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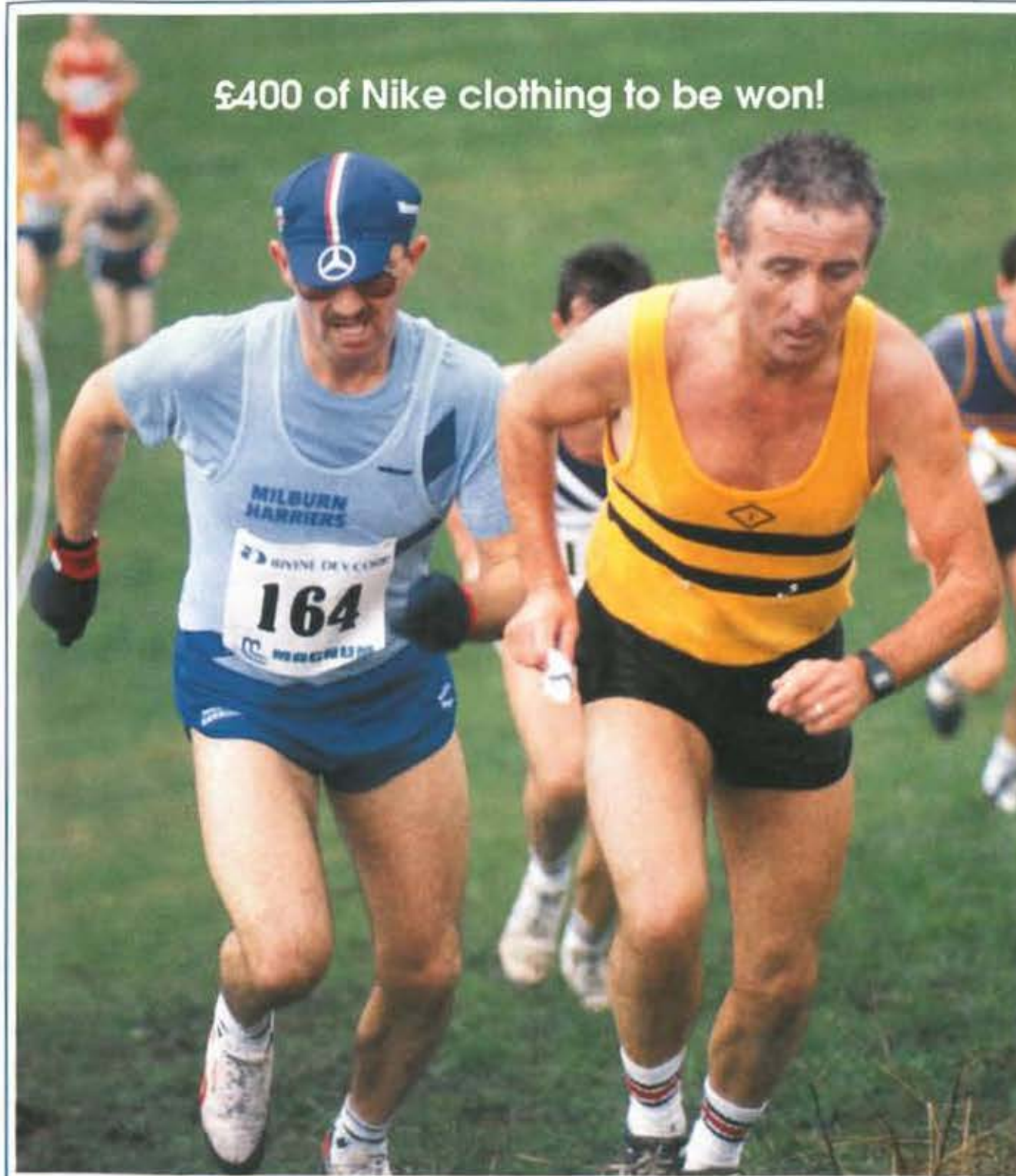
SCOTLAND'S Runner

ISSUE 52

DECEMBER 1990

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4. Who was last season's women's Scottish cross country champion?

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3. _____
4. _____

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All correct entries will be drawn by ballot and the winners notified on that day. The editor's decision is final. Usual Scotland's Runner competition rules apply, and the winners' names will also be published in our February issue.



DECEMBER 1990

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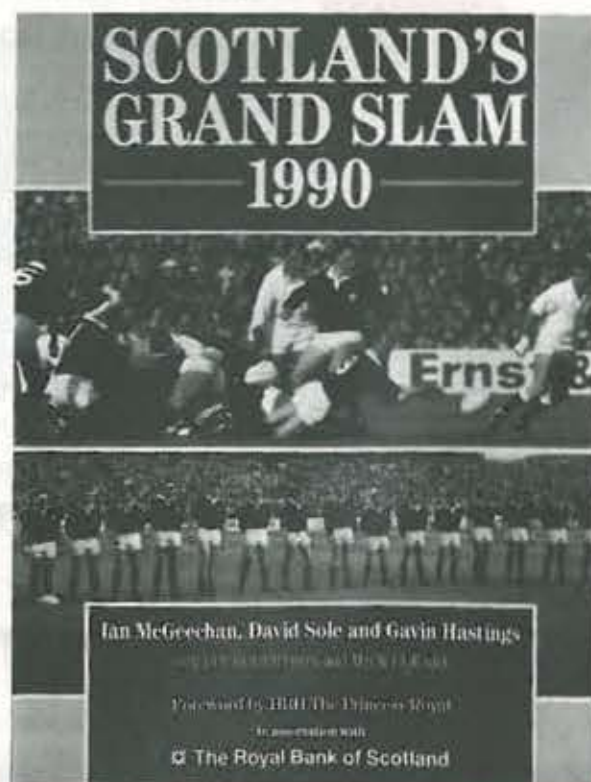
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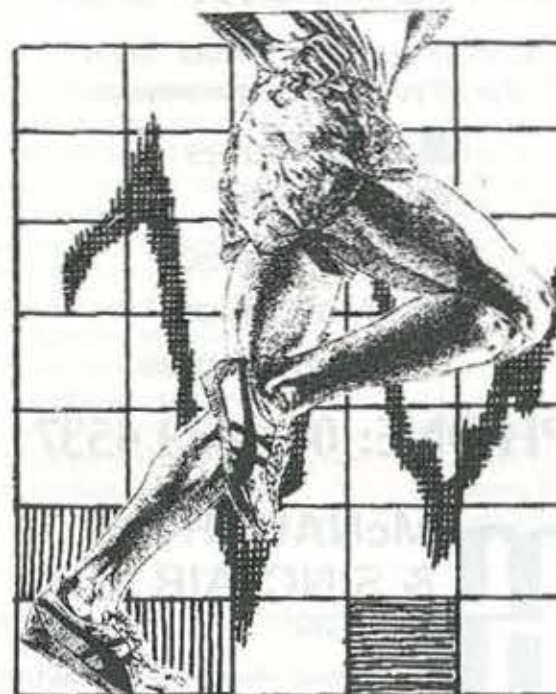
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ARTHRITIS RESEARCH

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Glen Henderson presented with Dallas Memorial trophy

GLEN Henderson, the Ayrshire entrepreneur
and car franchiser who is patron of Tom
McKean and Yvonne Murray, Scotland's first
two home grown European track champions,
has had his contribution to the sport
recognised by the presentation of the George
Dallas Memorial Trophy, writes Doug Gillon.

Allan Wells, Chris Black, Sandra
Whittaker, Jamie Henderson and Liz
McColgan were previous winners, as were
McKean and Murray themselves. Indeed, last
year they and coach Tom Boyle were joint
recipients. But this is the first time that a non
competitor has been the winner. The
presentation was made in Glasgow by former

Olympic sprinter Professor Peter Radford.

"His concern for the well-being of the
athletes, his close co-operation with them and
their superb coach Tommy Boyle, has
produced a very happy working atmosphere
and team spirit which not only overcame
initial difficulties but led to outstanding
achievements," said the citation.

The awards is made in memory of George
Dallas, a former Scottish champion athlete and
leading athletics administrator for more than
half a century.

One of Henderson's proteges, Murray, the
only female Briton to win a European title,
has, meanwhile, been amassing almost as

many honours off the track as on it.

On the same day that Henderson was
honoured in Glasgow, the Mussleburgh based
ESPC AC 3000m runner received a £2000
cheque from Vauxhall as Britain's leading
female runner of the year. Similar sums went
to sprinter John Regis, who won four medals
at the European Championships, and also to
Steve Backley (javelin) and Fiona May (long
jump) as the leading field event performers.

Murray is also due to be presented with the
British Athletic Writers Association female
athlete of the year award - for the second
successive year.

Morrell joins Boyle stable

TONY Morrell is the latest athlete to join the
Tom Boyle stable. "I see my future at 1500
metres, not 800," says Morrell, who plans to
travel north regularly from his Hartlepool
home.

Morrell, at the centre of a row after he
swung a blow at a fellow athlete when he was
tripped during the European Championship
trials, ranked ninth in the world at 1500m this
year. "But I have not been winning races. I
hope a fresh approach will change that," he
says.

Morrell was previously under the guidance
of Gordon Sturtees, the man who coaches
Scottish steeplechase record holder Tom
Hanlon.

THE new Scottish national coach may not be
in position until early next year judging by the
pace of the selection procedure.

As we went to press the British Amateur
Athletics Board were due to meet on
November 10 to appoint a selection panel for
the vacancy. Only then will a short list be
drawn up from the applicants.

Board secretary Mike Farrell said that
normal procedure was for eight to ten
candidates to be interviewed on the same day.
He added that the interviews would be held in
Scotland.

Given that the successful candidate will
almost certainly have to work out a period of
notice - in some cases up to three months - it
would seem that David Lease, the present
incumbent, will remain north of the border
until next year.

PITLOCHRY reader David Williamson
would like to hear from any runners in the
area who would be interested in joining a
local club.

The new venture would be known as the

Atholl Running Club, and David is looking
for both experienced runners and novices to
get the project off the ground. He can be
contacted at Kinnaird Farmhouse, Kinnaird,
Pitlochry, Perthshire, PH1 5JL.



A team from Redland's roof tile plant at Cowie, near Stirling, ran in the Building Industry
Half Marathon held on Sunday, October 7, in Windsor Great Park.

The race, which raises funds for both the Dyslexia Institute and the Spastics Society,
attracted over 4,500 entries and 45 teams from building companies all over the British
Isles and Europe.

The Cowie team was comprised of (from left) brothers Jim and John Brown,
Alistair Mackay, Alan Hughes, and Eric Warriner. Eric, 48, finished with the best time
of the group in 1-31-00.

The following is an excerpt from the memorial address given by **Bob Stephen** at Bob Dalglish's funeral service in Glasgow Cathedral on October 26.

BOB Dalglish died on Monday - and Glasgow, Scotland and indeed the world is a poorer place with his passing. But the other side of the coin is that he leaves behind a better place because of his contribution to life.

Those of us who knew Bob, and had the privilege of knowing Bob, are much the richer for that experience. The way he lived his life, the work he did, the example he set, and the standards he set himself, will always be an example to us all. We will always remember him with great fondness, respect and admiration.

Bob is no longer with us, but I know the one thing he would have wanted today - he would not want us to be sad. We should celebrate all that he had done and meant to us all. We should rejoice in his achievements and we should be happy for what he has done for Glasgow, the city he loved. So let us not be miserable - of course we are sad, but let us think what Bob has achieved.

But before we do let us just think of today's ceremony if Bob had organised it. For a start, by this time I would have had at least two severe reprimands; Ian, Bob's brother, who has done such a great job in organising today's ceremony, would have been told in no uncertain terms not to interfere - and we would all have had proper car passes.

I do not intend to list all Bob Dalglish's achievements, otherwise we would be here all day. They are legend. The events in which he has been involved, and more importantly, the people he has influenced, are countless.

Honoured with an MBE, a president of the SAAA and the SCCU, president of the Association of International Marathons, a very respected member of the IAAF etc, etc.

As Glasgow District Council's sports promotion officer, and as an officer of the



parks and recreation department, Bob was instrumental in bringing many prestigious events to Scotland and Glasgow - athletics, cross country, curling, boxing, golf, Special Olympics, pipe bands and hockey to name but a few.

Glasgow SPC won't quite be the same without him.

I remember with fondness walking into Bob's office at 20 Trongate and seeing the picture of him being introduced to the Pope at Bellahouston. I joked with Bob saying, "All the Glasgow punters will be wondering who that is being introduced to Bob Dalglish."

But Bob's interest went well beyond Glasgow, as can be seen by the congregation here today and the many telephone calls received from all over the world.

One of Bob's greatest loves of course was the Great Scottish Run, formerly the people's marathon, the Glasgow Marathon. Who else

but Bob could organise an event with 20,000 people running through the streets of Glasgow?

But how I would like to remember Bob is as a very human and honest person. You always knew where you stood with Bob - he was almost a perfectionist and that is why so many of his events and achievements were so successful, and he was always first to give you credit, help, and friendship.

Let us mourn Bob Dalglish's passing, but also let us celebrate all that he has done and achieved.

