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SCOTTISH REPORTS INSIDE

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SCOTLAND'S RUNNER

SEPTEMBER 1989

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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:
Lynn Bell

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INSIDE

L A N E

ONE OF the frustrations of writing for a monthly magazine is the (relatively) huge time gap between stories being written and sent to the printers, and the product actually appearing in the shops.

Thus, while I am writing this column less than 48 hours after the British men's Europa Cup triumph at Gateshead - in order to meet the printers' deadlines - my comments may have been rendered more irrelevant than usual by the fact that it takes another ten full days for the magazine to appear on the streets.

Nevertheless, one striking feature of the Gateshead aftermath must be aired, even if in this case it runs the risk of being overtaken by events.

Naturally, I add my congratulations to all the athletes for their stirring individual and team performances. But, dear boys, are you not being set up for one almighty fall in Barcelona?

Brian Whittle was hardly over the line in the 4 x 400 metres relay before, unless my ears deceived me, we were hearing Steve Ovett predict, in his role as ITV Sport pundit, that Britain could now go on to win the World Cup. Needless to say, this was a view that many "experts" in the media were only too keen to repeat during the course of the next 24 hours.

I've prefaced my remarks by pointing out that more rational voices could take over between my writing this, and the magazine appearing in ten days time. But if the hype merchants and the jingoists are still in full flight, perhaps we should consider the following:

Firstly, this was a "home" fixture for the British team. The atmosphere was electric on television, and so its effect on the athletes within the stadium must have been worth several points to the team - as many were only too prepared to concede. These points, for a start, will not go on the board in Barcelona.

Secondly, the thought occurs that the Soviet men may not have treated the occasion with the respect it evidently required. The Soviet Union's main sporting objective at all times (like the East Germans) is to defeat the United States, and so it doesn't seem ridiculous to suggest that their athletes will have been

prepared all season to peak for what in their terms must be the "big one" - the World Cup itself.

By the same thinking, the British athletes - almost all of whom were peaking for this meeting or the AAA Championships the following week - will have to prepare anew for this unexpected extra competition in Barcelona.

(I'm afraid I can't really swallow the other explanation that the East Europeans' performance was directly related to the "tightened" procedures to detect drugs, however pleasant it would be to think that this were so.)

Thirdly, for all it was a terrific team performance with every member playing his or her part, it is equally indisputable that the men's success was due to our disproportionate amount of individual and relay event wins. All the eight pointers (100, 110H, 200, 400H, 800, HJ, javelin and two relays) meant that we got away (just) with our field event weaknesses. It's inconceivable that this success can be repeated when the Americans enter the arena, while any fond hopes of making up this lost ground in the distance events will be dashed by the arrival of the Africans (Kenya) and the strong looking European select.

The presence of the Spaniards and the Africans should ensure that we don't finish in the bottom two in all our weak field events, but nevertheless, the objective reasoning points towards the British team finishing behind the Americans (certainly), the Soviets (probably), and at best vying with the European select for third place, although my money would be on the former.

I sincerely hope the wilder elements of the media (and those who should know better) don't start punting Britain's chances too loudly. The English press is desperate for someone (anyone) to put on a pedestal following their cricket team's humiliation at the hands of the Australians, but the other side of the coin - as people like Tom McKean know all too well - is that the only thing they do better than setting people up is pulling them down.

It is entirely possible, therefore, that if

the media sends the British victorious, happy and glorious, to Barcelona, and the team finishes a creditable fourth or fifth, that the tabloids will vilify them for their efforts.

Which is why I hope certain athletes themselves tone down their remarks regarding our chances in the World Cup. They can't control the hanging, but they should at least be careful not to help erect the gallows!

MY editorial colleague Rhona McLeod has taken me to task over my comment in last month's Inside Lane about Jayne Barnetson's wedding plans. So let me explain, lest others were equally outraged, that the comment was made in the context of jocular remarks swapped with Jayne at Meadowbank following her Scottish high jump record of 1.91 metres.

I suspect, however, that the real reason for Ms McLeod's umbrage - despite her denials and insistence that her coven of friends in Glasgow Athletic Club feel the same way - is that the remark fell too close to home following her own engagement to a rugby player earlier this summer!

One apology I must certainly make, nevertheless, is to Scotland's Runner readers who took part in the Glamaig Hill Race in Skye on July 22, and who were present in the Sligachan Hotel bar for the festivities later in the evening. The only excuse for my subsequent action is that it was a sweltering hot day, and that huge quantities of Guinness and whisky were required to cool body and soul. I fully accept though, m' lud, that these potent forces cannot forgive my tired and emotional decision to force a somewhat garbled version of the song "Goodnight, Irene", on the assembled company through the band's PA system.

My only plea in mitigation is that even I could sense that the "song" was not having the desired effect on the merry throng, and that my action in terminating it after one verse spared the audience (and some of our readers) any further agony.

Alan Campbell

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up FRONT

McKean confirms his new status as Britain celebrates magnificent Europa Cup victory

WHAT has rightly been described as the greatest single achievement in the history of British athletics - the Europa Cup victory over the Soviet Union and East Germany - was also the stage on which Tom McKean confirmed he is a runner reborn, writes Doug Gillon.

McKean won a third successive 800m crown in the Gateshead meeting, a feat never achieved before, but the rebirth began on Glasgow's Crownpoint track a fortnight earlier.

That was where the Bellshill YMCA man staged a brave experiment, and he admits that it was the catalyst for all that has happened since. In the ScotRail championships McKean set out to confound the perception that he was incapable of running a world class time off an opening lap in the region of 50 seconds. Running solo he reached the bell in 49.91 and 600m in 76.22 - world record pace. And despite the lack of anyone to push him, he proceeded to break the Scottish native record with 1min 44.79sec.

A week later, at Crystal Palace, McKean faced Paul Ereng, who had remained unbeaten over two laps since winning the Olympic crown in Seoul. Remarkably the Kenyan ran at almost identical pace to that which McKean had set himself at Crownpoint, and in a dramatic home-straight exhibition of strength, McKean overhauled the so-called invincible champion, this time setting the fourth Scottish national record of his career, 1-43.89, becoming only the fourth Briton to break 1-44.

"It was the media who built Ereng up as invincible. If I thought that, there would be no point in running," said the 25-year-old Scot.

A week later on the European athletics merry-go-round and it had to be Gateshead. But this time there were no pacemakers and no payouts for the trust funds. Just good, old-fashioned glory for the jersey. The Europa Cup opposition were so much in awe of McKean that they allowed him to lead from gun to tape. The winning time of 1-46.94 was less than memorable, but the front-running confidence, and McKean's total domination, was a revelation.

"I know I'm a much better runner now, and it is all down to the confidence I have taken from that Scottish championship race," he said. "It let me see that I really can go fast early on and still produce good times. I've learned from the mistakes I've made."

He also took a swipe at the English tabloid media, saying: "These races have restored my confidence which the media brought down in the first place."

He now looks forward to further races against Ereng this year, both on the European circuit and in the World Cup final for which Britain have qualified in Barcelona from September 8-10.

Also in that team will be Brian Whittle who bounced back from a modest fifth (46.19) in the individual 400m to anchor Britain to a sensational 4 x 400m win in the final Europa race. It also earned him a place in the Zurich showpiece individual 400 - "ironically something I could never get when I was running the distance as my main event. Now that I've switched over to the 800 metres, everything seems to be happening."

Yvonne Murray, a resourceful second to Paula Ivan over 3000m (8-44.34), Tom Hanlon, fourth in a tactical steeplechase (8-35.81) and

Jayne Barnetson, fourth in the high jump (1.85m), contributed to the UK teams' highest ever result in this event.

Minimum of 20 Games Scots?

A TOTAL of 16 Scots had achieved the Commonwealth Games standard at the date of going to press. There are grounds for reviewing the guidelines which the Commonwealth Games Council for Scotland have stated would earn an Auckland place - most notably the fact that the ranking lists on which assessment was originally made are now totally discredited as having been drug tainted.

Even with no concessions however, it looks as though at least 20 athletes will have qualified by selection time. The biggest surprise is 17-year-old Stephen Ritchie who broke Brian Burgess's 13-year-old high jump record with 2.18m. Including one Australian-based jumper, Ian McIntosh, whose eligibility is still being checked, the 16 are:

MEN - Mark Davidson (400m hurdles), Tom Hanlon (steeplechase, 5000m), Allister Hutton (marathon), Duncan Mathieson (decathlon), Ian McIntosh (triple jump), Tom McKean (800m), Geoff Parsons and Stephen Ritchie (both high jump), Brian Whittle (400m, 800m), Stephen Whyte (shot, hammer).

WOMEN - Jayne Barnetson (high jump, heptathlon), Sheila Catford, Lynne Harding (both marathon), Yvonne Murray (800m, 1500m, 3000m), Liz McColgan (3000m), Lynne McIntyre (1500m).

Road race to be revived

A SPONSOR has been found to revive the Tom Scott Memorial Race. The race, which had been an annual event since 1962, was cancelled earlier in the year because of the withdrawal of its previous backer.

The new sponsor is Steel Stockholders (Birmingham) Ltd, a company which has been operating in the Motherwell/Bellshill area for 23 years. Now part of British Steel, it has agreed to be the main sponsor for the event next year, and has enlisted the help of both Ravenscraig and Dalziel Steelworks to form a tripartite sponsorship.

The race was originally run to commemorate Motherwell YMCA Harrier Tom Scott, who died in a road accident in 1960, and it is hoped that with the aid of the new sponsors the race will once again be one of the top attractions of the year.

Opportunity to join league

THE BANK of Scotland Women's Athletic League will be holding a qualifying match at Grangemouth Stadium on September 24 for any clubs seeking entry to the league for 1990.

Currently only three clubs, Clydesdale Harriers, Strathkelvin Ladies AC and Dumfries AAC, have applied to contest the match, leaving two vacancies.

If there are any clubs interested in becoming involved in the league, they should contact Alastair Shaw at 36, Arkraig Drive, Crossford, by Dunfermline. (Tel (H) 0383-735784, or (B) 0259-722160 ext 2204).

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up FRONT

SAAA's to accommodate late Games qualification bids

SCOTTISH men are being offered another "last chance" meeting to qualify for the Commonwealth Games. For the first time ever, the men's East v West match on August 27 at Grangemouth will be accepting individual entrants to compete with the selected regional teams. Match convener George Duncan said: "This will be one of the last opportunities for athletes to compete where there is a photo-finish and electric timing. There are some athletes who have been plagued by injury and are now running short of competitions to attain the qualifying standards. I am fully expecting all those top athletes who have not qualified yet to compete in this match."

Due to the success of the inter-district match last year, when for the first time a Northern team and a Borders team also took part, the match will be a four-way affair again this year. An anonymous sponsor and Falkirk District Council have secured the future of the match for the next three years, and so the event will continue to take place in Grangemouth for that duration.

Any athletes who wish to take part in this competition should contact George Duncan at 22, Wilson Street, Perth. Tel (B) 0738 22526, (H) 0738 23121.

CHSA reaches 90th birthday

ONE of the most popular organisations with charity runners celebrates "90 Years of Caring" this year. The Chest, Heart and Stroke Association (Scotland) has been working for the past nine decades to try to prevent chest, heart and stroke illnesses and will continue to give practical help and advice to patients and their families in the future.

Each year CHSA (Scotland) needs a total of £750,000 to fulfil all its activities and commitments. The Association funds research leading to the prevention and new methods of treatment of these illnesses. Since 1973, the CHSA has also been able to help people who suffer from speech and allied difficulties as the result of a stroke, by their volunteer stroke schemes. There are now 18 in Scotland, but many more are needed.

The Association asks for your continued support. All money raised in Scotland is spent in Scotland and all sponsorship raised, no matter how small, means a great deal to them.



Allister Hutton

New event at North Queensferry attracts a quality field

A HOST of international athletes have declared their intention to compete in this year's North Queensferry Road Bridge 10K Road Race. The top names include the Scottish women's marathon record holder Lynn Harding, along with other Auckland-qualified athletes Sheila Catford and Allister Hutton. Hutton will be joined in the men's race by Fraser Clyne, Tommy Murray and Neil Tennant.

The total field is expected to number around 500, and the race which is on September 3, being part of the silver jubilee celebrations of the Forth Road Bridge.

The race starts from North Queensferry Railway Station and follows an undulating course (half of which is on the bridge) with the last three quarters of a mile being downhill. The finish is at the newly constructed Queensferry Lodge Hotel.

BILLY "Whizz" Rodgers of Lochaber AC astonished onlookers at the Glamaig Hill Race held in Skye on July 22 when he smashed a 90 year old record set by a Gurkha servant all of 90 years ago.

Rodgers, still a junior athlete, covered the 4.5 mile, 2,500ft ascent and descent in 51 minutes and 35 seconds, retaining the title he won last year when the race was first introduced to the hill running calendar.

In winning last year, Rodgers was ten seconds outside the 55 minute mark set by the legendary Gurkha, Herkla, when he ran from the Sligachan Hotel to the top of Glamaig and back. This year Billy beat it by a huge three minutes 25 seconds.

But in one respect the elite of today's hill and fell runners are unlikely ever to emulate the Gurkha's achievement - he covered the treacherous terrain, including brutally sharp scree at the top, in bare feet!

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LETTERS

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

Only a few oppose open athletics as the way forward

2 Harlaw March,
Balerno,
Edinburgh.

SIR - I was pleased to read the responses by Terry Mitchell and Max Reid to my letter published in your June issue, and feel the thoughts they expressed are held by a wide section of people inside and outside the sport.

As a younger man I was always led to believe that the difference between an amateur and a professional was that, although participating in the same sport, the professional did for money what the amateur did for glory. What we have now is a total absurdity with amateurs being paid thousands of pounds to appear at meetings, and to beat records, all with the blessing of the amateur athletic authorities. I read recently of the BAAB offering upwards of £30,000 if a relay record was beaten at a meeting in Birmingham, that of course, would be paid on top of appearance money. How can these athletes still remain amateur?

The professional athlete, by comparison, if he is a sprinter, could in an exceptional season perhaps pocket £1,000-£2,000 in prize money. That would include winning the New Year Sprint. He may, if he is clever, pocket half as much again from the bookies, but I'm sure many don't.

The point that I am making is that we have now reached the stage where no-one, apart from a few officials within the amateur athletic authorities, believes there is a need to maintain the artificial barriers to open athletics.

There is no barrier to open athletics that cannot be successfully overcome and for the benefit of athletics and those who choose to participate in it or support it. It really gets down to some visionary with drive and determination to set the vehicle in motion and see through what I am sure would not be an easy road. The prize would be open athletics for all and a sport set on course for

the 21st century not held back in the first half of the 20th.

A lot of the points made by Messrs Mitchell and Reid are worth pondering and acting on. I wonder if there is someone within the athletics "lobby" prepared to take up the challenge? I'm certain he or she would find more support for than against.

Jim Moore

Realism required

Hassall Road,
Alsager,
Cheshire.

SIR - As an active athlete (member of Dundee Hawkhill) and a chartered physiotherapist with over 12 years experience of treating sports injuries, I would like to comment on Dr Paul McIntyre's article in the July issue.

Firstly, can I say that I find nothing wrong with his "way forward" scenario, except that it belongs to an ideal world. In the present financial climate what is needed are realistic schemes which can be attained in the short term.

Training of doctors and physiotherapists involved in sports medicine is only a problem in so far as funding of the many available courses. The vast majority of those attending have to meet fees and other expenses from their own pockets - not exactly an incentive to further one's own knowledge.

Given that it is unlikely that more government money will be made available, I feel that it is time for governing bodies of sport, particularly those with a large income from spectators, sponsors and the media, to make a larger contribution to enable further training of sports doctors and physiotherapists, and to the development of existing sports medicine centres as a first step in improving the present service.

James Joyce, MCSP SRP.

LETTER OF THE MONTH

Calculated effrontery from Perth!

22, Wilson Street,
Perth.

SIR - I have been dared into writing to you to see if I could win the Letter of the Month award. So what controversial subject could I choose which would be of interest to your readers? I decided on "disqualification on the track".

The last thing we officials wish to do is disqualify, and if a warning will do, that is the action taken by referees for an infringement of the rules. Perhaps the biggest area of complaint is running on the inside line of your lane on the bend (in the straight this is permissible provided you do not impede anyone).

This rule causes many problems, and athletes and spectators tend to think we are "nit-picking". Let me try to explain why this rule is in force and why it is of paramount importance.

The first priority of track judges/umpires is to see that the proper distance of each race is covered: SAAA Rule Book, Page 128.

When a running track is measured so that each lane measures 400 metres, the measurement is taken 20 centimetres (8 inches) from the respective inner border of each lane. It is anticipated that each runner in each lane runs 20 centimetres in from the inside lane and thus runs 400m.

So, if a runner runs on the inside white line of his/her lane, he or she is not covering the proper distance of the race. This results in disqualification.

One very famous incident of this was Butch Reynold's run at the Kelvin Hall in 1988. He would have set a world indoor record but was disqualified for running on the line. The referee, rightly, had no option but to disqualify because he did not run 400 metres. How could he create a new world indoor record if he only ran, say, 339 metres!

Another place where athletes think we are nit-picking is at the start of a race. A mark steward insists toes and hands must be behind the white line. Again, this ensures an athlete runs the proper distance of the race because of the track measurements.

Scottish officials are often accused of being officious and I dispute that. I like to think we officiate. The dictionary definition is:

Officious: Fond of meddling with what one has no concern.

Officiate: To discharge a particular duty.

I believe officials are there to help the athlete get fair competition and ensure the rules are obeyed by everyone. And another point often forgotten by athletes is that officials may be out on the track or field anything up to eight hours some days, quite often without a lunch break, for the love of their sport, without payment, and 90 per cent of the time without even being given their out of pocket expenses.

George Duncan

P.S. If I win the Letter of the Month award, I'd like two Scotland's Runner t-shirts for the young ladies in my office, who do a tremendous lot of typing for Scottish athletics - also unpaid.

WHAT was that about Fly Fifers (August issue)? It seems that the entire east coast of Scotland is affected. Our dictionary unfortunately doesn't give the definition of "chancer", but as the t-shirts are going to a good cause, we'll happily send two as requested, plus one for George Duncan!

LETTERS

Stonehaven shows the way

9, Lochinver Crescent,
Dundee.

SIR - Having attended the Loch Rannoch and Stonehaven half marathons on consecutive weekends, I found a striking difference in the way the runners were catered for.

At both events the organisers were very pleasant and helpful. Changing facilities with showers were provided, start and finish organised well, and the route well marshalled. But Stonehaven came streets ahead after that and it's a shame that after putting a lot of hard work into their event, the organisers of Rannoch let themselves down.

Rannoch cost £5.50 to enter on the day and runners could have a pre-race coffee and were given water or orange juice at the finish.

Stonehaven cost £4.00 to enter on the day and runners had water and orange juice at the finish, plus fresh orange and blackcurrant juice, crisps, bananas, chocolate bars, coke, sprite and fanta in cans. You could have a swim after the race, and a pull out section from the local newspaper containing results and pictures of the event is sent to every finisher along with their certificate.

The prizes at Stonehaven were more numerous than Rannoch and the value of those I know of was at least three times as much. I realise that race overheads can differ but I doubt that this is a contributing factor as both races had major sponsorship cover. Which leaves one to wonder why so much extra was charged for so much less. There didn't seem to be any charities involved.

I'm sure runners don't mind the cost of a race too much if they

are well looked after, but they do mind being ripped off like finding out that the snack provided after the race had to be paid for at an extortionate price.

So it's full marks to Stonehaven, and pull your socks up to Rannoch. There's no doubt which race the runners who did both will choose next year if our bus-load of runners is anything to go by.

Gerald Hanlon,
Dundee Roadrunners.

St Andrews lags behind - despite the scenery

17, Angus Avenue,
Prestwick,
Ayrshire.

SIR - With reference to the St Andrew's Half Marathon on April 23, I have to express my dissatisfaction about the organisation of this event.

Firstly, I must complain about the lack of stewarding throughout the course. This resulted in me taking a wrong turning in a park a few miles from the finish and completing the course in a different way. Subsequently I don't know if I ran the full distance or not. I explained this to race officials who promised me they'd send a medal on to me as I finished twelfth in the race and medals were awarded to the first 25. I still haven't received a medal and wrote to race organisers about two weeks after the end of race inquiring about my medal. I still haven't received any reply from them yet.

Secondly, I must complain about the absence of mile markers in the race as they are a good guide

to even pace running for average runners like myself.

With better organisation this race could be very popular as the course is scenic and takes in the beautiful countryside around St Andrews.

Anthony J Wilson

Some Kodak corrections

Caledonia House,
South Cyle,
Edinburgh.

SIR - I refer to letters in the July issue of your magazine regarding the organisation of the Kodak 10K in Glasgow on Sunday, April 30, 1989, and comment as follows:

1. Changing facilities were available in the Kelvin Hall, only yards from the race start and finish. This information was clearly given in the runners' handbook.

2. The race is considered one of the best organised in Scotland. Glasgow District Council received many good comments from athletes, police, officials. It is also one of the largest events in the UK with over 3000 participants again this year.

3. There were problems with the results for the first two children's races, the first of which was a fun run. The problem was sorted out for the rest of the event schedule. The dispatch of prizes was delayed a few weeks while recorded results were thoroughly checked.

4. Yes - the course was 80m long in 1988 due to a course measurer's oversight, but it was 100% accurate this year.

RW Greenoak
Honorary general secretary,
SAAA.

Tiberias help needed for run

1, Clerwood Terrace,
Edinburgh.

SIR - I am intending to run in the Tiberias Marathon in Israel this December. As I have never run marathon distance outside the UK I am a bit unsure of my ability to complete the distance in the heat and conditions to be expected in December.

In order to help me assess this, and to plan my training accordingly, I would be grateful for any advice you can give me or indeed if you or your staff know anyone who has had actual experience of the Tiberias Marathon with whom I could make contact.

Dave Berry

OVER to you readers. If you think you can assist Dave, please contact him at the above address.

Unprecedented?

3, Amisfield Court,
Haddington.

SIR - I am not particularly interested in extending the argument about the way the SVHC committee treated the "known professionals" in their track and field championships, other than to say that I have consistently argued for openness and honesty in dealings with our fellow athletes.

Not one of the five SAAA officials I spoke to could recall a promoter using Rule 8, and what is worse the promoters did not see fit to consult the East District secretary or the general secretary of the SAAA before taking the action they did.

My efforts to obtain clarification were very much at the last minute to try and head off what I'm sure was a backward step by the SVHC. Hopefully the new veterans commission for the British Athletics Federation will resolve further disputes of this nature.

Henry Muchamore

ALLAN WELLS

TO RUN for one's country or not to run for one's country, that would seem to be the question. What is the answer?

To the athlete trying desperately to make the club team, it would appear to be madness to turn down an opportunity to run for Great Britain. To the ordinary man in the street, it must seem unthinkable. So why is it then that two world class athletes chose not to compete when their country needed them.

In the first place, let me state here and now that I agree with the athletes concerned, Mark Rowlands and Eamonn Martin. One of the reasons is that when the boot is on the other foot, and the athlete needs the authorities, help is very rarely at hand. The other reason is that the athlete and coach always know what is right and what is not. So if a hard run, both physically and mentally, is not needed a week before the English Commonwealth Games trials, then the athlete should not run.

The date for the European Cup had been known for a long time, so why chose the week after to have the trials? How are the distance men supposed to run two hard races a week apart? Yes, they will have to in the Games, but they are being put at a distinct disadvantage to their fellow competitors at the trials. The Scottish officials, on the other hand, allowed Tom McKean and Yvonne Murray plenty of time to prepare by having the Scottish trials in July.

The first thing that the athlete must do is to plan the high points of a season and aim to be competing at their very best at this time. Everything else is secondary and aimed at assisting top performances when the athlete wants to produce them, not the authorities.

For sprinters, running the European Cup and the trials should not present a problem if that is part of the athlete's plan for the season, but in other events it can be a problem. So if John Regis wishes to compete in both that is his choice - but it is wrong to criticise other athletes who do not wish to do the same thing.

I was often criticised for not competing when the authorities wanted me to, and only competing when I wanted to, but at the end of the day, they were quite happy to bathe in the reflected glory when I did win major



championships. This should also apply not only to top athletes but to all athletes from club level to the very best. It is every athlete's wish to run for their country, but when you have to choose between winning medals and being patriotic then the medals must come first.

