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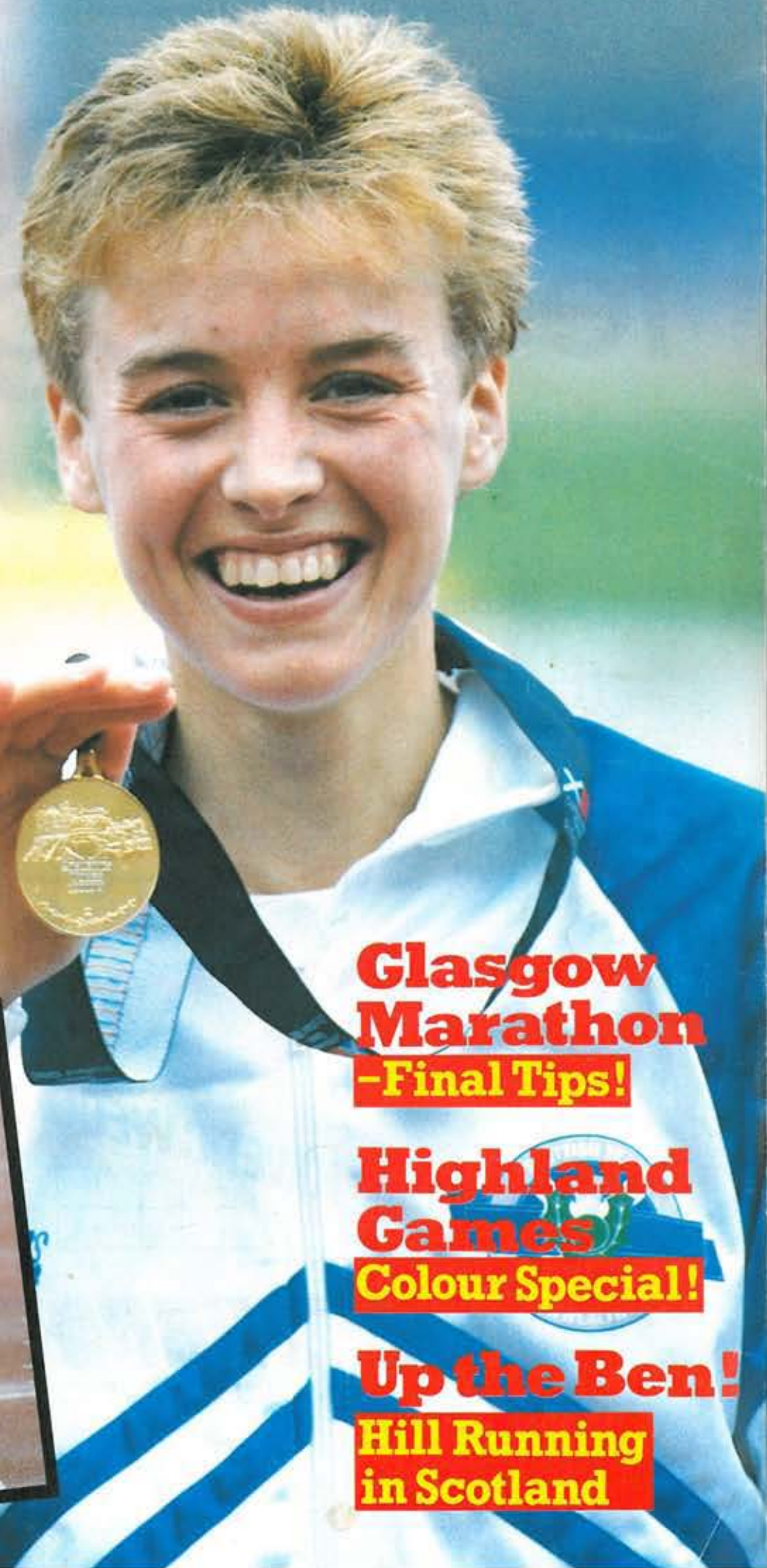


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Inside LANE

After the 1970 Commonwealth Games, Edinburgh and Scotland were left with a magnificent legacy - a velodrome, international swimming pool, and Meadowbank.

The imagination of the nation's youth was fixed, and it was no coincidence that the capital's two clubs soon became the most powerful in the country.

There was a golden chance to invest the legacy in the youth of the country, to use the enthusiasm generated by Lachie Stewart, Ian Stewart, Ian McCafferty and the rest to inspire and establish a widespread structured coaching network. The contribution to athletics of Finland, a nation of comparable population and even less hospitable climate, is an example of what can be achieved if the will and the financial wherewithall are there.

Seen through the eyes of the nation's young athletes, the XIIIth Commonwealth Games were a resounding success. Try telling 10,000 metres champion Liz Lynch about the boycott. Try telling sprint relay medal winners Elliott Bunney and Jamie Henderson that their time of 40.41 sec which won bronze compares unfavourably with a 1970 time of 40.0 when the Scots finished fourth.

It is right that the young should feel the XIIIth Games were good, right that they should be inspired to emulate Lynch, Murray and Whittaker, McKean, Parsons and the relay squad.

But they cannot do it in a vacuum. Scotland's athletes and coaches have proved they are good enough, but the existing framework is overstretched and under-funded. The time, effort and energy put in by Dave Lease, the national coach cannot be questioned. But the resources for improving the nation's depleted athletics stock most certainly can.

The Government, by its derisory annual grant to the Scottish Sports

Council, and its calculated refusal to do anything material or political to assist the Commonwealth Games, has shown where it stands.

Few Scots, or Britons for that matter, would welcome the Eastern European style of Government intervention in sport, with houses, cars and pensions for medal winners. When the Government of such a country says "jump", the athletes response is "how high"? And when the order is to jump into a boycott, that is exactly what they do.

At least in a democracy you can always tell the politicians to jump in the lake, as the majority of UK sport told Mrs. Thatcher when she appealed for a boycott of Moscow. And the athletes made their feelings known about her visit to Edinburgh.

Nevertheless, increased Government funds are a necessity. Sport for all is a

laudable aim, but every market place needs a stall to display the goods. It is the top end of Scottish sport which will sell the package.

In the meantime, given that the present regime will do nothing, sport must help itself.

"An opportunity to build on 1970 was lost," says Ian McCafferty who won the 5000 metres silver. "Pathetic," was how he chose to describe the efforts of 1986. "Lachie Stewart and I could just about have made the team."

McCafferty, however, is doing something about it. He has charmed resources out of a garage and a building society and launched a coaching scheme for youngsters. It is not the panacea for Scottish athletics, but at least it is a start.

The SAAA and SWAAA should now take a hard look at the state of the sport. But even before they identify the specific problems, one can clearly be underlined - money. So they should take steps to appoint a full-time fund raiser.

Despite taking a record four athletics golds from the Friendly Games of 1970, we lost afterwards. The most important contest of the 1986 Fractured Games has still to be won.

Leotards for officials?

Jeepers, blooming creepers, he's back.

Rarely can there have been more dramatic comebacks to a sport than that of Allan Wells at Gateshead earlier this month.

Belying his years and running like a muscular young bull, Wells' gear caught the imagination of all who watched him.

"Wilson of the Wizard" . . . "Eric Liddell" . . . "Harold Abrahams" . . . these were just some of the descriptions being bandied about.

Leaving aside the unquestionable merit of Wells' performances, there was much to commend in his unusual garb, even if the breeks were designed for the practical purpose of keeping his hamstrings warm.

Now that the athletes, and the ladies in particular are appearing in increasingly bright and adventurous outfits, surely it is time for the officials to discard their stuffy blazers and flannels and make their contribution to what is, after all, mass-audience entertainment.

And, there are still 14 years left to get into the 20th century.

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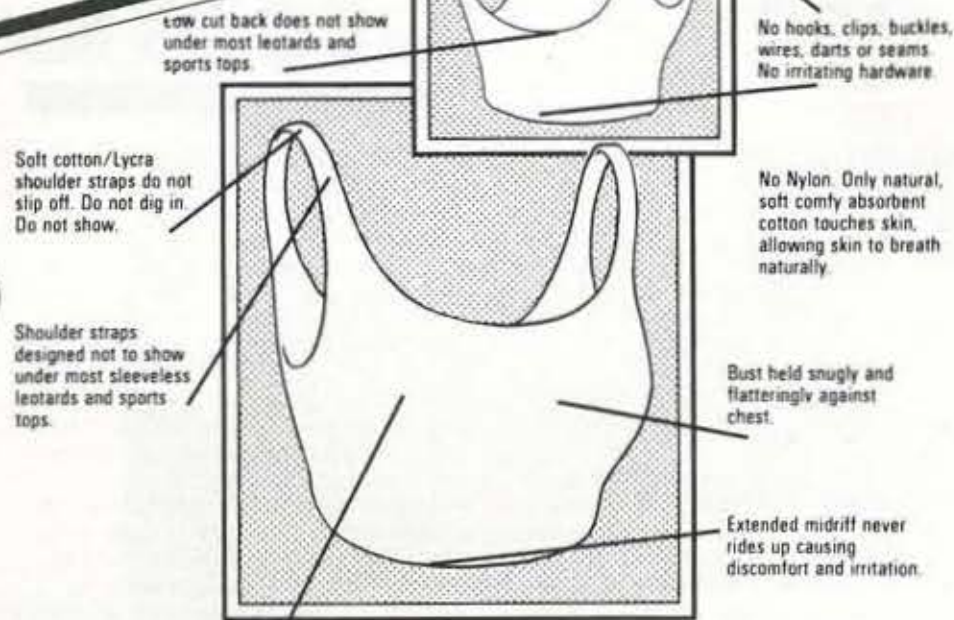
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Up Front

Wells 'back from dead'

WHEN he was at his peak, there were plenty of Scots who thought that Allan Wells could walk on water... now he has performed the sprinter's ultimate miracle of coming back from the dead.

Having suffered the ignominy of being dropped by the Scottish Commonwealth team selectors because he had failed to record a satisfactory performance in the run-up to the Games, he silenced his critics and thrilled his admirers only three days after the Games by beating Ben Johnson and Atlee Mahorn, the Commonwealth champions.

His Gateshead performance on August 5 ensured that the

selectors could not overlook him for the British team at the European Championships in Stuttgart — he has been selected for both the 100 and 200.

Wells will be joined by Scots Liz Lynch (3000 and 10,000) and Yvonne Murray (3000). Both of the Scots women will relish the opportunity of taking on Zola Budd in the 3000 — Lynch and Murray have both beaten the South African emigre in their most recent meetings.

Other Scots in the team: Tom McKean (800), Alistair Hutton (Marathon), Geoff Parsons (High Jump), Elliot Bunney (4 x 100 relay), Brian Whittle (4 x 400 relay), Sandra Whittaker (100,200 and 4 x 100 relay).

'Some' TV for Glasgow

LIVE TV coverage is back for the Glasgow Marathon this year "in some form" according to race director Bob Dalgleish. There was considerable criticism of the BBC coverage last year, which consisted of some poorly edited highlights in mid-evening instead of the magnificent coverage of previous Glasgow Marathons.

Inquiries by Scotland's Runner indicate that TV coverage will be restricted to live pictures of the start and finish, and possibly some flashes of the race. But there will be no helicopter, no tracking vehicle to follow the leaders, and possibly no

edited highlights on the evening of the race.

Dalgleish has had a late surge of entrants from the Inverclyde Marathon which was cancelled last month. "We are doing our best to accommodate them," he says.

Going gold in Athens

THREE young Scots put in fine performances at the first every World Junior Championships held in Athens.

Jamie Henderson showed the world that Scotland can still produce top class sprinters by coming home with two medals — gold from the 4 x 100 metres relay and bronze from the individual sprint.

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Good sprinting by Henderson's team mates (Philip Goedluck, David Kirton and John Ridgeon) and disastrous baton changing by the Americans gave the British victory in 39.80 — which equalled the UK Junior record.

Earlier, Henderson had given notice that he was in top form by taking the bronze in the 100 metres behind two crack Americans.

In the 2000 metres steeplechase, Tom Hanlon ran a personal best (5:32.84) to finish just outside the medals in fourth position.

High jumper Jayne Barnetson also had to be satisfied with fourth when she went out of the competition at 1.86.

Shoe cash for E.S.H.

EDINBURGH Southern Harriers are the only Scottish club to have picked up points in the

Adidas/International Athletics Club field events awards.

The shoe company and the IAC have joined forces to pump some £30,000 of financial muscle into field events, traditionally the weak relation in the track and field partnership. Three tiers of financial support will be provided through the awards project, which is designed to ensure that as much as cash as possible is used to beef up

the sport at grass roots level.

To encourage club backing for field events, the first tier of support will be the Adidas/IAC Club of the Year Award which will be given for each of the eight male and five female field events. The club of the year in each discipline will receive a subvention of £250, and there will be further subventions of £150 and £100 for second and third club in each category.

Awards will be calculated by taking the two best performances each month by separate individuals in club competition only.

The second tier of support will be the Adidas/IAC field events championships at Birmingham's Alexander Stadium on Saturday September 27, when the six top clubs in both men's and women's events will be invited to send representatives for each field event.

Lastly, there will be eight Adidas/IAC national field event days.

I'll be there, says Mike

NOTHING, it seems, was going to stop Glaswegian Michael O'Hara from taking part in Scotland's Adidas Mars Half Marathon in Aberdeen on August 17.

Not a near-fatal mystery virus last year, not the car which ran him down during a training run, not even the fact that he lives in Zambia.

"I'll be alright for the run," says the mechanical engineer from Bishopbriggs. "Please be assured you won't have to have an ambulance waiting for me. I am normally fit and healthy."

Michael (39) works with Zambia Consolidated Mines and is returning to Britain for a holiday in August. He suffered bad cuts to his head and an arm when he was knocked over as he returned to his home town of Kalulushi, but after a two week lay-off is back to training although he says in a letter to race director Ian Fraser his arm is very painful.

SWAAA row goes to court

THE row over the election of SWAAA honorary secretary Isobel Docherty is now making its sedate way through the legal system.

At the AGM last year, Eleanor Gunstone was deposed by Ms. Docherty, but supporters of the Gunstone

IT'S the meeting of the Games. Daley "Piss Off" Thompson receives his decathlon gold medal from Robert "I won't be presenting any medals" Maxwell.

To mark the occasion, Scotland's Runner is offering £25 to the reader who sends in the written printable version of the conversation between Thompson and Maxwell at the medal ceremony. The entry can take the form of bubbles coming out of one or both mens' mouths, or a written dialogue.

The competition is not open to employees of Guinness, Mirror Group Newspapers or Scotland's Runner (particularly our events' compiler). Entries should be addressed to: Big Mouth Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA, and reach us by second post on Thursday, September 4.

candidacy were unhappy about the method of nominating Docherty and have now taken legal action against the SWAAA.

The argument boils down to the fact that the Gunstone supporters say that Ms. Docherty's nomination was unconstitutional because she was nominated by the SWAAA executive — and not by a club or affiliated body as the constitution demands.

"Isobel Docherty's election is constitutionally invalid and I simply want to have the position cleared up by the next AGM at the end of November," says Eleanor Gunstone. "Sorting matters out through the courts has been the best method since it allows us all to get on with the real job of running athletics in Scotland."

Fast Men

AUGUST 28 sees the publication of Tom McNab's latest novel, 'The Fast Men'. McNab, whose Highland Games

feature begins on page 13 of Scotland's Runner, describes the book as the first ever sporting western.

Set in the American West of the 1870's, the fast men in the novel — some of Scottish origin — live by their wits and speed of foot, rather than trigger finger.

Published by Century Hutchinson Ltd, this racy novel is priced £5.95 in paperback. It will be reviewed by Scotland's Runner at a later date.

Bear scare for John

SWELTERING heat, ice-fields, midnight thunderstorms and grizzly bears were only some of the hazards encountered by reader John Hammond's team during the Jasper-Banff relay, run round the clock through the Canadian Rockies in late June.

John and two of his workmates took part in the Britcan Pathfinder team — a



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WHAT is the truth about the fracas between Daley Thompson and SAAA official Colin Shields? For a gleeful press, the story of Thompson telling an official to "piss off" added an extra head of froth to the previous day's antics about the Guinness logo.

Thompson defended himself by suggesting that Shields, who compiles the results and events service for Scotland's Runner, was out of order in approaching him immediately after the medal ceremony requesting him to attend a press conference. But Shields insists he approached Thompson much earlier, and that the three-times Commonwealth gold medal winner breached an agreement about press procedures.

To prevent athletes from being besieged by the press, the procedure had been agreed in advance. Immediately after finishing their events, winning athletes would give the BBC a "flash" interview before descending into the tunnel out of the centre of the arena.

If the written press wanted an interview, then it was Shields' job to pass the request onto the athlete and ask him or her to go to the press conference room immediately after the medal ceremony. This arrangement gave competitors about half an hour to compose themselves and give some thought to what they were going to say.

Although every nation attending the Games had agreed that their athletes would be available, previous experience with the decathlete had made journalists sceptical about the prospects of Thompson meeting his obligation.

Shields approached him immediately after his "flash" interview where Thompson was obviously relaxed and in good humour as he joked with the TV journalist.

"I congratulated Daley on his third Commonwealth gold - and told him that I hoped he would break the world record in Stuttgart. I then asked him if he would come to the press conference in about half an hour's time after the medal ceremony," says Shields.

Thompson's answer was firm and to the point. "I'm not bloody well coming to any press conference," he told the press liaison officer.

"I repeated the request saying that it was just 20 yards along the corridor and he would have about half an hour until after the ceremony to prepare for the press," says Shields.

"No. I don't go to any bloody press conferences. Don't you understand the bloody English language? Now piss off," said Thompson.

"I was shocked, because no one else had refused," said Shields. "Even some athletes like Fatima Whitbread who were a bit distraught agreed to come. But it was the manner of his refusal which really took me aback. I have no axe to grind for the press - if Thompson doesn't want to give interviews that's up to him - but there is no need for that kind of behaviour to someone whose job it is to pass on the message."

Shields received an apology from the English athletics team manager and an explanation that Thompson was difficult to control, but he was particularly wounded by Thompson's allegations next day that he had not been approached until after the medal ceremony.

"Every athlete was approached at the same time - down in the tunnel right after their event and with half an hour's notice of the press conference. I have spent enough years watching and officiating at athletics matches to know that you have to be sensitive in your approach, and that there are times when any athlete needs to be left alone. But Thompson had had plenty of time and had been joking and smiling with the TV reporter immediately before I went up to him," Shields explained.

Shields stresses that he remains a great admirer of Thompson's athletic abilities - "I still hope that he gets that world record in Stuttgart, but I have lost some respect for him as a human being."

Diplomatically, Shields decided to delegate the task of approaching Thompson's medal winning 4 x 100 relay team to his press liaison assistant Jeanette Heggie. Thompson politely declined with a "no thank you Jeanette."

"I just wish that he had been as polite to me," says Shields.

Stewart McIntosh

mixed squad of British and Canadian ICI workers who covered the 17 stage, 178 mile rocky mountain route with its cruel undulations ranging from 3500 to 6800 feet.

The relay stages varied from 7½ to 12½ miles and the race started in the noon-day heat of Jasper. By the sixth stage, the race was winding its way up to the Columbian

icefield where the teams encountered howling icy gales.

Racing right through the night, the runners had to wear reflective jackets and carry luminous relay batons -

As a result of a bear scare - grizzlies and brown bears abound and can run faster than people - support vehicles were warned to keep in close touch with their runners during the ninth leg.

With 2,200 runners entered from 130 teams, the Pathfinders were pleased to keep themselves within the first 60 for much of the race. But on the closing downhill stages their female members excelled themselves and pulled in a few places to boost the team to 50th position at the finish - with a time of 22 hours 3 minutes, 4½ hours behind the winners.

John Hammond says that the Canadian Rockies offer very good running prospects and recommends the Jasper-Banff as a very well organised event. Details of 1987 relay from: Jasper-Banff Relay, c/o CP Air, Standard Life Building, 10405 Jasper Avenue, Edmonton, Alberta, Canada T5J 3N4.

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LETTERS

24 Roxburgh Street,
Glasgow G12.

SIR - At last - a sport's magazine that is prepared to take a stand on the politics that affect sport. Too many sports journalists are prone to wringing their hands and wishing that the politicians would go away, but you at least have realised that sport can not separate itself from the realities of the world.

We might not always agree with your views, but readers should appreciate having a magazine which can state an informed opinion clearly.

Congratulations too for your coverage of women runners. For too long, female sport has had a second rate press compared to that given to male athletes.

Strong views and a woman on the second issue cover - keep it running!

Fiona Harrison.

20 Ancaster Drive,
Anniesland,
Glasgow G13 1ND.

SIR - I bought my second issue of

Scotland's Runner with enthusiasm after a very successful first one. However, I was angered and disappointed by your nasty little article on how women runners can 'cope with a larger chest'.

The photograph heading the article centred upon the ample bosom of Linda Young being leered at by a cartoon of a couple of pornographic-looking photographers making a cheap joke about her. The stupid, sexist addendum to the article saying that big-chested women have the advantage on the finishing line was offensive.

Women runners need all the mature and sensitive encouragement they can get. We expect to be taken seriously by a magazine such as yours, and articles going on about "black eyes" and "boobs" belong in the smutty tabloids.

For God's sake cut it out and move into the 1980's or lose a reader.

Glenys Dawkins.

THE "nasty little article" Glenys Dawkins refers to was written by Linda Young at her own initiative.

and was intended to be a light-hearted approach to a very real "problem" for some women runners. It was illustrated accordingly.

We are making every effort to afford women runners equal coverage, not only because they merit it but because we recognise that they get a raw deal in other sports magazines. We're sorry if Glenys interpreted the article as sexist.

29, Standing Stone Walk,
Dunfermline,
Fife.

SIR - I would never have known, at least not for some time, that your magazine was in print if I hadn't been handed a copy at the finish of the Stirling Runsport Half-marathon.

It's a great magazine, and it's nice to know we Scots can get good all round coverage of not only track athletics but also of the long distance runs.

