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SCOTLAND'S RUNNER

MARCH 1990

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ISSUE 43



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SCOTLAND'S RUNNER

MARCH 1990

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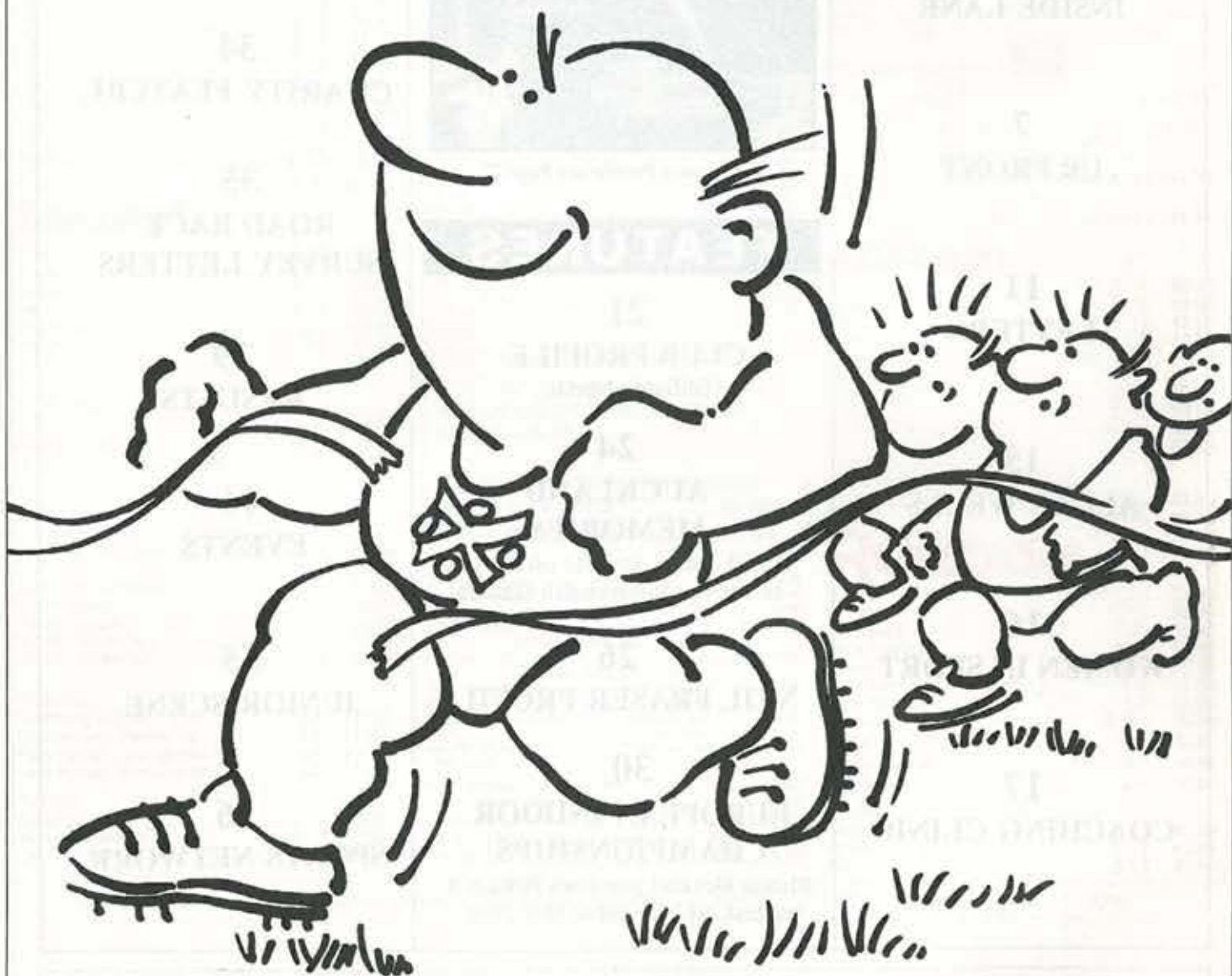
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INSIDE LANE

CONTINUING as it started, the contribution of Scottish athletics to the Commonwealth Games in Auckland was by all accounts a shambolic embarrassment.

How can anyone take seriously a sport which can't kit out its athletes properly? If such a basic task cannot be undertaken without our athletes walking around like Stan Laurel and Oliver Hardy, what hope in hell is there of Scottish athletics being taken seriously by the general public and potential sponsors?

Readers of this column over recent months may well be fed up by our attacks on Mr Ewan Murray, but what else can you write about a man who is so insensitive and arrogant that he flies first class while the rest of the Scottish team travel at a lower grade? That he says he made up the difference out of his own pocket is neither here nor there - it's the attitude that counts.

Of course, there is a certain type of athletics official (and I don't mean to impugn the great majority whose selflessness is self-evident) who regard their relationships with athletes as being "them and us". Mr Ewan Murray clearly belongs to this category, although there is a telling lack of evidence to support

his supposition that he is somehow of superior status to the people he represents.

All the acrimony over the selection procedures and Mr Murray's conceit then spilled over into the Games Village, where by all accounts a running battle was conducted against him by a group of athletes obviously well fed up by his offhand manner. The most publicised incident was of course the obscene letter sent to Mr Murray on the internal computer system. Some reports suggested that it had been seen by Prince Edward when Mr Murray was showing him how the system worked.

The general consensus seems to be that the Prince, who apparently works as a glorified stage hand in a London theatre and is probably well used to such language anyway, didn't in fact see the offending letter. To put it mildly, the tone of the message and the manner in which it was sent (using an innocent athlete's file-name) didn't reflect wonderfully well on its authors, but it is nevertheless inconceivable that such a missive would have been sent to an official who had earned the respect of the Scottish team.

I'm glad that the Scottish Amateur Athletic Association, where he is not

without friends and influence, have decided to ditch Mr Murray as their nominee on the Commonwealth Games Council. But that is not enough.

For all his faults, Mr Murray should not be held up as the scapegoat for the pathetic shortcomings of Scottish athletics. As has been painstakingly spelled out in Inside Lane for a long time now, the structure of the sport needs a radical change, with a full time director of athletics and a professional fund raiser employed under the auspices of a united Scottish Athletics Federation.

If the old guard and the time-servers won't move aside, then you, the grass roots club members and athletes, must change the system.

BACK to the more savoury aspect of the Games, and obvious congratulations to all those who won medals or achieved personal bests. Into this latter category come Nicola Emblem, Darren Morris and Duncan Mathieson, all field event athletes who reached their respective finals. In the 3,000m Karen Hutcheson sliced almost 12 seconds from her personal best and was unlucky to be run out of the medals. Had Ms Chalmers not been entered, it would have been a fantastic Scottish 1, 2, 3...

To my mind these performances are what the Commonwealth Games are all about for Scottish athletes, and it is to the everlasting shame of our administrators that more such people weren't given the opportunity to shine in the heat of top class competition.

At medal level, Liz McColgan and Yvonne Murray gave their all as usual, and there was a bronze for Geoff Parsons.

I'm not going to dwell on the torment of Tom McKean, and having publicly backed him in the past don't intend to abandon him now. He ran yet again like a donkey when most was expected of him, but one day he will triumph. He's too fine an athlete not too.

Alan Campbell

SCOTLAND'S RUNNER

is looking for an experienced journalist to join the staff with a view to taking over as editor within a matter of months.

The preferred candidate will have a proven background in journalism, including sub-editing and page make-up skills. A thorough knowledge of athletics is also essential. We regret that we cannot consider applications from people without journalistic experience.

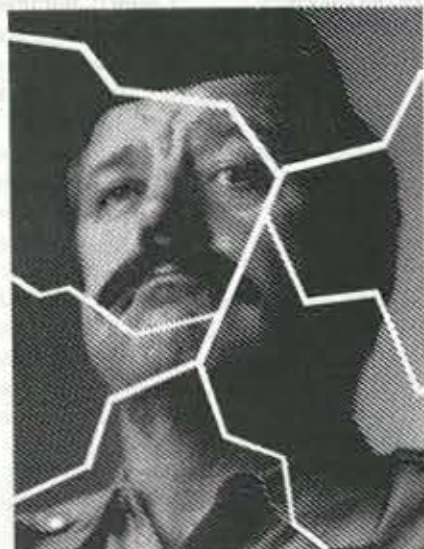
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bear to
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up FRONT

Anger because tickets were never advertised for European Indoors

TICKETS for the European Indoor Championships should have been publicly advertised. This is the view of Scotland's Runner reader David Cooney from Hamilton.

Mr Cooney explained, "I have been a Cambuslang Harrier for 20 years, I am a life-long athletic fan. I decided to buy tickets to take my family along to the European Championships and was informed by the Kelvin Hall that tickets are sold out."

He continued, "I would like to know where and when they were advertised as being on sale."

The feelings of Mr Cooney have been echoed by a number of Scots who have been unsuccessful in their bid to buy tickets at the Kelvin Hall.

John Brown, secretary of the local organising group of the championships, said, "The tickets were not advertised at any time. It was difficult to assess the number of seats which would be available due to the large amount of press and the addition of the fifth lane. Postal bookings were dealt with by the Kelvin Hall."

When asked how athletics fans had known to make postal applications Mr Brown replied, "I haven't a clue!" He continued by saying, "I suppose when the real

athletic purists see an event is on they get their antennae out and find out where to apply."

Mr Brown advised that any advertising concerning ticket applications would have been dealt with by Andy Norman at the BAAB. Mr Norman confirmed that no advertising had been done.

As soon as it was announced that the championships were to take place at the Kelvin Hall, people started writing to the Kelvin Hall for tickets," he explained. "There were so many applicants that when we got around to allocating seats there were not any tickets left over. This is the case for other sports - tickets at Twickenham and Murrayfield are automatically applied for. We don't spend money advertising when we don't have to."

In response to the reasons given by Messrs Brown and Norman, David Cooney said, "I'm still disappointed. I don't think their answers are that acceptable. It is not up to us to get our antennae out."

He continued, "I've waited patiently for an announcement that tickets are on sale. We have been kept in the dark until it is too late. It would have been a basic courtesy to inform the public when applications could be made."

Murray loses support of SAAA

AT a recent SAAA meeting to review its delegates on the Commonwealth Games Council, the association withdrew the name of Ewan Murray as one of its representatives. Mr Murray is the current chairman of the Games Council, but as that position must be filled by an elected delegate his seat looks doubtful.

The SAAA's replacement delegate is the Association treasurer, John Brown.

Delegates on the Games Council are reviewed annually, although they are usually recommended to remain on the

Council for the four year cycle leading from one Commonwealth Games to the next. As the Auckland games have taken place only three and a half years after the 1986 event in Edinburgh, there is the possibility the present Commonwealth Games Council will have to appoint a new chairman for its remaining agm in April.

Mr Murray's position on the British Amateur Athletic Board is believed to be unaffected by the recent happenings.

Reports on Scottish athletes in Auckland greatly exaggerated

NEWSPAPER reports of the supposed antics of members of the Scottish Commonwealth Games team have been described as "greatly exaggerated" by team members.

Sprinter Janice Neilson said, "It was only when I phoned home that I heard about all these newspapers reporting what we were supposed to have been up to." She continued: "The press were desperate for stories and so they went overboard on minor incidents."

Amongst the alleged incidents, three members of the Scottish team are said to have spied on female gymnasts; attacked a fellow team-mate with yoghurt causing him to inform team officials for fear of what might happen next; and incriminated team-mate Steven Ritchie by leaving an obscene computer message for Ewan Murray under Ritchie's computer code-name. Team members were reported as having ripped up tracksuits and leaving them at Murray's door.

According to steeplechaser Tom Hanlon, "The yoghurt story was just the result of the usual high jinks at the end of the Games. It was the night of the closing party and everyone was involved. It was simply good fun and there was nothing sordid about anyone fearing for what might happen next."

The spying incident has been laughed off by team-members. Hanlon says, "It was really pathetic, I don't know where they got that one from - they were trying to make out we were all depraved or something!"

The computer story received wide coverage as it was reported

that Murray was showing Prince Edward how the computer system could be used for athletes and officials sending messages to each other. The obscene message which was traced to Ritchie's code-name was allegedly viewed by young Windsor, causing great embarrassment and disgrace to the Scottish team.

Hanlon takes up the tale. "That story should have been killed instantly. Prince Edward was not there, and he did not see the message. However, the Games Council sat on it until it blew out of proportion. The message was written a full week before the story broke and it grew and grew causing Steven Ritchie's name to be wrongly and publicly incriminated."

Reports of tracksuits being ripped up are also inaccurate. "It was the leisure suits which were ripped up," explains triple jumper Craig Duncan. "They were like something out of Tenko and were absolutely unwearable." Janice Neilson continues, "They were badly made, far too big, the trousers had huge flares and the whole lot looked like they had been designed 20 years ago. They were a complete waste of money."

Despite the fact that the behaviour of three athletes was reported as having the condemnation of the whole team, many team members are uncertain as to who the three individuals are supposed to be.

Craig Duncan points out, "As a team, we never made any comment or gave any opinion on our feelings towards the alleged three guilty members. It is completely inaccurate and untrue to report that we have made these statements."

THE 1990 Scottish Half Marathon Championship is to be held within the Dunfermline Half Marathon.

Race organiser David Arnott said, "Our district council has injected a further £2000 and we have been looking at the requests of the runners themselves to make the race even better. It is apparent

that a full results service is important and so we shall endeavour to supply this to our runners as well as offering a 50 pence reduction on entries received before March 31." He continued, "We are the first half marathon to offer a reduced early entry fee. We hope it will be used."



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up FRONT

All round essential advice for the runner from Reebok and Lifestyle

TOP distance coach Bud Baldaro is coming to Scotland to take give advice on the training of endurance athletes. Baldaro, who coaches, amongst others, Adrian Passey, Bev Nicholson and Rob Harrison, will be speaking in Glasgow at a seminar organised by the Reebok Racing Club in conjunction with Lifestyle, a new sport and health consultancy.

The seminar takes place on March 10, and will also feature a talk on the application of physiological testing for runners by Dr Paul MacIntyre. After the

formal part of the evening is over, Baldaro and MacIntyre will be available for informal discussion and advice on an individual basis. In addition, qualified dieticians, physiologists and shoe technicians will be available for advice. It is anticipated that several leading athletes will also be on hand to relate their own training and injury experiences.

The seminar has been planned to coincide with the World Cross Country Trials and will be held in Marco's Leisure Centre, at Glasgow Green.

World record for Ritchie

DONALD Ritchie smashed the existing world's best time for 24 hour ultra running when winning the international 24 hour ultra distance running championships held in the Milton Keynes Shopping Building circuit at the beginning of February.

On his way to the 24 hour world record of 166 miles, 429 yards, Forbes Harrier Ritchie also bettered the existing world indoor times for the intermediate distances of 50 miles, 100K, 100 miles and 200K.

Second placed in the race was Australian Bryan Smith (156 miles 276 yards), while third place was Roy Pirrung from the USA who covered 154 miles 313 yards.

Meredith beats large vets field

GEORGE Meredith of Victoria Park won this year's Scottish Veterans' Cross Country Championships, held at Dumfries on February 4.

Meredith, who competed for Scotland in last year's veterans' home countries international, beat defending champion Colin Youngson (Aberdeen) into second place. Brian Emmerson of Teviotdale Harriers was third, from an entry of 315 runners.

Allan Adams (Dumbarton AAC) retained his over-40s title, Hugh Rankin (Kilmarnock Harriers) won the over-50s, and Willie Marshall (Motherwell YMCA), the over-60s.

Aberdeen AAC took the team title.

Further support from Bank

THE North East League will be called the Bank of Scotland North East League in 1990, following the bank's sponsorship of this coming track and field season.

The Bank of Scotland already sponsor the Bank of Scotland Scottish Womens Athletic League, and the North East League clubs are delighted to have secured this additional sponsorship, which will benefit the league clubs in Fife, Tayside, Aberdeen and Inverness areas.

Reinstatement for Terry, again

TERRY Mitchell of Fife AC has been reinstated for a second time by the SAAA's. He will be eligible to compete again under amateur rules as from October 1.

PORTOBELLO Athletic Club has changed its name to Portobello Running Club, as its membership consists mainly of road-runners. The change has been approved by the SAAA.

Challenge for Centenary titles

THE centenary celebrations of the Scottish Cross Country Union will be highlighted on February 24 as the Beach Park in Irvine becomes the scene of the 93rd Scottish Cross Country Championship.

Another distinguishing feature of this event is that it will be the first championship in over a decade which has had not had its title threatened by Nat Muir!

The chase for the major medal is likely to be fought out between defending champion Tommy Murray (GGH) and 1988 champion Neil Tennant (ESH).

In the team event, the holders Cambuslang Harriers are likely to be high on the honours list, already having shown great form in the

West District Championships.

Sentimental support is likely to be strong for Dundee Hawkhill Harriers, who this season have won the East District Championships, the Edinburgh to Glasgow Relay and the National 4 x 2.5 mile relay championships. Like the SCCU, the Hawks celebrate their centenary and so will be determined to make a clean sweep of the honours in 1990.

In the younger age-groups, Clydebank AC, with the strength of Malcolm Campbell, are strong contenders. Campbell himself is a likely winner of the junior title. Pitreavie, Cambuslang and Ayr Seaforth are likely to challenge Clydebank for medal places.

Adidas changes its approach

AFTER three years of sponsoring road races throughout the country, Adidas have withdrawn their support for events such as the popular Adidas Torsion Series.

Paul Atherton, Adidas promotions executive said, "We have done the Series for three years with no noticeable increase in our market share. Nothing is done for a product by simply naming a race after it."

Atherton continued by stressing the fact that Adidas are not withdrawing their support completely from road running.

"We have found that it is more successful to have seminars where we can tell people about the shoes and so we are at present selecting 10 races from the Hot 100 to offer a support package. We will not be the main sponsor but we will assist and hold a seminar, perhaps the night before the race." He added, "Our withdrawing from the Series has been no reflection on the local organisers or organisation. We were very pleased with that. It was just too costly an exercise for us."

Meanwhile it is believed that Kodak have also withdrawn from the popular Kodak 10K race in Glasgow.



COMPETITION



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LETTERS

Boyle must shoulder some of the blame for McKean result

Marchmont,
Edinburgh.

SIR - As a keen, if non-participating, observer of running for longer than any of the Scottish team in Auckland has been alive, I have viewed with amazement and a great deal of dismay to almost hysterical adulation heaped by all sections of the Scottish Press on Mr Tommy Boyle and his training methods.

Hopefully for the sake of Scottish athletics, this has climaxed with the reporting of the 800 metre race from Auckland, where Tom McKean had to bear the whole blame for his disappointing run while Boyle received nothing but sympathy. This cannot be just. A coach and an athlete form a partnership, and unless it is the result of some outside agency, a coach should be prepared to share the responsibility for a poor run.

Three reasons can be advanced for McKean's seventh place. These are:

1. Not race fit.
2. No tactical sense.
3. A psychological block as a result of his experience in the World Championships.

Whether the result was due to any or a combination of these, his coach in all fairness has to shoulder some of the blame.

It is quite possible that he was not race fit as his relay split does not accord with the 45.4 seconds 400m training run widely reported last summer, and this was done at a time when he was training heavily towards the World Cup. In addition, a quick survey of the British medal winners shows, almost without exception, that either they or their coaches - or both - have had the experience of integrating a good quality indoor or cross-country season into their winter's training. This is experience that Boyle most definitely lacks.

McKean has shown in many races, e.g. Europa Cups and World

Cup, that in a slow race where he knows he has the fastest finish he can not only run tactically well but even control the race. It is when these conditions are not met that he ends up in trouble.

While it is true that some runners have a greater innate tactical ability than others, it is the coach's job to see that every runner experiences as wide a spectrum of races as possible to encourage the development of this sense. This is something that did not happen in the very protected development of McKean.

Then the mental block: no matter how little one feels that Boyle is responsible directly for what happened in Auckland, he was largely responsible for what happened in Rome and the distressing aftermath in the media. By the various statements that he made, he encouraged everyone to believe that McKean was a far better runner than at that time he was.

In addition, after the Commonwealth Games and the European Championships, his training was geared almost entirely to developing McKean's already powerful kick. Unfortunately, the Rome race predictably required a very fast first 600m, something McKean had no experience of doing.

Finally, and perhaps most important of all - on the psychological front, when McKean was a developing athlete he ran almost exclusively in Scotland. It may not be much fun for a young Scottish runner to go down to England and be hammered by the more mature, harder trained athletes there, but it is invaluable experience. Winning all the time may keep an athlete in the sport, but it is losing that turns them into champions.

"Of course McKean must be to blame," I can hear the press murmur. "Look at the brilliant job Boyle has done with Yvonne Murray."

I personally feel that Murray's

LETTER OF THE MONTH

No shades of grey in BAL rules

15, Rowanhill Place,
Kilmarnock.

SIR - I read with great interest the letter written by John Lunn in your last issue concerning secondary first claim rules. I must first of all admit I am not involved in participating in league meetings at any level, and can therefore only give an opinion from a neutral and unbiased point of view.

My understanding of the present situation is that it is either a "black" or "white" case with no "grey" area. I sympathise with John Lunn when his club has to participate in league meetings against "confederations". Grass roots athletics, in my opinion, is all about turning out for the local club having attained a standard where you are selected.

On the other hand, why should an athlete who has, through sheer hard work and dedication, attained a standard higher than members of opposing clubs within the leagues, be restricted to participating only for his/her local club?

I think there must be a case for both sides, i.e. clubs and athletes. In order to prevent all the quality athletes being "poached" by the big clubs, is there not a case for these big clubs being limited to the number of secondary athletes allowed in their team at any one meeting, i.e. three athletes per club?

This would enable athletes who attain a high standard at local level to compete at a higher level (BAL), but prevent one or two clubs turning out a confederation.

This appears to be common sense, but I apologise if any information contained in the above suggestion is incorrect or covered by already existing rules. As I said, I am not conversant with all the rules.

Kenneth O'Neil

supposed improvement since she went to Boyle has, sadly, prevented Boyle and McKean from taking the long, hard and objective look at his performances in Rome and in Seoul which might well have prevented this disappointing performance in Auckland.

I am saying "supposed improvement", as even a superficial analysis of Murray's races over the past two seasons shows that she has been on a plateau since 1987, and at the moment does not even look to be as strong as then.

This is not the place to make a complete analysis of her performances, but suffice to say that indoors in 1987 she ran 2-04.02 for the 800m; 4-09.15 for the 1500m; and 8-46.06 for the 3000m, from a rough 3-03 first 1000m.

I sincerely hope that as McKean is a very talented athlete he can recover from this to develop his full potential.

My main concern is, however, the effect that the apotheosis of Boyle and his methods by the Scottish press has had on athletics in general. Following Auckland, I hope a more reasoned and objective approach is taken, and the coaches of young athletes are encouraged to remember that races are not yet won in laboratories, however helpful science may be, and to let their young runners go out and find out about themselves where it counts - in races.

Science can help, but at its best coaching will always remain "an art not a science".

J. Brown

LETTERS

Scots would win medals in kilts

Corsiehill,
Perth.

SIR - This time last year I wrote to reveal the ancient training secrets which enabled Steve Hale of Perth Strathay Harriers to win the East District Cross Country Championship.

Well, Steve repeated his success at Galashiels in January, retaining his title in some style. So, here I am again - this time ready to pass on further sensational secrets behind Steve's training schedules.

Would you believe, for instance, that his hill sessions are rumoured to be based on what we believe to be Britain's oldest event - a hill race which began 900 years ago!

It was the first occasion on which Scottish athletes were recorded to have, "vied with each other in peaceful feats of endurance", and it is said to have occurred in the days of Malcolm Canmore (1057 - 1093).

In these days, the king spent part of his summer at his royal palace near Braemar. Means of communication were slow and uncertain, and it occurred to Malcolm to establish a system of foot messengers all over the country.

Naturally he wanted a speedy service for himself, and wished to engage the fastest runners.

To enable him to do this, he summoned his subjects on Upper Deeside to meet on an appointed day to determine who were the best runners. The start line was on the mound outside Braemar Castle, and to the man who first

reached the top of Craig Choinnich, a prize - consisting of a handsome baldric (shoulder sash) and sword - was awarded.

And, unknown to any eleventh century officials of the SAAA, a purse of gold awaited the winner!

The whole populace assembled for the event, which was won on the first occasion by a fleet-footed youth called McGregor - obviously an ancestor of Donald! No times have been passed down for the 3,150ft climb to the top of Choinnich, but with the competitors dressed in bulky plaids and kilts, it is doubtful whether any of them reached Commonwealth Games standard. The race proved a popular annual event and was subsequently staged during Braemar Gatherings in the nineteenth century, before being discontinued.

Now that we have been written off as a country with any track potential by athletics "experts" in the popular press (yet again), perhaps it is time for us to re-introduce the Malcolm Canmore Memorial Chase. With kilts compulsory, the Scots would be sure to win a medal!

Norman Watson,
President,
Perth Strathay Harriers.

P.S. As usual, the real reason for my annual history lesson is to remind everyone about the North Inch Relay Race, which takes place in Perth on April 1 at 2pm. Teams of four are welcome and entry (50p each runner) is on the day.

Ewan Murray draws a blank!

21, Bruntsfield Gardens,
Edinburgh.

SIR - What a super Commonwealth Games! The colour, the spectacle, and thanks for the magic of television, being able to watch the great Liz McColgan flying the flag for Scotland, made sitting up at 4am well worth it.

I also enjoyed, as an old-timer, listening to the commentators speak of the likes of John Anderson, Mel Batty, Tommy Boyle etc, who are still having such an influence on the sport.

One name, however, that always draws a blank with me is that of Ewan Murray. I just cannot ever remember seeing him in a race or in an event. Maybe some of your readers can fill in Ewan's athletic background for me.

Keep up the good work with your excellent magazine.

Jackie Foster,
ex-Darlington Harrier,
ex-Southern Harrier,
present Edinburgh Athletic
and Scottish Veterans.

Misunderstanding at the Gallop

14/2, Montgomery Street,
Edinburgh.

SIR - Two of the most pleasing features in Scotland's Runner are the excellent comprehensive results service and your lively letters' section where athletes give their views on the Scottish running scene.

I was gratified to see in your February issue results and reports from "The Guy Fawkes Gallop" of November 5. This partly compensated for a letter published in your previous issue from one of the runners, John L. Davidson. I feel to redress the balance completely, I should comment on the points raised in Mr Davidson's letter.

I would concede that the event was very different from a large people's event. For example, 90% of entrants belonged to, or were friends of, three of Edinburgh's "friendly" clubs. The event was promoted by word of mouth and started and finished next to the rugby pitches at Raeburn Place in the Stockbridge district. Toilet facilities were available about two hundred yards from the start, adequate car parking was available and cars were being used to store gear during the race.

As Mr Davidson cites, the race start was delayed, but this was to allow some athletes from Fife time to warm up as they had been delayed on the Forth Bridge. I found it difficult to comprehend the offence Mr Davidson had been caused by the language and "unnatural insinuations" being made by athletes before the race. From where I was standing, it seemed to concern the more than ample girths of one or two of our more portly club members, and was typical of the talk in any club room on a club night nationwide.

Mr Davidson's comments on water stations and Mars Bars are particularly disappointing when one discovers that entry to the event was free. Also, he chose not to remonstrate with the race organiser, but with a well known member of an Edinburgh-based club who attends such events, megaphone in hand, lending help and support to all and sundry. Unfortunately, Mr Davidson's protestations were misinterpreted as humour, and thus at great embarrassment to all connected with the race he received a somewhat dismissive reaction.