A sprinter can only reproduce world class performances over a limited period - therefore planning a season is an important part of training. The easiest way to do this is to select a series of races when you would want to be sprinting at your very best and work backwards. The races on either side of this peak will still be of a high quality, but will not be the ultimate, physically and mentally.

To this end, training should be geared to reaching a plateau level of performance first, which will then give you a solid base to peak off. The peak is relatively easy to produce; it is reaching the high level plateau that is the difficult part.

The plateau is best obtained by a series of runs aimed to gradually increase the speed and endurance in the legs. This would come after the heavy work and before the very short fast work, and would normally take about five to eight weeks to achieve depending on the athlete. In this time, the athlete must work on any problems with technique and at the same time put a lot of hard but fast work into the legs.

Once the plateau has been reached, the peak is obtained by fast runs, from the blocks, with long recoveries over varying short distances. It is also beneficial to train under race conditions, i.e. from a starting pistol, as this not only allows the athlete to practice starting technique, but is good training to decrease reaction time and increase the speed of the pick-up. This type of work can be interspersed with the odd hard speed endurance session depending on the racing programme and it is better if it is done at the beginning of the week.

Having reached the top level of your performance, be it 10.9 or 9.9, it is then important to stick to your pre-arranged racing programme. Do not allow yourself to be pressurised into running more races than planned, or into travelling over half of Great Britain to do extra ones.

And remember, when you criticise someone for not running when everyone else thinks he should run, think why, and you will probably find that it is not in the athlete's best interest. And you never know, the next time it may be you they are criticising.

"When you have to choose between winning medals and being patriotic then the medals must come first."

NEWSAGENT ORDER FORM

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WOMEN in SPORT

UNLESS you have had to contend with some of the more unpleasant effects of the premenstrual syndrome, you might not be altogether aware of just what some women have to go through each month.

It can be difficult enough at work or school etc when your stomach is killing you, you feel slightly squeamish and you want to growl at anyone that approaches. These are just some of the symptoms of the premenstrual syndrome. Others include weight gain due to fluid retention, headaches, depression, tension, and breast tenderness.

While it is unlikely that any sportswoman would suffer from all of these symptoms, it is likely that she will experience at least one. For the athlete who is trying to cope with a normal working life and the need to sustain an arduous training programme, the effects can be sometimes disturbing and often demoralising.

Most women's weight increases by a couple of pounds for a day or two before the period, so the weight is temporarily at its maximum. This alone can reduce the standard of athletic performance. There is little doubt that the effects of the monthly cycle can mean the difference between victory and defeat.

For some women suffering from PMT, it may be difficult to decide whether the physical or the psychological symptoms are the worst to cope with. Increased tension and irritability do not lend themselves to high athletic performances.

So how does the competing athlete manage to cope with all of the above?

Some athletes find the contraceptive pill minimises

the most extreme symptoms of the menstrual syndrome. This means their period is less painful and lighter. Some of the emotional symptoms are also alleviated and so their monthly period is not such an unpleasant time.

Progesterone only Pills are also prescribed which are taken from the first day of the cycle and then continuously for the full 28 days thereafter. This means the woman will not suffer any bleeding, nor the effects which go along with it.

Another use of the Pill can be seen in the counteraction of the amenorrhoeic state. Excessive amounts of training can cause a woman's monthly cycle to stop completely. This leads to low progesterone levels which is associated with osteoporosis. The progesterone levels in the Pill can counteract these effects.

While the Pill is an extremely effective way of ridding oneself of all the damaging effects of menses, there are some side effects which can occur such as hypertension, weight gain, vein thrombosis increased blood pressure and decreased libido. Some people are more at risk than others, but general practitioners will assess the risks to each patient before prescribing the Pill.

There are a few natural based products which are available on the market to help combat the effects of the menstrual cycle. The manufacturers of products based on oil of evening primrose claim that they use only wholesome ingredients with no artificial additives. The "natural" remedy market is keen to promote itself as a drug-free, safe and effective alternative to products like the Pill in so much as relieving

menstrual symptoms. These products are not intended as contraceptives.

Vitamin B6 is another drug free alternative to the Pill. This has been tested in London's St Thomas's Hospital, and was found to relieve premenstrual headaches and depression.

One of the most extreme effects of the menstrual cycle is period cramp which can last for a few hours. For many the answer is to go to bed with a hot water bottle with a couple of painkillers. Although there are a few painkillers which are marketed specifically for the "menstrual market", these painkillers are of use in most pain killing situations. They are

no better than "multi-use" painkillers which are taken in a variety of situations.

So where does the answer lie? The choice is really up to you. If you prefer a more natural approach to controlling the symptoms you experience then perhaps vitamin B6, oil of evening primrose, and the likes will be of benefit to you. However, if you are serious about your sport, and do not want your athletic performance to drop due to the regular three or four days of discomfort and pain which you experience, most doctors who understand your commitment to your sport would advise you to try the Pill.

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COACHING CLINIC

By Derek Parker

WITH the Great Scottish Run just four weeks away, many athletes will be looking forward to their main competition of the year. If they have not already done so, these athletes should read last month's issue of Scotland's Runner for information about peaking for a major race.

The training principles described in the count-down to the Inverclyde Marathon are equally applicable to the Glasgow 25K. Basically, these involve a reduction in training during the final two weeks before competition, the need for adequate sleep and rest, a healthy diet emphasising increased carbohydrates and fewer fats and proteins during the final three days before the race, and the formulation of a realistic target time for the distance.

Training and racing goals are all too often ignored by many athletes who very often tend to join in a session which everyone else is doing or race virtually every single week without giving much thought to what they are doing or why they are doing it. By not paying much attention to the contents of their training or racing programmes these athletes will never do justice to themselves - and they are liable to end up injured or suffering from stress-related illnesses.

Just as an athlete must learn to pace himself or herself during a race, he or she must also acquire the ability to plan a training and racing year, taking into account the dates of major competitions and also allowing adequate rest and recovery periods.

This is particularly important to distance runners who have opportunities for unlimited competition throughout the year on the road, track, or cross-country circuit.

But with the advent of indoor athletics to Scotland, as well as the increasing popularity of winter track meetings on all-weather surfaces, it is also important for sprinters and hurdlers to plan their programmes well in advance.

So, as another track season outdoors draws to a close and another cross-country and road-racing season looms nearer, now is the time for all athletes to give some thought to their plans for the year ahead.

If you are a sprinter or hurdler you must ask yourself if you will be taking part in indoor competition during the winter -

and if so will you be using these races as part of your build-up for the summer, or will you be taking them seriously and hoping to do well at major indoor events? Or will you just forget all about competing during the winter months and concentrate instead on developing your general endurance, specific endurance, and technique?

For the distance runner the dilemma can be quite acute because no sooner is the track season over than he or she is being expected to turn out for his or her club in road and cross-country races. This means that the athlete can be racing continuously throughout the year, summer and winter, so quite clearly training and racing performance will suffer. There is much to be said for Harry Wilson's suggestion that October should be a closed season for distance runners to allow them to recuperate after a summer of hard, fast running on the track and roads.

Although it is impractical to impose an official period when no permits would be granted for any races, each individual athlete must ensure that he or she has a recovery phase of between two and four weeks at the end of summer when training is light and easy and there are no pressures from competition. If athletes embark



Selecting the Blairgowrie Half Marathon might fit in well with your training and racing programme for the year ahead.

COACHING

CLINIC

straightaway on a winter programme of training and racing they will almost certainly be exhausted and jaded by Christmas - and that will damage irreparably their chances of doing well at the major cross-country or indoor competitions in February and March. Just as it is essential to have easy recovery sessions and rest days during the training week it is also vital that adequate regeneration and recuperation phases are allocated to the entire training year. You should never forget the formula: Work + work + work = injury, stress, and breakdown; but work + rest + work = success, good health, and uninterrupted training.

Planning your training and racing

programme for a full year ahead is every bit as important as working out your strategy for a major race. You would not expect to do justice to yourself in the Glasgow 25K if you had not set yourself a meaningful goal, trained towards it intelligently, and calculated the pace you would need to run to achieve your target.

Likewise, you will never do justice to your overall training and racing programme unless you establish the time of year you want to peak for and which event(s) you want to do really well in. If you lack a proper training and racing plan, you are liable to be below form for the competitions which matter most - but fit and full of running for those events which matter least.

The objectives of peaking are: 1, preparing the athlete to improve his or her performance; 2, preparing the athlete for the designated climax to his or her racing season; 3, preparing the athletes mentally and physically for the main races associated with that climax.

The practice of peaking is frequently known as periodisation and its principles were presented in the original form nearly 30 years ago by Professor L.P. Matveyev of the Soviet Union. These principles still form the basis of contemporary training theory and are still an important feature of athletics coaching courses today.

Matveyev's observations are too detailed to describe fully in this article. Briefly stated, they involve the division of

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Week One

Sunday: 90-120 mins grass run.
Monday: 5 x 1000m at 5K pace (75 to 90 secs recovery).
Tuesday: 8 miles steady.
Wednesday: 12 miles steady.
Thursday: 3 x 1 mile fast (5 mins recovery).
Friday: 45 to 60 mins easy recovery run.
Saturday: 18 miles steady.

Week Two

Sunday: As Week One.
Monday: 12 x 400m at 5K pace (20 to 30 secs recovery).
Tuesday and Friday: As Week One.
Wednesday: 12 miles steady.
Thursday: 2 x 1.5 miles fast (5 mins recovery).
Saturday: 18 to 20 miles steady.
Note: During Weeks One and Two 3 to 6 morning runs of around 3 to 5 miles will assist recovery and provide extra mileage.

Week Three

Sunday: As Week One.
Monday: 25 x 200m at 5K pace (20 to 30 secs recovery).
Tuesday and Friday: As Week One.
Wednesday: 10 miles steady.
Thursday: 3 x 800m with 3 mins recovery.
Saturday: 12 miles easy.
Morning runs should be very easy at this stage and the number of outings reduced to half.

Week Four

Sunday: 75 to 90 mins easy running on grass.
Monday: 30 mins easy.
Tuesday: 45 mins easy.
Wednesday: 60 mins medium pace.
Thursday: 20 to 30 mins easy.
Friday: 15 to 20 mins jogging.
Saturday: 15 to 20 mins easy jogging.
Sunday: Glasgow 25K.
Morning runs should be reduced to zero during final week before race.

SOME EXPERIENCE

Week One

Sunday: 75 to 90 mins grass run.
Monday: 5 x 1000m at 5K pace (90 to 120 secs recovery).
Tuesday: 30 mins recovery run.
Wednesday: 12 miles steady.
Thursday: 3 x 1 mile fast (5 mins recovery).
Friday: Rest or 20 to 30 mins easy jog.
Saturday: 16 miles steady.

Week Two

Sunday: As Week One.
Monday: 12 x 400 metres at 5K pace (30 to 45 secs recovery).
Tuesday and Friday: As Week One.
Wednesday: 12 miles steady.
Thursday: 2 x 1.5 miles fast (5 mins recovery).
Saturday: 18 miles steady.
Morning runs are optional but, if done, these should be restricted to

easy 20 minutes jogging no more than three times a week.

Week Three

Sunday: As Week One.
Monday: 25 x 200m at 5K pace (30 to 40 secs recovery).
Tuesday and Friday: As Week One.
Wednesday: 10 miles steady.
Thursday: 3 x 800m fast with 3 mins recovery.
Saturday: 12 miles very easy.

Week Four

Sunday: 60 to 75 mins easy running on grass.
Monday: 20 mins easy.
Tuesday: 20 mins easy.
Wednesday: 45 mins medium pace.
Thursday: 20 mins easy.
Friday: 10 to 15 mins easy jogging.
Saturday: 10 to 15 mins easy jogging.
Sunday: Glasgow 25K.
Morning runs should be reduced to zero during final two weeks before race.

NOVICES

Week One

Sunday: 30 to 60 mins grass run.
Monday: 24 x 15 secs striding/45 secs jog plus 10 mins warm-up/10 mins cool down.
Tuesday: Rest or 15 mins jog.
Wednesday: 6 miles steady.
Thursday: 20 mins easy jog.
Friday: Rest.

Saturday: 8 miles steady.

Week Two

Sunday: As Week One.
Monday: 18 x 20 secs striding/60 secs jog.
Tuesday, Thursday and Friday: As Week One.
Wednesday: 7 miles steady.
Saturday: 8-9 miles steady.

Week Three

Sunday: As Week One.
Monday: 14 x 30 secs striding/60 secs jog.
Tuesday, Thursday and Friday: As Week One.
Wednesday: 7 miles steady.
Saturday: 9-10 miles steady.

Week Four

Sunday: As Week One.
Monday: 12 x 15 secs fast striding/30 secs jog.
Tuesday and Friday: As Week One.
Wednesday: 20 mins easy.
Thursday: 10 mins jog.
Saturday: Time trial over 3 miles/5K (compare time with last month or race 5K/10K).
Sunday: 20 to 30 mins recovery on grass.
If you have followed these novice schedules for the last three months you should now be fit enough to race two or three times per month over distances ranging from two to six miles. So now is the time to start selecting some events in which to compete.

the training and racing year into six distinct preparation, competition, and transitional phases. Each phase is allocated a set number of general, specific, and competition specific units, depending upon the time of year. A single periodised year is where an athlete aims for one main competition period during the year, e.g. the Scottish/AAA track championships in July and August. A double periodised year is where an athlete aims for two main competition periods during the year, e.g. southern hemisphere Commonwealth Games in January and European Championships the following August/September.

The following plan, which is for guidance only and is not definitive, provides one example of how the training and racing year could be organised for an athlete peaking for major track races during the summer:

September: Active rest following strenuous track season. Emphasise easy running away from the track/walking/swimming/games at recreational level only.

October: Build up general heart/lung fitness (aerobic) and introduce circuit-training/weight-training/hopping and bounding exercises.

November-December: Continue to increase running mileage/circuit-training/weight training/hopping and bounding exercise. Introduce one track session per week.

January-February: This is the period of highest mileage/heaviest weights/highest number of circuits. Introduce a second track session per week and emphasise over-distance repetitions.

March-April: This is the period when quantity gives way to quality of effort. Track repetitions become faster/lighter weights should be lifted at a faster tempo/hopping and bounding exercises should emphasise quality/hill running is introduced/a third track session is introduced each week/circuit training involves fewer repetitions but greater quality before being stopped late March or early April.

May-June-July-August: This is the most important period of the year. Training becomes more specific to race situations/repetitions should be done at race speed or faster with longer recoveries if necessary/close attention should be paid to technique, relaxation, tactics. Hardest training takes place early in the week and hill-running/weight training/hopping and bounding exercises cease.

Again, I would emphasise that the above pattern is merely an example of the

COACHING

CLINIC

way in which a training and racing programme for an entire year can be compiled.

Much will depend on the circumstances of the individual of the individual athlete, including likes and dislikes, strengths and weaknesses. For example, many competitors prefer to do at least one weight-training session during the summer months to maintain strength levels. Some like to do speed work right through the winter while others keep away from the track and concentrate on fartlek, gymnasium work etc.

The art of coaching is all about prescribing schedules which accommodate the individual requirements of each athlete - fitting the training programme to the athlete instead of fitting the athlete to the training programme.

Within the context of peaking or periodisation, training must be progressive if it is to be effective. For example, an athlete training for middle distance will never improve if he runs a session of 12 x 400 metres in 70 seconds with 90 seconds jog recovery all the time.

Assuming he is capable of doing this session in November, he should be aiming for something like 12 x 400 metres in 70 seconds with 60 seconds jog by January. During the track season in June or July he would be looking to complete his 12 laps at 70 seconds or slightly faster with 20 to 30 seconds recovery.

Interestingly enough, 800 and 1500 metres runners are recommended to progress by increasing the speed of their fast repetitions and extending the recovery times. An extract from Steve Ovett's training diary, for example, reveals a session of 8 x 200 metres in 25.5 seconds with three minutes recovery being followed some time later by 4 x 200 metres in 23 seconds with four minutes recovery. It will be noted that the number of repetitions has been decreased to ensure quality of effort.

Much of the fascination of compiling training and racing programmes lies in the amount of options open to both coach and athlete. When the Greek philosopher Heraclitus wrote that no man crosses the same river twice, he meant that people and the situations they find themselves in are changing all the time.

It is the duty of the coach (and the athlete if he or she is responsible for their own coaching) to analyse each individual situation, taking into account training facilities, domestic background, employment (or the lack of it), temperament, health, social relationships, the ability to cope with mental and physical

stress, and race plans and dates of major competitions before deciding on the overall strategy for the year ahead.

Once the year's goals and targets have been established, the coach and athlete are then in a position to plan purposely each training phase, each training week, and every single training session.

The golden rule when compiling a training programme is to identify the most important competition(s) in the year ahead and build up towards it/them. This will inevitably mean that some races may have to be avoided while others will be used as "stepping stone" events to assess fitness or to provide speed or stamina work-outs in a competitive situation - or even to experiment with some new tactic such as leading from the front if you are normally a "sitter", or practising your finishing sprint instead of always being a "front-runner".

This holistic approach to training and racing (i.e. one which takes into account the athlete's entire lifestyle and situation) must not overlook the athlete's obligations to his or her club or country, however.

A lot of ill-will and bad feelings can be avoided if athletes, club officials, and national selectors get together and decide which races are important and which ones are less so.

If athletes know beforehand which races they are likely to be required for, they may be able to plan these events into their training and competition programmes. If not, at least the club officials and selectors will know reasonably well in advance who is and who is not available for selection.

Striking a balance is always important in these matters. There are some people who race week-in, week-out then wonder why they get injured or why their form suffers. Conversely, there are some athletes who are always too busy training and who never have the time for competition - then they wonder why they lack race fitness and mental and physical sharpness once they step into a competitive environment.

Knowing when, and when not, to race, along with knowing when to train hard and when to include easy recovery sessions in your schedule, is all part of a successful, intelligently-planned training and racing programme designed to enable you to produce your best performances when they matter most.

So, as another track and marathon-running season draws to a close, now is the time to get out your fixture list, calendar, and training diary - and start planning your racing programme for the next twelve months!

SCOTTISH MEN'S RANKINGS

100 METRES

CGA = 10.38

10.34w	Jamie Henderson	(ESH)
10.42w	Elliot Bunney	(ESH)
10.55w	David Clark	(ESH)
10.71	Alan Doris	(EAC)
10.71	Brian Ashburn	(CAC)
10.85w	Rupert Williams	(Hel)
10.86w	Steve Scott	(EAC)
10.87	Euan Clark	(Pi)
10.89w	Stuart Robertson	(BYM)
10.92	Simon May	(Har)
Hand:		
10.2w	Clark	
10.6w	Doris	

200 METRES

CGA = 20.80

21.36	David Clark	(ESH)
21.5	Neil Turnbull	(ESH)
21.6	Mark Davidson	(Ab)
21.6w	Mark McMahon	(ESH)
21.7	Willie Fraser	(EAC)
21.7	Brian Whittle	(Ayr)
21.73	Alan Doris	(EAC)
21.89	Jamie Henderson	(ESH)
22.0	Steve Shanks	(CAC)
22.0	Ewan Clark	(Pi)
22.03	Simon May	(Har)

400 METRES

CGA = 46.75

45.92	Brian Whittle	(Ayr)
46.9	Mark Davidson	(Ab)
47.67	Mark McMahon	(ESH)
48.17	Andy Walker	(ESH)
48.2	Jim Nicoll	(PSH)
48.25	David Mulheron	(Sht)
48.8	Malcolm McPhail	(Ayr)
49.1	David Young	(B'hl)
49.2	George Fraser	(S'li)
49.2	Ian McGurk	(CAC)

800 METRES

CGA = 1-47.00

1-43.88	Tom McKean	(B'hl)
1-46.77	Brian Whittle	(Ayr)
1-48.08	Nick Smith	(Sht)
1-48.36	David Strang	(Har)
1-48.83	Allan Murray	(JWK)
1-51.07	Adrian Callan	(Spr)
1-51.1	Steve Overt	(AD)
1-51.15	Gary Brown	(EAC)
1-51.2	Tom Ritchie	(Pi)
1-51.9	Peter McDavitt	(Bell)
1-51.9	Larry Mangleshot	(NL)

1500 METRES

CGA = 3-40.00

3-38.9	Ian Hamer	(EAC)
3-42.42	Tom Hanlon	(ESH)
3-43.42	Don McMillan	(EAC)
3-43.74	Larry Mangleshot	(NL)
3-44.14	Alastair Currie	(Dum)
3-45.1	Robt Cameron	(CR)
3-45.5	Hamish McInnes	(OG)
3-46.26	Nick Smith	(Sht)
3-46.53	Alan Puckrin	(GG)

5000 METRE

CGA = 13-45.00

13-39.95	Tom Hanlon	(ESH)
13-48.54	Ian Hamer(W)	(EAC)
13-57.22	Alan Puckrin	(GG)
14-01.73	Peter McColgan(NI)	(DH)
14-03.80	Robert Quinn	(Kilb)
14-05.42	Neil Tennant	(ESH)
14-09.28	Adrian Callan	(S'bn)
14-13.27	Gary Grindlay	(ESH)
14-14.16	Robt Cameron	(CR)
14-18.90	Iain Matheson	(Ab)

10,000 METRES

CGA=28-20.00

29-22.5	Mike Carroll	(Ann)
29-33.4	Duncan McFadyen	(GG)
29-42.0	Chris Robison	(SV)
29-42.2	Alan Robson	(ESH)
29-50.2	Terry Mitchell	(Fife)
29-51.6	Tommy Murray	(GG)
30-00.6	Alas. Douglas	(VP)
30-02.6	Fraser Clyne	(Ab)
30-08.8	Alex Gilmour	(Cam)
30-28.8	Charles Haskett	(DH)

MARATHON

CGA = 2-13.00

2-12.47	Allister Hutton	(ESH)
2-16.11	Fraser Clyne	(Ab)
2-20.10	Terry Mitchell	(Fife)
2-20.37	Hamilton Cox	(GG)
2-20.57	Jim Doig	(Ab)
2-21.39	Alan Robson	(ESH)
2-21.40	Andy Daly	(Bella)
2-22.36	Bill Tweed	(Jer)
2-24.50	Jim Dingwall	(Hull)
2-26.32	Allan Adams	(Dum)

110 METRES

HURDLES

CGA = 14.00

14.24w	John Wallace	(N'm)
14.39w	Neil Fraser	(EAC)
14.90	Craig Duncan	(Sht)
14.91	Colin Hogg	(ESH)
15.07	Duncan Mathieson	(Ab)
15.34	Allan Leiper	(Ald)
15.51	Mark Davidson	(Ab)
15.62	Callum Orr	(EAC)
15.89	David Hitchcock	(ESH)
15.94	Graeme Smith	(EAC)

400 METRES

HURDLES

CGA = 51.50

50.79	Mark Davidson	(Ab)
51.95	Mark Fulton	(Sale)
52.4	Roger Harkins	(Sht)
52.67	Malcolm McPhail	(Ayr)
53.41	David Hitchcock	(ESH)
54.06	Nick Taylor	(VP)
54.3	Gary Brown	(Per)
55.0	Stewart Dempster	(ESH)
55.0	Steve Ledingham	(Ab)
55.03	Stan Devine	(ESH)

3000 METRES

STEEPLECHASE

CGA = 8-38.00

8-19.40	Tom Hanlon	(ESH)
8-44.35	Peter McColgan (NI)	(DH)
8-52.32	George Mathieson	(ESH)
9-00.50	Ian Steel	(ESH)
9-03.55	Graeme Croll	(EK)
9-10.90	Robert Carey	(Ann)
9-14.46	Ray Cresswell	(Ab)
9-15.5	Ken Sturatt	(Hali)
9-16.0	John Pentecost	(FVH)
9-16.8	Jim Orr	(Cam)

HIGH JUMP

CGA = 2.18

2.23	Geoff Parsons	(Lon)
2.18	Stephen Ritchie	(Pi)
2.11	David Barnetson	(Inv)
2.11	James Stoddart	(Bell)
2.08	Alan Scobie	(Inv)
2.05	Ben Thomson	(EAC)
2.00	Neil Robbie	(HW)
2.00	Scott Hill	(EAC)
1.98	P Forsyth	(Stew)
1.97	Duncan Mathieson	(Ab)

POLE VAULT

CGA = 5.05

4.60	Doug Hamilton	(ESH)
4.40	Allan Leiper	(Ald)
4.40	Eric Fliszar	(DH)
4.30	Iain Black	(ESH)
4.30	Donald Darroch	(DH)
4.20	Jim Johnston	(ESH)
4.20	Stuart Ryan	(G'hd)
4.20	Ian McKay	(EAC)
4.10	Andrew Wake	(Bell)
4.10	David McLeod	(Bella)