I am 46 years old and only took up long distance running just over a year ago. Since then, I have been in four Scottish Half-marathon events, and managed to complete them all.

My ambition is to run a full marathon, but that won't be till next year. However, I must say a big thank you to Stewart McIntosh and Fraser Clyne. I have been doing their training schedules to build up to marathon fitness and have already managed a 17 mile run averaging nine minute miles. For me this is tremendous, so thanks again fellas.

It may be of interest to other readers that for long distance runs if one can persuade a friend or relative with a car or bicycle to go ahead of them on their long, slow distance days with water, they need never get into undue stress through heat exhaustion or dehydration. In my case, my son, who is keen on cycling, helps me out in this way.

Thanks again to all your staff at Scotrun.

Jim Hall.

P.S. I am also impressed by the high standard of your photographs and typography. Keep on (s)printing!!

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An ancient part of Scotland's heritage, traditional Highland Gatherings were only revived some 140 years ago. Glenfiddich is proud to be part of this revival, as you will see today when the giant "Heavies" gather to do battle in the "Glenfiddich Heavy Events Championship". The contest determines who will be crowned the champion "Glenfiddich Heavy" of the Crampian Hills - in the heart of which lies the Glenfiddich Distillery, the home of traditional whisky.

Over a series of 10 Gatherings, their Herculean efforts are tested in the five disciplines of the "Glenfiddich Heavy Events", including Tossing the Caber and Throwing the Hammer. To invest in the future of these traditional Gatherings, Glenfiddich has also established a Qualifying Scheme to encourage novice athletes, with the chance to compete before Her Majesty the Queen at the Braemar Gathering in September.



LETTERS

of the first issue of Scotland's Runner at the Runsport Half-marathon in Stirling.

Because we just don't have the resources to promote and advertise the magazine as we would wish the only other practicable way of making runners aware of our presence is to give away promotional copies. As Jim Hall points out he would still be unaware of our existence had we not, and the same probably applies to hundreds of other Stirling finishers.

Obviously it must be slightly galling for readers who have paid £1 for the magazine to see it being given away, but we should explain that the Stirling copies were distributed four weeks after publication, and just four days before the second issue appeared in the shops.

Readers can be assured that during the, hopefully short, period we have to give away promotional copies, this same policy of distributing them at the very end of the magazine's monthly shelf life will apply.

190, Cuiken Terrace,
Penicuik,
Midlothian.

SIR - I congratulate you on your first two issues of Scotland's Runner. I thought they were excellent, but I have one point to make. I was dismayed by the lack of results for younger athletes. I am a Junior Boy (11-13), and I and probably a lot of other young athletes would like to see more Junior results than men's or women's all the time!

Gavin Smith (age 11)

19, Mossdale Gardens,
Earmock,
Hamilton ML3 8UY.

SIR - Please, could you explain your procedure for publication of road race results? I have been running seriously for about five years and it has long been my ambition to read my name in the results sections of either the Athletics Weekly or more recently Scotland's Runner (bought faithfully since the first publication). However, fate always seems to be against me.

Firstly, due to a results mix-up I missed my chance when finishing third in a Sri Chinmoy held in Strathclyde Park. Only the first two ladies names were published.

Even a black eye sustained at the start of a race held in Pollock Estate did not merit my L1 position being published when I beat 49 other women and the guy who gave me the kecker.

Recently, I was L1 in the very hilly Hamilton road race held during a heatwave and was

delighted to see the placings published in your magazine. Eagerly I searched for L1 but guess what? It wasn't there. (OK, I know it was a slow time but I did win the Ladies race last year as well in 41mins 20sec.).

So please, just once could you give me just a little credit at least for my efforts, if not for my blistering times, and if you happen to come across, L1 A. Harvie (Monklands Shettleston L.A.C.), please, please publish it. I would have fulfilled one ambition, and you would have made a keen runner very happy.

A. Harvie.

P.S. I think your magazine is long overdue and an excellent publication.

4, Braeside Avenue,
Mingavie.

SIR - I very much agree with Arnold Black (Scotland's Runner, issue two). We certainly need more results; indeed one of the main reasons I buy your magazine is for results. Surely the best ten, three top veterans and ladies, and number of finishers wouldn't be too much to ask.

I enjoyed the article on the Scottish Athletic Journal. How about one on the legendary "Scots Athlete"?

One wee criticism - I nearly didn't enter the marathon competition as I hate cutting up magazines. Surely you could have affixed an entry form, as its a shame to spoil a new magazine.

Best of luck in your brave venture.

Duncan Campbell

Elive,
Crook of Devon.

SIR - I am writing to support the call for more results made by Arnold Black in August's issue. Surely in a 50-page magazine we could have more than one page of results.

I was looking forward to reading the results of the Loch Rannoch Marathon to find out the time of the first woman veteran - but nothing. Looking back through other results, I found it hard to find any woman vets at all. Why can't we have first, second and third vet, and three women vets with times?

After all, the more results you publish, the more interesting they become to those of us further down the field.

Sheila Banchop.

POINT taken, point taken! Starting with the November issue we'll introduce a more detailed results service, but in any case we're already taking steps to provide better coverage for veterans and juniors.

6, Cathkinview Road,
Mount Florida,
Glasgow G42.

SIR - The Scottish Marathon Club proposed a recommendation at the 1984 Scottish AAA AGM for the general committee: "That in accordance with IAAF rules and to bring Scotland into line with most other countries; any competitor who has reached the age of 18 on the day of the race will be permitted to run all distances up to an including the marathon."

As this proposal was carried by 70% of the vote at the AGM, it seemed just a formality that the rules would be changed. Not so! I represented the Scottish Marathon Club at the 1985 Scottish AAA AGM held on December 21, and asked why the proposed amendment by the SMC at the previous year's AGM had not been implemented.

John Fairgrieve, the full-time Scottish official, replied on behalf of the Scottish AAA that although 18 year olds could run in "People's marathons", they could not run in "open marathons", because, in his words: "there is not the same strain with people's races" - A comment I found - and, I hope, most runners - offensive.

Many of these "People's marathons", or to the Scottish AAA "fun runs", incorporate international team competition, and involve many of the leading marathoners.

As a vote could not be taken at the AGM, I asked that the matter be referred back to general committee. Since that time over 8 months ago, the SMC have received no word on the matter from the Scottish AAA.

Whilst on the matter of "People's races", up to the end of March this year the Scottish AAA imposed a levy of £1 per runner (50p since April 1, 1986) in these races. Since this 'rule' was introduced, the Scottish AAA have netted over £100,000 - indeed it can be said without hesitation or contradiction that without the running boom the Scottish AAA would have been bankrupted many years ago.

Unfortunately, the Scottish AAA do NOT plough back this money into road and distance running. This is about the equivalent of the Scottish Marathon Club demanding a £1 levy every time a thrower or jumper competes in a field event!

For many years, road and distance running was regarded by the Scottish AAA as the poor relation to track and field, and was suitably ignored. With the running boom it is now the other way around. Pity, therefore, that the Scottish AAA still have a low regard for the road and distance running family.

John Softley

JOHN Softley makes several points which must be of concern to marathon runners and road runners generally. The debate is open!

171 Forest Avenue,
Aberdeen.

SIR - Well done on producing a much needed magazine which is informative and balanced in its content.

Being a runner from Grantown-on-Spey, but now living in Aberdeen, I would like to put pen to paper in support of two annual events in the North district.

The last Saturday in June each year sees the Cairngorm Hill Race, a 10 mile event climbing to 4084 ft. The event is superbly organised - course markers every few hundred metres, drinks stations (it was into the 80s this year!) etc. etc.

The cost for this lavish treatment is a mere 50p entry fee - a bargain indeed.

July 19 saw the third annual Lochinver 10 mile road race reputed to be one of the toughest 10's in the country. Who am I to disagree? Phew!! it certainly is hilly, but nonetheless a great challenge and a super event.

Lochinver is remote, being approximately 25 miles north of Ullapool, so the journey there from whichever direction is scenic and typical of the Western Highlands. The race is organised by Roy MacLeod on behalf of the Lochinver Coastguard and they provide a most successful event in an out and back course which is well marshalled with all the usual race trimmings. Competitors had travelled from the islands, England, Edinburgh, and several foreign runners joined in the fun.

Prizes are superb, with local craftsmen-produced items. The winning trophy is worthy of special mention. The "Coastguard Trophy" was made by two local craftsmen who spent a year of their spare time together to produce a specially made ship's bell mounted on a hand carved wood frame. It is indeed a valuable and much treasured prize.

Following the presentation, hot soup and a salad meal is prepared for the competitors giving everyone a chance to enjoy a friendly social get-together. The race has attracted the likes of John Stephen, twice winner of the Inverclyde Marathon, Willie Day of Falkirk Victoria and Alan Partridge, a former international cross-country runner. The event attracts about 20 people each year and would welcome an increase in competitors.

Mike McCulloch

(Forres Harriers & Aberdeen AAC)

Scotland's Runner

Highland GAMES

THE TRUE TRADITION?

Q. When did you attend your first Highland Games?

A. Paradoxically, it was a lowland games, down in Wigtonshire back in 1949. But it was essentially a Scottish rural meeting, coming from the same roots as the Highland Games. I was a lad of 15 tattling howling with my schoolmates for a few bob, and there was this local meeting with prizes of about ten shillings for a win - a fortune. I seem to remember that I won the high, and hop step and leap, and got second in the long jump.

Q. What were conditions like?

A. Primitive! There were no pits for any of the jumps. I could just about handle it in the high jump, but I was scared stiff in the long jump. No pit, no take-off board



TOM McNAB, best-selling novelist and former Scottish champion in the triple jump, TV commentator and national athletics coach, takes a smell at the wet, cut grass of professional Highland Games. It is, he claims, in an interview with himself, Scotland's true athletics heritage.

— I think I cleared just over 5 metres. I cleared about 1.50 metres in winning the high jump (the commentator called me 'the new Alan Paterson') and, more significantly, close on 12 metres in the triple.

Q. Were you aware that this was a 'professional' meeting?

A. Dimly, in a young boy's way. I knew it wasn't the same as Shettleston Harriers. sort of sensed that this was forbidden territory.

Q. What was the standard like?

A. It was handicap athletics, and the best sprinters weren't capable of much better than 10.5 seconds for a hundred yards off scratch, but there was a fellow called Hugh McCaull (I'll always remember his name) a good-looking local lad who could run 4.25 for a mile, a cracking time for those days.

Q. And your first proper professional Highland Games?

A. The early 1950s. That was when I first



Highland GAMES

THE TRUE TRADITION?

saw Jay Scott, one of the three greatest natural all-round athletes I ever encountered.

Q. The others?

A. Daley Thompson and a Scottish amateur of my period, Bill Piper.

Q. What was Jay Scott capable of?

A. He cleared about 1.90 metres in the high jump, just short of 7 metres in the long jump, and just over 14 metres in the triple. But he could also throw 14 metres in the shot, run a hundred yards in close to evens, and toss the shafted 16lb hammer about 37 metres!

Q. Those are good marks, but don't look fantastic by today's standards?

A. No, but you must remember the conditions under which they were performed, football pitches or, more often, rough farmers' fields. Jay Scott was, in my view, one of the greatest Scottish athletes of all time; no question of it in my mind.

Q. He seems to have made a great impact on you?

A. Jay Scott had a wonderful athletic charisma. He was the essence of athleticism, tall and good-looking, with a beautiful animal quality in all his movements. He was simply marvellous.

Q. Who were the other Games athletes of the period who impressed you?

A. Bill Anderson; he was wonderful, still is, to me he is the essence of the Games. The speed he used to get in that hammer-head! His throws of 151ft. with the light hammer and 123ft. with that great pudding of a 22lb. hammer were magnificent.

Q. Did you compete in any amateur Highland Games?

A. Yes, but most were professional at that time. The amateur sports meetings of the period were essentially footracing and cycling meetings, with an occasional high jump (the Alan Paterson 'boom') thrown in. I competed in the first



and last Helensburgh Highland Games in 1951 — I cleared just over 13 metres, (which put me 4th in the British junior rankings!) winning in the final round against a Glasgow University lad called Goudie. The first major amateur games I competed at were the Edinburgh Highland Games at Murrayfield in 1952 — I remember beating the American pole-vaulter, Bob Richards, in the hop step and jump.

Q. But you always felt drawn to the professional games?

A. Yes, at first on an instinctive basis — there was something 'real', something of my Scottish roots in them. Later, in the mid '50s, when I spent countless hours in the Mitchell Library going through a 100 years of Highland Games results, I realised why I had this feeling for the Games. For they were Scotland, they were where the sport of athletics had come from.

Q. What did you find out in your studies?

Bears abound as this cove prepares to toss the caber.

A. First, the depth of the roots. The Games probably go back to the 14th century, but in their modern form they are about 150 years old. The 'boom' in Highland Games came first with the development in the railway system in the middle of the century, and second with Queen Victoria's residence in Scotland.

Q. What were 19th century performances like?

A. Very difficult to know. Certainly the great Donald Dinnie tossed close to 50ft. in the shot and about 130ft. with the 16lb. hammer. Dinnie also went close to 6ft. in the high jump before he broke his leg at Rothesay Games. He was a magnificent all-rounder, simply unbeatable from 1867 to 1890 in everything from caber to catch as catch can wrestling. He took Highland Games to America, New Zealand, Australia and South Africa.

Q. When did he die?

A. 1917, alas in very poor circumstances. Dinnie had made massive sums during his career, which ran for well over thirty years, but he was a bad businessman

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Highland GAMES

THE TRUE TRADITION?

and lost several fortunes during his lifetime. During the first World War, one of the shells which was fired upon the German Army was called a Donald Dinnie.

Q. So the standard of throwing was high?

A. Yes, there were probably more putters capable of 14 metres in 1900 than there are now!

Q. And jumping?

A. Tivendale was credited with 6'1" before the amateur, Brooks, cleared 6'0" in 1876, but Games' high jump performances were always doubtful. There were a fair number of jumpers in the 5'8" to 6'0" area in the last years of the 19th century, and an occasional pole-vaulter over 11'0", and an odd long jumper over 22'0". But it was the triple jump that was really rich in performance. The great Hogg of Hawick cleared 49'9" in 1893, and Sam Muir was credited with a more doubtful 50'6" in the first years of the century. I have notes of several occasions, particularly in Southern Games, of events in which there were several jumpers over 46'0" in the same competition.

Q. How many meets were there every week?

A. Every Saturday there would be anything up to eight recorded meetings running from 'true' Highland Games in the north, to such events as the Shettleston National Games and the Border Games.

Q. How did the Border Games differ - I notice you seem to class them as Highland Games?

A. I do so because they are the same sort of rural games as the Highland Games. The only athletics difference is that they didn't have the hammer and the caber. But they did have certain specifically Southern events, all of which have vanished into the mists of history.

Q. What sort of events?

A. The 6lb. ball-throw - this must have been thrown like a javelin. Then there were the standing jumps, and the hitch and kick.

Q. The hitch and kick?

A. This involved jumping to kick a suspended sheep's bladder with your take-off foot, then getting your foot back on the ground.



The kilt is still the predominant dress of Highland Games, top and centre, but tug o' war is a powerful pull for many.

Q. How high did they jump?

A. 9'4" was the best Scottish jump of which I have record, but the great Irishman, Mike Sweeney, (inventor of the Eastern Cut-off) cleared 10'4" in the early 1900s in New York in a Highland Games.

Q. So what happened to the Southern Games?

A. They seemed to die after World War I. The War destroyed a whole generation of young men of the villages of Southern Scotland and their games seem to have died with them.

Q. But the Highland Games survived?

A. Yes. By the early '20s they were back in full flower. I met George Clark, one of the throwers of that period, a couple of years back. He was putting 46' and throwing 120' in the hammer, back in the 1920s and 30s. He was still competing in the early 1950s and was the first to toss the Braemar caber when he was over 50. A wonderful man! Clark is a classic example of the 'agricultural strength' of the classic Highland Games athlete.

Q. Agricultural strength?

A. Yes. It's the type of strength gained through daily manual labour, quite different from the elastic strength of the modern weight-trained athlete. I asked Clark if there was any athlete of his period who could compare with the modern throwers. He said only one - the great A.A. Cameron, who had retired by the 1920s when Clark was coming to his best. Cameron was credited with a putt of 55'8" back in the early 1900s.



Scotland's Runner

Highland GAMES

THE TRUE TRADITION?

Q. Do you accept this?

A. No, if only because it in no way relates to his other putts which were in the sub 50' area. Indeed, there is no record of Cameron ever putting over 50' with a genuine 16lb. shot on level ground. But he was clearly a magnificent athlete, regularly clearing 50' in the standing high jump.

Q. How popular were the games in the 19th century?

A. I estimate that on any one summer Saturday there were 30,000-40,000 people watching up to 15 Highland Games. They were immensely popular, stretching down in to England with such events as the Manchester and Liverpool Highland Games, and abroad to the United States in the mid 1840s.

Q. What impact did the amateur movement of the 1880s have?

A. The main impact of the amateur movement lay in Central Scotland. In the rural areas things went on as before, because the amateurs were essentially city-based harriers. They created pale versions of the Games throughout Central Scotland - essentially handicap running with cycling and an odd field event. The amateurs ignored the rich tradition of field events of the Games and therefore when we entered the Olympic movement. We suffered immensely, and have done so until relatively recently.

Running may not be the premier attraction at the Games, but nevertheless remains popular with the crowds.



Scotland's Runner



Brian Robin (Isle of Seil) winds up for action, above, while the bale of hay is tossed over the bar, below.

Q. Do you think the 19th century amateurs should have tried to evangelise, to 'amateurise' the Highland Games movement?

A. Hindsight is an exact science! Yes, they should, like the Football Association and the Jockey Club, have tried to embrace all of athletics and thus would have organised and purified the 'professional' element of the sport. This would have meant that they could have regulated and controlled all aspects of athletics, and, as it 'opened' out in the post World War II period, could have dealt with its entire population. The same could, of course, have been said of the Amateur Athletic Association.

Q. But do you think that the Games could have survived control of the amateurs?

A. Probably not! I think that the local and essentially primitive nature of the professional games movement is what has enabled it to survive. That is, after all, what makes the Games unique.

Q. How did the Games survive World War II?

A. Because of the efforts of one man, Tom Young, who formed the Scottish Games Association in 1947. More recently, with the death of Tom Young, the responsibility has been taken up by Andrew Rettie, and although his task has not been the same as that of Tom Young, he has been the recent mainstay of the Games movement. The SGA, though it created event-rules and the code of conduct for the foot-racing competitions

such as the Powderhall Sprint, cannot be compared with the Scottish Amateur Athletic Association, because it is essentially a loose assembly of games organisers, rather than a governing body.

Q. John Freebairn, who was still competing in the Games at around 50 and is now a reinstated amateur, said that there would be no landing areas for high jump and pole vault. Do you agree with this?

A. Yes, I do. What makes the Highland Games unique is that they have stayed the same for centuries. If you want to see people running round a Tartan track or flopping on to a foam landing-area, then the place to go is a conventional track and field meeting. But the 'test' of the Games is to compete in simple, natural conditions and to adapt to these conditions.

Continued on Page 43

MARATHON TRAINING SCHEDULES

THE COUNTDOWN to the Citylink Coaches Marathon brings our training schedules for beginners, second-comers and experienced runners to the final four weeks. STEWART McINTOSH outlines the final steps for novices and those who have previously run a marathon but want another crack at the distance, while Commonwealth Games marathon man FRASER CLYNE shows the way home for experienced runners who want to reduce their time to around 2:30.

FIRST AND SECOND TIMERS

The schedule for the last four weeks is designed to consolidate the work that you have already put in, and then to help you taper off over the final fortnight, writes Stewart McIntosh.

Beginners have to continue those long, slow runs for the first two weeks to ensure that hearts, lungs and legs have become familiar with the demands of distance running. Don't worry about the fact that the schedule does not include a jaunt over the full 26.2 miles of the marathon distance — so long as you can

manage the 160 minutes without finishing in distress you should be OK on the big day. The excitement of the occasion and the encouragement of the crowd should do the rest.

Cut back on the schedule if you have to, but don't stint on the long Sunday run. That's the one that will get you back to Glasgow Green in good shape.

Second-comers should also make a priority of the long Sunday run. The more miles that you have in the bank, the easier will be the job on September

21. The Thursday fartlek session is designed to add some quality to the quantity, but don't try to surge or sprint for the whole of the run — the first and last couple of miles should be run at an easier pace, and fartlek should only be carried out for three or four miles.

Resist the temptation to train on rest days, as your body needs time to recuperate and strengthen. There is no point in trying to do too much in the final fourteen days — you need to taper off so that you are in tip-top condition for the big day.

BEGINNERS

	Week 9	Week 10	Week 11	Week 12
SUNDAY	140 minutes	160 minutes	90 minutes	60 minutes
MONDAY	rest	rest	rest	rest
TUESDAY	40 minutes	40 minutes	40 minutes	40 minutes
WEDNESDAY	80 minutes	80 minutes	60 minutes	rest
THURSDAY	40 minutes	40 minutes	40 minutes	20 minutes
FRIDAY	rest	rest	rest	10 min jog
SATURDAY	30 minutes	30 minutes	30 minutes	rest

SECOND-COMERS

	Week 9	Week 10	Week 11	Week 12
SUNDAY	20 slow	20 slow	15 slow	10 slow
MONDAY	6 slow	6 slow	6 slow	6 slow
TUESDAY	8 steady	8 steady	8 steady	rest
WEDNESDAY	6 slow	6 slow	6 slow	6 slow
THURSDAY	8 fartlek	8 fartlek	6 fartlek	rest
FRIDAY	rest	rest	rest	2-3 jog
SATURDAY	8 steady	8 steady	8 steady	rest

FOR EXPERIENCED RUNNERS

With only four weeks to go until the marathon, we now enter the period of fine-tuning. Only one more 20 mile run is recommended, because at this stage I feel it is more important to get some speed into the legs. It is for this reason too that I suggest cutting back on the hill running sessions which have been a regular feature of the training programme over the past two months.

sessions should be reduced this month. Take 1½ minutes rest in the session of repetition, 300m's and four minutes rest in the repetition five minute runs. The new session introduced this month is an up the clock event. Your recovery between each fast section of this run should be a nice easy jog over the same distance you have just done. That is, run 200m fast then jog 200m, run 400m fast then jog 400m and so on.

