up the junior and senior boys' and youth titles. Back row (from left) - David Ashton, Colin McPherson, Mark Dochtery, Gavin Harvey, Glen Stewart and John Mears. Front row - David Forbes, Angus, Andy Russell, John Callum, Danny McCready and Martin McBridge. Dochtery stood in for Ally Train who improved from seventeenth in the West District Championships to take the bronze. Also among the individual medals was McCready who actually led the youth race at one stage.

but Gilmour, who had been threatening to quit the sport, would surely have been good enough for a top-20 place which would have given Cambuslang a first-over victory. The sun shone on a perfect, windless spring day which saw 1800 runners finish. The course round Callendar Park was scenic, and more brutal, perfectly marked and generally firm underfoot. It was a little too smooth and slightly over the prescribed 10k miles the only ones to complete would be those who felt it was too radically different from the course to be found in Poland. Muir was always in the leading group which initially boasted last year's runner-up Neil Tennant, Robinson, Tommy Murray and Terry Mitchell, but not eventual bronze medalist Alison Hutton.

The Scottish marathon internationalist, and the only man to have broken 30 minute world record in competition, was burned as deep as thirty second after the opening mile, but worked his way daily back. The selectors deserve credit for giving a chance to Tennant, ultimately twenty-eighth, by naming him in the Warsaw team. But they lost Brownie points when they omitted Aberdeen's Fraser Clyde, seventh overall. They felt that Clyde, due to run for Britain in the World Cup marathon in Seoul, might not have total commitment to the cross-country event. Clyde, who had been left out for the second year running (sic), argue that a good hard race three weeks before the Korea event was exactly what he wanted. Edinburgh AC's Lindsay Robertson, Clyde's team-mate was nineteenth.

Alister Russell's nine-second victory over Tom Hatton in the junior race may not have been as convincing as Murray's 22-second senior one, but it was almost as noteworthy. The young Lam farmer has now compiled a record of national titles that if not even Shoeston Harrier Mair can boast. Russell was junior boy champion in 1980, senior boy winner in '84, and youth champion for the past two seasons.

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

World Squad

Women's team: Yvonne Murray, Karen MacLeod and Dr. Penny Booth (all Edinburgh A.C.), Liz Lynch and Cherry Stott (both Dunbarton Harriers), Paul Frith (London Olympic), Travelling reserve - Eamon Finlay (Edinburgh AC).

Senior men: Neil Mair (Shoeston), Chris Roslan (Gloucester Valley), Alister Botten, John Robins and Red Terroux (all Edinburgh SH), Tommey Murray (Greenock Cross), Terry McGinley (Edinburgh AC), Ian Cooper (Dundee Harvills), Peter Flint (Helensburgh), Reserves - George Balfour (Belfathlon), Charlie Stirling (Dundee Harvills), Ed Stewart (Cairdcastle), Junior men - David年人 (Preston), David Donald (Springfield), Gary McCluskey (Neth Valley), John Quinn (McLennan VC), Alastair Russell (Glen & District), Mark Wilson (Victoria Park), Reserves - Ray Polies (Cairdcastle), Terry Reid (Dundee Harvills).
Above - No easy routes on the steep hill up from the Loch at Callander Park. Left - Vicky Vaughan, the British Universities bronze medallist who won the young seniors title at Cowdenbeath and was unfortunate not to have been picked for Warsaw. Below - Juniors at the off, with eventual winner Tom Haskin (36) extreme right.

sprint which took the Woolfitts' Millie Violet Blair past Sandra Bunney and into tenth place just before the line, as Blair proved to be her team's third counter. And a similar battle which each of Paula Hirstin lost, surrendered twelfth place.

Lorna living ninth, was a vital one as the Mill gained its way to victory. With a marathon trip to Stirling in the offing, and an eye on the veterans prize there, she had already put in 60 miles during the previous six days, but stayed well over on a bustling switchback course on plough and playing fields.

Chris Haslett-Price, a quiet runner up - she caught and passed Allison Jenzie in the last 100 metres - lands a record 14th world championship won at the age of 34, while a newcomer emerged in the long-standing Crescentian-advanced Kele Flacklin. A half-miler on the track, she is a training partner of Lesley Watson, coached by John Anderson, and could . . .

prove to be the dark horse in Scotland's women's team. Meanwhile victory brought her tally of Scottish titles to three - she won the closed championship in 86 and 88 - and it was only a fourth cross-country run of the season for the flame-haired woman from Stoney .