LONG JUMP

CGA = 7.60

7.34	Craig Duncan	(Sht)
7.23	Mel Fowler	(IH)
7.11	John Scott	(EAC)
7.09	Ken MacKay	(Pi)
7.08	Duncan Mathieson	(Ab)
7.08	Brian Ashburn	(CAC)
6.94	Eric Scott	(Hel)
6.78	Ben Thomson	(EAC)
6.77	Richard Burnett	(MA)
6.76	Barnaby Whyte	(ESH)

TRIPLE JUMP

CGA = 16.00

15.09	Stuart McMillan	(DH)
14.93	Craig Duncan	(Sht)
14.88	David Rooney	(EAC)
14.20	Geoff Parsons	(Lon)
14.04	Mel Fowler	(VP)
14.04	Neil McMenemy	(N'm)
14.01	Russell Brown	(CAC)
13.91	Mark Craig	(CAC)
13.85	John Brierley	(WLI)
13.82	John Scott	(EAC)

SHOT PUTT

CGA = 17.50

17.78	Steve Whyte	(Lut)
14.78	Mark McDonald	(Dum)
14.60	Gordon Smith	(Ab)
14.41	Darrin Morris	(Pi)
14.22	Steve Aitken	(DH)
14.19	Rob Smith	(EdU)
13.81	Neil Mason	(Fife)
13.58	Graeme Stark	(Roth)
13.39	Michael Jemi-Alade	(ESH)
12.94	Stew. McMillan	(Pi)

DISCUS

CGA = 56.50

53.68	Darrin Morris	(Pi)
51.30	Michael Jemi-Alade	(ESH)
49.08	Steve Whyte	(Lut)
46.90	Mark McDonald	(Dum)
43.50	Russell Devine	(EAC)
40.64	Alex Black	(ESH)
39.38	Bruce Shepherd	(Elg)
39.00	Paul Allan	(Ab)
38.92	Doug Aitchison	(PSH)
38.60	Alan Nisbet	(Pi)

HAMMER

CGA = 65.00

67.82	Steve Whyte	(Lut)
57.94	Laurie Nisbet	(ESH)
57.40	Russell Devine	(EAC)
53.10	Robert Meikle	(ESH)
52.42	Andrew Hall	(Hill)
50.98	Russell Payne-Dwyer	(Bch)
50.94	David Valentine	(Cam)
49.54	Adam Whyte	(EAC)
48.52	Doug Aitchison	(PSH)
47.58	Bruce Shephard	(Elg)

JAVELIN

CGA = 74.00

67.44	John Guthrie	(ESH)
66.68	Roddy James	(ESH)
61.62	Stewart Maxwell	(Wrr)
57.04	Stewart McMillan	(Pi)
56.90	Adam Whyte	(EAC)
56.50	Alex Black	(ESH)
55.46	J Grant	(Lor)
55.38	Finlay Hunter	(EAC)
54.10	Alex McIntosh	(ESH)
52.74	N Fearnley	(Glen)

DECATHLON

CGA = 7100

7144	Duncan Mathieson	(Ab)
6593w	Callum Orr	(EAC)
6563	Stewart McMillan	(Pi)
6560	Paul Allan	(Ab)
6434	Allan Leiper	(Ald)
5533	Michael Mather	(Shaft)
5340	James Malcolm	(Loth)
5235	John Culshaw	(Tam)

Arnold Black

SCOTTISH WOMEN'S RANKINGS

100 metres

CGA = 11.45

11.71w	Janis Neilson	(EW)
11.72	Aileen McGillivray	(EW)
11.8	K'leen Lithgow	(NV)
11.8w	Morag Baxter	(MSL)
11.92	Dawn Flockhart	(EW)
12.0w	Alison Edmonds	(Inv)
12.0w	Lorraine Dick	(MSL)
12.06	Alison Thomson	(Pi)
12.1	Jocelyn Kirkby	(NSP)
12.12w	Lorraine Campbell	(EW)

200 metres

CGA = 23.40

23.91	Angela Baxter	(CAC)
23.97	Janis Neilson	(EW)
24.20	Dawn Kitchen	(EW)
24.5	K'leen Lithgow (EJ)	(NV)
24.5	Dawn Flockhart	(EW)
24.7w	Morag Baxter (EJ)	(MSL)
24.8w	Gillian McIntyre	(MSL)
24.82	Alison Thomson	(Pi)
24.89w	Morag Todd	(MSL)
24.9	Emma Lindsay	(EW)

400 metres

CGA = 52.20

53.67	Dawn Kitchen	(EW)
54.71	Mary Anderson	(EAC)
54.83	Gillian McIntyre	(MSL)
55.1	Dawn Flockhart	(EW)
55.20	Patricia Devine	(EAC)
56.2	Mary Clung (EJ)	(JWK)
56.24	Alison Thomson	(Pi)
56.6	Denise Knox	(MC)
56.76	Wendy Steele	(EW)
56.81	Sarah Booth	(EW)

800 metres

CGA = 2-02.00

2-00.80	Yvonne Murray	(EAC)
2-03.43	Lynne McIntyre	(GAC)
2-04.94	Karen Hutcheson	(BH)
2-05.41	Mary Anderson	(EAC)
2-06.3	Sue Bevan	(ESL)
2-07.95	Janet Stewart	(VP)
2-08.88	Liz McColgan	(DH)
2-09.6	Rhona MacKay	(Leic)
2-09.94	Linda Smith	(EAC)
2-10.5	Laura Adam	(SNH)

1500 metres

CGA = 4-08.50

4-03.38	Yvonne Murray	(EAC)
4-08.14	Lynne McIntyre	(GAC)
4-11.33	Karen Hutcheson	(BH)
4-18.44	Laura Adam	(SNH)
4-21.45	Liz McColgan	(DH)
4-22.63	Rhona MacKay	(Leic)
4-23.64	Sue Bevan	(ESL)
4-26.2	Vicki Vaughan	(Pi)
4-28.2	Isabel Linaker	(Pi)
4-30.50	Carol-Anne Bartley	(GAC)

3000 metres

CGA = 9-00.00

8-38.51	Yvonne Murray	(EAC)
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8-44.93	Liz McColgan	(DH)
9-00.61	Karen Hutcheson	(BH)
9-07.61	Laura Adam	(SNH)
9-22.95	Karen MacLeod	(EAC)
9-25.34	Vicki Vaughan	(Pi)
9-26.00	Sandra Branney	(GAC)
9-32.2	Sally Goldsmith	(EW)
9-32.33	Alison Harker	(EW)
9-44.6	Louise Vandeycke	(ESL)
9-45.3	Lynn Harding	(HH)

5000 metres

15-14.53	Liz McColgan	(DH)
16-08.15	Sandra Branney	(GAC)
16-10.98	Karen MacLeod	(EAC)
16-51.1	Linda Bain	(Ab)
16-58.56	Lynn Harding	(HH)

10,000 metres

CGA = 32-20.00

33-17.88	Karen MacLeod	(EAC)
34-00.4	Lynn Harding	(HH)
35-48.2	Celia Duncan	(AFD)
36-28.6	Julie Armstrong	(GNF)
36-42.9	Heather McDuff	(EAC)

Marathon

CGA = 2-35.00

2-31.45	Lynn Harding	(HH)
2-33.04	Sheila Catford	(L'ds)
2-35.03	Sandra Branney	(GAC)
2-43.18	Leslie Watson	(ESL)
2-49.08	Leslie Watson	(LO)
2-58.06	Jill Danskin	(LO)

club PROFILE

CUMNOCK AND DISTRICT ATHLETIC CLUB

THE BIRTH of Cumnock and District Athletic Club took place as a direct result of the road running boom of the early 1980's, when three local distance runners decided in August 1983 to form a running club to cater for the growing band of fellow runners whom they encountered on their numerous training runs, writes *Tom Campbell*. Robert Lowe, Hugh Muir and Walter Rowan could not possibly have foreseen when they constituted the club how quickly it would flourish and change from a fairly small adult running club to one of the most up and coming and successful athletic clubs in the country, catering for all ages and talents.

The club continued as a running club for the first two years of its existence with its three founder members completing more than 30 marathons and countless half marathons between them. Robert Lowe, as chairman of

the enthusiastic club committee, had his own ideas as to how the club should progress, having previously been involved with the formation of Nith Valley AC, based at Sanquhar some 20 miles away.

He invited local sprinter George McIlvenney along to discuss ways of widening the club's horizons. George, who previously competed for Ayr Seaforth, gained international recognition when he competed for Scotland in Luxembourg in 1983 and has a personal best of 10.6 seconds for the 100m. He gained invaluable experience when he trained with George McNeill and Roy Heron under the watchful eye of top professional sprint coach Wilson Young.

Unfortunately, George picked up a niggling injury which sidelined his promising athletics career and having been out of competition for more than a year, he was keen

to pass on his knowledge to the growing number of young members who had been joining the Cumnock club.

Specialised athletics training was gradually introduced throughout 1985 and 1986, and it was decided to send a number of adult members on BAAB coaching courses.

Since 1986, the club has amassed eight coaches - George McIlvenney (sprints), Tom Campbell (middle distance), Robert Lowe (long jump) and Bill Patterson (high jump) have all gained club coach certificates, while Elizabeth Johnstone, Jim Johnstone, Alex Wilson and Marion Thomson have completed assistant coach courses.

When athletics training was introduced, it was decided to gradually increase the competitive spirit with the growing band of young members by limiting competition to local events

only - i.e. the excellent meetings organised by the Ayrshire Harriers Club Association - along with local road races, fun runs and cross country events.

The club entered the newly formed Scottish and North Western Athletic League Fifth Division in 1987 and this, without doubt, provided the stimulus to progress just when it was needed. Promotion just eluded us the first year, but with renewed enthusiasm and better prepared athletes, the club won the Fifth Division last year and this year, prior to the final meeting at Meadowbank on August 20, were sitting healthily at the top of the Fourth Division looking forward to new challenges next year.

After winning the qualifying match this year to gain entry to the HFC Bank Scottish Men's League, the club are currently leading the Fourth Division by a large margin, and barring a major

club PROFILE

CUMNOCK AND DISTRICT ATHLETIC CLUB

catastrophe should be competing in the Third Division next year.

The best performances this season have come from 13 year old Stephen Schendel, who was a double gold winner in the West District Championships, winning both the junior boys' 800m and shot championship. Fourteen year old Lynsey Burley came second in this year's Scottish Schools high jump event, and was selected to represent the SWAAA's West team in both the high jump and long jump, while 12 year old Gillian Wilson also represented the West District in the girl's high jump event.

Colin Souter started off the year in fine form by finishing a very close second in the Ayrshire Cross Country Championships and he was also the first Ayrshire runner to complete the gruelling West District Cross Country Championships at Kilmarnock. This year he hopes to gain PB's on the track.

The best known face from the club's road running section is 47 year old veteran runner Jimmy Kyle, who has won countless veteran's prizes including last year's Ayrshire Veteran's Road Race Championship.

Another interesting member is Hazel Shankland, who moved to Cumnock from the South of England about 10 years ago. Hazel was chosen to represent the British junior pentathlon team in 1975, but was unable to take part due to a back injury. Hazel's maiden name is Oakes and her sister is none other than the British shot putt record holder, Judy!

The club has a wealth of talent who may not be well known to anyone outside the club yet, but in years to come - who knows - names like Mhairi Morton, Linda Wilson, Brian

Keirs, Carle Scholes, David Davidson, William Morrison, Fiona Andrews, Martin Hastings, and Terraessa Lopez, to name but a few, all have the potential to make it to the top.

A hard working committee of 15 members ensures the day to day running of the club continues on a progressive basis. A fund-raising committee exists specifically to raise money to improve the club's training facilities.

At present the club use a grass track and sports pavilion owned by the district council during the summer months, and are mostly indoors at Cumnock Academy and a local primary school during the winter months. The facilities are far from ideal, but a delegation from the club has been meeting with the council, and are very hopeful that improved facilities will be provided in the not too distant future. Team manager George McIlvenney points out that the majority of rival clubs have the use of all-weather tracks, and athletics in the Cumnock area will only continue to progress if the proper training facilities can be provided.

Some of the committee are also involved in the Cumnock Half Marathon and Fun Run which has kept the same successful formula for the past six years, while last year the club organised its first ever open cross country meeting, which attracted nearly 500 competitors including Nat Muir and Steve Overt.

With membership now topping 250 and more than 100 turning up for some training sessions, Cumnock and District Athletic Club is thriving. Since more than 75 per cent of its membership is under 20 years old, this enthusiastic club can look to a very bright future indeed.



Top, club coaches Elizabeth Johnstone, Alex Wilson, Robert Lowe, George McIlvenney (centre), Tom Campbell, Marion Thomson, Bill Patterson and Jim Johnstone; middle, Stephen Schendel stretching with other club members; and above, Cumnock coaches with men's league runners at the front.



RUN LIKE ME - FOR A WINNING TEAM



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YOUR NAME (Mr/Mrs/Miss/Ms)

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Name and date of event

Vest ☐ T-shirt ☐

Size

Inches



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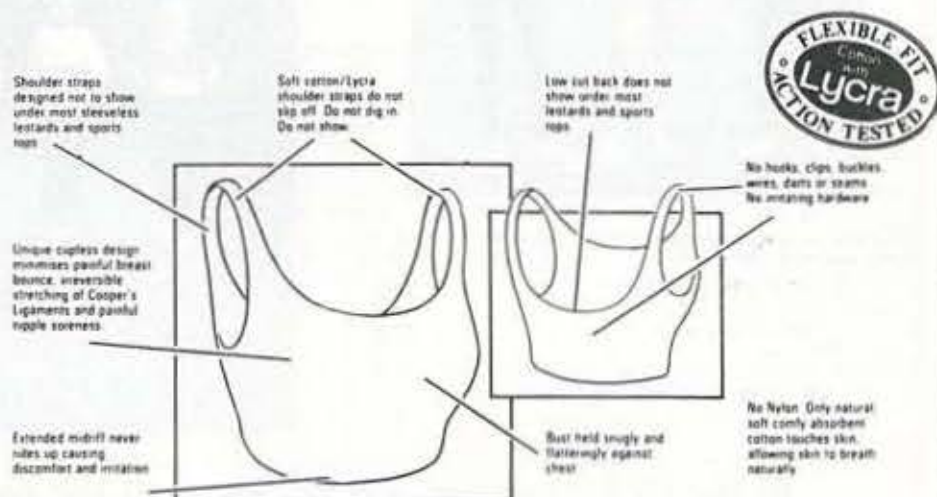
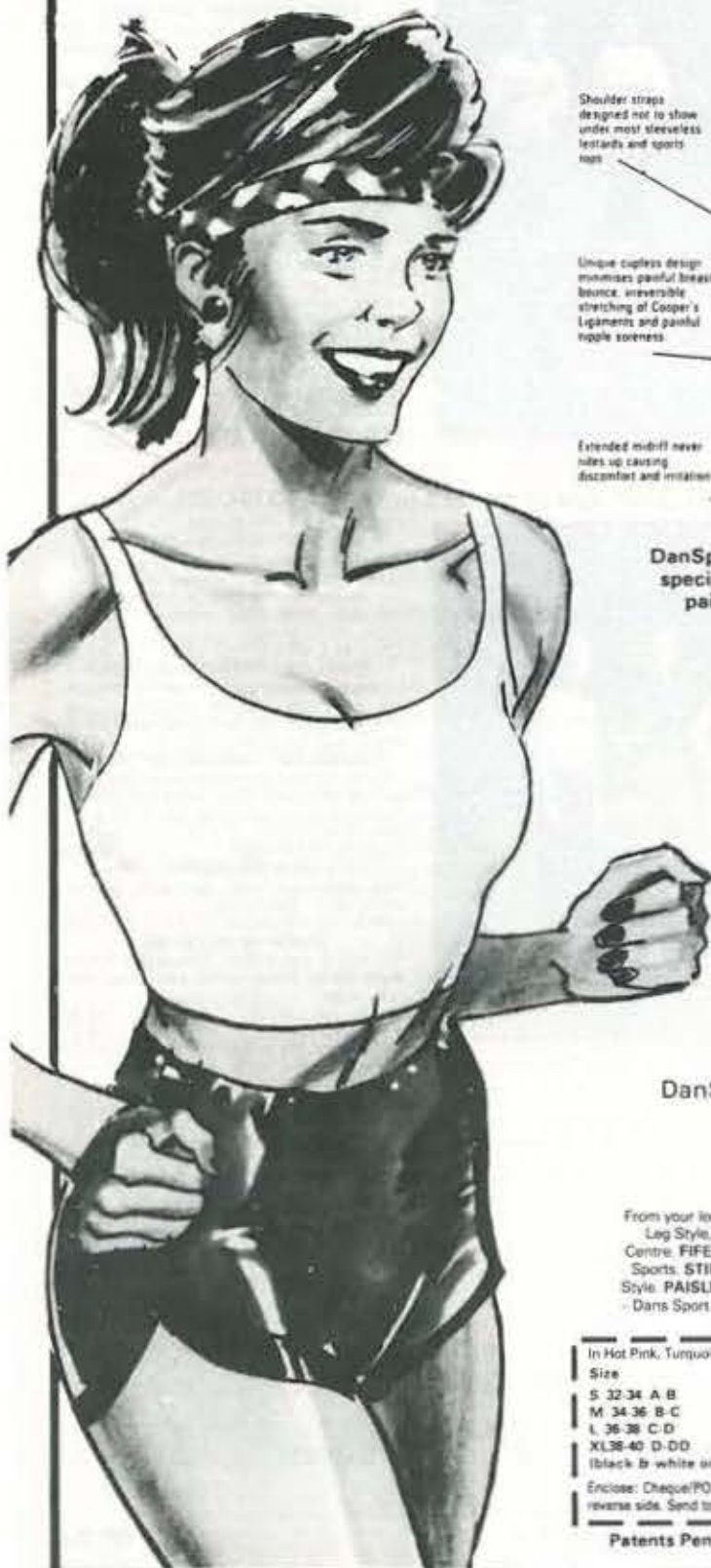


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RHONA McLEOD'S JUNIOR SCENE

Dawn's loudest fan

LOOKING BACK at my 15 years in athletics, I think one of the most amusing moments was at the Gateshead Stadium when I was about thirteen.

It was at a local North East League meeting competing for Jarrow and Heston in the 800m against one of my main rivals. I had been instructed by my coach to stay in behind her until the 200m mark and then to use my sprint finish to pass her.

As usual my family were down to support - Dad was at the 200m start to give me a shout, and the rest were up in the stand.

The race started and everything was going to plan. I was nicely tucked in behind, letting my rival do all the work over the first lap. Down the back straight and I got ready to go past. It was then I heard her father shouting "go now, go now!" As she tried to pull away I then heard my own father, who was standing next to her father, shout coolly, "anytime you like Dawn," so I pulled past her for home.

As I was coming down the home straight I became aware of this very loud and familiar voice



Scottish 400m champion Dawn Kitchen

shouting at me from each corner of the stadium. It was not until I had finished that I found out that my younger sister had positioned herself behind the announcer and of course every time she shouted it was coming across all the loudspeakers in the stadium!

Needless to say, if I make the Commonwealth Games team, my sister is coming to Auckland too!

ALTHOUGH Scotland finished fourth in the recent School's International Track and Field Championships in Dublin on Saturday, July 15, there were 15 personal best performances from the team, writes Linda Trotter.

Girl's captain, Alison Grey of West Calder High, competing in her third schools track and field team (as was Alison Edmonds of Kingussie High) retained her shot title (a rare achievement at this level) and was also third in the discus. Fiona Watt (Airdrie Academy) led for most of the way in the inaugural 300m hurdles race, eventually finishing third behind the English.

Isabel Linaker (Queen Anne High) as usual ran from the front in the 1500m, but found Natalie Davis of Ireland and Gillian Stacey of England far tougher opposition than any other she had

encountered in her meteorically successful summer, eventually finishing third in a new British age group record of 4-28.2.

Boy's captain Grant Graham, of Bocclair Academy was a popular bronze medal winner in the 1500m, in a new personal best of 4-01.1. Grant also captained the Scottish schools cross country team in Barry, in April and was competing in his fifth schools international, a remarkable record.

In the field events, the only medalist, apart from Alison, was Sebastian Whyte (Golspie High) who cleared 1.95 in the high jump for third place.

Satisfactory as the above results are, the highlight of the match for Scotland was winning both sprint relays. This was all the sweeter since the SSAA were taken to task for not considering running a successful club relay team, rather

ATHLETE PROFILE

NAME: Darren William Galloway

DATE OF BIRTH: 22.3.72

HEIGHT: 6 feet

WEIGHT: 10st 11lbs.

CLUB: AC Moir Ayr Seaforth

EVENT(S): 100m, 200m, 400m, long jump.

P.B.s: 10.7, 21.7, 49.6, 6.75m.

ATHLETIC ACHIEVEMENTS: British Schools 200m champion (1988); Scottish 200m champion (1987, 1988, 1989); Scottish 100m champion (1987, 1989); Scottish Schools 100m champion (1986, 1988, 1989); Scottish Schools 200m champion (1988, 1989); Scottish junior internationalist.

STRENGTHS: Good stamina; good coordination; ability to accelerate over second half of a race; very competitive.

WEAKNESSES: Poor start; lack of power; lack of aggression; terrible long jump technique.

WHY DO YOU COMPETE: I enjoy competing and mixing with other competitors and travelling around the country.

OTHER HOBBIES: Listening to music and watching most other sports.

ATHLETIC AIMS: To successfully represent Great Britain at senior level and to achieve my full potential.

AIMS OUTSIDE ATHLETICS: To enjoy my life.



Darren Galloway pictured after he won the Scottish Schools Eric Liddell trophy.

than four individuals! The gold medals were achieved, however, not through individual sprinting success, but through brilliant baton changing. A whole day was devoted to this, under the organisation of SSAA President Sandy Robertson. Luckily, all eight relay runners Fiona Vance, Kate Leys, Myra McShannon, Alison Edmonds, Scott Cumming, Craig Joiner, Mark Craig and Colin Allan were able to attend on the same day, coming down from as far afield as Aberdeen and Inverness. They worked very hard and the effort certainly paid dividends in the gold medals each team member received, the girls running 47.2 and the boys 43.5.

No report in the 1989 international would be complete without "The Myra McShannon Story". On the Friday afternoon, while crossing O'Connell Street in

Dublin (a thoroughfare boasting the most incredible driving I have ever seen) Myra was hit by a rapidly accelerating car (the lights go from red to green, no amber) and taken to hospital. On being discharged a few hours later with a badly bruised and heavily strapped leg, she insisted that she would still be able to run the third leg of the relay. Comforting noises were made and plans for drafting in Fiona Watt in her place. To everyone's amazement, Myra in fact was fit to run (although she could not compete in the 200m, finding the crouch start too painful) and ran superbly. From now on, team managers will be anxiously looking for Irish cars, to nudge relay runners into an effort to achieve a new surge of speed!

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BOURNES SPORTS SUMMER SALE

1989

SCOTTISH CHAMPIONSHIPS

Rhona McLeod and Doug Gillon report event by event from the Scotrail National Championships. All photos are by Peter Devlin.

Men

100m (w/s +2.38)

A WIND slightly over the legal limit of two metres per second deprived Elliott Bunney of the Commonwealth Games qualifying time (10.38sec), but this was the fastest run of the season to date for both Bunney and his training partner Jamie Henderson. Fast-improving Clydebank teenager Brian Ashburn (formerly Milne) also clocked a season's best ahead of defending champion Alan Doris.

1, E Bunney (ESH) 10.34; 2, P Franklin (Kna) 10.43; 3, J Henderson (EUAC) 10.43; 4, D Clarke (ESH) 10.55; 5, B Ashburn (Cly) 10.78; 6, A Doris (ESPCAC) 10.85; 7, S Scott (ESPCAC) 10.97; 8, E Clark (FAAC) 10.98.

200m (w/s -0.67)

IT IS a commentary on the domestic standard of 200m running that in far from harsh conditions only two Scots beat 22 seconds. The title went abroad for the first time ever, and for the second successive year Dave Clark had to accept the runner-up spot. The 1987 winner, Neil Turnbull, was fifth, just ahead of talented Ayr junior Darren Galloway.