The last week before the race is

important. Remember, you want to feel as fresh as possible on race day, so take it easy in training. There is no need to do any hard running during these final seven days. Short slow runs are the order of the day, with some strides during the middle of the week just to stretch the legs.

It only remains for me to wish you all good luck... let me know how you get on.

FRASER CLYNE

Week 9		Week 10		Week 11		Week 12	
SUNDAY	15 steady	SUNDAY	20 easy	SUNDAY	15 easy	SUNDAY	10 easy
MONDAY	7 easy	MONDAY	Up the clock: 1 x 200m, 1 x 400m, 1 x 800m, 1 x 800m, 1 x 400m, 1 x 800m	MONDAY	8 including 6 x 300m	MONDAY	5 easy
TUESDAY	8 including hill running session	TUESDAY	8 steady	TUESDAY	10 easy	TUESDAY	5 easy
WEDNESDAY	7 steady	WEDNESDAY	8 including 4 x 5 minutes fast	WEDNESDAY	7 including 5 miles sustained effort	WEDNESDAY	5 jog with some comfortable strides of 100m-300m
THURSDAY	8 including 6 x 300m	THURSDAY	7 easy	THURSDAY	9 easy	THURSDAY	3 jog
FRIDAY	5 steady	FRIDAY	8 steady	FRIDAY	Up the clock session	FRIDAY	Rest day
SATURDAY	10 easy	SATURDAY	9 including 10Km race or time trial	SATURDAY	10 easy	SATURDAY	2 jog

STEWART McINTOSH talks to Jim Donnelly and Anna Damer - pictured with her dad Sean - about their preparations for the Citylink Coaches Marathon.

Marathon people

The training is all done, the kitbag is packed, your race number is pinned onto your semmit. But what is it like to run your first marathon? Jim Donnelly ran the Glasgow Marathon last year in 4:43 at the age of 39. He told us how he felt on the big day.

"I didn't sleep very well the night before the race - I was full of nervous anticipation. I got up at 6am after four or five hours sleep and felt thoroughly miserable. The rain was teeming down and I felt cold and tired. It was obvious that God didn't approve of marathon running on the Sabbath!

"I ate very little - a slice of toast and some coffee was all that my body seemed to want. I walked about as if in a bit of a daze. Everything around the house felt very quiet, and I was quietly preparing myself mentally for the run.

"When my training partner, Mary Paterson, and her husband arrived to take me to Glasgow Green we were all very quiet in the car. You could sense the anticipation.

"When I walked into the huge changing tent the noise was unreal. Lots of excited people chattering and joking. But you could tell the difference between first-timers and the old hands - the first-timers seemed to be more boisterous and excited, while those who had done it all before just prepared themselves quietly.

"After the gun and the huge roar from the crowd we had to wait almost six minutes before we got to the starting line in High Street and could really start running. The weather was so awful that I stayed very quiet for several miles; it was as if I needed to concentrate my mental energy inside me to get through the day. I felt very withdrawn.

But once the miles started to roll by, the crowd began to lift me. They were tremendous, all those strangers encouraging and cheering you on. A lot of my friends turned out to support me and that helped too - especially one family who managed to zoom around in their car and cheered me on at five different points!

"I hit the wall in Pollok Country Park, just at the 21 mile point. The tarmac traffic bumps in the park seemed like mountains, and my legs hurt a lot as I ran over them. But Mary and I encouraged each other through the bad patches and by the time we reached Paisley

Road West we could smell the finish. Nothing could stop us now. We were going to finish and get those medals...

The final half mile through Glasgow Green and the cheering crowds was a blur - and I seemed to keep on running right through the finish and past the girls with the medals and the space blankets.

"When I went back to the tent it was very quiet compared to the noise of the morning. There was a lot of very sore people in there, but you could see the tired pleasure on everybody's face. I was sore too, and another guy and I had to help each other to get our warm kit on.

"I walked out of the tent into the Green clutching my medal and realised that I was crying. I have never felt like that in my life before. Nothing will ever compare to that sense of achievement. It was wonderful, all of the training had been worthwhile, and I'd done something at an age that a few years ago I would have thought to be impossible."

The biggest boost to Anna Damer's marathon came during a ten miler in early August - "I realised that I was running strongly and that my Dad was struggling. It felt great!" she says.

The 21 year old Langside College student took up running two years ago and now feels quietly confident that she will get round the Glasgow course on September 21, although she concedes that a bit more mileage during August and early September would help to make the run more comfortable.

Up until May her training largely consisted of a four mile run every second day, backed up by cycling to and from college, and a swim every lunchtime. But while living for much of June and July in the USA, she decided to increase her mileage, in spite of the hot humid conditions. Now that she is back in Glasgow she is running for half an hour four times a week, then throwing in a ten miler at the weekend.



Her best time so far is 84 minutes for ten miles.

On the face of it, this is relatively low mileage for a marathon, although it will probably prove to be enough for a fit young woman whose cycling and swimming will have built a lot of strength into her heart and lungs - but only if she fits in a few more ten milers and the occasional two or two-and-a-half hour runs in late August.

Anna took up running two years ago, partly to keep herself healthy and partly to increase her personal feeling of independence. "I used to have very bad circulation. In winter I'd walk home carrying shopping bags with sheepskin gloves on and I'd still be almost weeping with the pain and cold in my fingers. I don't like the idea of taking medication for problems which you can sort out for yourself, so I started running.

The effect on my circulation problem has been tremendous," she says.

She has also noticed a great improvement in her breathing and her posture as her training has progressed.

Apart from the improvement to her physical fitness, Anna values her running because of the feeling of independence which it gives her. "Nobody else can train for you, you have to do the work yourself. And it is very good for developing self discipline," she says.

She trains regularly with her father Sean, a former Paisley Technical College lecturer who now spends much of his year acting as a guide in the Cretan mountains. Sean ran his first marathon in Glasgow last year and Anna is hoping to maintain the family's running success story by arriving back at Glasgow Green within four hours on the big day.

RUNNING SORES

TO JIM BLACK

I am a 38 year old male who has been forced to give up hill running due to a bad case of what my doctor calls "black toe". He says that it could be months before it clears up, although I'm keeping fit by swimming. Any suggestions for preventing this in the future and for speeding up the healing?

BLACK toes are common to many sports. They are caused by undue pressure on the nail, particularly the big toe nail, which results in bleeding under the nail. The blood turns black within 24 hours of injury. It frequently happens to footballers and rugby players whose toes are often trod on.

It also occurs in other sports such as skiing, squash, tennis and badminton because of the sudden changes in direction resulting in the toes being impacted against the toe box of the shoes. A similar situation exists in hill running where when running downhill the foot slides forward thrusting the toes against the front of the shoes.

The immediate treatment is to drill holes in the nail releasing the blood. Relief is instantaneous and prevents separation of the nail from the nail bed. However, if the injury is long standing the quickest way to speed recovery is to remove the nail, which in most cases will be shed in the recovery period.

In the long term, the aim in prevention is to stop the foot sliding forward in the shoe, and to ensure that the shoes are the correct length. Always remember the 'rule of thumb'. The shoes should fit snugly around the waist of the foot, with a complete thumb's breadth between the big toe and the end of the shoe.

TO JIM BLACK

I am a 34 year old woman and have been running road and cross country races at club level for four years. I tend to be prone to injuries and take care to train in shoes that are well padded and supportive, but I prefer to compete in light "racers". Should I consider sacrificing time off my long distance road times by competing in trainers?

Injured? Worried about getting injured? Or do you need top professional advice on diet, footwear or any of the habitual problems which follow runners about?

Write to us at Scotland's Runner (giving your name and address, although these will not be published) and our panel of experts will do their best to answer your queries.

YOU don't say whether these injuries you suffer occur during races or whilst training. However, most racing shoes are 'slip lasted' making them lighter and less supportive. If you think there is a correlation between your shoes and injury, then the logical answer is to change your shoes even if this means a few seconds lost. However, I get the impression that there may be an underlying biomechanical cause which needs some investigation.

TO GREG McLATCHIE

I am a 27 year old male, and have been running track and road races for six years. I'm quite good (10 mile personal best: 51.48), and was training about 60 miles a week until four months ago when diabetes was diagnosed and my G.P. advised rest for a while. I miss my running and would like to start again. Would it be safe, and if so, could I expect to build up to my previous level? If running is not advised what other activities would be beneficial?

I ASSUME that because of your age you are an insulin dependent diabetic, and therefore require to inject yourself daily with insulin and carefully monitor your carbohydrate intake. Older diabetic patients can often be controlled by diet alone or by sugar-reducing drugs.

Diabetic people can take vigorous exercise, but each person must carefully tailor his carbohydrate intake to his or her insulin requirements. There are however some general comments: 1) Many diabetic patients who exercise find that they do not need to take so much insulin. The reasons for this are uncertain, but it may be due to exercise induced chemicals and hormones

which increase tissue sensitivity to circulating insulin.

2) During the early exercise period insulin requirements may swing considerably, but begin to stabilise after a few weeks.

3) There are some excellent diabetic athletes — one famous Glasgow footballer being one — and it is possible to perform well again although severe exercise may induce hypoglycaemia if too much insulin has been taken.

I therefore do not advise you to give up running. You may, however, have to be patient until your insulin requirements can be titrated against your exercise and carbohydrate intake. Valuable advice could be obtained from the British Diabetic Association and also from your general practitioner.

If you feel unable to start running again, hill walking or water sports (such as windsurfing) are suitable and exhilarating alternatives.

TO GREG McLATCHIE

I started running six months ago and was keen to build up to a marathon or half marathon by the end of this year. My training, however, has been disrupted by a pain in my left knee which is accompanied sometimes by a kind of crackling sound when I move the joint. I am male (43) and until I started running hadn't taken any real exercise for about fifteen years. What exercises can I do to strengthen the knee?

PAINFUL knees in running are a common problem. The pain may be located above or below the kneecap, or in and around the knee joint itself. Unfortunately, all of these areas can produce the symptoms you describe. There-

fore, if the pain is persistent and recurrent, it is worthwhile seeking the professional opinion of your doctor who may wish to investigate your symptoms further or even refer you for the opinion of a specialist. My advice would be to establish the diagnosis first and then carry out strengthening exercises, or do whatever else is required to correct the symptoms.

One common cause of knee pain, accompanied by a crackling sound of the joint on movement (called crepitus), would be osteoarthritis. In this condition, the surface of the joint becomes roughened either because of 'wear and tear' or because of damage from a previous injury. Approximately 35% of people in their forties will have some change in their knee joints due to this condition. Sometimes small fragments of the joint can become dislodged producing pain, irritation and swelling. On movement, crepitus and a feeling of tightness may be noted.

The knee depends on the quadriceps muscles for stability. These are the large muscles above the knee on the front of the thigh and when these are exercised the knee is strengthened. One of the best ways to achieve this is to do leg straightening exercises — at first without resistance, then against resistance such as weights.

In the sitting position — on a bench or chair — fully extend the legs until the knees are locked. If you feel the muscles around the knee they will be firm. Relax, and repeat the procedure 10-15 times. The exercises can be done three times a week to begin with, and after two weeks resistance can be added. Provided there is no need for specific treatment to your knee these exercises will improve quadriceps power.

Treatment: When such symptoms occur, it is worthwhile applying the basic principles of ice, compression and elevation, and added to this aspirin or disprin therapy, provided you are not allergic to them. If there is no improvement after two or three days, you should consult your doctor. Once pain has settled start quadriceps strengthening exercises.

N.B.: If this condition occurs in an adolescent runner extra care must be taken. Complete rest is essential before running is restarted and pain must have settled. When symptoms are severe and recurrent a change of sport may be necessary.

When 46 year old Don Macgregor came second in the Edinburgh Marathon earlier this year in a time of 2:27:30 he was obviously delighted but added "It's a shame Edinburgh cannot manage to put on more of a show and get the local people more interested." (Edinburgh Evening News 2/6/86)

Many runners were bitterly disappointed when they were denied the glory of finishing the 1986 Edinburgh marathon in Meadowbank Stadium. The special Commonwealth Marathon actually finished in a small side street rather than in the main venue of the Games. Just completing a marathon course is glory in itself, but for many competitors the edge was taken off the event.

But this year's late change of the finishing venue is only part of widespread criticism of the event by home-based runners. They say the event completely lacks atmosphere and the route moves through grey and unpopulated areas of the city, particularly in the latter stages.

Edinburgh started the trend of Scottish People's Marathons in 1981 so it had a head start on other cities. But the capital failed to take the lead and Glasgow managed to capture the imagination of the public and there is now simply no comparison between the two events — Glasgow is simply 'miles better'. I am not saying this just because Glasgow's marathon is bigger and has thousands of entrants, but because it is a magnificent spectacle with a brilliant atmosphere generated by both runners and spectators. I believe this type of atmosphere can be captured in any marathon event despite its size.

There is virtually no

Runner's Voice

In the first of an occasional series in which we invite readers to write a personal column, Edinburgh runner Mel Young argues that his home city marathon is in danger of falling by the wayside unless its organisers follow Glasgow's lead.

atmosphere at the Edinburgh race and I believe the event might be in serious danger of disappearing.

As you pointed out in your last issue, the Inverclyde Marathon has folded because runners were following a trend away from marathons to shorter distance runs. While I agree with you, I also believe that people drawn into the running boom four or five years ago went "slightly mad" and, captured by the magic of their first marathon, tried to run as many marathons as they could. Quickly they realised this was not as easy as they thought and with these race experiences behind them they decided to start running shorter distance races while 'picking and choosing' their one annual marathon attempt.

Edinburgh scored in number terms this year because it was billed as a 'special' Commonwealth event, and because it was run early in the season. There was a special medal but no special finish and it wasn't a special race. The main sponsors were upset about the finish and rumours suggest they will pull out next year. The runners will pick another venue for their annual marathon run and the capital city event will be toiling to survive.

At least six of my running friends from Edinburgh (as well as myself) have entered the Glasgow Marathon this year but did not run in Edinburgh. It would be interesting to ask Bob Daigleish exactly how many entrants he has from Edinburgh — it will be a sizeable proportion!

This may sound like doom and gloom for Edinburgh but there is no reason why the city shouldn't have a great marathon day just like Glasgow or London. Having heard the moans and groans



Mel Young

from many of my running mates about the race, I have taken the liberty of making some suggestions to future organisers or sponsors.

Firstly, the Glasgow Marathon is now firmly established so arrange a date which doesn't come within three months of it, thus avoiding an unnecessary clash.

Secondly, for God's sake change the route. As any marathon runner will tell you, the last six or so miles are the hardest and this is when you need the most support. In Edinburgh you run along a barren sea front and through some uninhabited docklands. Nobody is there and it is soul-destroying. With a mile to go you come into Nantwich Drive and Craighentilly where the people are behind you and the reception is fantastic but you've only got that one mile to go! The first part of the race is run along Princes Street but it's so early in the morning no-one is out of bed.

Why not change the route of the race at the beginning and at the end? You would miss out the loop from Meadowbank and along Princes Street at the start, and instead run from Meadowbank down to Portobello Road and round the existing course coming back to Meadowbank.

through Craighentilly (you would have run about 21 miles) and then run the loop through the Grassmarket and Princes Street to finish in Meadowbank Stadium as before. The last five miles would be run through the city centre — what a finish — along Princes Street and down Regent Road to Meadowbank Stadium!

Impossible, say the police and the Highways Department — what about the traffic? Well, they managed to close the centre of Glasgow for the marathon — and London — which must be a bigger operation. Why not Edinburgh? Surely if there is a will there is a way.

This is just one suggestion for a route change — there will be other good ideas — but if a mass marathon in Edinburgh is to survive, change there must be.

Thirdly, I see from this year's pre-race blurb to Glasgow Marathon entrants that they are actually advertising for musicians and bands to contact the organisers so they can be positioned round the route. I presume this is an attempt to add to the carnival atmosphere of the day. Edinburgh's promoters have to learn how to bring the people out on to the streets.

Edinburgh District Council with its new 'people's' approach to recreation and leisure must take a lead in turning the event into a popular occasion.

On June 15 in the large Wester Hailes housing estate on the edge of the city, nearly 800 runners took part in the annual fun runs (three mile and 10 mile races) which are organised by the local newspaper, the Sentinel, and sponsored by Edinburgh District Council.

What a day it was, and everyone thoroughly enjoyed themselves.

WOMEN on the RUN

Get those knees up! "Hup one-two-three-four" "You're too fat!" "You're too thin!" "Come on, faster!" "Or even — 'Here's Zola Budd!'" And far worse — often unprintable — are the comments which emanate from the lips of passers-by. Boys hang out of car windows bawling, mini-bus loads of men toot and shout. BMX freaks give chase, bouncing provocatively from one wheel to the other.

Is it only us women who get witty remarks, and abuse, from pint-sized kids, whom I could happily push off their jazzy red and yellow bikes, and from a small minority of men who seem to find women a constant source of amusement?

I've worked in a secondary school since I started running. I also lived near the school, and not being a car-owner, I had to run through 'pupil-country'. It was very hard. "It's the wife from the library!" Or worse — "Didn't know you were a soccer-casual, Mrs Bain." Me, a soccer casual? I'm 30! I run in these clothes, not pose. These shoes have travelled many miles.

Even now I still dread running from school in shorts. This is really asking for trouble... as if I haven't enough problems trying to run a bit faster as I pass groups of schoolchildren.

The worst time to get a loud comment is when you're a bit hot. Ladies glow, they tell me, but I don't seem to. And it doesn't do much for my image with the children at school to go dripping past a bus-stop, gasping for breath, tongue hanging out, hair sticking to my head, and there's a queue of them heading for a disco in town, dressed up to the nines.

People become used to you though. It dawns on the kids that you aren't going to pack in just because they shout at you. Dare them to come along. This is like sticking a pin in a balloon. 'Okay' they shout as you plod on relentlessly, the pitter-patter of feet trot after you, eager at first, but after the little hill, just by the



By
LYNDA
BAIN

chipper, the steps become faster. One down, another hundred to go.

On the positive side for every person that shouts at you, there are at least two who make up for them — the little old lady with her huge shopping bag who chirps 'Well done, dear, you show them', the retired farmer out walking his dog who says 'Wish I was 30 years younger and I'd have joined you, lass', the ladies in the shop who share the funny stories from their first few shots at running with you. These are the people who have a smile for you, and make you realise it's all worthwhile.

I love August and September. The hay fever season is past. I enjoy the sunshine of June and July, but our house overlooks fields of hay and silage, and did I suffer at cutting time. The sunnier and breezier it was, and the better it seemed for

running, the worse my eyes itched and I sneezed.

They say to run when the pollen count is down. That would be well past my bedtime. I run straight from work every day at about 4.30. If I nip home and have a quick cup of coffee, then that's it — forget the run. Then I sit and curse myself all night. But at the crucial moment I give in to the call of food and drink.

I deeply admire the early morning runners. Women with young families often have to do this as it's the only time they can fit in the run. It takes a lot of willpower to leave a cosy bed when the legs can hardly take you downstairs, far less out on road or country. But it's satisfying to come back from an early-morning run, ready to face the world. They say it's the best time of the day, and the most peaceful.

But I'm an afternoon runner so I have to suffer the effects of pollen in the atmosphere. So much for the super-healthy look. One glance at me in the middle of a bout of hay fever is enough to put anyone off running! So I rejoice when August and September come. These are two of the nicest months for running.

I work close to several oil companies. Rather than runners going out alone or in groups of men, they run from BP in mixed groups and in pairs — one man, one woman. It's great to see men and women enjoying the pleasures of a lunchtime run beside the river together, chatting away.

One of my earliest memories of a run with a male flatmate, is of me chugging along, and of him running one stride ahead of me — however fast or slow I went!

Men seem to accept female company on runs much more readily and with a greater sense of equality than they did even five years ago. Then the running boom was just taking off, and it was still very much a male-dominated sport. Women can no longer be ignored, such are our numbers in runs now. Some runs around Aberdeen, and I know it is the same in other parts of Scotland, have fields of up to 25 per cent women.

Compare that to my first experience of a race at Nethybridge, where I was the only lady in a field of about 30. I had no idea what to expect in a race then, but the memory of the cheering crowd at the end, shouting to the sole lady competitor, is still stronger than that of being well behind all the other runners. So come on, ladies, let's try for fields of 50 per cent in another five years. There's enough of us to do it easily.

Scotland's Runner

UP THE BEN!

IT HAS broken more hearts, and bones, than any other race in Britain. For hundreds of hill and fell runners, September's Ben Nevis Race represents the ultimate peak of their aspirations. Stewart McIntosh looks at the ups and hazardous downs of 'The Ben'; Fraser Clyne reports on the ups and down of this season's best performers on the hills; and Linda Young reports on her own highs and lows as a novice in last year's Ben Nevis.

It waits there, brooding, all summer. During the early foothills of the hill racing season, the runners can push thoughts of the Big One to the back of their minds as they work a new dose of hill fitness into their legs, but in the end they all want to know whether they are fit enough for 'The Ben'.

Almost every Scottish peak is called Ben something or other. But mention 'The Ben' to a hill runner and he or she will know immediately what you are talking about, you are talking about the first Saturday in September, you are talking about the Ben Nevis Race — you are talking about the Big One.

