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SCOTLAND'S RUNNER

OCTOBER 1989

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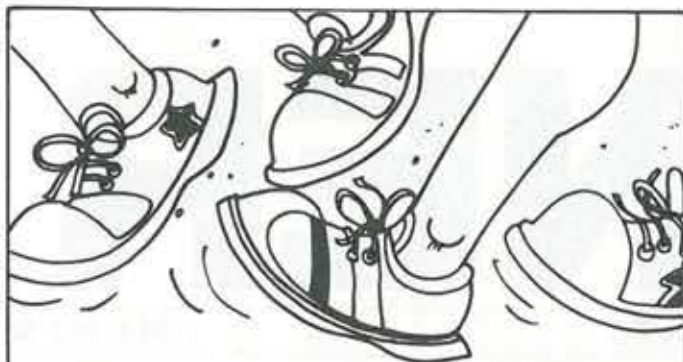
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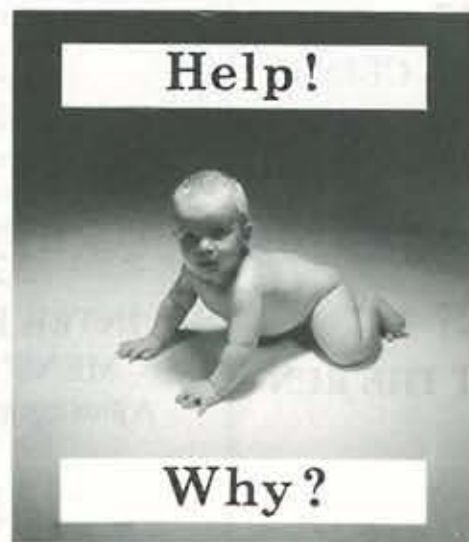
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THREE PRECIOUS LIVES ARE LOST TO CYSTIC FIBROSIS EACH WEEK.

INSIDE L A N E

BEFORE our next issue is in your hands, the Commonwealth Games team for Auckland will have been named.

Unless Scotland's Commonwealth Games Council decide to waive the standards which they forced on the SAAA and SWAAA, then there are unlikely to be many more than 20 athletes heading to New Zealand.

The blunt truth is that the standards - many of them based on the drug-boosted performances of the past - have been beyond the majority. Particularly when most have been denied the opportunity of competing in a climate more conducive to high standards.

Few would have cast Aberdeen's Mark Davidson (pictured right) in the Auckland act eight months ago. Yet he broke the Scottish record for the 400 metres hurdles in Sittard, and twice achieved the Games standard - but never on Scottish soil. Indeed, very few of those who are certain of going to New Zealand have booked their passport with performances recorded in Scotland.

The sport is to be commended for setting up that Sittard trip. Pity they could not have managed more. Greater pity that several potential candidates declined to go - the same candidates who never made the grade by pursuing their own courses.

One has to have some sympathy with the besieged Games Council officials. Financially strapped, they face being lambasted for wasting money if their selections prove to be a catalogue of first-round eliminations. Equally, they will be criticised should they leave behind potential finalists.

Ironically, the criticism they are likely to escape is the one which should be the most damning of all; namely that by sending a small team, they are casting the seeds of the future, not on stoney ground, but on a desert.

I already know of several Scottish athletes whose intention is to retire if they do not go to New Zealand.

Quitters! Good riddance, we hear some say.

But I don't agree. To sacrifice half a lifetime for a dream, then be ignored, is

scant encouragement to continue. But the effect on those further down is even more critical. The logic goes something like this: "If the best wellie boot-thrower in Scotland can't get a place in the Games team, what's the point in my carrying on?"

For the majority of our international competitors - in every sport, not just athletics - representing Scotland is the highest aspiration they are likely to realise.

The harvest from the next generation of Scotland's sportsmen and women will

be even leaner if the council decline to ratify the extended list of names which Scotland's athletics selectors will undoubtedly present to them.

If you think the preceding argument lacks logic, consider the lessons of recent history.

Witness, for example, the measurable decline in the standard of Scottish, Irish and Welsh cross country running since they were sold down the river by the International Amateur Athletic Association, and made to combine as part of a (England dominated) British team in the world championships.

One reason Fifer Terry Mitchell has returned to the professional ranks is because he sees no real future for Scottish cross country running. It is certainly not for the money.

Consider the dearth of quality throwers which has only been further emphasised by the departure recently to the professional ranks of top heavies George Patience, Eric Irvine and Alan Pettigrew.

One reason they voiced was that they knew Commonwealth selection was beyond them. And one former double Scottish champion, discus thrower Paul Mardle, will be a potential medallist in England's team in New Zealand - three people in every event - expressly because he defected after Scotland refused to select him for a previous Commonwealth Games.

We cannot ask for a procession of no-hope athletes to be sent on a long, expensive trip to Auckland. It would only open the floodgates to a justified torrent of similar requests from other sports.

What I do ask is that the Games Council exercise the greatest caution before rejecting legitimate demands for additional places. Otherwise they could leave Scottish sport a desert. And you don't need a degree in agriculture to work out the future yield we can expect to harvest on that ground.



Doug Gillon

THE 1990 ADT LONDON MARATHON IS NOW STARTING AT TSB.



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ADT

up FRONT

Hanlon notches another record before heading to Barcelona

TOM Hanlon has continued to excel towards the end of the season with a record breaking run in Koblenz. The Edinburgh athlete took almost three seconds off his Scottish 3000 metres steeplechase record with a time of 8-16.52 at the West German international meeting.

He said of his performance "I wanted to get a fast time because of all the flack I had been getting

because of my world cup selection."

This is the second time Hanlon has bettered his record this season and the sixth time in total. His time puts him fifth in the Commonwealth behind three Kenyan athletes and Graham Fell.

Hanlon finished in fourth place behind Olympic gold medalist Julius Kariuki, who was timed at 8-12.18.

New track's a scunner - fur yer average fun runner.

"Hey mister
When can I get on the new EK track?
I've been waiting ages, and that's a fact."

"The stadium's no ready, another two weeks son,
So jist haud yer horses an wait for the gun."

"You canny get on 'till your an Internationale,
So jog on the street wi' your skinny wee pal."

Well the wind blows high and the wind blows low,
And it's back to pounding the streets I go.

The pavements gie hard on yir back and yir knee,
But the one consolation's, yir hurtin' for free.

"Hey mister, is yon track no' ready yet?"
"Two weeks time" is all I get.

The winter is coming, the ground's getting cold,
A want aff the street afore 'Jack' gets a hold.

"We're nearly ready noo, you'll get on soon",
Roon about the time o' the next blue moon!

Christmas is coming, the goose already deid,
A'm about bangin' the wall wi' ma heid.

A'm no very fast, jist yer average fun runner,
But already this track's turnin' oot a right scunner.

"Ready son, steady son, the track's open - Go!"
Only problem is, there's six fit o' snow.

WE received this ode from Joe Gallacher from Calderwood, East Kilbride, who is clearly feeling "pit oot" about the whole situation of being disallowed access to a track which appears to be usable, and indeed hosted an international match in July.

After making some enquiries with Alan Mockus, the recreation manager in charge of the new complex, we were informed that the track is still being held by the contractors, Sportworks, as it has still not been completed to the standard where they will release it for public use. It was, however, sufficiently ready to be used for the international which served as its official opening.

Mr Mockus said, "The date suited everyone who was concerned with the opening and it was set a while back when it was thought that the track would be completed on time."

Mr Mockus assures us that no elite athletes have been allowed to use the track since the international and he hoped it will be opened to the public on the weekend of September 2.

ESPC victorious for the fifth time



FOR THE fifth consecutive year, ESPC Athletic Club have clinched the HFC Bank Scottish League title. They completed their first division programme with a clean sweep of all four meetings to win the HFC Bank £300 team prize, plus the £150 field events bonus.

Scots aim to improve further at hill race championships

A SCOTTISH team has been announced for one of the few world championship events where Scotland can still compete under her own flag.

Fourteen runners have been selected to compete in the Fifth World Hill Running Championship which will be held in Die, France on September 16 and 17.

The competition generally attracts 15-20 countries, mostly European, with the mountainous countries of Italy, France and Switzerland being the favourites.

Scotland's Jack Maitland, Dennis Bell, and David Rodgers are being joined by first time international Ian Mathieson to take part in the long race. In this event competitors will run 16K to a summit of 1400m. This distance and altitude has been likened to Ben Nevis by men's team manager Jim McInnes, although he points out that Ben Nevis does not have a hotel and restaurant at the top!

Colin Donnelly, John Wilkinson, Ian Davidson and Brian Potts will represent Scotland in the short race - a distance of

10K, running up and down an altitude of 1000m (similar to Ben Lomond). This will be the first world championship for Donnelly over the shorter course, as it was felt that he should make use of his downhill running skills which are not utilised over the long race.

Anne Curtis, a renowned hill runner herself, will be team manager to the women's team of Patricia Calder, Christeen Whalley, Joyce Salvona and Christine Menheinnnet. In last year's event the women's team placed third, and this year they hope to do better. Their course is over 7.7K running to and from a summit of 800m.

Billy "Whizz" Rodgers of Lochaber AC will compete in a junior race over the same course as the women's event.

When asked if Scotland is a likely host for the event in the future, McInnes said, "We would like to hold the competition here but the Continentals seem to gang up on us when it comes to choosing the venue as they want to keep the Championship over there."



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up FRONT

Three of a kind for Pitreavie's record - breaking Isabel

PITREAVIE junior Isabel Linaker has been awarded a record number of three Access Achievement Awards for her efforts for the club in their recent UK League Division 4 matches. She was chosen for the awards for achieving three league records in three meetings.

Her first victory came at Cannock when she broke the existing record for the 1500m which had stood for 10 years, her winning time being 4-38.3. She then followed this up with another league record at Mitcham, winning the 800m in 2-12.6. Her final record breaking day came in her home match at Pitreavie where she knocked another 10 seconds off her own 1500m record, crossing the line in 4-28.6.



Isabel and the awards she was presented after Pitreavie's final and home UK League match.

Sponsored Skyewaymen

A TEAM of eight runners from Skye will be attempting to run the lesser known route of Lands End to Portree in only 10 days. They will be running from October 4-14 as a relay team to raise money for the Skye and Lochalsh centres for the disabled.

One of the runners, Tom MacKenzie, said, "We will each be running 10 miles on each of the 10 days, and we will be joined in Glasgow by players from Rangers and Celtic who are going to run a few miles of the way with us."

The runners, who call themselves the "Skyewaymen", hope to raise £10,000 for the centres, and have already received an anonymous donation of £500 from a local person in Skye, with the promise of another £500 when the run is finished.

Further support has come from major sponsors BP, British Telecom, and Ford, the latter

supplying a back-up car for the run. Local sponsorship has been given by J.D. Robertsons, Skyeways Transport, and PBCF.

At the end of their efforts, the runners are to be rewarded with a reception - along with local choirs who will be returning to Skye on the same night from the Mod in Stornoway.

OFFICIAL souvenir sportswear for the Thomas Cook Great Scottish Run is available from Bourne Sports, Church Street, Stoke on Trent, ST4 1DJ. (Tel 0782 410411). The company has also acquired, through the organisers of the event, retail premises in Glasgow for the week prior to the 25K Race (September 11 - 16, from 9.30am - 5pm at the Argyle Shopping Centre, unit 3-4).

Souvenir t-shirts, sweatshirts, badges etc for the event will be on sale, plus the usual range of bargain priced running gear, many items of which are advertised elsewhere in the magazine.

Johnson stripped of world record

THE IAAF has stripped Ben Johnson of his 100 metres world record. A decision was made that all athletes who are found to have violated the anti-doping code, even if they have passed the drugs test on the day of the event, will forfeit their claim to a world record if an admission of guilt is forthcoming within six years of the record being set.

Johnson set his record of 9.83 when he won the world title in Rome in 1987, beating Carl Lewis who finished second. Lewis will now be awarded the world record for his run in the same race, his

time being 9.92. But despite the fact Johnson's record has been erased, he has not lost the title he won on the day.

Dr Arne Ljunqvist, vice-president of the IAAF, said on the question of titles and medals, "We feel that needs more discussion, yet, to separate the two is likely to leave further question marks against the credibility of the IAAF."

The IAAF stressed that Johnson was not being singled out. Ljunqvist said, "We didn't really discuss Ben Johnson, it was the principle that was discussed."

Games could make a loss of £10 million

THE THREAT of next year's Commonwealth Games being a huge financial loss has spurred the New Zealand government to agree to share responsibility for any deficit that might occur - in stark contrast to the British government's attitude to Edinburgh three years ago.

New Zealand Prime Minister Geoffrey Palmer said in Wellington: "The Government has an over riding interest in seeing that these Games are not only held, but also succeed."

Games organisers in New Zealand recently revealed that the Games could lose up to £10 million. Billed as the first commercial Commonwealth Games, the organisers have had trouble finding enough sponsors to meet the £32 million budget.

The Prime Minister's statement of support for the Games followed only one week after Deputy Prime Minister, Helen Clark, virtually ruling out any more aid over the £8 million already given.

Jayne breaks own national record

AGAINST all the odds, Jayne Barnetson beat her own Scottish heptathlon record after a nightmare journey to the Soviet Union.

The British team arrived in Kiev only hours before they were due to compete, having spent the previous 14 hours on a train.

Jayne's total of 5,803 added 125 points to her record, set last season, and places her third in the current Commonwealth ranking lists behind England's Kim Hagger and Judy Simpson.

In the competition between Britain, the USSR and West Germany, Jayne finished third overall, setting personal bests in three of her seven events. In her 100m hurdles she recorded 14.58 and in the shot 11.63.

However, it was her efforts in the javelin which showed the greatest improvement, with her throw of 43.14m bettering her previous efforts by nearly four metres.

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MULTIPLE SCLEROSIS



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LETTERS

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

New Zealand's Games standards are less stringent than Scotland's

44, Millar Street,
Palmerston North,
New Zealand.

SIR - I have been living in New Zealand for just over two years and I dearly miss those energy sapping runs over the Cathkin Braes and doon along the Clydeside. Apart from the odd letter from Eddie Stewart, I've not hear enough of what is going on in the Scottish athletics scene.

However, after constant badgering my family sent me out the August issue of your brilliant magazine. Right away I went to the Results' columns and was delighted to see that Eddie and Alex Gilmour were doing battle at the West Kilbride 10K road race. Nothing really changes - only time flies by.

I was delighted to see Robert Quinn had made a great comeback after such a nasty accident. I hope he makes the Games team. I've enclosed an article on Gail Rear, four times winner of the New Zealand women's cross country title, who was also involved in a terrible accident. She was hit by a car five days before last year's national cross country championships, but has made a miraculous comeback to place second in this year's event.

I myself am in strict training, trying to break the Commonwealth Games guideline for drinking ten pints of beer inside one hour. No, seriously, it would be easier for me to achieve a qualifying time for New Zealand than Scotland in some of the events (1500 and 3,000s/c) - but some of their other guidelines seem a bit tough.

Some qualifying times are (Scotland first, then NZ): 800m: 1-47; 1-47.30; 1500m: 3-40; 3-43; 5000m: 13-45; 13-40; 10,000m: 28-20; 28-50; 3,000s/c: 8-38; 8-45.

One thing the Scottish athletes will, I am sure, be aware of is that the weather in Auckland will be very warm. The average temperature for that time of the year is usually around 20C (70F),

with the maximum temperatures rising to the mid 30'sC (100F). But Auckland is also very humid and Scottish athletes will find it hard to adjust to the conditions. Most of the British runners who ran at the World Cross Country Championships last year found conditions difficult, and that was late March, the end of summer.

However, I am sure the Scottish athletes will do us proud. I look forward to seeing them in Auckland.

William Murdoch

DO YOU have friends or relatives living abroad who are receiving odd letters from Eddie Stewart? Seriously, though, why not take our air mail subscription to Scotland's Runner for anyone who does, like William, like to keep in touch with Scottish athletics. Details available on request.

Wrong spelling

27, Marcus Crescent,
Blackburn,
Aberdeen.

SIR - Having taken up jogging at 31 as a way to lose surplus weight (about two stone), and also to build up my general fitness, I can't tell you how pleased I was when I opened my September issue of Scotland's Runner and found that I had been ranked tenth in the Scottish women's rankings for the marathon.

I'm a veteran soon and hope to be running for a long time to come, so this has given me quite a boost.

But my moment of glory crumbled as you had my surname wrong. Could you possibly correct it?

Margaret Stafford,
Aberdeen AAC.

Letters for next issue should reach us by September 29

LETTER OF THE MONTH

The Corinthian spirit exemplified

40, Lockerby Crescent,
Edinburgh.

SIR - I would like, through your columns, to thank George Duncan, his committee, and all the officials involved in the running of the HFC Bank Scottish Athletic League this season.

Despite finishing bottom of Division 4, all the lads who represented us this year really enjoyed themselves and are looking forward to next season when we hope to do a little better.

I think the competition this year in Division 4 has been of a higher standard than any previous season. I'm sure Cumnock will again be promoted this year, so Division 2 teams had better look out come 1991! It was good to see Garscube (aided greatly by the ubiquitous Alastair Morrison) and Lochgelly again becoming forces to be reckoned with.

At the last match I spoke to Gordon McPherson of Livingston, and he told me he had great difficulty getting club members involved in track and field. Livingston were represented at this meeting by Gordon, one other athlete, and an official. Now this club has very successful cross country, road, and hill running sections but, according to Gordon, they won't turn out for fear of being lapped. As someone whose epitaph will probably read, "Lapped for the last time", I find this very disappointing. By the way, I will never forgive Alastair Morrison for lapping me during my leg of the 4 x 400!

League athletics is a lot of fun. Honest! If you don't believe me go to a match and visit the pole vault area. Here you will find some bewildered blokes (persuaded by some silver tongued team manager on the bus that this is their event) gathered round the stadium pole (never fibre glass) discussing the finer points of the discipline - such as which end to hold onto, and whether or not it's best to shut your eyes and scream as you plant the pole!

I thoroughly recommend track and field to everyone of whatever ability. There is much more to running than standing stark naked for one and a half hours in some freezing Hawick school.

I hope sufficient clubs come forward to start a fifth division. Whilst we might still come last, you bet we'll still be out there enjoying ourselves.

Gerry Clement,
Edinburgh Spartans.

Who said athletics was all about money and drugs! Perhaps a season with Edinburgh Spartans would return certain international athletes to their senses! In the meantime, just to ensure that he is the smartest, if not necessarily the fastest, athlete in Scotland, a new style Scotland's Runner t-shirt is on its way to Gerry.

10 Lomond Street,
Helensburgh.

SIR - The success of this years Helensburgh Half Marathon was due in no small way to the placing of an advert in Scotland's Runner.

We look forward to similar success with future events and in the meantime thank you for your assistance in this one.

Wilson Hamilton,
Helensburgh AAC.

LETTERS

Splendid race at Eyemouth

37-39, High Street,
Market Deeping,
Peterborough.

SIR - It wasn't a gun, it wasn't a whistle, it wasn't a flag, not even a cannon, but at precisely 11am Sunday, August 13, well over 100 runners were set on their way in the Eyemouth Half Marathon by one blow on a splendid brass dinner gong.

I had the privilege of driving the lead vehicle and taking the runners from the magnificent setting of Manderston Hall out on to the roads to start their journey to Eyemouth.

Having travelled the length of the country attending many of the major races, what a shame that so few were running this splendidly organised race. David Douglas, the race director, had done his pre-race job so well that he was able to let everyone get on with it and actually run in the race himself. Although not up with the leaders, his aim was basically to run and thank all the course marshals and all the volunteers at water stations along the route. In his words, it saved him having to write and thank them all!

The course was pleasantly undulating but basically downhill as the finish was back in Eyemouth at sea level. I lost count of the number of water stations; it seemed that every house along the route had volunteered to set up drinks and sponge stations. A lesson, I'm sure, a lot of other races could learn from.

Although not heavily populated along the route, I'm sure that most of the villagers from Chirnside and Ayton had come out to support the runners - and

what a lovely surprise on the run down the hill into Eyemouth, along the main street, to finish in front of the museum - and stop before running into the harbour, which was full of fishing boats. The whole town must have been out to greet everyone home.

It's a race that needs more support. Make it a date in your diary for next year, and why not spend the weekend in Eyemouth? You will not be disappointed, especially if you enjoy fish - the dressed crabs and kippers were the best I have ever tasted.

The final surprise at the finish was not only a medal to commemorate your efforts, but a big sticky bun.

Well done Eyemouth. May you go from strength to strength.

Dick Hughes,
Running Imp UK.

A different experience at Loch Ossian

Flat 6,
5, Ettrickdale Place,
Edinburgh.

SIR - If you are one of the many looking for different running experiences and an alternative to the normal grind of urban half marathons, then the Loch Ossian circuit is for you.

I stumbled across this little known run while staying at the Loch Ossian Youth Hostel, small and remote, but set in magnificent Highland scenery at Corroir. The run was the inspiration of the current hostel warden, Tom Rigg. The idea is to complete one full circuit of the loch in under an hour, a distance of 7.5 miles.

Be warned, the run is not easy. The course is over a rough undulating track and includes several ten foot high deer fences. Any budding hurdlers could shave off valuable seconds here!

Successful competitors have their names and times recorded in a log kept at the hostel, along with any appropriate comments. If you happen to be the first national of a particular country to complete the circuit in under an hour, your name and country are placed on a special board along with the relevant national flag.

The run can be performed at any time between May 1 and October 31, and there is no entry fee, although a donation at the hostel will be gratefully received.

So far, over 400 runners have beaten the target, and by some of the comments on the log they had lung busting but enjoyable runs. For the record, I managed to stagger round in 54 minutes. The fastest time stands at 40 minutes.

Loch Ossian is only accessible by train from Crianlarich or by walking in from Rannoch Station (11 miles). The isolation enhances its appeal and the sense of achievement.

John D Stewart.

Revitalise your mind at Moray

Craigmount,
Prospect Terrace,
Lossiemouth,
Morayshire.

SIR - The sixth Moray Marathon took place on Sunday August 13 in conjunction with a half marathon and 10K. As in previous years this will receive little recognition from any of the national magazines, but I feel sure

Scotland's Runner will correct this obvious omission.

The marathon starts from Elgin and the course meanders through the beautiful Laich of Moray countryside, along the coast to the seaside town of Lossiemouth, before heading inland to Elgin again and the spectacular finish in Cooper Park.

A complete change from the "biggies", the Moray gives a solitude which allows even the most hardened competitor the opportunity to enjoy their run. Race director Ed McCann and his team of stalwarts saw their months of hard work come to fruition as yet again the army of volunteers en route ensured that we, the runners, were petted, pampered and helped on our way round.

The finish in Cooper Park would put many a city marathon to shame and every effort is made to make it a real family outing.

So, why not revitalise your mind and body by coming north next August.

Raymond Wood

Route march?

87, Seedhill Road,
Paisley.

SIR - Surely British Airways could have organised the route of the 10K (August 13) so that the finish wasn't quite so far away from the start? Those of us with dry clothes etc left in cars at the start had what seemed like another 10K to walk back to get them - not the most pleasant experience when soaking wet and beginning to feel chilled.

As we had use of the police sports ground facilities at the start, couldn't we have finished around the running track there, or on a adjacent piece of grass if the running track wasn't available?

And surely something better could have been organised for drinks at the end than a large metal dustbin of water and a pile of plastic cups?

Finally - a personal plea - I like a medal when I finish (no matter how cheap looking) rather than a wee gold statuette obviously left over from last year!

Moir Bryan

P.S. Apart from that the run through Pollok Park was pure dead brilliant!

ALLAN WELLS

WHAT THE ordinary man and woman in the street must think about British athletics, I dread to think. If it is not drugs it is money, and the latest fiasco has done nothing to improve the image of the sport.