In conclusion, as race organiser I am disappointed that Mr Davidson did not enjoy the afternoon. I would urge him, however, to continue to run and also to take part in other low key events. The Guy Fawkes Gallop was a pleasant change from a long Sunday run for most competitors. At the next one we hope to see you there!

Alistair McCallum

St Andrews race improvements

19, Greenside Court,
St Andrews,
Fife.

SIR - I know that in the past the St Andrews Fun Run and Half Marathon has not achieved the most favourable reports, due mainly to the standard of organisation.

It has been students who undertook to cope with all the associated problems, and they just did not have the knowledge or experience to handle such an event.

I can assure you that this year's run, on Sunday April 22, will see many changes. The price has been reduced from £4.50 to £4.00 to make it more competitive and better value for money. There will be medals and certificates for all finishers, and the course has been accurately measured by an SAAA official.

I can only hope that, as all profits go to charity, (namely Alwyn House, an employment rehabilitation centre for the blind), the modified approach will change the previously poor efforts to one of the most scenic and enjoyable half marathons in which to participate.

Andrew J Wicklaw,
Fun Run convener.

Archive material required relating to Scottish athletics

8, Dempster Terrace,
St Andrews,
Fife.

SIR - As far as I know, no attempt has yet been made to establish in Scotland a collection of books, magazines, photographs etc. relating to athletics, although there is an expensive collection at Birmingham University. I hope to make a modest start to such a venture by using my own collection, which is reasonably extensive, as a basis for expansion.

The intention is to set up a trust to administer the archive, so that no personal advantage would accrue to me from the acquisition of materials. I would hope to apply in due course to fund-raising bodies for help in establishing the archive, which will initially at least be based at the address above. St Andrews could in fact be considered a fitting place for an athletes archive; St Andrews University is one of the only two founding member clubs of the

SAAA which remain affiliated (the other being Edinburgh University A.C.).

I would ask readers to consider donating or lending materials of any sort to the archive, or to let me know what is on offer, so that I can arrange for collection. At present I am particularly indebted to Mr Bill Clark, a friend of the great Arthur Newton, who has recently given me among other things some manuscripts in the hand of Walter George, the famous miler whose 1886 world record stood for 35 years.

On another note, may I also ask for help from readers? I have quite recently completed a history of distance running from earliest times to the 1950's. Publishers' readers have been keen, but the book has been turned down several times by "marketing men", who believe sales would be small. I think there is a big market. Any suggestions?

Donald Macgregor.

It's time to end the double standards in amateur athletics

73, Syme Place,
Rosyth,
Fife.

SIR - Top Scots athletes Tom McKean, Brian Whittle, Tom Hanlon, Liz McColgan and Yvonne Murray have many things in common. They are all Scottish; they all compete successfully in the spotlight of world athletics and they are all dedicated athletes. They are the models that Scotland's youth aspire to emulate. They are all professional athletes paid to compete.

Trust funds only delay the payments, and by bending the rules and condoning such payments, the relevant associations are guilty of selling the "amateur" principal for the proverbial "thirty pieces of silver".

The people branded "professionals" are, in my view, the true "amateurs". They are the people who work for eight hours a day and then go out and train

because they love the sport.

I am an ex professional and have been involved with the amateur side for the last 15 years. During this time I have seen one athlete go to Thornton Games on a Saturday, win a prize and get a brown envelope with a ten pound note in it. The next day, another athlete goes to Cupar Games, (SAAA rules), win a prize and receive a brown envelope with a ten pound gift voucher, which he promptly uses to buy a pair of socks, and receives seven pounds change. Where is the difference?

Both athletes work together, train together, run at different venues, get the same reward for their efforts, yet one is called an "amateur" and one a "professional".

Is it not time to open athletics up, and end these double standards?

John Wands,
(Club Coach).

Speculation at fever pitch as Fly Fifers ask "where is Norma?"

Castlebank House,
Anstruther,
Fife.

SIR - The question that "us race promoters in Fife" are now pondering is: has Norma Crawford actually taken your tongue in cheek advice and given Fife a miss? Readers will recall that Norma of Milnathort criticised the Kirkcaldy (1988 version) and St Andrews half marathons for their high entry fees with no medals awarded at the finish. Her criticism then widened to - "the way these Fifers do it, they get your money first then tell you later..."

Here at Fife A.C., the speculation was at fever pitch as we waited to see whether Norma would enter our local events publicised in Scotland's Runner, The Courier and the Fife Herald (which covered Milnathort and Kinross). Would Norma enter the Blebocraigs "5" last May? At 50p, with a scenic run, a free supper of sandwiches, cakes, biscuits, tea/coffee galore, prizes, plus a jar of honey to every competitor - would Norma take the bait? Alas no, and so at June's "Hill of Tarvit" event we again upped our expectation. A £1 entry fee with yet another scenic course plus the usual lavish supper and prizes. The Kinross Road Runners turned out in take, but again no Norma!

At July's Newburgh "5", runners from the Dundee area plus another contingent from Kinross were attracted "en masse" for yet another scenic course, supper, prizes - all for £1. The local events continued - the Mill Lum at Kinghorn (August), concluding with the Pitmeddan Forest race just before Christmas - only a stones throw from Milnathort! No Norma!

All we ask, Norma, is, "Please give us another chance", and to that end a free entry awaits you at the registration desk (Cupar YMCS) at this years Cupar "6" on Saturday March 3. Look forward to seeing you then (and at Fife A.C.'d mid-week race series 1990)!

Graham Bennison,
Fife A.C.

Correspondence not received by Aberdeen AAC secretary

14 Burnieboozle Place,
Aberdeen.

SIR - An article in the February issue of Scotland's Runner about some road runners leaving Aberdeen AAC to form a new club contained several inaccuracies. One of which I would welcome the opportunity to correct is the following:

"Three letters were sent to Aberdeen AAC's committee, without official written response, asking for negotiations..."

This suggests that I, as club secretary failed to answer correspondence. In fact I received only one such letter and the response given was verbal. Amicable negotiations took place and agreement reached on all points, other than the request that club members should be allowed to compete in road races under some name such as Metro Aberdeen instead of Aberdeen AAC.

W. Hunter Watson,
Secretary Aberdeen AAC.

Letters for the next issue
of Scotland's Runner
should reach us by March 7



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ALLAN WELLS

AT the time of writing this article, the 1990 Commonwealth Games are almost at an end and it has to be said that our track and field team have not exactly set the heather alight!

It is easy to criticise performances, and easier still to sit by the fire and complain about people not producing the goods, but did we really expect them to do any better? Everyone was complaining about the size of the team, but in effect all that we would have produced was another few athletes who would have made the quarter finals or at best the semi-finals.

Success is still counted in terms of medals won. After all how else can you qualify success? was Brian Whittle successful in finishing fourth in the 800 metres? He beat Tom McKean, he beat Sebastian Coe and he almost won a bronze medal. In my mind he was very successful. He did all the right things and was just pipped in the race to the line. Nobody, except perhaps Brian himself, expected him to win a medal so finishing fourth was a very good result. The good thing about athletics is that it is never predictable. One would have to have a clairvoyant to predict the result of the 800 metres!

Yvonne Murray, on the other hand, was expected to win a gold medal and would have done had the Canadian not run yards faster than she had ever run in her life. So will people think that Yvonne failed because she only won a silver medal?

Compared to the last three Commonwealth Games, where Scotland have on some occasions had three representatives in the final of the 100 metres, the showing of the sprinters was poor. Did we really expect anything different? They were not showing particularly good form all summer, so it would be difficult to foresee them making the final in Auckland.

Competing in the final of a major championship can be a traumatic experience for some, while others seem to revel in the big stage atmosphere and produce their best running. I was fortunate enough to be in the second category, because to me the final was the end product of everything I had worked for over a period of time. Having



reached the final by playing down all the earlier rounds both mentally and physically everything was lifted for the final.

Too often people overplay the earlier rounds and have nothing left mentally for the final. Sometimes making the final is seen as achieving the goal, where in fact that is only the beginning. The goal is never achieved until the medal has been won.

It must be frustrating for athlete and coach alike to be a world class athlete and never win a major championship due to having the wrong mental approach. Success is always measured in terms of medals won, and an athlete must stand or fall by his record.

It will do us no good to keep thinking of what could or should have been, so let us look ahead to 1994 and how Scotland can produce a team of talented individuals capable of bringing back medals. Unfortunately most sponsors are only interested in sponsoring athletes who have already produced world class performances or in the year leading up to a major championship. Let us hope that someone has already been appointed to raise the funds necessary to send a well prepared, well kitted team to the 1994 Commonwealth Games.

Scotland is a small nation of intensely proud people, but unfortunately we are very self critical. It would not do us any harm to pat ourselves on the back once in a while and appreciate a job well done

instead of trying to find faults all the time.

We have a number of very promising junior athletes, who with the right coaching and a great deal of self-discipline and determination could make the finals and perhaps win medals at the next Commonwealth Games. These young men and women have to associate themselves with success. The losing habit is surprisingly catching! Likewise so is the winning one! The expectations of the up and coming athletes are often determined by the senior athletes ahead of them. The old saying:

"If he/she can do it then so can I," is a very good motivator.

Therefore, being associated with people is a very good motivator. Being associated with people who have won in the past can motivate others to produce better performances. If Scotland can harness the talents of their past champions to inspire the up and coming athletes then I think that the performances and morale of the whole team would improve.

Other athletes know that when it comes to the crunch the winner knows how it feels to struggle. He/she knows how it feels to lose as well as to win, but more importantly knows how it feels to stand on the line and quake with fear at the thought of losing. If it does not matter if you lose, then it does not matter if you win. Wanting to win should be so great that it almost becomes a physical thing. The ache of wanting to win is so great that to lose becomes unthinkable.

But first comes the hard work, the dedication and the talent to overcome all obstacles that appear along the way. Because believe me there will be some so big that they seem unsurmountable, but the sweet smell of success, the feeling of standing on top of the rostrum with everybody standing for the anthem of your country is one that you will savour for the rest of your life.



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— WOMEN — — in SPORT —

I WAS standing outside the dentist's waiting room talking to the receptionist. My eldest put his head round the door and quickly shut it. "Mum! Mum! Chris Woods is in there!"

"Don't be daft, I said, walking into the waiting room where Chris Woods was sitting reading *Scorcher* and *Score*. (O.K. He wasn't *really* reading *Scorcher* and *Score*.)

He obliged with an autograph which I would duly present to my husband, just to annoy him, seeing as how he is a Jambo and has indoctrinated Calum to such an extent that at the age of six he'll come in from a Hearts match, flashing his Hearts crisp bag, take off his Hearts tracksuit, have a wash with his Hearts soap before putting on his Hearts pyjamas, tucking in his Hearts teddy and saying "goodnight" to his Hearts team on his wall.

There you are, I said to my children by way of encouragement. "Even Rangers goalies have to go to the dentist." And that brings me round to the point of all this.

I know I quote from Frank Dick quite a lot in this column, but he did hand out very good advice during his time as national coach for Scotland, and one piece of advice was that sportswomen should attend the dentist regularly because one thing guaranteed to cause a below par performance is troublesome wallies, so always make sure you attend the dentist regularly.

Up until New Year's Day I thought I must be the only over-30 mother of three and ex-400 metres hurdler in Scotland wearing a brace on her teeth (the national health service being as it is means waiting years for an operation). Journalist Sandy Sutherland invited us round to his house and there was his wife Liz, an ex-400 metre hurdler, but amazingly, and I suppose quite sadly, still the national record holder, over 30 (!) and mother of three, sporting a brace on her teeth. It gave me a boost to realise I was not alone in my predicament having, as my husband so delicately puts it "a girder gob".

And how did we bump into Sandy Sutherland on New Year's Day? Well let me approach the subject by asking the question: "What were you doing on New Year's morning?" Recovering from a late night, or was it an early morning? I found myself building sand castles at Edinburgh's

By Fiona Macaulay

Portobello with my three children, watching the horses galloping along the beach, making rafts, and handing out cups of hot chocolate, waiting eagerly to give Daddy a yell as he ran passed along the prom, taking part in the Portobello Promenade four mile race. What a great way to kick off the New Year, either in the big race, or the fun run. I made up my mind that next year I'd drag my mum down to Portobello to do the sand castle building while I take part in the fun run anyway, if not the four miler.

My husband made a very interesting remark the week leading up to that race. If Yvonne Murray was going to be running he probably would not have entered, knowing that the chances were she might beat him. A defeatist attitude? Well perhaps, but as it turned out Yvonne probably would not have been able to run as fast as he did, as he surpassed his target by quite a bit.

I think, however, the attitude of men not wanting to be beaten by women is understandable, especially in the case where the cause is not rampant chauvinism, but rather an athlete taking stock of his running ability. When you have been a good athlete, but are now entering the twilight years of your athletic career, or you are back after a long enforced lay off, it must be difficult to accept that the top women are going to run faster. Still, if men are intent on running past their time as top competitive athletes, being beaten by women must be something they get used to and accept - or is it?

IT was pitch black outside, the rain was pelting down, the wind was blowing up a storm, but I ran for three miles in the light, remained perfectly dry and did not have a hair out of place when I finished. The latest Paul Daniels trick? No, and I did like it, and a lot, and now I'm totally obsessed with it. Aren't power-jog machines brilliant?

I am not an even paced runner and tend to get distracted by various things

very easily, like wondering why all the cows in the field I am just passing all facing the same way, pulling my sweat-top further down over my expansive rear end when I hear a car approaching from behind, and trying to calculate things like if I did a couple of thirty second fast bits, will I have enough energy left to clamber over the wall near my home, never mind make it to the top of the hill?

Having used this machine that tells you how far and how long you have been running and the kilometres per hour, I found it gave me a lot of confidence to go that bit faster the next time I was out on the roads.

The route on a power-jog machine is not exactly scenic, but it is interesting seeing how fast you can actually make yourself run. It's when you feel yourself that you were perhaps overdoing it a bit. I've just thought of an excellent way of exercising the dog without having to endure the prevailing weather conditions...

WELL, don't I feel silly. A couple of articles ago I gave a good slagging to those horrendous putrid coloured leggings I've seen romping around Meadowbank. And what did Santa give me? A pair of fluorescent lime green leggings with what looks like a Manhattan skyline printed on them and lots of little chubby aeroplanes bearing prickles and the legend "Cactus Airways".

They might look singularly hideous, but by jings whatever they're made of, they aren't half comfy. After what I said, however, I feel I can't really wear them for training - no doubt my training partner of the patchy jersey and baggy bottoms would disown me.

Ach, maybe I'll just eat my words because they do look really fetching with the ski hat Santa also delivered that sports the biggest pom-pom you have ever seen. When the pom-pom bobs over to the left your whole head goes with it so you look like your running along in some sort of spasm. So you'll recognise me, thus attired, if I'm out for a run, and if you don't like the column you can always say you like the tights rather than hang out of your juggernaut cabin and bawl: "Hey, you wearing them for a bet doll?"

COACHING • CLINIC •

By Derek Parker

BRIEFLY defined, the word "tactics" means purposeful procedure. In athletics, the term refers to the race ploy used by an athlete to get the best possible result.

Different athletes aspire to different competitive goals. The elite few will aim for national titles and records. The majority will simply hope to improve on personal best times or to achieve higher placings in events which they have previously competed in. Whatever objectives an athlete has, the correct tactics will fulfil an important role.

However, to maximise his or her tactical skills and effectively implement an intelligent race plan, the athlete must be physically fit and in a finely-tuned state of mental readiness. Tactics can never replace fitness, but they provide a plan of action which gives the athlete objectivity and a sense of purpose before and during the race. By studying tactics, the competitor also develops greater self-awareness and can identify the strengths and weaknesses of opponents.

It is inconceivable for any serious athlete to embark on a race without having devised some plan of action. Anyone who enters a competition with the words, "I shall wait and see what happens then hope for the best", is displaying a complete lack of purpose and confidence.

Obviously no one can predict exactly what will ensue once the starter's gun gets the event under way. He or she would have to be able to read their opponents' minds to prophesy precisely what is going to happen next, but tactical approach based on experience as well as sound physiological and psychological principles can help to shape the eventual outcome. Tactics influence events - they also enable an opportunistic competitor to take full advantage of unexpected occurrences.

The 800 metres final at the Moscow Olympic Games provides a graphic illustration. Steve Ovett, the ultimate winner, ran a tactically-correct race by getting into the leading group in the early stages and avoiding the melee at the back of the field. Sebastian Coe, despite all his vast experience, started off slower, got caught up in the confusion, and allowed himself to be hopelessly boxed-in at a crucial stage in the race. By the time Coe extricated himself, his great rival had exploited the chaos to the full and gained a decisive lead which enabled him to win an unexpected gold medal.

The list of tactical options is virtually endless and much will depend on the race objective, the weather, the terrain, and an accurate appraisal of the athlete's fitness at the time of competition. Within that framework the runner must still be flexible in his or her race strategy. It can be a mistake to stereo-type ones-self into adopting the same tactics on every outing. Intelligent opponents quickly latch onto your plan and soon find methods of minimising your strong points and exploiting your weaknesses. The well-trained, mentally-tough competitor who

can vary his or her tactics and can surprise rivals when they are at their most vulnerable will be a difficult man or woman to beat.

Basically there are two approaches to racing. The athlete can be aiming for 1, a major placing in the event; or 2, a fast time. Obviously, there is some degree of overlap and there are occasions when athletes can win major championships in record times. However, a review of the middle and long-distance events at the Olympic, European, and Commonwealth Games proves conclusively that most medal-winners gain their prizes with performances out with their personal bests. So the race objective is an important factor in moulding competition tactics.

Taking the matter a stage further, there are basically two types of athlete; the one who likes to lead from the front and the one who prefers to tuck in behind a group of runners before making his or her move. But here, too there is overlap as the follower, will become the front-runner when he or she takes the lead. Conversely, there will be times when an athlete regarded as a front-runner will be content to remain among the pack, especially in the early stages of a longer race or when travelling into a strong wind.

More specifically, the calibre of the opposition can determine whether front-running or waiting tactics should be employed. A 5000/10,000 metres specialist may for example, have a fast enough finish to win races with a speedy last lap or 200 metres against opponents not renowned for their sprinting ability. However, if the same athlete steps down to a 1500 metres race, he will have to abandon his "waiting" tactics and be prepared to lead for most of the way over the shorter distance. Otherwise, he will be "gobbled up" by rivals with superior finishing ability.

There are times too, when the natural front-runner may have to forsake his or her usual leading tactics and be prepared to play the "waiting game". Examples which spring to mind are when a rival sets too fast a pace at the start of the race, or when it is safer to hang back in the early stages to avoid the initial stampede when the event gets under way.

Matters are much simpler if your race objective is to record a specific time e.g. a personal best or a championship qualifying time. Assuming weather and track or road conditions are favourable, your prime tactic will be to run your own race and not pay too much attention to the opposition. Irrespective of whether you are competing in 800 metres or marathon events, you will have worked out your "split" times for each section of the race and will adhere to them as closely as possible.

In longer events such as the 5000 metres, 10,000 metres, and marathon the athlete aiming

to achieve a "time" target must endeavour to maintain as even a pace as possible. It is absolutely pointless to be well up with a much faster group of athletes than yourself in the earlier stages if you are going to grind to a virtual standstill later on. You must concentrate solely on your own performances when aspiring to complete the distance in a certain time, and not let yourself be distracted by competitors who are faster or slower than yourself.

Physiologically, even pace is reckoned to be the most economical in terms of energy expenditure in races of 5000 metres and upwards. Thus, an athlete hoping for a time of 14-35 seconds for 5K would be looking for 12.5 laps each at 70 seconds to attain that target. In training this "time tactic" would be practised by sessions such as 12 x 400 metres in 70 seconds with 20 to 30 seconds recovery; or 6 x 800 metres in 2-20, with 45 to 60 seconds recovery; or 5 x 1000 metres in 2-55, with 60 to 90 seconds recovery.

Tactical considerations in aiming for a personal best time must also take account of the physiological requirements of specific race distances. Even paced running is generally the key to the longer events because they are mainly aerobic i.e. the oxygen requirements do not exceed the oxygen intake from breathed-in air. If the athlete runs too fast in to the early stages, the oxygen intake and its subsequent uptake will not be sufficient to satisfy the energy requirements. This will create an oxygen debt which will lead to the gradual accumulation of waste products such as lactic acid in the muscles. It will cause the athlete to become progressively slower and possibly even prevent him or her from finishing the race.

So, to minimise the effects of this physiologically - debilitating situation, the athlete in longer-distance events must aim for even paced running. (Note: Even-paced running does not imply running at an even effort. The athlete should be aware that, as a result of accumulating fatigue, he or she will have to put in more effort in the later stages of a race to maintain an even pace).

The need for a physiological understanding of each event is also apparent in the 800 metres. An athlete aiming at 1-50 for the distance should be aware he is running the equivalent of 2 x 400 metres in 55 seconds with no recovery. So, he must first be confident he has the basic speed to achieve his target (in this instance he would have to be able to run a straight 400 metres in less than 50 seconds).

Secondly, he should be aware that the 800 metres is an anaerobic event i.e. the athlete cannot breathe in sufficient oxygen to meet the physiological requirements so he must 1, be able to utilise oxygen already stored in his body, and 2, be capable of withstanding, as far as possible, the consequences of oxygen debt such as the accumulation of high quantities of lactic acid. Thirdly, he must take into account the fact that it is essential to obtain a good

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position early on in an 800 metres event to avoid getting hopelessly boxed-in or being left away at the back of the field with a huge deficit to make up. So for tactical reasons and for physiological purposes (eg. the need to utilise to best advantage the stored sources of oxygen in his body), the most efficient method of approaching the 800 metres is to run the first lap approximately two seconds faster than the second. Thus our aspiring 1 minute 50 seconds man would go through the first half of the race in around 54 seconds and the second half in around 56 seconds.

It is worthwhile remembering that in primarily aerobic events eg. 5K, 10K, and marathon, the key to a fast time is even-paced running while in primarily anaerobic events eg. 400 and 800 metres the optimum method is to run the first half of the race faster than the second.

Let us now move on from "time tactics" to "result tactics". This latter description refers to the strategy which an athlete uses to win or achieve a high placing in a competition. Front-running was mentioned earlier in this article. The front-runner is the man or woman who has

no qualms about being in the lead or attempting to impose his or her personality on a race. He or she will endeavour to break contact with all, or as many as possible, rivals by setting a hard, sustained pace - or by injecting surges at various points in the competition. The successful front-runner will be mentally as well as physically tough because the objective will be to convince opponents of one's own superiority and fitness, and to make them feel more tired than they actually are. To do this effectively the front-runner will require the ability to push himself or herself to the limits of endurance because the tactic is most advantageous when applied at a stage of the race when everyone, including the front-runner, is tired.

Those of us old enough to remember the 1960 Olympic Games in Rome recall that incredible 5000 metres when New Zealander Murray Halberg sprinted into a 12-yard lead with three laps to go. Virtually everyone thought he was mad or had miscounted the laps, but it was all part of a deliberate plan. Halberg broke contact at a point when everyone was tired and just content to hang on the pace as far as possible before making their sprint for

home. With one lap to go, his rivals had come out of their stupor and were closing the gap, but it was too late and courage and bravery had triumphed.

"My whole body screamed to stop, to lie down, but only for an instant", said Halberg in his autobiography. ("A clean pair of heels", Garth Gilmour 1963).

"It was this race or none. The hours and hours I put into training flashed through my mind. It was my destiny to win, not to quit. Only 300 metres to go and from somewhere the strength returned to my aching body. Two hundred to go and I knew I could not be caught. I threw in that last reserve of energy that always seemed to be there. I reached the tape, relaxed completely, and hit the deck".

The rest of the story is history. Murray Halberg, the athlete with the withered arm was the Olympic 5000 metres champion. Not just because he used a clever or astute tactic, but also because he had the courage, self-belief, and supreme desire to put his strategy into action irrespective of the high mental and physical stress levels accompanying the effort.

Nowadays it is very seldom that a front-

runner can expect to open up a gap on rivals until at least the halfway stage. Modern training methods have made races far more competitive and evenly-matched than those of 30 years ago when resolute competitors such as Vladimir Kuts, Emil Zatopek, and Jim Peters could lead for most of the way and win primarily because they trained harder and more frequently than their contemporaries. So unless an athlete is much fitter than his or her opponents it is advisable to sit in with the bunch early on and maintain a good even pace until the point is reached where a "break" can be attempted. For Halberg at Rome that point was with three laps to go. For Australia's Herb Elliott in the 1500 metres at the same Olympic Games it was with 700 metres to go. And for Britain's Brendan Foster in the 5000 metres final at the European Championships in Rome, 1974, it was during the eighth lap when he injected a 400 metres surge in around 60 seconds followed by a fast, sustained tempo.

However, there are some notable examples of highly-talented, courageous athletes leading from start to finish in major events, notably Filbert Bayi in winning the 1500 metres at the 1974 Commonwealth Games and Mary Slaney triumphing in the 3000 metres at the 1983 World Championships.

The other tactical approach to racing is that of the "waiter". The athlete who adopts this strategy endeavours to remain in contact with the leader, shadowing his every move, then relying on a sprint finish to gain victory.

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The faster the overall pace, the longer the waiter will have to delay before unleashing his or her finishing kick. This is particularly applicable in fast 800 metres races where medals are invariably won or lost in the final few strides. If, on the other hand, the early pace has been slow, the athlete can make a long surge for home, comparable to the tactics of Lasse Viren of Finland whose four Olympic gold medals in the 5000 and 10,000 metres owed much to his ability to produce a very fast final 800 metres.

If the tactic of the front-runner is to bluff the waiter into thinking that he, the leader, is capable of sustaining a fast, even pace all the way, then the ploy of the waiter is to convince the front-runner that he, the waiter, has the ability to stay with that pace. The contest is not just being decided on the physical plane, it is also a battle of wits and wills which can only be resolved when one of the protagonists decides that he or she must give way to the real or imagined superiority of a rival.

Irrespective of whether one is a front-runner or a waiter, the break must be totally decisive when it is made. It is quite pointless and even self-defeating to make a half-hearted attempt at opening up a gap then slowing down once you have taken the lead. The athletes following will realise you have made your move too early, and the spectacle of you slowing down ahead will inspire them into speeding up and overhauling you.

The break (i.e. the point in the race where an athlete opens up a gap on his or her opponents

in an attempt to break contact) can be sudden or gradual. A sudden break is where the runner rapidly sprints away from the rest of the field and endeavours to remain in front until the finish. A gradual break is where the athlete steadily increases the gap, straight by straight and lap by lap, in an attempt to shake off everyone in his or her slipstream.

There must be no indecision once you have made your move. The athlete who initiates the break is throwing down the gauntlet to his or her rivals. Once you have made your run for home, you must sustain it all the way and not ease up until you have crossed the finishing line.

I would like to conclude by mentioning two outstanding examples from athletics history of how tactics, physical fitness, mental toughness, and intelligent race-appraisal paved the way to memorable victories.

At the 1962 European 5000 metres championship in Belgrade, Bruce Tulloh went into the race with three options. These were 1, if Olympic Champion Bolotnikov of the USSR set a fast pace, Tulloh would just try to hang on; 2, if Bolotnikov did not make a break then Tulloh would have to watch out for someone else attempting to surprise the field by taking an unexpected lead; 3, if no one else had done anything decisive with 800 metres to go Tulloh would then make the break himself as he did not want to risk leaving everything to a final lap sprint. In his book, "Tulloh on Running", Bruce describes the final outcome: "As it turned out, the third plan worked without the front running expected of Bolotnikov, and no one else seemed to have much idea of what to do. I took off on the back straight of the eleventh lap and won easily from Zimny and Bolotnikov".