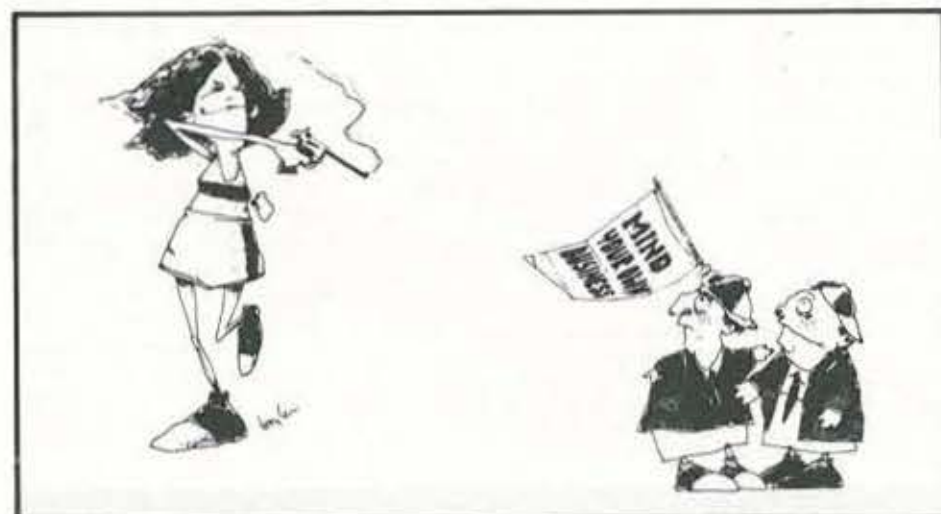
At 4,406 feet high, Britain's highest mountain has always represented the peak of aspiration for hill and distance runners throughout Britain. Its towering height is only part of the magic that every year draws onto its scree and boulder slopes the best hill runners in the country (the English call them fell runners), as well as men and women who rarely set foot off the tarmac of the road racing scene. This year is no exception: the race on September 6 is already fully subscribed.

The relentless rise of the track from Achintee at the foot of the hill to the ruined observatory at the top adds a cruel twist to the toughness of the challenge. Most hill races offer a break somewhere along the route for hearts, lungs and legs that are screaming for relief from the constant uphill grind. But 'The Ben' is unforgiving. There are no downward gradients on the ascent, no shoulders to lean on, no plateaus on which to gather your resources. Only differing degrees of upwards are on offer.

And when you reach the flat top and turn to descent, your problems are by no means over. Not for nothing does the Queen's Scottish surgeon patrol the hill, backed up by a platoon of doctors, mountain rescue personnel and first aid experts. The injury rate is high as tired runners pay the price for misjudging their leaps from boulder to boulder, or pick up too much speed over the steeper sections.

1985 Ben competitors wind their way down through the ferns.

Scotland's Runner



UP THE BEN!

Injuries are common, but rarely serious. Bruises, grazes and the occasional fracture are the risks that mountain men and women are prepared to run. In 1957 the race claimed its only life when John Rix made the drastic mistake of sheltering behind a boulder high up in the Red Burn when he had lost a shoe and was too exhausted to continue. If he had stayed out on the mountainside he would soon have been spotted and helped down, but when he was discovered hours later he was already suffering severely from exposure and died shortly after.

Safety standards are now rigorously enforced. Every runner is carefully checked out and in at the start and finish, and it is compulsory to carry a whistle.

Ben Nevis stands slap in the way of the squalls which come storming in from the Atlantic, its jagged teeth tearing open the clouds and making the mountainside one of the wettest places in the country. Weeping clouds of "Scot's mist" blanket the view and the hopes of the weary for at least 300 days in the year. Snow lies on the summit from one year's end to the next.

Tactics play a big part in the race as runners choose their route from the Red Burn half way up the hill. Up to that point the track follows a big snaking curve around a deep valley, but after you cross the burn the peak is about 2000 feet above you on your left. The choice is whether to launch yourself straight up the scree slopes for the summit, or to stick with the path as it meanders back and forward across the face of the mountain — the rise here is gentler, but the route is obviously longer.

On the way down even the most timid



are tempted onto the terrifyingly fast descent down the scree. As you charge downwards in the midst of your own personal avalanche of stones and boulders, your eyes stream with the combined efforts of the wind that always blasts the slopes and the sheer speed of your descent.

The race has been run annually since the war, although runners have thrown themselves against the peak since 1895 when local barber William Swan ran the first recorded ascent and descent in 2 hours 41 minutes.

Once bitten by the mountain bug, some runners don't know how to stop driving themselves upwards one more time. Eddy Campbell of Lochaber AC used to win the event regularly in the 1950's, but still turns out every year. He has now a record 34 official assaults on the peak, equivalent to five times up and down Everest — and that figure is dwarfed by the total number of training jaunts he has taken on the hill. Cambuslang Harrier Jim Brownlie follows grittily in Campbell's tracks with more than 20 consecutive "Bens" to his credit.

In a guide to the race published 30 years ago scientist Donald Duff acclaimed the event as a unique test of mental and physical strength "under conditions unobtainable elsewhere... look on the winners as a class of supermen," he said before quoting in Gaelic *Anail a Ghaidheil, air a Mhullach* — "the true Gael only stops for breath at the top".

Supermen and women at the peak of their powers.

They're off... the big field gets underway last year on the 4,406 ft. climb, and, right, Eddy Campbell of Lochaber AC who has made a record 34 official assaults on the peak.

SHEER HELL ON THE BEN

"Oh well," she said nonchalantly, "if you're entering it, put my name down too". In other words: don't come the big strong man act with me, and how dare you insinuate I couldn't finish the Ben Nevis Race, you chauvinistic creep.

That was how I, a mere fun runner with an inbuilt allergy to inclines, found myself in Fort William grappling my way up Ben Nevis — all 4,406 feet of the U.K.'s highest "hill" — on an otherwise jolly Saturday afternoon.

The few other females participating came armed with spikes, legs all the way up to their armpits and lean as they come. The only similarity between little old me and these lithesome ladies was the "F" factor — except their "F" was for fell runners while my "F" was for fun running — although I managed to find a substitute halfway up the hill.

Basically it was sheer hell — mud, streams, boulders, scree. You name it and I went through it — on all fours at some points — and the worst thing was that the



fast guys came leaping down the way they went up, causing the odd mini-avalanche on top of yours truly, who was by this time mentally filling in her SAS application form, if she lived to see it.

By the time I reached the top, I was surrounded by mist and had lost the other five hundred runners. It was snowing, I could hardly see in front of me and I was freezing. I felt as though I'd died — and when an angel dressed in a camouflaged survival suit appeared I was convinced! I say angel as he was wielding a litre bottle of best German plonk from which I gratefully downed a swig or two.

Well, I had made it. Now I simply had to get down! Not so easy in the cold grey mist alone on the top of Ben Nevis wondering why the hell I was there anyway. Straight down was the only solution — bounding over rocks, paddling through streams, sliding down the grass — the Glasgow Marathon was never like this!

What a great feeling it was to say I had completed the Ben Nevis Race — but never again.

He's all right, is Jack!

Jack Maitland's achievements as an athlete are perhaps better appreciated outwith Scotland than within his home country. Most people north of the Border are probably unaware that the 24 year old Aboyne man recently clinched the 1986 British Fell Running Championship with a series of brilliant performances throughout the first half of the year. It was no easy passage to the title as Maitland notched up victories in the Llanbedr to Blaenavon race in March, the Moel Elio Ridge race in May and the Eildon Two Hill race in June, before a fourth place in July's Wasdale fell race gave him sufficient points to clinch the illustrious award. In all, he raced 47.5 miles and climbed 17,900 feet over some of the most demanding running terrain in Britain.

Maitland's fame has also spread to Europe, particularly Switzerland, where twelve months ago he won the prestigious Sierre-Zinal race to establish himself as one of the continent's top mountain runners. He planned to spend much of this summer on the European circuit developing his burgeoning reputation among the hardy mountain climbers who condition themselves on the high altitude Alpine slopes.

During the winter months he has been based in Yorkshire, closer to the heart of the British fell running scene than his native Aberdeenshire. He has dispensed

with his membership of Aberdeen AAC, preferring to compete for Pudsey, but still makes the occasional journey north for the major Scottish races. He will once again lead Scotland's challenge in the hill running World Cup scheduled to take place, as it did last year, in Northern Italy at the end of the summer.

The strongest threat to Maitland in this year's British championship came from another Scot. Colin Donnelly, ex-Aberdeen University but still a member of Cambuslang Harriers, is now based in the north with the RAF. He finished second to Maitland in two of the championship races.

Colin is highly rated by aficionados of the sport and he certainly seems to have a strong affinity with the hills. The 27 year old Newton Stewart man has attempted some remarkable solo feats over the years, in addition to his more conventional achievements which include having won the Ben Nevis race. In 1981 he ran 380 miles and climbed 82,000 feet over the Southern Uplands and Cheviots in 12 days (including one rest day).

The Scottish hill running scene is apparently in a healthy condition. The domestic programme has arguably become more organised over the past few years with the establishment of the Scottish Hill Runners Association (SHRA). The word 'arguably' is used carefully because some enthusiasts feel that the SHRA has not quite got its act together in respect of the overall organisation and promotion of the sport in Scotland.

Nevertheless, the SHRA has been responsible for introducing a popular hill race championship series, sponsored by Graham Tiso Sports, which has a large following in the country. Contenders for the senior title have to complete at least two long, two medium and two short races from a list of nine selected events on the annual calendar (which lists over 50 races in all throughout Scotland in 1986).

The series reaches its climax on September 27 at Broughton when the Two Breweries race will bring down the curtain on this year's championship. Current leader in the senior men's competition is Irishman Dermot McGonigle (Dundee Hawkhill Harriers) who holds a narrow advantage over Aberdeen AAC's Alan Farningham.

There are also veteran and ladies championships to be decided. Mel Edwards (Aberdeen AAC) has won the vets title for the past two seasons — but he is not tackling this year's contest, leaving the way clear for people such as Roger Blamire, Bobby Shields, Peter Brookes, Bill Gauld, Peter Fettes and Tony Stapely to battle for the award. In the women's division, Ann Curtis, Christine Menhennet and Hazel McNee are among the leading lights.



They're taking an awful long time.

Mike takes to the hills . . .

Mike Grant is the man who turned his back on a Royal command — but he wasn't being disrespectful to the present monarch.

The Queen was Victoria, who in 1850 ordered the hill race at the Braemar Gathering to be discontinued because one of her ghillies spat blood after his 'fearful exertion'.

Seven years ago, Mike decided to end the ban. He persuaded the Braemar Royal Highland Society to restore the race, which is said to have been started nine centuries ago by Malcolm Canmore.

Today, the Braemar hill race is one of the foremost — and highest — in the British hill race circuit. The venue has changed, but not the numbers. Nineteen competitors took part in the 1850 race at Braemar Castle, and the average entry is still around the twenty mark.

In Victoria's time, the race was from Braemar Castle to the top of 1764ft. Creag Choinnich. The route, meticulously measured, covered 1384 yards and in 1842 a James Cutts did it in the remarkable time of four minutes.

Mike switched hills when he restarted the race. Abandoning Creag Choinnich on the east side of the village, he chose the 2812ft. Morrone on the west. One major advantage is that it rises above the present site of the Braemar Gathering, so that spectators can watch the runners toiling up the hill.

Competitors follow the same route to an indicator just outside the village. After that they pick their own route up the hill to the Five Cairns, about half a mile from the top.

The record for the Morrone race is held by Mick Hawkins from Skipton who ran up a time of 24:28 in 1984. He beat Keswick runner Kenny Stuart's previous record of 24:30 by just two seconds.

"I regard that as my hill," says Mike Grant, when he speaks about Morrone. A 31-year-old painter by trade, he took up hill running after

being badly injured in a car accident. He was up Morrone every night with his dog Freuchan (the name means "heather") and there is still a spot on the hill known as the Dog's Bog. It was a mucky, muddy peat hag that drew Freuchan to it like a moth to a flame.

So what makes a good hill runner? Footwork, says Mike — being fleet of foot coming down the hill. Coming down is more important than going up. The Scots, Mike told me, are good at going up, but the English lads are much faster going down.

That's when fitness counts. "You can't run down quickly if you're creased with pain running up," explained Mike.

When I met him at his home at Myrtle Cottage, Braemar, he had just returned from a hill race at Tomintoul. He takes part in about twenty races each year. When the Scottish hill race season ends, he heads south to join the English fell runners.

Grant has taken part in three marathons, but is not too keen on them ("After eleven or twelve miles I'm on my knees," he said) and he is even less enthusiastic about walking. He recently helped to take a party of youngsters over Jock's Road from Glen Clova to Deeside, and had to resist the desire to break in to a run.

Unlike marathon running, hill running is unlikely to become a sport for the masses. "You have to train on hills to be able to run on hills," declared Mike. "Some good runners are hopeless when they come to the hills."

Hill running is a Cinderella sport. It is hard to believe, but true, that runners have to pay to enter most Games fields, even if they are there for the hill race.

"People who come to entertain the crowd have to pay for the privilege," said Mike.

But this is a minor irritation. More important is Mike's dedication to hill running. He will take part in races at

**BOB SMITH
meets
Mike Grant,
below.**



places like the Lonach Gathering, where the hill is no more than "a wee leafy knoll", or at mighty Morrone, over 2000ft high.

He took part in a hill race at Glen Isla, where the starting point was in a car park 100 yards from the Games field. Mike was half-way between the two when the gun went off. He jumped a fence and raced after them. He was still running when an official told him that the race was over — it lasted exactly seven minutes.

He also showed me an envelope which had contained his winnings when he took second place at one race. The prize was marked on the front of it — 50p.

"I generally might go to a place, win a fiver, buy myself a couple of pints, and that's the money gone," he grinned.

Mike rates Braemar, Ballater and Helmsdale as the leading hill races in Scotland. Duncan Gillies, from Keith, who is regarded as one of the best hill runners in Scotland, carried off both Ballater

(17mins, 43secs) and Helmsdale (39mins, 21.01secs) last year. The Braemar race went to Steve Carr of Kendal, with a time of 25 mins, 16secs.

Mike sees hill running as a fun thing, social rather than competitive. "When you're out running you feel that the world's a better place," he remarked.

When it comes to fun, we could learn a few tricks from our English friends. The race at Braemar is known simply as the Morrone Hill Race. Down in England they give them names like the Kettlewell Crawl and the Hawkswich Dash. They often start outside a pub. There are Morris dancers, beer at half price, and a lot of very friendly people.

Instead of running round cairns when they reach the top of a hill, the English will send you up a crag — as they do at Brunsall, near Skipton — to touch a sheep's skull.

Queen Victoria might not have been amused, but, eee, it goes down right well with 't' lads in Yorkshire.

Allister and the Jones boys

Allister Hutton is not a social climber. Yet for two and a half years, keeping up with the Joneses has been the story of his running life and on August 31 in Stuttgart he will enjoy another important joust with the boys Hugh and Steve.

Assured of his place in Britain's marathon team for the European Championships before the Commonwealth Games began, the Edinburgh Southern Harrier will be striving to finally emerge from the shadows of his English and Welsh colleagues, while putting that disappointing 10,000 metres at Meadowbank firmly behind him.

Typically, though, Hutton's first thoughts are for the team — and for ending Britain's dismal record over 26 miles at recent major championships. "I think we'll be helping each other along," he told me just before his own private duel with the Welshman had ended in another defeat. Sadly, the mantle of Lachie Stewart had been a little too heavy to bear, but the 32 year old soon dispelled any doubts about his fitness by disappearing on a two hour training run the following morning.

A twinge in the tendon below a hamstring had not proved serious and neither had the dent to his morale. Just before the London Marathon, I had a bad 10K when I finished 30th in Battersea Park so maybe this is an omen," he said afterwards. "And Stuttgart was always my priority race, anyway." Well, not always.

Gratefully snapped up by Britain's European team management, the Scot, who was subsequently chosen to wear the blue vest only on the track in Edinburgh, always knew he could pull out of what was really just a tune-up for the longer event four weeks later. He explained: "I discussed it with my coach, Alan Storey, and we felt I should only run the 10,000 metres if it was not going to jeopardize my chances in the marathon.

**BOB HOLMES talks to
Allister Hutton, who
could shine at Stuttgart**

Now, even though I had a bad one, I don't believe it has. In fact, poor performances can take the pressure off."

Is there any British game plan for Stuttgart, I asked him. "We haven't spoken about it yet," he said, "but I'm sure there will be. And if Steve wants to go out fast, we're not going to hinder him."

Hutton has only to think of his sensational 2:09.16 London Marathon debut in 1985, when he still finished more than a minute behind Jones, to be reminded of the difficulty of chasing the RAF corporal when he's really flying. But the Phantom technician suffered a foot injury in the spring, which caused him to miss the Boston Marathon, and may not have recovered sufficiently to reach quite the same stratosphere of previous seasons. And Hutton's own marathon best is surely still to come.

A consistent performer over 26 miles, the Scot's smooth and economical style has turned what some observers felt would be simply an 'Indian summer' at the marathon into a spectacular new career. And, apart from that Games hiccup, the mechanical assembly technician (in the computer industry) has programmed himself perfectly and could just be about to key into the 'big one'. For, like a growing number of track merchants, he has found the transition to running the small matter of 20 miles further a comfortable one, and now relishes the greater challenge it presents.

"I must admit I was frightened by the distance at first," he says, "and chose the wrong race (Milton Keynes AAA Championships, 1980) to



Allister Hutton, training hard for Stuttgart

make my debut, dropping out at 15 miles vowing never to do it again. But since then I've been pleased with the way it's gone and had I done better at Milton Keynes, I might have peaked too soon."

"I feel the marathon is something that should be taken up in the latter part of an athlete's career, as first you really have to master the track. And though I haven't perfected either the 5,000 or 10,000 metres, I've been running them long enough to be told I have done my 'marathon apprenticeship'. So I haven't been all that surprised by what I've achieved and definitely think I can go faster."

Having run a 27:59.12 10,000 metres a month after this year's London Marathon, he most certainly can, even if Stuttgart is not the place to do it. "When I was in Aachen, Chris Herie, the West German marathon runner, told me the course was not the fastest they could have chosen and has quite a few hills," says Hutton. He adds: "But I suppose it was always going to be a tactical race, anyway."

Except that his teammates are not the greatest tacticians. . .

Hugh Jones, like namesake Steve, prefers to go out and blast a pace from the front (as he did when winning the 1982 London Marathon) so any team talk between the Britons will have to be done before the race as they may not see each other until it's over. Hugh, a natural introvert, cut a lonely furrow for second spot between the winner, Toshihiko Seko, and third place Hutton in this year's London but, as our most consistent performer in major championships in recent years, who is to argue with his solo approach?

The Scot then will face a double dilemma. Not only does he have to concern himself with la creme de la creme of continental marathoners, but also the pair wearing the same colour vest. Nice guys both, but perhaps not the ideal partners, the Joneses will take some keeping up with once more.

Let us hope that the Edinburgh man really has got that 10,000 metres out of his system, for he has the talent to mix with the elite of European marathon running. And who knows? For Allister Hutton, Stuttgart could yet be the 'big one'.

Running and pregnancy CAN go together



CONNIE HENDERSON looks behind the myth that pregnant women shouldn't run... and meets a woman who disproved it.

For every woman taking up running today there is a critic hard at her heels questioning her choice of sport. Nowadays women are having to defend their decision to pound the pavements as they are faced with numerous stories about running and its possible medical implications.

Claims that running damages the internal organs, develops unfeminine muscles and causes infertility, are just a few of the arguments.

Yet there has been little home based research into the effects of running on women — the little documented evidence available is scant to say the least. But a few obvious clangers should be laid to rest.

"There's a lot of nonsense spoken about running," says Nanette Mutrie, a sports scientist at Glasgow University's physical education department. "It is a fallacy to say that when you stop running muscles turn to fat. The muscles will simply return to their original form, becoming less strong. Running makes the supporting muscles stronger and better able to do their job."

But perhaps the issue affecting most women runners is amenorrhoea — that's the medical term for cessation of periods. Recent American studies claimed as many as seventy per cent of all women running at national level had irregular or no periods at all.

And not just the hard trainers are

affected. Although women running more than fifty miles a week are more likely to suffer from amenorrhoea, some women running half that distance find menstruation stops.

Doctor Myra Nimmo, a senior physiology lecturer at Queens College in Glasgow, believes weight is an important factor. A former athlete, she represented Britain in the long jump in the 1976 Olympics. There is no evidence to link running with infertility. Although there are various opinions, it does appear that women with a low body fat content are more likely to have amenorrhoea.

"Runners weighing between six and eight stones should ensure they eat well. They should make sure their weight doesn't fall too drastically."

Some runners continue to ovulate despite amenorrhoea, so it shouldn't be considered a contraceptive.

"Amenorrhoea is nothing to worry about," says Nanette Mutrie. "Indeed in some cultures such as nomadic tribeswomen, it is quite normal for women leading active lives to stop menstruating. There is nothing to fear, and periods should return when mileage is decreased."

Meanwhile, there is no evidence to prove menstruation affects running performance — world records have been broken by women at various stages in their menstrual cycle. Indeed in some instances running may diminish symptoms of pre-menstrual tension.

Emotionally however, a woman often feels less inclined to train at this time in her cycle. In such cases, working to a monthly rather than weekly training schedule helps. During menstruation training can be reduced and made up during the next three weeks.

Pregnancy too is becoming less of an obstacle for runners. There are a number of theories regarding running and pregnancy. Many doctors warn mothers-to-be off running, but this may be due to the lack of research which has been done in this country on the subject.

Many runners have proved that running and pregnancy can go together. Ingrid Kristiansen trained through her pregnancy and only four months after giving birth went on to win the Houston



Marathon with a new personal best. Joyce Smith, the winner of the 1982 London Marathon, continued to compete two months into her pregnancy and reported no difficulties. And Mary Decker was back in action within a week of the birth of her daughter.

However, few of us are in that class and it should be remembered that no two pregnancies are the same. Mothers-to-be should reduce the intensity of their training as the pregnancy continues. Most experts recommend swimming or cycling in the last three months — indeed the mother may find running too uncomfortable by this time.

Doctor Elizabeth McSwann, a sports medicine specialist at Dunfermline College of Physical Education, says: "Providing she has been running regularly, and there are no complications

regarding the birth, there is no reason for a woman to stop running when pregnant. The last three months are important though. By then the joints and pelvis become more supple to help ease the birth, so the likelihood of injury is increased. Jogging on grass would help, but I think swimming would be more suitable at this time."