Scotland's Runner has also received the following appreciation from Tom O'Reilly, the president of Springburn Harriers.

It was with shock and a great sense of personal loss that I learned of the untimely death of Bob Dalglish.

I first got to know Bob in the early 1950's when we both joined Springburn Harriers. Bob represented the club as a sprinter and he would be the first to admit that he was never a star, but he always ran with great determination and commitment.

In an administrative capacity, Springburn were indeed fortunate to have a man with the leadership qualities that Bob was to display time and time again over the years, both at club level and in the wider field of international athletics. Bob will be remembered by many as the president of the Scottish Cross Country Union, as the president of the Scottish Amateur Athletic Association, and as the secretary of the Scottish Cross Country Union, a post he was to hold for ten years.

But it is the ordinary man and woman in the street who will remember Bob more than most, the thousands who ran in the Glasgow Marathon and the many thousands who lined the streets of Glasgow to cheer on their own particular heroes. To them Bob has left a wonderful legacy of personal achievement and undiminished memories of their day of days, but my own memories of Bob Dalglish MBE are more humble and unpretentious. They are of a hard working club secretary, a diligent treasurer, and a very distinguished club president.

My life was the richer for having known Bob, and I was privileged to call him friend.

My deepest sympathy I send to Bob's mother Agnes, his brother Ian, and his sisters Agnes and Rita.

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LIFESTYLE

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- a. smoking
- b. high fat diet
- c. exercising

DIET

The recommended % of carbohydrate in a runner's diet should be:

- a. 30%
- b. 60%
- c. 10%

INJURY

The most common type of distance running injury is due to:

- a. overuse
- b. muscle tear
- c. direct trauma

ANSWER COUPON

FITNESS a b c

DIET a b c

LIFESTYLE a b c

INJURY a b c

Name: _____ Address: _____

Club: _____
(if appropriate)

Answers to be sent to:

Lifestyle Competition, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA.

Entries close on December 3. All correct answers will be drawn by ballot, and the winners notified on that day.

The winners' names will also appear in our February issue.

The Editor's decision is final.

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Poor advertising is contributing to Great Scottish Run demise



2, McCathie Drive,
Newtongraze,
Midlothian.

SIR - Having supported Scotland's premier road race since 1986 - two Glasgow Marathons, one Great Scottish Run Half Marathon, and two 25K races - it is of great concern to me that only 4,000 people entered for this year's race. There must be a danger that if numbers dwindle any further, then the race may not be a viable proposition in years to come.

It is difficult to comprehend why the Great North Run can attract 30,000 entries, yet Glasgow had only one seventh of that number. So what are the reasons?

1. **Poor advertising of the race.** I can only recall seeing one advertisement for the race in your magazine and nothing anywhere else save for the Diet Coke advertisements on television a few weeks before the race -

and even these gave no details of entry.

2. **The entry fee.** £7.75 was okay if you are into collecting t-shirts, but otherwise must have put a lot of people off. Whilst the t-shirt provided was quite acceptable, the standard of the finishing medal was very poor in comparison to recent years.

3. **Lack of good television coverage.** I must immediately say that this year Scottish Television did a first class job in this respect, but how many people would stay up until 12.30am on a Sunday night to watch it?

I am a very average fun runner who really enjoys participating in the Great Scottish Run, and hope to do so for many years. The organisation of the race on the day is excellent, but unless the pre-race advertising and organisation improves I believe that numbers will continue to fall.

George Walker

Poor coverage

Annandale & Eskdale District
Council,
Annan,
Dumfriesshire.

SIR - After a successful Junior International at Annan on August 25, I was expecting to read in a future issue of Scotland's Runner about the performance of our junior athletes in this match, and about the invitation events arranged in conjunction with this meeting. Two issues later, all that appeared was the bald results (October 1990 issue) from what, I would have thought, was an important meeting for our junior athletes.

In addition, the women's invitation events produced seven performances which are ranked in this season's top ten 100/200m rankings. Surely this was worthy of a mention? To make matters worse, the sponsors, Scottish Pride and Elopak, did not merit a mention.

The district council was very fortunate in being able to arrange substantial sponsorship through the sponsors, not only for the match but also the invitation events. Staff at Scotland's Runner should realise that sponsorship is vitally important for Scottish athletics. In fact, this meeting would not have taken place if a sponsor had not been found.

Sponsorship should never be taken for granted by anyone, and new or existing sponsors should be encouraged by publications like Scotland's Runner reporting the fact that companies are contributing to sport in Scotland.

D. T. Bogle,
Director of environmental and
leisure services.

Not seeing any permit benefit

5, George Drive,
Kinross.

SIR - What do the SAAA's, SWAAA's race permits do to help us?

We, Kinross Road Runners, applied for a

permit early in the year from the SAAA, SWAAA and SWCC&RRA for the Loch Leven Half Marathon.

The first correspondence was from the Scottish Athletics administrator in early March, returning our application form and cheques, stating that the previous organiser had not paid last year's unaffiliated runners levies. We are not associated with last year's organisers! However, these monies were paid by last years organisers - an oversight on their behalf!

It was July before a permit arrived from the SWAAA, August 25 from the SAAA, and

to date nothing from SWCC&RRA. The race was run on September 8.

What are the permits for? To prevent or reduce overlap of races, or simply to put money into Scottish Athletics for another trip to the next games for officials? The only interest from the SAAA's is for their capita fee for unaffiliated runners; no advice etc.

I write this as an open letter for enlightenment. I am sure that race organisers and participants would not object to levies etc if they could see a positive benefit.

Terry Guigley

NOT A RECORD

47, Wilton Street,
Glasgow.

SIR - I would like to say thanks to all officials for a very well organised 25K Great Scottish Run. Although I did not train for this event properly, I still enjoyed it very much because of the spectators, and the route was very fair.

The reason I am writing is that I would like to know how the Daily Record can claim that it is a paper made in Scotland (meaning for Scottish people) yet have no pictures or articles about a great run which attracted over 4000 participants. They didn't even have to go far to take a couple of pictures, as the race route which passed just outside their office. Same goes for the Sun.

The Glasgow Herald was the only paper to mention just a few words about the race and it had a picture of a runner dressed as a devil! What will the runners think of our so called local papers printed in Scotland for Scottish people? Runners who were not from Scotland I mean!

I hope the Record and the Sun will in future write (or even mention) a few words about these events happening in Scotland. Once again I would like to thank all involved in organising the race.

Mohammed Ramzan

High standards

36, St Giles Square,
Camelon,
Falkirk.

SIR - I have run several half marathons and 10K races this year, although not as many as I'd have wished. The maximum entry fee was in the order of £4.

The standard of course and organisation varied, but all gave value for money, and the half marathons also a quality moment. None had overpaid, over-publicised superstars participating, and they were not missed.

Hugh Jones, world champion cyclist, comparatively ignored by the media, commented on Virginia Wade: "She must be the highest paid loser in the world." Similar could be applied to several of our personality "sports" stars.

We do not require to import personalities, we have our own. Let's give them media coverage to their sport's and country's benefit.

In the veteran scene I quote David Fairweather, Allan Adams, Bill Scally, Bill McBrinn, Bill Stoddart, Willie Marshall Stewart Lawson, Davie Morrison, Gordon Porteous, Emmett Farrell. All turn in performances astounding for their ages, and superior to much younger athletes.

Never mind inflated entry fees to attract personalities, give coverage to our own. The November issue cover was a cracker.

Hugh McGinlay

No free t-shirt

89, Craigmount Avenue North,
Edinburgh.

SIR - I am writing about this year's Great Scottish Run.

A few weeks before the event I realised that, despite having pre-entered and paid the £7.25 entry fee, I would be unable to run due to injury.

I wrote to the Great Scottish Run trouble desk (prior to the actual race, quoting my race number) and suggested that, since I was unable to run due to injury, they might consider sending me the Diet Coke t-shirt as a consolation since, according to correspondence from the race organisers which appeared in this magazine, the entry

fee included the cost of it anyway.

To date, I not only even received the courtesy of a reply, far less a t-shirt! I feel that this does not reflect much credit on the organisers of the Great Scottish Run.

However, it occurs to me that there is a point to note here for the organisers of other road races. I know that the London Marathon guarantees you an entry for the following year if you write to them prior to the race to explain that you are unable to run due to illness or injury. Perhaps other races ought to offer a similar facility for runners, already entered, who for the above reasons are unable to compete on the day?

Other readers may have views on this. I am sure this situation must arise in the case of almost every race.

Murdo MacLeod

QUEST FOR CURE

Quest Cancer Test,
Woodbury,
Harlow Road,
Roydon,
Essex.

SIR - Quest Cancer Test is becoming known as one of the leading cancer research charities, not only because of our achievements to date, but also for the ongoing research with its expectation that cancer can be prevented and treated before a tumour develops by the detection of cell changes that initiate malignancy.

An improved, fast, and accurate cervical cancer test is now being adapted for testicular and lung cancers: another test, involving genetic predisposition to cancer, has been instrumental in saving young people's lives. A new research project is concentrating on liver cancer because once established it is virtually untreatable. No animal experiments are carried out and the charity's work is no way duplicates any other cancer research.

With their sponsorship donations, runners form one of our most dependable sources of income. Wearing Quest t-shirts on their runs and telling local newspapers about our works helps the charity too. It is always a pleasure to greet London Marathon runners on the South Bank and give them a Quest trophy as a token of our thanks, and we wish it was possible to be there to thank runners wherever their run takes places.

Quest research at the Middlesex Hospital and University College, London, is directed by senior research fellow, Dr Andrew Sincock, who graduated from University of St Andrews. We hope to forge even more links with Scotland.

Maralyn Plumb,
Quest.

Keep race going

33, Rossie Place,
Edinburgh.

SIR - I was saddened to read of the death of Bob Dalgleish at the comparatively young age of 56.

Whilst my immediate sympathy and best wishes must lie with his family, I am concerned that without "Our Bob", the race that he gave birth to and made famous around the world, the Great Scottish Run, will be allowed to pass away with him.

Although it is now only a pale shadow of its former self (in the heady days of five figure participation levels), it is still an important part of the Scottish road running calendar and must surely continue, if only to serve as a fitting memorial to its creator and mentor.

Granted its current format of 25K will not please everyone, but it is better than no race at all, and given its improved coverage this year, a one hour programme on STV (admittedly at some small hour of the night), the decline in interest in the event might just be on the wain and an upturn in figures for 1991 could be around the corner.

I trust Scotland's Runner and my fellow runners will back my call for a strong campaign of support for the retention of this event in 1991 in any form, 25K, half marathon or marathon, even if only to serve as a tribute to Bob Dalgleish, one of the champions of the Scottish road racing scene.

Keith R. Gooch

Please send your letters on any
subject, to:

Scotland's Runner, 62, Kelvingrove Street,
Glasgow, G3 7SA.

ONCE again the position of Scottish national coach is vacant and there does not seem to be a huge list of people who readily come to mind as being suitable candidates to fill it!

Who, for example, has the knowledge of working with, or has been, a top class athlete? Who has the expertise to set up coaching schemes at all levels throughout Scotland? Who has the mental capacity to work with so many different fractions within the governing bodies - each vying for their own piece of the action? And to cap it all, who has the ability to reverse the downward trend in top class performances?

And before you jump to conclusions, I know one person who does not possess all these qualities, and that is Allan!

The new national coach must be someone



with a strong personality able to deal with officials who in the past have had too much say in areas that they are little qualified to talk about. He or she must listen to the athletes of the past, present, and future, as they are the people who are directly and indirectly affected by the decisions that the national coach and the governing body take.

In the past, a lot of the decisions which directly affect the athletes and their performances were taken by people who were either parents of children who were interested in the sport, and, through taking them along to training and competitions, have become involved - or, people who were once average competitors themselves, and still enjoy working within the sport.

This is a bit like asking the butcher to

A NATIONAL COACH: THE REQUIREMENTS

With regular columnist Allan Wells away training with the UK bobsleigh team in Germany, wife Margot, no mean athlete herself, suggests the ideal qualifications for the vacant position of Scottish national coach.

perform open heart surgery and it normally has the same disastrous effects!

I am sorry, but while appreciating a lot of the work these people do, they make a lot of wrong decisions regarding the future of Scottish athletics. The new national coach must be someone with experience of the "new and open" athletics - not someone who comes from the dark and distant past and wants athletics to remain the way it was.

Athletics have changed even since I and Allan were involved, and the sport in Scotland must be brought into the 1990's, not chained to the 1970's. The national coach must be able to make decisions about when teams travel to major championships, whom they should compete against, and because of this, the appointee must have a first hand knowledge of athletics at the highest level.

Far too often teams are sent to places to compete against teams too strong or too weak, too late or too early. Listen to the athletes: they are the people who know!

Apart from the juniors, who need guidance and help in preparing for competitions and internationals, athletes are more interested in getting on with training and competing instead of turning up at time-wasting sessions with some coach who does not know the athletes or their training schedules, and who is probably petrified at the thought of working with the likes of Tom McKean and Yvonne Murray.