Here was a well respected athlete complaining because he was supposedly offered a large sum of money to run a race which would last approximately three minutes and forty seconds, while the working man would take two years to earn the same amount. Unfortunately it seems to be one man's word against the other, but if we look back at the history of the two men involved we can see how relationships and personalities have changed and perhaps decide for ourselves who is telling the truth.

At the outset, Steve Ovett was always cast as the bad guy. People either loved him or hated him - nobody seemed indifferent. His old adversary, Seb Coe, was cast as the model of everybody's favourite son.

This was all media hype. Even the rivalry off the track was helped along by the supposed dislike for Seb Coe's father by Steve Ovett's mother! Remember Steve's mum? At first she was always the one in the stand that he waved to as he came around the final turn - until he met, and later married, Rachel.

Even the wave was controversial. He refused to speak to anybody in the popular press, and so they made up what he would never confirm or deny. But through all the good times - and there were plenty - and the bad, there was Andy Norman. Andy Norman and Steve Ovett's names were synonymous. There was no hassle when Steve wanted to run anywhere. He just phoned Andy.

Andy Norman, on the other hand, was a former policeman who behind the scenes ran British athletics. He was honest, well-respected, and trusted, but it was also common knowledge that you did not cross him. He could have persuaded anyone to run anywhere, such was his power. And he did!

But, make no mistake, if it was not for Andy Norman, there would not be a British athletics team today, at least certainly not one as successful as it was in the late seventies and early eighties. I remember on one occasion pulling out of



the British team after speaking to a Board official for hours. It was the semi-final of the Europa Cup, and I had been suffering from a virus from which I had almost recovered, but I did not want to risk running against top opposition too early.

I had no sooner put the phone down after withdrawing when Andy phoned with arrangements for Margot to travel with me. I told him that I had just pulled out and yet in less than ten minutes I was back in! Did he intimidate me? No. He told me that at that time, virus or no virus, I was faster hopping down the track than any other British sprinter was running down it!

Andy was instrumental in getting young athletes competitions abroad on the backs of people like myself, Ovett, and Coe. If you wanted us, you also had to invite four or five others - including the likes of Steve Cram and Peter Elliott. This gave the youngsters experience of competing abroad and against world class opposition before they went anywhere near major Games.

So, what went wrong and caused the unprecedented scenes at the AAA Championships?

For a start, Steve Ovett is no longer the tremendous world class athlete of yesteryear. He is no longer a major crowd attraction. And he no longer shuns the attention of the media.

Far from it. The hunted is now the

hunter and he enjoys the privilege of being paid to watch and commentate on the sport that has made him a very wealthy man. To see him break down in tears was embarrassing and totally out of character. Always a sensitive man with time for other people, but also a ruthless athlete looking after number one, especially where payments were concerned.

Andy Norman, on the other hand, would not pay anyone he thought would run for nothing and always tried to get you to run for less than you were worth. This system worked fine until athletics was officially declared "open" and the whole sport changed. Andy was no longer involved in paying who he wanted, what he wanted. There were set sums to be paid to people based on past performances and for the first time in his life he had to pay field events athletes large sums of money and he had to pay women. How that must have hurt!

He was forced to get involved in promotion work and various other aspects of athletics which took up his very precious time. Do not be misled into thinking that Andy got nothing back for this: of course he did. But why not, everyone else was taking a cut as well?

As for his relationship with Steve Ovett, that started to go slowly downhill the more Rachel got involved in deciding where Steve should run and against whom. In the past, if Steve wanted an easy race Andy either found him one or set one up. If he was confident and wanted a world record attempt or a shot at the "big boys", Andy did that too.

Then Steve started to find races away from the major circuit and ran in obscure places and it was obvious then that he and Andy, who was involved in most of the big races, had parted company.

What triggered this latest episode only Steve Ovett knows. What the outcome of the inquiry will produce, only time will tell. But what we do know is this: the public will make up its own mind and neither man will come out of the affair untarnished.

And whatever happens, Andy Norman will still control British athletics and Steve Ovett will still be a sports commentator who used to be a great athlete.

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COACH OF THE MONTH

Do you know of an athletics coach of outstanding quality, BAAB registered with innovative ideas, excellent teaching methods and who consistently carries out an exceptional job with his and her athletes?

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Does your club wish to further new coaching ideas, expand present projects, develop new areas, but just doesn't have the funds to carry it out?

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COACHING

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By Derek Parker

"I TO the hills will raise my eyes, the source of all my help", wrote a Hebrew poet nearly 3000 years ago.

Today, that vision of hope and inspiration is the guiding light of many athletes and coaches who resort to slopes of varying surfaces, lengths, and steepness in the perpetual quest for success.

Although hill running has been part and parcel of athletics training for several years, it sprang to prominence as the result of the outstanding achievements of the great Herb Elliott, reckoned by many people to have been the finest middle-distance runner of all time.

The sporting world looked on in amazement during the late 1950's as Elliott demolished the mile and 1500 metres world records with dedicated displays of running

and all-out mental and physical endeavour. And that same sporting world learned with disbelief that the outstanding Australian, under the guidance of coach Perry Wells Cerutti, tackled what was then considered to be almost incredible hill-running sessions on the sand dunes on the beach at his training camp at Portsea.

Even by today's standards, Elliott's sessions still appear quite daunting. They included 50 x 60 metres full-out sprinting up a 1 in 5 sandhill, as well as sessions of non-stop running for 10 minutes up and

down an even steeper 100 metres hill, and repetition 2000 metres runs across undulating sand dunes.

It was not long before Elliott's imitators in this country were flocking to British beaches. Places such as Braunton in Devon and Merthyr Mawr in South Wales became the Mecca for many athletes.

Athletes like Steve Ovett benefited immensely from these sessions - although it was also discovered that many others became first class sandhill runners but less successful on the track or roads.

According to British Miler's Club founder member Frank Horwill, Britain's most underestimated coach, the ratio of sandhill running to faster running on level surfaces should be one to three for it to be effective.



The start of the Inverclyde Half Marathon, but how many of the runners have been training the Herb Elliott way?

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But if Cerutti's coaching methods raised a few eyebrows, those of Arthur Lydiard, a New Zealander, sprang to prominence as the result of the Olympic gold medal winning exploits of Murray Halberg and Herb Elliott's successor, Peter Snell.

Basically, the Lydiard programme involved the athlete in running 100 miles a week for ten weeks during the winter followed by six weeks of hill training six days a week with a 20 miles long steady run on the seventh day of the week.

Each session saw the athlete run hard up the hill, emphasising a springing, bounding action with a high knee lift and good arm action. Once at the top of the slope, which was fairly steep and nearly 800 metres in length, the athlete jogged 400

metres on the flat before turning round and striding fast for 200 metres before running back down the hill at a good pace. At the foot of the slope, he then ran a fast 200 metres on level ground, followed by 200 metres jog, before turning round again and striding 200 metres fast then jogging 200 metres. He then ran back up the hill and continued the sequence until a total of eight or nine miles has been completed.

The chief criticisms directed against the Lydiard method were based on the fact that it made the athlete very susceptible to injury. Later on, Lydiard himself modified the programme by reducing the number of hill sessions to every alternate day, and substituting a 1 in 10 slope for the usual 1 in 3 incline.

But despite these criticisms, the Lydiard

philosophy is still the basis of hill training for track running in many countries. His advocacy of a period of steady running before introducing hills a few weeks before the track season still has many devotees in this country and abroad, although nowadays few athletes do more than one session on the slopes per week for fear of injury.

The Lydiard method was also fundamental to the tremendous upsurge of middle-distance running during the 1970's in Finland, where he coached for a time.

The common denominator between the coaching methods of Cerutti and Lydiard was that athletes following their programmes developed tremendous determination and a resolute will. Both

were highly inspirational and belonged to the empirical school of coaching (i.e. they relied mainly on their own training and racing experiences when devising schedules).

However, as training methods became more sophisticated during the 1960's and 1970's, scientific, rather than empirical, knowledge assumed an increasing role. Before the Second World War the coach-physiologist partnership of Gerschler and Reindell helped to make the legendary German athlete, Rudolf Harbig, into one of the all-time greats of athletics by setting 400 and 800 metres records that lasted for several years and would still be highly respectable today.

The Gerschler-Reindell method required the athlete to raise his heart beat to around 180 beats per minute in fast repetition runs, then lower it to 120 beats per minute in less than 90 seconds during the recovery phase. It was during the recovery or interval phase that the training stimulus took place as the heart expanded and contracted during the oxygen utilisation process.

But in the post-Cerutti and Lydiard years, the Soviet physiologist, Nurmeviki, introduced the concept of medical science into athletics training. Using control groups of volunteers, he discovered that training sessions such as running 8 x 150 metres uphill at 30 seconds pace for 200 metres, with 60 seconds rest, produced high pulse rates and a notable increase in the alkaline reserve which counteracts lactic acid build-up. It was deduced that this type of hill session was of considerable value to 400, 800, and 1500 metres runners where lactic acid accumulation was a limiting factor to success.

Nurmeviki also concluded from his experiments that sessions such as 8 x 400 metres up a 1 in 6 hill at 80 seconds pace for 400 metres improved general heart-lung endurance as well as oxygen transporting haemoglobin resources - and that this form of training was useful for competitors taking part in distances of 5000 metres and upwards.

A significant aspect of Nurmeviki's work was that it was based on results obtained from telemeters which monitored the heart rates of athletes during exercise and transmitted their findings to physiologists. The first steps in sports medical studies as an aid to performance were being taken.

Subsequent research by a German

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physiologist named Keul confirmed the Soviet conclusions, but added that sessions such as 5 x 300 metres fast uphill with a jog back recovery produced a higher degree of lactic acid in the muscles and helped the athlete to develop the alkaline buffers which combat the physiological effects of muscular acidity.

Later experiments by Soviets Pisku and Urganstein revealed that an optimum blend of steady running, hill running, and repetition running produced an ideal rate of athletic improvement.

A squad of athletes was divided into groups and each group was allocated one of the following tasks to be done three times a week for six weeks:

1. run for 30 minutes steady.
2. sprint various distances up to 100 metres.
3. interval 200 metres.

4. interval 600 metres.

5. uphill running.

6. fartlek.

7. a mixture of all these activities.

When subsequently tested over distances ranging from 100 to 800 metres, it was revealed that the hill runners showed the greatest improvement. The interval 200 metres runners showed the next best improvement while the steady-state runners had improved the least. However, it was observed that the steady-state runners recovered faster from the test runs than all the other groups - and that their fitness was more long-lasting than that of their colleagues even though the hill runners and interval runners showed the quickest improvement in fitness.

At a British Miler's Club training day Frank Horwill told how Finnish athletes had developed Arthur Lydiard's ideas by

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Week One

Sunday: 90-120 mins cross-country running.
Monday: 90-120 mins fartlek inc 15 x 1 min at 5K effort (30 to 45 secs jog) + 8 x 30 secs at 1500 metres effort (30 to 45 secs jog) + 4 x 15 secs full effort (15 secs easy). Jog 3 to 5 minutes between each series of timed runs.
Tuesday: 5 miles fast steady run.
Wednesday: 10 miles steady on a hilly course.
Thursday: 8 miles continuous run (3 miles steady + 2 miles fast + 3 miles steady).
Friday: 30 to 60 minutes easy recovery run.
Saturday: 12 to 15 miles steady road run.
Note: 3 to 6 morning runs of around 30 minutes/4 to 5 miles will provide additional mileage and assist recovery.

Week Two

Sunday: As Week One.
Monday: 90-120 mins fartlek inc 10 x 2 min at 10K effort (45 to 60 secs jog) + 4 x 1 min at 5K effort (30 to 45 secs jog) + 60 secs full effort. Jog 1 to 3 minutes between each series of timed runs.

Tuesday/Friday: As Week One.
Wednesday: 10 miles steady run inc 10 to 15 minutes running up/down 150 metres hill.
Thursday: 8 miles continuous run (2 miles easy + 2 miles fast + 2 miles easy + 2 miles fast).
Saturday: Race or 12 to 15 miles steady run. Morning runs as Week One.

Week Three

Sunday: As Week One (but easier if you raced yesterday).
Monday: 90-120 mins fartlek inc 3 x 8 x 30 secs at 1500 metres pace (30 to 45 secs between repetitions/3 to 5 mins between sets) + 3 x 10 secs full effort (20 secs easy).
Tuesday/Friday: As Week One.
Wednesday: 10 miles steady inc 3 x 1 mile hill circuit (3 to 5 mins recovery jog).
Thursday: 8 miles continuous run (3 miles steady + 2 miles easy + 3 miles fast).
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week four

Sunday: As Week One.
Monday: 90 to 120 mins fartlek inc 8 x 2 mins at 5K effort (45 to 60 secs jog) + 4 x 30 secs at 1500m effort (30 to 45 secs jog) + 4 x 15 secs full effort (15 secs easy).

Tuesday/Friday: As Week One.
Wednesday: 10 miles steady run on a hilly course.
Thursday: 8 miles continuous run (4 x 1 mile easy/1 mile fast alternately).
Saturday: Race or 12 to 15 minutes steady. Morning runs as Week One.

SOME EXPERIENCE

Week One

Sunday: 60 to 90 minutes cross-country running.
Monday: 60 to 75 mins fartlek inc 16 x 30 secs fast (90-120 secs jog).
Tuesday: 30 mins steady.
Wednesday: 7 to 10 miles steady with some hills.
Thursday: 30 mins continuous run (try to increase pace on second half of run).
Friday: Rest for 10-15 mins jog.
Saturday: 8 to 12 miles steady.
Note: Athletes in this group should train only once per day.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 10 x 45 secs fast (2 to 2.5 mins jog recovery).
Tuesday/Friday: As Week One.

Wednesday: 7 to 10 miles inc 8 to 12 mins running up and down 150 metres hill.
Thursday: 30 mins continuous run (10 mins steady + 10 mins easy + 10 mins fast).
Saturday: Race or 8 to 12 miles steady.

Week Three

Sunday: As Week One or recovery run if racing yesterday.
Monday: 60 to 75 mins fartlek inc 8 x 1 minute fast (2 to 3 mins recovery jog).
Tuesday/Friday: As Week One.
Wednesday: 7 to 10 miles steady inc 4 x 800m hill circuit (3 to 5 mins recovery jog).
Thursday: 30 minute continuous run (10 mins easy + 10 mins steady + 10 mins fast).
Saturday: 8 to 12 miles steady.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 4 x 2 mins fast (3 to 4 mins recovery jog).
Tuesday/Friday: As Week One.
Wednesday: 7 to 10 miles steady with some hills.
Thursday: 30 minutes continuous run (3 x 5 mins slow/5 mins fast alternately).
Saturday: 8 to 12 miles steady.



Another race takes its toll and it's back to the drawing board to think about the future.

COACHING

CLINIC

bounding uphill with giant strides and running uphill with an exaggerated knee lift.

While acknowledging criticisms that this form of activity could sometimes cause injury, Horwill (coach to Tim Hutchings as well as several UK middle distance champions) said that in his opinion uphill bounding and high knee-lift running does have a place in the athlete's winter programme, provided the maximum distance is 100 metres and the incline not more than 1 in 10.

Another interesting point to emerge from Frank's lecture was that downhill running on a gradient of not more than 1 in 20 could increase leg speed and stride rate, enabling an athlete to sprint faster. These findings were based on work done by Soviet physiologist, Ozolin, mentor to Olympic 100 and 200 metres champion Valery Borzov, and confirmed by Bud Winter, the renowned San Jose track coach whose athletes have won innumerable Olympic sprint and relay titles for the United States.

It was also interesting to learn that Bill Marlowe, coach to Olympic 100 metres bronze medallist Peter Radford (now head of physical education at Glasgow University), encouraged his athletes to hop up a short, steep hill on alternate legs, run back down after each series and change legs, for a total of four minutes. As well as being of immense benefit to sprinters, this exercise helped to provide 800 and 1500 metres with the leg power to cope with the sprinting speed which these events now demand.

Harry Wilson, coach to Steve Ovett, included two forms of hill-running in his repertoire. The first type was preferably done on grass or woodland trails on a 10 to 20 degrees slope over distances ranging from 300 to 500 metres. Six to eight repetitions were the target, and athletes were encouraged to use a normal, rather than shorter, stride length to develop leg strength and power (Note: power is a combination of strength and speed). Recovery was a quick jog back.

Wilson's second form of hill-running involved athletes running eight to ten times up a steep hill between 60 and 100 metres long using an exaggerated arm drive and knee lift. Recovery was a slow walk back.

George Gandy, head of physical education at Loughborough College and coach to Jack Buckner, has a list of hill running sessions which are all

distinguished by their own appropriate titles.

These include:

1. lung busters - these involve the use of 10 to 12 repetitions on a 230-metres hill with jog back recoveries.
2. grinders - running for 90 seconds to 3 minutes on hills of varying degrees of undulation.
3. free-wheelers - high speed downhill runs on gentle slopes. A typical session would be 6 x 150 metres.

SebCoe's hill running programme also included several variations. Typical workouts for the double Olympic champion were 30 to 40 x 100 metres semi-sprints uphill in a 10 degree slope; and 6 x 1000 metres uphill with a slow run back. According to his coach Peter Coe, the hill running was primarily anaerobic (i.e. without oxygen/high speed/lactic acid involvement) and done with a vigorous arm action and a good knee lift.

These sessions were done during the months of November, December, and January. With the approach of Spring and better weather, they gave way to "coach controlled fartlek" which required the athlete to sprint flat-out between whistle signals. Done on a suitable hill for 12 to 25 minutes and comprising quality efforts of 7 to 15 seconds with recovery at the coach's discretion, this type of work-out was regarded as very demanding by the Coes and took place only under very close supervision by the athlete and coach.

These varied forms of hill training practised by athletes and coaches throughout the UK (and the world) prove the old athletics adage that there are many routes to success.

They exemplify the importance of adapting and using your environment to your training needs and requirements. They also show how different athletes use different training programmes depending on their event, time of the year, and their ability and experience.

There are no limits to hill sessions which the intelligent coach and athlete can devise. No one in this country lives far away from slopes, and all you require is a discerning eye, the ability to adapt your surroundings to your training requirements, and an understanding of the coaching principles involved.

In my own area, for example, we have a circuit of approximately 200 metres uphill and 300 metres downhill, giving a total length of approximately 500 metres.

Athletes can run sessions of 5 x 3 laps with three minutes recovery; or 5 x 2 laps with two minutes recovery; or 6 x 1 lap with one minute recovery. Time trials over 2000m, 3000m, and 5000m are regularly done on the circuit. Another option is 15 to 20 minutes of hill running up and down the 200 metres incline, counting the number of repetitions and attempting to beat the total on the next occasion.

Sprinters using the hill for general conditioning or speed resistance running can also do handicap runs over varied distances such as 30m, 50m, 80m, 110m, 150m all uphill. These sessions were used extensively by Olympic Games 400 metres hurdles semi-finalist Elaine McLaughlin when she was a member of Kilbarchan AC.

All hill running sessions, irrespective of where and when they are done, have one thing in common - they are carefully planned and fitted into the training and racing programme in the correct amounts at the correct time.

Nothing is left to chance and each work-out is dependant on the athlete's capacity to handle it. Above all, they are compiled with a view to ensuring that the athletic remains injury free and that he or she does not incur the stress-related illnesses or problems that can ruin a competitive season or training programme.

Hill running is a vital part of the training programme which must be intelligently planned. Those who strike the proper balance and get it right will be well on the way to scaling their own individual peaks of athletic performance and ascending the heights of their potential.



Scotland's Runner October 1989

"Five Go Wild in Wales"

Fiona Macaulay recalls the days of her youth when she and four chums managed to get up to the kinds of adventures that would never find their way into Enid Blyton books. All in the name of international athletics!

I RECENTLY saw an advertisement for the famous Nos Galan New Year Race held annually in the Welsh mining town of Mountain Ash. Immediately it brought back memories of my first Scottish International in 1974.

Five of us were still only intermediates of 15 and 16, and we thought we were the bees knees as we travelled down to meet the rest of the Scottish team for an international against Wales and Canada. We were Anne Clarkson, 400 metres (now Purvis and mother of twins); Ann Robertson, 400 metres (now Harley and mother of two); myself, 100 metres hurdles (now mum of three); Elaine Douglas, 100 and 200 metres (who has a lot of catching up to do); and the diminutive javelin thrower from Grange-mouth, Jackie Hardie (does anyone have any idea what Jackie is up to these days?)

We arrived full of enthusiasm at a miner's cottage in Mountain Ash which had been converted into a sort of outdoor centre. Having been led up the outside stair to the top floor, we were shown the bedroom which had sleeping bags on the floor and a big tin basin and water jug on the dresser to wash in. Sitting on one of the sleeping bags was Meg Ritchie, weeping buckets into a chamber pot that was conveniently situated

in case of a nocturnal call of nature (seeing as how the shunky was at the bottom of the garden).

Well, that didn't half dampen our enthusiasm, especially as Meg kept wailing that she wanted to go home. Eventually the team managers got us moved to a hotel, saying that international athletes could not be expected to doss down on a floor for three nights during a major competition. I think the people were a bit put out as we left and kept proclaiming that Lilian Board had stayed there - to which 800 metre runner Mary Speedman

said something rather uncharitable that shouldn't be repeated.

That night we were taken to a miner's welfare club where we were treated to a male voice choir and where team manager Tony Ireland requested "Delilah". Some of youngsters requested a vodka and orange, having been told by a jolly miner that we could have anything we wanted to drink on the house.

Of course, Frank Dick severely chastised us the next day for, (a) being seriously under-age, and, (b) drinking before a competition anyway. We were fair indignant that one of the 17 year old McMeekin twins (never could tell the

spirits, Ann Robertson, Elaine Douglas and myself declined to go to the reception on the last night and instead donned our Scottish tracksuits and proudly went to the nearest chippie. After that we had an impromptu race along the road and then went back to the hotel where we sat thinking that a bag of chips and a sprint up the high street wasn't quite the same as a post-international shindig.

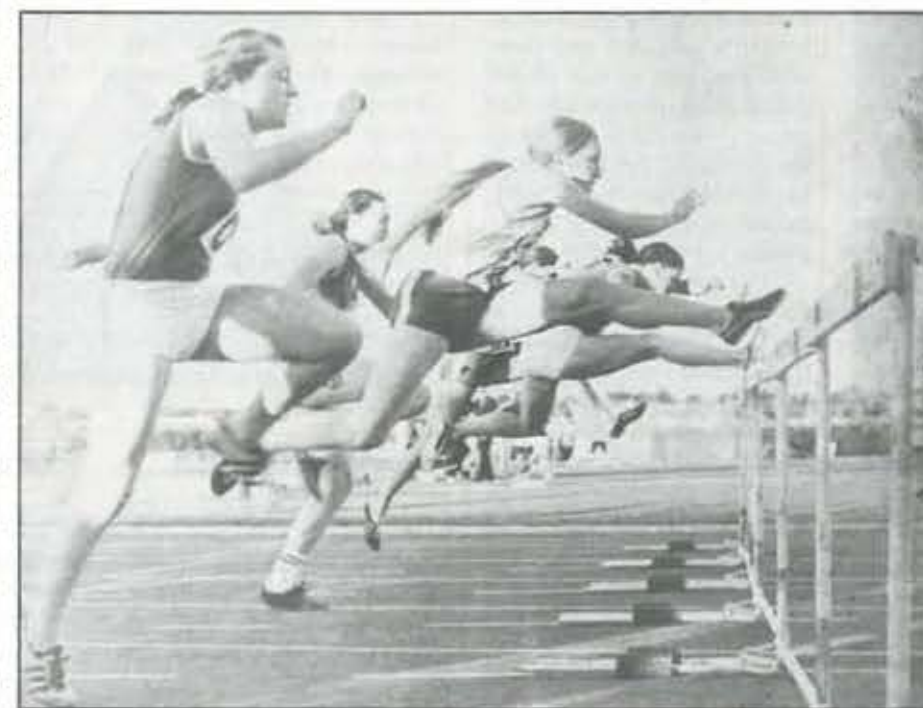
The five of us were taken the next day to Wolverhampton where we were left in a hotel to wait for the Scottish team coming down to compete in the WAAA junior and intermediate championships. We were under strict instructions to take the Scottish

vests and tracksuits to the launderette where Elaine did a Ben Hur impression in a laundry basket on wheels; where Ann Robertson stood on Ann Clarkson's foot and the latter was highly suspicious that she had done it on purpose as they were major rivals; where the vests shrunk and the colours on the tracksuits ran because we washed them at the wrong temperature.