In some circles running is believed to relieve some pregnancy-related problems such as feeling bloated, morning sickness, constipation and varicose veins. But there is nothing to confirm that running shortens labour or reduces the incidence of Caesarean births.

Many running mothers gain less weight than their less-active contemporaries, but regular ante-natal check-ups should ensure this is carefully

Maggie Paterson from Glasgow became pregnant just after the 1983 Glasgow Marathon. She found that after running the 26-mile event, she didn't want to stop training, so continued during the pregnancy. "I took things very easy and didn't run against the clock. In the end it was more bad weather than lack of will which put me off," says Maggie.

During her pregnancy she reported no ill-effects. She didn't suffer from morning sickness, headaches or feeling bloated, though Maggie admits running need not necessarily be the reason for such a trouble-free pregnancy.

Now Maggie is awaiting the birth of her second child in November and she plans to continue running for as long as she can. "Nine months is a very long time, and I think it is important to continue as normally as possible during the pregnancy. Otherwise time would probably drag. I like to stay active, and I found the health benefits as well as the psychological benefits from running during pregnancy very worthwhile."

Maggie's family doctor was cautious about her running before the baby's birth, but the hospital was more agreeable to the exercise. "I suppose the hospital was used to such things as running mothers-to-be, whereas my doctor was just a bit unsure. She advised me to take things easy."

With less than six months to go before her second child, Maggie is running three and a half miles home from work, Monday to Friday. "I intend running until I feel I should stop. I'll reduce mileage as I go on. I run to keep fit; I enjoy it and find it relaxing."

monitored. After the birth many women will be keen to resume training, but they should go easy.

"Having a baby is like running three marathons together, so you can't expect to get back into gear too soon after the birth," says Nanette Mutrie. "Treat it as though you are starting out again, though you can build up a bit quicker."

Some women report improved performances after pregnancy. It could be they return to training fired with a new enthusiasm after the enforced lay-off. Or they might actually be fitter after running with the extra weight of baby.

Nanette Mutrie concludes: "Running is still considered a male sport, so it's not surprising that myths about women and running abound. The sooner people realise that running is just a progression of walking the better."

'Having a baby is like running three marathons together'

— NANETTE MUTRIE

White sugar . . . friend or foe?

"Pure, white and deadly" is how John Yudkin, former Professor of Nutrition at Queen Elizabeth College, London, and well-known writer on health and diet, described the stuff some of us spoon into our tea. Various recent official reports have suggested that we eat too much of it. Many hospital dietitians frown at the sugar bowl in public, but slip the quiet spoonful into their morning's caffeine ration. Fatty's enemy or runners friend? Professor John Hawthorn explains that it can be both.

I've been fudging writing about this topic. Sugar is certainly pure. The stuff you buy in the Tate and Lyle bag is one of the purest chemicals of commerce. It is as white as the colour of an angel's wings because white is the colour God made it. It is only deadly because of the deadly conflict its use used to engender amongst nutritionists. Echoes of the conflict linger on.

But soon all will be made clear. The British Nutrition Foundation is about to publish the report of a task force of fourteen top scientists and nutritionists back by a scientifically qualified secretariat. The topic is 'Sugars and Syrups'. This column has had a preview — another first for Scotland's Runner!

The experts, devil's advocates to a man, have taken two years to dredge the scientific journals of the world for really solid evidence damning sugar in food. They studied its effects in all sorts of human ailments — diabetes, coronary heart disease, allergies, dental health, Crohn's disease, gallstones and stones of the urinary tract.

What did they find? There were plenty of suggestions that sugars might be involved in these illnesses, but when they demanded hard evidence of the kind that stands up before criticism they

THE WELL-FED Runner



JOHN HAWTHORN is Professor Emeritus in Food Science at Strathclyde University.

only found two real problems. The others were of the variety of folk-lore passing as established truth. The first of these was tooth-rot (dental caries to the teenty peenty) and the other was obesity.

Even with obesity, they had to admit that they were on weak ground. Food in

excess of your energy needs makes you fat, whatever kind of food it is. Only for the very sweet-toothed sugar guzzler is it a real danger.

Tooth-rot is another matter. If you want good teeth, pick well-fanged parents. But whatever your dental inheritance, it's hard to be a well-fed runner if the chompers fail to chop. Tooth-rot is caused by fermentation of traces of food left in your mouth after a meal fermenting to lactic acid on the plaque on the tooth surface. The acid gradually eats into the enamel and the rest follows. Custom and preference dictate that we eat the sweet at the end of the meal, that we drink sugared tea, coffee or soft drinks between meals and that some of us add to all this by eating sweets as well. Logically we should eat the sweet course first, and not take snacks or sweet drinks between meals. But this kind of logic does not always make nutritional sense. Snacks and sweet drinks can have their special uses.

If, teeth apart, the sugar stigma is about to be removed, can its use help the runner? The answer is "yes", but not if you gulp it like a stoker shovelling coal. It is a booster, not a supercharger.

The white stuff in the sugar bowl is sucrose to the chemist. Lactose is the sugar in milk and it is much less sweet, as well as being chemically rather different. Other commonly-met sugars are the fructose and glucose in fruit juices and the maltose in malt. There are lots of others in plants, some of which are found in common foodstuffs and most of them are sweet or sweetish. They have one thing in common — They require no (or almost no) digesting and pass very quickly into the blood stream after swallowing.

So, during prolonged exercise as the body's energy reserves start to run low, a sugared drink may pack a real boost.

The traditional objection to sugar stressed by dietitians is the fact that it is a pure energy source and carries none of the nutrients such as vitamins and minerals present in normal foods. This is true, and this is why I do not recommend sugar as a major item of a diet during training where the object is to build up strength and endurance. For this, starchy foods are better.

The big event is different. It will call for that extra bit of effort, that going beyond normal limits of energy balance on this special occasion. It is here that the sugar kick comes in as a boost when tiredness (old Kipling knew about it when he wrote the famous bit about holding on "when there is nothing in you except the will . . .") is really biting, or preferably just before it does. So, for this month's dietary hint, here is a quote from my favourite nutrition text-book.

A table of comparisons published by the *Scottish Athletic Journal* at the end of season 1883 showed that while English and American athletes were ahead in most departments, Scots were performing quite creditably, particularly in those events which involved strength of muscle more than fleetness of limb. Hammer throwing seemed a particular speciality.

Many more football clubs had organised sports days — Greenock Morton, Hamilton Academicals, St. Mirren, Dunfermline and Falkirk — and all in all the season was "surely the best on record". Only one cloud darkened the horizon . . .

"It is sincerely hoped," wrote the editor in his annual retrospective, "that a modus vivendi will be found whereby the two districts (Glasgow and Edinburgh) will work together in harmony for the future. It is not in the interest of amateur athletics that the East will pull against the West, or vice versa . . . The great men of both associations should have a talk — talk and amalgamate." By now, his tone was considerably milder, but the big stick was never far away.

On May 30, 1884, the *Journal* announced that negotiations had been going on between the Western and Eastern associations and were likely to be brought "to a successful issue". The principals were Messrs. Brewis and Paterson for the East, and Lawrie and Robinson for the West, and the agreed terms of amalgamation were that members of each association be admitted to a united body, that the annual meeting be held alternately in the East and West, and championship meetings likewise. The committee would consist of three representatives from each district and the president and vice president would come from different camps.

Judging by the amount of discussion it merited, the key position was that of secretary, and it was over this appointment — or more specifically, his place of residence — that the main differences of opinion arose. For while the West thought the position should be open to anyone, the Eastern representatives wanted the secretary permanently based in Edinburgh, at a national headquarters.

Whether this was a case of the Edinburghers being far-sighted and attempting to give the new association

yesterdays...



It is often said that you need to be a wee bit daft to be Honorary Secretary of the SAAA, and the first man in the hot seat was no exception. Rugby-playing A.S. Paterson was a law graduate of Edinburgh University whose appointment was seen at the time as backing for those, "who are fighting so to raise athletic pursuits in the general estimation, that they may be indulged in without injury to a professional man's reputation", according to the *Scottish Athletic Journal* of February 4, 1885.

That didn't save him from injuries to his person. Paterson's career as a half-miler was somewhat set back when, "a gun accident blew away a goodly proportion of what had once been a useful right leg, and he was laid on a bed of languishing for some three months", and his return to form was further delayed by an attack of pleurisy.

He started running, "for the sake of running only, there being no open meetings in these days", but proved himself a handy half-miler

winning the university's handicap half with a 2.08 off the scratch back mark.

An all-rounder, Paterson represented the university over several distances, including the steeplechase. He also played for the first fifteen and took part in fencing matches. As a lawyer, he had to fight hard against prejudice at a time when in Scotland, "members of the learned professions are not presumed to have retained their sanity if they indulged in any exercise more severe than golf, or, at most, tennis."

JIM WILKIE looks back to 1884 and the birth of the Scottish Amateur Athletic Association.

genuine status, or simply looking after themselves, is open to conjecture, but the difficulty was not thought to be insurmountable, and a combined annual meeting was announced for Wednesday June 4 in the Cafe Royal, Edinburgh.

The meeting went ahead but it was in the absence of official Western representatives for, in the interim, the Western clubs decided to dig their heels in, both on the subject of a national headquarters and the majority required for rule changes (the East wanted unanimity, the West a two-thirds majority — the West won), and instead, scheduled a meeting of their own in the Bath Hotel, Glasgow.

The *Journal* editor, of course, was now in his element and when Mr. A.S. Paterson, secretary of the Edinburgh association, wrote to him to allay the

fears of West coast clubs, the official was severely criticised and "reminded" that the East could not have a successful meeting without Western support.

Fortunately, the clubs were sensible enough to sort things out privately, and the amalgamation finally went through on June 26, 1884, two days before the second Powderhall meeting. Naturally, the editor was carping right to the end. It was a pity it did not go through sooner "for the championship would have been more representative of the athletic ability in Scotland if it had."

There still existed "a lamentable amount of ignorance on matters athletic among Edinburgh newspaper writers". And on a personal note, "only when Mr. Paterson was temporarily absent from Edinburgh, was any progress made".

The Scottish Amateur Athletic Association, however, was now a reality, the absolute governing body of athletics in Scotland and, whether or not he enjoyed the favour of the Glasgow press, Mr. A.S. Paterson, Edinburgh lawyer and former athlete of distinction, its first honorary secretary.

Dietary hint

"DURING long athletic performances some food should be taken. Sugar (either sucrose or glucose) is easily assimilated and can be recommended. Large quantities, even if rapidly absorbed, may not be immediately available to the muscles, and it is best to take small amounts at frequent intervals (50 grams each hour will provide a valuable supplement to the energy available in the body stores). It is also necessary to replace fluid and salt losses in the sweat at regular intervals.

Many distinguished athletes are more than normally sensitive people. The wise trainer will humour their dietary fancies and see that they have the food they like. Individual requirements vary very greatly, and natural appetite is usually a safe guide."

So now you know, you sensitive ones. However, all this good advice will come to naught if you try fizzy drinks during a run. But I did not need to tell you that for I'm sure you knew it already.

*Davidson, Passmore, Brock and Truswell "Human nutrition and Dietetics" 6th Edition, Churchill Livingstone, Edinburgh, 1975



It's 1958 (well, circa) and David Carter (20) carries the baton for St. Andrews in the Edinburgh-Glasgow relay...

It shouldn't happen to a vet!

DAVID CARTER, a teacher of English at Forres Academy and former St. Andrews University athletics blue, gives his tips on running kidology.

Six years ago, spun off from the first televised London marathon, I turned up for our local Alves to Forres road race. A former pupil was taking the entries.

"Are you by any chance, Mr. Carter, a vet?" he enquired. I was about to reply, "But I taught you, Neil" when a jargon-penny dropped somewhere in the chambers of my mind. "Aye," said I.

Zatopek, Bannister and Herb Elliot were the young runners in my day. Even then, I also ran.

In those distant days we were started off on our cross-country races at St. Andrews University by Professor Dickie dropping a white handkerchief. Our running shorts weren't baggy, like the footballers on cigarette cards and black and white TV, but our running shoes were primitive, with ribs across the sole, like girls' hockey boots. You could have any colour, provided it was black.

There were no stripes, no fashions, no dreamy posters. I had a postcard-size black and white photograph of Zatopek on my study wall, in fuller stride than anyone remembers him on the track. I sent to Czechoslovakia for it. "Yours in sport, Emil Zatopek," it said.

I studied biographies and advice columns I warmed to Bannister's point about running in winter — this was St. Andrews — that was the best kind of central heating, far better than expensive sixpennies in meters. I read Brasher and endorsed such vigorous young notions as, "always accelerate into a hill".

I used to ogle ploughed fields, especially uphill ones, and long to run up them. What a nut. In cross-country races I applied deadly cunning tactics, like not breathing when you overtook someone, or like putting on a burst when you had someone on your tail and you disappeared round a blind corner. I was

into kidology like that, trying to kid opponents seemed like part of winning.

Now, 29 years after my running blue, overweight and forty-eight, I am into a new kind of kidology. Now I kid myself.

Here are my Ten Commandments:

1) **Never** accelerate into a hill. Such lunacy. (You've seen how Brasher runs these days — the last 20 yards of the London Marathon with the women.) Don't look up at the summit. Eyes down at the bit of the road in front.

2) Plan a course, say, with hills and stick to it. Complete that course. That's what all the manuals say. But don't feel you have to be dogmatic about it. I usually allow

I'm a real sucker for shampoo'

myself one alteration or compromise, which I decide fairly early on. Then I try to stick to the revised plan.

3) Design another course with a nice downward hill three quarters of a mile from the end. Then you finish nice and strongly. Remember that the point of a run is to prepare yourself, physically and mentally, for going out for a run tomorrow. Never shatter yourself.

4) As variety, plan a three lap circuit and, if you must, put the watch on yourself. But do the first lap slowly, and try to break that time on the third lap. It's not as easy as it sounds, and it's amazing how pleased you can be if you do.

5) Design another training circuit with a



... 25 years later in 1983, the 45-year-old Carter crosses the line in the Aberdeen Milk Marathon.

rest point, preferably a bench with a view. Look forward to this point. Reward yourself. I always find it easier to start up again from the bench than from the kind of walking that exhaustion has forced you into.

6) Re-visit training spots where you had a good run.

7) Remember heartening comments you get from a running companion. "I always feel good when I get to the 30 m.p.h. sign," says one of my companions. "At our age it's a bonus to be running at all," said someone else to me in a race recently.

8) Be a sucker for every kind of shampoo, scent and splash-on. I can't face the mirror in the morning, but the after-glow of a run does make me feel more presentable. Or so I feel. Or so I deceive myself.

9) Get your track suit on and do a few of these fashionable stretching exercises. At the pace I run, especially from the start, they don't make a whit of difference, but having put your tracksuit on you're not going to chicken out of a run, are you?

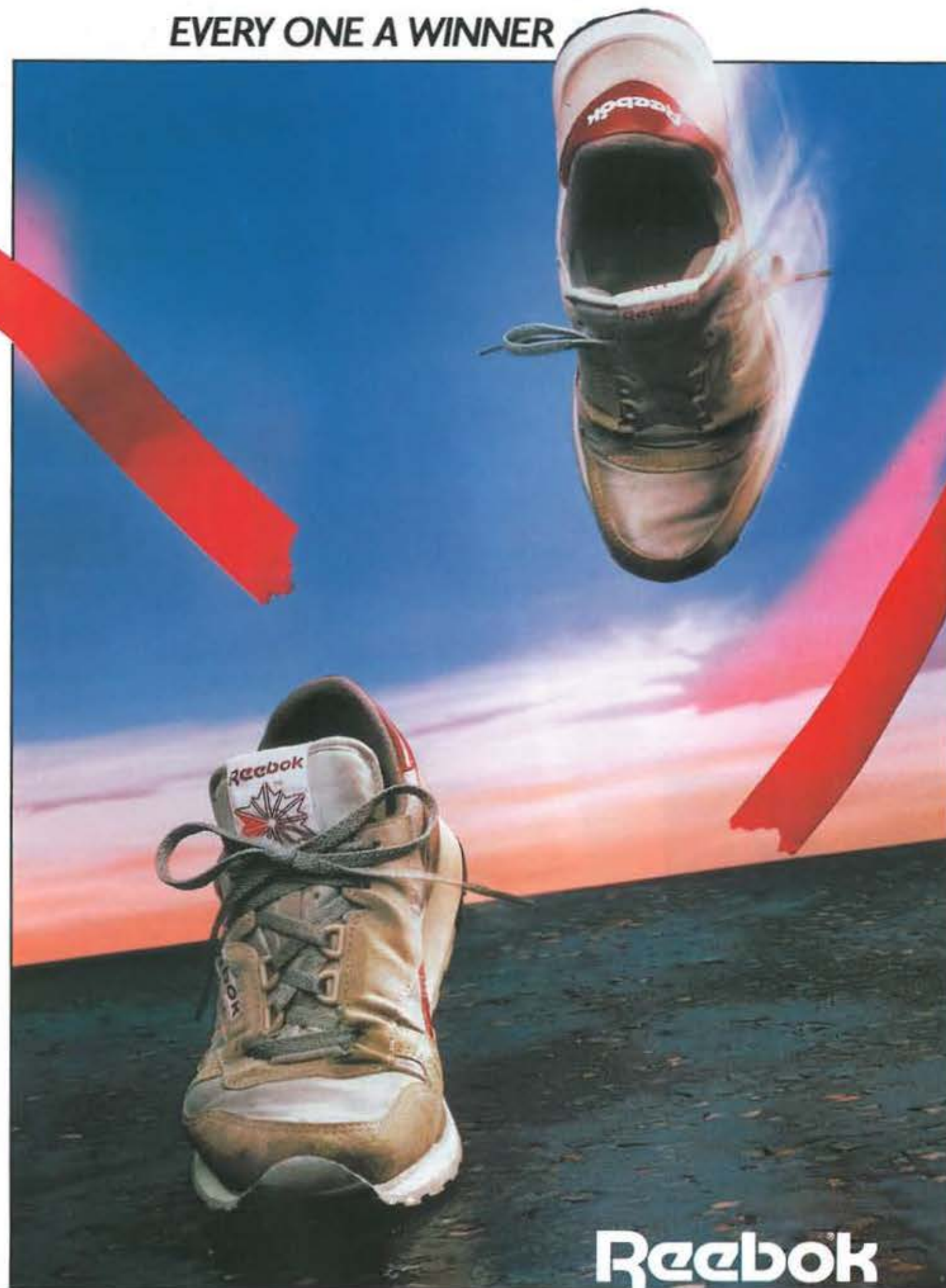
10) Get your tracksuit on in order to watch Overt on TV. Dress for the occasion. Then, still full of that stride, that confidence, that surge of power, go out for a run. You'll never be Overt, but you're in his company. Sort of.

Haud on! What am I saying? You and Overt? If you can swallow that you can swallow anything. You have passed your degree exams in kidology. You are a graduated nut.

Come to think of it, maybe I always did go in for self-kidology on such a scale. Once, at school, I opened the batting and was out fifth ball for a duck. Later the same day, Len Hutton opened for England and was out fifth ball. For a duck. I was a Test batsman that day.

And Zatopek the next.

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Report on The Games

Doug Gillon of the Glasgow Herald assesses Scotland's hit and miss Games.

A friend used to regale me with his introduction to athletics. The popular gym teacher at his rural school used to line the lads up and ask: "Who's the fastest in the class?"

Inevitably, the hand of one arrogant innocent would be raised. "Me, sir!" "OK lad, see how quickly you can run up to the shop and bring me back a packet of Embassy."

It is not quite the Leipzig Institute of Sport approach to nurturing athletics champions, but is similar to the way in which many Scottish athletes have been given an introduction to sport.

A direct contrast, of course is Jake Young, teacher at Edinburgh academy,

who identified the talent of sprinter Jamie Henderson, and commendably realised there were people better equipped than he to develop the boy's potential.

In less than a year under Bob Inglis's care, Henderson had won gold and bronze at the World Junior Championships and bronze in the Commonwealth Games relay.

In cold statistics there were many who did not live up to expectation in Edinburgh. Injury in some cases saw to that. Janice Neilson never competed at all, and Lindsey Macdonald appeared to be limping during her warm-up and clearly competed in pain. Moira McBeath from Thurso, who finished seventh in the semi final of the 400 metres hurdles, is pregnant.

Our three men's 400 metres hurdlers all failed to match their best. Neither Allister Hutton or Nat Muir came anywhere near threatening the Scottish native best for 10,000 or 5,000 metres which has stood since the 1970 Games, despite having run well inside these marks.

The long jump of 7.51 metres that gave Dave Walker sixth place in 1970 was one centimetre further than sixth place in 1986; the heptathlon long jump of 6.39 by Moira Walls in 1970 would have won her the bronze medal in the individual event this time; and the Scottish women's relay squad have still not run any faster than the 45.2 sec which an Edinburgh Southern Harriers squad achieved to win the WAAA title in 1970.

Worse, the boycott would almost certainly have stopped us from winning at least two of the six medals won.

Tom McKean outsprints the pack, including the obscured Peter Elliot, to take the 800m silver medal, but the leader, the incomparable Steve Cram, has already crossed the line.



Canada's Angella Issajenko wins the women's 200 metres in 22.91 seconds from Cathy Cook of England, with Sandra Whittaker claiming one of Scotland's few track medals in third place.

But athletes can only beat those who turn up on the day. Sandra Whittaker surpassed expectation in becoming the first Scottish woman ever to win a Commonwealth sprint medal, maintaining her style spectacularly over the final 20 metres when it counted.

The men's relay squad succeeded against the odds. Cameron Sharp nursing himself round with an excruciating back and leg injury after sacrificing his personal aspirations in the 200 metres in order to do so. And George McCallum tore his right hamstring yards before the vital final takeover to Elliott Bunney.

The highlight was, of course Liz Lynch's stunning 10,000 metres victory. It was a real gamble for the Dundee woman who was ranked top of the 3000 metres starters. Had she known the 3000 metres would have been a straight final, she would have attempted the double.