As far as the athletes are concerned, the national coach must be someone that they can relate to, and someone who is respected within the sport. It is important that he/she is seen at training if need be and who is approachable.

Too often in the past not only was the

national coach thought of as a mythical figure, but he was looked upon as he who should be heard and not spoken to. How often did the national coach telephone a Scottish athlete when he set a Scottish record, or did outstandingly well at a major competition? I can tell you for a fact that no national coach ever telephoned Allan with words of congratulation.

He or she has to be able to communicate with the athletes and their coaches. They are only human, and once they got over the shock I am sure that they could come up with some excellent ideas which, if implemented, could improve Scottish athletics.

Talking of communication, what about a monthly press conference on Scottish athletics? In this way, athletics and the national coach are prominent features in the Scottish public's mind, and this might stimulate a few more people to come and watch. Such meetings could be about established athletes or up and coming athletes - and perhaps just seeing their name mentioned in the paper may stimulate the athlete to greater things.

All these little things add up to some sort of super-being. At the end of the day, whoever is given the responsibility for dragging Scottish athletics into the 1990's must be strong enough to fight the establishment and do what is best for Scottish athletics - and not do what he or she thinks will please the other members of the governing bodies.

If I were to have any influence over the selection of the national coach I would suggest that he or she is a Scot!

As they say, it takes one to know one, but whoever you are good luck, good judgement, and in this case words with the athletes speak louder than actions for the officials.

NOTHING TO BE GAINED BY MOANING!

IT was disappointing to hear some sections of the British team management at the European Championships in Split claim that athletics is male-oriented and that was why women gained fewer medals than men.

These absurd claims are regrettable for at least three reasons. Firstly, they imply that male athletes who won medals were successful primarily because they were provided with some unfair advantage by "the system". Anyone who has studied the training schedules of Britain's award-winners will realise immediately that the key to their triumphs was determination, dedication, and sheer hard work. The question of privileges or unfair advantages does not arise.

Secondly, the allegations that women are second-class citizens in the athletics world is readily refuted by the performances of female competitors such as Yvonne Murray, Liz McColgan, Tessa Sanderson, Fatima Whitbread, Zola Budd, Mary Peters, Lillian Board, Ann Packer, Mary Rand, and Dorothy Hyman, who were all among the best in the world at their chosen events.

Derek Parker urges athletes to take a positive attitude at all times.

Being British and female did not prevent them from achieving results which provide inspiration, hope, and encouragement to all athletes - men and women. In common with the UK men who accomplished so much in Split, these women were all champions because they pursued their dreams and visions of sporting excellence with a zeal and sense of purpose which is an example to all who would follow in their footsteps and emulate their unforgettable achievements.

They all succeeded because they thought positively and believed implicitly in themselves and in their destinies. They realised that everyone is basically responsible for their own victories and defeats in athletics as well as in life. They confirmed, by what

they achieved and by the examples they provided for other people, that within ourselves lies the cause of whatever enters our lives - and that by drawing on our own physical, mental, emotional, and spiritual reserves we can all greatly influence the development and fulfilment of our own unique human potential.

By giving to the world the best we have - and the best we are capable of - we can ensure that the best will come back to us and that we shall become the men and women of our dreams and aspirations. Men and women of vision, wisdom, understanding, and maturity are aware that our thoughts and imaginations are the only real barriers to our self-actualisation as thinking, sentient human beings possessed of vast, untapped reservoirs of talent, potential, and ability. They know that the road to conquest, attainment, and self-fulfilment is paved with defeats and victories, rallies and retreats, despondency and elation - and that defeat is never final but just one solitary event in a long, unrelenting campaign.

And that brings us to the third reason why the remarks attributed to certain sections of the British team management at Split were misplaced and unacceptable. By alleging that athletes in the UK is male-oriented, and that was why more medals were won in the men's events rather than in the women's, those who made the remarks are merely propagating the fallacy that when things go wrong it is always someone else's fault - never our own.

Blaming someone or something else for our inadequacies and perceived sense of failure is the easy option. But it smacks of negativism, defeatism, pessimism, and nihilism. Searching around for scapegoats or finding fault with our circumstances should never be the way of the true athlete.

The quest for self-improvement in sport as well as in life involves a mature, intelligent appraisal of ourselves and our work, social, study, economic, geographical, and training environment. The purposeful person evaluates his or her entire lifestyle - a process known as the holistic approach - then decides how to use the situation he or she finds himself or herself in to improve personally and athletically.

It is always worthwhile remembering that the objective of a carefully-planned training programme should be to make men and women better athletes - AND to make athletes better men and women. That is why medals won or performances achieved in immoral circumstances or by cheating, gamesmanship, demeaning one's opponents, or manipulation



Winners! The athletes on these pages thought positively and got their rewards at the Falkirk Half Marathon, held on October 21. Above, women's veteran winner Aileen Wilson (Dundee Hawkhill), flanked by second placed Jacquie Ferrari (Pitreavie, left) and Gill Hanlon (Dundee RR). On Page 14, men's winner Peter Fleming. More Falkirk pictures on P 30-31.

of the rules and selection processes to one's own unfair advantage, must never be condoned or tolerated by the coach and athlete who values fair play, justice, impartiality, and equality of opportunity for everyone.

Throughout the history of the human race the great ones in all walks of life have overcome terrifying obstacles in the pursuance of the goals and ambitions which motivated them and were the inspirations of their existences.

Beethoven was deaf, yet he composed some of the world's most exquisite symphonies. Milton was blind, yet he wrote many of the finest poems in the language. Van Gogh was emotionally disturbed, yet he painted pictures of colour and clarity which delight art connoisseurs everywhere.

Athletics, too, has its heroes who have overcome seemingly insurmountable odds in their quest to fulfil their sporting destinies. Murray Halberg, winner of the Olympic games 5000 metres title in 1960, was handicapped by a withered arm. Wilma Rudolph, winner of the women's 100 and 200 metres titles at the same Games, was crippled by polio as a child. And Abebe Bikila, the great Ethiopian distance runner, won the marathon at the 1964 Tokyo Olympic Games just six weeks after an

operation for appendicitis.

The Dunbartonshire town of Balloch and the Lanarkshire village of Law could hardly be described as centres of sporting excellence during the 1960's. Yet living there did not prevent Lachie Stewart and Ian McCafferty from winning gold and silver medals between them in the Commonwealth games 10,000 and 5000 metres events at Edinburgh twenty years ago. And lest anyone points out that times have changed since then, it should be made clear that during the last two decades only a handful of Scottish athletes have surpassed the times recorded by Lachie and Ian during their illustrious careers.

The UK successes at the European Championship in Split also provided its quota of men and women who triumphed because they thought positively and were determined to overcome the odds against them.

Despite being plagued for nearly four years by injuries which never seemed to heal - and travelling the world in search of a cure - Roger Black conquered all his health problems on his way to winning the championship 400 metres.

Many people doubted Tom McKean's ability to win the 800 metres because he had not lived up to their expectations in previous

events. But Tom confronted his critics by winning the elusive title in Split after fighting back bravely against all the disappointments of previous years - and turning down the opportunity to earn money by competing in "circus" races which would have jeopardised his preparation for Split.

When Zola Budd first came to the UK a few years ago, there were vociferous protests from several top class athletes and their coaches who feared they would be relegated down the "pecking order" when international selections were being made for British teams. Instead of welcoming the opportunity to compete against a highly-talented runner, they gave the distinct impression that they would rather perform at a lower level - and win lower quality races.

The one notable exception was Yvonne Murray, who refused to be intimidated. Instead of regarding Zola's presence as a barrier or threat to her own progress, Yvonne looked upon it as a challenge and used the South African born woman to pull her round the track to faster times. By raising her aspirations, setting her sights on loftier goals, and competing against the best, Yvonne Murray herself became one of the best when she won the 3000 metres crown at Split.

The moral of all these stories is that there is NO such thing as an easily-achieved success. Every triumph, every victory, and every honour has to be earned by sheer hard work, dedication, perseverance, and resilience. It is all too easy to attribute other people's



achievements to external factors such as better training facilities, warmer weather, a more suitable sporting environment, or their more fortunate work and family circumstances.

And it is all too simple to ignore the fact that the greatest stimulus to success in any endeavour originates in the mysterious inner forces known as internal motivation. It is these aspects of the human soul and character which impel men and women to keep striving in the face of seemingly insuperable odds and never to yield to life's adversities, vicissitudes, and tribulations.

We are the products of our own thoughts, minds, and imaginations. We live in a vast ocean of impulses, desires, and human needs. It is our ability to build our own physical, psychological, and spiritual harbours against its negative waves - while still being receptive to its positive waves - which makes it possible for us to get the very best out of ourselves in sport and in life.

To deny the importance of our own role in destinies is to become a disciple of nihilism, negativism, pessimism, and despair. It is to affirm that external, rather than internal influences within ourselves, mould and shape the course of our lives. It takes away our responsibilities for our successes and victories, defeats and failures, and makes us all the victims of circumstances and factors beyond our control.

Negativism, defeatism, despondency, and a readiness to blame other people or circumstances if things go wrong is not the way of the champion - and I ascribe to that word its proper meaning of, "one who competes on the campus, or open place where sporting contests take place". The true champion is the person who competes to the very best of his or her ability, irrespective of the final outcome, and who is deemed a worthy and honourable ambassador of their chosen sport.

The true champion is also the man or woman who sets a good example to colleagues and younger athletes. In the words of the philosopher, Nietzsche, they are the ones who rise above themselves and cast not out the heroes in their souls.

They are also the ones who, "in the world's broad fields of battle, in the bivouacs of life, are not like dumb, driven cattle, but are heroes in the strife". This final quotation comes from Henry Wadsworth Longfellow's inspiring poem, "A Psalm of Life".

Although written more than a century ago, it might well have been penned with the modern athlete in mind. Since I personally have derived so much motivation and encouragement from its words over many years, both in and out of sport, I take the liberty of reproducing the final three verses below.

They are encouraging reminders that we can all control our own destinies, that we can be the masters of our fates, and the captains of our souls. It was sentiments such as these and their application to the athletics arena in Split which brought gold medals to Tom McKean, Yvonne Murray, Steve Backley, Colin Jackson, Kris Akabussi, Linford Christie, John Regis, and Roger Black.

It was their determination to fulfil their carefully-nurtured dreams, visions, and ambitions which brought success. None of these marvellous athletes would have scaled the heights of fame which came their way if they had just sat around blaming other people or a lack of opportunities when things did not go their way. They made great events happen - and in doing so, they made us all aware that:

Lives of great men remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time:
Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.
Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc running.
Monday: 75 to 90 mins fartlek inc 10 x 30 secs fast (30 secs jog) + 4 mins steady + 5 x 2 mins fast (2 mins jog recovery) + 4 mins steady + 10 x 30 secs fast (30 secs jog recovery).
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 5K session (10 x 500m with 35 to 45 secs recovery).
Friday: 30 mins easy.
Saturday: 12 to 15 miles steady.
Morning runs, if done, should be of 20 to 30 mins duration 4 to 6 times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 2 x 3 mins fast (2 mins recovery jog) + 4 x 2 mins fast (80 secs recovery jog) + 6 x 1 min fast (40 secs recovery jog) + 8 x 30 secs fast (20 secs recovery jog).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (3 x 1600 metres with 60 to 120 secs recovery + 1 x 200 metres full effort 90 secs after final 1600).
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

Week Three

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 30 secs fast (30 secs jog) + 1 min fast (1 min jog) + 2 mins fast (2 mins jog) x 5 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3K session (10 x 300m with 20 to 30 secs recovery + 3 x 150m full effort with 250m jog recovery starting 90 secs after final 300).
Saturday: 12 to 15 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc 2 mins fast (1 min jog recovery) + 3 mins fast (90 secs jog recovery) x 4 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (4 x 1200m with 45 to 90 secs jog recovery + 1 x 200m full effort 90 secs after final 1200).
Saturday: Race or 12 to 15 miles steady. Morning runs as Week One.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cc running.
Monday: 60 to 75 mins fartlek inc 16 x 30 secs fast (60 secs jog recovery) + 2 mins easy + 2 mins fast.
Tuesday: 20 to 30 mins easy.
Wednesday: 6 to 10 miles steady with hills.
Thursday: 5K session (10 x 500m with 45 to 75 secs recovery).
Friday: Rest or 10 to 15 mins jog.
Saturday: 8 to 12 miles steady. Morning runs, if done, should be restricted to 20 to 30 mins easy running two to three times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 4 x 30 secs fast (30 secs jog) + 3 x 1 min fast (1 min jog) + 1 x 2 mins fast (3 mins jog) + 4 x 30 secs fast (30 secs jog).
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (3 x 1600 metres with 90 to 180 secs recovery + 1 x 200 metres full effort 90 secs after final 1600).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

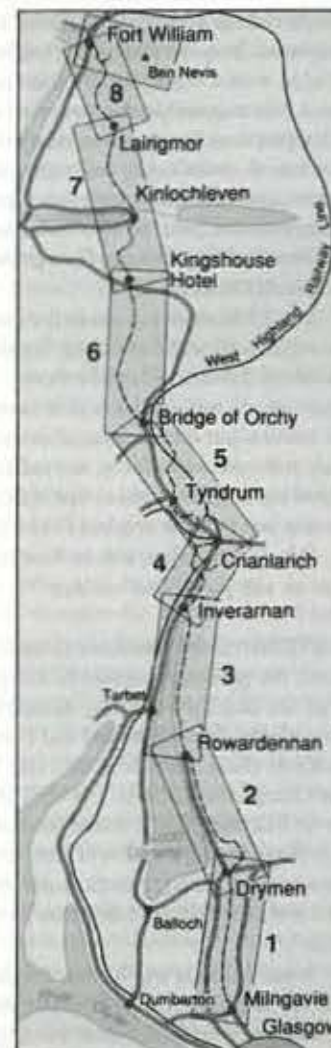
Week Three

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30-40-50-60-60-50-40-30 secs fast up/down-the-clock running with recovery jog equalling duration of fast runs.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 3K session (10 x 300m with 30 to 45 secs recovery + 3 x 150m full effort with 250m jog recovery starting 90 secs after final 300).
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 90 secs fast (90 secs jog) + 30 secs fast (60 secs jog) x 5 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 5K session (4 x 1200m with 60 to 120 secs jog recovery + 1 x 200 metres full effort 90 secs after final 1200).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.