The other example of shrewd tactical manoeuvring comes from the famous Vancouver mile at the 1954 Commonwealth Games when Dr Roger Bannister confronted his great rival, John Landy. Three weeks before the event, Bannister deliberately held back for the first three laps of the British mile championship then sprinted the last 440 yards in what was considered then the very fast time of 53.8 seconds. Bannister wanted to convince his Australian rival that he was capable of an impressive sprint finish.

Landy obviously got word of Bannister's performances because when the Vancouver mile got under way he stormed out into the front and went through the first 880 yards in 1-57.2 which was too fast for either runner. Aware that his ploy had worked and he had fooled Landy into running too fast too soon, Bannister remained in mental contact even although he was 15 metres behind at the halfway mark. The race tactic was going exactly as planned. Then, step by step, yard by yard, Bannister steadily closed the gap and pulled his great rival in overtaking the Australian in the final straight and sweeping past him to a historic victory. It was a notable example of triumph having its origins in physical fitness, mental indomitability, and sound tactical planning and race rehearsal. More than three decades later, its thoroughness and efficiency still sets the pattern for today's ambitious competitive runners.

SCHEDULES FOR ALL STANDARDS OF RUNNERS

EXPERIENCED

Week One

Sunday: 90-120 minutes cross-country.
Monday: 75-90 mins fartlek inc. 30 secs fast (15 secs jog) + 60 secs fast (30 secs jog) + 2 minutes fast (60 secs jog) + 30 secs fast (3 mins jog) x 4 sets.
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 3 x 1600 metres at 5K pace (90-120 secs. recovery).
Friday: 30 minutes easy.
Saturday: 12 to 15 miles steady.
Morning runs of 20 to 30 minutes' duration will assist recovery and provide additional mileage.

Week Two

Sunday: As week one.
Monday: 75-90 mins fartlek inc. 60 secs fast (30 secs jog) 30 secs fast (30 secs jog) 60 secs fast (60 secs jog) + 2 mins fast (30 secs jog) 30 secs fast (30 secs jog) 2 mins fast (2 mins jog) + 3 mins fast (30 secs jog) 30 secs fast (30 secs jog) 3 mins fast (3 mins jog) + 2 mins fast (30 secs jog) 30 secs fast (30 secs jog) 2 mins fast (2 mins jog) + 60 secs full effort.
Tuesday: As week one.

Wednesday: 10 miles steady inc. 15 mins uphill/downhill on 150 metres slope.
Thursday: 5 x 1000 metres at 5K pace (75 to 90 secs recovery).
Friday: As week one.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week one.

Week Three

Sunday: As week one.
Monday: 75-90 mins fartlek inc. 1 min. fast (30 secs jog) 2 min. fast (1 min. jog) 3 min. fast (3 min. jog) x 3 sets + 6 x 10 secs stride/10 secs at 85% to 95% effort/10 secs full effort (1 min. between sets).
Tuesday: As week one.
Wednesday: 10 miles steady inc. hills.
Thursday: 6 x 800 metres (45 to 60 secs. recovery) at 5K pace.
Friday: As week one.
Saturday: 12 to 15 miles steady.
Morning runs as week one.

Week Four

Sunday: As week one.
Monday: 75-90 mins fartlek inc. 30 secs. fast (15 secs jog) 45 secs fast (25 secs jog) 60 secs fast (30 secs jog) 60 secs fast (30 secs jog) 45 secs fast (25 secs jog) 30 secs fast (3 mins jog) x 4 sets.
Tuesday: As week one.

Wednesday: 10 miles steady inc. 10 x 150 metres uphill/downhill.
Thursday: 16 x 300 metres at 5K pace (20 to 30 secs. recovery).
Friday: As week one.
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week one.

CLUB ATHLETES

Week One

Sunday: 75-120 mins. cross-country.
Monday: 75-90 mins fartlek inc. 10 x 60 secs fast (2 mins and 1 min. recovery jog).
Tuesday: 30 mins steady.
Wednesday: 8 miles steady with hills.
Thursday: 3 x 1600 metres at 5K pace (2 to 3 mins. recovery).
Friday: Rest or 20 to 30 mins easy.
Saturday: 8 to 10 miles steady.
Morning run, if done, should be restricted to 20 to 30 minutes' easy jogging two to three times per week to assist recovery.

Week Two

Sunday: As week one.
Monday: 30 secs fast (30 secs jog) 15 secs fast (15 secs jog) 30 secs fast (2 mins jog) x 10 sets.

Tuesday and Friday: As week one.
Wednesday: 6 to 8 miles steady inc. 10 mins. running up/down 150 metres hill.
Thursday: 5 x 1000 metres at 5K pace (90 to 120 secs recovery).
Saturday: Race or 8 to 10 miles steady.
Morning runs as week one.

Week Three

Sunday: As week one.
Monday: 75-90 mins fartlek inc. 12 x 45 secs fast (75 secs. jog recovery).
Tuesday and Friday: As week one.
Wednesday: 8 miles steady with hills.
Thursday: 6 x 800 metres at 5K pace (60 to 75 secs. recovery).
Saturday: 8 to 10 miles steady.
Morning runs as week one.

Week Four

Sunday: As week one.
Monday: 75-90 mins. fartlek inc. 20 x 30 secs. fast (60-45-30 secs. jog recovery).
Tuesday and Friday: As week one.
Wednesday: 8 miles steady inc. 8 x 150 metres uphill/downhill.
Thursday: 16 x 300 metres at 5K pace (30 to 45 secs. recovery).
Saturday: Race or 8 to 10 miles steady.
Morning runs as Week one.



The front runner, Adrian Callan, concentrating on his race plan.

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club PROFILE

GIFFNOCK NORTH AAC

IN 1983, half a dozen members of the large social/sports club at Giffnock North Amateur Athletic Club found they had a common goal, to run in the Glasgow Marathon. Using the Northholm clubhouse as a base each Sunday, they set out on the long training runs that were necessary if the objective was to be achieved.

In October that year, in the course of enjoying that other common goal - sinking a few pints - and buoyed by the euphoria of having successfully tackled the ultimate challenge, the get together soon evolved in to an impromptu agm. The president found that in five minutes he had been absent at the toilet, he had been nominated and voted into office, while Frank Gaughan was unanimously voted treasurer as he was the only one who knew to a penny the change from a round of drinks.

This agm was the revival of the AAC in the club's title, which had been dormant since the fifties. The objectives of the club, at the same time, were simply to assist members to train for halves and marathons

**CHARLIE McKIE reports on the
club that was born to run in the
Glasgow Marathon.**

and to encourage people to join us at Giffnock North to jog or run. The message was also simple: "It's never too late to start."

The Northholm licensed premises, with dressing room facilities which already catered for a variety of sports and pursuits, were ideal for a running section to flourish. The camaraderie kindled on these long Sunday runs had developed into a welcoming type atmosphere for those wishing to run. President George Greenlees chaired monthly meetings of the committee, where, between the odd drink, tea and cakes, the guidelines for the section's shape and direction were laid. The occasional "greetin' meeting", unminuted of course, allowed the members

to influence any matters relevant.

At this time, 1984, individual objectives were geared to improving PB's but thoughts of the club's own identity were crystallising and the committee were giving thought to the design of the running vest in colours of the parent body. The amber vest with the royal blue band was agreed and the colours lodged with the governing bodies.

The membership had increased to around 30, but with only one lady in regular attendance. Anne Richard's personal crusade to show the fairer sex were the equal of the men in distance running was the foundation stone of Giffnock North's very successful women's section.

Through 1984/5 there were few changes in the committee, with Frank Gaughan, Charlie McKie and Graeme Dickson continuing in office.

The 1985 agm saw Hugh Kelly elected as president. It soon became clear that Hugh's natural enthusiasm, coupled with the qualities which make him a successful



GIFFNOCK NORTH AAC

businessman, would be sufficient to inspire the members to attain the ambitions he had for the club.

The club quickly became affiliated to the SCCU, and members were encouraged to compete in not just the "people's" events but also in the district, county and national events under both SAAA and SCCU rules. For the club to progress it was recognised



Club treasurer Graeme Dickson.

that a structure was required, the two main supports of which were coaching and a youth policy (at the same time the age of members had the youths as over thirties).

Two members, George Darroch and Billy Glasgow, were interested in taking coaching courses and with the club's backing proceeded to do so, soon followed by Andy Meldrum and Frank McCrossan. The club sessions took on a new look with time trials, fartlek, track work, and stamina sessions being introduced. Improvement in individual and group performances was the result of these new coaching techniques.

As the future of any club lies with its younger members, positive steps were taken in Eastwood District to attract children to GN, where the coaches are keen to work with and develop young athletes. Response to this initiative has been limited, but our efforts are geared to recruiting interested children for the coaches to work with either at Northolm, Crownpoint or the Kelvin Hall.

Through the continuing increase in membership and with the ever present enthusiasm the amber and blue vests turn up at events everywhere and in significant numbers. This is highlighted by Giffnock North fielding four teams in the 1989 - eight man Alloa to Bishopbriggs vets relay, when some long established clubs struggled to be represented. Individually,



Brian Nolan (2794) and Alan Wylie (393).

our top men have some way to go, but we were delighted with Gerry McIntosh's 16th in the 1989 great Scottish Run, and both young Brian Thomas and new arrival Phil Tottle have the potential to be exceptional.

Although our women's section was relatively small in numbers, it was big in headlines. Anne Richards won many vets prizes including the Ipswich Half Marathon, in successive years: Kate Chapman through 1986/87 won a string of events from 5k to half and but for a back injury, which kept her out of the last two counting races, would have finished even higher than her third place in both seniors and vets tables, which were administered by Scotland's Runner.

Anne and Kate's success was instrumental in the influx of women which had resulted in the current membership of 40, including those prolific winners Julie Armstrong and Renee Murray. Amongst Julie's significant victories were the 1988 Falkirk Half Marathon, 1989 Ayr Half and a second to Lynn Harding in a track 10,000 metres in 1989.

These resulted in Julie representing Scotland in a cross country inter-league match at Halifax in 1989, whilst Renee's successes, particularly in the veteran's category, were rewarded with an invite to represent Scotland in an international veteran's match in Bradford in 1989.

Such has been the improvement in our women's performance that the team prize at Luddon, and the inaugural vets team prize at the national cross country, both in 1989, were won. These successes caused the established clubs to acknowledge that a new force had arrived in women's athletics.

By 1988 Giffnock North were ready to put something back into athletics and with considerable involvement in district committees, the club's request to stage the Renfrewshire 5 mile Road Race was approved. This was seen as recognition of the rapid progress made by the club in a few short years.

The membership applied themselves to the tasks of course marking, stewarding, administration and organisation, and were rewarded with a successful event. Success breeds success, and another road race was staged for women in late 1988 which gave us more experience.

In an effort to further promote women's athletics, our request to stage a district meeting was granted and in November 1989, at Rouken Glen, all the planning and team work necessary to stage five races for 450 athletes came together. Feedback from the runners complimented the course organisation, and the "freebie"

GIFFNOCK NORTH AAC

fruit from our sponsor was also well received.

Giffnock North is, however, about more than running. It's about people and in keeping with the "family" atmosphere, two annual races are nominated for a day out. The club subsidises the coach hire and the common denominators of "fun", "fatigue", and "for god's sake where's the raffle money!" allied to the bingo, quizzes and winning of "mega" prizes make for enjoyable and popular trips - Millport's tourist statistics were shattered when 120 family and friends went across the water for the 10 Mile Round Cumbrae Race.

Socially, the members let their hair down at the annual dance, and annual dinner/disco and a Xmas get together with - exchange of a gift, following a club handicap run. They might occasionally also take a refreshment after training on a Thursday, until the barman throws them out. Trophies to reward achievement are presented for first woman and man in the Glasgow Marathon/Great Scottish: the handicap winner in the same race; enthusiasm and support of others; the most consistent performer representing the club. More recently, a men's and women's championship was instituted.

Since 1984, the feature of Giffnock



Club president Frank McCann

North which we are all proud of is the commitment and effort of the members in raising funds for our adopted charity, the Association of Parents and Friends of Spastics.

What started as a 48 hour non stop relay around a Giffnock road circuit and can collection in aid of Ethiopia, has been refined to an exercise in public relations, organising runners and collectors to raise as much money as possible for the association. Our efforts have resulted in £18,600 being donated, some of which has assisted the residence to take possession of a new specially adapted coach.

At the 1989 agm, after Hugh's successful term of office, Frank McCann was elected president. Frank is happy to report that the warm welcome he received on joining the club five years ago is still extended to newcomers. For the future he is keen to have the young athletes section established, and for Giffnock North's stature in athletics to merit an invite to the Edinburgh to Glasgow Relay.

Since those long runs in 1983, the amber and blue vest has been worn in events all over the world. If our progress is regarded as significant, credit is due to the members, past and present, and to the motto: "It's never too late to start."



1989 inaugural women's National Vets Cross Country Champions. Left to right: Kate Chapman, Anne Richards, Renee Murray.

IMPRESSIONS FROM AUCKLAND

A BUSTLING active, restless city with roads and streets as full of traffic as the Edinburgh to Glasgow motorway. Crowds of pedestrians as thick as Saturday morning on Princes Street. The difference? Brilliant, burning sunshine, its scorching power eased only by winds as blustery as any to be found in Scottish cities.

A difference in the people too - not only by their scant dress, but by the colour of their skin. The natural mahogany of the Maoris, a range of white, pink and chestnut on Kiwis and British, with the occasional dark-skinned African or Polynesian competitor and supporter from the Caribbean, the Pacific Islands or from Africa itself.

Set halfway between downtown Auckland to the north, and the international airport at Mangere to the south, is Mount Smart Stadium, which, with the covered stand, seats some 35,000 people, and includes an area reserved during the Games for a large choir and orchestra.

The stadium, our "home" for six days of athletics competition, as well as for the fantastically colourful and inspiring tableaux of the opening ceremony, could resemble a seething oven or an aircraft factory's windtunnel - sometimes at one and the same time. On one day we were sitting in the stand, feeling quite chilled even with warm tracksuits on, while opposite to us in the open stands our friends were turning lobster-pink and worrying that they might develop sunstroke!

Action was generally so brisk, and event integrated with event, that recording notes and results was virtually impossible. My reporting activities became therefore rather half-hearted - I was enjoying myself too much and impressions, rather jumbled and

often abbreviated, are what I came away with. Hard facts had to be gleaned either from others, with different interests, or from the full results to be found in the next day's New Zealand Herald.

Impressions? Well, with hearts and minds set upon Scottish victories one of the outstanding ones had to be Yvonne Murray's brave, doomed run to lose the 3,000m gold to Angela Chalmers. One had to applaud the Canadian's win - it was just what we had hoped to see Yvonne do, but on the day there was no doubt about who had the stronger finish.

Joy came later, however, when we saw Liz McColgan turn on the power, just when it looked as though Jill Hunter might have the strength to hold her off - or even pull away. Tom Hanlon's lap or two of glory were good to see and cheer, although having heard of his indifferent health prior to coming out, and his consequent lack of hard training, the subsequent fade was disappointing but not unexpected. Nothing, however, can take away from the glorious style and power of the two Kenyans. Kariuka and Kipkembo were quite definitely "poetry in motion".

Thinking of Kenya takes me to John Ngugi and the strange occurrences in the 5,000m where, on the bend that saw a number of falls, he and Jack Buckner ended in a heap on the ground. That it was Ngugi was not clear at first, and I was astonished at the speed with which this Kenyan picked himself up and "belted" - no other word for it - round the track in pursuit of the main group. To catch them so quickly was a feat, but he pulled up with leaders.

It didn't stop there either. On he went, a good five or more metres clear of the field, away from all risks. Then realisation came, and it was obviously John Ngugi, and a John Ngugi who was fizzing mad and still full of running.

Looking at the rest of the field there were two who followed him at a respectful distance, Mark Rowlands and Paul Williams. About a quarter lap behind was a bunch of four runners who were plugging along steadily together. Lap followed lap in much the same fashion and then with some three or four laps to go, a ripple of excitement spread through the crowd. Gaps were being closed and the four, which included Kiwi Kerry Rodger, were making definite inroads on the leaders, while those

immediately behind Ngugi were beginning to spread out.

Excitement mounted - I could hardly take my eyes off the four. At the bell, they were on the heels of Rowlands and Williams and in the back straight, past they went, still some 20 metres or so behind Ngugi. Suddenly they were sprinting - to some effect - with Ngugi sailing majestically up the home straight.

It was then that a small figure in gold and green seemed to take off for a second or third place. He just kept on going, gaining and gaining on Ngugi, up to Ngugi's heels. Ngugi seemed unaware of his presence - level with his shoulder - then two metres out he just flung himself over the line into the gold medal position.

Andrew Lloyd? Who? Andrew Lloyd! Sorry, I've never heard of him!

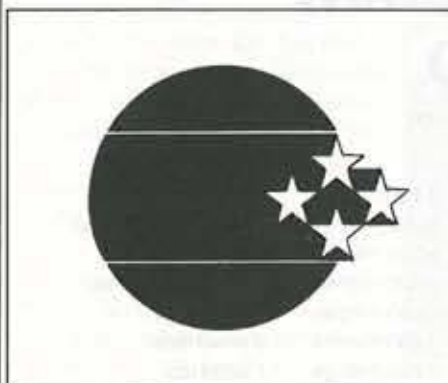
Those Aussies are no respecter of persons. Fancy treating the great Ngugi like that. It was impossible not to feel sorry for the great Kenyan runner - it was rather like being unexpectedly attacked by a determined bluebottle who should have been swatted away. But what guts, what spirit, what sprint power from the Australian. I hope that we will see him again - over here. And what a brilliant bronze for Ian Hamer!

At the opposite end of the scale of excitement and admiration comes the men's 800m, one of the biggest shambles of a race I have seen despite it being graced by an extremely talented field. The only bright spot was the patently obvious delight of England's Mark Yates, a third and much debated choice for this race who wisely kept clear of any trouble at the finish and snatched a well-deserved bronze from the ashes of British disaster.

And even then, the tumbles had not

finished. In the 1500m my sympathies, like those of the predominantly Kiwi crowd, were with their (ageing!) hero John Walker, such a persistent and popular competitor for two decades, when he unceremoniously stretched on the ground with Australia's Pat Scammel. His chance of pulling out a bronze, especially in the absence of the unfit Seb Coe, was left spread on the track.

Scotland's hopes of making a good haul of medals pretty well disappeared with the 800m, although a brave and determined effort in the 4 x 400m relay produced an unexpected silver medal. While I don't like taking away any glory from the team, the absence of England and Australia must have greatly improved their chances.



Any team which still had Kriss Akabusi in it would basically be strong - a hard man to beat as he proved in the low hurdles where his 48.89 indicated the potentiality of a very fast 400m relay leg.

Of Scotland's non-medal winners, special mention must be made of Nicola Emblem's fifth place in the women's javelin. Forgetting the fact that she had beaten an out-of-form Fatima Whitbread in Australia before coming to Auckland, her best throw of four centimetres under 57m in the Games was only 8m short of Tessa Sanderson's winning throw on the day.

To my mind, she not only thoroughly justified her late selection but I am sure that she will have gained tremendously from the experience. No doubt she caused Scotland's national coach to smile with pride and a sense of justification, since his protege has continued to develop as he believed she would a few years ago.

While thinking of javelin throwers, it is impossible not to mention English throwers Mike Hill and Steve Backley who were a

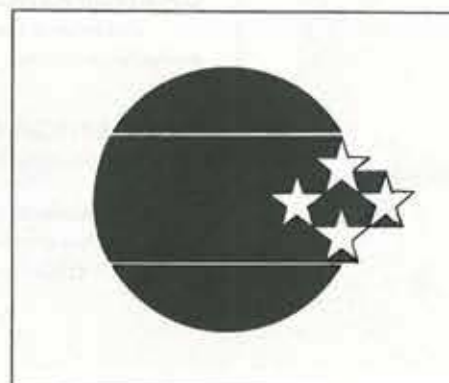
delight to watch - from right behind their throwing arm. Their ability to pull something extra at the appropriate time was obvious - concentration being the key to it and I'm certain that within 18 months - and probably sooner - Steve Backley must capture the world record. Finding another 1.6m at that distance may be a difficult task, but Backley gives the impression that with appropriate competition and conditions he is bound to reach it soon.

Decathlete Duncan Mathieson produced a few excellent performances in reaching eighth position. His 400m win in Heat 2 put him in fourth place overall, which was also his position in the javelin and high jump, but 10th and 11th position in the pole vault and discus, 9th in the 1500m and 8th in the 100m left him with a total of only 7149 points, 1400 behind Canada's Mike Smith.

Just a handful of other impressions must be mentioned, such as the winning style of Jamaica's Merlene Ottey in what appears to have been her last major Games. To be going out with a double gold in the sprints cannot be bettered.

I suppose it was naughty of me to be looking for an Aussie to win the 400m, but in the absence of Brian Whittle I was pleased to see Darren Clark at last get his gold. A runner that I have admired and enjoyed watching for many years, he was in excellent form. With Phil Brown unable to challenge him, as well he might have done, it was the Kenyans who pushed him to equal the Games record.

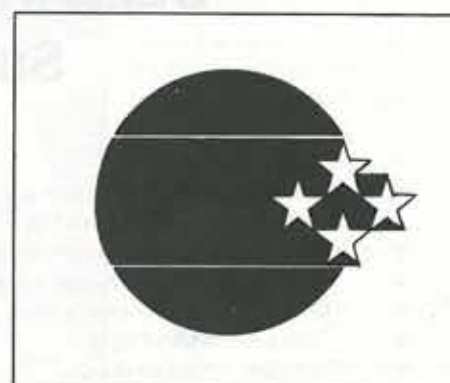
However, in the men's 200m it was England all the way, a superb 1-2-3, and, not to be outdone, the girls managed the same finish in the shot putt. Just to let Wales get a look in, their world champion Colin Jackson was untouchable in the high



hurdles and, matching his performance, team-mate Kay Morley took gold in the women's event, also in record-breaking time.

Perhaps the most outstanding Kiwi athlete, not only in terms of all-round performance, but also in crowd popularity, was Simon Poelman. Silver medallist in the decathlon, he pulled himself back into form after a disastrous event at Seoul in 1988, to reinstate himself in his own and his Kiwi fan's eyes, with a score of 8207.

All these athletes and many more have left an unforgettable store of memories in my mind and hopefully many of them will be round for many years, improving here, failing there, in the way of all who strive



for athletic achievement. I always keep my eyes open for those who are at present the tail-enders, but have, to my eye, something that I think marks them out for future success.

It will be interesting to see, in four years time, if not before, who of the "also-rans" will be household names, or who will come through the haze of anonymity to join with the all-famous at the next Games. I have three names picked out to give you - Dale McClunie (New Zealand) and Paul Greene (Australia) both of whom reached the semi-final of the 200m with times ranging between 20.60 and 20.80 in the earlier rounds and semi-finals, and who else should the third one be but Scotland's Nicola Emblem.

By the summer of 1994 in Victoria BC, they may well be three well-known athletes or three up and coming athletes. I wish them well in training and competition during the intervening years and echo everyone's farewell from Auckland, "See you in Victoria." I hope I shall be there.

DAVID JONES, a veteran member of Haddington and East Lothian Pacemakers (he's 63), was the winner of our Commonwealth Games competition, run last year in association with top sports tour company Chequers Travel. David's prize was an all-expenses paid trip for two to New Zealand, including seats for the Games, and so on January 21 he and wife Margaret set off from Edinburgh Airport for two and a half weeks in the Auckland sunshine. Here are David's impressions of the Games.



WORLD CROSS COUNTRY TRIALS

BELLAHOUSTON PARK, GLASGOW

Sunday 11 March 1990

PROGRAMME OF EVENTS

1	10.10 am	McVitie's Tollcross Charity Challenge	Invitation Only	2,650 metres	1 large lap
2	10.30 am	Junior Men's Trial	Invitation Only	8,000 metres	1 small, 3 large laps
3	11.10 am	Senior Women's Trial	Invitation Only	5,000 metres	2 laps
4	11.40 am	Junior Women's Trial	Invitation Only	4,000 metres	2 small, 1 large lap
5	12.00	Senior Men's Trial	Invitation Only	12,000 metres	5 large laps
6	1.00 pm	Minor Girls	Aged 9-11 as at 1.9.89	1,990 metres	2 small laps
7	1.15 pm	Junior Boys	12 & over but U/14 on 1.1.90	2,650 metres	1 large lap
8	1.35 pm	Girls	O/11 & U/13 on 1.9.89	2,650 metres	1 large lap
9	1.55 pm	Senior Boys	O/14 & U/16 on 1.1.90	4,990 metres	2 large laps
10	2.20 pm	Youths	O/16 & U/18 on 1.1.90	5,830 metres	1 small, 2 large laps
11	2.45 pm	JC Flockhart Memorial Race (Juniors, Seniors, Veterans)	O/20 on 1.1.90	9,670 metres	4 large laps

TRIAL RACES

Selection to GB World Cross Country teams to compete at the 1990 World Cross Country Championships in Aix Les Bains, France.

OPEN RACES

Prizes to first 10 and first 3 teams (first 3 presented on day, other prizes to be sent by post).

Male Team Races

First 4 Finishers from each club.

Female Team Races/Charity race

First 3 Finishers from each club.

Presentation of medals and prizes will take place on course near finish area immediately after race.

ENTRIES

50p per person. Please specify Christian name, D.O.B. of entrant, with Race and Club.

CLOSING DATE

FIRST POST MONDAY 26 FEBRUARY 1990

Cheques and postal orders payable to:

SHETTLSTON HARRIERS and send to: DAVID MORRISON,
12c Deedes Street, Airdrie ML6 9AG

CHANGING ACCOMMODATION

Available at Stadium details of room allocation will be available on the day.

COMPETITOR'S NUMBERS

Issued on the day.

Organised by the BAAB/UK Cross Country
Commission and hosted by Glasgow Sports Promotion
Council in the City of Culture Year.

Fraser's Fight For Selection

"It was naive to believe I would ever be selected."

Rhona McLeod talks to Neil Fraser, the 110m hurdler who put his injuries behind him in a bid to gain the indoor selection standard to take him to the Commonwealth Games.

ONE hundredth of a second is all that stood between Neil Fraser and what many would consider a deserved high hurdles place in the Scottish Commonwealth Games team.

"I'm still frustrated about it," the 26 year old development engineer with Ferranti admits. "I was out there training six days a week and going to all the competitions available to try to qualify, but the Games Council were still able to reject me over a split second."

After competing in the 110 metre hurdles at the 1986 Games, a place in the team for Auckland was always a priority. "I enjoyed 1986. The Commonwealth Games are totally different from any other international competition for a Scottish team."

In 1988, the former Inverness Royal Academy schoolboy who now lives in Edinburgh was chosen for the Great Britain team at the European Indoor Championships in Budapest. "I felt at last I was making a breakthrough, and that year I also set a Scottish native record outdoors in the 110m hurdles. It looked like everything was going very well for 1990," he recalls.

Going well it was - a good winter's training followed with two weeks of warm weather training in Cyprus rounding off his preparations in early 1989. A few weeks later his efforts were rewarded when his time of 14.39 at the UK Championships in Jarrow put him into seventh place in the UK rankings for the year.