We passed time by going to see an X-rated movie called "The Clockwork Banana." Outside the cinema Jackie Hardie put on Elaine's massive wedges so at least her nose came

level with the paydesk as we passed ourselves off as worldly 18 year olds and sat in the picture house surrounded by men in dirty raincoats eating chips and drinking meths (the men that is, not us!).

Of course news travels quickly, and by the time the junior and intermediate team bus arrived at our hotel we were pointed out as the delinquents who had drunk 12 pints of Carlsberg Special each and had top be stretched out of a Cardiff nightclub at four in the morning - and who had competed the next day half-cut! C'est la vie!



Leading the 100m hurdles for Scotland against Canada and Wales in Myra Nimmo (centre). Fiona is nearest the camera.

difference) got off Scot-free, having imbibed a miner's hat-full more than us.

Outside the Welfare Club a local youth offered to show Elaine Douglas the grave of the person the Nos Galan race is held in memory of. As they were about to disappear into the Welsh darkness, the team manager suspected a grave was quite low down on the priority list of things Elaine was to be shown, collared her, and shoved her in the car going back to the hotel.

Because we were somewhat peeved at getting a row for having dabbled with the

Scotland's Runner October 1989

In response to Dr MacIntyre...

Dr Paul MacIntyre reviews Edinburgh University's Fitness Assessment and Sports Injuries Clinic

IN RESPONSE to my article in Scotland's Runner on sports medicine two issues ago, I was invited to Edinburgh University to review their Fitness Assessment and Sports Injury Clinic (FASIC for short). Armed with the "Runner's" own investigative reporter, Rhona McLeod, I journeyed to the capital to assess the facilities on offer to my former rivals at Edinburgh University.

Evening meal on the ScotRail Express, courtesy of Scotland's Runner, was the first interesting experience. Rhona and I then ventured our way to Edinburgh University's Sports centre which houses this recent development.

We were met by assistant director Malcolm Brown, who suggested that one of us undergo a fitness test as a means of evaluating the service; fortunately I forgot to include my sports kit in the essential luggage, so Rhona was volunteered.

We were lead to the fitness assessment room, through the impressive Eric Liddell weights gym, where the iron pumping pectorals stop for no one.

The FASIC centre consisted of a spacious room which was partitioned into the sports injury clinic and fitness testing area respectively. Rhona left to change as I interviewed the multi-disciplinary staff, who included chairman Malcolm Brown, senior physiotherapist Lindsay Thomson, and Arthur Stewart, the FASIC manager.

In 1988 Edinburgh University approved plans to develop a sports injury clinic and fitness assessment centre within the Department of Physical Education - providing the project was self-funding. The concept is not new, as such centres have existed for many years in the United States and

Europe. In the United Kingdom sport-orientated Universities such as Birmingham and Loughborough offer a similar facility.

Within Scotland, Dunfermline College of Physical Education and Jordanhill College have developed sports medicine services to a certain extent, assisted by the Scottish Sports Council.

Nevertheless, Edinburgh University clearly defined what was required in terms of a multi disciplinary approach to sports medicine and then organised that service under the one roof to provide a service primarily for those attending the university. However, they have offset the costs by actively marketing the service to the general sporting public.

The services available at FASIC include: sports injury clinic; biomechanical assessment; fitness testing; sports consultancy; nutritional advice.

Meanwhile, Rhona emerged suitably clad for her fitness test. Her lung capacity, flexibility and body fat were evaluated. The latter result unfortunately has been made subject to the Official Secrets Act.

She was then introduced to the treadmill. After a suitable warm up period her oxygen consumption was measured at various running speeds to assess her aerobic fitness. I commented on the absence of lactic acid analysis (my own interest) but was assured that plans were afoot to include this refinement.

Exhausted, Rhona was led to the other side of the partition to have her chronic knee injury assessed by physiotherapist Lindsay Thomson. A biochemical assessment revealed that her legs were not the same length and she was

thus relieved to find a cause for her funny walk. She was also given a course of physiotherapy exercises to assist in her rehabilitation.

In summary, the FASIC development at Edinburgh University offers a comprehensive well organised, sports medicine service which is affordable to the average sports performer. They have shown insight into the requirements of athletes and have organised the facility into a single locality.

Their development has been autonomous, not involving the Scottish Sports Council or the National Health Service. They view this as an advantage as it allows them to

develop the service as they see required without stipulation from an overseeing body.

The facility at Edinburgh University should serve as an example of what is possible to establish on a much larger scale. There is a possibility of an Institute of Sports Medicine being established in Scotland, whose aim would be to coordinate the various sports medicine disciplines and then educate interested parties to develop a service for all levels of sporting endeavour.

The experiences of Malcolm Brown in developing the FASIC centre would be invaluable to intentions of the Institute of Sports Medicine.

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Men's Inter-District Match

Sunday, August 20, Grangemouth.

Pictures, clockwise from right: Laurie Nisbet (E), hammer; Neil Fraser (E), hurdles; Brian Ashburn (W), junior 100m; John Scott (E), long jump; West team; East team; Borders team; North team.

Pictures by Ian Turner



SCOTTISH MEN'S RANKINGS

100 METRES

CGA = 10.38

10.34w	Elliot Bunney	(ESH)
10.42w	Jamie Henderson	(ESH)
10.50w	Mark Davidson	(Ab)
10.52w	Brian Ashburn	(CAC)
10.55w	David Clark	(ESH)
10.70w	Neil Turnbull	(ESH)
10.71	Alan Doris	(EAC)
10.71w	Ewan Clark	(Pi)
10.85	Steve Shanks	(CAC)
10.85w	Rupert Williams	(Hel)
Hand:		
10.2w	Clark	
10.6w	Doris	

200 METRES

CGA = 20.80

21.01	David Clark	(ESH)
21.07w	Mark Davidson	(Ab)
21.47	Alan Doris	(EAC)
21.47w	Neil Turnbull	(ESH)
21.57w	Brian Whittle	(Ayr)
21.75w	Andrew Cullen	(Loth)
21.78w	Mark McMahon	(ESH)
21.81	Craig Duncan	(Shet)
21.86	Willie Fraser	(EAC)
21.89	Jamie Henderson	(ESH)
Hand:		
21.2w	Brian Ashburn	(CAC)

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)
48.94	George Fraser	(S'li)
49.1	David Young	(B'hl)
49.2	Ian McGurk	(CAC)

800 METRES

CGA = 1-47.00

1-43.88	Tom McKean	(B'hl)
1-46.77	Brian Whittle	(Ayr)
1-47.73	David Strang	(Har)
1-48.08	Nick Smith	(Sht)
1-48.83	Allan Murray	(JWK)
1-50.8	Gary Brown	(EAC)
1-51.0	Larry Mangleshot	(NL)
1-51.07	Adrian Callan	(Spr)
1-51.1	Steve Overt	(AD)
1-51.2	Tom Ritchie	(Pi)

1500 METRES

CGA = 3-40.00

3-37.40	Steve Overt	(Ann)
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)
3-46.06	Adrian Callan	(Spr)
3-46.26	Nick Smith	(Shf)

5000 METRE

CGA = 13-45.00

13-39.95	Tom Hanlon	(ESH)
13-47.76	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)
14-11.00	Alastair Currie	(Dum)
14-13.27	Gary Grindlay	(ESH)
14-14.16	Robt Cameron	(CR)

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)
14.90w	Craig Duncan	(Shet)
14.91	Colin Hogg	(ESH)
15.07w	Duncan Mathieson	(Ab)
15.26	Iain McGillivray	(Elan)
15.34	Allan Leiper	(Ald)
15.42w	Paul Warrilow	(ESH)
15.51	Mark Davidson	(Ab)
15.62	Callum Orr	(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	(Pen)
55.0	Stewart Dempster	(ESH)
55.0	Steve Ledingham	(Ab)
55.0	Ben Thomson	(EAC)

3000 METRES

STEEPLECHASE

CGA = 8-38.00

8-16.52	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 Croil	(EK)
9-10.90	Robert Carey	(Ann)
9-14.46	Ray Cresswell	(Ab)
9-15.5	Ken Stirrat	(Hali)
9-16.0	John Pentecost	(FVH)
9-16.8	Jim Orr	(Cam)

HIGH JUMP

CGA = 2.18

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

POLE VAULT

CGA = 5.05

4.65	Eric Fliszar	(DH)
4.60	Doug Hamilton	(ESH)
4.40	Allan Leiper	(Ald)
4.40	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)

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

15.95	Craig Duncan	(Shet)
15.09	Stuart McMillan	(DH)
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)
14.43	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)
13.38	Paul Allan	(Ab)

DISCUS

CGA = 56.50

54.18	Darrin Morris	(Pi)
51.30	Michael Jemi-Alade	(ESH)
49.08	Steve Whyte	(Lut)
46.90	Mark McDonald	(Dum)
44.82	Russell Devine	(EAC)
40.64	Alex Black	(ESH)
39.38	Bruce Shepherd	(Elg)
39.00	Paul Allan	(Ab)
38.92	Doug Aitchison	(PSH)
38.64	Keith Christie	(ESH)

HAMMER

CGA = 65.00

67.82	Steve Whyte	(Lut)
57.94	Laurie Nisbet	(ESH)
57.46	Russell Devine	(EAC)
53.10	Robert Meikle	(ESH)
52.42	Andrew Hall	(Hill)
50.98	Russell Payne-Dwyer	(Bch)
50.94	David Valentine	(Cam)
50.10	David Gibbey	(ESH)
49.54	Adam Whyte	(EAC)
49.18	Alex McIntosh	(ESH)

JAVELIN

CGA = 74.00

67.44	John Guthrie	(ESH)
66.68	Roddy James	(ESH)
61.62	Stewart Maxwell	(Wirr)
57.64	Stewart McMillan	(Pi)
56.90	Adam Whyte	(EAC)
56.50	Alex Black	(ESH)
56.02	Alas. Robertson	(Med)
55.46	J Grant	(Lor)
55.38	Finlay Hunter	(EAC)
54.10	Alex McIntosh	(ESH)

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)
5468	Adam Anderson	(Nith)
5340	James Malcolm	(Loth)
5235	John Culshaw	(Tam)

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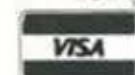
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A MINI MARATHON FOR ROVER GROUP

As one of the part-sponsors of the Thomas Cook Great Scottish Run, what is the commitment of the Rover Group? Rhona McLeod spoke to Mike Gibb who was intrinsic in setting up Rover's involvement with the race.

ONSUNDAY, September 17, Rover Group Scotland will put into practise what they call a "passive advertising campaign". Despite being "passive", this campaign will cost the Group around £10,000 and yet will not involve a single television advert or smart-talking salesman.

The scene of the campaign is the Thomas Cook Great Scottish Run where the Rover Group is donating a Mini City worth £5000 which will be picked up by the winner. I asked Mike Gibb of BSB Dorland, the national agency for Rover Group, why the car company should wish to be financially involved with the race.

"We are celebrating 30 years of the Mini this year and this seemed like an ideal opportunity for us to promote that. There are applicants from all over Scotland for the race as it's the biggest in the country, and so the publicity we have received in

connection with the race will be far reaching."

On the subject of publicity, the little car in question received a baptism of fire when two of the most famous names in football decided to take a seat on her bonnet for a photo-call. Graeme Souness and Billy McNeill were snapped in peels of laughter in what was their first public meeting since Rangers' signing of Mo Johnston.

"We were happy that Souness and McNeill were there to hand over the car," said Gibb, "and we were pleased with the amount of publicity they attracted."

While the Mini is valued at £5000, the Rover Group will be spending a further £5000 to ensure a high profile on race day.

"There will be a Rover car carrying the race clock, and all the courtesy cars will be Rovers," Gibb explained, "we also have 15 poster sites and will be inserting an A5

mail-drop in all competitors pre-race instruction packs."

I asked Gibb about the importance of having such a high profile on race day.

"It's part of the deal that we do have this prominence on the day. The car itself will be displayed on a rostrum and so it will look very attractive." Is it likely, did he think, that car buyers will be swayed into buying a Mini because they saw one at the Great Scottish Run? "It's difficult to say if people will buy Rover because they have seen our car or posters, but we like to think that people will at least consider us."

As Gibb said, for the Rover Group the advertising campaign is passive. "The race will raise money for charity and that is another reason we want to be involved. The Mini has been around for 30 years - we hope the Great Scottish Run will last as long!"



The Great Scottish Run 1988 gets underway as thousands of runners pound down Glasgow's High Street.

SCOTTISH WOMEN'S RANKINGS

100 metres CGA = 11.45

11.71w	Janis Neilson	(EW)
11.72w	Aileen McGilivray	(EJ)(EW)
11.8	Kleen Lithgow	(EJ)(NV)
11.8w	Morag Baxter	(EJ)(MSL)
11.9	Jocelyn Kirkby	(NSP)
11.92w	Dawn Flockhart	(EW)
12.0w	Lorraine Dick	(MSL)
12.06	Alison Thomson	(P10)
12.12w	Lorraine Campbell	(EW)
12.3w	Andrea Jackson	(MSL)

200 metres CGA = 23.40

23.91	Angela Baxter	(GAC)
23.97	Janis Neilson	(EW)
24.20	Dawn Kitchen	(EW)
24.5	Kleen Lithgow	(EJ)(NV)
24.5	Dawn Flockhart	(EW)
24.7w	Morag Baxter	(EJ)(MSL)
24.8w	Gillian McIntyre	(MSL)
24.82	Alison Thomson	(P10)
24.89w	Morag Todd	(MSL)
24.9	Emma Lindsay	(EJ)(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 McClung	(EJ)(WIK)
56.24	Alison Thomson	(P10)
56.6	Denise Knox	(EJ)(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	(DHI)
2-09.6	Rhona McKay	(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	(DHI)
4-21.46	Rhona McKay	(Leic)
4-23.64	Sue Bevan	(ESL)
4-26.2	Vicki Vaughan	(P10)
4-28.2	Isabel Linaker	(P10)
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	(DHI)
9-00.61	Karen Hutcheson	(BH)
9-07.61	Laura Adam	(SNH)
9-22.95	Karen MacLeod	(EAC)
9-25.34	Vicki Vaughan	(P10)
9-26.00	Sandra Branney	(GAC)
9-32.2	Sally Goldsmith	(EW)
9-32.33	Alison Harker	(EW)
9-39.0	Lynn Harding	(HHD)

5000 metres

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

10,000 metres CGA = 32-20.00

33-00.00e	Karen MacLeod	(EAC)
34-00.4	Lynn Harding	(HHD)
35-48.2	Celia Duncan	(AFD)
36-28.6	Julie Armstrong	(GPN)
36-42.9	Heather McDuff	(EAC)

Marathon CGA = 2-35.00

2-31.45	Lynn Harding	(HHD)
2-33.04	Sheila Catford	(L'ds)
2-35.03	Sandra Branney	(GAC)
2-43.18	Louise Van Dyck	(ESL)
2-49.08	Leslie Watson	(LO)
2-58.06	Jill Danskin	(LO)
3-00.59	E Walls	(StA)
3-01.51	Renee Murray	(Giff)
3-03.39	Karen Hancock	(Giff)
3-06.36	Margaret Stafford	(Ab)

100m Hurdles CGA = 13.40

13.79	Jocelyn Kirkby	(NSP)
14.0	Julie Mulcock	(BN)
14.09w	M'lie McGuinness	(EJ)(MSL)
14.1w	Clare Reid	(EW)
14.33	Jane Low	(GAC)
14.58	Jayne Barnetson	(Inv)
14.87w	Clare Macintosh	(EJ)(GAC)
14.9w	Elizabeth Dempsey	(EW)
15.0	Isobel Donaldson	(GAC)
15.02	Shona Urquhart	(EW)

400m Hurdles CGA = 58.00

60.0	Gillian McIntyre	(MSL)
60.21	Sarah Booth	(EW)
63.0	Isobel Donaldson	(GAC)
64.7	Margaret Southerton	(Wie)
65.1	Jayne Barnetson	(Inv)
65.2	Elizabeth Dempsey	(EW)
65.3	Shona Urquhart	(EW)
65.5	Kirsty Baird	(EJ)(KO)
66.0	M'lie McGuinness	(EJ)(MSL)
66.1	Hazel Edgar	(EJ)(NV)

High Jump CGA = 1.88m

1.91	Jayne Barnetson	(Inv)
1.78	Rhona Pinkerton	(GAC)

Long Jump CGA = 6.40m

6.29w	Karen Hambrook	(Ash)
6.11w	Lorraine Campbell	(EW)
6.07	Janice Ainslie	(EW)
5.96	Jayne Barnetson	(Inv)
5.74w	Alyson McGregor	(EJ)(MSL)
5.69	Emma Lindsay	(EJ)(EW)
5.68	Rhona McLeod	(GAC)
5.63	Andrea Jackson	(MSL)
5.62	Caroline Black	(EJ)(EW)
5.61	Ruth Irving	(I)(Wirt)

Shot Putt CGA = 16.25m

13.97	Mary Anderson	(EAC)
13.83	Alison Grey	(I)(EAC)
12.94	Helen Cowe	(Ab)
12.93	JM Thompson	(EJ)(Sale)
12.26	Shona Urquhart	(EW)
12.06	Andrea Rhodie	(EJ)(MSL)
12.01	Marlene Murphy	(GAC)
11.94	Rosemary Chrimes	(Hale)
11.63	Jayne Barnetson	(Inv)
10.98	Clare Cameron	(GAC)

Discus CGA = 53.00m

45.08	Alison Grey	(I)(EAC)
44.50	Leslie Adams	(P10)
43.68	Claire Cameron	(GAC)
43.68	Helen Cowe	(Ab)
43.06	Karen Neary	(EW)
41.26	Alison Hammerton	(MSL)
40.86	Rosemary Chrimes	(Hale)
40.78	Susan Freebairn	(GAC)
40.02	Mary Anderson	(EAC)
37.48	Heather MacLeod	(EJ)(Inv)

Javelin CGA = 55.00m

49.08	Nicola Emblem	(EJ)(EW)
48.08	Shona Urquhart	(EW)
45.76	Janelle Currie	(MSL)
43.14	Jayne Barnetson	(Inv)
42.08	Karen Savill	(EAC)
41.90	Mary Anderson	(EAC)
41.04	Isobel Donaldson	(GAC)
39.78	Marlene Murphy	(GAC)
36.60	Linda Lowe	(EJ)(Ork)
36.22	Lynsay Peddie	(Ab)

Heptathlon CGA = 5500

5803	Jayne Barnetson	(Inv)
5251	Shona Urquhart	(EW)
4812	Emma Lindsay	(EJ)(EW)
4700	Isobel Donaldson	(GAC)
4582	Jackie Gilchrist	(Arm)

Ian Steedman



Lorraine Campbell who is uncharacteristically not at the top of the long jump rankings.

WOMEN in SPORT

In this month's Women In Sport, Glasgow physiotherapists Lynne Bell and Mandy Belch examine some of the anatomical differences between women and men which can influence injuries in sport.

DUE to their childbearing function, women's hips are naturally wider than men's. This has an effect on the forces passing up through the leg bones to the pelvis during running and especially jumping. Instead of these forces being passed evenly up to the spine, they instead can cause problems as they pass through the pelvic bones. In turn this may result in stress and subsequently injury at, for example, the hip joints.

Also, because of the increased width of the hips there is an alteration in the angle of pull of the quadriceps (thigh) muscles causing an abnormal alignment at the knee cap. Therefore there is a higher incidence of knee problems especially "chondromalacia patella" (roughening of the cartilage at the back of the knee cap). This is present in the normal population of women, but may be highlighted in women athletes because of the increased irritation caused by exercise.

Women having a greater volume of breast tissue are more susceptible to injuries of the breast, especially in long distance runners. Sports bras do not offer the complete solution and any support which would limit breast movement sufficiently would have to be so tight that it would

restrict pulmonary excursion, i.e. breathing.

The most significant difference between men and women athletes is the role of the menstrual cycle. It has been found that certain training regimes and also a decreased percentage of body fat (i.e. below 18 percent - normal values are between 20-25 percent) in young women athletes can result in an altered oestrogen level in the blood.



This in turn may cause a reduction in calcium uptake from the diet and as a result demineralisation or "thinning" of the bones can occur. This may be responsible for certain stress factors in a very small percent of women athletes.

However, it must be remembered that as the majority of women have between 20-25 percent of body fat, there will be no effect on their oestrogen levels and in fact in these instances the exercise will actually enhance the uptake of calcium therefore strengthening the bones and protecting them from osteopathic changes in later life.

Some studies (Dalton 1960) show that women suffering from premenstrual tension have a higher incidence of accidents. This may be especially relevant in sports where line judgement is required.

At one time it was thought that women were more prone to injury than their male counterparts. However, more recent studies show that both males and females sustain the same types of injury. The incidence of certain injuries is more likely to be linked to the level of fitness and conditioning to the sport itself. Thus injuries are sport related rather than sex related.

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Ron Hill



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club PROFILE

ABERDEEN Amateur Athletic Club is one of Scotland's largest, with just over 600 members. Its best team performance in the past 12 months was probably first place in the 1988 Edinburgh to Glasgow road relay, our third win in this event in six years.

In Scottish League competitions this year the club finished second in Division One of the HFC Scottish League, third in Division One of the Bank of Scotland Scottish Women's League and sixth in the final of the Scottish Young Athlete's League. It is almost certain that two club members will be selected for the 1990 Commonwealth Games — one less than 1986, but one more than 1982.

Aberdeen AAC was founded in 1952 with the prime mover being Jimmy Adams, a former international high jumper who helped Scotland defeat England and Ireland in the 1923 triangular international. The highest points scorer for the Scottish team that day was Eric Liddell. Running in outsize borrowed spikes, with cotton wool stuffed in the toes, Eric won the 100, 220, and 440 yards.

Adams, originally a member of the Aberdeen YMCA club, later became secretary of the North East Harriers Association which organised cross country, road and track events for the various small clubs that existed in Aberdeen prior to the Second World War.

The outbreak of hostilities brought a temporary halt to club athletics in Aberdeen, but Jimmy, along with Fred Glegg, kept

Aberdeen AAC secretary Hunter Watson looks at the history of one of Scotland's largest - and most successful - clubs.

athletics alive in the city during the war years by organising occasional competitions between local athletes and visiting servicemen. Fred was a prominent member of the Aberdeenshire Harriers, and president of the SAAA during the war years. Tragically he died prematurely in 1946 or the history of athletics in Aberdeen might have been different.