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

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

My greatest ambition is to get down to about 20 minutes by training every day but, whenever I do, I seem to pick up colds, some throat etc etc. It's my body trying to tell me something I ask? And I had my tongue out for the third time last September in the middle of a race (I have just taken this from my personal bests show that!"

Fear of Steen stone and a middle-aged sparrow prey is the main incentive but, at the pace I run I can admire the view and the birds - pretty pleasing for bird-watching!

I thought I would collect my trophies on both last New Year so, in a new form of madness, devised the Pentag Promotion on New Year's Day - from Seafield to Seafield and back, a distance of four miles, with two miles fun run for the less adventurous. All results seem to have been covered from Scotland's Runner, thus sparing the blues of the majority of young runners, who finished behind Yvonne Murray. She covered the course despite a freezing east wind in 1957 - only four men beat her, including winner Arthur Weathrhead.

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

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

In such a situation, I was glad that I could genuine say, "Well, I'll go out and run on a day like this I would only ignite my knee".

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

The most difficult thing to overcome one's running ailments in conditions so inhospitable, and I could only marvel at how hardy souls. As the weather slowly improves the running should be duster down, and I will find it difficult to make an excuse for not getting out and putting a few miles behind me.

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

I hope that runners with injury problems appreciate that there are no miracles for conditions which are brought on by trying to attain unrealistic goals, and learn to enjoy running for the sheer pleasure of an excuse which gets them out of washing the dishes in the evening. Happy running for the 1987 season.
On the run - below sea level!

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

I arrived in Tiberias, Galilee, at 6 pm on December 16 last year. After a hard day teaching English and music at the South African school in Jaffa, Tel Aviv, and then the two and a half hour bus journey north, I was tired and did not relish running 42.195 km the next day.

However, there was a full moon, and it rose over beautiful Lake Kinneret (Sea of Galilee) The lights of the kibbutzim on the east side of the lake twinkled below the Golan Heights. The serenity and beauty of the countryside counteracted my fatigue, hunger and pre-marathon mental battle.

The Tiberias Plaza Hotel, which hosted the race, provided a pasta party and I went into the maze of runners in shorts and trackbacks, the familiar smell of embrocation mixing with that of the pastas and fresh fruits. As with any group of joggers, there were people of all shapes, sizes and ages, and I spoke to a 79 year old who was taking part, fully aware that he would probably finish before me, despite being half a century older.

The next morning, I was awakened by the sound of the wind rushing through the window. It was a sandstorm sweeping the desert, and I knew it was going to be a tough run.

Out of the 500 or so runners, there were only about 30 women, my pink shorts and vest were somewhat conspicuous. Nine of us approached and we lined up for the countdown. Shalom, shalom, and we were off. I ran behind a man who had "Run, Cladburn, Run" written in Hebrew on his T-shirt, and I reckoned that old grandad would beat me too.

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

On our right, the hills rose to the sky covered in green after the relatively wet season. On our left, the waves on the lake curled the shore, the water greyer and stormier than usual. Along the road a bit further on, we passed by a group of trees laden with fruit, the names of Moshé Dayan, the course was steeped in history, both recent and ancient.

After battling against the wind along the 50 km, we turned north and ran up the east side, the wind buffeting us from the side now. It was very beautiful; grasses, palm trees, farmland, flowers, fruit trees and an ombrellifera bordered the road. Above us towered the Golan Heights. At this point, though, there were long straightaways on the road, no spectators, and many kilometres still to be covered.

I was glad of Steve's company. I found the fact that the course went 10 miles out and then back again psychologically helpful. I knew exactly where I was. It was also encouraging to see the first runners on their way back, then the first woman, locking remarkably fresh, a blind man being led by a friend, and a man in a wheelchair. I was able to spectate as well as participate in the race.

At last, in just under two hours, I reached Ein Gedi, the finishing line. For the first time, I was a community of music lovers. Every spring they have a festival in which the world's greatest musicians take part.

There was a video camera at the turning point as well as other number checks along the route. I made sure my number had been seen and then turned to retrace my steps in the marathon past. I ran over the finish line feeling a sense of achievement that I had not felt since the Spring of 1986.

Eventually, we managed to quickly cool down, and, after much time, I awoke refreshed and ready. We then returned to retrace our steps in the marathon past. I ran over the finish line feeling a sense of achievement that I had not felt since the Spring of 1986.

The next Tiberias marathon will be on December 8.