The girl from Whitfield in Dundee was another who had a haphazard

Scotland's Runner

introduction to the sport. She went with a group of friends to the local Hawkhill Harriers and left almost immediately. It was only later that she returned. It was the late Harry Bennett who converted Liz from a 100/200 runner to a distance athlete before she left to study in the USA at junior college and then at Alabama.

Yvonne Murray, who settled for bronze but made a brave bid for gold in the 3000 metres, was spotted playing hockey by her biology teacher, Bill Gentleman.

Tom McKean however has had more formal progress in the sport, a member of Bellshill YMCA since shortly after his eleventh birthday, and nursed delicately by coach Tommy Boyle.

His silver medal behind Steve Cram was a national record and bettered a native one that had stood to Mike McLean, chairman of the selection

Scotland's Runner

committee for the Games, since 1970.

Geoff Parsons fell one short of his ambition to win gold, but equalled his British outdoor record to do so.

At this time last year Jamie Henderson was pulling on an Edinburgh Academy cricket sweater. The Games were something that would be happening in his native city the following year. He might buy a ticket or two, and go and watch. Or he might not.

Instead the sweater was resurrected, like a prop from the wardrobe room of chariots of Fire, and Henderson wore it on his way to the starting blocks for the men's 100 metres final at Meadowbank last month when he became the youngest man to contest a Commonwealth sprint final since the 17-year-old Don Quarrier struck gold in the capital 16 years before.

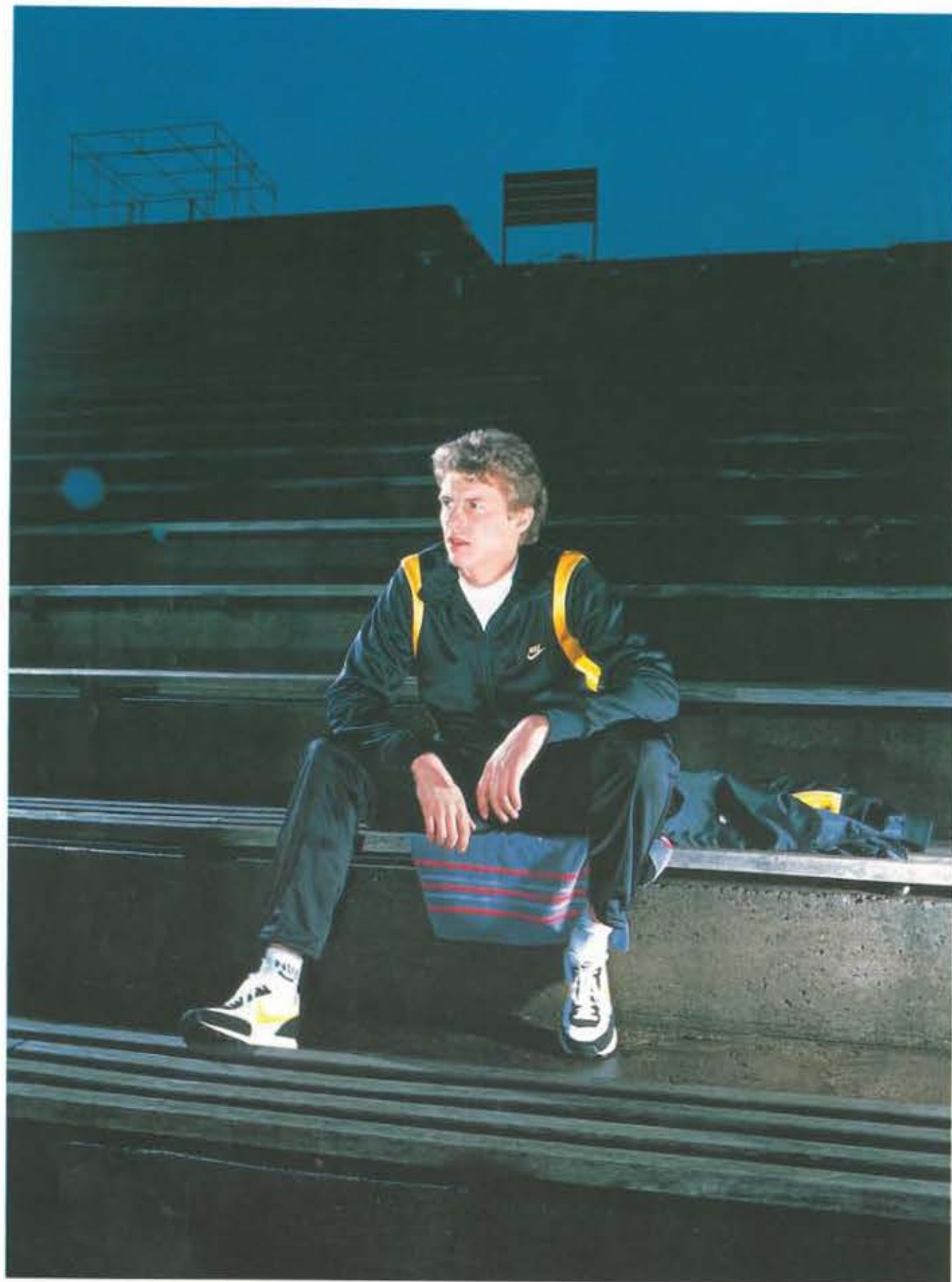
Henderson wore it again when he, George McCallum, Cameron Sharp and

Elliott Bunney came out to take the relay bronze.

A year is a short time in athletics, but the progress made by Henderson in that time is perhaps the most heartening thing to emerge from the Commonwealth Games. And that is not to minimise the stunning success of the delightfully unspoiled Liz Lynch.

For the emergence of the Edinburgh teenager in so short a time is proof that the basic natural resource of the sport is flourishing in Scotland. But we must have more input. Otherwise these resources will be burned and wasted like a puff of spent tobacco.





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She lay gyrating on the ground to the sound of the music. It might not have been an unusual sight to some men, but it was to me — this was my first major athletics meeting.

Wearing her personal stereo, Australian Jeanette Kieboom had an unusual way of limbering up between throws in the javelin final at the Commonwealth Games, but it was just one of the fascinating sights which created an unforgettable atmosphere.

Such was my enthusiasm to get a good vantage point, I turned up early at Meadowbank Stadium on a day which promised many enthralling clashes. I might as well have had a long lie, because all I saw was three quarters of a lap of the men's 30 kilometre walk before they disappeared out of the stadium. Most of the time I spent sheltering under the hospitality suites with a popcorn girl who was able to discuss her 'O' grade successes with passing friends.

In between thunderbursts I managed to leave the stadium to meet my wife, but when we returned all those

My Games

GRAEME SMITH spent a day in Meadowbank... here are the thoughts of a novice spectator.

empty seats I told her about had vanished. A steward waved us down to a front row space but we declined to sit with our feet in four inches of water and chose to stand for the afternoon like hundreds of other ticket holders unable to get a seat.

We could, however, see plenty of empty £10 seats which we had applied for unsuccessfully in January. They had apparently been paid for, but were not occupied. Those who wasted them missed a superb afternoon's entertainment.

It was all rather confusing at first for us novice spectators. There were repeated cheers from the seasoned observers in the crowd which seemed to us to relate to nothing. A lady beside us kindly pointed

out that Scotland's Geoff Parsons was doing battle with Milton Otley in a thrilling high jump final at the other end of the stadium.

Although a regular athletics spectator, she too had arrived early at Meadowbank. Her husband was one of the field event officials and had been told to turn up two and a half hours before he was needed. He had taken a week off work to do so, without complaint and for the love of the sport, but I was rather shocked to learn he had to buy his own tickets for the opening and closing ceremonies.

I shouted myself hoarse for Tom McKean but he could not match the graceful Cram in the 800 metres.

However, it was the javelin which held me spellbound, an event which has never

inspired me when I have watched on television. I found it sad that Fatima Whitbread was not woman enough to accept defeat more graciously.

I could understand the heartbreak of only a silver medal which Whitbread must believe is worthless. I could understand why she sat rocking and running her fingers through her hair for an age after she had been beaten by arch rival Tessa Sanderson. I could even understand why she did not want to speak to the friends and relatives who comforted her and wrapped her up to keep her warm as she sat in mourning.

What I could not understand how she was unable to display the courtesy and dignity of every other athlete who stood on the rostrum during the medal ceremonies.

I must admit, nevertheless, that Fatima's behaviour added to the interest of my first ever athletics meeting, and it has hooked me like a drug. Maybe some day I'll be able to point out to a novice why the crowd are cheering for nothing, or even why that girl is rolling around the ground.

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Results

JULY

1 Ewart Engineering 6 mile Road Race (Annan) -

I. R. Carey (Annan & District AC) 28:34, 2. A. Jenkins (EAC/Morpeth H) 29:16, 3. I. Brown (Morpeth H) 29:34, 4. C. Graham (Langholm) 30:02, 5. W. W. McCluskie (Annan & District AC) 42:06, 6. Teams: I. Morpeth H 10pts, 2. Annan & District AC 30pts.

5 10,000 metres Road Race (West Kilbride) -

I. C. Robison (Spango Valley AC) 27:45 (rec), 2. T. Murray (Greenock Glenpark H) 28:38, 3. I. Duffy (Greenock Wellpark H) 29:06, 4. D. King (Irvine AC) 32:35, 5. J. Walker (McLaren Glasgow AC) 35:41.

Mamre 16 mile Hill Race (Kinlochleven) -

I. S. McLeod (Fort William) 1:48:04, 2. D. O'Neill (Lochaber AC) 1:49:54, 3. R. Shields (Lochaber AC) 1:53:39, 4. A. Shaw (Rochdale H) 1:58:25.

Shotts Highland Games (Shotts) -

Hamilton/Anderson Heavy Events Trophy - 1. S. Menzies (Central Region AC) 13pts, 2. R. Davidson (Coatbridge) 11pts, 3. W. Weir (Central Region AC) 9pts, 4. S. P. Menzies 56lb Wt for Height, R. Davidson 28lb Wt for Distance, S. Menzies, Caber W. Weir, Scott's Hammer S. Menzies.

14 mile Road Race, Silver Groat Trophy -

I. R. Ronald (East Kilbride AC) 1:13:00, 2. W. Dickson (Law & District AC) 1:15:37, 3. D. Wyper (Bellahouston H) 1:17:28, 4. V. T. Cameron (Shettleston H) 1:32:43.

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Elgin Highland Games (Morriston Park, Elgin) -

10 mile Road Race: I. S. Axon (Aberdeen AAC) 52:56, 2. P. O'Donoghue (Aberdeen AAC) 54:51, 3. M. Wright (Elgin AAC) 54:57, 4. D. Ritchie (Forres H) 58:1.

North of Scotland Championship: Caber, A. Munro (Inverness H), Ladies 200 metres, K. Madigan (Aberdeen AAC) 26:0.

Dornoch Festival 1/2 Marathon (Dornoch) -

I. W. Miller (Caithness AAC) 72:55, 2. D. Bow (Nairn AC) 73:41, 3. R. Cameron (Black Isle AAC) 75:18, 4. G. Mitchell (Inverness) (12th), 5. S. Campbell (Northern Constabulary AC) 1:43:22 (78th), 6. Teams: I. Black Isle AAC, 2. Nairn AC.

Newmachar 3 miles Fun Run (Aberdeen) -

I. S. Willox (Aberdeen) 16:45, 2. M. Edwards (Aberdeen) 16:50, 3. G. McGroarty (Newmachar) 17:07.

Shettleston Harriers Open Graded Meeting (Crownpoint) -

100 m: I. C. Sharp (Shettleston H) 10:6 (into wind), 2. S. Tucker (Kirk Oly) 11:1, 200 m: I. D. Slater (Law & District AC) 22:3, 2. S. Tucker 22:4, 400 m: I. K. Thomson (ESH) 51:2, 800 m: I. G. McCann (Bellahouston H) 1:55:3, 1500 m: I. A. Callan (Springburn H) 3:41:8, 2. G. Braidwood (Bellahouston H) 3:49:7, 1600 m (Youth): I. D. McGinley (Clydebank AC) 4:00:1, 2. G. Stewart (Clydebank AC) 4:03:3, 3000 m: I. P. Fleming (Bellahouston H) 8:20:1, H. P. McGill (Victoria Park AAC) 1:86m, 4. B. Milne (Clydebank AC) (Youth) 6:37m.

Access U.K. Womens Athletic League Div.1 (Grangemouth) -

100 m: 2. J. Neilson (EWMSH) 12:5, 800 m: 1. L. McDougall (McLaren GAC) 2:04:6, 1500 m: A. J. A. Purvis (EWMSH) 4:25:7, 1500 m: I. M. Robertson (EWMSH) 4:34:2, 3000 m: I. A. Everett (McLaren GAC) 9:45:8, 400 H: I. E. McLaughlin (EWMSH) 59:3, 1. J. L. Campbell (EWMSH) 59:8m, Team Result: I. Stretford AC 27:5pts, 2. Sale H 27:2 pts, 3. Edinburgh Woolen Mills SH 24:6pts, 4. Liverpool H and Notts AC both 22:5pts, 6. McLaren Glasgow AC 20:3pts.

6 Teviotdale 1/2 Marathon (Hawick) -

I. A. Walker (Teviotdale H) 66:35, 2. D. Covers (Teviotdale H) 67:54, 3. I. Elliot (ESH) 68:29, 4. J. Knox (Gala H) 1:1:1, 5. McCraw (Tweedside AC).

Moffat Chase 18 mile Hill Race (Moffat) -

I. J. Mailand (Aberdeen AAC) 2:42:37, 2. I. Blair-Fish (Carnethy Hill Runners) 2:45:58, 3. D. McGonigle (Dundee Hawkhill H) 2:46:37, 4. C. Valentine (Kewick AC) 2:47:17, 5. R. Blamire (Stewart AC) 2:57:40 (10th), 2. R. Steidle (Lochaber AC) 3:00:36 (12th), 3. S. Haines (York University AC) 3:30:13 (32nd), 2. A. Curtis (Livingston & District AC) 3:50:50 (41st).

Stonehaven 1/2 Marathon (Stonehaven) -

I. G. Crawford (Springburn H) 71:16, 2. C. Bell (Dundee Hawkhill H) 73:33, 3. R. Hanlon (Dundee Road Runners) 74:39, 4. D. Ritchie (Forres H) 78:36 (12th), 5. J. Robertson (Aberdeen AAC) 1:29:51, 6. M. Sturmy (Peterhead AC).

Cupar Highland Games (Duffus Park, Cupar) -

11 miles Road Race: I. T. Mitchell (Fife AC) 61:33, 2. P. McCormack (Dundee Hawkhill H) 3. J. Ash (Pitreevie AC) (Vet), 4. T. Willows (Unattached), 5. V. R. Kettles (Lasswade AC) 1:00:0, 6. L. Singer (Solihull AC).

Scottish Heavy Throwing Event Competition: S. Menzies (Central Region AC), 2. W. Weir (Central Region AC), 3. A. Naismith (Shettleston H).

Bank of Scotland Scottish Athletics League (Meadowbank) -

Div.1 meeting: 100m: I. A. Trimby (ESH) 10:74w, 2. B. Whittle (Ayr Sea) 10:76w, 200m: I. B. Whittle 21:62, 2. M. Johnston (Aberdeen) 21:73, 400m: I. D. Young (EAC) 48:63, 800m: I. D. Gray (Ayr Sea) 1:55:06, 1500m: I. T. Hanlon (ESH) 3:51:47, 5000m: I. F. Clyne (Aberdeen) 14:30:20, 110m H: I. H. Lowrie (ESH) 1:55:58w, 400m H: I. S. Dempster (ESH) 5:55:3, H. J. B. Thomson (EAC) 2:00m, PV: I. D. Hamilton (ESH) 4:50m, LJ: I. R. McKay (EAC) 7:02m, 2. M. Fowler (Victoria Park) 6:99m, TJ: I. C. Duncan (ESH) 15:53m, 2. S. Jamieson (EAC) 14:67, DT: I. G. Patience (EAC) 52:00m, 2. D. Morris (Pitreevie) 48:14m, HT: I. R. Meikle (ESH) 53:96m, 4 x 100/4 x 400m Relay: Edinburgh AC 43:59/3:18:90, Team Results: I. Edinburgh AC 41:3pts, 2. Edinburgh Southern H 37:2pts, 3. Aberdeen AAC 32:8pts, 4. Ayr Seaford AC 25:8pts, 5. Victoria Park AAC 22:4pts, 6. Shettleston H 21:1pts, 7. Pitreevie AAC 19:8pts, 8. Perth Strathgry H 15:5pts.

Div.2 meeting: 100m: I. S. Scott (Fife Southern H) 10:71w, 200m: I. S. Scott 21:35, 2. O. Stark (Kilmarnock H) 21:96, 4 x 100m Relay: I. Fife Southern H 43:27, Team Results: I. Bellahouston H 26:0pts, 2. Kilmarnock H 23:9pts, 3. Cambuslang H 18:7pts, 4. Fife Southern H 16:5pts, 5. Fife AC 16:4pts, 6. East Kilbride AC 16:1pts, 7. Central Region AC 12:3pts, 8. Lothian AC 12:0pts.

Div.3 (Coatbridge): 100m: A. Baris (Lasswade AC) 11:0, 3000m St: I. D. Bain (FUH) 9:20, Team Results: I. Kilmarnock AC 19:4pts, 2. Falkirk Victoria H 16:9pts, 3. Clydesdale H 15:2pts, 4. Lasswade AC 14:3pts, 5. Lochgelly & District AC 12:8pts, 6. Dundee Hawkhill H 11:9pts.

Div.4 (Coatbridge): Team Results: I. Livingston & District AC 19:5pts, 2.

Garscube H 170pts, 3. Greenock Glenpark H 133pts, 4. Montrose AC 109pts, 5. Dumfries AAC 105pts, 6. Vale of Leven AC 86pts.

7 Butinox Knock Hill 3 miles Hill Race (Crieff) -

I. G. Crawford (Springburn H) 18:24, 2. I. Howie (Perth Strathgry H) 18:25, 3. V. P. Cartwright (Falkirk Victoria H) 19:10, 4. M. Ewing (Perth Strathgry H) 20:31, 5. H. Fugard (Perth Strathgry H) 21:22, 6. Jun U/16, W. Griffiths (Crieff) 21:52, 7. Girl U/16, A. Fraser (Ardneach School) 23:08, Local M. A. Wilson (Crieff) 23:39, 1. L. Hill (Amurree) 33:00.

10 Brimmond 4 1/2 mile Hill Race (Aberdeen) -

I. J. Doig (Aberdeen AAC) 21:26, 2. C. Farquharson (Aberdeen AAC) 21:38, 3. B. Moroney (Aberdeen AAC) 21:41, 4. V. M. Edwards (Aberdeen AAC) 23:11 (rec), 5. (10th), 6. U. Simpson (Aberdeen AAC) 26:05.

12 Forres Highland Games (Grant Park, Forres) -

SAAA National Scottish Heavy Event Throwing Championship: I. A. Pettigrew (Shettleston H) 18pts, 2. W. Weir (Central Region AC) 12pts, 3. G. Cameron (Badenoch AC) 5pts.

Championship Events: 16lb SP: I. A. Pettigrew 1384m, 2. S. Menzies (Central Region AC) 1347m, 3. W. Weir 1298m, 28lb Wt for Distance: I. G. Cameron 1970m, 2. A. Pettigrew 1870m, 3. S. Menzies 1748m, Shot HT: I. A. Pettigrew 35:64m, 2. W. Weir 30:64m, 3. H. Naismith (Shettleston H) 30:32m, 56lb Wt over the Bar: I. A. Pettigrew 130', 2. W. Weir 126', 3. A. Munro (Inverness H) 120', Tossing the Caber: I. W. Weir, 2. A. Munro, 3. H. Naismith, 11 1/2 miles Road Race: I. G. Reynolds (RAF/Aberdeen AAC) 58:16, 2. D. Bone (Nairn AC) 61:04, 3. T. George (Elgin AC) 61:31.

13 Runsport 1/2 Marathon (Stirling University) -

I. P. Fleming (Bellahouston H) 63:15 (rec), 2. S. Axon (Aberdeen AAC) 63:35, 3. D. Bain (Falkirk Victoria H) 65:39, 4. G. Crawford (Springburn H) 65:57, 5. F. Harper (Central Region AC) 66:25, 6. A. Daly (Bellahouston H) 66:27, 7. B. Carty (Shettleston H) 69:23, 8. W. Scally (Shettleston H) 70:56, 9. R. Guthrie (Bellahouston H) 71:38, 10. E. Turner (McLaren GAC) 74:36 (rec), 12. S. Branney (McLaren GAC) 75:51, 13. M. Baker (McLaren GAC) 80:28.

1500 metres Street events: Men: I. C. Robison (Spango Valley AC) 3:42:6, 2. G. Braidwood (Bellahouston H) 3:43:7, 3. S. Doig (Fife Southern H) 3:45:3, Ladies: I. E. Lynch (St Francis, Dundee) 4:11:4, 2. A. Everett (McLaren GAC) 4:26:7, 3. J. Nielson (New Zealand) 4:29:8, Youth: I. G. Stewart (Clydebank AC) 3:58:0, 2. D. McGinlay (Clydebank AC) 4:02:0, 3. S. Marshall (Garscube H) 4:03:9.

Claymore Homes 10 miles Road Race (Haddington) -

I. A. Robison (ESH) 51:58, 2. B. Emmerson (Teviotdale H) 53:06, 3. W. Anderson (Gala H) 53:34, 4. V. J. Knox (Gala H) 54:53 (5th), 5. V. G. Armstrong (HELP) 60:41, 6. V. R. Kettles (Lasswade AC) 61:50, 7. A. Bankowska (Livingston & District AC) 64:15, 8. V. Fyfe (HELP) 73:41, Teams: I. Haddington 20pts, 2. Gala H 23pts.