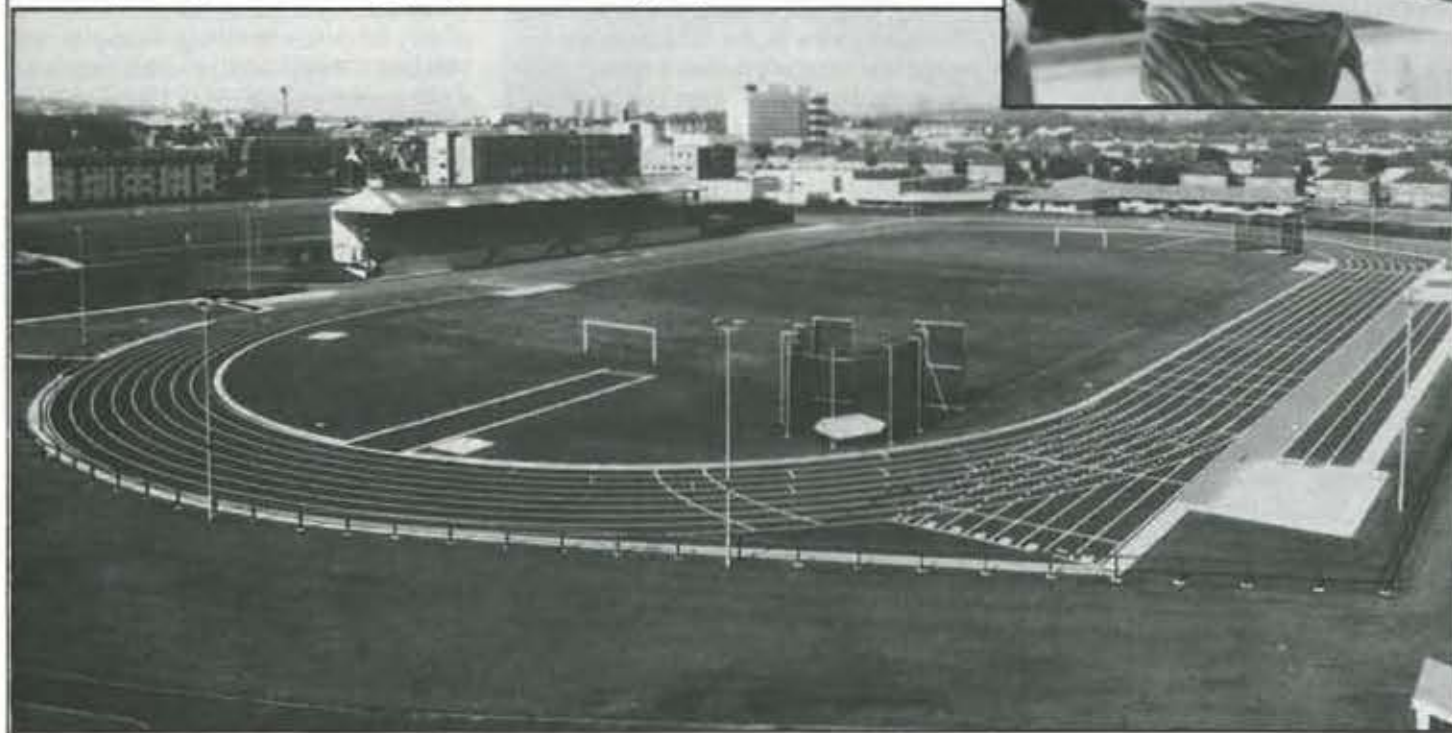
Of the Aberdeen clubs, only the Shire Harriers survived the war years, but without Fred Glegg's drive it did not flourish. Jimmy, concerned about the state of post war athletics, set out his ideas for the way forward in an article in the local Evening Express newspaper of October 11, 1947, but it was another five years before he took the initiative to call a meeting which led to the establishment of a new club, Aberdeen Amateur Athletic Club.

Aberdeen AAC differed from the previous clubs in that it was a mixed club. However, its first constitution indicated a link with one of the pre-war clubs, Aberdeen YMCA. Originally Aberdeen AAC had a

YMCA section and, until well into the 1960's, held its agm's in the YMCA headquarters in Aberdeen. The connection with the YMCA is explained by Jimmy having been a member of that organisation.

From its foundation, apart from a brief period when the track was being upgraded, Aberdeen AAC has had its headquarters at Linksfield Stadium. In his 1947 newspaper article Jimmy had argued that the recently opened stadium, then used on a regular basis only by footballers, should be made more available for athletics training. The failure of the Shire Harriers to gain access to the stadium may have been one of the factors

Cont on next page



club PROFILE

that contributed to its demise in 1952 after 64 years. Regular access to the stadium, which now possesses an eight lane all weather track, has been of the greatest importance to Aberdeen AAC.

During the 1950's it was Aberdeen's women who had most success at national level. Pat Bellamy won the SAAA high jump title in 1955 and 1956, Alice Robertson both the 100 yards and 200 yards titles in 1956, and Gwen Summers the javelin title in 1959. Alice equalled the Scottish 100 yards record with a time of 11.4 seconds, but her career was cut short due to a back injury sustained during weight training. Gwen, who set a Scottish record for the javelin in 1960 with a throw of 122ft 11in (37.46m), retained her title in 1960 and won it again in 1962 after missing 1961 due to giving birth to her first child. A Scottish women's cross country title also came to Aberdeen, with Agnes Paterson being successful in 1959.

If Aberdeen's women captured the headlines in the 1950's, this most certainly was not the case in the next decade. Steve Taylor won the Scottish three miles title in 1961 and again in 1962. However, the name which in the sixties was almost synonymous with Aberdeen AAC was that of Alastair Wood.

In the late 1950's Alastair, while with Shettleston Harriers (not Aberdeen AAC as is wrongly recorded in John Keddie's official SAAA centenary publication) had established Scottish records for three and six miles, as well as winning SAAA titles at these distances. Shortly after coming to the club Alastair turned his attention to the marathon. In 1962, in his first season over the distance, he not only won the Scottish title, but finished second in the AAA marathon and fourth in the European. In the Commonwealth Games in Perth, Australia, he failed to finish because of the heat.

Alastair was keen to run in the 1966 Commonwealth Games but unfortunately peaked too late to be selected. In early July, in the Inverness to Forres marathon he finished over 11 minutes ahead of the second placed runner in a time of 2-13-45, then a European best for the marathon. Fourth in the UK in 1967 was another Aberdeen member, Mel Edwards, who had won the Harlow marathon in 2-18-25.

Altogether, Alastair Wood won six Scottish marathon titles, more than any other Scottish athlete has done. He went on in 1974 to win the world veteran marathon title in Paris. His example did much to encourage distance running in the north east of Scotland, and may have contributed to Aberdeen members going on to win another five SAAA marathon titles.

The 1970's saw the arrival of national athletic leagues in Scotland. Aberdeen was one of the seven clubs which, in 1972, came together to form the Scottish Athletic League. In 1975 the club also joined the Scottish Young Athletes League and then, in 1976 the Scottish Women's Athletic League. The extra competition afforded by the last two leagues in particular led to a rapid growth in the club. Not only were many youngsters attracted to the club, but several parents came along also, parents prepared to become involved in coaching, officiating and club management, thus permitting the club to offer even more to athletes.

Among the extra events Aberdeen promoted in the late seventies, was, in 1979, the Aberdeen Marathon. There had been a previous series of Aberdeen "marathons", though only one of these was over the full distance. The drama of Dorando Pietri's disqualification in the 1908 Olympics stimulated an interest in the distance and, in 1909, many such races were organised throughout Britain. The Aberdeen one produced crowds of spectators which, according to contemporary accounts, were: "altogether beyond the control of officials and police. The lead runner had only a passage of about a yard in width and it is probable that this space might have been available had he not been preceded by a motor car".

The marathon over the full distance was held from the gates of Fyvie Castle to Aberdeen. A preview in the local paper predicted that the winner could be selected for the 1924 Olympics. The winner was Dunky Wright, the Scottish cross country champion, who in the 1923 race, his first marathon, narrowly defeated a local runner Jim Ronaldson of Aberdeen YMCA. Dunky gained selection, not only for the 1924 Olympics, but also for the 1928 and 1932 Olympics, but is probably best remembered



for winning the marathon at the 1930 Empire Games.

(Dunky felt that he needed rather more than water to sustain him during the first marathon; instead he relied on a diet of brandy and raisins! Judging from his condition at the end of the 1923 race it is unlikely that he repeated this experiment. According to a contemporary, "he lay in the clubhouse for almost two hours after his win"!)

The 1979 Aberdeen Marathon, which preceded the boom of the 1980's was also won by a first time marathoner, Graham Laing, who recorded a time of 2-21-40. Laing went on to reduce his marathon time to 2-13-59 when finishing fifth in the 1981 London Marathon. In the 1982 Commonwealth Games he finished seventh in 2-14-54.

In 1976, Graham had been a member of the Aberdeen team which won the Scottish junior cross country title. Another member was Fraser Clyne, who, in Graham's absence, was the first Aberdeen member to finish in the 1982 Aberdeen Marathon. He came home in third place with the excellent time of 2-19-58. The 1982 race, like others in the series from 1980 onwards, incorporated a home countries international.

In 1982, even without Laing, the Scottish team was comprised solely of Aberdeen members. In addition to Clyne, these were Colin Youngson, Scottish champion in 1975, 1981, 1982, and Peter Wilson, Scottish champion in 1983. On that occasion Aberdeen, representing Scotland, finished second to Wales in the international team race, but ahead of England and Ireland! Clyne went on to reduce his marathon time to 2-11-50 (when finishing second in the 1984 USA Championships which were held at Sacramento in California). Two years later he was one of three Aberdeen athletes to gain selection for the 1986 Commonwealth Games where he finished tenth in 2-17-30.

Another club member whose early career included a good run in the local marathon was Lynda Bain. In 1984, when the women's race counted as the Scottish Championship, Lynda finished first woman in a time of 2-41-42, a performance which not only gave her the title, but also the Scottish record.

The following year, when finishing seventh in the London Marathon, she reduced that record to 2-33-38. Unfortunately injury prevented Lynda being selected for the 1986 Commonwealth Games, but, like Graham and Fraser, she did have the satisfaction of representing Great Britain over the marathon distance. A fourth club member to have achieved that distinction is Jim Doig, another of the Aberdeen athletes to have bettered 2-20 in recent years.

club PROFILE

To put such performances into perspective, it should be remembered that 2-20 was not bettered in an Olympic Marathon until 1960. In fact, Lynda Bain's best time was faster than the winning time in the 1948 Olympic Marathon, as well as most of the pre-war marathons!

Although the Aberdeen Marathon and many other road races held in Scotland during the past decade encouraged some talented athletes to take up road running, their main significance may be that they have attracted many fun runners into athletic clubs. Well over 100 of Aberdeen AAC's present membership is attributable to the growth in road running, which seems particularly attractive to veteran athletes.

One cause for concern to club officials in the mid 1980's was the condition of Aberdeen University's all weather track, which had been used for track meetings since the early 70's. It badly needed resurfacing but the cost could not be met by the university.

The club committee considered the situation at some length, but, unfortunately, made the wrong decision. It reasoned that it would be easier to persuade Aberdeen District Council to spend £100,000 on resurfacing the university track at Balgownie, than to spend £250,000 on transforming the city's own track from a cinder to an all weather one. The district council acknowledged the need to do something to ensure Aberdeen continued to have a track on which athletics meetings could be staged, but declined to meet the full cost of resurfacing the university track. The club was advised to find others who would contribute to the total cost.

This it did. Aberdeen AAC itself, Grampian Region, the university and the Scottish Sports Council all agreed to make contributions. The sports council, however, was not prepared to contribute towards repairing facilities, but only towards providing new ones or upgrading existing ones. The extra work demanded by the sports council was such that Aberdeen district was still going to have to find around £100,000, and this it was not prepared to do. The sport's council's offer of grant aid towards upgrading a running track in Aberdeen was declined and went instead to Dam Park, Ayr.

However, negotiations with the council had not been wasted since councillors were now aware that Aberdeen had fallen behind other major centres of population as far as the provisions of athletic facilities was concerned. Another approach was made to the Scottish Sports Council, and this time it agreed to provide grant aid to convert the cinder track at Linksfield to an all weather



must have given Bob great satisfaction when Duncan Mathieson, one of the athletes he coaches, scored 7144 points in the stadium he did so much to design. This score not only won the international decathlon, but also bettered the standard that guarantees Commonwealth Games selection.

As readers of the August issue of 'Scotland's Runner' will know, Mark Davidson, another athlete coached by Bob, had earlier reached Commonwealth Games standard in the 400m hurdles.

Aberdeen AAC is a large club with a 37 year old history. In an article as short as this it is possible to select only a few of the highlights. It is to be hoped that offence will not be caused by the many omissions.

The future is impossible to predict, but a club drawing upon a population as large as that of Aberdeen should continue to thrive provided that sufficient officials can be found to attend to the many aspects of the club's activities. At present this is not a problem, but the history of Scottish athletics is such that no club can afford to be complacent. However, barring some cataclysmic occurrence Aberdeen AAC should continue to meet its objective of promoting amateur athletics in the Aberdeen area into the 21st century and perhaps even beyond.



Above: Katharine, Miller, Alison and Duncan Mathieson, who are among the mainstays of Aberdeen AAC. Also on this page, Colin Youngson crosses the line to record another Edinburgh to Glasgow win for Aberdeen; on Page 32, David Duguid hands the baton to Graham Laing. On Page 31, meantime, are the Chris Anderson Stadium and Fraser Clyne, the latter showing Aberdeen's distance prowess in the 1983 Oakland Marathon.

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JUNIOR, YOUTHS, AND SENIOR BOYS RANKINGS

Juniors			Triple jump			2000m s/chase			400m		
10.52	B Ashburn	(CAC)	13.68	P Allan	(Ab)	6-12.25	A Thain	(CAC)	52.06	C Young	(CAC)
10.9w	C di Rollo	(GHS)	13.29	B Whyte	(EU)	6-15.3	M McBeth	(Camb)	52.15	A O'Hare	(CAC)
10.92w	S May	(Far)	12.87	D Murdoch	(DSMC)	6-21.3	E McCafferty	(Cam)	53.4	R Wilson	(CR)
11.0	S Shaw	(EAC)	12.67	M McVie	(ESF)	6-23.00	D Hards	(IF)	53.6	C Joiner	(Pi)
11.01w	M Avis	(EAC)	12.67	A Welch	(Ban)	6-31.2	S Burch	(Pi)			
200m			Shot putt			100m hurdles			800m		
21.2w	B Ashburn	(CAC)	14.53	N Mason	(Pfe)	14.12	K Milligan	(DSMC)	1:58.10	C Young	(CAC)
22.03	S May	(Far)	14.31	R Baird (Y)	(PVI)	14.3	M Lor'n-Smith	(IF)	1:59.3	I Forbes	(Scn)
22.10	S Shaw	(EAC)	14.24	P Allan	(Ab)	14.34	I Dickie	(Ayr)	2:02.0	J Thomson	(CH)
22.30	B Connell	(CR)	13.73	L Carter	(Cf)	14.36	D Macrae	(MCS)	2:02.18	M Dobbin	(Bath)
	D Gilmore	(Lar)	13.04	M McLeod	(Aln)	14.4	S McGeoch	(Kib)			
400m			Discus			400m hurdles			1500m		
49.2	I McCork	(CAC)	42.26	P Allan	(Ab)	56.08	A Paisley	(Gf)	4:14.39	M Kelso	(Pi)
49.28	I Cumming	(Pit)	40.52	R Baird (Y)	(PVI)	57.4	I Murray	(IF)	4:16.1	A Mooney	(Fife)
49.8	S Kay	(ESF)	40.46	N Elliot	(Fie)	58.3	I Dickie	(Ayr)	4:18.72	M McLaughlin	(Cam)
50.2	G Cook	(DHF)	39.86	L Carter	(Cf)	58.3	D Wight	(EAC)	4:21.31	S Meldrum	(Pi)
50.24	A Bruce	(Pit)									
800m			Hammer			High jump			1500m s/chase		
1:52.2	I Cumming	(Pit)	48.84	D Allan	(IF)	2.00	S Hill	(EAC)	4:33.33	M Kelso	(Pi)
1:52.3	J Divers	(CAC)	40.74	S Irvine	(MCS)	1.95	S Whyte	(Gola)	4:39.03	D Whiffier	(Nth)
1:53.5	G Stewart	(CAC)	40.72	D Minty (Y)	(PVI)	1.92	R Johnston	(Shet)	4:50.04	I Murdoch	(Ayr)
1:53.6	A McBeth	(EK)	37.74	L Carter	(Cf)	1.90	J Allan	(Cam)	4:53.3	G Woods	(Camb)
1:53.9	A Kinghorn	(EAC)	29.38	N Elliot	(Fie)	1.89	C Bell	(Camb)			
1500m			Javelin			Pole vault			80m hurdles		
3:51.41	I Gillespie	(CAC)	55.46	J Grant	(Lor)	3.50	J Grant	(Lar)	12.0	D Brown	(IF)
3:53.2	A McBeth	(EK)	52.74	N Fearnley	(Glen)	3.00	D Fitzgerald	(Pit)	12.20	S Dillon	(BD)
3:55.91	F McGowan	(VP)	50.54	B Hill	(Cam)	3.00	S Gibson	(Cf)	12.3	I Hamilton	(Grel)
3:59.4	D Tume	(Hu)	49.74	E Scott (Y)	(Fie)	2.81	G Monaghan	(QVS)	12.4	D Clifford	(Dum)
4:03.3	G Stewart	(CAC)	48.34	P Urquhart	(IF)	2.80	C Berry	(QVS)			
5000m			Pentathlon			Long jump			400m hurdles		
14:27.12	M Campbell	(CAC)	3264	E Scott (Y)	(Fie)	6.94	E Scott	(Fie)	64.1	D Galloway	(Chd)
15:10.13	M McCartney	(EAC)	2869	M McVie	(Eac)	6.45	D Galloway	(Ayr)	64.6	J Gooding	(Ran)
15:13.4	J Moodie	(Pit)	2737	D Hathway	(GWC)	6.44	I Paget	(Kila)	65.2	R Harding	(EAC)
15:16.72	S Rankin	(PVI)	2731	P Crawford	(PVI)	6.44	M Craig	(St Al)	66.1	S Ronald	(Chd)
15:28.34	I Falconer	(Far)				6.22	S McGeoch	(Kib)			
2000m s/chase			Decathlon			Triple jump			High jump		
6:00.5	K Stirrat	(Ox U)	6243	P Allan (Ab)		13.91	M Craig	(St Al)	1.89	G Woods	(Cam)
6:02.66	S Wright	(Ab)	5802w	I Black	(ESF)	13.47	S McGeoch	(Kib)	1.75	K Bremner	(Gola)
6:04.78	J Moodie	(Pit)	5553w	A Anderson	(Nth)	13.32	S Waugh	(Camb)	1.74	I Lind	(Ab)
6:18.2	A Thain (Y)	(DSMC)	4402w	K McDowall	(EK)	12.95	S Whyte	(Gola)	1.73	A Malcolm	(EAC)
6:21.42	M Gallacher	(Cam)	4117	D Baillie	(Loth)		J Anderson	(MCS)			
3000m s/chase			Youths			Long jump			Triple jump		
9:15.5	K Stirrat	(Ox U)	100m			5.85	C Burns	(Ork)	11.76	D MacPhee	(D'wl)
9:27.0	D Tume	(Hu)	10.7w	D Galloway	(Ayr)	5.29	P Williams	(IF)	11.68	E Campbell	(Cam)
9:28.13	J Moodie	(Pit)	11.1w	C Allan	(IF)	5.75	D Reid	(Bt)	11.66	I Lind	(Ab)
9:42.3	R Blair	(VP)	11.1w	R Slater	(Dun)	5.75	I Lind	(Ab)	11.52	A Malcolm	(EAC)
9:50.6	S Wright	(Ab)	11.15w	P Kennedy	(EAC)						
			11.2	S Carswell	(Stew)						
110m hurdles			200m			Shot putt			Pole Vault		
14.86	I McGilivray	(Eian)	22.1	D Galloway	(Ayr)	13.95	O Evt's-man	(Gord)	2.70	R Craig	(St Al)
15.03	P Warrilow	(ESF)	22.53	P Kennedy	(EAC)	13.64	K Gordon	(Pit)	2.60	M Liu	(EAC)
15.3	G Smith	(EAC)	22.56	D Clelland	(Porth)	13.51	R Baird	(PVI)	2.50	A Wood	(QVS)
15.41	N Taylor	(VP)	22.6	A Carnie	(Ab)	13.18	P Beaton	(Pit)	2.50	M Vidler	(EAC)
15.58	N Penny	(DSMC)	22.78	S mather	(Ab)		J Grundy	(Fie)			
400m hurdles			400m			Discus			Shot putt		
54.06	N Taylor	(VP)	49.71	G Purves	(Bt)	41.32	K Gordon	(Pit)	13.91	I Love	(Pen)
56.1	T Nimmo	(PVI)	50.3	P Kennedy	(EAC)	41.16	R Baird	(PVI)	12.60	A Poesse	(Dun)
56.1	P Allan	(Ab)	51.2	D Galloway	(Ayr)	40.06	J Grundy	(Fie)	12.28	R Holmes	(Fie)
57.3	D Macrae	(MCS)	51.2	I Murray	(IF)	38.84	E Nicol	(EAC)	12.25	A McKenzie	(IF)
57.7	A Paisley (Y)	(Pit)	51.4	M Paterson	(GWC)	38.70	P Beaton	(Pit)			
High jump			800m			Hammer			Discus		
2.18	S Ritchie	(Pit)	1:53.4	J McFadyen	(GGH)	47.88	S Bunker	(Fie)	40.66	K McCann	(MCS)
2.11	D Barnetson	(IF)	1:55.6	G Reid	(GWC)	40.16	D Minty	(Pter)	37.06	C Joiner	(Pit)
2.11	J Stoddart	(Bt)	1:57.2	A Cameron	(Bella)	33.04	J Grundy	(Fie)	34.72	R Holmes	(Fie)
1.95	D Parrot	(KO)	1:57.6	B Higgins	(CH)	30.80	R Baird	(PVI)	34.30	I Love	(Pen)
1.90	P Allan	(Ab)	1:57.8	G Graham	(VP)	29.06	K McCann (B)	(MCS)			
1.90	I Black	(ESF)									
1.90	M McVie	(ESF)									
Pole vault			1500m			Javelin			Hammer		
4.40	I Black	(ESF)	3:56.4	G Reid	(GWC)	47.78	E Scott	(Fie)	49.26	G Eason	(Tay)
3.80	A Anderson	(Nth)	4:01.1	G Graham	(VP)	47.42	C McAulay	(Glen)	36.94	K McCann	(MCS)
3.70	I Winning	(Pen)	4:04.7	G Hart	(S'hm)	47.14	M Wishart	(EAC)	36.64	S Gardner	(QVS)
3.40	K McDowall	(EK)	4:04.8	F McNeill	(Leeds)	46.16	S Petrie	(D'f)	29.80	C Wyper	(Gala)
3.30	P Allan	(Ab)	4:07.43	M McBeth	(Cam)	46.00	A Jackson	(Ran)			
Long jump			3000m			Pentathlon			Javelin		
7.08	B Ashburn	(CAC)	8:51.2	G Reid	(GWC)	3064	I Dickie	(Ayr)	43.68	D Smith	(L&L)
6.77	R Burnett	(Mid A)	8:51.2	N Freer	(CAC)	3049	G Graham	(VP)	42.16	H James	(Mon)
6.76	B Whyte	(EU)	8:58.0	M McBeth	(Cam)	2976	D Stephen	(Pit)	41.18	A Poesse	(Dmd)
6.61	M Hamill	(CAC)	9:02.7	E McCafferty	(Cam)	2871	I Paget	(Kila)	39.72	R Holmes	(Fie)
6.49	D Gormley	(EK)	9:03.14	B Fraser	(Bt)	2821	S D'ge-Hton	(Ran)			
1500m s/chase			Senior Boys			100m			Pentathlon		
4:33.01	M McBeth	(Cam)	100m			11.0	C Joiner	(Pit)	2711	D Brown	(IXA)
4:34.2	D Hards	(IF)	11.3	E Campbell	(Cam)	11.3w	E Campbell	(IF)	2703	D MacPhee	(D'wl)
4:38.6	S Burch	(Pit)	11.5w	A Campbell	(IF)	11.7w	E Dale	(Ham)	2521	J Wright	(W'fd)
4:45.8	D Whiffen	(Nth)							2462	J Cook	(Ban)
4:48.2	J Wood	(QVS)									
200m			200m			200m					
22.72w	C Joiner	(Pit)	22.72w	C Joiner	(Pit)	22.72w	C Joiner	(Pit)			
23.8	S Moir	(Ayr)	23.8	S Moir	(Ayr)	23.8	S Moir	(Ayr)			
23.8	E Campbell	(Camb)	23.8	E Campbell	(Camb)	23.8	E Campbell	(Camb)			
24.0	D Reid	(Earl)	24.0	D Reid	(Earl)	24.0	D Reid	(Earl)			