Milngavie to Fort William - the West Highland Way



THE car park at Milngavie Station on a wet Friday night was more like part of a Len Deighton thriller than the starting point of a race through some of Scotland's most spectacular countryside. Even though there were no secret agents (as far as I could tell) hiding in the bushes, there was no shortage of heroes and heroines willing to tackle the serious business of escaping the clutches of urban life in a desperate dash to the glittering lights of Freedom City (otherwise known as Fort William).

This year ScotRail had willingly agreed to keep their station open until the race had started at 3am so the runners were able to gird their loins for the imminent challenge on the comparative luxury of a Victorian building rather than behind a dubious bush.

The driver of the last train into Milngavie that Friday night jumped out of his cab and ran into the station office to ask when the bomb had gone off.

"There are bodies everywhere...!"

Even though the station staff had been informed of the race starting from the station, no-one had thought to tell the drivers of the trains - and as the last train pulled into the station the sight of over twenty "bodies" lying in varying positions along the platform had caused more than a little alarm in the driving cab. Luckily the state of shock was nothing a free t-shirt couldn't cure.

Whilst all of this was going on 60 competitors, along with a variety of friends, family and miscellaneous others, were gathering in, around, over and under the station preparing themselves for the 95 mile run along the official West Highland Way from Milngavie Station to the Nevis Bank Hotel, Fort William.

Nerves and pre-race tension showed themselves in various ways... impatient pacing around the car park in solitude, lying fast asleep on a bench, talking furiously with anyone who would listen, drinking tea or coffee, looking at the map, etc etc. As if the prospect of running the race wasn't enough, the weather had decided to produce what must go down as one of the filthiest nights imaginable in the beginning of July.

Eventually, after a short briefing, the competitors assembled in the shelter of the underpass, and, after a few words of encouragement, started at 3am precisely. As

the patter of tiny hooves receded into the distance, John, the relief station officer, looked after them and said: "I think they're all daft... there's a train to Fort William in the morning."

THE images available to the eye at Drymen were drawn directly from a Cold War thriller. Little groups of cold, damp people huddled together for warmth peering through sleepless eyes towards a misty field. If John le Carré was a real person he should have been there with George Smiley. After what seemed like an eternity... nothing happened. A few more eternities passed before there was a shout from the outpost at the fence: "I can see a cow from here!"

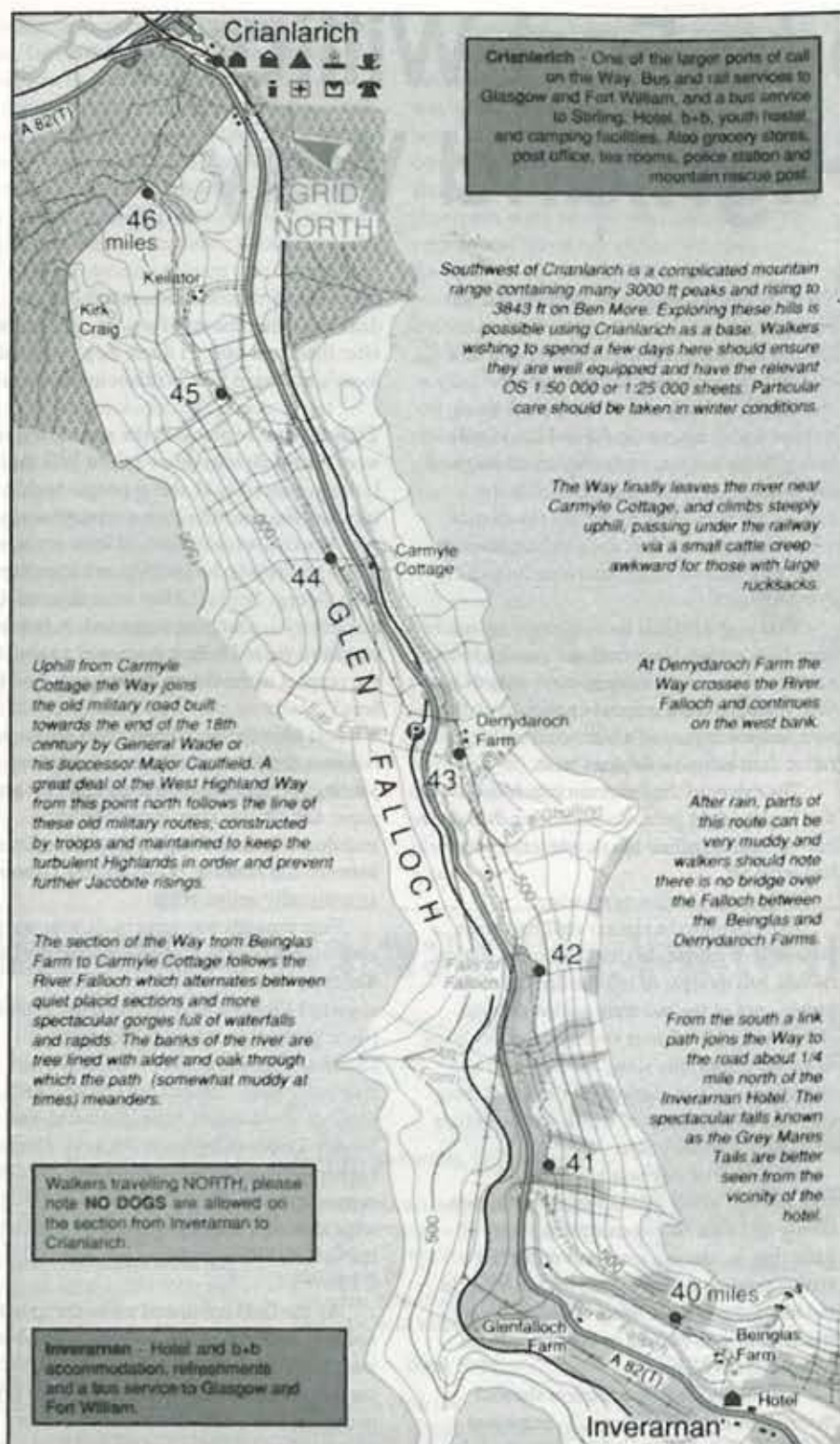
Just after the burial party had finished their business the first runners came into view jostling for position. Marshals leapt for pens, paper and clocks, supporters anxiously searched out their charges, and life in Drymen between the hours of 04.48 and 06.21 became an unusually active affair.

First through was somebody who wasn't even entered in the race! With support runners like that, who needs other competitors anyway? Front runners at this point included (in no particular order) Robert Jardine (Bo'ness Harriers), Mike Francis (Forres Harriers), Angus Nicholson (Unattached), Findlay Macdonald (Arran Runners) and Wendy Dodds (Clayton-le-Moors). The last runner through the checkpoint was the oldest runner in the race - Alex Duncan (SVHC), who seemed quite unperturbed by weather or the course. "Plenty of time yet, son. I'll walk it if I have to..."

As the field continued on its damp way north to Inversnaid, the weather seemed to get worse, although that didn't seem possible. The conditions underfoot were getting very heavy to say the least, with some of the shorter competitors beginning to worry about survival at some of the deeper bogs. Still, after just over five and a half hours the leading pair came through together.

Mike Francis and Ray Hubbard (Scottish Marathon Club) had gained an advantage of just under six minutes over Bobby Shields (Clydesdale Harriers) and Geoff Oliver (100K Association), who, in turn, were a further 13 minutes ahead of George Armstrong (Haddington East Lothian Pacers). Looking down the timesheet it was interesting to note

Entries for the 1991 West Highland Way Race will be taken from December 1. To you in the mood, Peter White of Edinburgh-based company Chaos Control recalls the 1990 event.



how groups of runners had started to form into units which would progress together for considerable distances. The last through the checkpoint at Inversnaid was Alex Duncan, once again as cheery as ever, albeit six and a half hours behind the leaders.

Inversnaid saw the first two withdrawals from the field (mainly because of the appalling conditions) but dramas were unfolding on the course up towards the next checkpoint at Tyndrum. Bobby Shields had taken out a lead

of nearly 18 minutes over Mike Francis, who had been joined on the course by Geoff Oliver, with George Armstrong closing in to within three minutes. Ray Hubbard had been forced to retire with an ankle injury whilst contesting the lead.

Early leader Robert Jardine retired from the race there as well, having suffered a shin injury... and so it went on.

Only 36 runners went through Tyndrum checkpoint. The so-called bonnie bonnie banks

of Loch Lomond had claimed souls, hearts and runners as if they were going out of fashion. Comments filtered through to the race control timesheet from tired, wet discouraged runners - "fed up"; "really fed up"; "pissed off"; "really pissed off" and worse. By all accounts it was worse than a war on the path up towards Inverarnan.

Tyndrum to Inverarnan saw no improvement in the weather conditions, and this part of the course also witnessed the retirement from the race of the leader, Bobby Shields, with a leg injury. By this stage of the day it was impossible to know what was going to happen next. It seemed as though to lead the race was to invite injury and retirement, and just to survive at all seemed like a great achievement. However, battle was joined at the front by Mike Francis, George Armstrong and Geoff Oliver.

Just 15 minutes separated the first three after nearly 62 miles of racing. By this stage the last in the race, Alan Morrison (unattached), was just over nine hours behind the leaders, but the prospect of carrying on was, quite understandably, not sufficiently appealing and he retired at this checkpoint, leaving just half the original field in the race.

Where, I hear you ask, is Wee Alex? Well, read on and you'll find out later.

WATCHING the timesheet in the Nevis Bank Hotel, the groups of runners tackling the event in ad hoc clubs were sorting themselves out quite nicely. Drew Turnbull and Dave McKirdy (East Kilbride AAC), Jim Templeton and George Dick (SVHC), Wendy Dodds and Kevin Marshall (100K Assoc) and super vets Jack Newbigging and David Kerr (Irvine AC) were coming through checkpoints with identical times albeit in different parts of the field.

Wendy Dodds was having the race of her life. Having been fifth at Drymen, she dropped to tenth at Inversnaid, before coming back up to sixth at Tyndrum and Inverarnan. By this point only Kay Dodson and Irene Wilson were left with Wendy to fight for the women's places, although both were a considerable time behind the hard charging Wendy. The fact that Kay was running at all was surprising because she'd only returned from a holiday abroad at 7am on the Friday morning and hadn't slept in a bed in Britain for over two weeks before she started the race!

By now there were runners all over the course from Inversnaid to Kingshouse. Anyone daft enough to be out walking on the West Highland Way would probably come across someone even dafter than themselves. In terms of retirements there were over 30 bodies strewn along the route.

Kingshouse saw yet another leader, with George Armstrong taking over with just over

three minutes advantage over Mike Francis. These two seemed to be pulling away from Geoff Oliver, who was being slowly hauled in by Jonathan Whitehead (East Hull Harriers). Behind them only 20 more runners arrived at the ancient hostelry in Glencoe with enough energy to carry on. The last runner through this control was Roy Topham (Kilmarnock Harriers) just under 12 hours behind the leaders.

Where, I hear you ask once again is Wee Alex? Be patient, and read on - you'll find out all in good time.