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36 Scotland's Runner

Scotland's Runner
Running round the clock

Round the clock running makes a welcome return to Scotland in 1984 when the Stirling 24 hour race is staged in the magnificent confines of Meadowbank Stadium - and the country's outstanding ultra runner of his generation could be among the contestants.

Don Ritchie has been understandably reluctant to indulge in athletics competitions on quite this scale whilst retaining sufficient speed to dip regularly under 4½ hours, the standard marathon, and though he took part in a 24 hour race at Catterick in 1965 where he collected the world 200 kilometres record, the Forrest Harrier's efforts have been largely concentrated on those relatively abbreviated versions between 40 and 100 miles. But the Meadowbank event could be the occasion the unassuming university lecturer finally unleashes himself at the daunting 176 miles 200 yards which he passed in (5:01:16) and 50k in 3:27:56 — before a bad patch almost spoilt his smooth progress to another notable triumph.

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

Another shopping expedition was even more rewarding for the 38 year old mother—of-three — she noted less than nine miles to take back up to the MI — but she took them all in her petite stride. "Most of them were mines anyway," she said afterwards. "I was more interested in the weather."

Don Ritchie, aiming for a record.

Bob Holmes

bends were tight, the floor unravelling and dirty stop windows offered no mercy by reflecting the runners' increasingly lurching gait. Prevention from the February frost ensured a trolley-laided of indoor records were duly collected.

When it comes to trumping around these sort of places few men can keep up with the ladies and so it proved on this occasion — with one exception. London-based Brian James Zane was the only man who could match Nottinghamshire housewife, Eleanor Adams, and in her living playing the MI for five miles she took home the Percy Cunyngham Memorial 200 miles. She and the British All-Around indoor record of 146 miles, 1,767 yards was beautiful said the 43 year old Clydebank Harrier of his weekend that had begun at 9pm on Saturday and saw him pocket his world record by midnight. Ironically, they were for what he considers "short" distances — a near 30 miles which he passed in (5:01:16) and 50k in 3:27:56 — before a bad patch almost spoilt his smooth progress to another notable triumph.

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and training that much easier.” Simon now takes additional specialized coaching for sprinting at Meadowbank. So is Harmony too small for the likes of Simon May? It’s a point I put to Harmony’s speech writer, Colin Dale. “Our coaches can take everyone up to a certain level, but Simon is an exceptional talent and it would be wrong of us not to encourage him to have additional coaching elsewhere. We have been promoted in the league, and that will bring other youngsters like Simon. Strong competition is good for people.”

It’s a problem for most small sports clubs, more usually associated with football. As soon as any young talent emerges it is snaffled up by the bigger clubs who seem more attractive to ambitious youngsters. The big club big the small stay small.

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

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

Good clubs aren’t made up solely of talented athletes. Harmony has the essential organizational and administrative back-up from a dedicated committee, with a backbone provided by keen coaching. “We’re a family club first and foremost and that’s the essence of our success,” points out Colin Dale, whose own family are now involved in different aspects of running the club.

“The social side of the club is very important as well, and any 11 year old who joins organizes a couple of discos a year and the summer barbecue along with the younger athletes in the club. It’s important the youngsters do something other than athletics.” Parents or adult athletes become involved in other areas of the club too.

They produce an excellent regular newsletter with news, views, comments and snippets which keep everyone up to date with events. The main day on their calendar is the annual summer day. It is a pleasant type of sports day with an important social side in the main tradition of Harmony. But it is just as important for recruitment of new members. Promoting youngsters with no previous experience can be spotted, and older runners or previous athletes who had given up are tempted to join the club.

“The open day has been very successful and some of our better youngsters have been attracted through it but it’s important to remember we’ve interested athletes and runners at all levels,” argues Colin Dale.

“We’ll take anyone on here who is prepared to enjoy themselves and try and do it for themselves. It’s as simple as that,” says coach Ross Lines.

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

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

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**An Ideal Town**

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

If I was to pick an ideal area for running, then I would recommend Queen’s Park with the city’s towering landmark, Arthur’s Seat, smack in the middle. It is a beautiful park with the Queen’s Scottish residence, Holyrood Palace, at the entrance.

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

A road, accurately measured to 3½ miles, circumnavigates Arthur’s Seat in its centre. Many city dwellers use this route because it is accurately measured and because it has long steep stamina-sapping hills which are ideal for marathon training. Clockwise or anti-clockwise you’re still going to encounter a long ascent.

It is a quiet route, with one tourist traffic restricted to 30 mph. You’ll see joggers from dawn to dusk. The road tends itself to training – pushing up the hill, a breather round the top, speedwork downhill and a breather before going up again!