Jeff Carter

EURO-JUNIORS, INTERS, JUNIORS AND GIRLS

Euro-juniors			Intermediates			Juniors			Girls		
100m			100m			100m			100m		
11.72w	Aileen McGilivray	(EWM)	12.00w	Alison Edmonds	(Inv)	12.30	Lynn Dobie	(EWM)	13.2w	Fiona Lumsden	(Ab)
11.8	Kathleen Lithgow	(NV)	12.1	Hazel McKay	(Inv)	31.24	Paula Brigan	(EWM)	13.2w	Judith Reid	(GAC)
11.8w	Morag Baxter	(MSL)	12.2	Kirsty Anderson	(Gates)	31.20	Aline Cross	(Ork)	13.5w	Lynn Fraser	(GAC)
12.2w	Ruth Girvan	(NV)	12.3	Katrina Leys	(Ab)	29.08	Heather Murray	(Fburgh)	13.5w	Lyndsey Crook	(MSL)
12.49	R'becca Stevenson	(GAC)	12.3w	Fiona Vance	(EWM)				13.6	4 athletes	
12.49	Joan Booth	(SL)									
200m			200m			200m			200m		
24.5	Kathleen Lithgow	(NV)	25.0	Alison Edmonds	(Inv)	38.16	Lorna Jackson	(Tays)	26.4	Judith Reid	(Ab)
24.7w	Morag Baxter	(MSL)	25.2	Fiona Vance	(EWM)	34.46	Joanna Ablett	(EWM)	27.8	Fiona Lumsden	(Ab)
24.9	Emma Lindsay	(EWM)	25.2	Kirsty Anderson	(Gates)	33.56	Evelyn Grant	(Pit)	27.9	Lynn Fraser	(GAC)
25.2	Ruth Girvan	(NV)	25.40w	Valerie Friel	(EWM)	32.68	Julie Aiken	(Montr)	28.1	Katy Philip	(Ab)
25.62	R'becca Stevenson	(GAC)	25.5	Katrina Leys	(Ab)	31.44	Fiona Anderson	(NV)	28.2	Susie Robertson	(Ab)
400m			400m			400m			400m		
56.2	Mary McClung	(JWK)	57.71	Carmen Collins	(Fife)	42.10	Evelyn Grant	(Pit)	28.2	Susie Robertson	(Ab)
56.6	Denise Knox	(MC)	57.9	Evelyn Grant	(Pit)	38.14	Sarah Richmond	(Pit)			
57.73	Fiona Calder	(C)	58.19	Dawn Burden	(Aldrie)	37.56	Louise McMillan	(Bo'ness)			
57.8	Diana Rubertazzi	(ACMAS)	59.75	Susan Carnuthers	(ACMAS)	34.93	Tracey Kerr	(Me)			
58.34	Pamela Stovell	(GAC)	60.03	Audrey Martin	(ESPC)	34.55	Kerry Wallace	(Fburgh)			
800m			800m			800m			800m		
2-11.7	Sharon Witorski	(Eng)	2-14.1	Vicki Lawrence	(B&F)	12.3w	Elaine Julian	(ACMAS)	2-28.42	Helen Brooks	(ACMAS)
2-13.7	Hayley Haining	(NV)	2-15.6	Roma Davidson	(Inv)	12.4	Myra McShannon	(GAC)	2-29.0	Kerry Stewart	(JWK)
2-15.6	Sonia Grainger	(EWM)	2-18.4	Laura Thounmire	(EWM)	12.5w	Louise Patterson	(Ab)	2-29.46	Alison Russell	(Aldrie)
2-16.1	Lesley Swanson	(Pit)	2-21.0	Jane Wolfendale	(Vt)	12.6w	Alexandra Garden	(Pit)	2-29.57	Rachel Bee	(EWM)
2-17.8	Pamela Stovell	(GAC)	2-21.16	Sharon Teller	(ACMAS)				2-29.6	Kerry Harrison	(L&L)
1500m			1500m			1500m			800m		
4-35.27	Hayley Haining	(NV)	4-34.8	Katrina Rice	(Ab)	25.29w	Myra McShannon	(GAC)	2-29.6	Kerry Harrison	(L&L)
4-43.16	Onya Grainger	(EWM)	4-51.6	Rachel Houston	(MYM)	25.6	Elaine Julian	(ACMAS)			
4-49.6	Diana Watson	(ACMAS)	4-52.95	Alison Grossett	(Pit)	25.9	Karen Sutherland	(EWM)			
4-54.4	Catrina Williams	(DFB)	4-54.57	Audrey McBride	(Fburgh)	26.4	Louise Patterson	(Ab)			
5-03.8	Ainsley Normand	(VP)	4-55.5	Marion Wilson	(Pit)		Alexandra Garden	(Pit)			
3000m			3000m			3000m			800m		
10-18.33	Lindsay Cairns	(JWK)	10-34.5	Claire Roy	(B'gate)	2-12.3	Isabel Linaker	(Pit)	2-29.6	Kerry Harrison	(L&L)
10-28.4	Catrina Williams	(DFB)	10-47.7	Donna Rutherford	(JWK)	2-17.09	Alison Potts	(VP)			
10-34.5	Vikki McPherson	(T)	11-19.1	Caroline Folan	(Gib)	2-17.37	Lorraine Stewart	(ESPC)			
10-35.4	Marlene Gemmell	(Skelv)	11-33.9	Aileen Ramsay	(MB)	2-18.0	Caroline Boyes	(GAC)			
10-39.2	Julie Guy	(GAC)	11-49.48	Petra Lynch	(EWM)	2-20.4	Alison Cheyne	(B'gate)			
100m hurdles			100m hurdles			1500m			70m Hurdles		
14-09w	M'chelle McGuinness	(MSL)	15.3w	Alison Grey	(ESPC)	4-28.2	Isabel Linaker	(Pit)	11.9	Stacey Moxey	(EWM)
14-37w	Claire McIntosh	(GAC)	15.9	Beverly Ross	(DFB)	4-51.2	Deborah McNally	(VP)	12.0	Karen McNamee	(MSL)
15.3	Emma Lindsay	(EWM)	16.6	Lorna Silver	(DFB)	4-53.9	Lorraine Stewart	(ESPC)	12.1	Jennifer Donald	(MB)
15.4	Lorna McCulloch	(Pit)				4-53.96	Yvonne Reilly	(DFB)	12.2	Jo-Anne Murray	(LawkD)
15.5w	Ruth Girvan	(NV)				4-55.1	Wendy Kennedy	(Avon)	12.3	Julie Addison	(ESPC)
400m hurdles			80m Hurdles			75m Hurdles			High Jump		
65.5	Kirsty Baird	(KO)	11.4	Catherine Murphy	(GAC)	11.7w	Sandra Gunn	(Ab)	1.42	Julie Brown	(McL)
66.0	Michelle McGuinness	(MSL)	11.9	Sarah Richmond	(Pit)	11.8	Katrina Dyer	(ACMAS)	1.35	Dawn Ladsley	(Pit)
66.1	Hazel Edgar	(NV)	12.0	Debbie Douglas	(Inv)	11.9w	Emma McLaughlin	(EWM)	1.35	Kirsty Halliday	(NV)
66.4	Kirsty Morrison	(GAC)	12.0	Jennifer Sharp	(EWM)	12.0	Catrina Burr	(EWM)	1.35	Lesley Shorthouse	(Loch)
66.9	Anne Steele	(ESPC)	12.1	Eather Sneddon	(CR)	12.3	4 athletes		1.35	Karen Hay	(VP)
High Jump			300m Hurdles			High Jump			Long Jump		
1.70	Emma Lindsay	(EWM)	44.7	Fiona Watt	(MSL)	1.65	Katrina Dyer	(ACMAS)	4.78	Lesley Shorthouse	(Loch)
1.55	Julie McNeil	(EWM)	45.59	Ruth Irving	(Wiral)	1.62	Liz Kerr	(GAC)	4.70	Donna Quirie	(Ab)
1.55	L. Patton	(Skn)	45.8	Nicola McCall	(MSL)	1.53	J. Brune	(StLeon)	4.56	Lynn Fraser	(GAC)
1.55	S. Morris	(Glasf)	46.1	Suzanne Wood	(EWM)	1.50	J. Dale	(Wgtn S)	4.52	Julie Robin	(Fburgh)
1.50	6 athletes			Shelagh Brown	(ACMAS)	1.50	Emma Thorington	(EWM)	4.52w	Susie Robertson	(Ab)
Long Jump			High Jump			Long Jump			Shot Putt		
5.74w	Alyson McGregor	(MSL)	1.74	Wendy McDonald	(Carnb H)	5.48	Liz Kerr	(GAC)	10.84	Eleanor Garden	(Pit)
5.69	Emma Lindsay	(Pit)	1.70	Hazel Melvin	(T)	5.10	Sarah Ramming	(Arb)	10.48	Julie Robin	(Fburgh)
5.62	Caroline Black	(EWM)	1.65	Linda Gordon	(GAC)	5.07	Katrina Dyer	(ACMAS)	9.41	Hazel Crow	(L&L)
5.57w	Linda Davidson	(Ab)	1.63	Catherine Guthrie	(ESPC)	5.06	Sarah Pote	(B'gate)	8.30	Liz Murray	(EWM)
5.36	Nicola Barr	(EWM)	1.62	Susan Fotheringham	(MB)	5.00	Emma McLaughlin	(EWM)	8.09	Kathryn Wright	(GAC)
Shot Putt			Long Jump			Shot Putt			Discus		
12.93	Im Thompson	(Sale)	5.61	Ruth Irving	(Wiral)	10.72	Tracey Johnston	(MB)	29.54	Eleanor Garden	(Pit)
12.48	Nicola Emblem	(EWM)	5.32	Catherine Murphy	(GAC)	10.45	Stephanie Robin	(Fburgh)	25.10	Louise Thomson	(EWM)
12.06	Andrea Rhodie	(MSL)	5.31	Debbie Douglas	(Inv)	10.17	Leigh-A Cunningham	(Pit)	23.88	Liz Murray	(EWM)
10.38	Sharon Morrison	(ACMAS)	5.26	Suzanne Woods	(EWM)	9.88	D. Cameron	(NeSch)	21.52	Heather Lang	(CR)
10.35	Susan Mitchell	(GAC)	5.26	Alison Grey	(ESPC)	9.66	Christine Legge		20.30	Lindsay Ross	(NV)
Discus			Shot Putt			Shot Putt			Javelin		
37.48	Heather McLeod	(Inv)	13.83	Alison Grey	(ESPC)	31.36	Helen McCreddie	(Fburgh)	28.42	Julie Robin	(Fburgh)
34.50	Kirsty Armstrong	(Pit)	10.72	Lynn Dobie	(EWM)	30.04	Margt Young	(EWM)	27.24	Elaine McQueen	(Inv)
33.02	Lisa O'Keefe	(EWM)	10.29	Tracey Short	(Kib)	28.18	Tracey Johnston	(MB)	26.00	Louise Thomson	(EWM)
31.72	Tracey Brigan	(EWM)	10.20	Lynne Barnett	(Pit)	28.08	Stephanie Robin	(Fburgh)	24.30	Heather Lang	(CR)
31.32	Anya Adam	(Mon)	10.02	Lorna Jackson	(Tays)	27.42	Raka Samson	(ACMAS)	23.94	Hazel Crow	(L&L)
Javelin			Discus			Discus			Javelin		
49.08	Nicola Emblem	(EWM)	45.08	Alison Grey	(ESPC)				30.06	Margaret Wilson	(Avon)
36.60	Linda Low	(Ork)							29.30	Janet McTurk	(DAA)
35.42	L'kesley Ann Burt	(MSL)							29.00	Susan Ritchie	(Arb)
34.38	Jane Ritchie	(Arb)							27.20	Margt Young	(EWM)
33.30	Im Thomson	(Sale)							25.48	Tracey Heaps	(Pit)
Heptathlon									Pentathlon		
48.12	Emma Lindsay	(EWM)							2766	Katrina Dyer	(ACMAS)

Ian Steedman

RESULTS



August

1

Gatehouse Gala "Roon the Watter" 10K RR (148 ran) - 1, K Penrice (Ayr) 31:27 (rec); 2, R Carreg (Ann) 31:52; 3, B Grieve (Dumf) 32:20; L1, K McMahon (Sing) 38:32; 2, J Bass (Leic) 39:41; 3, L McCrae (Gall) 40:02.

5

Isle of Islay Half Marathon - 1, A McLellan (C'glen) 69:21 (rec); 2, S Gibson (HBT) 73:28; 3, R McCleary (Oban) 75:37; 4, D Campbell (Oban) 78:01; 5, H Gallagher (Glas) 79:31; 6, R Brown (HBT) 83:30; V1, D Drummond (Glas) 87:39; V2, L Boyd, D Bonar (both Islay) 92:17; L1, A Donnelly (GAC) 96:13; L2, I Bruce (Giff) 99:16; L3, W Boyd (Bow) 108:05; Loc1, M Covell (Bridgend) 84:26; Loc1, W Boyd (Bowmore) 108:05.

6

The Macallan Moray People's Marathons and 10K, incorporating Scottish Peoples' Marathon Championship. Marathon: 1, C McIntyre (Fraser) 2:31:58; 2, B Adams (Ab) 2:40:31; 3, C Hunter (MRR) 2:44:20; 4, (V1) D Ritchie (FfD) 2:44:54; 5, C May (MRR) 2:46:21; 6, M Francis (FfD) 2:47:42; 7, R Hubbard (SMC) 2:48:25; 8, D Tann (LRR) 2:52:54; 9, H Fraser (DRR) 2:53:50; 10, F Grier (DRR) 2:54:04; L1, S Catford (Leeds) 3:10:08; L2, V Fyall (DRR) 3:12:52; L3, G Blake (DRR) 3:43:53; L4, (L.V1) M Beveridge (Aber) 3:54:57.

Half Marathon: 1, G Laing (Ab) 68:55; 2,

THE annual mass pilgrimage to Lewis of runners "in the know" from all over Scotland duly took place for the Western Isles Half Marathon on May 27. Having availed themselves of the cheap overnight accommodation provided for the weekend, the runners excitedly toed the starting line by the harbourside in downtown Stornoway, and the race duly began at 10.30.

At the finish, 4339 seconds later, the assembled crowd were stunned by the somewhat incongruous sight of Robin Thomas of Hunter's Bog Trotters actually winning a race, having lumbered into the lead after two miles and broken clear a couple of miles later from the pursuing Peter O' Donoghue (formerly Aberdeen AAC, now Achilles Club, Northern Ireland), who finished a comfortable second. With a shrewdly paced run, Rob Brown (HBT) moved through strongly to place third, whilst the accolades for first veteran went to the illustrious David Morgan (Dundee RR) in ninth place overall.

The team contest glory was won by Hunters Bog Trotters from Perth Strathay Harriers and Stornoway Running Club - though the latter would argue that they finished first, since they didn't need to look beyond twelfth place to close their team. Meanwhile, improving on their 1988 placing, Irene Bruce (Giffnock North) was a clear winner of the women's race from Angela McAvoy (SRC) and Ruth Gardner (GAC).

It should be emphasised that the Western Isles Half Marathon rates a very strong recommendation by way of overall assessment: the organisation, the good and attractive course, the accommodation and hospitality, the friendly and relaxed general ambience and the various weekend "extras" make it an experience not to be missed.

(V1) C Youngson (Ab) 70:32; 3, C McLennan (EAC) 70:41; 4, R Taylor (Ab) 71:03; 5, M McCreddie (Fife) 72:02; 6, P Cowie (Ab) 1:13:09; 7, A Stephenson (CR) 74:52; 8, S Willox (Ab) 1:16:36; 9, N Langridge (TRC) 1:16:59; 10, P Jennings (Ab) 1:17:38; L1, M McLaren (unat) 1:31:46; L2, (LV1) N Burtwell (NRR) 1:37:12; L3, S Bauchop (SVH) 1:37:23; L4, P Wilson (unat) 1:37:44.

10K: 1, C Hall (Ab) 30:52; 2, D Beattie (DHD) 31:19; 3, C Vickers (NRR) 32:16; 4, B Moroney (Ab) 32:25; 5, I Williamson (Ab) 32:52; 6, K Yost (FFI); C Davidson (Ab) 33:18; 8, D Catford (T&S) 33:48; 9, C Noble (FRC) 33:51; 10, (L1) Lynn Harding (HBT) 34:13; 11, S Forbes (AAAC) 34:48; L2, D Porter (RS) 39:02; L3, R McPherson (unat) 44:40.

Auchtermuchty Festival 10K RR - 1, A Martin (Fife) 36:37; 2, D Macgregor (V1) (Fife) 37:30; 3, T Ross (V2) (Fife) 39:29; 4, D Fisk (RAF) 39:57; 5, I Fortune (Fife) 40:12; 6, D Santry (Unat) 40:15; L1, M Martin (Fife) 49:22; L2, A Peter (Unat) 60:04.

Eyemouth Half Marathon, Manderston to Eyemouth - 1, L Alcom (Aln) 70:48; 2, D Henderson (Aln) 71:41; 3, J Baird (HEL) 72:02; 4, J Watson (Jac) 73:00; 5, P Marshall (V1) (HEL) 74:41; 6, G Boyne (Mor) 75:35; 7, A Duncan (Aln) 75:58; 8, A Gallon (Hea) (V2) 76:08; V3, M Taylor (Aln) 78:34; L1, S Armstrong (CLS) 78:40 (rec); L2, T Calder (LV1) (ESPC) 79:03; L3, A Thomson (AC Eye) 91:41; LV2, M Kearney (Ber) 114:51.

Novafone Womens 10K RR, Bonnyrigg 1, M Dryburgh (LV1) (Pen) 42:56; 2, C-A Gray (ESPC) 43:17; 3, F McKinnon (Lass) 44:56; 4, D MacDonald (Lass) 46:28; 5, M Hutchinson (LV2) (Lass) 48:58; 6, J Dickson (Pen) 49:22.

Monklands Half Marathon, Coatbridge 1, F Harper (Pit) 68:32; 2, P Fleming (Bella) 69:03; 3, D Cameron (Shet) 71:49; 4, I

Red Hose 1 mile Race, Carnwath - 1, N Harrison 5:12.0; 2, D Gilchrist 5:12.5; 3, A Letham 5:12.8; 4, A Hogg; 5, E Morrison (all Carnwath).

Mill Lunn 6 Mile RR, Kinghorn, Fife - 1, F Harper (Pit) 33:15; 2, G Reynolds (DHD) 33:30; 3, R Bell (DHD) 33:32; 4, T Thomson (CR) 34:18; 5, A Martin (Fife) 34:41; 6, J Shields (V1) (Clyd) 34:54; 7, P O'Kane (HBT) 34:58; 8, A Kidd (V2) (Unat) 35:22; 9, D McNicol (Fife) 35:28; 10, D McAva (CR) 35:44; V3, S Graves (FAC

RESULTS

British Airways Glasgow 10K (380 ran) - 1, N Muir (Shett) 30:22; 2, C Robison (SV) 30:22; 3, A Hutton (ESH) 30:27; 4, H Cox (GGH) 30:30; 5, A Robson (ESH) 31:22; 6, P Tottle (GN) 32:37; 7, G Bell (Bella) 32:41; 8, S Brannan (L1) (GAC) 32:49; 9, D Christie (BA) 33:03; P MacGregor (VP) 33:05; 11, D Sweeney (Unat) 33:48; 12, J MacMillan (V1) (Kilb) 34:07; V2, F Blackstock (Spring) 34:14.

19

Ciba Geigy 5 mile RR, Linwood - 1, E Stewart (Cam) 24:41 (rec); 2, W Robertson (Bella) 24:47; 3, G Fairly (Kilb) 25:29; 4, G Tenney (Kilb) 25:51; 5, A Thomson (Bella) 26:12; 6, T Anderson (Kilb) 26:36; V1 D Gumpston (Lin Pen) 27:51; V2, P Wright (Spring) 27:56; V3, D Cooney (Cam) 28:11; L1, T Wild (Sale) 28:47; L2, E Grant (GAC) 30:88; L3, J Donnelly (GAC) 31:08. Teams: 1 Bellahouston 15pts; 2 Kilbarchan 16.

Isle of Man Half Marathon - 1, J Baird (HELP) 75:00; 2, D Finn (Western) 76:29; 3, R Jones (Barrow) 77:35.

Nairn Highland Games Half Marathon 1, C Vickers (NRR) 72:56; 2, M Hadnett (Grant) 74:31; 3, P Garner (Inv) 75:05; 4, M Flynn (Mor) 75:48; 5, C May (Mor) 75:55; 6, I Addis (Forr) 76:26; 7, R McDonald (Inv) 78:27; V1 J Maitland VO/50 (Loch) 78:34; V2 G Ewing (Inv) 79:37; J1 W Johnston (Keith) 83:20; L1, P Arbuckle (Forr) 99:08; L2 M McDonald (Peter) 99:30; L3, E Wood (Nairn) 101:33; LV1 P Wedgewood (Unat) 113:54; Team 1, Inverness 41pts; Womens Team: 1, Nairn RR

Blairgowrie 500 Half Marathon, (317 ran) 1, P Fox (DHD) 68:31; 2, D Beattie (DHD) 68:34; 3, R Bell (DHD) 70:21; 4, D MacGregor (Fife) (VO/80) 70:55; 5, D McGonigle (DHD) 71:37; 6, B Anderson (DRR) 72:17; 7, G Hanlon (DRR) 72:51; 8, I Moncur (DHD) 73:42; 9, D Lancaster (DHD) 74:

HELENSBURGH AAC's attempts to revive the flagging fortunes of the Helensburgh People's Half Marathon, sponsored this year by Douglas Buchanan Insurance, paid off on Sunday July 23 with over 300 entries received for the race, which featured a revised, single loop, flatter course, writes *Wilson Hamilton*. How fast the new course actually is remains to be seen, however, as race winner, Pitreavie's Frank Harper, missed the start by almost a minute. Threading his way through the field he'd joined the leaders by the 5 mile mark and lead the rest of the way to finish in 1:07:42, almost half a minute ahead of Martin Coyne (Jnr), Central Region who finished in 1:08:09.

In a close race for third place, Thomas Anderson (Kilbarchan) edged out Cambuslang's Matt Mitchell, the two finishing in 1:10:15 and 1:10:39. The next two finishers determined the outcome of the vets prizes with "local hero" Colin Martin from Dumbarton AC (1:11:37) losing out on almost home territory to Pitreavie's Archie Duncan (1:11:10). First V50, in 28th place overall, was Bill Stoddart, Greenock Wellpark, with 1:18:35.

With two individual trophies in the bag, Pitreavie would have added the team prize had the winner not transgressed the "club vest" rule. Disqualification allowed Cambuslang Harriers (Matt Mitchell being joined by John McKenna (10th) and Alec Bain (15th)) to lift the trophy ahead of Dumbarton AC and Central Region AC.

With a splendid run in 30th place overall in 1:19:11, Ayr Seaforth's Jane Robertson was first lady, almost three minutes ahead of her nearest rival, Julie-Ann Armstrong, Giffnock North AC, (1:21:57). The latter, however, will remember the event for some to come as it won't be too often she'll be sprinting for the line with Andy Daly! Not fully recovered from racing a full marathon the previous week, the soaring temperatures on the day put paid to the Bellahouston Harrier's attempt to repeat his victory of two years previously.

The other ladies prizes all went to Glasgow AC with third placed Susan Crawford, 56th overall in 1:24:21, joined by Rosalind Kay (70th, 1:27:26) and Pauline Kelly (116th, 1:35:14) in winning the team prize and, not to be outdone, Maggie Sinclair, first vet in 1:35:43 in 119th position overall.