But at the beginning of June, Neil's plans began to crumble. "I pulled my hamstring at an international in Munich and then could not compete again until close to the end of August. I did manage to keep fit in the gym but I couldn't run or hurdle fast." With an outdoor standard of 14.00 to chase, he was unable to better his Jarrow

time of 14.39. He thought his chance was over when the team was selected. Disappointed though he was, he accepted the decision knowing that injury had spoiled his chances. Then the indoor qualifying standards were announced.

"I saw this as a new chance," Fraser says, "and I got into eight weeks of winter training. I intended to do just enough to get selected, with a bit left over to run a PB when I got over there to Auckland."

The indoor qualifying time for the 80 metre hurdles was 8.00 seconds. At the Scottish Championships at the Kelvin Hall in December, Fraser recorded 8.01 - despite hitting the first hurdle badly!

And so the Fraser entourage continued the following week to Balbardie. "I ran the 60m hurdles and the 110m hurdles," Fraser says, taking up the story. "It was a tall order to expect anyone to run a fast time in the cold conditions, especially in the 110's since no-one had done them since the summer. The qualifying time for the 110 was 14.20 and I ran 14.44. However, on the basis of my 60m hurdles time, I believe I could have run faster than 14.11 in the right conditions."

It would appear that there was little analysis of Neil Fraser's case beyond the stark times he recorded in these indoor events, and he learned of his non-selection by reading it in a newspaper.

"I don't know if anyone even argued my case," Fraser now says. "No-one from the SAAA ever made my position clear to me, and indeed there was no communication at all."

"I feel that treatment like this could do irreparable damage to the sport as youngsters are asking me why I wasn't selected for the Games and the truth is I don't know. I have been successful over the past three years and then I got injured at the wrong time. I proved I could get back to the form required for the indoor standard and yet none of that seemed to count."

In retrospect Fraser believes he was naive to believe that any athletes would be selected on their indoor performances. "I don't believe they intended to take anyone else, but by creating the indoor standards at least they were seen to be doing the right thing," he says.



Fraser's Fight For Selection

This opinion is shared by Neil's wife Allison.

"I think I was a lot more annoyed than he was, as he's very easy going," Alison says, "It was a real hassle to try to get a qualifying time. The indoor standards gave us hope and so we really went for it. But now I don't believe there is any way they can say they really intended to add anyone to the Scottish team. It's just not realistic to expect anyone to be good at

Christmas and then to do well in January.

"The indoor standards were a total farce and a waste of time. We travelled all over the place and it cost a lot of money. I just wish they would have saved us a lot of grief, it was really upsetting."

As a victim of the selection process, where does Fraser believe the solution lies? "It's a difficult question," he admits. "There are many weaknesses with issuing standards. They let athletes know where

they stand but they don't cater for injuries - my past record didn't count at all.

"I think the main thing that is wrong is the actual system of how athletes are selected. The majority of people involved in the sport are not getting their say, - it seems a minority are leading the majority, and that has to change."

The Commonwealth Games have come and gone with Colin Jackson, brilliantly described by Ron Pickering after the race as the Peerless Prince of Wales, inevitably winning the 110m hurdle gold medal in the new European and Commonwealth record time of 13.08. And illustrating the opposition facing Neil Fraser in the UK at the moment is the fact that the top five in the final were all from England and Wales.

How easy was it for the top Scotsman to sit at home in Edinburgh watching the Games?

"I was so disappointed that I wasn't there - it was really hard. I wouldn't have had to break my PB to get into the final and if I had ran a PB I would have ended up around sixth. It was very frustrating to watch, especially as on the face of it the Scots haven't done as well as they might have. I suppose it's easy to be here in Scotland and criticise, but there weren't too many PB's out there."

And so to the future. A lesser man may have taken the slap on the face and not retaliated. Fraser intends to return better than before.

"I'm only 26 at the moment and I got so much support around selection time that it gave me a real lift. My burning desire is to make an Olympic team and the next Commonwealth Games aren't beyond me."

Allison Fraser also supports her husband's decision to carry on. "At first I was all for him packing it in, as all the pressure he went through for nothing can put stress on a relationship," she says. "Now I'm really determined that he proves them wrong. I'll never ask him to stop. He's still the best in Scotland and so I think he should keep going."

Neil Fraser's roots in athletics are in Inverness, where as a pupil at Inverness Royal Academy he was a keen high jumper! In fact, he won national high jump titles as a senior boy and youth. "I think Brian Whittle was jumping about 1.65m to 1.70m in those days, and he was second to me in the senior boys championships!"

In 1980 Neil took his first steps to becoming a high hurdler. He had joined Inverness Harriers and was coached by Charlie Bannerman. "I owe a tremendous amount to Charlie and the club," Fraser says, "as without the Harriers I would not have been an athlete - I would have chosen another sport. I owe a lot to the club and

Fraser's Fight For Selection

Charlie is still a lot of help to me."

When Fraser arrived in Edinburgh to study electrical and electronic engineering at Heriot Watt University, he joined Edinburgh Athletic Club while maintaining dual first claim membership with Inverness Harriers. At first he trained alone at Meadowbank, but then joined Bill Walker's squad for a couple of sessions a week, an arrangement which has subsequently been bonded further.

The decision by the British Athletic League to prevent athletes from BAL clubs competing in other leagues for different clubs is one which affects Fraser. "I have to decide whether to leave Edinburgh AC and the chance of British league competition, or leave Inverness which I would feel terrible about," Fraser explains. "Loyalty is important to me, and so I like to help Inverness Harriers out whenever I can. I owe the club such a lot and I don't want to leave it. However, without the British League, competitions are non-existent."

"It's the English clubs who are complaining about this, but they have never been in the shoes of a Scottish athlete trying to get good competition. Clubs like Haringey have got GB internationalists in almost every event. I just hope the decision is overturned as I don't want to have to choose."

Neil Fraser's loyalty to his club is just one of the characteristics that makes him one of the most respected athletes in Scotland. His ability to be understanding of the motives for drug use in the sport but yet be intolerant of their use is another. "I'm very anti-drugs from a moral point of view," he says, "but I can understand why a lot of people take them. The incentives are too high in athletics, and in certain situations it must be a difficult decision not to take them. If one of your

rivals is a drug-user then you have to compete on uneven ground and that is hard. It's well known amongst athletes that drugs can be masked and it's quite commonplace, even in Scottish athletics for drugs to be talked about - they are not difficult to get."

In circumstances not too far from his own, in a bid to gain selection for a major Games, perhaps with the addition of a rival on steroids, would Fraser ever be tempted to increase his chances of selection with the help of drugs?

"I've never been tempted. I have to know that it is me - my body which is doing the performance and nothing else. Even if I am beaten by a drug-user, I still believe I am better as my performance was not aided by drugs. For a lot of people athletics is all they have and so they give in to the temptations to reach a higher level."

How widespread does he believe their use is? "I think that Canada is pretty representative of everywhere else and we saw how many of their athletes were involved in drug-use. On the circuit I think drug-users are protected by promoters as they are the main attractions at many meetings. There must be coaches and administrators too who know who's involved."

Fraser believes that the method of testing could be improved. "In this country we have a limited budget to test for drugs and so what happens is lots of cheap tests are carried out. I think it would be better to perform fewer tests, but for more types of drugs, and that way you can find the real offenders."

Neil Fraser is a man who cares about his sport as well as being a participant in it. Despite his recent treatment, he will continue to train six nights a week, compete where-ever he is required, maintain his high level of sportsmanship - and he hopes

to be able to maintain loyalty to his grass-roots club, Inverness Harriers. Through all the years, when he himself has put in a considerable amount of effort, he has maintained that praise is due to Charlie Bannerman, Inverness Harriers, Bill Walker, and his wife Allison.

As such a splendid ambassador for athletics and athletes, isn't it sad that this man should have been denied one of his dreams because he failed to run one hundredth of a second faster?

Photographs by Peter Devlin, John Burles and Ian Turner



EUROPEAN INDOOR ATHLETIC CHAMPIONSHIPS GLASGOW 1990



Commonwealth Games 10,000m gold medalist Liz McColgan, selected to run in the 3000m.

QUESTION: How do you accommodate 30 commentary boxes, 27 television camera crews and 300 members of the press in the Kelvin Hall along with a further 700 athletes and officials?

Unless you are a magician, a solver of conundrums or the general manager of the Kelvin Hall you probably don't know the answer. Peter Eadie, who falls into all three descriptions, is the man who has to solve this problem along with a multitude of others created by the European Indoor Championships.

The Kelvin Hall first became a contender for hosting the championships in March

1987 when Glasgow City Council approached the British Amateur Athletic Board to inform them that the Kelvin Hall was well advanced in its construction and would be very interested in hosting the European Championships in 1990. As there were no objections to this move, a formal bid was made to the European Athletics Association in May 1988.

"At that time there were no other specific venues in the bidding," says Eadie, taking up the story, "but other European countries were willing. The European Association were concerned about the fact we only had four

lanes as the event has in recent years been held at venues with five or six lanes. They made strong recommendations that we got ourselves into the position of having a fifth lane!"

In the last six years the European Indoor Championships have tasted a variety of levels of facilities, from Madrid in 1984 with its 163 metre track to The Hague in 1989 with its

ships, has been a well-voiced grumble amongst the Scottish fraternity of would-be spectators and supporters. This takes us back to the question posed in the first paragraph. Peter Eadie explains how he solved the problem:

"Unfortunately the press and television people will have to take up the entire block of seats in the West stand. There

staff, these championships are the highlight of the year. "This gets us away from the mundane day to day work and really gets the adrenalin going," he says. "It's a real team effort as the building will be open from 6am to 11pm on both days of the championships and so I need the entire staff to work on both days - a lot of extra hours are required."

The planning of March 3 and 4 can only be similar to a military operation for Eadie. Coping with the safety and needs of such a multitude and diversity of people must surely be the most demanding challenge of Eadie's career in his post of general manager -

however, it's one he clearly relishes. In his own words, "Once you've seen one five a side football game, you've seen them all!"

FINAL selections of teams for the European Indoor Athletic Championships are not due until February 26. However, at the time of writing, several British athletes had been pre-selected on the merit of some recent performances. These were; 60m: Linford Christie; 200m: John Regis; high jump: Dalton Grant; 60m hurdles: Sally Gunnell; 3000m: Liz McColgan.



Linford Christie, Commonwealth Games 100 metres gold medalist, selected to have another tilt at the indoor title.



six lane, 200 metres track. The IAAF, anxious to standardise facilities, decreed that all European Championship events should be held on 200 metre tracks.

"There were problems for us in constructing the fifth lane," Eadie says, "but we knew it could be done. We also had to lose around 600 seats which brings our capacity down to 3,800."

Seating, or more specifically, the lack of it for the European Indoor Champion-

are about 1,300 seats there which will be lost, which means there are only about 2,500 seats for spectators."

From the athletes' point of view, warm-up facilities will be available in the large sports arena to the back of the Kelvin Hall. "We will be laying down a large tartan strip which measures 26 metres x 40 metres," Eadie explains. "It is not ideal but it is certainly similar to what would be available elsewhere."

For Peter Eadie and his



Commonwealth Games high jump silver medalist Dalton Grant.

1989 Scottish Relay Rankings

Men

4 x 100m

40.21	Scotland
40.44	Edinburgh SH
41.90	Edinburgh Select
42.0	Shettleston
42.27	Edinburgh SPC
42.9	Scotland Juniors
43.04	Aberdeen
43.7	Dundee HH
43.7	Ayr Seaforth
43.7	Clydebank
43.9	Pitreavie AAC
44.6	Perth Strathtay
44.6	Merchiston Castle

4 x 400m

3-14.1	Scotland
3-17.02	Edinburgh SH
3-18.79	Edinburgh SPC
3-18.9	Shettleston
3-19.5	Scottish League
3-21.1	Scottish Unis.
3-22.72	Edinburgh Uni.
3-23.7	Dundee Hawkhill
3-24.0	Ayr Seaforth
3-24.2	JW Kilmarnock
3-24.5	Aberdeen
3-25.3	Pitreavie
3-25.5	Clydebank

1600 metres medley

3-26.33	Shettleston
3-26.98	JW Kilmarnock
3-30.78	Edinburgh SPC

4 x 1 mile

18-07.31	Edinburgh SPC
18-12.70	Ayr Seaforth
18-23.39	Edinburgh SH

Junior Men

4 x 100m

42.9	Scotland Juniors
43.1	Scotland Juniors
43.38	West District
44.6	Merchiston Castle
44.95	ESPC AC
45.5	Stewarts Melville
45.7	Millburn Acad.
45.9	Edinburgh Acad.
45.9	Gordonstoun
45.9	Glasgow Acad.

4 x 400m

3-23.8	Scotland Juniors
3-33.97	West District

Youths

4 x 100m

43.5	Scottish Schools
43.83	West District
44.46	East District
44.9	ACMAS
45.0	Aberdeen AAC
45.6	Millburn Acad.
45.6	St Aloysius
45.9	George Heriots
45.91	Inverness Harriers
46.2	Edinburgh Acad.

4 x 200m

1-35.9	Aberdeen AAC
1-36.2	Pitreavie AAC
1-38.1	Inverness Harriers
1-39.2	Central Region AC
1-40.7	ESPC AC
1-41.2	Falkirk Victoria
1-42.2	Livingston & Dist.
1-43.5	Arbroath & Dist.
1-44.3	Dundee Hawkhill
1-45.2	Minolta Black Isle

4 x 400m

3-24.1	Scottish Schools
3-29.96	West District
3-31.4	Victoria Park AAC
3-31.63	East District
3-32.7	Shettleston
3-32.8	Clydebank AC
3-33.4	Moir Ayr Seaforth
3-34.0	Inverness Harriers
3-34.1	JW Kilmarnock
3-35.0	Aberdeen AAC

400m x 200m x 200m x 400m

2-33.8	Victoria Park AAC
2-34.9	Merchiston Castle
2-35.3	Moir Ayr Seaforth
2-35.78	Aberdeen AAC
2-36.46	Central Region AC
2-39.4	Shettleston
2-40.34	Stewarts Melville

400m x 200m x 200m x 800m

3-54.9	Aberdeen AAC
3-59.0	Inverness Harriers

Boys

4 x 100m

47.31	West District
47.33	East District
47.7	North Schools
47.9	Clydebank AC
48.2	Moir Ayr Seaforth
48.3	Greenfauld's High
48.37	Pitreavie AAC
48.4	Aberdeen AAC
48.6	Merchiston Castle
48.6	Edinburgh Acad.

4 x 200m

1-39.6	Pitreavie AAC
1-41.2	Inverness Harriers
1-42.9	Montrose AC
1-43.0	Minolta Black Isle
1-44.7	Fife AC
1-46.0	Aberdeen AC
1-46.6	Falkirk Victoria
1-47.0	Perth Strathtay
1-47.2	ESPC AC
1-47.9	Lasswade AC

4 x 400m

3-39.0	Clydebank AC
3-47.9	Inverness Harriers
3-48.7	Victoria Park AAC
3-50.3	CAC "B"
3-51.2	Pitreavie AAC
3-54.3	Clydesdale H.
3-54.9	ACMAS
3-57.3	Shettleston
3-57.4	Perth Strathtay
3-58.8	Falkirk Victoria

400m x 200m x 200m x 800m

4-08.6	Fife AC
4-13.5	Aberdeen AAC
4-14.8	Inverness Harriers
4-21.2	Tayside AAC

4 x 800m

8-31.1	Clydebank AC
8-35.24	Pitreavie AAC
9-09.97	Edinburgh SH

Women

4 x 100 metres

46.10	Scotland (30/6/89)
46.21	Scotland (17/9/89)
46.83	Scotland (10/6/89)
47.12	Edinburgh WM
47.2	Scottish Schools (I)
47.5	Scotland Under 21
48.1	Monklands SL
48.40	West District
48.59	East District (I)
49.03	ACMAS
49.1	Edinburgh WM (I)
49.12	Edinburgh SPC
49.4	Glasgow AC
49.68	West District (I)
49.9	Inverness Harriers
50.2	Aberdeen AAC
50.2	Glasgow AC (I)
50.5	Pitreavie AAC (I)
50.94	Lochgelly AAC (I)
51.1	Inverness Harriers (I)
51.1	ACMAS (I)

NB: The fastest time by a Scottish team is 45.2 set by Edinburgh Southern Harriers on June 27, 1970!

4 x 400 metres

3-38.18	SWAAA Select
3-40.03	Scotland (1/7/89)
3-41.2	Scotland (29/7/89)
3-42.12	Scotland (10/6/89)
3-42.19	Scotland (17/9/89)
3-43.0	Edinburgh WM
3-49.11	East District
3-57.0	Scotland Under 21
3-58.8	Monklands SL
4-00.0	Glasgow AC
4-01.4	Scottish Schools (I)
4-05.75	Pitreavie AAC
4-06.41	ACMAS
4-06.55	Edinburgh SPC
4-12.4	Victoria Park AAC
4-12.7	Law & District AC
4-13.8	Kirkintilloch Oly.
4-13.9	Dundee Hawkhill
4-14.5	Kilbarchan AAC
4-15.3	JW Kilmarnock H.
4-17.4	Inverness Harriers

Intermediates

4 x 100 metres

47.2	Scottish Schools
48.59	East District
49.1	Edinburgh WM
49.68	West District
50.5	Pitreavie AAC
50.6	Glasgow AC
50.7	Monklands SL

50.8	ACMAS
51.1	Inverness Harriers
51.6	Edinburgh SPC
51.9	Kilbarchan AAC
52.3	Aberdeen AAC
52.4	Hutcheson's GS
52.5	The Park School
52.6	Dunfermline HS

53.1	Central Region AC
53.3	St George's School
53.5	Victoria Park AAC
53.5	Stranraer Academy
53.6	Monklands SL
53.6	Kirkintilloch Oly.

4 x 200 metres

1-43.8	Edinburgh WM
1-46.6	ACMAS
1-46.9	Pitreavie AAC
1-50.3	Edinburgh SPC
1-50.8	Fife AC

1-48.24	Edinburgh WM
1-49.27	Edinburgh SPC
1-49.39	Fife AC
1-49.39	Pitreavie AAC
1-49.46	Aberdeen AAC
1-51.07	Lochgelly AAC
1-51.62	ACMAS

3 x 800 metres

7-22.4	Edinburgh SPC
7-41.3	ACMAS
7-49.1	Edinburgh WM

Junior Girls

4 x 100 metres

50.2	Glasgow AC
50.60	West District
50.94	Lochgelly AAC
51.1	ACMAS
51.3	Edinburgh WM
51.4	Fife AC
51.4	Edinburgh SPC
51.8	Aberdeen AAC
52.8	Pitreavie AAC
52.9	Perth Strathtay

Girls

4 x 100 metres

54.39	East District
54.43	Aberdeen AAC
54.75	West District

55.20	Bathgate AAC
55.4	Edinburgh WM
55.72	Edinburgh SPC
56.0	Glasgow AC
56.32	Pitreavie AAC
56.4	Monklands SL
56.64	ACMAS

1-55.50	Aberdeen AAC
1-57.96	Pitreavie AAC
1-58.10	ACMAS
1-58.37	Edinburgh SPC

3 x 800 metres

7-43.37	Pitreavie AAC
7-55.09	Edinburgh SPC
7-57.53	Edinburgh WM
8-01.17	Aberdeen AAC

4 x 200 metres

1-55.32	Bathgate AAC
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Elliot Bunney to Dave Clarke in a 4 x 100m for Scotland.

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**Athletics
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CHASING CHARITY RUNNERS

The chase is on again for charity runners! If you have not yet run for a charity, why not get involved?
LYNN BELL looks at some of the charities who would be delighted to receive your support.

CHARITIES are totally dependent from private sources, companies, trusts and individuals to help them continue to expand their work. Fundraising and sponsorship are therefore a major source of capital for charities. The NHS does not support fundamental research, and so the medical charities such as the Imperial Cancer Research Fund or the MS Society and many more, provide the funding for this vital work.

This year, "Reach For The Sky", the Royal Air Force Benevolent Fund's 50th anniversary appeal has been chosen as one of the official charities of the ADT London Marathon to be held on April 22. Since its establishment in 1919, the Fund has helped over 7,000,000 beneficiaries, and aims to ensure that no past or present serviceman or their families suffer from need or distress as a result of accident, injury or illness. The "Reach For The Sky" appeal aims to raise £20 million to continue the work of the Fund, and offers places to companies who would wish to sponsor either a team or an individual to run on the appeal's behalf.

In January, 189 members of the Custom and Excise Office, organised by William Bain of Edinburgh, took part in a sponsored hill climb in the Scottish Highlands. The event was a great success - over £6,440 was raised for the MS society. The society has an outstanding commitment to medical research, but money still has to be raised. The MS society is hopeful that many runners will again give them the sort of support they have enjoyed in the past and enable them to find the cause and the cure for Multiple Sclerosis.

Struth Heart Research Trust is the largest independent heart research unit in the country. The work of the trust focuses on children's heart surgery, investigating the causes and prevention of sudden fatal heart attacks and improving techniques of preserving hearts for transplantation. Funfit Great Britain is the trust's largest campaign to raise money and aims at individuals, sports and health clubs or anyone who can hold a sponsored event with friends or club members to help Struth reach its target of £3,000,000.

CHSA(Scotland) works for the

prevention of chest, heart and stroke illnesses and also in caring for those afflicted by these illnesses through a continual programmes of research, counselling and advice, health education and rehabilitation. £750,000 is urgently required each year, and the CHSA looks towards fundraising as a means of achieving this goal. All money raised in Scotland for the CHSA is spent in Scotland.

One of Britain's best known charities is undoubtedly the Guide Dogs for the Blind Association. Established in 1934, the Association has grown steadily, with guide dogs leading the way to independence and mobility for thousands of blind people.



A puppy starting out its £500 training to be a Guide Dog for the Blind.

One of the principles of the organisation is that guide dogs should be available to all blind people capable of using them. The money to do this comes from entirely voluntary areas - donations, legacies, but most importantly fund raising and sponsorship.

Approximately 20 million people in Britain are affected by rheumatic diseases, and because it is such a widespread complaint, many people assume it is not a serious one. However, rheumatic diseases are the most common cause of physical disability in the United Kingdom. People of all ages, not just the elderly, but babies and children too can be affected by the disease. Despite its frequency, many district

health authorities have no specialist rheumatologist. Arthritis Care is improving the quality of life for the millions of people who suffer from arthritis. This help comes in many forms, including grants, holiday homes, specialist treatment and counselling.

Oxfam is at present focussing its attention on Southern Africa by helping local communities to try to improve their own circumstances. In Mozambique, half the population are in need of food aid. Over 4 million South Africans have been forcibly removed from their homes under the apartheid regime. In these and in other projects throughout the world, Oxfam fund programmes of famine relief and health care. But Oxfam needs help to continue this vital work. On March 11 at the University of Birmingham, the 1990 Daily Telegraph/National Union of Students Fun Run (the first of its kind) will be raising money for Oxfam's work with poor people in Southern Africa. More than 10,000 students are expected to line up for the run.

Since 1971, the environmental pressure group Greenpeace have been fighting to protect the natural world from abuse. The organisation now has at least 3.5 million members and 22 offices worldwide. They work nationally to tackle environmental threats to their country, and also to confront global issues such as whaling, nuclear testing and the hazardous waste trade. They are trying to encourage more runners to run for their cause, and have set up a runners department in their London office.

Linda Pritchard ran a marathon each day for over six months, and managed to clock up 4500 miles around Britain in order to raise money for the Imperial Cancer Research Fund. Linda went through one pair of running shoes per week while raising over £41,000 for the Fund. She ran to help the Imperial Cancer Research Fund fight the disease which will affect 1 person in 3 at some point in their lives. The Fund hopes that many more people like Linda will run, and create more funds in order to successfully treat children suffering from Hodgkins Disease and to invest in further cancer research.

1989 ROAD RACE SURVEY LETTERS

25K "a resounding success"

26, Springvalley Terrace,
Edinburgh.

SIR - As basically a summer month's participant in the Scottish road racing scene it is perhaps appropriate at this time of the year to reflect on the season just completed.

Once again I am delighted to say that, on the whole, standards seem to have been maintained. It is also most encouraging to note that the level of participants does not appear to have been diminished, which of course bodes well for the future.

I felt that the decision to run the "Great Scottish" over 25K was a resounding success, particularly from the point of view of the fresh challenge provided by the extra distance. It also seemed to me that the timing of the event provided a fitting climax to the season at a stage when interest is perhaps beginning to wane.

For my own part, whilst regularly competing in events such as the Land O' Burns and Great Scottish Run, I always try to run events I have not participated in previously. This year one such event was the Stonehaven Half Marathon, which I entered on the day. Although this involved a two hour drive from my home in Edinburgh, the decision to enter was more than vindicated by the excellent facilities and organisation provided to participants. The event was supported by a vociferous and enthusiastic crowd and was certainly one to be pencilled in for next year.

Another event which I entered on the day and which I was surprised and delighted by was the Eyemouth Driftwood Half Marathon. Who could fail to be impressed by the stately surroundings of Manderston and the post-race refreshments provided at the harbour's edge - a friendly and scenic presentation which I'm sure was appreciated by all taking part.

In conclusion the Scottish road racing scene appears to be in good health - due in no small measure, I'm sure, to the efforts of all at Scotland's Runner and the excellent coverage provided.

David Edgar

Showpiece marathon needed to arouse television coverage

112 Ormonde Avenue,
Netherlee,
Glasgow,

SIR - In answering the questions in your road race survey, I've had to say that the best organised road race I ran in was the Inverness 10K. However, if I hadn't had a cold, I would have run in the Land O' Burns Half Marathon and I have no doubt that the event would have taken my vote.

Certainly, even as a spectator I thoroughly enjoyed myself and was most impressed with the provision of a children's entertainer, who kept my two youngsters enthralled for the best

part of an hour. This attention to detail, along with the setting on the shore, acres of open grassland for the kids, more than ample car parking, constant updates on race leaders, and well-drilled stewards all contribute to a most enjoyable day out. Which is what athletics is all about, isn't it?

As for road racing in Scotland, I believe that the enthusiasm of the runners and organisers can't be faulted, but we need a showpiece marathon, perhaps in conjunction with a 25K or half marathon (like the Black Isle Festival of Running), to push the sport on to TV.

Can't a newspaper, a sports

Head north for a more friendly, scenic, and rewarding road race

17, Easter Warriston,
Trinity,
Edinburgh.

SIR - Please find enclosed my contribution to the 1989 road race survey.

The only general comment I have to make is that it's my experience that the further north you go the friendlier, more scenic, and more rewarding races become. Although they entail a weekend away from home, I would urge all runners to at least make the effort to do one or two of our more remote races and help support

road racing throughout Scotland.

The main reason I am writing to you is that I am employed by British Airways as a pilot with Highland Division and it's my aim this year to do all the island half marathons - and also as many foreign races as I can, once my concessionary travel starts in May. If you'd be interested in receiving any race reports of a Trotter's attempt to convert Europe to brown vests please let me know.

Robert Brown,
Hunters Bog Trotters.

"Most caring race of the year"

8, Pickford Crescent,
Collalidyke,
Anstruther,
Fife.

SIR - I have voted for Anstruther, my "home" event which is well organised but I must also make a comment on the Dundee Valentines Wood event run by Dundee Road Runners. This must go down as the most caring race of the year.