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

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

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

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

Once again, it’s a question of exploiting a little and improving to make your own route.
Scottish Highland Games provide a truly unique sporting experience. Although some are held in formal playing fields and sports grounds, the majority take place in picturesque locations with extremely varied programmes — providing the athletics with a background of stirring music and colourful dancing.

The emphasis is on family entertainment and perhaps this produces the splendid atmosphere which is known and loved by Games enthusiasts, visitors and exiled Scots.

To me there is nothing quite like it in the world, but then I am more than a little biased, having a long and close association taking me to Highland Games in Japan, Australia, Sweden, Canada, America, Holland, Belgium and Portugal, to mention but a few. It is great to be asked to organise a Gathering in the Arctic Circle, and then go on to Lagos, Nigeria, on other occasions. Little wonder I am well and truly hooked.

It is therefore a real pleasure to be asked to contribute regularly on the Games, emphasising the heavy events.

To be successful this has got to be a two-way process, with feedback from viewers and news from readers of this magazine. Although I can list over 100 Games in Scotland during the summer season, there will be many more I do not have in my records, and I would very much welcome any clarification in these cases, no matter how remote or how small. I get many requests for information from tourists, tourist boards, publications, potential participants and so on, so please drop me a line.

In addition to the Scottish circuit, there are a great many Games in Canada, America and Australia, as well as isolated events in other parts of the globe. I will be visiting a number of these in 1987, so I will be able to touch on some aspect of interest to Scottish readers.

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

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

Capes had announced his intention of cutting out SGA events long before the recent drug testing was declared. He had previously had a row over budgets, so Capes must be very hard. To have his "wait slapped" after anticipating more than he could bear. That much is fact and I have had this direct from both sides.

I imagine, though, that as a full-time professional, if there had been enough incentives, Capes may well have been very selective and continued at some Games. The row at Braemar, where the big Englishman had to stop throwing to await the Queen's arrival, appears to have been blown up out of all proportion, and again I believe the whole story has not been told.

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

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

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

I am not overlooking the fact that there is hostility between the SGA and Geoff Capes which will be discussed later. To the public who follow the Games the losses both have a worldwide contribution to make, so let's hope it heals the wounds.

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

Scottish Highland Games

by David Webster

Scotland's Runner
On the VETERAN scene...

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

Unfortunately, the Scottish Veteran Cross Country Championship, held with the support of the East Lothian District Council, did not require the runners to jump any fences. The field was, however, faced with a flat but very rough course, which included not only the five furlongs straight with its long uneven grass, but also detours around SSSB lagoons — where runners were warned that tripping could prove disastrous.

Of the record entry of over 360, some 320 lined up across the course and charged off in a multi-coloured mass. The sharp end quickly took shape, with Brian Scobie, Alan Adams, Brian Curry, Jack Knox and the diminutive Dave Fairweather all jockeying for position.

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

Scobie, watched in the grandstand by his marathon protege Venessica Maroc, ran the first 10k in 15:57 and never looked threatened over the second lap, winning by 20 seconds from Curry, who bravely held off the challenge of Fairweather (Law & District).

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

This time it was Adams of Dumbarton who held off Aberdeen’s ultra man Don Ritchie, with 47 year old John Lealder giving Pitreavie their second secord and picking up the over-45 SVG award. Less than 20 seconds later came the decisive battle in the team race, with Bill Ewing, now 41 but looking ten years younger, holding off his equally youthful looking contemporary Mel Edwards (Aberdeen), to give Pitreavie, surprise winners in 1986, victory again with the same trio.

In the age group battles, Lealder finished 16 seconds ahead of former champion Martin Cowan (Edinburgh Southern) with John Mones (Bellahouston) third in the over-50 category.

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

Perhaps the most notable of the age group battles came in the over-65 section, where Bill Stockert of Greenock Wellpark finished in 58th position overall and took his tenth veteran title since 1972. Even so, he finished only 16 seconds ahead of his great rival Willie McLean, now of Shettleston Harriers. Tom Stevenson (Greenock Wellpark) had a great run and took third spot.

The over-60’s produced the greatest surprise when William Temple, an unattached runner from Galashiels, ran home merely a minute ahead of the favourite, Ben Bickerton (Shettleston). However, as Temple was unattached, Bickerton still took the SVG award for his efforts. Alec McInnes was third (second SVG award), and Hugh McLain held off a late challenge from 1986 winner Murray Scott for third SVG spot.