07; 10, W McKenzie-Smith (Lond) 74:23; V25 Graves (Fife) 74:34; V3, A McCallum (Mont) 75:04; V4, R McFarquhar (Aber) 76:53; L1 M Muir (DRR) 80:36 (rec) L2, J Robertson (Blair RR) 91:54; L3, M McLaren (Kirk) 92:13

Bute HG 11 mile RR, Rothesay - 1, W Jukes (GGH) 59:30; 2, P MacGregor (UP); 3, R Blair (V1) (VP)

20

Grangemouth Charity 10K RR - 1, A Robson (ESH) 31:08; 2, M Coyne (CR) 31:28; 3, S Doig (Fife) 31:34; 4, P Faulds (FVH) 32:15; 7, I Seggie (V1) (Liv) 33:08; 8, K Dawson (Stir) 33:14; 9, A Stephenson (CR) 33:42; 10, A Armour (FVH) 33:44; L1, M Walker (FVH) 41:45; L2, G Harrison (Unat) 43:24; L3, M Brodie (Unat) 50:17; L4, M Novilan (Unat) 50:29; L5, A Quigley (Kinross) 53:04.

Barnsley 6 Mile RR - 1, J Nuttall (Preston) 30:47; 2, C Robison (Spango V) 30:51; 7, N Muir (Shett) 31:27

Rosebank 10 mile RR, Wick - 1, J Gunn 55:32; 2, S Wright 55:42; 3, A Scully 62:00; 4, D Renwick (V1) 63:01; 5, J Swanson (L1) 63:01 (all Caithness) L2, F Farquhar (Wick) 71:39; L3, K Farmer (Caith) 79:04



July

15

Reebok International Snowdon Hill Race, Wales - 1, J Lenihan (fre) 64:12; 2, M Patterson

(Eng) 64:50; 3, M May (Swit) 65:00; Scots positions: 4, C Donnelly 65:35; 18, J Wilkinson 71:04; 21, I Davidson 72:26; 25, A Farmingham 73:55;

August

2

Berwick Law Hill Race, North Berwick - 1, J Wilkinson (Gala) 17:51; 2, S Cohen (ESPC) 18:08; 3, P Marshall (V1) (HELP) 18:09; 4, A Farmingham (Gala) 18:16; 5, R Hope (Gala) 18:21; 6, A Curtis (Liv) 19:01; 7, J Forte (HELP) 19:05; 8, D McGuinness (Read) 19:10; 9, S Wallace (HELP) 19:16; 10, T McColl (Ber) 19:31; J1, H Lorimer (Duns) 19:52; L1, A Curtis (Liv) 23:49; L2, H Spenceley (CHR) 26:11.

5

Creag Dubh Hill Race, Newtonmore - 1, B Potts (Clyd) 29:42; 2, J Wilkinson (Gala) 30:17; 3, D Rodgers (Loch) 30:28; V1, P Marshall (HELP) 31:59; J1, W Rodgers (Loch) 31:15; J2, J Burns (Loch) 33:39; L1, T Calder (ESPC) 36:07; L2, P Hawtin 37:35.

Largo Law Hill Race, Lower Largo, Fife 1, R Melville (Fife) 33:20; 2, R McCraw (CR) 33:40; 3, G Jones (GU) 34:26; 4, Z Bankowski (ESPC) (V1) 34:42; 5, R (Lindsay) (Unat) 35:16; 6, J Holden (Fife) (V2) 35:44; V3, D Francis (Fife) 36:03; L1, F Bowie (Fife) 41:23; L2, A Bankowski (Liv) 43:17.

Ord Hill Race, Kessock - 1, I Goltan (Inv) 27:19; 2, P Gardner (Inv) 28:28; 3, R Wilby (V1) (BI) 28:40; V2, G Ewing 30:08; V3, S Russell 34:18; L1, A Smart (Inv) 35:02; L2, L McHardy (BI) 35:26; L3, C Falconer (BI) 42:28.

6

Burnswark Hill Race, Ecclefechan - 1, M Batley (Fife) 37:42; 2, J Boardman (Dumf) 38:28; 3, R O'Hara (Ann) 38:42; 4, M Potter (Lon) 39:19; 5, C McCann (Ann) 39:50; 6, M Brydon (Ann) 40:18; V1, R Bradley (Holm) 39:02; V2, T Russell (Ann); V3, J Kerr (DRC); L1, C Coyle (Ann) 49:57; Team: 1, Annan 14 pts.

12

Cow Hill Race, Fort William - 1, D Rodgers (Loch) 18:43; 2, W Rodgers (J) (Loch) 18:56; 3, P Hughes (Loch) 20:10; 4, J Brooks (Y) (Loch) 20:52; 5, S Burns

PITREAVIE'S Scottish international Frank Harper beat a good field of athletes in the Mill Lum 6 mile race at Kinghorn, Fife, on August 9, and finished 17 seconds ahead of Dundee Hawkhill pair George Reynolds and Roddy Bell, who finished second and third respectively, writes *Graham Bennison*. John Shields of Swindon beat a strong contingent of Fife AC veterans to take the over 40's Chick Third Memorial Trophy, finishing a fine sixth overall. Equally impressive was Jane Robertson of Ayr Seaforth, who finished over three and a half minutes ahead of her nearest challenger to easily win the women's race. In the final Fife AC midweek series held in conjunction with this event, Peat Inn athlete Alex Kidd overcame a two point deficit to finish in eighth position, four positions clear of Sam Graves who had led the rankings in the previous three events. With Graces second, and Tom Ross third, the league rankings were dominated by Fife AC veterans.

(Loch) 21:30; 6, J Maitland (Loch) 21:48; V1, L Volwerk (Loch) 24:05.

Merrick 8 mile Hill Race, Glen Troil - 1, A Kitchen (Liv) 74:01; 2, C Hallett (Westbury) 74:46; 3, J Shields (V1) (Clyd) 74:48; 4, A Curtis (Liv) 78:46; 5, P Tuson (Kend) 79:25; 6, D Weir (PSH) 80:13; V2, R Blamire (Stew) 14th, 86:20; V3, J Ross (Dumf) 28th, 100:38; VO/50 1, J Buchanan (Ann) 31st, 102:02; 2, R Mitchell (Tev) 37th 104:30; 3, W Wood (Gall) 40th 111:02; L1, A Curtis (Liv) 30th 101:12; L2, S Cusley (Bella) 44th 106:19; L3, J Davies (Westbury) 51st 114:01.

13

Dalchully Hill Race, Laggan Bridge - 1, D Rodgers (Loch) 28:03; 2, G Bartlett (Forr) 27:27; 3, P Hughes (Loch) 31:08; V1, R Cant (Loch) 36:29; L1, L Hope (Loch) 38:09.

16

Caerketion Hill Race, Hillend, Edinburgh - 1, A Kitchen (Liv) 12:41 (rec); 2, P Marshall (V1) (HELP) 13:38; 3, S Bennett (WCC) 13:53; 4, A Curtis (Liv) 13:54; 5, J Aitken (HELP) 14:04; 6, B Neal (Unat) 14:21; 8, N MacDonald (ESH) 14:21; L1, T Calder (EAC) (LV1) 15:53 (rec); 2, J Robertson (WCC) 16:45; 3, K Hogg (Pen) 17:19.

Widford Hill Race, Kirkwall - 1, G Harkins (Unat) 37:51; 2, E Marikle (Unat) 38:20; 3, A McLeod (Ork) 38:50; 4, R Tward (Unat) 40:58; 5, A Sparks (Unat) 41:12; L1, D Leonard (Ork) 45:15.

19

Arrochar Alps 13 mile Mountain Race, Arrochar - 1, W Gaunt (Pudsey) 3:30:00; 2, D Bell (HELP) 3:31:00; 3, A Styran (V1) (Holm) 3:31:35; 4, G Webb (Calder V) 3:32:14; 5, G Devine (Pudsey) 3:32:20; 6, P Marshall (V2) (HELP) 3:33:30; 7, I McIntyre (Liv) 3:36:54; 8, M Rigby (WCC) 3:41:53; 9, M Prady (Gloss) 3:50:57; 10, T Laney (CLM) 3:51:05; V3, D Spedding (Kes) 12th 3:55:39; L1, C Menhennett (Bella) 4:16:02; VO/50 N Matthews (Hfor) 4:20:19.

21

Peel 4 mile Hill Race, Isle of Man - 1, G Epifani (Manx) 21:24; 2, P Clarke (Manx) 22:37; 3, J Baird (HELP) 22:47; 4, A Bagley (Stock) 23:20.



July

12

ESH Open Graded Meeting, Meadowbank Stadium - Men: 200: 1, D Clarke (ESH) 21:01; 2, A Doris (ESPC) 21:47; 3, N Turnbull (ESH) 21:67; 4, A Cullen (Loth) 21:98; 5, S May (Harm) (J) 22:09; 6, S Scott (ESPC) 22:11; 7, A Walker (ESH) 22:12; 800 G McNeill (ESPC) 1:55:85; 3000 A Callan (Spring) 8:22:94; PV 1, E Fliszar (DHD) 4:65m; 2, D Hamilton (ESH) 4:40m; 3, I Black (ESH) (J) 4:20m; JT J Guthrie (ESH) 62:20m; HJ 1, L Nisbet (ESH) 57:42m; 2, R Devine (Inv) 53:90m; 3, R Meikle (ESH) 52:86m; 4, A McIntosh (ESH) 46:34m; 5, D Gibbey (ESH) 46:00m; Women: 200m: 1, A Baxter (GAC) 23:91; 2, A Thomson (P) 24:82; 3, D Flockhart (EWM) 24:95; 800 1, M Anderson (ESPC) 2:15:91; JT N Emblem (ESH) 44:46m.

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BAL Div 2, Meadowbank - Match Result: 1, Thames Valley 296 pt; 2, Old Gaytonians, Slough and Eton (both 201); 4, ESPC 195; 5, ESH 189; 6, Cardiff 175
100: 2, J Henderson (ESH) 10:63; 100B: 2, E Bunney (ESH) 10:76; 200: 3, D Clarke (ESH) 21:36; 200B: 2, N Turnbull (ESH) 21:84; 400: 3, A Walker (ESH) 48:17; 800: 1, G Brown (ESPC) 1:53:16; 800B: 1, P Wyman (ESPC) 1:53:45; 1500: 1, I Harner (ESPC) 3:44:72; 5 Kiyall (ESH) 3:53:44; 1500B: 1, D McMillan (ESPC) 3:48:36; 3000: 2, S Cohen (ESPC) 14:51:30; 3, N Trin (ESH) 14:51:76; 3000B: 2, I Steel (ESH) 9:00:50; 3, M Ferguson (ESPC) 9:22:73; 110H: 3, C Hogg (ESPC) 14:91w; 110HB: 3, C Orr (ESPC) 15:63; 400H: 1, R Harkins (ESPC) 52:75; 4, D Hitchcock (ESH) 53:80; HJ: 3, A Scobie (ESPC) 2:00m; HJB: 1, B Thomson (ESPC) 2:00m; PV: 2, D Hamilton (ESH) 4:50m; LJ: 3, J Scott (ESPC) 6:88m w; TJ: 3, D Rooney (ESPC) 14:85m w; SP: 3, G Smith (ESPC) 13:88m; DT: 1, M Jemie-Alaide (ESH) 50:68m; HT: 3, R Meikle (ESH) 53:10m 5, A Whyte (ESPC) 47:00m; JT: 2, R James (ESH) 63:14m; JTB 2, J Guthrie (ESH) 62:54m; 4x100: 1, ESH 40:44 (Div 2 rec); 4x400: 3, ESH 18:4; 5, ESPC 3:20:94.

August

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BAL Div 2 Final Match, Cwmbran - Match: 1, Thames Valley 261 pt; 2, Old Gaytonians 246; 3, ESM 205; 4, Cardiff 187; 5, ESPC 184.5; 6, WSEA 121.5
Final Result: 1, Thames 24 league points (1082.3 match points); 2, Old Gaytonians 179.5 (876); 3, ESPC 12 (777.3); 4, ESH 12 (773); 5, WSE 10.5pt (766.3); 6, Cardiff 8 (745)

100: 4, E Bunney (ESH) 11:0; 100B: 2, J Henderson (ESH) 10:9; 200: 3, D Clerk (ESH) 21:5; 200B: 1, J Henderson 22:0; 400: 2, A Walker (ESH) 48:5; 800: 1, G Brown (ESPC) 1:50:8; 4, I Campbell (ESH) 1:52:0; 800B: 2, P Wyman (ESPC) 1:52:5; 4 Kiyall 15:05:5; 3000/c1, G Mathieson (ESH) 9:03:4; 2 M Ferguson (ESPC) 9:24:1; 110H: 3, C Hogg (ESPC) 15:4; 4 P Warrilow (ESH) 15:8; 400H: G A Taylor (ESPC) 56:7; 400B: 2, B Thomson (ESPC) 55:6; HJ: 4 A Scobie (ESPC) 1:95m; PV: 2, D Hamilton (ESH) 4:50m; 6, J Elliot (ESPC) 3:80; DT: 1, M Jemie-Alaide (ESH) 4:40m; SP: 4, G Smith (ESPC) 44:82m; HT: 2, R Devine 57:46m; 3, L Nisbet (ESH) 54:54m; HTB: 1, A Whyte (ESPC) 47:66m; 3, A McIntosh (ESH) 44:96m; JT: 1, J Guthrie (ESH) 61:66m; 2 F

Youths 400: 3, G Purves (Black) 49:71; 1500 10, M McBeth (Cam) 4:18:28 (heat 4:07:43); 1500/c 5, M McBeth 4:33:01; HJ: 5 J Allan (C'bank) 1.80m; TJ 3 M Craig (C'bank) 13.91m
Junior women 100: 2, A McGillivray (EWM) 11.94 (semi 11.91); Heats V Friel (EWM) 12:51; 200: Heats V Friel 25:40; 400: 6 M McClung JT: 2, N Emblem (EWM) 48.84 m;
Girls DT: 3, M McCreadie (Hel) 29.04m.

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Home Countries Combined Events Match, Aberdeen - Match: 1, England 20,800 pts (2 Seniors, 1 Junior 6 count); 2, Scotland 20,267; 3, England B 19,839; 4, Wales 17,852; 5, Ireland 17,605; 6, N Ireland 16,496
Decathlon: 1, D Mathieson (Scot) (100,11:20; LJ, 7.08m; SP, 12.19m; HJ, 1.97m; 400, 49.92; 110H, 15.07w; DT, 37.92m; PV, 4.00m; JT, 50.08m; 1500, 4:51.11) 7144 pts; 2, J Garner (Eng) 7111; 3, R Laing (Eng) 7076; 4, W Jewers (Eng) 7058; 5, G James (Eng B) 6650; 6, T Slowman (Eng B) 6619
Scots perf: 9, S McMillan (Pi) 11:56; 6:32m; 12:08m; 1.85m; 52:17; 16:52; 34:10m; 3:80m; 57:64m; 4:39:59) 6563; 10 P Allan (J) (Aber) (11:24; 6:43m; 13:38m; 1.82m; 50:63m; 16:04w; 35:54m; 3:30m; 42:40m; 4:30:78) 6560; 13 A Leiper (Ald) (11:55w; 6:20m; 10:79m; 1.79m; 52:53; 15:55w; 32:02m; 4:40m; 44:88m; 4:54:89) 6322 pts; 22 A Anderson (J) (Nth) 5468
Women: 1, Scotland 13,547pt; 2, N Ireland 13,218; 3, Ireland 7,864
1, I Donaldson (GAC) (100H, 15.48w; HJ, 1.51m; SP, 8.18m; 200m, 26.79; LJ, 5.46w; JT, 40.30m; 800m, 2:25:14) 4667 pts; 2, J Gilchrist (Army) (15:32; 1:69m; 7:97m; 27:30w; 5:43m w; 27:06m; 2:26:21) 4568; 3 G Finegan (Ire) 4393; 5, P Carly (Ire) 4325; 6, S Urquhart (EWM) (15:01w; 1:63m; 12:28m; 26:95; 5:25m w; 40:50m, DNF) 4312.

Hunter (ESPC) 51.04m; 4x100: 1, ESH 40:7; 4x400: 2, ESH 3:18:2; 6, ESPC 3:24:7.

Broddick Highland Games, Isle of Arran Scottish Heavy Throwing Event Competition - SP: 1, A Anderson (Ayr) 13.08m; 2, J Young (Ard); 3, J Freebairn (SVHC); Scots Hammer: 1, J Freebairn 29.28m; 2, A Anderson; 3, J Young, 56lb Weight over the Bar 1, J Young 13'0"; 2, A Anderson; 3, J Freebairn; Tossing the Caber 1, J Freebairn; 2, A Kerr (Brodd); 3, D McKechie (Brodd);
Lady Jean Cup 100 (Confined to Broddick residents): 1, P Jameson; 2, S Williamson; 3, T Brooks; Rob Cameron Cup 100 metres women confined: 1, M Haggerty; 2, K Cargill; 3, M-J Todd.

Celtic Countries Womens Junior International Match, Carmarthen - Intermediates: 100 (-2.20m/s): 2, A Edmonds 12:7; 200 (-0.85 m/s): 3, A Edmonds 26:2; 400: 3, C Collins 59:6; 800: 2, V Lawrence 2:15:6; 1500: 1, K Rice 4:34:8; 80H (-3.52 m/s): 3, S Richmond 12:2; 300H: 1, F Watt 45:9; HJ: 1, W MacDonald 1:73m; LJ: 2, C Black 5:60m; SP: 1, A Grey 13:20m (Gamesrec); DT: 1, A Grey 40:62m; JT: 3, L Jackson 36:02m; 4x100: 2, Scotland 48:2; Result: 1, Scotland 45 pts; 2, Wales 41; 3, BLOE 35; 4, Ulster 21.
Girls: 100: 3:10m/s; 2, K Anderson 12:8; 200 (-0.37 m/s): 3, E Julian 26:0; 800: 4, A Potts 2:27:6; 1500: 1, I Linaker 4:34:7; 75H (-3.80 m/s): 1, S Gunn 12:0; HJ: 3, K Dyer 1:61m; LJ: 2, R Irving 3:61m; SP: 4, T Johnston 10:72m; DT: 3, H McCreadie 29:52m; JT: 4, M Wilson 27:68m; 4x100: 1, Scotland 30; 4, BLOE 28;
Minors: 100 (-2.47m/s): 1, M McShannon 12:7; 200 (-0.78m/s) 1, M McShannon 25:6; 800: 4, L Heard 2:31:1; 1500: 1, L Stewart 4:53:9; 70H (-3.02m/s): 3, S Moxey 12:6; HJ: 3, E Thornton 1:49m; LJ: 3, C McLeod 4:46m; SP: 1, J Robin 9:56m; DT: 1, E Garden 28:66m; JT: 3, J Robin 25:30m; 4x100: 1, Scotland 50:9; Result: 1, Scotland 39 pt; 2, BLOE 33; 3, Wales 28; 4, Ulster 21;
Overall Result: 1, Scotland 114pt; 2, Wales 101; 3, BLOE 96; 4, Ulster 73.

Scottish YAL Final Match - 1, Inverness 774pt; 2, Pitreavie 722; 3, Ayr 720; 4, Cambuslang 698; 5, EAC 660; 6, Aberdeen 624; 7, Clydebank 601; 8, Victoria Park 499;
Youth 100/400/JT: D Galloway (Ayr) 11:1/49:8/42:20m;
Senior Boys 100/200: E Campbell (Cambus) 11:7/23:8; 400/LJ A O'Hare (C'bank) 52:8/5:56m; SP/DT: A McKenzie (Inv) 12:45m/28:88m;
Junior Boy SP: P Dorian (C'Bank) 12:17m; Matthew Kelso (Pitreavie) received the Royal Bank Eric Liddell Memorial Trophy for the best performance of the season for his run of 4:35.1 for 1500 metres steppechase, bettering the 12 year old record of 4:40.2.

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Strathallan Highland Games, Bridge of Allan - Scottish Heavy Throwing Event Competition (all handicap results): 1, L Nisbet (ESH) 19pt; 2, W Weir (CR) 75pt; 3, M McDonald (Dumf) 12pts; SP: 1, A Ander-

son (Ayr) 18:10m; 2, H Naismith (Shett) 18:01m; 3, W Weir (CR) 17:67m; 28lb Weight for Distance 1, M McDonald (Dumf) 26:37m; 2, H Naismith 25:12m; 3, C McFie (Bute) 23:93m; Scots Hammer 1, M McDonald 41:84m; 2, L Nisbet (ESH) 38:70m; 3, R Colquhoun (Inv) 36:95m; 56lb Weight over the Bar 1, L Nisbet 3:90m; 2, J Stewart (CR) 3:80m; 3, A Anderson 3:70m; Tossing the Caber 1, W Weir; 2, R Colquhoun 3, A Munro (Inv).

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Shettleston Harriers Open Graded Meeting, Crownpoint - 100A: 1, B Ashburn (J) (C'bank) 10:7; 2, M Fairweather (Sale) 11:1; 3, D Mulherron (Shett) 11:2; 4, P Ewing (DHD) 11:2; 100B: 1, S Shanks (Lark) 11:1; 200A: 1, Shanks 21:7; 2, M Fairweather 22:2; 3, C McDaid (J) (C'bank) 23:1; 400: 1, Fairweather 51:3; 800A: 1, D Donnet (Spring) 1:55:2; 2, G McDowall (Inv) (J) 1:55:6; 3, B Coyle (Shett) 1:55:8; 4, J Divers (J) (C'bank) 1:55:9; 5, P Duffy (GGH) 1:56:0; 800B: 1, G Reid (JWK) (Y) 1:57:0; 3000m 1, R Quinn (Kilb) 8:15:1; 2, C Robison (Spango V) 8:19:1; 3, B Coyle (Shett) 8:32:2; 4, A Gilmour (Cam) 8:24:6; 5, R Arbuckle (Cam) 8:26:1; 6, G Braidwood (Spring) 8:31:8; 7, G Crawford (Spring) 8:33:4; 8, M Gallagher (M'hill) 8:41:4; 9, J Bowman (Inv) 8:43:5; 10, C Thomson (Cam) 8:47:5; 3000B 1, A Derrick (C'glen) 9:09:3; 2000/c 1, G Russell (PSH) 6:1

RESULTS

1, M King 22.38; 2, M Avis 22.49; 400: 1, D Mulholland 49.05; 2, G Hodge (ESPC) 50.27; 3, P Allan (Ab) 50.59; 800: 1, B Whittle 1:56.2; 2, G Brown (ESPC) 1:56.4; 3, W Coyle (Shett) 1:56.9; 1500: 1, W Coyle 4:02.66; 5000: 1, C Hall (Ab) 14:57.1; 2, M Ferguson (ESPC) 14:57.6; 3, W Robertson (Bella) 15:02.0; 4, A Cohen (ESPC) 1st 'B' race 15:05.9; 10,000: 1, A Reid (Ab) 31:42.8; 2, M Grealley (Pit) 31:52.8; 3, C McLennan (ESPC) 32:40.7; 110H (+6.48m/s) 1, C Hogg (ESPC) 15.12; 2, D Mathieson (Ab) 15.55; 3, F McGlynn (Shett) 16.0; 110H (+4.01m/s) 1, I Black (ESH) 16.10; 400H: 1, M McPhail 56.2; 2, S Dempster (ESH) 57.1; 3, D Duguid (Ab) 9:28.35; 3, D Cavers (Loth) 9:32.83; 3000m/cb: 1, S Wright (J) 9:54.87; 4x100: 1, Shett 43.1; 2, ESPC 43.7; 3, Pitreavie 44.9; 4, Ayr 44.9; 4x400: 1, Ayr 3:24.0; 2, ESPC 3:24.2; 3, Aberdeen 3:24.5; 4, Shettleston 3:26.7; HJ: 1, A Scobie (ESPC) 2.00m; 2, S Ritchie (Pit) 1.90m; 3, B Johnston (Shett) 1.85m; HJB: 1, S Hill (Youth) (ESPC) 1.85m; PV: 1, I Black 4.30m; 2, J McKay (ESPC) 3.80m; 3, S McMillan (Pit) 3.80m; PVB: 1, D Hamilton (ESH) 4.00m; LJ: 1, C Duncan 7.07m; 2, J Scott (ESPC) 7.01m; 3, K McKay (Pit) 6.68m; 4, M McPhail 6.49m; LJB: 1, J Snowball (ESPC) 6.89m; 2, E Clarke (Pit) 6.60m; 3, F McGlynn 6.59m; TJ: 1, C Duncan 15.65m (rec); 2, D Rooney (ESPC) 14.21m; 3, P Allan 13.36m; TJB: 1, W Leung (ESPC) 13.46m; SP: 1, G Smith (Ab) 13.66m; DT: 1, K Christie (ESH) 38.44m; 2, P Allan 38.42m; DTB: 1, A Black (ESH) 38.34m; HT: 1, A McIntosh (ESH) 49.00m; 2, A Whyte (ESPC) 48.16m; HTB: 1, D Glsbey (ESH) 46.56m; JT: 1, A Whyte (ESPC) 55.63m; 2, A Black 55.02m; 3, S McMillan 52.84m;

Div 2 (Final Match), Crownpoint - 1, Dundee Hawkhill 404 pts; 2, Clydebank 319; 3, Clydesdale 287; 4, Kilbarchan 256; 5, Fife 231; 6, Central Region 214; 7, Victoria Park 171; Falkirk Vic 158; **Final League Result:** 1, DHH 32 pts (1486.5 match points); 2, Clydebank 28 (1029); 3, Clydesdale 24 (1092); 4, PVH 15 (828); 5, Vic Park 15 (825); 6, CReg 1762 pts; 7, Fife 10 (696); 8, Kilbarchan 9 (653); DHH and Clydebank promoted to Div 1; Fife AC and Kilbarchan relegated to Div 3.

