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Lady Gleem

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Shadow VS

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Lady Azura ST

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Courageous

ing and shock dispersion. Like everything else on our shoes, we put them there for a scientific purpose. Not a marketing one.

Which brings us back to our first point. If you take running seriously, our shoes will never go out of fashion.

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SCOTLAND'S

RUNNER

JUNE 1989

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ISSUE 34



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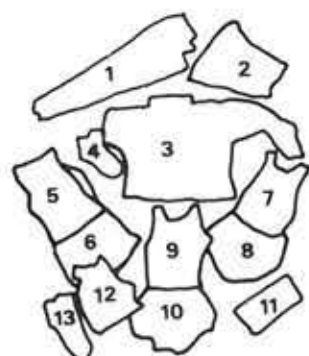
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SCOTLAND'S RUNNER

JUNE 1989

CONTENTS

ISSUE NO 34

REGULARS

5
INSIDE LANE

7
UP FRONT

11
ALLAN WELLS

13
LETTERS

16
WOMEN IN SPORT

19
COACHING CLINIC

26
INDOOR RANKINGS

27
EDINBURGH'S
RUNNERS



Kodak leaders: More pics P19, 21

FEATURES

24
LYNN HARDING
Rhona McLeod interviews the first
Scot to qualify for Auckland

28
1989 SHOE TESTS
Our readers conclude their verdicts
on manufacturers' shoes

43
STADIUM OPENS
Suddenly Dumfries and Galloway
has a wealth of facilities

47
HIGHLAND GAMES
David Webster gives his annual
review of the summer circuit

REGULARS

37
NEW BALANCE
COMPETITION

40
LOCHABER
MARATHON

46
VETERAN SCENE

51
RESULTS

55
EVENTS

62
JUNIOR SCENE

64
SPORTS NETWORK

Editor:
Alan Campbell

Associate Editor:
Doug Gillon

Reporter:
Rhona McLeod

Events and results:
Colin Shields

Photographer:
Peter Devlin

Designers:
Jim Divine/Tom Hanlon

Columnists:
John Graham
Fiona Macaulay
Henry Muchamore
Allan Wells

Front Cover Photo:
Peter Devlin

Advertising Manager:
Alex Hall

Sales Executive:
Fiona Caldwell

Administrator:
Jan Hamilton

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Perry Hinton pictured here knows both sides of the coin. As a child his chronic asthma and eczema stopped him even walking to school.

Now, thanks to his perseverance and the organisation behind 'I CAN' he has run a marathon and takes part in sponsored events whenever possible.

If you can run for us, we will gladly provide sponsorship forms and running vests.

Perry always says 'I CAN'. How about you?

Write to: Ramona Brown, 'I CAN', Allen Graham House, 198 City Road, London EC1V 2PH.

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I would like to run for I CAN in my next marathon. Please send me ☐ Sponsorship Forms ☐ Vests.

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INSIDE LANE

CONGRATULATIONS to Lynn Harding, the first Scot to qualify for the Commonwealth Games. We hope that her example will inspire other "outsiders" to gain selection.

Whether any of our athletes will actually go to New Zealand is, unhappily, the subject of conjecture following the actions of the Scottish Rugby Union in effectively sanctioning the centenary celebrations of their (white) South African counterparts.

There are some who believe that the SRU's "crime" was to give their players the all-clear in advance of the other home countries (notably England) thus drawing all the flak from the South African Non Racial Olympic Committee (SANROC). While this is undoubtedly true, and leads one to question the competence as well as the morality of the SRU, the rugby union's decision was one which would have shamed Scotland in any circumstances, whatever the timing.

The remark of the SRU's Mr Gordon

Masson - "we are all free, white and 21" was an especial affront to the reputation Scotland enjoys internationally (however undeservedly) as a fair-minded country. No matter how loosely or unthinkingly Mr Masson made the remark, it revealed much of how his attitude to the world is shaped.

People in athletics should find Mr Masson's outlook particularly abhorrent. Not many sports have such a racial mix of participants. Although I'm sure it must exist, I have never heard anyone in athletics make even a faintly racist remark.

All of which must leave the athletes asking: "If there's going to be a boycott or pressure put on Scotland to withdraw, why should we be the ones to suffer?"

You can't effectively reply to someone who has sacrificed four years (and longer) to hopefully compete on the biggest stage of their lives, but perhaps one or two might ponder on the following.

At the Access UK Women's League at Meadowbank on May 13, there was the

usual sprinkling of black athletes, including our top sprinter, Paula Dunn. Naturally, these athletes were free to eat in the same Meadowbank restaurant as the white athletes, travel back south in the same bus, and go around their business at home like their fellow white citizens.

South African rugby may have changed to the extent that black players are permitted to eat in the same restaurant and travel in the same bus. I don't know; I've never been there. What I know for a fact is that Paula Dunn in South Africa would not have an equal opportunity to pursue the lifestyle she chooses away from athletics. Paula Dunn would not even have a vote.

Naturally, we hope that the situation can be resolved to allow Scotland to compete in the Games. But if it comes to a choice between accepting the philosophy of Mr Gordon Masson, or the principle of equal opportunity, then there is only one outcome as far as this magazine is concerned.

A.C.



Threesome reel. From left, Audrey Thomson and Keith Lyall, winners of the Edinburgh Half Marathon on May 7, and, right, Eamonn Martin who demolished the field with a superb solo 28-14 win in the Kodak 10K on April 30.

Photographs: Peter Devlin.

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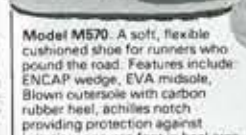
Model M830. An extremely light, responsive and cushioned performance training shoe. With the following features: Rebound Wedge, 2-Density Acceleration Pad, providing forefoot flexibility and extra spring in push-off, 3-Density Outsole, carbon rubber heel for durability, EVA for lightness and blown rubber for rebound, slip lasting providing maximum flexibility, reflective trim, achilles notch prevents tendon irritation secures foot and heel area to minimum slippage. Sizes U.S. 6-13, widths D & 2E. Price £59.95.



Model M575. Recommended for dedicated runners who require exceptional durability in a training shoe. Features include: Lunarlon Pillow insert which moulds to the foot, cradling arch for added comfort. ENCAP wedge provides maximum combination of cushioning and stability, dual density EVA midsole with 'V' channel design for stability and extra protection against overpronation and oversupination, counter reinforcement stabilizer providing protection against pronation and counter breakdown, carbon rubber outsole with houndstooth tread design delivers excellent traction and durability on all terrains. Sizes U.S. 6-13, widths D, 2E & 4E. Price £49.99.



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up FRONT

Reader indignant at short course 10K in Glasgow

SCOTLAND'S Runner reader Digby Guy from Dunoon was infuriated to discover that the Adidas 10K Road Race in Glasgow's Pollok Park on May 10 was not the full distance. In a letter (which we received too late to be printed in the Letters pages) he complains:

"The organisers showed their contempt for the runners by not bothering to measure the course. I still do not know how short it was - reports vary between 100 metres and two minutes. I, along with several hundred other runners, paid my £3 and set out to run a 10K road race. It was a superb evening to run - dry, comfortable temperature, a refreshing breeze and a good course through the park. All the ingredients for some good times, or so we, the innocent runners, thought."

The race was organised by Bellahouston Harriers and in response their secretary Campbell Joss said: "This is nonsense - the course was measured by Eugene Donnelly, who is recognised by the SAAA as a course measurer. He measured the course absolutely correctly. The error occurred when the finishing banner was erected - it was fixed to the wrong tree. Even if Mr Donnelly had any reason to suspect the distance was wrong just prior to the race, he would have been unable to remeasure as his measuring

equipment had been stolen." Mr Guy felt especially angered that all the times were void as the distance was not fully 10K. "The times go in the bin because it was not 10K. It is either 10K or it isn't - nearly is completely useless."

He wrote of the organisers: "They should be ashamed of themselves - I have run too many short/long courses and I am tired of it."

Mr Joss responded: "Of course we are upset it happened, but we had no reason to suspect the distance was wrong as it had been so carefully measured. The error arose through some of the helpers not doing as they were told, or making a genuine mistake."

Nicky sidelined

JAVELIN thrower Nicola Emblem, who resigned from EAC to join EWM in April, will have to sit on the sidelines for all club events this season. The decision to resign at the start of the season seemed an odd one for the 18 year-old, but national coach David Lease, who coaches Nicky, says:

"If all goes well this season there will be no shortage of events for Nicky to compete in. There will be UK and Scottish open championships, senior and junior internationals, and hopefully the European Junior Championships."

Huge deal won by EAC

ONE OF the largest sponsorship deals in Scottish athletics has been announced with Edinburgh Athletic Club entering into a £30,000 agreement with the Edinburgh Solicitors Property Centre, writes Rhona McLeod.

The deal which began on May 1 will last for three years, during which time the club will be known as the Espc Athletic Club. Espc chairman George Clark said: "We had been looking at the question of sponsorship for some time and we were interested in being associated with sport. We chose Edinburgh Athletic Club because with a membership of 600 they help a large amount of the youth in Edinburgh and in the past they have been active and innovative in projecting athletics."

Two halves bite the dust

TWO OF Scotland's most popular half marathons will not be on the calendar this year. The Runsport Stirling Half Marathon and the British Airways Glasgow Half Marathon have both been scrapped. The latter will be run as a 10K.

However, entries for the Great Scottish Run 25K, which was also a half marathon last year, are going well, with over 2,000 entries received as we went to press.

Hills will be alive with the sound of music

THERE will be a strong flavour of arts and science at this year's Seven Hills of Edinburgh Race and Challenge.

The arts are represented by the Edinburgh Youth Orchestra, who will be playing a very appropriate piece called The Seven Hills March at the race start and finish. The science will be applied when the hybrid of road runner and hill runner tackles the 14 miles and 2,200 feet of ascent round the seven hills of the capital city.

The youth orchestra became involved when race organiser Alan Lawson realised his race and the orchestra had an unknown connection. As a fund-raising effort, the orchestra played the specially commissioned Seven Hills March, simultaneously on each of Edinburgh's seven hills. Lawson decided to invite the orchestra to be present at his seven hills event to encourage the weary runners on their way.

THE FOUR home cross country unions have anticipated the formation of a British Athletic Federation by forming the United Kingdom Cross Country Commission to control cross country running in the UK.

SCCU secretary Ian Clifton has been appointed as secretary of the new commission, the four office bearers being elected from each of the home countries.

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up FRONT

Good Scottish showing despite independence rumblings

SCOTTISH separatist murmurs held sway at this year's annual general meeting of the Scottish Orienteering Association, writes Bill Melville. Present regulations require all competitors at events above club standard to belong to the British Orienteering Federation - membership costs £9, an element of which is returned to the SOA.

Club officials report, however, that some competitors find difficulty in understanding the relevance of the British body to their own involvement - not the first time something like that has been heard in a variety of Scottish sporting circles.

The nationalist view also hinted at a preference for a closed Scottish championships. Too many trophies go south of the border it is sometimes said, and it was also pointed out that the English regional championships are now closed.

However, the need to "maintain standards" and ensure that the best of the home product does not grow up in the cloud cuckoo land of easy victories held the day. Which was all just as well because the Scottish this year was a top calibre event at every level, and a number of trophies left Strathgryne destined for Scottish homes.

English immigrant Steve Hale (Perth), the 1988 British orienteering champion and East district cross country champion, won the elite men's Scottish Championship with a superb 71 minute run over 11.9K on Drummond Hill near Kenmore.

Hale's sister Gilly, who trains on the rough bracken-covered ground of the Cleveland Hills, won the women's title with a time of 58-10 for 7.4K. Hers was the only elite medal to go forth of Scotland.

Edinburgh student Yvette Hague and schoolteacher Chris Whalley finished second and third behind her, while Richard Jones of Glasgow University failed by only 53 seconds to maintain his record of Scottish victories over Hale this year.

The Scottish men's native trophy went to Jonathon Musgrave of Tarland in Aberdeenshire, who finished third

by a mere four seconds. Behind him came some top British names.

Scottish women's native champion Lorna Boyd of Edinburgh University finished tenth on the day, but the Dalkeith orienteer was thrilled with gaining a reserve posting for the British team which competes in Sweden in the Nordic international next month.

New direction

SPORTS manufacturers Reebok, who in the past have been associated with middle and long distance runners, are now to sponsor two sprinters and two field eventers. The decision coincides with the introduction of the "world series" of track and field shoes which Reebok are keen to promote. A spokesman said: "This is the first year that we have had good sprints spikes which our really top guys can wear."

The sponsored athletes in question are sprinters Marcus Adam and Donovan Reid, high-jumper John Holman, and hammer thrower Mike Jones. "Although none of the athletes are Scottish, we will be looking to Scotland in the future," said the spokesman.

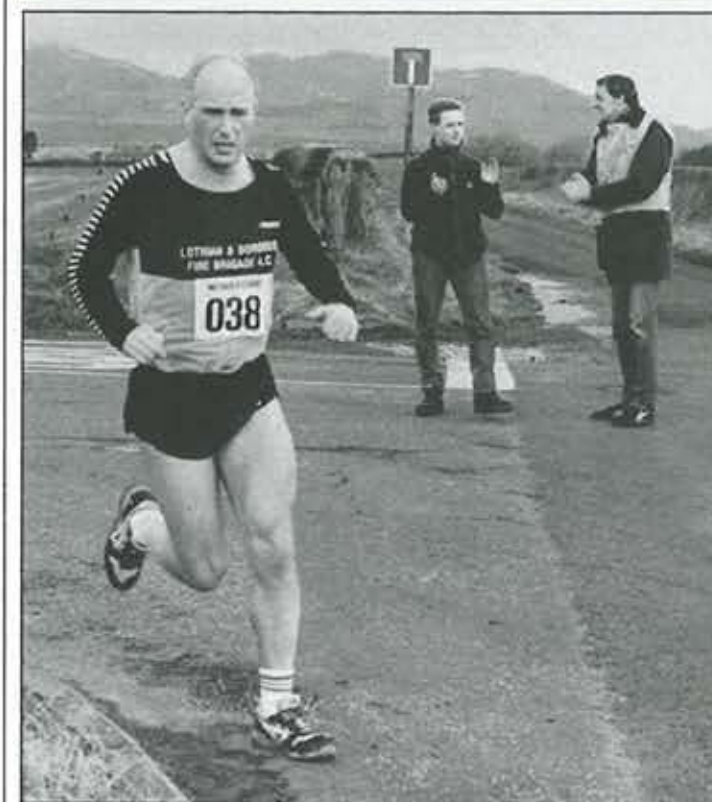
"It was a question of availability. If Elliot Bunney or Jamie Henderson had approached us we would have listened, but they are already under contract at the moment."

IN HER first race in Scotland since her London Marathon successes (see page 24), Lynn Harding claimed her first national title.

The Commonwealth Games qualifier won the Luddon Half Marathon in 73-09, which gave her the national title for the distance, beating her rival Sandra Branney (73-27) in the process.

FORMER Scottish junior internationalist Robert Cameron, in his first track race for 18 months following knee trouble, won the British Polytechnics 1500m at Birmingham on May 6, clocking 3-50.3 while running for Leeds Polytechnic.

CAPTION COMPETITION



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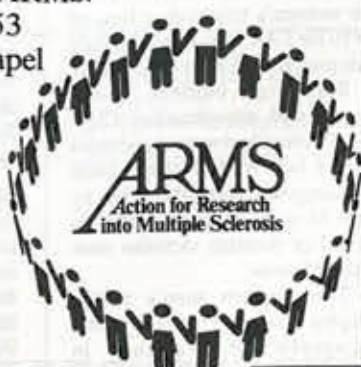
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ALLAN WELLS

WITH THE competitive season already underway, sprinters should be taking a long term view of their racing season and planning their major competitions. As there are no major championships this year, they can choose their peak to occur when they want to, as opposed to being dictated to by trials and major meetings.

There are, of course, the Scottish Championships, and rightly or wrongly it has been declared that one of the conditions for selection is to appear (in club colours) at the championships.

The fact that the Scottish Championships are to be held in July, and the Commonwealth Games are in January, is neither here nor there. The fact that the Scottish Championships will be watched by the faithful hundreds and the Games will be watched by tens of thousands is neither here nor there. The fact that for our top athletes the competition will be very poor in the Scottish Championships, and they will be up against the best in the Commonwealth and, in some events, the world, is neither here nor there.

It can be argued that if our athletes are good enough, then winning the Scottish Championships should be no more than a training run - and if that is the case then what is the point of being there? It could not possibly have anything to do with attracting television or keeping the sponsor happy.

Or could it?

THE BIGGEST danger in preparing for the Commonwealth Games is not finishing the season early enough to have a rest, do a lot of hard winter work, and allow enough time to sharpen up and become race-fit again. In my case, a minimum of eight weeks was about average to allow the legs to become track fit and then to become race fit.

This time could vary depending on how slowly or quickly the athlete sharpens up. It would virtually be impossible to keep running through the summer, and then through the winter, and expect to perform your best in January. I used to compete in January in Australia and New Zealand every year and was able to combine running fast there and still having a good summer



season in this country - so there is no excuse about the Games being out of season.

BECAUSE the Games are so far away it is necessary to travel "Down Under" in advance. But it is not necessary to go there a month in advance. All this will do will be to entice the athletes to overtrain due to boredom.

Because I travelled to Australia and New Zealand on seven occasions, I feel

***"The main problem of village life
is that you can only train so
many hours a day, eat and sleep
so many hours a day..."***

capable of making intelligent judgements on jet lag. I always felt that immediately on arrival - not quite stepping off the plane - that it was necessary to do light striding, preferably on grass.

The athlete will feel surprisingly good for the first three days before plummeting rapidly downward. As the Australians themselves say: "You won't be able to run out of sight on a dark night!"

As long as you are prepared for this it is not important. What is important is the length of time it takes you to get back to the level of performance you were capable of before leaving Scotland. This

is the length of time needed to acclimatise.

In my case, I was always back to peak performance in ten days, and therefore two weeks beforehand would be my ideal time to travel out. Having got there and gone through the formalities of accreditation (always a horrendous bore) it is vital to plan the days and weeks to come.

At first there is the village to explore. You need to find the most important places, where you eat, sleep and train, and the least important - the village shop, post office and disco (although to some the siting of the disco may be the most important. I never found it necessary to frequent the disco, but others may feel differently).

The main problem of village life is that you can only train so many hours a day, eat and sleep so many hours a day, so what do you do with the rest of the day and night? This is personal to every individual; therefore it is important that each athlete prepares his or her own entertainment, whether it be reading War and Peace or knitting squares for the old folks rural. It may be simply going out for a walk.

Then there is the obligatory team meetings, visits to the physiotherapist (that was always my favourite pastime!) and trips to the toilet to take into consideration - and before you know it the big day has arrived. Then all you have to cope with are other people's highs and lows, and unfortunately there are not normally too many highs in the Scottish team. Let us hope that this time things will be different.

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LETTERS

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Ban the guilty for life, not just eighteen months

96, Silcoates Street,
Wakefield,
West Yorkshire.

athletics. The solution is quite easy - a sine die on all athletes caught rather than the laughable 18 month ban.

Bryan Murray

SIR - In response to Allan Wells' article in the March issue of Scotland's Runner on drug enhancing steroids, I would make the following observations.

Come on and let us be honest for once. Johnson took drugs knowing he was breaking every rule, ethic, and the vital factor, he was cheating himself, athletics and his adopted country, Canada.

Francis, Johnson's coach, decided that taking steroids would "improve his chances of medals and the money" and all the "perks" that are available to world-class athletics stars. What we have to ask ourselves is - did Johnson take the drugs before the Games, with or without Francis's advice?

If he did, Francis then had two options, withdraw Johnson from the Games or hope to escape the random drug-testing system.

In a nutshell, both Johnson and Francis took the gamble - went for the jackpot - and were caught fairly and squarely.

According to the reports from the Canadian drugs inquiry, Johnson had been on drugs since 1981. Surprise, surprise, more "dirt" was under the carpet, a real array of athletics stars who were also partaking of this evil dope, with the likes of Angella Issajenko, Mark McCoy, Desai Williams, Tony Sharpe and Molly Killingbeck.

To put the final nail in the coffin for these so-called athletes, the appropriate name should be "cheats". All these offenders should be asked to surrender all medals (including relays), to include Olympic Games, World Championships - indoor and outdoor - and Commonwealth Games to their respective federations.

I would certainly support Lewis's crusade on drug takers. Seb Coe is also another strong campaigner on drug taking in

Keeping the customers unhappy!

15, Bridgefauld Road,
Milnathort,
Kinrossshire.

SIR - Now I know how the expression "Fly Fifers" came about. Last year Kirkcaldy held a half marathon but no one knew there were to be no medals at the end, till after sending off the money with the entry form. There was a lot of ill feeling on the day of the race because of this.

Then last week, after sending £4.50 with entry form for the St Andrews Half Marathon, a letter arrives saying "only medals for first 25 runners".

I don't think this is very fair. Surely it's only right to state on the entry form whether medals will be awarded or not, then runners can decide before they send the money. The way these Fifers do it, they get your money first then tell you later. No wonder only 88 runners took part in St Andrews.

But there was more than 88 £4.50's paid. I know of several people who even though paid decided not to take part. I was one of them.

Norma Crawford

NEXT time you plan to travel from Milnathort to Dundee, Norma, I suggest you give Fife and the Tay Bridge a miss and go via Inverness! - Ed.

LETTER OF THE MONTH

71, Cummings Park Circle,
Northfield,
Aberdeen.

SIR - In October 1986 you carried an article in your magazine on how running had helped me overcome chronic asthma and, having just completed the London Marathon, I thought you might be interested in a progress report.

I have done 26 half-marathons in times reducing from 1-48 to 1-25, but London was my first full marathon and I was delighted with my time of 3-21, achieved with a great deal of support from the marvellous crowds.

My whole life has changed since I started running, and, as well as my asthma being more controllable, I have become more positive in the things I do. My wife and children run and we have become involved with Aberdeen Amateur Athletic Club.

For some time I helped one of the club coaches, Malcolm Clarkson, with his youngsters but, encouraged by Malcolm, I went to Largs in October last year to become an assistant club coach. I now get a great deal of satisfaction from coaching about 25 girls aged from nine to 13.

I turned to Mel Edwards, Kath Butler and Margaret Stafford to keep me on the right track with my preparation for London, which although hard, was all worth it. I appreciated their words of wisdom and I also appreciated the tolerance of my wife Bing, who put up with my complaints when I ached all over, encouraged me, and still found time to do her own training for London without any complaints at all. I would also like to thank Charlie Seamen who accompanied me on my long runs.

At a time when many of the letters in your magazine seem to voice complaints, I hope that this letter will encourage others with problems like asthma to persevere with their running because for me it has been very rewarding and I have made many, many friends. Thanks everyone.

Terry Kerr



FOR once we trust that readers will unanimously agree with us that Terry Kerr (above, second left, as he was photographed with family and friends in our October 1986 issue), is a deserving recipient of our first Letter of the Month award, sponsored this issue by Brooks.

Running, and indeed sport in general, plays a huge part in improving the quality of life for everyone - but when, as in Terry's case, an individual has to fight a handicap as well, the rewards must be commensurately greater. As he says himself: "My whole life has changed."

A representative of Brooks will be in touch with Terry shortly to discuss the type and size of shoe he requires.

BROOKS

LETTERS

Is the SWAAA's strategy dopey?

14, Burnieboozle Place,
Aberdeen.

SIR - I fully support the principle that athletes should be discouraged from taking drugs as a means of improving performance. I am not happy, however, with the SWAAA's strategy for combating drug taking.

The most acceptable way to discourage athletes from taking drugs is to establish a climate of opinion that this is an undesirable form of behaviour. As a fall-back position, some forms of sanctions are necessary. In a civilised society, care will be taken that these sanctions will not be imposed on any innocent person. Also, the severity of the sanctions should be the minimum necessary to give them a deterrent effect.

The SWAAA's policy fulfils neither of these conditions. Under their rules, an athlete who fails a drugs test is automatically banned from athletics for life - although it is possible to fail such a test without deliberately having taken a banned substance. Even where there has been deliberate drug taking, an automatic lifetime ban is too harsh.

There are circumstances where a warning might be more appropriate. In other cases a ban of, say, five years would probably have an equal deterrent effect to a lifetime ban, especially if the possibility of detection were high.

A better approach than the SWAAA's would involve conducting an investigation into any failed drugs test. This might reveal that the athlete in question could provide a satisfactory explanation as to why she had failed the test and, in this case, no further action would be taken.

However, if it did appear that there had been deliberate drug taking, then the matter would not end with the imposition of a penalty on the offending athlete; attempts would be made to determine whether a coach had encouraged the athlete to take drugs and whether other athletes advised by the same coach had also been taking drugs. If this did prove to be the case, then penalties would be imposed on these people also.

An athlete is most likely to take a banned substance unwillingly as a result of being prescribed, when ill, medication containing it. It would be ridiculous to penalise an athlete for receiving the medical treatment her doctor considered most appropriate and yet, as the SWAAA rules stand at present, this could happen.

Another reason I am unhappy about the SWAAA's rules is that they make no provision for the Association to take any action against an athlete who fails a drugs test. Instead, it obliges the athlete's club to expel her. Hence if the athlete, or the athlete's parents, believe that an injustice has been done, and takes legal action, it will be the club that will have to meet the expense of fighting this action.

I wonder whether club representatives who voted for the SWAAA's rule regarding drugs tests were aware of the serious implication it has for clubs?

W. Hunter Watson

P.S. I would like to thank all athletes and officials who travelled to Aberdeen for the HFC Scottish League on April 30. Aberdeen AAC has been competing in this League since its first meeting on May 7, 1972. After travelling to 68 away meetings we very much enjoyed having one at home!

Support races in Scotland

31, Melrose Avenue,
Linwood,
Paisley.

SIR - I am writing this letter urging all of Scotland's runners, families and friends to support all our local, regional and national runs of all distances, more and more.

The reason for this is that, as most of Scotland's runners will tell you, the general trend of our races and runs in Scotland have been on the decline due to the decrease in numbers, loss of sponsorship, etc. Just recently we lost one of Scotland's premier road races, the Tom Scott Memorial 10 Mile Road Race - but on the bright side races like the Land o' Burns and the re-emergence of the Inverclyde Marathon and 10K are good for Scotland's runners.

Last season I ran six half marathons and numerous road races and fun runs in Scotland, including the Great Scottish Run, and was impressed with most aspects of these events. I also ran the Glasgow marathons in 1984 and 1987, and again was impressed with the turnout of Scottish people, albeit on the decrease - but to outdo all of these must be the London Marathon.

Yes, I was one of the lucky runners who applied and was accepted for this great event, running a personal best of 3-18, but getting to the point, this run completely overshadows, in runners, spectators, sponsorship to name but a few, all of Scotland's runs.

So what I am saying is: "Come on Scotland, come out and support your races and runs more and more, so we will have a race like the London Marathon to be proud of."

Robert Anderson

Running out of places to run

45, Hillpark Avenue,
Paisley.

SIR - Am I alone in lamenting the loss of the "traffic free route". I have always preferred to run from A to B through lanes, parks, residential streets etc, rather than by a parallel main road polluted with lead and carbon monoxide from vehicles.

However, many bye-ways which used to provide a through route have become dead ends due to breaks in the course. There seem to be three main causes:

1. Wetter weather. Many unsurfaced tracks which could safely be jogged in road running shoes are now so muddy you have a choice of: stopping running and picking your step carefully; wearing spikes and doing the whole run across country; falling in the mud.

2. Lack of maintenance. Only a few years ago the River Cart walkway at Renfrew was good enough to form part of the gala day fun run course; now parts of the path have subsided into the river while others have been lost under silt washed up with the tide.

3. Man made barriers. That piece of common-good land which your council sold for development; that farm track which used to link two built up areas but which the farmer has now erected gates across; that quiet residential cul-de-sac with a lane leading out the top end into another road where the residents have now installed a locked gate.

Already this year I have been unexpectedly stopped in my tracks by all three, having encountered new barriers that weren't there last year, and I can think of another six routes which I no longer jog because they are now dead ends as a result of similar new obstacles within the past five years.

Against this background there have been occasional gains. The cycle track from Elderslie to Lochwinnoch, opened last year, offers about seven miles fairly flat good surface along the course of an old railway, without a single road to cross it on the level. I sincerely hope it will be well maintained and unobstructed for many years.

Alexander J. Cunningham

A touch of the Cinderellas

21, Brunsfield Gardens,
Edinburgh.

SIR - Since I started running marathons in 1956, I have run in shoes made of kangaroo skin, pig skin, goat skin and canvas - shoes with built in plugs, shoes with springs, shoes that returned the energy, shoes that absorbed the road, shoes with a memory. What did they all have in common? They gave me sore feet.

This changed a few years ago when I discovered Reebok GL6000. What bliss - the guy or gal who designed them had me in mind. No more lying in bed at night with feet that felt like they had spent the day in a nuclear reactor. No more trying to arrange the sheets into a tent in case a nail was prised off during the night.

I bought three pairs the first year, the same the following year. This was when my luck ran out. It should have been 30 pairs, because the line has now been discontinued.

Why do the manufacturers do this to us? Am I alone, or are there others out there like me, who simply want to quote a name and size, and know when the shoes arrive, they will fit and not hurt or injure - it's not much to ask.