Runners assembled on a cold November day in the large Dundee Valentines factory which had ample toilet facilities, and a large well heated seated area. We were then taken to Valentines wood in new buses which were kept running and warm

throughout the event. We were also told to take warm clothing with us as this would be returned if labelled and left at the wood.

After the race the buses were waiting to take us back to the factory (again running and warm) where hot soup and sandwiches were laid out. The presentation of annual prizes was done in the warmth of the factory where coffee and yet more sandwiches were available.

As a footnote, I took an old tracksuit top to the wood but it did not return. The organisers were very helpful and apologetic but I had to go without it. True to form it arrived a week later by post. Thank you to the organisers.

Jim Harris

goods manufacturer, Scottish Television, and maybe a charity organisation get together and create a media event akin to a Telethon? I also think Scotland's Runner should push its road race rankings a bit harder. How about a cross country rankings table?

Croy Thomson

P.S. And while I'm banging on, why don't you run a regular feature on the the lines of "Where

Are They Now?" - Whatever happened to Jim Alder, Lachie Stewart, Ian Macafferty, Helen Golden, Ian Stewart, Don Macgregor?

P.P.S. Your use of pictures is appalling. Bigger! More!

**MORE SURVEY
LETTERS ON THE
NEXT PAGE**

1989 ROAD RACE SURVEY

LETTERS

The New York Marathon - "the greatest experience of my life"

57 Cresswell Street,
Hillhead,
Glasgow.
G12 8AD

SIR - 1989 was my first year taking part in road races basically for fun. I can honestly say I enjoyed every one I entered, even Inverclyde with the horrendous weather at the beginning (torrential downpour and gales).

All of the races I entered had a great atmosphere, but special in this regard I would single out Campbeltown, Stonehaven and Montrose. Each was special in its own way, and the organisers are to be congratulated for their efforts.

Montrose in particular commemorated Charlie Chaplin's centenary, and this resulted in a medal of considerable originality which I shall cherish forever. This is also true of the medal from the Stonehaven Half Marathon depicting Dunrobin Castle. This is ideal in reflecting a local point of interest/landmark etc, identifying the race with the community through which it is run. Ravenscraig was very good in this regard, and being the first medal I had received for any race was especially important.

The atmosphere at all the races was first class. The only problem appeared to be a lack of drinking water at Helensburgh, and the quality of the drinking water served - most notably at Irvine and Inverclyde.

At Irvine the water at some of the watering stations was dirty which resulted in my going without on occasion - at Inverclyde the water was very salty which caused me problems during the race, stomach ache.

The standard of water provided does leave a lot to be desired and varies considerably from place to place. The best water I have tasted was the bottle of Highland Spring provided at the end of the Great Scottish Run. I would be prepared to pay extra if such would be available at other races.

Finally, the greatest experience of my life was to take part in the New York Marathon. Everything else pales into insignificance compared with this event. Every step from Fort Woodworth on Staten Island to the finish in Central Park, Manhattan, filled one with a sense of awe.

It is an experience which I would recommend to everyone, and which will live with me forever.

David Cunningham

Medals and plaques are old hat

132 Hillview Drive
Clarkston

SIR - Having had another enjoyable year racing I have only a few grievances regarding race organisation.

Some race organisers take your money and really give very little in return, e.g. compare British Airways 10K (cold water from a bin at finish) to Round Cumbrae (tea and biscuits & soft drinks available).

My other complaint concerns middle of the road runners like myself.

Could more spot prizes not be available in the races to give the

majority of the competitors at least the chance of a prize? Medals and plaques are old hat now and runners would rather receive even a pair of running socks or some inexpensive t-shirt as a souvenir.

Having been part of a large contingent of Giffnock North Runners at the Round Cumbrae race in early September, may I say that it is a day out worth having both to prepare for the Great Scottish Run and for family enjoyment. I would also hope that Millport's bike shop would use some of their profit from the day in sponsoring next year's race.

Alister Weatherston

Travellers tales

42, Main Street,
Davidsons Mains,
Edinburgh.

SIR - 1989 was the year I sought variety from my mundane schedule of the usual half marathons.

My search led me to Kinghorn, Fife, on what I thought was the wettest day of the year (I hadn't run Inverclyde at this stage!) for the Black Rock "5".

During those five miles I experienced pain (as I pounded across the heavy sands towards the Rock), disbelief (as I ran round the Rock in water up to my knees), delight (as the marvellous scenery unfolded before me) and finally exhilaration as I crossed the line having felt I had just completed a marathon!

It is these small local races which I will be seeking out in 1990 as they are unrivalled for camaraderie and variety of challenge.

Murray Falconer

65, St Ninians Road,
Paisley.

SIR - Since I started with my first plod in that great event, the 1982 Glasgow People's Marathon, I have covered a fair bit of the countryside. I hadn't been particularly - no, I hadn't been in

any way athletically minded - but since then, the bug has bitten.

I have travelled to the Horsforth Marathon, (near Leeds), to the Skye Half and the Black Isle Marathon. I have completed the Falkirk Half twice, Land O' Burns twice, Edinburgh Half, Runsport Half, Islay Half, Lochaber Half, (twice), and barring injuries, I hope to compete in quite a few events yet.

Through your pages, may I send my thanks to all organisers, marshals and helpers in all events, without them, we, (the competitors), would not exist.

Ian C. Verlaque

1, Chalton Court,
Bridge of Allan.

SIR - Please make every effort to give as many details as possible in your Events columns. It is frustrating to learn of races, but not know how to enter or even to find out how to enter. Your December lists 27 events yet gives details on only seven!

I wish you would print stronger praise for good races (e.g. organisation, new ideas, thoughtfulness) and stronger criticism of poor races (e.g. sloppy marshalling, inaccurate distances, late or incomplete information, etc).

W.C. McGrew

Don't shout it from the rooftops!

3, Orchard Gardens,
Strathaven.

SIR - While I like the idea of a road race survey each year, and I am sure it stimulates interest in the magazine, I feel that to get the most accurate representation of the readers' replies, you should weight the various results in relation to the former race entry level.

Without doing this, quite clearly the large events such as Ayr, Glasgow and Falkirk will attract far more replies and thus get a higher following than the smaller events which though attaining only a few hundred runners are as well if not better, organised than the large events.

You may wish to consider this more accurate approach to the survey. This said, and assuming a small event as a result came out on top, please don't shout it too loudly from the rooftops and broadcast it to the world, as the event could get swamped, not be "small" anymore, and thereby lose a lot of its appeal!

Gordon Robinson

1989 ROAD RACE SURVEY

LETTERS

A standard system of distance markers needed...

Tigh na Froach,
Aviemore.

SIR - Scotland's Runner is to be congratulated on producing this annual compilation of opinions. I'm convinced that it's a very useful exercise for all and would urge you to continue with it in future years.

It not only serves as an excellent consumer report on Scottish road races, but provides valuable feedback for race organisers too. It also encourages each of us to think objectively about our running over the past year as well as whetting the appetite for the season ahead.

Although I've been competing locally for quite a few years, it's only over the last two years that professional commitments have allowed me to travel about the country in search of other races. I must say that I've thoroughly enjoyed the experience.

I've also had the opportunity

to race in both the USA and Canada during this period, and I was very impressed by the high level of organisation in those countries. Five drinks stations, three first aid posts and a computerised results service, for example, in a small neighbourhood 5K. That's more than we have in some marathons over here.

Even so, I've enjoyed my running in Scotland at least as much and probably more, despite our lack of facilities and our more amateur approach to organisation.

The Dunfermline Half Marathon is one very well organised race which was a pleasure to run, but the Inverness Half Marathon and 10K, both of which are organised with the same ruthless efficiency as Dunfermline, I found rather less pleasant. In the case of the 10K the fact that it is my choice for the "least scenic course" accolade may have something to do with this view.

On the other hand the London

Marathon, which is almost as "unscenic" as the Inverness 10K, and possible the most heavily organised race in the world, still managed to provide me with a pleasant run.

Nevertheless, some of my most enjoyable runs were in events which were, to put it kindly, rather loosely organised.

The weather of course has a big influence on our perception of the organisation. Lack of proper changing facilities, difficulty in finding the registration point, or being kept waiting at the start are only minor problems on a fine sunny day. If, however, the weather is cold and wet, then these things assume a much greater importance, while other potential problems such as lack of drinks stations diminish in significance.

There are some irritating problems which I've come up against in Scottish road races and which never seem to improve. Distance markers for example.

Sometimes they are at mile intervals, sometimes kilometres. Most tell you how far you have already run, while others tell you how far you have still to go. It would be useful to know in advance which system is to be used.

Some race organisers do give this information beforehand, but even then it's not always possible to rely on being able to find them during the race.

In some races the markers are uniformly placed. In others they can be found just about anywhere: on the ground, tied to a lamp-post, in somebody's front garden, up a tree behind spectators, on the other side of the road or simply not at all.

Surely some administrative body, presumably the SAAA, could come up with recommended guidelines for size, shape, colour, frequency and optimum positioning of distance markers. They are keen to legislate on every aspect of track athletics, but totally unconcerned about road race standards. (Continued over).



Enjoying their success, 1989 Great Scottish Run winners Nick Rose and Veronique Marot.

1989 ROAD RACE SURVEY

LETTERS

My other pet quibble about mile markers is the fact that some organisers leave out the last one in 10K and full and half marathons. It probably seems unnecessary to them to have one so close to the end of a race, but for the 10K runner who he "saved a bit" for the end, and who plans to start his final sprint at the six mile mark, it can be very frustrating indeed.

Finishing areas are the weak point of several otherwise good courses. Problems which I've experienced with them include finishing straights too narrow for easy over-taking, surfaces too uneven or too cluttered with obstructions to permit a safe sprint for the line, and perhaps most common of all, not being sure exactly where the finish is.

Some other little niggles include not being informed that the Dunfermline Half Marathon was an early morning start until after I'd entered - a bit of a problem when you live over 100 miles away and you've promised to take the family along. I had to set the alarm clock for 5.30am that morning.

At the Black Isle in November we had to sit in buses for about 15 minutes waiting to be taken to the start. The numerous elderly buses were parked with their doors open and the engines running, effectively pumping some of the vehicle full of obnoxious diesel fumes. We received a good dose of carbon monoxide etc, to the point where some people complained of feeling physically sick. Hardly the best preparation for a race, but it's difficult to blame the organisers for such an unforeseen incident. It didn't stop me from enjoying the event though - highly recommended.

A common occurrence at some of the smaller races involves the photographer from the local paper. At the start line he calls all the women and fun runners to the front to make a better picture, then immediately he is finished the starter drops the flag with slower runners still in front of the faster ones - very frustrating and potentially dangerous.

Despite these little irritations, I think road racing in Scotland is as good overall as anywhere else in the world. We have tremendous variety both in our courses and in levels of organisation. What we are perhaps short of is top level competition for our elite athletes

and a better deal for the veterans, who make up such a large part of the field in most road races.

In the States, for example, it's quite normal to have awards and prizes for the first three (sometimes first five) in every five year age group, from 40 to 70 or even 80 years, male and female.

I'm already looking forward to 1990 and the opportunity to try some of those races which I've heard so much about. Hopefully the results of the survey will help to point me towards some that I might have missed.

I must finish by saying a big thank you to all those organisers and officials whose efforts provide us with such a wide choice of events throughout the year.

Ron Dutton

Be selective

53, Bradford Road,
Aberdeen.

SIR - On the basis of a steady 35-40 miles per week, running times of 1-24 to 1-33 in half-marathons, and 3-34 in the Aberdeen Marathon in generally fine weather, my most vivid memories include the hard slog in the hot sun of Glenrothes, Peterhead and Glasgow; feeling like a "drookit rat" at Blairgowrie, and rubbing shoulders with the leading women (except Veronique Marot, Sandra Branney, Muriel Muir and company - you've always been too quick for a plodder like me).

The races definitely provided inspiration and incentive to train in all weathers and at different times. However, with saturation point almost reached it pays to be selective, get plenty rest, and to know the course beforehand.

More unusual distances like the General Portfolio series and the Forfar 15 would also boost flagging interest in some events.

The plentiful supply of good-class accommodation everywhere facilitates travelling down early.

So in 1990 get the kit out regularly to keep the weight down and the fitness level up to see more of Scotland's fine scenery.

See you all in 1990 and here's hoping for a "hassle-free" year.

David Ballie

Time for a rethink about Glasgow

59, Moorhouse Ave,
Paisley.

SIR - I would like to make two points regarding road races in Scotland.

In 1984, the Glasgow Marathon had its biggest entry, highest number of finishers, largest crowds along the route and yet most of it was televised LIVE!

It is time for a rethink. The Glasgow Marathon, which I ran three times, was the greatest atmosphere I've experienced in any race and by far defeats that of London. We Scots, naturally bad losers, gave up, very easily, this cause. It's time we fought back.

The Glasgow Marathon - the peoples marathon, should be brought back. The answer lies in publicity - treat it as a commercial venture - make everybody feel a part of it - competitors, officials, spectators alike. Give it a sense of belonging to the people. Begin advertising in January, and keep the publicity going. It should be

like television adverts - if people see and hear about something often enough - they'll want it and buy it.

All clubs should be encouraged to have a big participation - make it the Scottish Championships too! Or even team championships (for teams of 10 or 12 runners?) to ensure participation. Clubs should appoint a scribe to write regularly to the press and television sports programmes during the six or seven months lead up to the race.

And lastly, is there a case for incorporating a half marathon, a 10K, a fun run or schools' races? There must be a focal point for Scottish road racing, and Glasgow is the obvious choice.

The second point is, in contrast, very simple. The Land O'Burns must get rid of the change brought in this year in the second part of the race, ie. the boring unscentic housing schemes.

George Collins



Aberdeen's Chris Hall winning the 1989 Moray 10K.

RESULTS



December

9

GGH Crescent Cup 5 mile race, Greenock

1, M McKendrick 26-27; 2, R Johns 27-14; 3, R Hodelet (V1) 27-50; 4, G McGrattan 28-05; 5, T McCaillon 28-12; 6, W Jukes 28-34; V2, D McNeill 28-57; V3, T Knight 33-40; L1, J Smith 36-19.

Strathkelvin Schools League, Kirkintilloch

Boys: 1, R McDonald 5-59; 2, S Grant 6-02; 3, R Mathieson 6-08; 4, G O'Donnell 6-10; 5, E McGraw 6-18; 6, K Gaughan 6-21.
Girls: 1, C Tierney 6-36; 2, E Reeves 6-39; 3, C Clapperton 7-00; 4, F McKee 7-08; 5, L McKee 7-11; 6, J McDonagh 7-28.

International and SCCU Inter District Matches, Cumbernauld

Seniors: 1, R Quinn (SCCU) 33-39; 2, D Cavers (SCCU) 33-45; 3, C Haskett (SCCU) 33-53; 4, A Reid (N) 33-56; 5, T Murray (SCCU) 34-02; 6, E Stewart (SCCU) 34-09.
International: 1, SCCU 24pt; 2, N Ire 112; 3, Scot Unis 170; 4, CCS 260.
Inter District: 1, West 46pt; 2, East 52; 3, North 92.

Youths: 1, G Graham (W) 16-32; 2, G Reid (W) 16-55; 3, C Greenhalgh (W) 16-55; 4, A Adams (W) 17-00. Teams: 1, West 21pt; 2, East 74; 3, North 121.
Senior Boys: 1, G Willis (W) 10-17; 2, G Browitt (E) 10-18; 3, A Casey (E) 10-23. Teams: 1, West 45pt; 2, East 53; 3, North 101.
Junior Boys: 1, K Daley (E) 11-16; 2, A Love (N) 11-19; 3, R Hay (E) 11-20. Teams: 1, East 39pt; 2, West 62; 3, North 97.

Maryhill Schools League, Summerston

Youths: 1, P O'Neill (G) 16-21; 2, S Queen (Clev) 17-07; 3, J Dodds (Boc) 18-38. Team: 1, Boclaire 13pt.
Senior Boys: 1, C Forbes (Boc) 12-29; 2, M Liddell (St A) 12-54; 3, S Miller (JP) 12-54. Team: 1, Boclaire 12pt.
Junior Boys: 1, E Cameron (Boc) 8-49; 2, D McGowan (Boc) 8-57; 3, T Corrigan (St A) 9-10. Team: 1, Boclaire 7pt.

10

SVHC Christmas 5 mile Race, Bishopbriggs

1, A Stirling (FVH) 24-26 (rec); 2, J Christie (Cam) 24-43; 3, A Hughes (Cam) 25-15; L1, R Murray (GN) 27-40 (rec); L2, K Dobson (Law) 30-52; L3, M Moore (Kilb) 34-41.

Womens East v West v N Ireland v Northern Ireland Match, Penicuik

Seniors: 1, J Darby (E) 18-38; 2, J Ewing (NI) 18-50; 3, C A Bartley (W) 18-54; 4, S Grainger (E) 19-06; 5, E Cochrane (W) 19-08; 6, J McColl (W) 19-14. Teams: 1, East 47pt; 2, West 51; 3, N Ire 95.
Intermediates: 1, D Higgins (NI) 16-06; 2, R Houston (W) 16-20; 3, C McCourt (NI) 16-29. Teams: 1, West 43pt; 2, N Ire 50; 3, East 79.

Juniors: 1, Y Reilly (E) 11-48; 2, S Gairley (NI) 11-50; 3, A Potts (W) 11-52. Teams: 1, East 39pt; 2, West 50; 3, N Ire 105.
Girls: 1, P Keating (NI) 9-36; 2, K Stewart (W) 9-41; 3, H Brooks (W) 9-47. Teams: 1, East 48pt; 2, West 50; 3, N Ire 97.
Minor Girls: 1, J Ward (E) 5-57; 2, C Morris (W) 6-09; 3, J Anderson (E) 6-11. Teams: 1, East 28pt; 2, West 53; 3, N Ire 84.

16

Spango Valley Bob Grant Trophy Race, Greenock

1, C Leek 41-42; 2, C Spence 42-30; 3, T Wilkie 43-25; 4, D McCabe 44-03; 5, S Hodge 44-19; 6, H Mooney 44-43. V1, J Gallacher 45-24; V2, R Hyett 46-02; V3, D Campbell 51-28. L1, A Fisher 55-41; L2, C Docherty 58-57; L3, C Gibson 61-05.

North District League, Elgin

Men: 1, J Bowman (Inv) 29-29; 2, A Reid (Coast) 30-02; 3, B Cinnick (Forr) 30-07; 4, C McIntyre (Fras) 30-32; 5, G Milne (V1) (Pete) 31-20; 6, C Hunter (Mor) 31-22. Teams: 1, Inverness 27; 2, Moray RR 40; 3, Forres 55.
Women: 1, H Wisely (Fras) 15-36; 2, M Duthie (Fras) 15-39; 3, A Smart (Inver) 17-02. Team: 1, Fraserburgh.

Teviotdale Menzies Trophies Races, Hawick

Senior 5 miles: 1, J Knox 24-22; 2, B Law and D Clyne 24-28.
Young Athletes: 1, B Wear 9-00; 2, G Hodgins 11-12.
Junior Boys: 1, S Hogg 8-27; 2, B Sayers 10-19.
Colts: 1, S Blackie 7-09; 2, A Marsh 7-33; 3, M Brown 9-11.
Women 1= M Parker and L Knox 10-37; 3, J Penwick 11-01.
Girls: 1, R Stenhouse 7-36; 2, C Reid 7-43; 3, K Stenhouse 7-46.

Maryhill Xmas Races, Summerston

Seniors Hcap: 1, A Gallacher 19-34; 2, N Singh 19-40; 3, H Fenion 20-04.
Fastest: 1, A Gallacher 22-04; 2, M Gallacher 22-27; 3, H Fenion 23-34; V1, T Morrison 24-05; V2, P Kearney 24-39; V3, J Haldane 25-55.
Senior Boys: 1, P O'Neill 8-36; 2, M McCartney 9-02; 3, G Skinner 9-26.

Dumbarton AAC 6 Mile Race

1, B Pitt 32-33; 2, A Adams (V1) 33-09; 3, C Martin (V2) 33-16; 4, T Kelly 34-57; 5, P Walsh 35-46; 6, H Martin 39-12.

17

Harriers v Cyclists Race, Irvine Moor

1, C Thomson (Cam) 26-49; 2, S Wylie (J1) (Cam) 27-37; 3, G Tenney (Kilb) 27-44; V1, R Anderson (Cam).
Women 3.5 mile: 1, S McGregor (JWK) 26-30; 2, H Morton (Irv) 26-50; 3, E Scott (GU) 27-00; L1, K Melville (Irv).

19

Kilbarchan AC Xmas 4 Mile Race, Kilbarchan

1, T Hearle 19-23; 2, G Fairley 20-37; 3, I McDougall 20-38; 4, G Tenney 20-52; L1, J Moore 25-16.

23

Springburn H Xmas Races, Bishopbriggs

Seniors: 1, A Callan 23-42; 2, J Cooper 24-52.
H'cap: 1, J Brooks; 2, W McGregor; 3, A Ross.
Senior Boys: 1, M Gorman 17-56; 2, D Loftus 18-27.
Junior Boys: 1, R Skelly 10-41; 2, S Patterson 10-43; 3, K Hartie 10-46.

Forres H Xmas Race, Forres

1, A Reid (Coast) 20-22; 2, R Arbuckle (Keith) 21-30; H'cap: 1, K McNeill (Forr); 2, R Wood (Mor); 3, D McNeill (Forr).

British Telecom/Strathclyde Runners Xmas H'cap Race, Glasgow

BT: 1, M Gormley 19-41; 2, R Downie 22-48; 3, C Bradshaw 23-16; V1, A McFarlane 23-33.
SR: 1, J Reid 25-47; 2, J Donnelly 25-57; 3, I Morton 27-07.

29

Strathclyde Uni Old Crocks Race, Stepps

1, G Getty 26-24; 2, D McCabe 27-04; 3, S McCrae (V1) 27-12; 4, F Clement 29-07; 5, R Sandilands (V2) 29-08; H'cap: 1, S McCrae; 2, G Sinclair; 3, T Gloyne.

30

Dumbarton AAC 7.5 Mile Race, Dumbarton

1, P Walsh 51-12; 2, C Martin (V1) 54-14; 3, 3, T Kelly 55-13; 4, A Adams (V2) 55-53; 5, A Devlin 63-02; 6, A Robertson 67-30; H'cap: 1, P Walsh; 2, T Kelly; 3, C Martin.

January

6

Mallusk Park ICC Race, Belfast

1, C Mochrie (E) 24-50; 2, D McNeilly (NI) 25-01; 3, P Larkins (E) 25-03; Scots:

10, P McColgan 25-38; 14, T Murray 25-53; 19, D Cavers 26-02; 22, H Cox 26-09; 25, A Reid 26-13; 26, C Haskett 26-7.

Teviotdale H Langheugh Trophy 6 Mile Race, Hawick

1, I Elliot 28-27; 2, A Walker 29-48; 3, C Murphy 30-39.

13

Clydesdale Hannah Cup 6 Mile Race, Clydebank

1, J Austin 35-42; 2, D Halpin 35-52; 3, P Dolan 37-08; 4, P Bonnar 38-42; 5, I Murphy 38-23; 6, J Shields (V1) 38-45; H'cap: 1, P Halpin 50-36; 2, D Halpin 51-40; 3, P Bonnar 51-42.

North District League, Aden Park, Peterhead

Seniors: 1, J Bowman (Inv) 31-17; 2, C McIntyre (Fras) 31-35; 3, A Reid (Coast) 32-02; 4, S McKenzie (Inv) 33-01; 5, C Hunter (Moray) 33-25; 6, G Sin (Moray) 33-25; 7, G Milne (V1) (Pete) 33-46; 8, G Harper (Pete) 34-04; 9, C McLean (Inv) 34-07; 10, C Noble (Fras) 34-17; V2, R Curtis (Moray) 12th 34-25; V3, D Ritchie (Forr) 18th 35-15.

Youths: 1, B Fraser (BI) 23-21; 2, P Watt (Inv) 23-27; 3, I Murray (Inv) 24-10.

Sen Boys: 1, D Miller (Inv) 15-05; 2, S Galbraith (BD) 15-09; 3, B McAllister (Fras) 15-11.

Jun Boys: 1, A Love (Fras) 12-30; 2, V McPherson (Loch) 15-31; 3, T McKillop (Fras) 15-33.

Women: 1, M Duthie (Fras) 15-40; 2, H Wisely (Fras) 15-55; 3, A Smart (Inv) 17-35; 4, A Ramsey (BI) 17-45; 5, M A Loughley (Inv) 18-14; 6, M Bryce (Pete) 18-25.

Juniors: 1, L Forman (Pete) 13-40; 2, R bellamy (Pete) 12-53; 3, S McRae (Inv) 14-23.

Girls: 1, M Smith (BI) 13-02; 2, J Anderson (Pete) 12-53; 3, J Donald (BI) 13-53.

14

SVHC Championships, East Kilbride

1, G Meredith (Cambridge) 26-21; 2, C McDougall (Cal) 26-42; 3, A Stirling (FVH) 27-59; 4, M Edwards (Ab) 28-16; 5, D Fairweather (Cam) 28-24; 6, a Hughes (Cam) 28-27; 0/45: 1, M Edwards; 2, D Fairweather; 3, R Young (Clyd) 28-27; 0/50: 1, W Spark (Irv) 32-47; 2, D Kerr (Irv) 33-26; 3, D Malcolm (SVHC) 33-26. 0/55: 1, H Gibson (Ham) 30-17; 2, W Stoddart (GWH) 30-49; 3, T O'Reilly (Spring) 32-15. 0/60: 1, W Marshall (Moth) 31-21; 2, S Lawson (Mary) 34-56; 3, H McGinley (FVH) 39-36; 0/65: 1, J Geddes (SVHC) 44-04; L1, K Dodson (Law) 36-59; 2, E Davidson (SVHC) 40-09; 3, S Thomson (Law) 43-47; 4, I Morrison (SVHC) 45-33.

RESULTS

SWCCU National Closed 4K Championship, Irvine -

1, CA Bartley (GAC) 14-58; 2, H Haining (Nith) 15-12; 3, S Grainger (EWM) 15-15; 4, V Blair (EWM) 15-17; 5, S Durham (EWM) 15-35; 6, V McPherson (Glas U) 15-40; Teams: 1, EWM 12pt; 2, Irvine 54; 3, MSL.

Open Intermediate race: 1, K Fox (MSC) 16-10; 2, R Houston (GAC) 16-37; 3, K Stewart (JWK) 16-40; LV1, R Murray (GN) 16-04; LV2, L McGarry (Irv) 17-24.

20

SCCU West District Championships, Troon -

Senior 7.5 miles: 1, T Murray (GGH) 40-28; 2, E Stewart (Cam) 41-09; 3, R Jones (GU) 41-47; 4, W Coyle (Shett) 42-03; 5, H Cox (GGH) 42-15; 6, C Thomson (Cam) 42-18; 7, G Crawford (Spring) 42-24; 8, D Runciman (Cam) 42-29; 9, G Gaffney (GWH) 42-31; 10, K Conley (Ann) 42-36; 11, D McFadyen (GWH) 42-49; 12, R Johnston (Cal) 43-00; 13, D McShane (Cam) 43-03; 14, J Orr (Cambus) 43-07; 15, M Gormley (Cam) 43-14; 16, C Souter (Cum) 43-38; 17, D Halpin (Clyd) 43-43; 18, C Spence (SV) 43-46; 19, A Daly (Bella) 43-47; 20, G Wight (Ayr) 43-49; 21, D Cameron (Shett) 44-07; 22, J Cooper (Spring) 44-09; 23, G Croil (EK) 44-13; 24, J Auston (Clyd) 44-14; 25, R O'Hara (Ann) 44-16. Teams: 1, Cambuslang 58pt; 2, Kilbarchan 254; 3, Clydesdale 282; 4, Bellahouston 333; 5, Ayr 380; 6, Spango 435.

