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ISSUE 48

AUGUST 1990

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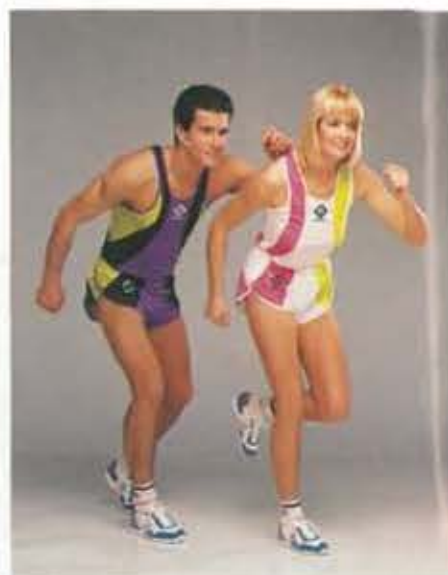
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AUGUST 1990

CONTENTS

ISSUE NO 48

REGULARS

5
INSIDE LANE

7
UP FRONT

11
LETTERS

13
ALLAN WELLS

18
NORTH EAST NOTES

24
SPONSORSHIP
FEATURE

26
AGE GROUP RANKINGS



Mike Carroll wins the Scottish People's Championship at the Dunfermline Half Marathon

FEATURES

16
COACHING CLINIC
Derek Parker looks at sprinting in this month's clinic.

19
OPEN FORUM
Hugh Muir concludes his series on lessons to be learned from the 1990 Commonwealth Games debacle and states that coaches must be involved more.

21
CLUB PROFILE
David Napier reports on a club which has changed its name and won a big sponsorship.

REGULARS

27
CHAMPIONSHIP
REVIEW

28
MEN'S RANKINGS

29
WOMEN'S RANKINGS

30
RESULTS

35
HIGHLAND GAMES

35
UNIVERSITIES

36
EVENTS

Editor:
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INSIDE

L A N E

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up FRONT

ESPC lose Archibald, but go top of league after recount

ESPC AC, the Scottish League
First Division champions, have
lost another athlete to the
professional ranks.

But at least they had one
consolation last month - scrutiny
of the results in the Panasonic
First Division match at
Crownpoint Stadium on June 17
resulted in a recount and they in
fact won the meeting from
Dundee Hawhill Harriers by two
points, instead of losing by ten.

This means they now lead the
division by one league point and
73 match points, and will be firm
favourites to retain their title at
the final meeting at Meadowbank
next month.

The "defector" is former
Scottish 1500m champion Ian
Archibald, who finished second
in 1500m to John McKay
(Shettleston) in 3-54.7 at the
league meeting at Crownpoint,
and made his pro debut in the
Border Games at Peebles less
than a week later on June 22.

He follows British 200m
international Willie Fraser, a
former New Year professional
sprint winner, who returned to
the professional ranks last month
as he feels he no longer has the
time to train properly for the
serious amateur side of the sport.

A 29 year old statistician with
British Gas, Archibald won the
Scottish title in 1980 and went on
to represent Britain the same
year: "I haven't had a personal
best for seven years and I've
done all I can at amateur ranks,"
said the Glasgow University
physics graduate, who took a
PhD at Durham and had a kidney
removed in 1985.

"It's a shame I can't run in
both types of event but the so-
called professional meetings are
great events and I'm looking
forward to running for the sheet
competition and not just having
time trials," he said.

Archibald, who is a life
member of East Kilbride AC, and
who is renowned for his fast
finish, believes he will have more
tactical racing "on the other side"
- provided he is handicapped on

his actual form now, and not on
his past record.

"I think it's more genuine -
league races and open graded
meetings are too artificial - the
actual competitiveness has gone,"
he claimed.

Archibald is advised by well-
known "ped" coach Dave
Campbell and on June 13 ran his
fastest time of the season, 3-52.84
in the 1500m at the Caledon Park
open graded meeting at
Meadowbank.

Big prize money for new event

A £250,000 stage race from
Glasgow to London, covering 260
miles, is to take place between
September 2-21.

Over the 21 consecutive days
there will be stages of between
seven and 16 miles, with the
winner being the athlete with the
fastest aggregate time at the
finish at Westminster. The
Scottish stages are Glasgow to
East Kilbride (11 miles), East
Kilbride to Motherwell (10 miles),
Lockerbie to Annan (11 miles),
and Gretna to Carlisle (12 miles).

Scotland's John Graham is
expected to take part in the
lucrative event, which promises
£30,000 to the runner with the
best aggregate time, £20,000 to
the second, £15,000 to the third,
down to £1,000 for the tenth
runner. In addition, there will be
stage prizes ranging from £1,000
for first down to £100 for sixth.

There will also be a team race,
with £20,000 to the winners,
£15,000 to second, £12,000 to the
third, down to £1500 for twelfth.

The event is being sponsored
by Sun Life Assurance Company
and is being covered throughout
by British Satellite Broadcasting
(BSB). Among the runners who
have committed themselves are
Dave Moorcroft, Mike McLeod,
and the current world 10,000m
champion, Paul Kipkoech.



Fraser in new injury blow

SCOTLAND'S leading high
hurdler Neil Fraser has been hit
by injury again and is out for the
rest of the season.

The 27 year old Inverness
Harrier has suffered another
hamstring pull, the injury which
kept recurring last year and
prevented him reproducing the
sort of form which would have
guaranteed his place in the
Scottish team for the
Commonwealth Games in New
Zealand. He may now have to
have an operation depending on
specialist advice.

Fraser was desperately
unlucky not to go to Auckland,
missing the indoor qualifying
mark set by Games selectors by a
mere one hundredth of a second.

Fifth in the UK
Championships at Cardiff last
month, Fraser earned his first
outdoor vest for Britain and
seemed to be heading for his best
season - until this latest setback.

Rome medalists

GRAHAM Halliday and Steven Carrick,
two mentally handicapped athletes from
Glasgow, finished first and second in an
international 3K category race held in
Rome on April 21. Running in very hot
conditions, both athletes completed the
course in under ten minutes making it a
rewarding trip for both and coach Ian
Mirfin.

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up FRONT

Hugh bags the Munros record - by 16 days!

FELL runner Hugh Symonds from Cumbria has knocked 16 days off the Scottish Munros (hills over 3,000 feet) record.

Hugh, 37, reached the summit of Ben Lomond on schedule on June 25, having covered 1,250 miles and climbed the 277 Munros in just 67 days!

The only setback on the adventure was the loss of a contact lens - blown out by the wind in the Fannich Mountains. This cost the maths teacher a day, but he made up the time later on.

Having completed the Scottish section, Hugh had well and truly broken the back of his great adventure, which is being undertaken on behalf of the charity Intermediate Technology, which helps Third World communities acquire the tools and techniques they need to work their way out of poverty.

From Scotland, Hugh headed

for the four Cumbrian peaks and the 15 Welsh mountains over 3,000 feet. He was due to finish his record-breaking journey at the top of Snowdon on July 11 (after we went to press).

During his time in Scotland, Hugh averaged 20 miles a day. He described his greatest challenge as the 11 peaks in Skye, although the longest day was the 13 hours it took to bag the three Torridon peaks, which he achieved in the company of the man whose Scottish record he took away, Martin Moran.

To fire him for each day's toil, Martin consumed 8,000 calories a day. His back up team included his wife Pauline, herself an experienced fell runner, who was looking after the couple's three young children as well as her husband in their camper van. Also giving backing were famed climbers Lord Hunt and Chris

Bonnington, as well as the legendary fell runner Jos Naylor. The Scottish leg of the journey cost Hugh 10 pairs of socks and six pairs of running shoes, but at least replacements came free from sponsors Reebok.

Livingston incentive

A PRIZE of £10,000 will be won in the (admittedly unlikely) event of any runner beating the course record of 62 minutes at the Livingston Half Marathon on August 26.

The event, which also features a women's international between Scotland, England and Wales, starts at Howden Park, Livingston, at 10am, and is followed ten minutes later by a fun run from the same venue.

Mary runs her back back into condition

MARY Anderson (Espc AC), surely one of Scotland's most talented all-round athletes having won the national heptathlon, 400 metres and shot putt titles in the past, is slowly easing back into competition after a back injury.

Mary has taken part in six Sri Chinmoy Summer series races at the Meadows, as well as the Longniddry 4 miles and the Portobello Promenade 4 miles - and has won at least four. Her time at Portobello was 26-42, which placed her 34th overall.

Men's winner was local Charlie Smith (Portobello RC), who had just turned 40 the previous Saturday and clocked 20-28 to beat Colin Scott (Espc AC) 21-41. First veteran was Les Kay (Portobello) in 22-10.



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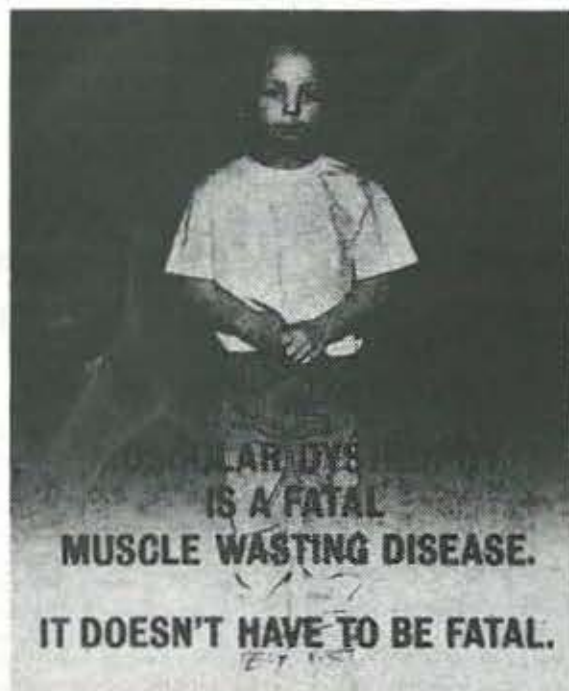
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LETTERS

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32, Dykepark Crescent,
 Aberdeen.

SIR - I feel I must respond to correspondence appearing in Scotland's Runner over the past year (it seems like the past year anyway) from J. Brown, I. Callander, W. Gentleman and others concerning the coaching methods of Mr Tommy Boyle in relation to the performances of his international athletes.

As coach to (among others) one of the north-east's many international athletes, I would stress the individual and group training given to any athlete is unique to each coach, athlete, coaching group and circumstance, and anyone without intimate knowledge of all of these is not qualified to comment.

On one occasion as a youth, my athlete undertook a double training session of uphill repetitions (with hurdles), followed by a fartlek-type track session, on the evening before competing in the jumps in the GRE Cup.

I would not not have invited comment from anyone without their first being aware that the athlete was catching up on vital training for important competitions in the weeks ahead, and that his competing the next day was of no consequence as the team was, by tradition, knocked out of the cup at that stage.

The session, in fact, has had beneficial long-term effect as he now has the stamina to compete quite comfortably in 13 events at a league match.

On the point of integrating cross-country and indoor competition into the winter training programme, I am sure Mr Boyle, like any other competent coach, will have examined all the possibilities and used them for the good of his athletes where appropriate.

As to exposure to top competition in the formative years, a good coach will know what constitutes the best level of competition for the athlete's development. My athlete is fortunate in that I realise he can

cope adequately with the "top" competition when called up to internationals abroad - fortunate because he cannot afford to compete abroad at any other time.

At the appropriate point in his career, however, I subjected him to the junior caber-tossing at Newtonmore Highland Games in preparation for what is now the fiercest competition of his season: Glenurquhart Games, where the "heavies" are fiercer than can be found anywhere else in the world.

This venue also provided me with the opportunity to develop his tactical sense (another topic of the correspondence) by entering him in the "Auld Scottish" (killed) one-lap race and deliberately not telling him that, in this event, the gun is fired without so much as an, "On your marks" - far less a "Set."

The result was that he had to charge through a barricade of killed "heavies" but failed to catch me as I won the race. Ever since, he has been a more determined competitor as he trusts no one: if you can't trust your coach, who can you trust!

I must, finally, mention two details of my coaching methods on which the athlete often remarks.

Firstly, when his technical performances (in training or competition) are obviously not quite up to his desired high standards (although they are invariably better than anything I myself am capable of), and he is expecting some constructive comment on how to improve, I simply say sternly: "It's not very good, you know."

His natural reaction is: "Hell, it must be bad if it's not good by his standards," and this motivates him to spend hours studying books and videos until substantial improvement is effected.

His favourite, however, is the technical advice I give him when he asks precisely why a certain aspect of his event is not as good as it might be: "Well, we just don't know."

This phrase, said in Patrick Moore-style, conveys a suggestion that the answer is in the stars, that there is no logical method of im-

PSH did their best to fulfill GRE Gold Cup fixture

Goukton Farm,
 Kinfauns,
 Perth.

SIR - As team manager for Perth Strathtay Harriers, one of the teams who did "not bother" to compete at the GRE Gold Cup meeting at Pitreavie (Letters, July issue) I would like to say that I worked hard to get our team there on the day.

For us, Saturday is awkward, as I am sure it is for other teams, but the week before I had a small, strong, band of athletes ready to compete. However, injury, illness, and changes of work shifts depleted the already small band of athletes, and although team managers are meant to work miracles, this was outwith my powers.