If there is a shop out there somewhere with a pair or pairs of Reebok GL6000, size 7, I'd love to hear from you.

Jackie Foster,
SVHC and EAC.

7, Skye Quadrant,
Cambusnethan,
Wishaw.

SIR - With reference to the May issue of your magazine, I wish to draw your attention to the Falkirk District Council Young Athletes Meeting on April 1 at Grangemouth. The senior boys' 800m was won by myself in a time of 2-21.3, which should have been printed in your magazine. Even my colleague, who was third in my race, ran a faster time than the boy printed. Could you please rectify this mistake.

Paul Larkin,
Law & District.

LETTERS



2, Harlaw March,
Balerno,
Edinburgh.

SIR - I was interested in the photograph that appeared on Page 44 in the March issue of Scotland's Runner. I don't know if your readers spotted three top sprinters in the photograph, two amateur and one professional - from left to right Elliot Bunney (both arms on the fence), Jamie Henderson (left elbow on the fence) and Davie Post (right elbow on the fence). While your readers will of course know Elliot and Jamie, they will probably ask: Davie who?

They may be interested to know that Davie Post has been involved in professional sprinting for over 20 years, and is one of only the few who have appeared in three New Year Sprint finals. In 1977 he finished runner-up, and in 1979 and 1980 finished third, the last which was reckoned to be one of the closest finals in 30 years.

Dave Valentine won that year. Alan Tearney was second, and Davie Post third, with probably the thickness of a vest separating all three. Your readers would do well to pay a visit to the professional circuit, which thrives during the summer in Scotland, and compare the abilities of both codes.

I wonder if the day is far off when athletics becomes truly "open" and we get away from this nonsense of subventions, trust funds etc for amateurs, and professionals who are equally as dedicated but never "earn" as much as amateurs. I'd be interested to hear or read any readers comments on the subject.

James T. Moore

An Open Letter To Tommy Murray

Dear Tommy,

Well done! Firstly on a great winter season, and secondly on a terrific letter in last month's Scotland's Runner.

You may be interested to know that over the last three or four years I have arranged races around Europe on road, track, and country. Trips have been organised for athletes of the calibre of Jack Buckner and Adrian Passey, through to lesser known athletes such as Paul O'Callaghan and Lesley Morton. Did anybody wonder how Lynne MacIntyre and Elspeth Turner were invited to compete in Zurich this December?

It may interest you further that last autumn I contacted several SCCU and SAAA officials, both verbally and in writing, with a view to sending Scottish teams to various European road and cross-country events. I cited the fact that for the £2,000 they spent sending three athletes to the Bolanzo Road Race, I was sure that races for up to 20 athletes could be arranged.

It probably comes as no surprise to you, Tommy, that I received no reply.

You have hit the nail on the head when you say a more professional outlook is needed. Unfortunately, within the current set up there is no individual with the vision, understanding, or ability to approach race organisation in the proper manner. My suggestion to you and any other athlete with international aspirations is that you work through your clubs and the media to put pressure on officials to pull their heads out of the sand, and if need be invoke a change of personnel at the highest levels.

In the meantime, I repeat my offer to Scotland's officials to help organise Scottish teams to the dozens of top races around Europe each year. For those Scottish athletes with whom I already work I will continue to do my best to find suitable races, but you can rest assured that this represents about five per cent of what could be achieved with the backing of the authorities.

Tony Linford

Finally...

76, Tweed Road,
Galashiels.

SIR - With reference to Fiona Laing's remarks in your May issue on the Scottish Under 19 indoor championships at the Kelvin Hall, the warm up area was laid out with hurdles prior to the meeting starting. Other coaches and athletes were directed to this area for their use by me.

David Blues,
Technical manager.

97, Kilmacoll Road,
Greenock.

SIR - Through the pages of your magazine I would like to thank Cambuslang Harriers, from my wife and myself, for the wonderful night we had at their annual prizegiving at which they made me guest of honour. The hospitality given to us by the members and their wives was second to none, making it a most enjoyable evening for us.

Tommy Murray

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WOMEN in SPORT

TO BE quite honest, I'd prefer it these days if my birthday went unnoticed, precipitating as I am towards an awesome amount of years.

Actually, if we are being honest, and as my husband well knows, if my birthday did go unnoticed, I'd jump in the car, drive six miles to the Stirling motorway services, drink two cups of coffee and flick through the Woman's Own wearing a grim expression. So, I got a bouquet of flowers, a jazz CD, a box of chocolates (which Steve opened himself), and as a special treat - a champagne dinner for two? (close, but not quite) I was taken to see Hearts v Hibs at Tynecastle, although something tells me Steve was not going too much out of his way to accommodate my birthday celebrations in this respect.

With my father leading the way we crossed Roseburn with the red man and a pack of maroon scarves and went into the "lounge" of the nearest pub where we stood up against the fruit machine. The only other times I could remember going to the pub before a sporting event were when I ran for the Edinburgh Hare and Hounds (once - once was enough, I was beaten in a cross country by a wee lassie wearing hockey boots

A Fiona Macaulay Birthday Special

and a skirt) and when I was with the athletics team, which which always seemed to travel with a keg of beer on the front seat of the bus.

Was it the result of one of these pre-competition bevies, or did I once see the infamous Y.P., that eternal student who had completed more courses than a coach load of fat slob in a restaurant, place a pint of beer (real ale, no doubt) on the water jump barrier and have a drink during each lap of the steeplechase?

Anyway, there we were, pressed against the fruit machine while a crowd of Hearts supporters sang about "King Billy" with such affection you'd have thought he played alongside John Robertson.

"I don't know why it's religion that segregates," muttered my father. "The last time this lot were in a church was when they were

baptised - probably the last time most of them had a wash an a'."

The only time religion comes into athletics is when you see women crossing themselves at the start of the race, or going for an Oscar a la Flo-Jo at the end by adopting a praying position on the track and giving thanks to the heavens. I am sure I am correct in saying the bible tells us not to make a big show of praying, that is something to be done privately, i.e. not in the coliseum with a few hundred thousand looking on and millions watching from home.

We were back on the road to Tynecastle when suddenly a green and white clad supporter sprinted through the heavy traffic pursued by half-a-dozen Hearts fans. When he fell at the wheels of a car he was booted from all directions and I stepped off the pavement saying: "That's ridiculous." My father got hold of my coat saying: "Don't interfere unless you know you can stop it," which, I have to say I do not entirely agree with. So there I was, aged 31, mother of three, wife of one, and hauled up the road by the hood - very sophisticated.

"He shouted at oor bus," explained a big



yobbo to his mate in front of us by way of justifying just about brain damaging another human being. Neanderthal man walked ahead of us all the way to the ground serenading us with: "If you hate the effin' Hibs clap yer haun's."

Just imagine it, Auchtershoo Women's Athletic Club bus in the car park at Crownpoint just before the Scottish League. A couple of runners from another club walk past and shout: "You lot cannae run tae save yersel's ya big tumshies." Out of the bus come the 400 metres relay squad and two shot putters in hot pursuit. It would never happen would it? Or has it?

When we got to Tynecastle a guy was propped against a wall selling the Manchester Hearts fanzine magazine shouting: "If ye hate the green and white scum, this is fer yooz."

Fanzines are irreverent, blasphemous, extremely funny and witty (if you like that sort of thing) and tend to concentrate of panning the club's major opposition. There was a time round about the mid-seventies when the rivalry between the Edinburgh Southern and Edinburgh Athletic men's teams was so intense it would have produced great material for a fanzine - and at the same time, the quality of athletics was tremendous.

"Brilliant view, eh?" said my father lifting his backside off his seat and looking at it (the seat that is). "99, 100 and 101. Must remember that."

Now, footballers, (so I've been told) are supposed to be the fastest sportsmen over the crucial first five yards, although I did not see much evidence of it during the first ten minutes, after which my attention was taken up by two of those inflatable bananas that were in abundance at this match, apparently wandering up and down at the back of the terracing and talking to each other. Closer inspection showed them to be two of the Tynecastle ground-staff

wearing regulation yellow coats. I'd be more than delighted if someone would let me know why inflatable bananas are taken to football matches. My father says it's to make the crowd up to capacity.

As soon as the half-time whistle went, my father jumped to his feet and I did likewise, expecting something to happen, but he just stood there surveying the field, reminiscing no doubt on his playing days at Hampden and East End Park - or perhaps he was just wondering where to go for the post-match belter.

"Do you want to risk a bovril?" he asked. "No, no thanks," I replied. "Just as well, you need asbestos fingers," he said as a man came up the stairs with four bovrils in a tartan bunnet saying to his mates: "Dinnae touch them, they're bilin'."

I have to say I missed the goal that won Hearts the match. I was busy reading a joke to Steve out of the fanzine - "What's the difference between a piece of rotten fruit and a Hibbee?" - when he suddenly jumped to his feet with the rest of the punters, let out a roar, and sat down with such a smile of self-satisfaction you'd have thought he'd scored it himself.

On the way out we saw a bride and her new husband who had evidently gone to the match after the ceremony. "Romantic eh?" said Steve and carried on up the road with my father leaving me, as usual, trailing two steps behind.

There are many reasons why football will always be the national sport in Scotland, and it is such a deeply rooted men's tradition that no matter how many matches I go to, I still feel an intruder, and for that reason also women's football will never quite be taken seriously.

Athletics, however, is a sport where women hold their own and athletes like Flo-Jo are crowd pullers as much as their male counterparts. The trouble with women's athletics is that while there is the quality, the quantity is lacking so

that, for example, at the last Olympics, Paula Ivan was out on her own in the 1500m - not often seen in men's athletics.

While athletics will never attract the same following as football because it is very much an individual sport and not, therefore, conducive to great hordes of affiliated fans, I do feel a lot more could be done on the public relations front so that audiences are captured not just for the big international invitational events. It is pretty disheartening to be competing for Scotland and the spectators are made up of the rest of the girls in the various squads, their relations, and the ground staff hanging about to clear the track. I know we're all going on about a slump in women's athletics at the moment, but I'm sure that greater media interest, public relations and advertising (expensive, I know) would help to promote public awareness and support of Scotland's athletes and give a well needed boost to our female athletes.

There was a time when races were held during half-time at football matches - in fact, only last year I saw George McNeill take on some Hearts players. Can you imagine the comments, however, as two dozen women athletes strip off during the next Celtic-Rangers match in preparation for the Scottish 400m relay championship?

We'll never get to the stage where people will reel off the Scottish women's athletic team as easily as "Leighton, Gough, Malpas..." - but I do think a lot more could be done to ensure that the fact that Scotland *does* have a national athletics team does not go unnoticed.

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COACHING

CLINIC

By Derek Parker

"AND ALL our knowledge is ourselves to know", wrote Alexander Pope some three centuries ago.

These timeless words, so full of wisdom and penetrating insight into the nature and destiny of Man, have an especial meaning for athletes preparing to compete in the Inverclyde Marathon in August and the Glasgow 25K a month later.

Honest self-knowledge and a genuine understanding of our own unique strengths is as important today as it once was in the ancient wisdom mystery schools and the innumerable mystic movements devoted to learning and the awareness of one's purpose in life.

Training and racing can rightfully be described as a microcosm of the greater macrocosm of life. Because, just as we acquire sagacity and intelligence through maturity and experience in our everyday encounters with people and situations, so the athlete learns much about himself or herself and develops self-awareness as a result of involvement in sport.

The role of the coach should not be confined to writing out schedules or telling athletes what to do. The prime function

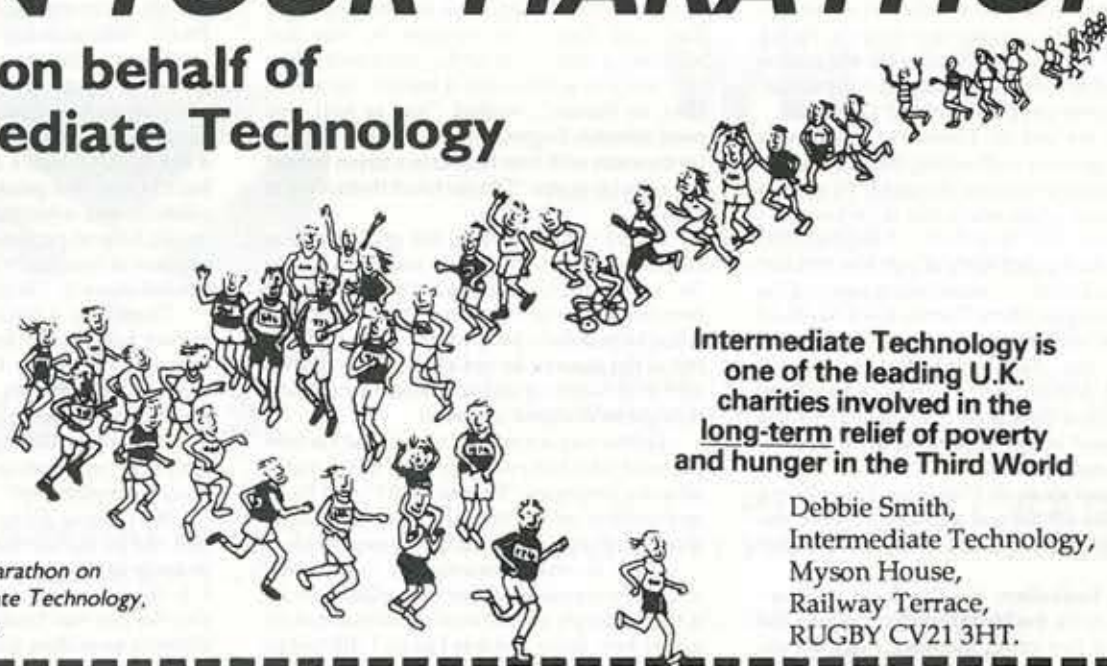
should be to impart knowledge, to help athletes to learn and benefit from their experiences, and explain to them *why* they should follow a carefully-planned training and racing programme.

During a course for potential coaches at Inverclyde Sports Training Centre a few years ago, several of those present were nonplussed about the physiological and anatomical content of one of Frank Dick's lectures. Quite clearly they expected to be handed training schedules which they could take back to their clubs and athletes and then produce instant champions.

Such notions are absurd. Anyone can refer to innumerable athletics books or

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Above, and on Page 21, runners in the ever popular Kodak 10K get underway in Kelvingrove Park.

Photos: PETER DEVLIN.

COACHING

CLINIC

read the biographies of champions if they are looking for ready-made training programmes - but they would be extremely foolish to blindly follow these regimes or to inflict them on every athlete whom they coach.

The secret of training or coaching lies in the ability to apply sound physiological principles in the correct amounts at the correct time, with adequate rest and recovery periods, taking into account the

athlete's lifestyle, temperament, expectations, and his or her capacity to adapt to and cope with the attendant physical and psychological stress factors involved. This is known as the holistic approach to training.

That is why it is imperative that ideally all training schedules should be individual and unique to each athlete. No two people are identical and it is fundamentally incorrect to prescribe the exact same

training schedules for everyone. It must never be forgotten that the schedules on these pages are merely guides and that you, the athlete, must be ready to modify or intensify them to accommodate your own fitness level.

But more importantly, we shall be explaining the training principles involved and why you should be preparing in a certain way. The first point to remember is that the energy for events such as the

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Sessions marked (A) are suitable for those competing in the Inverclyde Marathon; sessions marked (B) are for the Glasgow 25K.

Week One

Sunday: 90-120 mins x-country/grass run.
Monday: 12-16 x 400m at 5K pace with 20 to 30 secs recovery.
Tuesday: 8 miles steady.
Wednesday: 12 miles steady (A); 10 miles steady (B).
Thursday: 3 to 5 x 1 mile fast (5 minutes recovery).
Friday: 30 to 60 minutes easy run.
Saturday: 18 miles steady (A); 12 (B).
Note: 2 to 6 morning runs of 3 to 5 miles per week will assist recovery and give additional mileage.

Week Two

Sunday: As Week One.
Monday: 6 to 8 x 800m at 5K pace (45 to 60 secs recovery).
Tuesday and Friday: As Week One.
Wednesday: 15 miles steady (A); 12 miles steady (B).
Thursday: 2 to 4 x 1.5 miles fast with 5 mins recovery.
Saturday: 20 to 22 miles steady (A); 15 miles steady (B).
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5 x 1000 metres at 5K pace with 60 to 90 secs recovery.
Tuesday and Friday: As Week One.
Wednesday: 15 miles steady (A); 12 miles steady (B).
Thursday: 2-3 x 2 miles fast; 5 mins recovery.
Saturday: 20-24 miles steady (A); 12 miles steady (B).

(If competing on following day, do 60 mins easy running).
Morning runs as Week One.

Week Four

Sunday: As Week One or 10K/half-marathon stepping stone race.
Monday: 20 to 25 x 400m at 10K pace with 20 to 30 secs recovery or post-race recovery run of 30-60 mins.
Tuesday and Friday: As Week One.
Wednesday: 12 miles steady (A); 10 miles steady (B).
Thursday: 3 to 5 x 1 mile fast with 5 mins recovery.
Saturday: 18 miles steady (A); 12 miles steady (B).
Morning runs as Week One.

SOME EXPERIENCE

Week One

Sunday: 75 to 90 mins cross country/grass running.
Monday: 12 x 400m at 5K with 30 to 45 secs recovery.
Tuesday: 30 mins recovery run.
Wednesday: 12 miles steady (A); 8 miles steady (B).
Thursday: 3 x 1 mile fast with 5 mins recovery.
Friday: Rest or 10 to 15 minutes jog.
Saturday: 15 miles steady (A); 10 miles steady (B).
Morning runs are optional although it is recommended that these should be restricted to easy 20 minutes jogging no more than three times per week.

Week Two

Sunday: As Week One.
Monday: 6 x 800 metres at 5K pace with 45 to 75 secs recovery.

Week Three

Sunday: As Week One.
Monday: 5 x 1000 metres at 5K pace (90 to 120 secs recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady (A); 6 to 8 miles steady (B).
Thursday: 4 x 800m fast with 3 mins recovery.
Friday: As Week One.
Saturday: 18 to 20 miles steady (A); 15 to 16 miles steady (B).
(If competing on following day 20 to 30 mins easy running should replace the long steady run).

Week Four

Sunday: As Week One or 10K/half-marathon stepping stone race.
Monday: 20 to 25 x 400m at 10K pace with 100m jog recovery in approx 45 secs or post-race recovery run of 20 to 30 mins.
Tuesday: As Week One.
Wednesday: 15 miles steady (A); 12 miles steady (B).
Thursday: 3 x 1 mile fast with 5 mins recovery.
Friday: As Week One.
Saturday: 20 miles steady (A); 16 miles steady (B).

NOVICES

Week One

Sunday: 30 to 60 mins x-country/

grass running.

Monday: 12 x 15 secs striding/45 secs jog + 10 mins warm-up/10 mins cool-down.
Tuesday: Rest or 10 to 15 mins easy jog.
Wednesday: 30 mins steady.
Thursday: 15 to 20 mins easy jog.
Friday: Rest.
Saturday: 40 to 45 mins steady.

Week Two

Sunday: As Week One.
Monday: 10 x 20 secs striding/45 secs jog.
Tuesday: As Week One.
Wednesday: 30 mins steady.
Thursday/Friday: As Week One.
Saturday: 45 to 50 mins steady.

Week Three

Sunday: As Week One.
Monday: 8 x 30 secs striding/60 secs jog.
Tuesday: As Week One.
Wednesday: 35 to 40 mins steady.
Thursday: As Week One.
Friday: As Week One.
Saturday: 50 to 55 mins steady.

Week Four

Sunday: As Week One.
Monday: 12 x 15 secs striding/30 secs jog.
Tuesday: As Week One.
Wednesday: 20 mins easy.
Thursday/Friday: As Week One.
Saturday: Time trial over 3 miles/5K (record details of weather/route and your reactions).
Note: The novice's 25K schedules are for those who have completed the build-up in the May issue. Again it is emphasised that if you have any doubts about your health you must consult a doctor before embarking on the programme.

marathon and 25K comes from aerobic sources.

In simple, non-technical, terms, this means it is dependent on a healthy heart and lungs to inspire oxygen from the air you breathe and transport it via the bloodstream round the body where it combines with the food you eat to convert chemical energy into mechanical energy or fuel.

The word, "aerobic" comes from the Greek "aer" meaning "with air or oxygen"! It is the exact opposite of "anaerobic" which means "without air or oxygen" and which refers to energy systems used by sprinters and 800/1500 metres runners who accumulate vast oxygen debts because the oxygen demands of their events are not accommodated by the air they breathe in.

COACHING

CLINIC

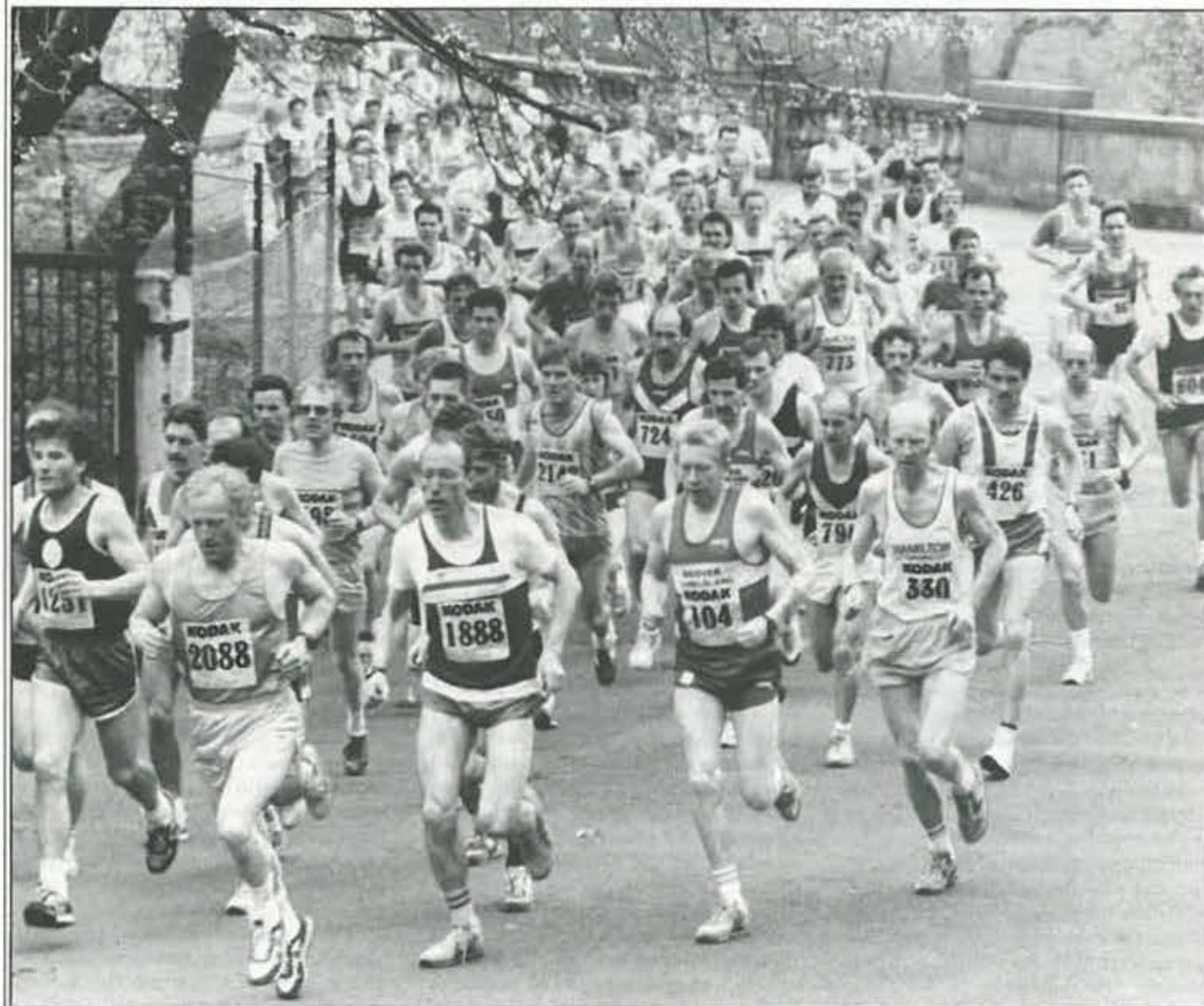
We can therefore easily understand that if the marathon and 25K events are aerobic in content, the training for these distances must also be mainly aerobic. Aerobic running can take a variety of forms, including long, slow distance running (LSD), during which the heart rate will be around 130 to 150 beats per minute and you will be training at around 50 to 70 per cent of your maximum oxygen intake. LSD is usually done over distances ranging from 10 to 22 miles.

Other aerobic work-outs include medium-paced steady running over distances of around five to 10 miles, during which the heart rate will be approximately 140 to 160 beats per minute and you will be working at around 55 to 75 per cent of your oxygen uptake maximum. Fast steady

running, which is also primarily aerobic, is very demanding as it can raise the heart rate to around 160 to 180 beats per minute and the athlete is functioning at around 70 to 90 per cent of his or her maximum oxygen uptake over distances ranging from three to six miles.

Aerobic running can be performed with changes of pace. You can, for example, run the first two miles of a six-miles session at a fast, steady pace then slow down over the next two miles before speeding up again on the final two miles.

You can also increase the pace every two miles of a six-miles run, i.e. two miles slow, two miles medium pace, then two miles fast. Or, if your average pace is six minutes per mile, you can run the first, third and fifth miles at 6-30 pace while



COACHING CLINIC

increasing the tempo to 5-30 on the second, fourth and sixth miles.

Aerobic running can also be done in the form of interval training, although it is important not to raise the heart rate too high as this would take the work-out into the realms of anaerobic training. A typical aerobic interval session would be 30 x 200 metres at around 60 to 80 per cent of your top 200 metres speed with short recoveries of around 30 to 90 seconds - or when the heart rate drops to around 110 to 120 beats per minute from an optimum training level of around 130 to 160 beats per minute.

It should be pointed out, however, that although training for the marathon and 25K races is about 99 per cent aerobic, athletes competing at top-class level will include some faster anaerobic work where the heart rate can exceed 180 beats per minute to enable them to cope with injections of pace during the event or fast finishes at the end.

Now that we have established that your training for the Inverclyde Marathon and Glasgow 25K will be mainly aerobic - and emphasised the importance of regular training involving reasonably high mileages - it is worthwhile examining two other aspects of your preparation for these events.

So far we have concentrated on the physical and physiological approach - but there is also a mental and psychological side to your preparation. First of all you must be honest with yourself and decide what your target is and how much time you intend to devote to training.

Your goals must be realistic without being too easy or too difficult to achieve. Stepping stone races as part of your competition build-up can give some indication of the times you can reasonably aim at in your major event. Bruce Tulloh, former European 5000 metres champion, reckons that a person's target marathon time should be his or her half-marathon time multiplied by two with 10 to 20 minutes added onto the resultant figure. He also claims that an athlete's time for 10 miles multiplied by three - or a time for 20 miles multiplied by 1.33 should provide a fair estimate of one's marathon target.

Your goal will ultimately depend on your experience and on the amount of time you can allocate to training. Top-class marathon runners are covering between 80 and 130 miles a week, but it would be quite irresponsible for a beginner to even consider these mileages.

Assuming you have been training

regularly for at least one year, you could be aiming to run around 40 to 70 miles a week for both the marathon and the 25K events. But again it must be emphasised that you should be flexible in your approach. George Gandy, the coach at Loughborough, is absolutely right in claiming that the hallmark of a successful athlete is the ability to manage his or her time intelligently.

Excuses for not training are always easy to find or concoct, so if you are missing sessions without having genuine reasons for doing so you must be honest with yourself and ask if you are really serious about running a marathon or 25K.

Always remember that you have an obligation to your family, friends, and the sport to ensure that you are adequately prepared mentally and physically for the demands of long distance running. The sorry spectacle of unfit competitors staggering and crawling across the finishing line at the end of mass-participation events is a bad advertisement for athletics. More seriously, it could have a detrimental, even fatal, impact on their health. So in committing yourself to run in any of the two events which the schedules at the end of this article prepare you for, you must also be committing yourself to the necessary training.

One other point: if you intend asking your club coach or anyone else for a schedule, please only do so if you are genuinely serious about following it through. Contrary to popular belief, coaches do have other interests and commitments besides athletics and their spare time is every bit as valuable to them as an athlete's is to him or her. Most coaches are only too willing to help - but this willingness should not be abused by athletes looking for schedules then dropping out of the programme.

In addition to planning your training for the marathon and 25K, you should also be thinking about running in a few stepping stone races between now and the autumn. As well as keeping you mentally and physically sharp, they also get you used to running with people in a competitive situation and in a race atmosphere. These races can also give you an opportunity to assess future progress.

How often and how far you race will depend on your fitness and experience. Top-class marathon runners will generally race at two to four week intervals over distances ranging from 10K to 20 miles, although a beginner would be advised to keep to the shorter distance, racing about

once every four weeks with only about two or three outings over the half-marathon distance. Those concentrating on the 25K could include races over 5K, 5 miles, 10K, and 10 miles at roughly three week intervals as part of their build-up - bearing in mind that too much racing, particularly at weekends, can inevitably lead to reduced mileage and the curtailment of the long run on Saturday to ensure adequate pre- and post-race rest and recovery periods.

Man being a holy trinity of body, mind, and soul, the third aspect of our approach to training and racing which we must consider, along with the physical and psychological, is the spiritual.