100 (+7.37 m/s): 1, B Ashburn (C'bank) 10.52; 2, B Connell (CR) 10.86; 3, P Ewing (DHH) 11.15; 4, A McLeod (Clyd) 11.22; 200 (+4.97m/s): 1, B Ashburn 21.2; 2, B Connell 22.1; 3, D Thorne (DHH) 22.6; 400: 1, T Barrie (DHH) 51.10; 800: 1, J Johnston (FVH) 1:58.1; 1500: 1, G Gibson (Kilb) 4:04.30; 5000m: 1, R Quinn (Kilb) 14:48.58; 2, P Fox (DHH) 15:04.45; 5000B: 1, T Hearle (Kilb) 15:06.20; 10,000: 1, C Ross (DHH) 31:43.6; 2, M Coyne (CR) 31:45.9; 3, G Grieve (FVH) 32:55.1; 10,000B: 1, R Bell (DHH) 32:16.1; 2, T Thomson (CR) 32:29.0; 110H (+3.99m/s): 1, J Pender (Kilb) 15.96; 400H: 1, D Thom 58.7; 2, J Render 59.2; 3000/c: 1, J Pentecost (FVH) 9:43.13; 2, M Strachan (Fife) 9:43.80; 3, D McGonigle (DHH) 9:57.43; 4x100: 1, DHH 44.3; 2, CR 45.5; 4x400: 1, DHH 3:27.1; 2, Clydebank 3:29.8; HJ: 1, D McIlroy (C'bank) 1.85m; PV: 1, D Darroch (DHH) 4.20m; 2, G Reid (CR) 3.90m; 3, A Anderson (C'bank) 3.80m; TJ: 1, N McMenemy (CR) 14.03m; 2, R Brown (C'bank) 13.87m; 3, J Brannan (DHH) 12.91m; TJB: 1, J Beattie (C'bank) 13.14m; SP: 1, S Aitken (DHH) 13.79m; 2, N Mason (Jun) (Fife) 11.71m; 3,

L Carter (Jun) (Clyd) 11.63m; DT: 1, N Elliot (Jun) (C'bank) 34.76m; 2, L Carter 34.64m; 3, S Aitken 34.58m; HT: 1, L Carter 37.26m.

Inter Banks Championships, Tooting - 100/200: S Shanks (Clyd) 11.1/22.5; 400H: HJB: B Thomson (Kleinwort/ESPC) 55.0/1.95m.

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HFC Div 3 (Final Match), Crownpoint - Match Result: 1, Perth Strathay 350 pts; 2, JW Kilmarnock 340.5; 3, Cambuslang 310; 4, E Kilbride 281; 5, Harmeny 243.5; 6, Penicuik 211; 7, Kirk Oly 149; 8, Liv & Dist 48; **Final Result:** 1, Cambuslang 29 pts (1216 match points); 2, JW 28 (1194); 3, PSH 25 (1142); 4, E Kilbride 20.5 (1013); 5, Penicuik 14.5 (897); 6, Harmeny 13 (886.5); 7, Kirk Oly 8 (625); 8, Liv & Dist 6 (544) Cambuslang and JW promoted to Div 2; Kirk Oly and Livingston relegated to Div 4.

HFC Div 4, Crownpoint - 100: 1, J Donnelly (Gars) 11.2; 2, G McIlvenney (Cumn) 11.2; 200: 1, G McIlvenney 22.9; 2, J Donnelly 22.9; 400: 1, D Davidson (Cumn) 32.6; 800: 1, C Souter (Cumn) 1:58.6; 1500: 1, M Gallagher (M'hill) 4:15.8; 5000: 1, A Currie (M'hill) 15:35.1; 10,000: 1, M McLeod (Lass) 33:27.6; 110H: TJ: 1, R Milne (Mont) 16.2/13.27m; 400H: 1, W Rutherford (Loth) 58.2; 3000 s/c: 1, D Shearon (M'hill) 10:15.3; 4x100/4x400: 1, Garscube 45.7/3:35.6; SP/DT/HT: C McCulloch (Loth) 10.97m/31.06m/31.84m; PV: 1, J Grant (Y) (Lass) 3.20m.

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Aberdeen AAC 3000 metres S/C Championships - 1, R Cresswell 9:23.2; 2, D Duguid 9:24.0; 3, S Wright (J) 9:30.6.

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Nairn Highland Games, The Links, Nairn - Scottish Heavy Throwing Event Competition: 1, B Shepherd (Elg) 39 pt; 2, G Cameron (Bad) 27pt; 3, A Munro (Inv) 24pt; B Shepherd won SP; Scots Hammer; Nairn Stone, 36lb Wgt over the bar; G Cameron won the 28lb For Distance; 100m Scottish HG Champs: 1, D Blanchard (Bella) 12.1; 2, A McKenzie (For) 12.2; 200/LJ: 1, E Fraser (Nairn) 22.1/5.93m; 400: 1, J McLennan (Inv) 50.0; 800/1500: J Bowman (Inv) 2:00.0/4:10.5; HJ: M Burt (Nairn) 1.85m; Women: 100: H McLeod (Inv) 12.5; 200/LJ: D Douglas (Inv) 25.5/5.09m; 400: A Munro (Inv) 65.2; 1500: J Wilson (Inv) 4:42.0; HJ: S Fotheringham (BI) 1.55m;

Bute Highland Games, Rothesay - Scottish Heavy Throwing Event Competition: SP: 1, A Vince (W&B) 15.46m; 2, M McDonald (Dumf); 3, B Sutherland (USA); Scots Hammer: 1, M McDonald 31.44m; 2, L Nisbet (ESH); 3, B Sutherland; 28lb Weight for Distance: 1, B Sutherland 20.04m; 2, L Nisbet; 3, M McDonald; 56lb Weight over bar: 1, L Nisbet 14'0"; 2, B Sutherland; 3, A Vince and A Anderson (Ayr); Tossing the Caber: 1, W Weir.

Scottish YA Handicap Meeting, Arbroath - Boys: 100: C Carson (Lochgelly); 200: S Scott (Arb); 400: L Dow (Pitreavie); 800: J Robertson (ESPC).

Falkirk District Council Young Athletes Graded Meeting, Grangemouth - Youths 60/400: R Slater (Dunblane HS) 7.4/53.3; 1500: D Halliday (Shett) 4:28.5; HJ: A Stone (CR) 1.60m; TJ: C Johnston (For) 12.39m; DT: D Kilgour (For) 26.60m; Senior Boys: 60: J Gilbert (FVH) 7.9; 400/TJ: J Wright (Bella) 59.3/11.75m; 1500: D Fotheringham (C'bank) 4:37.3; 800H: S Bryce (FVH) 14.8; HJ: B Philip (Ab) 1.50m; JT: L Jackson (Tay) 32.24m; 80H: E Sneddon (CR) 15.1; Junior Ladies 75H: A Hird (CR) 13.5; 1500: G Hamilton (FVH) 5:28.3; LJ: G Ryan (FVH) 4.60m.

Victoria Park Club Championships, Scotstoun - Youth: HJ: G Smart 1.85m; 100H/400H: G Atkinson 16.5/62.1.

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Scottish and NW League, Division 1 (Final Match), Dam Park - 1, Ayr Seaforth 1021 pts; 2, JW 975; 3, ESH/EWM 891.5; 4, Kilbarchan 875; 5, Victoria Park 857.5; 6, Helensburgh 838.5; 7, Nith Valley 829.5; 8, Kirk Olympians 785; **Final Result:** 1, Ayr Seaforth 4593.5 pts (3rd win in a row); 2, JW 3940; 3, ESH/EWM 3922; 4, Vic Park 3906; 5, Nith V 3776; 6, Helensburgh 3745; 7, Kilbarchan 3672; 8, Kirk Oly 3405.5; 1500: R Quinn (Kilb) 3:55.9; PV: D Hamilton (ESH) 4.00m; Youth: 200: D Galloway (Ayr) 22.4; LJ: S McGeogh (Kilb) 6.24m; Vets: 200: D Lowe (VP) 24.6; Girls: DT: J Robin (Hel) 27.00 (rec) Minom: 4x100: EWM 59.6 (rec).

SNWL Div 2, Coatbridge - 1, Law & District 811 pts; 2, Lasswade 723; 3, Springham 694; 4, Harmeny 652; 5, L&L TC 393; 6, Melrose 98; **Overall Result:** 1, Law 393; 6, Melrose 1953.5; 6, L&L TC 1827 Youth: PV: J Grant (Lass) 3.60m (rec).

SNWL Divs 5 & 6, Crownpoint - Div 5: 1, Liv & Dist 716 pts; 2, Larkhall YMCA 656; 3, E Kilbride 493; 4, Hamilton 487; 5, Stonehouse 472; **Overall Result:** 1, Liv & Dist 3413 pts; 2, Larkhall 2570; 3, Stonehouse 2247; 4, Hamilton 2122.5; 5, E Kilbride 1981; Div 6: 1, Bathgate 704 pts; 2, Airdrie 594; 3, Loudoun 593; 4, Afton Water 429; 5, Lothian 276; **Overall Result:** 1, Bathgate 3108; 2, Airdrie 2742; 3, Loudoun 2686; 4, Afton Water 1949; 5, Lothian 1443.

Nationwide NE League, Caird Park - Men's match: 1, Aberdeen 429; 2, Inverness 391; 3, PSH 243; 4, DHH 194; 5, Fife 133; 6, Tayside 133; **Men's Result:** 1, Aberdeen 1200 pts; 2, Inverness 1155; 3, PSH 675; 4, DHH 626; 5, Fife 471; 6, Tayside 399; SP: G Smith (Aber) 14.78m; HJ: D Barnetson (Inv) 2.06m (rec); 10 mile RR: C Haskett (DHH) 56.14 (rec); **Women's Match:** 1, Aberdeen 270 pts; 2,

Inverness 239; 3, DHH 204; 4, Fife 154; 5, PSH 131; 6, Tayside 111; **Women's Result:** 1, Aberdeen 736; 2, Inverness 703; 3, DHH 568; 4, Fife 486.5; 5, PSH 341; 6, Tayside 332.5; DT: D Cowe (Ab) 40.12m (rec).

Grampian TV League (North), Queen's Park - Men's Match: 1, Black Isle 426 pts; 2, Caithness 277; 3, Nairn 229; 4, Forres 205; 5, Elgin 126; Black Isle, Caithness and Nairn qualify for League Final Match at Peterhead on September 10. 100/400: S Evans (BI) 12.0/6.07m; Youths: 100/LJ: I Fraser (Nairn) 400/1500, B Fraser (BI) 55.0/4:12.2 (rec); Colts: SP: M Shepherd (Elg) 8.09m (rec) Women's Match: 1, BI 347; 2, Caithness 296; 3, Nairn 203; 4, Forres 135; 5, Elgin 26 First 3 clubs qualify for League Final Match at Peterhead: 100/400/LJ: M McBeath (Caith) 13.3/62.1/5.06m (all recs) Girls: DT, P Melrose (BI) 17.52m (rec).

Grampian TV League (East), Peterhead Men's Match: 1, Arbroath & Dist 486; 2, Montrose 387; 3, Aberdeen 307; 4, Peterhead 306; 5, Fraserburgh 256; 6, Banchory 206; **Senior Boys:** 4x100: Montrose 49.3 (rec); JT: H James (Mont) 39.84m (rec); First 3 clubs qualify for Final Match at Peterhead **Jun Boys:** JT: B Thomson (Mont) 26.60m (rec). **Women's Match:** 1, Aberdeen 373; 2, Arb & Dist 343; 3, Banchory 265; 4, Fraserburgh 244; 5, Montrose; 6, Peterhead AC 129 First 3 clubs qualify for Final Match at Peterhead **Senior 4x100:** Aberdeen 53.0 (rec) Minom: SP: F Hunter (Arb) 6.09m (rec).

HFC Medley Relay Meeting, Bracknell - Women's Seniors (2x200: 1x400: 1x800: 1x400; 1x800): 1, Hounslow 7:10.9; 2, EWM 7:20.1 (C Reid, K McQueenie, A Brown 56.9; A Campbell 2:16.9; D Flockhart 54.0; S Durham 2:18.8) **Inters:** 1, EWM 7:45.4 (F Vance, V Friel, G Friel 60.9; A Ramsay 2:28.0; L Kinghorn 60.5; Girls (4x100: 2x200: 1x800): 1, Bracknell 4:08.0; 2, EWM 4:13.2; 3, L Thourmire 2:24.7.

GRE Plate Final Match, Stoke on Trent - 1, Bristol AC 112.5 pts; 2, Team Solent 111; 3, Stoke 111. 4, Shettleston 96.5; 5, Peterborough 93; 6, Sandwell 74; 7, Medway 74; 8, Warrington 64; 100.5; J Corrigan 11.29W; 200: 3, D Mulholland 22:80W; 400: 3, D Mulholland 49.82; 800/1500: J McKay 4, 1:55.48/3, 3:57.49; 5000: 4, C Ross 15:28.82; 400H: 3, R Harkins 55.00; HJ: 3, N Robbie 2.00m; PV: 2, A McMahon 3.80m; LJ/TJ: C Duncan 2, 7.12m/1, 15.59m (rec); SP: 4, J Scott 12.48m; DT: H O'Connor 30.94m; HT: 5, J Scott 42.08m; JT: 4, G Dingwall 51.96m; 4x100: 3, Shettleston 42.82; 4x400: 6, Shettleston 3:25.13.

Moray's Runners

AT 11AM ON AUGUST 6 THE MACALLAN MORAY MARATHON, HALF MARATHON AND 10K BEGAN SIMULTANEOUSLY AT DIFFERENT LOCATIONS. GORDON GILLESPIE PHOTOGRAPHED RUNNERS FROM EACH OF THE EVENTS AS THEY COMPLETED THE COURSE.



Name: Sandy Anderson
Town: Inverness
Age: 37
Job: Insurance broker
Time in race: 1/2 mara: 85-35
PB: that's it.
Started running: 1983
Fav distance: 1/2 marathon
Average weekly mileage: 40
Plans for '89: to step up my training to do a marathon to try to gauge a time to making a crack at beating the 3 hour barrier.
Comments on race: Very good and well organised, a good course.



Name: Marlene Simpson
Town: Aberdeen
Age: 42
Job: Home help
Time in race: 10K: 59-32
PB: that's it
Started running: 1988
Fav distance: 10K
Average weekly mileage: 35
Plans for '89: To do 10Ks at Black Isle, Elgin and Dufftown.
Comments on race: Not a hilly course, a good day altogether.



Name: John Foden
Town: Nottingham
Age: 63
Job: Catering consultant
Time in race: marathon: 3-21
PB: 2-42 1981 World Vets Champs, New Zealand.
Started running: 1979
Fav distance: 1/2 marathon
Average weekly mileage: 70
Plans for '89: to run 9 hours for the 100K race at Winschoten in Holland.
Comments on race: An example to bigger marathons, didn't like having to arrive an hour and a half before the run.



Name: Sandy Brown
Town: Sandhaven
Age: 37
Job: Sawmill worker
Time in race: mara: 3-05.37
PB: 2-51.30 London '89
Started running: 1986
Fav distance: cross country
Average weekly mileage: 60
Plans for '89: PBs for all my times, especially the marathon.
Comments on race: It was very well organised.



Name: Linda Grant
Town: Knockando, 20 miles from Elgin.
Age: 35
Job: Self-employed hand knitter
Time in race: 1/2 marathon: 2-05
PB: 2-00.49
Started running: 1986
Fav distance: Half marathon
Average weekly mileage: 35
Plans for '89: To lose a stone and a half, and run sub 2-00 for the half marathon.
Comments on race: terrific, the best organised race I have been to, beats other races hands down. Everyone very friendly.



Name: Reginald Walker
Town: Inverness
Age: 52
Job: Retired recreation worker
Time in race: 10K: 51-20
PB: 42-25 Tain
Started running: 1984
Fav distance: 1/2 marathon
Average weekly mileage: 30
Plans for '89: To run under 1-40 for the half marathon.
Comments on race: I enjoyed the race although I struggled a bit.



Name: Sandy MacKenzie
Town: Lossiemouth
Age: 44
Job: Men's outfitter
Time in race: 1/2 mara: 1-49
PB: 1-40 RAF fun run 1988
Started running: 1985
Fav distance: 1/2 marathon
Average weekly mileage: 35
Plans for '89: Hope to do the Brussels Marathon.
Comments on race: Arrangements 1st class like the bus to Gordonstoun. All facilities like the showers etc were excellent. An earlier start would be better as it was very hot running at mid-day



Name: Andrew Fyffe
Town: Aberdeen
Age: 39
Job: Police officer
Time in race: 10K: 57-24
PB: 53-24 Roevin 10K
Started running: March '89
Fav distance: 10K
Average weekly mileage: 30
Plans for '89: To get under 50-00 for the Moray RR 10K.
Comments on race: Very impressed, a very scenic route.

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 1/2 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

EVENTS

September

16

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

TWO Ferries Road Race, Ardgour.

CAIRN William Hill Race, Monymusk, Aberdeen.

17

WORLD Mountain Racing Cup, Die, France.

THE Thomas Cook Great Scottish Run 25K Road Race, Glasgow Green.

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.

27

SRI Chinmoy Road Races,

Glasgow and Edinburgh.

30

TWO Breweries 18 mile Hill Race

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

LIVINGSTON and District AAC Road Races. Details - 10K starts 1.25pm at Craigshill, Livingston. Entries on day. Further info and details contact: Charlie Rodger (0506) 32789

October

1

THE Maybole Charity Road Race - 5.5 miles - details from Dennis Ward: tel (Maybole) 83649

SCCU Centenary season opening run - Huntershill Sports Centre

7

MCANDREW Road Relay, 3pm Whiteinch

VICTORIA Park AAC Road Relay

8

CITY of Dundee "People's" Half Marathon, Dundee

FIFTH Linwood Community Fun Run, Linwood Community Centre.

THE Fife College Five, Kircaldy - women only.

STRATHCARRON Fun Run, Denny

LOCHABER PEOPLES HALF MARATHON

Sunday 15th October - 12 Noon - Fee £4

Details and forms:

E. Campbell
Kisimul
Alma Road
Fort William

Start and Finish: Railway Station • Ideal course for P.B.'s
★ Medals and Certificates ★

14

DUMBARTONSHIRE CC relays

EASTERN District League, Alloa

NORTH District CC league, Caithness

21

EASTERN District Relay Championships, Dundee

NORTHERN District Relay Championships, Muir of Ord

WESTERN District Relay Championships

22

FALKIRK People's Half Marathon - starts 10.30am. For details contact the race secretary (0324) 486711.

28

NATIONAL CC Relay Championships, Inverness

29

OPEN CC Races, Stewarton

November

4

ALLAN Scally Memorial Road Race, 2.30pm Baillieston

BLACK Isle Marathon, Half Marathon and 10K - Please note new date, not in October as previously advertised. Details - Ray Cameron (0463) 870805

LASSWADE AC CC races

MARYHILL Harriers Schools league races, 10am Summerston

BLACK ISLE FESTIVAL OF RUNNING

incorporating

MARATHON, HALF MARATHON, 10K AND FUN RUN

SATURDAY 4 NOVEMBER 1989

For further information and entry forms contact:

Ray Cameron, 5 Rose Croft,
Muir of Ord, Ross-shire IV6 7RH
Tel No: 0463 870805 (Home)
0463 232811 (Office)

Sponsored by

Leisure Services



EVENTS

5

ABERDEEN AAC Open Races, Aberdeen

DUNDEE Road Runners "Valentines of Dundee" Astral 10 Miles, Dundee

11

GLASGOW University Road Race, 3pm Westerlands

NORTH District League, Forres

12

ABERDEEN University Hares and Hounds Open Road Relay

JOHNNIE Walker Kilmarnock H&AC Open Races, Kilmarnock

18

MARYHILL Harriers 5 Mile and Young Athletes Handicap, 2pm, Summerston

GALDRY Community Council CC races, Galdry, Fife

TEVIOTDALE Harriers Open Races, Hawick

CLYDESDALE Harriers YA Races

19

BARR'S Irm-Bru Edinburgh to Glasgow Road Relay Race

DUMFRIES AAC Open CC races, Dumfries

25

BELLAHOUSTON Harriers CC Races, Bellahouston

DUMBARTONSHIRE CC Championships

EAST District League, W Calder

EDINBURGH University CC Race, Braid Hills

NORTHERN District CC Championships, Dornoch.

ORGANISING A MAJOR EVENT: THE LIVINGSTON HALF MARATHON

YOU DON'T need to be an avid follower of any soap opera to get the flavour of high drama. Just get yourself involved in organising a road race of any dimension and it all unfolds before your very eyes, writes Ian Leggate.

Take for instance our half marathon and fun run at Livingston. Months of preparation by our illustrious firemen, then suddenly there are road closures on our race route and it's back to the drawing board, remeasuring maps and then reorganising stewards and marshals etc. This is followed by the prolonged agony of waiting diplomatically for past winners to return trophies, or for replies to invitations, which sometimes do not materialise.

Then there are the inevitable phone calls about entries, even on the night preceding the race; the hard physical graft of ensuring the start and finish lines are in the proper places; the accommodation, and gratuities which have to be met, barriers to be fixed, drinks stations attended to, radio links checked and even the disco organised - all take their toll on man and woman power!

Now to the race itself - all our prayers had been answered by ideal running weather and the internationalists appear to have been happy with the facilities.

Bang goes the gun and at last off they go, downhill for the first mile which is very fast - Mike Carrol running for Scotland is setting home hearts astir as he strides into a lead of 200 metres at the mile post, hoping to repeat his fine wins at Cramond and Haddington. However, a chasing group of five, namely Dave Swanson, Rab Wise, Neil Smith, Fraser Clyne and Jerry Hall, are in hot pursuit and at four miles have closed on Carrol.

A very young Irish team from

Belfast were trying hard to close the gap but by halfway Swanson had opened up a gap on his two English compatriots which was to stay the same to the finishing line, thus giving England the team prize.

The first Scot home was Clyne, who was in fourth place, and a gallant Carrol finished ninth. Nat Muir retired through injury at the five mile point. Wales therefore claimed second team, with fast finishing Jerry Hall leading them in fifth place.