1, R von Klundert (Kna) 21.65; 2, D Clark (ESH) 21.76; 3, J Henderson (ESH) 21.89; 4, R Sexton (ND) 22.13; 5, N Turnbull (ESH) 22.26; 6, D Galloway (AS) 22.36; 7, A Doris (ESPCAC) 22.38; 8, S Shanks (LYMCA) 22.53.

400m

A NATIVE record and a fourth title at the distance for Brian Whittle as he ran home unchallenged, despite the presence of his old rival Phil Brown, the former British relay anchorman and UK champion. Last year's winner, Edinburgh Southern's Andrew Walker, was almost a second slower while Mark McMahon, winner in '83 and '84 was forced to withdraw on medical advice.

1, B Whittle (AS) 46.47; 2, J de Lain (Kna) 47.54; 3, P Brown (Eng) 47.74; 4, J McCall (Shaft) 48.06; 5, D Mulholland (Shet) 48.25; 6, A Walker (ESH) 48.49; 7, N Watson (Baly) 48.91; 8, N Armstrong (Kilb) 49.18.

800m

NEVER mind his European and Commonwealth medals. This was the greatest race of Tom McKean's career - a solo run with 200m splits of 24.78, 49.91 and 76.22 represented a pace inside world record schedule. Kilmarnock's Alan Murray knocked lumps off his personal best, but McKean was a class apart with a native record which was one hundredth of a second faster than his Commonwealth silver performance. More important, it demonstrated that he can run world-class times off a fast pace, building the confidence for an even more famous win over Olympic champion Paul Ereng a week later.

1, T McKean (BYMCA) 1:44.79; 2, A Murray (JWK) 1:48.83; 3, T Baltos (Kna) 1:49.62; 4, D Strang (HAC) 1:49.68; 5, J Ostergaard (Den) 1:51.18; 6, J Scherer (WGer) 1:51.88; 7, S Murray (JWK) 1:53.17; 8, G Brown (SUAC) 1:54.93.

1500m

A THIRD successive title at this distance for Tom Hanlon, the first man ever to achieve this feat. Not bad for a steeplechaser - or a statement on the decline of Scottish 1500m running. Hanlon outprinted the 1982 winner, Geoff Turnbull ending a three-lap procession.

1, T Hanlon (ESH) 3:42.42; 2, G Turnbull (VH) 3:42.69; 3, D McMillan (ESPCAC) 3:43.42; 4, L Mangleshot (NLAC) 3:43.74; 5, B Eltervaegg (Nor) 3:44.63; 6, D Farrell (BH) 3:44.78; 7, R Niwas (India) 3:45.07; 8, D Healy (BDAC) 3:45.48.

5000m

WITH the defending champion Neil Tennant injured, not to mention on his honeymoon, and Nat Muir, the four-time former winner off the track through injury, the first Scot was Adrian Callan. Only three times since this distance

was first run, in 1969, has the first Scot been so slow.

1, B Prasad (India) 14:01.91; 2, G Nagle (VH) 14:02.75; 3, A Johnston (EH) 14:04.79; 4, A Callan (SpH) 14:10.43; 5, P McColgan (DHH) 14:16.43; 6, P Makepeace (Leic) 14:17.38; 7, P Cuskin (VH) 14:18.74; 8, I Mathieson (AAAC) 14:18.90.

10,000m

KEVIN FOSTER of the new Tyneside club, Valli Harriers, went through the halfway mark faster

than many of those in the 5000m, leading home a field of 34 runners with Annan's Mike Carroll the surprise package. He returned from prolonged injury to win his first championship medal less than a week after buying his first pair of track spikes.

1, K Foster (VH) 29:03.8; 2, M Carroll (ADAC) 29:22.5; 3, K McCluskey (CopeAC) 29:30.5; 4, D McFadyen (GG) 29:33.4; 5, C Robison (SVAC) 29:42.0; 6, A Robson (ESH) 29:42.2; 7, T Mitchell (FifeAC) 29:50.2; 8, T Murray (CG) 29:51.60.



The lunge for the line in the 200m, but the flying Dutchman has beaten Clark and Henderson to it; below, Alastair Douglas leads the early stages of the 10,000m.

SCOTTISH
CHAMPIONSHIPS

3000m Steeplechase

NOT THE first barefoot runner to win a Scottish title, but certainly the first Indian to do so. Dina Ram and his compatriot Ram Singh proved too good for George Mathieson, despite the consistent Edinburgh man running within less than two seconds of his best.

1, D Ram (India) 8-41.10; 2, R Singh (India) 8-43.61; 3, G Mathieson (ESH) 8-52.32; 4, C Roberts (KenAC) 8-59.66; 5, G Croll (EKAAC) 9-03.55; 6, J Steel (ESH) 9-04.92; 7, R Carey (ADAC) 9-10.90; 8, R Cresswell (AAAC) 9-14.46.

3000m Walk

SLOWER (by 15 sec) than last year, but still streets ahead of the pursuit, Martin Bell successfully defended his title but is still chasing the Commonwealth qualifying time which he has achieved before, but not in the current period.

1, Martin Bell (Annan) 12-32.96; 2, Chris Hobbs (Med) 13-49.12; 3, Alan Buchanan (B&HAC) 4, Kenneth Morrison (LYMCA) 17-59.97.

110m Hurdles (w/s +3.14)

NEIL FRASER was deprived through injury of the chance to win a record fourth successive title, but would have found it hard to match Dave Nelson. The Englishman arrived with no kit, but had it sent Red Star. To the embarrassment of the sponsors, ScotRail, it never arrived. Nelson turned a blind eye to the problem and a PA announcement found him the required size 10s and some gear. Nelson went on to win by the narrowest possible margin, setting a championship best.

1, D Nelson (Eng) 13.61; 2, D Koszeski (SSC Berlin) 13.62; 3, J Wallace (NEB) 14.24; 4, N Dakin (N&EB) 14.38; 5, P Masters (MH&AC) 14.62; 6, C Duncan (Shet) 14.90; 7, C Hogg (ESPCAC) 15.00; 8, R Hunter (DHH) 15.21.

400m Hurdles

THE 1986 winner, Mark Fulton, halted the successful run of the newly-crowned national record holder, Mark Davidson, while Malcolm McPhail, who fell while leading last year, was unlucky again, off colour, suffering from a virus.

1, M Fulton (Sale) 52.02; 2, M Davidson (AAAC) 52.62; 3, M McPhail (AS) 52.67; 4, S

Ledingham (AAAC) 53.91; 5, A Taylor (IH) 56.11; 6, D Thom (DVAC) 56.35; 7, J Pender (KAAAC) 58.84; 8, I Moodie (PAAC) 59.23.

High Jump

THE Praying Mantis, Geoff Parsons, gobbled up his usual list of victims, including the Young Pretender, Stephen Ritchie, who had cleared a native record height of 2.18m earlier in the month. Bellahouston's Jim Stoddart, second then, gained his revenge. Parsons' winning height was a championship best, and seven Scots cleared two metres, also a record.

1, G Parsons (LonAC) 2.23; 2, D Barnetson (IH) 2.10; 3, R Robinson (Ball) 2.05; 3, J Stoddart (BH) 2.05; 5, S Ritchie (PAAC) 2.05; 5, A Scobie (ICAC) 2.05; 7, B Thomson (ESPCAC) 2.00; 8, N Robbie (MelAC) 1.95.

Long Jump

INJURY prevented Craig Duncan from defending the triple jump title he has won for the last two years, but the Shettleston Harrier still held on to one of the crowns he won last year. Mel Fowler jumped precisely Duncan's winning distance of the previous year, but again finished second. It was good to see three-time former champion Ken McKay back in action after an injury two years ago which threatened his career - even if John Scott did beat him by a centimetre for the bronze.

1, C Duncan (Shet) 7.34; 2, M Fowler (IH) 7.23; 3, J Scott (ESPCAC) 7.10; 4, K McKay (PAAC) 7.09; 5, D Mathieson (AAAC) 6.99; 6, S Pegler (Sale) 6.85; 7, E Scott (HecAc) 6.83; 8, R Burnett (Mitch) 6.77.

Triple Jump

STUART McMillan, runner-up last summer, was the only man beyond 15m, while David Rooney was the only other man to achieve the championship grade one standard. With Duncan and Roger Harkins out of triple jumping, the event looks to be on a down turn.

1, S McMillan (PSH) 15.09; 2, D Rooney (ESPCAC) 14.71; 3, N McMenemy (CRAAC) 14.04; 4, R Brown (GUAC) 14.01; 5, W Leung (ESPCAC) 13.52; 6, I Beattie (Cly) 13.52; 7, D Dixon (BH) 13.20.

Pole Vault

ENGLISH invader Gary Jackson launched himself to his third title in four years, but with his lowest

winning height. Highlight of the event, perhaps was when Eric Flizar and Don Darroch helped in the successful pursuit of a youth who had robbed the beer tent.

1, G Jackson (Wolv) 4.60; 2, I Black (ESH) 4.20; 3, E Flizar (DHH) 4.20; 4, D McLeod (BH) 4.10; 5, S Ryan (IHMSU) 4.00; 6, D Darroch (DHH) 4.00; 7, M Niccol (Hav) 4.00; 8, J Elliot (ESPCAC) 3.80.

Shot Putt

THE national record is 26 years old, the native best 13 years old. There are few signs of impending change. Steven Whyte, an Anglo who produced his birth certificate to prove his nationality, won his second title of the championships - he had already won the hammer. But the next Scot, fifth, was Aberdeen's Gordon Smith who could not reach the colourfully-painted 14m line.

1, S Whyte (Lut) 16.18; 2, P Reed (MHAC) 15.32; 3, J Nichols (Warr AC) 14.48; 4, P Corrigan (Gate) 14.07; 5, G Smith (AAAC) 13.87; 6, R Smith (ESH) 13.40; 7, N Mason (FAC) 13.11.

Discus

THE first home Scot, Bellahouston's John Little, was sixth, and the next, Aberdeen teenager Paul Allan, is a decathlete - which tells much about the state of this event where the native and national records (56.44 and 56.42) survive since 1976. Darren Morris, the 22-year-old Loughborough-based Pitreavie thrower, who was runner-up at these championships

shows most signs of re-writing the record books.

1, P Gordon (WBAC) 55.92; 2, D Morris (PAAC) 51.42; 3, P Reed (MHAC) 48.68; 4, S Whyte (Lut) 44.90; 5, P Corrigan (Gate) 41.98; 6, J Little (BH) 38.14; 7, P Allan (AAAC) 38.02; 8, A Nisbet (PAAC) 37.36.

Javelin

JOHN GUTHRIE, four times a winner of this crown, surrendered his title to the 1988 bronze medalist, Roddy James, but neither threatened the Commonwealth qualifying mark of 74.00m.

1, R James (ESH) 63.16; 2, J Guthrie (ESH) 61.62; 3, D Mahon (LisAC) 56.78; 4, A White (ESPCAC) 54.88; 5, A Black (ESH) 53.12; 6, D Flannigan (OIAAA) 46.00.

Hammer

THE only Scot so far to qualify for Auckland in the throws is shot and hammer winner Stephen Whyte, 25, who has only recently discovered he is a Scot. Luton-based Whyte has made the required standard in both events. Anyone with interesting theories or better still a solution as to why a nation which once prided itself on producing strongmen is so devoid of throwing talent, drop us a line.

1, S Whyte (Lut) 58.58m; 2, R Devine (IH) 57.40; 3, L Nisbet (ESH) 53.92; 4, R Meikle (ESH) 52.60; 5, D Aitchison (PSH) 46.44; 6, A Whyte (ESPCAC) 45.68; 7, J Little (BH) 44.48; 8, S Towers (Gates) 43.38.



Triple jump winner Stuart McMillan.

SCOTTISH
CHAMPIONSHIPS

Women

100m

AILEEN McGillivray reversed the result of last years Scottish Championships by putting Janice Neilson into second place this year. After a blistering start by Aileen, there was little Janice could do except try to hang on until the finish. Aileen was clearly delighted with the result as her season has been greatly disrupted through injury and she had made few performances on the track in the early part of the season. Her time of 11.72 was a great improvement on last years time (11.99), although she had a strong wind of 3.57m/s behind her. Dawn Flockhart ran a strong race to place third in her first Scottish Championships for three years.

1, A McGillivray (EWM) 11.72; 2, J Neilson (EWM) 11.88; 3, D Flockhart (EWM) 11.92; 4, L Dick (MSLAC) 12.00; 5, M Baxter (MSLAC) 12.00; 6, A Thomson (PAAC) 12.06; 7, A Edmonds (IH) 12.20; 8, V Friel (EWM) 12.52.

200m

ANGELA Baxter, better known as Bridgeman, crossed the Atlantic from her adopted home in the United States to score a victory in the 200m. She looked impressive over the first 100 metres, her long legs taking her out to a clear lead. On the home straight there was a determined bid by second placed Wendy Addison to narrow the gap as Angela tied up a little over the closing stages of the race. After having knee surgery in May, the win was a good one for Bridgeman and she was clearly pleased with her result.

1, A Baxter (GAC) 24.22; 2, W Addison (NSP) 24.33; 3, D Flockhart (EWM) 24.66; 4, M Baxter (MSLAC) 25.07; 5, L Dick (MSLAC) 25.10; 6, A Edmonds (IH) 25.53; 7, V Friel (EWM) 25.81; 8, R Stevenson (GAC) 26.08.

400m

THE SCOTTISH 400m title was confirmation of the success Dawn Kitchen has been having over the one lap race this season. Before the stagger unfolded she had clearly overtaken those competitors on her outside and was making a determined bid for the front. Into the home straight and defending champion Mary Anderson was leading but would soon fade as her earlier efforts in the 800m and shot began to show. At the line Kitchen was the clear winner with

the vastly improved Gillian MacIntyre (McArthur) taking second place. Gillian's time of 54.92 was two seconds faster than her sixth placed performance in last year's championships. Third place was in sight for ESPC's Pat Divine, until Mary Anderson made a strong surge for the line and pipped her for the bronze medal over the last couple of metres.

1, D Kitchen (EWM) 54.92; 2, G MacIntyre (MSLAC) 54.92; 3, M Anderson (ESPCAC) 55.08; 4, P Divine (ESPCAC) 55.20; 5, A Thomson (PAAC) 57.14; 6, M McClung (JWK) 57.40; 7, A Brown (EWM) 57.47; 8, F Meldrum (GAC) 57.48.

800m

LYNNE MacIntyre and Sue Bevan took up the running in the first lap of the 800m, the final of which was only one hour and 20 minutes after Lynne's excellent 1500m victory. The pace was unhurried as they went through the bell in 64 seconds. With 300m to go Lynne took the lead in a bid for home and was closely followed by Sue Bevan and Mary Anderson. By 200m to go Sue was putting on the pressure, and then Mary started to come to the front at the 150m mark. Into the final straight and any one of the leading pack could have won. As they neared the finish Mary Anderson seemed lost for pace as India's Shiny Abrahams seemed to come from nowhere to take the lead. Lynne MacIntyre made a valiant bid to catch her over the last few metres and almost did so, but Shiny just made it to the line to win in 2-06.72.

1, S Abrahams (India) 2-06.72; 2, L MacIntyre (GAC) 2-06.77; 3, M Anderson (ESPCAC) 2-07.74; 4, S Bevan (Essex) 2-08.32; 5, L Smith (ESPCAC) 2-09.94; 6, J Stewart (VPAAC) 2-11.36; 7, S Robson (Liv) 2-12.43; 8, Witoski (L'wood) 2-12.60.

1500m

THIS WAS clearly a two horse race as Lynne MacIntyre and defending champion Karen Hutcheson left the pack early to take on a duel of their own. They set up a fast pace and constantly increased the gap between themselves and the rest of the field. The two stayed together into the final lap, the split time at that stage being 3-02.73. With 350m to go Lynne started to pull away from Karen and started her long sprint for home. Karen was unable to respond to this sudden burst and at the end of the race there was

about 20m between them. Lynne's time of 4-08.14 beat her own Championship best performance by over two seconds, and was within the Commonwealth Games selection standard of 4-08.50.

1, L MacIntyre (GAC) 4-08.14 (CBP); 2, K Hutcheson (Berry) 4-12.26; 3, L Adam (Stev&N) 4-18.44; 4, R Kutty (India) 4-24.60; 5, R Mackay (Leic) 4-29.22; 6, C Gowland (Spenn) 4-29.49; 7, CA Bartley (GAC) 4-30.50.

3000m

DEFENDING champion Karen MacLeod was the early front-runner in this seven and a half lap event, closely followed by main rivals Sandra Branney and Laura Adam. By the 1000m mark, the field was well stretched out with the front runners emphasising their lead. With two laps to go Branney and Adam took up the

running, with Adam stretching away to build a lead of 15m over Branney, with MacLeod another 5m behind. In the final lap Laura Adam was striding comfortably and building on her lead all the time. With 250m to go, Karen MacLeod relieved Sandra Branney of her second placed position and made for home. At the end of the race Adam had built up a lead of 50m over MacLeod, who was 10m ahead of Branney.

1, L Adam (Stev&N) 9-13.67; 2, K MacLeod (ESPCAC) 9-22.95; 3, S Branney (GAC) 9-26.53; 4, A Bell (L'coin) 9-45.17; 5, B Walker (WAC) 9-50.86; 6, E Turner (GAC) 9-58.03; 7, L van Dyke (Essex) 9-58.79; 8, S Durham (EWM) 10-00.10.

100m Hurdles

JOCELYN Kirkby was the delighted winner of the sprint hurdles after a tight battle with Edinburgh's Clare Reid. The two were almost stride for stride in the



The breakaway trio of MacLeod, Adam and Branney in the 3000m.

1989

SCOTTISH CHAMPIONSHIPS

early stages of the race with Jane Low also in strong contention. In the middle stages Kirkby and Reid gained a slight lead over the rest of the field, one which Kirkby managed to maintain with a show of strong and fluent hurdling. Clare Reid did not have such a smooth race as she uncharacteristically hit four hurdles.

1, J Kirby (NSP) 13.79; 2, C Reid (EWM) 14.18; 3, Jane Low (GAC) 14.33; 4, M McGuinness (MSLAC) 14.36; 5, S Urquhart (EWM) 15.02; 6, K Gibbs (Morpeith) 15.25; 7, H Blanchard (Darl H) 15.49.

400m Hurdles

SARAH Booth made a strong bid for this title with a very fast start and first half of the race. At the 200m mark, the leader of the race was Sale's Margaret Still who showed fluidity and confidence to win the race a clear leader in 59.43. Booth managed to finish the race in second place with Gillian Macintyre finishing in third place. Unusually, none of the medal winners competed in this event at last year's Scottish Championships.

1, M Still (SaleH) 59.43; 2, Sarah Booth (EUAC) 60.21; 3, G Macintyre (MSLAC) 62.10; 4, Alison Brown (EWM) 62.75; 5, Sarah Smith (Longwood) 64.57; 6, I Donaldson (GAC) 64.78; 7, K Baird (KO) 67.99.

High Jump

RHONA Pinkerton gained a season's best performance with her winning jump of 1.78m. Although it was 5cm less than her PB, the achievement was a good one for Pinkerton as she has had injury problems which have curtailed some of her training. With the absence of our better known high jumpers Jayne Barnetson, and the defending champion Caris Henderson, the standard of the competition was not high, with Rhona's jump being a clear 8cm ahead of silver medalists Wendy MacDonald and Jackie Gilchrist who tied with their jumps of 1.70m.

1, R Pinkerton (GAC) 1.78; 2, W MacDonald (CambH) 1.70; 3, K Hambrook (Ashford) 1.70; 4, N Murray (GAC) 1.70; 5, H Nelvin (TT) 1.70; 6, S Urquhart (EWM) 1.60.

Long Jump

ONCE again, none of our long jumpers could stop Lorraine

Campbell as she won her eighth National long jump title with her first round jump of 6.09m. Ranked second this year, it was expected that Lorraine would be put under pressure by Karen Hambrook of Ashford who is the current leader in the ranking lists. On the day however, Ashford seemed unable to find her form as she only managed to record her best jump of 6.03m in the final round, her best until that point being 5.80m. Janice Ainslie's 5.82m did not reflect her recent form as she would have hoped to have been in contention with a 6 metre plus performance. The competition was greatly disrupted by the rather irregular decision to change pits half-way through the event. It was decided the wind had changed direction and so rather than complete the final three jumps into the wind, the consensus was to remeasure run-ups and jump with the wind. As run-throughs are not allowed once the competition has started, the competitors faced the daunting task of taking their fourth jumps under completely unknown conditions.

1, L Campbell (EWM) 6.09; 2, K Hambrook (Ashford) 6.03; 3, J Ainslie (EUAC) 5.82; 4, L Davidson (AAAC) 5.57; 5, C Black (EWM) 5.37; 6, A McGregor (MSCAC) 5.35; 7, A Jackson (MSCAC) 5.17.

Discus

DESPITE having entered for the event, defending champion Karen Pugh did not make the journey north from Birchfield, a fact which no doubt pleased the rest of the field! Lesley Adams from Pitreavie was this year's winner with her throw of 44.50m which marked a two metre improvement on the rest of her season's throws. Gwen Bird of North Shields Polytechnic repeated her placing of last year, going home with the silver medal. This year, however, her performance was over a metre less than last year's. Claire Cameron of Glasgow AC was pleased with her distance as she took the bronze medal with a season's best throw of 43.68m.

1, L Adams (PAAC) 44.50; 2, G Bird (NSP) 44.04; 3, C Cameron (GAC) 43.68; 4, A Grey (ESPCAC) 41.04; 5, K Hornby (NSP) 41.02; 6,

H Cowe (AAAC) 40.38; 7, S Freebairn (GAC) 39.48; 8, K Neary (EWM) 39.22.

Shot Putt

MARY Anderson retained her third championship title, this year's distance being further than last year's which is remarkable considering Mary says she no longer does any throws training. Club-mate Alison Grey confirmed her young talent to place second in the event, having won everything possible in Scotland at her own intermediate age-group. In last year's championships Alison was third with 12.58m and so she has shown considerable improvement over the past year to finish with a throw almost one metre better. Helen Cowe, last year's silver medalist took the bronze this year with her throw of 12.52m.

1, M Anderson (ESPCAC) 13.72; 2, A Grey (ESPCAC) 13.56; 3, H Cowe (AAAC) 12.52; 4, S Urquhart (EWM) 11.57; 5, A Rhodie (MSLAC) 10.90; 6, A Dutch (EWM) 10.69; 7, C Cameron (GAC) 10.29.

Javelin

NICKY Emblem was delighted with her win at these championships as it not only makes her national champion, but her throw of 49.08 marks a clear return to form for her. Shona Urquhart produced a season's best performance with her throw of 48.08m, as did Janelle Currie of Monklands Shettleston with her distance of 45.34m. Janelle placed third in the event last year also, but this year she showed an improvement by throwing nearly one metre further.

1, N Emblem (EWM) 49.08; 2, S Urquhart (EWM) 48.08; 3, J Currie (MSLAC) 45.34; 4, K Hornby (NSP) 44.84; 5, K Saville (ESPCAC) 42.08; 6, I Donaldson (GAC) 41.04; 7, L Low (Orkney) 35.00; 8, C Jackson (G'head) 34.68.

Nicola Emblem, winner of the javelin title with her throw of 49.08m.

FROM ABERDEEN TO AUCKLAND

Rhona McLeod talks to Mark Davidson who was one of the first Scottish athletes to gain the Commonwealth Games "A" standard.

AS THE selection date of the Scottish Commonwealth Games team approaches, the current season has produced a few surprising candidates. None more so than a couple of young athletes from Aberdeen. While Duncan Mathieson and Mark Davidson were thinking about their preparations for the Games, better known training partners like Elliot Bunney and Jamie Henderson were still thinking about qualifying.

Twenty year-old Mark Davidson has been in that enviable position of already having qualified since he set his remarkable time of 50.79 for the 400m hurdles as long ago as June.

Ten years ago, Aberdeen Amateur Athletic Club decided to try to encourage local youngsters to take an interest in athletics and join the club. They invited pupils from local primary schools to take part in specially organised races, no doubt to assess their talent.

"It was a cinder track then," says Mark, "so I turned up in my gym shoes and my

school shorts to run the 100 metres and the 800 metres."

Aberdeen soon spotted the talent of the Primary 6 boy from Peterculter as he won the 100m and was second in the 800m. "The club asked me to join as a colt, and I ran for them after that in the 100, 200, and relay," he recalls.