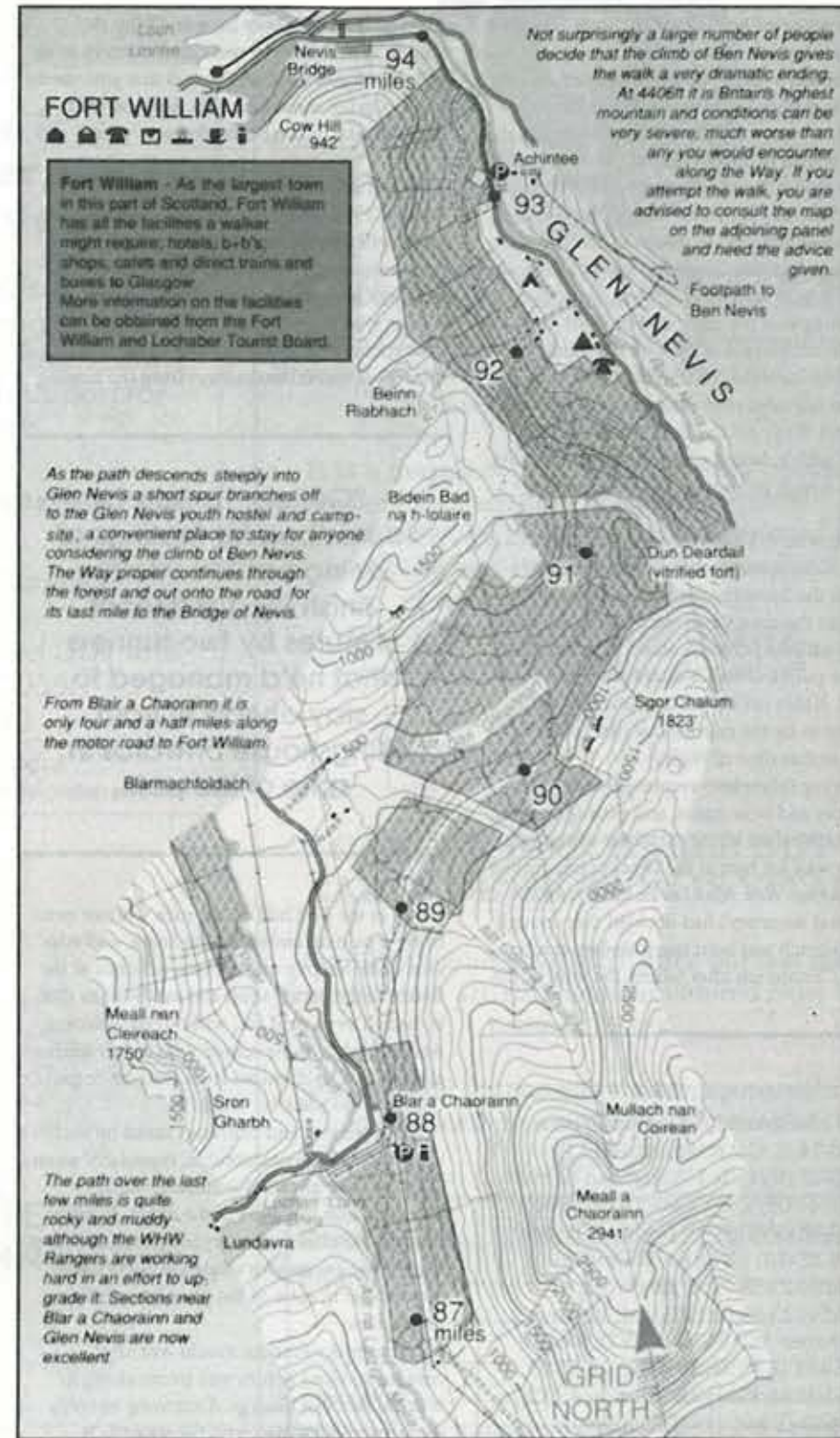
Coincidence started to play its tricky hand in Glencoe. Unbeknown to anyone involved in the race, a group of ambulancemen from the Glasgow area were inspecting Glencoe as a suitable venue for some kind of adventurous weekend. As occasionally happens to such parties, the temptation of a short rest stop at Kingshouse proved too much and they were in position when Wendy Dodds arrived at the control point with Kevin Marshall, who was wearing some of Wendy's clothes.

This is not as humorous as might first seem to be the case, as Wendy had realised that Kevin was beginning to suffer from the effects of the cold and wet weather and she had taken care to get him safely to the checkpoint. Whilst the marshals were assessing the situation the ambulancemen leapt into action to provide their help. Looking back it could be said that over-enthusiasm and overtiredness combined to create a bit of over-reaction, but the immediate result was that Kevin was taken by ambulance to Stirling for a check-up. Fortunately he was found to be in good working order and was then sent back up the road (in the same ambulance) to the finish at Fort William.

At Kinlochleven the titanic struggle between Francis and Armstrong was swinging in favour of the younger man, with Mike going through the last checkpoint before the finish three minutes ahead of George. The Devil's Staircase had been more like an escalator going the other way for them both. The weather was still utterly dreadful and the fact that they could even find the way at all was a tribute to their navigational abilities as much as to their determination.

Behind them, Whitehead had overtaken Oliver, and they were over 90 minutes ahead of the fifth placed Dodds, who, in turn, had nearly an hour's advantage over the sixth placed Turnbull and McKirdy.

The final section of the race and over into Glen Nevis was on the official route rather than the roadway into the south of Fort William. Although it was dark by the time they arrived at this section there were no problems on finding the route through the trees, although the conditions underfoot and the stiles provided a final demanding test for



Mike and George, who were now separated by over half an hour. The rain was still falling relentlessly as Mike made his way along the final road section from Glen Nevis into the glittering lights of Fort William.

WITH a time of 18 hours, 50 minutes and 24 seconds, Francis set a new record for running the entire length of the Way along the official route, despite having suffered atrocious weather throughout and suffered from more

than one or two slips due to the muddy and treacherous conditions on the path.

After coming so close to victory in the past (finishing in the top three twice before), Mike found the welcoming committee at the steps of the hotel all the more attractive, especially as he had managed to arrive before closing time! Just over half an hour later, in a time of 19-23-27, George Armstrong arrived still wearing the tartan bunnet he'd been sporting at the start. After the short recovery

time he revealed he'd never run over 50 miles before and now he knew why!

Jonathan Whitehead came in third, having closed to within 21 minutes of Armstrong. Then there was a wait until just after midnight for the arrival of fourth placed Geoff Oliver. Wendy Dodds finished fifth overall in a time of 22-19-52 to claim first woman as well as first woman vet, and to discover that she was the only representative of her sex left in the race.

Throughout the night and up until the close of the finish control at 2pm on the Sunday afternoon, survivors of the race came into the finish to tell tales of the horrors of the West Highland Way. All in all 21 completed the course, which, bearing in mind the conditions, is quite a high proportion of the original 60 starters.

And where, I hear you cry, was Wee Alex. This is a question we were asking ourselves late into the Saturday night. Just as we were getting to the time when we thought we would have to call the police to assist in looking for him, the police at Killin telephoned race control. Killin isn't even on the route, but it turns out to be the nearest manned police station at that time of night.

Having fallen into seemingly bottomless bogs over and over again, and getting worried about the welfare of the marshals who might have to wait for him at the checkpoints further up the route, Wee Alex (as he calls himself with great accuracy) had decided that enough was too much and he'd taken shelter at a bus stop in Crianlarich after telling the wife of the

local policeman where he was. (Why she couldn't invite him in remains a mystery to us all). At 66 years old he showed that you never too old to try something like this, and he's already asked for an entry for next year!

THERE is little doubt that Wee Alex will be back in 1991, but there are some competitors (who will remain nameless but who may recognise themselves) who will find it harder to gain a place in the field. For example, the runner who went through the Drymen checkpoint first and who led a number of attempted sprint breakaways from the leading

"Gutted," is how he described his feelings at being beaten into the finish by a matter of minutes by two runners that he'd managed to stay ahead of from Kingshouse onwards in spite of the pain.

group in the first half of the race without even being a paid up entrant in the event, and who then quite happily abused race officials at the finish whilst eating soup and sandwiches that he hadn't even paid for, will not be welcome. And neither will the runner who didn't advise anyone that he'd retired from the race to go to Glasgow "to see a bit of stuff".

The anxiety and concern caused by such individuals was considerable, especially when allied to their abysmal attitude towards everyone else involved in the event. Luckily though, the efforts of everybody who took part from those exceptions made the event quite memorable in spite of the ghastly weather conditions.

That Mike Francis should win after coming so close before was tremendous, as was the fact that George Armstrong not only came second but also won the super vets category at the same time. In a race of extremes, all the finishers merit the highest praise, as do all those even thought it worth trying.

The race will take place again next year, on July 6, starting at 3am from Milngavie Station and finishing at the Nevis Bank Hotel some time later. The event will be sponsored by Nevisport, who stepped in at short notice this year to support the event. Additional help was also provided by AG Barr in the form of Pripps Energy Drink, and Troll Safety

Equipment in the form of outrageous items of clothing which were awarded as prizes.

No report of this race would be complete without mention of Jim Davidson from Auchterarder and Roy Topham (JW Kilmarnock Harriers). Jim finished the race in 17th place, limping badly having suffered a recurrence of a training injury to his ankle. "Gutted," is how he described his feelings at being beaten into the finish by a matter of minutes by two runners that he'd managed to stay ahead of from Kingshouse onwards in spite of the pain.

As a precaution he went to the Belford Hospital for a check-up only to be given a considerable dressing down from a doctor who thought that anyone running in such an event as this not only should expect such injuries but possibly even deserved them! As Jim told him at the time, if that's the case why isn't the hospital full of fellow sufferers?

Roy Topham finished the race in 21st and last place in a time of 34-50-01. The impression given by him at the finish could have been mistaken for that of the winner. The sense of relief at reaching the finish at all, let alone within the time limit of 35 hours, was matched only by the relief that he's promised never, ever, ever to do it again!

Finally, thanks to everyone who made the event possible at all. Whilst, as is all too often the case, there are far too many mention by name, special thanks go to all the competitors (without whom there would be no race), the marshals (without whom no-one would know what is going on), and the people along the way.

The St Andrews Ambulance team in Fort William provided an invaluable service throughout the night and following day, providing expert care and attention for bruised, battered and blistered runners and their feet.

ENTRY forms for the 1991 Nevisport West Highland Way Race will be available from December 1. Send an sae (in December) to Chaos Control, 5/2, Bellevue Place, Edinburgh EH7 4BS. The entry fee is £10.00.

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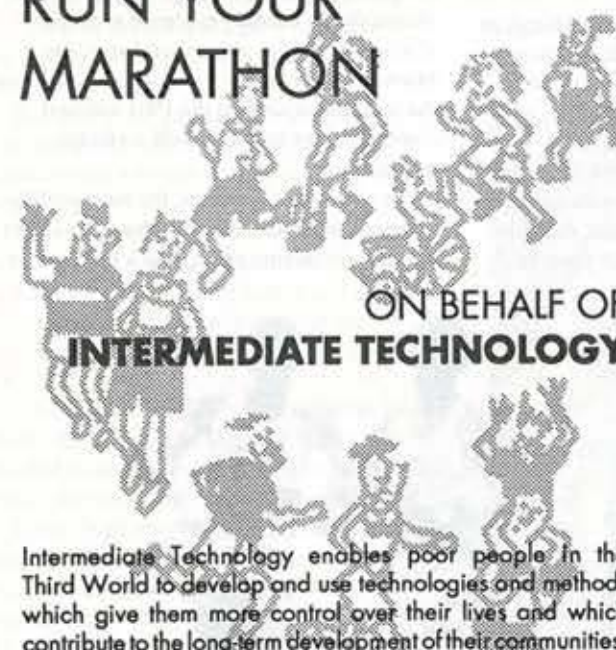
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SR11

Snipers aim to shoot down the Dundee Hawks



Doug Gillon, athletics correspondent of the Glasgow Herald, looks at the early meetings to predict who will win the major cross country honours this season.

Photographs from the national relays by Maurice McDonald.

THOSE who know about such things say that it is not the smartest vineyard owner who prophesies a vintage year by sampling the early grapes.

But Dundee Hawkhill Harriers have been 100 years in the growing, and the initial evidence of the 1990 season is that the fruits of their post-centenary harvest may be the best they have ever enjoyed.

There is no more conclusive proof of success than rivals launching bitchy and embittered comments. So when barbed remarks about a United Nations team were hurled in the aftermath of the Tayside team's national cross country relay victory - their first ever - then the club's followers could rejoice in the knowledge that they really had arrived.

Sour grapes are proof that The Hawk are really soaring.

They began the season with a conclusive win in a hotly-contested McAndrew relay, beating Annan - Steve Binns, Steve Overt and all - in a race revitalised by having cooked up a three year sponsorship from catering equipment company Wilson, Watson and McVinnie.

Even without the services of the dual Scottish and Irish national cross country champion, Peter McColgan, Hawkhill were strong enough at Alloa to retain the East District relay crown ahead of Teviotdale. And a week later, on the Beach Park at Irvine, the Dundee men were successful again, the Border side being forced to surrender the national title they had won at Inverness last year, as they finished 70 seconds down in fifth place.



make a mockery of thoughtfully weighed form. But it is hard to see beyond Hawkhill, the holders, for this year's Barr-sponsored event on November 18.

Cambuslang, national cross country champions for the past three years, who last won the E-to-G in 1987, have their claims - and they will cite the fact that their club was the first to bring in a second string (ninth place) at the national relay championships.