Might I add on behalf of the whole club that we convened the meeting with a full compliment of officials.

When Perth Strathtay enter competitions we mean to be there and I did not like having to withdraw, but please would your letter writer not give the impression that our club did not bother to turn up.

Janet Smith,
 Men's team manager,
 Perth Strathtay Harriers.

provement, and invariably fires him into an absolute determination to prove me wrong and to rescue himself from this seemingly desperate situation.

My point is, therefore, that Mr Brown and others would have a field day if they were to discover similar details about Mr Boyle's methods without having explained to them, as I have done, the perfectly logical reasonings and effects.

If, however, they wish to comment in public, they should spend at least two years in the squad, observing at first hand the coach and athletes in action, and ideally to do all the training themselves in order to comprehend fully its effects.

J. Orange,
 Club coach.

(J. Brown started it, and now J. Orange has entered the fray. Before Jimmy Blue, Jack Black and the Green Party reach for their pens, and in order to preserve what's left of the sanity of all concerned, this correspondence is now closed - Ed.)

Neigh to rosettes

3, Colinton Mains Green,
 Edinburgh.

SIR - I read with interest and horror the possibility that some races in the future may award rosettes instead of medals to finishers.

I, for one, and many others I'm sure, will opt for the races which offer medals. Although the medal is not necessarily the reason for running, taking part being as important as anything, I do not wish to receive a rosette as if I was a horse.

Could one see Seb Coe accepting a gold rosette on the Olympic Games podium? If there is an alternative race on the same day, that's where I'll be going!

Kenneth J. Clark

P.S. I have run in many races all over the country. May I take this opportunity of thanking all those who organise and help out - without them I would not have any medals at all.

LETTERS

Thanks for a good time in Stornoway

99, Paisley Road,
Renfrew.

SIR - My brother John and I have just completed the Hebridean Half Marathon Challenge and would like to say how much we enjoyed the travel and friends, especially at Stornoway. The atmosphere and entertainment were excellent, we were picked up from and to ferry by minibus, accommodation £4.50 per night, Pasta Party (disco), good course, video of race, runners' party afterwards, a barbecue, taken to the island's sights.

I'd like to thank Stornoway Running Club and all race organisers. Transport to and from ferry terminal at Lochmaddy to Benbecula, registration, campsite, B&B etc.

Skye speaks for itself, easy access plenty of entertainment, B&B's, campsite near town. Well thanks again, and I recommend this runners' holiday to anybody. See you next year Stornoway R.C.

Andy McMahon,
Kilbarchan AAC.

Striders have got their act together

23 White Cart Tower,
St Leonards,
East Kilbride.

SIR - Last year I wrote a letter into your magazine praising the virtues of the short races - in last year's case the Motorola 4.2 miles.

In the last couple of months I have run a 4 mile race and a 2.8 mile race, both organised by Strathaven Striders. Having finished second in both, I'm even more in favour of short runs.

The main thing I wish to say is that I feel that Strathaven Striders have really got their act together over short races. I would like to participate in their races, but as Strathaven Striders don't seem to advertise widely I would be very obliged if one of the club could

contact me to inform me whether or not they have any future races planned.

I must thank the club, especially Dorothy Lucas, as she and the other organisers made me feel a part of their club and not as a stranger running in an alien club's territory.

If, after the run in Strathaven, they had asked me to leave my club and join theirs I would have gladly done it. However, having made discreet enquiries I realise that this would cause certain problems. Still, who knows what their future holds.

Once again may I wish Strathaven Striders every success in the future and say that I hope to see them around the circuit if the club fail to get in touch with me at the above address.

John Stevenson

East Neuk on the up and up

8 Pickford Crescent,
Cellardyke,
Anstruther.

SIR - The running boom may be on the decline, and race organisers are now forced to allow people to register up to the race starting time, but in Anstruther, however, the organising committee, under race organiser Dave Maiden, are to be congratulated in reaching their target of 300 runners for the first time in their history.

This is due to a lot of hard work, not only on the day of the race, but in previous years where the committee have attempted to encourage people to return to the East Neuk of Fife.

On the day of the race we were indebted to Giffnock Runners and Arbroath Footers who entered a large team for the team events. Giffnock were the winners of the three-cornered event including Arbroath and the local Anster Haddies, who were using the event to launch a new running club in Anstruther.

The Footers were also successful in winning the first race against the Haddies - which we hope will continue for years to come.

Jim Harris,
Anster Haddies.

Writing in a similar vein

Heron's Nest,
Lauriston Place,
Edinburgh.

SIR - I read with interest the letter from Alex Cunningham in your June issue, and would wish him and his colleagues well on their charity run. It should provide good training, so no doubt we can expect some good times from Alex this year.

I agree with Alex that a sports injury column would be of interest - preferably on how to avoid injury rather than just a list of treatments, which I suspect most serious runners would know anyway.

Alex may be right in wondering whether hill running has made his varicose veins play up. I had similar problems a year or so back following an unexpected late night jog over the Lammermuirs.

After a call on some friends one evening, I had to nip off the bus home for a "wettie"! Unfortunately, the driver left without me! Like a true runner I treated this as a training opportunity - though I must confess I'd have waited if I'd known it wasn't the last bus!

As I said, my varicose veins subsequently swelled up, and I'm off the road at present following surgery. If Alex's legs don't need such a drastic cure one of my friends who's into alternative medicine suggests eating a couple

of bananas before a run. It's not as daft as it sounds. Apart from their energy value, bananas are high in potassium. This makes blood less likely to clot, apparently, so helping avoid the problem.

I've not tried it myself and my friend hasn't got varicose veins, so no guarantees of a miracle cure. If anyone has tried it I'd be interested to know how they got on.

G. Heriot

(No offence, but could Messrs Cunningham and Heriot correspond with each other rather than subject the rest of us to their bizarre running habits, injuries and cures - Ed!)

WELL DONE!

44, Fortingall Place,
Kelvindale,
Glasgow.

SIR - I would like to thank the organisers of the Stuc A Chroin Hill Race for a well-organised, enjoyable event.

Many smiling, friendly marshals helped us on our weary way over 13 miles and 5,000 feet of ascent. Their encouraging words and offers of drinks were most welcome.

The weather was great and the prizes at the end finished off a perfect day.

Thanks to all who made it so enjoyable.

Shelagh A. King

Coaches slagging off other coaches

18, Seafield Avenue,
Leith,
Edinburgh.

SIR - I purchased a copy of the July issue of Scotland's Runner hoping that it would induce me to once more renew my subscription. I regret to say that it does not. It seems to be a magazine devoted to coaches writing in very derogative terms about other coaches and in such a manner as to be only of interest to coaches. I am sure that the vast majority of your readers are finding these letters tedious.

Of more interest, I as a retailer understand your policy regarding revenue from advertising and the events list. Could you not compromise and make a small charge, say £10 or £20, for each entry in the list and if an event organiser wishes to take a quarter page advert then they could go as a present free into the event list.

This way I am sure you will satisfy runners and still maintain or hopefully increase your revenue.

Roger Phillips

ALLAN WELLS

WHAT is happening in the world of athletics when somebody wants so badly to run for their country that they apply to be reinstated and then, having achieved their ambition, decide to turn their back on the whole thing and run professionally again?

It certainly appears to be a bit strange. If we compare the two systems then they certainly are very different as far as the sprinters are concerned.

In the "open" system there are clearly-defined goals. The first one is to run for your country, then for Great Britain, and finally into major championships.

If the athlete is good enough then the rewards are high - he or she can travel all round the world, earn a lot of money from the sport, and if major championship medals are won there is a lot of publicity and the chance to become a well-known public figure.

The only snag is that you have to be among the elite in the world to achieve this status and very few athletes ever do. Although the base of the pyramid is broad, the peak is very narrow. In major competitions you have to be asked to compete and sometimes this selection process leaves a lot to be desired. But at the end of the day everyone starts together, tries their best, and the fastest man always wins.

In the professional system, there is one major championship in Scotland and one in Australia. Both happen every year as opposed to every four years in the "open" system, which gives everyone more chances to win a "major", and there is also the Games circuit in which to impress or try not to impress the handicapper.

There is no team spirit, no team effort required, as the athletes do not belong to clubs. But they do belong to "schools", and if it is not your turn to win the race then you must not win it. It may be that you are trying to hide your form from the handicapper in the hope that he gives you a bigger start in the next race. Or in the final trial it was decided that someone had a better chance "off his



mark" than you did and so the betting money has gone on him.

The main difference in professional sprinting is that in order to have a chance of winning you must always run to your personal best as that is partly what the handicapper judges your mark on, and the fastest man normally does not win. Because everyone can "get a start" then everyone has the right to race.

You do not have to be selected; you enter the race and then are given a handicap mark. This can be as much as 20 metres in front of the person at the back, depending on the ability of the runners. At all times, everyone is trying to get their mark lifted to a better one in order to have a greater chance of winning.

So why choose the second option as opposed to the first? Perhaps it is the excitement of trying to fool the handicapper into thinking that you are not as good a runner as you are? Or the enjoyment of running with a handicap system where you have targets to aim at all the way up the track instead of winning or being beaten in the first 30 yards?

One thing is for certain: professional racing is certainly exciting to watch as normally the races are won or lost in the

last five metres. There are old men and young boys all competing in the same races, all enjoying their athletics and being allowed to compete freely wherever and whenever they chose to do so.

In defence of the "open" system which I competed in, I enjoyed the man against man competition, but in saying that I also knew a lot of athletes who could not handle the added pressure of sitting down on their marks level with seven other people. There is definitely less pressure on the athlete in the handicap system, and there is always the excuse that you had been handicapped out of the race.

There can be no excuses in the "open" system, as everyone has an equal chance of winning and it can show up any weakness in the athlete's character. I was also fortunate to be one of the one's who "made it" into the top flight of the world sprinting and reaped the rewards. It can be pretty soul destroying turning week after week with no hope of winning the race. I know because I have been there as well!

At the end of the day there are horses for course, but it is interesting to note that before the professional sprinters were given the chance to compete in the "open" system, people said that given the chance then the "pros" would win major championship medals and could compete alongside the best of the then "amateurs".

It is very easy to say these things when you know that you do not have to prove it, and now what is happening is that having tried the "open" system people are returning to the one they started with.

Perhaps it is a case of the other man's grass is always greener. Perhaps these people thought that they could win a lot of money in the "open" system, and having found that this is not the case - unless you are among the elite - they then have returned to a system where it is possible to win some money and the hardest person to beat is the handicapper.

COACHING

• CLINIC •

By Derek Parker

NOT surprisingly, sprinters frequently claim they are regarded as the poor relations of running. Coaching articles in athletics magazines tend to feature middle and long distance runners and their training and racing programmes. Sprints coaching and competition seems to attract little publicity.

The main reason for this is obviously because many more athletes are involved with distance running rather than in sprinting. Mass marathons, half marathons, 10K road races, and local fun runs entice thousands of participants of all ages and backgrounds. Sprint races, because they can accommodate only a few competitors per race and because they are very often held directly in front of hundreds of spectators, have until fairly recently been the domain of younger contestants. Sprints were invariably more competitive than distance events. They were characterised by a passion and intensity which contrasted noticeably with the more relaxed, carefree atmosphere of races such as the Glasgow Marathon or community fun run.

But now more people are taking up sprinting. The influence of veteran athletics, along with the success of Scottish and other British 100 and 200 metres athletes, has helped to popularise sprinting. These events are no longer the prerogative of the younger man or woman. The lure of competition in the veteran ranks, along with the prospect of participating in Scottish and UK indoor and outdoor track championships, has encouraged athletes to carry on sprinting long past an age when in previous years they would have retired or moved up to longer events. This can only benefit the sport and attract more people into athletics.

What is sprinting? That is the question often asked at coaching courses. The correct answer is that sprinting is firstly neuro-muscular and secondly anaerobic. The first part of the answer means that sprinting involves the nervous and muscular systems inter-acting harmoniously to enable the athlete to move at, or close to, maximum speed. Basically, your brain sends messages out via the nervous system to the muscles commanding them to contract and relax at, or close to, maximum effort in order to produce speed. Although much of this ability is hereditary or genetically-acquired,

a successful training programme can develop the coordination between the brain and muscles by establishing neuro-muscular pathways which can help all athletes to improve whatever speed they have got.

The second part of the answer to the above question means that sprint events are run under conditions of oxygen debt. Basically, this involves the release of energy from glycogen (stored glucose) in the muscles without the process being fuelled by inspired oxygen, i.e. oxygen breathed in from the atmosphere and diffused via the lung sacs into the arteries for circulation to the working muscles in order to produce bio-mechanical movement.

Anaerobic is a physiological term used to describe a state of being without oxygen. It can be better understood when one realises that a 100 metres race is over so quickly that most athletes are able to breathe on only one or two occasions before the finishing line is reached. So obviously the race will be over before the breathed-in oxygen has been transmitted via the blood circulation to the working muscles.

The shorter the distance run, the less oxygen will the athlete be able to take in during these brief seconds of maximum, or near to maximum, effort.