Davidson's first appearance was the start of a long and loyal association with Aberdeen AAC. "He was a team manager's dream!" says Hunter Watson, the club secretary and frequent team manager. "He was always available, and always performed well." Having kept tabs on him since these early days, Watson can confirm that Mark turned out for the club for 51 consecutive club league meetings! "He is an excellent club athlete - in fact the whole family are great supporters of the club."

The rest of the family are father Jim, a grade one timekeeper who has officiated at the last Commonwealth Games in Edinburgh; mother Dorothy, a grade two field judge; sister Linda, an 18 year old

long jumper of some repute; and Paul, the 16 year old brother who is as yet undecided about his event!

"Paul has a hard act to follow as Linda and I have both done quite well in athletics. At the moment he is throwing as a youth but I don't think he has made up his mind yet about what he wants to do," says the elder brother.

Returning to his own formative days, Mark says he relied on natural ability at first.

"As a first year junior boy I was first in the East District 100 and 200. As a second year junior boy I won both again, but as a senior boy I didn't do much at all - in fact I stopped training seriously. This was because as a senior boy I was smaller and weaker than the rest as I didn't grow as fast. I couldn't rely on my natural ability any more as I was just wasn't strong enough."

The turning point came around when Mark was a youth. "Linda was taken on by Bob Masson, one of our coaches. I just went



Duncan Mathieson, left, and Mark in keen competition over the 110m hurdles.

along with her and decided to join in. Bob didn't ask me to train, I just arrived! He saw I had potential for the 400 and so I started training for the event."

At this stage Bob didn't want to push Mark into doing 400m hurdles as the latter wasn't interested in running over the sticks. "I think Mark was a bit scared of them as at that stage he still wasn't really big enough to cope. We decided to do flat 400 work and keep the hurdles technique work going at the same time. I said that the next 400 hurdles race he would do would be when he wanted to."

Shortly after, Davidson decided he wanted to try a decathlon. "Bob has multi-events athletes like Duncan Mathieson in the squad and so I trained for all the events too. Then I won the Scottish junior decathlon title. That was when I got my first international vest, when I was 17 - as a decathlete!" The match was between the home countries and was held in Stoke.

"He had the sprinting ability," says Bob, "plus a reasonable jumps ability and his vaulting was coming along. His throws were okay but not great, but they were not an obvious hole in his overall performance."

At that time Mark was in his final year at school. "I scraped through, I didn't really do enough work, all I was thinking about was my athletics. The only other thing I had been doing was the Boys Brigade, but I gave them up to train harder," he says with undue modesty.

"Scrape through" he may think he did, but the five higher he gained would be creditable qualifications in anyone's book.



They gained him entry to Robert Gordon's Institute of Technology where he is about to go into his third and final year of electronic engineering.

After Mark's two decathlon appearances he decided to concentrate on running. "I gave up all the silly events and just trained for the 400, and then I turned to the 400 hurdles. I already had the hurdles technique and also the endurance of training for the 400."

The trust and faith Mark has in Bob Masson is obvious when talking to him. "You've got to listen to the coach. I contribute a lot to the training now but he's the one that knows best. He's easy to get along with and he takes feedback from the athletes. With Duncan Mathieson and Linda still in the group we give each other a hard time, but we all get on well."

Mark's stepping up to the 400 metres was not entirely problem free. "Shin splints was a recurring injury and I also had problems with my feet." The faint hearted of you perhaps would rather not read all the details of Mark's foot problems, but if you think you can stand it then read on!

"When I was bend running I found that the skin was coming off my feet. It was so bad that if I had a competition on the Sunday I could not train again until the Wednesday. What I had to do was scrape the skin off my feet to keep them soft. My brother Paul called it the cheese scraper!" A graphic and accurate description no doubt!

In 1988 Davidson began to take 400m hurdling seriously for the first time. "Before that I had only ever done the race once a year at the club championships. I competed in the Scottish last year and got the bronze medal with 52.6 and was ranked third or fourth in Scotland. I had taken two or three seconds off my PB, and so that was really the start of my build up for the Games."

At the end of the 1988 season Mark and Bob were still a year and a half away from the Commonwealth Games. Did they feel they could achieve the qualifying standard at that stage? "No, at that stage I didn't think I could get it but Bob was happy, he thought I could."

The great day finally arrived on June 18 this year in Sittard in Holland. Mark had travelled with a small Scottish team to take part in the West Athletic Games. It was in the heats that he ran his much acclaimed time of 50.79 seconds. "I was absolutely over the moon with the time!" He then continued to take the silver medal in the final behind Udo Schiller of West Germany in the slightly slower time of 50.99.

"The times in Sittard were amazing," says Bob of his protege. "I didn't expect him to do anything like that as his PB before that had been 52.3."

"It was a huge slice to take off!" Mark



remarks. "At the time I can remember the press were full of the fact that my time of 50.79 was a new Scottish record, but the record stands at 50.7 hand timing and mine was electric timing so I won't think I've beaten the record until I actually beat the time of 50.7."

The delight of his family was a sure fact, regardless of a Scottish record or not. I asked Mark how they took the news of his performance. "Well, I managed to get into the press room to phone them after the race but there was no-one at home, they'd all gone out. I did manage to phone them again later and this time I spoke to my dad. I was really waiting for him to jump up and down screaming but I don't think it all sunk in with him until later. All he said was 'that's good'. I think he thought it was just another race. They really were delighted though when I got back home."

As a long standing member of Aberdeen AAC I asked if his club mates had a word or two to say about his success. "Oh, they probably think I'm getting big headed, but they'll put me back in my place if I need it!"

One fact which would seem sure about his performance that day is his qualification to run for Scotland in the Commonwealth Games. "Everyone is telling me that I'll be going to the Games but I'm not taking it for granted yet. I won't believe it until the letter come through the door and I read it for myself. I feel like I'll be tempting fate otherwise."

Amongst his most serious Scottish rivals, Davidson lists Mark Fulton, Malcolm MacPhail and Rodger Harkins. "Malcolm and I started doing the 400 hurdles at the same time so we've been through it all together. This year Rodger Harkins has taken up the event and he has been doing well."

Each of Davidson, MacPhail and Harkins has come from other events to take up the 400m hurdles. I asked Mark the

reason for this trend.

"I think that a lot of people see 400 hurdling as an easy option to get picked for events like the Commonwealth Games, which it maybe was in the past. It's not as easy now though, it really is a hard event," he says.

In the Scottish Championships at Crownpoint, Mark had what he terms a bad race. In the final he placed second behind Anglo Scot Mark Fulton from Sale in the time of 52.62, Fulton winning in 52.02. Ayr's Malcolm MacPhail finished third just five hundredths behind. "I really don't know what happened because on the Sunday I ran a PB for the 200m. In the Scottish I ran the correct stride pattern so I don't know what went wrong. Maybe I ran the heat too easy. I think I maybe needed a hard run again to break me in as I hadn't done a 400 hurdles race for a while."

Despite the fact that Fulton beat him on the day, Mark does not think the race will jeopardise his chances for the Games in any way. "Mark Fulton hasn't run the qualifying time yet and so there should be no problem. Anyway, all the SAAA stipulated was that athletes should take part, or even enter, the Scottish. I could have run the 400m and I would never have come up against Fulton so they couldn't have compared us."

At the recent Scottish international match against Northern Ireland and an Irish select, Davidson did in fact elect to run the flat 400m while Fulton ran the hurdles. "I wanted to go over the flat 400 and so I did a couple of 400 sessions before the competition." Mark not only won the race, he set himself a new PB in the process with his remarkable time of 46.76. "I knew in ideal conditions I could get under 47 seconds, but in the windy conditions that day I was surprised with the time." Apart from Brian Whittle, no other Scot has run a faster 400m this year and the Commonwealth Games "A" Standard of 46.75 is now obtainable.

Davidson, however, will not be trying to qualify for the event. "I don't think it will be beneficial to one event or the other to try to do both. I'd have to run sub 45 or even 44 to do well in the 400m so I think I've got more chance of doing well in the 400m hurdles."

All in all, the last weekend in July was a successful one for the Bob Masson squad. Mark's training partner Duncan Mathieson achieved the marvellous decathlon score of 7144 points having set five personal bests out of his 10 events at the home international championship in Aberdeen's Chris Anderson Stadium. Davidson was

there to watch on the second day.

"I was absolutely delighted for him. He took about half a second off his hurdles PB which gave him a huge boost. We've trained together for four or five years and now we will train together in our winter preparation for the Games before going off and doing our own technical work."

If Davidson is to be selected for the Commonwealth Games his preparations, like all other team members', will have to start soon. I asked him about his plans for the remainder of the season.

"My last serious competition was at East Kilbride and I'm now having a couple of weeks rest. Then I'll start training again so I will peak for the Games. I know how to do it for the right time as I did it last year. I set out to peak for the Scottish indoor championships for the 400m and I did it all



Mark surrounded by his sister, father, mother and brother.

at exactly the right time," he says with conviction, having deservedly won the title after Brian Whittle was disqualified for barging on the tight Kelvin Hall track.

Bob Masson thinks the problems he and his athlete are facing this winter will be much greater than last. "It's fine to train for a 400 race indoors if you have the facilities of the Kelvin Hall, but it is impossible to train for a 400 hurdles race indoors. We'll have to prepare outside in mid winter to be running at good 400 metre hurdles pace. I think we'll prepare to a reasonable flat 400 standard indoors and even do some short hurdles work. Then we just have to hope for good weather."

Prior to the Games, it is anticipated that the Scottish team will have a period of warm weather training in final preparation. This, however, could present problems for Davidson.

"I don't know if I will be able to go warm weather training because of college.

We normally only get three or four weeks off at Christmas and I will need to take time off for the Games. It's my finals year so I have to be careful about what I'm doing."

If all goes well, how does he believe he will fare in Auckland? "I hope to get to the final, but I'd probably have to run a PB to get there. There are going to be about three runs in three or four days so it's not going to be easy. It won't be a case of coasting the heat and then the semi - everyone is going to have to run out of their socks!"

It must be difficult to see beyond the Commonwealth Games at this stage, but as a 20 year old Mark has a long future ahead of him. I wondered what were his long term ambitions?

In a typically laid-back we he replied: "To get picked for Britain, go to the Olympics and all that kind of thing." Is his coach, Bob Masson, so laid back?

"Bob doesn't really tell me what he thinks I can do as he doesn't want to put pressure on me - that's the kind of thing he tells my mum and dad."

Masson in fact thinks there is a lot of room for improvement. "I believe he is capable of breaking 50 seconds for the hurdles. When I see the strength work he has done, he has only worked to about 25 per cent of other athletes so he should have the capability of becoming much stronger."

If all goes well academically, Mark will graduate next summer and be ready to take on the world as an electronic engineer. Will his dedication to the sport remain in the face of a career?

"At the moment I plan to work, but that really depends on how my athletics goes. If I do take a job, though, it would have to be here in Aberdeen - I couldn't move." And the reason? "Everything is here, my coach, my family, my club, and the facilities are getting better and better in the area."

From the young school-boy in school shorts and gym shoes of 1979, Mark has developed into a highly competent and conscientious international athlete en route for one of the world's most prestigious and exciting athletic events. The journey from Aberdeen to Auckland has consisted of numerous training sessions, league matches and "cheese scraper" sessions, but Mark, along with Duncan Mathieson, has worked hard for his success. Bob Masson is due much credit. As Davidson understates, in his own inimitable way, "Not many coaches have one athlete going to the Games, far less two - so that can't be bad, can it?"

RESULTS



June

7

Ayr Seaforth 10K RR, Ayr -

1, A Gilmour (Cam) 30-18; 2, E Stewart (Cam) 30-29; 3, B Scally (Shet) 31-21; V1, H Rankine (JWK), 18th, 34-07; J1, M Hastings (Cum) 35-01; L1, E McGarry (Irv) 40-06; L2, J Strawhorn (Loud); L3, H Morton (Irv); LV1, L McCrae (Gall); Loc1, G White (Ayr); L1, A Gifford (Ayr); Teams: 1, Ayr; Womens team: 1, Irvine.

10

GWH Frank Sinclair Memorial 8.5 miles, Greenock -

1, D McFadyen (GWH) 40-59; 2, H Cox (GGH) 41-10; 3, E McKee (Spango) 42-24; 4, G Gaffney (GWH) 42-28; 5, J Duffy (GWH) 42-46; 6, J Bennett (Spango) 44-37; V1, R Hodellet (GGH), 14th, 48-34.

11

Dunfermline Half Marathon (1400 ran)

1, F Clyne (Ab) 66-59; 2, C Haskett (DHF) 67-08; 3, A Gilmour (Cam) 68-25; 4, T Murray (GGH) 68-48; 5, M Coyne (FVH) 69-00; 6, T Mitchell (Fife) 69-14; 4, D Watt (Cal) 69-31; 8, G Reynolds (DHF) 69-34; 9, F Harper (Pit) 70-48; 10, R Lippitt (Pit) 71-20; V1, I Briggs (Liv), 12th, 72-49; L1, M Muir (DRR) 85-33; L2, U Paga (WC); L3, J Ferrari (Pit).

Clydebank Half Marathon -

1, W Robertson (Beela) 66-08; 2, E Wilkinson (Bella) 68-50; 3, C Thomson (Cam) 69-08; 4, G Fairley (Kilb) 69-27; 5, R Ronald (EK) 70-11; 6, P Dolan (Clyd) 70-18; 7, A Adams (Dumb), V1, 70-23; 8, J Thollan (Bella) 71-51; 9, C Martin (Dumb), V2, 71-56; 10, P Walsh (Dumb) 72-06; V3, J Harratt (Clyd), 13th, 73-11; V4, I Burke, 15th (Bella) 73-47; V5, A Hughes, 23rd (Cam) 76-46; V6, B Edridge, 27th (Unat) 78-16; L1, R Kay, 85th (GAC) 87-05; L2, S Crawford (GAC) 91-23; L3, J Moore (Kilb) 93-32; L4, M Sinclair (LV1) (GAC) 95-17; L5, L Duncan (Unat) 97-13; L6, A Harvie (Shet) 97-54.

Strathclyde Regional Council Championships Men: 1, E Wilkinson (PR) 68-50;

2, R Ronald (Ed) 70-11; 3, F McCrossan (Sew) 78-50; Women: 1, J Moore (Cons) 93-32; 2, M Sinclair (Ed) 95-17; 3, A Harvie (Ed) 97-54.

Wick 400 Year Celebration 10K RR, Wick

1, H McKay (Fife) 32-49; 2, S McKenzie (Inv) 32-50; 3, J Gunn (Watten) 32-53; 4, D McGonigle (DHF) 33-29; 5, S Wright (Caith) 34-08; 6, A McDonald (Caith) 34-

21; V1, W Bruce (Caith) 37-34; V2, N Bremner (Skorr) 38-44; V3, A Cleary (Skorr) 41-46; L1, J Swanson (MS), 10th, 36-06; L2, M McBeath (Caith) 43-03; L3, E Oag (Caith) 43-43; LV1, F Farquhar (Wick) 44-37; LV2, R Bruce (Wick) 47-04.

Stakis 5 mile Road Race, Aviemore -

1, R Gattenby (Aberch) 24-49; 2, I Diack (Banch) 26-02; 3, D Gowley (Tom) 26-53; 4, P Hindson (Leic) 27-07; 5, C Scott (NB) 27-35; 6, S McDonald (Grnt) 27-57; V1, R Dutton (Avie) 28-22; V2, J McDonald (Dum) 30-43; V3, I Bishop (Carr) 32-27; L1, G Liddell (NB) 31-37; L2, J Irvine (Avie) 32-40; L3, F Scott (Kin) 34-08; Junior 3 mile race: 1, M McAlpine 16-34; 2, J Cruikshank 17-18; 3, R Edmonds 18-14.

Monklands Festival 7 mile RR, -

1, N Muir (Shet) 32-12; 2, D Cameron (Shet) 33-39; 3, J Cooper (Spring) 34-47; 4, R Young, V1 (Clyd) 35-02; 5, N Angew (Unat) 35-05; 6, P Paterson (CR) 36-57; V2, H Fleming (CR) 37-36; V3, A French (SVHC) 37-41; V4, W McBrinn (Shet) 37-50; V5, A Muir (C'glen) 38-04; L1, E Graham (Aird) 46-02; L2, M Upton (LV1) (Cumb) 47-21; L3, M Ward (LV2) (Unat) 47-46.

St Fergus Gala 9K RR, Peterhead -

1, A Reid (Coast) 27-13; 2, G Laing (Ab) 27-17; 3, C McIntyre (Fras) 27-46; 4, M Murray (Ab) 28-28; 5, G Milne (V1) (P'head) 28-48; 6, P Marr (Aust) 29-06; V2, D Grubb (Ab) 30-53; L1, D Porter (Reeb) 34-26; L2, J Nuttall (Ab) (LV1) 36-16; L3, M McDonald (P'head) 39-52; L4, A Noble (Fras) 40-20; L5, T Lippe (Fras) 40-23.

High Island Half Marathon, Isle of Hoy

1, W Adam (V1) (Shet) 77-48 (rec); 2, A Cook (Kirk) 78-04; 3, A Askew 83-50; 4, S Beavon 86-13; 5, K Foulis 90-04; 6, A McLeod 90-55 (all Kirk); V2, R Roberts (Kirk) 95-07; V3, J Addison (Ab) 99-20; L1, M Thompson 1-40-41; L2, L Peace 1-49-00; L3, L Leslie 2-05-00 (all Kirk).

15

Dumbarton Acad 10K RR -

1, D McFadyen (GWH) 30-50; 2, J Duffy (GWH) 32-12; 3, D Halpin (Clyd) 32-25; 4, A Adams, V1, (Dumb) 32-27; 5, B Pitt (Dum) 33-06; 6, J Hanraity (Clyd) 33-15; V2, C Martin, 7th (Dum) 33-17; V3, J McLaughlin (C'bank) 37-12; L1, M Hunter (Kel) 47-13; L2, A Simpson (Kel) 51-33; L3, H Stalker (LV1) (Mbl) 52-50; Team: 1, Dumbarton 16pts; 2, Clydesdale 24; 3, Milburn 32.

17

Dunbar Civic Week Doon Hill 10.5 Race

1, S Wallace (HEL) 66-37 (rec); 2, A Foster (HEL) 67-22; 3, R Pearman (V1) (HEL) 72-12; 4, A Mackie (V2) (Dun) 74-14; 5, J Hannan (V3) (Dun) (LV1) 88-58; L2, E Ryan (ESPC) 91-26; L3, J Smith (Dun) 103-54.

Skye Week Half Marathon, Portree (250 ran) -

1, M Gormley (Cam) 75-17; 2, S Axon (Ab) 76-35; 3, P Briscoe (DHF) 76-46; 4, W Day (V1) (FVH) 76-59 (vets rec); 5, T Martin (Fife) 77-26; V2, W Adam (Ab) 83-00; V3, R Brown (Unatt); L1, J Robertson (West) 86-43 (equal rec); L2, M O'Neill (West) 1-40-32; L3, S Clarke (SL) (LV1) 1-42-48; L4, M Martin (Fife) 1-45-19; L5, A Fisher (DRR) (LV2) 1-46-24; Loc1, D Noble 87-59; 2, I Campbell 89-11 (both SL).

Lesmahagow 14 mile RR -

1, R Ronald (EK); 2, J Adkin (Stone); 3, I White (Les); 4, P Coats (LL); J Tervitt (Law); L1, D Lucas (S'haven).

18

Strathclyde Hospice Ragu 10K RR, Glasgow -

1, S Branney (Scot) (LV1) 34-03; 2, M O'Neill (ND) 34-24; 3, K Pritchard (Wal) 34-33; 4, S Lynch (Wal) 35-07; 5, L Bain (Scot) 35-27; 6, B Cardy-Wise (Wal) (LV2) 35-34; 7, N Haines (Wal) 36-24; 8, J Swanson (MS) 37-12; 11, J Stevenson (Scot)

(LV3) 37-33; 12, R Murray (GN) (LV4) 37-58; 13, J McCall (Scot) 38-08; 14, C Howe (Bord) 38-15; 15, J Armstrong (GN) 38-18; 16, E Grant (GAC) 38-32; 17, B McAllister (NI) 38-36; 18, P Bee (Wal) 38-39; 19, S Patrick (NI) 39-04; 20, C Thomson (GAC) 39-14; Int: 1, S Kennedy (GAC), 40th, 44-03; Int teams: 1, Wal 20 pt; 2, Scot 27; 3, N Ire 62; Clubs: 1, GAC 24pts; 2, Giff North.

Peterhead Half Marathon - 1, R McFarquhar (Ab) (V1) 74-17; 2, R Curtis (Mor) (V2) 75-23; 3, S Park (Ab) 75-52; 4, P Jennings (Ab) 76-46; 5, A Newlands (Coast) 77-14; 6, C Noble (Fras) 77-43; V3, R Hill (Ab) 81-17; L1, D Gormison (LV1) 91-46; L2, M Beveridge (Reeb) 98-45; L3, M Devic (Unat) 100-40; Loc1, P Scott (P'head) 1-40-40.

Afton Water 10 mile RR, New Cumnock 1, G Tenney (Kilb) 56-27; 2, G Wight (Ayr) 56-34; 3, J Robertson (Ayr) 56-54; V1, D Fairweather (Cam) 59-39; V2, J Kyle (Irv) 61-57; V3, I Pollock (Afton) 67-35; VO/50, D Park (Irv) 68-10; L1, C Brown (Fife) 68-35; L2, J Strawhorn (Loud) 72-20; L3, M

THE AIM of the Ayrshire Midweek 10K Series was to give runners a little more interest and challenge by combining three free standing races into a series, and counting cumulative places at the end (we set out to try to do times, but realised after race two that some small inaccuracies had crept in and reverted to placing in the interest of fairness to everybody), writes Grant Young.

Over the series, 350 runners appeared at Troon, getting us off to a great start, followed by 210 at Ayr, and 252 at Kilwinning. Over 100 completed all three races.

From the start at Troon, there was only going to be one winner - and one second for that matter. Alex Gilmour of Cambuslang made the short journey from his Irvine home, and dragged the large field, including fellow internationalist Ed Stewart (also Cambuslang), round in his wake. The leading Ayrshire club runner in fourth place was Graham Wight of Ayr Seaforth, followed in by a posse of his clubmates.

In the women's event, Jane Robertson of Ayr Seaforth finished well clear of her rivals to take a commanding lead, followed by Liz McGarry of Irvine AC, and Jackie Strawhorn of Loudon Runners, one of the up-and-coming women runners in Ayrshire.

In the veteran department, 50 plus Hughie Rankin of Kilmarnock gave way only to George Gilbert of Ayr Seaforth, and they were followed by "youthful" rivals such as Jim Kyle of Cumnock, and Denis Dake and Davie King of Irvine. Meanwhile, far travelled Liz McCrae from Galloway Harriers was putting a "flag" on the female vets trophy.

The second race of the series, Ayr, confirmed the direction events were moving in. Gilmour, pushed by Stewart and Allan Scally of Shettleston, led the field home. Local boy Wight, hotly pursued by John Stewart and Kenny Penrice of the host club followed. Rankin, running better than ever, lead the vets home, but the woman's championship was blown wide open by the non-appearance of Robertson, who had moved to Edinburgh to a new job. Liz McGarry took full advantage to stake her claim with an excellent run, and Strawhorn, Ann Gifford of Ayr Seaforth, and McCrae all gave notice of their serious intentions with fine performances.

On the last event at Kilwinning on a glorious summer's evening, anxious runners gathered around the two race "league tables", working out how many places they needed to pick up so and so, or get their hands on a prize T-shirt.

An excellent field soon strung out over the minor roads behind Kilwinning, the Cambuslang invasion force Gilmour and Stewart being joined by reinforcements David McShane and Charlie Thompson. Steve Connaghan of Spango Valley mixed it well with them for a while, but dropped out when an injury played up.

The fast finish into Kilwinning Academy saw a Cambuslang clean sweep from Gilmour, Stewart, McShane and Thompson, which also saved the organiser the trouble of bothering further about the male team prize! Wright again headed the Ayrshire men, and clenched third spot in the series, while Rankin had another superb outing, and tied up the vets prize.

In the women's event, attention was diverted from the battle for the series title by the appearance of Susan Crawford of Glasgow AC, home on vacation for an athletics scholarship in the USA. She took the race in 39-23, ahead of McGarry, who held off the more youthful challenge of Strawhorn. Coming home in fourth place, and clinching the vets prize was Liz McCrae, hotly pursued by Ann Gifford, who took third women's prize in the series.