The women's race was won by Margaret Reddan, now of Livingston but a previous winner of the Australian Marathon, and her time of 1-22 minutes was very favourable.

In the veteran's category, the winner was Eric Ranniker, a fireman from Manchester, while Willie McBrinn of Shettleston Harriers took the over 50's title in style.

Overall the race was a great success. The fun run provided a captive audience who cheered and encouraged the 1,500 competitors along the course. Organising the race is like painting the Forth Road Bridge - a continuous cycle, so with bigger paint pots and larger brushes we can aim for 2,000 plus next year.

David Kelly, of Livingston Development Corporation, said:

"We are pleased to be involved with the half marathon and congratulate everyone who took part, and all those involved in the organisation of the event - particularly Andy Colquhoun, who has put in a tremendous amount of his own time over the last four years to make the event what it is today."

Congratulations
if you crossed
the line in the
Livingston
half marathon

The starting line

Make it in Livingston



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BATHGATE
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the VETERAN SCENE

With Henry Muchamore

Oswestry in August, Willie Marshall took the M60 title in 62-08. Well done one and all.

What does all this do for us? I look back at my training diaries and I find I am doing more than I did 30 years ago. It does become addictive, but if we listen to our bodies we can keep it going for some time and here is a story to prove it.

The SVHC took only 19 athletes to the annual fixture against the North East veterans in Newcastle. In the bus going down it became clear that the majority were going to be in the 50 plus category, and to spread our "talent" some were going to have to compete in the younger age groups! Everyone was going to have to compete in more than one event during the afternoon.

The results were, to say the least, incredible.



David Morrison having a chat with Rosemary Chrimes.

Although we were not able to retain the trophy we won at Grangemouth last year, our defeat by 311 points to 393 was not a disgrace by any means. Men like Bill McBrinn, now 59 years young, and "building up" his weekly mileage to around 95 to 100 miles, competed in the 1500, 800 and 5000 metres, but wasn't persuaded like myself to go the extra mile and compete in the relay event. John Ross of Lothian AC, who competed in ten events last year in Grangemouth "took it easy" and only competed in seven at Newcastle.

Both John Scott and John Freebairn were jumping, throwing and sprinting seemingly all afternoon, but the two men who stood out head and shoulders over all of us were Alastair McInnes (62) and our captain Dave Morrison (75), who competed in no less than eleven events during the afternoon. This included every track event except the relay, and every field event on offer except the high jump. An example of how they fitted it all in was that within two minutes of finishing the 5K race on a very warm afternoon

they were both having their throws in the discus.

Going back in the bus afterwards, neither of these stalwarts seemed to think they had done very much other than have a "good workout". I recorded all their events and tallied them alongside the Thistle Awards Scheme points system that I mentioned in my article two months ago, having made the necessary adjustments for age. The results were quite remarkable. David would have gained no less than five gold standard awards, and Alastair would have gained two gold, one silver and one bronze award for his afternoon's efforts.

Here are their results (with Thistle Awards points in brackets): David Morrison: 100m 20.6 (0); 200m 37.3 (7); 400m 85.0 (5); 800m 2-59.2 (9); 1500m 5-50.1 (12); 5000m 21-18.7 (15); LJ 2.49 (4); TJ 5.98m (5); SP 6.39 (12); DT 19.61 (20); Jav 13.02 (5). Alastair McInnes: 100m 16.7 (5); 200m 35.2 (9); 400m 74.6 (12); 800m 2-50.2 (12); 1500m 5-44.3 (14); 5000m 20-58 (17); LJ 2.86 (6); TJ 6.90 (8); SP 7.66 (17); DT 22.67 (25); Jav 13.68 (5).

For those unfamiliar to the Thistle Awards Scheme, scores are calculated on an age related basis from 10 year olds upwards, and calculated to allow for older ages as well as younger. On the present charts they only go up to 45, and I have simply extended the age curve to calculate Dave and Alastair's score. Dave had to acquire 10 points from two events in track and field, and Alastair 30 points to achieve gold standard.

If you are interested now that you have seen what others can do, why don't you write to Jeanette Heggie at the Thistle Awards Scheme in Caledonia House, South Gyle, Edinburgh and get some more information, I'm sure would love to hear from you.

FINALLY, to return to the World Championships, something that came to the notice of the IAAF was the fact that Australian professionals were allowed to compete, but the British pros were not. This has resulted in an item due to appear on the IAAF veterans committee to be held on September 3 in Barcelona. I have been asked to report on the background to professional veterans, and in conjunction with Andrew Rettie, the secretary of the Scottish Games Association, I have been able to give a brief history of pedestrianism in Scotland. The SVHC were also asked to comment.

As the SAAA suggested that it was a matter for the world veteran bodies to consider, I can only hope that we will have some definite guidance before the special meeting being held on October 2 by the BVA, and the SVHC agm which will be held at Coatbridge on October 22.

However, can I remind veterans all over Scotland that only 28 SVHC members attended last year's agm. The SVHC have nearly 1000 members - let us hope a more truly representative cross section of its membership can attend this year to discuss some of the key issues affecting vets.

RHONA McLEOD'S JUNIOR SCENE

ATHLETE PROFILE

NAME: Craig Joiner

DATE OF BIRTH: 21/4/74

HEIGHT: 5'9"

WEIGHT: 11st 2lbs

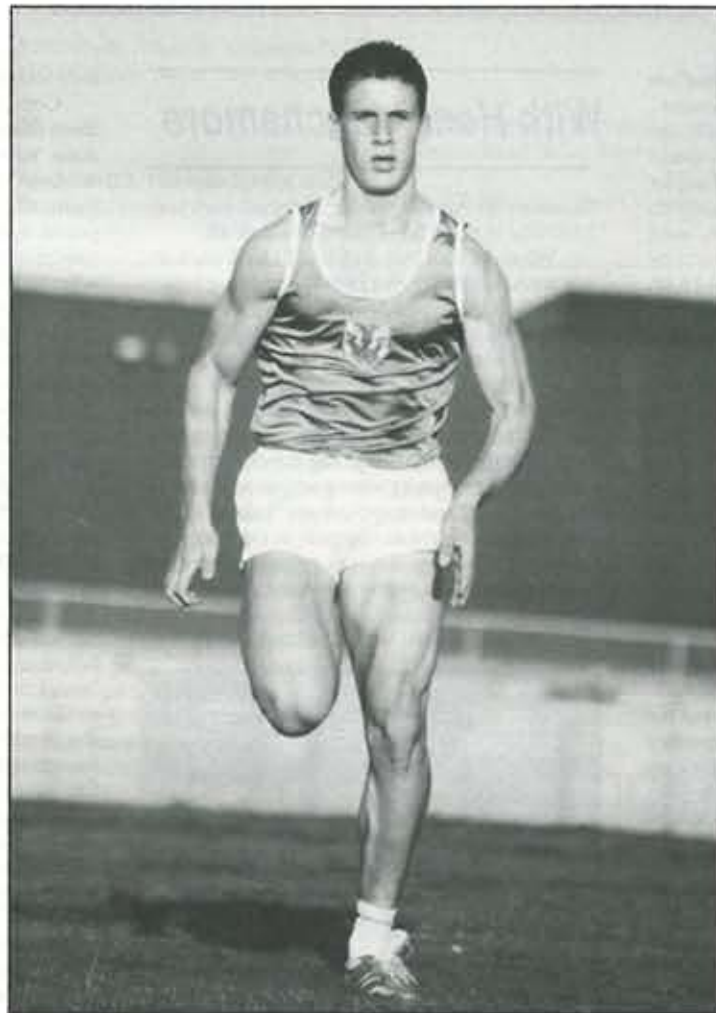
CLUB: Pitreavie AAC

EVENT(S): 100m, 200m, 400m

P.B.s: 11.00; 22.72(w); 22.86; 53.6

ATHLETIC

ACHIEVEMENTS: Indoors: British record holder standing long jump - 3.01m. Outdoors: Scottish schools (Under 17) runner up in the 100m and 200m; Scottish national senior boys 100m and 200m champion. Scottish age-group record holder for 200m with time of 22.86. Member of Scottish schools international team.



STRENGTHS: Strong build/physique, sharp starter. I'm determined to succeed and improve.

WEAKNESSES: Technique could be better. Need to improve on latter part of races.

WHY DO YOU COMPETE: I compete for enjoyment, fitness and good health. I like to meet other boys of my age at meetings.

OTHER HOBBIES: Stamp collecting, post card collecting, swimming and cycling. Rugby - selected to travel with Scottish schools U15 to play Wales and Midlands select.

ATHLETIC AIMS: To perform as well as possible and represent Scotland one day at full international level, perhaps the Commonwealth Games.

AIMS OUTSIDE ATHLETICS: To obtain the necessary Highers to go to university and then to become an RAF Pilot Officer.

University's tour proves great success as male members "Go Dutch"

WITH all the recent controversy surrounding the rugby tour to South Africa and the proposed rebel cricket tour to the same country, one group of rebels (you mean reprobates -ed) slipped out of the country unnoticed, writes Gordon Ritchie.

Athletes from Glasgow University descended upon a sleepy French town and did their worst for international sporting relations.

Their arrival at base camp outside Bordeaux was plucked straight out of "The Young Ones". Picture if you can. A dozen or so very drunk Scotsmen and women falling

out of the minibus. The driver was the only sober occupant, although this was questionable as he then crashed into a tree.

After finding a suitable site for the tents, the party went looking for a suitable site for the evening refreshments. Several beers later, one nameless student, pretending to be in Spain, fell victim of a mysterious food poisoning-type bug and became very ill. Strangely, he made a complete recovery by the following evening, at which time another member of the party had caught the same "bug".

Not surprisingly this continued for several days

until the majority of the tour party were affected.

Our brave adventurers then embarked upon a triathlon. The 800m swim in the Atlantic was followed by a four mile run and some windsurfing. The Glasgow team excelled by finishing a creditable third. At the post-match celebrations, two other Glaswegians (who also wish to remain nameless) set about improving Anglo-Dutch relations. The outcome of this brief encounter has no place in a family magazine, except to say that I have it on good authority that Dutch girls make a good breakfast.

With all these extra-curricular activities, it is surprising they found time to compete. However, they not only competed but excelled. Gerry McCann ran a 1-52.5 PB in the 800m, while Alan McBeth clocked 1-52.96. High jumper Jim Stoddard ran a surprising 23.27 in the 200m, while Rebecca Stevenson won her 200m in 25.69. Special congratulations must go to all of the girls for daring to spend 17 days with these hooligans.

Without doubt, the tour was a great success, and Glasgow will hope to continue this with victories in the forthcoming indoor season.

RHONA McLEOD'S JUNIOR SCENE

Linsey questions "the best"!

ONE OF my most amusing moments in athletics happened right at the beginning of my career.

I was a very small, pigtailed 14-year old, experiencing one of my first WAAA championships at Crystal Palace. I had finished my 100m final (where I came second) and was in the indoor track area warming up for the 200m.

As I was jogging, a large male athlete started running beside me. He was very friendly and started telling me that he had seen my 100m and had noticed me as I was so small. He then asked which event I was now warming up for. When I told him it was the 200m, he turned and asked, "And are you good at that?" I just gave a nervous laugh in response.

Wishing to be polite, I

decided to ask which event he did, to which he replied: "the decathlon". I then proceeded to ask him, "And are you good?" To this he replied with a huge grin: "Yes - the best!" He then jogged off down the track.

As he moved off, it suddenly struck me that I had just been talking to Daley Thompson - only the best decathlete in the world. Then I realised that apart from asking him what event he actually did, I had to go and ask him, "Are you good?" - what an embarrassment!

Unfortunately for me it has been an embarrassing moment I haven't been allowed to forget. Since that day, anytime I have been in a team with Daley, I have been greeted with: "Well, am I good?"



Linsey at the start of the 800m in the 1987 East V West match.

TV debut as schools multi-events team Move It!

FOUR days before the schools track and field international in Dublin, the English Schools Athletic Association contacted us, writes Linda Trotter. Would the SSAA be interested in competing in an international multi-events competition, to be televised on BBC 1's "Move It". Would we! Luckily, Katrina Dyer (Belmont Academy) and Linzie Kerr (Kilsyth Academy) - gold and silver medalists in the pentathlon championships were competing in Dublin. Both were available, even although the quintathlon altered events, substituting the high jump for the 100m.

In the boy's event, high jump was added in place of long jump, 100m rather than 200m, and 800m for 1500m. As high jump specialist Gary Woods (Stonelaw High) was competing in Dublin, with 800m prowess, he too was invited, the quartet being made up by David Brown (Inverness Royal Academy) who won the SSAA pentathlon in June. Andy Dougall, SSAA team manager in Dublin, masterminded the weekend.

Fears that the hype of this popular television programme might detract from a serious athletics competition were soon dispelled. The 16

international athletes were meticulous in their approach (perhaps far more so than the producer had anticipated), and the event was a strange marriage of top class athletics and the continued exhortations from the producer to "smile at all times, this is a fun event". None exemplified his instructions better than brave Katrina who was wrong footed in all her long jumps and whose blocks slipped in her strong hurdles event.

Linzie, the youngest competitor, raced away with the 100m, jumped a PB of 5.48 in the long jump and won the silver medal. Gary started slowly - literally, last in the 100m, second last in the shot, third last in the hurdles - only to devastate the high jumpers, coming in at 1.65m and clearing

1.83m. Despite a badly injured foot, he then clinched the bronze medal with a courageous 800m run. David, whose talent for sleeping is only equalled by his footballing skill, was explosive in the 100m and hurdles, did a personal best in the dreaded high jump, and only came to grief in the 800m. By this time the opposition had grown accustomed to his running shorts! Perhaps psychedelic blue and pink should be compulsory for all SSAA international athletes.

In the end, apart from Linzie's and Gary's individual medals, the Scottish team finished third and gained valuable experience, not only athletically, but also, with such a small international contingent, in friendship.

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 Ardrrossan 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, Ballencreeff Toll, Bathgate. Tel: 0506-56831.

BEITH HARRIERS
Serious runner, fun runner or novice. Do you wish event information? Phone Jim Swindale, 29 Braehead, Beith, Ayrshire KA15 1EP. Tel: Beith 4156 - Answering machine for further details.

BELLAHOUSTON HARRIERS LADIES
Meet every Tuesday and Thursday at Nethercraigs Sports Ground, Corkerhill Road, from 7-9pm. All ages and abilities welcome to our friendly and enthusiastic group.

BLACK ISLE ATHLETIC CLUB
Meets every Tuesday and Thursday from 7pm till 9 pm. Friendly club catering for all ages from veterans and anyone who enjoys running - serious athlete or fun runner. For further information about the club, contact: Ray

Cameron, 5, Rose Croft, Muir of Ord, Ross-shire (Tel: 0463-870805).

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

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

CAMBUSLANG HARRIERS
All age groups and standards welcome, young or old, serious or social, we cater for everyone. Meets every Tuesday and Thursday 7pm; Saturday 2pm; Sunday 11.30 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 Lothians. Regular training sessions and all standards welcome. Sec: Andrew Spenceley, 26, Rankellor Street, Edinburgh EH8. Tel: 031-667-5740.

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

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

CLYDESDALE ORIENTEERS
The premier orienteering club for Glasgow and surrounding area caters for competitors of all standards and abilities - from novices to internationalists - at a variety of events throughout the year. Enquiries welcome to: Shona Dickie, 57 Craigmilmond Gardens, Balloch, G83 8RP. Tel: 0389 52850.

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

CUMNOCK AMATEUR ATHLETIC CLUB
Meets every Monday and Wednesday from 7pm at Broomfield Park,

Cumnock. All ages from 9 years upwards catered for. Very friendly and enthusiastic club. Separate adult jogging centre. Secretary: Tom Campbell, 14, Bute Road, Cumnock. Tel: 0290-24876.

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

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

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Monday - St Joseph's Playing Fields, Dumfries; Tuesday - David Keswick Centre, Marchmont, Dumfries; Thursday - St Joseph's. For further details please contact Angela Coupland (sec) on 0386-710816.

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

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

FIFE AC
Covering Kirkcaldy district, North East Fife and beyond, catering for all ages and all disciplines including track and field, hill running, cross country and roads. Whether you're a beginner or serious athlete we have something for you. Depending on your area, contact: Kirkcaldy - Dave Lawson (Burntisland 874489); Ian Gordon (Glenrothes 755405); Cupar - John Clarke (Cupar 53257); St Andrews - Mitch McCreadie (St A 73593).

FORFAR ROAD RUNNERS
Youngsters, men and women of all ages who are interested in track, road, or

cross country. All abilities welcome. Training night Wednesday 7pm, September - March at Market Muir, Forfar (under floodlights). April - August at Forfar Academy playing fields. Contact Sec. Bill Logan on Forfar 67256 for further details.

FORTH ROAD RUNNERS
Versatile, friendly, relatively new club catering for all age groups and all talent. Club meets in the village on Monday evenings at 7pm. Club Secretary C.M. Angus, 2, Learig, Forth. Tel: Forth 811150.

GARSCUBE HARRIERS
Training every Tuesday and Thursday evenings at Blairdardie Sports Centre, Blairdardie Road, Glasgow G13 starting at 7pm. Male and female all age groups and standards welcome. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 041-334-5012.

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches are BAAB qualified. We meet on Monday nights at Scotstoun Showgrounds, Glasgow at 7.25pm, and on 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 club catering for men and women. Competition in track, road and cross country. Regular sessions from own clubhouse with all facilities. Senior men meet Tues and Thurs nights at 7pm, with boys and youths at 5.30pm. Women meet Monday 7.30pm. For details please contact Alan Puckrin, 14, Caledonia Cres, Gourack.

HADDINGTON ELP
Active, friendly, mixed club, meets Mon & Wed nights 7pm Neilson Park, 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 EH141. 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).

HARMENY 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.

KILBARCHAN AAC
Youngsters and men and women of all ages who are interested in track and field, road and cross country, or in coaching these disciplines, are welcome. Training nights 7pm Mondays at Thorn Primary, and Wednesdays at Johnstone High School, Johnstone. Come along or contact secretary Jason Pender at 34, Victoria Road, Brookfield, Renfrewshire. Tel: 0505-21217.

KIRKINTILLOCH OLYMPIANS
Age 9 to 90, all welcome (track, field, road and cross country). Girls and women. Sec: John Young, 12, Dromore Street, Kirkintilloch. Tel: 041-775-0010. Boys and Men: Sec - Henry Docherty, 22, Applecross Road, Langmuir Estate, Kirkintilloch G66 3JT. Tel: 041-775-1551.

LINWOOD PENTASTAR AC
Training every Monday and Thursday nights in Linwood Sports Centre, Brediland Road, Linwood. All age groups and standards welcome. Contact Mr P. McAtier on 041-887-4705, or Mr W. Toole on Johnstone 25306.

LOCHGELLY & DISTRICT AAC
Small, friendly club looking to become larger and friendlier club. All age groups required, male and female, track and 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 (Mem 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, Coalton of Balgownie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Training Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carlawerock Court, Tranent. Tel: 0875-612-753.

MARYHILL HARRIERS
Glasgow's oldest athletic club based at John-Paul Academy in Summerston. Meets every Tuesday and Thursday 7pm. All ages and athletes most welcome. Further info: R Stevenson, 75, Friarton Road, Merrylee, Glasgow G43.

MILBURN HARRIERS
We meet and train every Tuesday and Thursday night in the Milburn Park, Alexandria from 7 'till 9pm. All standards of runners welcome. For information contact: Geoff Lamb (sec), 7, Golfhill Drive, Bonhill, Dumbartonshire. Tel Alex. 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club. Regular social events. We meet at the Deaf Institute, Institution Road, Elgin on Wednesday at 7pm and Sunday at 9am. For further details, contact Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-41543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. Contact: Clare McGarvey on East Kilbride 35844 after 9pm.

NAIRN DISTRICT AC
Track and field meet Tuesdays 7-9pm in Nairn Academy. Road Runners (18 and over) meet Thursdays 7.30-9pm at the Sea Scout Hut at the harbour. All welcome, and further details available from Danny Bow, 16, Glebe Road, Nairn.

PEEBLES AMATEUR ATHLETIC CLUB
Enthusiastic and friendly club. All age groups very welcome from beginner to veteran, male or female. Meets at Peebles Swimming Pool 7.30pm every Monday night. Further details from Stewart Ruffell on Peebles (0721) 20626.

PENICUIK HARRIERS
Small, friendly "grass roots" club catering for all standards and ages, from 8 years upwards. Track, field, road, cross country and hill running. Regular training Mondays and Wednesdays. Sec - Dave Cairns, 18, Crockett Gardens, Penicuik EH26 9BB (Tel: 0968 75920).

PERTH ROAD RUNNERS
Meet at Perth Fitness Centre, Glover Street, Perth, on Tuesday and Thursday nights and Sunday morning. Men and women welcome. For further details, contact Mrs J Hume, 19a, Barossa Place, Perth.

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 ORX. Tel: 0389-53931.

SCOTTISH TRIATHLON CLUB
Membership secretary - Geoff Buchan, 22, Lawnsdale Drive, Westhill, Skene, Aberdeen.

AYRODYNAMIC TRIATHLON CLUB
The newly formed club in Ayr for all standards and ages. Secretary - Robin Strang, 15, Seaview, Dunure, Ayrshire. Tel: 029250-307. Training, Mon and Wed 7pm, Dam Park Stadium, Ayr (running); Sun 10am outside Ayr baths (cycle).

BRUCE TRIATHLON CLUB
Secretary - Andrew Laing, 40 Morar Road, Crossford, Dunfermline KY12 8XY. Training - Dunfermline Community Centre. Telephone: 0383-733370 day; 731063 evening.

EAST KILBRIDE TRIATHLON CLUB
Sec - Morag Simpson, 6 Rutherford Square, Murray, East Kilbride. Tel: EK 45780.

FAIRPORT TRIATHLON CLUB
Sec - Peter Butcher, 7, Dalhousie Place, Arbroath. Tel: 0241-73490.

FLEET FEET TRIATHLON CLUB
Sec - John O'Donovan, Bowmont House, Arbutnot Place, Stonehaven. Tel: 0569-62845.

STIRLING TRIATHLON CLUB
Our regular training session is 8am Saturdays at the Rainbow Slides Leisure Centre.

WESTER HAILES TRIATHLON CLUB
Sec - Andrew Grant. Wester Hailes Education Centre, 5, Murrayburn Drive, Edinburgh EH14 2SU. Tel: 031-442-2201.

EDINBURGH SOUTHERN OC
One of Scotland's biggest and oldest orienteering clubs; we cater for runners of all standards. Regular training and social events. Members mainly from Edinburgh and Midlothian. Further info and copy of club newsletter from Katy Lessells, 40, Ormisdale Terrace, Edinburgh. Tel: 031-337-1144.

PERTH ORIENTEERS
Tayside's premier orienteering club! We cater for beginners and internationalists alike. For a copy of our latest newsletter, contact club sec: Yvonne Millard, 22, Ballantine Place, Perth.

SOLWAY ORIENTEERS
Orienteer in a range of fine venues in Southern Scotland. An established series of club events takes place annually, with training events and other regular competitions. All ages and abilities from complete novices upwards are most welcome. Sec - Diana Turner, Shinnel Cottage, Tynron, Thornhill DG3 4JT.

ST ANDREWS ORIENTEERING CLUB
Promoting and developing orienteering in the City of Glasgow, and Monklands, Motherwell, Hamilton, Cumbernauld and Kilsyth, and East Kilbride districts. New members always welcome. Contact: Terry O'Brien, STAG, 159, Warriston Street, Carntyne, Glasgow. Tel: 041-770-7618(h); 041-774-9718 (Ext PE department (w)).

TROSSACHS HASH HOUSE HARRIERS
New members welcomed from the Trossachs and also Glasgow and environs. We run at 12.30pm Sundays. Further info from Ainslie Kyd, Forest Hill House, Aberfoyle (Tel: 08772-269).

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Scotland's Runner October 1989

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