The holistic view is that it is not just the legs that run in accordance with wishes transmitted from the brain via the nervous system to the working muscles - it is the entire person which performs the function.

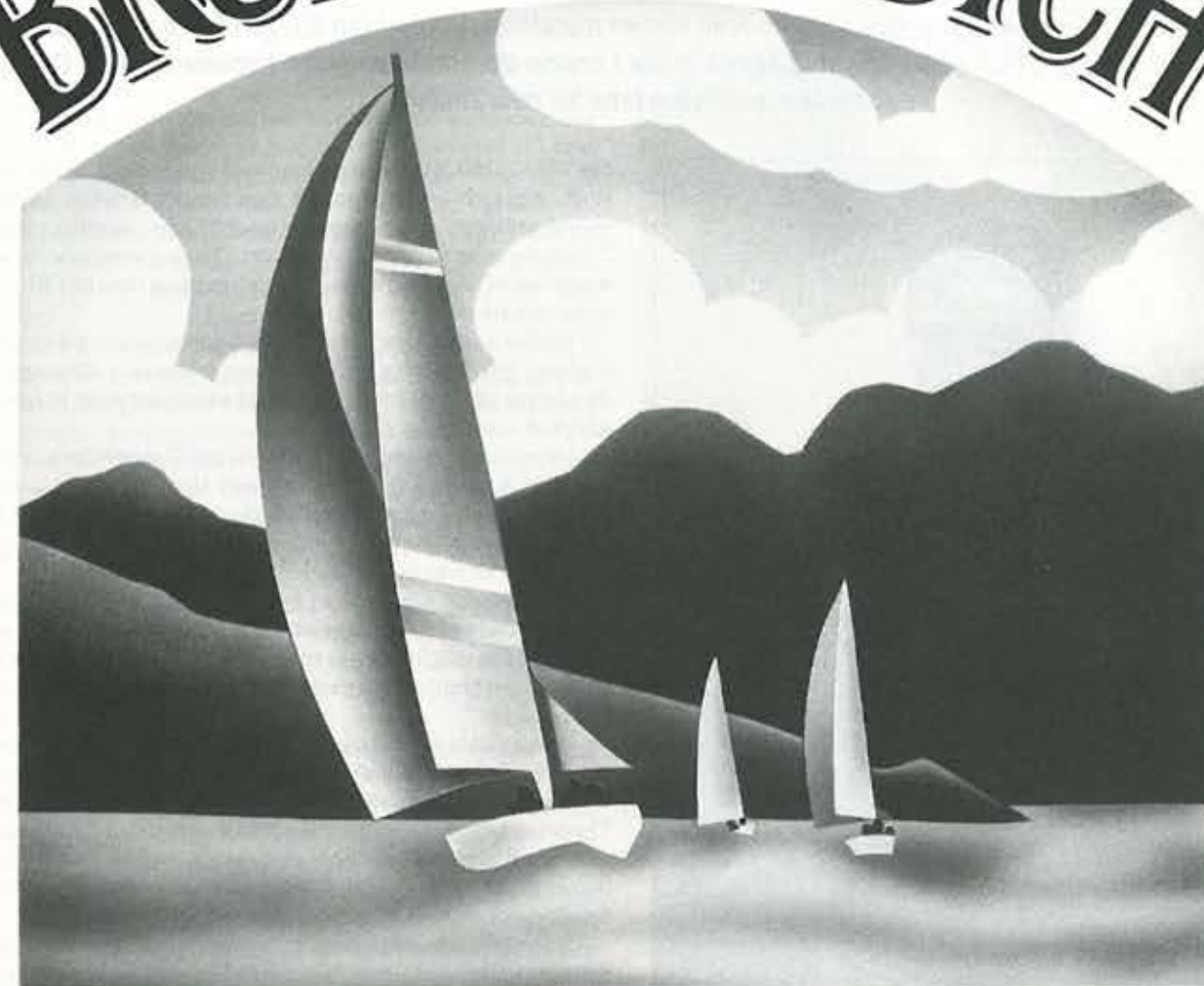
And since ours has been described in astrological terms as the Age of Aquarius, the opportunity for people to live in harmony with themselves and their surroundings, it is not surprising that more and more people are looking for self-fulfilment, self-realisation, and self-actualisation in running.

We are becoming increasingly aware of our undiscovered human and athletic potential, and of how we can change for the better if we commit our minds, bodies, and souls to the task. Running gives us a chance to tune back into our environment and ourselves, making us realise that each one of us is just a small, but meaningful, part of a single great system, and that we are all tiny fragments of the universal cosmic consciousness, each with an important role to fulfil in the scheme of things.

Running takes us farther along the path in our quest for our real and higher selves - as opposed to the derived self or persona which we present to those whom we encounter in everyday life in an attempt to create a good, but invariably false, impression.

Life has been likened to a journey during which the traveller acquires wisdom, knowledge, and maturity. A race is also a form of journey, and by preparing for it sensibly, asking yourself the right questions, giving yourself realistic targets, and acknowledging the reasons for your participation, you, too, can become the architect of your own physical, psychological, and spiritual renaissance as you nurture and cultivate the hidden powers of your awakening self.

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ACCOUNTANT LYNN - COUNTING ON A GAMES PLACE

Rhona McLeod interviews Lynn Harding, the little known marathon runner from Milngavie who set a Scottish national record of 2-31-45 when finishing eighth in the London Marathon, and who became the first Scot to achieve a qualifying time for new Zealand.



HAVING ONLY taken up running five years ago, Lynn Harding stole a march on much more experienced Scottish athletes by racing well within the Commonwealth Games qualifying time of 2-35 at the recent London Marathon. The race was only the second marathon of her life, making her eighth place time of 2-31-45 even more remarkable.

Unlike most of our top athletes, Lynn's career did not start as a young girl. It began five years ago when as a 22 year old she decided to join a Harriers club to get some company in her newly adopted town of Sunderland.

Lynn was born and brought up in the Glasgow area, attending Douglas Academy in Milngavie and then Glasgow College of Technology where she gained her degree in accountancy. Having graduated, she found that job prospects were poor and so for 11 months Lynn was out of work.

"I felt quite ashamed at being unemployed - previously I thought everyone who signed on was just scrounging. I started avoiding the neighbours as they kept asking if I'd had 'any luck yet?' They weren't being nasty but they would have heard as soon as I got a job."

It was at this point that she decided to take up running in order to occupy herself while she had nothing to do. "I'd always enjoyed walking, and so by running I could see even more of the countryside. The other advantage of running was it was cheap." Almost a year after graduating Lynn was offered a job. However, she had to leave home to move to England and an accountancy post with the Sunderland and South Shields Water Company.

Since then Lynn has been living and working in England and running for her local club, Houghton Harriers. Her training began modestly - around four miles, three times a week, and then after about a year and a half she increased this to 25 miles a week. "At the time I thought it was a massive mileage," she laughs, "but I achieved my big target of being able to go out running with the men and keeping up with them."

As time passed Lynn gradually increased her training and a ran a few races ranging from 3000 metres to half marathons, then two years ago she realised the 1990 Commonwealth Games were in Auckland, New Zealand. It was at this point she made a committed decision to gain a marathon place in the Scottish team.

She trained hard and last September she had her first experience over the distance - the NALGO North Tyneside Marathon. She finished in a time of 2-47-59, with the realisation that to gain Commonwealth selection she would probably have to lose around 13 minutes from her time.

She geared everything towards the London Marathon, intending to compete with the sole aim of running under the Commonwealth Games qualifying time of 2-35-00. To help her with her task, coach Paul Bentley took a higher profile in the athlete/coach relationship. Previously he was very much an advisor, but only if Lynn asked him for help.

"Before the London, I thought I could maybe do 2-35-00, so I aimed to do all my mile split times in around two and a half minutes - that way I would stay on course for the time."

Come the day of the race, everything went exactly to plan. "I managed to do all the splits to time and I just kept it going. The only

slight difficulties were when I first hit the cobblestones at around 22 miles, but they didn't last for long."

Sitting in their respective homes, Paul Bentley and Lynn's family were despairing. After the first couple of women had finished the race, the television coverage left the finish line to look at the field still out on the course. The minutes were creeping towards and then past the magic 2-35-00 and still no sign of Lynn. Just as anxiety was at fever pitch the results of the top group of women were flashed on the screen. "8th: Lynn Harding: 2-31-45".

"Bloody hell!" were Paul Bentley's exact words, as Mrs Bentley will verify. Meanwhile in the Harding household in Milngavie, Lynn's dad nearly jumped through the ceiling in joy and amazement!

"I phoned home after the race - my Dad was almost in tears." Were Lynn's family surprised by her success? "My Dad said he thought I was doing okay at the Harriers, but he didn't think I was at this standard - he thought I was just a plodder!"

After the race, Alan Storey, the former GB national marathon coach, said of the plodder, "It was a superb run. She recently started to train under the guidance of Paul Bentley - he will be pleasantly surprised that at this stage she has been able to run that much faster."

So what happens now in Lynn's Commonwealth mission? One thing that has been decided is that she will not be running another marathon before the Games. "I think you can only do two good marathons a year," she explained, "any more and it's not fair on your body."

As far as Lynn's training goes Paul would like to improve her speed by working over shorter distances. He also plans to incorporate some hill running early on in her preparations for Auckland. "She has already exceeded my expectations," he said, "so we'll have to think again about what she can do."

All in all, it seems to have been Lynn's single-mindedness and acute determination which have carried her to her achievements. Bentley thinks it may be something to do with the disciplines of an accountant being as rigorous as those of a marathon runner. Lynn agrees she is well disciplined and adds she would never think twice about doing a training run, no matter how long or how bad the weather.

Much of Lynn's training is done alone, often without Paul to encourage her on her way. Doesn't she ever get lonely or question her dedication on a 22 mile Sunday run in the rain?

"I would get lonely if I was doing it 52 weeks a year, but it's okay as I'm training for a specific event. After the Commonwealth I probably won't do any more marathons anyway. I'll still compete but I prefer to run distances like 10 miles. I'm pretty hopeless on the track but I'd like to try a 10,000."

One of the reasons Lynn feels she is so determined in her



Lynn settles down to work again at the Sunderland and South Shields Water Company after her London Marathon success.

training is because she did not run when she was younger. "I had a normal teenage life, I did everything I wanted to do, but now I have made the decision to run. I've got a keen appetite for it as it is all new and exciting - I think people who have been running for 12 and 14 years must get a bit stale."

Although until now Lynn has been a little known name in Scotland, it is not because she has deliberately decided to Anglicize herself. She is fiercely proud of being a Scot and would like nothing more than to be an integral part of the Scottish athletics scene.

Assuming Lynn is in the team for Auckland - and the selectors have said that all athletes who achieve the "A" guideline will go - it'll be almost a Cinderella type story - but this time the unknown at the ball will be there thanks to the magic of her own self-belief and commitment to her dream.

HARDing FACTS

Occupation: Accountant
Born: Milngavie
Height: 5'5"
Weight: 7st 7lb
PB's: 3000, 9-35; 10K, 33-26; 10 miles, 55-38;
half marathon, 74-16; marathon, 2-31-45

Typical week's schedule:
Monday - Friday: 4 miles easy to work in mornings.
Monday: pm: 7 miles steady
Tuesday: pm: 10 miles road run (with fast bursts of 3 x 5 min or 5 x 3 min, 2 - 2 min recovery between)
Wednesday: pm: steady 12 - 15 miles road run
Thursday: pm: Track session (range of 2 x 7 x 400m - 6 x 1600m (78/80 sec laps, short recovery))
Friday: pm: rest
Saturday: road or cross country race (approx 3 miles)
Sunday: long run (16 - 22 miles)
Average weekly mileage: 80 miles

1988-89 Indoor Rankings for Junior, Youths and Boys

(based on 1988 age groups. Compiler JEFF CARTER)

60m			55.00	M Bailey	Tev H
Junior			55.44	M Johnstone	ESH
6.80	J Henderson	ESH	56.51	A McCormick	JWK
7.09	B Ashburn	CAC	800m		
7.10	M Friel	Shett	Junior		
7.12	D Gilmour	L'hall	1-58.00	I Cumming	PAAC
Youth			2-01.06	M Bryson	Tev H
7.02	S Shaw	EAC	2-02.49	I Campbell	Arb
7.10	D Galloway	Ayr S	Youth		
7.15	S May	Har	1-54.8	A. McBeth	EK
7.19	P Kennedy	EAC	1-59.51	J Divers	CAC
7.20	D Clelland	Forth	1-59.77	J McFadyen	GGH
7.20	M Aris	EAC	2-02.36	R Hooton	DSMC
Boys			2-03.21	A Bruce	PAAC
7.2	S McGowan	Shett	Boys		
7.36	E Campbell	Cam	2-03.87	G Danskin	Moth
7.36	S Cummings	ESH	2-04.3	C Young	CAC
7.41	S McAllister	Bella	2-04.63	D Halliday	Shett
7.55	C Allan	Inv H	2-06.18	A O'Hare	CAC
200m			2-07.18	E McCafferty	Cam
Junior			1500m		
22.81	M Friel	Shett	Junior		
22.32	D Gilmour	L'hall	3-57.1	G Stewart	CAC
Youth			4-07.37	M Bryson	Tev H
22.78	D Galloway	Ayr S	4-09.60	I Falconer	Har
23.06	P Shannon	Bella	Youth		
23.52	C Shields	TAAC	4-00.15	A Russell	CAC
23.74	I Priddy	CAC	4-03.04	A Kinghorn	EAC
23.79	H Kilpatrick	Irv	4-10.0	N Freer	CAC
Boys			4-14.7	A Thain	CAC
23.76	S Cummings	ESH	4-17.9	B Fraser	Black I
24.43	G Purves	Black H	Boys		
24.5	S McGowan	Shett	4-22.65	M McLaughlin	Cam
24.87	D Steel	Ayr S	4-29.6	D Fotheringham	CAC
24.88	I Lee	Stew	4-34.58	D Tamburini	GGH
400m			4-38.3	M Davidson	Pen H
Junior			4-47.78	P Lodge	Shett
48.97	G McMillan	Bella	3000m		
51.05	I Cumming	PAAC	Junior		
51.41	G Aitken	ESH	8-37.3	G Stewart	CAC
53.0	R Beattie	Ayr S	8-56.39	I Falconer	Har
Youth			60mH		
49.76	N Taylor	YP	Junior		
50.26	I McGurk	CAC	8.33	P Warrilow	ESH
51.31	S Shaw	EAC	8.53	G Smith (Y)	EAC
52.40	J McFadyen	GGH	8.67	B Watson	IH
52.47	A Bruce	PAAC	8.73	N Taylor (Y)	YP
52.58	T Nimmo	FVH	9.04	S McFissock	Liv
Boys			Long Jump		
53.3	R Dale	Ayr S	Junior		
54.5	A O'Hare	CAC	6.98	B Ashburn	CAC
			6.63	D Mathieson	Aber
			6.33	R Burnett	Mid A
			6.26	C Stewart	ESH
			Octathlon		
			Junior		
			5743	D Mathieson	AAAC

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Edinburgh's Runners

EDINBURGH HALF MARATHON: SUNDAY, MAY 7



Name: Susan Spenceley
Town: Edinburgh
Age: 21
Job: student
Club: Croydon Harriers
Time in race: 1-35
PB: 1-28 (Dartford)
Started running? 1982
Fav distance: Half marathon
Average weekly mileage: 20-30
Plans for 1989: To maintain my enthusiasm and to do some more half marathons, and 10Ks
Comments on race: An enjoyable run, well organised to be away from the traffic, but a bit warm and windy.



Name: Jean Jumelle
Town: Edinburgh, originally Crepy en Valois, France
Age: 37
Job: Restaurant manager
Club: Edinburgh AC
Time in race: 1-20
PB: 1-16 (Irvine)
Started running? 1982
Fav distance: Half marathon
Average weekly mileage: 35
Plans for 1989: To run 1-15 for half marathon, start training to compete in full marathon in spring 1990.
Comments on race: I really enjoyed it, although I did not like the strong wind.



Name: Derek Nuttall
Town: Dunfermline
Age: 42
Job: Civil servant
Club: Unattached
Time in race: 1-50
PB: 1-39 (Dundee)
Started running? 1987
Fav distance: Half marathon
Average weekly mileage: 25-35
Plans for 1989: To beat PB for half marathon - maybe at Dunfermline Half Marathon.
Comments on race: Pleasant scenery, watering stations were congested, there were no cups at the first station.



Name: Jessie Smith
Town: Haddington
Age: 38
Job: Supply PE teacher
Club: HELP
Time in race: 1-42
PB: 1-37 (Edinburgh 1988)
Started running? 1985
Fav distance: 10K-half marathon
Average weekly mileage: 20-25
Plans for 1989: To get below 1-35 for the half marathon.
Comments on race: The organisation left a lot to be desired. Surface not good enough for fast times, fine for fun runners.



Name: Rhoda McPherson
Town: Edinburgh
Age: 24
Job: Computer programmer
Club: Hash House Harriers
Time in race: 1-44
PB: 1-40 (Edinburgh 1987)
Started running? 1986
Fav distance: 10K
Average weekly mileage: 10-12, I do other sports too!
Plans for 1989: To get fit, do another half marathon in two months and get a PB.
Comments on race: Nice to be seeing Edinburgh but it was tough going into the west wind.



Name: Kim Fisher
Town: Edinburgh
Age: 32
Job: Recreation attendant
Club: Edinburgh AC
Time in race: 1-40
PB: That is my PB
Started running? 1987
Fav distance: 3000m and over
Average weekly mileage: 30-40
Plans for 1989: To run more half marathons, avoid injury and run under 10-40 for 3000m.
Comments on race: I didn't see any medical staff to help with any problems like dehydration.



Name: Neil Renton
Town: Galashiels
Age: 29
Job: Printer cameraman
Club: Gala Harriers
Time in race: 1-13
PB: 1-11 (Midlothian)
Started running? 1983
Fav distance: 10 miles
Average weekly mileage: 50
Plans for 1989: To run for Gala Harriers in the Edinburgh to Glasgow RR. To improve PBs.
Comments on race: Pleased with my performance, despite the course being not too great underfoot.



Name: Liz Bright
Town: Lasswade
Age: "getting on a bit!"
Job: Council administrative assistant
Club: HELP
Time in race: 1-33
PB: 1-30 (Inverness)
Started running? 1983
Fav distance: Half marathon
Average weekly mileage: 40-50
Plans for 1989: To run as many half marathons as possible - I'd love to get under 1-30.
Comments on race: It was very badly organised - I didn't even receive my number on time.

1989 SHOE TESTS

Tester: Christopher Barbour
Town: Carlisle
Height: 5'11"
Weight: 12st 5lbs
Make of shoe worn before test: Brooks Axion
Test shoe: Nike Air Mariah
RRP of shoe: £44.99



MY FIRST impressions upon receiving the Nike Air Mariah were concern over the weight of the shoes - would they support me? They felt and looked very light, and although the midsole appeared thick enough, the outersole appeared paper thin. I was also concerned as to how they would

last the test of time.

I always walk in shoes for a few days before I run in them, and the Nike Air Mariah were superbly comfortable during this period, but even this early, I noticed that your feet became wet very quickly because of the thin mesh panels.

My first week's running totalled 35 miles. The shoes had been broken in very quickly, with no signs of blistering, and good support. However, my calves were sore at the end of the week, and my feet were constantly and uncomfortably wet. Though most of the running was on track and road, I tried to run on grass with these shoes, and found them to be no use in wet conditions due to poor sole grip.

In the next three weeks, my running totalled 100 miles, and included some speed work, at which the shoes excelled. It was noted that the uppers showed no sign of wear, although the stitching holding the Nike motif started to split on one shoe.

I tried to run in frosty weather and when there was snow on the ground. Again the lack let them (and me) down. At the end of this time I picked up an achilles tendon injury - my first real running injury in seven years.

On inspection, I found that the shoe had worn through the outer sole, an observation I have not seen in any other shoe I have had. I cannot blame the shoes for my injury, although I am suspicious.

In conclusion, the Nike Air Mariah is an excellent dry weather racing shoe. I did not find it suitable for running in other conditions, and should be kept for races. Since it does not suit my general running needs, it is not a shoe I will purchase in the future.

Tester: Patrick Kelly
Town: Symington
Height: 5'8"
Weight: 9st 7lbs
Make of shoe worn before test: Reebok World Trainer
Test shoe: Nike Air Pegasus
RRP of shoe: £39.99

IN MY opinion, the above running shoes were stylish and attractive, with a good padded inner, and are attractive to wear. Pegasus also have a good thick sole with an excellent grip. I found the shoes were well made with a firm support. There is adequate ventilation

which allowed my feet to breath well enough while running.

In wet weather the Pegasus gripped the road well and were showerproof. When training my feet only got wet after continuous running in heavy rain and deep puddles.

On the whole I found Pegasus a good well wearing shoe. The only problem was the fact that the size 7 (my normal size in other running shoes) was about a half size or so too large, which meant that in longer runs over eight miles I developed blisters on the soles of my feet, caused by my feet having too much movement in the shoes.

Tester: Douglas Black
Town: Edinburgh
Height: 5'11"
Weight: 12st
Make of shoe worn before test: Asics Gel
Test shoe: Nike Air Max Light
RRP of shoe: £54.99

MY MAIN worry when first testing the shoe was whether the shock absorption would be adequate. Fortunately my worries were unfounded as the absorption was fine - certainly up to a maximum training run of 10 miles.

However, I did experience a problem with blisters high on my heel due to the very high and hard heel piece of the shoe. This gave me great discomfort for approximately two weeks until the shoe was properly broken in. I

Tester: Graham Fyfe
Town: Skene, Aberdeenshire
Height: 5'8"
Weight: 10st 5lb
Make of shoe worn before test: Adidas 750ZX
Test shoe: Nike Airstabs
RRP of shoe: £64.99



IT TOOK about two weeks to break in the new shoes, running five to six miles initially, progressing on to nine and ten mile runs with fifteen milers on a Sunday. The change in shoe gave a slight tightening of my calf muscles because my foot did not roll on contact, although extra stretching

do feel though that this is a problem which could be easily rectified if the top of the heel was not so rigid. Possibly better padding might suffice.

I tested the shoe in all weather conditions from dry and sunny to snow, sleet and ice. The grip on the sole was excellent in dry weather, but great care had to be exercised in wet conditions, particularly when cornering. The majority of my training runs are on roads with approximately one four mile run per week on grass.

As the name of the shoe suggests, it is a very lightweight running shoe compared to the shoes I have been used to in the past. It may not however suit those runners with a broad fitting foot as I found it to be quite a narrow fitting.

before and after each run soon eased the soreness.

The shoes were a perfect fit (after adding an insert to the left shoe) with plenty of padding around the heel and tongue areas. Normally after breaking in new shoes, I have sores on the outside of my feet or around both heels, but I had no problems at all with the Nikes.

Most of my running is on the roads and I found the traction to be very good in all conditions, wet, icy or muddy surfaces. I did find that on cross country runs the grip wasn't quite as good as shoes with "waffle" soles.

The shoes have excellent shock absorbency, much better than my previous shoes, and so much so that it took some adjusting to when breaking in the Nikes. On one ten mile run during the six week testing period, I wore my previous trainers for comparison and found the difference between them and the Nikes incredible. My legs felt really heavy and tired wearing my old trainers, while feeling full of bounce the next night when reverting back to the Nikes.

My feet didn't move around, the shoes being quite rigid with good support, although reasonably lightweight. The light mesh on the uppers allowed air to flow through keeping my feet cool, which was good on long runs.

During the test period, my average weekly mileage was 40 miles and I found the shoes to be very comfortable, with good stability and excellent absorbency.

Very good road running shoes for high mileage runners.

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1989 SHOE TESTS

What Hi-Tec say

Hi-Tec Badwater 146

WITH THE new Badwater 146, Hi-Tec believe they are introducing a unique running shoe. It is the result of "painstaking research" by the Hi-Tec product development team who have thought up the remarkable 'AirBall Concept' - ABC.

At the heart of the Badwater 146 is the ABC which is a pressurised cylinder seated in the heel of the shoe. The idea of the cylinder is that it absorbs the shock from one stride and then returns the energy to launch the runner into the next stride. They claim that if you compare the feeling of running on the road with running on soft grass, you'll understand the difference the AirBall can make.

Hi-Tec believes it gives long lasting protection far more effectively than conventional midsole materials. The AirBall is also replaceable so that if it does lose pressure you can fit a new one to restore protection to the original levels. Their research team have shown that while conventional cushioning deteriorates by 33 per cent after 500 miles, the AirBall has lost less than two per cent of its protection.

There are two densities of AirBall. This according to Hi-Tec means you can choose the level of protection that is right for you. If you do a high mileage or you're a heavy heel striker then you can choose the higher density AirBall.

According to Hi-Tec, the AirBall design has allowed the designers to retain a low-profile midsole. This they claim, means the foot is not forced forward into the shoe and forefoot flexing is more natural.

The Hi-Tec Badwater got its name from the gruelling Badwater to Mount Whitney run, a 146 mile run which served as the shoe's initiation. The Badwater Gulch in Death Valley, California holds the record for the highest temperature recorded in the USA - 134 degrees Fahrenheit. Hi-Tec believe that rarely has a running shoe conquered such adversity.

Tester: Margaret Robertson
Town: Broughty Ferry
Height: 5'3"

Weight: 8 stone

Make of shoe worn before test: Nike Air Max
Test shoe: Hi-Tec Lady Badwater 146
RRP of shoe: £39.99

SATURDAY, January 28

My new shoes, Hi-Tec Badwater, were delivered today. They look smart, the pristine white (which won't last long), and appear to have adequate mid-sole cushioning, which I need.

The shoes themselves feel a bit big all over. I remember a previous pair of Hi-Tec were generously sized, so thick socks will be necessary. They don't feel as comfortable as my usual shoes, which fit like a glove. These shoes feel slightly clumsy on my feet.

January 28

I have been wearing my new shoes around the house and casually out of doors to break them in a bit. The upper shoe is definitely stiffer than I am used to, and I think my feet would blister if I had started running in them right away.

Feb 1: 6 miles, roads

The shoes feel rather cumbersome and I seem to have to lift my feet higher than usual. They also feel loose so will need to experiment with the variable lacing.

During the following weeks I wore my new Hi-Tec Badwater shoes on all training runs, but reverted to specialist shoes for cross country and track work. Also, as the Hi-Tec shoes were heavier than my Air-Max, I chose the later for road races.

Week commencing Feb 6: 33 miles

Wore the shoes both on grass and the roads. I am still aware that they are "new"; they feel heavier and less flexible than I am used to; but at the end of the week I am more at ease in the shoes and less aware of them. A blister had developed on one of my toes,

however, and the left heel rubbed a bit.

Week commencing Feb 13: 46 miles

The run on the grass was a bit muddy underfoot and the shoes didn't grip very well. Also managed a couple of thirteen mile runs on the roads. The shoes are now properly broken in and I feel quite comfortable running in them.

Week commencing Feb 20: 32 miles total

Various runs on grass and roads at various speeds.

Week commencing Feb 27: 31 miles

Week commencing March 6: 13 miles

Week commencing

March 11: 42 miles

During the middle of this period I had a very heavy cold which curtailed my running somewhat; I can't blame the shoes for that. I did manage one 21 mile run, however, and the soles of my feet were sore. I feel I was missing the extra cushioning provided by the Air-Max, even although the adverts for Hi-Tec say this should be catered for.

Now that my cold is behind me I will continue training in my Hi-Tec Badwater. Apart from the first week of running they have been quite comfortable and certainly haven't given rise to any real problems. Priced at around £40, however, they are in a very competitive section of the shoe market, where one is expecting a

very comfortable product.

Basically these shoes are fairly broad, and I miss the air cushioning in the sole. Nor am I sure the "air ball" in the heel does anything for me, but I am not a heavy heel striker. Finally, they certainly are a relatively heavy shoe and the combination lasting makes them a bit stiffer than I'm used to.

More positively, generally they performed satisfactorily and are standing up well to training with no significant wear or tear. They are substantially made, using good quality materials, and should carry me happily through many more miles of training.

added on to it to up the price or to make them sound better. On my first run I was expecting quite a lot of cushioning, but once I had started I felt they were quite hard under the sole and there was not enough cushioning in the forefoot of the shoe.

I felt they were not very flexible, so I didn't like using them for doing short intervals, but on the longer runs I found them very good on my feet and very

comfortable. I preferred using them over the country as they had good traction on the sole. The only thing is that on hot days my feet seemed to fire up in them and get very blistery.

On the whole I think they are the perfect shoe for people training for 10Ks and up, but they are a bit heavy for people doing speed training or intervals. I also think that the price would be a little bit cheaper.