Gemmell (Strath) 80-38; LV1, L McCrae (Gall) 76-39; LV2, J Byng (Irv) 77-27; LV3, C Craig (Irv) 79-16; LVO/50 M Cullen 99-02.

Mid Argyll Half Marathon, Lochgilphead -

1, J Duffy (GWH) 70-30; 2, C Martin (V1) (Dumb) 72-32; 3, D Niell (Poth) 73-01; 4, W Dickson (Law) 73-35; 5, P Walsh (Dumb) 74-23; 6, D Murray (FVH) 74-56; V2, I Donnelly (Law) 77-23; V3, P Cartwright (FVH) 78-39; L1, L Brown (LV1) (KO) 93-04; L2, E Scott (GU) 97-23; L3, A Donnelly (GAC) 98-08.

24

Benbecula Marathon and Half Marathon

Marathon: 1, S Marland (Bol) 2-45-02; 2, T Spades (RAF) 3-02-39; 3, P Lawrence (V1) (RAF) 3-03-51; 4, E Hamilton (RAF) 3-09-12; 4, K MacDonald (LV1) (Thurso). Half Marathon: 1, D Cowie (RAF) 73-38; 2, A Elder (Ayr) 74-17; 3, P Worthington (Bol) 75-57; V1, S Jeffrey (Wel) 77-24; L1, F Ray (LV1) (Stor) 94-12.

25

Warsaw Marathon -

1, T Duffy (Eng) 2-18-38; 2, I Hagen (Eng) 2-20-43; 3, H Cox (Scot) 2-22-00.

Dumfries Half Marathon -

1, M Carroll (Annan) 65-42 (rec); 2, R Hall (Tev) 69-48; 3, A Heathcote (Sta) 70-09; 4, J Elphinstone (ESPC) 70-52; 5, G Tenney (Kilb) 72-41; 6, B Grieve (DRR) 72-57; 7, A Whalley (Sta) 73-14; 8, T Thomson (CR) 73-22; 9, R Elphinstone (ESH) 73-33; 10, M Walker (V1) (Gos) 74-28; V2, R Johnston (Sol) 75-09; V3, I Donnelly (Law) 75-52; VO/50: 1, J Irvine (Bella) 78-03; 2, J Haire (Wel) 81-07; 3, A Shaw (GN) 81-21; VO/60: J Elphinstone (SVHC) 88-30; L1, S Branney (LV1), 19th, (GAC) 76-36; L2, J Armstrong, 51st (GN) 82-31; L3, C Brown, 58th (Fife) 83-42; L4, A Strong (Unat) 107-00; L5, D Coulter (Unatt) 109-00; L6, A Henderson (Unatt) 109-00; LV2, R Mur-

NEW course records for both the half marathon and 10K for men and women were set in Dornoch on Saturday, July 1. Pleasant conditions and the largest field of runners seen in Dornoch contributed to excellent performances.

Ten members of South Shields Harriers travelled 400 miles north to take part. The journey was well worth it as one of their members, David Mann, won the half marathon in 71-57, breaking the old record held by Alan Reid of Coasters Running Club by 48 seconds. Alan, however, ran this year in the 10K and established a new course record of 30-28.

Second and third in the half marathon were Neil Craig, Edinburgh, (72-30) and Michael Halliday, Dundee Roadrunners in 72-58. The first veteran was Dave Pitman of Chard Running Club in Somerset (79-32), followed closely by Don Ritchie of Forres Harriers in 80-40.

Diana Jermieson of Aberdeen AAC won the women's race in 87-48 smashing the old ladies record by 8 and a half minutes, and taking 13 minutes off the women's veteran record. Second woman was Carol Cadger of Perth Strathay Harriers (91-01) with Margaret McLaren of Kirkcaldy third in 93-26.

Inverness Harriers won the team event (33 pts) in front of Nairn and District AAC (59 pts) and Aberdeen AAC (62 pts).

In the 10K, Matthew Strachan of Fife AC just made it in time for the start but was very quick when it came to running, finishing second to Reid in 30-52. Last year's 10K winner, Stan Mackenzie of Inverness Harriers, was third in 31-20. James McWilliam of Moray Roadrunners retained his veteran trophy (35-51) ahead of Norman Bremner of Caithness AAC (36-15).

Ann Smart of Inverness Harriers was the first woman in the 10K, setting a new record of 39-19, just one second less than the old time. Sheila Craig of Edinburgh was second in 39-59, with Franky Farquhar of Wick Ladies Jogging Club third in 40-29 and retaining her veteran trophy.

The men's and women's team trophies both went to South Shields Harriers.

ray (GN) 86-36; LV3, L McCrae (Gall) 92-00; LV4, E Davidson (GN) 94-00.

Teams: 1, DRC; 2, Giff North; 3, Staffs MAC; Womens team 1, Giff

Woman's Own 10K RR, Grangemouth

(+200 ran) - 1, R McAleese (LV1) (MS) 37-05; 2, S Crawford (GAC) 38-10; 3, K Hogg (Pen) 39-48; 4, S Rodger (LV2) (DRR) 40-26; 5, E Scott (GU) 41-04; 6, M Walker (FVH) 41-36; 7, S Blair (LV3) (Po) 42-04; 8, S Kelly (Fife) (LV4) 42-36; 9, A Strachan (LV5) (Newport) 43-29; 10, G Harrison (Stir) 43-39; LV O/50, E Fairweather (Ferry), 21st, 46-12; U/20: 1, S Carty (Black), 18th, 46-03.

Polaroid 10K RR, Alexandria (372 ran) -

1, D McFadyen (GWH) 31-14; 2, W Robertson (Bella) 31-23; 3, M Gormley (Cam) 32-36; 4, E Wilkinson (C'glen) 32-56; 5, J Stephens (Hel) 33-02; 6, A Adams (V1) (Dum) 33-21; V2, C Martin (10th) (Dum) 34-09; V3, R Young (15th) (Clyd) 34-46; L1, J McCall, 37th (GAC) 38-28; L2, E McGarry (LV1), 82nd (Irv) 41-02; L3, R Kay, 101st (GAC) 41-59; LV2, M Fox, 104th (NI) 42-12; LV3, M Sinclair, 113th (GAC) 42-50; Teams: 1, Dumbarton 27pt; 2, Cambus 39; 3, V Park 40.

Buckie Half Marathon -

1, M Wright (Buck) 75-25; 2, C Noble (Fras) 77-25; 3, A Newlands (Mor) 77-35; V1, A McDonald (Ab), 10th, 82-48; V2, S Reece (Elton); V3, J McDowall (Elg); VO/50: 1, G Dingwall (Inv); 2, D Munro (Ab); 3, C Gilmour (Nairn); L1, L Bain (Ab) 77-33; L2, D Porter (Reeb); L3, M McDonald (P'head); LV1, R Collish (Card); LV2, D Gormison (Ab); LV3, M Beveridge (Reeb).

Womans Own 10K RR, Spango Valley, Greenock -

1, E McKay (MS) 38-12; 2, K Hancock (GN) 38-28; 3, A Fisher (Spango) (LV1) 38-35; 4, M Blaikie (Spa) 40-56; 5, AM McKee (Spa) 41-43; 6, J Byng, LV2, (Irv) 42-12; Junior: 1, K Gibson (Spa), 8th, 42-43.

Arbroath Half Marathon (430 ran) -

1, P Briscoe (DHF) 70-41; 2, E McColgan (L1) (DHF) 71-04; 3, C McIntyre (Fras) 71-40; 4, T Martin (Fife) 71-54; V1, L Wylie (Dun) 77-23; V2, D Morgan (Inverurie) 77-52; V3, C Angus (Dun) 78-29; L2, M Martin (Fife) 92-03; L3, G Blake (Dun) 92-28; LV1, E Wilson (Dun) 90-11; LV2, K Lyons (Cam) 99-30; LV3, L Millan (Dun) 101-50.

Loch Rannoch Marathon and Half Marathon, (600 ran) -

Half Marathon: 1, C Bark (Sund) 67-42 (rec); 2, G Reynolds (DHF) 67-47; 3, N Thin (ESH) 68-12; V1, S Graves (Fife) 72-16 (vets rec); V2, R McFarquhar (Ab) 73-35; V3, T King (Fife) 81-52 (rec); Loc1, R Collins 79-51; L1, M Muir (DRR) 81-48 (rec); L2, V Simpson (Ab) 84-01; LV1, G Hanlon (DRR) 87-35 (rec); U/20: P Mowbray (Rann) 78-10 (rec); Teams: 1, DHF 14pts; 2, ESPC 71; 3, DRR.

Marathon: 1, S McCallum (CR) 2-37-04; 2, M McHale (Pit) 2-39-57; 3, R Hubbard (SMC) 2-43-02; V1, A Nicol 2-45-07; VO/50, M Coyne (Snr) (FVH) 3-07-17; U/20, S McGrath (Rann); L1, S Rodgers (DRR); Team 1, Central Region AC.

Mini Marathon: Boys: 1, T Lawrence (Strath); 2, J Hamilton (Rann); Team: 1, Rannoch; Girls: 1, L McLellan (Strath); 2, S Adams (Rann); Team: 1, Rannoch.

July

1

Dornoch Festival Half Marathon, Dornoch -

Half Marathon: 1, D Mason (SSH) 71-57 (rec); 2, N Craig (Ed) 72-30; 3, M Halliday (DRR) 72-58; V1, D Pitman (Cha) 79-32; L1, D Gormison (Ab) 87-48 (rec); 10K: 1, A Reid (Coas) 30-28 (rec); 2, M

THE SCOTTISH Veteran Harriers opted to use the Ian Skelly Carluke road race to decide their 10 mile championship. Conditions were ideal, with an overcast sky and little wind for the field of over 100 competitors tackling the "undulating" two lap course, writes Pat Kelly.

A group of six, headed by local athlete Douglas Frame of Law, pulled clear of the field after the first mile. Frame pushed hard up the Braidwood Hill he knows well from training nights, and opened up a gap of 60 metres from Calderglen's Charlie McDougall, the leading vet, and Euan Wilkinson. The field was beginning to string out by this time with Phil Dolan, Willie Day and Ian Seggie, all vets, filling the next three places.

In the women's race, the leader at the four mile mark was local unattached runner Geraldine Craig, by 20 metres from Anne Marie Hughes of EAC, with Law stalwart Ann Dickson third.

Frame increased his lead in the second lap and finished a comfortable winner in a time of 51-28. His opportunities to shine have been curtailed in recent years due to the pressure of a junior doctor's duties.

In the 40-44 age group, McDougall maintained his early lead over Day (FVH) to win by 61 seconds, with Ian Seggie (Liv) 69 seconds behind in third. R Young (Clydesdale) won the 45-49 age group from F Wright (Spring) and Willie McCann (EKAC).

In the 50-54 age group Alistair Shaw (Giffnock North) came home well clear of Bob Lennon (Cambus).

The places in the 55-59 age group were established early in the race and Boli Stoddart (GWH) won comfortably from Hugh Gibson (Hamilton) with T Stevenson (GWH) further back in third.

Alistair McInnes (VP) won the 60-64 race in 69-02 and 74 year old David Morrison (Shet) won the over 65 race, showing many "youngsters" a clean pair of heels!

In the women's race Hughes eventually pulled herself to the front on the second lap to beat Craig by 36 seconds with Dickson back in third.

The race was an enormous success with the results on display practically before the runners were out of the showers. The organisers wish to thank the younger club members and volunteer stewards, the TSB, the major sponsor Ian Skelly, who provided financial support and a lead car, and the competitors, especially the committed and cheerful bunch who form the SVHC. The officials' jobs were made easier by their attitude and they will be made welcome back next year.

RESULTS

Thomas (HBT) 63-32; 3, R Brown (HBT) 65-46; V1, P Cartwright (FVH) 67-20; V2, G Bennison (Fife) 72-06; V3, J Barday (Kin) 75-12.

12

Fife AC Mid Week Race Series, Newburgh 5 mile RR - 1, C Ross (DHF) 22-51; 2, P Briscoe (DHF) 22-53; 3, R Bell (DHF) 22-53; 4, G Hanlon (DHF) 23-19; 5, A Kidd (V1) (Unatt) 23-31; 6, I Moncur (DHF) 23-33; 7, M McCreadie (Fife) 23-43; 8, S Graves (V2) (Fife) 23-47; 9, S Kerr (DHF) 23-59; 10, D Courstone (Fife) 24-11; V3, T Ross, 12th (Fife) 24-41; L1, G Hanlon (DHF) 28-50; L2, M Martin (Fife) 29-41; L3, L McGill (DHF) 31-06.

15

Arisaig to Mallaig 10 mile RR - 1, C Thomson 52-21 (rec); 2, D Runciman 53-04; 3, B Gough 55-50 (all Cambus); Loc1, J Henderson (Mallaig).

16

Inverness People's 10K RR (+750 ran) - 1, P Fleming (Bella) 29-39; 2, F Cline (Ab) 29-47; 3, A Hutton (ESH) 29-59; 4, J Graham (HBP) 30-16; 5, C Hall (Ab) 30-29; 6, A Douglas (VP) 30-52; 7, D Beattie (DHF) 30-33; 8, R Bell (DHF) 30-53; 11, J Doig (Ab) 32-19; 12, T Thomson (CR) 32-39; 13, G Milne (V1) (P head) 32-45; 14, D Hossie (StirU) 32-58; 15, J Hendry (Bella) 33-02; V2, D Grubb (Ab) 34-55; V3, G Mitchell (Inv) 34-58; L1, S Brannan, 22nd (LV1) (GAC) 33-58; L2, L Bain (Ab), 41st, 35-31; L3, J Swanson (Caith), 49th, 35-49; L4, D Robinson (LV2) (CLM), 51st, 36-11; L5, J Armstrong (GN), 82nd, 37-29; L6, E Grant (GAC), 91st, 37-59; L7, L Boyd (LV3) (Ab), 118th, 39-25; L8, D Porter (Reeb), 119th, 39-29; L9, H Morton (Inv), 170th, 41-29; L10, F Farquhar (Wick), 196th (LV4) 42-10; Teams: 1, Aberdeen 15pt; 2, DHF 46; 3, Caithness; 4, Inverness 101; 5, RR 148; 6, ESH 170.

Campbeltown Half Marathon - 1, B McGuinness (GGH) 71-27; 2, J Wight (Ayr) 71-50; 3, D Murray (FVH) 72-13; V1, H McLean (Brox) 77-56; V2, R Maklin (Forth) 78-46; V3, P Bradley (Cam) 80-22; L1, G Craig (S'Kelvin) 95-36; L2, D Coulter (Ed) 105-45; L3, N Thussy (Ladyford) 1-50-01.

Stakis 5 mile RR, Duilnain Bridge - 1, B Moroney (Ab) 25-51; 2, P Cowie (Ab) 25-57; 3, M McCulloch (Grant) 27-05; V1, R Ellis (Shoots) 27-46; V2, R Dutton (Avie) 29-50; V3, M Jamieson (Keith) 32-46; L1, G Liddell (NB) 33-08; L2, F Scott (Kin) 34-28; L3, K Scott (Bro) 36-25.

21

Elgin Highland Games 10 mile RR - 1, R Bell (DHF) 53-10; 2, G Milne, V1 (Pet) 54-52; 3, I Moncur (DHF) 54-57; V2, A Curtis (Mor) 58-10; V3, J McWilliams (Mor) 62-00; L1, V Simpson (Ab) 66-05.

Dingwall to Evanton and back 10 mile RR - 1, T Mitchell (Fife) 3 min lead near finish, went off course but judged winner; 2, P Briscoe (DHF) 56-06; 3, D Bour (Nairn) 59-04; 4, M Francis (Forres) 59-21; 5, R McDonald (Inv) 59-52; 6, C Webster (HBT) 60-15; V1, G Mitchell (Inv) 60-23 (7th); L1, M Cummings, LV1 (Italy), 49th, 76-33; L2, I Bruce (GN) 79-39; L3, L Gray (Inv) 80-26;

Pairs race (5 miles each): 1, D Middleton (BD) and S Moor (BD) total time 62-10; **Mixed pairs**: Fiona Scott and Callum Scott (N Police) 70-06.

22

Bonar Bridge Quarter Marathon - 1, P Ogden (Cam) 40-36; 2, A Wright 41-04; 3, J Thomson 42-29 (both E South AC).

Stromness Shopping Week Half Marathon - 1, A Cook (Kirk) 77-15; 2, W Adams (V1) (Shet) 77-19; 3, J McDowall (V2) (Forres) 86-26; 4, J Currie (Ork) 87-01; 5, G Harkus (Ork) 191-25; 6, A Findlay (Kirk) 99-00; L1, M Thomson (Kirk), 10th, 104-06.

23

Helensburgh Peoples Half Marathon (320 ran) - 1, F Harper (Pit) 67-42; 2, M Coyne (CR) 68-09; 3, T Anderson (Kilb) 70-15; 4, M Mitchell (Cam) 70-39; 5, A Duncan (V1) (P) 71-10; 6, C Martin (V2) (Dum) 71-37; V3, A Bain (Cam) 75-25; L1, J Robertson, 30th (Ayr) 79-11; L2, J Armstrong, 49th (GN) 81-57; L3, S Crawford, 56th (GACV) 84-21; L4, M Sinclair, 119th (GAC) 95-43; Teams: 1, Cambuslang; 2, Dumbarton; 3, Central Region; 4, Pitreavie.

30

General Portfolio 10 mile RR, Bridge of Don - 1, J Graham (HBP) 49-54; 2, F Cline (Ab) 50-24; 3, C Haskett (DHF) 50-34; 4, G Laing (Ab) 52-58; 5, M Greally (P) 53-14; 6, I Williamson (Ab) 54-59; 7, M Murray (Ab) 55-22; 8, W Adams, V1 (SD) 55-59; 9, G Hanlon (DHF) 56-08; 10, E Butler (Ab) 56-52; V2, F Duguid (Ab), 13th, 57-26; V3, B Mahler (HBT), 15th, 57-40; L1, U Simpson (Ab) 64-17; L2, D Porter (Reeb) 65-11; L3, D Gernison, LV1 (Ab) 66-16; L4, M Stafford (Ab) 67-13; L5, G Hanlon (DHF) 69-17; Team: 1, British Tel 27pts.

Reports of about 150-250 words are welcomed.

Please send to 62, Kelvingrove Street, Glasgow G3 7SA.



June

10

Traprain Law Hill Race, East Linton - 1, J Ross (HBP) 38-05 (rec); 2, G Philip (ESPC) 38-51; 3, R Thomas (HBT) 41-14; 4, I Wallace (HBT) 41-39; 5, S Wallace (HBP) 41-48; 6, J Smith (HBP) 41-58; V1, K Burns (Carnethy) 43-34; V2, S Cameron (ESH) 44-23; V3, G Armstrong (HBP) 45-31; L1, E Ryan (ESPC) 51-57; L2, J Smith (HBP) 52-13; L3, D Mackie (Unatt) 54-26; Team: 1, HELP 12pts.

11

Cairnstable Hill Race, Muirkirk - 1, J Stewart and G Wright (both Ayr) 45-43; 3, D Auchie (Dalry) 46-25; 4, I Auchie 56-49; 5, M Cowan 47-17 (both Dal); 6, J Gennell (Cum) 48-18; V1, R Cheyne (Inv) 47-52; V2, I Pollock (Afron) 50-58; V3, J Kyle (Cum) 51-09; V4, I Auchie (Dal) 58-57; L1, J Hume (Afr) 66-42; L2, E Griffen (Muir) 69-10; L3, F Kay (Cum) 76-35; L4, J Slater (Muir) 69-53; L5, I Wilson (Cum) 70-23; L6, C Rowan (Cum) 76-35; Loc1, G Griffen (Muir) 49-10; V1, D Sanderson (Muir) 57-05; Boys (u/15): 1, W McCartney (Unatt) 54-36; 2, M McLaren (Muir) 56-44; 3, S Schendel (Inv) 57-32.

Lomonds of Fife Hill Race, Gateside - 1, M Patterson (DP) 63-11 (rec); 2, J Taylor (Holm) 65-11; 3, D Rodgers (Loch) 66-14; 4, J Wilkinson (Gala) 66-30; 5, D Bell (HBP) 66-45; 6, P Marshall (V1) (HBP) 68-21; V2, T Ross (Fife) 72-13; V3, R Nicoll (Fife) 73-00; L1, B Redford (Unatt) 80-20; L2, J Smith 80-45; L3, C Whalley (Carn) 82-49.

24

Cairngorm 10 mile Hill Race, Aviemore - 1, D Beattie (DHF) 75-10; 2, A Farningham (Gala) 75-29; 3, D Woodhead (Holm) 77-00; 4, D Rodgers (Loch) 80-03; 5, R Wilby (V1) (BI) 82-33; 6, D McGonigle (DHF) 84-05; 7, J McCrae (Loch) 84-33; L1, A Woodhead (Holm).

Ballachulish Gala Day 2.5 mile Hill Race - 1, W Rodgers (J1) (Loch) 21-20 (rec); 2, J Brooks (Loch) 21-50; 3, S Burns (Loch) 22-

COLIN Donnelly (Eryri Harriers) smashed the course record in the North Cape Dollar Hill Race on June 10, writes Michael McQuaid. The Welsh-based Glaswegian defeated a top class field in this, the fourth event in the 1989 British Championship. He clocked 38:50 for the 5.5 mile course which involves a climb of 2,111 feet. Amazingly, the top 14 were inside former Scottish champion Dermot McGonigle's 1987 course record of 41:38. Scottish-based runners placed eighth to 13th with John Williamson (Gala), Ian Davidson (Livingston), David Rodgers (Lochaber), Alan Farningham (Gala), Andy Curtis (Livingston) and Dennis Bell (Haddington) all close together. First veteran, 15th overall, was Peter Marshall (Haddington) in 41:51, while Edinburgh AC's Tricia Calder easily beat the women's record with 46:25. The 142-strong entry was a record for the race and organiser Campbell Perry hopes that it will go from strength to strength. Donnelly's sub 40 minutes time means that from next year it will move from the "medium" to "small" category in the Scottish Hill Runners' Association list.

40; 4, J Maitland (Loch) 23-23; L1, M Byers (Loch) 37-09.

Eildon Two Hills Race, Melrose - 1, J Wilkinson (Gala) 27-33; 2, D Ball (HBP) 28-07; 3, R Hope (Gala) 28-20; 4, A Bennett (West) 28-43; 5, P Fettes (J1) (GlaU) 30-24; 6, N McDonald (ESH) 30-29; V1, J Knox (Teviot) 30-41; V2, R Nicoll (Fife) 31-15; V3, K Burns (Carn) 32-14; L1, T Calder (ESPC) 31-10; L2, S King (Clyd) 43-55; J2, H Lorimer (Duns) 30-39; J3, S McKendrick (Unat) 31-44; Loc1, G Blane (Mel) 32-14; Teams: 1, Gala 14pt; 2, Teviotdale 34; 3, Melrose 103.

Glen Rosa Horseshoe 12 mile Hill Race, Brodick Castle - 1, D Davies (V1) (Wal) 2-18-49; 2, A Dyth (Clyd) 2-18-58; 3, D Richardson (Kend) 2-29-53; 4, J Lague (Amb) 2-37-39; 5, J Pryde (Lom) 2-40-58; 6, J Blair-Fish (Carn) 2-44-07; V2, P Mackie, 8th (Inv) 2-48-02; V3, C Pritchard (Carn); V4, C Chrystal, 15th (Loch) 2-57-53; L1, C Menhennett (Bells), 13th, 2-51-08; Team: 1, Clydesdale.

West Highland Way 95 mile Race, Milngavie to Fort William - 1, D Wallace (Ed) 15-26-20 (rec); 2, M Harrelly (Staff) 15-32-58; 3, M Francis (Forr) 17-08-51; 4, I Campbell (Liv) 17-48-25; 5, P Simpson (Liv) 18-13-00.

25

Falkland Festival 3 mile Hill Race, Falkland - 1, S Bennett (West) 19-56; 2, B Potts (Clyd) 20-00; 3, H Laing (StA) 21-50; 4, J Shields (Clyd) (V1) 21-54; 5, L Fortune (Auch) 22-04; 6, A Graham (Lom) 22-08; L1, W Chalmers (Kirk) 27-33; 2, G Kirkbride (Wormit) 38-08; L3, M Duffy (Falk) 42-36; Loc1, J Reekie (Falk) 26-57; Boys U/18, 1, F Houton (Falk) 25-37; U/14, 1, J Lapsley (Miln) 24-59; Girls U/15, 1, Rennie (Falk) 29-10.