For example, it is estimated that although 10 litres of oxygen are required for a 100 metres sprint, only half-a-litre or less can be breathed in during the 10 or 11 seconds needed to complete the distance. Translated into physiological terms, it can then be said that a 100 metres sprint is virtually 100 per cent anaerobic in content, i.e. the effort is performed in the absence of oxygen.

As the distance and time of running increases, however, the athlete is able to breathe more frequently and take in a certain amount of oxygen and circulate it around the body to the working muscles before the finishing line is reached.

Nevertheless, events such as the 200 metres and 400 metres are still primarily anaerobic in content. For example, of the 16 litres of oxygen required to run a good

200 metres, only one litre can be inspired and circulated around the body.

Therefore, the 200 metres is said to be approximately 95 per cent anaerobic and five per cent aerobic. The 400 metres, with an oxygen requirement of 20 litres and an oxygen intake of three litres, is roughly 83 per cent anaerobic and 17 per cent aerobic. It should also be mentioned at this point that the maximal oxygen debt which a trained athlete can tolerate is around 17 litres. This formula extends right up to the marathon where the 650 litres of oxygen intake along with a maximal oxygen debt tolerance of 17 litres makes the event roughly two per cent anaerobic and 98 per cent aerobic.

It is not my intention to try to baffle anyone with science. However, I am a firm believer in the concept of explaining physiological terms and responses incurred during training so that athletes know WHY they are performing each session. The role of the true teacher is to lead the pupil to the place of interpretation where he or she acquires wisdom and knowledge and becomes his or her own teacher.

The immediate source of chemical energy to be transformed into mechanical energy is adenosine triphosphate (ATP), a compound stored in the phosphate bonds which hold together atoms in the human body as molecules. But, because ATP can provide energy for a very short period (approximately 0.5 second), it must be resynthesised by another high energy compound known as creatine phosphate. This process yields energy for intense muscular activity as in sprinting for an additional five seconds approximately. Both these processes (i.e. ATP and ATP + CP) are anaerobic in that they are performed in the absence of oxygen. But what is interesting is that they are also alactic which means they take place so quickly that they do not involve any significant accumulation of lactic acid in the working muscles. So the ATP and ATP + CP energy systems are described in physiological terms as being primarily anaerobic and alactic.

For sprint-related activity involving intense effort for around 40 or 45 seconds (e.g. 350 to 400 metres approximately), another energy system known as the anaerobic and lactic comes into action. This



involves the breakdown of muscle glycogen (i.e. stored carbohydrate and glucose from food) and its conversion into lactic acid.

Physiologically, the lactic acid system for providing energy is extremely demanding and it can only last for around 40 to 45 seconds before the athlete becomes so tired that he grinds to a complete standstill.

In physiological parlance, the athlete is in a condition of anaerobiosis, i.e. existing in a state where the working muscles are without oxygen. More popularly, he or she is said to be "treading water". It must be borne in mind, however, that events such as the 100, 200, and 400 metres utilise both the anaerobic lactic and the anaerobic alactic systems. All that differs in each event is the relative proportion of one system to the other.

While acknowledging that sprinting is primarily anaerobic in physiological requirements, it should not be forgotten that aerobic (i.e. activity with oxygen demands being met by oxygen intake) running fulfils a role - albeit a relatively minor one in preparation for the short distance events. This refers especially to the 400 metres, where aerobic energy processes make a 17 per cent contribution to the effort.

In addition, a sound aerobic background is essential, especially during the winter months, to provide a sound cardio-vascular-respiratory (i.e. heart-lung fitness) base to enable the athlete to cope with the demands of a long competitive season - and also with the taxing physiological and psychological requirements of quality heats, semi-finals, and finals within just a short time of one another.

One final word on physiology is apposite. Sprinting utilises the white, fast-twitch muscle fibres which function efficiently in the absence of oxygen. In contrast, middle distance running uses the

red, slow-twitch muscle fibres which function well in the presence of oxygen.

The preceding paragraphs are a brief outline of the physiological principles involved in sprinting. The facts are in themselves merely academic. Their relevance and importance rests in their application to training schedules and competitive performance.

Having established, for example, that sprinting is a neuro-muscular activity involving the rapid recruitment and innervation of white, fast-twitch muscle fibres, the perceptive coach and athlete can devise tasks which develop and sharpen these processes. These tasks can include sprint drills such as running for 30 to 60 metres with a bouncing, springy high knee-lift action; flicking the heels quickly up towards the gluteals, i.e. buttocks, on the completion of every third stride; and working on a fast, short-lever arm action while keeping the hands, neck, and shoulders fully relaxed.

These drills lay down the neuro-muscular pathways between the mind and the muscles which facilitate the efficient reproduction of a sound, economic, and energy-conserving technique once the sprint race gets under way.

Other activities which are particularly relevant to the physiological principles of sprinting include hopping, bounding, and depth jumping (under careful supervision) to improve the elastic strength (i.e., a combination of strength x speed sometimes referred to as power) which is such a vital aspect of sprinting.

Elastic strength or power can also be developed by weight training where the athlete lifts fast and explosively in series of three to four sets of six to eight repetitions, using exercises such as bench presses, arm curls, trunk curls, vertical rowing, calf raises, leg presses, quadriceps curls, and hamstring curls. Weight-training should only be done, however, under the guidance of an experienced coach and should not

normally begin before the age of 16 for boys and 14 for girls as the spinal column is not properly developed until then.

Uphill sprinting, using sessions such as 3 x 4 x 50 metres with a walk-back recovery between repetitions and five minutes between sets is also an excellent method of improving elastic strength as well as leg and arm drive.

It should be emphasised, however, that weight-training, uphill running, harness running, and hopping and bounding exercises (known as pliometrics) ought to be confined to the winter months and well away from main competitive periods. Otherwise a slowing-down effect will be created and the athlete could also be vulnerable to injury if he or she attempts to graft technique and quality speed sessions onto muscles tired, exhausted, and weakened by heavy strength work.

One form of hill running recommended during the summer competitive phase is sprinting down a slightly-inclined slope, preferably on a level grass surface. This creates an artificial speeding-up of the arms and legs which is carried over into sprinting on a normal flat surface and can improve speed by up to 0.3 seconds.

Sessions such as 6 x 50 metres down hill from a rolling start can produce a marked improvement in leg and arm speed.

In future articles, I shall discuss winter training for sprinters in greater detail. But at this point of the year, with several top-class track races still ahead, it is important to remember that the main training emphasis will be on speed, skill, technique, mobility, and the maintenance of the endurance base developed so assiduously during the winter months and onto which the summer speed element is so carefully constructed.

Therefore, bearing in mind that the adenosine-triphosphate and creatine-phosphate energy systems which provide fuel for around five seconds of intense activity are of vital importance to the 100

COACHING

CLINIC

metres sprinter, sessions such as 3 x 4 x 30 metres can be included in a training programme. These can be done from a crouch or flying start, and recoveries between repetitions should be an easy walk-back recovery to allow time for the resynthesis of adenosine-triphosphate and creatine-phosphate to provide energy for the next repetition.

One very useful training exercise is for the coach to time the athlete over each of 3 x 30 metres efforts from a crouch start. The athlete is then timed for 3 x 30 metres from a flying start and the objective is to get the average of both sets of times as close together. This type of work-out was used extensively by Soviet sprinter Valery Borzov, who won the 100 and 200 metres titles at the 1972 Olympic Games.

Another variation is for the athlete to sprint as far as possible in five seconds and attempt to cover as much ground as possible in that time from three crouch and three flying starts.

Handicap races with winners' and losers' finals are also excellent methods of developing the ATP/CP energy systems - and they provide good competition - specific practice, too, as well as lots of fun.

Another good exercise for sprinters is to jog for 30 metres then stride fast for 30 metres then sprint full-out for 30 metres. Six series of these, followed by 6 x 30 metres full-effort, followed by 30 metres ease-down, then 30 metres full-effort, teach the athlete to maintain good form and technique under conditions of accumulating fatigue.

As the race distance progresses to 200 and 400 metres, the lactic acid energy system becomes more important. So, training sessions must take into account this physiological factor. The 200 metres specialists will include lots of work over distances such as 150 metres, while efforts over 300 metres will constitute a large part of the 400 metres athlete's programme. These can either be done in the form of 5 x

150 metres full effort with five to ten minutes recovery and 3 x 300 metres with 15 to 25 minutes recovery, or varied in the following fashion: 50 metres fast + 50 metres ease + 50 metres fast (for 200 metres runners). There are lots of other variations, e.g. 60 metres fast + 30 metres ease + 60 metres fast; 30 metres build-up + 30 metres fast + 30 metres ease + 60 metres fast; 200 metres fast + 50 metres ease + 50 metres fast; and 100 metres fast + 50 metres ease + 150 metres fast.

A useful session for 400 metres runners is 2 x 2 X 200 metres at 400 metres effort with 20 to 30 seconds recovery between repetitions and 15 to 30 minutes recovery between sets. An athlete aiming for 400 metres in 50 seconds would run the first 200 metres of each set in around 24 seconds and the second 200 metres in around 26 seconds from a rolling start.

The reason for the long recoveries between repetitions and sets in sprint training is to enable top-quality efforts to



be produced. And, while there is a place in the sprinter's programmes for short-recovery work to develop qualities such as strength and speed endurance, if he or she is making sheer or pure speed the training objective then longer recoveries are essential to accustom the nervous and muscular systems to function and integrate at maximum level.

One must never forget that training is specific to the goal of activity. A distance runner will run several repetitions over distances such as 300 metres with a short recovery but at a slower tempo in order to develop cardio-vascular endurance (e.g. 16 x 300 metres in 51 seconds with 20 seconds recovery).

A sprinter's 3 x 300 metres on the other hand will be completed in less than 40 seconds normally because he/she is training the neuro-muscular systems and incurring a high oxygen debt. So, the sprinter's work-out will be *anaerobic* while the distance-runner's session will be *aerobic*.

I analysed the importance of proper sprinting technique in the June issue of Scotland's Runner, so it would be superfluous to go over the same ground again.

If you have not read it - and want to - back numbers are available from the offices of the magazine. Since I did not mention starting practice and its role in the 100, 200, and 400 metres I shall do so now.

A good start is crucial to good performance in the sprints. Everyone has a slightly different technique from everyone else, since so much depends on limb and trunk length, height, weight, arm, hand, and finger strength, and personal comfort.

A few basic points are observable, however. The front foot in the crouch position should be between 12 and 20 inches

from the starting line and there should be between 11 and 21 inches between the front feet and the rear foot. The arms should be slightly more than shoulder width apart to allow the legs to come through unimpeded once the starter's gun is fired.

The front starting block should be set at an angle of approximately 60 degrees and the angle of the rear starting block should be around 85 degrees. The arms should be kept straight, but not locked, and the fingers and thumbs should form a high bridge. The fingers must be behind the starting line and the shoulders should be directly above or slightly behind or in front of it, depending on arm strength and comfort.

In the "set" position, the athlete should raise his or her hips to a point some three inches above the shoulders. This is so that the body will come into the direct line of the leg thrust once the body rises up out of the starting blocks. In the "set" position, the angle between the upper and lower rear leg will be approximately 115 degrees while in the front leg it will be around 90 degrees.

In the "set" position the athlete should take a fairly deep breath and concentrate on picking the hands up quickly from the track rather than listening for the gun. This focus of attention on the motor response rather than the sound stimulus - which the athlete will hear instinctively - is thought to speed the overall race time by around 0.1 second.

When the gun goes, he or she must drive vigorously with the arms to build up acceleration. If the hands are still on the ground when the leg drive begins there will be an obvious braking effect at a crucial stage of the race. Once the hands have left

the ground, the rear leg must be pulled through as quickly as possible.

The front foot, because it is in the starting block for a longer duration of time than the rear foot, should be driven hard against the block so that the athlete is propelled forward with as much velocity as possible. This is in accordance with Newton's principle that for every action there must be an equal and opposite reaction. All this takes place automatically, but by constant practice the athlete learns to integrate the three sequences (i.e. arm drive, fast rear foot pull-through, and front leg drive) into a cohesive whole. As the athlete clears the block the body should be kept low with the knees coming up fairly high to assist stride length. The first 30 metres are vital and the athlete must endeavour to hit top speed as quickly as possible.

Once top speed has been attained, the athlete cannot run any faster and all he or she can do is endeavour to maintain maximum speed for as long as possible and minimise the subsequent deceleration process as little as possible.

This is done by holding form and technique to the best of one's ability, maintaining relaxation, concentrating mentally, and running right through and beyond the finishing tape. Races can be won or lost during the last vital, few strides so it is worthwhile practising your dip finish to gain the slight advantage which could prove decisive. However, dip finishes can sometimes lose races if done too early, so it is up to the athlete to time it correctly and drive both arms backwards, push the chest forwards, and drive powerfully off the foot in contact with the ground with the very last stride before the finish.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 minutes cross-country running.
Monday: 5K session (4 x 1200m with 2 mins recovery) + 1 x 200m 2 mins after final 1200.
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady.
Thursday: 3000m session (10 x 300m with 20 to 30 secs recovery).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady. Morning runs, if done, should be of 20 to 30 minutes duration 4-6 times a week.