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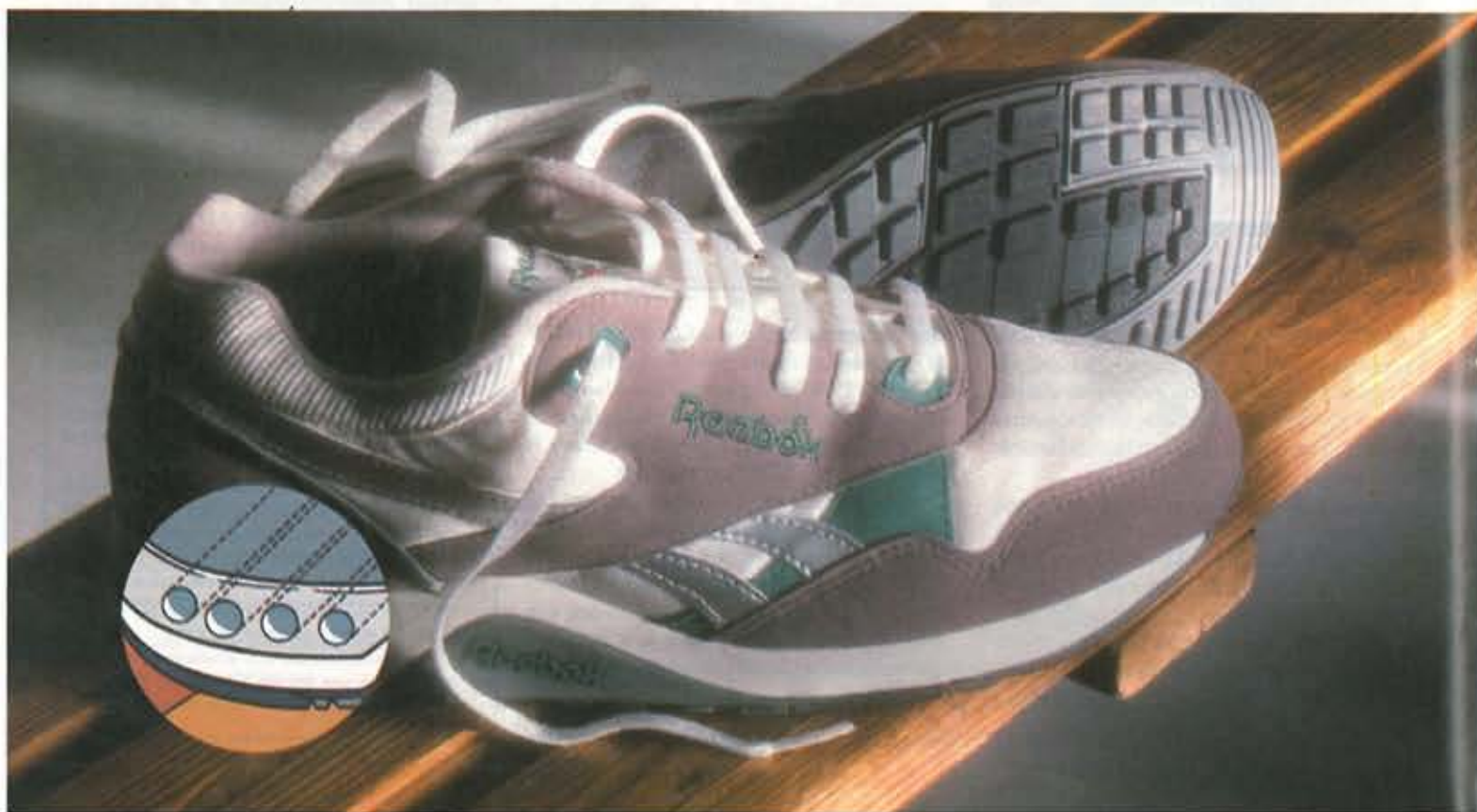
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And when it begins to lift-off again, the tubes, fighting to regain their shape, return the stored energy to your foot.

The result is additional lift-off with every stride.

Unsporting? Unethical? Unfair? Possibly.

But before you are assailed with self-righteous thoughts, there is one further point to consider:

What if your arch rival is wearing a pair?

Reebok
THE EDGE.

1989 SHOE TESTS

Tester: Elaine Thornton
Town: Dumbarton
Height: 5'5"
Weight: 8st 7lbs
Make of shoe worn before test: Etonic Mirage
Test shoe: Brooks Devotion
RRP of shoe: £39.95



MY AVERAGE weekly mileage was 35, consisting of a longish run on Saturdays of 10-12 miles, seven miles hilly run on Wednesday, and four to five miles on the other days, with one rest day. Mostly all of these runs were on roads, with the occasional track session.

I liked the nice light bouncy shoe and the "glove" insole, but I found there was not much support at the ankle - if anyone had particular problems with ankles I would not recommend these. I didn't notice the "kinetic wedge" at all, but it is an attractive shoe to look at, with the pastel colours.

This was the most expensive shoe I've worn, I spend £30/35 for shoes as I never suffer from injuries.

I would buy this shoe as I was generally very pleased with its performance.

What Brooks Say

THIS SHOE comes from the Brooks for Women range and is a heavy duty training shoe. Design features include a carbon rubber outsole for added abrasion resistance. The midsole has compression moulded EVA for added cushioning and lightness.

As women have wider hips than men they tend to pronate more when they are running. To cater for the medial movement inherent in the female gait, Brooks have incorporated a special female support system. A unique kinetic wedge has been incorporated in the midsole which allows parts of the foot to work correctly and together.

In the shoe's upper there is an independent rearfoot design which consists of an external

counter and a puff collar. These two features guarantee a perfect rearfoot fit.

A unique 'comfort containment' system is incorporated in the form of a spandex sock which provides a comfortable seamless surrounding for the foot in the shoe.

The polymesh upper with pigskin trim provides comfort, protection and breathability in this attractive shoe which is made in quartz / ruby / amethyst or light grey / emerald / amethyst.

To compliment these exclusive features the shoes come in unique and attractive packaging specially designed with the female athlete in mind.

The shoes come in sizes 3-8 including half sizes.

* A second Brooks test will appear in next month's issue.

What Converse Say

Converse running shoes offer comfort, style and technical features for everyone from joggers to world class athletes.

For 1989 we've loaded the extra return of the Energy Wave into training shoes such as the AB-M700. The energy wave system is a mid-sole compound developed to be so advanced that it outperforms all traditional mid-sole technology, such as EVA, GEL and AIR and is still able to offer the additional benefits of Energy Return.

You can see the energy wave system - it's the marble-ised blue material that wraps the heel and the forefoot - and if nothing else it improves the durability and cushioning of the midsole. We've also included a host of other features such as heel stability bars to create a more stable shoe. This shoe is stable and cushioned enough for training, yet light enough for racing.



Tester: John Hendry
Town: Glasgow
Height: 5'9"
Weight: 10st
Previous shoe worn: Reebok GL 1500
Test shoe: Converse AB-M700
RRP of shoe: £39.90

I FOUND the shoes to be comfortable and supportive with adequate cushioning at the heel. I used them on various training runs from four to eleven miles and found them to be more than adequate, whether it was an easy run or a fast paced run.

I'd say a very good road trainer but not much use on heavier surfaces such as cross country. The grip was alright although I did feel I was slipping on wet surfaces.

Personally I'd recommend these shoes for runners who prefer good support and cushioning but without the excess weight.

On the whole a good road trainer with reasonable wear resistance.

1989 SHOE TESTS



Tester: Frank Coyle
Town: Inverkeithing
Height: 5'9"
Weight: 10st 7lbs
Make of shoe worn before test: Reebok GL6000
Test shoe: Saucony Shadow VS
RRP of shoe: £49.99

MY INITIAL reaction to these shoes was one of slight disappointment. My normal training shoes are Brooks Nexus and Reebok GL6000, with Reebok PBs for racing. When running with any of these three pairs of shoes, I feel as if the shoes are part of me. I just do not notice their existence, regardless of the distance run.

My first feelings with the Saucony Shadow were as if someone had tied giant pillows to my feet. They have a very soft protective mid-sole, and being a large broad fitting style of shoe it was most unlike what I was used to.

I was nevertheless very

pleased with the firm heel counter, and when the shoes were on and laced up, they felt snug around my feet.

These shoes have a very good grip on Mother Earth - in fact in the early stages of becoming familiar with them, running on wet surfaces or on soft, wet grass, I got the feeling that the shoes were suctioned to the ground. Also, they were heavier than the shoes I normally wear and generally felt large and clumsy.

This feeling started to fade as I became familiar with the shoes. The spongy mid-sole made distance work very easy on the feet. After a 20 mile run, I felt as if my feet had been battered by a blanchmange. I soon realised that my early negative views on the shoes were merely the breaking-in process and lasted no more than two weeks.

My enjoyment of these shoes has definitely increased with the number of miles I run in them. I would never consider them for racing, but as good quality, well made, well supported, and well cushioned training shoes, they are excellent.

Since I run with bare feet directly into the shoes, badly made or ill-fitting shoes can be a disaster. The Saucony Shadow most definitely does not come into this category. Even while breaking them in, they were snug and comfortable, although, as I mentioned earlier, compared to my other training and racing shoes, they felt initially large and clumsy.

For anyone looking for good robust shoes, which will provide excellent protection on long training runs, the Saucony Shadow can definitely be recommended.

After 300 miles, I have now noticed some wear on the heels. It is not excessive and it is what I would expect from any shoe over that distance.

Tester: Janis Wilson
Town: Edinburgh
Height: 5'5"
Weight: 9st
Make of shoe worn before test: Asics Tiger Gel
Test shoe: Saucony Lady Shadow VS
RRP of shoe: £49.99

SINCE I started running I've gone through quite a few pairs of trainers, and over the period several pairs have been discarded because they just don't seem to do the job a good shoe should; when using them I've had to put up with continual aches and pains and general discomfort of the feet.

During six weeks of fairly good mileage in the Saucony Lady Shadow VS (all on roads contrary to best advice!), I've experienced no such problems. I'm no expert on the technical details of what goes into making a good shoe,

but these trainers seem to be very well made. I've found them to be extremely comfortable, supportive and hard wearing (so comfortable that from Day One I used them for all my running, not breaking them in gradually as I've done with previous shoes).

Several pairs of fairly expensive shoes I've purchased in the past have gone "soft" and shapeless and lost their supportive qualities all too quickly for my liking, but I don't think that this is going to be a problem with the Saucony Lady Shadow VS.



LOCHABER SUITS THE VETERANS

THE PROLIFIC Colin Youngson of Aberdeen AAC led the way as veterans showed their younger rivals a clean pair of heels in the Lochaber People's Marathon at Fort William on April 23, writes *Michael McQuaid*. The event again incorporated the national veterans' marathon championship, and the over 40's showed great staying power to fill the first five places overall.

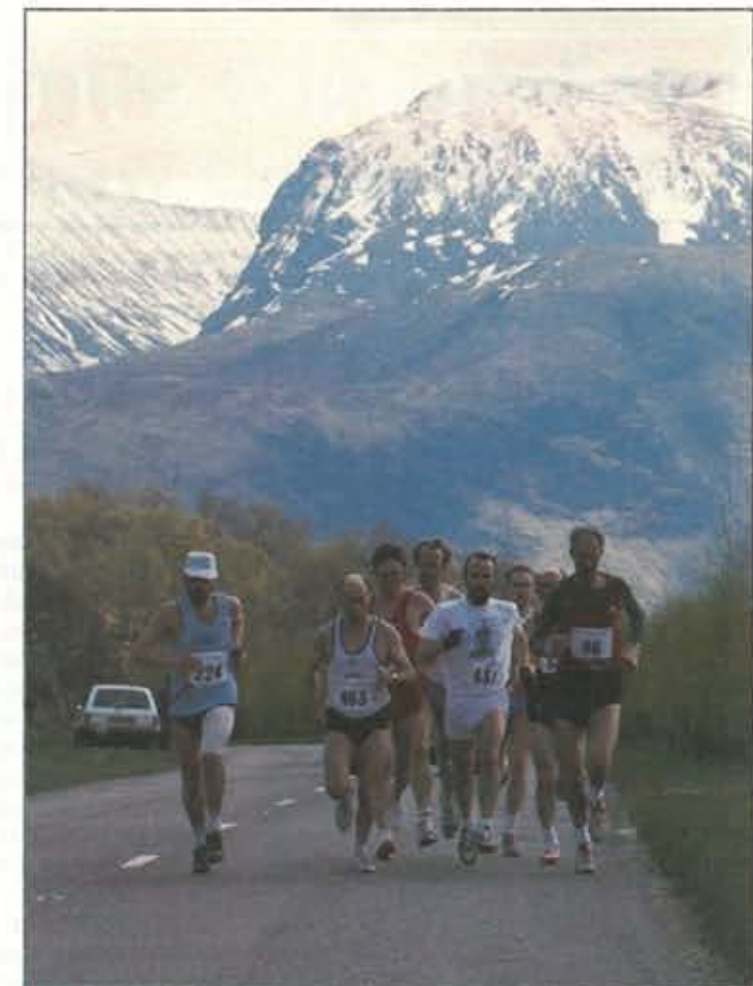
Youngson, who won the national veterans' cross country title in February, held on to the marathon title he won at the same venue last year, though his time of 2-29-40 was over three minutes outside his 1988 course record. Facing a cold breeze for the first half of the out and back course, Youngson always appeared in control, but Dumbarton's Allan Adams dug in well to finish 29 seconds behind.

Mike McHale of Pitreavie was third (2-31-30), followed by fellow veterans Robert Wood of Dundee Roadrunners (2-35-33) and Robert Young of Clydesdale (2-36-15). Another Clydesdaler, John Hanratty, salvaged some pride for the youngsters, finishing sixth in 2-37-19.

Elizabeth Walls of St Albans Striders made the long trip from the south of England, and it certainly proved worthwhile as she won the ladies' race in three hours and 59 seconds, smashing the course record by over six minutes. Second placed Renee Murray of Giffnock North was also well inside the mark with 3-01-51, and third placed Julie Harvey of Glasgow was 14 seconds outside it with 3-07-29.

The organisers were well pleased with the turnout of 147 runners, up by about 40 on last year. Only four failed to finish and 40 broke three hours - a very respectable percentage.

Winner of the Lochaber Spring Treble and a £50 travel voucher - for combined times in the Caol 10K, Glen Nevis 10 and the marathon - was Alan Stephenson of Central Region. He won the 10K, was fourth in the 10-miler, and 20th in the marathon for a combined time of 4-14-15. Forres Harrier Mick Francis was 17th in the marathon in 2-43-52 to Stephenson's 2-47-04, but had to settle for second overall with 4-15-02.



Magnificent scenery in Lochaber. Eventual winner Colin Youngson is in the leading group, below, wearing blue tracksters. Pictures by PETER DEVLIN.



1989 SHOE TESTS



Tester: Jim Tervit
Town: Lanark
Height: 5'10"
Weight: 11st 12lbs
Make of shoe worn before test: Diadora
Test shoe: Avia 910 Basic Trainer
RRP of shoe: £25.99

WHEN I received the shoes I was immediately impressed with the quality and finish, as well as the substantial padding and strong construction. This padding and protection was put to the test very quickly, as the first run I did was one of 12 miles which I completed without even a blister.

Most of the training runs I have done with the shoes have been on road and track, with a limited amount of not-too-rough cross country. In wet conditions water did not seem to penetrate, keeping the feet fairly dry.

The shoe has a broad heel and well supported heel cup, thus giving good stability. The heel tab is relieved and padded to protect the achilles. The lacing system is very good and can be adjusted to your own personal preference. Padding is very sub-

stantial all over and extends to the toes as well. This gives good protection and fewer minor injuries.

The upper is very well made with double leather reinforcement around the toes and side panels, as well as around the lacing holes. The heel cup is very rigid and stable, with a well designed plastic support.

The sole is very hard wearing with a good block type grip. The cantilever heel is one of the main attributes and is claimed to give more protection and cushioning, therefore cutting down on jarring of the legs, which I am sure it does.

Over the last six weeks I have covered 212 miles with the shoes, with no injuries or complaints about them.

In conclusion this is a very high quality shoe with attractive styling, very substantial and comprehensive protection and support. It is very stable and hard wearing, suitable for long distance training, particularly on road and track, but not particularly suited in my opinion for racing. Good value for money and strongly recommended for marathon training.

Tester: Sue Durham
Town: Edinburgh
Height: 5'5"
Weight: 9 stones
Make of shoe worn before test: Reebok World Road
Test shoe: Avia 910 Basic Trainer
RRP of shoe: £24.99

THE AVIA shoes were comfortable on shorter runs, but because they don't have a great deal of cushioning, I found them to be less comfortable over longer distances, such as 12 or 13 miles. They tend to feel slightly heavy compared to other types of shoes, especially on a long run.

I used the shoes on various surfaces and found them to be good on roads, grass and hill terrain. There is a good tread on the soles which has not worn down over the period. For circuit training indoors I found them to be a little clumsy, and would prefer to use more lightweight shoes.

After the six week test period, during which I averaged 35 miles per week, the

Avia shoes still looked in fairly good condition. After being taken over muddy fields and wet roads, they cleaned up well and showed no signs of wear and tear. I found there was a lack of cushioning inside the shoes as there are no removable insoles, but they are very stable and give good support round the heel.

In wet, dry, and icy conditions, the shoes performed well. I managed to get a good grip even in bad weather and could run confidently in them.

My opinion is that the Avia shoes are well made and give good support, but compared to more expensive shoes they lack cushioning and tend to feel heavier when wearing them.

For the money-conscious runner who does regular training but not excessively high mileage, these shoes are ideal. They wear well and give value for money.

However, for the person who does high mileages especially on the roads, they would probably tend to be inadequate for the purpose.



David Keswick Centre and satellite tracks add whole new dimension to athletics in Dumfries and Galloway

By Rhona McLeod

IN THE David Keswick Athletic Centre, Dumfries can boast one of the most attractive and best equipped stadiums in Scotland. Situated in the grounds of Dumfries High School, the international standard centre is also a dual purpose facility, built to serve both the school and the community.

The £1.3 million funding for the track and its satellites has come from various sources, including Dumfries and Galloway Regional Council, the district councils of Annandale and Eskdale, Nithsdale, Stewartry, and Wigtown, the Scottish Sports Council, the Football Trust and the Old Broad Street Charitable

Trust, endorsed by the late David Keswick of Cowhill Tower, Dumfries.

The track will be officially opened on June 13 at the Dumfries and Galloway Regional School Sports, although it has been available for use since November last year. Regional council official Richard Graham told me it is because of the high level of communication and cooperation between the regional council, responsible for education, and the district councils, responsible for leisure and recreation, that the facility is being

used in complete harmony by both school and members of the public.

During weekdays, the physical education staff of the high school have the pleasure of this superb facility until 6pm each night to teach athletics to their classes and clubs. After that, and at weekends, the facility becomes a district council responsibility as the track is open to the public.

Aesthetically the track is very attractive with the overall impression being of "cosyness" due to a bank of grass and trees which surrounds three

quarters of the track. The home straight nestles below a brightly coloured seating area which contains around 700 seats and lots of beds of flowers!

The track itself has eight lanes; two double jumps run-ups; one double pole vault area; two throws circles, one with a cage; two javelin areas, one high jump fan and international standard timing equipment. Another £70,000 has been used to buy supplementary equipment such as hurdles, starting blocks, throwing implements and jumping boards, all of which are brand new and of a high quality.

Added attractions in terms



Satellite Tracks

TO COMPLIMENT the David Keswick Centre in Dumfries, three 400m satellite tracks can be found in the districts of Annan and Eskdale, Nithsdale and Wigton. These tracks are largely for training purposes - where Dumfries and Galloway athletes do all the hard work before putting it on show at competitions at the David Keswick Centre.

Annandale & Eskdale

SITUATED in the town of Annan, the track is just one of the leisure facilities in the green area known as The Everholm.

Other sporting facilities in the Everholm include

hockey and rugby pitches and a trim-track, all of which are set in the attractive setting of the River Annan.

The track itself is set in a natural amphitheatre, has six lanes and an all-weather surface. There is a nearby pavilion where there are showers, changing rooms and a multi-gym. Although it is not yet officially opened, Annan and District AC have been showing great interest in the facility. Tom Finlayson, the director of environmental and leisure services says that his plans are to get the track in use this summer and then to have a grand opening next spring.

Due to the district's increasing commitment to sport, a leisure and recreation officer has been appointed - Olympic sprinter Cameron Sharp took up the position on May 8.

Wigtown

WIGTOWN'S satellite track can be found in the grounds of Stranraer Academy. Set in its own grassy amphitheatre, the track is expected to be completed sometime this month.

Again, this track has four lanes and will prove to be a valuable training facility for local and school athletes. There are all the usual jumps and throws facilities with a safety cage around the throwing circle.

If in the future it is decided to expand the track, it will be possible to add another two lanes as a flat area outwith the fourth lane has been made for this purpose. There is also a concrete base at the track in which floodlights can be erected if they come into future development plans for the facility.

Nithsdale

THE SATELLITE track for the district of Nithsdale is in Lorimer Park which is situated in Sanquhar. It is a four lane, all weather track which has changing facilities nearby.

At present the facility still does not have a completion certificate, however, it is in full use and is proving to be an ideal training facility for athletes in the area.

One of the clubs which has shown keen interest to use the facilities is Nith Valley and it is thought they will be the main club users.

According to Donald Gibson, administration assistant for Nithsdale District Council, there are plans for development in the future which will include floodlighting. He believes these plans might take effect in two or three years.

Dumfries and Galloway Regional Council - Education Department

Completed in August 1988, the Centre sets new standards for recreational provision in the South West of Scotland and offers a challenge to athletes and other sports participants, second to none ...

The facilities include:

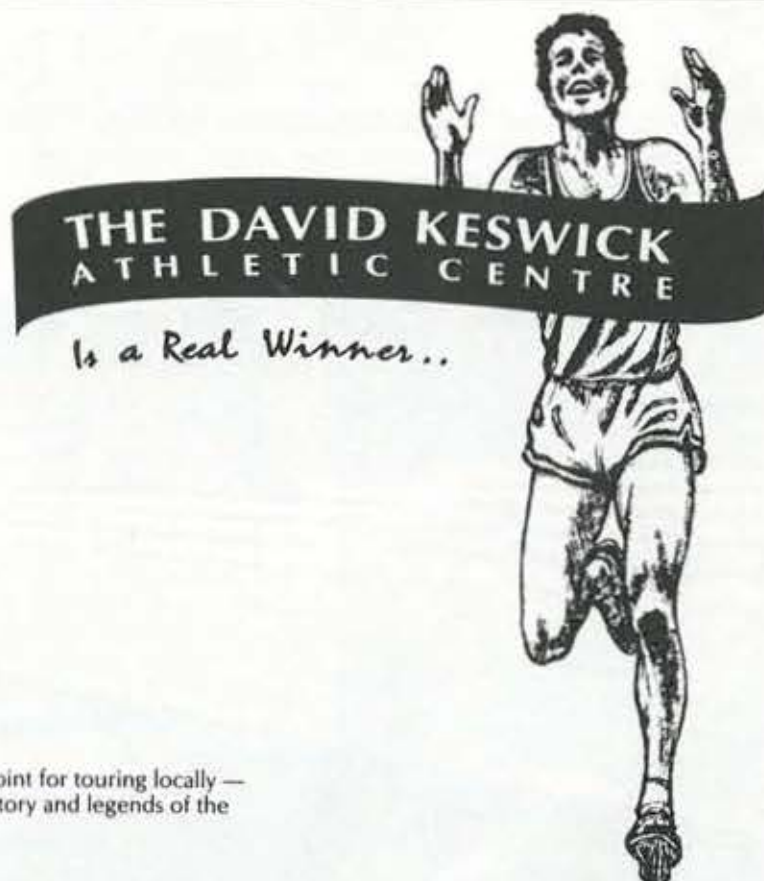
- ★ An 8-lane synthetic surface track
- ★ Full floodlighting
- ★ A comprehensive range of equipment
- ★ A 1.5 court sports hall
- ★ Two standard gymnasias
- ★ A weight training room
- ★ Large social area/coffee bar

Located in Dumfries, the Centre is also an ideal jumping-off point for touring locally - explore the beautiful Galloway countryside or discover the history and legends of the area - the Burns and Galloway Heritage Trails.

For full information, contact ...

Principal Community Education Officer
Education Offices, Dumfries.

Education Offices, 30 Edinburgh Road, Dumfries. DG1 1JQ Tel. (0387) 61234



David Keswick Centre



of facilities include a multitude of floodlights, a permanent public address system, a field telephone system, and a small base warm-up area. In the event of a competition being held at the track, there are also two gymnasiums and a games hall which could be used as warm-up facilities. Changing facilities are plentiful - there are six changing rooms which between them cater for 300 people. There is also a 10 station multi-gym facility.

Behind the spectator area, housed in the high school's games complex, there is an excellent viewing gallery which runs a full 60 metres parallel to the home straight. This supplies a marvellous and warm vantage point of the whole track and can accommodate literally

hundreds of spectators. To look at this facility it is difficult to believe it is not a purpose built viewing facility - it was in fact built more than two years before the track was.

As with most new tracks, it is at the moment incredibly bouncy, but as time passes Richard Graham believes that this element will give and the track will become much faster. Fast times will also occur for sprinters, thanks to the prevailing wind in the home straight.

All in all, the track looks and feels very new - a quality which is being rigorously maintained by all concerned. The inside lanes of the track, always the first to deteriorate, are periodically blocked off. The long jump pits are completely covered by large green coloured, arched frames which can be screwed down onto the area surrounding the pit. This prevents the elements and unwelcome debris (long jumpers hate landing on ring pulls etc) getting in, and it stops the sand being strewn all over the track.

The clubs which make most use of the track are Nith Valley AAC and Dumfries AAC. Their locals include Kath Lithgow and Hayley Haining. Another well known face who uses the facility is Steve Overt,

who is now of course living in the Annan area. The man who perhaps has the most opportunities to use the track is the school janitor, and he does! Congratulations to Mark Macdonald, the "jannie" who recently set a new Scottish and North West League record at the track with a discus throw of over 46m.

On July 15 the track will be savouring an international flavour for the first time with a Scotland v Northern Ireland junior match. There will be the regional school sports on June 13, several Solway Athletic League matches and "Sprinting for Britain" events, two Scottish and North West league matches and an SWAAA coaching weekend in the autumn and the season is complete.

Although this is only a small number of matches, Graham says it must be remembered the track is brand new and so has all the problems of trying to break into a well established fixture list. I asked him if he believes the amount of use the track receives justifies its cost?

"I would have been concerned if the track had been built exclusively for the school or for the community, but as it is being used almost continuously by both, then it

has been worth the money," he replies.

On the same subject, Bill Hume, acting principal community education officer, says: "The people of Dumfries

and Galloway are extremely fortunate to have such a marvellous facility - I believe it is absolutely worth the money that has been spent."

Having seen it, so do I.

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the VETERAN SCENE

With Henry Muchamore

the Saturday night that he was going for any easy three hour stroll as he wasn't fit, and clocked 2-42. Not bad for an unfit 50 year old!

I can't really let him have the last say - Lesley Watson, who will still not reveal her age to me and has now run over 150 marathons, clocked an amazing 2-52 and looked as lovely as ever at the finish - only by the time I arrived she had vanished.

MY SECOND cliché is: "running is what you do between injuries". I don't lay claim to that one, but feel that it is becoming increasingly true for us veterans. Many of us are coaches to young athletes, and yet we do not seem to heed the very lessons we teach. It's a case of, "don't do as I do, do as I tell you".

How many of us over the past few months have mixed cross country and hill running with road running, track running, and indoor running? It may be great experience, but it certainly finds out the weak spots in our aging bodies.

The long term consequence of not giving enough recovery time for yourself as you get older can spell disaster for later life. Back and hip problems seemed to abound in veterans, and even with recovery going well a full programme of correct stretching including calves and hamstrings is something you must not neglect if you want to keep on running when you're 50, 60 or 70.

At the SCCU annual dinner in April, I had a delightful chat with Alastair Falconer, now in his 70's and with severe walking difficulties and a second hip replacement operation due soon. Alastair is someone who loves to talk about his athletic history, which included a 1-55 half mile and a 4-08 mile in India just after the war. I wonder how many of us "youngsters" will still be as lively and witty in our chat even though we may not be able to run as fast as we do now.

WHICH BRINGS me to my last cliché, for this month anyway. "When it hurts, run faster" - attributable, I believe, to one of my great heroes, Emil Zatopek. Well, Andy Stirling of Falkirk must have been doing that in the Edinburgh to North Berwick 22 mile race in May, for at 20 miles he gritted his teeth and went past two much younger men, including Terry Mitchell, to win the race. The following day he turned up at Meadowbank Stadium for the start of the Edinburgh Half Marathon for what he called a "warm down" and went on to take the veterans prize on a very windy course. Perhaps the cliché we should hang above all our beds as veterans is: "There's no fool like an old fool", but then at least I know I'm one.

FINALLY, good news for all Scottish track and field athletes. The BVA have awarded Scotland the BVA Championships for 1990. The exact venue is to be decided by the SVHC executive meeting due soon.

Congratulations by the way to Bob Young, first winner of the Davie Kerr Memorial Trophy run in conjunction with the Glasgow "800" race at Garscadden.

** For those readers interested to know what happened to Henry in London, he tells us that he went through the 20 mile mark feeling fine in 2-19. For some reason he decided to jump over a barrier at his weekend billet, the Tower Hotel (22 miles), in order "to freshen up"!*

Inside the hotel he bathed his legs with warm water, which proved something of an error when he arrived at the ensuing cobbles. By the Embankment he was "literally crawling", and stopped at an ambulance to get a drink.

"They took a look at my condition, put a blanket over me, and then I dropped off," he recalls. He woke up thinking he had only been asleep for a couple of minutes, and scampered off to the finish - and only next day on checking his time did he realise that he'd done a Rip Van Winkle!