Lairg Ghrù 28 mile Race, Braemar to Aviemore - 1, J Farquhar (HBT) 3-14-06; 2, D Weir (Unatt) 2-18-50; 3, J McKay (HBT) 3-23-18; 4, B Maher (V1) (HBT) 3-25-05; 5, A McKenzie (Unatt) 3-30-15; 6, E Butler (Aber) 3-39-13.

July

1

Mamre 16 mile Hill Race, Kinlochleven

1, D Rodgers (Loch) 1-40-03; 2, D Woodhead (Holm) 1-42-20; 3, E Rennie (Ab) 1-47-45; 4, E Butler (Ab) 1-49-43; 5, J McCrae (Loch); 6, F Duguid (Ab), V1, 1-50-23; V2, W Ryder (Morp) 1-51-50; Team: 1, Aberdeen 13pt; 2, Lochaber 13 (after countback).

2

Black Hill Race, Earliston - 1, W Anderson (Gala) 27-19; 2, D Woodward (Holm) 27-37; 3, S Mathieson (HBP) 28-47; J1, H Lorimer (Duns) 29-43; V1, K Graham (Black) 35-28; L1, S King (Clyd) 39-28; L2, A Woodhead (Clay) 42-08; L3, L Knox (Tev) 47-23; Loc1, G Common (Black).

15

Creag Bheag Hill Race, Kingussie - 1, W Rodgers (Loch) 37-18; 2, G Bartlett (Forres) 37-41; 3, K Yost (Forres) 38-16; 4, R Wilby (V1) (BI) 38-48; 5, A Pratt (Forres) 39-01; 6, A Graham (Lom) 39-23; V2, R Collins (Unat) 41-13; V3, R Ketles (Lass) 41-56; L1, L Hope (Loch) 43-47.

22

Glamaig Hill Race, Isle of Skye - 1, W Rodgers (Loch) 51-35 (rec); 2, J Wilkinson (Gala) 52-01; 3, D Weir (PSH) 53-05; 4, J Maitland (Loch) 55-18; 5, J Murphy (Loch) 55-27; 6, J Hey (Warr) 55-28; 7, S Bennett (West) 56-06; 8, G Bartlett (Forr) 56-23; 9, D Bell (HBP) 56-44; 10, T Ross (V1) (Fife) 57-14; L1, T Calder (ESPC) 62-08 (rec); L2, J Salvona (Liv) 66-31; L3, H Urquhart (Skye) 86-01.

Dundonnell Three Tops Hill Race, Gairloch - 1, G Bartlett (Forr) 59-14 (rec); 2, E Scott (Ab) 67-07; 3, I Hay (Inv) 72-19; L1, L Hope (Loch) 72-24.

29

Meall Ant Suidhe Hill Race, Fort William - 1, D Rodgers (Loch) 29-34; 2, M Crodale (RM) 31-11; 3, S Hicks (Unat) 31-23; 4, W Rodgers (J1) (Loch) 32-02; V1, J Shields (Clyd) 32-33; L1, E Unsworth (Kendal) 35-21; Team: 1, Lochaber.

Half Ben Nevis Race, Fort William - 1, B Potts (Clyd) 51-31; 2, M Dickson (Loch) 51-57; 3, R Jackson (HBT) 51-58; V1, J Shields (Clyd) 55-11; L1, T Warwick (Unat) 81-59.

31

Cow Hill Race, Fort William - 1, R Jackson (HBT) 17-39; 2, W Rodgers (Loch) 17-41; 3, D Rodgers (Loch) 18-14; 4, G Elasser (Swi) 18-24; 5, M Dickson (Loch) 18-27; 6, J Brooks (Loch) 18-28; V1, J Shields (Clyd) (9th) 19-18; L1, E Unsworth (Kend) 33-05.

TONY Martin succeeded in taking 12 seconds off club colleague Jan Sinnige's course record when winning the Fife ACHill of Tarvit Race on June 14 in a time of 32:23, writes Graham Bennison. Over what must be one of the most picturesque courses in Britain, Martin established an early lead, chased hard by Scottish international Sam Graves. At the finish in the village of Ceres, the RAF runner was well ahead, with wife Margaret making it a successful family night out by winning the women's race in 41:48.

RESULTS



July

8/9

SAAA National Combined Events Championships, Aberdeen - Seniors: 1, R Laing (Liver) (100 11.7; LJ 6.93m; SP 12.04m; HJ 1.75m; 400 4-43.11) 6997 pts (CBP); 2, C Orr (ESPC) (11.0; 6.65m; 12.33m; 1.81m; 50.0; 15.62; 34.20m; 3.80m; 39.12m; 4-41.98) 6593 pts; 3, S McMillan (Pit) (11.5; 6.75m; 11.99m; 1.75m; 53.2; 17.19; 33.24m; 3.80m; 56.26m; 4-50.12) 6312 pts; Scots positions: 8, A Leiper (Ald) (11.4; 6.32m; 10.70m; 1.78m; 53.3; 15.52; 32.12m; 4.00; 43.70m; DNF 1500m) 9 event total 5588 pts; 9, J Malcolm (Loth) (11.8; 6.21m; 8.78m; 1.72m; 53.8; 16.69; 15.18m; 2.90m; 37.68m; 4-39.98) 5340 pts; 11, J Malcolm (St And) (12.6; 5.22m; 9.09m; 1.78m; 60.7; 17.39; 36.52m; 3.10m; 40.62m; 5-13.48) 4841 pts; 13, J Freebairn (SVHC) (Vets Decathlon) (13.6; 4.89m; 12.22m; 1.57m; 65.8; 18.08m; 37.78m; 2.90m; 36.12m; 5-55.75) 4020 pts.

Juniors: 1, P Allan (Ab) (11.2; 6.46m; 13.70m; 1.84m; 51.2; 15.60; 42.26m; NH in PV; 40.84m; 4-33.43) 6243 pts (Scottish Junior record); 2, I Black (ESH) (12.1; 5.88m; 9.83m; 1.87m; 54.8; 18.42; 34.00m; 4.10m; 43.58m; 4-33.22) 5802 pts; 3, A Anderson (Nith) (12.1; 5.34m; 10.43m; 1.78m; 54.1; 17.53; 30.38m; 3.60m; 42.58m; 4-31.51) 5553 pts; 5, K McDowall (12.6; 5.11m; 8.82m; 1.57m; 60.3; 17.90; 27.64m; 3.30m; 33.86m; 5-08.38) 4402 pts; 6, D Baillie (Loth) (12.2; 5.19m; 10.86m; 1.63m; 57.3; 19.58; 32.32; NHT in PV; 32.58m; 5-35.33) 4117 pts.

Youths Octathlon: 1, E Scott (Hel) (100 11.4; LJ 6.37m; HJ 1.64m; 400 54.9; 100H 14.93; DT 27.28m; JT 47.48m; 1500 4-48.19) 4799 pts (Scottish Youth rec); 2, A Kemio (Liv) (12.6; 5.52m; 1.64m; 60.1; 18.09; 23.62; 39.16m; 4-57.61) 3633 pts; 3, C Jones (Ab) (12.6; 4.73m; 1.46m; 60.4; 15.60; 25.80m; 33.64m; 4-49.63) 3582 pts; 4, P Greenhill (Ar) (13.2; 4.90m; 1.61m; 60.6; 18.77; 27.74m; 43.40m; 4-52.34) 3488 pts.

15

British Schools Int Match, Dublin - Boys: Scottish perf: 100, 4, R Slater 11.3; 6, C Joiner 11.3; 200, 1, Murray 51.2; 800, 5, J Gill 1-58.8; 6, B Higgins 2-00.0; 1500, 3, G Graham 4-01.1; 7, C Greenhalgh 4-09.2; 3000, 4, M McBeth 9-05.5; 5, E McCafferty 9-48.1; 1500 s/e, 5, Burch 4-38.6; 8, D Hards 4-53.5; 100H: 7, I Dickie 14.7; 8, N Larran-Smith 14.7; 400H: 5, I Murray 57.4; 6, I Dickie 59.0; HJ: 3, S Whyte 1.95m; 7, G Woods 1.80m; LJ: 5, M Craig 6.46m; 6, I Paget 6.44m; TJ: 4, M Craig 13.50m; 7, S Whyte 12.55m; SP: 7, K Gorden 13.02m; 8, J Grundy 12.80m; DT: 6, G Grundy

38.62m; 8, K Gorden 37.50m; HT: 6, S Bunker 47.20m; JT: 7, C McAuley 45.98m; 4x100: 1, Scot 43.5; 4x400: 3, Scot 3-24.1; Boys Results: 1, Eng 254 pts; 2, Ire 155; 3, Wal 128; 4, Scot 104.

Girls: 100: 4, A Edmonds 12.5; 6, K Lees 12.6; 200: 7, A Edmonds 25.4; 8, M McShannon 25.8; 400: 4, E Grant 57.9; 5, C Collins 59.1; 800: 7, L Thounire 2-18.4; 8, J Wolfendale 2-27.2; 1500: 3, L Linaker 4-28.2 (UK age 13 best); 8, R Hutton 5-04.2; 3000: 6, D Rutherford 10-47.7; 8, C Roy 11-48.4; 80H: 6, S Richmond 11.9; 8, D Douglas 12.7; 300H: 3, F Watt 44.7; 5, S Brown 46.9; HJ: 4, H Melvin 1.70m; 5, K Dyer 1.64m; LJ: 5, L Kerr 5.44m; 7, D Douglas 5.17m; SP: 1, A Grey 13.68m; 5, L Dobie 10.72m; DT: 3, A Grey 42.00m; 7, L Dobie 32.50m; JT: 6, L Jackson 34.42m; 8, J Ablett 32.90m; 4x100: 1, Scot 47.2; 4x400: 3, Scot 4-01.4; Girls Results: 1, Eng 193 pts; 2, Ire 130; 3, Scot 89; 4, Wal 86.

Combined Result: 1, Eng 447 pts; 2, Ire 285; 3, Wal 214; 4, Scot 193.

Junior International Match, Scotland v N Ireland, Dumfries - Men 100 (-1.50 m/s): 1, B Ashburn 10.92; 2, S May 11.16; 3, D Galloway 11.30; 200 (-2.32 m/s): 1, D Galloway 22.3; 2, S May 22.6; 400: 1, I McGurk 49.93; 800: 1, I Cumming 1-53.2; 4, A Kinghorn 1-53.9; 5, J McFadyen 1-54.6; 1500: 2, I Gillespie 3-51.8; 2000 s/e: 1, J Moodie 6-13.0; 1100H: 2, N Taylor 55.4; 2, T Nimmo 57.0; HJ: 1, S Ritchie 2.18 (Scottish native and junior rec); 2, J Stoddart 2.11m; 3, S Hill 1.90m; PV: 1, L Black 4.20m; 3, A Anderson 3.80m; LJ: 1, B Ashburn 7.08m; 3, E Scott 6.79m; SP: 1, N Mason 14.35m; 2, R Baird 14.31m; 3, P Allan 14.24m; DT: 2, R Baird 40.52m; 3, N Elliot 39.56m; HT: 1, D Allan 48.84m; 2, D Minty 40.72m; 3, L Carter 37.74m; JT: 2, E Scott 49.74m; 4x100: 1, Scot 42.9; 4x400: 1, Scot 3-23.8;

Men's result: 1, Scot 210 pts; 2, Ire 163.

Women's result: 1, Scot 145 pts; 2, N Ire 94; 3, Ire Select 94.

Women's 100 (-1.35 m/s): 1, J Neilson 12.1; 3, M Baxter 12.3; 200 (-0.75 m/s): 1, J Neilson 24.4; 2, D Hockhart 24.5; 400: 1, D Kitchen 54.0; 3, M Anderson 55.4; 800: 3, I Smith 2-11.0; 5, S Wiktorowski 2-12.5; 1500: 1, R Mackay 4-43.4; 2, L Adam 4-40.0; 3000: 2, S Brannan 9-43.7; 100H (-2.48 m/s): 2, J Kirby 14.1; 4, C Reid 14.4; 400H: 1, G McIntyre 60.0; 3, S Booth 60.9; 4x100: 3, Scot 49.1; 4x400: 1, Scot 3-41.2; HJ: 5, R Pinkerton 1.70m; 6, W McDonald 1.60m; LJ: 2, L Campbell 6.10m; 3, K Hambrook 5.92m; SP: 2, M Anderson 13.49m; 4, H Cowe 12.94m.

Women's result: 1, Scot 105 pts; 2, Ire Select 84; 3, N Ire 81; Combined match result: 1, Scotland 250 pts; Ireland Select 178; N Ire 176.

LANDSLIDE WIN FOR SCOTLAND

Scotland : 243 Northern Ireland : 173 Ireland select : 166



THE HOME team dominated the proceedings as the first ever athletics meeting was held at the new East Kilbride Stadium. In both men's and women's matches Scotland won convincingly with the only real disappointments coming in the sprint relay events. In the women's 4x100m, the team did at least manage to get the baton around, but the fine sprinting skills were entirely in vain as two out of the three baton changes were appalling.

The men's team looked very promising indeed until the final change-over when there was confusion between Jamie Henderson and Alan Doris, resulting in the team running out of lane and not finishing.

John Wallace was the first ever winner on the new track with his victory for Scotland in the 110m hurdles in the time of 14.7.

In the sprints the Scots completely dominated with Henderson, Clark and Neil Turnbull covering the mens events. Janice Neilson scored the

Photos, clockwise from left; an explosive start in the women's 100m; run throughs prove to be difficult for long jumpers due to a metal barrier at the end of the pit; Steve Ovett with the young local children who helped him open the stadium; Mel Fowler smiling for the camera in the long jump.



sprint double in the 100 and 200 while team mates Morag Baxter and Dawn Flockhart collected bronze and silver in the 100 and 200 respectively.

Gillian McIntyre was delighted with her time of 60.0 for the 400m hurdles on a day that was bad for this event due to blustery winds.

John Scott welcomed the return of victory when he won the long jump with 7.11m with Mel Fowler placing second with his jump of 7.08m.

Another jumps double, this time for Scotland's triple jumpers Stuart McMillan and David Rooney. Stuart was the only competitor to reach the 15m mark while David recorded a distance of 14.72m.

Better known as a 400m hurdler, Mark Davidson seized a tremendous new PB for himself when he won the 400m in 46.9.

There was a double for the Scottish women in the 1500m with Rhona MacKay winning in 4-43.4, and Laura Adam taking second in 4-44.0.

Having performed disappointingly in the sprint relays, Scotland had a point to make in the 4x400m relay. The women's team won by the



greatest margin, beating second placed Northern Ireland by seven seconds. In the mens' race Scotland were slightly more challenged but took the tape with three seconds to spare over the Irish select team.

Photos, clockwise from left; a win for Dawn Kitchen over Northern Ireland and Great Britain 400m hurdler Elaine McLaughlin. Mary Anderson was third; a good pass in the 4x100 from Bunney to Clark; Sandra Branney in the 3000m; Adrian Callan in the 5000m which he won in 14-11.2.



The West Highland Way Run is growing in popularity. Susan Bailey, who helped provide the support for Livingston runner Ian Campbell, takes us on a 95 mile journey from Milngavie to Fort William.

Milngavie Railway Station Car Park, 2am, Saturday, June 24.

WHILE the rest of Milngavie was trying to get to sleep, 49 entrants for the West Highland Way race, with their back-up teams, were registering by lamplight. Body clocks were confused. To eat or not to eat? Would the record go? Mike Hartley, he of the 212 mile Southern Uplands Way, was here; David Wallace, last year's winner, was back with a load of experience. Anything could happen over the 95 miles and 9400 feet climb.

In 1979, painter and decorator Bobby Shields of Clydesdale Harriers ran the entire length solo in 19 hours and 16 minutes. The reply came in 1985 from Duncan Watson of Lochaber AC, who challenged Bobby to a race. Bobby was an accomplished hill runner who'd won a string of arduous hill races, including the Ben Nevis race in 1967. Duncan was a whisky salesman trying to regain a measure of fitness!

The West Highland Way, however, is a great leveller. A race only recognises one winner and, as Duncan hung on the Bobby all the way up Loch Lomondside, both men decided that neither deserved to go down as a loser. They shook hands and finished together in 17-48-30.

Last year Duncan decided to open the challenge again, this time to anyone; 20 started and 14 finished, eight of these under 24 hours. The joint record held.

As this year's temperatures hovered in the 70's for days beforehand, the threat of dehydration, heat exhaustion and sunburn became almost as big a worry as the Rowardennan midge.

The race began at a suicidal nine minute mile pace, with the leaders dashing through Carbeth as if there was nowhere else to go.

John Dennison, of Livingston, who was recovering from a slipped disc but was determined at least to make a start, was already in considerable discomfort. David Wallace cruised through in the middle of the pack without having broken sweat. Hilary Spenceley of Carnethy had never done more than 30 miles and didn't know if she could stay on her feet for eight hours, never mind her 23 hour target.

At Drymen, the pace was still hot, set by Hartley, and Sandy Jack of Livingston. Our man Ian was up there with them too. Already, smiling Nigel Rose of Carnethy was being pestered by everyone offering him support, and being Nigel he kept stopping to say thanks.

At Rowardennan Sandy and

Mike blazed through so we ventured out to prepare the plastic bags of powdered isostar, the jelly babies, and more creamed rice that were to see Ian through to Inversnaid. With Ian only five minutes behind the leaders and 20 minutes ahead of schedule already we made him promise to stop at Inversnaid. Meanwhile it was a case of backtracking to Drymen, good to see Drew (Turnbull), Mark (Kassik), John (Dennison) and Hilary all looking comfortable. Twenty five miles into the race and Hilary was looking positively serene.

After a quick stop in Crianlarich we found Sandy, now in second place, running along the road with smoke coming out of his ears. A misunderstanding with his support team had brought him off the Way too soon! He got going again, with David Wallace unobtrusively moving up to third place and Ian, Mick Francis of Forres, and John Maitland of Lochaber hanging in behind. Mick, an experienced ultra runner (his forte being 100K) became Ian's running mate for much of the time. His participation in the Highland Cross the previous weekend didn't seem to have done him any harm. Ah, but there were still two marathons to go.

The flat section between Auchroch and Bridge of Orchy, which should have been fast, saw Mike going through a temporary bad spell, though still 15 minutes ahead of Sandy, who was doggedly pursuing with David (had he broken sweat yet?), another five minutes behind him. Ian, too, had problems here, in the form of cramp, which slowed him to 15 minute mile pace. We bought some salt at the Bridge of Orchy Hotel and dosed his nuts and raisins. However, Ian dashed past us at three minute mile pace shouting: "I don't know what's wrong, I'm having a purple patch!"

We shrugged, packed up and meandered along to the Inveroran Hotel and Victoria Bridge, known as the West Highland Way equivalent of the "wall" because it was a common low point for many runners last year.

It hit Sandy with a vengeance. He'd gone astray again and was suffering with sore calves and arches. I told him if he could walk through this, he'd be okay and turned my attention to keeping the hens off Ian's sandwiches while he soaked his feet. John Maitland, too, lost ground here but Ian and Mick were still comfortable.

By this time, we were quite out of touch with anyone else and welcomed Bill Gauld's arrival, while we were boiling up fresh water, with

news of the rest of the pack. Mark had dropped out with a bad leg at Crianlarich, John Dennison had picked up, Hilary was sailing along as though she was out for a Sunday afternoon jaunt, and Nigel had made at least 70 new friends.

Kingshouse saw the arrival of Ian McIntyre of Livingston, who had been crippled out of the Capricorn. Reaching Altnafeadh, I doubt it occurred to anyone that they had run the equivalent of three marathons but they had. It was time to stock up and dress up for the 850 foot climb over the Devil's Staircase. Sandy, a 2-50 marathon man, had little hill experience, so Ian went round with him, leaving me to pack up and drive round to Kinlochleven. As they set off into the low cloud and drizzle, I put the foot down, aware that I had five times the distance to go.

I arrived at 5pm, in time to catch a rumour that the leaders had been through at 4.30pm. Ian had a bad time on that hill and Mick must have struggled too, because it was 5.35 before Mick appeared and 5.45 before Ian emerged from the crumbly path - at last beginning to look as though he'd done a bit of work. Drizzle and low cloud were giving way to heavy rain, and as I raced round to Fort William and the track to Lundavra my heart went out to Hilary, Drew, John Dennison, smiling Nigel, and all those further back, with hours left to go.

Driving up the desolate undulating Lundavra road, the army told me the leaders had passed within two minutes of each other and were now home. By coincidence, Ian's number was being relayed to them from the last checkpoint but they didn't know how far away that was.

I set off to meet Ian and John and gave Mick a fright as he'd missed his team in Kinlochleven and thought he'd have a good lead. Wrongly interpreting my presence as a sign that Ian's arrival was imminent, he put on a heck of a spurt! Ian arrived soaking, shivering and sore.

Ian had a minute and a half to get home inside the record when he came into sight at the finish. He had said, weeks before, that it wasn't the kind of race in which he wanted to finish with anything left at all, so I took him at his word and charged to meet him, telling him not to go for every second. He didn't need me or anyone else to tell him that, though it hadn't even occurred to him that the record was in sight. His target had been to break 20 hours, not 17-48-30 but he finished a beautiful 5 seconds inside.

Only later did we learn that David had overtaken Mike, and got his double win, on the final seven miles stretch at Lundavra. Dave finished in 15-26-20, six minutes, 38 minutes ahead of Mike. Mick Francis, Ian's running mate, having missed two stops, had pulled well ahead to finish in 17-08-51.

The Nevis Bank Hotel couldn't do enough for us, showing tremendous understanding of the physical and emotional needs of the participants. They provided showers, soup and sandwiches for runners and back-ups. The local St Andrew's Ambulance people took over when the staff retired, serving food and patching up blisters and other sore bits long into the night.

Such is the respect awarded anyone who finishes this epic journey, that aching legs were goaded into movement time and time again to go out to the porch to greet new arrivals. Sandy had walked a lot, suffering from bleeding blisters and suspected fallen arches, but he managed a courageous run to finish seventh in 19-55-03. There was a great welcome for first woman, Kay Dodson (Law and District), in 13th position in 21-24-25 and for Hilary, who finished with aching toes in 22-33-34, with 150 new friends. Twenty four runners arrived within 24 hours. They all deserve a mention as they all have a heroic story to tell but there isn't space. Even 29th and last finisher, triathlete Roger Topham who appeared out of the still torrential rain just before 5am, was delighted at improving on last year's time by six hours!

Mike Hartley claimed: "That was the best long distance race I've ever had and I'll certainly be back next year." But David Wallace said he wouldn't. "That was my best shot," he smiled.

Somehow, no-one paid public credit to Duncan Watson himself, whose personal involvement is legendary and who feels he should know every runner personally. In a way he does. He organised not only with efficiency but with great sensitivity for the feelings of each individual.

There were no losers, for even the 20 who didn't finish had been part of "an amazing event". Those who were there this year in any capacity must have been touched by the words of Sri Chinmoy printed on David Wallace's t-shirt:

"The determination in your heroic effort will permeate your mind and heart even after your success or failure is long forgotten."

EVENTS

August

19

GRE Gold and Jubilee Cup Finals, Stoke on Trent (Day 1)

ORKNEY Isles AAA Open Championships, Kirkwall (Day 1)

FALKIRK District Council Young Athletes Meeting, Grangemouth. Details from 0324-486711

BUTE Highland Games, Town Park, Rothesay. Details from Mr McMillan (0700) 2967.

SCOTTISH YAL Handicap Meeting, Arbroath

NAIRN Highland Games and Half Marathon, Nairn. E details from Danny Bow on 0667-52208

BLAIRGOWRIE "500" Half Marathon and Fun Run, Blairgowrie. E - Bob Ellis, 103, Perth Road, Blairgowrie

CIBA Geigy 5 Mile Road Race, Linwood Sports Centre

ARROCHAR Alps 13 mile Mountain Race, Arrochar

GREAT Wilderness Challenge 25 Mile Fell Race, Poolewe

20

GRE Gold and Jubilee Cup Finals (Last Day)

SCOTTISH and NW League; Div 1, Dam Park; Div 2, Coatbridge; Divs 3 & 4, Dumfries; Divs 5 & 6, Crownpoint

NORTH East League, Caird Park

GRAMPIAN TV League; South, Peterhead; North, Inverness

MARYMASS Sports, Irvine

ORKNEY Isles AAA Champs (Last Day)

INVERCLYDE Athletic Initiative Marathon (inc Scottish Women's Marathon Champ), Greenock Esplanade. E - 0475-24500

ROSEBANK 10 Mile Road Race, Wick

CBRB 10K Road Race, Grangemouth Stadium. Details from 0324-486711

TWEEDSMUIR Fair 2.5 Mile Fell Race, Tweedsmuir

ARGYLL Championships, Oban

23

MARYMASS 6 Mile Road Race, Irvine - E - Helen Morton (0294) 213306.