Junior 6 miles: 1, M Campbell (CAC) 33-18; 2, M McGowan (VP) 33-54; 3, G Stewart (CAC) 34-08; 4, I Gillespie (CAC) 34-25; 5, A Russell (CAC) 34-44; 6, D Johnston (CAC) 34-52; 7, S Wylie (Cam) 35-11; 8, R Blair (VP) 35-41; 9, B Richardson (SV) 35-52; 10, I Connell (Loud) 36-44. Teams: 1, Clydebank 8pt; 2, Vic Park 29; 3, Cambuslang 38; 4, Cumnock Dist 60.

Youths 4 miles: 1, M McBeth (Cam) 22-19; 2, N Freer (CAC) 22-34; 3, G Reid (JWK) 23-02; 4, J McFadyen (GGH) 22-34; 5, C Greenhalgh (VP) 23-16; 6, G Graham (VP) 23-35; 7, A Adams (Dum) 23-45; 8, S Gilmour (VP) 23-59; 9, R Blackburn (JWK) 24-01; 10, S McCafferty (CAC) 24-10. Teams: 1, Vic Park 19pt; 2, JWK 25; 3, Clydebank 31; 4, Cambuslang 33; 5, Ayr 67; 6, Dumfries 86.

Senior Boys 3 miles: 1, I Richardson (Cam) 17-27; 2, G Willis (Ayr) 17-29; 3, P Allen (Ayr) 17-54; 4, M McLraith (Ayr) 18-07; 5, D Whiffen (Nith) 18-27; 6, D Loftus (Spring) 18-34; 7, A Moore (Clyd) 18-38; 8, D Kerr (SV) 18-40; 9, D Tamburini (GGH) 18-41; 10, L Hendry (Spring) 18-42. Teams: 1, Ayr 9pt; 2, Cambuslang 39; 3, Clydesdale 42; 4, Clydebank 58; 5, Springburn 70; 6, GGH 75.

Junior Boys 2 miles: 1, S Schendel (Cum) 11-56; 2, S Gibson (CAC) 12-04; 3, K Mason (Cum) 12-12; 4, A Horrocks (Cam) 12-26; 5, J Hood (Clyd) 12-28; 6, R Skelly (Spring) 12-30; 7, C Creighton (CAC) 12-32; 8, A Moore (Clyd) 12-33; 9, J Thomson (Avon) 12-33; 10, I Leitch (Ayr) 12-33. Teams: 1, Clydesdale 24pt; 2, Vic Park 42; 3, Springburn 47; 4, Cumnock 48; 5, Cambuslang 51; 6, Clydebank 57.

SCCU East District Championships, Galashiels -

Senior 1, S Hale (PSH) 39-11; 2, C Haskett (DHH) 39-28; 3, K Lyall (ESH) 39-53; 4, P Faulds (FVH) 40-09; 5, B Kirkwood (ESPC) 40-13; 6, S Axon (Ab) 40-20; 7, D Duguid (Ab) 40-31; 8, J Wilkinson (Gala) 40-38; 9, CHall (DHH) 40-40; 10, D Storey (DHH) 40-42; 11, D McGonigle (DHH) 40-48; 12, G McMaster (FVH) 40-56; 13, J Pentecost (FVH) 41-14; 14, M McQuaid (CR) 41-15; 15, I Elliot (Tev) 41-16; 16, D Ross (ESH) 41-37; 17, J Connolly (Gala) 41-49; 18, I Steel (ESH) 41-57; 19, J Ross (HELP) 41-59; 20, G McLennan (ESPC) 42-17. V1, P Marshall (HELP) 41st 43-44; Teams: 1, DHH 83pt; 2, ESPCAC 123; 3, ESH 213; 4, FVH 220; 5, HWLP 259; 6, Gala 268.

Juniors: 1, I Falconer (Har) 35-37; 2, C Murphy (tev) 35-49; 3, S Wright (Ab) 36-03; 4, D Shaw (Dum Un) 36-24; 5, M Bryson (Tev) 37-00; 6, S Rankin (FVH) 37-20. Teams: 1, ESPCAC 37pt; 2, Pitreavie 39 (only 2 teams finished).

Youths: 1, S Cook (QVS) 23-26; 2, J Gowans (Tay) 23-41; 3, G Johnston (FVH) 23-45; 4, A Moss (CR) 24-14; 5, R Hooton (ESH) 24-39; 6, S Burch (Pit) 25-01. Teams: 1, QVS 31pt; 2, ESH 31; 3, Cent Reg 41.

Senior Boys: 1, M Kelso (Pit) 16-20; 2, A Moonie (Pit) 16-27; 3, A Casey (QVS) 16-39; 4, S Duncan (DHH) 17-05; 5, M Gill (ESH) 17-11; 6, G Browitt (Pen) 17-16; Teams: 1, Pitreavie 23pt; 2, ESH 28; 3, Aberdeen 50.

Junior Boys: 1, K Daley (ESPC) 11-20; 2, B Boyle (Bath) 11-20; 3, D Wightman (Tay) 11-25; 4, R Hay (ESPC) 11-36; 5, D MacDonaid (PSH) 11-46; 6, C Kelso (Pit) 11-47. Teams: 1, ESPCAC 24pt; 2, Pitreavie 39; 3, Lasswade 43.

21

Lochaber AC Canal Towpath 4.5 mile Race, Fort William -
1, R Boswell 23-24; 2, P Hughes 23-52; 3, J Maitland 24-24; V1, E Orr 9th; Young Athletes 3 miles: 1, J Brooks 17-21; 2, J McIntyre 17-25; 3, S Cameron 17-32.

22

Scottish Unis Championships, Edinburgh -
Men 6 miles: 1, I Harkness (Edin) 31-48; 2, P McAvana (St And) 31-58; 3, N Thin (Edin) 32-15; 4, R Jones (Glas) 32-54; 5, T Reid (Stir) 33-02; 6, G Brown (Stir) 32-18. Teams: 1, Edinburgh 56pt; 2, Glasgow 76; 3, Aberdeen 174.

Women 3 miles: 1, Y Hague (Ed) 18-38; 2, A Rose (Dundee) 18-51; 3, V McPherson (Glas) 19-52; 4, R McFadden (Edin) 20-37; 5, J Gregg (HW) 20-49; 6, J Cliffe (Glas) 21-07. Teams: 1, Edinburgh 126; 2, Glasgow 17.

North District League, Nairn -

Men: 1, B Chinnick (Forr) 36-58; 2, G Sim (Mor) 37-40; 3, R Arbuckle (Keith) 37-54; 4, C Hunter (Moray) 38-15; 5, R Curtis V1 (Mor) 38-32; 6, G McLean (Inv) 38-34. J1, G McDowall (Inv), 16th, 40-53; Teams: 1, Moray 22pt; 2, Inverness 48; 3, Forres 48.

Youths: 1, B Fraser (BI) 14-13; 2, P Watt (Inv) 27-20; 3, D Hards (Inv) 27-29; Team: 1, Inverness.

Jun Boys: 1, J MacPherson (Loch) 16-00; 2, T McKillop (Fras) 16-10; 3, A Love (Fras) 16-20; Team: 1, Fraserburgh.

Women: 1, S Gollan (Inv) 14-44; 2, M Duthie (Fras) 14-58; 3, H Wisely (Fras) 15-50; Team: 1, Inverness 12; 2, Fraserburgh 13.

Juniors: 1, L Forman (Pete) 18-08; 2, R Bellam (Pete) 18-17; 3, S MacRae (Inv) 18-25. Team: 1, Inverness.

Girls: 1, M Smith (BI) 10-35; 2, J Anderson (Fras) 10-45; 3, D McAllister (Fras) 10-49; Team: 1, Fraserburgh.

Scottish District teams at Inter Country Championships, Corby -

Seniors:
1, B Rushworth (NE) 40-00; 2, P Taylor (Camb) 40-11; 3, C Robison (Corn) 40-19; Scots: 6, R Quinn (W) 40-26; 7, A Douglas (W) 40-33; S1, A Reid (N) 42-30; 65, W Coyle (W) 42-39; 66, G Grindlay (E) 42-40; 69, D Cavers (E) 42-41; 74, A Walker (E) 42-46; 76, J Pentecost (E) 42-47; 86, T Hearle (W): Teams: 10, West 416pt; 13, East 525 (49 teams finished).

Juniors: 1, S Duval (Staffs) 32-05; Scots: 37, F McGowan (W) 34-50; 42, M McCarty (E) 34-57; 51, S Wylie (W) 35-08; 53, M Bryson (E) 35-19; 65, J Timmons (W); 75, R Blair (W); 106, C Murphy (E) 36-42; Teams: 11, West 238; 17, East 333 (39 teams finished).

Youths: S Poore (Hants) 22-01; Scots: 20, M McBeth (W) 22-54; 66, C Greenhalgh (W) 23-40; 78, G Johnston (E) 23-55; 88, S Cook (E) 24-03; 98, A Adams (W) 114, J Gill (W); 121, G Gilmour (W), 125, D Slythe (E) 24-33; Teams: 16, West 298pts; 25, East 435 (37 teams finished).

Maryhill Harriers Schools League, Summerston -

Youths: 1, P O'Neill (G) 16-21; 2, S Queen (Boc) 17-07; 3, J Dodds (Boc) 18-38; Team: 1, Boclair 13pt.

Senior Boys: 1, D Young (Boc) 12-23; 2, C Humphreys (Boc) 12-43; 3, G Forbes (Boc) 12-54. Team: 1, Boclair 6pt.

Junior Boys: 1, S O'Neill (St Aug) 8-36; 2, A Cameron (Boc) 8-39; 3, D Young (Boc) 8-51. Team: 1, Boclair 9pt. Final League Result: 1, Boclair 20pt; 2, St Augustines 15; 3, John Paul 9.

28

Castle Series Races, Crathes Castle -
Seniors: 1, C McIntyre (Fras) 21-10; 2, R Geswell (Ab) 21-19; 3, S Gibson (HBT) 22-19; V1, G Milne (Pete) 22-45; V2, R McFauhar (Ab) 23-42; V3, B Preece (Ab) 23-43.

Youths: 1, B Fraser (BI) 22-35; 2, A Findlater (Unat) 23-40; 3, D Allsop (Unat) 26-49.

Senior Boys: 1, M Anderson (Fras) 16-43; 2, B McAllister (Fras) 16-58; 3, C Wilson (Ab) 17-29.

Junior Boys: 1, D McDonald (PSH) 11-35; 2, A Love (Fras) 12-02; 3, T McKillop (Fras) 12-06.

Colts: 1, A Steele (Fras) 6-03.

Women: 1, M Duthie (Fras) 18-02; 2, H Wisely LV1 (Fras) 18-19; 3, D Porter (Ab) 18-51; 4, J Shand (Unat) 18-52; 5, N McKinnon (LV2) 20-17; 6, G Hanlon (DRR) (LV3) 20-21.

Intermediates: 1, K Rice (Ab) 19-24; 2, S Reid (Ab) 20-36; 3, A Mitchell (Fras) 20-47.

Juniors: 1, L Forman (Pete) 13-19; 2, R

Bellaway (Pete) 13-30; 3, H Pirie (Ab) 13-35.

Girls: 1, M Smith (BI) 12-35; 2, V Clark (Tay) 12-54; 23, C Clarkson (Ab) 13-45.

Minor Girls: 1, J Anderson (Fras) 5-57.

SWCCU National Relay Championships, Bonnyrigg -

Seniors/Inters: 1, EWM 37-12 (S Hamilton 12-43; J Owens 12-35; S Durham 11-54); 2, Liv & Dist 38-01 (J Salvona 12-06; M Coleman 13-34; C Whalley 12-21); 3, Irvine 38-19 (J Roxburgh 12-37; M McGill 13-12; H Morton 12-30); Fastest: 1, J Robertson (Ayr) 11-47; 2, S Durham (EWM) 11-54; 3, J Salvona (Liv) 12-06; Int'l, J Roxburgh (Irv) 12-37.

Juniors: 1, ESPCAC 29-48 (G Fleming 10-32; L Cormack 9-33; L Stewart 9-43); 2, Irvine 30-27 (E McManus) 10-17; C Miller 10-23; R Hough 9-47; 3, Ayr 30-36 (D Church 10-01; D Ward 10-24; S Dyer 10-11); Fastest: 1, I Linaker (Pit) 8-59.

Girls: 1, Nith 30-32 (R Durkin 9-52; C Webster 10-58; K McNally 9-42); 2, Ayr 30-34 (S Scott 10-03; R Younger 10-52; H Brooks 9-39); 3, Kirk Oly 30-39 (L Scott 10-03; J McGlagon 10-18; C Tierney 10-18); Fastest: 1, H Brooks (Ayr) 9-39.

Minor Girls: 1, Lasswade 19-43 (D Murray 6-31; M Zalis 6-32; T Neill 6-40); 2, DHH 20-07 (J Learmouth 6-23; L Gatherer 6-42; K Stevenson 7-02); 3, Ayr 20-26 (V Forbes 6-24; K Kerr 7-29; A Church (Pit) 6-33); Fastest: 1, J Ward (Pit) 6-20.

Moir Ayr Seaforth AC won the Margaret Cup for the best overall performance in all age groups.

31

Scottish Civil Service Championship, Edinburgh -
1, W Nelson (BT) 30-54; 2, M Gormley (BT) 31-56; 3, J Evans (BI) 32-16; 4, C McLellan (PO) 33-05; 5, A Derrick (DTI) 34-09; 6, J Baird (DRS) 34-38; V1, F Duguid (BI) 10th 35-17; V2, A McFarlane (BT) 12th 35-40; V3, R Rochford (BI) 17th 37-15; Teams: 1, Brit Telecom 6pt; 2, Post Office 25; 3, Brit Telecom B 30.

Women: 1, CA Grey (SO) 23-01; 2, C Gibson (BT) 24-17; 3, A Wilson (LV1) (BI) 24-27.

February

3

East District League, Falkirk -
Seniors: 1, C Haskett (DHH) 32-01; 2, P Faulds (FVH) 32-03; 3, G Grindlay (FVH) 32-28; 4, B Kirkwood (ESPC) 32-38; 5, J Ross (HELP) 32-46; 6, A Robson (ESH) 33-04; 7, R Creswell (Ab) 33-09; 8, J Pentecost (FVH) 33-18; 9, M McQuaid (CR) 33-21; 10, P McCormack (DHH) 33-25; 11, G McMaster (FVH) 33-27; 12, I Steel (ESH) 33-35; 13, G Philip (ESPC) 33-41; 14, M Coyne (CR) 33-41; 15, S Bradstock (Liv) 33-45; 16, S Gibson (HBT) 33-47; 17, D Bain (FVH) 33-48; 18, D McGonigle (DHH) 33-55; 19, D Anderson (CR); 20, A Graham (HELP) 34-02; Teams: 1, FVH 67pt; 2, ESPCAC 131; 3, Cen Reg 139; 4, ESH 178; 5, Teviotdale 257; 6, HBT 269; 7, Liv & Dist 349; 8, Aberdeen 361; 9, FVH B 372; 10, DHH 422; O/All Result: 1, FVH 292pt;

2, Teviotdale 468; 3, ESPCAC 579.

Youths: 1, D Slyth (ESPC) 23-23; 2, G Johnston (FVH) 23-34; 3, R Hooton (ESH) 24-01; 4, N Johnston (ESH) 24-15; 5, B Wear (Teviot) 24-17; 6, S Russell (FVH) 24-34; Teams: 1, ESH 15pt; 2, ESPCAC 25; 3, FVH 30; 4, Geo Heriots 47; 5, Aberdeen 53; 6, Arb & Dist 139; O/All Result: 1, ESH 63; 2, ESPCAC 104; 3, Geo Heriots 153.

Senior Boys: 1, A Moonie (Pit) 17-13; 2, A Casey (QVS) 17-45; 3, G Browitt (Pen) 17-55; 4, D Carty (Bath) 17-58; 5, M Gill (ESH) 18-14; 6, D Smith (ESH) 18-33; Teams: 1, ESH 23pt; 2, Bathgate 39; 3, Aberdeen 48; 4, ESPCAC 60; 5, Penicuik 62; 6, QVS 82; O/All Result: 1, Bathgate 74; 2, ESPCAC 143; 3, Aberdeen 160.

Junior Boys: 1, R Hay (ESPC) 12-01; 2, B Boyle (Bath) 12-06; 3, K Daley (ESPC) 12-10; 4, D MacDonald (PSH) 12-21; 5, M Anderson (Cont) 12-35; 6, M White (Tev) 12-44; Teams: 1, ESPCAC 26pt; 2, Bathgate 43; 3, Aberdeen 47; 4, QVS 47; 5, Lasswade 48; 6, Teviotdale 60; O/All Result: 1, ESPCAC 43pt; 2, Lasswade 128; 3, Bathgate 142.

Colts: 1, A Ford (ESPC) 5-53; 2, S Scott (Arb) 5-56; 3, K Cormack (ESPC) 6-00; 4, S Grieve (CR) 6-06; 5, B Hughes (Tev) 6-08; 6, G Couper (FVH) 6-12; Teams: 1, ESPCAC 18 pt; 2, Cent Reg 28; 3, Teviotdale 34; 4, Arb & Dist 40; 5, Pitreavie 44; 6, FVH 48; O/All Result: 1, ESPCAC 65pt; 2, Cent Reg 94; 3, Teviotdale 123.

O/All Result for 5 age group competition: 1, ESPCAC 904pt; 2, FVH 1425; 3, Aberdeen 1832; 4, ESH 2049; 5, Teviotdale 2241; 6, Cent Reg 2332.

4

Cumnock Meeting, Brookfield Park -
Seniors: 1, S Overt (Ann) 35-05; 2, G Wright (Ayr) 35-22; 3, G Braidwood (Spring) 35-51; 4, G Crawford (Spring) 36-47; 5, A McLelland (Cal) 37-14; 6, R Carey (Ann) 37-25; Team: 1, Annan; V1, A Letham (Law) 38-07; V2, J McMillan (Kilb) 40-59; V3, J Rowley (Law) 41-48; Team: 1, Law & Dist.

Juniors: 1, S White (Dumf) 37-59; 2, J Brooks (Spring) 40-36; 3, M Bryson (Ann) 42-22; Team: 1, Cumnock & Dist.

Youths: 1, M Hard (Law) 19-19; 2, E Toner (JWK) 19-52; 3, G Scott (Dumf) 19-55; Team: 1, Law & Dist.

Sen Boys: 1, G Willis (Ayr) 18-39; 2, P Allan (Ayr) 19-11; 3, M McHurrath (Ayr) 19-15; Team: 1, Ayr Seaforth.

Jun Boys: 1, K Mason (Cum) 12-32; 2m S Schendel (Cum) 12-55; 3, R Neil (Ayr) 13-22; Team: 1, Cumnock & Dist.

Colts: 1, C Murray (Aird) 6-24; 2, S Hodgson (Cam) 6-28; 3, A Sandiland (Avon) 6-38; Team: 1, Airdrie.

Women: 1, J Armstrong (GAC) 21-53; 2, S McGregor (JWK) 22-42; 3, A Dickson (Law) 23-12; Team: 1, Afton Water.

Inter: 1, K Stewart (JWK) 23-00; 2, C Scholes (Cum) 23-01; 3, J Roxburgh (Irv) 23-41; Team: 1, Cumnock & Dist.

Juniors: 1, R Haugh (Irv) 13-55; 2, C Leitch (Avon) 14-31; 3, P Gillies (JWK) 14-51; Team: 1, Ayr Seaforth.

Girls: 1, H Brookes (Ayr) 14-02; 2, R Durkin (Nith) 14-13; 3, E Richardson (Avon) 14-31; Team: 1, Ayr Seaforth.

Minor Girls: 1, C Morris (JWK) 6-56; 2, J Morrow (Stone) 7-02; 3, A Church (Ayr) Team: 1, Afton Water.

SCCU Centenary Veteran Champs, Dumfries -

1, G Meredith (Cambridge) 35-48; 2, C Youngson (Ab) 35-54; 3, B Emmerson (Tev) 36-15; 4, I Elliot (Tev) 36-17; 5, P Marshall (HELP) 37-43; 6, A Adams (Dum) 37-46; 7, G Sim (Ab) 38-08; 8, B Preece (Ab) 38-29; 9, W Day (FVH) 38-33; 10, J Shields (CLY) 38-42; 11, G Milne (Ab) 38-47; 12, D Cogue (Dumf RC) 38-50; V45: 1, A Adams; 2, B Preece; 3, R Young (Clyd) 38-53; V50: 1, J Linaker (Pit) 39-17; 2, I Leggat (Liv) 39-34; 3, G Armstrong (HELP) 42-11; V55: 1, H Rankin (JWK) 39-17; 2, H Gibson (Ham) 40-11; 3, O Light (Troon) 42-01; V60: 1, W Marshall (Moth) 42-43; Teams: 1, Aberdeen 28pt; 2, Teviotdale 50; 3, Cambuslang 88; 4, Irvine 177; 5, Shettleston 180; 6, Dumbarton 196.



December

8

Spango Valley Colin Moon Trophy 3.5 Mile Race, Greenock -
1, C Spence 18-03; 2, C Leck 19-04; 3, J Gallacher (V1) 19-06; V2, R Hyett 19-29; V3, A Galbraith 19-43; L1, A Fisher 22-55; L2, C Gibson 23-34; L3, C Docherty 24-36.

16

Victoria Park 3.5 Mile Race, Scotstoun
1, P McGregor 18-05; 2, J Doyle 18-22; 3, W Watson 18-26.

Youth: S Gibson 18-16; H'cap: 1, G Smith; 2, W Watson; 3, P McGregor.

Young Athletes: 1, C Steel (SB) 10-33; 2, D Gorman (JB) 11-01; 3, D McGowan (JB) 11-45; H'cap: 1, D McGowan; 2, P McGowan; 3, C Steel.

23

Clydesdale H Xmas 2 Miles Race, Clydebank -
1, J Austin 11-23; 2, R Rasborough 11-34; 3, P Bonnar 11-40; H'cap: 1, P Rudzinski; 2, T Higgins; 3, L Pearson.

Sen Boys: 1, A Moore 8-00; 2, A Gallagher 8-13; 3, C Forbes 8-14.

Jun Boys: 1, R Harris 8-17.

Colts: 1, I Robertson 9-57; H'cap: 1, D Harris; 2, D Armstrong; 3, A Moore.

GWH Ferguson Memorial Cup 5 mile race, Greenock -
1, G Gaffney 25-08; 2, J Duffy 25-23; 3, F Lennox 27-45; 4, H Muir (V1) 27-59; 5, C McKeirrell 33-20; 6, J Stevenson (V2) 35-24.

Ayr Seaforth Xmas Races, Ayr -
Seniors: 1, W Boyd 19-14; 2, J Stewart 19-18; 3, G Wight 19-30;

INVERNESS Harriers emerged as men's team champions at the final meeting of the Keyline North Cross Country League on home ground on Saturday, February 10, but only after a season-long running battle with a fast improving Moray Roadrunners team, writes Charles Benneman.

At the penultimate match in Nairn two weeks previously, the Roadrunners had taken advantage of an Inverness squad weakened by the absence of three of their top athletes at the Inter Counties Championships in Corby, and had cut their lead to just six points. But the team from the Highland capital mobilised their full forces for this final match and comfortably extended their overall lead to 31 points.

The Inverness victory was not, however, without its anxious moments since key runner Ian Gollan was only expected at the last minute, having finished a shift with the Northern Constabulary just half an hour before his race was due to start. As the minutes ticked by, Inverness officials anxiously looked for the whine of a siren and the flash of a blue light in the hope that Gollan would make a last minute appearance. Appear he did, with seconds to spare... and on a bike into the bargain! The only remaining hitch was that he had no club vest, but wife Sheila, who had just won the women's race, saved the day by peeling off her own and handing it to her other half as he stood on the starting line.

John Bowman of Inverness was a comfortable winner of the individual race, well clear of slow starting Scottish international Alan Reid (Banff Coasters), who ran the last two miles on a soaking wet course in his bare feet, having removed his training shoes with a lap to go after picking up a stone. Inverness then packed four counters into the top ten to extend their team lead.

However, the Roadrunners have been the revelation of the season in North athletics. "We just found that some of our members got quite good quite quickly and wanted to give the cross country a go", explained club captain George Sim, with perhaps just a hint of understatement. "We've also been boosted by quite a few very good runners who have been posted to the RAF bases at Kinloss and Lossiemouth, and that has helped a lot".

In the final women's race, Sheila Gollan left it late before pulling back the huge lead which Marie Duthie of Fraserburgh had built up in the earlier stages, only taking the lead within 100 yards of the finish. Gollan is the undisputed top woman runner in the North these days, but still finished the season empty handed as League rules demand that each competitor completes five of the six events, but Sheila only managed four. Furthermore, one of her two absences was from the race which also incorporated the unofficial North Women's Championship so the Inverness policewoman has drawn a blank for the season.

This anomaly has sparked off a bid to have league rules changed in this respect, and this may well come along with a major rearrangement of North fixtures which could be on the cards to make next season a much better balanced one than at present.

Inverness, however, won the women's team trophy and extended their haul of team awards for the season to five with victories in the senior boys' junior women's and youths' age groups. The remaining team awards - the girls' and the junior boys' went to the North's other fast improving club, Fraserburgh.

H'cap: 1, W Boyd; 2, J Strawhorn; 3, J Stevenson.

Young Athletes: 1, I Leitch 9-46; 2, L McNaughton 10-17; 3, H Brooks 10-28; H'cap: 1, R Younger, 2, G Wilson; 3, D Church.

Dumbarton AAC Xmas 3 Mile Race, Dumbarton -
1, A Adams (Y) 15-07; 2, A Adams (V1) 15-47; 3, P Walsh 15-59; H'cap: 1, A Adams (Y); 2, P Walsh; 3, T Kelly.

Cambuslang H Xmas 3.5 mile race, Rutherglen -
1, E Stewart 17-30; 2, M Gormley and A Gilmour 17-44; 4, C Thomson 17-53; V1, J Christie 19-08; V1, M McBeth 18-03; SB: 1, M McLaughlin 19-15; H'cap: 1, P Bradley 31-10; 2, M McLaughlin 31-10; 3, C Hodgson 31-20; 4, A Hughes 31-25; 5, I Gordon 31-27; 6, J Bates 31-28.