Caithness Northern 1/2 Marathon (Thurso) -

I. G. Harper (Aberdeen AAC) 72:47, 2. S. Cassella (Aberdeen AAC) 73:44, 3. D. Manser (Aberdeen AAC) 74:02, 4. V. J. Callion (Aberdeen AAC) 80:03, 5. J. Swanson (Monkland Shettleston) 1:30:10, 6. B. Deuchart (Wick) 1:45:51, Teams: I. Aberdeen AAC 13pts, 2. Caithness AAC

Results

Keith Gala Road Races (Keith) -

Senior 48 miles: I. B. Channek (Forres H) 22:40, 2. C. McIntyre (Coasters AC) 23:25, 3. A. Reid (Coasters AC) 23:39, 4. L. L. Bain (Aberdeen AAC) 26:37 (rec), 5. Youth 48 miles: I. G. Bartlett (Forres H) 25:24, 6. Girls 48 miles: I. M. Boyd (Forres H) 29:47.

Scottish & North West League Meeting (Wahaw) -

Womens 100/200/400: I. Rankin (Victoria Park AAC) 1:31/2:59/5:78, Team Results: Div.1: I. Victoria Park AAC 107:9pts, 2. Kilmarnock AC 101:3pts, 3. Ayr Seaford AC 99:1pts, 4. Kirkcaldy Olymptics AC 93:7pts, 5. ESH 92:5pts, 6. Lasswade AC 87:2pts, 7. Nith Valley AC 86:7pts, 8. L&L Track Club 82:1pts, Div.2: I. Lochgelly & District AC 104:8pts, 2. Border H 104:6pts, 3. Colwyn AC 102:0pts, 4. Kilmarnock H 101:0pts, 5. Annan & District AC 96:1pts, 6. Vale of Leven AC 88:1pts, 7. Melrose AC 87:6pts, 8. Law & District AC 86:7pts.

Working AC Open Decathlon (Working) -

4. R. Haire (Working AC) 11:7, 6:56m, 11:27m, 1:81m, 53:0, 1:67, 32:98m, 3:20m, 32:45m, 5:100, 5:596 points.

14 Saltcoats Gala 4 mile Road Race (Saltcoats) -

I. A. Callan (Springburn H) 19:43, 2. T. Murray (Greenock Glenpark H) 19:53, 3. D. Frame (Law & District AC) 19:56, 4. D. King (Irvine AC), 5. V. Clinton (Irvine AC) 24:14, Teams: I. Cambuslang H 25pts, 2. Kilmarnock AC.

15 Edinburgh Woolen Mills 15,000 metres Road Race (Moffat) -

I. D. Cavers (Teviotdale H) 49:07, 2. A. Jenkins (EAC/Morpeth H) 3. P. Day (Solway Strollers), 4. J. Knox (Gala H) (5th), 5. C. Brown (Dumfries AAC), Team: I. Gala Harriers.

18 White Ash 5 mile Hill Race (Fochabers) -

I. M. Wright (Elgin AAC) 28:44, 2. A. Newlands (Unattached) 29:56, 3. J. Gordon (Aberdeen) 29:21, 4. M. McCulloch (Forres H) 29:48, 5. R. Longmore (Unattached) 34:17, 6. D. Strachan (Fochabers) 53:43.

19 Lochinver Coastguard 10 miles Road Race (Lochinver) -

I. M. McCulloch (Forres H) 54:37, 2. Z. Bankowski (Edinburgh AC) 56:03, 3. P. Bregazzi (Lancashire) 59:07, 4. G. Contier (France) 61:32, 5. A. Bankowska (Livingstone & District AC) 65:32.

Snowdon 10 miles International Hill Race (North Wales) -

I. L. Bortoluzzi (Italy) 64:24, 2. J. Lenahan (Ire) 64:34, 3. I. Simonetti (Italy) 65:14, 4. C. Dornelly (Scott/Cambuslang H) 65:16, 5. D. McGonigle (Scott/Haddington) 69:47, 21. J. Mailand (Scott/Aberdeen AAC) 71:01, International Team Race: I. England 19pts, 2. Italy 22pts, 3. Republic of Ire 24pts, 4. Scotland 35pts.

Creag Sheag 6 1/2 mile Hill Race (Kinrossie) -

I. A. McGee (GEC Avonics) 33:53 (rec), 2. D. O'Neill (Lochaber AC) 35:11, 3. D. Weir (Fife AC) 35:43, Local: I. M. Davis (Badenoch AC) 42:38, 2. M. Muir (Dundee Road Runners) 45:37 (rec).

Inverness Highland Games (Bught Park, Inverness) -

200m: N. Munro (Inverness H) 22:9, Northern Games Championships 400m: M. King (Aberdeen AAC) 52:4, 16lb Wire HT: R. Devine (Jun) (Inverness H) 49:46m, HJ/LJ/TJ: D. Mathieson (Aberdeen AAC) 1:93m/651m/1283m.

Shettleston Harriers Open Graded Meeting (Crownpoint) -

100(w): I. D. Stark (Kilmarnock H) 10:6w, 2. M. Fairweather (Salo H) 10:6, 3. J. Nicholl (Perth Strathgry H) 10:7, 4. M. Johnston (Aberdeen AAC) 10:7, 5. W. Jack (Perth Strathgry H) 10:8, 6. R. Smith (Aberdeen AAC) 11:1, 100B(w): I. S. Tucker (Kirk Oly) 10:8w, 2. M. McPhail (Ayr Seaford AC) 11:0, 3. J. Corrigan (Shettleston) 11:0, 200m(w): I. J. Nicholl 21:3, 2. M. Fairweather 21:3, 3. M. Johnston 21:4, 4. D. Stark 21:7, 5. W. Jack 22:0, 6. P. Ewing (Perth Strathgry H) 22:4, 200B(w): I. S. Tucker 22:0, 2. M. McPhail 22:1, 800m: I. G. Gibson (Kilmarnock AC) 1:53:7, 2. R. Fitzsimmons (Bellahouston H) 1:55:7, 3. D. McGinlay (Youth) (Clydebank AC) 1:56:1, 1500m: I. N. Muir (Shettleston H) 3:52:2, 2. G. Braidwood (Bellahouston H) 3:53:0, 3. R. Fitzsimmons (Bellahouston H) 3:53:4, 4. R. Cresswell (Aberdeen AAC) 3:53:8, 5000m: I. A. Wilson (Victoria Park AAC) 14:37:1, 3000mSt: I. A. Henderson (Tayside AC) 9:38:00 H, 1. G. McAsian (EAC) 1:90m.

Kildoon 3 mile Hill Race (Maybole) -

I. A. Wilson (Victoria Park AAC) 16:19, 2. D. McCrorie (Ayr Seaford AC) 17:28, 3. J. Caird (Ayr Seaford) 17:40, 4. D. Ward (Maybole) 26:17, Local: I. D. Ward (Maybole) 20:35.

Irvine Harbour Festival 1/2 Marathon (Beach Park, Irvine) -

I. D. Frame (Law & District AC) 67:56 (rec), 2. G. Tenney (Linwood AC) 68:43, 3. W. Dickson (Law & District AC) 69:40, 4. J. Kyle (Cumnock Runners) 73:00, 5. W. Stoddart (Greenock Wellpark H) 73:02, 6. S. Branney (McLaren Glasgow AC) 76:33 (rec), 7. L. K. Todd (Loudon Runners) 89:33.

Irvine New Town Highland Games (Beach Park, Irvine) -

Heavy Throwing Event Championship: I. A. Pettigrew (Shettleston H) 16pts, 2. S. Menzies (Central Region AC) 11pts, 3. H. Naismith (Shettleston H) 9pts, 4. W. Weir (Central Region AC) 8pts, 28lb Wt for Distance: I. S. Menzies 21:22m, 50lb Wt for Height: I. A. Pettigrew 126", 16lb SP: I. H. Naismith.

26 Stromness 1/2 Marathon, Stromness -

I. G. Harper (Kirkwall) 73:24, 2. M. Ogston (Orkney Isles AAA) 79:46, 3. T. Riedmann (Switzerland) 79:49, 4. L. (17th) D. Leonard (Kirkwall) 1:38:36, 5. V. (18th) E. Bews (Kirkwall) 1:39:02.

Aberdeen AAC Open Meeting, Balgownie -

200m: I. M. King (Youth) (Aberdeen AAC) 22:3, LSP: I. H. Cowie (Aberdeen AAC) 12:06m.

13610 (rec): 2. A. Farningham (Aberdeen AAC) 1:41:15, 3. A. Curtis (Livingston & District AC) 1:42:28, 4. V. G. Armstrong (Haddington) 1:49:43, 5. L. L. Quirk (Kendal AC) 1:55:40, 6. A. Curtis (Livingston & District AC) 1:59:13, 7. Two Seven Hills Challenge Run - I. E. Scott (Edinburgh AC) 2:08:15.

Irvine Harbour Festival 1/2 Marathon (Beach Park, Irvine) -

I. D. Frame (Law & District AC) 67:56 (rec), 2. G. Tenney (Linwood AC) 68:43, 3. W. Dickson (Law & District AC) 69:40, 4. J. Kyle (Cumnock Runners) 73:00, 5. W. Stoddart (Greenock Wellpark H) 73:02, 6. S. Branney (McLaren Glasgow AC) 76:33 (rec), 7. L. K. Todd (Loudon Runners) 89:33.

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Aberdeen AAC Open Meeting, Balgownie -

200m: I. M. King (Youth) (Aberdeen AAC) 22:3, LSP: I. H. Cowie (Aberdeen AAC) 12:06m.



The enthusiasm, commitment and determination of 100 metre sprinters Douglas King (England), Andy Coogan (Scotland), Ernie Plimer (Scotland) and Allan Bowdler (Scotland) - left to right, above - has obviously not diminished with age as this study in concentration from the Commonwealth Veterans Gathering at Grangemouth Stadium on July 19 graphically demonstrates.

The veterans meetings attracted over 200 competitors, all of them looking disgracefully fit and healthy alongside the seedy representatives of Scotland's Runner.

Top woman was 56 year old Christine McLennan from Dollar, who knocked almost four seconds off the British 55+ best for 400 metres with a time of 76.4 seconds, and come within 0.5 seconds of the 200 metres record of 32.00 seconds.

Welshman Sean Power (43) was nominated best man, winning the 40+ triple jump with 13.58 metres, the long jump with 6.25 metres, and coming second in the high jump with 1.70 metres.

Among the well known faces competing at Grangemouth were former Partick Thistle goalkeeper and reinstated amateur John Freebairn, Oban band leader Billy Ford, former steeplechase internationalist John Linaker, and ex-long jump record holder Dave Walker, who now lives in Hawaii.

Commonwealth Games marathon runner Lorna Irving, 40 next year, ran away with the 35+ title for 5,000 metres, although her time of 16:45.5 was outside the current age group record.

Results

Meall-an-t-Suidhe Hill Race, Lochaber Highland Games, Fort William
1. D. McGonigle (Dundee Hawkhill H) 30:06. 2. P. Dugdale (Horwich AC) 31:07. 3. A. Farrington (Aberdeen AAC) 31:23. 4. C. Menhennett (Bellahouston H) 39:46. 5. R. Shields (Lochaber AC) Team: 1. Camethy Hill Runners; 2. Lochaber AC.

Dingwall to Evanton and Back 10 mile Road Race
1. M. McCulloch (Forres H) 54:06. 2. D. Bowe (Naam H) 55:10. 3. I. Collier (Black Isle AC) 56:02. 4. L. Robertson (Dundee Road Runners) 66:19. Team: 1. Black Isle AC 26pts; 2. Inverness H 29pts.

27 Helenaburgh Peoples 1/2 Marathon, Helenaburgh
1. G. Crawford (Springburn H) 66:05 (rec.). 2. D. Frame (Law & District AC) 66:10. 3. R. Wilson (Greenock Glenpark H) 71:18. 4. A. McColl (Dumbarton AAC) 74:00. 5. S. Branney (McLaren

Glasgow AAC) 77:08 (rec). Team: 1. Dumbarton AAC.

Half Ben Nevis Hill Race, Fort William
1. R. Bergstrang (Sheffield Univ) 50:34. 2. R. Hope (Camethy Hill Runners) 52:39. 3. R. Boswell (Lochaber AC) 52:52. 4. R. Shields (Lochaber AC) 56:04. 5. C. Menhennett (Bellahouston H) 67:34. Team: 1. Lochaber AC 21pts; 2. Aberdeen AAC 27pts.

29 Commonwealth Veterans Gathering 25km Road Race, Queens Park, Edinburgh
1. B. Scobie (Scotland) 1:24:47. 2. D. Lawson (England) 1:25:28. 3. D. Littlewood (England) 1:26:23. 4. K. Summersgill (England) 1:30:23. 5. D. Lawson (England) 1:30:28. 6. W. Stoddart (Scotland) 1:30:46. 7. E. Joynson (England) 1:32:15. 8. R. Brierley (Wales) 1:52:19. 9. G. Brennan

(Scotland) 2:04:37. Ladies: 1. F. Mudway (England) 1:40:21 (42nd). 2. E. Adams (England) 1:42:55 (49th). 3. P. Marshall (Australia) 1:44:52 (58th). 4. P. Marshall (Australia) 1:44:56 (45th). 5. M. Hyman (Scotland) 1:54:22 (84th). 6. E. Norrish (England) 2:00:00 (108th). 7. J. Allen (Scotland) 2:02:52 (113th). 8. J. Allen (Scotland) 2:32:36 (132nd).

Commonwealth Highland Games 'Arthur's Seal' Hill Race, Edinburgh
1. P. Dugdale (England/Horwich AC) 20:45. 2. D. McGonigle (Scotland/Dundee Hawkhill H) 20:54. 3. M. Dean (Scotland/Central Region AC) 21:11. 4. R. Blamire (Scotland/Stewart AC) 23:14. 5. M. Edwards (Scotland/Aberdeen AAC) 23:21. 6. A. Carson (Wales/Eryrie AC) 24:28. 7. A. Curtis (Scotland/Livingston & Dist AC) 25:54.

30 Commonwealth Games Media 3.4 miles

'Round Arthur's Seat' Road Race, Edinburgh
1. J. O'Brien (Ireland) 16:59. 2. R. Robinson (New Zealand) (VI) 17:32. 3. J. Aillard (England) 17:51. 4. R. Mill (Scotland/Fife Southern H) 18:08. 5. A. Briggs (England) 20:57.

Commonwealth Veterans 10,000 metres Road Race, Edinburgh
1. A. Roper (Wales) 31:05. 2. R. Milne (England) 31:09. 3. E. Oxlade (N Ireland) 31:29. 4. J. Dicheila (England) 33:02 (7th). 5. D. Lawson (England) 32:22 (5th). 6. W. Stoddart (Scotland) 34:37 (25th). 7. B. Bickerton (Scotland) 40:06 (102nd). 8. R. Brierley (Wales) 44:39 (164th). 9. G. Brennan (Scotland) 47:16 (181st). 10. J. Farrell (Scotland) 46:20 (178th). Ladies: 1. E. Adams (England) 38:24 (74th). 2. D. Illston (England) 40:40 (117th). 3. K. Dobson (Scotland) 40:52 (118th). 4. M. Cannon (England) 43:33 (154th). 5. D. McMartin (England) 41:59 (131st). 6. M. Loudon (Wales) 41:15 (124th). 7. E. Norrish (England) 46:54 (180th). 8. J. Allen (Scotland) 64:07 (220th).

Race Profile: The Runsport Half-Marathon

While most marathons and half-marathons around the country are suffering dramatic drops in entries, the Runsport Half Marathon only July 13 held its own and almost certainly received a massive boost for next year thanks to a certain Peter Fleming in full flight.

Good club runners and steady padders alike will make a mental note about a course that allows a Scottish runner not called Hutton or Muir to clock a marvellous, almost-solo, 63 minutes 15 seconds.

Mind you, at the rate of Fleming's improvement this summer, he may soon command the same respect as the other two. After all, has anybody ran faster for the distance on Scottish soil?

The Bellahouston Harrier and former Glasgow Marathon winner was content early on to stay with a leading bunch — resulting in an ordinary

three mile time of 14 mins 45 secs. By then, though, he had begun to up the tempo on one of the course's few inclines and only Springburn's Graham Crawford and Simon Axon of Aberdeen AAC attempted, albeit briefly, to go with him.

Fleming said later that he had held back hoping for company, but by four miles it was clear he was going to be on his own. Company and competition, he reckoned, would have seen him dip well under 63 minutes.

Crawford and Axon, however, both lacked spring as a result of heavy racing schedules (it was the former's ninth half in as many weeks), and missed an ideal opportunity to improve their personal bests by becoming involved with Fleming on a fast course (R.R.C. measured) and on a rare day of little wind.

The Runsport had some hills, but they were gradual climbs or small undulations —

nothing to really slow the winner or ladies victor Elspeth Turner, of McLaren Glasgow AC, who ran a superb 74 minutes 36 seconds for a personal best that took six minutes off the course record.

Another notable performance came from Bill Robertson of Bellahouston. With only two years running background, he finished ninth in 67 minutes 48 seconds. He went through 10 miles in just over 51 minutes — almost five minutes faster than his time for the Scottish civil service 10 mile championship round Strathclyde Park in spring.

Alterations were made to this year's course to make it flatter, and the new route took in the recently completed two mile stretch of the Stirling bypass.

Some competitors complained they found this flat and exposed section between

nine and 11 miles boring, but these same characters would undoubtedly moan if it was a hilly course. Let's face it — it's a good course if you run well, a bad one if you have a stinker.

Apart from the extremely professionally run half marathon, event organiser Stuart Easton took the trouble to stage three British Milers Club races over 1,500 metres, as well as provide a variety of entertainments for family and friends awaiting the road runners' return on the beautiful and spacious campus grounds of Stirling University. Not surprisingly, the whole day took on a lovely, relaxed picnic atmosphere.

Considering all it has going for it, it is a fair bet that the Runsport will continue to attract over 3,000 starters and justify its claim of being Scotland's premier half marathon.

Commonwealth Champions

MEN	
100m	Ben Johnson (Can.) 10:07
200m	Allee Mahum (Can.) 20:31
400m	Roger Black (Eng.) 45:57
800m	Steve Cram (Eng.) 1:43:22 (GR)
1500m	Steve Cram (Eng.) 3:50:87
5000m	Steve Ovett (Eng.) 13:24:11
10000m	John Solly (Eng.) 27:57:42
Marathon	Rob De Castella (Aus.) 2:10:15
3000m s/c	Graeme Fell (Can.) 8:24:49
110m H	Mark McKoy (Can.) 1:33:1
400m H	Phil Beattie (NI) 49:60
4 x 100m	Canada 39:15
4 x 400m	England 3:07:19
30Km W	Simon Baker (Aus.) 2:07:47
High Jump	Milton Otley (Can.) 2:30m

Pole Vault	Andrew Ashurst (Eng.) 530m (GR)
Long Jump	Gary Honey (Aus.) 8:08m
Triple Jump	John Herbert (Eng.) 17:27m
Shot	Billy Cole (Eng.) 18:15m
Discus	Ray Landins (Can.) 58:86m
Hammer	David Smith (Eng.) 74:06m
Javelin	David Otley (Eng.) 80:62m
Decathlon	Daley Thompson (Eng.) 8:663pts

WOMEN	
100m	Hesher Oakes (Eng.) 11:20
200m	Angella Isajenko (Can.) 22:51
400m	Debbie Flintoff (Aus.) 51:29

800m	Kirsty Wade (Wales) 2:00:94
1500m	Kirsty Wade (Wale) 4:10:91
3000m	Lynn Williams (Can.) 8:54:00
10000m	Liz Lynch (Sco) 31:41:12
Marathon	Lisa Martin (Aus.) 2:26:07
300m H	Sally Gunnell (Eng.) 13:29
400m H	Debbie Flintoff (Aus.) 54:94
4 x 100m	England 43:39
4 x 400m	Canada 3:28:02
High Jump	Christine Stanton (Aus.) 1:92m
Long Jump	Joyce Oladapo (Eng.) 64:3m
Shot	Gael Martin (Aus.) 19:00m
Discus	Gael Martin (Aus.) 56:42m
Javelin	Tessa Sanderson (Eng.) 69:50 (GR)
Heptathlon	Judy Simpson (Eng.) 6:282pts

Events Diary

AUGUST

23 Bute Highland Games and 10 miles "Round the Island" Road Race, Rothesay, E.—Tom McMillan, Ardalla, Giebelands, Rothesay, Bute, PA20 9HN

Two Bridges 36 Mile Road Race, Rosyth, E.—Race Secretary, Civil Service Sports Centre, Castle Road, Rosyth, Fife

Peoples 10,000 metres Road Race, Tain

British Athletics League (Men) Div 2, Battersea Park, London

Access UK Womens Athletic League Div 1, Kirby Statum, Liverpool

Orkney AAA Championships, Kirkwall

Argyll Athletic Championships, Oban

Scottish Young Athletes Mandiegs Meeting, Arbroath

24 South Carrick 1/2 Marathon, Girvan, E.—J. Holt, Girvan Swimming Pool, Knockcushen Street, Girvan, entries close 4 August

Marymass 10 mile Sand Run, Magnus Sports Centre, Irvine, to Barassie, E.—Frank Hannan, 6 Barra Crescent, Irvine KA11 1DE

Midlothian Peoples 1/2 Marathon, Gorebridge

Orkney AAA Championships, Kirkwall

Fair City Fun Run, Perth

Grampian Television Athletics League, Balgownie, Aberdeen

Edinburgh and District Athletics League, Tweedbank

North East League, Queens Park, Edinburgh

26 European Championships, Stuttgart

27 European Championships, Stuttgart

28 European Championships, Stuttgart

29 European Championships, Stuttgart

Cowal Highland Gathering, Dunoon, E.—J. Brown, 8 Ardencaple Drive, Helenaburgh, G84 8PS

30 Cowal Highland Gathering (2nd Day), Dunoon

European Athletics Championships, Stuttgart—Day 5

Glenurquhart Highland Games, 18 mile Road Race from Inverness to Drumadrochit, Drumadrochit, E.—R. Macdonald, Westfield, Lewiston, Drumadrochit, entries close 15 August

Achnomy Hill Race, (5 miles, 500 feet), Drumadrochit 3 pm, E.—R. Macdonald, Westfield, Lewiston, Drumadrochit (R—20:57:1978, F. Chyne, Aberdeen AAC)

Womens Under 21 Home Countries International Match, Middlesbrough

31 European Athletics Championships, Stuttgart, Final Day

Adidas/Mars 1/2 Marathon, Aberdeen, E.—Race organiser, 48 Westholme Avenue, Aberdeen

Livingston Coretex 1/2 Marathon, E.—A. Colquhoun, WLF & Associates, Portersvie Industrial Estate, Dunfermline

Mid Argyll 9 km Road Race and Fun Run, Lochgilphead, E.—W. McCallum, 38 Fernoch Park, Lochgilphead PA31 8DG

Monklands Womens Scottish Cup Final, Coatbridge

Monklands Community Open Road Race, Coatbridge

Scottish Athletics League Divs 1-2, Crownpoint Sports Park

Scottish Athletics League Divs 3-4, Grangemouth

Town and Country 10 mile Road Race, Crief

Inter Region Athletic Match, Tweedbank, Alloa Community

Sports, Alloa, E.—Mrs J. Ramsay Crosshill Farm, Kincardine on Forth, FK10 4BG

Inverclyde 1/2 Marathon, Greenock Esplanade, E.—Richard Hodelet, Municipal Buildings, Greenock

31 East Kilbride Round Table Pre-Marathon 17-mile Training Run, East Kilbride, E.—J. Morrison, 10 Glen Tanner, St. Leonards, East Kilbride

SEPTEMBER

1 Kilmarnock and Loudon 10,000 metres Road Race, Kilmarnock, E.—Mrs E. Dalziel, 3 Stronsay Place, Kilmarnock

2 Sri Chirumoy 2 miles Road Races, Glasgow Green and The Meadows, Edinburgh, E.—B. Grasson, 72 Loch Awe, St. Leonards, East Kilbride G74 2EW

3 Shettleston Harriers Open Graded Meeting, Crownpoint, E.—W. Scally, 437 Duke Street, Glasgow G3 1RY

Seagull 5,000 metres Road Race, Peterhead, E.—Running North, 5 South Mount Street, Aberdeen

6 Ben Nevis Hill Race, Fort William (10 miles 4,400 feet) 2:00 p.m., E.—C. Ross, Ben Nevis Distillery, Fort William (by 26/7) (R-1:25:34, 1984, K. Stuart, Keswick A.C.)