Finally, but by no means least in achievement, David Morrison’s win in the over-70 category proved the 1986 world 10k road champion was fully back to form.

The sun shone throughout the afternoon, and the convivial atmosphere and teamwork meant that even the convenience could complete in the race with a thought for their friends and the district council seems certain to the SCUCC Downbarton, an annual event for the Victorian era.

The season started at Penicuik on February 14, with the Carnethy Five Hill Race. An unbelievable total of 483 entered this well established race, now in its seventeenth year.

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

Despite the race has become very popular with the hill running fraternity south of the border especially at the early season date sets it apart from the future competition which builds up later. Three English establishments filled the places in the mens race — Malcolm Paterson of Dart and Peak Fell Runners (48:47) Hugh Symonds (Keswick AAC 49:53) and Rod Philpden (Swafford 49:61). Jonathan Musgrove (Aberdeen AAC) finished fourth in 50:30.

In the women’s race, Penny Rother (Edinburgh AAC) better known as a track and cross-country international, set a new record of 60:36 and now won her first two outings on the hills, Kewsko won the team prize from Cambertown, with Carnethy 4th.

Well timed for release at Carnethy, the Scottish Hill Runners Association issued their 1987 (and fifth) Scottish Hill Race Calendar, which is again sponsored by Tiso. It contains full details of amateur hill races in Scotland the lengths and breadth of the country from Kirtewa and Thruso to Mereos and North Berwick. This year there are a record 51 races of every variety — apologies to Heinz — including six new races.

The Scottish Hill Running Championship is held over a series of nine preselection top "A" category races during the season. There are three races from each specified distance of short, medium and long — of which the best two results from each category count towards scoring for the championship and the coveted engraved plate Tiso Trophy. Dermond McGougle (Dundee) is the 1986 holder, and his form at Carnethy showed he will again be hard to beat. Young hopefuls could challenge established front runners, especially in the shorter races, include Ross Hope (Carnethy HRC) and Ian Morrison (Edinburgh University HRC) an erstwhile international. Veteran Jimmy Shields (Clydesdale H) — yet winner at Carnethy in '86 — will be put to show up his younger rivals for the senior title, let alone the veterans prize. Ann Cumins (Livingston AAC), the women’s champions for the last three years will have close competition from Rother, Christine Menhennet (Bellahouston H) and Hazel McLean (Ayrsleigh)

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

Scottish Runner

Scotland's Runner

The 1987 Carnethy Five Hill Race gets under way.

The other selected title races are the Portland Stone on April 3, Ben Lomond (May 9), Tintamonde (May 31), Dollar (June 1), Moffat Chase (July 5), Craig Dubh (August 1), Dalsalla (August 19) and the Two Breweries (September 26).

Aspirants to higher glory should note the British Championship has been relocated to Moffat as well as two of the six counting races along with both in England and Wales — the best three to decide Jack Macmillan must start to decide to earn his title here.

For the uninitiated there is obviously plenty of opportunity to try this expanding branch of athletics and everybody is assured a warm friendly atmosphere at each event (see Scotland's Runner issue 5 — November, 1986). Just a word of warning — go prepared for the warm weather and you won’t be disappointed.

Robin Morris

Scotland's Runner will publish results and positions from the 1987 Scottish Hill Race Championship throughout the season. For a copy of the 1987 calendar, send a see to The Secretary, SBRA, 23, Montgoad Road, Edinburgh EH10 4DR.

This superb story - adapted by Scotland's Runner as our On the Veteran scene logo - of spinsteress Douglas King, Andy Cooper, Ernie Planer and Allan Bowler won the Sport for All title for Glasgow Herald photographer Edward Jones at the prestigious Scottish Sports Council Sports Photographer of the Year Awards. It was taken at the Commonwealth Veterans Gathering on July 19.
T
he Olympic Games were scheduled to take place in Chicago, in 1894. This was a marketing coup for the growing city of St. Louis, for the cotton capital founded by French traders had the previous year and for financial reasons, postponed in Louisiana Purchase Exposition (a World Fair to celebrate the one hundredth anniversary of Jefferson's acquisition of Louisiana from Napoleon) and the postponement of the clash with Chicago was now imminent. By taking the matter to arbitration, however, (Theodore Roosevelt), the Missouri politicians succeeded in subverting the Games to their own ends, with the result that St. Louis staged one of the most peculiar Games in Olympic history.

For a start, the levels of athletic participation plummeted to a mere 228 entries from 16 countries, and no women. Nonetheless, the Games were claimed as many as 3000 competitors. What the haul was going to be no one knew.