Week Two

Sunday: As Week One.
Monday: 5K session (5 x 1000m with 45 to 75 secs recovery) or 10K session (5 x 2000m with 60 to 180 secs recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 1500m session (800m + 400m + 300m x 2 sets with 60 secs recovery after 800's, 30 secs after 400's, and 5 to 10 mins between sets).
Friday: As Week One.

Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5K session (12 x 400m with 20 to 45 secs recovery + 1 x 200m).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 800m session (300 + 300 + 200m x 2 sets with 45 secs recovery after 300s/5 to 10 mins between sets).
Friday: As Week One.
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 5K session (10 x 500m with 25 to 60 secs recovery) or 10K session 10 x 1000m with 30 to 180 secs recovery).
Tuesday: As Week One.
Wednesday: 10 miles steady.
Thursday: 3000m session (3 x 1000m with 60 to 150 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 to 120 mins cross-country running.
Monday: 5K session (4 x 1200m with 2 to 3 mins recovery + 1 x 200m, 200m jog after final 1200).
Tuesday: 30 mins steady.
Wednesday: 5 to 8 miles steady.
Thursday: 3000m session (10 x 300m with 25 to 45 secs recovery).
Friday: Rest or 10 to 15 mins easy.
Saturday: 8 to 10 miles steady. Morning runs, if done, should be restricted to 20 to 30 mins easy running, 2-3 times a week.

Week Two

Sunday: As Week One.
Monday: 5K session (5 x 1000m with 45 to 90 secs recovery) or 10K session (5 x 2000m with 60 to 180 secs recovery).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 1500m session (800 + 400 + 300m x 2 sets with 60 secs recovery after 800, 30 secs after 400, and 5 to 10 mins between sets).

Saturday: Race or 8 to 10 miles steady.
Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 5K session (12 x 400m with 25 to 45 secs recovery + 1 x 200m).
Tuesday, Wednesday and Friday: As Week One.
Thursday: 800m session (300 + 300 + 200m x 2 sets with 45 secs between reps/5 to 10 mins between sets).
Saturday: 8 to 10 miles steady. Morning runs as week One.

Week Four

Sunday: As Week One.
Monday: 5K session (10 x 500m with 30 to 75 secs recovery) or 10K session (10 x 1000m with 60 to 180 secs recovery).
Tuesday, Wednesday and Friday: As Week One.
Thursday: 3000m session (3 x 1000m with 60 to 150 secs recovery).
Saturday: Race or 8 to 10 miles steady. Morning runs as Week One.

RUSSELL SMITH'S NORTH EAST NOTES

Paul puts athletics ahead of exams!

NOTHING, it would appear, stands between Paul Allan and his quest for a higher level of decathlon performance. Not even a pressing matter like two third year maths exams at Aberdeen University!

"I can always resit in September," said the 20-year-old Aberdeen AAC competitor, explaining his surprise decision to bypass his studies in favour of a crack at the recent Czechoslovakian Multi-Events Championships in Prague.

The calculated gamble paid off when Scotland's top junior decathlete of the past two years launched his senior challenge with a second place personal best of 7039 points in a 46-strong field which consisted of 45 Czechs and the Scot!

Allan, very much the self-motivated competitor in that he does not have the services of specialised coaches, has since advanced his European experience by joining clubmate Duncan Mathieson in a four-strong Great Britain squad for a three-nation under-22 international in West Germany in late June.

And there could be another West German trip on the cards, in August, for the young man who describes himself as: "Full-time athlete, part-time student - without the financial benefits."

But he is aware that something will have to be done about improving the technique that is the key to the high-scoring decathlon performances. "At present,

poor technique is costing me hundreds of points," he admits.

The javelin and pole vault are the two events causing him most concern. Ultimately he may have to look south for the coaching that will bring out the best in a young man with an astonishing self-drive to success in an event which first captured his imagination as a 14-year-old.

"Loughborough College could be an option, possibly in two years time," he says.

Meantime, Paul is ahead of his own decathlon schedule. "My main aim was to beat the 7000 point mark in the course of the present season. It was a great boost to reach the target first time out in Prague."

Five to eight

THERE is nothing like forward planning...

Aberdeen's popular Kirkhill Forest Five - the cross-country event staged on the outskirts of the city in October - is to become the Forest Eight!

Explained race organiser Terry Kerr: "We've decided to up the distance as many feel they want a better test of stamina early in the winter season."

Hawks extend grip

DUNDEE Hawkhill Harriers extended their grip on Aberdeen's Roevin Charity 10K when Dave Beattie edged out English international Eric Williams (Roevin) and Fraser Clyne (Metro Aberdeen).

Content to let Williams do the hard work on the windy seaside circuit, Beattie found the finishing kick to shade ex-winner Williams by two seconds in a time of 30-45.

Clyne, disappointed at

being unable to sustain a couple of breaks at vital stages of the three-way duel, reaped the consolation of third place points in defence of his Scottish road race title, finishing in 30-50.

The strength of the Dundee Hawkhill challenge was reflected in five of the top 12 places.

Colin Youngson (Aberdeen AAC), seventh overall in 31-56, had more than two minutes in hand of clubmate Mel Edwards to take the over-40 prize.

The women's race came down to an all-Aberdeen finish, dominated by the front-running tactics of Sue Lanham, who won in 38-53.

Second place went to former Scottish marathon record-holder Lynda Bain (Aberdeen AAC) who returned a useful 39-11 on her first competitive appearance since an addition to the Bain household.

And there was future promise written all over the third place finish of 16 year old Jillian Grams (Aberdeen AAC), who recorded 39-56 in only her second road 10K.

Margaret Robertson (Dundee Roadrunners) held off the challenge of Margaret Stafford (Aberdeen AAC) to take fourth place - and the leading veteran prize.

Very bad news indeed

SADLY there would appear to be no end in prospect for the undignified background rumblings which have followed the arrival of the Metro Aberdeen club on the North-east athletics scene.

One unhappy exchange of views at the Aberdeen Milk Marathon highlighted the uneasy peace which currently exists between the Metro and former clubmates within the ranks of Aberdeen AAC.

One neutral observer found himself caught up in the finishing area fracas that did

the sport - and a former Aberdeen AAC official - no favours whatsoever.

Much worse is the continued whispering campaign, obviously designed to discredit certain "name" runners who have elected to tie their future to Metro's road running format.

The atmosphere has been clouded by the fact that several former Aberdeen AAC road runners have also elected to join a growing North-east colony of Hunter's Bog Trotters.

Another factor is the long-running industrial dispute at Aberdeen Journals, where more than 100 journalists - many of them well-known for their sporting coverage - were dismissed in October of last year.

Politics and sport is always a bad mix, but came to the surface when the majority of clubs and athletes elected to support the National Union of Journalists in their fight to have their sacked members reinstated, a fight which prompted Dundee Hawkhill's Charlie Haskett to don an NUJ t-shirt after winning last year's Evening Express Aberdeen Half Marathon, a race sponsored by Aberdeen Journals.

The newspaper is currently canvassing for entries for this year's race which again clashes with the half marathon at Livingston.

Putting all the issues in one running basket, it would appear that there are those involved in North-east athletics who just cannot accept the fact that Aberdeen, like Dundee, is big enough to support two clubs and that individuals should have the choice of joining whatever club they think will match their sporting interest.

At the end of the day it is all about freedom of choice... even when it comes to political hot potatoes.

RUSSELL SMITH'S NORTH EAST NOTES

O · P · E · N FORUM

SINCE the first of my articles on the Commonwealth Games, two events have occurred which give a slight glimmer of hope that perhaps in 1994 the athletics team may not be leaving in an atmosphere of controversy and ill-feeling similar to 1990.

Firstly, the Games chairman was ousted by the SAAA. One must assume from this that the selection policy for Auckland was felt to be unsatisfactory in respect of athletics, and that in 1994 a more realistic and less intransigent approach will prevail.

Secondly, the Great Britain standards for the European Championships have been published and, in many instances, are substantially less than those set for the Scottish team in Auckland! Does this mean that many will be going along "just for the trip", or have the AAA's got the balance better?

Surprisingly, there have been no official responses to my two previous articles on the Games. Does this mean that "officialdom" accepts everything I say (hardly likely) - or perhaps a policy of ignoring criticism until it goes away prevails.

Surely, however, there should be a process of accountability! Even Eastern Europe has that now. Do Scottish sportsmen and sponsors deserve less?

IN November last year I was invited as coach of one of the Commonwealth Games athletes to a meeting of coaches and team managers in Edinburgh. Unfortunately, on arrival (after driving 70 miles) I was advised that the team managers had not turned up.

"Dear me," I said to Scottish coach David Lease, "What a shame." Before driving back to Troon (70 miles again - even downhill!) I left a number of questions relevant to the travelling, accommodation, etc., in Australia and Auckland. I am still awaiting a reply!

In January this year, I read reports

HUGH MUIR concludes his three part Open Forum series on the steps which must be taken to ensure a fair deal for our 1994 Commonwealth Games athletes.

in the press concerning the difficulties of Tommy Boyle, Stewart Hogg and John Anderson in getting into the stadium when their athletes were competing. Of course, they eventually managed this. However, I feel that this is typical of the Scottish attitude to coaches, and as such it differs greatly from most other nations. Canada, for example had 20 coaches, all accredited, for 80 athletes in Auckland. Possibly an excessive ratio, but certainly a different priority is evident.

As a coach to three current Scottish internationalists, I have never received an invitation to attend any function or sports meeting from the "hierarchy" of officials. On a personal basis this does not bother me in the slightest. The Great Britain invitations to accompany athletes to all parts of Europe are more than enough.

However, there is no doubt that coaches of athletes new to the Scottish international scene would feel more encouraged if a small appreciation of their contribution to the development of their athletes was forthcoming from the "Blazer Brigade".

In the concept of team management for international matches, and even the Commonwealth Games, the method seems to be that long-serving committee members are appointed as a "reward" for attendance, and while this itself may be perfectly acceptable, does it help in any way the team and individual performances?

Do these managers sent along "for

the trip" make any worthwhile contribution? I have no doubt that people like Messrs Boyle, Anderson, Hogg, Naylor etc, with their knowledge and understanding of the requirements and pressures that accompany participation at Commonwealth medal-winning standard, would make a positive and meaningful contribution if appointed. They would also have the confidence of the athletes, which in itself would be a major step forward in Scottish team thinking.

In conclusion, I would hope that those who have agreed with my proposals, criticisms, and hopes for the 1994 Games will make their support known at all levels in the sport. Those who disagree will, I'm sure, find space to do so in Scotland's Runner. (And also those who agree - for goodness sake, let's hear all viewpoints in an effort to ensure the best selection policy and management for our athletes in four years time - Ed.)

More important, the matter must not be allowed to "hibernate" until a few months before the Games. The time for comment and action is now - remember the Games committee seems to be accountable to no-one. Last time public outcry and the sponsor's wishes were deliberately ignored. Will this happen again?

N.B. Of Scotland's 21 athletes in Auckland, ten would have been included in a Great Britain team. (McColgan, Murray, McKean, Whittle, Hanlon, McIntyre, Bunney, Nielson, Parsons and Henderson). This means that the participation of Scotland as a separate nation was for only 11 athletes.

It hardly seems worthwhile maintaining our identity for such an insignificant number, and is certainly very discouraging to the many youngsters who participate in the sport.

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club PROFILE

A SLEEPING giant that needed an injection. No, that's not a description of some tired old thrower (no prizes for names!), it's how club secretary Ian McKenzie sees the revamped Edinburgh Southern Harriers.

The 93 year old Harriers have a brand new glossy title, Caledon Park, the name of the Edinburgh property development company now sponsoring them.

"The sponsorship has given us the jolt we needed," says McKenzie, the secretary for the last seven years. "We'd become slightly staid, but this has lifted the whole club and pulled them together."

The club consists of some 200 members, a figure which has remained fairly constant for a number of years, although there is currently an influx of younger members due to a number of factors.

"There's an exciting trend -

DAVID NAPIER reports on a revitalised Edinburgh club.

the team spirit at the last British League match was fantastic - it's like being back to the days of Fernieside (the club's original headquarters in the Gilmerton 'Southern' area of the city).

"People want to be part of a team that looks like it's going somewhere.

Going somewhere has long been part of the Southern success story: first Scottish club to enter the British League, they so nearly won the First Division in 1976 (an unfortunate clash of fixtures with a Scottish match in Iceland cost them the title) and were the first and only

Scottish club to win the British Cup in a 1975 double triumph with the now independently-sponsored women's section, Edinburgh Woollen Mill.

As a deliberate policy, Caledon Park are now taking non-competing youths with them to their away British League Matches to give them a flavour of the atmosphere. And with Jack White back with his bugle in full flow at the Division Two match at Wythenshaw in June, the atmosphere was infectious and helped create a result which should guarantee their divisional status for next season with two matches left.

"It's like the 1970's all over again. The athletes appreciated the fact that at long last they've got a team management who are getting things together," says McKenzie.

"It's not enough just



ESH, or CPH as they now are, go back a long way in the British Athletics League, and one of their stalwarts over these years has been Allister Hutton (7). Photograph by PETER DEVLIN.