Henry can see the funny side now, but assures us it wasn't a pleasant experience. So, if you haven't trained properly for a marathon - don't do it!

HIGHLAND GAMES

DAVID WEBSTER gives his annual preview of the attractions to look out for on the Highland Games circuit.

THE COMING season could well be one of considerable change in the ranks of the heavies. Although the situation is far from clear, a number of factors indicate the likelihood of an upheaval in both the amateur and the professional ranking lists.

Alan Pettigrew, winner of numerous championships, seems all set to become a professional, but a knee injury may delay his debut. He has had treatment from a leading sports medicine specialist and is commencing full training again, but I know he would prefer to be fully fit before making the switch.

George Patience and Eric Irvine have not regretted making the transition last year and both adapted well, George making the trip with Alistair Gunn to the prestigious Santa Rosa Games in California at the end of the 1988 season.

Prominent as always on that occasion was Keith Tice, champion of the USA before Jim McGoldrick, the current holder of the world's three main titles. We were therefore devastated recently to receive a telegram telling us that Keith had been killed in a car crash. He appeared in Scotland on numerous occasions, in the Scottish Championships, European Championships and in various world championships at home and abroad.

We mourn the death of this fine athlete and scholar, for he made a worthy contribution to the sport, not only as an athlete, but in helping organisers and administrators. This dignified champion took his responsibilities seriously and campaigned strongly against drug abuse in sport. The all-time ranking lists which I compiled for Scotland's Runner had Keith's unstinting support, and he assisted considerably with American performances.

KNOWLEDGEABLE observers are predicting great things for 22 year old Bruce Sutherland, who is studying at Robert Gordon's College in Aberdeen for a degree in engineering; he is young enough to improve quickly and overcome some of the old favourites.

There is another new face in the amateur

problem and I doubt if he will be having any more of the raw egg and milk cocktails which he downed with such relish.

Andy Vince is aiming for a place in the plane to New Zealand for the Commonwealth Games, and he will also be trying to gain some experience in the Highland events for he is a potential professional, just mark my words.

Sean Regan, the Irish internationalist, is yet another who is considering increased participation on the Scottish amateur circuit, so the championships will be very interesting this year. With a clash of dates splitting the field, I imagine that many of the older hands, such as former Common-

wealth wrestler Willie Robertson and Walter Weir, may go to Cowal.

Grant Anderson and Chris Black are two top heavies who have had surgery since last competing, and while Grant is struggling to recover (and faring badly) Chris's injury has responded well and he has done some great training throws. I heard of a 83 plus fling with the 28lb but a muscular "mole" said the overall length of the weight was a little over regulation. Still it sounds most encouraging.

While colleagues frequently refer to Alistair Gunn as "wee

Alistair" it is of course relative; actually he tips the scales at 16 stones and is 5' 10" in height. He travels all over the world seeking competition, and won the Middle East and the Far East championships.

I was told on his last trip to the deserts he did over 135' with the 16lb hammer, off sand! That is really tremendous and points to him being the world's No. 1 hammer thrower in 1989.

At top international level, the big three vying for top honours will be Jim McGoldrick, Geoff Capes and Joe Quigley.



ranks who is perhaps even more likely to create immediate interest, for Stephen Aiken, mentioned in these columns last year as a successful professional, has been reinstated as an amateur and could shoot to the top in one season.

I was surprised that Stephen dropped out of the limelight in mid-season last year, but he tells me he caught a virus that stopped him in his tracks and put him out of the Games for several months. Walter Weir had a similar problem; in his case salmonella poisoning was at the root of the

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Contact secretary Mrs Thomson, Taynult 431

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Clachan Park, Rosneath

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HIGHLAND DANCING commences 11.00 a.m.
LOCAL FIELD EVENTS
OPEN TRACK & CYCLING EVENTS 1.00 p.m.
OPEN HEAVY EVENTS 2.00 p.m.
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Secretary: Mrs E. BLANCH, Strathclyde, Rosneath 94N 11225
Dancing: Mrs McINTOSH, 10 McLeod Drive, Helensburgh. Tel: 0436 78054

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GOOD PRIZE MONEY: 6 PRIZES FOR PIPING, HEAVY & LIGHT EVENTS
See Posters Later

SPECIAL ATTRACTION - MARCH OF THE LONACH CLASMEN
Some 100 strong, headed by Pipe Bands
Don't miss this, the only one of its kind in Scotland
Must be at Bellabeg at 7.30am. March off 8am
Secretary: G.C. McINTOSH, Donview, Strathdon, Aberdeenshire. Tel: 09752 302

KINCARDINE AND DEESIDE DISTRICT COUNCIL STONEHAVEN HIGHLAND GAMES

Sunday 16th July, 1989 at 11.00 a.m.
Mineralwell Park, Stonehaven
Entries accepted on the field for
Heavy Events, Light Events, Piping
and Dancing (S.O.B.H.D.)

BLANTYRE & DISTRICT ROUND TABLE

International HIGHLAND GAMES

BARDYKES FARM BLANTYRE

SUNDAY 4th JUNE 1989

Gates open 11.30 a.m. Official opening by Games Chieftain 1.00 p.m.
Attractions include:
World Class Heavyweight Events (Capes, Sigmarsson etc), Schools Races, Highland
Dancing, Shinty Match, Local Hero Competition, Hercules the Bear, Fun Fair etc
Special features - Junior Highland Games & Cumberland Wrestling
A GREAT DAY OUT FOR ALL THE FAMILY

BUTE HIGHLAND GAMES

at the PUBLIC BAR, ROTHESAY
SATURDAY 19th AUGUST 1989

Commencing at 12.00 p.m.
Open Athletics 2 p.m.

Athletics, Highland Dancing, Wrestling, Pipe Band Contests,
all grades, Drum Majors' Contests, Adult and Juvenile

ADMISSION £1.50 O.A.P. & CHILDREN 75p
GRANDSTAND EXTRA

Entries close Monday 31st July
Sec: Mr T.B. McMILLAN, ARDTALLA, GLEBELANDS,
ROTHESAY PA20 9JD. Tel: 0700 2967

INVERNESS HIGHLAND GAMES

Inverness District Council
Leisure & Recreation Department
presents

INVERNESS HIGHLAND GAMES

on
Saturday 15th July 1989
at Bught Stadium, Inverness

The Inverness Highland Games includes Athletic Events, male and female up to
800m, Cycling, Throwing Events inc. Scots Hammer and Caber, Tug-of-War, Pipe
Band and Northern Open Junior Piping Competition and general family
entertainment.

Entry is by the gate: Adults £2.00 Juveniles (Under 16) £1.00 Car Park £0.50
Further details from Leisure & Rec. Dept. Town House, Inverness IV1 1JJ
(0463) 239111. Ext. 224

THE CITY OF DUNDEE DISTRICT COUNCIL
LEISURE & RECREATION DEPARTMENT
Presents

DUNDEE HIGHLAND GAMES

Sunday 2 July 1989 • Caird Park Stadium

Events include
Scottish Brewers 300 Metres, 100 Metres, 200 Metres, 800 Metres and
1600 Metres Handicap
Youths 90 Metres and 1600 Metres
Light field events - Long Jump, High Jump, Hop, Step & Jump

For entry forms and further details please contact the Leisure & Recreation
Department, 353 Cleington Road, Dundee DD3 8PL
Tel: (0382) 23141, Ext. 4287

CITY OF ABERDEEN HIGHLAND GAMES

Sunday 18th June 1989
Hazelhead Park from 10.00 a.m.

HIGHLAND DANCING - PIPING - CYCLING
RUNNING - 90, 200, 400, 800, 1600 Metres
LIGHT FIELD EVENTS CHAMPIONSHIP
High Jump, Long Jump, Hop, Step and Leap, Pole Vault

HEAVY EVENTS
Six Events plus Tennent's World Caber Tossing Championships
Tug of War Competition

R.S.P.B.A. Pipe Band and Drum Major Competitions
For further particulars apply to Department of Leisure and Recreation, St Nicholas
House, Broad Street, Aberdeen. Tel. (0224) 642121

HIGHLAND GAMES

Geoff, who has just started throwing after
a winter's lay-off, will be out to regain his
world title at Rothiemurchas, Aviemore,
on August 6, but McGoldrick won't let the
championship slip out of his grasp easily.

With youth on his side, Australian Joe
Quigley could shock both. Nor will Quigley
be the only Aussie heavy on the
international scene; David Huxley, another
Commonwealth topline, will be
competing in Scotland.

Massive American Bill Dunn will be
back again in Scotland after an absence of
several years. He is timing his visit with
the European Open at the Galloway games,
Stranraer, on Sunday August 13, one of the
prime dates world-wide. At nearly 25
stones, Bill is one of the largest competitors
we have ever seen.

Another tough twosome will be Ab
Wolders and Tjelling Van den Bosch of
Holland, who will be doing more Highland
Games this year than in the past.

Several other well known strength
athletes are going to try their hand as
Highland heavies, and one such contender



will be Tom Hawk of Maidstone, who in
spite of his tender years has already
captured a string of physique and power
lifting championships. Fiercely
competitive, he sees the caber, stone, and
weights as a great challenge and he makes
his debut as a thrower at Blantyre.

All this indicates great change on the
Games fields this summer and if that isn't
enough let me remind you, for I am sure
that it is common knowledge, that Hamish
Davidson won't be around to compete or
organise events.

Just in case some reader has been on
Mars during the past six months, the
Scottish papers have carried many stories
of this controversial heavy's escapades -
including an alleged sexual assault, charges
for traffic offences, romance with a
beautiful model, his harassment by locals,
not turning up in court for charges, and
then his subsequent flight to Spain.

Will this be the end of Hamish and the
Highland Games? My guess is that he will
consider his self-imposed exile as
presenting new opportunities, and soon
he may try to get the Spaniards into kilts
and try to "import" a corps of experienced
Scots to entertain holiday makers. I also
believe that he will have a very difficult job
persuading his old colleagues to make the
trip, unless they want to catch up with
Hamish for other reasons!

In the next article I will try to give
information on current performances. To
do this successfully I need the cooperation
of athletes and officials, so please contact
me via the offices of Scotland's Runner or
by phone (0294 72257).

East Lothian Highland Games

Sunday 27th August 1989
12 noon

• at the Meadowmill Sports Complex •
Prestonpans

Further details from:
East Lothian District Council
Brunton Hall
Musselburgh
Tel: 031-665 3711

INTERNATIONAL HIGHLAND GAMES

★ WORLD STARS IN ACTION ★

28th May	Blair Castle, Blair Atholl Games
3rd June	World Muscle Power, East Kilbride
4th June	Blantyre Highland Games
5th August	Callander Highland Games
6th August	World Heavy Events Championships, Rothiemurchas, Aviemore
12th August	Garnock International Games, Kilbirnie
13th August	Galloway Games European Open Heavy Events Ch/ships & European Muscle Power Ch/ships



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
Grampian 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.



HIGHLAND GAMES

THE HIGHLAND Games of Scotland uphold a tradition going back into the mists of the past. The earliest Games were held more than 1000 years ago under the sponsorship of kings and clan chiefs.

Down the centuries the men of villages or parishes gathered once a year and passed the day exercising their strength in competitions founded on the use of the implements of their trades: throwing hammers, putting rounded stones found in the rivers, heaving weights, tossing tree trunks, running in flat races and up steep hillsides. They would practice too, the playing of the bagpipes and perform traditional dances.

All these activities have been incorporated in the modern Games. Prowess has developed into highly-skilled techniques. Great athletes, great dancers and great musicians have come to regard the "Games" as a natural outlet for their traditional arts.

Stars of the Highland Games are undoubtedly the "Heavies", that breed of giant men who draw the rapt attention of the

followers of the Games wherever they go.

1986 marked the 30th anniversary since "Big Bill" Anderson, from Aberdeen, entered the Highland Games circuit - 30 years competing all over the world. But he has not had it all his own way. His supremacy was won over stiff opposition particularly in the sixties and seventies from Yorkshire's Arthur Rowe. Together Anderson and Rowe wrote their pages of history by creating spectacular new records.

Promising young athletes today are making their presence felt on the circuit, thanks to the efforts of the sponsors, Glenfiddich. One scheme, a form of qualifying event, enables young aspirants to move up a league to compete against their elders. The second, "a school for heavies" gives youngsters the opportunity to learn skills from previous champions.

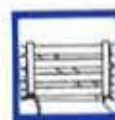
Of all the events at the Highland Games, surely the most spectacular is tossing the caber. Not many nations boast

among their pastimes the throwing of a great tree trunk!

A small group of officials bear the caber to the athlete. Propping it upright, thick end upward, he stoops to balance the tall, unwieldy object against his shoulder as he grasps the lower end in his hands. Balancing the top heavy caber, the athlete jerks it swiftly and surely up, so that he is carrying it at arms length. Its weight shared with a shoulder prop. About eight-ninths of the caber towers above the shoulder. Expert judgement must be brought into play even to achieve this equilibrium.

A run is taken - swift, straight and unerring. From top speed, the athlete comes to a full stop. At that crucial instant the caber leaves his shoulder. With every atom of his strength he lifts the thinner end in his cupped hands and hurls it upwards. The crowd wait breathlessly to see whether the caber will turn over cleanly and fall in the required 12 o'clock position. At Braemar the world-famous Braemar Caber measuring 19ft 9in. and weighing 132lbs.

RESULTS



April

9

McRae Homemakers OGM, Queen's Park, Inverness - 100/LJ: D Mathieson (Ab) 11.4/6.54m; HJ/T: E Gori (OI) 1.75m/44.75m; SP/HT: B Shepherd (Elgin) 11.88m/42.26m; Youth: JT: P Urquhart (Ainnes Acad) 45.42m. Senior Boy: HJ/LJ: C Burns (OI) 1.70/5.22m. Women: 100/200: A Edmonds (Inv) 12.3/26.0; 400H/800: A Gori (OI) 64.2/2-22.5 (Italian heptathlon record holder); SP/DT: H Cowe (Aber) 12.39m/42.44m. Juniors: SP/DT: T Johnston (BI) 10.18m/27.74m.

PSH Club Trials, Grangemouth - 100/200/TJ: S McMillan 11.7/24.7/14.34m. Youth: HT: D Aitchison 46.57m.

Scottish & NW League - Div 1, Dam Park, Ayr: 1, Ayr Sea 1268.5 pt; 2, EWM 1095.5; 3, JWK and Nith Valley 1012; 5, VP 988; 6, Helens 954; 7, KO 941.5; 8, Kilb 925; 400: 1, M McPhail (Ayr) 50.1; 3000: R Quinn (Kilb) 8-18.8. Women: 100/200: K Lithgow (Nith) 11.8/24.5; 3000: 1, J Robertson (Ayr) 10-54.0. Inter: 800: 1, J Sharp (EWM) 12.0 (League record).

Div 2, Meadowbank - 1, Lasswade 871 pt; 2, Law 843; 3, Harmony 775; 4, Springburn/SL 702; 5, Melrose 666; 6, L & LTC 564; 1500: 1, G Mitchell (Melrose) 4-04.3; 3000: 1, D Frame (Law) 8-35.5.

Div 3, Dumfries - 1, Irvine 920 pt; 2, Derwent 889; 3, Stewart 845; 4, Avonside 767; 5, Lochgelly 485; HJ: A Scobie (Irvine) 1.99m.

Div 4, Dumfries - 1, Dumfries AAC 948 pt; 2, Cumnock 932.5; 3, Annan 682; 4, Carlisle 678; 5, Penicuik 673.5; 6, Cumbernauld 657.5; DT: M McDonald (Dumfries) 46.90m.

15

HFC SAL Qualifying Match, Coatbridge - 1, Cumnock 167pt; 2, Montrose 133; 3, Lochgelly 117; 4, Edin Spart 103; 5, Springburn 81; First 4 clubs qualified for entry to Div 4 for 1989 season; 100/200: G McVenny (Cumnock) 11.5/23.1; 400/LJ S Cameron (Lochgelly) 53.0/6.33m.

Scottish YAL West Qualifying Match, Coatbridge - 1, Helensburgh 484pts; 2, Law 431; 3, Springburn 332; 4, Maryhill 147. Winners qualified for entry to West Div 2 for 1989 season. Youth: 100/LJ/HJ: E Scott (Helens) 11.4/6.33/1.80; 200 D Ross (Mary) 24.8; 800 S Ellis (Law) 2-08.2; 1500 D McGregor (Spring) 4-24.2; SP J Grundy (Helens) 13.10m; DT D Hands (Law) 36.48m.

Scottish YA Handicap Meeting, Livingston - Boys: 100: R Nicol (Arb); 200: M Smith (EAC); 400/800: D Carty (Bath); 1500: M Dobbin (Bath). Girls: 100: L Milburn (Carlisle); 200: L Wason (Bath); 400: S Ramming (Arb); 800: L Frickleton (Cen Reg); 1500: J Robertson (EAC).

16

Scottish YAL West Divs 1 and 2, Crownpoint - Div 1: 1, Vic Park 622pt; 2, Ayr Sea 611.5; 3, Clydebank 588.5; 4, Cambuslang 543.5; Shetland 519; 6, Nith Valley 489; 7, JWK 467; 8, Kirk Oly 360; 400/LJ: D Galloway 51.6/6.45m (eq league rec); 800 G Graham (VP) 2-00.5; 2000/c: S Gilmour (VP) 6-39.8; HJ: R Johnston (Shet) 1.81m; Senior Boys: HJ: G Woods (Cambus) 1.80m.

Div 2: 1, Dumfries 707pts; 2, Bella 579; 3, Helensburgh 547.5; 4, Clydesdale 488; 5, Kilbarchan 469; 6, EKilbride 354; 7, Hamilton 346.5.

Scottish YAL East Divs 1 & 2, Meadowbank - Div 1: 1, Pitreavie 699 pts; 2, EAC 583; 3, Cent Reg 529; 4, Liv & Dist 466; 5, PSH 434; 6, Fife 428; 200/400: P Kennedy (EAC) 22.8/50.3; LJ: D Rennie (Liv) 5.91m; TJ: S Allan (Pit) 12.62m; JT: A Kenlo (Liv) 41.66m. Senior Boys 1500 w/c M Kelso (Pit) 4-40.6.

Div 2: 1, Lasswade 592pts; 2, Black Isle 578; 3, ESH 566; 4, Montrose 470; 5, Harmony 354; 6, FVH 225. Youth: SP: R Baird (FVH) 13.32m.

Scottish YAL North East, Caird Park - 1, Inverness 546 pt; 2, Aberdeen 523; 3, Arb & Dist 516; 4, DHH 399; 5, Banchory 278; 6, Tayside 268. Youth: 100: C Shields (Tay) 11.7; 400: M Simpson (Ab) 54.2; 800: I Murray (Inv) 2-01.0; 1500: D Hards (Inv) 4-24.1; TJ: M Smith (Inv) 11.99m; 4 x 200: Inverness 1-38.1. Colts League: 1, Arb & Dist 114pts; 2, Aberdeen 113; 3, Banchory 102; 4, DHH 87.5; 5, Inverness 74; 6, Tayside 70.5.

NE Girls League (U/13) Caird Park - 1, Aberdeen 192; 2, DHH 161; 3, Banchory 155; 4, Arb & Dist 148; 5, Tayside 101.

Border Athletic League, Tweedbank - 1, Blackhill 426pts; 2, Melrose 379; 3, Teviot 375; 100/200: D Young (Black) 11.4/23.3; HJ/T: N Robble (Melrose) 1.95/44.04m. Youth: 100/200: G Purves (Blackhill) 11.9/24.2. Senior Boys: S Elliot (Melrose) 100/200.

MSL AC Club Champs, Coatbridge - 100/200: M Baxter 12.3/24.8; 100H: M McGuinness 14.9; LJ: A Jackson 5.61m; SP: A Rhodie 11.88m; JT: J Currie 43.08m. Inter: 100/200: F Watt 12.6/26.6.

SYAL East Matches, Grangemouth - Div 1: Youth: 200: 1, P Kennedy (EAC) 22.8; 2, D Rennie (Liv) 24.0; 3, S Allan (Pit) 24.3; 200B: C Dunlop (EAC) 24.3; 400: 1, Kennedy 50.3; 2, J Hemmings (Pit) 52.8; 400B: 1, D Rennie 53.4; 1500: M Dennison (Liv) 4-13.3; 2, A Short (Pit) 4-17.1; 3, D Slyth (EAC) 4-19.1; 100H: 1, A Paisley (Pit) 14.6; 2, E Nicoll (EAC) 15.1; 100H/B: 1, A Tupman (EAC) 15.2; 2000/c: 1, S Burch (Pit) 6-31.2; 2, D Slyth 6-49.7; 3, A Moss (CR) 6-51.0; 2000/c/B: 1, A Kings (Pit) 6-45.4; 4 x 100: 1, EAC 46.7; 2, Pitreavie 47.2; LJ: 1, D Rennie 5.91; LJ/B: 1, R Cavanagh (Liv) 5.89m; TJ: 1, S Allan (Pit) 12.62m; SP: 1, P Beaton (Pit) 13.16m; JT: 1, A Kenlo (Liv) 41.66m; 2, S Hill (EAC) 40.16.

Div 2 - 200m: 1, S Cumming (ESH) 23.8; 2, A Morton (FVH) 24.4; 400: 1, S Cumming 54.2; 1500/2000 5/C: 1, B Fraser (B Isle) 4-18.9/6-55.3; LJ: 1, G Boath (Mont) 5.82m; TJ: 1, C Robertson (Lass) 11.90m; SP: 1, R Baird (FVH) 13.32m; PV: 1, J Grant (Lass) 3.00m.

22

Dunbartonshire AAA Champs, Scotstoun - 100/LJ: B Ashburn (C'bank) 11.1/6.35; 200: 1, Pritty (C'bank) 23.1; 800/1500: C Little (VP) 1-59.7/4-07.1; 5000: A Douglas (VP) 15-29.5; 400H: N Taylor (VP) 59.0; 3000w/c R Blair (VP) 10-33.4; TJ: R Brown (Gla Un) 12.50m; SP/DT: L Carter (Clyd) 11.73/34.30m. Youth: 100/LJ: E Scott (Hel) 11.6/5.89m; 400: G Atkinson (VP) 53.4. Senior Boys: 400m: 1, A O'Hare (C'bank) 55.2; 2, C Young (C'bank) 55.2.

Central Region Champs, Grangemouth - 100/200: M Priel (Shet) 11.3/22.9; 400: A Bryce (FVH) 51.1; 800/3000: I Johnston (FVH) 1-57.3/8-28.5; 3000: 2, J Pentecost (FVH) 8-46.8; 400H: T Nimmo (FVH) 57.5; SP: W Weir (CR) 12.53m; DT: J Stewart (CR) 35.16m; JT: D Goodwin (CR) 47.42m. Youth: 200: R Brown (CR) 24.2; SP/DT/HT: R Baird (FVH) 13.53/40.50/29.44. Women: 100/200: V Foster (EWM) 13.4/27.4; 800: C Lawless (FVH) 2-30.8; LJ: N Barr (EWM) 5.16; HJ: L McMillan (Bo'nese) 1.50m. Inter: 800/DT: E Sneddon (CR) 14.2/24.66m.

23

EAC Champs, Meadowbank - Men: 400: K Cameron 51.55; 800/1500: I Hamer 1-54.14/3-59.2; DT/HT/SP: A Whyte 36.60/43.52/10.60; JT: F Hunter 52.36m. Vets: DT/HT: W Gentleman 31.08m/39.20m. Junior: 1500/5000: M McCartney 4-06.9/15-10.13. Youth: 200/400: P Kennedy 22.72/50.80. Women: 400/DT/JT/SP/LJ: M Anderson 57.94/37.14/40.48/13.43/4.33. Inter: 100/100H/SP/DT: A Grey 13.5/16.11/12.78/41.48. Juniors: 100/200/800/1500: L Stewart 13.9/27.98/2-27.98/5-08.3.

Gramplan TV League (East Section), Peterhead - Men: 1, Arb & Dist 452pts; Aberdeen 375; 3, Peterhead 297; 4, Banchory 279; 5, Fraserburgh 218; 6, Montrose 216. Women: 1, Aberdeen 488pts; 2, Arb & Dist 335; 3, Fraserburgh 233; 4, Banchory 231; 5, Montrose 198; 6, Peterhead 158. Men: 100: B Reeper (Ab) 11.5; 200/SP: D Mathieson (Ab) 24.5/10.31m; 4 x 100m: Aber 48.3. Women: 100: S Simpson (Peter) 13.1; 200: C Lays (Ab) 29.2; 800: H Wiseley (Ab) 2-30.1; SP: H Cowe (Ab) 12.15m; 4 x 100m: Aber 53.8.

(North Section), Queens Park - Men: 1, Black Isle 402pts; 2, Nairn & Dist 303; 3, Caithness 278; 4, Forres 203; 5, Elgin. Youth: HJ: F Lewis (BI) 1.84m (record). Women: 1, Black Isle 344pts; 2, Caithness 277; 3, Nairn & Dist 259; 4, Forres 64; 5, Elgin 54. HJ: S Fotheringham (BI) 1.60m (record).

MSL OGM, Coatbridge - 100/200: R Stevenson (GAC) 12.6/26.0; 400: 1, S Booth (EU) 57.1; 2, M McClung (JWK) 57.7; 3, S Coyle (MSL) 59.1; 800: A Normand (VP) 2-23.4; 2, V Clinton (Inv) 2-25.1; 1500: 1, R Knox (GAC) 10-29.2; 100H: 1, R McAleese (MSL) 4-53.7; 3, A McBride (Hel) 4-58.9; 3000: 1, J Stephenson (FVH) 10-18.9; 2, J Knox (GAC) 10-29.2; 100H: 1, M McGuinness (MSL) 14.8; 2, C McIntosh (GAC) 15.1; 400H: 1, G McIntyre (MSL) 62.3; 2, I Donaldson (GAC) 64.8; 3, E Dempsey (EWM) 65.4; HJ: 1, F Watt (MSL) 1.50m; LJ: 1, A McGregor (MSL) 5.31m; SP: 1, A Rhodie (MSL) 41.72m. Juniors: 100/200: M McShannon (GAC) 12.5/26.5; 800: 1, D Church (Ayr) 2-27.0; 1500: 1, W Kennedy (Avon) 5-00.3; HJ: 1, K Dyer (Ayr) 1.60m; LJ: 1, S Pope (Bath) 4.88m; 2, K Dyer 4.86m; SP/DT: M Mcreadie (Hel) 8.78m/28.78m.

26

Scottish Unis Cup Semi Final, Westerlands - Men: 1, Glasgow 205pts; 2, Dundee 153; 3, Strathclyde 94; 4, Herriot Watt 77.