ESPC Queens Drive Races, Edinburgh
Seniors: 1, B Kirkwood (ESPC) 16-03; 2, J Pentecost (FVH) 16-06; 3, G Crawford (ESPC) 16-10; V1, R Cockburn (ESPC) 1

RESULTS

January

1

Porty Promethon 4 mile race -
1, B Kirkwood (ESPC) 19-01; 2, A Weatherhead (V1) (ESPC) 19-35; 3, G Brown (ESPC) 19-18; 4, A Robson (ESH) 19-35; J1, M Steel (ESPC) 20-12; J2, A Kinghorn (ESPC) 20-24; Y1, D Slythe (ESPC) 20-47; L1, V Blair (ESPC) 32nd 22-30

Young Athletes 2 Miles: 1, J Grill (Y) (Cam) 10-45; 2, D Sharkey (Y) (ESPC) 11-33; 3, T Winters (SB) (ESPC) 11-39; Girl: 1, L Stewart (ESPC) 6th 12-07; G2, L Cormack (ESPC) 7th 12-12

2

Beith H New Year Race Meeting, Kilbirnie -

Senior 4.8 miles: 1, T Murray (GGH) 22-35; 2, G Croll (EKO) 22-58; 3, T Hearle (Kilb) 23-07; 4, G Tenney (Kilb) 23-31; 5, C Miller (Irv) 23-34; 6, M Gallagher (Mary) 23-41; 7, W Boyd (Ayr) 23-58; 8, C Hendry (GGH) 24-03; 9, G Haddow (EKO) 24-18; 10, G Reid (EKO) 24-20; V1, J Christie (Cam) 16th 24-45; V2, M Ferguson (JWK) 19th 25-00; V3, R Young (Clyd) 20th 25-07; V4, A Blackley (West) 25th 25-19; L1, A Ridley (Shaft) 26-37; L2, R McAleese (LVI) (MSL) 26-38; L3, H Haining (Nith) (EJD) 27-26; L4, H Morton (Irv) 27-56; L5, J Moore (Kilb) 29-13; L6, G Reid (MSL) 29-14

Youths 2.4 miles: 1, N Freer (C'Bank) 11-51; 2, T Healy (VP) 12-16; 3, A Smith (EKilb) 12-18. Team 1, Clydebank 11pt. Senior Boys 1.2 miles: 1, M McLaughlin (Cam) 5-37; 2, J Ferguson (Ayr) 5-37; 3, D Whiffen (Nith) 5-38. Team 1: Ayr 19pt.

Junior Boys 1.2 miles: 1, B Boyle (Bath) 6-22; 2, M Smith (VP) 6-27; 3, D Gorman (VP) 6-30. Team 1 Vic Park 9pt.

Colts 0.75 mile: 1, S Hodgson (Cam) 4-51; 2, S Grant (Kirk) 4-54; 3, G McByrne (Kilb) 5-02; Team: 1 Camuslang 17pt. Intermediates 2.4 miles: 1, S McDonald (Irv) 13-30; 2, C Roy (Bath) 14-24; 3, A Paterson (Stra) 14-39. Team 1, Helensburgh 23pts.

Juniors 1.2 miles: 1, K McNeill (MSL) 6-

46; 2, L McDonald (EKO) 6-49; 3, L McGarrity (SV) 6-53; Team: 1, Bathgate 24pt.

Girls 1.2 miles: 1, S Sneddon (Hel) 7-21; 2, E Gorman (VP) 7-29; 3, G Wilson (Cum) 7-40.

Minor Girls 0.75 miles: 1, C McLean (SpV) 5-41; 2, K Smith (EKilb) 5-57; 3, L Reid (EKilb) 5-57. Team 1, East Kilbride 11pt.

6

Maryhill H Nigel Barge 4.5 Mile Race
1, A Douglas (VP) 21-48; 2, P Fleming (Bella) 21-49; 3, D Donnett (Spring) 22-14; 4, W Nelson (Law) 22-14; 5, A Callan (Spring) 22-16; 6, G Grindlay (FVH) 22-35; 9, J Quinn (Moth) 22-50; 10, C Thomson (Cam) 22-57; J1, G Stewart (C'Bank) 11th 23-04; V1, I Seggie (Liv) 32nd 24-33; L1, S Crawford (GAC) 113th 26-20; L2, J Donnelly (GAC) 129th 26-49; L3, R McAleese (MSL) (LVI) 27-00. Teams: 1, Springburn 16pt; 2, Shettleston 32; 3, Bellahouston 60.

13

Springburn Harriers Jack Crawford Memorial 5.5 Mile Race, Bishopbriggs
1, W Nelson (Law) 25-40; 2, G Braidwood (Spring) 25-47; 3, B Kirkwood (ESPC) 25-58; 4, A Weatherhead (V1) (ESPC) 26-10; 5, P Faulds (FVH) 26-17; 6, R Johnston (Cal) 26-22; J1, A Russell (CAC) 22nd 27-38; J2, R Blair (VP) 31st 28-05; V2, W Scally (Shett) 35th 28-32; V3, W Mitchell (Cam) 39th 28-52; L1, J Donnelly (GAC) 76th 30-41; L2, R McAleese (MSL) (LVI) 31-21; L3, R Kay (GAC) 114th 32-40; Teams: 1, Springburn 70pt; 2, Shettleston 85; 3, Kilbarchan 130; Ladies Team: 1, GAC 329pts

28

Kirk Oly 7 Mile Race, Kirkintilloch -
1, J Robson (ESH) 34-52 (rec); 2, B Kirkwood (ESPC) 35-58; 3, G Braidwood (Spring) 36-17; 4, S Doig (Fife) 36-37; 5, P Fox (DHF) 36-51; 6, H McKay (Fife) 37-18; 7, K Rankin (FVH) 37-22; 8, G Crawford (Spring) 37-35; 9, J Cooper (Spring) 37-36; 10, D McGonigle (DHF)

38-04; V1, T Graham (Fife) 17th 39-27; V2, R Young (Clyd) 22nd 39-42; V3, J Christie (Cambus) 25th 39-55; V4, A Blackley (West) 33rd 40-53; L1, J Armstrong (GAC) 63rd 44-26; L2, J Wilson (Inv) 82nd 46-25; L3, M O'Neill (West) 87th 48-11; Teams: 1, Springburn 51pt; 2, Kilbarchan 55; 3, Fife AC 81

February

3

Renfrewshire AAA Championships, Greenock -

Seniors: 1, T Hearle (Kilb) 23-27; 2, C Spence (SV) 24-02; 3, D McFadyen (GWH) 24-07; 4, C Leck (SV) 24-31; 5, W Dunn (GGH) 24-37; 6, G Gibson (Kilb) 24-47; V1, J Gallacher (SV) 26-08; V2, H Muir (GWH) 26-10; Teams: 1, Kilbarchan 44pt; 2, Spango Valley 79; 3, GGH 92

Youths: 1, A Barker (Kilb) 17-03

Senior Boys: 1, D Kerr (SV) 16-37; 2, D Tamburine (GGH) 16-47; 3, M Mitchell (GGH) 17-15; Teams: 1, GGH 10pt; 2, Kilbarchan 18

Junior Boys: 1, B McLean (SV) 11-04; 2, D McCallum (Kilb) 11-52; 3, K Mooney (SV) 12-39; Team: 1, Spango Valley 8pt.

Motherwell "Round the Loch" Meeting, Strathclyde Park -

Seniors 6.5 miles: 1, G Crawford (Spring) 33-33; 2, J McKay (Shett) 33-39; 3, N Muir (Shett) 34-00; 4, F O'Kane (HBT) 34-26; 5, D McLelland (Cal) 34-52; 6, C Thom (West) 35-18; J1, P Russell (Forth) 36-43; V1, I Donnelly (Law) 37-26; L1, H Haining (Nith) 38-21

Youth 4 mile: 1, G Graham (VP) 19-40; 2, A Adams (Dumb) 19-44; 3, A Smith (EKilb) 20-55; Senior Boys: 1, C Clendall (Ham) 10-20; 2, G McHolm (Unatt) 10-28; 3, G Johnston (Moth) 10-30; Team: 1, Shettleston

Junior Boys: 1, S Gibson (CAC) 10-54; 2, C Creighton (CAC) 11-16; 3, S McGregor (Moth) 11-46; Team: 1, Clydebank

Colts: 1, R McDonald (Spring) 6-32; 2, D Gow (Shett) 6-40; 3, S Hodgson (Cam) 6-45; Team: 1, Springburn.



February

3

SAAA Indoor Relay Championships, Kelvin Hall -

4 x 200m: Senior: 1, Ayr 1-30.95; 2, DHF 1-31.33; 3, Lothian 1-35.33; 4, Bellshill 1-37.00; Youths: 1, Clydesdale 1-39.92; 2, Ayr 1-40.90; 3, Clydesdale 1-43.39; 4, Hyndford 1-47.85; Senior Boys: 1, Ayr 1-39.52; 2, Clydebank 1-41.73; 3, Harmer 1-50.60; 4, Ayr 1-52.52

4 x 400m: Seniors: 1, JWK 3-25.78; 2, DHF 3-27.27; 3, Ayr 3-27.28; Youths: 1, Clydebank 3-41.23; 2, Ayr 3-47.33; Senior Boys: 1, Clydebank 3-56.87; 2, Clydebank B 4-21.29; 3, Ayr 4-25.60

3/4

SAAA Combined Events Championships, Kelvin Hall -

Senior Heptathlon: 1, P Allan (Ab) 4629 pts (rec); 2, I Black (ESH) 4116; 3, P Masterton (ESPC) 4062; Junior Heptathlon: 1, H Kilpatrick (Ab) 3300pt; 2, D Baillie (Loth) 3281; 3, N Elliott (Hel) 3258; Youth Pentathlon: 1, I Dickie (Ayr) 2942; 2, I Lind (Ab) 2788; 3, C Jessiman (Ab) 2545; Vets Heptathlon: M40: 1, J Gelder (Loth) 3194pts (rec); M50: 1, J Freebairn (SVHC) 2825.

4

SWAAA Combined Events Indoor Champs, Kelvin Hall -

Senior: 1, J Ainslie (EWM) 3240pts; 2, S Richmond (Pit) 2895; 3, C Black (EWM) 2866pt; Intermediate: 1, E Sneddon (CR) 2629 pts; 2, L Paterson (Ab) 2620; 3, C Legge (Montrose) 2498; Juniors: 1, G Mason (Ab) 2557pts; 2, S Ramminger (Arb) 2541; 3, M McWhannel (Kirk Oly) 2516.

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For your information the running categories are:
Men: 18 to 39, Veteran Males 40 & over, **Women:** 18 to 34, Veteran Females 35 & over.
Please enter me for the Ayr Land O' Burns Half Marathon. I am medically fit to run and understand that I enter at my own risk, and that the Organisers shall not be held responsible for any injury, loss or damage as a result of my participation in the said Event.

●Cheque or P.O. for £4.00 payable to "KYLE AND CARRICK DISTRICT COUNCIL" ●Check your bank statement for confirmation of entry ●Enclose SAE with entry for written confirmation.

Please help: Check all enclosures before posting to: RACE DIRECTOR, PARKS AND RECREATION DEPT., 30 MILLER ROAD, AYR KA7 2AY. Tel: (0292) 281511

Signed

Date

SR3

EVENTS

February

23

GB v GDR Indoor Match Kelvin Hall

23/24

AAA/WAAA Dairy Crest Under 20 Championships, Cosford

24

SCCU National Cross Country Championships, Beach Park, Irvine.

25

SCOTTISH Universities v Loughborough v E/W Districts, Kelvin Hall

LOCHABER AC Caol 10,000m RR, Townpark, Fort William

SWCCU National Cross Country Championships, Aberdeen

28

APPLETON Trophy, Universities Indoor Championships, Kelvin Hall

March

3

BALLOCH to Clydebank 12.25 miles Road Race

FIFE AC 6 Mile Road Race, Cupar - Start 3pm. Registration and changing at Cupar YMCA, Bonnygate; Cupar. Entries on day £1.00 (unatt £1.50). Details - Graham Bennison (0334) 82457.

NALGO British Cross Country Championships, Strathclyde Park

TEVIOTDALE Harriers Cross Country Championships, Hawick

GLENPARK Harriers Trophy Race for Young Athletes, Battery Park, Greenock

3/4

THE EUROPEAN Indoor Championships, Kelvin Hall

AAA/WAAA Combined Events and Relays, Cosford

4

ANNAN and District AC Open CC Races - Registration 11am - 12.30pm. First race 1pm prompt - Details from David Hopper (04612) 4682.

NAIRN 10K and Fun Run - 2pm start. Entries from Danny Bow, 16 Glebe Road, Nairn IV12 4ED.

LASSWADE AC 10 mile road race, Bonnyrigg

9

GB v USA, Cosford

9/10

AAA/WAAA Senior Indoor Championships, Cosford

10

INTER Town Sports Hall Athletics - Details from Grangemouth Sports Complex (0324) 486711.

SCOTTISH Schools Cross Country Championships, Irvine

11

THE Smokies Ten - Women's only race - Arbroath, Angus.

UK Trial for World CC team, Bellahouston Park

MOTHERWELL DISTRICTS RAVENSCRAIG HALF MARATHON

20TH MAY, 1990 — WISHAW SPORTS CENTRE

STARTS AND FINISHES AT THE SPORTS CENTRE

MEDALS TO ALL FINISHERS

TIME 11.00 am PROMPT. UNDER S.A.A.A. AND S.W.A.A.A. LAWS

OFFICIAL ENTRY FORM

SURNAME

CHRISTIAN NAME

ADDRESS

DATE OF BIRTH

MALE/FEMALE

NAME OF CLUB/UNATTACHED

IF DISABLED PLEASE TICK

AGE ON DATE OF RACE

PREVIOUS BEST TIMES

HOW DID YOU LEARN OF THE HALF MARATHON?

ENTRY FEE £3.75 (NON REFUNDABLE)
CHEQUE/POSTAL ORDER No. CROSSED AND MADE PAYABLE TO MOTHERWELL DISTRICT COUNCIL

(Including your name/address on reverse side)

I hereby declare that I will be 18 years (male) 17 years (female) of age or over on the day of the race, and have not competed in any athletic (track and field, road, race, cross country, or road walking) event as a professional. I am medically fit to run this event and I understand that I participate entirely at my own risk and cannot hold Motherwell District Council or the sponsors responsible for any injuries suffered by me in this event, or for any property lost during the race or in the designated changing areas.

I enclose the entry fee of £3.75 together with an 12" x 9" S.A.E. for acknowledgement and race literature. Please enclose S.A.E. approximately 12" x 9" for results if required.

Signature

Return entry to: RACE DIRECTOR, WISHAW SPORTS CENTRE, WISHAW, ML2 0HB ☎ WISHAW 355821

NUMBER	DATE RECEIVED	S.A.E.	CHEQUE/P.O.	CASH	INITIALS

FOR OFFICIAL USE ONLY



Leisure



SUNDAY 18TH MARCH

(under SAAA/SCCU/SWAAA/SWCCU&RRA rules)

* Accurate and fast course through the streets of the Highland capital, Inverness. * Extensive Prize List, over £2,000 for all categories, including individuals, veterans, athletic clubs, works teams and pub teams.
* Beautiful commemorative medal for all half marathon finishers
* Superb organisation and full facilities.

ENTRY FORMS AVAILABLE FROM ALL SPORTS SHOPS IN SCOTLAND, OR THROUGH TURNBULL SPORTS, 10 CHURCH STREET, INVERNESS. TEL: (0463) 241625.

CLACKMANNAN DISTRICT SPORTS COUNCIL

Eighth annual Alloa Half Marathon. Sponsored by the Alloa Advertiser, on Sunday 25th March 1990. Permits issued by the S.C.C.U. and the S.W.A.A.A. Prizes for all categories including team prize and medals to all finishers.

Entry forms from:
Clackmannan District Council,
Dept. of Leisure and Recreation
29 Primrose Street,
ALLOA

HADDINGTON & EAST LOTHIAN PACEMAKERS

in co-operation with

East Lothian District Council Dept of Leisure, Recreation & Tourism

Present the HADDINGTON ROAD RACE SERIES 1990

at Neilson Park

Sunday 15th April, 2pm - 10 miles £2-00

Sunday 2nd June, 3pm - £2-00

Sunday 12th August, 2pm - Half Marathon (Entries to Half Marathon £3-00)

Entry forms from: Joe Forte Sports,
65 High St, Haddington. Tel: 062-082-4023.
All late entries additional £1-00 - Closing date one week prior to each event.

All events under SAAA & SWAAA rules.

EVENTS

IT was an easy victory for Greenock man Tommy Murray as he retained his West District cross country title. The action took place in Troon on January 21 when Murray left the field and runner-up Eddie Stewart 200 yards behind him over the 7.5 miles course. Murray's performance in this race must boost his confidence to retain his national title in the centenary national championship at Irvine.

There was, however, a glorious flow of red, hot in pursuit as the men of Cambuslang Harriers took the team prize in convincing style. Led by Stewart, the Glasgow club had their six counting runners of the team all home in the first 15 to finish before runners-up Kilbarchan had their first man home.

With a total of only 58 points, Cambuslang stamped their authority over Kilbarchan with 254 points and third placed Clydesdale Harriers (282).

In the East District event, it was a man with orienteering honours to his credit who took the gold. British orienteering international Steve Hale (Perth

BVAF Cross Country Championships, London

16

UK Civil Service Indoor Athletic Championships, Kelvin Hall

17

CLYDESDALE Harriers "Dunk Wright" 5.5 miles Trophy Race

WELPARK Harriers CC race, Greenock

GLENPARK Singlehurst Shield 5 miles RR, Greenock

Strathay Harriers), won the 7.5 mile race in a time of 39-11 over Dundee Hawkhill's Charlie Haskett (39-28).

The team championship was won by Dundee Hawkhill Harriers with 83 points to Espc AC's 123 points in second place.

17/18

GB v USA v USSR, Cosford

18

FALKIRK Open Graded Meeting - (0324) 486711

INVERNESS District Council People's Half Marathon and Fun Run - Entry forms from all sports shops or Turnbull Sports (0463) 241625.

CONFINED Meeting, Kelvin Hall

SVHC Alloa - Bishopbriggs 8 Stage Road Relay Race

TEVIOTDALE Harriers 1894 Trophy CC Race, Hawick

24

SCCU National Six Stage Road Relay Championships, Livingston

25

XVII IAAF World Cross Country Championships, France

CLACKMANNAN District Sports Council People's Half Marathon, Alloa - entry details - Clackmannan District Council Department of Leisure and Recreation, 29 Primrose Street, Alloa.

BANK of Scotland White Caterthun Race, Brechin - Race starts 1pm. 11.5 miles with climb of 700ft. Route follows road and then cross country to Pictish fort on top of the White Caterthun hill. Race finishes at Brechin High School. Entries: Alan Young, 11 Gellatly Place, Brechin.

SVHC Indoor Championships, Kelvin Hall

THE Great York Run 1990.

LOCHABER Glen Nevis 10 miles RR (1st race in spring RR challenge), Fort William



INVERCLYDE ATHLETIC INITIATIVE



Reebok

INVERCLYDE FESTIVAL OF RUNNING

10K ROAD RACE — Sunday, 17th June, 1990.

INVERCLYDE MARATHON — Sunday, 19th August, 1990

Incorporating the SCOTTISH PEOPLES MARATHON and the S.V.H.C. MARATHON CHAMPIONSHIPS

Organised by Inverclyde Athletic Initiative with assistance from Inverclyde District Council and REEBOK.

Permits issued by SAA and SWCC & RRA

Sponsored by IBM Greenock

Competitors details: Please PRINT ALL appropriate information.

Surname..... First name(s).....

Street.....

Town..... Country.....

Club Name.....

Male/Female (M/F)

Veteran (Male 40 and over/Female 35 and over)

Unattached (i.e. NOT a member of affiliated club)

Age on Day of Race (MUST BE 18 OR OVER)

Event entered (Marathon/10K)

Entry Fee £ (10K — £2.00; Marathon — £4.00 (\$4.50 unattached))

S.V.H.C. Member (Y/N — S.V.H.C. Marathon championship only)

Anticipated time hours mins.

Prize list. — MEDALS TO ALL FINISHERS

Open (All athletes)
Open FEMALE (All female athletes)
Veteran MALE 40-44, 45-49, 50-54, 55-59, 60 and over.
Veteran FEMALE 35-39, 40-44, 45-49, 50 and over.
Affiliated club teams MALE (3 to count)
Affiliated club teams FEMALE (3 to count)

INVERCLYDE ATHLETIC INITIATIVE IS A COMMITTEE SET UP BY THE THREE INVERCLYDE CLUBS, GREENOCK GLENPARK HARRIERS, GREENOCK WELLPARK HARRIERS and IBM SPARGO VALLEY A.C. TO HELP PROMOTE ATHLETICS IN THE INVERCLYDE COMMUNITY.

Cheques/postal orders should be made payable to:
INVERCLYDE ATHLETIC INITIATIVE and sent to:
Joe Gallagher, 4 Millburn Court, Inverkip, PA16 0DX.

Entries will not be acknowledged but a race package will be issued at least two weeks prior to the event.

I waive any rights and claims against the organisers for any loss/injury as a result of participating in the event.

Signature..... Date.....



& 10K FUN RUN

CITY OF ABERDEEN



MARATHON

Preparations are under way to celebrate the 10th Anniversary of the City of Aberdeen Milk Marathon. This years event will complete a decade of smooth running.

Each year the Marathon attracts an impressive field of international runners and 1990 should be no exception. The races start from the Beach Boulevard on Sunday 27th May at 11.00 am.

Theres something for everyone from the spectator to the serious runner with:

The Milk Marathon
10K Fun Run
Childrens Races
Handicapped Races
Side Shows and Displays



To obtain your entry form for the City of Aberdeen Milk Marathon and 10K Fun Run simply complete and return the attached coupon today.

To: City of Aberdeen Milk Marathon
and 10K Fun Run
c/o Marketing Services Ltd
4 Bon Accord Crescent
Aberdeen AB1 2DH.

NAME..... ADDRESS..... TEL NO.....

EVENTS

ABERDEEN athletes who week in week out travel hundreds of miles to compete are hoping the rest of Scotland will return the compliment on February 25 when the city hosts the Scottish Women's Cross Country Championships for the first time in more than 20 years, writes *Graeme Smith*.

Normally a field of around 1000 young and not so young women take part in the annual championships, and Scottish Women's Cross Country and Road Running Association honorary secretary June Ward believes a similar number of entries will be received for the races at Westfield Park, Bridge of Don.

"It is hard to gauge the numbers but I would imagine that while there will be a much bigger entry from the clubs in the North because it is easier for them to travel there will be a drop off in the South. It is swings and roundabouts," said Mrs Ward.

The National Relay Championships were held in Aberdeen and there was a very poor response from the rest of

Scotland but the important thing was that the quality of the event was not affected because all those likely to be in contention took part.

"The only people who might find it impossible to compete are the Anglo Scots like Karen McLeod who would probably be unable to get back to Bath in a fit condition for her work on Monday morning," Mrs Ward continued. "It would be different if the championships were held on a Saturday when a large number of college girls have Saturday jobs which would mean they could not compete."

Whatever the final numbers a top class field is anticipated and Aberdeen Amateur Athletic Club, with the help of their new sponsor Raychem, are doing all they can to make it an enjoyable day for their guests.

The race will be run over a new course, well tested by local athletes, at Westfield Park, Bridge of Don.

Mrs Pat Sheehan, Aberdeen AAC Ladies Cross Country secretary, said, "we have booked the swimming pool in the community centre which houses

GLASGOW AC Open Graded Meeting, Crownpoint

31

SCCU Centenary Season Closing Event (still to be decided).

MARYHILL Harriers Bannerman Trophy CC race, Summerston

the changing facilities and it will be free to competitors and their families.

She continued, "We offered to host the event and we are doing all we can to ensure its success so that visitors feel the journey has been worthwhile and will not be reluctant to come to Aberdeen for future events."

Our athletes, including many very young ones, regularly board buses early on Sunday mornings, returning late on Sunday nights, to take part in races all over Scotland. They are looking forward to a home fixture for a change and we are hoping for a big entry."

April

1

DUNDEE Hawkhill Harriers 10K, Caird Park

FIFE AC Open Graded Meeting, Glenrothes

GLEN Fruin Road Race, Helensburgh - Entries from Sheila Ramsay, 38F East Argyll Street, Helensburgh, G48 7RR.

NORTH Inch Road Relays, Perth - 2pm at Bells Sports Centre - 4 x 3miles, entry on day - 50p per runner. Details from Norman Watson (0738) 38000.

4

FALKIRK Open Graded meeting, Grangemouth - Details from (0324) 486711.

NINTH LOCH RANNOCH MARATHON

(INCORPORATING THE FOURTH LOCH RANNOCH HALF MARATHON)

Sunday, June 24th, at 11am.

(under SAAA and SWAAA, SWCCC & RRA Rules) (BARR Grade 2)

SPONSORED BY BARRAT INTERNATIONAL RESORTS



RUN IN ONE OF BRITAIN'S MOST BEAUTIFUL MARATHONS THERE IS ALSO THE CHANCE TO RUN IN A HALF MARATHON EVENT. EXCELLENT FACILITIES INCLUDE DRINK/SPONGE STATIONS, MILE MARKERS, MEDALS FOR ALL FINISHERS, COURSE ACCURATELY MEASURED BY RRC, EXCELLENT PRIZE LIST INCLUDING WEEKEND BREAKS, AND ABOVE ALL A FRIENDLY ATMOSPHERE.

Entry forms from:

Arthur F. Andrews, Loch Rannoch Marathon, Rannoch School, Rannoch, by Pitlochry, Perthshire, PH17 2QQ (PLEASE SEND SAE). TEL: (088 22) 372 (Eve).

WHY NOT MAKE A DATE NOW FOR THE FRIENDLY RUN IN THE HEART OF THE HIGHLANDS ON JUNE 24TH?



ALLIANCE LEICESTER

STRANRAER PEOPLE'S 10K ROAD RACE AND FUN RUN

ENTRY FEE
10K ROAD RACE £4.00
FUN RUN £2.00



MEDALS TO ALL FINISHERS
TEAM EVENT

SUNDAY, 6TH MAY, 1990
RACE STARTS 1.00PM

An opportunity to experience the beautiful Wigtownshire countryside.

Everyone welcome!

For further information contact:-

The Leisure Office,
Client Services Department,
Wigtown District Council,
Church Street,
Stranraer,
Scotland.

Tel. 0776 2151 Ext 244



LEISURE & RECREATION PROGRAMME

STRANRAER 1990

7

CLYDESDALE Harriers Jock Semple Road Relay, Clydebank

BELHAVEN Brewery Dunbar Boundary Race 10K. Details: Hugh Rooney, 7 Warrender Crescent, Dunbar. Tel (0368) 64064.

FALKIRK Young Athletes Meeting, Grangemouth - Details - (0324) 486711.

TOM Scott Memorial 10 Mile Road Race, Strathclyde Park

8

MAGGIE Storey Memorial 10K, Forfar - 12.45pm start - Entries (SAE) Brian Hendry, 8 Muir Place, Forfar DD8 3LD.

SCOTTISH and NW Athletic League Matches

SELKIRK People's Half Marathon, Selkirk - Details from Mr RJ Wilson, 3 Ladylands

Terrace, Selkirk (enclose SAE).

THE Great Angus Run - Forfar 15, Forfar - 1pm start Station Park, Forfar. Entries from Brian Hendry, 8 Muir Place, Forfar DD8 3LD.

MACRAE the Homemakers' Open Graded Meeting, Inverness

14

RENFREWSHIRE 10 mile Road Race Championship, Greenock

SCOTTISH Young Athletes Handicap Scheme, Livingston

HFC Bank Scottish Athletic League Qualifying Match, Coatbridge

15

HADDINGTON 10 Mile Road Race, Haddington - 2pm start, entries from Joe Forte Sports, 65 High Street, Haddington (062 - 082 - 4023).

City of Dundee People's Marathon and 10K Road Race

Sponsored by:-



City of Dundee District Council



Sunday, 13th May, 1990

Medal and certificate to all finishers

Extensive prize and trophy list

Both event routes contained within the City of Dundee,

through the streets

Forms available from:

Marathon Race Organiser,
City of Dundee District Sports Council,
Leisure and Recreation Dept.,
Earl Grey Place,
Dundee DD1 4DF.