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getting down to a British League match, and one team manager is not enough," continued McKenzie, an executive with British Gas who brings not inconsiderable managerial skills into the club post.

But much of the credit for the on-the-field team management must go to Ken Ballantyne, the 1964 Scottish mile champion and Jim Smart, the Scottish 880 yards champion of 1948, who have spent many devoted years twisting arms and soothing egos for the sake of the club.

"To be honest, we're not looking to go up this year - we're quite happy to remain in Division Two," says McKenzie. "But we're definitely going for promotion next season."

"We can, however, go to the Cup final this year, though we're weak in some events such as the long and triple jumps."

But it's not just the elite athletes who're being catered for under the new deal:

"We're looking to provide competition for everyone who joins us, and that's why we've kept our commitment to the Scottish and North West League, as well as the Scottish League where our policy is to give everyone a run and not go out to win at all costs."

Every Tuesday and Thursday a group of road runners meet at Boroughmuir's rugby grounds at Meggetland to go for a pack run, and there have been several recent team successes in road races such as Haddington and North Berwick.

The road racing section of the club has had a terrific boost from the London Marathon success of Allister Hutton.

Says McKenzie: "His win generated immediate interest - we got a lot of calls from people with youngsters who see him doing it and think: 'There's something to aim at.'"

Lack of coaches, especially at the younger levels, used to

be a valid criticism of the Southern set-up, but not any more according to McKenzie, who points to the improving fortunes of the youngsters in the Scottish Young Athletes League, who are looking for promotion from the Second Division.

Like so many sports, athletics lost a decade of children through the industrial problems in schools, and Edinburgh state schools have not recovered. Southern relied heavily on the private schools to supplement their ranks, but are now actively pursuing plans to extend links with the state schools.

"We've had discussions with Edinburgh District Council and have even looked at the possibility of helping to promote the Edinburgh Schools' Championships - not to take the cream, but to stimulate interest," says McKenzie.

The immediate benefactors of a three year sponsorship worth £30,000 from Caledon

Park are the club members, who are to receive free travel to all events in all age groups, but the package will no doubt have more far-reaching effects.

It was in 1897 that the students of a Kirk bible class formed the Edinburgh Southern Athletic Club and subsequently changed the name to Edinburgh Southern Harriers a year later.

Their most notable early achievement was winning the East District Cross Country League in 1908, although nationally they did not obtain team success in cross-country championships until 1964.

However, in the last twenty years Harriers have firmly established themselves as the best, and certainly the most successful, Scottish athletics club in cross-country and track and field events.

Their list of recent successes across the entire athletics spectrum conveys one word quite clearly - domination, and you easily mistake their list of past and

present members as a "Who's Who" of Scottish men's athletics.

Their most famous athlete is Allan Wells, winner of the 100 metres gold at the Moscow Olympics in 1980, and a four-times Commonwealth gold medal winner. He is also Scotland's only living Olympic athletics champion.

On the Olympic front, however, Wells certainly doesn't stand alone, and Caledon Park Harriers, as they are now to be known, can boast an impressive list of names from the past, the present, and, one would imagine, the future.

Names such as hammer-thrower Chris Black, and sprinters Elliot Bunney and Jamie Henderson spring easiest to mind, but there are many others who have worn the club's colours with distinction.

The question of who will wear the colours in the future, and what they will be able to achieve, is the reason behind



the need to seek a sponsorship deal. As athletics moves further and further away from its amateur status, and cash becomes increasingly hard to find - yet ever more necessary - it was an inevitable that a sponsor would eventually be sought.

The idea was certainly not a new one, but to attract the type of financial package required led to the prospect of changing the name. This in itself was also not new to Edinburgh Southern Harriers

as their women's section who were formed in 1949, changed their name to Edinburgh Woollen Mill in 1984 in what was then a precedent for a Scottish club.

Ken Ballantyne, a former club president who ran close to four minutes for the mile in his heyday, admits that the benefits for the women's team had a large bearing on the decision to accept Caledon Park's offer.

"You have to cut your cloth according to your costs,"

he said. "Competing at the highest level is essential for the athletes, and therefore for the club so we can continue to attract athletes. The higher the level you compete, the higher the cost."

In the past Southern have had to rely on money from dances, raffles and other fund-raising events, but the sponsorship will give them a more concrete base to build from.

Athletics has certainly moved on from the early 1960's, when Ken competed. As he says, "In my day you thought going to Glasgow was a big event."

Nowadays, particularly being in the British League, travelling afar is part and parcel of a club's existence.

"This year," says Ken, "has been a great one, and the team spirit has been excellent."

Add to that the sponsorship package and the future for Caledon Park Harriers looks not only secure but very promising.

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SPONSORSHIP FEATURE

SPONSORSHIP of athletics clubs would appear to be on the increase with the recent announcement, among others, of Caledon Park's £30,000 three year deal with Edinburgh Southern Harriers.

One sponsorship in its mid-term, however, is A.C. Moir's involvement with Ayr Seaforth, where the current three year agreement is due for review next March.

Alec Moir, managing director of the sponsoring firm, said his initial intention was to sponsor individual Ayr Seaforth athletes, but discussions with official Glen Harrower persuaded him to back the club as a whole, with the change of name to A.C. Moir Ayr Seaforth. However, he has kept his options open through an interesting sponsorship of Ayr's highly promising junior sprinter Darren Galloway, and Aileen McGillivray of EWM.

Moir has formed a management team with Ayr sprint coach Frank Galloway - already responsible for bringing on a formidable squad of young male sprinters - and former national group sprints coach Stuart Hogg. The assistance to Darren and Aileen (others are likely to follow) takes

DONALD BELL looks at some of the companies which are sponsoring athletics in Scotland.

the shape of medical assistance, back-up, and the best advice available. Darren, for example, is in the second year of a three year plan which hopefully will see him selected for the UK team at next year's European Junior Championships.

It's clear that Alec Moir, himself a former Glasgow Schoolboys' sprint champion in the early 1960's, has more than a passing interest in athletics, but he sees the sponsorship of the club, as opposed to individuals, as a community benefit.

"Athletics is a family sport. It develops the right attitude in children and can develop them as people. There's plenty of sponsorship for football teams in the area, but athletics was lacking in sponsorship."

While it can do no harm whatsoever to

have his company's name prefixed to the club's, Moir insists that as "medium-sized" builders his company is not looking for any direct commercial return from the sponsorship.

"We build factory units and sheltered housing - we wouldn't do an extension to a house because we're not that size of builder," he says.

Nor is Caledon Park that size of builder. Hamish Henderson assured me when I tentatively asked him if his company built houses. They are in fact commercial developers, taking on projects such as new shopping centres.

Like Alec Moir he has a (somewhat better known) son who is a member of the club he has sponsored, but, like Alec Moir, Hamish Henderson says that this factor was not a consideration in committing Caledon Park to the £30,000 sponsorship.

"I feel we get a lot of benefit from the community, and without meaning to sound pompous or pious we were looking to put something back in," he says.

"ESH came to us informally and asked for advice about sponsorship - not a major

On right, athletes Jamie Henderson and Allister Hutton flank Hamish Henderson, while behind are club officials Ian Ross and Sandy Cameron (president).



sponsorship but support for an open graded meeting or a league match and it grew from that."

I asked Henderson what the return would be to his company from the name Caledon Park Harriers over the next three years. After all, a letter in this magazine last month made the point that while people throughout Britain knew ESH, not many had heard of Caledon Park.

"It's difficult to quantify the publicity from the name change," he said. "But if we looked at it in these terms think of the coverage we would have got two months earlier when Allister Hutton won the London Marathon!"

"Our business is not like selling beans or beer. People don't go out to buy our product because it's at the front of their minds through hearing it so often. But the sponsorship does put our name to the fore and there is a certain amount of status."

Over at Kilmarnock, Johnnie Walker sponsor the Harriers purely as a gesture of support to the community. Company representative Gilmour Burnett doesn't have the same personal involvement in

athletics as Alec Moir and Hamish Henderson, but nevertheless takes a healthy interest in the activities of the club, one of the more progressive in Scotland.

The Scottish Milk Marketing Board, meanwhile, continues to support road races at places such as Ayr, Kirkcudbright, Dunfermline, Kilwinning, and Livingston.

Gone, it seems, are the days when the board sponsored major events such as the

Milk Race (cycling), which even ten years ago was a £50,000 commitment.

Sponsorship executive Dennis Gray now looks after a budget which is less than a third of that, but nevertheless the board tries to spread resources across athletics and swimming in particular.

"Anything with a high energy and fitness level is appropriate to associate with milk," says Gray.



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(22.98)		
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(22.5)		
22.16w	J Adams	Ayr
(22.89)		
22.48	P Shannon	BYM

49.37	A Savage	CPH
49.41	P Shannon	BYM
49.5	G Simpson	Cam
49.6	I McGurk	CAC
49.75	P Kennedy	ESP

1-52.3	J McFadyen	GGH
1-54.02	G McDowall	IH
1-54.44	I Campbell	Arb
1-54.8	G Graham	VP
1-55.1	J Divers	CAC

3-56.6	G Graham	VP
3-58.26i	A Kinghorn	ESP
3-58.37i	D Pritt	Har
3-59.5	N Freer	CAC
4-01.35	A McBeth	EK

15-23.43	S Wylie	Cam
15-27.7	S Wright	Ab
15-35.7	N Freer	CAC
15-38.5	A Moss	Doll
15-44.4	S Cook	QVS

6-05.21	S Wright	Ab
6-07.42	A Russell	CAC
6-19.7	T Hely	VP
6-21.51	R Crook	Pit
6-24.9	S Gilmour	VP

14.54w	G Smith	ESP
15.2	D MacRae	MCS
15.3	N Penny	DSM
15.6	K Campbell	MCS
16.2	B Foster	DSM

55.6	N Taylor	VP
56.4	D Wight	EA
56.6	T Nimmo	FVH
57.5	O Brume (Y)	Fett
58.8	K Pearson	Doll

2.15	D Barnetson	IH
2.13	S Ritchie	Pit
2.01	M McVie	CPH
1.95	J Allan	CIH
1.95	S Hill	ESP

4.10i	S Greig	Lass
3.80	J Grant	Hel
3.50	E Scott	Hel
3.30	D Fitzgerald	Pit
2.90i	H Kilpatrick	Ab

6.62	E Scott	Hel
6.57i	N Elliot	Hel

AGE GROUP RANKINGS COMPILED BY JEFF CARTER

THE end of June marks the completion of the season for many younger athletes, writes Jeff Carter. The national championships at Meadowbank on June 23 produced some good performances (particularly in the wind assisted sprints), but the lists do not show as much quality as expected by this time of year.

There is evidence that some athletes are over-tired. The considerable success of schools athletics in recent years has meant perhaps a surfeit of races for those young athletes who are also in clubs. With the continued expansion of leagues, this will require some sensitivity by team managers with limited resources.

The number of meetings is also proving difficult for convenors - who cannot get enough officials. The expansion of indoor meetings is leading to a year round commitment being required, and this is proving unattractive to some.

As one who is delighted by the increased opportunities for young athletes, and by the growing entries for the championships, I find it hard to admit it is all too much of a good thing - but I wonder. I am sure the editor would be grateful to receive readers' thoughts and comments. (He would - Ed.)