But closer analysis shows Hawkhill as runaway winners ahead of Springburn, and 38 seconds clear of Cambuslang in third. Hawkhill's B team placed tenth, just three seconds behind Cambuslang B - in other words, the aggregate time of Dundee's two four man squads was still more than half a minute better than Cambuslang's.

There will, of course, be the usual drafting in of Anglos, and star visitors who do not normally feature every week. But Hawkhill seem to carry too much reserve strength, and barring a disaster a second successive Edinburgh-Glasgow title looks on the cards.

Individual form is particularly hard to calculate from relay outings, and early in the season that is the only evidence available. Unchallenged runs on anchor stages, for example, do not show a man's true worth, but the indications are that the 1991 national championships could provide a vintage contest.

It seems that Nat Muir, the most prolific winner of national cross country titles - eight senior wins in nine years, plus a further four

successes in the minor age groups - has undergone what seems little short of a miracle cure, and will return to the event he last won in 1987.

Plagued by Achilles tendon injuries for a decade, and then a series of calf muscle problems, Muir had resigned himself never again to racing on track or country, and was contenting himself solely with road-running.

"I was so certain that I gave away every pair of spikes I possessed," says the Shettleston Harrier.

But during the past summer he has been undergoing laser treatment from a Yorkshireman who specialises in curing race horses.

"The calf problem has completely cleared up," says Muir, now 32. "I still have to give my Achilles heat treatment before and after every session, but I can now race on the country again, and I would like to win another title.

"I know that I will never be as fast as I was before - I can't train on the track either, and have had to modify everything, doing all my training on roads. But I am as strong as ever."

Steve Overt, more settled to the role of parenthood, showed with the fastest performance in both the McAndrew and national relays that he is far from a spent force. The former Olympic 800m champion and 1986 Commonwealth 5000m gold medallist retains his appetite, even at 35.

"I do not see myself doing the formal retirement year, like Seb Coe," he confides. "Running is so much a part of my life, one that I enjoy, that I have no plans to stop."

He has been responsible for persuading the 1986 Commonwealth Games 10,000m runner-



up, Steve Binns, to join Annan and District, and it may be Binns, over the longer course of a national championship, who will prove the bigger danger.

Neil Tennant (Caledon Park) and Tommy Murray (Greenock Glenpark), the two Scots to have had their names inscribed on the national trophy since Muir's monopoly ended, are also returning to form. Murray was only 13 seconds behind Overt at Irvine, and there have also been class performances from Robert

Quinn (Kilbarchan) and Keith Logan (Teviotdale).

Two of the Hawick club's other stalwarts, Alastair Walker and veteran Brian Emmerson, raced the Paris-Versailles event, Walker finishing fifth, but subsequently both were sidelined. The Border men, however, are short of the depth for the likes of the E-to-G, although they may claim a scalp or two in events where less power is required.

McColgan, winner of the national title last year, has improved his form ever since then, but his most recent shape is hard to gauge as he has raced sparingly in the face of impending fatherhood, and then only on the anchor stage of relays. He was already in a winning position when given the lead with the joint second fastest time of the day.

His progress from 1987 until last season had been hampered by viral illness, but since his title double last year he has gone from strength to strength. He is now at the stage of looking for an agent to arrange races for him on the continent.

That is a policy which several of Scotland's better competitors may also adopt. The two Teviotdale men went to France on their own initiative, paying their own way. But Quinn and Murray are annoyed that an attempt to send them to another race in Paris, as a two-man Scottish team, fell through.

"Scotland were paying for one of us, the French for another. But when the French backed out, the Scottish Cross Country Union pulled the plug," complained Murray, a particularly incensed man since he recently helped the SCCU gain an equipment deal with Asics. "Using agents to find races may be the only way ahead of us."



Niall wins at Bennachie

THE Metro Aberdeen club found yet another winner when Niall MacDonald defied desperate conditions for victory in the inaugural Bennachie Hill Race.

A 750ft climb to Little Oxen Crag was the first major obstacle on a 7.25 mile circuit on the slopes of Aberdeenshire's most famous landmark. But it was not until the descent from Mither Tap that 29 year old MacDonald picked off long-time leader Sandy Brown (Fraserburgh RC) to win in 48-46.

Aberdeen's Steve Cassells employed similar tactics on the luckless Brown to take second spot in 49-02 in the first event organised by the up and coming Inverurie-based Garioch Roadrunners, with the support of Gordon District Council's leisure and recreation department.

Skye-born winner MacDonald, a second claim member with Caledon Park, was recording his first success since moving to the North-east in his employment as a fish food researcher.

Host club runner Sue Taylor edged out promising newcomer Ruth McKenzie and Aberdeen veteran Nancy MacKinnon in an intriguing women's race battle which saw the first three clock 67-20, 67-45 and 67-53 respectively.

Eddie Butler and Nancy MacKinnon made it a veteran double for Aberdeen AAC in a good spread of the prizes in a race that will be repeated in 1991.

A field of 89 tackled Bennachie - a marked contrast to the fortunes of the annual Balmedie Beach Bash which was held the previous day.

The storm-lashed beach venue attracted just nine runners! Raw courage saw Dave Armitage, husband of former Scottish cross country star Sonia, through the soggy dunes for a 5K victory in 26-13.



Smiles were hard to come by in the biting wind as the top three in the Bennachie Hill Race received their prizes. Left to right are: third place Rob Durran (Aberdeen AAC), winner Niall MacDonald (Metro Aberdeen) and runner-up Steve Cassells (Aberdeen ACC).

It was not enough to save the one female competitor - Suzanne Bennet having to call it a day after losing her way back to the finish line.

The two junior runners, Fraserburgh's Alasdair Love and Ellon's Jason Erridge, brought a ray of sunshine to the proceedings with a tremendous duel over the 2.5K circuit.

Rising track and cross-country prospect Love emerged with a narrow eight second advantage in a time of 10-08.

club line up for the annual Edinburgh-Glasgow road relay.

Sadly, Aberdeen AAC's winning team of the past has been scattered to the four winds.

David Duguid, Graham Laing, Ray Creswell and Youngson have stayed with Aberdeen, while Fraser Clyne, Chris Hall, Simon Axon, Ian Matheson, Jim Doig and Rob Taylor have elected to hang their club hats on other pegs.

Colin calls it a day

FORMER Scottish marathon champion Colin Youngson is convinced his 26 mile days are over.

The Inverurie Academy teacher, a survivor of all his previous 55 marathons before being forced to quit in his 56th, is claiming that enough is enough.

But the Aberdeen AAC veteran is looking forward to another regular date - as captain of his

Kickback for North clubs?

WORD has it that the annual Bank of Scotland Round the Castles Cross Country Series, staged at three National Trust venues in the North-east, could have a useful club kickback in terms of much needed finance.

Banchory AC will again provide the manpower for the series pipe-opener at Crathes Castle in late January. And Peterhead AC are to renew their link with the second race at Aden Country Park in February.

A third club, as yet to be confirmed, has expressed an interest in the grand finale which will, again, take place at the National Trust for Scotland's Haddo House property in March.

Wisest move to drop-out

FRASER Clyne is convinced that he saved himself a barrowload of trouble by electing to drop out of the Glasgow to London Sun Life Great Race on the second day.

"It was disappointing at the time, but in hindsight it was probably one of the wisest things I have done in running," says the Metro Aberdeen star who is still feeling the effects of an ankle injury which made him doubtful right up to the last day.

Clyne, still bereft if a 1990 marathon, is making a slow recovery. But don't bet against a trip to America in December - with yet another Sacramento Marathon on the cards.

RUSSELL SMITH

North star in the making

THE North-east may yet throw up another potential marathon star.

Marie Duthie, the French-born 30 year old mother of three who runs for Fraserburgh Running Club, is going into a winter training programme with a 26 mile debut in mind.

Marie, the wife of a Fraserburgh Academy geography teacher who lists golf as a more tempting sporting proposition, sees the step up in distance as a logical progression in the wake of a good summer campaign in which she dogged the footsteps of Lynn Harding at such diverse venues as Elgin (10K), Naim (half marathon) and Glasgow (Great Scottish Run).

Harding came out top on each occasion, but will no doubt have recognised the increased distance potential of the Broch housewife who has found a new lease of running life since the birth of her third youngster in October of last year.

The Duthie marathon ambitions will be closely monitored, in the training and medical sense, by Fraserburgh club coach Dr Sandy Wisley.

"We won't be rushing anything," says the man whose eye for local talent has thrown up a string of promising Broch youngsters.

"Given the winter we had last year, then Marie could be ready for a marathon in the spring.

"But it would be a brave man to lay odds on a second good winter in this part of the world, and the chances are that Marie won't get the training conditions she needs. It just needs a break of two or three weeks and we are way down on the scheduled weekly mileage."

Adds Sandy: "We're realistic enough to accept that she might not be ready until late summer or the autumn of next year - even 1992 if necessary."

Whatever the outcome, the coaching medic is convinced that his club start has the potential for a sub 22-50 marathon debut. "But I'm convinced that Marie is capable of much better, given the right course and conditions," he adds.

Never fully fit during the past season, Marie still managed to demonstrate her distance potential with a 35-11 in the Moray 10K and a 78-09 in the Naim Half Marathon en route to a 1-32 in Glasgow.

"She carried quite a few niggling injuries in the process," says Sandy Wisley with the hindsight of a man who has already proved he knows what is to tune marathon potential through his work with Marie Duthie's Broch clubmate Charlie McIntyre.

Impact should reap reward

FRASERBURGH Running Club's impact on the North-east scene was reflected in the decision to stage one event of the North District cross-country league events at the local seaside links.

The competing clubs went into this month's fixture knowing that there would be no easy option with Broch official Sandy Wisley as the course architect.

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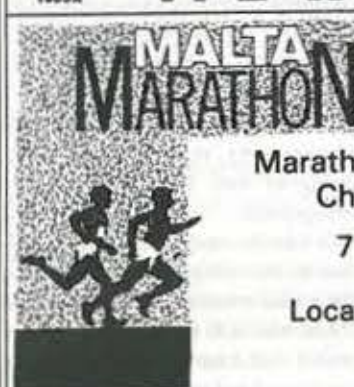
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Fraserburgh Running Club

FRASERBURGH Running Club's ever increasing level of success has been remarkable in light of what the 70-strong membership lacks in the way of track and field facilities.

Barring the occasional "training outing" to the new all-weather track in the neighbouring Buchan town of Peterhead, the Broch brigade make do and mend on the wide grassy slopes of the local seaside links.

Club coach, mentor, and driving force Sandy Wisley thinks it should be otherwise - but accepts that the authorities, in this instance Banff and Buchan District Council and the Scottish Sports Council, have yet to see their way through the red tape surrounding the Fraserburgh efforts to highlight their claims to some sort of running track.

"Grampian Regional Council and the Football Trust have both given us hope in terms of a financial commitment. But we have heard nothing in the eight months since it was agreed that there should be urgent talks between the various funding agents," reveals Sandy Wisley.

It all adds up to a total of 27 frustrating months since Fraserburgh Running Club made their first moves towards the ultimate goal of having their own track and field facilities.

It means that the Broch squad indulge in outdoor training for the full twelve months of the year. Nearby street lighting represents their one bonus on a dark winter's night on the hostile shores of the North Sea.

Yet Sandy Wisley admits that it pays to breed 'em tough.

Casting a fatherly eye over an enthusiastic flock of youngsters who sport the now familiar black and white colours at venues throughout Scotland, the local GP says: Psychologically, our runners are able to cope with the worst conditions.

"We don't have many shrinking violets when it comes to running into the teeth of a howling gale."

He adds: "It simply means that anything we have achieved on the track has been based on our strengths in cross country competition. Our lack of facilities preclude any thoughts of producing sprinters or field competitors, but we do have a tremendous range of middle distance potential in the junior ranks."

Other clubs throughout the North District have found it difficult to keep pace with Fraserburgh's seemingly never-ending string of up and coming winter season stars who are gradually finding their feet - and speed - on the track.

There are youngsters like Alasdair Love,

Russell Smith reports on a club which is on the up and up in the North of Scotland.

Toby McKillop, Andrew Simpson, Alastair Skene, Louisa McKinnon, Lynn Clark and the strong family link represented by brothers and sisters Barry and Debbie McAllister and Michael and Jacqueline Anderson.

Alasdair Love, alone, has the potential to become a 1500m star of the future on the strength of what he has achieved at Scottish schools' and district level. A recent family move to Aberdeen has produced secondary first claim status with Aberdeen AAC, but done nothing to quell Love's determination to return to his roots as a Fraserburgh competitor in the Grampian TV League.

"He likes nothing better than to come back to us for a re-tune," jokes Sandy Wisley.

Yet the club boss predicts that the boy he likes to call "the Love machine" may yet be overshadowed by 14 year old Michael Anderson, yet another potential track star who cut his running teeth on the muddy surfaces of local cross country circuits.

"This lad could be anything he chooses to be - at any distance," says Sandy Wisley, reeling off a string of Anderson pb's which demonstrates frightening potential - 400m (57 secs), 800m (2-07.1), 1500m (4-25), 1500m steeplechase (4-46) and 5K road race (16-46).