GLENURQUHART HIGHLAND GATHERING AND GAMES

(Under SAAA, NDSAAA, SWAAA and SCU Rules)
at DRUMNADROCHIT on SATURDAY 26th AUGUST 1989

SCOTTISH HEAVY EVENT CHAMPIONSHIPS - 1st
LOCAL EVENTS commence at 11am - OPEN EVENTS at 2pm
1 Open Road Race (Inverness to Drumnadrochit, distance 15 1/2 miles). Leaving Inverness at approx. 12.45pm.
2 Ladies 100 Metres (R of SMOG)
3 Ladies High Jump (Scratch)
4 Ladies 400 Metres (Scratch)
5 Under-15 (Girls) 100 Metres
6 Ladies 200 Metres (Scratch)
7 Ladies 800 Metres (Scratch)
8 Ladies Shot Put (Scratch)
9 Ladies Long Jump (Scratch)
10 Ladies Poles
11 100 Metres (Handicap)
12 200 Metres (Scratch)
13 400 Metres (Scratch)
14 800 Metres (Scratch)
15 1500 Metres (Scratch)
16 1500 Metres (Handicap)
17 Triple Jump (Scratch)
18 500 Metres (Handicap)
19 1000 Metres (Handicap)
20 2000 Metres (Handicap)
21 4000 Metres (Handicap)
22 8000 Metres (Handicap)
23 16000 Metres (Handicap)
24 32000 Metres (Handicap)
25 64000 Metres (Handicap)
26 128000 Metres (Handicap)
27 256000 Metres (Handicap)
28 512000 Metres (Handicap)
29 1024000 Metres (Handicap)
30 2048000 Metres (Handicap)
31 4096000 Metres (Handicap)
32 8192000 Metres (Handicap)
33 16384000 Metres (Handicap)
34 32768000 Metres (Handicap)
35 65536000 Metres (Handicap)
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52 8589934592000 Metres (Handicap)
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RESULTS

Women: 1, Glasgow 110pts; 2, Dundee 104; 3, Heriot Watt 96; 4, Strathclyde 89.
Men: HJ: J Stoddart (Gla) 1.95m; 400/400H: N Taylor (Strath) 53.4/61.4
Women: 100/200: R Stevenson (Gla) 13.3/25.7; 800/1500: I Reilly (Gla) 2-38.7/5-14.6

Shettleston Harriers OGM, Coatbridge 100: 1, D Mulherson (Shett) 11.32; S Rutherford (Bella) 11.4; 3, M McCartney (Shett) 11.5; 200: 1, Mulherson 22.9; 2, Rutherford 23.1; 3, McCartney 24.0; 400: 1, L Higgins (Lark) 50.5; 2, J Divers (C'Bank) 52.2; 3, C Westwood (CR) 52.6; 800: 1, J McDowall (Inv) 1-55.8; 2, D McShane (Cam) 1-56.6; 3, R Welsh (JWK) 1-56.9; 3000: 1, A Callan (Spring) 8-12.8; 2, M Gallagher (Mary) 8-57.0
Youths: 800: 1, D Halliday (Shett) 2-03.3; 2, D Hards (Inver) 2-04.5

Loughborough Inter Club Match - 1500: 1, A Currie (Dum) 3-48.9

29

Bank of Scotland Relays, Meadowbank 4x100: 1, EAC 42.27; 2, DHH 44.22; 3, ESH 47.70; 4x400: 1, DHH 3-26.6; 2, Inverness 3-29.01; 4x1 mile: 1, EAC 18-18.72
Youths: 4x100: 1, Inverness 45.91; 2, Pitreavie 47.15; 4x400: 1, Inverness 3-35.3; 2, ESH 3-38.0; 3, Pitreavie 3-44.5
Senior boys: 4x100: 1, Inverness 48.15; 2, Pitreavie 48.37; 4x800: 1, Pitreavie 8-35.24; 2, ESH 9-09.97
Women: 4x100: 1, EWM 50.90; 2, EWM (Juns) 52.98; 4x200: 1, EWM 1-48.52; 2, EWM (Juns) 1-50.93

30

HFC SAL, Aberdeen - Div 1: 1, EAC 413pts; 2, Aberdeen 365; 3, Pitreavie 340; 4, Shettleston 231; 5, ESH 226; 6, Ayr Sea 225; 7, Lothian 164; 8, Bella 138
100: 1, E Clark (Pit) 11.6; 2, S Shaw (J) (EAC) 11.7; 3, M King (Aber) 11.8; 100B: 1, W Fraser (EAC) 11.7; 200: 1, W Fraser 22.2; 2, D Galloway (Y) (Ayr) 22.4; 3, M King 22.6; 200B: 1, S Shaw 22.6; 2, E Clark 22.6; 400: 1, D Young (EAC) 49.3; 2, D Mulherson (Shett) 49.4; 3, I Cumming (J) (Pit) 50.5; 4, A Cullen (Loth) 50.6; 5, R Beattie (J) (Ayr Sea) 50.8; 400B: 1, I Campbell 1-56.4; 800B: 1, T Ritchie (Pit) 1-56.6; 1500: 1, K Lyall (ESH) 3-52.9; 2, G Harker (EAC) 3-55.5; 3, C Murphy 3-55.6; 1500B: 1, M Fallows (EAC) 3-56.8; 5000: 1, I Steel (ESH) 14-53.4; 2, G Wright (Ayr) 15-06.5; 3, A Reid (Ab) 15-14.2; 5000B: 1, K Penrice (Ayr) 15-16.1; 110H: 1, C Hogg (EAC) 16.3; 2, D Mathieson (Ab) 16.6; 400H: 1, S Ledingham (Ab) 56.8; 2, A Taylor (EAC) 56.9; 3000H: 1, G Mathieson (ESH) 9-15.6; 2, J Moodie (J) (Pit) 9-40.5; 3, S Wright (J) (Ab) 9-56.9; 4x100: 1, Aber 43.7; 2, Pit 43.9; 3, EAC 44.1; 4, ESH 44.6; 5, Shett 44.9; 4x400: 1, Pit 3-25.3; 2, Aber 3-27.5; 3, EAC 3-31.0; 4, Shett 3-31.8; 5, Bella 3-32.2; HJ: 1, S Ritchie (J) (Pit) 1.96m; 2, S Hill (J) (EAC) 1.90m; 3, P Adam (J) (Ab) 1.85m; PV: 1, J Johnston (ESH) 4.20m; 2, D Mathieson 3.90m; 3, I McKay (EAC) 3.70m; PV'B: 1, I Block (ESH) 4.00m; LJ: 1, K Lyon (Aber) 6.47m; 2, C Hogg (EAC) 6.43m; 3, D Galloway (Y) 6.05m; TJ: 1, D Rooney (EAC) 14.35m; 2, J Gallagher (Pit) 13.53m; SP: 1, G Smith (Aber) 14.60m; 2, M Jemi-Alade (ESH)

13.39m; DT: 1, M Jemi-Alade 51.30m; 2, B Shepherd (Aber) 38.24m; DT'B: 1, D Mathieson 37.34m; JT: 1, S McMillan (Pit) 55.62m; 2, A Whyte (EAC) 51.83m; 3, A McIntosh (ESH) 49.10m; HT: 1, A Whyte 46.40m; 2, A McIntosh 45.96m; HT'B: W Robertson (EAC) 45.96m; 2, D Crisby (ESH) 45.42m.

Div 2: 1, DHH 352pts; 2, Clydebank 314; 3, Clydesdale 244; 4, Vic Park 207; 5, FVH 197; 6, Cent Reg 182; 7, Fife 155; 8, Kilbarchan 24
100: 1, S Shanks (C'bank) 11.6; 100B: B Ashburn (J) (C'Bank) 11.7; 200: 1, S Shanks 22.0; 400: 1, T Barrie (DHH) 50.4; 400'B: 1, I McGurk (J) (C'Bank) 50.9; 800: 1, G Stewart (J) (C'Bank) 1-55.5; 2, G Mitchell (DHH) 1-55.5; 3, C Little (Vic Park) 1-56.1; 800B: 1, J Divers (J) (C'Bank) 1-57.0; 1500: 1, I Johnston (FVH) 3-58.0; 2, C Little 3-58.5; 5000: 1, M Campbell (J) (C'Bank) 15-03.5; 400H: 1, T Nimmo (J) (FVH) 56.8; 2, D Thom (DHH) 57.1; 3000H: 1, J Pentecost (FVH) 9-42.6; 2, D McGonigle (DHH) 9-56.3; 4x100: 1, DHH 44.0; 4x400: 1, DHH 3-23.7; 2, Clydebank 3-25.5; 3, Cent Reg 3-20.1; 4, Clydes 3-30.6; LJ: 1, M Fowler (VP) 7.00m; 2, B Ashburn (J) 6.88m; 3, J Brannan (DHH) 6.61m; LJ'B: 1, M Hamill (J) (C'Bank) 6.61m; 2, D Thom 6.45m; HJ: 1, D McElroy (C'Bank) 1.83m; PV: 1, E Fliszar (DHH) 4.00m; PV'B: D Darroch (DHH) 4.00m; SP: 1, S Aitken (DHH) 13.27m; 2, N Mason (J) (Fife) 12.45; JT: 1, D Goodwin (CR) 48.04m.

Div 3, Dam Park, Ayr - 1, JWK 277.5; 2, Cambuslang 258; 3, PSH 254.5; 4, E Kilbride 244; 5, Penicuik 200; 6, Kirkcaldy 192; 7, Liv & Dist 190; 8, Harmer 168
100: 1, J Nicoll (PSH) 11.1; 2, D Gilmour (J) (EK) 11.1; 200: 1, J Nicoll 22.8; 400: 1, J Nicoll 48.7; 2, A Murray (JWK) 50.1; 800: 1, A Murray 1-53.9; 2, A McBeth (J) (EK) 1-54.5; 3, D McShand (Cam) 1-57.9; 1500: 1, A McIndre (EK) 4-03.7; 5000: 1, G Had-dow (EK) 15-18.0; 3000H: 1, J Orr (Cam) 9-29.9; 4x100: 1, PSH 45.2; 4x400: 1, JWK 3-31.4; 2, PSH 3-36.6; HJ: D Parrott (J) (KO) 1.90m; LJ: 1, D Gormley (J) (EK) 6.20m; PV: 1, Vinning (J) (Pen) 3.40m; JT: 1, S Hunter (Pen) 49.04m; 2, B Hill (J) (Cam) 47.46m; SP: 1, G Lowie (EK) 12.02m.

Div 4: 1, Cumnocks 361pts; 2, Lochgelly & Dist 241.5; 3, Maryhill 240.5; 4, Cum-barnauld 235; 5, Garscube 223; 6, Lass-wade 208; 7, Edinburgh Spartans 144.5; 8, Montrose 134.5; 100m/200: 1, G McIlveney (Cum) 11.5/23.1; 4x100: 1, Gars 45.6; PV: 1, J Grant (Y) (Lass) 3.40m; HJ: 1, G McRae (Y) (Cumber) 1.73m.

Bank of Scotland WAL Meetings - Div 1, Coatbridge - 1, EWM: 525pts; 2, GAC 429; 3, MSL 384.5; 4, Aberdeen 342; 5, EAC 298; 6, Inverness 284; 7, Pitreavie 248; 8, DHH 192.5
100 (+3.6m/s): 1, M Baxter (MSL) 12.1; 2, A Currie (GAC) 12.6; 3, V Foster (EWM) 12.8; 100B (+2.7m/s): 1, A Jackson (MSL) 12.5; 200 (+2.2m/s): 1, M Baxter 24.9; 2, E Lindsay (EWM) 25.5; 4, A Currie 25.5; 200B (+1.6m/s): 1, G McIntyre (MSL) 25.3; 400: 1, F Meldrum (GAC) 57.8; 2, A Campbell (EWM) 58.7; 400B: 1, A Brown (EWM) 59.6; 800: 1, S Gollan (EAC) 2-13.5; 2, A Harker (EWM) 2-14.6; 3, CA Gray (EAC) 2-15.4; 4, CA Bartley (GAC) 2-16.0;

800B: 1, J Owens (EWM) 2-19.3; 1500: 1, A Harker 4-39.2; 2, C Sharp (GAC) 4-41.0; 3, S Gollan 4-47.2; 4, R McAleese (MSL) 4-52.4; 1500B: 1, C Thompson (GAC) 4-43.8; 2, J Wilson (Inver) 4-47.3; 3000: 1, R McAleese 10-23.1; 2, J Wilson 10-28.9; 3, J Knox (GAC) 10-39.5; 4, A Wilson (Ab) 10-43.1; 3000B: 1, S Harkins (Ab) 10-54.6; 100H (+2.3m/s): 1, C Reid (EWM) 14.5; 2, M McGuinness (MSL) 14.9; 100HB: 1, S Urquhart (EWM) 15.6; 400H: 1, G McIntyre (MSL) 63.0; 2, S Urquhart 65.3; 3, L Donaldson (GAC) 66.8; 400HB: 1, A Brown (EWM) 64.6; 2, M McGuinness 66.0; HJ: 1, C Henderson (EWM) 1.70; 2, R Pinkerton (GAC) 1.70; 3, F Silver (DHH) 1.60; HJ'B: 1, E Lindsay 1.65; LJ: 1, C Black (EWM) 5.45m; 2, A Jackson 5.37m; 3, L Davidson (Aber) 5.30m; 4, I Donaldson (GAC) 5.20m; LJ'B: 1, N Barr (EWM) 5.36m; 2, A McGregor (MSL) 5.35m; SP: 1, A Grey (EAC) 13.16m; 2, H Cowe (Ab) 12.68m; 3, A Rhodie (MSL) 11.66m; 4, S Urquhart 11.44m; 5, M Murphy (GAC) 11.37m; SPB: 1, K Neary (EWM) 10.80m; DT: 1, A Grey 44.18m; 2, H Cowe 43.68m; 3, K Neary 43.06m; 4, L Adams (Pit) 42.64m; 5, C Cameron (GAC) 41.90m; JT: 1, J Currie (MSL) 40.88m; 2, I Donaldson (GAC) 36.38m; 4x100: 1, MSL 49.0; 2, EWM 50.6; 3, GAC 50.8; 4, Inv 51.8; 4x400: 1, GAC 4-01.8; 2, EWM 4-02.2; 3, MSL 4-06.6.

Intermediates: 100 (+5.1m/s): 1, A Edmunds (Inv) 12.1; 2, F Vance (EWM) 12.3; 3, K Leys (Ab) 12.4; 4, F Watts (MSL) 12.4; 5, J Fleming (GAC) 12.4; 200 (+2.2m/s): 1, A Edmunds 25.1; 2, K Leys 26.0; 3, F Vance 26.0; 200B: 1, V Friel (EWM) 26.2; 800: 1, L Thumire (EWM) 2-22.0; 2, L Davidson 2-24.8; 3, M Rooney (MSL) 2-25.6; 4, A Martin (EAC) 2-28.8; 800B: 1, K Fox (MSL) 2-27.0; 2, J Cuthill (GAC) 2-28.6; 80H (+0.5m/s): 1, C Murphy (GAC) 11.8; 2, J Sharp (EWM) 12.2; 3, F Watt 12.4; 80HB: 1, M McCall (MSL) 12.4; LJ: 1, S Wood (EWM) 5.15m; 2, D Douglas (Inv) 5.08m; SP: 1, S Lyall (EAC) 9.08m; 2, P Brigain (EWM) 8.88m; 4x100: 1, EWM 50.1; 2, GAC 50.6; 3, MSL 50.7; 4, Pit 51.0; 5, Inv 51.0.

Juniors: 100 (+2.3m/s): 1, M McShannon (GAC) 12.5; 2, L Paterson (Ab) 12.9; 100B (+4.5m/s): 1, N McLeod (EWM) 13.0; 200 (+3.3m/s): 1, M McShannon 25.4; 2, K Sutherland (EWM) 25.6; 800: 1, CA Boyes (GAC) 2-22.2; 2, Z Meiklem (Pit) 2-24.3; 3, C Friel (EWM) 2-28.0; 4, K McNeil (MSL) 2-28.6; 1500: 1, I Linaker (Pit) 4-40.2; 2, L Stewart (EAC) 4-56.6; 3, Y Reilly (DHH) 5-10.4; 75H: 1, S Christie (DHH) 12.3; 2, S Gunn 12.3; 3, E McLaughlin (EWM) 12.4; HJ: 1, E Thornton (EWM) 1.50m; LJ: 1, S Still (Ab) 4.92m; 2, S Christie 4.80m; 3, L MacDonald (Inv) 4.61m; SP: 1, L Cunningham (Pit) 9.56m; DT: 1, M Young (EWM) 29.70m; JT: 1, M Young (EWM) 24.08m; 2, C Wilson (Aber) 22.30m; 3, F Duff (GAC) 22.22m; 4x100: 1, GAC 51.4; 2, EWM 52.4; 3, Aber 53.0.
Girls: 100 (+5.72m/s): 1, J Reid (GAC) 13.2; 200 (+2.6m/s): 1, J Reid 27.8; 2, F Lumsden (Aber) 28.5; 800: 1, R Rae (EWM) 2-34.7; LJ: 1, D Quirie (Aber) 4-52m; 2, E Hunter (EWM) 4.43m; 4x100: 1, Aber 56.1; 2, MSL 57.0; 3, GAC 57.6; 4, EWM 57.6.

Div 2, Wishaw - 1, Ayr Sea 523pts; 2, Kilbarchan 407.5; 3, Vic Park 366; 4, Cent Reg 350.5; 5, JWK 280; 6, Lasswade 243; 7, Fife 242; 8, FVH 239

Div 3, Grangemouth - 1, Nith Valley 335pts; 2, Arbroath & Dist 261; 3, Black Isle 253; 4, PSH 227; 5, Liv & Dist 227; 6, Montrose 172.

May

7

Scottish YAL West, Ayr - Div 1: 1, Ayr Sea 636pt; 2, Vic Park 561; 3, Shett 549; 4, Clydebank 536; 5, Cambus 455; 6, JWK 449; 7, Nith Val 443; 8, Kirkcaldy 397
100/400/JT: D Galloway (Ayr) 11.7/51.2/41.42m; 800/1500: G Reid (JWK) 1-56.2/4-22.5.

Div 2: 1, Dumfries AAC 607pt; 2, Clydesdale 542.5; 3, Helensburgh 493; 4, E Kilbride 435.5; 5, Kilbarchan 423; 6, Bella 416; 7, Law & Dist 342; 8, Hamilton 324
100/LJ: E Scott (Hel) 11.8/6.63m (new league recs).

Scottish YAL, Divs 1 & 2 East, Pitreavie Div 1: 1, Pitreavie 714; 2, EAC 685; 3, Central Reg 483; 4, Liv & Dist 467.5; 5, Fife 404.5; 6, PSH 381.

100/200: P Kennedy (EAC) 12.0/23.4; 3000: 1, N Dennison (Liv) 9-16.6; HJ: 1, S Hill (EAC) 1.95m; SP: P Beaton (Pit) 13.51m.
Senior Boys: 100/200/DT: C Joiner (Pit) 12.1/23.7/35.62m; TJ: A Malcolm (EAC) 11.52m.

Div 2: 1, Black Isle 602pt; 2, Lasswade 524; 3, ESH 462; 4, Montrose 427.5; FVH 406; 6, Harmer 375.5.
PV: J Grant (Lass) 3.41 (new league rec).

Scottish Unis Cup Final, Grangemouth Men (Roseberry Trophy): 1, Edinburgh 268pt; 2, Glasgow 228; 3, Stirling 189; Strathclyde 157; St Andrews 61; 6, Dundee 59.

100/200: J Henderson (EAC) 10.6/22.0; 400: A Bond (E) 50.4; 800: T Reid (Stir) 1-55.3; 1500: G Brown (Stir); 5000: I Harkness (E) 15-09.7; 110H: T Lamoureux (StA) 16.5; 400H: D Hitchcock (E) 55.7; HJ: J Stoddart (G) 2.00m; LJ: A Thain (E) 6.40m; TJ: I Kally (E) 13.29m; SP: R Smith (E) 14.14m; DT: A Anderson (G) 29.82m; JT: M Sanei (G) 50.44m; HT: A Paton (Stir) 23.54m.
Women (Russell Trophy): 1, Edinburgh 217pt; 2, Glasgow 172.5; 3, Heriot Watt 170; 4, Dundee 109; St Andrews 52.
100/200: R Stevenson (G) 12.7/26.1; 400/800: C Kitchen (E) 62.8/2-18.6; 1500: C Smith (E) 4-54.8; 3000: A Rose (Dun) 10-51.5; 100H: L Edreira (E) 16.3; 400H: S Booth (E) 62.5; HJ: J Ainslie (E) 1.45m; LJ: F McMillan (StA) 4.62m; SP/JT: K Saville (HW) 10.35m/39.56m; DT: C Crawford (E) 30.50m.

Hunter Trophy Match, Inverness - 1, Inverness 652; 2, Aberdeen 603.

100: P Allen (J) (Ab) 11.2; 2, B Drummond (J) (Ab) 11.3; 200: M Davidson (Ab) 23.0; 800m: 1, G McDowall (J) (Inv) 1-56.5; 110H: A Taylor (Inv) 16.3; 2, P Allen (J) 16.3; 4x100: Inv 45.0; Vets 4x100: Ab 47.4; Youth: 100/200: C Allan (Inv) 11.5/24.0; 800: I Murray (D) 2-02.8; 4x100: Inver 46.3.
Women: 100/200: A Edmunds (D) 12.2/26.3; 800: S Gollan (D) 2-16.3; 3000: S Harkins (A) 10-34.6; 4x100: Inv 49.9; SP/DT: H Cowe (Ab) 12.42m/42.06m.
Inters: 80H/LJ: D Douglas (Inv) 12.6/5.15m.



April

8

RAAA 10 mile RR Champ and Open Race, Greenock - 1, T Murray (GGH) 50-55; 2, C Robison (Spango) 51-33; 3, G Fairley (Kilb) 51-52; 4, K Rankin (FVH) 52-19; 5, A Daly (Bella) 52-44; 6, G Gaffney (GWH) 52-56; 7, G Tenney (Kilb) 53-59; 8, D McDougall (Kilb) 54-13; 9, W Day (V1) (FVH) 54-28; 10, J Bennett (Spango) 54-57; V2, A Stirling (12th) (FVH) 55-25; V3, C Martin (18th) (Dum) 56-38; 15, S Brannan (GAC), 16th, 56-07; L2, J Donnelly (GAC) 63-41; L3, J Armstrong (Giff) 64-14;
Renf Team Champ: 1, Spango; 2, Kilbarchan; 3, GGH; Open Race: 1, Kilbarchan.

9

Bank of Scotland Selkirk Half Marathon 1, J Connolly (Gala) 68-43 (rec); 2, A Robson (ESH) 70-17; 3, A Graham (HELP) 70-40; 4, M McHale (Pit) 72-20; 5, S Murdoch (Jarr) 72-35; 6, G Ressoche-Laupies (Unat) 72-36; V1, J Knox (Gala) 75-51; V2, R Johnston (Carl) 80-14; V0/45: 1, G Clark (Arb) 85-58; 2, J Hannan (Dunbar) 87-43; V0/50: 1, H Gibson (Ham) 85-00; 2, J Shaw (Ferr) 85-35; L1, C Green (Dundee) 95-37; L2, Y Filsell (Edin) LV1, 96-05; L3, J Harden (Wigtown) 101-22; Teams: 1, Gala 19pt; 2, Gala "B" 94.

Aberdeen AAC Half Marathon Champs 1, G Laing 68-07; 2, C Youngson, V1, 71-49; 3, M Murray 72-42; 4, D Duguid 72-43; 5, R McFarquhar, V2, 72-48; 6, W Adams, V3, 73-03; L1, M Stafford 83-53; L2, U Simpson (Ab) 84-27; 3, D Gernieson, LV1, 89-39.

12

SCS 10 mile RR Champs, S'clyde Park - 1, W Robertson (PO) 52-48; 2, M Gormley (BT) 54-45; 3, J Evans (BT) 55-27; 4, C McLellan (PO) 55-47; 5, F Duguid (V1) (B Tel) 57-18; 6, F Smith (BT) 57-56; V0/50: J Gormley (BT), 12th, 60-58; V0/60: J Geddes (PO) 80-40; L1, A Wilson (BT) 68-37; L2, R Carthy (IR) 70-31; L3, S Milne (BT) 72-46. Teams: 1, B Tel 10pts; 2, Post Office 13; 3, B Tel "B" 25; Vets team: 1, B Tel.

15

GGH Chisholm Memorial Trophy 1 mile RR - 1, P Duffy 4-29; 2, P Russell 4-36; 3, J McFadyen (Y) 4-37; 4, D Shaw (J) 4-41; 5, R Johns 4-45; 6, H Fenion 4-50; V1, R Hodelet, 15th, 5-13; L1, E O'Brien, 21st, 5-32.

16

Haddington 10 mile RR - 1, M Ferguson (EAC) 50-51; 2, N Thin

RESULTS

(ESH) 51-49; 3, J Ross (HELP) 51-55; 4, A Robson (ESH) 52-30; 5, A Graham (HELP) 52-53; 6, I Seggie (V1) (Liv) 53-41; 7, S Gibson (HBT) 53-51; 8, A Ward (EAC) 54-28; 9, I Hornsby (EAC) 55-19; 10, G Gar-ragher (ESH) 55-35; V2, W Moffatt (Pife), 19th, 57-21; V3, Z Bankowski (EAC), 21st, 57-25. V0/45: S Cameron (ESH), 29th, 59-32; V0/50: A Oliver (Morpeh) 62-40; J1: M Hayman (HELP), 34th, 59-38; L1, T Calder (LV1) (EAC), 24th, 57-49; L2, A Bankowski (Liv) 64-37; L3, M Healy (Pit) 66-31; L4, R Carthy (V2) (HELP) 70-12; L5, J Smith (LV3) (HELP) 71-07; L6, J Sharp (LV4) (Cen Reg) 71-47; L7, A Wood (TNT) 72-12; L8, J Baxter (Pit) 72-47; L9, F McKinnon (Lass) 73-21; Teams: 1, ESH 16pt; 2, EAC 29; 3, Hunters BT 32.

Calderglen H Jimmy Moore 15K, E Kilbride - 1, G White (Ayr) 47-40 (record); 2, R Johnston (C'glen) 48-03; 3, P Corton (Shett) 48-20; 4, G Tenney (Kilb); 5, G Haddow (EK); 6, G Colvin (EK); 7, A McLellan (C'glen); V1, F Wright (Spring) 52-31; V0/50: H Gibson (Ham) 56-59; L1, J Robertson (Ayr) 56-04; LV1, C McGarvey (Motorola) 62-15.
Teams: 1, Calderglen; 2, Ayr Seaforth.

22

Dunbar Boundary 10K RR - 1, I Steel (ESH) 29-18; 2, S Gibson (HBT) 30-08; 3, M Healey (Pit) 30-29; 4, I Seggie (V1) (Liv) 30-54; 5, R Thomas (HBT) 31-00; 6, G Garracher (ESH) 31-12; Loc1, D Jeffrey (Dunbar) 34-12; L1, E Ryan (EAC) (LV1) 40-22; L2, R Carthy (HELP) (LV2) 41-18; L3, M Dryburgh (Pen) (LV3) 41-42.

Lochaber AC Glen Bash 10K RR, Fort William - 1, D Runciman (Cam) 26-13; 2, B Potts (Clyd) 27-23; 3, W Day (V1) (FVH) 27-41; 4, P Stewart (Unat) 27-45; 5, S Crewe (Yeov) 28-21; 6, J Shields (V2) 29-13; 7, W McConn (V3) (EK) 31-13; 8, A Kennedy (Loch) 31-22; 9, R Reynolds (Ferr) 31-40; 10, B Hall (Loch) 31-41; V0/50: 1, W Farrell (Spring) 32-44; 2, F Bias (EK) 34-09; 3, R Burt (Cam) 34-10; V0/55: 1, E King (DHH) 34-14; 2, O'Reilly (Spring) 34-56; L1, F Farquhar (Wick) 34-49; L2, D Mon-tieth (SVHC) 35-56; L3, D Moore (GAC) 40-32; L4, G Kirkbride (Unat) 48-41.

Jimmy Scott Memorial 16 mile RR, Clydebank to Helensburgh - 1, G Fairley (Kilb) 1-21-49; 2, P Dolan (Clyd) 1-24-49; 3, D McDougall (Kilb) 1-25-50; 4, T Anderson (Kilb) 1-26-05; 5, N McDonald (ESH) 1-29-03; 6, P Walsh (Dumb) 1-29-03; V1, J Conaghan (SV), 10th, 1-33-46; V2, D Adams (Ham), 11th, 1-35-07; V3, A Galbraith (Spango) V, 18th, 1-45-06; L1, J Robertson (Ayr), 15th, 1-37-10 (rec). Teams: 1, Kilbarchan 8; 2, Clydesdale 33; 3, Spango 47; 4, Giffnock N 48.

23

Lochaber Marathon, Fort William - 1, C Youngson (Aber) (V1) 2-29-40; 2, A Adams (Dumb) (V2) 2-30-09; 3, M McHale (Pit) 2-31-31; 4, R Wood (DRR) (V3) 2-35-35; 5, R Young (Clyd) (V4) 2-36-15; 6, J Hanratty (Clyd) 2-37-19; 7, D Spedding (Kes) 2-37-32; 8, B McNeill (Pit) 2-37-58; 9, M Greally (Cowbeath) 2-38-57; 10, J

RESULTS

6, J Evans (Shet) 71-40; 7, C McLennan (EAC) 72-20; 8, D Ross (ESH) 72-40; 9, N Renton (Gala) 73-24; 10, B Anderson (DHD) 73-53; V1, A Stirling, 12th, (FVH) 75-08; V2, I Seggie, 30th (Liv) 79-16; L1, A Thomson (Eye) 91-19; L2, E Ryan (LV1) (EAC) 93-32; L3, L Bright (LV2) (HELP) 93-44.

Strathclyde Runners 5 mile RR, Motherwell -

1, M Gormley (guest) (BT) 25-05 (rec); 2, A McLellan (SRC) 25-41; 3, E Wilkinson (SRC) 26-17; 4, D Cooney (V1) (SRC) 28-04; L1, A Harvie (SRC) 35-23; L2, M Ward (LV1) (guest) 36-06; L3, P Allan (SRC) 37-21; L4, C McGregor (SRC) 38-37.

Cunninghame Canter 10 mile RR, Saltcoats -

1, T Murray (GGFD) 50-21; 2, A Gilmour (Cam) 51-11; 3, C Thomson (Cam) 51-38; 4, G White (Ayr) 52-05; 5, G Tenney (Kilb) 53-15; 6, J Robertson (Cam) 54-24; V1, J Kyle (Cumnock) 59-20; V2, J Conaghan (Spango) 59-26; V3, I Pollock (Afton) 59-57; Team: 1, Cambuslang 11pt; 2, Ayr Sea;

L1, P Kelly (GAC) 67-59; L2, H Morton (Orv) 68-59; L3, L Dunlop (Ayr) 70-37; LV1, K Melville (Orv) 75-32; LV2, J Oliver (Loud); LV3, J Hume (Aft); Team: 1, Irv



April

15

Craig Dunain HR, Inverness - 1, Matheson (Ab) 33-41; 2, A Reid (Coast) 34-18; 3, D Rodgers (Loch) 35-26; 4, D Crowe (DHD) 35-56; 5, E Butler (Ab) 36-40; 6, E Rennie (Ab) 36-57; 7, M Edwards, V1, (Ab) 37-02; V2, R Wilbey (BI) 37-35; V3, D Moy (Inv) 40-15; L1, L Bain (Ab), 24th, 40-27; L2, J Wilson (Inv), 30th, 41-20; L3, E McHardy (BI) 46th, 45-27; J1, P James (NRR), 21st, 40-13; Team: 1, Aber

22

Ben Rha 7.5 Mile HR, Reay, Thurso - 1, S Wright (Caith) 47-57; 2, A McDonald (Caith) 48-37; 3, B McKay (Caith) 48-54; 4, J Dunion (Annan) 52-19; 5, G Clark (V1) (Arb) 52-55; 6, W Bruce (V2) (Caith) 53-25; L1, A Smith (Caith) 69-29; L2, I Clark (Arb) 75-00 (LV1); L3, K Dunnett (Caith) 77-19; L4, R Bruce (Wick) (LV2) 81-09.