Tel: 0382-23141 Ext 4045

ENTRY FEE £5 FOR MARATHON; £2.50 FOR 10K.

ENTRIES CLOSE APRIL 30th FOR BOTH EVENTS

DUNDEE City of Discovery

THE CUMBERNAULD HALF - MARATHON

SUNDAY
JUNE 3RD
1PM

Organised by
Recreation Leisure Services

SUNDAY
JUNE 3RD
1PM

ENTRY FORM

Official Entry Form - please complete in BLOCK CAPITALS and return to: Cumbernauld and Kilsyth District Council, Recreation and Leisure Services, Council Offices, Rose Way, Cumbernauld G67 1JG.

Numbers will be allocated to 1200 entries to please apply early. If your entry is not accepted you will be notified as soon as possible and your fee refunded.

Entries close on MONDAY, MAY 21, 1990 at which date any late entries will be notified before the race.

Please note the Race entry will not be acknowledged but race details will be issued by mid-May. All ENTRANTS must enclose a 1234 x 4" photograph - standard size and with name on back and send to the Leisure and Recreation Dept.

NAME: _____

ADDRESS: _____

DATE OF BIRTH: _____

DATE OF CLUB: _____

ESTIMATED TIME: _____

DATE OF BIRTH: _____

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EVENTS

THE Inverness People's Half Marathon, which takes place in Inverness on March 18 is sponsored for the first time by Inverness District Council. This year the strict closing date for entries is March 12. The entry fee is £4.50 with every entrant receiving a specially struck race medal and certificate.

A fun run with no age restrictions is held over the first four miles of the half marathon course with every finisher receiving a certificate.

The course follows a mainly flat, figure of eight, route entirely within the town. There are four short sharp climbs at one, five, nine and 11 miles. Four refreshment stations are provided at three, seven, 11 miles and the finish.

Most of the activities on the day including registration, changing accommodation, baggage security, car parking and showering facilities for men and women are contained within Inverness High School, which is located some 400 metres from the start and finish.

Over £2,000 in prizes are awarded to the winners of the various categories, which include 20 individual and three teams in male athletic clubs, 10 individual and three teams in female athletic clubs, three individuals in each veterans age group, team prizes for works, sports clubs and pubs, and numerous spot prizes.

The presentation takes place within a short time of the finish of the race and prior to the post race dance and disco which has free entry to all entrants and partners.

Being a tourist orientated town, Inverness offers an abundance of accommodation for those who wish to stay overnight. This ranges from very reasonable priced bed and breakfast (£8 per night) to full board in luxury hotels.

The 1989 winners were Peter Fox of Dundee Hawkhill (66-35) and Janet Darby of Penicuik (81-12). The course record was set in 1984 by Graham Laing of Aberdeen AAC, and stands at 64-39.

SOLWAY League, Dumfries

19

FORTH Valley League, Division 1, Grangemouth, Division 2, Livingston

21

BEN Rha Hill Race, Reay, Thurso

CENTRAL District Champion - ships, Grangemouth - details - (0324) 486711

CRAIG Dunain Hill Race, Inverness

UNIVERSITY of Dundee Open Graded Meeting, Caird Park

22

ADT London Marathon

DORA Stephen Memorial Meeting (open graded), Coatbridge

EDINBURGH and District Athletic League, Tweedbank

SCOTTISH Young Athletes League West Div 1&2, Ayr

ST ANDREWS Half Marathon and Fun Run - Entries £4.00 from Fun Run Convenor, Students Union, St Mary's Place, St Andrews, Fife - 11.30am start.

GRAMPIAN Television League (East), Aberdeen, (North) Elgin

**BANK OF SCOTLAND
SELKIRK PEOPLE'S
HALF
MARATHON & 4.5
MILE FUN RUN**
Sunday 8 April
at 2-30pm
Entry forms from: R J Wilson, 3
Ladylands Terrace, SELKIRK
(0750 21598)



QUEENSFERRY & DISTRICT COMMUNITY COUNCIL

Forth Rail Bridge Centenary Half Marathon and Fun Run

Main Sponsor Digital Equipment Scotland Ltd
Butlaw, South Queensferry

digital

Sunday 29 April 1990 Start 11.00 am
Race venue: Hawes Pier, South Queensferry

Entry fees (non refundable)
£4 Half Marathon ☐ Please tick as appropriate
£2 Fun Run (5 miles) ☐

"People's" Permit

I enclose my Cheque/PO for the entry fee for the race payable to the Queensferry and District Community Council.
I agree to the organisers' right to refuse any entry without being bound to assign a reason.

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

Signed _____
(signed by parent or guardian if entrant is under 18 years of age)
Date _____

PLEASE PRINT Return to: Forth Rail Bridge Centenary Half Marathon
Jim Faulds, c/o 17, Linn Mill, South Queensferry.

Name _____

Address _____

Name of Club _____
Hrs Mins Day Mth Yr

Estimated time _____ Date of Birth _____

Age on day of race _____
MALE ☐
FEMALE ☐

Closing Date 21 April 1990

All proceeds from the two events will be donated to recreational facilities for children.

Further information and running numbers will be forwarded as soon as possible.

A Commemorative Medal will be given to all runners completing the event.

Half Marathon run under the Rules of the SAAA, SWAAA and SWCC, RRA



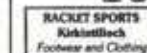
STRATHKELVIN DISTRICT COUNCIL SCOTTISH MARATHON CLUB

THE LUDDON HALF MARATHON

(Under S.A.A.A., S.W.C.C.U. and S.W.A.A.A. Rules)
(Incorporating 1990 Scottish Women's Championship and
1990 Scottish Veteran Harriers Club Championship)

SPONSORED BY LUDDON CONSTRUCTION LIMITED
SUPPORTED by Runsport, Racket Sports & Kirkintilloch Herald

SUNDAY, 13th MAY, 1990
START 10 am



RACKET SPORTS
Kirkintilloch
Footwear and Clothing

RACE VENUE: Woodhead Park, Kirkintilloch
RACE HEADQUARTERS: Tom Johnston House, Civic Way.
CHANGING ACCOMMODATION: Male - Kirkintilloch
Swimming Pool Female - Woodhead Community Education
Centre

Official Entry Form - fill in all sections in BLOCK CAPITALS PLEASE.
Send to: Road Race Secretary, Strathkelvin District Council, Leisure & Rec. Dept, 14
Springfield Rd, Bishopton, Glasgow G64 1PQ.
Numbers will be restricted so please apply early. If your entry is not accepted you
will be notified as soon as possible and your fee returned.
Please note that race entries will not be acknowledged, but race details will be
issued to all competitors in April.

NAME _____

ADDRESS _____

NAME OF
AFFILIATED
ATHLETIC CLUB _____

DATE OF
BIRTH _____ AGE ON DAY _____

CATEGORY
(please tick box) ☐ Female under 35 ☐ Female 35 & over
☐ Male under 40 ☐ Male 40-49
☐ Male 50 & over ☐ Member of
Scottish Vet Club

ENTRY FEES - MEMBERS OF AFFILIATED CLUBS £3.00.
UNATTACHED RUNNERS £3.50.

I enclose herewith my cheque/P.O. No. _____ being the amount of the entry fee (non-refundable). Note entries will not be accepted unless accompanied by the entrance fee. The organisers have the right to refuse any entry without being bound to assign a reason. Cheques/P.O.'s should be made payable to Strathkelvin District Council, crossed and name and address on reverse side.
Please enter me for the LUDDON HALF MARATHON. I am medically fit to run and fully understand that I enter at my own risk and that the organisers or sponsors will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost on the course or in the changing rooms. I declare that (1) I am an amateur as defined by the S.A.A.A.; (2) I will abide by the laws and Rules for Competitions of the respective governing bodies.

Signed _____ Date _____

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14.6 Miles - undulating, scenic route on country roads

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Held under SAAA,
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SUNDAY MAY 27 - 1pm

Entry fee: £5-00

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SHAKESPEARE HALF-MARATHON & FULL MARATHON (PERMITS APPLIED FOR)

SUNDAY 22nd APRIL 1990

START APPROX. 12.45 pm

Organised by
STRATFORD ROTARY CLUB

Entry forms from: A. Kenyon, c/o Barclays Bank, Market
Cross, Bridge St, Stratford-upon-Avon, Warwickshire.
(0789) 296501

EVENTS

SHAKESPEARE Marathon and Half Marathon - 12.45pm start. Details from A Kenyon, c/o Barclays Bank, Market Cross, Bridge Street, Stratford-upon-Avon (0789) 296501.

25

DAVID Keswick Centre - Open Graded Meeting, Dumfries

29

FORTH Rail Bridge Centenary Half Marathon and Fun Run - 11.30 am start, Hawes Pier, South Queensferry. Entries from Jim Faulds, c/o 17 Linn Mill, South Queensferry.

THIS year Blairgowrie Half Marathon celebrates its 10th anniversary and there are a few changes to commemorate this, writes Bob Ellis.

Kall-Kwik Printing are sponsoring the event. Both the Dundee and Perth shops have joined forces for this and are very happy to be associated with the half-marathon.

Also sponsoring the event are Strathgry Scottish, the local bus company, and Dundee Runner has once again pledged support.

Along with these main sponsors it is expected that a list of other local firms and businesses will want to be associated with the event as the organisers are going flat out to make Blairgowrie one of the best half-marathons in Scotland.

A different route will be one of the changes to the event which this year takes place on September 1. A slightly easier and more scenic route out towards Dunkeld and back should be a relief for some of the ever present runners. This new date coincides with the end of Blairgowrie week and after the race runners and their families who are staying over can sample the carnival atmosphere in the town.

A magnificent fireworks display by the river and torchlight procession plus the fun fair and bar-b-que all happen on the Saturday evening. On the Sunday (2nd) Blairgowrie hold their Highland Games, an event not to be missed.

Value for money is what the organisers of the Blair Half give all athletes - a lovely medal, free swim, goodie bag and an extensive prize list. Another fun run is being planned to start at 2pm and is open to all humans, plus pets of all ages, shapes and sizes.

Anyone wishing more information can write to: Bob Ellis "Achanalt", 15 Ann Street, Blairgowrie, PH10 6EF (Tel: 0250-3899).

WE would all agree that every road race, in its own way, is different, but one with more differences than most must be Helensburgh AAC's Glen Fruin Road Race, which this year takes place on April 1, sponsored once again by Polaroid.

How different? Well, take the distance for a start - 14.6 miles. That just happens to be the distance of a circular route out of Helensburgh on the B832, through the glen which gives the race its name and back to the town along the shores of the Gareloch.

Euphemistically described as "undulating and testing", the course may not be one for fast times, but here's another difference - the steep downhill stretch between 8.5 and 9.5 miles does offer the chance of a 4-minute mile!

Further described as being scenic the course certainly is, with over half of the route being on virtually traffic-free roads and offering panoramic views of Loch Lomond, Ben Lomond, Glen Fruin itself and the Arrochar Alps.

Mention of Glen Fruin leads to another difference - a piper is on hand to inspire the runners at the toughest part of the route as they pass a small monument commemorating the Battle of Glen Fruin.

For interested historians, the MacGregor and Colquhoun clans met on February 8, 1603 and the battle (if such it could be called) was over in a few minutes. More than 140 were killed on the Colquhouns' side and only two MacGregors.

Entry for the race costs £3 (£4 unattached), which includes a post-race snack. Parking, changing, showering, refreshments and a licensed bar are available.

For an entry form to make sure you're "Doin' the Fruin" contact Sheila Ramsay, 38F East Argyle St., Helensburgh, G84 7RR.

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For further information and leaflets contact the Leisure & Recreation Department, Monklands District Council, Bank St, Airdrie. Telephone: (0236) 62453



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2.15pm - Ormidale Park, Brodrick.
8 mile hill race from sea level to 2866ft - and back!
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MARATHON SUNDAY 8 JULY 1990

12 noon - Blackwaterfoot,
Scenic road race on Arran's beautiful West coast.
Transport from Ferry provided

Both races have individual and team prizes as well as medals for all finishers and are organised under SAAA, SWAAA & SWCC & RRA rules.

Further information and entry forms from:
Isle of Arran Tourist Board,
Tourist Information Centre,
Brodrick,
ISLE OF ARRAN KA27 8AU.
Tel: (0770) 2140/2401

ORGANISED BY ARRAN RUNNERS (BRODRICK
HIGHLAND GAMES AC)

KINCARDINE & DEESIDE DISTRICT COUNCIL

STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 1st July

Main Sponsors: Kincardine &
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† Entries limited to 2000 runners

† Entry fee £5.00

† Medals to all finishers

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Entry forms, send S.A.E.: Race Administrator,
Leisure & Recreation Section, Kincardine &
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(Organised by Stornoway Running Club under SAAA rules)

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ENTRY FEE ONLY £4.00 - Forms and information from:
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Closing Date Saturday 19 May 1990
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Date for your Diary

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Further details from: The Hon. Secretary, c/o Recreational
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SUNDAY 10 JUNE
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RHONA MCLEOD'S JUNIOR SCENE

French invasion a great success!

MIDNIGHT at Waverley Station saw 20 students huddling together to keep out the cold at the start of the Scottish Universities trip to France, *writes Gordon Ritchie*. Eighteen hours and several hundred miles later, we arrived at Lille, near the French-Belgian border. Upon arrival, we were greeted by the finest sports facilities imaginable. Custom built for the European indoors in 1986, the stadium put British facilities to shame.

The fixture was the Northern France regional Championships, a warm-up for the French Nationals later in the month. As a result, the standard was very high, but the Scots did not disgrace themselves - at least not on the track. A total of eight medals returned to Scotland, together with several pb's.

The students excelled in the middle distance events in particular. In the 800m, Stirling's Gary Brown jogged to an easy victory in 1-55.35. His attempt at a double was thwarted by Gerry McCann (Glasgow) in the 1500m (4-02) where Gary greatly enhanced the reputation of Stirling accountants by miscounting the laps.

Another Scottish 1-2 came in the shot putt, with Rob Smith (Edinburgh, 14.03m) and Paul Allan (Aberdeen, 13.44m).

Edinburgh's Janice Ainslie (2nd in the long jump, 5.62m) and Glasgow's Vikki MacPherson (3rd in the 800m, 2-21.68) completed the individual medal haul.

The final medal came from the men's 4x200m relay, where the team finished second behind a strong Paris team. This was achieved despite Paul Allan's attempted rugby tackle on Douglas Thom at the second change-over.

The relay also saw the unexpected comeback of the writer, whose valiant efforts on the anchor leg were sufficient to ensure fourth place for the 'B' team. Modesty forbids the revelation of the split time, suffice to say that it was sub-30 seconds, but only just.

Elsewhere, Glasgow's James Stoddart had an unhappy day, clearing only 1.96m in the high jump. He claimed an injury to explain away the disappointment, but if truth be told, his mind was on his Siamese twin Rebecca Stevenson. These two were inseparable (insufferable?) throughout the trip, and on this evidence Miss Stevenson may soon become Mrs. Stoddart.

Also on the romantic scene, Dundee hurdler Nicol Conacher tried to win favour with Edinburgh's Valerie Foster, but both parties are tight-lipped about their future together.

The only sprinter to come close to success was Glasgow's Gregor "Viking" McMillan. His 48.82 400m missed a medal by a mere 0.1. However, his efforts at franglais - "A quele heure esque we have wur breakfast?" - together with his unique starting technique won him the coveted "Twit of the Tour" award. After several hundred rehearsals of the French for "on your marks" (oiyoyon), set (onjee) and bang (pop), he went to his blocks in the 400m and forgot everything. The result - total embarrassment for Gregor and an unwanted trophy to retain for a year.

On the whole, the trip was very successful. Our hope is that it will become an annual event.

CONGRATULATIONS to Heriot Watt's Ian Hamer on his tremendous bronze medal win in the Commonwealth Games 5000 metres. After running a fine tactical race, Ian outsprinted the commentator's favourites, ie. the entire English team to storm home in a surprising but splendid third place.

High standards set indoors

THE first SSAA Indoor Championships were held on February 11, in the Kelvin Hall, *writes Linda Trotter*. Original fears that the entry would be too large to be manageable necessitated limiting the championships to the U/17 age group, with only exceptionally good U/15 athletes being encouraged to compete. By the closing date 100 schools had entered over 200 athletes.

The standard of athletics was very high, perhaps the competitors being keyed up by the moans from the tug-a-war championships in the adjacent hall. Indoor athletics being such a new venture for the SSAA, it might have been foolish to predict the champions, although it would have been difficult not to have forecast victory for Isabel Linaker, Queen Anne High (2-13.6 in the 800m), Katrina Dyer, Belmont Academy (1.63 in the high jump) and Linzie Kerr, Kilsyth Academy (5.31 in the long jump).

One of the most exciting races was the Boys' 800m. Stuart Meldrum of Dollar Academy took an early lead and ensured a fast race. On the last lap, Iain Forbes of Strathaven Academy just held off Colin Young, Bocclair Academy, in an excellent 2-00.6. Both Iain and Isabel were presented with their medals by Tom McKean.

The most successful athlete was Dunfermline High's Stuart Allan (gold in 200m and silver in 60m and long jump). This collection of medals is all the more remarkable in that Stuart was not 100% fit and the previous day, playing for his school's 1st xv, had run the length of the pitch to score.

In the Girls' 60m, Samantha Brown, Largs Academy, only 14 last November, ran consistently well, recording 8.1 in her heat, semi final and the final, just beating the strongly fancied Elaine Julian of Loudoun Academy, who was given the same time.

The long journey to Glasgow was well worth it for Louise Paterson of the Gordon Schools, Huntly, who was third in the long jump and won the 200m from Lorraine Stewart of Musselburgh Grammar, who was competing in both sprints.

Another athlete coached by Bill Gentleman was a most impressive winner. Louise Cormack, Preston Lodge High, ran the 1500m from the front, gaining victory over Gillian Fowler (Earnock High) and Claire Roy (West Calder High) in a personal best of 5-03.2. Louise certainly looks to have tremendous talent, as does another athlete to come to the fore this year, Martin McLaughlin of Holyrood Secondary, who held off the strong finish of Matthew Kelso, Queen Anne High, to win the 1500m in 4-20.0.

Another surprise winner was Keith Mackie of Daniel Stewart and Melville College, who was amazed to find himself in both 200m and 400m finals (a gruelling day's work) and actually won the 400m in 53.2 from Alan O'Hare of St Patrick's High.

The Girls' 400m was a race of great talent, Susan Carruthers (Greenwood Academy) taking the gold medal in 61.3 from 800m Internationalist Jane Wolfendale of Bocclair Academy (61.6).

Inevitably, in indoor championships, most interest is centred on the track but there were some encouraging performances in the field events. Ian Love, Beeslack High, won the shot with 12.32m, Raka Samson of Kyle Academy took the Girls' gold medal with 9.75m, good putting for this time in the season.

Steve McKinley, Woodmill High, won the high jump with 1.75m and James Gilbert of Grangemouth High made the long jump respectable with 6.00m. Both boys have improved greatly on last year's indoor performances.

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.

A.C. MOIR Ayr SEAFORTH
Track and field, cross country and roads for all age groups, male and female. Dam Park Stadium, Ayr, 7-10pm on Tuesdays and Thursdays, also 11am - 1pm, Sundays. Four different leagues competed for. Secretary Glen Harrower, 4 Blackburn Drive, Ayr. Tel: 0292-261956. Road race secretary Bill Boyde, 25, Heathfield Road, Prestwick. Tel: 0292-282644.

ANNAN & DISTRICT AC
All ages 9-90 and all standards catered for. Coaching in: track, field, cross country and road running. Training sessions: Tuesday, Wednesday, Sunday. More information available from sec. David Hopper, 7, Argyll Terrace, Annan. Tel: 04612 4682.

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

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

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

ARRAN RUNNERS
New club for males and females of all ages and catering for all running interests. Training sessions Tuesdays (mixed) and Thursdays (women) and fun runs on Sunday mornings. Visitors to Arran always welcome at these sessions. Contact Colin Turbett (sec.) Tel: Shiskine 427.

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, Ballencriff Toll, Bathgate. Tel: 0506-56831.

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

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: Mark Tulley, Barnhill, Balbrogie, Coupar Angus. Tel: 0828 27601

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 areas 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 Craiglondom 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 AND DISTRICT ATHLETIC CLUB
Meets every Monday at Netherthird P.S. and every Wednesday 6.30pm at Cumnock Academy Games Hall. From 9 years to adult. Qualified coaches covering all athletics events. Very friendly and enthusiastic club. 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 HAWKILL 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, Dalmahoy Drive, Dundee DD3 9NP. Tel: 0382-816356.

DUNDEE ROAD RUNNERS AC
Secretary - Enthusiastic, friendly club welcomes all standards of runners. Meets every Tuesday and Thursday at 6.30pm and Sundays at 10.30am at Lochlee Leisure Centre. For youngsters (age 9 and upwards), the Junior Section meets each Wednesday at 6.15pm for track and field coaching at Caird Park. For further information contact: Gill Hanlon, 9, Lochinver Crescent, Dundee DD2 4UG Tel: 67026.

DUMFRIES AAC
All ages, 9-90. Coaching in track, field and cross country. Main training nights: Monday-David Keswick Centre, Dumfries; Tuesday-Maryfield, Georgetown or David Keswick Centre; Wednesday - Lockerbie Academy; Thursday-Locharbriggs School; Friday - Georgetown or Laurieknowe. For further details please contact Angela Coupland (sec) on 0387-710816.

EAST KILBRIDE AAC
All age groups and standards welcome from 9 to 99, serious or social, male or female, we cater for all aspects of athletics including full conditioning room. Main club nights are Monday and Thursday (7pm) at the John Wright's Sports Centre/ East Kilbride Stadium. Contact: Sheila MacDougall (sec), 71, Alexander Ave, Eaglesham. Tel: Eaglesham 2978.

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.

ESPC ATHLETIC CLUB
Welcomes enquiries from prospective new members. All age groups catered for - male or female. Coaching by BAAB qualified coaches in most events. Training sessions at Meadowbank, Saughton or Duddingston. Contact sec: M. Reid. Tel: 031 334 6996.

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 September - March at Market Muir, Forfar (under floodlights). April - August at Forfar Academy playing fields. Contact Sec. Brian Hendry on Forfar 64124 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 Brian Hendry, 8 Muir Place, Forfar. Tel: 0307 64124.

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. Young athletes (male 14-18) Tuesday night 7pm. Contact Stuart Irvine, 189, Weymouth Drive, Glasgow G12 0FP. Tel: 041-334-5012. Young athletes contact Alan MacDonald, Tel: 0259 60075.

GLASGOW ATHLETIC CLUB
Women interested in track and field, cross country, or road running - why not join Glasgow AC? All coaches 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. 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, Gourrock.

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 EH41. Tel: Haddington 2685.

HAMILTON HARRIERS
All age groups, both male and female, welcome from 9 years to veterans. Club meets Monday and Wednesday 7-9pm, and Sunday mornings. Coaching available for track and field, road running and cross country. Women's jogging night Tuesdays 7.30pm at our own house. For further info, contact Ian Duffy (Blantyre 829661), or Sheena Smith (Hamilton 428186).

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

HYNDFORD HARRIERS
Friendly, recently formed club looking for new members: male and female. All age groups and standards are welcome. Training: Lanark Grammar School, Thursdays 6.30pm to 9pm. For further info contact A. McCrindle, 45 Stanmore Cres. Lanark ML11 7DF. Tel: 0555 2460.

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 - Gordon McLean, 13 Kintyre Gardens, Kirkintilloch Tel: 041-776-6013.

LASSWADE ATHLETIC CLUB
Track and field events, road running and cross country. All ages 8 years to adults. Older members especially welcome. Compete in all major track and cross country leagues and national championships. Training Mon/Thurs 6.00/8.30 at Lasswade High School Centre, Bonnyrigg. Sec: Barbara Howie, 123 Newbattle Abbey Cres. Dalkeith. Tel: 031 663 4697, or contact David Hand, 031 663 0434.

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.

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, Coalstown of Balgowrie. Tel: 0592-771949.

LOTHIAN ATHLETIC CLUB
A small club offering competition at all levels. Train Tuesdays and Thursdays, Musselburgh GS. Sec: Andy Cullen, 9, Carliaverock 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, Dumfrieshire. Tel: Alex. 59643.

MORAY ROADRUNNERS
Welcomes all ages and abilities. Friendly, enthusiastic club with regular social events. Meet at Elgin Community Centre, Trinity Road, Elgin on Wed. at 6.30pm and Sunday at 9am. Further details from: Anne Sim (Secretary), 10, Brumley Brae, Elgin. Tel: 0343-541543.

MOTOROLA JOGGERS
New members welcome, including those from outside the company. For more information contact: Clare

McGarvey at 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: Jill Sales, 45 Bavelaw Crescent, Penicuik EH26 9AV (Tel: 0968 75462).

PERTH ROAD RUNNERS
Small informal club meeting Tuesdays and Thursdays at 7pm in the Perth Fitness Centre, Glover Street, Perth. Joggers and runners of all abilities welcomed. Sec: Stuart Tedcastle, 234 Oakbank Road, Perth, PH1 1DS.

PETERHEAD AAC
Meets every Mon. and Thurs. 6-7.30pm, from March to October at Catto Park, Peterhead. October to March at the Community Centre, Peterhead. All ages welcome. Club Sec: Mrs M. Macdonald, 13, Prunier Drive, Peterhead.

PORTOBELLO RUNNING CLUB
Runners of all standards are invited to run with us on Wednesday evenings and Sunday afternoons. For more details of our sociable, seaside club contact Sec: Ian Borrowman, 63, Montpelier Park (1F3), Bruntsfield, Edinburgh (Tel: 031 228 6108).

RENFREW ATHLETIC CLUB
Small, friendly club. If you are a serious athlete, fun runner, jogger, or you would like to get fit, come along and join us. Meet Tues/Thurs 7.30pm at Moorcroft Sports Ground, Paisley Road, Renfrew. Contact John Morrison on 886-5853.

SCOTTISH HILL RUNNERS ASSOCIATION
Sec - Alan Farningham, 13, Abbotslea, Tweedbank, Galashiels.

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

SOLWAY STROLLERS
We are a small friendly club and train every Tuesday and Thursday evening between 7 and 8pm. We welcome all standards of runners, male and female. Road running, cross country and fell races all catered for. Our club premises are in Castle Douglas Squash Club, Lochside Park, Castle Douglas.

TAYSIDE ATHLETIC CLUB
Track, field, cross country and road

running for male and female, ages 9 upwards. Qualified BAAB coaches available. Contact: Sec: Jack Ewing, 43, Hill St, Monifieth, Dundee. Tel: 0382-533945.

VALE OF LEVEN AAC
Nine years to veterans: All age groups and abilities, male and female, very welcome. Track and field, road and cross country. Further details from: Ben Morrison, Secretary, 71, McColl Avenue, Alexandria, Dunbartonshire G83 0RX. Tel: 0389-53931.

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

AYRODYNAMIC TRIATHLON CLUB
Sec: 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
Sec - 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. Regular training and social events. 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. Sec: Yvonne Millard, 22, Ballantine Place, Perth.

SOLWAY ORIENTEERS
Orienteer in a range of fine venues in Southern Scotland. All ages and abilities from complete novices upwards 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, Tel: 041-770-7618(h); 041-774-9718 (Ext PE dept(w)).

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