6.57	C McDaid	CIH	51.4	K Mackie	CPH	2.80	M Vidler	EA
6.44	I Fraser	Nai	51.5	J Jardine	FAC			
6.39	I Paget	Kils						
6.39	M Hamill	CAC						

12.93	S McGeoch	Kilb	1-54.7	J Gill	Cam	6.44	I Lee	Ste
12.88	S Whyte	Gol	1-56.7	D Halliday	She	6.30	A Hambly	Cas
12.87	C MacDonald	ESP	1-57.2	R Hooton	DSM	6.22	J Gilbert	FVH
12.87i	M Craig	St A	1-57.6	C Young	CAC	6.13	A Tupman	ESP
12.76	A Robb	Hut	1-59.12	N Johnstone	CPH	6.12	D Sabnis	Ban

14.91	N Mason	FAC	4-04.67i	M McBeth	Cam	12.98	S Waugh	Cam
13.57	A Bryce	Glen	(4-19.5)			12.68	D Ross	Mary
12.28	R Baird	FVH	4-07.22i	F McNeil	Lee	12.67	D Sabnis	Ban
12.26	P Beaton	Pit	(4-10.70)			12.57	A Hambly	Cas
12.21	T Smith	Ran	4-07.5	R Hooton	DSM	12.51	S Allan	Pit

41.24	N Elliot	Hel	8-44.79	M McBeth	Cam	13.58	I Love	Pen
39.94	R Baird	FVH	9-02.80	M Kelso	Pit	13.51	A Mackenzie	IH
39.94	P Crawford	PSH	9-05.68	J Gowans	TAC	13.25	D Minty	Pet
37.73	S Leslie	Arb	9-07.5	D Fotherham	CAC	12.73	S Hayward	Gal
37.52	T Smith	Ran	9-08.4	M McL'ghlin	Cam	12.48	G Mathieson	Av

36.98	D Barnett	PSH	6-15.0	M McBeth	Cam	43.84	E Lister	ESP
34.00	E Oliver	IH	6-26.15	D Hards	IH	42.76	J Gregg	Una
30.26	C McGrath	QVS	6-31.7	E McCafferty	Sto	40.78	A Harvey	Ayr
			6-34.03	M Gill	Cam	39.94	K Kay	Str
			6-36.0	D Fotheringham	CAC	38.44	K McCann	MCS

57.06	N Fearnley	Gle	60.32	C Edgar	FVH	43.84	E Lister	ESP
54.58	J Grant	Lor	54.42	G Kerr	Bed	42.76	J Gregg	Una
51.98	B Hill	Cam	49.12	D Minty	Pet	40.78	A Harvey	Ayr
51.26	P Crawford	PSH	48.18	E Lister	ESP	39.94	K Kay	Str
48.12	I McGurk	CAC	46.40	S Bunker	Hel	38.44	K McCann	MCS

Youths

10.70w	D Walker	ESP	14.4	A Hambly	Cas	48.32	P Greenhill	Arb
(11.1)			14.6	D Paisley	Pit	47.02 (B)	N Dempsey	MCS
11.06w	C Allan	IH	14.6	J Hunter	EA	46.88	J Wishart	EA
(11.3)						46.78	H James	Mon
11.09w	I Lee	Stew				44.62	I Dickie	Ayr

11.1w	C Joiner	Pit	57.4	D Hards	IH	48.32	P Greenhill	Arb
(11.2)			57.75	I Murray	IH	47.02 (B)	N Dempsey	MCS
11.1w	S Cumming	CPH	57.8	O Brume	Fett	46.88	J Wishart	EA
(11.4)			59.37	I Dickie	Ayr	46.78	H James	Mon
11.2			59.48	S Poutney	MH	44.62	I Dickie	Ayr

21.79w	D Walker	ESP	1.90	P Birrell	Pit	48.32	P Greenhill	Arb
(22.3)			1.85i	I Lind	Ab	47.02 (B)	N Dempsey	MCS
22.69w	C Allan	IH	(1.80)			46.88	J Wishart	EA
22.7	C Joiner	Pit	1.85	A Malcolm	ESP	46.78	H James	Mon
22.9	S Allan	Pit	1.85	G Smart	VP	44.62	I Dickie	Ayr

50.2	G Purves	Bla	3.72	R Craig	StA	48.32	P Greenhill	Arb
50.5	C Young	CAC	3.40	K McNicol	CAC	47.02 (B)	N Dempsey	MCS
51.2	I Murray	IH	3.20	S Gibson	CIH	46.88	J Wishart	EA
			3.00i	C Jones	Ab	46.78	H James	Mon

23.19w	D Colville	Pit
(23.90)		
23.13w	C Hopkins	CR
(24.3)		

53.16	R Wilson	CR
53.65	D Colville	Pit
53.8	C Buck	MCS
54.4	S Lee	IH
54.49	A Prophet	CAC

2-05.28	R Wilson	CR
2-05.53	A Smith	Ayr
2-05.81	D Carty	Bath
2-06.1	S Schendel	Cum
2-06.66	J Tonner	JWK

4-17.2	D Carty	Bath
4-19.00	J Tonner	JWK
4-20.93	P Allan	Ayr
4-25.48	N Thomas	Liv

4-51.0	P Allan	Ayr
4-52.57	K Daley	ESP
4-54.0	D Casey	QVS
4-55.04	B Thomson	Mon

11.51	G Adams	Ayr
11.61	I Hamilton	CAC
11.68	P Knapp	Ayr
11.94	C Frew	Ham

64.8	D Mont'mery	Cas
66.8	G MacLennan	Cas

1.85	S McKinley	Pit
1.70	A Thomas	Bel
1.70	M McDougall	IH
1.67	P Gill	GlasA

2.70	S McLean	QVS
2.60	A Wood	QVS
2.60	P Clark	QVS
2.60	R Dunn	EA

6.19	S Milne	Ork
5.79	M McManus	Ham
5.73	D Steel	Ayr
5.69	A Blackie	VP
5.67	I Dickie	Ayr

11.95	S Milne	Ork
11.91	A Blackie	VP
11.81	J Whannel	VP
11.63	D Mont'mery	Cas
11.40	K Kelly	Doug

12.27	K Campbell	MYM
12.16	G Ferguson	Law
12.02	J Duffus	Kel A
11.64	P Dolan	CAC
11.55	D Ablett	CPH

35.16	K Campbell	MYM
33.78	L Robinson	Dunf
33.20	N Dumpsey	MCS
33.50	S Sneddon	TAC

45.94	R Mackinnon	QVS
31.70	A Shepherd	IH
30.72	S Sneddon	TAC

48.14	N Dempsey	MCS
44.90	S Wands	Doll
38.98	M Blythway	CrCas
38.34	D Ablett	CPH



Make a date for the Scottish

MAKE a point, if you can, of being at the ScotRail National Championships at Crownpoint Road Stadium, Glasgow, on July 27 and 28. Most of Scotland's top track and field athletes will be in action and deserve a big crowd.

As we went to press it was still hoped that Tom McKean, Brian Whittle, Steve Ovett and Yvonne Murray would be competing, although it was not confirmed.

Most of the finals are on the Saturday (July 28) when admission is just £1. Weather permitting, it's always an enjoyable day's spectating - especially at Crownpoint, where there is a close atmosphere.

1989 winners

Men

100m	E Bunney	10.34w
200m	R v Klundert	21.65
400m	B Whittle	46.47
800m	T McKean	1-44.79
1500m	T Hanlon	3-42.42
5000m	B Prasad	14-01.91
10,000m	K Forster	29-03.8
3000ms/c	D Ram	8-41.10
3000mw	M Bell	12-32.96
110mH	D Nelson	13.61w
400mH	M Fulton	52.02
HJ	G Parsons	2.23
LJ	C Duncan	7.34
TJ	S McMillan	15.09
PV	G Jackson	4.60

SP	S Whyte	16.18
DT	P Gordon	55.92
JT	R James	63.16
HT	S Whyte	58.58

Women

100m	A McGillivray	11.72w
200m	A Baxter	24.22
400m	D Kitchen	54.30
800m	S Abrahams	2-06.72
1500m	L McIntyre	4-08.14
3000m	L Adam	9-13.67
100mH	J Kirby	13.79
400mH	M Still	59.43
HJ	R Pinkerton	1.78
LJ	L Campbell	6.09
DT	L Adams	44.50
SP	M Anderson	13.72
JT	N Emblem	49.08

SCOTRAIL NATIONAL CHAMPIONSHIPS

1990

Organised under S.A.A.A. and S.W.A.A.A. rules

27 - 28 JULY 1990

CROWNPOINT SPORTS
CENTRE, GLASGOW

Doors open 1700 Friday and 11.00 Saturday

Admission: Friday 50p. Saturday £1.00.

Half price for O.A.P.s and children.

For information phone 041-554 8274.



ScotRail

1990 SCOTTISH TRACK AND FIELD RANKINGS

Men

100m

10.39w	David Clark	CPH
10.41w	Jamie Henderson	CPH
10.53w	Elliot Bunney	CPH
10.57	Alan Doris	ESP
10.64w	Darren Galloway (J)	Ayr
10.70	Neil Turnbull	CPH
10.70w	Douglas Walker(Y)	ESP
10.7w	Brian Ashburn	CAC

200m

20.75	David Clark	CPH
21.25	Neil Turnbull	CPH
21.3	Darren Galloway (J)	Ayr
21.3w	Elliot Bunney	CPH
21.55	Alan Doris	ESP
21.7w	Mark Davidson	Ab
21.79	Douglas Walker (Y)	ESP
21.86i	Jamie Henderson	CPH
21.89w	David Cleland (J)	FVH

400m

46.52i	Brian Whittle	Ayr
47.14	Mark Davidson	Ab
48.04	George Fraser	San
48.3	David Mulheron	Bell
48.32i	Mark McMahon	CPH
48.36i	Gregor McMillan	DHH
48.5	Grant Hodges	ESP
48.7	Jim Nicoll	PSH
48.9	Malcolm McPhail	Ayr

800m

1-45.75	Tom McKean	BYM
1-46.85	Brian Whittle	Ayr
1-46.90	David Strang	Hgy
1-49.5	Tom Hanlon	CPH
1-49.91	Stuart Paton	Bel
1-50.7	Andrew Walker	CPH
1-51.2	Larry Mangleshot	WGn

1500m

3-43.55	Ian Hamer (W)	ESP
3-45.26i	Alistair Currie	Dum
3-45.76	Tom Hanlon	CPH
3-46.08	Larry Mangleshot	WGn
3-47.19	Stuart Paton	Bel
1-47.46	Mark Fallows	ESP
3-47.5	David Donnet	CAC
3-47.8	Ian Gillespie	CAC
3-47.95	Tom McKean	BYM

5000m

13-25.63	Ian Hamer (W)	ESP
13-50.33	John Robson	CPH
14-09.91	Robert Quinn	Kilb
14-10.9	Steven Doig	OG
14-11.53	Peter McColgan (NI)	DHH
14-11.91	Chris Robison	SV
14-13.0	Neil Tennant	CPH
14-13.7	Peter Fleming	Bell

10,000m

28-20.44	Ian Hamer (W)	ESP
30-04.7	Iain Campbell	DHH
30-09.5	Bruce Chinnick	Forr
30-12.4	Mike Carroll	Ann
30-32.64	Peter Fox	DHH
30-34.0	Jim Doig	Ab
30-38.1	Tommy Murray	GGH
30-54.9	Brian Kirkwood	ESP
30-59.5	Charles Haskett	DHH

3000m s/c

8-45.76	Tom Hanlon	CPH
8-50.6	George Mathieson	CPH
8-52.8	Graeme Croll	Cam
8-57.7	Peter McColgan (NI)	DHH
8-58.5	John Steel	CPH
9-08.9	Ken Stirrat	OxU
9-19.5	David Ross	CPH

100mH

14.28	Neil Fraser	Inv
14.3	John Wallace	New
14.9	Duncan Mathieson	Ab
15.0	Ian McGillivray	Ela
15.12	Paul Warrilow	CPH
15.3w	Graeme Smith (J)	ESP
15.5w	Colin Hogg	ESP

400mH

52.15	Mark Davidson	Ab
52.49	Malcolm McPhail	Ayr
53.46	Rodger Harkins	She
53.81	David Hitchcock (E)	CPH
54.2	Douglas Thom	DHH
54.26	Peter Campbell	Sto
55.13	Alistair Taylor	Inv
55.22	Steve Ledingham	Ab

High Jump

2.29	Geoff Parsons	Lon
	(Scottish Record)	
2.15	David Barnetson (J)	Inv
2.13	Stephen Ritchie (J)	Pit

2.07	Duncan Mathieson	Ab
2.05	James Stoddart	Bel
2.04i	Malcolm McVie (J)	CPH
2.00	Alan Scobie	ESP

Pole Vault

4.50	Eric Fliszar (US)	DHH
4.30	Ian McKay	ESP
4.30	David McLeod	Bell
4.20i	Iain Black	CPH
4.20	Stuart Ryan	SV
4.20	Michael Nicoll	Hav
4.20	John McArdle	Lou
4.10i	Stephen Greig (J)	Str
4.10	Duncan Mathieson	Ab

Long Jump

7.55	Brian Ashburn	CAC
7.35	Craig Duncan	She
7.29w	Duncan Mathieson	Ab
7.04	Melville Fowler	Inv
6.95w	Paul Allan	Ab
6.88	Eric Scott (J)	Hel
6.78	Mark Craig (Y)	CAC

Triple Jump

15.90	Craig Duncan	She
14.98	Neil McMenemy	CR
14.29	Rodger Harkins	She
14.10	William Leung	ESP
13.98	John Brierley	New
13.85	Russell Brown	GU

Shot Putt

17.24	Stephen Whyte	Lut
15.14i	Robert Smith	CPH
15.10	Mark McDonald	Dmf
14.91	Steve Aitken	DHH
15.57	Gordon Smith	Ab
14.37	Graeme Stark	Rth
14.35	Darrin Morris	Pit
14.25	Adam Whyte	ESP

Discus

58.36	Darrin Morris	Pit
	(Scottish record)	
50.00	Michael Jemi-Alade	CPH
47.54	Stephen Whyte	Lut
44.82	Russell Devine	Inv
44.16	Mark McDonald	Dmf
42.54	Kenga Kubota (Ja)	ESP
41.26	Jamie Malcolm	Wir
40.52	Paul Allan	Ab
40.30	Duncan Mathieson	Ab
40.00	Stuart Ryan	SV

COMPILED BY: ARNOLD BLACK

Hammer

60.78	Stephen Whyte	Lut
57.42	Russell Devine	Inv
53.30	Andrew Hall	Hill
53.22	Robin Meikle	CPH
53.10	Russell Payne	Bir
49.90	Doug Aitchison	PSH
49.46	Adam Whyte	ESP