Loch Leven 1/2 Marathon, Kinross

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Events Diary

- 7 Forth Valley League Final Match, Grangemouth.
- Duns Sports Meeting, Duns.
- Rieti International Meeting, Italy.
- International Athletics Club Westminster Street Mile, London.
- Peebles Highland Games, Peebles.
- Scottish Women's Athletic League Div.1, Coatbridge, Div.2, Grangemouth, Div.3, Wishaw, Div.4, Caird Park Dundee.
- Scottish Young Athletes League Cup Final Meeting, Crownpoint.
- Ayr Land o' Burns 1/2, Marathon, Ayr Esplanade, E—Race Director, Kyle and Carrick District Council, Parks and Recreation Department, 30 Miller Road, Ayr.
- Sri Chinmoy 10,000 metres Road Race, Crammond, Edinburgh, E—B. Grassom, 72 Loch Ave, St. Leonards, East Kilbride G74 2EW.
- Crime Prevention Panel 10,000 metres Road Race, Rutherglen, E—Rutherglen Police Office, King Street, Rutherglen and Glasgow District Council Department of Parks and Recreation, 20 Trongate, Glasgow G1 5ES.
- 9 Sri Chinmoy 2 miles Road Races, Glasgow Green and The Meadows.
- 10 IAAF Mobil Grand Prix Final, Olympic Stadium, Rome.
- 12 McVitties Classic International Match, Crystal Palace.
- 13 G.R.E. Cup Final Match, Cumbrian Stadium, Wales. Gold Cup (Men) and Jubilee Cup (Women) Day 1.
- Scottish Veterans Select v North Eastern Veterans, Inter-Regional Challenge Match, Jarrow.
- Scottish Young Athletes Handicap Meeting, Livingston.
- Knockfarrel Hill Race, Strathpeffer (6 miles, 1,000 feet) 2.30 p.m. E—R. Cameron, 5 Rose Croft, Muir or Ord (R-3233, 1961, F. Clyne, Aberdeen AAC).
- 14 Ayrshire Harriers Association Round Cumbrae 10 mile Road Race, Millport, Isle of Cumbrae, E—W.A. Robertson, 17 Hunter Crescent, Troon KA10 7AH.
- G.R.E. Cup Final, Cumbrian Stadium, Wales. Gold Cup (Men) and Jubilee Cup (Women) Final Day.
- Mini-Minor Highland Games, Grangemouth Stadium, E—A. Kerr, Stadium Manager, Grangemouth Stadium, Kersland Avenue, Grangemouth.
- North East League, Glenrothes.
- Scottish and North West League, Divs. 1 and 2 Crownpoint Sports Park, Glasgow.
- Divs. 3 and 4 Coatbridge.

Womens Own Ladies 10,000 metres Road Races, Aberdeen and Grangemouth Stadium.

16 Sri Chinmoy 2 miles Road Races, Glasgow Green and The Meadows, Edinburgh.

20 UK Women's Athletic League, Qualifying Match, Worley.

21 Scottish Citylink Coaches National Peoples Championship Marathon, Glasgow Green, Glasgow, E—Race Director, Glasgow Sports Promotion Council, Department of Parks and Recreation, 20 Trongate Glasgow G1 5ES (R-21454, J. Boyes, Bournemouth AC, 1985).

Aberfeldy Peoples 1/2, Marathon, Aberfeldy Recreation Centre, 10.30 a.m. E—Race Director, Aberfeldy Recreation Centre, Aberfeldy.

Scottish Women's Athletics League Qualifying Match, Grangemouth, E—A. Shaw, 12 Harviestown Grove, Tillicoultry, Clackmannan.

23 Sri Chinmoy 2 miles Road Races, Glasgow Green and The Meadows, Edinburgh.

27 George Cummings 4 x 2 mile Road Relay Race, Kilbarchan, E—G. Masson, 4A Crummock Street, Belth KA15 2BD.

Livingston & District AC Open Road Races, Livingston New Town, E—Mrs. M. Taylor, 34 Pinebank, Ladywell, Livingston EH54 6EU.

Two Breweries Fell Race, Broughton (18 miles, 5,000 feet) 12 noon, E—R. Wall, 1 Springwell Brae, Broughton, Biggar (R-24436, 1984, J. Maitland, Aberdeen AAC).

28 Cockleroi Hill Race, Linlithgow (5 1/2 miles, 850 feet), E—T. Wood, 62 Priory Road, Linlithgow (R-2717, P. Faulds, Falkirk Victoria H).

Black Meldoun Hill Race, Peebles (1 mile, 800 feet) 11.00 a.m. E—R. Wall, 1 Springwell Brae, Broughton, Biggar (R-859, 1985, J. Maitland, Aberdeen AAC).

30 Sri Chinmoy 2 miles Road Race, Glasgow Green and The Meadows, Edinburgh.

OCTOBER

4 Victoria Park AAC McAndrew Trophy 4 x 3 1/2 miles road Relay Race, Scotstoun, Glasgow, E—J. Wallace Crawford, 60 Annan Drive, Bearsden, Glasgow G61 1YP.

Alves to Forbes 6 mile Road Race, E—1 Moncur, 41 Golf View Crescent, Elgin, Moray.

5 Scottish Tug of War Association Indoor Championships, Greenock Sports Centre, Nelson Street, Greenock.

Springburn Harriers Sport Hadden Memorial Cross Country Race, Kirkintilloch, E—D. Wilmoth, 49 Waterside Road, Kirkintilloch, Glasgow G66 3QW.

11 East District Cross Country League Meeting (all age groups), Hawick, E—A. Jackson, 29 Buckstone Hill, Edinburgh EH10 6TJ.

North District Cross Country League Meeting (all ages Men/Women), E—W. Banks, MBE, 16a Ballifeary Road, Inverness IV3 5PS.

Ayrshire County Cross Country Relay Championships.

Dunbartonshire County Cross Country Relay Championships.

Lanarkshire County Cross Country Relay Championships.

Renfrewshire County Cross Country Relay Championships.

12 Victoria Park AAC Open Cross Country Meeting (all age groups, Men/Women), Dalmeir Park, Clydebank, E—J. Wallace Crawford, 60 Annan Drive, Bearsden, Glasgow G61 1YP and Mrs J. Wood, 144 Canberra Avenue, Dalmeir West, Clydebank G81 4EW.

Dundee 1/2, Marathon and International Race, Dundee.

Dumfries 800 Anniversary Marathon, Dumfries, E—Octocentenary Marathon, Nithdale District Council, Municipal Chambers, Dumfries (by 12/7).

TRIATHLONS/BIATHLONS

AUGUST

23 Great Glen Triathlon, A. Manwell, Dept. of PE, University of Aberdeen, Aberdeen.

24 Gairloch Triathlon, Run 6 miles, Canoe 6 miles, Cycle 25 miles. A. Manwell.

East Kilbride Mini, Swim 600 metres, cycle 18 miles, run 6 miles.

East Kilbride Super, Swim 1500 metres, Cycle 36 miles, Run 12 miles. John Higgins.

SEPTEMBER

28 Ullswater Triathlon, Canoe, Fell race, Cycle. S. Mitchell, Howtown OP Centre, Pooley Bridge, Ullswater, Cumbria CA10 2NS.

OCTOBER

4 Deeside Triathlon, Cycle 27 miles, run 11 1/2 miles, Canoe 18 miles. A. Manwell.

5 Banochry Triathlon, Canoe 4 miles, Cycle 16 miles, Run 5 miles. A. Manwell.

Highland GAMES

THE TRUE TRADITION?



Continued from Page 17

Q. Do you think the Games will survive into the 21st century?

A. I'll put my savings on it, just as long as they aren't taken over by the S.A.A.A. But one problem is that the rural culture which in the past produced throwers and jumpers has virtually dried up. The present crop of 'heavies' averages about 45 years of age — at 38 Geoff Capes is one of the youngest — and there is little sign of any big crop of youngsters coming up. As for the jumps, many Games no longer have a pole vault, and there is a steady decline in this area of light field events.

Q. What can be done?

A. Evangelical work in our country areas, with courses for youngsters in the traditional events, using as coaches such 'greats' as Bill and Grant Anderson, Junior and novice events in all our major games, possibly sponsored. Otherwise, these events, the core of the Highland Games, will probably fade away.

Q. Did the Games ever at any time offer an athlete a full-time professional career?

A. No, never. That's what has always made a nonsense of the 'professional' tag. At best, the cream of the 'heavies' were able to take a few months off farm-labouring to compete. Nowadays, even with the increase in the number of Games available, prize-money has not kept pace with the cost of living, and a top 'heavy', even if he wins every event, is lucky to clear £100 per meeting.

Q. So you think that the Highland Games athletes should be able to compete for 'amateur' clubs?

A. Of course! The £90,000 Zola Budd earned for finishing fourth is more than the prize-money in all the Scottish professional Highland Games in the whole season put together! So it is clearly a nonsense to ban the handful of mainly rural athletes who compete in the games.

150' with the shafted hammer, but most games can be won with distances 10%-20% short of these. The jumps are at about the same level as the 1930s, while the sprints and distances are usually merely good club-level, in the even time area in the sprints and mid 150s in the 800 metres. But the Games are not about performances, rather are they a unique mix of athletics, piping and dancing, Scotland's gift to the world. There is nothing like them anywhere in the world and they are something we must cherish.

Q. But Scottish officials were strongly against even a demonstration Highland Games at the Commonwealth Games, were they not?

A. Such people must ask themselves — what do the Highland Games now represent; indeed what have they always represented? The Games are the essence of recreational athletics and always have been. In these days of 'subvention' and subsidised athletes, they more accurately represent the true heart of Scottish recreational sport than much of 'amateur' athletics. They pose about as much of a threat to 'amateur' athletics as the bubonic plague now does to public health.

Q. What do you feel like nowadays when you watch a traditional Games?

A. I look at the 'heavies' like Bill and Grant Anderson, and see an unbroken thread to the past, back to Jay Scott in the 1950s, Clark in the 1930s, A.A. Cameron in the early 20th century, and the great Donald Dinnie in the last quarter of the 19th. I see a culture that Scotland has given to the world, one to which the great athletes of the past could return, and recognise and enjoy. That's not something you could say of any other sport. When I attend a Games I remember that wee McNab of 1949, smelling the wet, cut grass, of a Games field for the first time, and I hope that 20 years from now that it will still be the same.

Q. But isn't this the problem for the S.A.A.A., that there is handicap footracing, on which betting occurs, as well as scratch competition in field events?

A. Betting rarely takes place in Highland Games, and even if it did, more money was laid at Ladbrokes and Hills on the results of the last three Olympics than has been laid on all of the British professional footracing competitions since the last War! Thus, the attitude of the 'amateur' to professional footracing is, like fear of vampires, quite irrational, and has no place in modern sport.

Q. What is the present state of the games?

A. In terms of the sheer volume of meetings, probably the best since 1913. In terms of the volume of athletes, particularly in the 'heavy' events, not so good.

Q. What are the performance levels?

A. In the 'heavy' events, they are quite good, though there is no depth. The problem, as I said before, is that the 'heavies' are mostly middle-aged! Capes could undoubtedly go beyond 6'10" again if he got back in shape, and Grant Anderson is capable of going to beyond



ABERFELDY RECREATION CENTRE Peoples Half Marathon

S.A.A.A. Permit Applied for

SUNDAY, 21st SEPTEMBER 1986

START 10.30 am

Entries now being accepted for the first half marathon in aid of the Aberfeldy Recreation Centre, a registered charity. Start and finish at A.R.C. Scenic route on tarmac all the way. — Drink stations — Full finish list on the day.

* Entry fees: £3.50 affiliated members, £4.00 non affiliated

* Fee includes swim, shower and lunch for all entrants

Men 18 years and over — Women 17 years and over

N.B. There is a Craft Show for families plus swimming, squash and sauna.

* Prizes 1st male, 1st female Veterans. Team of 6 male and female First 4 to score

* Medals for all finishers

Seeding for start positions will be done 7th September, based on previous best times. Entries received thereafter and on the day will be put at the back of the start. This being our first race we are limiting the numbers to the first 1000

Entry forms and details from: RACE MANAGER, ABERFELDY RECREATION CENTRE, ABERFELDY, PERTSHIRE.



Why I don't run . . .

It's a terrible affliction, an allergy to running! It makes me break out in excuses all over.

"I just don't have the time" is a common response I suffer — also, "Who wants to drop dead from a heart attack?" is another manifestation of the condition.

I first experienced an attack of the 'anti's' when I was a child at the all girls' prison (sorry, school) I attended in Edinburgh. Sports Day and Flat Race sent shivers of dread into my sickly system. The eager faces of my parents — Hasselblad in hand — waiting for their victorious daughter to romp home, fell quickly as a podgy, short-legged nine year old plodded gamely on. I must admit to a sneaking success at the egg and spoon race, but that was a triumph of technique over inertia.

A running effort was next demanded of me at hockey a few years later. But the joint risk of running and inflicted pain worsened my allergic condition. I can't actually remember how I achieved it, (if I could, it might come in handy occasionally at the BBC!) but I managed to avoid every single hockey lesson of my school career — expending more effort avoiding the activity that if I'd got on with swinging the stick for two hours. I began to loathe and detest those girls who not only excelled at this game but who actually enjoyed it!

It was at this point I discovered my allergy to running is wide-ranging — it applies equally to spectating and participating — and non-discriminatory joggers and their more serious-minded colleagues, runners, are both included.

As I progressed with my hidden disability into womanhood, I was under the false impression that as an adult I would never have to run again — except towards the odd bus and away from the odd sex maniac! But I was unaware of the psychological pressures that were to come from . . . THE KEEP FIT FANATICS!



By VIV LUMSDEN of
Reporting Scotland

As a result, guilt is now added to the long list of allergy symptoms. A hyper-sensitive attack comes upon me at the mere sight of a magazine such as this, a sports shop window stuffed with shorts, t-shirts and sweatbands or a television advert for odour-consuming insoles (not that I watch commercial telly, you understand). The self-doubts start, the guilt begins. Why don't I jog? What's wrong with me, that I don't run? What am I frightened of? Athlete's foot, jogger's nipple, odorous insoles? No, I have to be strong-minded and admit — I just don't want to do it!

All my forbearance was needed quite recently, when what seemed like the whole female contingent in BBC Scotland's TV Newsroom took to the streets . . . if you see what I mean.

Knowing winks were

exchanged across the type-writers and furtively muttered liaisons arranged. An hour later, half a dozen pink, sweating bodies would reappear wearing shorts, vests and looks of self-satisfaction. Routes were discussed endlessly. "Well, it's about 4 miles, if you go out from here, turn right over the bridge, left into Kelvin Drive," etc, etc.

They even managed to run straight past the open door of the BBC Club — so they said! It was like not being let into a secret society.

The aim was to run in the Strathclyde Women's 10K road race — and, give them their due, they all succeeded. And I was there, standing, of course, at the finishing line. Well, somebody has to cheer them on.

You may by now suspect that my use of the word running is inaccurate and should actually read "any form of exercise". Not true, not true. I used to practice and teach aerobic dancing three times a week. Nowadays, well, I just don't have the time and anyway, who wants to drop dead from a heart attack?

OUTSIDE

COMING NEXT MONTH...

Top Scottish football writer Ian Archer on his lack of running ability.

The death and glaury squad of the cross-country season.

Give it a tri – an introduction to the swimming, cycling and running world of triathlons.

Glasgow Marathon Preview.

Plus, all the usual features, reports and specialist items which make Scotland's Runner essential reading.

Next month's issue is available from reputable newsagents on September 18. Don't delay – order your copy today.



MILETA BLIZZARD

The **BLIZZARD** is a remarkable new suit that has been designed to be completely waterproof, yet light and comfortable to wear. The features include fully machine tape seams, concealed hood in the collar, lined with terylene for wickability, storm flap behind the zip, and the range has been designed for runners, and all who enjoy outdoor pursuits.

The jacket has been fashioned to be eminently suitable for casual use. The trousers have a very long zip up to the knee with a gusset behind the zip to keep out all moisture.

The product is available in two remarkable materials, **CYCLONE** from Carrington Performance Fabrics and **ENTRANT** from Toray Industries.

ENTRANT, the original moisture-permeable waterproof fabric of Toray, offers outstanding weatherproof characteristics thanks to an ingenious microporous membrane. The microscopic pores, less than 2 to 3 microns in diameter, are connected in a honeycomb structure that prevents rain and water droplets from penetrating, while letting perspiration vapour escape.

ENTRANT is an extremely quiet fabric in use and makes it especially suitable for running and golfing. The green jacket in particular is eminently suitable for rambling, hiking and orienteering. Sizes: S(34/36"), M(38/40"), L(42"), XL(44"). Colours: Suit B150 Red/Grey/Red. B151 Royal/Navy/Royal. B152 All Green Price £59.95

CYCLONE is Britain's Raining Champion, brings comfort to foul weather protection. Cyclone allows perspiration to escape, yet prevents the natural elements from penetrating, thus Cyclone keeps the user warm, dry and comfortable. Cyclone is a microporous P.U. coating that is waterproof and moisture vapour permeable, combining both properties, by the clever use of thousands of tiny microscopic pores which are larger than water vapour but smaller than raindrops, effectively allowing the passage of water vapour through the fabric, at the same time stopping external water penetration. The yarn used in the material is Tactel, which has the feel of cotton combined with the high performance characteristics of nylon. Sizes: S(34/36"), M(38/40"), L(42"), XL(44"). Colours: Jacket B100 Grey/Yellow/Amber. B101 Navy/Turquoise/Royal Price £39.95. Trousers B200 Grey. B201 Navy Price £24.95



MILETA CHICAGO

The **CHICAGO** range is made of Tactel, a revolutionary fibre developed by ICI Fibres Division as part of the Record Collection used by top athletes at Major International athletic events.

With the texture of cotton and the high performance characteristics of nylon, the **CHICAGO** range of matching jacket, trousers, is tough, stylish, lightweight,

comfortable, breathable, wind and showerproof and easy-care.

Colours: Jacket CJ1 Grey/Yellow, CJ2 Black/Grey, CJ3 Royal/Turquoise. Trousers CT1 Grey/Yellow, CT2 Black/Grey, CT3 Royal/Turquoise. Sizes: MB, LB, Y. Jacket price £14.95. Trousers Price £7.95. S(34/36"), M(38/40"), L(42"), XL(44"). Jacket Price £19.95 Trousers Price £9.95.

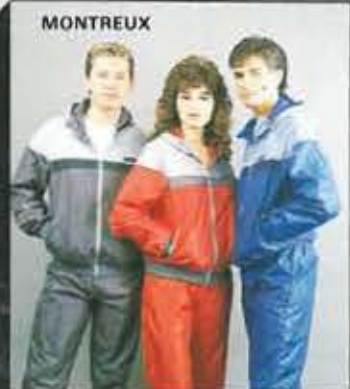


CHICAGO JACKET

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Made from extremely tightly woven nylon, the **Montreux** windproof jacket and trousers ensure a high degree of wind resistance. The material is not coated and thus offers very good breathability. The **MONTREUX** set makes an ideal running suit and the jacket doubles as a fashionable top. Jacket Sizes: MB, LB, Y price £12.95. S(34/36"), M(38/40"), L(42"), XL(44") £15.95. Colours: M110 Charcoal/Black/Silver, M101 Royal/Navy/Sky, M102 Red/Charcoal/Silver, M103 White/Red/Silver, M104 Black/Red/Black, M105 Lime/Grey, M106 Navy/Amber. Trousers Sizes: MB, LB, Y Price £6.95. S(34/36"), M(38/40"), L(42"), XL(44") £8.95. Colours: M110 Charcoal, M111 Royal, M112 Red, M113 White.

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