"He's equally useful at cross country," adds the Broch club boss, who has a particular soft spot for Anderson's teammate Toby McKillop, the club's first Scottish Schools' international when he finished second in a Home Country cross country international at Irvine.

"Toby set a standard that we not only want to match but beat in the future," says Wisley, relishing memory of how McKillop linked up with Barry McAllister, Michael Anderson and Andrew Simpson to annex the Scottish Schools' under-15 cross country team title in 1989 before finishing second to host club Teviotdale in the SCCU Championships.

He's no less enthusiastic about the future. "We've still got a few youngsters up our sleeve. Watch out for Debbie McAllister, Jacqueline

Anderson and a youngster called Jennifer McLean."

Yet Sandy Wisley will deny any secret formula for success with a club youth policy which began in the spring of 1987 when the senior road runners, who had established the new Fraserburgh Running Club just six months earlier, elected to have a junior section.

"It is simply having an eye for potential," says the man who was quick to identify a sporting need at primary school level.

Shocked by the lack of organised activities among the under-11's, he used the Wisley influence to promote inter-primary school cross country running.

"At that age it is not about winning or losing, simply being able to compete to the best of your ability. Obviously there are youngsters of exceptional ability and we do encourage them to join in club nights.

"But we never turn our backs on those who, at first sight, don't appear to have a future in the sport. There will always be youngsters who improve within their own standards."

He adds: "In my book the most important annual award is the one that goes to the most improved athlete."

"The present holder is Louise Foley, a sixth year Fraserburgh Academy pupil who could not run 50 yards when she came to the club.

"Today, Louise competes in the 100m, 200m, 400m and 800m on the track, and has even had a go at the 1500m in the Grampian TV League. Add in the shot, discus and javelin and an appetite for cross country, and you have an idea of what a youngster can achieve, given the right encouragement.

"Or take the case of young Tracy Clark. She has lost an incredible three stones in weight, and is now a vital member of our girls' squad.

"And who is to say that these girls won't be the senior club members of the future, while the young stars of today finish up sitting in a pub?"

It is the kind of blunt assessment one has come to expect from a doctor whose previous sporting affiliations were linked to the fortunes of his local Highland League football club.

Many of today's rising Broch football stars have reason to thank Sandy Wisley in his capacity as assistant manager at Bellslea Park, for their first step up the senior football ladder.

But football lost out to running when his wife Heather elected to give top flight Grampian Squash League status the body swerve in favour of athletics.

Like many clubmates, Heather has never settled for second best. A former winner of the



One of Fraserburgh's leading lights, Marie Duthie, left, placed second in the Falkirk Half Marathon, recording a time of 78-24. Also in the picture are the Falkirk winner, Janet Swanson of Monkland Shettleston Ladies, and third placed (and first veteran) Aileen Wilson of Dundee Hawkhill.

Scottish women's veteran cross country title at Irvine, she has represented Scotland at inter-district cross country level and in a 10K road race.

Equally at home on the track, she has twice won the East District 3000m title, and took the British veterans 1500m indoor title at the Kelvin Hall.

The Broch is no less proud of the achievements of mother of three Marie Duthie, who crowned a fantastic road racing season by taking the SWAAA 10,000m track title and now aims to graduate to marathon status.

It is the same format that has worked for clubmate Charlie McIntyre.

Like many Broch runners, Charlie found his strength in cross country before graduating to the 10K, half marathon, ten-mile and marathon

circuit. It is a measure of coach Sandy Wisley's watchful eye that McIntyre's 26 mile time had been reduced from 2-40 to 2-25, and he can claim to have been the first Scot home in his three international appearances.

First season veteran Charlie Noble is another founder member with a claim to fame as the only runner to have competed in all eleven modern day City of Aberdeen Milk Marathons.

Road, hill and cross country runner Sandy Brown, road and hill runner Jim Ingram, Graham Clark, and veteran sprinter Dick Skene - a winner of a Scottish indoor 60m bronze - are the other Fraserburgh stalwarts who have shared in the spectacular four year rise of a club which brought a breath of fresh air to the North East athletics scene.

Says Sandy Wisley: "There was a time when

we were regarded as the poor relatives of North District running. Nowadays you sense everyone looking around to see where we are. We'd like to think it might become the case throughout Scotland."



Exactly 1509 runners completed the Falkirk Herald People's Half Marathon on October 21, representing another healthy turn out for the event, which is based at Grangemouth Stadium. The men's winner, with a time of 66-06, was Bellahouston's Peter Fleming, who led home previous winner Graham Crawford (Springburn) by the emphatic margin of 1-39. Third, in 67-51, was Brian Kirkwood of ESPC AC. Women's winner was Janet Swanson of MSL in 77-56, ahead of Marie Duthie (Fraserburgh RC) in 78-32 and first vet, Aileen Wilson (DRR, 78-37). David Fairweather (Cambuslang) was first male vet in 72-43. PICTURES BY MAURICE McDONALD.



- 1, P Fleming (Bell) 66-06
- 2, G Crawford (Spr) 66-45
- 3, B Kirkwood (ESP) 67-51
- 4, M Coyne (CR) 68-41
- 5, R Johnston (Cal) 68-52
- 6, I Matheson (TVH) 69-18
- 7, K Rankin (FVH) 69-22
- 8, A Robson (CPH) 70-09
- 9, D Bain (FVH) 70-16
- 10, T Thomson (CR) 70-37
- 11, D Anderson (FVH) 70-50
- 12, D McGonigle (DHH) 71-26
- 13, A Stewart (Ayr) 71-35
- 14, D McAra (CR) 71-43
- 15, J Brockett (MYM) 72-19
- 16, D Barr (Jed) 72-23
- 17, G Gilhooley (Liv) 72-33
- 18, D Fairweather (Cam, V1) 72-43
- 19, J Hanratty (Clyd) 72-49
- 20, J Duffy (She) 73-24
- 21, A Stephenson (CR) 73-38
- 22, G Lightwood (ESP) 73-40
- 23, D Goulesborough (CPH) 73-41
- 24, J McNamee (Irv) 73-47
- 25, A Little (Glas) 73-56
- 26, D Gillon (Renf) 73-58
- 27, C Smith (Porto, V2) 74-39
- 28, A McLinden (Ham) 74-44
- 29, W Higgins (FVH) 74-48
- 30, J Martin (Sten) 74-51
- 31, D Armour (CR) 74-59
- 32, S Green (Glas) 75-22
- 33, J McMorrow (MH, V3) 75-33
- 34, B Howie (CPH) (V4) 75-38
- 35, P McArthur (CR, J1) 75-39
- 36, M McLetchie (VP) 75-55



- 37, G Breslin (Fife) 76-10
- 38, R Cochrane (MF) 76-30
- 39, C Northam (LivU, V5) 76-36
- 40, I Tack (Ab) 76-37
- 41, B Short (CRR) 76-41
- 42, G Savage (Holy) 76-50
- 43, W Blazek (Alva) 76-50
- 44, J Poutney (MYM) 76-53
- 45, J Kyle (Cum, V6) 76-57
- 46, S Tashin (Stir U) 77-05
- 47, W Hynd (Peeb) 77-16
- 48, I Proudfoot (Ed) 77-17
- 49, P Cowan (She, V7) 77-22
- 50, W Barr (Forth) 77-31
- 51, D Darroch (Gala) 77-38
- 52, J Norton (She) 77-39
- 53, N Robertson (FVH) 77-43
- 54, C Ross (She) 77-46
- 55, P Paterson (CR, V8) 77-47
- 56, J Swanson (MSL, L1) 77-56
- 57, B Campbell (Ham, V9) 78-01
- 58, G Burns (KO) 78-08
- 59, W McPhail (Liv) 78-12
- 60, C McCallum (Ayr) 78-24
- 61, M Duthie (Fra, L2) 78-32
- 62, S Dalgleish (CR) 78-35
- 63, J Walsh (Moth) 78-37
- 64, A Wilson (DHH, LV1) 78-37
- 65, T Quigley (KRR, V9) 78-40
- 66, A Nicol (CR, V10) 78-48
- 67, A Shedden (Irv) 78-50
- 68, A Bennet (Stra) 78-56

- 69, K Walker (EdU) 78-57
- 70, D Trusdale (GlasU) 79-02
- 71, B Begley (CPH, V11) 79-06
- 72, I Stewart (Alloa) 79-12
- 73, C Oliver (Alloa) 79-19
- 74, J Cowie (Stir, V12) 79-21
- 75, J Donald (Haw) 79-24
- 76, G Duncan (Pit) 79-28
- 77, J Grozier (Falk) 79-43
- 78, I Field (Mot) 79-48
- 79, J Healy (Glas) 79-52
- 80, G Ross (Glas, V13) 79-54
- 81, S Reilly (Pete) 79-58
- 84, A Lawson (Dum, V14) 80-10
- 87, J O'Hara (Peeb, J2) 80-18
- 89, J Harper (StraP, V15) 80-19
- 90, J Paton (SVHC, V50, 1) 80-24
- 92, F Murphy (SVHC, V16) 80-30
- 93, A Casey (SVHC, V17) 80-31
- 97, F Coyle (Pit, V18) 80-57
- 102, J Gray (Till, V19) 81-09
- 103, W Dale (Irv, V20) 81-10
- 106, J Stevenson (FV, LV40) 81-17
- 114, A Cameron (CPH, V50, 2) 81-54
- 118, J Maitland (Loch, V50, 3) 82-24
- 119, T Kilcullen (DHH, V50, 4) 82-25
- 148, J Harvey (GAC, L3) 83-38
- 149, H Laidlaw (Mary, V50, 5) 83-38
- 193, J Ferrari (Pit, LV2) 85-41
- 217, G Hanlon (DRR, LV3) 86-22
- 274, J Byng (Irv, L45, 1) 88-01
- 278, J Elphinstone (Un, V60) 88-04
- 315, L Barclay (Pit, L4) 89-09
- 343, J Muir (Unat, J3) 89-51
- 353, J Gillies (SVHC, V60, 2) 90-04
- 414, W Gillespie (FVH, V60, 3) 91-42

November

10

GENERAL Portfolio Glasgow University Road Race, Westerlands. 3pm start, changing Anniesland Cross. E - £1 on day, details from 041-339-8855 Ext. 5861.

NORTH District League, Caithness.

TINTO Hill Race.

11

KILMARNOCK & Loudon District Sports Council Open CC Races, 1pm, James Hamilton Academy. Details form 0563-35408.

17

INAUGURAL Glen Clova Road Race. 12 noon, 13.5 miles. Details and forms from Clova Hotel. Tel: 05755-222.

ABERDEEN University Hare & Hounds Open Road Relay.

CLYDESDALE Harriers Open Races. Details from Phil Dolan. Tel: 37-76950.

TEVIOTDALE Harriers Open Races. Details from 0450-73214.

18

BARR'S Im-Bru Edinburgh to Glasgow Relay Race.

DUMFRIES AAC Open CC Races, Dumfries. D - Mrs J Rammell, 0387-710406.

JUMPS Development Day - Bathgate Sports Centre. Details from 0506-634561.

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1st Race 1pm
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Details: Tel: (0294) 822053

GLASGOW AC Ronnie Kane Memorial CC Races, Kings Park.

24

BELLAHOUSTON Harriers CC Races, All age groups. Details from 041-942-0731.

GAULDRY Community Council CC Races, Fife.

SWAAA AGM.

GRE Braid Hills CC Races, Edinburgh.

25

SWCCU&RRA East District CC Championships, Aberdeen.

SWCCU&RRA West District CC Championships, Dumbarton.

"4 TOPS" Trig Point, Low Hill, Half Ben & Melantee, 11am Leisure Centre, £4 Entries on day. Fort William.

December

1

SWAAA West District Indoor Championships, Kelvin Hall. Details from 031-317-7320/1.

FIFE AC Open CC Championships. Registration starts noon. Balwearie High School, Kirkcaldy. Starts Beveridge Park. Details from Melville Scobie on 0592-264076. Both sexes, all ages.

DUNBARTONSHIRE CC Championships.

RENFREWSHIRE CC Championships.

LITA Allan Memorial Races, Kirkcaldy.

SAAA East District Indoor Championships, Kelvin Hall. Details from 031-317-7320/1.

2

IRVINE Cable AC Harriers v Cyclists Race. Details from 0294-822053.

8

EAST Kilbride Don Print Festival

of Running, featuring the Hugh Wilson Memorial Road Race (male/female). Races for Colts, Boys & Youths. 12.30pm start, St Bride's High School, East Kilbride. Sheila MacDougall 03553-2978.

EAST District League, Falkirk. Details: 0324-486711.

NORTH District CC Championships, Peterhead.

9

SWCCU&RRA East v West v N. Ireland, Dumbarton.

15

SCCU v Scottish Universities v Northern Ireland v Civil Service, Inc Inter-district races for junior boys, senior boys and youths. Details from Cumbernauld & Kilsyth District Council. Tel: 0236-722131.

16

AYRSHIRE Cross Country Championships (closed).