Javelin

62.04	Stewart Maxwell	Pit
58.46	Alex Black	CPH
57.82	Chai Huat Ng	She
57.44	Stewart McMillan	Pit
57.06	Nils Fearnley (J)	Gle
56.60	John Guthrie	CPH
55.90	Duncan Mathieson	Ab
54.94	Adam Whyte	ESP
54.58	Jamie Grant (J)	Lor

Women

100m

11.83	Janis Neilson	EWM
12.08	Aileen McGillivray	EWM
12.12w	Alison Edmonds	Inv
12.2w	Donna Brown	EWM
12.2w	Katrina Leys (I)	Ab
12.27	Melanie Neef	Gla
12.3	Sandra Leigh	Ste
12.3	Myra McShannon (J)	Gla
12.3w	Lorraine Nicholson (I)	Gla
12.34w	Claire Reid	EWM

200m

24.23	Sandra Leigh	Ste
24.23w	Janis Neilson	EWM
24.4	Dawn Kitchen	EWM
24.6	Gillian McIntyre	MSL
24.7	Ruth Girvin	Nith
24.7w	Louise Paterson (I)	Ab
24.8	Pat Divine	ESP
24.8	Dawn Flockhart	EWM

400m

53.25	Dawn Kitchen	EWM
53.88	Sandra Leigh	Ste
54.27i	Gillian McIntyre	MSL
55.76	Pat Divine	ESP
56.5	Fiona Meldrum	Gla
57.0	Susan Bevan	Ess

57.2	Leigh Ferrier	Gla
57.4	Fiona Calder	Irv

800m

2-03.57	Yvonne Murray	ESP
2-04.43	Lynne McIntyre	Gla
2-07.0	Laura Adam	Ste
2-07.22i	Linsey Macdonald	Pit
2-07.35	Susan Bevan	Ess
2-09.2	Karen Hutcheson	BHM
2-09.91	Janet Stewart	Gla

1500m

4-08.02	Liz McColgan	DHH
4-08.88	Lynne McIntyre	Gla
4-09.54	Yvonne Murray	ESP
4-10.28	Karen Hutcheson	BHM
4-18.66	Laura Adam	Ste
4-23.19i	Susan Bevan	Ess
4-23.84	Isabel Linaker (J)	Pit

3000m

8-39.46	Yvonne Murray	ESP
8-43.14	Liz McColgan	DHH
8-48.72	Karen Hutcheson	BHM
9-12.70	Laura Adam	Ste
9-23.89i	Susan Crawford	Gla
9-35.22	Annette Bell	Lin
9-39.21	Jo-Ann Scott	Dar
9-41.06i	Susan Bevan	Ess

5000m

16-05.6	Laura Adam	Ste
16-20.59	Karen McLeod	ESP
17-08.6	Louise Vandyck	Ess

10,000m

32-23.56	Liz McColgan	DHH
34-24.71	Karen McLeod	ESP
36-41.84	Marie Duthie	Fra

100mH

13.8	Julie Vine	Bou
13.86w	Claire Reid	EWM
14.47w	Lorna McCulloch	Pit
14.55w	Sarah Richmond	Pit
14.67w	Jennifer Sharp	EWM
14.76	Jane Low	Gla
14.9	Catherine Murphy (I)	Gla
14.94	Shona Urquhart	EWM

Amendments should reach us by July
30 to catch the next issue.

400mH

58.50	Julie Vine	Bou
60.77	Gillian McIntyre	MSL
61.50	Sarah Booth	EWM
62.6	Jane Low	Gla
62.8	Maira McBeath	Cai
63.4	Suzanne Wood (I)	EWM
63.55	Alison Brown (E)	EWM

High Jump

1.80i	Wendy MacDonald	Cam
1.75	Rhona Pinkerton	Gla
1.75	Karen Hambrook	Ash
1.70i	Jackie Gilchrist	Pit
1.70	Hazel Melvin (I)	Tro
1.70	Caris Henderson	EWM
1.70	Joanna Ross (I)	Kil

Long Jump

6.07i	Karen Hambrook	Ash
5.95	Lorraine Campbell	EWM
5.84	Janice Ainslie	EWM
5.81	Ruth Irving (I)	Wir
5.71	Caroline Black	EWM
5.52	Jackie Gilchrist	Pit
5.50	Halycon Wills	CR

Shot Putt

13.96i	Alison Grey	ESP
13.24	Helen Cowe	Ab
11.47	Andrea Rhodie	MSL
11.36	Lynne Barnett (I)	PSH
11.21	Gail Hornby (E)	MSL
11.18	Alison Dutch	EWM
11.15	Claire Cameron	Gla
11.12	Shona Urquhart	EWM

Discus

46.86	Helen Cowe	Ab
46.76	Gail Hornby (E)	MSL
44.62	Alison Grey	ESP
43.26	Karen Neary	EWM
42.98	Claire Cameron	Gla
41.28	Lesley Adams	Pit
40.36	Susan Freebairn	Gla

Javelin

56.96	Nicola Emblem	EWM
52.48	Gail Hornby (E)	MSL
45.08	Janell Currie	MSL
41.30	Lorna Jackson (I)	Tay
41.18	Halycon Wills	CR
40.32	Shona Urquhart	EWM
39.30	Karen Elliott (I)	Car

EVENTS

July

14

ARISAIG-Mallaig (Fisherman Force Ten), Arisaig

BRITISH Vets Track and Field Champs, Crownpoint

INVERNESS Highland Games, Inverness. Tel 0463-239111 for details.

15

AYRSHIRE Track and Field Champs, Dam Park, Ayr. Tel 0290-50609 for details.

BRITISH Vets Track and Field Champs, Crownpoint

CAMPBELTOWN Festival Week Half Marathon, Campbeltown

INVERNESS 10K Peoples' Race. Tel 0463-241625 for details.

OPEN Hill Race Champs, Oban

16

ROUND The Houses Race, Saltcoats. D from 0294-211304.

17

WHITE Ash Hill Race, Fochabers, Morayshire

18

OGM, Everholm, Annan

SRI Chinmoy 5K Road Race, Meadows, Edinburgh. Tel 031-336-2349 for details.

20

ROYAL Mail Games, Cry Palace

21

BRITISH Schools Home International, Meadowbank

DAVID Shepherd Glamaig Hill Race, Skye

DINGWALL-Evanton-Dingwall 10 mile Road Race, Dingwall

ELGIN Highland Games

GB v France v Spain v WG (U-23), France

STROMNESS Shopping Week 13 mile Road Race, Orkney

EUROPEAN Special Olympics, Crownpoint

22

HELENSBURGH Half Marathon. E - Sheila Ramsay, 38f, East Argyle Street, Helensburgh G84 7RR.

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

IRVINE Harbour Festival Half Marathon and Highland Games, Irvine. Tel 0294-51011 for details.

SHIRE Harriers Open Meeting, Aberdeen. Details from Mr S Peddie on 0224-313498.

25

SRI Chinmoy 1 mile Road Race, Meadows, Edinburgh. Tel 031-336-2349 for details.

27

SCOTTRAIL Championships, Crownpoint. Details from 041-554-8274.

28

DUNDONNELL Three Tops Race, Gairloch

GB v Italy v Austria (Juniors), Horsham

HALF Nevis HR, Fort William

LOCHABER Highland Games, Fort William

PAISLEY International Highland Games, Paisley

SCOTTISH 3K Track Walk Championship, Crownpoint

WELSH Games, Wrexham

SCOTTRAIL Championships

29

GRE Semi Final, Birmingham

MELANTEE Hill Race, Fort William

SCOTTISH Young Athletes' League DS/Final, Pitreavie

STRATHCLYDE Tug of War Champs, Irvine

DARTFORD Half Marathon. Details - Fairfield Pool, Lowfield Street, Dartford, Kent DA1 1JB.

30

COW Hill Race, Fort William

August

1

FALKIRK OGM, Grangemouth. Details from 0324-486711.

NORTH Berwick Law Race

3

KODAK AAA/WAAA Champs, Birmingham

4

BRODICK Highland Games, Arran

GB v France v West Germ v Italy (U-19), France

ISLAY Half Marathon, Bowmore, Islay. Details from 049-681-479.

ORD Hill Race, N Kessock

KODAK AAA/WAAA Champs

5

BALLATER 10. 2pm start, Monaltrie Park. Entries on day £4. Infor from 03397-55599. Medal/t-shirt to all finishers.

BRIDGE of Allan HG

BURNSWARK Race, Ecclefechan

DONKEY Brae Race, Aberdour

LASSWADE AC Women's 10K Road Race, Bonnyrigg, Edinburgh

MONKLANDS Half Marathon, Coatbridge. Details from Leisure and Recreation Dept., Monklands District Council. Tel: 0236-62453.

CORRIE Capers Round Arran Road Relay Race, Isle of Arran. Tel 0294-79272 for details.

SCOTTISH Young Athletes' League Final, Crownpoint

DRIFTWOOD Eyemouth Half Marathon. Details from Mrs Lough on Eyemouth 50140.

HFC Bank Scottish Athletic League D1 & 2, Meadowbank; D3 & 4, Coatbridge

THE Macallan Moray People's Marathon and 10K, Elgin. Details from Moray District Council, Tel 0592-873178.

CENTRAL Scotland Tug of War Champs, Bridge of Allan

SVHC 10K RR, Lochinch

TYNESIDE Scottish League, Whitley Bay

7

BILL Elder Memorial Road Race, Greenock

MOBIL Grand Prix Final, Athens

8

MILL Lum Road Race, Kinghorn, Fife. Info from 0592-873178.

SHETTLESTON Harriers Open Graded Meeting, Crownpoint

WORLD Junior Athletic Champs (till Aug 12), Bulgaria

11

ABERNETHY Highland Games, Nethy Bridge

BRITISH Athletic League Div 2, Wolverhampton

LAYSBRIDGE Race, Banff

LARGO Law HR, Lower Largo

SCOTTISH Heavy Events Championship, Glasgow

MOTOROLA FUN RUN
SUNDAY 9th SEPTEMBER
Start 2pm Strathclyde Park
MEDALS TO ALL FINISHERS
Entry Adults £2.50 Under 16 £1.50
On the day £3.00 and £2.00
Fancy Dress category and Spot Prizes
For Entry forms phone East Kilbride 39101 or enclose S.A.E. to Motorola Fun Run, Colvilles Road, East Kilbride.
PRIZES PARTLY SPONSORED BY RUN-A-WAY SPORTS



Ayr
Land o' Burns

digital



Under S.A.A. and S.W.A.A. laws
Entry Forms from:
RACE DIRECTOR
KYLE & CARRICK
District Council
Parks & Recreation
Dept., 30 Miller
Road, Ayr, Scotland.

Entries Limited to 3,000 on a first come first served basis.
ENTRY FEE £4

HALF MARATHON

Sunday SEPTEMBER 16th
at 10.30 a.m.

RACE ADVISER: Robert M. Dalgleish M.B.E.
SCOTLAND'S LARGEST ENTRY FOR 1987,
Fast course (Scottish record Sept 86) past
Alloway's Auld "Haunted Kirk" and Burns
Cottage — Ample car parking adjacent to
Start/Finish on Ayr Esplanade.
WINNERS 1989: HAMMY COX 1-04.57
JUNE ARMSTRONG 1-21.30

ELECTED IN 1988

1. Scotland's most popular road race
2. Scotland's best organised race
3. Scotland's most scenic route

Surname

Forename

Address

Telephone Number

Post Code

Male Female

Date of Birth

Previous best time (Hours, mins)

Estimated running time (Hours, mins)

Are you resident within Kyle and Carrick District? YES/NO

Club (if applicable)

KYLE AND CARRICK DISTRICT COUNCIL

CATEGORIES

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

WEST LOTHIAN AND LIVINGSTON
SPORT AND RECREATION
ASSOCIATION

presents
the

LIVINGSTON HALF MARATHON
1990

and

MILK FUN RUN

Assisted by

Bathgate Amateur Athletic Club

SUNDAY 26th AUGUST 1990
at 10 a.m.

Start/Finish at Howden Park, Livingston.

- * Commemorative Medals and Certificates to all finishers
- * Trophies in all categories (incl. best fancy dress)
- * Extensive veterans prize list
- * Changing/parking facilities
- * Wheelchair entries welcome
- * Entry fee £4.50 (affiliates) £5.00 (non-affiliates) (£6.00 after 12/8/90)

ENTRY FORM

SURNAME										SEX ☐ M ☐ F	
FIRST NAME											
POSTAL ADDRESS											
TOWN											
COUNTY										POST CODE ESSENTIAL	
DAYTIME TELEPHONE (STD CODE ESSENTIAL)										HOME TELEPHONE (STD CODE ESSENTIAL)	
DATE OF BIRTH				AGE ON DAY OF RACE				WHEELCHAIR ENTRANT (PLEASE TICK)			
FIRST CLAIM AFFILIATED CLUB											
BEST TIME				WHERE ACHIEVED							

Please enter me for the Livingston Half Marathon 1990. I am medically fit and understand that I enter at my own risk, and that the organisers/sponsors shall not be held responsible for any injury, loss or damage as a result of my participation in the said event. Entry fee cheque/postal order to Livingston Half Marathon before 12/8/90. No acknowledgement - check Bank statement for confirmation of entry.