The first problem was that even as recently as the first week of period of three months and, as a result, became less important than the Fair itself. So, Tom McNab and others have described them as American Inter-colonial championships rather than Olympics and, indeed, in track and field events was the only one non-US winner - France's Dumas, who won the 5500 weight throw. Britain, which was anticipating an escalation of the Russo-Japanese War, sent only one athlete, and he was Irish.

The concession over numbers alone because all manner of events were held under the Olympic banner. There were intersessional races open only to schoolboys from the State of Missouri, and YMCA championships. At one stage, there was an exhibition of pole-climbing by a Filipino and a mud-throwing contest between Pygmies. You don't believe this, but apparently someone had the faint idea of incorporating "Anthropological Games" – competition between ethnic minorities although, significantly, their imagination did not stretch to include women.

There were only three official (non-American) medals, and in track and field events the US had four triple winners: Archie Hahn, the "Milwaukee Meteor" in the 60, 100 and 300 meters; James Lighthory (from Chicago but of Scottish origin) in the 800m, 1500m and 5000m; Harry Sallin (400m, 200m and 400m hurdles); and Roy Ewery, who repeated his 1890 Paris hat-trick of high, long and triple jumps.

It was left to the marathon (run over 40 miles or 65 miles) to provide an additional element of drama. On a hot day, and a long distance road, the race attracted 31 competitors, all but two of whom were Americans.

Conditions caused 17 of the starters to retire including, Fred Long, who gave up at nine miles but, recognising a larceny when he saw one, he returned the vehicle then bought down, but as there were only five miles to go he decided not to compete against them under his own steam.

Lois was hailed as the winning athlete by the President of the United States, who, of course, found out and suspended the law. Who has later retracted and actually said 'I don't compete against them under his own steam.'

Meanwhile, the actual winner of the St. Louis Marathon, Thomas Hicks, was photographed getting assistance from supporters on route – but since they were only thought to be for for the sublime, true, raw eggs and/or brandy, protest was inappropriate.

Monsieur Coubertin, the Olympic figure-head was, on the other hand, on the Olympic track – the "Antipodeological" days, he is reported to have said, "Is that for the Occidental curfew, I will cause such a revelation we will have black men, red men and yellow men lean to run, jump and throw, and leave the white men behind them".


Why Waste Time?

NEXUS 6-13 TRIAD KW CHARIOT KW +14 TRIGON TEMPO

Why Waste Time?
1. By coming along and cheering the runners
2. By getting yourself sponsored and running at the side of the British Coast Relay Runners
3. By sending a donation to the Trustee Savings Bank, Norfolk Street, Sheffield. 1 a/c No 774701

For further details and sponsorship forms, 4691/8535
Ian Shepherd, Chairman, Steel City Striders 68 Norton Lees Crescent, Sheffield 85 SB.

April 9th in Scotland from 15.4.87 to 28.4.87.

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**SCOTTISH COAST RELAY RUN '87**

The British Coast Relay Run '87 is a 5,000 mile relay run being organised by the Sheffield based Running Club, Steel City Striders. It leaves London on 9th April and arrives back in the capital on 14th May.

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**SCOTTISH SPORTS SPOT DIRECTORY**

For inclusion in the Scotland's Runner Sports Spot Directory, contact the Editor at 0141-332-7138.

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**APRIL 9TH**

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**SCOTTISH WOMEN'S NATIONAL CROSS COUNTRY CHAMPIONSHIPS, Forge Park, Falkirk**

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**SCOTTISH WOMEN'S NATIONAL CROSS COUNTRY CHAMPIONSHIPS, Forge Park, Falkirk**

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**SPORTS SHOP DIRECTORY**

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**SCOTTISH WOMEN'S NATIONAL CROSS COUNTRY CHAMPIONSHIPS, Forge Park, Falkirk**

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**SPORTS SHOP DIRECTORY**

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**FRIDAY 1st MAY**

In support of the British Heart Foundation

With the financial assistance of the Mersey Regional Health Authority, Liverpool City Council Recreation and Open Spaces Department, the Sports Council and the Reelco Running Selectors Network.

**Britain's biggest ever women only running event**

A new national event put on by Liverpool Women's Health Organization Healthy Class Initiative.