January

2

BEITH Road Races.

5

SAIR Heid Race, Isle of Skye, 12 noon start. Details from Skye and Lochlath District Council. For more details, telephone: 0478-2341.

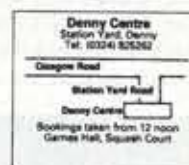
NIGEL Barge Maryhill Harriers 4.8 Mile Road Race. For more details, telephone 041-637-7714.

6

INTER league CC Match, Hendon.



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



There are many Sports Centres located throughout the Falkirk District which offer everyone a wide range of sports and activities in which to participate. Coaching and instruction are available in many activities - these mentioned below are just a few...

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

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

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

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

All facilities are open seven days a week and most are available from 9 a.m. until after 10 p.m. If you decide to use the facilities available, you can book by telephoning the centre concerned at the time stated. Bookings can be taken up to 7 days in advance.

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

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

13

SWCCU&RRA Closed 4,000m Championship, & Open meeting for M, G, & J, Edinburgh.

16

LOUDON Runners CC Races.

19

NORTH District CC League, Elgin.

EAST District CC Championships, Aberdeen.

WEST District CC Championships, Clydebank.

20

SAAA Under-20 Indoor Championships. Details 031-317-7320/1.

26

JIMMY C. Flockhart CC Races, Drumpellier Park, Coatbridge.

Entries on day. Further info from David Morrison on 0236-66010.

SCOTTISH Indoor Championships, Kelvin Hall Details: 031-317-7320/1.

27

KIRKINTILLOCH Olympians Open Road Race.

SCOTTISH Indoor Championships, Kelvin Hall. Details: 031-317-7320/1.

SWCCU&RRA National CC Relay Championships, Irvine.

SWCC&RRA National CC Relay Championships, Bishopbriggs.

February

2

EAST District CC League, Rosyth.

JUMPS DEVELOPMENT DAYS

18th November 1990 Bathgate Sports Centre
10am to 4pm

10th February 1991 Bathgate Sports Centre
10am to 4pm

17th March 1991 Bathgate Sports Centre
10am to 3pm

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SKYE & LOCHALSH DISTRICT COUNCIL

"SAIR HEID RACE"

Broadford - Kyleakin 8 Mile Road Race
PLUS

4 Mile Fun Run

SATURDAY 5th JANUARY 1990
12 Noon

Entries on the day or for
pre entry forms and more information

Contact: Willie MacKinnon,
Skye & Lochalsh District Council
Park Road
Portree, ISLE OF SKYE (0478) 2341

NORTH District CC League, Nairn.

3

CUMNOCK Open CC Races. All age groups, both male and female. Further information from Tom Campbell, Cumnock AC, Tel: 0290-24876.

SCOTTISH Veterans CC Championships, Linlithgow.

9

CITY of Edinburgh CC Races, Jack Kane Centre. Open to all age groups, male & female. Entries on day. Further info from Ian McKenzie on 0506-844811.

10

DEXTAT Loudoun Runners Open CC Races, Loudoun Academy. Details: 0290-50609.

GRANGEMOUTH "Round The

Houses" Races. D: 0324-486711.

CARNETHY Five Hill Race.

UK Trials for World CC Championship, Osterly Park, London.

16

NORTH District CC League, Elgin.

17

DUNDEE Hawkhill Harriers, Camperdown Park Road Races, Dundee.

23

SCCU National CC Championships, Dundee.

24

SWCC&RRA National CC Championships, Irvine.

KELVIN HALL INTERNATIONAL SPORTS ARENA OPEN GRADED ATHLETICS MEETINGS 1990/91 (UNDER S.A.A.A./S.W.A.A.A. RULES)

Assisted by DEXTERS SPORTS DRINK
Programme

Wednesday 21 November 1990
7.00pm - 60m Long Jump; Pole Vault
7.30pm - 1000m
8.00pm - 60m Hurdles
8.15pm - INVITATION 2000m (S.A.C.)
8.30pm - 200m

Wednesday 28 November 1990
7.00pm - 60m High Jump; Triple Jump
7.30pm - 1500m
8.15pm - 400m

Wednesday 12 December 1990
7.00pm - 60m Shot Put; Long Jump
7.30pm - 3000m
8.15pm - 200m
8.45pm - 60m Hurdles

Wednesday 16 January 1991
7.00pm - 60m High Jump; Pole Vault;
INVITATION Shot Put
7.30pm - 1500, & B.M.C. 1500m
8.00pm - 300m
8.30pm - 600m

Wednesday 23 January 1991
7.00pm - 60m Long Jump; Shot Put;
INVITATION Long Jump (S.A.C.)
7.30pm - 800m
8.00pm - INVITATION 1000m (S.A.C.)
8.10pm - 60m Hurdles
8.35pm - 200m

Wednesday 6 February 1991
7.00pm - 60m High Jump; Triple Jump;
INVITATION Shot Put (S.A.C.)
7.30pm - 1500m
8.00pm - 400m
8.30pm - INVITATION 3000m (S.A.C.)

Wednesday 6 March 1991
7.00pm - 60m Long Jump; Shot Put
7.30pm - 3000m
8.15pm - 200m
8.30pm - 60m Hurdles
8.45pm - INVITATION 800m (S.A.C.)

Please note that the above times are guidelines and may be subject to alteration.

Cost 75p per event, payable at Reception prior to Declaration. Declarations 30 minutes before event time, unless change to programme.

Open to all categories male/female*

*Except where S.A.A.A./S.W.A.A.A. laws apply.

PARKS AND RECREATION DIRECTOR: BERNARD M. CONNOLLY.

Christmas

Messages

FIFE SHOE SERVICES

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Cowdenbeath
Tel No: 0383- 610119
Kirkcaldy Indoor Market
242 High Street
Kirkcaldy

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For all shoe repairs & engraving.

Contact: A. Campbell - 041-952 2567

Address: 82 Sylvania Way,
Clydebank, Glasgow.



MERRY XMAS

to all Scotland's Runner readers.

See you at Luddon Strathkelvin Half Marathon in 1991.
Strathkelvin District Council Leisure & Recreation Dept,
14 Springfield Rd, Bishopbriggs, Glasgow.

RUNNING IMP UK

SEASONAL
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Harriers from their
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*Good luck for
season '91!*

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Cunninghamham District Council

Best wishes for the Festive Season and the New Year
Dept. of Leisure Services Cunninghamham District Council, Cunningham
House, Irvine KA12 8EE. Tel: (0294) 74166.

Seasonal Greetings
and
Best Wishes from



Monklands District Council Leisure & Recreation.

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greenhouses, golf course, interpretive centre and cafeteria".

Kincardine & Deeside Council Leisure & Recreation

wish all previous and potential participants in our
Stonehaven Half Marathon a
Merry Christmas & a Happy New Year.
Hope to see you in Stonehaven on
Sunday 7th of July 1991.
Enquiries tel: (0569) 62001 Ext 267.



Seasonal Greetings
from

Cumbernauld & Kilsyth District Council
Look forward to seeing you at the 1991 Half Marathon.



Thank you to all who raised
sponsorship for us in 1990.



Be a sport! Please run
for us in 1991.

**Imperial Cancer
Research Fund**

19 Murray Place, Stirling FK8 1DQ.



Merry Christmas & Best Wishes
from Dunfermline District Council.

Make a date in your diary for 1991 Dunfermline
Half Marathon. See you there!

The Simplicity of Intelligence



**NORTHERN OFFICE
TECHNOLOGY**

Best wishes for the Festive Season from

Northern Office Technology & Minolta.

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Chest, Heart, & Stroke Assoc. Scotland
would like to thank all the caring people who
have run for us over this year.

You have helped us accomplish a great deal.
Please remember us again in 1991.
65 North Castle Street, Edinburgh. 031-225 6963.



**MERRY CHRISTMAS
AND A
HAPPY NEW YEAR**

to all our customers from the
management and staff
of Bathgate Sports Centre.

KYLE AND CARRICK  DISTRICT COUNCIL

**Kyle & Carrick District Council
Leisure Services Dept.**

Best wishes & seasonal greetings from
the organisers of
the Land O' Burns Half Marathon.

Different standards of service

WITH Christmas not that far away, the time for dropping casual - even obvious - hints is upon us again. That fancy waterproof suit, or even some more modest such as a pair of decent running socks from Auntie instead of yet another bottle of after-shave, the kind you used to give your Dad 20 years ago, are all fair game.

One thing that is much harder to be given as a "surprise" is a pair of running shoes. Unfortunately, even going to buy them yourself is not the easiest of tasks.

The range of shoes on the market has apparently exploded in the last couple of years, helped no doubt by the trend amongst non-runners to buy the flashiest looking, and often the most expensive footwear. Many shops that sell good running shoes have little idea about the merchandise they are selling, and getting good advice can be extremely rare.

Two conversations I had recently illustrate the wide gap that exists between retailers. One was with two charming young women who work in a local sports shop.

Both are students and work at weekends and during holidays. Neither is a runner, and both admitted that they knew little about the differences between shoes, other than that some brands were more popular than others and that some were more expensive than others. A beginner - even a more experienced runner - would receive little useful advice from either of the girls.

The other conversation was with a friend who used to live in Dundee. When he stayed there, he was in the habit of buying his shoes from Dundee Runner. Recently back visiting relatives, he needed new shoes and went back to the shop, the first time for more than two years.

Not only was he recognised and the health of his wife and kids asked after (they weren't with him), but he received excellent advice and bought a pair of shoes which he would not otherwise considered. A couple of hundred miles on, he is delighted with his purchase.

Come on retailers, start providing the service that runners deserve and that some retailers seem able to provide.

If you have had particularly good, or particularly poor, service when trying to buy running shoes recently, let me know. I'm more than happy to give praise where it is due, or criticise where necessary!

If you have any other comments on any item of running gossip, drop me a line at the usual address.

A competitor on a different plane

THE Breweries Fell Race must be one of the toughest in the Scottish athletics calendar. Nevertheless it has its attractions, because athletes travel from far and near to take part. One competitor from Oz received a mention at the prizegiving for her performance.

However, the prize for the greatest endeavour in getting to the start line must go to the Cathay Pacific pilot who landed his jumbo at Heathrow on the Saturday morning of the race, caught a shuttle to Edinburgh, and was met off the plane at 11.10am, 50 minutes before the start. Fortunately the race requires a fair degree of checking to make sure the organisers know who is actually running, and the 15 minute delay meant that he at least had time to warm up.

Speaking to him over the plate of (very) hot chilli after the race, he was absolutely knackered and looking forward to a night's kip before he set off to Heathrow and thence back to Hong Kong. And all that for the joys of Trahenna.

Rab sends the wrong message

I SEE that running has managed to pick up a new recruit. A recent episode of Rab C. Nesbitt saw him out in his semmit and shorts trying to work off the previous night's hangover, this after some rather scathing words about all these lunatics pounding about the street with nothing on but a diver's watch and their underwear!

Extremely funny, but definitely not a good advert for running.

Oddly enough, the following weekend I was speaking to another spectator whilst we watched runners in the Falkirk Half Marathon. He wasn't quite the replica of Rab C, but neither could he have survived the race he was watching without some considerable pain.

And yet, he had run the same race about five years ago, after only eight weeks of training. That was enough for him, he said.

Certainly, therefore, for many people, larger events such as the Falkirk half, with all the publicity they attract, are not necessarily good adverts for attracting people into running and keeping them there.

Perhaps more publicity should be given to the shorter distances, up to say 10K, with the same degree of provision for runners. In this way more non-runners might be tempted to have a go and, finding it not too traumatic, might actually stay in the sport.

Austria or Australia?

IN one of the last areas of athletics where Scottish runners can compete as part of a Scottish team in World Championships, the Scots who went to the hill running championships in Austria gave a good account of themselves, particularly the women. Well done.

There was also a significant travelling support who made their presence felt in many ways and by all reports had a good time. A few of them found the prices a bit strange. What was all this talk of "schillings" when they had pockets full of dollars?

It appears that quite a few of them had taken Australian and not Austrian currency with them! Nice one Jane, Margaret, et al.

Floods inside - and outside!

AS I've said before, relays are an excellent way to encourage participation from all levels within a club. Such was the spirit of things at the McAndrew at the start of October.

Despite the fact that several hours of torrential rain had caused havoc across the country and one large puddle on the race route, there was a good turn out from clubs from all over. The changing facilities at the nearby school, St Thomas of Aquins were adequate - although runners get a good warm down on the hike from the main changing area, in the assembly hall, to the showers at the opposite end of the school.

What was not adequate were the toilet facilities for between 400 and 500 runners, not to mention officials and spectators. They were under about six inches of very unsavoury looking water.

From the absurd to the sublime

FACILITIES a couple of weeks later at the East District Cross Country relays at Alloa were a good deal better, although there was no door on the men's toilet and no toilet paper in another that I found with a door! Setting that minor complaint aside, I thought that the course was magic. It had everything: hills, burns, keech (lots of it), woodland paths - great stuff.

MIKE RAKER



Christmas Gift Guide

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			Reebok	£126.00
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