Signed Date

Completed entry to Race Secretary, 98 Kenilworth Rise, Dedridge, Livingston, West Lothian.

Tel. No. (0506)419700

Make it in Livingston



EVENTS

MERRICK 8 mile Hill Race, Glen Trol

CELTIC Countries Women's Young Athletes Int, Waterford, Ireland

SCOTTISH National Tug of War Championship, Bellahouston Park

12

EDINBURGH and District Athletic League, Tweedbank

HADDINGTON Half Marathon, Haddington. Further info from Joe Forte Sports, Tel 062-082-4023.

OCTAVIAN Relays, M'bank

SAAA Medley Relay Championships, Meadowbank

SCOTTISH Heavy Events Championships, Bellahouston, Glasgow

GENERAL Portfolio 10 mile Road race, Aberdeen. Entry forms from Running North, Aberdeen, Tel: 0224-636299.

DALCHULLY 4.5 mile Hill Race, Loggan Bridge

GLEN Trool 10.5 mile Hill Race

14

RENFREWSHIRE AAA Track League, Greenock

15

CAERKETTON Hill Race, Hillend, Edinburgh

CPH OGM, Meadowbank

OGM, Everholm, Annan

WIDEFORD Hill Race, Kirkwall

18

ARROCHAR Alps Hill Race

BUTE Highland Games and Road Race, Rothesay. Tel: 0700-83610 for details.

CIBA Geigy 5 mile Road Race, Linwood

FALKIRK Young Athletes Meeting, Grangemouth. Tel 0324-486711.

GRE Cup Final, Gateshead

GREAT Wilderness Challenge, Poolewe, Ross-shire

NAIRN Highland Games and Half Marathon. D - from Danny Bow, 16, Glebe Road, Nairn.

ORKNEY Open Track and Field Champs, Kirkwall

SCOTTISH YAHIS, Arbroath

TWEEDSMUIR Fair 2 mile Fell Race, Tweedsmuir

18-19

UNITED Kingdom Tug of War Champs (Day 1), Coleraine, NI

19

ARGYLL Championships, Oban

CITY of Edinburgh 10K Road Race

GB v Spain v Belgium v Iceland, Grimsby

GRE Cup - plate final, TBA

IBM Festival of Running - Inverclyde Marathon, inc Scottish People's Championship, Greenock. Details from Joe Gallacher on 0475-892000.

MONKLANDS Scottish Women's Cup Final, Coatbridge

ORKNEY Open Track and Field Champs, Kirkwall

SCOTTISH & NW League D1, Meadowbank; D2, East Kilbride; D3, Wishaw; D4&5, Dumfries

TWO Inches 10K Race, North Inch, Perth. Details from Perth and Kinross DC on 0738-39911.

GRAMPIAN Television League (East), Arbroath; (North), Nairn

21

RENFREWSHIRE AAA Track League, Greenock

LOCHABER PEOPLES HALF MARATHON

Sunday 14th October - 12 Noon - Fee £4

Details and forms:

E. Campbell
Kisimul
Alma Road
Fort William

Start and Finish: Railway Station * Ideal course for P.B.'s

* Medals and Certificates *



FORTHCOMING EVENTS

JUNE 9 - Aberfeldy Half Iron Man Triathlon

SEPTEMBER 16 - Aberfeldy Half Marathon

OCTOBER 14 - Grand Prix Triathlon

Mountain Bike Race - Date to be fixed in September

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

Race Organiser, Aberfeldy Rec. Centre, Crieff Road, Aberfeldy PH15 2DU Tel: 0887 - 20922

EYEMOUTH CHAMBER OF TRADE

present the Sixth Annual

DRIFTWOOD EYEMOUTH HALF MARATHON

(Under S.B.A.A.A. and S.W.A.A.A. Rules)



Sunday 5th August 1990

Starting at Manderston, nr. Duns at 11.30 am.

(by kind permission of Mr. & Mrs. A. Palmer)

Generous Prize List plus Medals and Certificates to all runners.



ENTRIES AVAILABLE FROM:

Mrs Lough, 2 Seafeld, Eyemouth.
Tel: Eyemouth 50140

10th ANNIVERSARY
BLAIRGOWRIE KALL-KWIK PRINTING HALF MARATHON



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

**SATURDAY 1ST SEPTEMBER 1990
AT 1.30PM
FROM BLAIRGOWRIE RECREATION CENTRE**

Prizes for all Individual Categories and Teams

WORTH

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

Entries to Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF
Entry Fees: 1/2 Marathon - (£4 Affiliated, £4.50 Non-affiliated, £5 on day)
Fun Run - £1 on the day. Age 0 - 90.

Entries accepted on the day.
If entering on the day, do so before 1.00pm - Entries limited to 500.
Entrants are asked not to appear at the Recreation Centre until 12 Noon.
A light snack and swim are available and free of charge until 4.30pm.
Prize Giving - 4.00pm.

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LEISURE & RECREATION DEPARTMENT

THE TWO INCHES '10K' RACE

PERTH & KINROSS DISTRICT COUNCIL

PERMITS ISSUED BY S.A.A.A. - SWCC & R.R.A.

SUNDAY 19th AUGUST

STARTS AT 1.00pm

BLOCK CAPITALS PLEASE

SURNAME _____ FIRST NAME _____

ADDRESS _____

TOWN/CITY _____ POST CODE _____ DAYTIME TEL NO. _____

AGE ON DAY OF RACE _____ DATE OF BIRTH _____ SEX _____ ATTACHED YES/NO _____ IF YES, CLUB NAME _____

EVENT (Please tick) ☐ FUN RUN ☐ 10K RACE

ENTRY FEES ☐ £ 1.00 ☐ £ 3.00

Attached £ 3.00 Unattached £ 3.50

ALL CHEQUES PAYABLE TO THE Department of Leisure & Recreation Perth & Kinross District Council

NAME OF GROUP (PLEASE ATTACH ALL GROUP ENTRIES TOGETHER) _____

I have no right and claims against the organisers for any loss/injury as a result of participating in the event.

SIGNED _____ DATE _____

IF UNDER 17 - Parental Signature _____

ALL ENTRANTS MUST ENCLOSE A 9"x6" SAE (35p stamp) WITH ENTRY FEE

TOGETHER WITH A STAMPED ADDRESSED POSTCARD IN ORDER TO ENABLE US TO ADVISE YOU OF ACCEPTANCE OF YOUR ENTRY



GLASGOW 25KM SEPTEMBER 30TH 1990

(all races are held under S.A.A.A. & S.W.A.A.A. rules)

- SURNAME _____
 - FIRST NAMES IN FULL _____
 - ADDRESS _____
 - POSTCODE _____
 - REG. ATHLETIC CLUB _____
 - AGE _____ N.B. Minimum age 18 years on day of race.
 - PREDICTED TIME THIS EVENT _____
 - PLEASE 'X' T-SHIRT SIZE XS S M L XL approx. size
 - BEST TIME THIS DISTANCE _____
 - 'X' IF FEMALE ☐
 - 'X' IF MEMBER OF REGISTERED CLUB ☐
 - 'X' IF MAILING ADDRESS OUTSIDE UK ☐
 - 'X' IF SELF PROPELLED WHEELCHAIR ENTRANT ☐
 - 'X' IF YOU HAVE MEDICAL CONDITION ORGANISERS NEED TO KNOW ABOUT ☐
 - 'X' IF YOUR PARTICIPATION STORY WOULD BE OF INTEREST TO READERS ☐
- TELEPHONE (9am - 5pm) _____

WE REQUIRE

- ENTRY FEE PAYABLE TO GREAT SCOTTISH RUN £7.25 REGISTERED CLUB MEMBER, £7.75 NON CLUB MEMBER (£12 for overseas entries) (includes T-Shirt, magazine etc).
- A STAMPED, ADDRESSED ENVELOPE - MINIMUM 9" X 6".
- COMPLETED ENTRY FORM.
- DO YOU WANT A FREE COPY OF RUNNING MAGAZINE ☐

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Organising Authorities, and any and all Sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I hereby declare that I will be the correct age or over on the day of the race and have not competed in any athletic event (track & field, road race, cross country or road walking) event as a professional or having done so, I have been reinstated to amateur status. Further, I hereby grant permission to use the Name and Address given on this form for the purpose of sending advertising material from relevant sports goods manufacturers, companies associated with this event or to the media for the promotion of this event. I hereby declare that the above details are COMPLETE and CORRECT in every detail.

SIGNATURE _____

**ALL FINISHERS WILL RECEIVE A COMMEMORATIVE MEDAL AND T-SHIRT
ALL FINISHERS WILL BE SENT A CERTIFICATE**

ENTRY ADDRESS AND CLOSING DATE

DIET COKE GREAT SCOTTISH RUN,
Glasgow Sports Promotion Council,
20 Trongate,
GLASGOW G1 5ES.

CLOSING DATE SEPTEMBER 3rd.





THE FALKIRK HERALD

and Scottish Midlands Journal

PEOPLE'S HALF MARATHON

PROMOTED BY FALKIRK DISTRICT COUNCIL
AMENITY AND RECREATION DEPARTMENT

Sponsored by THE FALKIRK HERALD
Under SCCU and SWCC & RRA Rules

Sunday, October 21, 1990 (start 10.30 a.m.)

OFFICIAL ENTRY FORM, FEE £4. LIMIT 3000

PLEASE COMPLETE IN BLOCK CAPITAL LETTERS.

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

Town or City	Post Code	Country

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

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

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

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

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

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

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

Entries close on October 8, 1990, or on receipt of 3000 entries.

SIGNED DATE

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

EVENTS

22

MARYMASS Festival Run and 6 Mile Road Race, Irvine. Details from Finlay Dowell on 0294-822053.

24/25

COWAL Highland Gathering, Dunoon

25

FORTH Valley League Final (D1&2), Pitreavie

GB v W Germ v USSR (Comb. Events-Juniors), West Germany

GLENURQUHART Highland Gathering and Games

TWO Bridges (Forth/Kinross) Road Race, Dunfermline

ACCESS UK Women's League Div 1, Birmingham

SCOTTISH Open Tug of War Championship, Dunoon

ABERDEEN AAC Veterans Championship

JUNIOR Int Match, Scotland v Wales v N Ireland, Annan

26

LIVINGSTON Half Marathon, Livingston. Details from Race Secretary on 0506-419700.

MARYMASS Festival 7 Mile Sand Run, Irvine. Details from 0294-51011.

MID-ARGYLL 9K Road Race and Fun Run, Lochgilphead

SCOTTISH League Inter Area Match all ages, Grangemouth

SOLWAY League, Annan

ACCESS UK Women's League Div 2, Coatbridge; Div 4, Pitreavie

EVENING Express Aberdeen Half Marathon, Aberdeen

FALKIRK District Tug of War Champs, Callander Park, Falkirk.

Tel 0324-486711 for details. 27

EUROPEAN Championships (to 1 Sept), Split, Yugoslavia

28

RENFREWSHIRE AAA Track League, Greenock

29

PITREAVIE OGM

SHETTLESTON Harriers OGM

September

1

BRAEMAR Gathering. Details from Mr Meston on 03397-55377.

PEEBLES Highland Games

KALL Kwik Blairgowrie Half Marathon. D from 0250-3899.

BEN Nevis Race

EASTER Ross People's 10K and Fun Run.

2

LANARKSHIRE 10m RR Championships. See to Race Director, 24, Mannerling, Calderwood, East Kilbride.

BORDER League

GRANGEMOUTH Charity Chase, Tel: 0324-557809.

SCOTTISH Wildlife Trust 10K Road Race, Aberdeen.

BANK of Scotland WAL D1, Grangemouth; D2 Pitreavie; D3, Crownpoint; D4, Caird Park; D5, Coatbridge.

4

DUMFRIES Tredaire 10K. Limit 250, starts 7pm (£2.50-£3.00). Flat, fast road, starting and finishing on stadium track. D from Stephen Head, 4, Craigs Drive, Calside, Dumfries.

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

Sunday 5th August 1990

BARR
GRADE 1



11a.m.
START

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featuring
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HALF MARATHON
10K
AND
FUN RUN

SATURDAY 3 NOVEMBER 1990

Further information and entry forms available from Leisure Services, Ross & Cromarty District Council, County Buildings, Dingwall. (Tel: 0349 - 63381 - daytime) or Ray Cameron, 5 Rose Croft, Muir of Ord (Tel: 0463 - 870805 - evenings)

ENTRIES LIMITED TO 800. CLOSING DATE FOR
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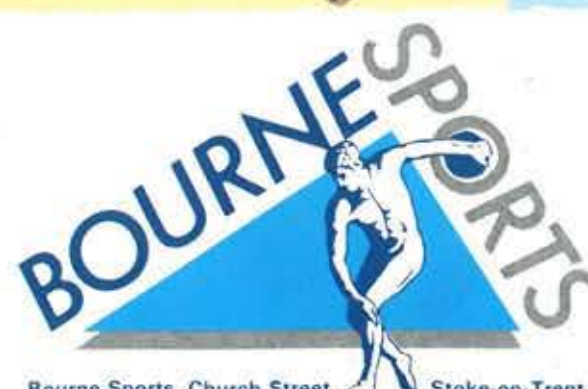


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