**Features include:**

- **Prizes for:**
  - Full training - £50 prizes for beginners
  - Leading finishers
  - Details of women's running groups
  - Veterans (over 35)
  - Details of travel and accommodation
  - Disabled
  - Attractive medal for all finishers
  - NRSC employees
  - Spot prizes
  - Highest fund raisers

**Entry Form**

<table>
<thead>
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<td>□ Wheelchair entrant</td>
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<td>□ I require details of travel and accommodation in Liverpool</td>
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**Disclaimer:**

I accept that I compete in this event at my own risk and that the organisations cannot accept liability for any accident, loss or damage as a consequence of my training for, or taking part in, the Liverpool Women's 10km Run.

**Signature** (Please guaranty Funder 17)

**Entry Fee**
- £25.50 For Athletics Club Members
- £30 For Non-Athletics Club Members

A cheque or postal order made out to **Mersey Regional Health Authority** must be sent with the completed entry form to **LIVERPOOL WOMEN'S 10KM RUN, Recreation and Open Spaces Department, Wavertree House, Calderstones Park, Liverpool L17 3AH.**

**Closing Date for Entries — Friday 1st May 1987**

Receipt of entry will be forwarded.

---

**LIVERPOOL WOMEN'S 10 KM Run**

**Land o' Burns**

**Half Marathon**

Sunday September 6th at 10.30 a.m.

**RACE ADVISER:** Robert M. Drysdale M.B.E.

Scotland's third largest half for 1987. Fast (Scottish Record in 39m), scenic route past Ayrshire's Arts 'Haunted Kirk' and Bums Cottage - Ample car parking adjacent to Start/Finish on Ayr Esplanade.

Winners 1985: Alex Gilmore 1:04:02
Lorna Irving 1:13:12

**Ayrshire Area Council**

**ENTRY FORM (COMPLETE IN BLOCK CAPITLALS)**

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**Please tick where applicable:**

- □ NHS employee
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- □ I have run a 10km before in...
- □ I require details of travel and accommodation in Liverpool

**DISCLAIMER:**

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**Closing Date for Entries — Friday 1st May 1987**

Receipt of entry will be forwarded.

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**Half-Marathon**

**DUNFERMLINE**

**Dundee Hawkhill Harriers**

10K Road Race

due at Caird Park, Dundee on 12th April, 1987 at 2 p.m.

Medal to all finishers. Team and Individual Trophies to the value of £800.

Entries to: B. Davidson, 8 Pitkerro Road, Dundee. Tel: Dundee (0382) 454501. £2.50 plus S.A.E. or £3.00 on the day. Under SWAAA and SAAA Rules

---

**FOR ONE OF THE BETTER HALF MARATHONS**

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**March 9.30 a.m.**

**SUNDAY 14TH MARCH**

**IT'S THE PLACE TO BE!**

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**WESTERN ISLES**

**HALF MARATHON**

Saturdaty 30th May

Measured Course, SAAA Rules

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3 miles Family Fun Run (with Medal)

Special B & B Hotel Accommodation - only £3.25 per night

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Video of Race

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OR RING THE CARNEGIE CENTRE

DUNFERMLINE (0383) 732321

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**Horseback Riders**

Date

Park, Beith, Dalbeattie, Beith

Dundee 20km Race

UCNAA 20km Race

Date 21

Scots Statute for Men

Date 21

Scots Statute for Men

Date 20

Scots Statute for Men

Date 19

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Scots Statute for Men

Date 17

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Date 16

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Scots Statute for Men

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**Events Diary**

5
Bedeverske AAA Open 10
Dennis Jeffreys Memorial Run & Dinner

6
Sandymount AAA Open 10
Cranfold Athletic Meeting

7
Clyde Valley AAA Open 10
Tweedbank Stadion

8
Clydebank AAA Open 10
Alton Wycombe

9
Colinton AAA Open 10
S.E. Scotland AAA Open 10

10
Alloa AAA Open 10
Benenden Park

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Benenden Park

27
Colinton AAA Open 10
S.E. Scotland AAA Open 10

**Motherwell District Council**

**present the**

**Motherwell District Half Marathon and Fun Run**

**on Sunday 24th May, 1987**

**From: Wishaw Sports Centre**

**Alexander Street, Wishaw.**

**Starting Times:**

- 10a.m. Fun Run
- 11a.m. Half Marathon

**Entry Fees:**

- £3.50 Half Marathon
- £2.00 Fun Run, Adult
- £1.00 Fun Run, Juvenile

**(Cheques and Postal Orders Made payable to: Motherwell District Council)**

**For Entry Form send large S.A.E. to:**

Event Secretary, Wishaw Sports Centre, Alexander Street, Wishaw ML2 3HQ.
Tel: (0699) 355821