24

EUROPEAN Junior Champs, Varazdia, Yugoslavia (until 27/8)

25

COWAL Highland Gathering, Dunoon (Day 1)

26

ACCESS UK WAL Div 1, Stretford

COWAL Games, Dunoon (Day 2)

GLENURQUHART Highland Games (inc SAAA Heavy Event Champs) and Auchmony 3.5 Mile Hill Race, and Inverness to Drumnadrochit Road Race, Drumnadrochit - E - (Drumnadrochit) 481.

FORTH Valley League Divs 1 & 2 Final Matches, Pitreavie

TWO Bridges 30.5 Mile Road Race, Rosyth. 10am start, £3 entry fee. Race limit 250 runners. Info from: Race sec, Civil Service Sports Centre, Castle Road, Rosyth KY11

27

SAL East v West v North v Select all age groups, Grangemouth Stadium

LOTHIANS and Borders Fire Brigade Goretex Livingston Half Marathon (inc SAAA People's Half Marathon Champs and Home Countries International), Howden Park, Livingston. E - Race Sec, Livingston Fire Station, Livingston.

EVENING Express Aberdeen Half Marathon

MARYMASS 10 Mile Sand Run, Irvine

STAKIS 5 Mile Road Race, Kincaig. For details contact: 0479 811431.

ACCESS UK WAL Meeting, Div 4, Pitreavie

28

KODAK Classic England v Australia v Italy, Gateshead

JOHNNY Walker Kilmarnock 10K Road Race and Fun Run (1 mile), Kilmarnock Academy 6.30pm declaration/ 7.30pm start. Further info from Duncan Gibb on 0563-30492.

29

DUNDEE HH Centenary Law Hill Race, Dundee - 1.00pm start. Entries close at 12.15pm at Waterfront Leisure Centre. E - D McGonigle, 47, Dons Road, Dundee (0382) 450438.

30

SHEETLESTON Harriers OGM, Crownpoint

DUNFERMLINE OGM, Pitreavie. Details from 0383-621706

September

1

AAA/WAAA Combined Events Championships, Coptall Stadium (Day 1), including GB v Iceland v France international match.

2

AAA/WAAA Combined Events Championships and international (Day 2).

BEN Nevis 10 mile race, Fort William

TAIN Peoples 10K Road Race and Fun Run, Tain.

3

NORTH Queensferry 10K - Details from John Leitch (0383) 412634.

BANK of Scotland Women's Athletic League, Div 1 Meadowbank; Div 2 Dam Park, Ayr; Div 3 Pitreavie; Div 4 Wishaw.

AYR Land O' Burns Half Marathon, Ayr Esplanade - E - Kyle and Carrick District Council (0292) 281511.

SCOTTISH Wildlife Trust 10K Road Race, Beach Esplanade, Aberdeen.

MERSEY Marathon. Details from Derek Johnston, 11 Dale Street, Liverpool.

MID Argyll 9K and Fun Run, Lochgilphead. Start 3pm from Lochgilphead - Entries on day (£2.00). Details from Forbes Johnston, Kilmory Road, Lochgilphead. (0546) 2024.

5

CERES 8 mile Road Race - 7pm, Ceres Green. Age limits - Men 18 and over; women 17 and over; Details from Wendy Jack, Main Street, Craighathie, Fife.

6

SEAGULL 5K Charity Race, Peterhead.

FALKIRK District Council Open Graded Meeting, Grangemouth. Details from 0324-486711.

SRI Chinmoy Road Races, Glasgow and Edinburgh.

8

IAAF World Athletic Cup, Olympic Stadium, Barcelona (Day 1).

9

IAAF World Athletic Cup, Barcelona, (Day 2).

WOMEN'S Home Counties Under 21 International Match at Claireville Stadium, Middlesbrough.

GRE British Athletic League Qualifying Match, Luton.

FALKIRK District Council Mini Minors Highland Games, Grangemouth.

SCOTTISH Veterans Pentathlon and 10K track Championships, Coatbridge.

SCOTTISH Young Athlete's Handicap meeting, Livingston.

LOCH Leven Half Marathon, Kinross - E - Sandy Cooper (0577) 63680.

KNOCKFARRELL 6 Mile Hill Race, Strathpeffer.

MINI Minor Highland Games - Details from (0324) 486711.

EVENTS

10

IAAF World Athletic Cup, Barcelona, (Final Day).

ACCESS UK Women's League Qualifying Match.

MONKLAND'S Women's Scottish Cup Final, Coatbridge - Details from (0383) 735784.

GRAMPIAN TV Athletic League area final, Peterhead.

EDINBURGH and District Athletic League, Pitreavie.

SOLWAY League, Dumfries.

STRANRAER Half Marathon - E-Wigtown District Council (0776) 2151.

ROUND Cumbræ 10 mile Road Race, Isle of Cumbræ.

MORAY Roadrunners 10K Road Race, Elgin.

OBAN Road Race.

CORRIEYAIROCK Pars 16 mile Hill Race, Fort Augustus.

MOTOROLA Joggers 4 mile Fun Run - 2pm at Strathclyde Country Park - £100 worth of prizes from Run-A-Way Sports. -E- Clare McGarvey, 47 Kenilworth, Calderwood, East Kilbride. (32) 35844.

13 SRI Chinmoy Road Races, Glasgow and Edinburgh.

15 MCVITIES Challenge Invitation Meeting, Crystal Palace.

16 SCOTTISH Team at World Mountain Racing Cup, Die, France (Day 1).

Get results for your race by advertising in Scotland's Runner.

Contact Fiona Caldwell on 041-332-5738 for further details.

DM HALL and Sons Northern District 10K Track Championships, Queens Park Stadium, Inverness.

TWO Ferries Road Race, Ardgour. 11 miles. Start - Lochaber Sports Club, by Fort William. Details: J Maitland, Ardgour, by Fort William. (08555) 267.

CAIRN William Hill Race, Monymusk, Aberdeen.

17

WORLD Mountain Racing Cup, Die, France.

THE Thomas Cook Great Scottish Run 25K Road Race, Glasgow Green - Details from 20 Trongate, Glasgow.

ABERFELDY People's Half Marathon, Aberfeldy. Details from Aberfeldy Recreation Centre 0887-20922.

STAKIS 5 Mile Road Race, Carrbridge. For entry forms contact 0479-811431.

20

SRI Chinmoy Road Races, Glasgow and Edinburgh.

24

BANK of Scotland Women's Athletic League Match, Grangemouth Stadium.

COCKLEROI 5.5 Mile Hill Race, Linlithgow.

WOMEN'S Charity 10K Road Run, Aberdeen.

BIRMINGHAM Marathon.

27

SRI Chinmoy Road Races, Glasgow and Edinburgh.

30

TWO Breweries 18 mile Hill Race, Traquair to Broughton.

KILBARCHAN AC George Cummings 4 x 2 mile Road Relay Race, Kilbarchan.

October

1

THE Maybole Charity Road Race - 5.5 miles - Details from Dennis Ward, Maybole (83649).

FOCUS

WHEN Grangemouth Sports Stadium opened on July 9, 1966, it was the first all weather athletics track in the United Kingdom. In those early years, most senior Scottish and British fixtures were held at Grangemouth, including the British Isles Cup.

The heady days when all roads led to Grangemouth quickly passed as other new facilities opened up, but Falkirk District Council continue to invest in the facilities at the stadium.

During the past year, a new high jump landing area, two seats of new high jump stands (junior and international) and new pole vault stands have been purchased. And in one of the two red blase to either end of the main arena a sand pit, shot putt circle, and high jump plinth have been installed, so ensuring that athletes can still come in and train when there is another event in the arena.

Two sets of steeplechase barriers have been constructed to allow young athletes and newcomers to be introduced to the event without having to face the intimidating full size three feet barriers. One set is fixed at 2'3" and the other set, which was made by apprentices in the BP training school, are adjustable in three inch stages from 2ft up to 2'9".

The water jump becomes the centre of attention when the steeplechase is held at any meeting, and this is certainly the case at the Young Athletes Meetings at Grangemouth when the event is included in the programme. Spectators also felt the water splash more than usual as some of the young enthusiasts have demonstrated a new technique and hurdled the water jump without putting their foot on the barrier.

Steeplechase development will benefit from the introduction of the event to the younger age groups, and with barriers at the appropriate height, the technique for the youngsters can be reflective of the senior event.

David Lease, the Scottish national coach, and Willie Sharp, Scottish staff coach for steeplechase, are delighted with the opportunity being provided for the development of Scottish athletics in this specialised event.

The opening event of the athletics year at Grangemouth is the "Round the Houses" meeting held annually in February. This year, the 23rd of the event, there were over 1000 entries, with over 400 runners in the main 10K race, and it augured well for the year ahead.

There were 360 entries for the closed season open graded track and field meeting in March, and on Saturday, April 1, there were 670 entries for the Falkirk Young Athletes meeting to open the new season. It signalled another busy year and that is how it has been so far.

A series of open graded meetings on the first Wednesday of every month provided competitive opportunities for athletes to improve their performances, to attain team selection or to try other events. Entries have regularly topped 250, so they are well supported and their need confirmed. The desired results are also realised with many personal bests and season's bests being achieved right across the performance spectrum.

The four Falkirk young athletes meetings held during the season are significant in the development of our young talent. The dates are chosen to sustain interest in the younger ages at certain times when there is little competition available to them. The events vary through the season to allow athletes to try every event at least once, where this is acceptable to good coaching practice.

A pole vault competition was held at the May meeting. Before competing, however, the athletes had to attend an initial educational session in

ON: FALKIRK

the morning with David Lease, or had to previously have participated in pole vault competition. All regular age groups are catered for, with modified facilities being used to suit the colts and junior boys age groups.

Scotland's only Mini Minor Highland Games for boys and girls under 13 take place at the Stadium on September 9 and normally attract an entry in excess of 300. Entries close on Friday, September 1.

There will be a Falkirk Highland Games festival that weekend since a new event appears on the Scottish athletics fixture list. Callendar Park is the setting for Falkirk Highland Games on Sunday, September 10. The meeting will cater for track events from the junior girls and senior boys age group upwards. There will be a pole vault competition, and the traditional Scottish heavy



Wet weather last year didn't prevent a huge turn out for the Falkirk Half Marathon - most runners would welcome it again!

events and supporting pipe band competitions, tug of war, Highland dancing and wrestling are included in the programme.

Falkirk District Council are

to be applauded for their initiative, and with the backdrops of Callendar House they have a beautiful setting for the Games. Incidentally, there will be no spectator

FALKIRK HIGHLAND GAMES CALLENDAR PARK, FALKIRK Sunday 10th September 1989

HEAVY EVENTS, SHOT, SCOTS HAMMER, CABER, WEIGHT FOR DISTANCE, WEIGHT OVER BAR, 60m DASH, PUTTING SCOTS STONE

MEN	100yd, 200m, 400m, 800m, 1500m, HANDICAPS 3000m SCRATCH TEAM RACE, POLE VAULT
WOMEN	100yd, 200m, 400m, 800m, HANDICAPS
YOUTHS	200m, 800m
SENIOR BOYS	200m, 800m
JUNIOR LADIES	200m, 800m
VETERANS	AULD SCOTS RACE (1000m)

TUG OF WAR - WRESTLING - PIPING - HIGHLAND DANCING



HIGHLAND GAMES
(Under SAAA & SWAAA Rules)

MINI MINOR HIGHLAND GAMES GRANGEMOUTH SPORTS STADIUM Saturday 9th September 1989

EVENT/ EVENT NO.	JUNIOR BOYS	GIRLS	COLTS	MINOR GIRLS	BOYS UNDER 9	GIRLS UNDER 9
100 Metres	1	2	3	4	5	6
60 Metres						
200 Metres	7	8	9	10		
800 Metres	11	12	13	14		
1000 M S/Chase	15		16			
Long Jump	17	18	19	20		
Shot Putt	21	22	23	24		
Pillow Fight	25		26			
Tossing the Caber	27		28			

For entry forms and further information contact:
Grangemouth Sports Complex, Abbots Road, Grangemouth FK3 9JD
Telephone 0324 486711



GUIDE TO YOUR FALKIRK DISTRICT SPORTS CENTRES AND HOW TO USE THEM

The Mariner Leisure Centre
Glasgow Rd, Callendar, Falkirk
Tel: (0224) 52083
Machair Centre
Glasgow Road
Bookings taken from 9 a.m.
Leisure Pool, Games Hall, 2 Squash
Courts, Croche, Caffe, Bar, Sauna,
Condrooning Room, Sunbade.

Grangemouth Sports Stadium
Karnburn Ave, Grangemouth
Tel: (0324) 483753
Karnburn Centre
Karnburn Road
Bookings taken from 9 a.m.
Six Lane Running Track, Cycle
Track, Field Facilities, Football
Gymnasium, Cafeteria.

Grangemouth Sports Complex
Abbots Rd, Grangemouth
Tel: (0324) 486711
Abbots Road
Orchard Road
Bookings taken from 9 a.m.
Swimming Pool, Tanning Pool, Leisure Hall,
Judo Room, Squash Courts, Table
Tennis, Softball, Caffe, Caffe Lounge.

Palmont Centre
Salmon Inn Rd, Palmont
Tel: (0324) 712842
Salmon Inn Road
Bookings taken from 12 noon
Games Hall, Squash Court.

Hillglen Centre
Hillglen Cres, Hillglen
Tel: (0324) 394453
Hillglen Centre
Bookings taken from 9 a.m.
Games Hall, Community Hall,
Committee Rooms, Sunbed,
Condrooning Room.

Denny Centre
Station Yard, Denny
Tel: (0324) 823262
Glasgow Road
Station Yard Road
Bookings taken from 12 noon
Games Hall, Squash Court.

There are many Sports Centres located throughout the Falkirk District which offer everyone a wide range of sports and activities in which to participate.

Coaching and instruction are available in many activities - these mentioned below are just a few...

Trampolining · Squash · Badminton · Netball · Swimming · Gymnastics ·
Karate · Volleyball · Judo · Modern Dance · Lifesaving

Details of times, dates and locations where these activities are available can be obtained from the addresses given. So, if you fancy learning to play a new sport or become involved in a new activity, phone for further information.

Your local sports centre can be of use even if you feel you don't want to join a club or attend coaching classes. If you want to get together with a group of friends to play indoor football, badminton, table-tennis, squash or any other activity, then your local sports centre is available for this purpose.

You don't have to be a member of a club or even hold a membership of the centre - the facilities are available for everyone, no matter what activity or sport you want to play.

All facilities are open seven days a week and most are available from 9 a.m. until after 10 p.m.

If you decide to use the facilities available, you can book by telephoning the centre concerned at the time stated. Bookings can be taken up to 7 days in advance.

If you are still unsure of what your local sports centre has to offer why not pop along to have a look around. You will find the staff most helpful and willing to give you the information you require.

David J.G. Mould, The Director of Amenities & Recreation, Falkirk District Council, Kilns House, Kilns Road, Falkirk FK1 5SA. Tel: 24911.



THE FALKIRK HERALD

and Scottish Midlands Journal

PEOPLE'S HALF MARATHON

PROMOTED BY FALKIRK DISTRICT COUNCIL
AMENITY AND RECREATION DEPARTMENT

Sponsored by THE FALKIRK HERALD

Under SCCU and SWCC & RRA Rules

Sunday, October 22, 1989, (start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £4. LIMIT 3000

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

Surname	For Official Use
Christian Name and other Initials	M F
	Sex ☐
Address	

Town or City	Post Code	Country

Age on day of Race	Date of Birth	Work Telephone No.

Club or Team name (if any)	Home Telephone No.

Anticipated time for ½ Marathon	Are you a disabled person? ☐ If yes, please advise of disability

I enclose herewith my Cheque/P.O. No. value £4, being the amount of entry fee made payable to Falkirk District Council.

(A stamped (24p) addressed envelope, 9in. x 6in., must be included with the entry fee to enable us to forward runners information pack.)

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the organisers Falkirk District Council for injuries suffered by me in the event. I attest and verify that I am physically fit and have sufficiently trained for the event and that my fitness has been verified by a doctor. I declare that I will be age 17 years (for female) 18 years (for male) or over, on or before the day of the race, and that I have not competed as a professional in any athletic, track, field, road race, cross-country or road walk race or having done so have been reinstated to an amateur status.

Entries will not be accepted on the day of the race.

Entries close on October 9, 1989, or on receipt of 3000 entries.

SIGNED DATE

Please send your entry form along with entry fee to: THE RACE SECRETARY,
GRANGEMOUTH SPORTS COMPLEX, ABBOTS ROAD, GRANGEMOUTH

FOCUS ON: FALKIRK

October 22, is the major athletics promotion of the district council and has regularly enjoyed the second biggest road race entry in Scotland.

The course records are held by Allister Hutton (63-44) and Sandra Branney (73-41). Last year the event was won by Peter Fleming in 65-49, while Julie Ann Armstrong of Giffnock North won the women's race.

A "Bairns" fun run is held whilst the main race is out on the roads, and entertainment is provided within the stadium for the supporters waiting there for their favourites to return.

The race has benefited from having the backing of the Falkirk Herald, the local newspaper, and last year they made an even greater commitment to the event by coming in as principal sponsors. The Falkirk Herald are again sponsoring this year's event, for which entries close on October 9. An entry form is printed in this issue of Scotland's Runner.

It would be impossible to mount such a substantial programme of meetings without the assistance of many officials. Most of them stay in the area, or are associated with the local clubs, and they are supported by a number of Scottish athletics stalwarts including George Aithie, Barry Craighead, George Duncan and John Innes, who regularly travel in for the occasion.

John Fairgrieve, the manager of Grangemouth Stadium, is full of praise for the all of these officials and emphasises the huge contribution which they have made to the success that is Grangemouth. Fairgrieve also expressed his appreciation of those officials who are not specifically invited, but step out of the crowd to assist when needed.

The staff also play a large part in the Grangemouth success story. They are

generally considered to be the best in the land and they are proud of that reputation. They also try to ensure their image is maintained and any promoter or convener taking their event to Grangemouth can be sure of every co-operation and assistance towards a successful meeting.

Grangemouth docks are on the Forth Estuary, yet Grangemouth is a "West" venue for the administrative purposes of the SAAA since it is within Central Region. The stadium is well signposted when leaving junction 5 of the M9. The Edinburgh to Stirling motorway also serves Glasgow and Cumbernauld via the Stirlingshire link motorway.

With Falkirk's track record for hosting athletics meetings, it is particularly surprising to learn that Grangemouth Stadium is not listed as a sub national facility for athletics by the Scottish Sports Council.

The designation of sub national facilities was made without any reference to Falkirk District Council at a point in time when a number of other facilities were asking for support in their projects for construction, resurfacing or upgrading.

The SAAA were naturally recommending support for every project to provide athletics facilities, but the Scottish Sports Council decided it could not reasonably provide financial support for every project so they asked the governing bodies to list the venues to be supported. The decision was made favouring the venues seeking funding at that time, and arguably the most deserving of all was missed out.

The stadium is also well used for the athletics coaching days, with event squads, development squads, and the Scottish Schools squads making it a regular base. It is also a main centre for technical officials, timekeepers and starters, who hold their training courses and



examinations there during October each year. A training course for route measurers has also been organised by Raymond Hutcheson, who lives in the district and is recognised as the principal figure in course measurement in Scotland.

The main athletic clubs to function within Grangemouth Stadium are Central Region AC and Falkirk Victoria Harriers, with training groups also coming in from Bo'ness Harriers, Cumbernauld AAC, and Linlithgow AAC.

With Director of Amenity and Recreation, David Mould, at the helm, and former Scottish athletics administrator John Fairgrieve stadium manager among other functions, Grangemouth will continue to be at the forefront of athletics provision in this country. The district has many other sporting facilities to its bow, and the local slogan, "Falkirk's Far Fitter", would appear to be no idle boast on this occasion.

David Inglis

SPORTS NETWORK

ABERDEEN AMATEUR ATHLETIC CLUB
Sec - W.H. Watson, 14, Burnieboozle Place,
Aberdeen, AB1 8NL. Tel: 0224-310352.

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

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.

ARBROATH & 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 BAAB 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.

BATHGATE ATHLETIC CLUB
A small friendly club for all standards of
athletes from 8 years upwards taking part
in track and field running and cross
country. We meet for training on Tuesday
and Thursday nights at 6.30pm and Sunday
afternoons at 12.30 in the Balbardie Park
of Peace. Everyone is welcome so if you
are interested in joining us please contact
Carolyn McDonald, Cluancoil,
Ballincrieff Toll, Bathgate. Tel: 0506-
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BEITH JOGGERS
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Serious runner, fun runner or novice. Do
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Do you wish event information? Training
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All welcome. Also most Sundays at
10.30am from Gannock Pool, Kilbirnie.
Phone Jim Swindale at Beith 4156 for
further details.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at
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Road, from 7-9pm. All ages and abilities
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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 infor-
mation, 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
11.30 am. Further information: Robert
Anderson, 63, Montcastle Drive,
Cambuslang, Tel: 041-641-1467.

CARNETHY HILL RUNNING CLUB
For hill and cross country running in the
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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.

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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 Weds and Thurs at
7pm and Sat at 10am.

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Monday and Wednesday
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All ages from 9 years upwards catered
for. Very friendly and enthusiastic club.
Separate adult jogging centre. Secretary:
Tom Campbell, 14, Bute Road, Cumnock.
Tel: 0290-74876.

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

DUNDEE HAWK HARRIERS
Track, field, cross country and road for
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Dalmahoy Drive, Dundee DD3 9NP. Tel:
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DUNDEE ROADRUNNERS AC
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All ages, 9-90. Coaching in track, field
and cross country. Main training nights:
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Dumfries; Tuesday-David Keswick
Centre, Marchmont, Dumfries; Thursday-
St Joseph's. For further details please
contact Angela Coupland (sec) on 0386-
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Whether you're a beginner or serious
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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. 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
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qualified. We meet on Monday nights at
Scotstoun Showgrounds, Glasgow at
7.25pm, and on Weds 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
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Competition in track, road and cross
country. Regular sessions from own
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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.

HADDINGTON ELP
Active, friendly, mixed club, meets Mon
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Haddington (young athletes coaching,
Knox Academy). Other times and places
by arrangement. All ages, standards, road,
cross country, hill, track and easy keep fit
runs. Come along or contact Sec David
Jones, 7, Letham Mains, Haddington
EH41. Tel Haddington 2685.

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).

HARMONY ATHLETIC CLUB
Meets in south west Edinburgh every
Mon and Wed. Caters for a wide range of
abilities in all aspects of athletics,
including track and field, cross country,
road running and hill running throughout
the year. For more info on track and field,
contact Ken Jack on 031-449-2910; the
remainder Ian Hislop on 031-441-1604.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road
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Sec: John Young, 12, Dromore Street,
Kirkintilloch. Tel: 041-775-0010. Boys and
Men: Sec - Henry Docherty, 22, Applecross
Road, Langmuir Estate, Kirkintilloch G66
31J. Tel: 041-775-1551.

LINWOOD PENTASTAR AC
Training every Monday and Thursday
nights in Linwood Sports Centre,
Breedland 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 road.
road and cross country, also anyone with
coaching skills 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,
Carlawrock 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, Merrylee, 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,
Dunbartonshire. Tel: Alexandria 58943.

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.

PENICUK HARRIERS
Small, friendly "grassroots" club catering
for all standards and ages, from 8 years
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and hill running. Regular training
Mondays and Wednesdays. Sec - Dave
Cairns, 18, Crockett Gardens, Penicuik
EH26 9BB (Tel: 0968 75920).

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 ASSOCIATION
Sec - Alan Farningham, 13, Abbotslea,
Tweedbank, Galashiels.

SHETTLESTON HARRIERS
Non members welcome for track and field,
cross country, road running and hill
running. Coaching available most nights
at Crownpoint Stadium and club runs on
Tues and Thurs from the clubhouse,
Barrachnie. For further info, please contact
John Donnelly on East Kilbride 42867.

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.

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