April

15

Kirk Oly Strathkelvin PS CC League, Lenzie Moss - Boys: 1, R McDonald 7-45; 2, P McDonald 7-49; 3, C McDermott 7-50 (all St Mat

thews). Girls: 1, L Scott 8-07; 2, C Tierney 8-24 (both St Matthews) 3, G Brown (Gartcanner) 8-36.

22

SSAA PS CC Champs, Kirkcaldy - Boys (born 1977): 1, A Love (Fraser) 6-07; 2, A Donaldson (DSMC) 6-08; 3, EMcGhee (Peter) 6-16; Teams: 1, St Matthews 59pt; 2, Geo Watsons 73; 3, Glasgow HS 82.

1978: 1, T Stephens (DSMC) 6-28; 2, R McDonald (St Matthews) 6-32; 3, E Johnston (Orkney) 6-35; Teams: 1, St Matthews 26pt; 2, Dunbar 76; 3, Geo Watsons 90.

Girls (born 1977): 1, V Clark (Monifieth) 6-32; 2, M Smith (Tarradale) 6-33; 3, M Lebacki (Langholm) 6-36; Teams: 1, Drumlanrig, Hawick 57pt; 2, Conan Bridge 83; 3, Peebles 112.

1978: 1, L Scott (St Matthews) 6-45; 2, J Robertson (Royston, Edin) 6-50; 3, C Clarkson (Aber) 6-51; Teams: 1, St Matthews 53pt; 2, Lesmahagow 68; 3, Mary Erskine Sch 72.

A welcome return to the full marathon distance in Inverclyde

NEARLY four years after the last competitor crossed the finishing line, the Inverclyde Marathon is off and running again. Backed by IBM as part of their Festival of Running, the event will take place on August 20.

For those unable - or unwilling - to complete the full distance, there will also be a 10K race and fun run (two miles).

Scotland's first mass event when it began in 1981, the Inverclyde Marathon continued until 1985. But when the number of entrants slumped from a high of 1,100 to only 600 in 1985, the writing was on the wall. A year later, only 100 entries had been received by June, leaving the organisers with no alternative but to cancel. The time, effort and expense could not be justified, and instead a quarter, or "mini" marathon has taken its place ever since.

However, now that there is a shortage of national marathons - even the prestigious Glasgow event has fallen by the wayside - the local organisers, Inverclyde Athletic Initiative, are confident of a marathon entry exceeding 1,500. And that number could double when added to the number participating in the 10K and fun run events.

IBM's involvement has been welcomed by the athletics initiative. "IBM are partly responsible for helping us take this forward step," said IAI chairman Bill Stoddart, one of the finest athletes Inverclyde, indeed Scotland, has ever produced.

"We don't have to worry about finance thanks to their generosity, and that's always one of the major headaches," he continued. "Next, we hope the district council will give an all-weather 'tartan' running track the go-ahead. We should hear shortly if our efforts to persuade them of its worth have been successful.

"There has been a national demand for the marathon's return - and not just among the local community. In my opinion, it was always

one of the best organised marathons around, including even those run abroad. This year should be no different."

Bill, who'll be 58 in a couple of weeks, should know what he's talking about, having run something like 80 marathons. The Wellpark Harrier won the inaugural event in 1981 and was second a year later. "Since then, it's been all downhill!" he joked.

IBM are also happy to be involved. "The marathon course here has to be among the most spectacular anywhere," said a spokesman. "It will be a great advertisement for the area. By making it a running festival we will be catering for everyone, not just the marathon runners. We want families and first-timers involved - as many people as possible."

And IBM plant director John McClelland added: "We are delighted to sponsor the Inverclyde Festival of Running. We are optimistic that it will attract a lot of attention to the district."

Incorporated into this year's run will be the SWCC&RRA marathon championship. The Renfrewshire AAA event will also be held within the marathon. Next year, all being well, the Scottish Marathon Championship will be included.

This year, invitations have been extended to the runners who recorded the top 10 times in Scotland last season, as well as previous winners Bill Stoddart, John Duffy, Tom Wiseman and John Stevens (twice).

In addition, the organisation committee have invited some of Scotland's fastest marathon runners, or at least those who are still active. This ensured an invite for Greenock's Lawrie Spence, whose run in the 1984 Glasgow Marathon is high on the Scottish all-time best list.

Another local runner, Hammie Cox, who was third in the last Glasgow Marathon and

who represented Scotland in a number of international marathons last season, will also be invited. Indeed, Hammie's form is so good that, should he decide to run, he will be among the favourites for the £500 first prize.

The course has been slightly amended to take into account the additional events. After a loop of the Esplanade, runners head up to Port Glasgow and into Kelburne Park. From there, it's back down as far as the Cloch Lighthouse, before turning and finishing once more at the Esplanade.

The start this year will be at 10.30 am, with the 10K beginning half an hour later. The fun run commences as soon as the 10K runners are clear.

Fun runners follow a course along the Esplanade, up Johnston Street, along Eldon Street and back on to the Esplanade past the Royal West of Scotland Boat Club. Those participating in the 10K head from the Esplanade to Gourrock Swimming Pool and back again.

Total prize money is in excess of £3,000, with £500 going to the winner of the marathon and £300 to the first woman home. First male runner to complete the 10K will receive £150, with £70 going to the female.

Further information or entry forms can be obtained from Joe Gallagher, Mail Point 06K, IBM UK Ltd, Inverkip Road, Spango Valley, Greenock, PA6 0AH.

Next month's issue, published on June 22, will contain a club profile on Dundee Hawkhill Harriers which unfortunately, due to pressure of space, had to be held over this month.

EVENTS

May

27

SAAA District Championships. East, Meadowbank; West, Dam Park. E forms from SAAA, Caledonia House, South Gyle, Edinburgh EH12 9DQ. Tel: 031-317-7320.

BENS of Jura 16 Mile Fell Race, Craighouse, Isle of Jura.

CAIRNPAPPLE Veterans 6 Mile Hill Race, Bathgate.

BATHGATE Highland Games.

WESTERN Isles Half Marathon, Stornoway, Isle of Lewis. E - Alan Cunningham, Burncrook, Upper Bayble, Point, Isle of Lewis.

SCOTTISH Young Athletes Handicap Scheme, Bathgate.

KIRKCUDBRIGHT Academy Milk Half Marathon, Kirkcudbright.

28

MOTHERWELL Ravenscraig Half Marathon and Fun Run, Wishaw Sports Centre. E - Race Director, Wishaw Sports Centre, PO Box 10, Wishaw. Tel: Wishaw 355821.

TISO Campsie 4.5 Mile Hill Race, Lennoxton.

CAITHNESS Northern Half Marathon, Thurso.

COWAL Police Half Marathon, Dunoon. Details from Les Wilson, Strathclyde Police, Argyle Road, Dunoon PA23, Tel: 0369-2222.

KIRKCALDY District Half Marathon, Kirkcaldy. E to Fife College of Technology, St Brycedale Ave, Kirkcaldy, Fife KY1 1EX.

SCOTTISH Border AAA Champs, Tweedbank Stadium, Galashiels.

CITY of Aberdeen Milk Marathon and 10K RR (inc SAAA/SWAAA champs).

FORRES 10K Road Race and Fun Run, Forres. Winner receives Don Ritchie trophy. Details from H. Cameron, 7, Forteach Avenue, Elgin. Tel: 0343-2065.

MONKLANDS Women's Scottish Cup Semi Final Match, Coatbridge.

30

YOUNG Athletes Sprinting for Britain, Aberdeen.

31

YOUNG Athletes Sprinting for Britain, Crownpoint.

AULD Toon 10K Road Race, Dunfermline. E limit 500. Details from C & G Sports, 23, Guildhall Street, Dunfermline.

SRI Chinmoy 1 Mile Road Races, Edinburgh and Glasgow. Details as before.

June

1

SPRINTING for Britain, Dumfries

3

SSAA Pentathlon and Primary Schools Area Relay Championships, Aberdeen

CARLUKE 10 Mile Road Race

HFC UK Championships Day 1, Jarrow

FESTIVAL Five Mile Road Race, Haddington. E - Race organiser, 65, High Street, Haddington. Tel: 062082-4023.

LILLAS Day 5 mile Road Race, Kilbarchan

BYNE 4.5 mile Hill Race, Girvan

GLENGOYNE Gallop HR, Blanehead

CRAIGIE Hill Race, Barrhead

ROSS-SHIRE 10K Road Race, Dingwall

SHOTTS Highland Games and Silver Groat 14 mile Road Race, Shotts

EUROPEAN Club Champions Cup: Men, Belgrade; Women, Zurich

EAST Kilbride AC 6 Mile/10K road race

4

SWAAA East v West Match, Crownpoint

IRVINE Valley Half Marathon, Galston, Ayrshire

CRAIGIE Hill Race, Barrhead

AIRDRIE Highland Games, Airdrie

EAST Neuk of Fife Half Marathon, Anstruther. E - Race convener, 24, Viewforth Place, Pittenweem, Fife.

BORDER Athletics League, Tweedbank

GOVAN 10K Road Race, Govan

GRAMPIAN TV Athletics League, Elgin

HFC UK Championships, Day 2

LARKHALL-Warlockhead Road Relay Race, Larkhall

SCOTTISH Young Athletes League (North East), Chris Anderson Stadium

SCOUTLY 5 mile Hill Race, Banchory

FORTH Road Runners 10K Road Race and Fun Run, Forth. Starts Recreation Park, 1pm, £3 for 10K, £1 for fun run. E - Mr Angus, 2, Learig Forth, Lanark. Tel: 0555-811150.

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

CARLSBERG Culter 12 mile Fell Horseshoe Race, Tweedsmuir

7

FALKIRK Open Graded Meeting, Grangemouth. Tel: 0324-483752 for details.

AYR Seaforth 10K Road Race and Fun Run

SRI Chinmoy 'Runners are 5 miles' 5 Miles Road Race, Meadows, Edinburgh, and 2 Miles RR, Glasgow Green. Details from 031-336-2349.

10

HAMILTON District Sports Festival and 6 mile RR, Hamilton

SSAA Pentathlon & Relay Champs, Grangemouth

SCOTLAND v Greece (Women's Int), Grangemouth.

DOLLAR 5.5 mile Hill Race, Dollar

TRAPRAIN Law 6 mile Hill Race, East Linton

BEARDSDEN and Milngavie Highland Games and Half Marathon, Beardsden

FRANK Sinclair Memorial 9 mile Road Race, Greenock

EDINBURGH and District Athletic League, Pitreavie

GRE British Athletes League Div 2, West London

11

BRITISH Athletics League (2), West London Stadium

CLYDEBANK Half Marathon, Clydebank. E - Leisure and Rec Dept., Council Offices, Clydebank. Tel: 041-941-1331 Ex 200.

DUNFERMLINE Half Marathon, Dunfermline. E - Race administrator, The Carnegie Centre, Pilmuir Street, Dunfermline. Tel: 0383-723211.

EDINBURGH & District Athletic League, Tweedbank

HOY Half Marathon, Hoy, Orkney. For entry details, tel Dr Cricket on 085-670-209.

MONKLANDS 7 mile RR, Coatbridge

SCOTTISH YAL West: Divs 1 & 2, Ayr; East: Divs 1 & 2, Livingston; North East: Div 1 & 2, Inverness

QUATER Centenary 10K, Wick, Caithness. Starts 2pm, E £3. For details, contact J. Simpson, Ackergill Crescent, Wick. Tel: 0955-3997.

PEARL Assurance International Match (GB v Hungary v Int Select), Portsmouth

BANK of Scotland WAL: Div 1 at Aberdeen, Div 2 at Crownpoint, Div 3 at Coatbridge, Div 4 at Grangemouth

LOMONDS of Fife 9 mile Hill Race, Gaterside, Fife

CAIRNTABLE Road Race, Muirkirk

TRANENT Challenge 10K Fun Run

13

PARLAUF Night, Grangemouth Stadium. Tel: 0324-486711 for entry details.

HUNTERS Bog Trot, St Margaret's Loch, Holyrood Park, Edinburgh. 8pm. Entries accepted on night (£1).

14

RENFREWSHIRE Track League, Crownpoint

ESH OGM, Meadowbank. For details contact O. Dickson, 4, Old Farm Place, Edinburgh.

SRI Chinmoy 'Runners are 5 miles' 2 Miles Road Races, Glasgow Green and, Meadows, Edinburgh. Details as before.

KILWINNING Academy Festival of Running 10K, Kilwinning.

15

FORTH Valley League, D1, Livingston; D2, Pitreavie

17

SSAA Championships - Boys, Grangemouth; Girls, Crownpoint

SKYE Week '89 Half Marathon, Portree. For entry details contact Nigel Wilson on 0478-2796.

DUNBAR Civic Week Doon Hill Race, Dunbar

SCOTTISH team at Western Athletic Games (Day 1), Holland

LESMAHAGOW Highland Games

SHRA Uphill only Hill Race, Broad Law, Tweedsmuir

MULTI Events International Match (GB v Italy v Spain), Day 1, Italy

Cowal Police Half Marathon

SUNDAY MAY 28 — 1 p.m.

Entry fee: £5.00

- ★ Free commemorative T-shirt ★
- ★ Medals to all finishers ★

Extensive Prize List

Trophies to 1st, 2nd & 3rd Male/Female
Male/Female Vets Male/Female Super Vets

Entries from:

Police Station, Argyle Road, Dunoon. Tel: (0369) 2222
CLOSING DATE - MAY 24

DUNFERMLINE 1989 OPEN GRADED ATHLETICS MEETINGS

(Events organised under SAAA & SWAAA Rules)

- Wednesday May 31st
- Wednesday June 28th
- Wednesday August 30th

At Pitreavie Stadium

Presented by Pitreavie A.A.C.

Sponsored by Dunfermline District Council & Sports Council

Refreshments Available
Spectators Free

For further information:

C. McKINLEY, 18 Thane Place, Dunfermline (0383) 621706

OFFICIAL ENTRY FORM

POST TO: MARATHON 89, HUMBERSIDE COUNTY LEISURE & TOURISM, 5th FLOOR PROSPECT HOUSE,
PROSPECT STREET, HULL, HU2 5PU BY 28 AUG 89.

BLOCK CAPITALS ONLY - TICK RELEVANT BOXES									
Surname									
First Name									
Sex	MALE				FEMALE				
Age on 10.9.89	DAY		MONTH		YEAR	19			
Date of Birth									
Address									
Town									
Country									
POSTCODE									
Daytime Tel No	STD CODE		NO.						
First Claim Club									
Best time in last 3 years									
HOURS									
MINUTES									
SECONDS									
Non Runner	Skater				Wheelchair				
Transport	Bus Before Race (Grimsby to Start)								
	Bus After Race (Finish to Hull)								
Humberside Championships	I was born in Humberside, or have lived in Humberside continuously for the past 9 months. SIGNED:								
ENTRY FEES									
Cheques payable to Humberside County Council									
AFFILIATED £4.50									
NON-AFFILIATED £5.00									
BUS TRANSPORT £1.00									
RESULTS £0.50									
TOTAL									
Acceptance of entry subject to the approval of Humberside County Council. Please read the declaration on leaflet.									
Signature									
Date									

HUMBER BRIDGE Marathon HULL → 26.2 → GRIMSBY

The race starts from the Costello Stadium, Boothferry Road in Hull, at precisely 11.00am on Sunday 10th September 1989. The runners then proceed up Boothferry Road and across the Humber Bridge, leaving the main road on the south side of the bridge, the route passes through Barton-on-Humber, Barrow, Ulceby, Keelby, Healing and finishes at The Grimsby Leisure Centre, Cromwell Road, Grimsby.

The majority of the route is reasonably flat. Drinks and sponge stations are positioned every three miles, commencing at 5 miles. A vehicle showing elapsed time will lead the race together with lapsed timing check points at 5/10/15/20 miles. Mile markers are also used.

WINNERS

Everyone that completes the course is a winner. The achievement of completing the full 26.2 miles, no matter what the time, is a great one and Humberside County Council recognise this. Each competitor will receive a specially minted commemorative medal as they cross the finishing line.

PRIZE LIST

In 1989 the Subvention list has increased and now stands at over £9800.

MEN	1,250 (+ 500 for course record)	800	600	500	250
	100	90	80	70	60
	35	30	25	10	50
TEAM	1,000	500	250	125	70
VET	0/40	500	250	125	70
	0/50	100	0/60	100	
WOMEN	500 (+ 250 for course record)	250	125	75	
TEAM	250	(3 to count)			
VET	0/35	100	50	25	0/40
	0/50	75			75
WHEELCHAIR	250	125	75		

COURSE RECORDS:

Mens	Steve Brace	2:18:53	1988
	Veronique Marot	2:38:25	1988

EVENTS

18

STRATHCLYDE Ragu Women's 10K OK RR and Fun Run (inc SWAAA champs and international race), India Street, Glasgow. E - Race director, Prince and Princess of Wales Hospice, 73, Carlton Place, Glasgow.

BO'NESS 10K Road Race, Bo'ness

MID Argyll Half Marathon, Lochgilphead. E - The Sports Shop, 31, Lochnell Street, Lochgilphead. Tel: 0546-2390.

SVHCTrack & Field Champs, Caird Park

SPRINTING for Britain - Scottish final, Crownpoint

PEEBLES Scenic 10 Miles RR & Fun Run, Peebles. Starts 2pm. For further details and E form, contact Stuart Ruffell, 19, March Street, Peebles. Tel: 0721-20626.

HFC Scottish Athletic League, (3) D1 & 2, Crownpoint, D3 & 4, Meadowbank

MULTIEvents Int Match, Final Day, Italy

GREAT North Run

TISO Seven Hills of Edinburgh 14 mile Hill Race, Edinburgh. E - send see to Tiso's, 13, Wellington Place, Leith.

PETERHEAD Half Marathon

SCOTTISH team at Western Athletics Games (Final Day), Holland.

21

BEITH Civic Open Sports & Road Race

ROEVIN 10K Road Race, Aberdeen

SRI Chinmoy 'Runners are Smilers' 2 Miles Road Race, Glasgow Green and Meadows, Edinburgh. Details as before.

CORT-NA-LAW 6 mile Hill Race, Clachan of Campsie

22

SSAA Inter Area Match, Grangemouth

23

McVITIES Challenge GB v USA v USSR v West Germany, Birmingham (Day 1)

24

BENBECULA Half Marathon, Benbecula CAIRNGORM 10 mile Hill Race, Cairngorm

WEST Highland Way Race, 95 miles Fell Race, Milngavie to Fort William. Entries now closed.

EVENTS

SCOTTISH Hill Race Champ, Melrose

McVITIES Challenge GB v USA v USSR v West Germany, Alexandria Stadium, Birmingham (Final Day)

ACCESS UK Womens Athletic League (Div 1), Essex

GLEN ROSA Horseshoe 12 mile Hill Race, Brodick Castle, Isle of Arran

BALLACHULISH Gala Day Hill Race, Ballachulish

EILDON 2 Hills 4.5 miles Hill Race, Melrose

25

DUMFRIES Half Marathon, Dumfries. E - Sheila Howat, Race Secretary, 4, St Michaels Terrace, Henry Street, Dumfries by 19/6.

LOCH Rannoch Marathon and Half Marathon, Loch Rannoch. E - Arthur Andrews, Rannoch School, Rannoch, Perthshire. Tel: 08822-332

ARBROATH Half Marathon, Seaton Park, Arbroath. Starts 10.30am, entry fee £4. Details from Mr Barnett, 14, Andownie Road, Arbroath. Tel: 0241-79934.

BUCKIE & District Round Table Half

Marathon, Buckie

WOMANS Own 10K, Grangemouth. Tel 0324-483752 for details.

POLAROID People's 10K Road Race, Alexandria

SCOTTISH & N Western Athletic League D1 at Meadowbank, D2 at Crownpoint, D3 & 4 at Dam Park, Ayr, D5 & 6 at Coatbridge. North East League at Chris Anderson Stadium, Aberdeen

GRAMPIANTV Athletics League (South at Arbroath, North at Elgin)

FALKLAND Festival 3 mile Hill Race, Falkland. Details from Ken McGuire on Falkland 57449.

LAIRIG Ghru 28 mile Hill Race from Braemar to Aviemore

26

KNOCKHILL 3 mile Hill Race, Crieff

27

SRI Chinmoy 1 Mile RR, The Meadows, Edinburgh. Details as before.

28

ANNAN 6 mile Road Race, Annan

SRI Chinmoy 2 Mile Road Race, Glasgow Green. Details as before.

30

SMALL Nations (N Ireland v Scotland v Cyprus v Israel v Wales v Catalonia) Int Match, Antrim Forum (Day 1)

July

1

SMALL Nations International Match (Scotland v N Ireland v Wales v Cyprus v Israel v Catalonia) at Antrim Forum, N Ireland

SAAA Dairy Crest National U/20 Junior, Youth and Boys Championships at Meadowbank

SWAAA Dairy Crest National U/19 Championships at Grangemouth

JUNIOR International match (GB v West Germany v Sweden) at Ipswich

JUNIOR (U/21) Multi events International Match (GB v West Germany v Switzerland at Aldorf, Switzerland (Day 1)

WEST Kilbride Open Meeting and 10K Road Race

DORNOCH Festival Half Marathon and 10K Road Race, Dornoch. E - Judith Green, 41, Clashmugach, Clashmore, Sutherland.

MAMORE 16 mile Hill Race at Kinlochleven

IAAF Grand Prix Bislett Games, Oslo

LAW and District AAC Ian Skelly Carlisle 10 Mile Road Race. E - R. Benyon on 0555-70358.

2

CUPAR Highland Games and Road Race, Duffus Park, Cupar. E - Jack Weir on 0334-53451.

INVERNESS OGM, Queens Park

SCOTTISH Young Athletes League, West Dives 1 & 2, Crownpoint

STONEHAVEN Half Marathon. See to: Leisure and Recreation Dept., Kincardine and Deeside District Council, Viewmount, Stonehaven.

MOFFAT Weavers Chase 18 mile Hill Race at Moffat

GRE Cup 2nd Round Matches, various venues.

Mersey Marathon

SUNDAY 3rd SEPTEMBER 1989

8th
ALDER HEY CHILDRENS HOSPITAL LEAGUE OF FRIENDS
(Under AAA and WCCA Rules)

B.A.R.R. Mens Selection Race for the 1990 Commonwealth Games and the GRADE 1 Northern Counties Championship.

The Mersey Marathon is back again, for the 8th time. Each year we get bigger and better and this year's race is going to be the best ever. We have been selected to stage the Commonwealth Trial for Men and we are the Northern Counties Championship.

The race will be held in the autumn and will be one of the last major events of the season.

The Date: Sunday 3 September 1989 - The Time: 11am - The Place: Camp Hill, Liverpool.

Closing date for entries: JULY 28, 1989.

Race details will be sent to you by post 21 days prior to the event. Please note: No entries will be accepted after this date.

Liverpool is easily accessible by road, rail, sea and air from all parts of the country and abroad, and we hope to attract all you thousands of runners once again.

Remember - this Marathon is organised by voluntary workers for charity. The proceeds from entrance fees and sponsorship concessions will go towards the Alder Hey Children's Hospital League of Friends. We hope that individual runners will seek personal sponsors to raise money for Alder Hey, but, if runners wish their sponsorship to go to their own favourite charity, they must contact the charity direct.

Entry Fees: AAA Registered Runners, AAA & WCCA Club Members £500. Unattached Runners £550.

Race Details: 11am Sunday 3 September 1989 - Race Venue: Camp Hill, Liverpool - Distance: 26 Miles 385 Yards

Every Mile Marked • Time Clocks Every Five Miles • Feeding/Sponge Stations Every 3 Miles • Commemorative Medals to all Finishers • Training Grants will be awarded to the first Three Men and Women to finish • Prizes to first Ten Men and Ten Women • Awards to Veterans and Teams

Results to appear in Liverpool Echo - Race Details through post - SPECIAL NOTE FOR BUSINESSHOUSE/CHARITY TEAMS - entries must be in groups of ten and to be club team leaders address

Special entrance fee for the unwaged. All participants receive free badge, brochure, car sticker and space wrap

Entrants use Universal Entrants Form or send a Stamped Addressed Envelope to be sent to: Derek Johnston, Sports and Recreation Department, 11 Dale Street, Liverpool, L2 2TE.





FORTHCOMING EVENTS

17th September 1989
Aberfeldy Half Marathon
10am Start

22nd October 1989 - Aberfeldy Triathlon
Also a Mountain Bike event - date to be advised

Watch out for further details in future issues, or
write for entry forms (enclosing sae) to:

Race Organiser,
Aberfeldy Recreation Centre,
Crieff Road,
Aberfeldy,
Perthshire
PH15 2DU
Tel: 0887-20922

THE SEVEN HILLS OF EDINBURGH



Sunday 18th June 1989
Race: 11.15am; Challenge: 10.45am
14 miles road & track; 2200ft ascent,
start and finish on Calton Hill.
Entry fee: £1 till 14th June
£2 thereafter
Entry forms: from Tiso's shops
or see to: Tiso's, 13 Wellington Place, Leith

LOCH LEVEN HALF MARATHON

(Under SAAA & SWAAA Laws)

Saturday 9th
September at
1pm

13.1 miles round
scenic Loch Leven



Entries close
31st July
Medals to
all finishers
Prizes in
each race class.

Main Sponsor: THE SCOTTISH HEALTH EDUCATION GROUP

Entry forms from: Tourist Information Centre,
Junction 6 M90, Kinross. KY13 7NQ. Tel: 0577 63680.



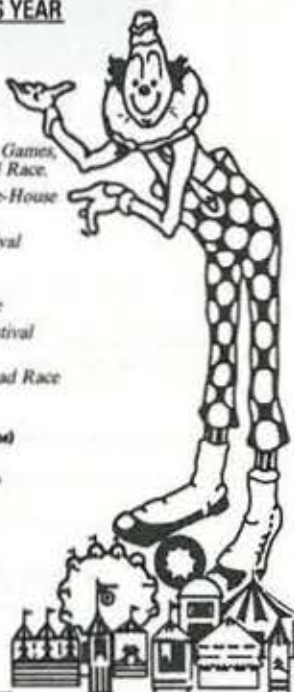
MAJOR RACES IN CUNNINGHAME THIS YEAR

Sunday 11 June The Ardrossan Highland Games,
Largs to Ardrossan Road Race.
Monday 17 July The Saltcoats Round-The-House
Road Race
Sunday 30 July The Irvine Harbour Festival
Half Marathon
Sunday 6 August The Corrie Capers
Round Arran Relay Race
Sunday 27 August The Irvine Marymass Festival
7 Mile Sand Race
Sunday 10 September The Round Cumbrae Road Race

For Race Information & Entry Forms (Please enclose sae)
Contact: Cunninghame District Council,
Dept of Leisure, Recreation and Tourism,
25, Montgomerie Crescent,
SALT COATS KA21 5BT.
Tel: 0294-602617.

WHAT ELSE IS HAPPENING IN CUNNINGHAME?

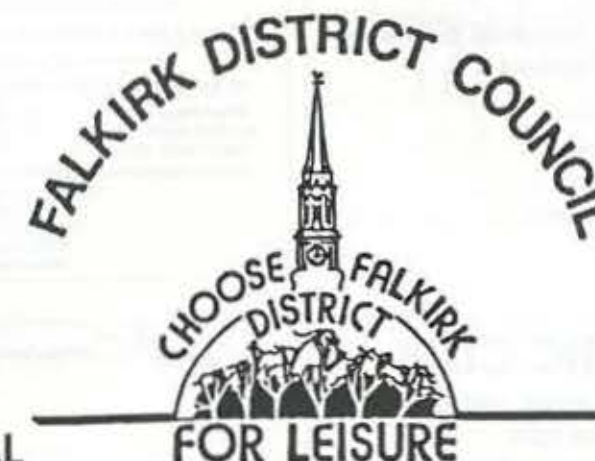
For details, phone Cunninghame Coastline - Largs 688788
or Cunninghame Infoline - Largs 673765
or Visit Largs Tourist Information Centre



FALKIRK HERALD PEOPLES HALF MARATHON

SUNDAY 22nd OCTOBER

Mini Minor
Highland Games
Saturday 9th
September



Falkirk
Highland Games
Sunday 10th
September

CENTRAL REGIONAL
CHAMPIONSHIPS
Saturday 22nd April

Womans Own
Run
Sunday 25th June

1989

Parlauf Nights
Tuesday 11th April
Tuesday 9th May
Tuesday 13th June

Young Athletes Meetings
Saturday 1st April
Saturday 13th May
Sunday 23rd July
Saturday 19th August

FALKIRK OPEN GRADED MEETINGS

Sunday 12th March
Wednesday 5th April
Wednesday 3rd May
Wednesday 7th June
Wednesday 5th July
Wednesday 2nd August
Wednesday 6th September

(First Wednesday of the Month)

Under
SCCU
SWCC + RRA
Rules

Under
SAAA
SWAAA
Rules

Grangemouth Sports Stadium,
Kersiebank Avenue, Grangemouth FK3 0EE. Tel: (0324) 483752

ENQUIRIES TO: GRANGEMOUTH SPORTS COMPLEX. Tel: (0324) 486711



SUNDAY 20th AUGUST 10.30am
ENTRIES CLOSE 3rd AUGUST 1989

10k Marathon Fun Run

MARATHON MALE 1st £500 10K MALE 1st £150 MARATHON FEMALE 1st £300 10K FEMALE 1st £70
over £3,000 worth of prizes to be won

With assistance from Inverclyde District Council
SEND TO: Mr. J. Gallagher, Mail PT 00K, IBM UK Ltd, Inverkip Road, Spango Valley, Greenock,
Scotland PA6 0AH.