**KYLE & CARRICK DISTRICT COUNCIL PARKS AND RECREATION DEPARTMENT**

**The South Carrick HALF MARATHON**

**SUNDAY 23RD AUGUST 1987 at 2p.m.**

**Main Sponsor: Kyle & Carrick District Council**

**Gateshead 5K Run**

**Entrants Form:**

- Gillies Swimming Pool & Beach Pavilion Complex,
  Knockhill Road, Kilmarnock.
- Scottish Amateur Athletic Association
  Scottish Women's Amateur Athletic Association

**Events Diary**

**Enter the East Neuk of Fife**

**Half Marathon**

**on Sunday 7th June, at 2.15 p.m.**

This fully "permitted" Marathon takes in some of the most picturesque and beautiful coastal and countryside scenery in Scotland. The course winds its way through the traditional and scenic Angus countryside, turning up into the hilly terrain, passing through many of the small villages and hamlets that go to make up this part of the East Neuk of Fife. A warm welcome awaits you and we're sure you'll enjoy yourself throughout the day, even during the last few miles. **Entry Forms** are available from: The Race Director, 24 Viewforth Place, Pitmilly, Fife, KY1 2PZ. **Race sponsored by Pagan, Osborne and Grace, Solicitors and Estate Agents.**

**KYLIE & CARRICK DISTRICT COUNCIL PARKS AND RECREATION DEPARTMENT**

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**ABERDEEN**

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**MILK — WHAT MORE COULD A BODY ASK FOR**
Clubs, Groups, and Individuals:

For a free listing in the Runners' Network write with relevant details to:

Runner's Network, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

£25 Prize Crossword

ACROSS
1 Record breaker 568 cm ran in Turkish capital Sarajevo (6)
2 Hound that hunts hawk (2)
3 Attending to roads, road crew or D-I-T (5)
4 Beamed in China pottery sending out batch of letters (7)
5 Fencing force to pair Ewe off (6)
6 Remain? Roger last of hand (7)
7 Fast to win or take winning card (6)
8 Chester city also accommodates Kentucky Derby - first and last (3)
9 Where you find 15 stretched 11 (6)
10 Paddle for a Centennial (7)
11 Track and field events for little girl (5)
12 Changing place A and B and I'd help for Africa (4-3)
13 Inmate, getting into run with long strides, we hear (8)
14 Clutch lower behind which runner has drink (7)
15 Smooth ride in pilates (6)

DOWN
1...C" . Willowi were pal in good French sign (6)
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Puzzle No. 1

Find these hidden words in the puzzle diagram:

1 bizzard
2 sheep
3 germ's
4 gold
5 kilometer
6 medal
7 race
8 runner
9 silver
10 winner

The words can be read forwards, backwards or diagonally. No words can be read vertically.

Scotland's Runner Quiz No. 1

1 Who was the last Scottish winner of the men's 100m at the AAA Championships?
2 Which Scottish athlete has finished just out of the medals at the last two Commonwealth Games marathons?
3 Which British athlete tipped and fell during the 1984 final, at the 1983 European Union?
4 Who was the Scottish AAA women's 400m champion in 1986, and a member of the Scottish 4x400m squad which won the bronze medal at the 1983 Commonwealth Games?

Scotl&and's Runner's Network

WOULD anyone living in the West End of Glasgow who finishes in the Two Bridges Race in August, and is looking for a training partner on the longer runs, contact Jim Boyd, 38, Bannister Street, Glasgow G11.

L IS THERE anyone in the north of Scotland with a similar philosophy to Dundee Roadrunners - i.e. concentrating on runners of all standards, rather than races (e.g. member R.M. Dallas, Glasgow, Graeme Armitage, Tel: 041-966-4886).

ANYONE within striking distance of Aberdeen wanting company on long runs (7-10) miles running or triathlon training phone Ian at Buckfield (02483) 506.

Aberdeen Amateur Athletic Club Sec - W.H. Watson, 14 Torbie Place Aberdeen AB11 8EB. Tel: 0224-310352

TRIATHLON

Special training weekends in the South west finishing with a half marathon. For details contact Colin Gwinnall, Graeme Like. CRUISE LTD. Tel: 041-426-5013

Scotland's Runner
Running in the Highlands and Islands

World Cross Country Pictures and Reports

Scottish Track Prospects for 1987 — plus Anne Purvis Profile and 1986 Rankings

Next month’s issue, published on April 16, gives details of all Scottish events up to the end of June.

Plus, all the usual reports, news, pictures, results and advice.

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