NAME _____
ADDRESS _____

NAME OF CLUB OR UNATTACHED _____

DATE OF BIRTH DAY MONTH YEAR PLEASE TICK ☐ 10K ☐ MARATHON ☐ FUN RUN ☐ AGE ON DAY OF RACE

CATEGORY ☐ MALE ☐ FEMALE

Entry Fee—Marathon £4 10K £2 Fun Run £1

I enclose the cheque (P.O. for £) being the entry fee for the Race.

I agree to the organisers right to refuse my entry without being bound to accept a reason.

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

I will be 16 years of age or over on the day of the race.

The race is promoted under the sanction of the SAAA and the SWCC and RRA.

SIGNATURE _____ DATE _____

Dornoch Festival Half Marathon & 10k

Saturday 1st July
Start 3 p.m.

- Engraved glassware to all half marathon finishers •
- Medals to all 10k finishers •

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

KINTYRE ATHLETIC CLUB

Second Campbeltown Festival Week Half Marathon
Sunday July 16 at 2pm

Medals to all finishers Entry fee £4
Organised by runners for runners
Good changing facilities Hot showers and free swim

Over £250 in vouchers

Entry forms available from: Under SAAA, SWAAA, &
Race Secretary, SWCCU & RRA rules.
Kintyre Centre,
Stewart Road,
Campbeltown,
PA28 6AT

Assisted by:



THE MACALLAN MORAY PEOPLE'S MARATHON AND HALF MARATHON AND 10K RACE

Incorporating the Scottish People's Marathon Championship

Sunday 6th August 1989



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

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

LAW AND DISTRICT AAC THE IAN SKELLY/CARLUKE 10 MILE ROAD RACE



SPONSORED BY
Ian Skelly



SATURDAY 1st JULY

HELD UNDER SAAA, SWAAA, AND SWCCU & RRA LAWS

10 MILE RACE SENIOR MEN AND LADIES 18 YRS AND OVER
A CHAMPIONSHIP RACE FOR VETERAN HARRIERS CLUB

10 MILE RACE ENTRY FEE: £1.50 ENTRY ON THE DAY: £2.00

FIRST PRIZE £20 FIRST VET £15 FIRST LADY £20
SECOND PRIZE £15 SECOND VET £12 SECOND LADY £15
THIRD PRIZE £10 THIRD VET £8 THIRD LADY £10

ENTRIES FORMS AVAILABLE FROM: R. BENYON, 42 BARMORE AVE, CARLUKE (0565) 70358

CHEQUES AND POSTAL ORDERS PAYABLE TO:
LAW AND DISTRICT A.A.C.

CHANGING AND SHOWERING FACILITIES AVAILABLE

ROAD RACE STARTS AT 3.00 p.m.

MEDALS AND CERTIFICATES TO ALL FINISHERS

NOW ON SALE

Meadowbank Sports Stadium
Edinburgh



MILLER LITE - I.A.C. INTERNATIONAL EDINBURGH 89

Organised by the International Athletics Club
under I.A.A.F. rules

Friday 7th July 6.30pm • (doors open 6.15pm)

Ticket prices from £3 Adults: £2 Concessions

Available at Meadowbank Sports Stadium or by phoning 031-661 1079

Credit card facilities available

For further details: Tel. 031-661 5351



CITY OF DUNDEE DISTRICT SPORTS COUNCIL QUADRATHON

Incorporating the Scottish Quadrathlon Championships 1989

and the first British Quadrathlon Championships

■ ON SUNDAY 6th AUGUST 1989 ■

STARTING AT 3.00pm • FROM DUNDEE SWIMMING AND LEISURE CENTRE
OPEN TO TEAMS AND INDIVIDUALS FROM ALL OVER SCOTLAND.

FOR ENTRY FORMS AND FURTHER INFORMATION

PLEASE CONTACT

LEISURE AND RECREATION DEPARTMENT, CITY OF DUNDEE DISTRICT COUNCIL, 353 CLEPINGTON ROAD,
DUNDEE, TELEPHONE: 23141 EXT. 4045

THIS EVENT IS PART OF THE DUNDEE WATER FESTIVAL 1989



Badenoch & Strathspey Amateur Athletics Club presents the STAKIS FUN RUN SERIES

(Under SAAA, SCCU, SWAAA, SWCC & RRA Rules)

SENIORS 18 years & over JUNIORS 14 years/under 18 years
Distance - approx. 5 miles Distance - 3 miles

28th May Laggan - 11th June Aviemore
2nd July Dulnain Bridge - 15th July Boat of Garton
27th August Kincaig - 17th September Carrbridge
22nd October Rothiemurchus (Aviemore)

AGE AS ON DATE OF FINAL RUN - 22nd October 1989

Prize List at each venue. Trophy to Overall Winner. Medals to 1st, 2nd, 3rd, 1st Lady, 1st
Veteran, 1st, 2nd, 3rd Junior Boy, 1st, 2nd, 3rd Junior Girl.

ALL FINISHERS WILL RECEIVE A SIGNED CERTIFICATE OF TIME ACHIEVED

ENTRY FEE PER RUN £2

A special certificate will be awarded to those completing the seven events.

FOR ENTRY FORMS, CONTACT 0479 811431



WIGTOWN DISTRICT COUNCIL STRANRAER PEOPLE'S HALF MARATHON SUNDAY 10th SEPTEMBER 1989



Race starts 1.00pm
(Under SAAA, SWAAA, SWCC & RRA permits)

Entry fee: £4 per entrant
closing date for entries: 1st September 1989

For further details and information pack please write to:

The Leisure Office
Technical Services Department
Wigtown District Council
Church Street
Stranraer DG9 7JQ
or Telephone 0776 2151 Ext. 244



THE DUNFERMLINE HALF MARATHON

PITTENCRIEFF PARK
SUNDAY 11 JUNE
9.30 am



Principal Sponsor
Dunfermline
Building Society



ORGANISED BY
DUNFERMLINE
DISTRICT
COUNCIL

B.A.R.R. GRADE 1 & HOT 100
Extensive Prize List for Individuals & Teams
£1600 in Total
Medal & Completion Certificates

All enquiries to:
Race Director
The Carnegie Centre
Pilmuir Street
Dunfermline
Fife
(0383) 723211

DUNFERMLINE DISTRICT
SPORTS COUNCIL

C & G SPORTS
DUNFERMLINE

Electrical Services

MILK! IN SPORT

FULL ENTERTAINMENT PROGRAMME FOR ALL THE FAMILY

INVERNESS 10K PEOPLE'S RACE & FUN RUN

SUNDAY 16th JULY 1989

Under SAAA/SWAAA/SWCCU & RRA Rules

Fast, flat town centre course through the streets of the Highland Capital, forming part of the official Scottish Road Race Championship. Course records: Men 29-29 (Peter Fox); Women 31-56 (Lisa Martin). £2000 in prizes for all categories, including individuals, vets, athletics clubs, pub and works teams, with medals to all race finishers. Strong spectator participation.

Entry forms from branches of the Bank of Scotland, or with SAE to Turnbull Sports, 10 Church Street, Inverness.
Entries close 10th July.

SPONSORED BY
"The Highland News"



Sponsored by Blairgowrie & District Tourist Association Under S.A.A. & T.W.A.A. Rules

SATURDAY 19th AUGUST 1989 at 2.15pm
FROM BLAIRGOWRIE RECREATION CENTRE

Prizes for all Individual Categories and Teams

1st Ten Men 1st Five Ladies
1st Three over 40's (Men) 1st Three over 35's (Ladies)
1st over 50's & 60's (Men) 1st Husband and Wife Team
1st & 2nd Men's & Ladies Affiliated Team (1st Three to Count)

SPOT PRIZES GALORE
MEDALS TO ALL 1/2 MARATHON FINISHERS
CERTIFICATES TO ALL FUN RUN (3.7) FINISHERS

Entries to Bob Ellis, 103 Perth Road, Blairgowrie, Perth PH10 6DX
Entry Fees: 1/2 Marathon - £4.00, (inc. 50p levy to S.A.A.) Fun Run 50p on the day Age 0 - 9
Cheques payable to Blairgowrie 500 - Please send S.A.E. if you wish acknowledgement.

Registration on the day - Entries accepted on the day
If entering on the day, do so before 1.15pm - Entries limited to 500
you will be entered in a prize draw - so don't delay.

Entrants are asked not to appear at the Recreation Centre until 12.30
A light snack and swim are available and free of charge until 5pm - Prize Giving - 4.30pm

Sponsors: John Strathairn & Son Ltd - Strathgairn Buses - Kail Kwik Printing - Dundee Runner
Tourist Association - Proctors Insurance - Plusboard

BLOCK CAPITALS PLEASE

Surname _____ Christian Name _____
Address _____
Town/City _____ Postcode _____ Tel. No. _____
Age _____ Date of Birth _____ Sex _____
Name of Club _____
Tick Box if: 1/2 Marathon ☐ Fun Run ☐ Husband & Wife ☐ Team Entry ☐
Vet. over 40 ☐ Vet. over 50 ☐ Vet. over 60 ☐

I certify that I am medically fit and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury or illness incurred during or as a result of the event, nor for any property lost or damaged.
I hereby declare that I will be 18 years of age or over on the day of the event and have not competed in any athletic track and field, road race, cross country or road walk event as a professional, or having done so, I have been restricted to amateur status.

Signature _____ Date _____

RHONA McLEOD'S JUNIOR SCENE

DING DINGUGHH

Tom Hanlon confesses to a clanger!



THE MOST embarrassing moment I have ever had on the track was in a 2 mile race at Crystal Palace during 1987. It was my first race since the AAA Championships 3000m steeplechase final (in which I was brought down at the last hurdle by Mark Rowlands - but that's another story!).

I was looking for a good performance and the experience of racing in a good class field which included Eamonn Martin and Eamonn Coghlan. It was cold and wet on race night, but that was the least of my problems once the race started.

I settled in three quarters of the way down the field which was lapping in 64

seconds - that was the problem I felt really rough even at that steady pace. The further the race went, the worse I felt.

That was until the back straight of what I thought was the last lap, so with 250m to go I surged to the front and opened up a 15-20m lead. Coming into the home straight it dawned on me what I had done and I felt this horrible sinking feeling (probably lactic) as Eamonn Martin surged past to go on to beat Eamonn Coghlan.

Of course I never admitted my mistake, until now that is, but it's definitely the one and only time I've miscounted the number of laps in a race.

Derby delights

THE WEEKEND of April 30 and May 1 saw the much maligned British Universities Championships take place in Derby, writes Gordon Ritchie. The largest ever team from the eight Scottish universities travelled south for the main event of the year - both sporting and social.

The best performance of the weekend came from Karen Saville (Heriot Watt) who won the javelin (41.56m) and came third in the shot (10.45). This was done while acting as a minder to her club captain who was determined to go out with a bang, this being her final year.

Other Scottish winners were Janice Ainslie (Edinburgh) in the long jump (5.90m), Ian "Hunky" Hamer in the 5000m (14-15.41) and James Stoddart in the high jump (2.05m). The Scots were prominent in the high jump with Neil Robbie finally breaking the two metre barrier in finishing third.

Another medal-earning event was the women's 400m, although defending champion Wendy Steele (Edinburgh) was forced to settle for second place this year (56.76). Sarah Booth (Edinburgh)

returning from injury, can be pleased with her third place.

Off the track, the new breed of students tried hard to live up to the reputation of the 'Class of '86'. Three years ago the Scots treated Derby locals to a fine exhibition of how not to behave on the night before a competition, including a midnight training session in an otherwise deserted stadium. Such was the excitement that Brian Scally lost an eyebrow - but that is another story!

This year, the boys visited nearby Loughborough to renew friendships made at the international in February. Whether or not their visit was welcomed is not known. However, they returned with several souvenirs, including a much-coveted Loughborough students vest.

The spirit within the Universities is at a high at present. It is a long time since such close links existed between the student clubs. This can be seen at all levels of competition, but none more so than between the captains of Stirling, Strathclyde, Dundee and Heriot Watt. Who said that the spring time is when a young athlete's thoughts turn to love?

RHONA McLEOD'S JUNIOR SCENE

Primary races popular

THE THIRD SSAA annual Primary Schools' Cross-Country Championships were held at Kircaldy High School on April 22, writes Linda Trotter. Over 1000 pupils competed from Papdale in Orkney to Langholm in Dumfries (and both these far flung youngsters, Erlend Johnston and Megan Lebacki won medals!) St Matthew's, Bishopbriggs, maintained their accustomed high standard, winning three of the four trophies and two individual medals, an incredible performance.

Parts of the course were heavy, resulting in lost shoes and "cheating" in that some "well coached" pupils chose to ignore the "no spikes" rule, and others to run in heavily studded football boots. Next year, no such deviations from the rules will be tolerated.

Last year's results over the same course were echoed in 1989 success for Vicky Clark of Seaview in Monifieth, while Alasdair Love (Fraserburgh South Park) reversed his second place to Alasdair Donaldson (Daniel Stewarts and Melville College), both boys contributing to the most exciting final yet seen at this level.

Space forbids more than one pen portrait, so let's concentrate on the winner of the race for Boys born in 1978.

Timothy Stevens of Daniel Stewarts and Melville College is a rarity in that he does not attend an athletics club and has only been at his schools running club four times. However, like many other fine young runners, he is an accomplished swimmer, training four times a week with Warrander Baths Club, for whom he is club champion for his age, with over 50 medals to show for his efforts.

Timothy's ambition lies not in swimming nor in running, but in rugby, where he plays flanker and is his team's second top try scorer. Timothy likes most things at school but also enjoys, when he has time, skiing, shooting windsurfing and cubs (soon to be a scout). Recently, he gave up the piano because he did not have enough time to practise!



Multi-talented young sportsman Timothy Stevens after his cross country victory.

age-old observations

OFTEN WHEN reading through junior results I have to admit to being a bit hazy as to which ages all the different age-group names refer to, especially in the boys events - do you honestly know how old a senior boy is?

To clear up my confusion and that of anyone else who has since left the junior ranks, here are the latest age-group specifications according to the SAAA and the SWAAA.

SAAA
Junior Boys: 11 or over, but under 13 on preceding January 1
Senior Boys: 13 - 15 as above
Youths: 15 - 17 as above
Junior Men: 17 or over on preceding January 1, but not 20 by midnight of December 31 in calendar year of competition.

SWAAA
Girls: 11 or over, but under 13 at midnight August 31/September 1
Juniors: 11 - 15 as above
Inters: 15 - 17 as above
Euro Juniors: 17 or over, but under 19 at midnight December 31 in year of competition.

NAME: Ian Russell Black

DATE OF BIRTH: 18/9/70

HEIGHT: 6'

WEIGHT: 11st 6lbs

CLUB: Edinburgh Southern Harriers

EVENT(S): Main event; pole vault

P.B.s: 4.30m

ATHLETIC ACHIEVEMENTS: Scottish record holder youths pole vault; Scottish Junior pole vault champion; indoors Scottish Junior Pole Vault Champion, Eric Liddell trophy winner.

STRENGTHS: Good stamina; good elastic strength; good general coordination; exceedingly competitive; aggressive; large appetite for training and enjoyment of all types of training.

WEAKNESSES: Not fast enough; lacking in gymnastic ability; not strong enough;

Athlete Profile



technique not too good; cannot resist playing rugby and I succumb to the temptations of drink about once every two months!

AIMS IN ATHLETICS: I don't like putting limits on achievement, I want to do everything to the best of my ability and by the time I retire I would like to perfect all aspects of my technique.

As for tangible results I would like to break the Scottish Senior record and be picked for the Commonwealth Games. If I achieve none of these I would like to win and lose with grace.

WHY DO YOU COMPETE: I love the feeling of nerves and anticipation which are part of a good competition. I suppose I want to try and prove I'm someone by doing well in a public event.

OTHER HOBBIES: I coach rugby to 8 - 18 year olds.

AIMS OUTSIDE ATHLETICS: To coach rugby to a high standard and to be successful in business.

SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB
Sec-W.H. Watson, 14, Burnieboozle Place, Aberdeen, AB18NL. Tel: 0224-310352

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

ARBROATH FOOTERS
All shapes and sizes, young or old, welcome. Meets every Thursday 7.30pm, Sundays 10.00am at Arbroath Sports Centre. All distances catered for. Secretary - Bill Powell, 11, Glenmoy Place, Arbroath DD11 5JL.

ARBROTAN & DISTRICT AC
Track and field events, road running and cross country. All ages catered for from 8 years upwards. New members in the upper age groups especially welcome. Qualified BAA coaches available at all training sessions. Participants in the cross country leagues, women's league, and young athletes league. Secretary - Mrs Frieda Ritchie, 24, Rowan Path, Arbroath. Tel: 0241-74680.

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

BEITH JOGGERS
(and Garmock section of Irvine Cable AC)
Serious runner, fun runner or novice. Do you fancy company when out for a run? Do you wish event information? Training every Wednesday at Bellsdale Pavilion 7.9pm. Adjacent to Beith Juniors FC Park. All welcome. Also most Sundays at 10.30am from Garmock Pool, Kilbirnie. Phone Jim Swindale at Beith 4156 for further details.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at Nethercraigs Sports Ground, Corkerhill Road, from 7.9pm. All ages and abilities welcome to our friendly and enthusiastic group.

BLACK ISLE ATHLETIC CLUB
Meets every Tuesday and Thursday from 7pm till 9 pm. Friendly club catering for all ages from veterans and anyone who enjoys running - serious athlete or

fun runner. For further information about the club, contact: Ray Cameron, 5, Rose Croft, Muir of Ord, Ross-shire (Tel: 0463-870805).

BLAIRGOWRIE ROAD RUNNERS
Sec: Maggie McGregor, Glenferate, Enochdhu, by Blairgowrie, Perthshire. Tel: 025081-205.

BRECHIN ROAD RUNNERS
New members always welcome. The club caters for the serious runner and the keep-fit jogger. Meets Wednesdays at 6.30pm and Sundays at 9.30am. For further information, contact club secretary: Mr Alan Young, 11, Gellatly Place, Brechin. Tel: 03562-3807.

CAMBUSLANG HARRIERS
All age groups and standards welcome, young or old, serious or social, we cater for everyone. Meets every Tuesday and Thursday 7pm; Saturday 2pm; Sunday 11.30pm. Further information: Robert Anderson, 63, Montcastle Drive, Cambuslang. Tel: 041-641-1467.

CARNETHY HILL RUNNING CLUB
For hill and cross country running in the Lothians. Regular training sessions and all standards welcome. Secretary - Andrew Spenceley, 26, Rankellior Street, Edinburgh EH8. Tel: 031-667-5740.

CENTRAL REGION AC
Large friendly club catering for all standards and ages, track and field, cross country and road running. For further information, tel: John Dickson on Stirling 71627.

CLYDESDALE HARRIERS
Road, track, cross country, field events, hill running, jogging, coaching available in all aspects: social events. If you are looking for a friendly club contact: Phil Dolan, 1, Russell Rd, Duntocher. Tel: Duntocher 76950. Emily Hardware, 23, Gilmour Ave, Hardgate, Clydebank. Tel: Duntocher 76902.

CUMBERNAULD ROAD RUNNERS
Secretary - Mrs Maureen Young, 63, Thornicroft Drive, Condorrat, G67 4JT. Tel: (0236) 733146. We cater for all abilities from absolute beginner. Males/females aged 16 and over are welcome to contact the secretary or call at Muirfield Community Centre Wed and Thurs at 7pm and Sat at 10am.

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

DUNBAR AND DISTRICT RUNNING CLUB
Training nights Tuesday and Thursday 7pm at Deepark, Dunbar. All age groups aged 9 years upwards catered for. Contact Hugh Rooney, 0368-64064. We cater for all abilities.

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

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

DUMFRIES AAC
All ages, 990. Coaching in track, field and cross country. Main training nights: Monday-St Joseph's Playing Fields, Dumfries; Tuesday-David Keswick Centre, Marchmont, Dumfries; Thursday-St Joseph's. For further details please contact Angela Coupland (sec) on 0386-710816.

EDINBURGH SPARTANS
Brand new, extremely small athletic club hopes to attract sufficient members to put a team in the Fourth Division of the HFC Scottish Athletic League next season. Contact: Gerry Clement, 40, Lockerby Crescent, Edinburgh. Tel: 031-664-7146.

EDINBURGH WM
Meet every Tues and Thurs 7pm at Meadowbank. All ages catered for by qualified coaches for most events. Further information from: Peter Black, 32, Baberton Mains Wynd, Edinburgh. Tel: 031-442-1506.

FIFE AC
Covering Kirkcaldy district, North East Fife and beyond, catering for all ages and all disciplines including track and field, hill running, cross country and roads. Whether you're a beginner or serious athlete we have something for you. Depending on your area, contact: Kirkcaldy-Dave

Lawson (Burntisland 874489); Ian Gordon (Glenrothes 755405); Cupar-John Clarke (Cupar 53257); St Andrews - Mitch McCreadie (St A 73593).

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages who are interested in track, road, or cross country. All abilities welcome. Training night Wednesday 7pm, September-March at Market Muir, Forfar (under floodlights). April-August at Forfar Academy playing fields. Contact Sec. Bill Logan on Forfar 67256 for further details.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm, in Biggar on Tuesday evenings, and in Lanark on Thursdays. Track sessions are also part of training at Wishaw Sports Centre on Tuesdays. Club Secretary C. M. Angus, 2, Learig, Forth. Tel: Forth 811150.

GARSCUBE HARRIERS
Training every Tuesday and Thursday evenings at Blairdardie Sports Centre, Blairdardie Road, Glasgow G13 starting at 7pm. Male and female all age groups and standards welcome. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 041-334-5012.

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches are BAAB qualified. We meet on Monday nights at Scotstoun Showgrounds, Glasgow at 7.25pm, and on Wed evenings at Crownpoint Road track from 7.15pm. Further details from: Leslie Roy, general secretary, 29, Apsley Street, Partick, Glasgow G11 7SP. Tel: 041-339-5860.

GREENOCK GLENPARK HARRIERS
New members of all ages welcome in club catering for men and women. Competition in track, road and cross country. Regular sessions from own clubhouse with all facilities. Senior men meet Tues and Thurs nights at 7pm, with boys and youths at 5.30pm. Women meet Monday 7.30pm. For details please contact Alan Puckrin, 14, Caledonia Cres, Gourock. Tel 0475-39773.

HAMILTON HARRIERS
All age groups, both male and female, welcome from 9 years to veterans. Club meets Monday and Wednesday 7.9pm, and Sunday mornings. Coaching available for track and field, road running and cross country. Women's jogging night Tuesdays 7.30pm at our own house. For further info, contact Ian Duffy (Blantyre 829661), or Sheena Smith (Hamilton 428186).

HARMENY ATHLETIC CLUB
Secretary - Ken Jack, 21, Corselet Crescent, Currie, Edinburgh.

KILBARCHAN AAC
Youngsters and men and women of all ages who are interested in track and field, road and cross country, or in coaching these disciplines, are welcome. Training nights 7pm Mondays at Thorn Primary, and Wednesdays at Johnstone High School, Johnstone. Come along or contact secretary Jason Pender at 34, Victoria Road, Brookfield, Renfrewshire. Tel: 0505-21217.

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

LINWOOD PENTASTAR AC
Training every Monday and Thursday nights in Linwood Sports Centre, Brediland Road, Linwood. All age groups and standards welcome. Contact Mr P. McAtier on 041-887-4705, or Mr W. Toole on Johnstone 25306.

LOCHGELLY & DISTRICT AAC
Small friendly club looking to become larger and friendlier club. All age groups required, male and female, track and field, road and cross country, also anyone with coaching skills, all very welcome. Training four nights weekly, Pitreavie Stadium, Monday and Wednesday. Please contact Mrs Sheena MacFarlane, Tel: 0383-739681 (Memb Sec).

LOMOND HILL RUNNERS AND AAC
New members sought. Small, friendly club for hill races, roads, cross country etc. Training Tuesday 7.9pm, Sunday 8pm at Glenwood High School, Glenrothes. Sec - Allan Graham, 12, School Road, Coaltown of Balgonie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Training Tuesdays and Thursdays, Musselburgh GS. Sec:

Andy Cullen, 9, Carlawerock Court, Tranent. Tel: 0875-612-753.

MARYHILL HARRIERS
Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Meets every Tuesday and Thursday 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Friarton Road, Merryley, Glasgow G43.

MILLBURN HARRIERS
The club for all seasons (road, cross country, track and field) and the club for the future. All standards of runners welcome to our friendly club. For info contact: Geoff Lamb, 7, Golfhill Drive, Bonhill, Dunbartonshire. Tel: Alexandria 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club. Regular social events. We meet at the Deaf Institute, Institution Road, Elgin on Wednesday at 7pm and Sunday at 9am. For further details, contact Anne Sim (secretary), 10, Brumley Brae, Elgin. Tel: 0343-41543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. Contact: Clare McGarvey on East Kilbride 35844 after 9pm.

NAIRN DISTRICT AC
Track and field meet Tuesdays 7.9pm in Nairn Academy. Road runners (18 and over) meet Thursdays 7.30-9pm at the Sea Scout Hut at the harbour. All welcome, and further details available from: Danny Bow, 16, Glebe Road, Nairn.

PEEBLES AMATEUR ATHLETIC CLUB
Enthusiastic and friendly club. All age groups very welcome from beginner to veteran, male or female. Meets at Peebles Swimming pool 7.30pm every Monday night. Further details from Stewart Ruffell on Peebles (0721) 20626.

PETERHEAD AAC
Meets every Monday and Thursday, 6-7.30pm, from March to October at Catto Park, Peterhead, and from October to March at the Community Centre, Peterhead. All ages welcome. Club sec: Mrs M Macdonald, 13, Prunier Drive, Peterhead.

RENFREW ATHLETIC CLUB
Small, friendly, recently formed club. If you are a serious athlete, fun runner, jogger, or you would like to get fit, come along and join us. We meet Tuesday/Thursday 7.30pm at Moorcroft Sports Ground, Paisley Road, Renfrew. Contact John Morrison on 886-5853.

SCOTTISH HILL RUNNERS ASSOC
Sec: Alan Farningham, 13, Abbotslea, Tweedbank, Galashiels.

SOLWAY STROLLERS
We are a small friendly club and train every Tuesday and Thursday evening between 7 and 8pm. We welcome all standards of runners, male and female. Road running, cross country and fell races all catered for. Our club premises are in Castle Douglas Squash Club, Lochside Park, Castle Douglas.

TAYSIDE ATHLETIC CLUB
Track, field, cross country and road running for male and female, ages 9 upwards. Qualified BAAB coaches available. Contact: Sec, Jack Ewing, 43, Hill St., Monifieth, Dundee. Tel: 0382-533945.

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

SCOTTISH TRIATHLON ASSOCIATION
Membership secretary - Geoff Buchan, 22, Lossondale Drive, Westhill, Skene, Dunbartonshire.

AYRODYNAMIC TRIATHLON CLUB
The newly formed club in Ayr for all standards and ages. Secretary - Robin Strang, 15, Seaview, Dunure, Ayrshire. Tel: 029250-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr baths (cycle).

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

The Sports Network listings are free to all sports clubs and non-profitmaking organisations. Individuals may also take advantage to advertise for training partners etc.

Write to:
Sports Network,
Scotland's Runner,
62, Kelvingrove Street,
Glasgow G3 7SA.

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

FAIRPORT TRIATHLON CLUB
Sec - Peter Butcher, 7, Dalhousie Place, Arbroath. Tel: 0241-73490.

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

STIRLING TRIATHLON CLUB
Our regular training session is 8am Saturdays at the Rainbow Slides Leisure Centre.

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

PERTH ORIENTEERS
Tayside's premier orienteering club! We cater for beginners and internationalists alike. For a copy of our latest newsletter, contact club sec: Yvonne Millard, 22, Ballantine Place, Perth.

SOLWAY ORIENTEERS
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ST ANDREWS ORIENTEERING CLUB
Promoting and developing orienteering in the city of Glasgow, and Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and East Kilbride districts. New members always welcome. Contact: Terry O'Brien, STAG, 159, Warriston Street, Carntyne, Glasgow. Tel: 041-770-7618(h); 774-9718 Ext PE(w).

TROSSACHS HASH HOUSE HARRIERS
New members welcomed from the Trossachs and also Glasgow and environs. We run at 12.30pm Sundays. Further info from Ainslie Kyd, Forest Hill House, Aberfoyle (Tel: 08772-269).

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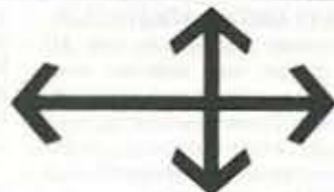
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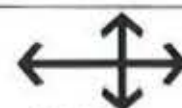
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